

SENIOR REPORTER

VOLUME 46, NUMBER 1

Contributing Writers:

Howard Erman
Les Goldberg
Ronnie Greenberg
Dr. Robert Horseman
Judith Rogow
Debbie L. Sklar
Nick Thomas

JANUARY 2020

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



Bob Barker

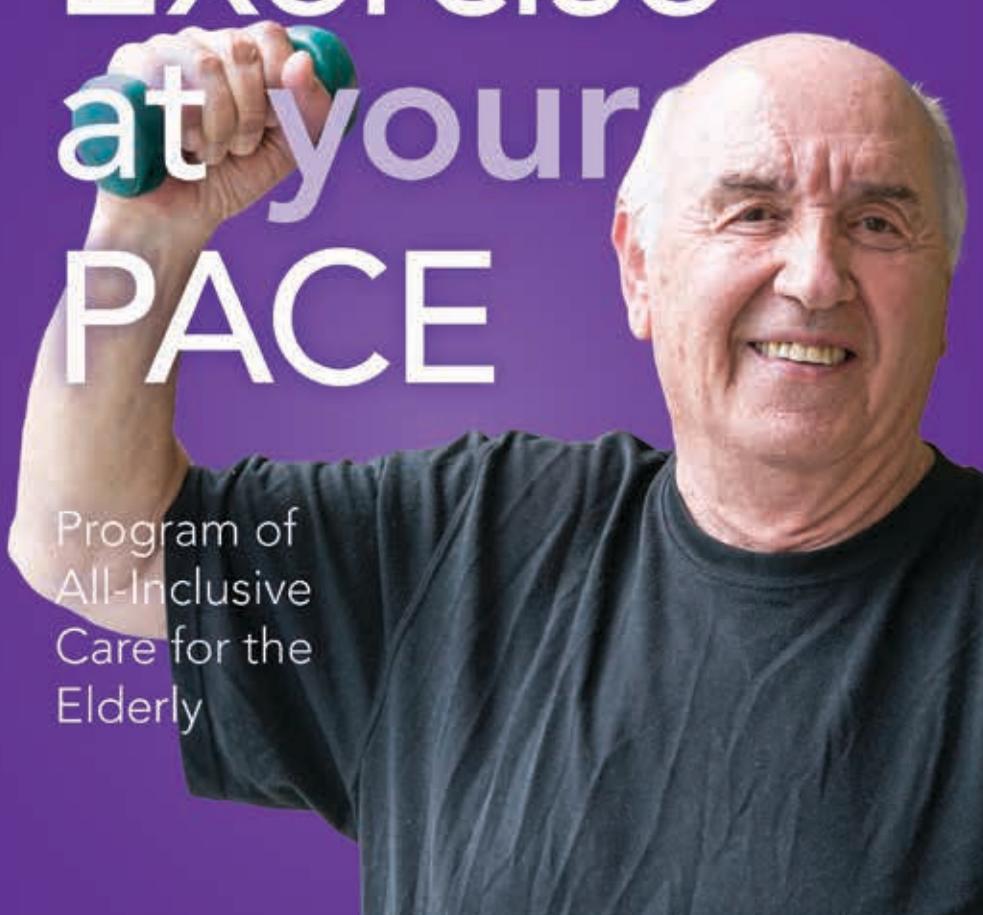
– "I can tell you that I'd rather be kissed by my dogs than by some people I've known."

—Bob Barker



What's Inside....

Calendar of Events	5
Classifieds	6-7
Bob Barker	10
Gadget Geezer	12
Fabulous Finds	14
Book Club.....	21
Colorado's Devil's Thumb Ranch	22
Busy Boomers.....	31
In The Spotlight	35
Tinseltown Talks	41



**Exercise
at your
PACE**

Program of
All-Inclusive
Care for the
Elderly

Complete Health Care

- + Home Care + Rehabilitation + Activities
- + Transportation

At CalOptima PACE, you are at the center of your health care. Dance, plant a garden, exercise and stay active at your PACE.

Learn more at:

caloptima.org
1-855-785-2584



Participants must receive all needed services, other than emergency care, from CalOptima PACE providers and will be personally responsible for any unauthorized or out-of-network services.

The people in the photographs that appear in this document are models and used for illustrative purposes only.

H7501_AD16_4d



**susan g.
Komen**
FOR THE **cure**



A-1 Home Care
www.a-1homecare.com
Info@a-1homecare.com

949-650-3800

24-Hour Care
Live-in Caregivers
Hourly Caregivers
Elderly & Senior Care



Reflections Funeral Services

We are a family owned and operated funeral service provider. The services we offer to our families can range from Cremation to Traditional Funerals, Catering to each individual family and their requests.

Military Honors, Veteran services, Reflection of Life, Veterans are assisted with preparations with honor detail from either the United States Army, Marines, Air Force, Navy or Coast Guard depending on the branch they served in. For more information please call the Funeral Director.

Traditional Funeral, Viewing, Rosary, Vigil, Reflection of Life We provide Pre-Plan-ning/or Advanced Planning options to better serve our families

Our families can choose from as simple as Direct Cremation to Traditional Services followed by Cremation. Inviting them to be able to see their loved one and say good-bye. Cremation gives a sense of closure with more options then burial. Options like spreading cremains out to sea, bringing them home, dividing the cremains and bringing some home and some scattered or taken to a cemetery.



We understand the emotional stress families have during this time. We offer in-home appointments. We are available 24 hours a day to serve your family with superior services.

For further information, please call us at
(714) 587-0615 Fax (657) 208-1655

937 S. Roberts Street, #3, Anaheim, CA 92802
www.reflectionsfuneralservices.com



The Fine Print

By Jim McDevitt

Have you noticed as you get older that the print in the newspapers seems to be getting smaller? I have and in fact, when I have a choice at the library, I grab a large print book to read. Today, many of the products I buy have instructions in print so small that I have trouble reading them. As a young man, I was warned by friends when signing a contract to watch out for the fine print. In those days though, I had no trouble reading the fine print. I decided to look up what my dictionary says about the word fine. My dictionary defines 'fine' as 'of very high quality' and 'very good.' I for one do not find the 'fine print' that is used today to be very good or of high quality. It's not nice and thick like large print and it's very small.

For one thing, I cannot read it even with my reading glasses without a high-powered magnifying glass as thick as the bottom of a coke bottle. I've also found that as I got older the printing for directions on products has gotten thinner. When I was a young man, I was in too much of a hurry to

read directions very often but now I have learned that it is best to do so. When you're in New York's Penn Station running to catch a train, it's important to get the right one, otherwise, when you are on the wrong train heading to a destination you never heard of. It's difficult to explain to the train conductor that you didn't read the instructions on the station billboard. Who would have guessed that more than one train would be leaving the station at the same time? Not me.

These days when I enter a kitchen to cook something, I can turn it into a crime scene in no time when I start cooking. I find the print for the directions on cooking too small to read. I must use a high-powered magnifying glass to try and decipher what it says if I take the time to read them. I can't count the times when I've misread the times for cooking or just used my best guess. Sometimes the directions might say one minute in the microwave and I think it says 10 minutes. Most times the fire department isn't called but it still makes my wife very nervous when I enter the kitchen to cook something.

It's obvious to me that those folks who set up the print on the boxes for directions aren't seniors or the print would be in large thick letters that I could read. Even using my reading glasses and a Coke bottle thick magnifying glass with bright lights on the box, it isn't easy to read the print. It's just too bad that modern print can't be enlarged on the boxes by pushing a button like I can on my iPad. The fine print is also on the medications I buy over the counter at the pharmacy and the printed instructions for many new products I buy for the household. The next time I get a new prescription for eyeglasses, I'm going to ask the doctor for a set of magnifying glasses.

Advertise in The
Senior Reporter's
**CLASSIFIED &
PROFESSIONAL
SERVICE DIRECTORY**

Only
\$37.50/
mo with a 6-mo.
commitment

seniorreporter
ofoc@aol.com
or call Bill Thomas at
(714) 458-5703

OVER 150 AIRCRAFT & DISPLAYS!


PLANES OF FAME
AIR MUSEUM

See the world's only authentic flying Japanese Zero fighter

Largest collection of flyable WWII airplanes

Support aviation history, become a Member! Contact us for details!

Visit us!

\$2 OFF
ONE ADULT ADMISSION
LIMIT 1 COUPON PER PERSON
3/8/2020

OPEN: Sun-Fri 10-5 Sat 9-5

(909) 597-3722

Planes of Fame
Air Museum
14998 Cal Aero Drive
Chino, CA 91710

WWW.PLANESOFFAME.ORG

Visit Planes of Fame Air Museum at Historic Cal Aero Field in Chino, California.

The Planes of Fame Air Museum was founded in 1957 by Edward Maloney. It is the oldest independently operated aviation museum in the United States.

The museum collection spans the history of manned flight from

Continued on page 16

CHINO, CA  VALLE, AZ
PLANES OF FAME AIR MUSEUM

2020 SCHEDULE OF EVENTS

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

JANUARY	4	Living History Flying Day featuring: the Focke-Wulf Fw-190 Germany's 'Butcher Bird', Student Art Contest Awards
FEBRUARY	1	Living History Flying Day featuring: the F4U-1A Corsair
FEBRUARY	15	Special Presentation: The Strategic Bombing of Europe During World War II: A Look at the 91st Bomb Group
MARCH	7	Living History Flying Day featuring: the P-38 Lightning, presentation by Francis Gary Powers Jr.
MARCH	21	6th Annual Hangar Dance with Big Band Orchestra
APRIL	4	Living History Flying Day featuring: the B-25 Mitchell, presentation by Jonna Doolittle Hoppes
APRIL	18	Special Presentation: The Incredible True Story of Douglas "Wrong Way" Corrigan
MAY	2	Planes of Fame Air Show May 2-3 2020, Chino Airport
MAY	10	Mother's Day - Moms Admitted FREE!
JUNE	6	Living History Flying Day featuring: the P-47 Thunderbolt, D-Day presentation
JUNE	20	Special Presentation: The Story of Edwards AFB, To Push the Outside of the Envelope
JUNE	21	Father's Day - Dads Admitted FREE!
JULY	4	Living History Flying Day Featuring: the Curtiss P-40 Warhawk
AUGUST	1	Living History Flying Day featuring: the North American P-51 Mustang
AUGUST	15	Special Presentation: Blazing New Trails: Diversity in Aviation
SEPTEMBER	5	Living History Flying Day featuring: the Douglas AD-4 Skyraider
OCTOBER	3	Living History Flying Day featuring: the F-86 Sabre, Junior Aviator's Day: Kids Get In Free!
OCTOBER		13th Annual 'Taste of Flight' Gala (Date TBD)
NOVEMBER	7	Living History Flying Day featuring: World War One, presentation by Christina Olds
NOVEMBER	11	Veterans Day - Veterans Admitted FREE!
DECEMBER	5	Living History Flying Day featuring: the Mitsubishi A6M Zero
DECEMBER	5	Pearl Harbor Hangar Dance with Big Band Orchestra

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

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

FREE ADMISSION TO MEMBERS!

ARE YOUR DENTURES IN A DRAWER OR IN YOUR MOUTH?

- Are they an uncomfortable fit?
- Feel like too much plastic in your mouth?
- Wires hurt your gums?



Mydentalwig.com

Call me to discuss an alternative solution to dentures or expensive implants and look and feel your best self. We will come to you and give you info at no charge.

\$50 OFF
with Coupon Code
1951 at
Mydentalwig.com

Dan Curtin
your Leisure World neighbour in Mutual 8.

323-788-1206

**TIRED OF WALKING UP & DOWN THE STAIRS?
NEED A SINGLE STORY HOME?**



Looking to BUY or SELL a single story home? Call Bram Klein TODAY!



kw SINGLE STORY SPECIALIST

BRAM KLEIN & ASSOCIATES | 949-677-9757 | www.BramKlein.NET | BRE # 01494076



American Heart Association®
Learn and Live

A rich history of quality care



An expansive, inviting community in Huntington Beach offering assisted living and memory care.

Call (714) 845-7368 today to schedule a tour.

HuntingtonTerraceMBK.com

Huntington Terrace
MBK SENIOR LIVING
Lic. #306004796



Coastal Senior Living
Because.. The best is yet to come

A luxury temporary or forever home for seniors who deserve pampering

(949) 613-2139 * www.coastalseniorliving.org



FAC# 306005619

unicef 

susan G. Komen FOR THE cure 



Happy New Year! It's 2020 and the holidays are behind us which means it's time to relax and get involved in something other than holiday related events. Check out these events and mark your calendars now.

Legends of Motown Comedy Slamm

Bellflower

Jan. 18

7 p.m.

Comedy and tributes to Natalie Cole, Mighty O'Jays, Temptations, and Delfonics. Hosted by comedian Lamont Bonman (TBN's comedy specials), plus comedians Rudy Moreno (from George Lopez Live), Scott Shimamoto (national headliner) and more. Tickets: \$25 Prepaid or \$35 at door (if available). Prepay 4 & 5th free. (Discount on general tickets only). At, Bristol Civic Auditorium, 16600 Civic Center Dr., Bellflower. Call, 714-622-4977 for prepaid, discount tickets or pay online.

Fiesta Association Hairiest Man Contest San Juan Capistrano

Jan. 11

1 to 3 p.m.

One of the wackiest contests the Fiesta Association holds. Come to the sign-ups with a "Smooth Puss" (clean-shaven)

and ready to be photographed for the "Most Wanted" poster. You then have 8 weeks to grow a beard or mustache that will be judged at the Fiesta Grande in March. There is a \$5 entry fee which goes to support the Swallow's Day Parade. At, Swallows Inn, Ortega Hwy & Camino Capistrano, San Juan Capistrano. Call, 949-493-1976.

TET Festival

Costa Mesa

Jan. 24-26

Helping preserve Vietnamese culture, the Tet Festival attracts more than 100,000+ and offers hundreds of booths over three days. Visitors can see an array of traditional foods, live entertainment, festive games, and customs celebrating the Vietnamese Lunar New Year. At, OC Fair & Event Center, Costa Mesa.

Chance Theater

Presents: "Fun Home"

Jan. 31 to March 3

When her father dies unexpectedly, graphic novelist Alison dives deep into her past to tell the story of the volatile, brilliant, one-of-a-kind man whose temperament and secrets defined her family and her life. Moving between past and present, Alison relives her unique childhood play-

ing at the family's Bechdel Funeral Home, her growing understanding of her own sexuality, and the looming, unanswerable questions about her father's hidden desires. "Fun Home" is a refreshingly honest, wholly original musical about seeing your parents through grown-up eyes. *Recommendation: Ages 13 and up. It contains adult language and subject material.* At Chance Theater @ Bette Aitken Theater Arts Center, 5522 E. La Palma Ave., Anaheim. Tickets and information at ChanceTheater.com/fun_home

Surf City USA Marathon & Half Marathon

Huntington Beach

Jan. 31 to Feb. 2

Run on the Pacific Coast Highway past the famous Huntington Beach Pier and wind through the legendary surfing beaches of Southern California. Retro surf bands entertain along the way and the finish line party includes a beachside beer garden. Finishers receive surfboard medals. At 21100 Pacific Coast Hwy., Huntington Beach. Visit info@run-surfcity.com or call, 888-422-0786.



Find Resources For Social Security Disability Beneficiaries Who Want To Work

When Laura set a goal of becoming a certified orthotist and prosthetist to help people who, like her, experienced limb loss, she was concerned that earning the income she would need to afford the necessary training and education would affect her Supplemental Security Income (SSI) from Social Security. But working with Social Security's Ticket to Work (Ticket) program and using other Social Security Work Incentives helped her create a path to success.

Ticket to Work Program

The Ticket program supports career development for people age 18 through 64 who receive Social Security disability benefits, either SSI or Social Security Disability Insurance (SSDI), and want to work. Through this free and voluntary program, participants select a service provider to help them prepare for and find a job. If you, like Laura, have a career goal and receive Social Security disability benefits, whether it's SSI or SSDI, you might have questions about how work will affect your benefits. The Ticket program can help you find the answers.

From the Comfort of Your Own Home

Free, monthly Work Incentives Seminar Event (WISE) webinars offer you the opportunity to learn from the comfort of your home. Each month, the Ticket program team discusses the supports and services that are available through the pro-

gram and shares resources that can help you on the path to financial independence through work.

You will learn about Work Incentives and discover how you can transition to the workplace without immediately losing your Medicare and/or Medicaid and, in some cases, your cash payments from Social Security. Each month, presenters also explain how you can access free supports and services such as career planning, job placement assistance and ongoing employment support. You can also find information and ask questions about different types of work goals, including starting your own business, working for the federal government or planning for financial independence once you start earning income.

WISE webinars are held on the fourth Wednesday of each month. You can learn about this month's topic and register online at <https://choosework.ssa.gov/wise>. Or call the Ticket to Work Help Line at 1 (866) 968-7842 or 1 (866) 833-2967 (TTY) Monday through Friday, 8 a.m. to 8 p.m. ET.

Learn more about Laura and others who have used the Ticket program to succeed by visiting <https://choosework.ssa.gov/success-stories>.

You can help yourself to a rewarding career even while getting help from Social Security disability benefits.

CLASSIFIED & PROFESSIONAL SERVICE DIRECTORY

REAL ESTATE / RENTALS

Stonegate Senior Villas
Affordable 1 Bedroom Unit
From \$684.00 to \$1045.00 @ Month
2 bdrm from \$820.00 to \$1253.00
Seniors 62 Years Plus
Section 8 Welcome
170 N. Prospect, Orange, CA 92869
***Maximum Annual Income Restrictions Apply**
714-538-7729

I BUY HOUSES
All Cash, any Condition
Call Jeff
714-582-5866

Estate Sales
Glinda Davis
Certified Appraiser
714-943-1818
e-mail: glinda_davis@yahoo.com
Lic. #GDD0001
www.glindadavisstatesales.com

HOME & HEALTH CARE

RAINBOW HOME CARE
Attendants make life easier
All Orange County
Mobility, Errands, Housekeeping, Meal Prep, Transportation
Toll Free #1-800-811-9767
WE CAN HELP

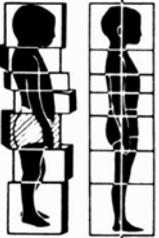
Ayanna Cares
In Home Care Service
Ayanna & Dwayne Armstead
Owners - License #011231

- Adult Day Care
- Appointments
- Companionship
- Hospice
- Laundry
- Meal Prep
- Errands
- Post Hospital Care
- Light Housekeeping

Nights and Weekends Available
(562)576-3893 www.ayannacares.com

\$49
Beauty by Tropea
1 Hour Facial
Call or Text Nina today for an appointment at (714)887-6339
Five Point Plaza, Phenix salons Suites
18531 main St. Suite 158
Huntington Beach Ca 92648

PRIVATE HOME HEALTHCARE SERVICES

Services include:
• Assist with daily care
• Meal planning & preparation
• Shopping & errands
• Doctor appointments
• Medication management
• Pet care
Mary Duarte CNA
949 525-8860
Serving South Orange County
English Speaking • Certified • Insured

Rolfing®
Structural Integration
a manual therapy method for optimal alignment of your body, so you can move with ease and freedom.
Realign Uplift Live
Hilde Otterholt
Certified Rolfer™
949 933 6317
www.rolfingoc.com

Your Ad Here

Guiding You In The Right Direction

What happens next?
Who do we need to speak to?
Where do we go from here?
When? Why? How?

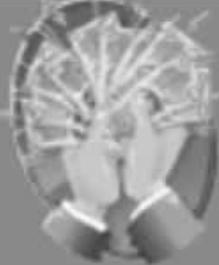
These are all questions I can help you with.
Whether Buying, Selling
Don't work with just any Real Estate Agent...
Work with an agent who knows Leisure World
I specialize in the Resale of Leisure World Properties

Call Me Today!
Diana Dugan-Flores
(562) 242-6162
Berkshire Hathaway
BRE # 01497232
The Lord is My Shepherd I shall not want. Psalm 23



AUTOMOTIVE

CASH AUTO BUYER
WE REALLY TRY TO PAY YOU THE MOST MONEY WE CAN. BECAUSE WE WANT YOUR BUSINESS
Wrecked, damages, running or not. We handle all DMV Papers
WE TAKE ALL TYPES OF VEHICLES AND RV'S
714-980-1790




MISC.

