

SENIOR REPORTER

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MAY 2019

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Celine Dion

*"There's no such thing as aging but maturing
and knowledge – I call that beauty."*

—Celine Dion

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Health & Well Being

Ten Easy Ways To Get A Dose Of Vitamin N(ature) In Just Ten Minutes

A growing body of scientific evidence proves getting outside (i.e., being an “outsider”) is good for our health and well-being. Exploring and appreciating nature—in our own backyards, community parks and school yards—reduces stress, improves memory, boosts heart health, and offers a host of other benefits for our minds and bodies.

“Having a living landscape of grass, trees, shrubs and flowering plants is good. Using this outdoor space to reap the health benefits it offers is even better,” said Kris Kiser, president and CEO of the Outdoor Power Equipment Institute (OPEI), whose Foundation created TurfMutt, an environmental education and stewardship program that teaches the value and benefits of the outdoors. “Getting outside, even for just 10 minutes, can do much to boost your mood, productivity, and quality of life.”

On its 10th anniversary, TurfMutt shares 10 easy ways you can enjoy nature in under 10 minutes.

Take a walk. Lace up your athletic shoes and head out for a walk around the block or to your neighborhood park. While you’re out, commit to turning off your cell phone and enjoying the natural setting around you (it’s just 10 minutes, after all!).



Get your kids moving. A rousing game of tag or hide-and-seek in the family yard is a great way to counter computer and screen time.

Play with your dog. A dog’s favorite “room” of the house is your family yard. Take inspiration from your pooch and spend a few minutes outside playing Frisbee or fetch.

Clean up your outdoor living room. Make simple work of yard chores by breaking them up into smaller chunks. Ten minutes is enough time to put a serious dent in weeding a flower bed, sweeping off the back patio, or picking up debris from your lawn.

Plant something. It is spring planting season, so take 10 minutes to dig a hole and introduce a new plant or get started on your vegetable garden or flower beds.

Dine alfresco. Taking a meal outside is one of the easiest—and most nourishing—ways to enjoy the outdoor space around you. Have breakfast with the backyard birds. Lunch at a park near your office. En-

joy your coffee break under a shade tree.

Study or read a book. Take the “work” out of homework by moving study or reading sessions to your backyard or community green space.

Swap a (short) commute for walking or biking. Do you typically use your car to run down to the mailbox, to a nearby convenience store, or to run other nearby daily errands? If it’s not too far, take a short walk or ride your bike instead. Meet outside. Fresh air can be a catalyst for fresh ideas, so take your next brainstorming session for work outdoors. Need to have a heart-to-heart with your child? Scientists have discovered that communication between parents and children is more connected when conducted outside.

Sit back and relax. Sometimes, the best thing to do is absolutely nothing at all. Spend some time in a hammock, spread a blanket out on the grass, or take a meditation break outside to soak up the nature around you.

Learn More

For more information on the benefits of our living landscapes and how to be an outsider, visit www.SaveLivingLandscapes.com. For more about the TurfMutt program, go to www.TurfMutt.com.



Remote Controls

By Jim McDevitt

Believe it or not, I can remember the days before we had a television. In those days, we gathered around a radio with tubes that lit up and you replaced them when they burned out. I remember listening to Gabriel Heater reporting on how the war in the Pacific and Europe was going. No one talked during the broadcast. No one had a gadget in their hand that they were hitting with their fingers punching numbers. When we finally got our 8-inch black and white television set we knew we had arrived in the modern day and were competing with the Jones's.

To change the TV channel, you had to get up out of your chair, walk to the TV and turn a knob that had the channel numbers on it. Our first television had seven channels to choose from if the reception was good that day. If it wasn't, you might only have two or three channels to choose from. I know if my grandchildren are reading this, they probably think my neighbors were Adam and Eve.

I am old but not quite that old. Today of course we might have as many as 185 or more channels and you don't have any knob to turn the chan-

nels. No, you have a remote and you point it at the televisions, push a button and the channel changes as you sit in a chair. You can also adjust the volume on the television with the remote. I was used to this system so you can imagine on how stunned I was when one day my remote stopped working.

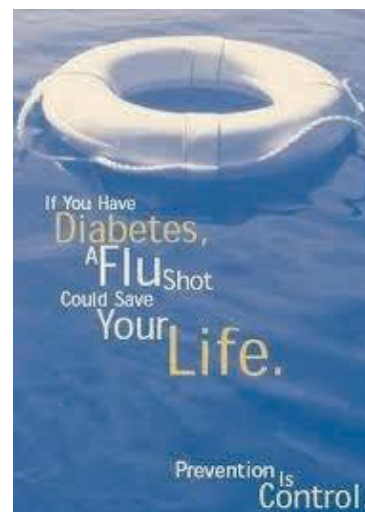
Suddenly I was back in the Stone Age. This is unheard of in a civilized society. Being an educated man, I quickly changed the batteries on the remote. It still didn't work. I pointed it at the television and hit all the buttons necessary to do anything. I called the provider of our television service which is by satellite. I was switched to several different departments until I finally got a service technician. The man had me do all sorts of tests with the remote and I had to press more buttons than I have on a week's supply of dress shirts.

Then I had to stand on a chair and unplug wires from the back of our set and do more tests, then I had to take to graduate from high school. Finally, he agreed, my remote was broken and he would send me a new one. A week later I got the remote in the mail. I followed the instructions on the small piece of paper shoved inside the box with the remote on how to program the remote. I had to use a large magnifying glass to read the instructions

which were written in broken English by someone who must use it as a third language.

After 45 minutes of programming, it was time to use it. The good news was that it allowed me to turn the television on and off. The bad news was that was all it would do. I couldn't change channels. Fortunately, we have two other televisions with remotes in other rooms. I found out one would change channels but nothing else. Another would allow me to increase the sound but nothing else.

So now I must use three remotes to do what one use to do. On top of that my wife has another type of remote that is different than all the others to tune into ROKU and still another remote to put movies in the receiver to watch them. I am now a total and complete nut case. I am not calling my satellite provider because I can't handle all the testing that will be required. The remotes have made me remote.



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

2019 SCHEDULE OF EVENTS

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

JANUARY	5	Living History Flying Day featuring: the World's Fastest Piston Engine Aircraft P-51 Voodoo
FEBRUARY	2	Living History Flying Day featuring: the P-47D Thunderbolt Dottie Mae
FEBRUARY	16	Special Presentation: Women in Aviation Early Pioneers To Today
MARCH	2	Living History Flying Day featuring: the Vought F4U-1A Corsair
MARCH	9	5th Annual Hangar Dance with Big Band Orchestra
MARCH	16	Special Presentation: 'Chasing Reno Gold' Unlimited Air Racing
APRIL	6	Living History Flying Day featuring: the Lockheed P-38 Lightning
MAY	4-5	Planes of Fame Airshow May 4-5 2019, Chino Airport
MAY	12	Mother's Day - Moms Admitted FREE!
JUNE	1	Living History Flying Day featuring: the Republic P-47G Thunderbolt
JUNE	15	Special Presentation: Conquering The Atlantic: The Orteig Prize
JUNE	16	Father's Day - Dads Admitted FREE!
JULY	6	Living History Flying Day featuring: the North American P-51 Mustang
AUGUST	3	Living History Flying Day featuring: WWII Trainers
AUGUST	17	Special Presentation: 'To Shorten The Agony of War' The Bombing of Hiroshima & Nagasaki
SEPTEMBER	7	Living History Flying Day featuring: the Grumman TBM Avenger & Junior Aviators Day!
OCTOBER	5	Living History Flying Day featuring: the Douglas AD-4 Skyraider
OCTOBER	26	13th Annual 'Taste of Flight' Gala
NOVEMBER	2	Living History Flying Day featuring: the Yakovlev Yak-3
NOVEMBER	11	Veterans Day - Veterans Admitted FREE!
DECEMBER	7	Living History Flying Day featuring: the Mitsubishi A6M5 Zero

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

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

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Going Away? Tips To Keep Your Home Safe While You're On Vacation

Peace of mind is important to just about all homeowners, including when they're away on a hard-earned vacation. When warm weather arrives, however, crime rates increase, according to a study published by the National Center for Biotechnology Information.