LIVING TRUST
Only \$499.00
Complete!
Call Greg
(949) 851-4969

WANTED/ I BUY
Lladros, Capodimontes, Waterford, Laliques, etc.
High end merchandise for resale
Nick
714-679-5153
949-566-4661

LOSE SOMEONE SPECIAL?
Get your **FREE ebook** that guides you through your Executor and Administrator duties.
Visit: probateresources.net
Call (949) 697-0420

EXPERIENCED PROFESSIONAL CARE GIVER NEEDED
\$13.00 per hour • 562-576-3893

We Help You Carry On!
E&M Senior Care
• Alzheimer Dementia • Light Housekeeping
• Personal Care • Companionship
• Transportation • Medication Monitoring
• Meal Preparation • Competitive Pricing
In-Home Caregiving
714-699-8938
Info@eandmseniorcare.com • www.eandmseniorcare.com

CLASSIFIED & PROFESSIONAL SERVICE DIRECTORY

PLUMBING

Plumbing Expert



Copper Re-Pipes, New Plumbing Additions, Gas Leak Detection/Repair, Slab Leaks, Drain/Sewer Cleaning & Inspection, Water Heaters, Affordable & Professional Service

20 Years Exp. Family Owned & Operated

714-540-4469



EYEGLASS REPAIR

Steve's Eyeglass Repair
 (949) 338-3439
 www.steveglasses.com
 We Come to YOU

MOVING \ STORAGE

SENIOR MOVING SPECIALISTS
 West Coast Relocation & Storage
 Local & Long Distance Moves, Packing Services
 Storage & Small Moves

\$50 Off
 Moving or Storage Costs

562-537-0312
 FREE insurance with every move
 www.westcoastrelo.com Lic. # 191386

PAC MASTERS LLC
 We assemble and disassemble for you.
 We Also Pack And Organize Garages
 We Now Hang Pictures And Mirrors
 Buy And Sell Furniture
FREE ESTIMATES • Call 888-250-2204

ELECTRIC

VOLT ELECTRIC

- Troubleshooting & Repair
- Panel Upgrades
- EV Charging Station
- Rewiring Nobe & Tube
- Recess Lighting
- Electrical Inspections
- Smoke Alarms

714-904-4122
 Lic# 10085-9
 Insured & Bonded

Same Day Service

AC & HEATING

DISCOUNTED DEEP WATER PLUMBING HEATING & AIR

Service & Repair • Installation
 Free Estimates (New Systems)
 All Makes/Models

Senior Discount
 No Results/No charge

714-234-6826
 CALL ANYTIME
 Lic# 974510

HANDYMAN

SOUTH COUNTY HANDYMAN

PAINTING/CARPENTRY
 PLUMBING REPAIR
 ELECTRICAL REPAIR
 DRYWALL REPAIR
 STUCCO REPAIR
 CLEAN UP & HAULING
 FULLY INSURED

SENIOR DISCOUNTS AVAILABLE
 CALL CHRIS 949-370-8912

ROOFING

SHINGLE MASTER COMPANY
 CERTAINTED

Your Ad Here

APPLIANCE REPAIR

ROCA APPLIANCE REPAIR

- Washer
- Dryer
- Refrigerator
- Stoves
- Ranges
- Cook Tops
- Dishwashers
- Plumbing

Also Air Conditioning and Heating

Call Alejandro
949-478-9053
 Lic. # A48272

GARDENING / LANDSCAPING

GARDENING

One Time Yard Cleanup
 Trimming, Weeding,
 Planting, Drought Tolerant,
 Ground-Cover, Landscaping,
 Design, Hauling

Small / Big Jobs Welcome
 Free Friendly Estimates

GK: 714-716-4491
 gklandscape.biz
 Visa/MC/DC/Amex • Lic. #918209

LANDSCAPING

E.V. LANDSCAPE AND GARDENING SERVICE

As low as
 \$25.00/weekly

Clean-ups, trimming, trees, sprinklers, sod

714-822-1870
 Call Elvis Vega

TREE TRIMMING

Professional Tree Trimming
 Tree Removal
 Crown Reduction & Tree Pruning
 Powder Stump Grinding

Palms Skinned Trimmed & Removed
 Ivy Topping & Removal
 Lot & Hill Clean-ups for Fire Regulation

CORTEZ
Tree Trimming Service

Lowest Prices Guaranteed!
 Free Estimates
(562) 233-1564

LANDSCAPING

OC Landscaping and Hauling
 Trimming, Weeding,
 Planting, Drought Tolerant,
 Ground-Cover,
 Garden/Yard/Slope Cleanups,
 Design, Hauling

Small / Big Jobs Welcome
 Free Friendly Estimates

GK: 714-716-4491
 gklandscape.biz
 Visa/MC/DC/Amex • Lic. #918209

INSURANCE

Turning 65? Or Want Sr Plan Choices?

Call: Brian Powell Insurance
 17461 Irvine Blvd Suite A
 Tustin, CA 92780
 (714) 547-3313 cell: 457-5455
 Ca lic. 0711506, bripowell@aol.com

TELEVISION SERVICES

Grasp, LLC
 Technology Services



Grasp TV

(714) 263-6240
 David Wooten
 Grasp TV.Service@gmail.com

Television Services
 Mounting, Set-up, Troubleshoot
 Cable Alternatives,
 Entertainment systems



OC Regrout
Tile • Marble • Granite

Axel Laverde
Grout Specialist

(949) 357-5736
axelglaverde@gmail.com

Flooring • Kitchens & Bathrooms
Installation & Repair Commercial & Residential

PLUMBING / BATH

• Drains/Repairs

• Tubs/Repair/Refinishing/New

• Water Heaters/Leaky Faucets

• Handyman 24/7

714-515-0379

25 Years Local Service

www.plumbinginorangecountyca.com

Call Brian

Lic. #918572



CBD Products
Pure Natural Organic Hemp
Zero THC, Lab Tested Purity

- New Lower Prices
- Bundled Discounts
- Drops - Capsules - Lotions - Dog CBD
- Free Delivery & Shipping

Barbara Lamb RN 562-296-8409
www.cbdencore.com LW Resident



Until Every One Comes Home®



FIFTIES FLASHBACK

By Randal C. Hill

'The Million-Selling Sloppy Soundcheck'

Music critics were never kind to one of the biggest hits of all time. One writer proclaimed it “a ridiculous piece of junk.” Another grumbled that “it had all the charm of a clanging hubcap.” Strangely enough, the Kingsmen, the band responsible for “Louie, Louie,” felt the same way.

The three-verse ditty had originally been a 1956 release by Los Angeles R & B singer/songwriter Richard Berry, whose Flip Records single told of a lonely sailor lamenting to a bartender named Louie. Berry's 45 never cracked the national charts, but the tune lingered on — and on and on — into the early 1960s, where it became a staple of three-chord garage bands throughout the Pacific Northwest.

The Kingsmen were a Portland, Ore., Rock quintet fronted by Jack Ely. Ken Chase, the Kingsmen's manager, provided work for the outfit at a teen dance club he owned. On a whim one night, the group played a nonstop 90-minute set of nothing but “Louie, Louie.” The dancers went wild and even demanded more. Chase recognized the song's potential for the Kingsmen and scheduled time at Northwest Recorders, the only recording studio in Portland.

When a soundcheck was ordered to test the microphone

levels, Chase raised the vocalist's boom microphone to 15 feet off the floor, claiming this would offer a better “live” feel when the Kingsmen recorded.

Things quickly went south when the tape rolled. Ely had to lean back to sing — shout, really — up to the microphone far above him, resulting in a slurring of Berry's simplistic lyrics. Drummer Lynn Easton lost the beat partway through. And, following the instrumental break, Ely came in too soon on the song's final verse and had to restart it. After two excruciating minutes, “Louie, Louie” mercifully ground to a halt.

Then came Chase's jaw-dropping announcement. “That's it! *That's* the take I want!” he enthused as he bolted from the control room, explaining that the soundcheck had exactly the raw edge that he sought.

The Kingsmen, understandably, were incredulous: *This* piece of garbage would become their debut single? Sadly, the answer was yes.

Jerden Records in Seattle released the soundcheck version, which earned some airplay on Pacific Northwest radio before it fell off the playlists. Somehow, the forgotten 45 made its way across the country, and popular Boston Rock DJ Arnie Ginsberg ended up spinning

“Louie, Louie” on a Friday night feature he called “The Worst Record of the Week.”

Surprisingly, several record stores phoned to ask about ordering the disc, and soon New York's Wand Records leased the Jerden master. By January 1964, “Louie, Louie” sat at No. 2 on *Billboard's* Hot 100 chart.

When some listeners erroneously claimed that “Louie, Louie” contained filthy lyrics, two FBI agents soon visited Berry, who later explained with a chuckle, “They came to the conclusion that the singer's words were indecipherable.”

“I was never contacted about the lyrics,” Ely grumbled in a postscript. “Nobody ever wanted to talk to the guy who actually *sang* the supposedly dirty words.”

Bibliography

Book:

Marsh, Dave. *Louie, Louie: The History and Mythology of the World's Most Famous Rock 'n' Roll Song (2nd Edition)*. Ann Arbor, MI: University of Michigan Press, 2010.

Internet:

Hill, Randal C. “*Louie, Louie: The Rest of the Story*.” <https://pamplinmedia.com>. Nov. 11, 2003.

Interviews by Randal C. Hill:

Richard Berry: Feb. 18, 1995 (Denny's restaurant in Hollywood, California)

Jack Ely: Feb. 6, 2003 (Ely residence in Crooked River Ranch, Oregon)

Diabetes Makes Disaster Planning Even More Important

Everyone should plan for natural disasters, but this planning is especially important if you have a chronic health condition such as diabetes. Follow these nine steps to be ready:

1. Do basic planning. Plan for where you will go if you must leave home, how you will get there and who will meet you there. Stay current with your vaccinations. Contact your county emergency management office for advice on transportation and other services for people with special needs.

2. Pack a go-kit. In a waterproof container, pack first aid supplies including antibiotic cream, a flashlight and spare clothes. Include extra socks and shoes, because it's important to keep your feet dry and free of infection. Keep on hand for quick packing a week's worth of medicine plus supplies, medical equipment, spare equipment batteries and cash. If you use insulin, store it in the fridge with an insulated lunch bag nearby, ready to fill and go. Keep your kit by the front door.

3. Put an information folder in your kit. This should include contact information for your healthcare professionals, pharmacy and emergency contact person; a list of your medicines, doses and dosing schedules; and the make, model and serial number of



any medical device you use in case you need to replace it. Also include copies of recent A1C results or other lab work, your health insurance card and your photo ID.

4. Include food supplies in your kit. Pack a three-day supply of water and nonperishable foods that fit with your meal plan. Include snacks to treat low blood sugar.

5. Wear a medical alert ID. Ask your healthcare professional about how to get a free tag that states your medical condition. This is important if you need medical care but are not in a condition to talk.

6. Do kidney care planning. If you are on dialysis for kidney disease, which often co-occurs with diabetes, talk to your dialysis center about their disaster plans. If you have a home dialysis or peritoneal dialysis machine, plan for how to power it if the electricity is out and how to stop dialysis if you lose power in the middle of a treatment. Register with your water and power companies for priority service restoration. In your information folder, keep a copy of your dialysis treatment plan, the phone numbers of your dialysis center and other nearby centers, and

the kidney community hotline at (866) 901-3773. Talk with your doctor about what food to pack in your go-kit for an emergency three-day diet. This eating plan can save your life if dialysis treatments are missed or delayed, because it reduces water and waste buildup in your body. Finally, if a disaster is looming, try to get your dialysis treatment ahead of schedule.

7. Be ready. Tune in to weather reports and listen for what local leaders say about evacuation. Keep your phone and any medical devices charged. If you have a car, keep it gassed up.

8. Evacuate early. As soon as local leaders advise people to evacuate, go to your preplanned location. Don't risk being trapped without access to electricity, clean water and supplies. Plus, early evacuation gives you a better chance of being housed in a special-needs shelter. When you arrive at a shelter, alert workers about your health conditions so you may get the support you need.

9. Update your plan and restock your kit. At least once a year, review your emergency plan with your doctor. On an ongoing basis, swap out items with expiration dates.

To learn more about how to manage your diabetes, visit <https://www.niddk.nih.gov>.

Seniors First Specialized Senior Care Clinic

- * Compassionate Care Team
- * Transportation Assistance (must qualify)
- * Easy access to Medical Providers
- * Comprehensive and Individualized appointments
- * Community resources & Education



201 S. Broadway 17822 Beach Blvd, Suite #215 1510 E. 7TH Street
Santa Ana, Ca. 92701 Huntington Beach, Ca. 92647 Long Beach, Ca. 90813
714-571-4941 714-847-2576 562-590-9800

Check our website for a complete list of all our locations
www.amistadseniormedicalclinics.com
Call to schedule your next appointment

J. Lewallen & Associates

Non-Profit & Business Insurance Sales

*Life & Health Insurance
for the Senior Community*

John P. Lewallen, Owner/Agent

Ca. License 0452386

PO Box 6053 Garden Grove Ca. 92846

E. Mail: lewallenjohn50@gmail.com

Phone: 714-891-6612



Bob Barker

By Les Goldberg

For anybody reading this publication, they know that the name Bob Barker is synonymous with TV and in particular, TV game shows, and even more specifically, “Truth or Consequences” and “The Price Is Right.”

Now retired at the young age of 96, his legacy and unmistakable mellow voice are fixtures in our memory, going all the way back to the 1950s when game shows were, in fact, the prime time of the tiny black and white, tube-driven electronic phenomenon known as television.



Since 1972 Barker had been the host of The Price Is Right game show. Not only is it the highest-rated daytime game show, but it's also the longest-running game show in TV history, surpassing the prime-time hit “What's My Line?” (1950), which ran for 18 years. He also served the show's executive producer since 1987.

Named the most popular game show host of all time in a national poll, he received the Lifetime Achievement Award for Daytime Television in 1999.

In 1996 he made his motion picture debut in Universal Pictures' “Happy Gilmore,” in which he played himself with



Adam Sandler. His real acting debut, however, came that same year when he was asked to play Mel Harris' father in NBC's “Something So Right.”

Another honor came when one of the most historic sites in the history of television, Stage 33 at CBS Television City in Los Angeles, was re-dedicated as the Bob Barker Studio in ceremonies following the taping of the 5,000th episode of “The Price is Right,” on March 11, 1998.

Barker is the first performer to whom CBS has ever dedicated a stage.

Barker was born in Dar-



ington, Wash., and spent most of his youth on the Rosebud Indian Reservation in South Dakota, where his mother was a schoolteacher. His family eventually moved to Springfield, Mo., where he attended high school and Drury College on a basketball scholarship.

World War II interrupted his studies and he joined the US Navy, becoming a fighter pilot, but the war ended before he was assigned to a seagoing squadron.

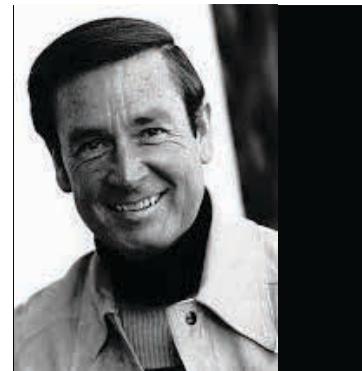
Following his discharge, Barker returned to Drury and took a job at a local radio station to help finance his studies. It was there he discovered that what he did best was to host audience participation shows.



After graduating summa cum laude with a degree in economics, he went to work for a radio station in Palm Beach, Fla. A year later he moved to Los Angeles, and within a week he was the host of his own radio program, “The Bob Barker Show.”

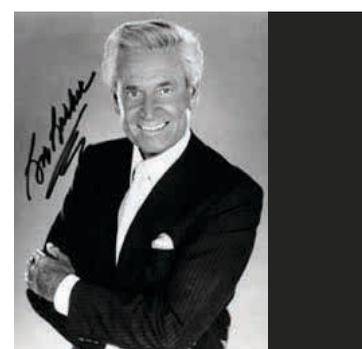
He made his debut in 1956 on

national television as the host of the popular The New Truth and Consequences. Ralph Edwards, the show's originator, had sold the show to NBC as a daytime strip, but he had not chosen a host. He auditioned other hosts in Hollywood and New York for weeks, but when he heard “The Bob Barker Show” on his car radio, he knew he had found the man for the job.



Proving that Edwards had chosen him wisely, Barker hosted “Truth or Consequences” for an unbelievable 18 years, and he and Edwards remain close friends to this day. They drink a toast at lunch every December 21st to celebrate the day in 1956 when Edwards notified him that he was going to become the host of “Truth or Consequences.”

Barker has been twice named in the Guinness Book of World



Records as television's “Most Durable Performer,” at 3,524 shows, and “Most Generous Host in Television history” for awarding \$55 million in prizes on his various shows.

During the ensuing years, the \$55-million figure has increased to more than \$200 million. He has won 11 Emmys as a game show host, more than any other performer, and two more as executive producer of “The Price is Right.”

He also was given the Lifetime Achievement Award in 1999, for a total of 14, and won two additional awards, for a total of 16 Emmys. He has also received the coveted Carbon Mike Award of the Pioneer of Broadcasters.

In 1978 he developed “The Bob Barker Fun & Games Show,” a series of personal



appearances that attracted record-breaking audiences throughout the US and Canada.

He also established the DJ&T Foundation in Beverly

Continued on page 14

Tips on Trips

Travel Trends To Inspire Your 2020 Vacation Planning

Some things never change when it comes to traveling with friends and family, but every year new trends arise as travelers discover new places and ways to travel. With data and insights from its global vacation rental marketplace, Vrbo identified where, how and why Americans will travel for vacation in 2020.



Hot spots for vacations these days include the beaches of Portugal and outdoor destinations like Big Bend National Park.

Up-and-coming destinations

Travelers are always looking for “off-the-beaten path” or “hidden gem” destinations for their next trip. The top emerging domestic destinations all have one thing in common: the great outdoors. From ghost towns to sea islands, adventurous travelers are visiting places like Big Bend National Park, Olympic National Park and Chattahoochee National Forest.

“This is the third year in a row travelers’ desire to be outdoors has filled the up-and-coming destinations list,” said Vrbo Travel Expert Melanie Fish. “Clearly, people want the comforts of a home away from home while soaking in scenery.”

On the rise: same-city stays

Same-city stays refer to people booking vacation rentals in their own city—not to be confused with staycations, which involve staying at your own home. The top single

place that Chicago Vrbo renters come from is Chicago, and that rings true for a number of major American cities, including Philadelphia, Dallas and Atlanta. Another emerging travel phenomenon may come into play: celebrations, when families and friends gather to celebrate special occasions. People who live in town may rent a vacation home to host and comfortably accommodate groups of guests for a holiday or a milestone life event.

Hottest international beach destinations

Where are trendsetting travelers heading to the beach in 2020? Portugal. The country took three of the top five spots on Vrbo’s list of international beach destinations: Vila Nova de Gaia, Porto and Lisbon. Portugal is known for its affordability and for some of the best waves in Europe. Other destinations include Chania, Greece and Catania, Italy.

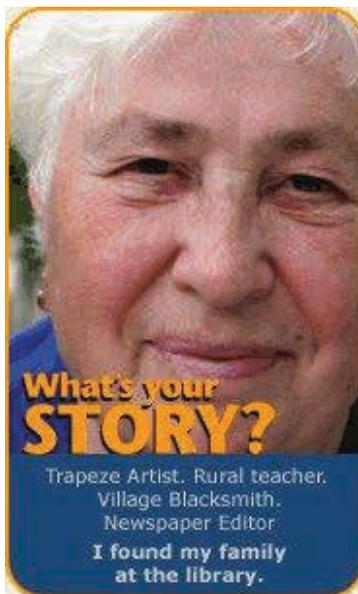
Drivable destinations: moving up

More Americans are taking short-stay vacations of two or three days—likely an outgrowth of flexible time-off policies and prioritization of experiences with people over material goods. Whether it’s a long weekend or a day trip, an exceptional vacation destination is less than a tank of gas away!

In fact, Vrbo’s top five short-stay destinations are all less than 300 miles away from the top origin markets that guests were traveling from.

From urban getaways to nature escapes, travelers are taking short trips to these top destinations: St. Louis; McCurtain County (Broken Bow), Okla.; Newton County, Ark.; Grays Harbor County, Wash. and Ruidoso, New Mexico.

Want more travel inspiration? See more trends and find your vacation rental match at <https://www.vrbo.com/l/trend-report/>.



*Preparing Today
Eases Tomorrow™*

FEIG LAW FIRM

- WILLS • TRUSTS •
- PROBATE • SPECIAL NEEDS TRUSTS •
- TRUST LITIGATION • FAMILY LAW •



SCOTT FEIG, J.D., M.A.
ATTORNEY AT LAW
949-689-9715

FEIGLawFirm.com

780 Roosevelt • Suite 220 • Irvine, CA 92620
(near Jeffrey Rd.)

BATH REFINISH

BATH-BRITE

Repairing and Refinishing Tubs, Tile,
Fiberglass and Sinks Since 2001

(714) 864-4797



Servicing Orange County and Parts
of Los Angeles County

**CALL FOR A
FREE ESTIMATE!!!**

Kyle Thompson

www.bath-brite.com



**Thrift
Shop**

8071 Slater Ave
just east of Beach Blvd

• 100% Volunteer Operated • www.facebook.com/assistanceleagueofhb
• Learn more www.ALHB.org • www.ebay.com/usr/assistance_league_of_huntington_beach

**American Heart
Association**



The Gadget Geezer

By Les Goldberg

Ring In New Gadget Bling

Make no mistake about it, technology is everywhere – in our homes, in our cars, on our phones, you name it. This year, as in the past half-century since the introduction of the personal computer, the phenomenon of smart chip gadgetry continues to beg the question:

“What’s next?”