Fortunately, you may be able to reduce any vacation time stress by taking five steps to improve security—protect your windows, monitor your doors, secure your AC, make your house a difficult target and stay in the loop about what's happening at home.

How to make it look like someone is home, even when you're away

- **Stop your mail.** Nothing says “there's nobody home” like an overstuffed mailbox and a pile of newspapers on the front porch. You can fill out a simple form with the United States Postal Service asking it to hold your mail. Or, perhaps better yet, have a trusted neighbor stop by to pick it up.

- **Leave dog toys in the front yard.** Even if you don't own a dog, you can give a burglar pause by making him or her think that you do.

- **Maintain a well-kept yard.** Remove tree branches that give easy access to top floor windows and cut back tall shrubs that make it easy for burglars to hide behind.

- **Add outdoor motion sensor lights** to scare away those trying to walk into your yard and peek inside. With smart lighting technology, you can program your lights to come on even when you aren't home. This feature has an advantage over automated timers because you can turn the lights in your home on or off as you please from anywhere with your Internet-connected device, or set routines through your home automation service, such as ADT.

- **Integrate your wireless doorbell with your lights** for further security benefits. Have the doorbell trigger an inside light to give the illusion that someone is home, since burglars prefer dark areas for stealth.

While you're away, home security can act as your house-sitting service and provide real protection. Choose a security company that has 24/7 monitored protection, such as ADT, which has over 19,000 employees who are always ready to help in case of an emergency. If you do choose to hire a house sitter when you're away, provide him or her with a unique pin code to disarm your security system. Not only will you be alerted when the system is disarmed, you can deactivate this code once you return.



With these steps, you'll have peace of mind on vacation.

Did You Know?

- Taking the I'm for Water pledge and turning off the tap when you shave or brush your teeth can save eight to 10 gallons of water per day.

- With the “brain first” technology in Oticon hearing aids, your brain doesn't have to strain to fill in the gaps in speech you may be missing. Listening becomes more natural, more effortless so you can stay active and engaged in life. Learn more at www.Oticon.com.

- You may be able to discover your child's next favorite show at www.JimHensonsFamilyHub.com to explore The Jim Henson Company's award-winning programs for all ages. Jim Henson's Family Hub is the home to some of television's favorite preschool stars.

- Stress and drastic changes in temperature, such as moving from a warm house to the chilly outside, can lead to a cold sore outbreak or reoccurrence. Learn more at mycarmex.com.



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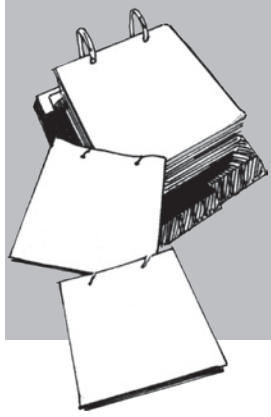
SOMETIMES MY HUMAN DOESN'T WEAR PANTS AT HOME. IT'S A RIOT.

— COLBY
adopted 06-18-11

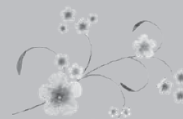
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May Calendar of Events



If you love being outside in the spring be sure to check out our calendar below for the latest and greatest spring events in and around the area. From a citrus fair to a strawberry festival it's time to get busy and have some fun.

Spring Citrus Fair

La Habra

May 3-5

The La Habra Chamber of Commerce will produce its Annual Spring Citrus Fair — full of period charm — showcasing the history of the La Habra Valley. Event will include entertainment, carnival rides, local food, exhibits and character mascots. Free admission. At La Habra Boulevard between Euclid and Cypress streets. Call, (562)-697-1704.

OC MARATHON

Newport Beach

May 3-5

Join thousands of other community-minded runners and walkers at the OC Marathon, beginning at Newport Beach Marriott Hotel & Spa just south of Santa Barbara Drive. Pledges to benefit 11 local children's charities through Run for Orange County Kids (ROCK). Call, (949) 222-3327.

Soka University's Annual International Festival

Aliso Viejo

May 4

10:30 a.m. to 5 p.m.

Enjoy more than 700 musicians and dancers performing on three stages and more than 250 non-profit, craft and business exhibitors. International food, exhibitors, games and activities, art exhibitions, ceramic sales, a children's play area with Bounce House, student projects and much more. Admission is Free for all. Parking is \$10 cash on campus. At, Soka University, University Drive, Aliso Viejo. Call, (949)-480-4081.

Annual Cinco de Mayo Fiesta

San Clemente

May 4

2 to 6 p.m.

2019 will mark the 29th year of celebrating Mexican culture in in the Spanish Village by the Sea. The Annual Cinco de Mayo celebration showcases live entertainment featuring traditional Mariachis and Ballet Folklorico to Cumbias, Tex Mex, and Salsa dancers. Community groups will be serving up authentic Mexican food fare and other activities will include a juried art contest, carnival game booths

and a vendor area. At, Max Berg Plaza Park, 1100 Calle Puente, San Clemente. Call, (949)-361-8264.

Rancho Days Fiesta

May 4

11 a.m. to 3 p.m.

Celebrate the history of Saddleback Valley and explore the rich history of Orange County's Ranchos and Native American tribes. Visitors will experience the past through music, dance, crafts, food and first-person presentations. Admission is \$5 per person ages 3 and older; under 3 free. At, Heritage Hill Historical Park, 25151 Serrano Road, Lake Forest. Call, (949)-923-2230.

Discovery Cube's Annual Rocket Launch

Huntington Beach

May 11

9 a.m. to 2 p.m.

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

science, rocket and engineer enthusiasts of all ages. At, The Boeing Co., 5301 Bolsa Ave., Huntington Beach.

Rose Garden Tour

Laguna Niguel and Portola Hills

May 11

The Rose Society of Saddleback Mountain sponsors elegant and enchanting garden tours of four unique and innovative private gardens in South Orange County. The self-guided tour offers visitors magnificent floral and plant displays, garden architecture and ideas for environmentally sound garden practices. RSSM funds horticulture and plant science-related scholarships for college and university students. At, (949)-837-2141.

Open Garden Day

Santa Ana

May 11

10 a.m. to 4 p.m.

Experience the inviting neighborhoods of West Floral Park and Jack Fisher Park in North Santa Ana. You are invited to stroll through a variety of gardens throughout the day. Tranquil spaces, unique planting ideas and inspiring yard designs will be ready for viewing. This one-day community event offers an array of activities: gardens

to tour, water-wise front yard sidewalk tour, garden expert talks and demonstrations, vintage cars to see, a street full of vendors selling unique garden treasures, and gourmet food trucks with tasty foods. This year marks the 10th annual Open Garden Day. Price: \$15 presale tickets/person (day of event ticket prices are \$20). Presale tickets can be purchased online. At, Neighborhoods of West Floral Park and Jack Fisher Park in North Santa Ana. Call, (714)-836-9777.

Mariachi Festival

San Juan Capistrano

May 18

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

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

Tustin LobsterFest

Tustin

May 18

Gates open: 4 p.m.

An afternoon of fun for the family; enjoy entertainment, games, music and prizes.

Continued on page 17

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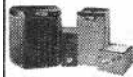
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Fifties Flashback

By Randal C. Hill

"It's a Mad World After All"

In Lewis Carroll's 1865 classic *"Alice's Adventures in Wonderland,"* Alice remarks to the Cheshire Cat, "I don't want to go among mad people." The grinning cat responds, "Oh, you can't help that. We're all mad here. I'm mad. You're mad." "How do you know I'm mad?" asks Alice. "You must be," explains the cat, "or you wouldn't have come here."

If something affected the national psyche, *"Mad"* magazine wanted to poke fun at it. Impressionable adolescents who read *"Mad"* were warned constantly about society's half-truths, double standards, fine print, deceptive advertisements and sneaky product placements. The world is out to get you, implied the messages, so be prepared. Along the way, *"Mad's"* clever and invaluable lessons undoubtedly helped avid readers develop their critical-thinking skills.

"If you were growing up lonely and isolated in a small town, *"Mad"* was a revelation," said counterculture cartoonist R. Crumb. "Nothing I read anywhere else suggested there was any absurdity in the culture."

Everyone and everything were fair game. Superman. The Ku Klux Klan. Wonder Woman. The Hell's Angels. Howdy Doody. Barbie and Ken. All suffered the sting of *"Mad's"* gleeful barbs, as did highly respected politicians and established world leaders. Top-flight

"Mad" caricaturists brought easily recognizable pop-culture celebrities to its pages, and recurring cartoon columns such as the triangle-headed *Spy* vs. *Spy* characters kept young readers amused — and on their toes — during the oppressive Cold War of the 1950s.

"Mad" first appeared as a 1952 horror comic book that was a satire on (of all things) other horror comic books. New York funsters and comic-book veterans William Gaines and Harvey Kurtzman were *"Mad's"* publisher and editor, respectively, and what their eight-times-a-year periodical brought to the nation's teenagers eventually morphed into a bible of juvenile-appearing blasphemy that took delight in flagrantly casting a wide satirical net and laughing at just about every rock-solid institution in America.

In 1954, Kurtzman adopted a forgotten and unnamed advertising image for *"Mad"* that had been around since the 1890s. He dubbed him Alfred E. Neuman, and Neuman rose to fame as a grinning, jugged, gap-toothed simpleton whose motto was "What, me worry?" As the *"Mad"* mascot, he came to symbolize everything vacuous about the publication. Neuman's iconic portrait often replaced the faces of celebrities who were being lampooned in that particular issue.

For a while, Neuman had a lady companion, a cartoon character named Moxie Cowznofski. But Moxie made only a few appearances in the late 1950s, possibly because she looked too much like her "significant other."

"Mad" kept the chuckles coming as it created a series of nonsensical words such as *"furshlugginer"* (an adjective expressing contempt), *"bleech"* (a term synonymous with disgust) and *"potrzebie"* (a word with no meaning or definition whatsoever).

Unique in its controversial social satire, *"Mad"* would eventually influence such pop-cultural icons as *"National Lampoon," "The Simpsons"* and *"Saturday Night Live."*

When the fun-loving William Gaines died at age 70 in June 1992, the New York "Daily News" headlined his obituary "What, Me Dead?"

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“EVERY MORNING MY HUMAN ASSES HIS FACE FURIES FUN LIKE THAT.”
—TUCK
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Great Grass Ideas



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- 2. Feed it:** Use fertilizer that provides nitrogen, phosphorus and potassium.
- 3. Mulch it:** Mulch prevents evaporation and weed growth, helps drainage, encourages root development and cools the soil.
- 4. Mow wisdom:** Cut the grass early in the morning or in the evening, not during the heat of the day. Cut off no more than a third of the grass blade.

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Celine Dion

By Les Goldberg

After 15 years as one of Las Vegas' major neon light show-stoppers, Celine Dion is leaving the city of glitz and glitter and taking her angelic, one-of-a-kind voice on the road – again.

Her show at The Colosseum in Caesars Palace ends June 8, so you still have time to catch her iconic performances with 11 dates this month and five in June. After that, the multiple Grammy Award winner is embarking on *The Courage World Tour* which celebrates the release of her new “*Courage*” album.

Upon her announcement of her leaving Las Vegas, she said: “Las Vegas (she lives in Henderson, Nev.) has become my home and performing at Caesars have been a big part of my life for the past two decades. It’s been an amazing experience and I’m so grateful to all the fans who have come to see us throughout the years.”

Both the album and the concert tour will feature many of her greatest hits, including “*Ashes*,” “*My Heart Will Go On*” and “*Falling Into You*.”



Canadian Roots

Dion was born in a suburb of Montreal, the youngest of 14 children. Music had always been a major part of her family. In fact, she was named after the song “*Céline*,” which French singer Hugues Aufray had recorded two years before her own birth.

Her talented voice was discovered at the age of five, when she made her first public appearance at her brother Michel’s wedding.

She continued to perform with her siblings in her parents’ small piano bar, “*The Old Barrel*.” From an early age, she had dreamed of being a performer. In a 1994 interview with “*People*” magazine, she recalled: “I missed my family and my home, but I don’t regret having lost my adolescence. I had one dream: I wanted to be a singer.”

A Composer at 12

At age 12, she collaborated with her mother and her brother Jacques to write and compose her first song, “*Ce n’était*

qu’un rêve,” or “*It Was Only a Dream*.” Her brother Michel sent the recording to music manager René Angélil, who was so moved by Dion’s voice he decided to make her a star.]

In 1981, he mortgaged his home to fund her first record, “*La voix du bon Dieu*,” which later became a local No. 1 hit and made her an instant star in Quebec. Her popularity spread to other parts of the world when she competed in the 1982 Yamaha World Popular Song Festival in Tokyo, Japan, and won the musician’s award for “Top Performer,” as well as the gold medal for “Best Song” with “*Tellement j’ai d’amour pour toi*.”



By 1983, in addition to becoming the first Canadian artist to receive a gold record in France for the single “*Of Love or of Friendship*,” Dion had also won several Félix Awards, including “Best Female performer” and “Discovery of the Year.” Further success came when she represented Switzerland and won the 1988 Eurovision Song Contest with the song “*Ne partez pas sans moi*.”



At age 18, after seeing a Michael Jackson performance, Dion told Angélil that she wanted to be a star like Jackson. Though confident in her talent, Angélil realized that her image needed to be changed for her to be marketed worldwide. She receded from the spotlight for several months, during which she underwent dental surgery to improve her appearance and was sent to the École Berlitz in 1989 to polish her English.

In 1989, during a concert on the Incognito tournée, she injured her voice. Doctors gave her an ultimatum: have immediate surgery on her vocal cords or do not utilize them at all for three weeks. She chose the latter and underwent vocal training.



On Her Way Up

Two years after she learned English, Dion made her debut

with the “*Unison*,” the lead single in which she incorporated the help of many established musicians, including Canadian producer David Foster. The album was largely influenced by 1980s Soft Rock music that quickly found a niche within the Adult Contemporary radio format. One of the songs, “*Where Does My Heart Beat Now*,” became her first top 10 hit on the “*US Billboard Hot 100*.”



Her real international breakthrough came in 1991 when she duetted with Peabo Bryson on the title track to Disney’s animated film “*Beauty and the Beast*.” It became her first top 10 hit in the UK and her second top 10 hit in the U.S., earned its songwriters an Academy Award for “Best Song” and gave Dion her first

Continued on page 11

Celine Dion

Continued from page 10

Award for “Best Pop Performance by a Duo or Group with Vocal.”



“*Beauty and the Beast*” served as the lead single from her 1992 self-titled album, which, like her debut, had a strong Pop Rock influence combined with elements of Soul and Classical music. Owing to the success of the lead-off single and her collaborations with Foster and Diane Warren, the album was even more well-received commercially than “*Unison*,” it received diamond record in Canada and double platinum in the U.S. The album’s second single “*If You Asked Me To*” (a cover of Patti LaBelle’s song from the 1989 movie “*Licence to Kill*”) became her first No. 1 single in Canada and peaked at No. 4 on the “*US Billboard Hot 100*.”

By 1992, “*Unison*,” Céline Dion and numerous high-profile media appearances had propelled Dion to superstardom in North America. But despite her rising success in the U.S., her French fans in Canada criticized her for neglecting them.

She would later rebuff these criticisms at the Félix Awards show, where, after winning

“English Artist of the Year,” she openly refused to accept the award. She asserted that she was — and would always be — a French, not an English, artist.

Apart from her commercial success, there were also changes in her personal life, as Angélil, who was 26 years her senior, transitioned from manager to lover. However, the relationship was kept a secret as they both feared that the public would find their relations inappropriate.

The Color of My Love

Dion announced her feelings for her manager in 1993 through her album, “*The Colour of My Love*.” However, instead of criticizing their relationship as she had feared, fans embraced the couple. Eventually, Angélil and Dion married in an extravagant wedding ceremony in December 1994, which was broadcast live on Canadian TV.



The song became her most successful record up to that point, selling more than 6 million copies in the U.S., 2 million in Canada, and peaking at No. 1 in many countries.

By 1996, she won the World Music Award for “World’s Best-selling Female Recording Artist of the Year” for the

third time and established herself as one of the best-selling artists in the world.