To answer that burning question, tech companies and their teams of scientists, inventors and marketers are again converging on Las Vegas to attend the annual Consumer Electronics Show (CES 2020) to reveal and demonstrate the latest technological advances and trends.

Here is a small sample of the thousands of products which soon will become part of our daily lives:

MyEye2



The MyEye2 from OrCam is a wearable device that reads printed and digital text aloud – from any surface – and seamlessly recognizes faces, products, barcodes and more, all in real-time.

Magnetically mounted on the wearer’s eyeglasses or sunglasses frames, it is activated

by an intuitive pointing gesture or simply by following the wearer’s gaze – allowing for hands-free use without the need for a smartphone or Wi-Fi.

The company also is introducing a wearable device that augments and integrates with hearing aids. The OrCam Hear identifies lip movement and body gestures to detect the voice you want to hear and can switch its attention to other speakers as needed.

Intelshelf

When you slide the Intelshelf under a sofa cushion or bed mattress, it creates a portable charging platform and charges multiple electronic devices. Using up to 33 watts of power, it streams music by pairing voice-activated commands with smart home assistant products.

No tools are required to set up the device which includes a dual-purpose receptacle that securely holds a removable video projector or a variety of beverage cups to prevent spills.

The company, D3 Products, is aiming at a market that includes homes, hotels, college dorms, medical facilities, and recreational vehicles. “Our goal is to eliminate the need for power cords and adapters that clutter floors, furniture and drawers,” said a company spokesperson.

Impossible Burger 2.0



You don’t often see food on display – except in the scattered Convention Center restaurants – in the miles of aisles at CES. That is why the Impossible Foods booth attracts visitor curiosity. There is absolutely no electronics or semiconductor technology associated with the company’s latest concoction of the hamburger.

Planned for distribution to more than 5,000 restaurants later this year, the Impossible Burger 2.0 is a follow-up to its award-winning original recipe introduced in 2016. The next-generation burger contains no gluten or cholesterol and has as much iron and protein as conventional beef from cows.

Personally, I will try it, but it will be smothered in mustard, ketchup, onions, pickles and a slice of tomato with a pinch of pepper.

OZMO 960

If one of your New Year’s resolutions is to clean house (raise your hand if you are so inclined), then you need one of these – a robot! Also, if you want to spend about \$600 for the project, you may as well buy a Ecovacs Deebot OZMO



950 two-in-one vacuuming and mopping robot.

Among its futuristic features:

- Smart Navi 3.0 Systematic Custom Cleaning.
- Up to three hours of runtime.
- Multi-floor mapping. That is not a typo. It maps out the entire floor for accurate and organized vacuuming and mopping.
- Three levels of suction power.
- Works on both hard floors and carpets.

In addition, the robotic picker-upper allows for voice and app controls via Alexa & Google Assistant voice commands.

I have advocated over the years that technology is designed to make life easier, more convenient. This product certainly lives up to that theory, but don’t let your physical therapist or personal trainer know that you use one.



Roby & Associates

PUBLIC INSURANCE ADJUSTERS

Keeping Insurance Companies Honest since 1987!

We work on your behalf to negotiate the claim or claims for damage under any insurance policy covering real or personal property.

- Fire
- Water
- Wind

- Vandalism
- Theft
- Any First Party Claims!

CALL FOR A
COMPLIMENTARY
CONSULTATION!

Wayne Roby

Lic. #2E53390 • (310) 251-8091

Documents.robypa@gmail.com

Catch a Ride

with OneCare Connect

A health plan with unlimited no-cost transportation to:

- Doctor visits
- Pharmacy
- Gym



To learn more, visit caloptima.org or call 1-800-960-9070.

OneCare Connect Cal MediConnect Plan (Medicare-Medicaid Plan) is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees. OneCare Connect complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

HS016 20MM038 Accepted 9/24/19



Research Continues To Drive Advances Against Cancer

It may seem surprising but there's actually good news in the fight against cancer.

According to the American Association for Cancer Research (AACR) annual Cancer Progress Report, this year alone saw 27 new cancer treatments—the highest number ever reported in the Cancer Progress Report; a record high number of U.S. cancer survivors—more than 16.9 million; and the benefit of increasing federal investment in the National Institutes of Health (NIH).

Among the new treatments are:

1. The first molecularly



targeted therapeutic approved for treating cancers with a specific genetic biomarker regardless of the type of cancer; and

2. The first immunotherapeutic for use in the treatment of breast cancer.

For example, 63-year-old Keith Taggart had salivary gland cancer and was told surgery could no longer help. He was offered a clinical trial testing a

new targeted treatment. After he took a single larotrectinib (Vitrakvi) pill twice a day for four weeks, CT scans showed that all but one tumor had gone and the one left had shrunk by 65 percent. Over time, it continued to shrink, and has been undetectable for about 2 years.

Then there's 72-year-old Eva Joseph. She was in a clinical trial testing an immunotherapy and chemotherapy combination as a treatment for patients with stage 4 triple-negative breast cancer. She says "this new immunotherapy is providing hope for people who thought they had no chance to live, and it only came about because

of cancer research and the hard work and money that supported it."

"Over the past few decades, a surge in scientific discovery and technological innovation has allowed us to make unparalleled progress against cancer," explains Dr. Elaine Mardis, President of AACR. "Robust annual increases in federal funding for medical research will pave the way for the next major breakthroughs that will transform patient care."

The report also emphasizes, however, that despite this extraordinary progress against cancer, the disease continues

to pose enormous public health challenges:

- The number of new cancer cases in the United States is predicted to rise to more than 2.3 million in 2040.
- The number of high-school and middle-school students using e-cigarettes, has jumped 78 percent and 49 percent from 2017 to 2018, respectively.
- Obesity is responsible for about 8 percent of cancer cases among U.S. adults age 30 and older, and its prevalence is rising.

Learn More

For further facts about fighting cancer, visit www.CancerProgressReport.org.

Fabulous Finds

By Debbie L. Sklar

Kick-off 2020 with these fun Fab Finds that are sure to make you feel and look better after a busy holiday season.

Bliss Spa Squad Mask Kit



A foursome of Bliss' most popular spa-powered masks for bright, replenished smooth and clear skin. This set includes the Bliss Mighty Marshmallow Bright & Radiant Whipped Mask, What A Melon Reviving & De-Stressing Overnight Mask, Pumpkin Powerhouse Resurfacing & Exfoliating Enzyme Mask, and Green Tea Wonder Overnight Mask. Price: \$12, available at Target/Target.com

Bliss What A Melon Essentials



Say "peace out" to "stressed out" with these replenishing essentials that bring dull, tired skin back to life. This set includes the Bliss What a Melon Reviving & De-Stressing Overnight Mask, What a Melon Replenishing Watermelon Toner with Witch Hazel, Willow Bark & Hyaluronic Acid, What a Melon Water Jelly Hydrator for Combination Skin

and Eye Got This Holographic Foil Eye Masks. Price: \$17, available at Target/Target.com

LANO Jet Set Travel Essentials



Introducing your wingman for the long haul: the only essentials needed for daily skin routines. This kit includes three must-haves in travel-friendly sizes:

Face Base Vitamin E Day Cream: daily moisturizer with antioxidants and environmental protection that hydrates and replenishes moisture to the skin.

Face Base Gelcream Cleanser: a non-stripping, PH-balanced gentle daily cleanser for normal-dry & sensitive skin.

The Aussie Flyer Leave-on Recovery Mask: leave on-mask that reboots dull, dry skin and brings back moisture, glow, and radiance. Price: \$27, available at Ulta/Ulta.com

Lanolips Rose Gold 101 Lip and Cheek Tint

Lano's Original 101 Ointment meets an injection of rose gold pigment, giving you a natural flush rush in a tube. It creates soft, hydrated and pretty lips and dewy cheek – the ultimate

two in one. The hydrating, dewy rose-flushed tint mimics the effect of blood rushing to the lips and cheeks. No artificial fragrances, parabens, petrolatum, PEG's, mineral oil, or sulfates and no animal testing. Price: \$17, available at Ulta/Ulta.com, Nordstrom.com, Neiman Marcus/NeimanMarcus.com, Bloomingdales.com and Anthropologie.com

Toast Emerald



Toast Emerald Slices are 100% hemp, CBD pre-rolls without tobacco. Compared to other ways to ingest CBD, smoking CBD has one of the highest bioavailability rates, which is the time it takes to enter your system. To ensure the highest quality of hemp used in the Toast Emerald line, Toast voluntarily applies California category 3 testing standards. These are the strictest compliance standards in the industry, and Toast Emerald is the first line of CBD pre-rolls on the market to adhere to this testing and display the results on the packaging. Price: \$18 (2-pack, 1.4g), \$44 (5-pack, 3.5g), \$84 (10-pack, 7g). Available: nationwide shipping available on www.toastwellness.com

Toast Full Spectrum Hemp Extract



Toast Full Spectrum Hemp Extract is an all-natural, full-spectrum hemp extract with only two ingredi-

ents – Full Spectrum and Naturally Grown Hemp Extract and Organic Fractionated Coconut Oil. Simply add Toast CBD Oil to your coffee, tea, smoothie, cocktail as a drink-booster or directly under your tongue. Born in Aspen and formulated in the heart of the Colorado Rockies, Toast uses honest, all-natural growing practices to create the highest quality products: no pesticides, no herbicides, no solvents and no chemical fertilizers. Toast CBD Oil is vegan, contains no artificial colors or flavors and is gluten-free & sugar-free. Price: \$55 (250 MG CBD), \$100 (500 MG CBD). Available: nationwide in Original, Organic Cold Pressed Orange, Organic Cinnamon, Organic Cold Pressed Lemon and Spiked Pumpkin. Visit www.toastwellness.com

Naturally Serious Skin Warrior Squad

Get your skin ready for the New Year with the Naturally Serious Skin Warrior Collection. This collection shields you from environmental skin damage, helping to reset your skin to a healthy, youthful,



glowing state which we all need during the cold winter months. This mighty trio of best sellers delivers unparalleled results when used together. The collection includes Major Moisture Gentle Cleanser, Mask-Imum Revival Hydra-Plumping Masque, Skin Warrior Anti-Pollution Repair Cream. Price: \$46, available on NaturallySeriousSkin.com, Sephora.com and select Sephora stores.

Bob Barker

Continued from page 10

Hills, which uses his own resources to support the control of the dog and cat population with low-cost or free spay/neuter clinics. This foundation is named in memory of his wife, Dorothy Jo, and his mother, Matilda (Tilly) Valandra, both of whom loved animals. Barker's work on behalf of animals has garnered him a long list of awards from prestigious humane organizations across the country.



Breathe Easier



Many people may be surprised to learn that some things used to keep their homes looking good and feeling fresh—scented candles, air fresheners, cleaning products, paint, furniture—actually contribute to indoor air pollution.

The Problem

These items—and many others—produce volatile organic compounds (VOCs) which, the EPA says, can irritate skin, eyes, noses and throats and cause headaches, nausea and dizziness. Extended exposure, the EPA warns, can even cause asthma, liver, kidney and nervous system damage.

Some Answers

Fortunately, you can reduce your exposure. Here's how:

- Improve your ventilation.
- Store products containing VOCs outdoors.
- Seal surfaces containing dangerous compounds.
- Keep your HVAC air ducts clean.

Indoor air gets pulled into the system and contaminants can build up in the ductwork. Getting your air ducts properly cleaned can improve the ventilation throughout your home

Continued on page 26

Best Cell Phones & Plans for Seniors

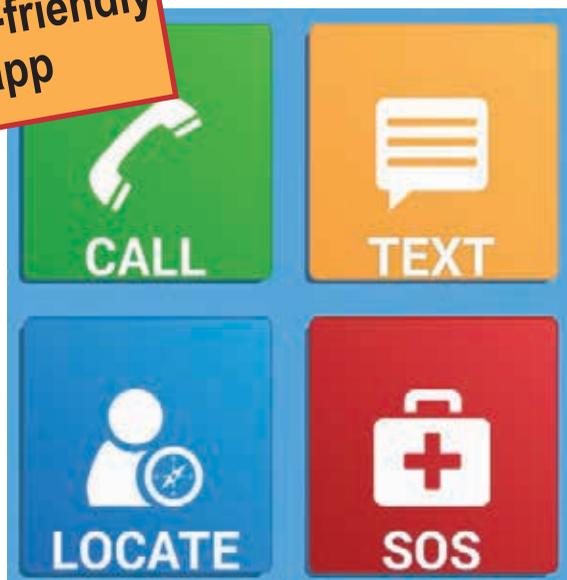
START AT \$10/MO.

- Top Major U.S. Networks
- No Contracts
- Free Cellphone
- Free Shipping
- Free Activation
- Keep Your Same Number

Veterans Discount

Backed by 30 Years of Experience

Senior-friendly app



INTOUCH AMERICA

www.intouchamerica.com

Some restrictions apply

CALL US: 800-500-0066

Senior Real Estate Services

Mark W. Correll

MBA, Realtor



Seniors List for as low as 1%
Real Estate & Antique Evaluations • Notary Services
Moving & Relocation Services • Delivery Services

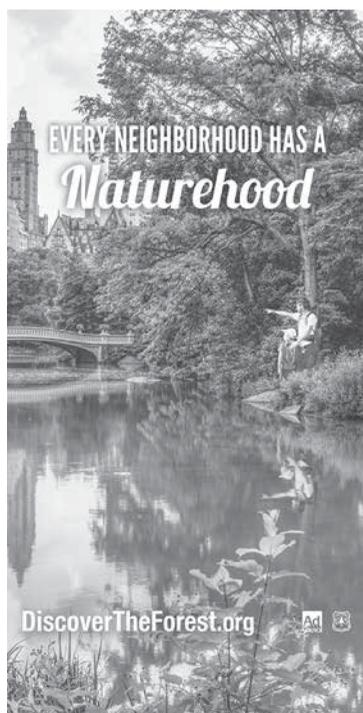
714-655-8096

CA licensed 01036527 since 1989
Graduate Vanguard University

mcinvestre@gmail.com

Realty Source, Inc.
9114 Adams Ave., Huntington Bch CA 92646

Español (714) 376-8691
Your trusted Source for Estate business needs



DiscoverTheForest.org



SHELTER PET & LIFE OF THE PARTY

Amazing stories start in shelters and rescues. Your story starts here.

With the help of our partners.

Start A Story. Adopt theshelterpetproject.org



American Heart Association
Learn and Live

Planes of Fame Air Museum

Continued from page 3

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

Our Mission is to preserve aviation history, inspire interest in aviation, educate the public, and honor aviation pioneers and veterans.

We are a non profit 501 (c)(3) organization that has grown for the past 57 years through donations. We receive no monies from the government. For more info please visit: www.planesoffame.org

Planes of Fame Air Museum
7000 Merrill Avenue #17, Chino, CA 91710
Tel - 909-597-3722
Fax - 909-597-4755
www.planesoffame.org



By Randal C. Hill

'Na Na Hey Hey Kiss Him Goodbye'

Steam

Did you know that the No. 1 hit "Na Na Hey Hey Kiss Him Goodbye" was designed to be so terrible that no self-respecting disc jockey would consider playing it?

Does this make sense? Of course not! This is the crazy world of Rock 'n' Roll we're talking about here!

Paul Leka, the production genius behind the Lemon Pipers' chart-topping "Green Tambourine," had a talented musician pal named Gary DeCarlo, who had written and taped four commercially viable songs. Leka took DeCarlo's demo (demonstration) tape to the Manhattan office of Mercury Records, where it was immediately decided that all four tunes were good enough to soon be released as individual singles.

Record companies always issued 45s with an "A" side (the hoped-for hit) and an inferior "B" side for the back. (After all, why give away two good songs for the price of one?) With this in mind, Leka and DeCarlo met at Mercury's recording studio to cut a poor-quality "B" side for DeCarlo's forthcoming debut disc. The ditty chosen was "Kiss Him Goodbye," an unremarkable blues shuffle that Leka had co-written many years earlier.

In the studio, Leka played keyboards after splicing in two previously recorded drum tracks. "Kiss Him Goodbye," with DeCarlo singing lead, was intended to almost scream "Hey, not *this* side!" Or so the pair thought. "I said we should put a chorus to it," Leka said later in *The Billboard Book of Number One Hits*. "I started writing when I was sitting at the piano, going 'na na na na na na na ...'" To add to the silliness, DeCarlo threw in a few repetitions of "hey hey hey ..."

The nonsense syllables were never improved upon. "We agreed it was just a 'B' side and said the hell with it, let's leave those lyrics in," Leka explained further. "We fattened it up by singing it a couple more times."

When the musicians left the studio, one of them noticed a thick cloud hissing from a street manhole and said, "Wow, look at all the steam."

In time, this throwaway remark would provide a name for the 'group' that didn't exist.

Surprisingly, the Mercury moguls declared "Kiss Him Goodbye" too good to be a "B" side and opted to release it as "Na Na Hey Hey Kiss Him Goodbye" on Mercury's subsidiary Fontana label. "It

was an embarrassing record," Leka grumped. "Not that Gary sang it badly, but compared to his four songs, it was an insult."

"Na Na Hey Hey Kiss Him Goodbye" became a one-off single by Steam on Fontana Records, while DeCarlo's four individual offerings — issued under his recording name of Garrett Scott — would become Mercury releases. The result? Each of DeCarlo's four superior discs tanked, while the Steam 45 sold over six million copies.

The oddball novelty lives on to this day, usually heard at numerous sports events in arenas and stadiums, as a poke-in-the-eye crowd chant that gleefully proclaims "you're *outta* here!" when someone is forced to take an early exit.

Bibliography

Book: Bronson, Fred. *The Billboard Book of Number One Hits* (3rd Edition). New York: Billboard Publications, Inc., 1992. All quotes come from here.

Internet:

Barbash, Fred. "'Na Na Na Na. Hey Hey Hey. Goodbye': Co-author of Immortal Lyric is Dead at 75." <https://www.washingtonpost.com>. June 29, 2017.

"Na Na Hey Hey Kiss Him Goodbye." <https://en.wikipedia.org>

Kreps, Daniel. "Steam's Gary DeCarlo of 'Na Na Hey Hey Kiss Him Goodbye' Fame Dead at 75." <https://www.rollingstone.com>. June 28, 2017.

"Single Stories: 'Na Na Hey Hey Kiss Him Goodbye.'" <https://www.rhino.com>. Dec. 6, 2016.

"Na Na Hey Hey Kiss Him Goodbye." <https://www.songfacts.com>

Slotnik, Daniel E. "Gary DeCarlo, Who Sang 'Na Na Hey Hey Kiss Him Goodbye,' is Dead." <https://www.nytimes.com>. June 29, 2017.

Tsioulcas, Anastasia and Andrew Flanagan. "Gary DeCarlo, Singer of 'Na Na Hey Hey Kiss Him Goodbye,' Dies at 75." <https://www.npr.org>. June 30, 2017.

The End Of The Year Is Not The End Of Your Healthy Living Diet

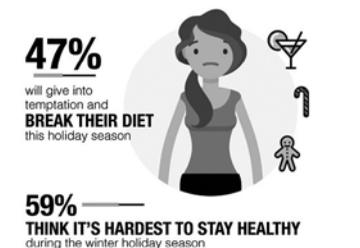
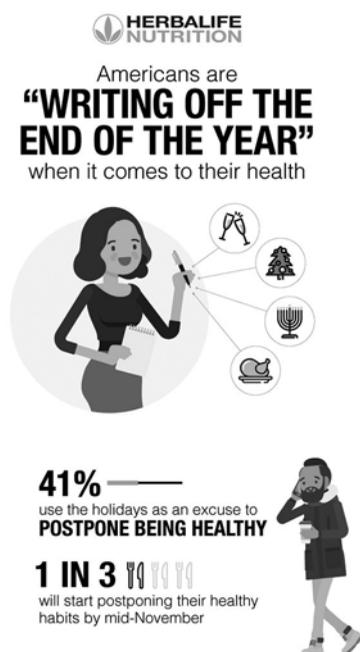
The holiday season, starting with Thanksgiving and culminating on January 1, is a tough time of year for those wanting to lead a healthy lifestyle. In fact, a survey of 2,000 Americans who celebrate a winter holiday found that they are abandoning their attempts to be healthy—and half will break their diet to give in to the temptation of holiday food.

The results of the second annual “Writing Off the End of the Year” survey found that 41 percent use the holidays as an excuse to postpone being healthy, compared to 47 percent the previous year.

The research, commissioned by Herbalife Nutrition, found that for those taking a “start again in January” approach, a third start postponing their healthy habits by mid-November.

With so many tasty treats tempting people to stray from their diets, food is a major reason why 59 percent of respondents said it was hardest to stay healthy during the winter holiday season.

The opportunity to overindulge is often too great for people and 44 percent admit to having eaten more than one dessert at a meal, while 36 percent have eaten more than one holiday dinner in a day and 30 percent say they’ve had to undo a button on their pants because of eating too much.



In fact, the average person expects to gain six pounds during the holiday season, according to both the 2018 and this year’s survey. And the survey found that three in 10 actually plan to eat more during the holidays—specifically because their New Year’s resolution is to be healthier.

In addition to overindulging, not getting enough exercise was another reason people might be piling on the pounds

during the holidays. Twenty-seven percent of the people surveyed say they exercise less during the holidays—and of those, the average time spent working out each week was two hours less than usual.

“Enjoying the holidays doesn’t mean you have to completely abandon your attempts to be healthy and make healthy choices,” says Dr. John Agwunobi, co-president and chief health and nutrition officer at Herbalife Nutrition. “Healthy snacking is a useful tool in combating overindulgence. Consuming protein-rich snacks before heading out to a holiday feast can help make you feel full, so that you don’t overindulge.”

But with January comes a “new year, new me” attitude and results found that 33 percent are planning to make a New Year’s resolution—compared to 34 percent last year.

Top New Year’s Resolutions for 2020

1. Exercise more
2. Eat healthier
3. Save more money
4. Focus on self-care
5. Make new friends

Dr. Agwunobi adds, “Staying on track can be hard especially if you are tackling it on your own. Developing a support system of people who know your goals, strengths and weaknesses can be extreme-

ly beneficial in maintaining a healthy lifestyle, especially during the challenging times of the year.”

As people transition to the new year and begin setting their 2020 healthy goals, Agwunobi recommends resolving to take action by making little lifestyle changes. It takes three weeks to make a habit, so start with something you know you can achieve: add fruits and vegetables to every meal, go for a walk, take the stairs instead of the elevator, park your car farther from the door and walk.

Create specific and achievable goals and resolutions. Remember, this is a lifestyle change that can lead to sustainable, lasting results. “Crash diets” and gym overload are temporary and not sustainable long term. For example, if your goal is to start running, don’t shoot for a marathon right away. Start with short jogs and challenge yourself by signing up for a 5K, 10K or an appropriate event for your abilities. The incremental successes will build your physical strength, your endurance and confidence. And remember to celebrate your achievements.

Happy New Year!

AMERICAN LUNG ASSOCIATION
IN CALIFORNIA

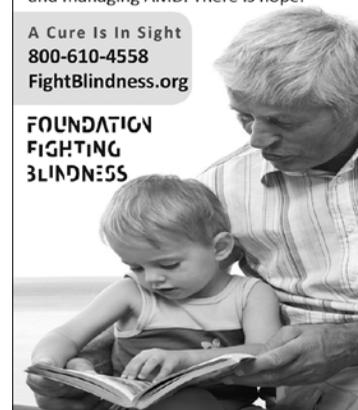
MOMENTS LIKE THESE ARE PRECIOUS.
DON'T LET THEM FADE AWAY.

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

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

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

FOUNDATION
FIGHTING
BLINDNESS



THERE'S NOTHING
MIGHTIER THAN THE SWORD
**AMERICAN
CANCER
SOCIETY**
FOR MORE INFORMATION
CALL TOLL FREE: 1-800-ACS-2345

American Heart
Association



**86 MILLION
AMERICANS
MAYBE EVEN YOU,
HAVE PREDIABETES.
PERSON-ABOUT-TO-
FACT-CHECK-THIS-FACT.**

DoIHavePrediabetes.org
Text KNOW to 97779

Ad American Diabetes Association AMA CDC

Prevention & Control of Diabetes Mellitus, Hypertension & Cardiovascular Disease

You Haven't Played
BINGO
Until You've Played At . . .



★7 Nights A Week! ★All Games Pay \$250.00!
★We Play Jackpot Bingo Pulltabs

MONDAY THRU SUNDAY TWO LUCKY
WINNERS RECEIVE 7 NIGHTS FREE PLAY!
Sign Up for Our Frequent Play Club Card...
**Fridays most games
will pay \$500 & \$400**

\$500 MUST GO DRAWING
TWICE A NIGHT

Monday thru Thursday 6:00 pm - 12:00am

Friday & Saturday 6:00pm - 2:00am Sunday 2:00pm - 12:00am

Doors Open: Mon - Sat 4:00pm Sun 12:00pm



21900 Norwalk Blvd.
Hawaiian Gardens, CA. 90716
FOR ANY QUESTIONS CALL
562-402-6769 FAX # 562-421-6192

The Bingo Club is a function of and operated by the Irving I. Moskowitz
Foundation, a Non-Profit Public Charitable Organization

SCR

Be Car Care Aware

As Temperatures Drop, Check Tire Pressure More Often

You may notice, when the weather turns colder, the tire pressure monitoring system (TPMS) light on your dashboard lights up more frequently. The Car Care Council recommends checking your tire pressure regularly during the winter to help keep the TPMS light off and your vehicle safe.

“It’s typical at this time of year for motorists to get TPMS warnings and then get worried about their tires,” said Rich White, executive director, Car Care Council. “Often drivers will see this in the morning when it’s coldest. If the temperature warms, the light could turn off but it’s likely that tires will still be a few pounds per square inch (PSI) under-inflated. This is why it’s important to check tire pressure regularly.”

According to the U.S. Tire Manufacturers Association, for every 10 degree drop in temperature, tire pressure decreases one to two PSI. Checking the tire pressure is important for vehicle safety, tire life and gas mileage.

Incorrect tire pressure can lower gas mileage by 0.3 percent for every one PSI drop in pressure of all four tires and improve fuel efficiency by up to 3.3 percent when the correct tire pressure is maintained.



“Tire pressure should be checked at least monthly. It is important to note that newer cars with tire pressure monitoring systems may not alert you until the tire is significantly under-inflated, so you may want to check it more frequently,” said White. “It is important to check tire pressure whenever there is a significant weather change and more often during the winter months.” The Car Care Council is the source of information for the “Be Car Care Aware” consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers.

Learn More

For a copy of the council’s Car Care Guide or for further information, visit www.carcare.org.

Five Ways To A Better Move



The next time you’re among the estimated 40 million Americans a year who move into a new home, these five tips can help relieve some of the stress:

1. Know what’s happening when. Make a list of everything you need to do and when you need to do it. It should include budgeting, decluttering, hiring movers, buying supplies, and updating medical and financial records.
2. Keep all your critical move-related names, phone numbers and addresses in one document. You may want to store them in your smartphone and have a hard copy. Be sure you can easily access your moving contract, real estate and mortgage documents, as well as information you may need about utilities, banks and schools.
3. Have a first-night box. Once you’re in your new home, you don’t want to have to hunt for such things as box cutters, tools, device chargers, bed linens, shower curtains, toiletries—and the coffeepot.
4. Stay connected to what matters most—family, friends, Internet, Wi-Fi and TV. Arrange your services in advance of your move at www.smart-move.us.
5. Get help. For a one-stop, customizable way to stay organized, there’s the Moving Guide from SmartMove, downloadable at www.smart-move.us.



Until Every One Comes Home®

American Heart
Association



Texting

By Robert E. Horseman, DDS



Show me a picture of somebody talking on a telephone. Statistically, the phone will be held to the left ear, steadied there by a left hand, unless the person is a lefty, then it's the other way around, even if both ears are fully functional. This frees the dominant hand to write important things down, which almost never happens because a pencil is never handy.



If both communicators are women, time as a concept doesn't exist, but can be only measured by the small print in next month's phone bill. This is an x-chromosome thing and has nothing to do with sexism. The point is, all parties described belong to a pre-texting, pre-twitter generation that believes the phenomenon of "texting" is the dumbest thing since smoke signals and semaphore were considered *avant garde*.

Show me a picture of the person on the other end of the line. Both parties can be either men or women or mixed, but one thing is certain—they will both be old people and sitting down. I know this, because where I come from (the 20th century), that is what you do when the person you want to talk with is not in the same room or the same hemisphere. You don't wander around from room to room, drive a car, sky-dive or shop for shoes. You sit, maybe cross your legs.

That generation has seen the demise of cursive writing, complete sentences and the general acceptance of language formerly only in the province of longshoremen. Current "music" from sold-out venues projects decibels clearly heard on the orbiting Space Station. My generation fortunately stopped understanding the lyrics shortly after the death of Nat "King" Cole.

Should both talkers be men, the time spent before breaking the connection will be no more than 45 seconds, one minute, tops.

My granddaughter pauses briefly, thumbs stilled as I ask,

Jim: George?

"You talking to somebody?"

George: Yeah?

"Yeah," she says, not looking up.

Jim: Golf tomorrow? Tee-off 6:30.

"Why don't you just dial or click, or whatever on that over-apped thing you call a telephone?" I ask in my primitive grandfather voice.

George: Right! See ya.

Click

Mrs. George: Who was that?

George: Wrong number.

"Because she's gonna be offline for a minute."

"For a whole minute! How do you know?"

She held up the phone, the one with the candy apple case, no antenna, wires or reason to exist as far as I could see, but whose loss would be the death knell of her social life and leave her bereft of the will to live.

"See?" she says patiently as if to a small child, fingering a luminous screen just large enough to accommodate three words of 14 pt Times New Roman font. "She just texted me."

"Ah," I said, defeated, because suddenly it was 1935. I was 15, seated at a littered desk in my bedroom, earphones clamped to my ears. I was "talking" to somebody I had just met in New Zealand.

He said, "Handle Graham."

I said, "Bob hr."

Graham said, "Tnx 4 QSO bob read u RST 559

I said, "FB om ur QRA?"

"Christchurch wx hr gud but sum QRN u QSL?"

"K gotta QRT hi to ur XYL 73 cul W6MNV ar

This brief exchange would be completely understandable by a certain group, but Greek to

Continued on page 26

Community Funeral Service Herald N. Snyder

Phone: (562) 947-1960 • Fax (562) 947-1910

Toll-Free: 1-877-688-5533

E-Mail: info@communityfuneralservice.com

FD# 1659

1301 S. Beach Blvd. Suite B, La Habra

8/1/05

Angelo's Concrete & Handyman Services

Complete Concrete Services

- Cracks Repaired
- Driveways poured
- Roofing
- Painting
- Fencing Services



Call Angelo at 714-391-1458



 IWantToBeRecycled.org

 Ad Council | KEEP AMERICA BEAUTIFUL

Real Estate Concierge Services



Marlene Bridges
Broker/Owner
Village Real Estate Services
Certified Residential Specialist®
Seniors Real Estate Specialist®

Marlene Makes Real Estate Simple
•Buying •Selling •Renting

- Experienced Market Evaluations
- Strategic Marketing Plans
- Coordinate Estate Sales, Moving, Storage of Personal Property
- Complimentary Staging
- Coordinate Clean-up, Clean-out & Repairs
- Clearly Communicate Throughout The Process



DRE01526916

Search 1000's of Properties at
OCHomesAndRealEstate.com
Call Marlene Today
949 363-0901



**WE MAKE
REAL ESTATE
SIMPLE**

BUYING • SELLING • RENTING
SERVING ALL OF ORANGE COUNTY

VILLAGE REAL ESTATE SERVICES, INC.
24365 EL TORO ROAD, SUITE B LAGUNA WOODS, CA 92637
OCHOMESANDREALESTATE.COM • (949) 363-0901

Rescue Puppy Named New Voice Of The TurfMutt Foundation

A puppy named Mulligan has big paws to fill, but the mixed breed rescue dog is up to the challenge of becoming the new voice for the TurfMutt Foundation, says his new owner and guardian, Kris Kiser, President of the organization.

Since 2009, Kiser's rescue dog, Lucky, "pawed it forward" by leading the Foundation's environmental education and stewardship program for students in grades K to 8. Sadly, Lucky passed away recently, but his superhero cape is being picked up by perky Mulligan, who was found by Kiser last month during Lucky's Mutt Madness, a national pet adoption event organized by the Foundation during GIE+EXPO, the nation's leading trade show for outdoor power, landscaping and hardscaping industry professionals, held each October in Louisville, Ky.

Mulligan was not the only rescue pup to find a new home. Fifteen other dogs from the Kentucky Humane Society also went home with new owners.

Carl Bennett and his family brought home a beagle mix puppy, named Jovial. "She is completely living up to her name. She's happy and sweet and loves everyone. She's very smart and is already learning tricks," said Bennett.

Bennett admits they weren't planning to bring a puppy



home but added, "When we saw her sweet little face and floppy ears we all fell in love. We never expected to adopt but something told us she needed to be a part of our family.

A ten-year-old dog named Mama went home with Mark Potocki. He was concerned she wouldn't get the love she deserved because she was older. "Once I had the chance to hold her, she curled up in my arms and my decision was made," said Potocki.

He said Lucky's Mutt Madness was a wonderful experience. "What a great event. The vibe of the afternoon was fun and drew attention to the need for pet adoption," said Potocki.

Kiser is deep into puppy training for Mulligan. "As a spokesdog, TurfMutt has to visit schools, and sometimes goes with me for public appearances and on TV sets, so Mulligan needs to be well-socialized and know how to behave."

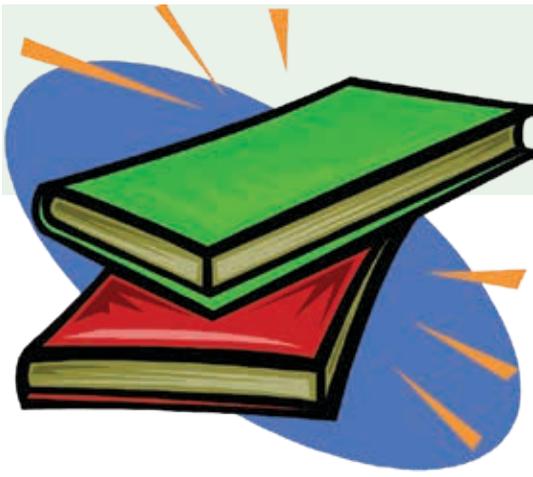
"Mutt Mulligan" marks a new page in the TurfMutt platform, which grew from a youth ed-

ucation program launched in 2009 in a handful of Sacramento and Washington, D.C. schools to reaching 70 million students, teachers, and families with its message that everyone can help save the planet, starting with their backyard.

Kiser added, "People can understand the value of a living landscape, when they see it through the eyes of a dog. You suddenly realize that soft grass is kinder to paws than hard concrete and that you need shade and a variety of plants in your yard."

The TurfMutt program has become a national platform, appearing on every major television network, The Hub, Animal Planet and more, including the award-winning show, "Lucky Dog," for three seasons; being featured in Parade magazine's Earth Day issue; and winning awards. TurfMutt is an official USGBC Education Partner and part of its global LEARNING LAB, and has been an education resource at the U.S. Department of Education's Green Ribbon Schools, the U.S. Department of Energy, the U.S. Environmental Protection Agency, Green Apple, the Center for Green Schools, the Outdoors Alliance for Kids, the National Energy Education Development (NEED) project, Climate Change Live, Petfinder and the U.S. Fish and Wildlife Service.

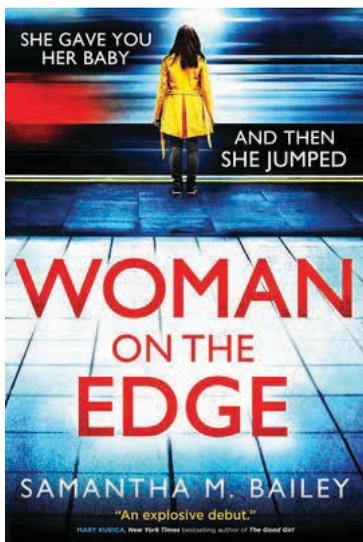
More information on Lucky's Mutt Madness event and the program is at www.TurfMutt.com.



January Book Club

It's the start to a new year and what better time than now to immerse yourself in a good book? Kick back, relax and savor the time you can spend on yourself with one of these great reads.

Woman on the Edge By Samantha M. Bailey



“A moment on the subway platform changes two women’s lives forever—a debut thriller that will take your breath away.

“A total stranger on the subway platform whispers, “Take my baby.”

“She places her child in your arms. She says your name.

“Then she jumps ...

“In a split second, Morgan Kin-

caid’s life changes forever. She’s on her way home from work when a mother begs her to take her baby, then

places the infant in her arms. Before Morgan can stop her, the distraught mother jumps in front of an oncoming train.

“Morgan has never seen this woman before, and she can’t understand what would cause a person to give away her child and take her own life. She also can’t understand how this woman knew her name.

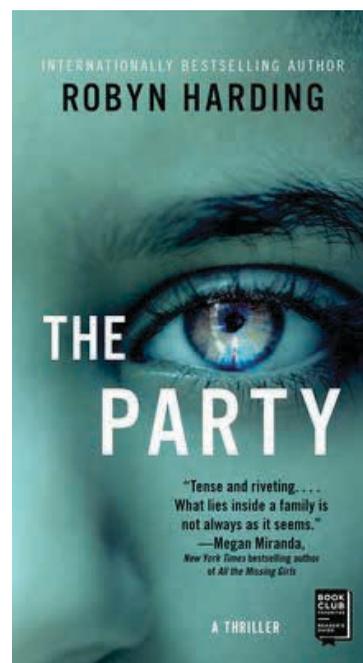
“The police take Morgan in for questioning. She soon learns that the woman who jumped was Nicole Markham, prominent CEO of the athletic brand Breathe. She also learns that no witness can corroborate her version of events, which means she’s just become a murder suspect,” according to Publisher Simon and Schuster

The Party A Novel

By Robyn Harding

“One invitation. A lifetime of regrets.

“Sweet 16. It’s an exciting coming-of-age, a milestone, and a rite of passage. Jeff and Kim Sanders plan on throwing a party for their daughter, Hannah — a sweet girl with good grades and nice friends. Rather than an extravagant, indulgent affair, they invite four girls



over for pizza, cake, movies, and a sleepover. What could possibly go wrong?

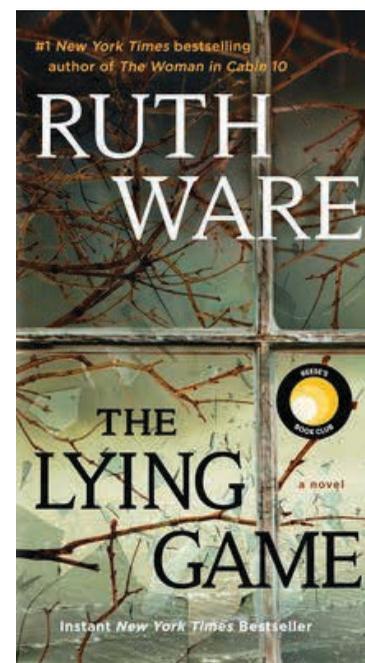
“But things do go wrong, horrifically so, and Jeff and Kim’s flawless life in a wealthy San Francisco suburb suddenly begins to come apart. In the ugly aftermath, friends become enemies, dark secrets are revealed in Sanders’ marriage, and the truth about their perfect daughter is exposed,” according to Publisher Pocket Books.

The Lying Game A Novel

By Ruth Ware

“From the instant *New York Times* bestselling author of blockbuster thrillers “In a Dark, Dark Wood” and “The Woman in Cabin 10” comes a chilling new novel of friendship, secrets, and the dangerous games teenaged girls play.

“On a cool June morning, a



woman is walking her dog in the idyllic coastal village of Salten, along a tidal estuary known as the Reach. Before she can stop him, the dog charges into the water to retrieve what first appears to be a wayward stick, but to her horror, it turns out to be something much more sinister.

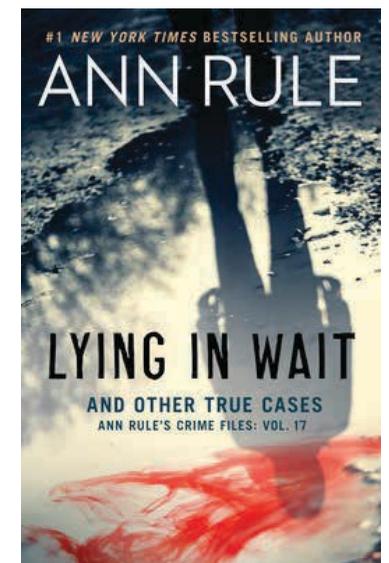
“The next morning, three women in and around London — Fatima, Thea, and Isa — receive the text they had always hoped would never come, from the fourth in their formerly inseparable clique, Kate, that says only, “I need you.”