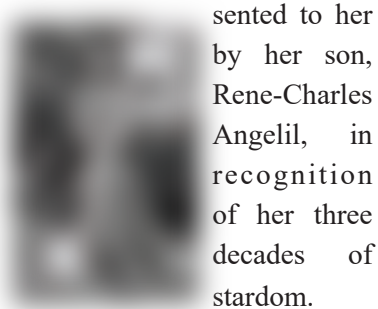
For the next few years, her albums, while artistically acclaimed, did not generate the revenues of her past hits. That is when her career took a new path — as a major headliner in Las Vegas.



Her first show, “*A New Day*,” was scheduled for three years but extended when it continued to sell out and the songs and concert tours, she produced kept reaching sales heights and earning her countless awards worldwide.

While her career soared in the early 2000s, everything — singing, touring, performing — came to a grinding halt in from 2014-16 due to the illness and eventual passing of her husband and brother.

Since then she has resumed her career, highlighted by her rendition of Queen’s “*The Show Must Go On*” in 2016. She performed the song at the 2016 Billboard Music Awards and received the “*Billboard Icon Award*,” which was presented to her



by her son, Rene-Charles Angelil, in recognition of her three decades of stardom.



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The Gadget Geezer

By Les Goldberg

Time to Enjoy the Rays

Now that spring is pushing summer, and the days and nights are getting warmer, it's time to open those patio doors, fire up the barbecue, hang up the hammock and soak up some rays (with plenty of suntan lotion, of course.) Or, jump in your car or camper and head to the beach or park.

Before you go, however, make sure you are equipped with the coolest gear, from chairs to portable barbecues and cooking utensils to tents and toys. Here's a taste of what your outdoor living check list in 2019 could include:

BioLite Campstove

The BioLite Campstove with Portable Grill easily creates a



fire for cooking and uses the heat to charge the battery pack.

Using patented technology, this electricity-generating wood camp stove creates smokeless flames for a portable campfire that can cook your meals and charge your gear – all at the same time! It comes with a bonus Flex-Light, weighs only 2 pounds and packs down to the size of a 32-ounce wide mouth water bottle. Price: \$129.

The JakPak



Packing for a wet outing in the woods normally involves packing a solid rain shell, a warm sleeping bag and a weather-proof tent. But now there's another alternative, the JakPak Jacket for \$250, which does all three functions.

It's waterproof, flame-retardant and features an integrated shelter with sleeping bag. The tent can be completely detached from the garment and can double as a waterproof pack cover.

Digital Binoculars and Telescope Camera



One of my favorite things to do while wandering the woods is bird-watching, and thanks to the latest technology, it has never been easier or more enjoyable. For about \$100 you can buy the Ansee Digital Binoculars Camera Telescope Camera, allowing you to view, photograph and video record our feathered friends with the highest resolution possible.

In addition to bird-watching, it is ideal for hunting, fishing, outdoor adventures, concerts and sports events.

Outdoor Shower



Sometimes what you really want after sleeping in a tent, sitting on the ground and nabbing fish out of a lake or ocean, is a good hot shower. If the campsite lacks facilities, the Nemo Helio Pressure Shower comes in handy.

Suited for adults only, this nifty shower is small, weighs one and a half pounds and provides five to seven minutes of steady water pressure. Unlike conventional gravity-fed, hanging shower systems, the Helio uses a welded fabric water tank pressurized by a foot pump.

To use the system, you simply fill up the tank, let it warm in the sun, set the tank on the ground wherever you would like to shower, then step on the foot pump a few times. Price: \$100.

Espresso To Go

After an exhilarating day of hiking, fishing and swinging in your hammock, it might

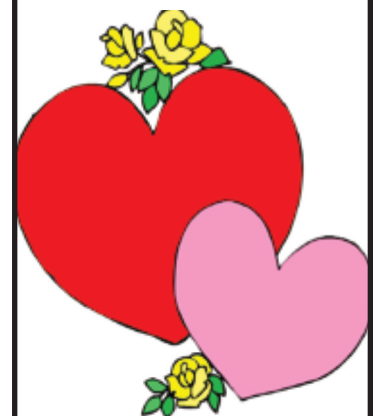


be the perfect time to sit down with your family and friends and enjoy a comforting cup of espresso.

In the outdoors, all you need are the cups, a roaring campfire or a stovetop cooking device and the new Handpresso Outdoor espresso machine.

It is lightweight, made of stainless steel in the USA and includes the domepod, four transparent unbreakable polycarbonate cups, a flask, two napkins, black case and brown interior. Price: \$199.

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Airport Of The Future Is Now

without fumbling for ID. And A new record for air travel was set in 2018, with almost 1 billion people taking to the nation's skies.

Have you ever wondered when technology will improve flying? Well, the future of airports has landed, and you can expect flying to get better. The first curb-to-gate biometric experience in the U.S. just launched at a major international airport terminal to a positive customer response, potentially changing the future of travel. Flyers can now opt in to a facial recognition system to check baggage, pass security and board the plane

without fumbling for ID. And U.S. Customs and Border Protection has deployed facial recognition at 16 international airports to speed passengers through immigration, track visas and keep the nation safe from terrorists.

This technology is made by NEC Corporation, the international leader in facial recognition and biometric technology, and you can expect to start seeing it in numerous airports.

"Facial recognition is transforming the flying experience," said Raffie Beroukhim, NEC's Senior



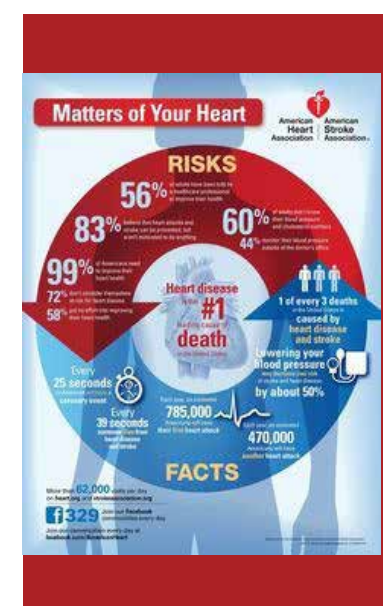
Vice President for Advanced Recognition Systems. "Now, passengers can seamlessly move through an airport without ID, making flying faster and more convenient."

Experts expect numerous airlines to adopt facial recognition because they have a long history of adopting technology that makes flying more convenient. Check-in kiosks, mobile boarding passes and in-flight Wi-Fi are all examples of airlines embracing new tech. In 2007, Continental Airlines introduced mobile boarding passes and virtually all carriers followed suit. In 2017, more than 1.5 billion mobile boarding passes were issued, allowing passengers to bypass long check-in lines.

The benefits of NEC's facial recognition technology are

twofold: improving the traveler's experience coupled with operational and cost benefits for the airlines.

Check out the groundbreaking technology that makes the airport of the future possible at www.NECToday.com.



Fabulous Finds

By Debbie L. Sklar

Spring is here and summer isn't too far off which means you are going to be out and about more now. Luckily, there are a bunch of great new Fab Finds to help you look your most beautiful and best. Check these out before you head to your favorite event, outing, or when just meeting up with friends.

Peter Thomas Roth Peptide 21 Collection

All formulas are packed with a 73 percent complex of 21 Peptides and Neuropeptides and 2 Gamma Proteins. Available at Sephora stores and Sephora.com. Collection options:

• Wrinkle Resist Serum (\$110)



- Gamma proteins harness the power of Asian natto gum, a breakthrough ingredient that helps improve the look of elasticity, radiance, uneven skin tone, and texture.

• Lift & Firm Moisturizer (\$78)



- This lightweight moisturizer delivers intense hydration for younger-looking skin that feels bouncy, firm, and lifted. Gamma proteins help improve the look of elasticity, radiance, uneven skin tone and texture, while Phytoflour Cactus, Squalene and a Hyaluronic Acid Complex hydrate

• **Amino Acid Exfoliating Peel Pads (\$52)** - Designed to exfoliate the skin for a natural glow and prepare it for treatment products, helping them to absorb better. The peel pads also contain Vitamin A and E to deliver antioxidant benefits, while Chamomile and Green Tea calm and soothe skin's appearance.