“The four girls were best friends at Salten, a second-rate boarding school set near the cliffs of the English Channel. Each different in their own way, the four became inseparable and were notorious for playing the Lying Game, telling lies at every turn to both fellow boarders and faculty.

But their little game had consequences, and as the four converge in present-day Salten, they realize their shared past was not as safely buried as they had once hoped.

“Atmospheric, twisty, and with just the right amount of chill to keep you wrong-footed, “The Lying Game” is told in Ruth Ware’s signature suspenseful style, lending itself to becoming another unputdownable thriller from the Agatha Christie of our time,” according to Publisher Pocket Books.

Lying in Wait Ann Rule’s Crime Files: Vol.17 By Ann Rule



“In this gripping collection of investigative accounts from her private archives, “America’s best true-crime writer” (*Kirkus Reviews*) exposes the most frightening aspect of the murderous mind: the waiting game. Trusted family members

Continued on page 25

Colorado's Devil's Thumb Ranch

Story by Ronnie Greenberg • Photos by Joe Hilbers

Craggy mountain ranges cast their shadows across the shimmering canopies of quaking Aspens that grow thick along the Colorado River heading to Devil's Thumb Ranch. Located in the Colorado Rocky Mountains, Devil's Thumb Ranch encompasses 4,000 acres at the foot of the Continental Divide. A haven of myth and beauty, the land reaches deep into America's history, when buffalo roamed free and smoke signals were used to communicate.

Towering high above the Ranch is the visually awesome 300-foot Devil's Thumb, a rocky outcropping and perpetual reminder of peace and harmony. Legend has it that back in time, after the warring Ute and Arapahoe tribes settled their differences, they buried the Devil but left his thumb exposed to signify that good conquers evil.

The Ranch a rustically upscale year-round resort and spa is a great place to reconnect to what life is really all about.



Devils Thumb Ranch

There's a variety of lodging options ranging from five historic base area cabins to 16 deluxe-ridge-top loft bedroom cabins that are ideal for couples, two-bedroom cabins that sleep six, or the four-bedroom cabins that can be divided into two duplexes that are good for up to 12 people. Each cabin is personally decorated and furnished by the Ranch owners Bob and Suzanne Fanch. All lodging includes a complimentary Swiss-style Continental breakfast with house-made breads, smoked ham, trout, cheeses, hard-boiled eggs, granola, oatmeal, yogurt, fresh fruit, juices, coffee, and tea.

The **Ranch House Restaurant & Saloon** set in the Ranch's original 1937 homestead looks out across stunning views of the Ranch and Continental Divide. All aspects of the food service present a farming-based artisan-style dining experience. The more adventurous foodies can get to savor the mountain dishes for a true Colorado experience that include antelope satay. The more traditional can stick to something more familiar like beef tenderloin, Ranch trout, turkey cutlets, lavender lamb, or Nieman Ranch cowboy steak. The finale includes a medley of fine cheeses, a devilishly rich chocolate pound cake served with mounds of whipped cream, and a fresh fruit cobbler of seasonal fruits. The chef will be happy to suggest wine pairings for the various courses and menu selection.

Re-claiming an 1850s circa barn from Indiana, the **Broad Axe Barn** serves as the frame for the Ranch's multi-use activities center, spa and private dining room. On the lower

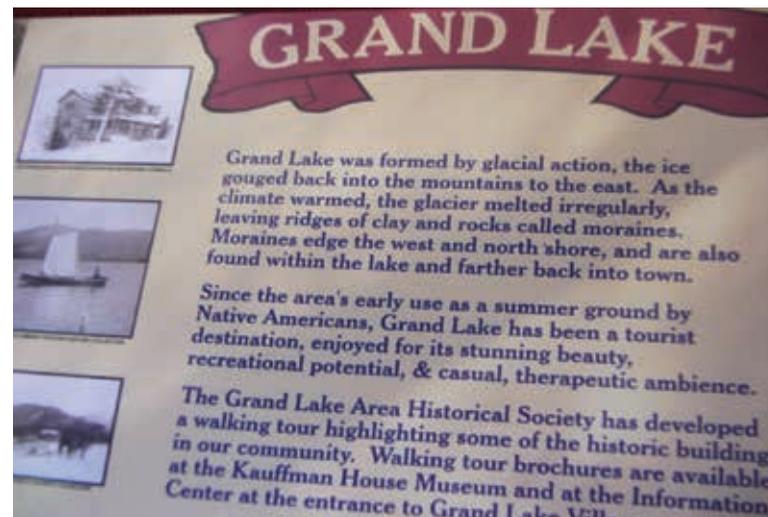
level, the **Ranch Creek Spa** specializes in providing luxury treatments with aromas that complement the wilderness. The cozy facilities offer seven treatment rooms and private relaxation areas, including a terrace with a hot tub, a sauna, a steam room, and Jacuzzi. The carefully crafted menu of spa treatments, massages and facials is designed to restore and pamper. Right alongside the spa is **Zach's Mercantile & Rental and Adventure Center** a retail shop and center offering an expansive menu of year-round recreation options. Expert instructions are available for all levels of winter ski and snowshoe programs, and in the summer fly fishing (where you can learn to tie a

include cross-country skiing and snowshoeing on groomed trails, ice-skating on frozen lakes, one-horse open sleighing, skijoring, swimming in the heated indoor/outdoor pool, and outdoor hot tub. Nearby activities that are diverse enough to please everyone from beginners to experts encompass downhill skiing and snowboarding at Winter Park, carving turns through Rocky Mountain powder, and at Granby Ranch ski areas, snowmobiling, dog sledding, hot air ballooning is all part of the local winter scene

Summer and fall recreation activities on the Ranch from Memorial Day to mid-October include fly fishing, hiking,



Dock at Grand Lake



History of Grand Lake

fly and develop the perfect cast); river rafting and other guided events. Licenses and top of the line equipment rentals are available for all sports.

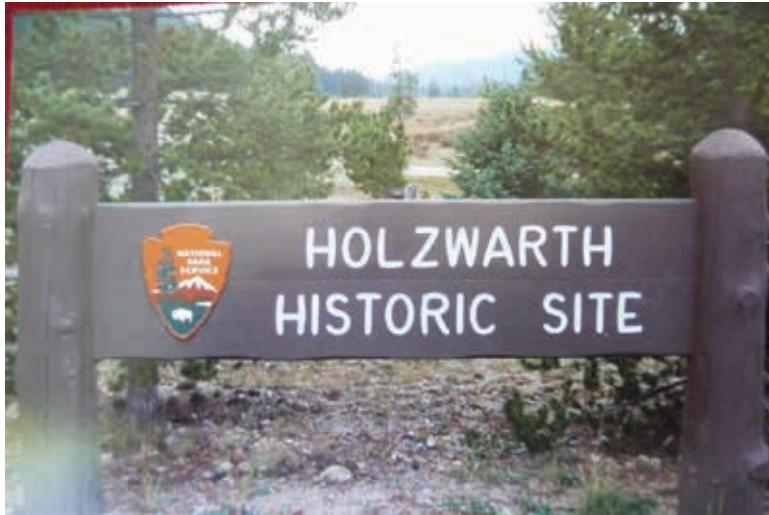
Winter recreation activities on the Ranch from mid- November through mid- April

river rafting, kayaking, swimming in the indoor/outdoor pool, outdoor hot tub, nature walks, and bird watching. You can try your hand at Hatha Yoga, Pilates, Nordic Walking classes or even a guided moun-

Continued on page 23

Colorado's Devil's Thumb Ranch

continued



Holzwarth Historic Site

tain bike tour. Nearby you can ride a ski lift a mountain and take a gentle hike down a wildflower-strewn trail. Golf enthusiasts can enjoy one of the area's three championship courses.

The Ranch's **Cabin Creek Stables** provides a year-round equestrian adventure program for all ages and levels. Depending on the season, a half or full "day on the range" is available. You can get to tour the Ranch's 4000 acres with an experienced guide or if you "wanna feel like a real cowboy," a little cattle work can be added in the arena. Ranch wranglers will show you the ropes.

Devil's Thumb Ranch is located at 3530 County Road 83 in Tabernash, Colorado. For information phone: (970)726-5632 or www.devilsthumb-branch.com

In the Area

Rocky Mountain National Park is a vast outdoor geolo-

gy museum that was declared a National Park in 1915. Spectacular vistas of nature's handiwork are readily accessible from your car and along more than 346 miles of trails. There are lots of great information. If you're looking for wildlife- from May through September, elk can be seen where meadow and forests meet, and Bighorn sheep roam around Sheep Lake. Moose frequent willow thickets along the Colorado River and mule deer can be found at elevations at open area. www.nationalparks.org

Winter Park sits among the pines, tucked up against the



Winter Park

Continental Divide. Downtown occupies the original site of Hideaway Park, where you can find shops, restaurants and entertainment, all year round. The nearby slopes of Winter Park and Mary Jane ski areas have kept bringing skiers and riders up for primo Rocky Mountain powder and back-country skiing for more than 60 years. During the summer, these same slopes and parks host several homegrown and world-class music festivals.

Hot Sulphur Springs almost lost its raison d'être when the springs fell into disrepair at the turn of the last century. Fortunately, in 1990 the mineral springs once used by the Ute Indians as a healing encounter were refurbished and reopened. Today the quirky town is booming with skiers from the surrounding resorts who come to relax their muscles. www.hotsulphursprings.com

Directions to the Ranch on its website.



Cabin Creek Stables



Until Every One Comes Home®



Car Care Corner

Floors Fit For Your Vehicle

Good news for caring car, truck and SUV owners: When you're looking to keep the high-traffic floor areas in your Chrysler, Dodge, Jeep®, Ram or Fiat vehicle as neat and clean as possible, Mopar—the service, parts, accessories and customer-care brand for all FCA vehicles—can have it covered.

“The floor areas in our vehicles certainly take a beating from foot traffic in the various conditions our customers experience,” explains Kim Mathers, Head, Mopar Accessories & Performance, FCA North America. “From harsh winter conditions with snow and salt to the warm and sandy conditions at the beach, to the thick mud from off-roading, our line of Mopar all-weather floor mats provide the best solution to prevent damage, maintain cleanliness and maintain a vehicle's resale value.”



How It Works

The process starts with the Mopar Product Development Lab, which creates, tests and continuously improves every accessory that wears the Mopar name. While there are numerous aftermarket floor mat options, as the Original Equipment Manufacturer (OEM) source for all FCA vehicles the team at Mopar uses exclusive OEM data and specifications—which no other aftermarket parts company can provide—for true dimensional accuracy.

Using “factory” data from the vehicle, designers and

engineers create an exact fit that's always spot on. There's no guesswork in clearing the brake and accelerator pedals or any other obstructions. An advanced retention system and factory anchors in the floor are maximized in order to eliminate mat shifting. Superior materials are odorless and structurally sound, while mat designs include up to 33 percent thicker mid-section for enhanced comfort and durability. The underside areas of the all-weather floor mats are built up so the fit is level and stable.

These mats are injection molded and designed with deep drain channels, rigid side-walls and advanced reservoir systems that contain liquids—features that work for you in real-world scenarios. Second-row floor mats use an innovative interlocking design so they can be removed in sections to avoid having to twist

or tip the entire mat, which can result in dumping dirt or liquid onto the floor.

Before any all-weather floor mat becomes available, the lab team conducts more than 30 rigorous tests, including:

- Seven-day chamber test in 185°F heat to ensure mats are warp-free
- Test in -4°F cold, where the mats are rolled and maneuvered to make sure they don't crack
- Time on a “Taber” table, which involves 2,000 cycles under a friction disc, to ensure high-wear areas can handle the load
- Rigorous stain testing with items such as coffee, chocolate, ketchup and sunblock

From a durability standpoint, the end result is all-weather floor mats that outsmart, outlast, outfit and outperform any others.

Working with the same product design teams that develop FCA vehicles allows Mopar to make the most stylized and functional all-weather floor mats in the industry. Beyond the vehicle brand names, mats include design cues that match the overall interior design of the vehicle. For instance, on Jeep Wrangler and Jeep Gladiator all-weather floor mats, the water channel shows a contour map of Moab, Utah—the famous off-roading destination and home of the annual Easter Jeep Safari. Front mats feature a patented drain plug that covers the floor drain holes to allow draining without removal for easy cleaning.

Learn More

For further facts on genuine original parts and accessories for your Chrysler, Dodge, Jeep, Ram or Fiat vehicle, visit www.mopar.com. Well-made floor mats can make a big difference in your vehicle's overall appearance and resale value



CUSTOMIZED STAIRLIFTS

Enjoy the full use of your home again and live independently with a Stannah Stairlift.

- ☑ For straight and curved stairs
- ☑ 7-Day money back guarantee
- ☑ Short-term rentals available

Mention Senior Reporter & SAVE \$200*

*Only one discount per person. Can only be applied to a new stairlift purchased directly from Stannah Stairlift.

For friendly advice, a free survey of your stairs, and no-obligation pricing call:

1-888-897-3382

Local Showroom

Stannah

www.Stannah-Stairlifts.com

Making Life Better

Both Men And Women Resolve To Tackle Disorganization In 2020; Women Report Feeling More Stressed By Its Effects

If you're ever determined to finally streamline your office "to do's" and make a dent in your inbox, or committed to finding a way to keep the kids' toys out of the way of unwary feet, you're not alone. A recent national survey of more than 1,200 individuals conducted by the National Association of Productivity and Organizing Professionals (NAPO) for its annual Get Organized & Be Productive campaign revealed that a full 31 percent of respondents are putting "getting organized" on their list of New Year's resolutions. While the data shows both genders on board with this idea, it also showed that for women, the ramifications may be more significant.

GO Month evolved as recognition that many view the fresh start implied by a new year as the time to finally tackle the disorganization in their lives—at home and on the job. The survey was designed to probe how feelings of disorganization impact men and women.

"People have different levels of tolerance for disorganization in their lives, and what is acceptable for one person may be intolerable for another," NAPO Executive Director Jennifer Pastore Monroy, CAE observed. "This was particularly true for women."



What The Survey Showed

While half of all respondents said that when they feel disorganized, they find it hard to concentrate on current projects, more female respondents reported feeling stressed from feeling out of control of their environment than did men. Specifically:

- Thirty-six percent of women said that looking at how organized or disorganized their home is, they feel stressed or completely stressed compared to only 22 percent of men
- More than half of women respondents (53.7 percent) report disorganization leaves them unable to concentrate on the work at hand, vs only 45 percent of men.
- 35.5 percent of women vs 22 percent of men wished at some time for someone to come in and organize their home.

Monroy's advice to help

Continued on page 29

January Book Club

Continued from page 21

or strangers, these cold-blooded killers select their unsuspecting prey, wait for the perfect moment to strike, then turn normality into homicidal mayhem in a matter of moments. Ann Rule will have you seeing the people and places around you with heightened caution as you read these shattering cases, including:

- New mothers murdered, their infants kidnapped, in an atrocious baby-selling scheme.
- The man who kept his criminal past hidden from his wife — and his wife from his mistress — until he coldly disposed of one of them.
- The beautiful daughter of a State Department official ran away from the privileged world she knew and hitched a ride with a man she didn't . . . with fatal consequences.
- For months, a vicious, rage-filled serial rapist eluded police and terrorized Seattle's women — when would he strike next, and how far would his violence escalate?
- A criminal known for his Houdini-like escapes is serving time for murder in a botched robbery — now the convict is being served dinner in a civilian's home, where he has one more trick up his sleeve.
- A long-lost relative who came home to visit, leaving a bloody trail through Washington and Oregon; no one realized how dangerous he and his ladylove were — until it was far too late . . ." according to Publisher Gallery Books.

If You Are Retired or Near Retirement

Learn about our All-Seasons Portfolio
(100% Liquidity)

QUIT wasting years riding out market corrections and recoveries (usually 6.5 years)

During a 30 year retirement, at least 3 downturns means 19.5 years of going NOWHERE

As seen in
Kiplinger
Retirement Planning
2018 -Your Guide To
A Secure Retirement



CALL NOW for your FREE 2nd Opinion Report
& Kiplinger's Retirement Planning Guide

IVANOFF ADVISORS 

INDEPENDENT-WE WORK FOR YOU

5252 Orange Ave. Suite 107 Cypress, CA 90630
Paul Ivanoff (714) 348-8193
Paul@ivanoffadvisors.com

Let's Discuss Medicare Over a Cup of Coffee

- Medicare advantage Plans
- Medicare Supplements Ins.
- Prescription Drug Plans

(62 & over) Call Now! 714-348-8195

5252 Orange Ave., #107
Cypress, CA 90630

"Sadie" Suzanne Moriarty
Independent agent #0B04860



Suzanne Moriarty is not connected with the Federal Medicare Program.

SOMETIMES MY HUMAN DOESN'T WEAR PANTS AT HOME. IT'S A RIOT.

- COLBY adopted 06-18-11

A PERSON IS THE BEST THING TO HAPPEN TO A SHELTER PET

adopt
the shelter pet project.org



Did You Know?

- Pressure ulcers are both costly and deadly but new technology such as the Leaf Patient Monitoring System can dramatically curb the pressure ulcer pandemic, says Dr. Margaret Doucette.

- The not-for-profit National Ground Water Association (NGWA) says people who have inground wells in areas affected by flooding need to watch for contaminated water. To learn to protect your well from floods and find other resources, see www.WellOwner.org.

- CBD oil is known for relieving aches and pains when applied topically. Now, it's used to treat acne, wrinkles and sensitive skin in the luxury skin care line from Mermaid Wizdom. Learn more at www.MermaidWizdom.com.

- The new SILGRANIT sink color, Concrete Gray from BLANCO, is clean, organic and at home in both urban and natural settings. You can find an app at www.blancoamerica.com.

- There's a new online group planning tool from Vrbo. Trip Boards let travelers save ("heart") their favorite vacation homes and collaborate with fellow travelers to vote and comment on which rentals they like best (or least). Download the Vrbo app and find your vacation home match.

Texting

Continued from page 19

wives or parents—the whole point. Actually, my new BFF Graham and I didn't "say" a word. We were texting and didn't even know it. Tweeting and texting new? Hardly. I was doing that nearly 80 years ago.

That was amateur radio, we were "hams." Graham might have been 50 years old, no matter. Ham radio knew no generational barriers. My hero was Samuel F.B. Morse, a Phi Beta Kappa graduate of Yale who died at age 80 in 1872. He left me the gift of the Morse Code by which I was able to tap out *CQ, CQ (seek you) de W6MNV* that served as a *dah-dit* invitation to any hams all over the world who happened to be scanning the amateur bands and fancied a QSO (chat).

Without any visible means of support beyond my \$6 a month earned from my paper route, equipping an amateur radio station in my bedroom became a do-it-yourself obsession. For twelve years my mother was justified in refusing to venture beyond my bedroom door for fear of being electrocuted.

Commercial gear was beyond the reach of my peers. Armed with a pair of needle-nosed pliers and a soldering iron plus a semester of electric shop at junior high school, a pre-geek kid could create wonders of "breadboard" transmitters and short-wave receivers long before iPads, motherboards and microchips were dreamed of.

I was 35 years old when Bill Gates was born and 20 years before that I was talking to Graham in Christchurch, or Mephista in Bombay. I was an enthusiastic midwife at the birth of Mickey Mouse in 1928 and reluctantly sacrificed my 25¢ weekly allowance during the Great Depression. That was then.

Now my granddaughters routinely "talk" via texting to people within yelling distance using devices so complicated it takes two thumbs to operate them. My newly-born great-grandson may be using some sort of mental telepathy before he's out of nursery school. If he's performing this with some other 4 year-old kid, the whole interchange won't last more than 45 seconds. Unless it's a girl. Is this a great world, or what?

Breathe Easier

Continued from page 15

and lessen the number of pollutants in the air you breathe. Be sure the duct cleaning company is a member of the National Air Duct Cleaners Association (NADCA). They pledge to a Code of Conduct and clean according to strict standards.

Learn More

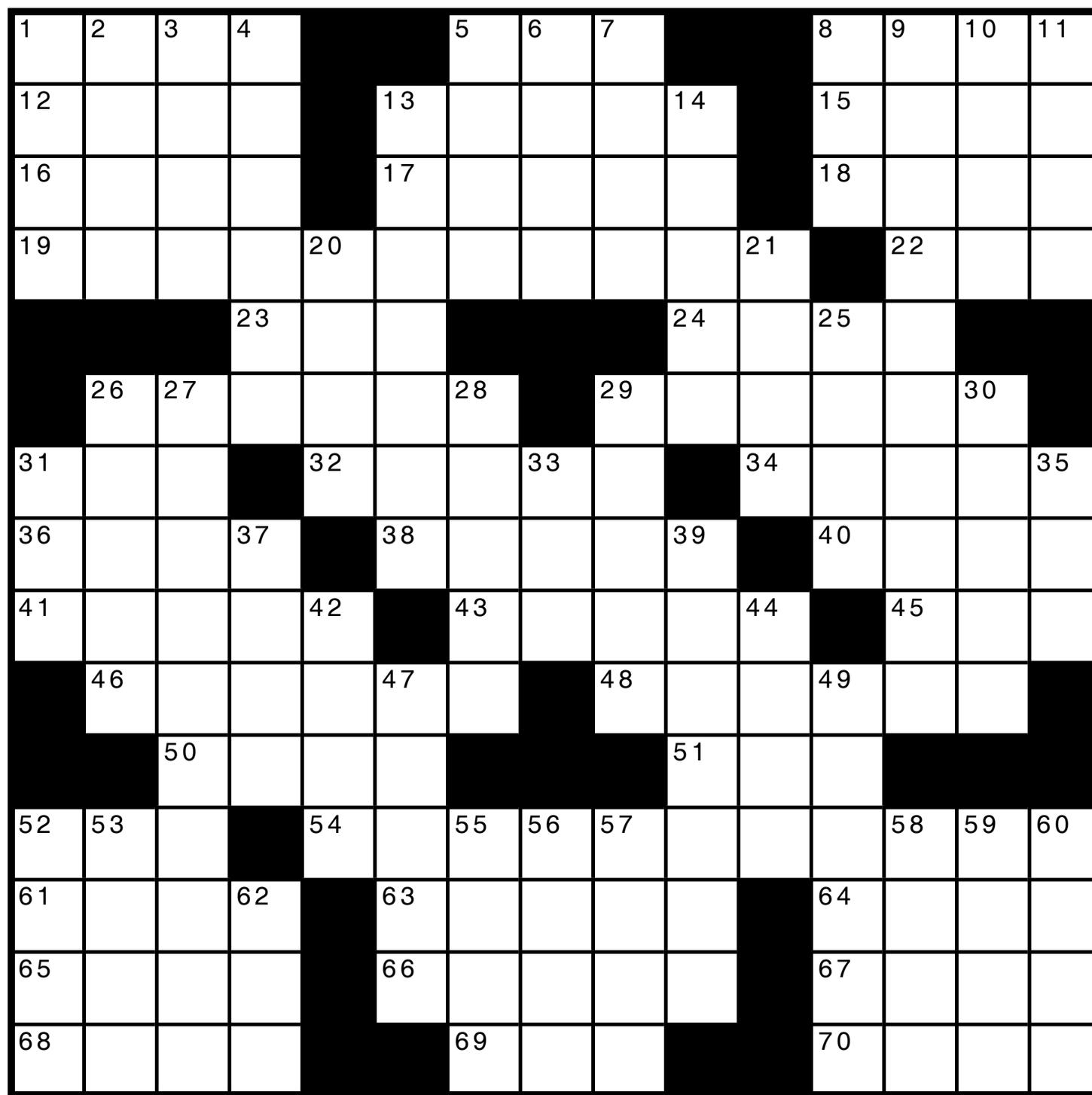
For further facts, see www.BreathingClean.com. To find a NADCA member nearby, visit the Find a Professional Directory there.



January Crossword Puzzle

Across

1. Mitch Miller's instrument
5. Sonny boy
8. Eye problem
12. Some donations
13. Cheroot, e.g.
15. Stuck in ____
16. Gather, harvest
17. Alley Oop's girlfriend
18. DEA agent
19. Encircling
22. Utmost degree
23. Hostelry
24. Places of refuge
26. Up-to-the-minute
29. Without delay
31. Joplin piece
32. Toledo title
34. Alerts
36. Frozen waffle brand
38. Unfettered
40. Compassion
41. Plants with fronds
43. Implements
45. Pickup truck feature
46. Ebb
48. Less messy
50. Shrivelled, without moisture
51. Struggle
52. Distress signal
54. Magical incantation
61. Coloured part of the eye
63. Fortune-telling cards
64. Authenticating mark
65. Tough soap



- | | | | | |
|------------------------------------------|------------------------|----------------------|---------------------------------------|-------------------------------|
| 66. Grocery, e.g. | 3. General Bradley | 14. Charged toward | 33. "Hollywood Squares" win | 53. Tough test |
| 67. "The ___ Dead", classic horror movie | 4. Lively wit | 20. Till stack | 35. Barrett of Pink Floyd | 55. Appraise, charge per unit |
| 68. Margarine | 5. Large cat | 21. Increase in size | 37. Measure twice, cut ____ | 56. In ranks |
| 69. Baa maid? | 6. Yes, there is ____! | 25. Sack starter | 39. Lift up | 57. Apple throwaway |
| 70. Dict. entries | 7. Limp watch painter | 26. Pilsner | 42. Word repeated in a Doris Day song | 58. Group of birds |
| | 8. Japanese honorific | 27. Boldly assertive | 44. Aforementioned | 59. Drops from the sky |
| | 9. Make a written copy | 28. Govt. security | 47. Sums owing | 60. ___ well... |
| | 10. Mongol tent | 29. Bad lighting? | 49. Rides | 62. ___ Paulo, Brazil |
| | 11. Draw with acid | 30. Step inside | 52. Missile housing | |
| | 13. Advice | 31. Flag thrower | | |

Down

1. Rowing implements
2. Cordon ____

NEPTUNE SOCIETY



CREMATION LOW COST

SEND FOR A FREE BROCHURE

Name _____

Address _____

City _____

State/Zip _____

THE NEPTUNE SOCIETY

758 W. 19th St., Costa Mesa, CA 92627

(949) 646-7431

State Lic. FD-1305

BURNED BY YOUR STOCKBROKER?

SECURITIES LAW CLAIMS AGAINST STOCKBROKERS

Stock Market Losses Caused by:
Excessive Trading in Account
Unsuitable Investments • Misrepresentation
Variable Annuities

LAW OFFICE OF JONATHAN W. EVANS & ASSOCIATES

44 Years of Experience
Highest Avvo rating - 10.0 out of 10.0
Selected by peers as "Super Lawyer"
2007 - 2013 and 2015 - 2020

**No Recovery - No Fee
Free Initial Consultation**

Call today for an appointment
(213) 626-1881 • 1-(800) 699-1881 • (818) 760-9880

www.stocklaw.com
12711 Ventura Blvd, Suite 440, Studio City, CA. 91604

Sisters Reunited After 72 Years Apart

Armed conflict, international disasters and migration can mean tragic separation for too many families. But there is hope—and you can play a role.

Who Can Help

As part of the world's largest humanitarian network, Red Cross and Red Crescent teams help reconnect families separated by international crises.

Two sisters experienced this humanitarian effort firsthand. As little girls, Tamara and Lidia were caught up in the Siege of Leningrad—one of the longest and most destructive chapters of World War II.

The girls suffered through the death of their mother to starvation and illness, and the loss of their father to German labor camps. They were placed in separate sections of a local orphanage and adopted by different families. Tamara eventually settled in California, Lidia in Finland—never losing hope that she would one day be connected with her beloved sister.

After 72 years of separation, Tamara got a call from the Red Cross Restoring Family Links (RFL) program, telling her Lidia was alive and well—and looking for her. Tamara traveled to Finland and they finally reunited.

"It hurts me that for the longest time I tried to keep my mum in my memory and same thing with my sister," says Tamara, explaining that memories fade over time.



Decades after they were separated by war, two sisters were reunited by the Red Cross' Restoring Family Links program.

But hope, luck, and the services of the Red Cross enabled Tamara to finally reunite with her sister. "It is such good work," she says.

Separated by a Loved One?

If you have been separated by an international crisis, you can start a search by:

- Contacting a local Red Cross chapter—the critical link in the community to the global Red Cross Red Crescent network;
- Calling the American Red Cross's free national helpline at (844) 782-9441; or
- Visiting redcross.org/reconnectingfamilies and filling out the International Reconnecting Families Inquiry Form.

There are three other requirements:

1. Families must have already tried normal channels of communication to reconnect.

2. The family member making the inquiry must be able to provide essential information on the sought person.

3. The family member making the inquiry is a relative who had been in direct contact with the sought person before the crisis occurred.

American Red Cross

The Red Cross depends on volunteers and the generosity of the American public to perform its mission. You can volunteer your time helping reconnect loved ones.

Learn More

For information, visit redcross.org or cruzrojaamericana.org.

*Advertise in
The Senior
Reporter's
CLASSIFIED &
PROFESSIONAL
SERVICE
DIRECTORY*

**Only
\$37.50,
mo with a 6-mo.
commitment**

seniorreporter
ofoc@aol.com
or call
Bill Thomas at
(714) 458-5703



ADMIT
ONE

Movie Preview

'The Last Full Measure'

By Randal C. Hill

In 1999, Todd Robinson, the director/screenwriter of "The Last Full Measure," learned the story of William H. Pitsenbarger. Robinson had been researching a military movie and visiting training schools.

"Nearly every place I went, the young trainees wanted to be sure that I knew the story of William Pitsenbarger," Robinson explained to "Air Force Magazine."

Called "Pits" by his comrades, the 21-year-old medic, already a veteran of over 250 combat missions, was aboard one of two helicopters summoned to evacuate wounded soldiers after they were ambushed in a Vietnam jungle in April 1966. When the last helicopter was ready to lift off, the selfless Pits, already under heavy Viet Cong fire, volunteered to stay behind to tend to the wounded and hold off the advancing enemy. He was killed within 90 minutes.

Robinson later heard the airman's father, William F. "Frank" Pitsenbarger, speak about his son's legacy at a New Mexico airbase. "The whole thing jelled for me at that moment," Robinson said. "That's when I knew there was a story to tell."

The narrative was compel-

ling to Robinson, as was the aftermath tale when wives of the surviving soldiers learned that Pits had been given an Air Force Cross — the second-highest honor — for his ultimate sacrifice. It wasn't good enough, they protested. Encouraged by their spouses, numerous veterans subsequently petitioned Congress to elevate Pits to the Medal of Honor, the nation's highest decoration. On Dec. 8, 2000, the medal was posthumously awarded to William H. Pitsenbarger, 34 years after his death.

Robinson and producer Sidney Sherman pitched the movie idea to over 50 production companies, but nobody showed interest. Still, Robinson had such faith in Pits' story that he went ahead and wrote a script anyway. He then embarked on over a decade of arm-twisting to line up funding. Finally, by 2017, things had fallen into place. Jeremy Irvine would portray Pits, with Christopher Plummer as Pits' father and Diane Ladd as Pits' mother. The cast was rounded out with such acting icons as Samuel L. Jackson, William Hurt, Ed Harris and (in his final role) Peter Fonda.

"The Last Full Measure" story unfolds through the perspective of Scott Huffman (Sebastian Stan), a young Pentagon

official assigned to investigate the unique and complicated case that sought the elevating of the prestigious award.

Roadside Attractions executives Howard Cohen and Eric d'Arbeloff proclaim, "Everyone should know about William Pitsenbarger's bravery and life, and it's a privilege to bring this film to theaters, where it should be seen."

The movie opens nationwide on Jan. 17.

Diorganization in 2020

Continued from page 25

streamline one's environment? "Don't wait until you feel out of control to tackle the stressors in your life. Having a professional organizer or productivity expert to help look at things with fresh eyes can encourage new day-to-day behaviors to create the needed change, whether you are a man or a woman."

Learn More

For further facts and tips, visit www.napo.net.



SHELTER PET & GLOBALLY RECOGNIZED PIANIST

Amazing stories start in shelters and rescues. Adopt today to start yours.

KEYBOARD CAT 8M+ YouTube Views



Start A Story. Adopt
theshelterpetproject.org

The Senior Reporter

is published monthly by:

**SENIOR REPORTER
OF OC**

9114 Adams Avenue, Suite 358
Huntington Beach, CA 92646

Email: jcampos@seniorreporterofoc.com

Telephone

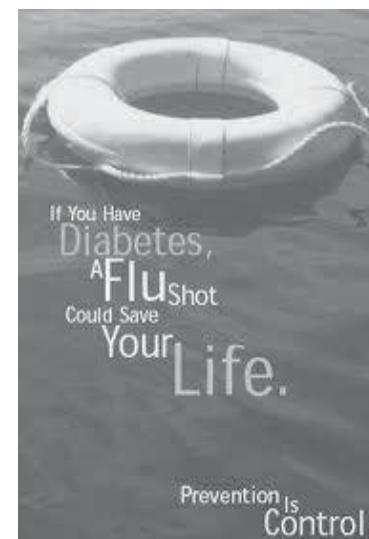
(714) 975-6345

Fax

(714) 369-6517

Rate is \$28.00 per year

Guest articles, commentaries and photographs are invited, however, publication is at the discretion of the editor



Sweeten The New Year With Delicious, Nutritious Dried Fruit

Here's encouraging news for many people who like to indulge around the holidays: you can enjoy a sweet treat as a snack, a sauce, a spread and even dessert, that's actually good for you. That is when you whet your appetite for dried fruits such as cranberries and cherries.

According to studies published by the National Institutes of Health, dried fruit consumption, in contrast with fresh fruit, can provide significant proportions of daily requirements of several micronutrients, particularly folate, and that people who eat dried fruit tend to weigh less and ingest more nutrients, than those who don't.

Ounce for ounce, dried fruits contain more fiber and more protective antioxidants than fresh fruit, adds Harvard's Dr. Anthony Komaroff. The fiber fights heart disease, obesity, some types of cancer and possibly degenerative brain diseases.

What's more, the anthocyanin in cherries may help with muscle recovery after a workout.

Basically, dried fruit can be a great and easy way to enhance nutrient density.

There are many ways you and your family can enjoy these tasty treats, during the holidays or at any time.



Four pounds of dried fruit can go a long way toward making your holiday baking and cooking more nutritious and delicious

Here are a couple of easy recipes you may care to try:

Oatmeal Smoothie With Dried Fruit

*½ cup nut milk
½ cup old-fashioned rolled oats
½ cup yogurt (optional)
1 teaspoon chia seeds
1 teaspoon flaxseed milled
1 teaspoon hemp seeds
½ banana mashed
Dried cherries, dried cranberries, nuts, and/or spices to top*

Add milk, oats, yogurt, chia seeds, flaxseed, hemp seeds, and banana to a bowl and stir. Transfer to jar, place lid on jar and refrigerate for 5-8 hours. Top with dried fruit, nuts, and/or spices and enjoy.

For the more sophisticated palates among your family and friends, there's this:

Cran-Cherry Rosemary Spread

*8 ounces of cream cheese, softened
1 Tablespoon fresh rosemary
2 Tablespoons dried cranber-*

*ries, chopped
1 teaspoon fresh chives
2 teaspoons heavy cream
1 Tablespoon dried cherries, chopped
1 teaspoons garlic powder*

In a medium bowl, combine the cream cheese, cranberries, cherries, heavy cream, and garlic powder. Finely chop the chives and rosemary and place into the bowl. Mix thoroughly with a fork until combined well. Scoop into a serving dish and place in the refrigerator until ready to serve

Making these recipes even easier is that you can now get a four pound box from Michigan's dried fruit experts, Graceland, that includes a two pound bag of dried cranberries and a two pound bag of dried cherries. It's available at Meijer's throughout MI.

Learn More

For further facts, tips and recipes, go to www.gracelandfruit.com



Good Ideas On Aging Well



Older Americans and the people who care for them can get help and advice from experts.

Staying connected to the community is a key ingredient to healthy and successful aging. But for many older adults, staying connected can be difficult. Fortunately, older adults and their caregivers can contact the Eldercare Locator to learn about local programs and resources that can help them stay engaged and active in their communities.

Programs funded through the Older Americans Act provide older adults with many ways to stay active and involved in the community. For example, exercise classes, educational programs, volunteer opportunities and other health and wellness activities are available to older adults in communities around the country.

Need more help than that? The Eldercare Locator can also connect you to local resources designed to help older adults maintain their independence at home, such as transportation, in-home assistance with daily needs, home modifications and assistance with healthy meals.

The Eldercare Locator is a free service of the U.S. Adminis-

tration for Community Living that is administered through the National Association of Area Agencies on Aging.

Contact the Eldercare Locator at (800) 677-1116, 9 a.m. to 8 p.m. ET, Monday through Friday and online at eldercare.acl.gov.



Through the eyes of someone with advanced AMD.

The AMD Effect: Ruining Your Granddaughter's Ballet Recital

Age-related macular degeneration (AMD) is the leading cause of blindness in people 55 and older, and early detection is key to saving your sight.

Don't wait to notice the warning signs, like blurry central vision or difficulty seeing fine details.

Contact the Foundation Fighting Blindness for a free info packet on preventing and managing AMD.

888-345-2473

FightBlindness.org/AMDinfo

FOUNDATION FIGHTING BLINDNESS



Busy Boomers

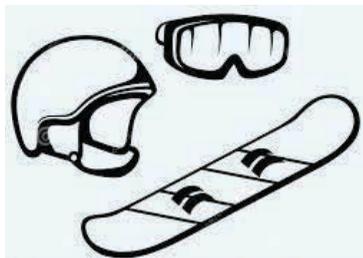
By Les Goldberg

Seniors and Skiing – Better Than Ever!

Earlier in my career as a journalist, I worked with a 60-something editor whose hobby was skiing. He even wrote a column for “Ski and Skiing Magazine.” Back then, Burt Sims was known as the “Dean of Ski Writing,” although his audience was considerably smaller than it is now.

In fact, you would be hard-pressed to find too many gray-haired skiers on the slopes of the local mountain resorts at Mt. Waterman, Big Bear and Mt. Baldy. Today is a whole different story.

According to the National Ski Areas Association, more than 20 percent of skiers are over age 55, up more than 20 percent from just five years ago. The group cites several reasons for the increased popularity of the sport among Baby Boomers and the generation right behind them:



Better Ski Equipment

“Today’s skis are shorter and feature a curved rather than straight shape,” said Andy McCullough, a 70-year-old ski instructor from Brea. “They are more maneuverable, easi-



er to turn and require less leg strength.”

Better gear

Comfort is important to older skiers, he said, adding that the latest ski attire includes more comfortable boots, warmer clothing overall and more accessories to deal with the freezing temperatures and conditions. The matching of boot to binding to ski that is all set for your height and weight is based on scientific and technological studies. And, of course, most everyone wears a helmet, unlike their predecessors from earlier times.

Better Fitness

“If you are not regularly active, no matter the age, you might feel like you got hit by a truck the day after skiing,” McCullough said. “There isn’t another sport, except maybe tennis, that comes close to the endurance or intensity of skiing. Knowing when to stop can be critical.”

With fatigue playing a major factor in skiing injuries, he

suggests avoiding the slopes on the last run of the day or toward the end of a ski trip.

Better Facilities

He said that overall, U.S. ski resorts are doing a better job of grooming slopes and installing high-speed chairlifts, which reduce the risk of injury and make it possible for people who tire more quickly to put in a full day of skiing in half the time.

Although older skiers generally have a higher risk of injury, McCullough says there are benefits to being in the higher age bracket, namely experience. “Older skiers may take fewer risks because they may have a better understanding of their bodies and are better able to gauge the ski conditions.”



But the Costs

Forty years ago, in the heyday of skiing for all ages, the sport was popular for those who could afford the costs of lift tickets, equipment, lodging, and transportation. Compared to today’s skiing expeditions, however, it was cheap. For example, in the mid-70s, a full-



day lift ticket would top out at \$16. Now you can expect to shell out about \$200 a day for the same ticket.

When the seniors of today first started skiing in the 1970s, it was a recreational pursuit that middle-class America found to be economically viable and fun.

Since then, most of those early snow enthusiasts have retired their skis as they raised their children, become grandparents and even taught their kids how to ski. But as you can see each winter, there is a major resurgence in the sport for seniors who are empty nesters, living on their retirement resources and pulling up their RVs to the local ski resorts.

Just ask Ben, 71, and Julie Moncreef, 68, from Los Alamitos, who just returned from a two-week trip to Mammoth in Northern California.

“It was like riding a bike. It was like the clock had turned back 20, 30, 40 years. The rhythm, the posture, and style were just as we had left it. We were so excited we couldn’t resist calling our friends and telling them, ‘We can still ski!’”

NO MORE
“IT’S NONE OF MY BUSINESS”





Blue Carpet Mfd. Homes

Serving Your Community Since 1971

Need Financing?

We can assist you in all your Financing and Refinancing needs.

Listing Your Home?

We can sell it for the highest market value.

Need Cash?

We will pay CASH for your home within 24 hours.

Want a New Home?

Use your home as your down payment.

Se habla español

WE REALLY ARE THE #1 TEAM IN THE INDUSTRY

Blue Carpet's Manufactured Home Sales:
2018 - Sold 184 Homes!