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Naturally Serious, the next generation of cleanly-made, ethically-developed and clinically-tested skincare. All products are cleanly and ethically developed from formula to packaging, proudly offering recyclable packaging and FSC (Forest Stewardship Council) certified cartons manufactured with wind power in a carbon neutral facility. The products are also are cruelty free, 100% vegan/vegetarian and do not contain gluten. The formulas merge powerful clinically tested anti oxidants with a proprietary complex of natural bioactive plant extracts. Together, these ingredients help repair the look of past skin damage, support natural skin renewal and create a long-lasting protective moisture barrier: effective protection against the appearance of visible signs of aging caused by UV Rays, pollution, and free radical

damage and brighter, younger-looking skin that glows from within. Available exclusively on Sephora.com and select Sephora stores. Products include:

- **Skin Warrior Anti-Pollution Repair Cream (\$46)**
- **Supercharge Anti-Oxidant Moisture Serum (\$56)**
- **Mask-Imum Revival Hydra-Plumping Mask (\$42)**
- **Get Even Cold-Pressed Peel Pads (\$38)**
- **Major Moisture Gentle Cream Cleanser (\$26)**
- **Zero Baggage Anti-Dark Circle Eye Cream (\$44)**
- **Lip Service 3-In-1 Lip Serum (\$16)**

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Try **Lime Crime's new Matte Softwear Blush** for blendable and buildable color. The new cream-to-powder formula is virtually weightless and never oily or sticky like liquid or gel blush. Give cheeks a long-lasting natural layer of color in a flash. Wear alone for a diffused airbrush look or layer with Glow Softwear Blush for extra dimension. Scroll over cheeks with our new Stylus Blush Brush for pigmented pixel-perfect HD

cheeks. Choose from a world wide range of color in 12 different shades. Price: \$22, on LimeCrime.com

Lime Crime Unicorn Hair Rainbow Mist



Can't make up your mind? Makeup your hair! No bleach, no damage – just Unicorn Hair magic with no commitment or hair dye required. **Lime Crime's new Unicorn Hair Rainbow Mist** lets you spray and play with fantasy color for a day. Spray on and wash out. Change up your look with highlights, spray ends for an ombre effect, or flip it and reverse it for a gradient look. Mix and match colors and top it off with Lime Crime's Unicorn Hair Star Mist glitter spray for a subtle coat of sparkle. Available in eight pearlescent shades with a light hold and sweet, sugary scent. Price: \$14, Available on LimeCrime.com. Colors:

- **Petal: light pink**
- **Dew Drop: light blue**
- **Sweet Tea: muted peach**
- **Stormy: light gray**
- **Earl Grey: lavender gray**
- **Lollipop: orchid purple**
- **Mauve Mist: nude mauve**
- **Taffy: bright pink**

Did You Know?

• Here's news to help people with chronic respiratory diseases such as COPD breathe easier: Pulmonary rehabilitation is a proven treatment that improves quality of life, reports the American Thoracic Society. Talk to your doctor about pulmonary rehabilitation. Learn more and find a nearby program at livebetter.org.

• Carbon monoxide gas can cause dizziness, unconsciousness and possibly death if undetected. To protect your family, you can install at least one carbon monoxide detector, connected to an ADT monitoring center that operates 24/7, on every level of your home.

• In an average lifetime, a homeowner will need to replace an asphalt roof at least three times as often for the same cost of one stone-coated metal roof, explained Mark Gallant, Vice President of New Product Development at DE-CRA Metal Roofing.

• A Transamerica Retirement Survey found 62 percent of American workers are unaware of the Saver's Credit, an overlooked tax credit that could make saving for retirement more affordable. Learn more from Transamerica Center for Retirement Studies at www.transamericacenter.org.

• The Right Rebate Act of 2018 would close a loophole in Medicaid that has allowed

Continued on page 15

Did You Know?

Continued from page 14

pharmaceutical manufacturers to misclassify their drugs and overcharge taxpayers by billions of dollars, says Jeffrey Lewis, the president and CEO of Legacy Health Endowment. Thirty million adults in the U.S. are estimated to have chronic kidney disease and most aren't aware of it, says the National Kidney Foundation. For information about kidney disease and how to tell whether you're at risk, call (800) 622-9010 or visit www.kidney.org.

• To prevent snow from sticking to your shovel, spray the blade with WD-40 Multi-Use Product. Learn about more uses for WD-40 Multi-Use Product at www.WD40.com.

• Ophthalmologist and chair of the Refractive Surgery Clinical Committee for the American Society of Cataract and Refractive Surgery, John Vukich, M.D., says LASIK vision correction has been around for 20 years. Your eye doctor can help you decide if it's for you.

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Planes of Fame Air Museum

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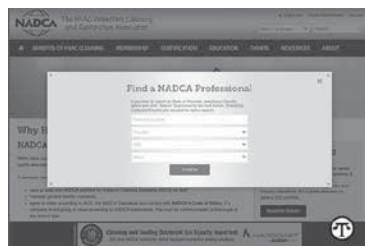
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Start Breathing Clean



A new year, whether the one on the calendar or a more personal milestone, is a good time to give your health and well-being a new start, too. Here are three hints on how:

1. Be active—but don't set too high a goal. Just walking for 30 minutes a day, even in 10-minute increments, can make a difference.

2. Eat right. Go for more fruits and vegetables; fewer sugary drinks, red meats and high-fat, processed foods.

3. Reduce indoor pollution. Get your HVAC system cleaned by a NADCA professional. In most homes, people generate a great deal of contaminants and air pollutants, such as dander, dust and chemicals. These are pulled into the HVAC system and build up in the ductwork. NADCA sets the industry standard for HVAC system cleaning and its members must have at least one certified Air Systems Cleaning Specialist (ASCS) on staff, comply with a Code of Ethics and acquire continuing education credits.

Learn More

For further facts and tips and to find a nearby NADCA member, go to www.nadca.com.



'The Boxer'

Simon and Garfunkel

May 1969

Ask the casual Simon and Garfunkel fan what their classic song "The Boxer" is all about, and most would likely declare it a sketch of a down-and-out pugilist who struggles to survive with dignity in a harsh and indifferent world.

The song's creator, though, says otherwise. "The thing is the song was about me," admitted Paul Simon years later. "Everybody's beating me up, and I'm telling you now I'm going to go away if you don't stop."

Beating him up? What was that about?

Simon and Garfunkel had exploded onto mid-1960s Folk-Rock scene with the chart-topping 45 "The Sounds of Silence." Three years and nine Top 40 singles later, the pair had, to some critics, come to be seen in the music scene as two hitmaking but unevolved folkies being left behind in a fast-changing music world that now embraced the styles of Jimi Hendrix, Creedence Clearwater Revival, Sly and the Family Stone, and the latter-day Beatles.

As teenagers, Simon and Garfunkel had recorded as Tom and Jerry and landed on the 1957 *Billboard* chart when their Simon-created "Hey! Schoolgirl" became a minor

hit. But after six years of follow-up flops, the partners decided to split up for a while. In 1963, Simon finished an English degree at Queens College and set off as a solo Folk act, while Garfunkel stayed behind to pursue a Columbia University Master's Degree in mathematics.

Paul Simon is one of popular music's most astute poets, and he sometimes makes us dig a bit to find deeper meanings in his lyrics; such is the case with "The Boxer." As a metaphor for the author, the protagonist leaves home as a "poor boy." In Simon's case, he moves to England, where he frequents railway stations and "lays low" while struggling to find work (not in the fight ring but in London clubs and pubs).

Back in New York, the boxer admittedly takes some comfort later "from the whores on Seventh Avenue." However, Big Apple prostitutes usually worked 42nd Street; Seventh Avenue ran through Manhattan's business district and was the locale of Columbia Records, Simon and Garfunkel's recording home. Were the "suits" at Columbia the actual whores — people who were only in the game for the money — or were the whores Simon and Garfunkel themselves, artists who sold their souls for success in the world of music?

Near the end of "The Boxer" comes a shift from a first-person voice to a third-person voice. This switch allows Simon to tell the world — and his critics — that he may be beaten, but he's not beat, and that "the fighter still remains."