2017 - Sold 181 | 2016 - Sold 198 | 2015 - Sold 189

- In-House Financing – NO Buyer Paid Broker Fees
- Refinancing? Call Christie 714-636-6666 x 208 NMLS #1255994
- Maximum Web Exposure, We Prequalify Buyers
- No Escrow Fees or Real Estate Fees, No Cost to YOU
- We Specialize in Resales and New Manufactured Homes
- We Buy Homes For Cash!! Within 24 hours
- Broker and Dealer Cooperation
- #1 in Sales and Listings in Orange County
- Centrally Located – No Park is Too FAR

OUR 21 SEASONED AGENTS GO ABOVE AND BEYOND TO SELL YOUR HOME FOR MORE AND FASTER!

Call our team today – we can help with all your housing needs.

The Blue Carpet Team: www.BlueCarpetHomes.com

800.596.6664 • 714-636-6666 • 714-697-4302

If you would like a **FREE** Market Evaluation or if someone you know is looking for a mobilehome...

Please Call:

(714) 636-6666 or (800) 596-6664



- We Can Put A New Home On Your Space
- We Assist In Obtaining Financing
- We List Your Home
- We Sell Your Home Fast
- We Advertise Weekly

10231 Slater Avenue, Suite 115
Fountain Valley, California 92708

Take the Plunge, Plan Ahead Today

Planning gives your family:

- P**rotect your family and your investment
- E**ase the burden on your family
- A**ssured price guarantee
- C**ompassionate professional care
- E**xtended travel & relocation plan

Request your **FREE Personal Planning Guide:**
(949) 382-7782

PACIFIC CREMATION SOCIETY
Discover simplicity

(949) 382-7782
PacificCremationSociety.com
22772 Centre Drive, Suite 130
Lake Forest, CA 92630 | FD 2241

Do you qualify for year-round enrollment?

Are you...

- Turning 65?
- Living with a chronic condition such as diabetes or heart disease?
- Losing coverage with an employer?
- Living in a new area from a recent move?
- Receiving Extra Help from Medicare to pay for medications?

Find out if you qualify for a Special Enrollment Period.

JoAnn Buday
Phone: (714) 272-8983

You don't have SCAN, you're WITH SCAN.

SCAN Health Plan® is an HMO plan with a Medicare contract. Enrollment in SCAN Health Plan depends on contract renewal. SCAN also has a contract with the California Department of Health Care Services (DHCS) Medi-Cal program.

S720 09/19 Y0057_SCAN_10633_2017F File & Use Accepted 01142018

New Poll Shows Parents (and Teachers) Want More from Public Education

Americans' satisfaction with K-12 education reached a 15-year high this year, according to a Gallup poll, but the majority of people still think it's on the wrong track. The 2019 Schooling in America Survey by EdChoice and Braun Research digs deeper to find out why that might be.

It found most parents say they are satisfied with their kids' current schools:

- 79% of parents are satisfied with a private school
- 77% of parents are satisfied with a public charter school
- 76% of parents are satisfied with home schooling
- 67% of parents are satisfied with a public district school.

Although 82% of students today attend public district schools, 69% of parents and 53% of public district school teachers said they would prefer to send their own kids somewhere else. So, though parents generally say they are satisfied with their assigned district schools, their preferences (if money and transportation weren't barriers) tell a different story.

That may be one reason support for school choice options, such as charter schools, school vouchers, tax-credit scholarships—remains strong. When families learn how education



Half of K-12 school parents support providing busing across school district lines a recent study found

savings accounts (ESAs) can help them not just to afford private school but to customize an education for their kids—nearly everyone supports them.

- 85% of current school parents support ESAs
- 78% of current public school teachers support ESAs
- 77% of the general population supports ESAs.

The top most important reasons people support ESAs: access to a better academic environment and more freedom and flexibility for parents.

There's little love for more standardized testing among parents and teachers. In fact, 71% of the general population, 72% of parents and 88% of teachers think how we currently test kids is "too much" or "about right."

People don't know what schooling costs—public or private—but most still think public schools need more money. The majority of Americans, including public school teachers,

grossly underestimate how much public schools spend per student: \$12,201 on average. At the same time, they tend to overestimate how much private school tuition costs: \$10,676 on average.

Learn More

To learn more findings from this poll, visit EdChoice, a nonpartisan, nonprofit organization that serves as the clearinghouse of information related to school choice research and policy in the United States, at www.edchoice.org.



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

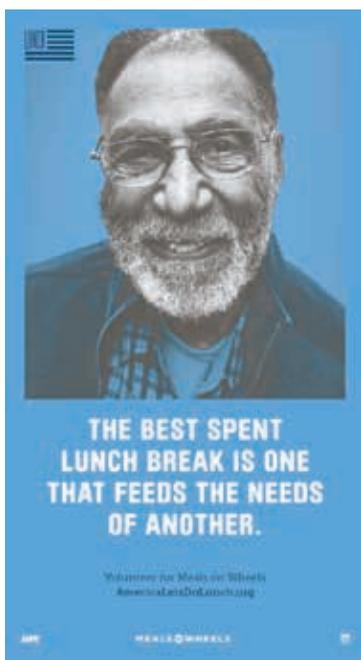
At Age Well Senior Services, our vital Meals on Wheels program delivered nearly 500,000 meals to seniors in need last year. We're a nonprofit organization that relies on donations to provide services, and we need your help to avoid having to turn away requests for meals from homebound seniors. Curtailing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

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

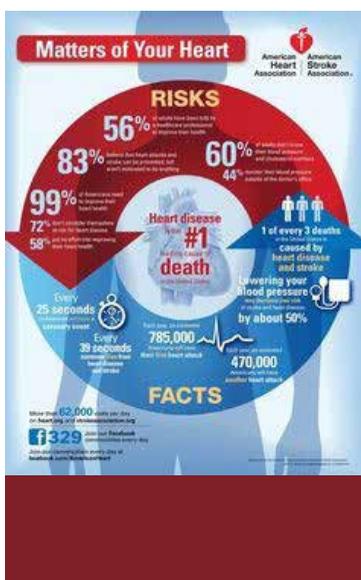
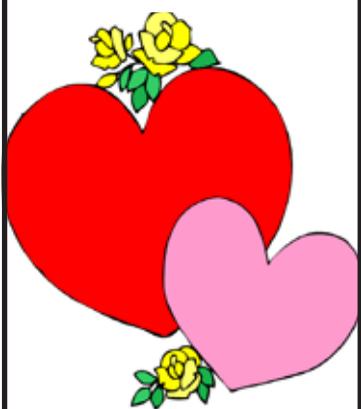
visit www.MyAgeWell.org
or call (949) 855-8033

Age Well
Senior Services

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS



With A Heart for Seniors



Are You Seeking a Care Facility For Your Loved One?



Matt Posselt, owner of Ivy Glenn Terrace; Melissa Schusler, Residence Care Placement Specialist; 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-li-

censed assisted living facilities and organizations dedicated to board and care, memory care, hospice care or respite care. It also has close ties with the Alzheimer’s Association, Council on Aging, Home Care Agencies,

Veterans resources, Adult Protective Services and Social Services.

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

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

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

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

MS: Initially, we assess each unique situation, and get to

know the family and the resident. The more we know about them, the better we can offer our expertise for assistance. After we assess the resident’s care needs, personality and preferred locations, we work with the family budget to ensure appropriate placement.

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

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

SR: What is the cost of using RCPS services?

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

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

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

And the vice president of development for the Alzheimer’s Association said this about RCSP:

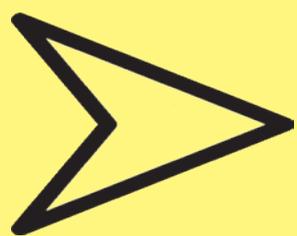
“Thanks for your help. Those we serve found a window of hope.”

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

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

See our ad on the back cover





In The Spotlight

Meet Tim Janis: Creator, Writer, Director, and Composer

With millions of albums sold, five National Public Television specials, and two No. 1 Billboard-charting CDs, Tim Janis has worked with some of the top artists in the music and entertainment business — from Sir Paul McCartney, Billy Joel, Ray Charles, Maya Angelou, Emanuel Ax, Andre Previn, Sarah McLachlan — to George Clooney, and James Earl Jones.

Director, composer, producer, and performer Janis is committed to creating music and films that can heal and promote peace on a global level. His music has traveled across the world, from prestigious venues like Carnegie Hall Lincoln Center, and the Rudolfinum in Prague, to Africa, China, and Eastern Europe.

His music has been performed and played by The American Symphony Orchestra, conducted by David Snell; The London Symphony Orchestra; The New York Philharmonic, conducted by Kurt Mazar; The Hartford Symphony Orchestra; The Kansas City Orchestra; The Kwazulu Natal Philharmonic in Durban, Africa, and the Walt Disney special theme parks. In addition, as guest of former U.S. Ambassador, Craig R. Stapleton he conducted Symphonie Fantastique



with the Czech National Symphony Orchestra.

His extensive work with PBS includes *“Beautiful America,”* a musical special narrated by actor George Clooney and his *“American Christmas Carol”* special with actor James Earl Jones. *“Beautiful America”* was created to showcase the beauty and importance of our National Parks, and raised over \$2 million in donations for PBS during its broadcast. His philanthropic commitment frames the work he defines as Music of Hope, with the goal of benefiting and bringing awareness to important causes through music, film, and performance.

Most recently he created *“BUTTONS: A Christmas Tale”* the magical story that shows believing can be the greatest gift of all. It is now available on Digital and on DVD from Paramount Home Entertainment. The inspiring holiday film which can be

watched all year round is for the whole family and features an all-star cast including Jane Seymour, Roma Downey, and Abigail Spencer, along with screen legends Dick Van Dyke and Angela Lansbury.

The film is narrated by Kate Winslet and Robert Redford and follows the heartwarming journey of two orphan girls whose only wish is to find a home for Christmas. With a little help from their guardian angels (Van Dyke and Lansbury), they discover that miracles really can happen when you find the power to believe.

“BUTTONS: A Christmas Tale” was five years in the making. A film created with a lot of passion and prayer,” he said. “We really want to honor the amazing cast that worked so hard to make this film. We thank Kate Winslet and her Golden Hat Foundation for all the years we have worked together. We are grateful to Paramount Pictures and their amazing team for bringing this film to the world.”

Janis talks more about his work below.

Q: Who is the most interest-

ing person you have worked with over the years?

A: That is hard to say, On the top of my list is Dick Van Dyke, Angela Lansbury, Sir Paul McCartney, Billy Joel, Robert Redford, Kate Winslet, James Earl Jones, George Clooney, and Ray Charles.

Q: How did you get your start in the business?

A: I started right out of school. I would say I fall into the category of just diving right in, without knowing the outcome.

Q: What new projects are you working on now?

A: I have a new family-oriented musical movie which I’m working on now ... aside from being a film director/writer, I also write all the music. I have some wonderful songs and a beautiful story that I am excited about.

Q: What is your favorite project to date?

A: *‘BUTTONS: A Christmas Tale’* with Paramount Pictures. I love Paramount, the history, and the studio, they have been so great to work with. This is very exciting for me and my co-producer Elizabeth Demmer.

Q: Advice to those who want to follow in your footsteps?

A: Do what you love. That is always the best starting point.

Q: What’s a typical day like for you?

A: It always starts in nature. I love the mountains and the ocean so each day begins always with a walk or jog outside. I also have a cat and a dog. They are a part of every day. I’m lucky that I can be creative each day, whether it be writing music, or a new script, I’m always creating.

Q: How did the idea come up for ‘BUTTONS: A Christmas Tale’ your recent DVD?

A: I had the inspiration for the story come at a mass at St. Christopher’s in York Maine. Five years later and a whole lot of miracles ... it is here today.

The *“BUTTONS: A CHRISTMAS TALE”* DVD includes bonus songs, a magical music video, and a heartwarming photo gallery.



Advertise in
The Senior
Reporter's
**CLASSIFIED &
PROFESSIONAL
SERVICE
DIRECTORY**

Only
\$37.50,
mo with a 6-mo.
commitment

seniorreporter
ofoc@aol.com
or call
Bill Thomas at
(714) 458-5703

We are
voluntary,
community-
defined training
and behavior
standards for
handlers
and their
Service Dogs.

Register or learn
more now ▶



USSDR.org



Until Every One Comes Home®

Five Good Reasons To Eat Less Meat

The next time you're planning a family meal, a party or just a little snack for yourself, consider this: Reducing your meat consumption can have a multitude of benefits.

Why To Avoid Meat

Here's the explanation from Joe Loria, Meat Reduction Campaign Manager of World Animal Protection, a global nonprofit whose mission is to have a world where animals live free of suffering:

1) It helps your health: From reducing cancer rates and heart disease to showing an increased overall lifespan, by consuming more plant-based foods you'll be helping to improve your own health.

2) It helps fight climate change: Factory farming is one of the leading causes of climate change and deforestation. Simply cutting back on the amount of meat you consume can combat climate change.

3) It helps farmed animals: Of the more than 70 billion animals farmed annually, 50 billion of them spend their lives on factory farms. There, they're treated more like machines than like living, breathing, feeling creatures. They endure short, miserable lives and are often confined together in cages, crates or pens, which prevent them from engaging in natural behavior. Reducing your meat consumption will make a huge difference to the lives of these animals and free-up resources.



Reducing your consumption of factory-farmed meat can be good for you and the rest of the planet

4) It protects wildlife: Grazing land and feed crops now use more than a third of Earth's entire landmass. This rapid loss of habitat means critical species are disappearing at alarming rates. Many experts warn a mass extinction is on its way.

5) It helps fight hunger: There are nearly a billion starving people on the planet, while it takes 16 pounds of grain to produce just one pound of beef. By reducing your meat consumption you can help alleviate the waste associated with factory farming.

Not eating meat can also help prevent slave labor and sexual abuse. Workers on factory farms are in many cases treated almost as cruelly as the animals. These workers are often subjected to workplace hazards, including life-threatening injuries, respiratory illnesses, PTSD, and exposure to dangerous antibiotic-resistant bacteria. You can help stand up for these exploited workers by reducing your meat consumption and withdrawing financial support from companies profiting from poor labor practices.

Change Starts With You

To protect your health, your planet, your fellow human beings and animals, it can be a good idea to dramatically reduce your consumption of meat. Fortunately, that need not be a hardship. There are plenty of tasty, nutritious plant-based alternatives and protein sources such as "clean meat."

Learn More

For further facts, to pledge to eat less meat and to contribute to the cause, visit www.world-animalprotection.us/meat-reduction.

HomeWorks
PHYSICAL THERAPY
WWW.HOMEWORKSPT.COM

PHYSICAL
THERAPY
IN
YOUR
HOME



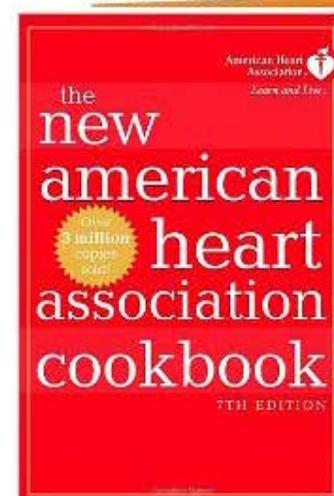
OUTPATIENT PHYSICAL THERAPY IN THE
COMFORT OF YOUR HOME

MEDICARE ACCEPTED

(714) 580-2868

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

Click to LOOK INSIDE!



MOMENTS LIKE THESE ARE PRECIOUS.
DON'T LET THEM FADE AWAY.

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

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

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

Show Mom You Care: Have A Conversation About Long Term Care Insurance

This year, as you look back at the many years your mother cared for you, consider the possibility that she may require care herself someday. Long term care insurance can help ensure that your mother will get the care she needs, should there come a time when she requires help managing some of the activities we associate with independent living.



You can help look after your mother in the future by showing her how to get long term care insurance today.

Millions of Americans require long term care during their lifetime,¹ which includes assistance with simple tasks like bathing, eating and dressing—trivial things we do every day without a second thought. In reality, the type of care needed to provide assistance with these activities can be expensive and is generally not covered by traditional health plans or Medicare.

It's important to keep in mind that women, in general, live longer than men. This means that women may be more likely to need care at some point in their lives than their male counterparts.² Should that need arise—whether it's assistance to perform activities of daily living or supervision due to a severe cognitive impairment—it's likely to be provided by a family member or friend. Unfortunately, this may not be an ideal option, with many families living far apart from each other. And, your mother may not be willing to place that burden on you or

even a close friend. The good news is, she is eligible to apply for coverage under the Federal Long Term Care Insurance Program (FLTCIP).

Encourage your qualified relatives to plan now

The best time for your family members to consider long term care insurance is long before they need it. Because the FLTCIP is medically underwritten, it's important for your qualified relatives to apply when they are in good health to avoid the risk that a future illness or condition may prevent them from obtaining coverage later. Also, premiums are directly related to age. This means the younger people are when they apply for coverage, the lower their premium.

You may wish to consider applying for coverage as well, as a way to help secure your family's future. With benefits designed specifically for the federal family, the FLTCIP offers a smart way to help protect your savings and assets should you or your loved ones

need long term care services someday.

Many members of the federal family are eligible to apply for coverage under the FLTCIP, including federal and U.S. Postal Service employees and annuitants, as well as active and retired members of the uniformed services. Certain family members, or qualified relatives, are also eligible. Qualified relatives include your spouse, domestic partner, parents and parents-in-law, and adult children.

For a complete list of who is eligible to apply, visit LTCFEDS.com/eligibility.

For personalized assistance, call (800) LTC-FEDS ((800) 582-3337)/TTY (800) 843-3557 to speak with a program consultant. They are available to answer any questions you may have and can walk you step by step through the plan design and application process.

Register for a FLTCIP webinar

If you or your qualified relatives would like to learn more about the FLTCIP's comprehensive benefits and features, register for an upcoming webinar or view the existing library of on-demand topics at LTCFEDS.com/elearning.

More about the FLTCIP

Established by an act of Con-

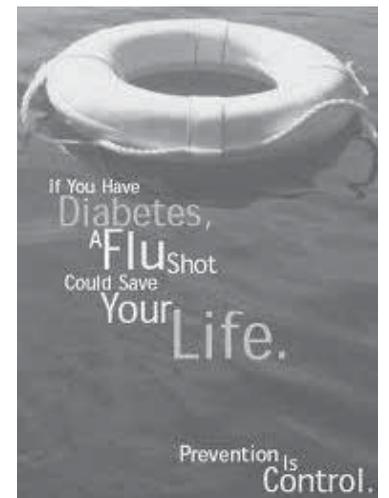
gress in 2000 and overseen by the U.S. Office of Personnel Management, the FLTCIP is designed to meet the specific needs of the federal family. The FLTCIP provides industry-leading benefits and offers flexible options that allow enrollees to tailor coverage to meet their needs.

Certain medical conditions, or combinations of conditions, will prevent some people from being approved for coverage. You need to apply to find out if you qualify for coverage under the FLTCIP.

The Federal Long Term Care Insurance Program is sponsored by the U.S. Office of Personnel Management, insured by John Hancock Life & Health Insurance Company, and administered by Long Term Care Partners, LLC.

1 Centers for Disease Control and Prevention. "Long-Term Care Services in the United States," http://www.cdc.gov/nchs/data/nsltcp/long_term_care_services_2013.pdf (accessed May 2019).

2 U.S. Department of Health and Human Services. "Who Needs Care?," <https://longtermcare.acl.gov/the-basics/who-needs-care.html> (accessed May 2019). FLTCIP5761



SOMETIMES MY HUMAN DOESN'T WEAR PANTS AT HOME. IT'S A RIOT.

—COLBY
adopted 06-18-11

A PERSON IS THE BEST THING TO HAPPEN TO A SHELTER PET

adopt
theshelterpetproject.org

SHELTER PET & GLOBALLY RECOGNIZED PIANIST

Amazing stories start in shelters and rescues. Adopt today to start yours.

KEYBOARD CAT 8M+ YouTube Views

Start A Story. Adopt
theshelterpetproject.org

UC Irvine Willed Body Program

Whole Body Donations For Medical Science

For information on donating your body to medical education and research, call: 949-824-6061



or visit:
www/som.uci.edu.willedbody

No cost to donor or family. Final cremation and scattering at sea included.

Crossword Puzzle Answers from page 27

1	O	B	O	E			5	L	A	D		8	S	T	Y	E			
12	A	L	M	S			13	C	I	G	A	R	14		15	A	R	U	T
16	R	E	A	P			17	O	O	O	L	A		18	N	A	R	C	
19	S	U	R	R	20	O	U	N	D	I	N	G	21		22	N	T	H	
			23	I	N	N				24	A	R	K	S					
		26	L	A	T	E	S	T		29	A	T	O	N	C	E	30		
31	R	A	G		32	S	E	N	O	R		34	W	A	R	N	S	35	
36	E	G	G	37	O		38	L	O	O	S	39	E		40	P	I	T	Y
41	F	E	R	N	S	42		43	T	O	O	L	S	44		45	B	E	D
		46	R	E	C	E	D	E		48	N	E	A	T	E	R	49		
			50	S	E	R	E			51	V	I	E						
52	S	O	S		54	A	B	R	A	C	A	D	A	B	R	A	60		
61	I	R	I	S	62		63	T	A	R	O	T		64	S	E	A	L	
65	L	A	V	A			66	S	T	O	R	E		67	E	V	I	L	
68	O	L	E	O			69	E	W	E			70	S	Y	N	S		

JUST JUDITH

By Judith A. Rogow

That Was The Year That Was!