When Simon performed a solo concert in New York City later, he stopped during "The Boxer" to tell of meeting a woman on the street who admittedly edits his tune whenever she sings it to her young child. Her altered lyric: "I get no offers, just a come-on from toy stores on Seventh Avenue."

Simon laughed — and credited the lady with creating a better line!

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Creswell, Toby. 1001 Songs: The Great Songs of All Time. New York: Thunder's Mouth Press, 2006.

Eliot, Marc. Paul Simon: A Life. Hoboken, NJ: John Wiley & Sons, Inc., 2010. The first Simon quote is from here (p. 104) and cites a 1984 Playboy interview with Simon.

Internet:

Donnelly, MaryBeth. "What is the meaning of the song 'The Boxer' by Simon & Garfunkel?" quora.com. August 3, 2014.

en.wikipedia.org. Printout: The Boxer The concert quote is from here and comes from a 10/20/10 Simon interview at the Hard Rock Café.

genius.com. The Boxer: Simon & Garfunkel

songfacts.com. The Boxer



May Calendar

Continued from page 5



The Tustin LobsterFest is an annual fundraiser event that provides financial support for the programs and services sponsored by the Tustin/Santa Ana Rotary Club. All net proceeds from the event help pay for local Rotary programs throughout Tustin and Santa Ana. At, Peppertree Park; corner of First and C streets, Tustin.

Annual Muckenthaler Motorcar Festival Fullerton May 18-19

A one-of-a-kind automotive cultural event featuring car rally, motor movies and Concours d' Elegance and horseless carriage tour. Live performances in the outdoor amphitheater by The Pleasure Tones on Saturday and Janet Klein and Her Parlor Boys on Sunday. Proceeds benefit youth arts education and outreach programs. At Muckenthaler Cultural Center, 1201 W. Malvern Ave., Fullerton. Call, (714)-738-6595.

Doheny Blues Festival Dana Point May 18-19

The annual Blues Festival is the true kick-off to summer with a weekend filled with various music. The International Food Court at Doheny Blues will have authentic vendors sampling everything from barbecue ribs to Cajun sausage and vegetarian pitas. The Vendor Village covers the

entire lawn at Sea Terrace Park and consists of 50+ different "storefronts."

See everything from hand-crafted art to hats and merchandise. At, Sea Terrace Park, Dana Point.

Brewer Brothers Model Kit and Hobby Expo Huntington Beach May 19

For model kit and hobby enthusiasts, Old World Village will have many vendors lined up this year including: multiple model kit vendors (cars, ships, planes, helicopters, tanks, and armored vehicles), 1/6 scale figure and armor vendors, toy soldier vendors, miniature gaming vendors, military book and decal vendors, documentary and movie DVD vendors, die-cast toy vendors and more. Also, a traditional model make-and-take for first-time builders to educate and instruct future model builders of America on hand. Tickets \$6 at the door and children under 12 free. Parking free. At, Old World Huntington Beach, 7561 Center Ave., No. 49, Huntington Beach.



Balboa Island ArtWalk

Balboa
May 19

9 a.m. to 5 p.m.

The Balboa Island ArtWalk is the premier showcase for talented local artists and marks the start of Balboa Island's summer season. This fine art show features 100 artists exhibiting paintings, fine jewelry, blown glass, sculpture, and photography. Spectators will enjoy live music throughout the day. At, Balboa Island.

Santa Ana Zoo's Party for the Planet/ Endangered Species Day

Santa Ana
May 19

11 a.m. to 2 p.m.

Open to the public, Party for the Planet is a fun-filled day celebrating wildlife while promoting conservation and educating zoo guests about the different ways they can explore and help protect the environment. The event is free for FOSAZ members and included in the price of general admission. Throughout the event, guests can create conservation-friendly crafts and play fun games, as well as learn from hands-on demos and education stations featuring animals, recycling, sustainable living and a variety of special guests including members

of the Santa Ana City Water District, Fullerton Arboretum and other community organizations. At, Santa Ana Zoo, 1801 E Chestnut Ave., Santa Ana.

Taste of Brea and Business Expo

May 23

5 to 9 p.m.

The Brea Chamber's annual family-friendly festival regularly attracts more than 2,500 visitors and showcases the city's vibrant business community and city as one of Southern California's premiere destinations for dining, quality entertainment, and diverse shopping options. Visitors will also enjoy dancing to live music, food and beverages. At, downtown Birch Street Promenade.

Strawberry Festival Garden Grove

May 24-27

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

Scottish Fest Costa Mesa

May 25-26

The event features hundreds of bagpipers and drummers, Scottish and Irish food and vendors, Scottish clans, Highland dancing and traditional Scottish feats of strength including the hammer

throw, putting the stone and caber toss. Part of the United Scottish Society, the festival was established in 1932 and was called a Highland Games in the tradition of Scottish heritage. At, OC Fair and Event Center, 88 Fair Drive, Costa Mesa.

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Benefits Of CBD Products



One of the best and most effective ways to benefit from non-psychoactive, THC-free CBD is to use it on the largest organ of your body: your skin. CBD oil is the nonpsychotropic component of marijuana and hemp, well-known for relieving aches and pains when applied topically. Now, it's found in skin care products such as the luxury line from Mermaid Wisdom—and with good reasons.

Here are three:

1. Acne: CBD oil is an anti-inflammatory with the ability to help calm skin. Because acne is an inflammatory condition, research indicates CBD's soothing properties can help diminish breakouts and reduce redness. Recent studies show that CBD may also decrease excessive oil production.

2. Aging and Wrinkles: CBD oil's antioxidant properties can help lessen the visible signs of aging. It's rich in vitamins A, C and E. Vitamin A stimulates the cells responsible for producing tissue that keeps skin firm. Vitamin C stimulates collagen production. Vitamin E blocks free radicals from the body, to help slow down the aging process.

3. Sensitive Skin: CBD oil has been found to sooth sen-

sitive skin and studies indicate that it helps inhibit triggers of disorders such as psoriasis and eczema.

For more information, visit www.MermaidWisdom.com.

Long-Distance Caregiving



You can still help look after ill or elderly loved ones even when you don't live close by

Chances are, at some point you will be a caregiver to a friend or family member. Providing care and support can be challenging in any circumstance, but caring for a loved one who lives far away presents a unique set of challenges.

When providing care for loved ones who do not live nearby, keep the following three tips in mind.

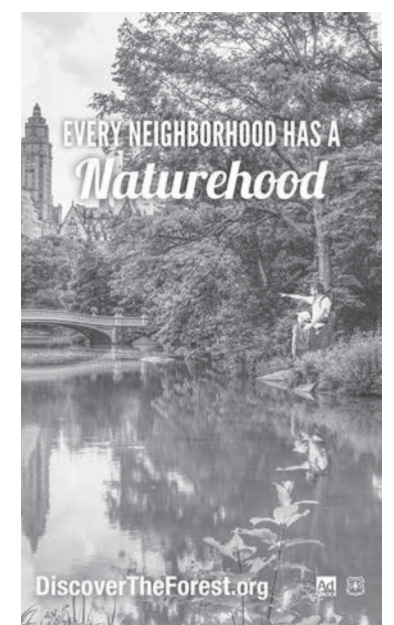
Plan ahead. Learn your loved one's medical wishes, contact information for doctors as well as important financial and insurance information.

Research community options. Many older adults need a little help to stay healthy and independent. Area Agencies on Aging and other community-based organizations can connect caregivers to pro-

grams that help with transportation, personal care services, nutrition, home modification and repairs, legal services, falls prevention programs and more.

Care for yourself. The Eldercare Locator can connect caregivers to local resources that can help, including caregiver support programs that can provide training, and support groups and other resources that help caregivers better support their loved ones—and themselves.

The Eldercare Locator can help both care recipients and their long-distance caregivers. Through its website, www.eldercare.acl.gov, and national Call Center at (800) 677-1116, the Eldercare Locator connects long-distance caregivers to resources that can provide assistance where it is needed most—in the care recipient's own community. The Eldercare Locator is funded by the U.S. Administration for Community Living and is administered by the National Association of Area Agencies on Aging.