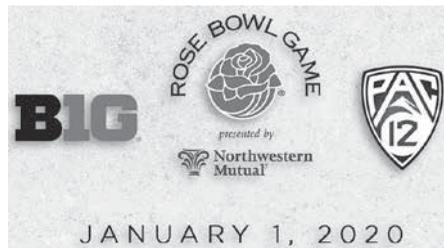
If ever a year needed a satirical television show to celebrate its passing, 2019 fits the bill.

Or, perhaps, a remake of Peyton Place . . . maybe Peyton Palace would be more to the point!

California went from fires to floods to drought to snow, there were earthquakes and lightning strikes, add – yes – even locusts. Yet, we persisted, even though we sometimes felt like extras in a Charlton Heston epic.

Speaking of epics, many of us watched our television in awe as then Princess Elizabeth and Philip married, and later when she ascended to the throne. Such pomp and circumstance! The velvet robes! That crown! We watched again when Prince Charles married Lady Diana and then were thrilled when their two boys arrived. Sadly, we also heard the reports of infidelity and divorce, and then her death.

Now, Prince Charles is almost king, happily remarried, his sons are married - again in magnificent ceremonies - and now have children. His brother is living up to his nickname “Randy Andy,” and the reports from “across the pond” are that the monarch is not happy with Prince Andrew’s lack of good sense.



The politicians here at home aren’t happy either. There’s wrangling, thrown mud and insults ranging from annoying to insulting, to slander, to libel. There are so many causes, complaints, and campaigns that it seems they do nothing more than turn people off.

As Shakespeare wrote, “A tale told by an idiot, full of sound and fury. Signifying nothing.”

Unfortunately, that “nothing” is causing angst and ill will, filling the airwaves, printed media and conversations to the point that many of us wonder if it will ever quiet down. The season of Peace and Good Will evolved into angry shouting last month. Enough already!

The after-holiday sales are beginning to slow down at last. One company that sells gourmet gifts seems to email their latest offering daily, each time with a better offer as to price and shipping costs, as their products are perishable, so unsold boxes need to be moved quickly. I wonder when the email ads will get to the point of “Please, take one, already. Just get it them out of our warehouse.”

Other amusing ads try to convince those who still have money that life isn’t worth living without expensive anti-aging creams and potions or ways to make your hair more “lively and lovely.” Growing older gracefully is no longer considered a virtue.

But, then again, we’re not always virtuous, are we? I’ve seen some knockdown games of Mah Jong or Bridge where “graceful” wasn’t a good description. And don’t forget the various ball games, we do get our blood pressure soaring when the sphere or puck goes the wrong way!

New York City has televised coverage of the famous Macy’s parade to celebrate Thanksgiving (and the official start of Christmas shopping) with huge balloons and frozen looking people. We here in the Los Angeles area have the 131st New Year’s Day Rose Parade with a court of American princesses, exquisite floats, magnificent horses and their riders, and marching bands from all over the world.

Topping that, we have Oregon and Wisconsin in the 2020 Rose Bowl Championship game and, hopefully, better weather for both events than

Continued on page 43



The AMD Effect: Ruining Your Granddaughter’s Ballet Recital

Age-related macular degeneration (AMD) is the leading cause of blindness in people 55 and older, and early detection is key to saving your sight.

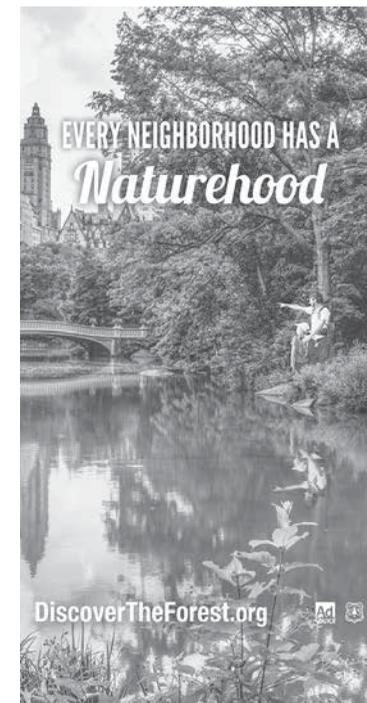
Don’t wait to notice the warning signs, like blurry central vision or difficulty seeing fine details.

Contact the Foundation Fighting Blindness for a free info packet on preventing and managing AMD.

888-345-2473

FightBlindness.org/AMDinfo

FOUNDATION FIGHTING BLINDNESS



EVERY NEIGHBORHOOD HAS A Naturehood

DiscoverTheForest.org

86 MILLION AMERICANS MAYBE EVEN YOU, HAVE PREDIABETES. PERSON-ABOUT-TO-FACT-CHECK-THIS-FACT.

DoIHavePrediabetes.org

Text KNOW to 97779



Message & Data Rates May Apply. Reply STOP to opt out. No purchase necessary. Terms and Privacy: adocouncil.org/About-Us/Privacy-Policy



American Heart Association®
Learn and Live

Join A Clinical Trial To Help Advance Innovations In Health And Medicine

Clinical trials are at the heart of advances in health and medicine. They seek to discover better ways to prevent, detect and treat disease to improve the health of current and future generations. By volunteering in a clinical trial, you can help advance human health—for yourself and others.

Clinical trials rely on volunteers with certain diseases and medical conditions, but some studies also need healthy people to participate. Why? Because volunteers in clinical trials must represent a wide range of people—by race, ethnicity, age, gender, physical sizes and abilities. By participating in a clinical trial, you might get an early opportunity to try a new and potentially beneficial treatment, and you might have access to expert medical care at leading institutions. You'd also have the opportunity to help advance innovations in health and medicine.

Many groundbreaking scientific advances have been achieved because of volunteers. For example, a recent study funded by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), a part of the National Institutes of Health (NIH), found that pregnant women with even modestly elevated blood glucose, also known as blood sugar, had increased risk of complications for the baby before and shortly after birth. A follow-up study is showing



People who participate in clinical trials can help improve health care for themselves—and many others.

that such women are more likely to develop type 2 diabetes years later, and their children are more likely to have obesity.

Another NIDDK-funded study found major improvements in weight, heart health, prediabetes, type 2 diabetes, high blood pressure, high blood cholesterol and abnormal kidney function 3 years after weight-loss (bariatric) surgery in teens who had severe obesity. Researchers also found that those who have the surgery earlier may have greater benefits compared with waiting until later in life. They are continuing to study the longer-term benefits and risks from the surgery.

As a volunteer, you can make a difference. Clinical research helps us gain insights and answers about the safety and effectiveness of treatments and procedures.

Volunteer safety is also important. Guidelines and a review board are in place to make sure studies are safe. You won't be given a sugar pill ("placebo") if you would be put at risk by not receiving an effective

treatment. You will be told if placebos are used in the study before entering a trial.

Talk with your health care professional to learn more about clinical trials and to find out if a clinical trial is right for you. Ask whether you are eligible to take part in a trial, how your safety will be protected and how long any specific trial will last. Learn about the different types of clinical trials, the different trial phases and the potential benefits and risks.

For more information about clinical trials, visit the NIDDK website. It includes a video where NIDDK Director Dr. Griffin Rodgers explains the role of clinical trial volunteers.

NOW THAT MOM LIVES WITH US,
We miss her
—MORE THAN EVER—

Only those who care for others know what it's really like to care for others. That's why AARP created a community with experts and other caregivers to help us better care for ourselves and for the ones we love.

aarp.org/caregiving or call 1-877-333-5885

Ad Council AARP

HELPING MANAGE YOUR LOVED ONE'S MONEY

UNDERSTANDING BENEFITS

Find articles, tips and tools from experts and editors who have been in your place.

aarp.org/caregiving • 1-877-333-5885
Caregiving Resource Center
Care for your loved one. Care for yourself.

Ad Council AARP

American Heart Association

THERE'S NOTHING MIGHTIER THAN THE SWORD

AMERICAN CANCER SOCIETY

FOR MORE INFORMATION
CALL TOLL FREE: 1-800-ACS-2345



USO

Until Every One Comes Home®

Tinseltown Talks

By Nick Thomas

Lil' Ole Winemaker, Donna Mills

Toasting the New Year by raising a glass of wine on Dec. 31 is a tradition with many families and friends. But unlike most year-end revelers, actress Donna Mills can welcome the New Year with a bottle of wine from her own vineyard.

Schlepping up a hillside harvesting grapes probably wasn't an activity soap vixen Abby Ewing might have enjoyed on the old CBS TV series *"Knots Landing."* But Mills, who portrayed the manipulative character on the popular show for a decade, has no such reservations.

"I love working in the vineyard," said Mills from Mandeville Vineyards in Los Angeles where she lives with partner and fellow winemaker Larry Gilman (see www.mandevillevineyards.com). "I'm up there in between the harvesting, too, because you have to maintain the plants."



Donna Mills, L, and Jill Wagner in *Christmas Wishes & Mistletoe Kisses* - Hallmark Channel

"Up There" refers to the half-acre hillside behind Mills' 1-acre property which has been



Donna Mills in her backyard, home to Mandeville Vineyards - provided by Donna Mills

home to some 430 grapevines first planted in 2013. Before then, the area was overgrown with scrub brush and trees.

"One day Larry thought that maybe it could be converted into a vineyard. I said he was crazy, but he wouldn't take no for an answer. So, he called experts to survey the area who said the soil would be okay to grow grapes but it wouldn't be easy."

With the help of a work crew, the land was cleared, Malbec and Cabernet grapes were planted, and the result of the first wines was rewarding.

"We won a Silver Medal at the prestigious San Francisco International Wine Competition for our first vintage," Mills said. "That made all the work seem worthwhile."

Fortunately, the devastating California fires last October

spared Mills' property although her family was forced to evacuate their house for several days. But there have been previous hardships. "We lost the entire crop (in 2018) because we had a weird heat event where it was 116 degrees up on the hill for 2 days," she recalled. "It happened just as the grapes ripened so the heat turned them into raisins!"

Despite the career diversification as a vineyard owner, Mills still finds time for acting with three Christmas movies out last holiday season including *"Christmas Wishes & Mistletoe Kisses"* that debuted on the Hallmark Channel and which she called "one of those feel-good movies that Hallmark is famous for."

While acting and winemaking may seem to have little in common, Mills sees a link.

"Winemaking is very creative and what you do with the fruit is what determines how good the wine will be – like acting, in which you have a script but what you do with it determines how good the movie or play will be," she said. "The fact that we can grow fruit that makes wine that makes people happy is a true joy for me."

Nick Thomas teaches at Auburn University at Montgomery in Alabama and has written features, columns, and interviews for over 750 newspapers and magazines.

Hints To Help You Be Engine Smart, Earth Kind

Knowing where to look can help you save money at the fuel pump.

To help, Growth Energy and GasBuddy announced that drivers across the nation can now take advantage of Unleaded 88's affordable prices through GasBuddy's database and app. Unleaded 88 is a fuel with 15 percent renewable biofuel approved for cars 2001 and newer and, thanks to the recent lifting of outdated government regulations, is now available for sale at the pump all year-round.

GasBuddy is a smartphone app and website used by millions of drivers every month to avoid paying full price for fuel. It is the world's largest database of real-time, crowd-sourced gas price data covering more than 150,000 North American gas stations.

This new partnership lets GasBuddy's app users access a comprehensive database of Unleaded 88 fuel at more than 1,800 retail locations around the country. Additionally, Growth Energy and GasBuddy have launched an advertising campaign within the app to promote the benefits of the renewable fuel to consumers.

"With fuel prices constantly changing and varying between stations, GasBuddy's goal is to be the most comprehensive platform for drivers to make fuel-purchasing decisions and save money on every fill-up," said Patrick DeHaan, head petroleum analyst at GasBuddy.



"By including the availability of Unleaded 88, we're continuing our commitment to our users."

Emily Skor, CEO of the world's largest ethanol trade association, Growth Energy, celebrated this new partnership and the opportunity for millions of drivers to find the more affordable choice at the pump with Unleaded 88 through GasBuddy's popular price-tracking app.

"We are thrilled to partner with the nation's leading and most respected fuel app to help more Americans access the engine smart and earth kind benefits of Unleaded 88," said Skor. "Drivers all over the U.S. rely on GasBuddy to fuel their lives and we are looking forward to giving them another option at the pump that is cleaner-burning and provides a savings of up to 10 cents per gallon."

Today, Kwik Trip, Sheetz, Casey's General Store, Cumberland Farms, Thorntons, Kum & Go, RaceTrac, QuikTrip, Rutter's, Minnoco, Protec Fuel, Murphy USA, Family Express, Royal Farms, Pump & Pantry, and Bosselmanns offer Unleaded 88 at more than 1,800 locations across 31 states.

For more information, head to www.UNL88.com.



MemorialCare Orange Coast Medical Center is the destination for innovative health care in Orange County. For more information or a referral to one of our physicians, visit memorialcare.org/OrangeCoast or call 800-MEMORIAL (636-6742).

Comprehensive Services

- ❖ Award-winning Emergency Department
- ❖ Spine Health Center
- ❖ CyberKnife – pinpoint radiation therapy
- ❖ Digestive Care Center
- ❖ MemorialCare Breast Center
- ❖ MemorialCare Cancer Institute
- ❖ MemorialCare Heart & Vascular Institute
- ❖ MemorialCare Joint Replacement Center
- ❖ Senior Plus at Orange Coast - free enrichment program for adults 55 years or better. Call (714) 378-5526.



18111 Brookhurst St., Fountain Valley, CA 92708
(714) 378-7000 memorialcare.org/OrangeCoast

Life in Long Beach

By Lyn Jensen

Council Elections 2020

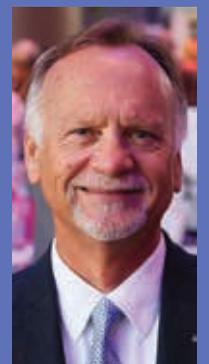
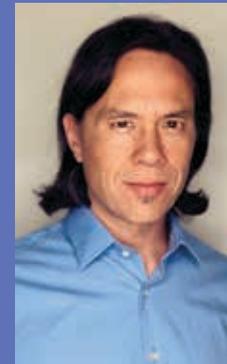
Come the next Long Beach City Council election, March 3, voters will have multiple choices for three of the four seats figuring in this election cycle. One newcomer will definitely replace the controversial Jeannine Pearce of District 2, who isn't running for a second term. Seven candidates have qualified to compete for that vacancy.

Long Beach's council members serve four years, with elections alternating between the city's four even-numbered districts and five odd-numbered ones. In 2022 the odd-numbered districts will be contested.

Pearce has experienced a contentious career on the council. In 2017 she had a fight with an ex-boyfriend, which led to a police contact, which led to an attempted recall, which failed to garner enough valid signatures. Some of her supporters argued the attempt was more likely motivated by her support for labor.

After the recall attempt failed, the council unanimously voted to censure her. Al Austin, Daryl Supernaw, and Dee Andrews, whose seats also figure in the March election, led that action. The city attorney was asked to investigate Pearce's use of public funds to oppose the recall effort, and the council apparently agreed that the situation amounted to a violation of the city's Code of Ethics.

Cindy Allen, Ryan Lum, Eduar-



do Lara, Jeanette Barrera, Robert Fox, Nigel Waddell Lifsey, and Jesus Cisneros are running to replace Pearce. At press time Allen, Lara, Lum, and Fox have campaign websites.

In District 6 centered southwest of Signal Hill, the incumbent is Andrews, who's running for his fourth full term. His challengers are community activists Suely Saro, Ana Arce, and Sharifah Hardie. At press time Saro and Hardie have campaign websites.

Austin, who represents the northern suburban District 8, is running for a third term. He has two challengers, Juan Ovalle and Tunua Thrash-Ntuk, longtime community activists. They have campaign websites.

As for District 4, centered south-

east of Signal Hill, the only candidate who qualified by the deadline was incumbent Supernaw. Rather than going through the formality of running unopposed, he will simply be appointed for his second full term. He was first elected to the council in 2015 after Patrick O'Donnell was elected to the state assembly.

For further information on the candidates or the election, check such online sources as Ballotpedia, the candidates' sites, or the city's website.



1 in 5
kids
faces
hunger

There's more than enough food in America for every child who struggles with hunger. Help get kids the food they need by supporting Feeding America, a nationwide network of food banks. Visit FeedingAmerica.org

FEEDING
AMERICA

Ad
Council

Removing The Mystery From A Prostate Cancer Diagnosis

According to the American Cancer Society, about one in nine American men will be diagnosed with prostate cancer. A leading cause of cancer in men, more than 173,000 new diagnoses are expected in the U.S. this year. Fortunately, this disease can be treated successfully, especially if caught early.

What To Do

If you're 50 or older or have a family history of prostate cancer, you should speak to your doctor about whether screening for the disease is right for you.

Understanding Prostate Cancer

"In the early stages, the most common symptoms of prostate cancer are no symptoms at all," says Deepak A. Kapoor, M.D., founder of the non-profit, Integrated Medical Foundation, and President of Advanced Urology Centers of New York.

There are four stages of prostate cancer. Stage one is diagnosed very early and confined to the prostate. At this stage, the patient is unlikely to be experiencing any symptoms.

He may not need treatment beyond regular follow-up blood tests, exams and possibly biopsies. The disease is very treatable. When diagnosed early, the five-year relative survival rate is almost 100 percent.



Learning about prostate cancer early can save your life—and can be easier than many men realize

Why Do Some Men Resist Routine Screenings?

Many men are embarrassed by the digital rectal exam, concerned about treatment or fear they can't afford it.

Some Answers

Testing: Since the 1980s, prostate cancer was being diagnosed with a simple blood test, the PSA. It checks the level of prostate-specific antigen in your blood.

In the past, there was controversy about whether having a prostate cancer screening done was beneficial or if it produced more harmful effects due to complications from over-testing. PSA testing was the best thing available for a long time.

New tools now exist that provide much more information, giving predictability about the aggressiveness of the cancer and data to help urologists safely manage their patients' disease. With this information, urologists have higher numbers of appropriate candidates

on active surveillance regimens. Using tests such as the Gleason grade score, overall patient health and risk factors—age, race, ethnicity, family history and exposure to Agent Orange—urologists can determine with confidence how aggressive the cancer is and which patients will do well on active surveillance. They will also know which therapy options will be the optimal for the patient.

Making it easier for doctors and their patients to do this testing is the full-range of diagnostic equipment and supplies available through the trusted advisors at Henry Schein Medical, a provider of medical and surgical supplies to health care professionals.

Treatments: There are many ways to treat prostate cancer, including hormone therapy, surgery, chemotherapy, radiation and cryoablation. The newest innovation being successfully utilized is immunotherapy, which uses your own immune system to identify, target and destroy the cancer cells without harming the body's own "good cells." Your doctor can help you decide what's best for you.

It is important to remember that you have the most options available when prostate cancer is diagnosed early and is in the

most treatable stage. It is important for men to be vigilant with their routine screenings.

Paying: Many insurance policies will pay for diagnostic tests and in some places, such as New York State, there's no co-pay or co-insurance cost sharing responsibility for diagnostic prostate cancer screenings (with such policies). This puts PSAs on the same level as mammograms, thanks to efforts of advocates and doctors such as those at Advanced Urology Centers of New York, one of the largest urology group practices in the country.

Learn More

For further facts, visit the American Cancer Society at www.cancer.org and Integrated Medical Foundation (IMF) <https://imfcares.org/>. IMF provides screenings, education and support services FREE.

JUST JUDITH

Continued from page 39

the frozen wind of New York City.

This year, for the first time, there will be a halftime show during the Rose Parade as well as the musical "Grand Finale." Of course, there will be a halftime celebration during the Bowl game.

We'll all be glued to our TV sets!



Are you looking for the RIGHT Care Home?

We offer Large Assisted Living,
Board & Care and Respite
Care Placements

We tour facilities with you to
Ensure Proper Placement

Complete up-to-date vacancy data base

Warm, Loving, Safe Family Atmospheres

Personally inspected and approved
by RCPS

Fully licensed by the
State of California

Use our FREE
personalized service to
assist you & your loved ones.

*Let us help you find the
care home that is right for you.*

RESIDENTIAL CARE
Placement Specialists

(949) 413-4582 • (800) 763-1433

www.rcpsca.com

CA Administrative License 5519924740