Until Every One Comes Home®

Contagion

By Robert E. Horseman, DDS



My household consists of myself the Benevolent Despot and Preferred Provider, my wife, a grown daughter who has flown the nest and returned more often than a Capistrano swallow and Ripley, a lovebird who resembles a skinned avocado. Initially christened Sidney Greentweet, we were forced to have his name legally changed to avoid the stigma of terminal cuteness.

Augmenting this menage are another daughter and a grandchild, taking daily advantage of our Frequent Visitor program with its complimentary meals and laundry facilities. All in all, your typically semi-dysfunctional family unit, vigorously pursuing possession of the TV remote and questioning each other's taste in programming.

At any given time during a normal year, one of us will go unwell. Sick, that is. Except for Ripley. He spends his productive hours pacing his cell, muttering avian imprecations and throwing used seeds over the side to provide the well among us with something useful to do. Honing his beak to armor-piercing sharpness on the little whetstone we've thoughtfully provided, he seems perpetually and enviably healthy, but unfortunately not subject to the volume control of the remote.

It has been our custom to assume that whatever is going around is virulently contagious. When a member of our group succumbs to the current virus du jour, he or she is shunted off to a bedroom and the door is closed on this isolation ward until the isolatee can prove beyond a shadow of a doubt he or she is fit to join the robust once more. Sympathy for the unwell flows copiously at first, it falleth as the gentle rain from heaven on the place beneath. The victim is provided with adequate supplies of Vicks VapoRub, Kleenex and an assortment of over-the-counter antihistamine and analgesic remedies. This tender concern lasts about twenty-four hours, thirty-six tops. Gradually, the fallen one's status changes from a sympathy-deserving sicko to a world-class annoyance.

10:05--From behind the closed door, this plaintive voice issues: "Would somebody bring me a fresh icebag? And some more tissues?"

10:16--"I'd like a Snickers bar. Could somebody--cough, cough--go to the store and bring back one? And some of those little Oreos.

10:38--"This soup is cold. I would have asked for gazpacho if I wanted cold soup. Somebody zap it in the microwave. Now?----Hello?"

Eventually the afflicted one recovers just in time to prevent the rest of the family from setting him adrift on an ice flow, but the laws of contagion being what they are, a replacement is already in the wings complaining, "I'm getting a sore throat. I don't suppose we have any Sucrets?"

Germs seem to be the only animals that are not territorial. Import a new cat and the resident cat will have kittens, so to speak, one way or another. Introduce a new fish into your aquarium and it'll be a floater by morning. Germs are egalitarian and non discriminatory. Every day is like a Century 21 open house to germs. "Come on in," they chorus. "We're trying to get a little epidemic going here. Plenty of room for everybody, excellent plumbing, good circulation."

One by one our immune systems admit defeat until at last we come full circle back to the original patient who is ready to reprise his role in "The Week of the Living Dead."

Continued on page 26

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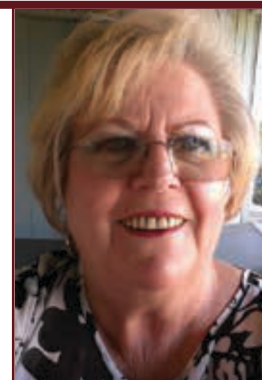
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May Book Club

By Debbie L. Sklar



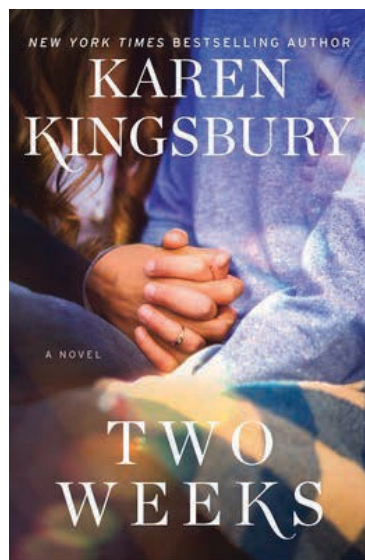
This is the perfect time of year to spend the day outdoors enjoying a good book in the warm sunshine. Here are a few of the newest titles that should be on your spring reading list.

Two Weeks

A Novel

By Karen Kingsbury

(Part of *The Baxter Family*)



“Cole Blake, son of Landon and Ashley Baxter Blake, is months away from going off to college and taking the first steps towards his dream — a career in medicine. But as he starts his final semester of high school, he meets Elise, a mysterious new girl who captures his attention — and heart from day one.

“Elise has her heart set on mending her wild ways and

rediscovering the good girl she used to be. But not long after the semester starts, she discovers she’s pregnant. Eighteen

and alone, she shares her secret with Cole. Undaunted by the news, and in love for the first time in his life, Cole is determined to support Elise — even if it means skipping college, marrying her, and raising another man’s baby.

“When Elise decides to place her baby up for adoption, she is matched with Aaron and Lucy Williams, who moved to Bloomington, Indiana, to escape seven painful years of infertility.

“But as Elise’s due date draws near, she becomes focused on one truth: she has two weeks to change her mind about the adoption. With Cole keeping vigil and Lucy and Aaron waiting to welcome their new baby, Elise makes an unexpected decision — one that changes everyone’s plans,” according to Publisher Howard Books.

The Favorite Sister

By Jessica Knoll

“Brett and Kelly have always toed the line between supportive sisters and bitter rivals. Growing up, Brett was the problem child, in the shadow of the brilliant and



beautiful Kelly. In adulthood, all that has changed. Kelly is a struggling single mother and Brett has skyrocketed to such meteoric success, which has been chronicled on a reality TV show called “Goal Diggers.”

“When Kelly manipulates herself onto the show and into Brett’s world, Brett is right to be threatened. Kelly, and only Kelly, knows her younger sister’s appalling secret, and it could ruin her.

“Still, when the truth comes out in the explosive final weekend of filming, neither of them ever expected that the season would end in murder,” according to Publisher Simon and Schuster.

The A List

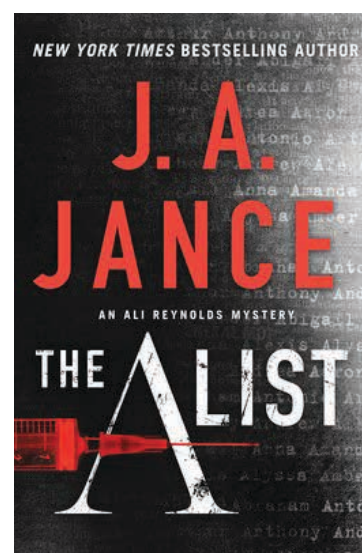
By J.A. Jance

(Book No. 14 of *Ali Reynolds Series*)

“More than 10 years after the abrupt end of her high-profile broadcasting career, Ali Reynolds has made a good life

for herself in her hometown of Sedona, Arizona. She has a new house, a new husband, and a flourishing cybersecurity company called High Noon Enterprises, where her team of veritable technological wizards hunts down criminals one case at a time.

“But the death of an old friend brings Ali back to the last story she ever reported: a feel-good human interest piece about a young man in need of a kidney to save his life, which quickly spiraled into a medical mismanagement scandal that landed a prestigious local doctor in prison for murder.



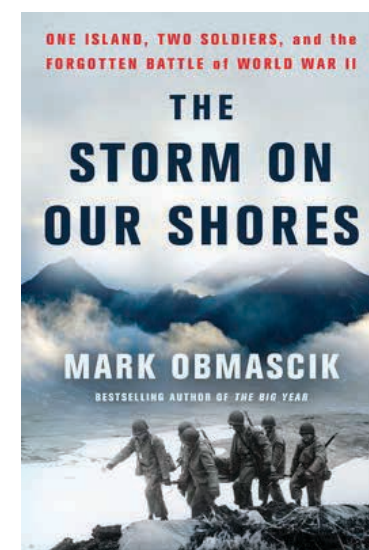
“Years may have passed, but Dr. Edward Gilchrist has not forgotten those responsible for his downfall — certainly not Ali Reynolds, who exposed his dirty deeds to the world. Life without parole won’t stop him from getting his revenge. Tattooed on his arm are the initials of those who put him behind bars, and he won’t

stop until every person on that ‘Annihilation List’ is dead,” according to Publisher Gallery Books.

The Storm on Our Shores

One Island, Two Soldiers, and the Forgotten Battle of World War II

By Mark Obmascik



“May 1943. The Battle of Attu — called “The Forgotten Battle” by World War II veterans — was raging on the Aleutian island with an Arctic cold, impenetrable fog, and rocketing winds that combined to create some of the worst weather on Earth. Both American and Japanese forces were tirelessly fighting in a yearlong campaign, and both sides would suffer thousands of casualties. Included in this number was a Japanese medic whose war diary would lead a Silver Star-winning American soldier to find solace for his own tortured soul.

Continued on page 26

Thrill to the Glamour and Excitement of Del Mar and La Jolla

Story by Ronnie Greenberg • Photos by Joe Hilbers

Under a stunning skyline stretching across San Diego's North County's tranquil coast, all roads lead to the picturesque art-filled village of Del Mar. Lovingly known as "Carmel South" Del Mar's energy centers around the art filled galleries and boutiques tucked into its eclectic corners that slope to the sea. Flower sellers, garden shops, cozy cafes, and small shops are scattered throughout. It's two and a half miles of pristine beaches lure surfers, swimmers and sun worshippers, while two beautiful beachside parks beckon you to picnic.

In and Around the Area

Del Mar Race Track On a sunny afternoon of July 3, 1937, the original laid-back Californian himself, Bing Crosby, stood at a turnstile collecting tickets for his new seaside racetrack, Del Mar. Having been bitten



Sculpture in La Jolla park

by the racing bug Crosby and a bunch of his Hollywood buddies (among them Pat O'Brien, Oliver Hardy and Gary Cooper) hatched the idea for a horse palace by the ocean "surf and turf" where you could play all day, party all night and leave the cares of the world behind.

The group's first meeting took place at Warner Brother's Studios in Burbank where the Del Mar Turf Club was formed. From the start Hollywood fingerprints

were all over the racetrack. The Hollywood connection continued for decades with a parade of show biz personalities including Clark Gable, Mary Martin, Mickey Rooney. Ava Garner, Dick Powell, Joan Blondell, Edward G. Robinson, Red Skelton, Lucille Ball, Desi Arnaz and Jimmy Durante.

On the track itself, Del Mar had its share of magic moments. In 1938 Del Mar hosted the historic match race between the American handicap champion Seabiscuit and the South American import Ligaroti. It was a \$25,000 winner take all contest that drew 20,000 to the track and was heard Coast to Coast on the NBC radio network. When Seabiscuit won the historic \$25,000 match race, Del Mar was put on the map. www.delmarracing.com

Del Mar Fairgrounds

The site of the Del Mar Racetrack offers a program

of ongoing attractions. Today visitors still enjoy the grand Del Mar Fairgrounds that bring the highlight Del Mar Fair in the summer, from mid-June to early July, thoroughbred racing from summer to early fall. Wine tasting festivals included The Family Winemakers of California @ www.delmar-fairgrounds.com

the breathtaking cliffs overlooking the Pacific Ocean. An interactive museum that showcases research discoveries on climate, earth and ocean science. The aquarium introduces sea life from the cold waters of the Pacific Northwest to the creatures that inhabit the tropical waters of Mexico. Located at 2300 Expedition Way www.aquarium.ucsd.edu



Interior of Herringbone

Other Area Attractions

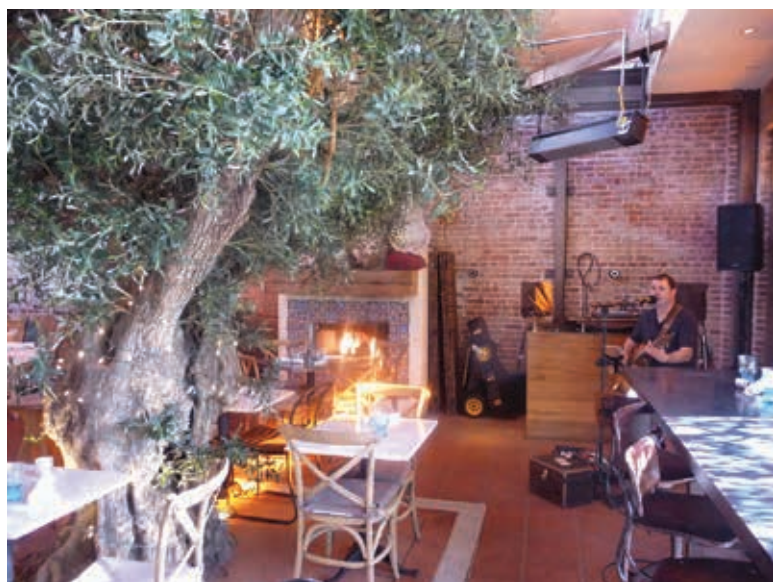
- Powerhouse Park and Seagrove Park, a long grassy area which overlooks Del Mar City Beach.
- Stratford Square an historical landmark in the village of Old Del Mar that contains a historical gallery, fine restaurants with sidewalk cafes and creative shops. Historic walking tours are available.
- Del Mar Library set in an historical landmark building
- The Birch Aquarium at Scripps Institution of Oceanography is situated on

aquarium.ucsd.edu

- Torrey Pines State Preserve
- Flights of Fancy hot air ballooning with California Dreaming
- Go Wild: Framed by scenic salt water lagoons, San Dieguito Lagoon for bird watching

Dining in the area includes Milton's a New York style deli; Kitchen 1540; Prep Kitchen Del Mar; Market Restaurant + Bar; Pacifica Del Mar; Brew Hop: and many more.

Continued on page 23



Herringbone

Del Mar and La Jolla Continued



Empress Hotel

La Jolla, “The Jewel”

A few miles down in paradise La Jolla begins its magical journey. Also blessed with a year-round climate, La Jolla beckons sun a sea worshipper with its incomparable blend of bedazzling beaches, spas and golf course. With facilities for tennis, golfing, surfing, diving, sailing, fishing, cycling, zip lining, and hiking, the list of outdoor recreational opportunities are endless.

Adding to its charm are the gnarled eucalyptus trees, flower rimed patios, street-side gardens and alleyways dotted with boutiques that wrap their way around the city.

La Jolla is a center for the arts and culture and enjoys an eclectic mix of museums and galleries. The La Jolla Playhouse a regional theater with a national reputation was founded in 1947 by

Gregory Peck, Mel Ferrer and Dorothy McGuire.

The Museum of Contemporary Art features painting, sculpture, photography, drawing and graphic art since 1945. The museum's permanent collection is on display concurrently with temporary exhibition. The garden paths and landscaping at the oceanfront facility provide space of outdoor sculptures. Many art galleries dot the town.



The Winery Restaurant & Bar

Where to Stay

Set in the middle of this charming seaside town is the The Empress Hotel, a Greystone property, an independently owned hotel management company based in San Francisco and founded in 1995 by President and CEO Eric Horodas and Peter Trethewey Visit www.greystonehotels.com It reflects all that is best in this beautiful enclave of La Jolla. Just steps from the San Diego area's famous sandy beaches and downtown La Jolla perfect for Southern California comfort at this charming boutique hotel. A perfect place to embark on an unforgettable vacation.

There are 73 beautifully furnished rooms and 4 Spa Suites with romantic Jacuzzi tubs. Looking out for you is General Manager Joel Major and Trisha Sammons, director of sales to assure that everything is perfect. Along with exceptional signature service there's cozy



Interior of Winery Bar & Restaurant

bedding, fine linens, plush towels, robes and slippers, flat screen TVs, coffee maker and media hubs, exercise room and business office on site.

You are invited to enjoy a complimentary delicious continental breakfast each morning. Valet parking is available. On site is the Italian Restaurant- Manhattan. Located at: 7766 Fay Avenue in La Jolla Phone(858) 454-3001 <https://www.empress-hotel.com>

Area Dining

The Winery Restaurant and Wine Bar. Whet your appetite at this brand-new stunning venue overseen by General Managers JC Clow and Greg Omotoy and where Chef Yvon Goetz, and Sous Chef Michael Montaya delights the palate with his mouthwatering selections. Their menu is set for many options and many wine proposals with your entrees. A

rainbow assortment of melt-in-your-mouth seasonal desserts are presented by your server. Located at Westfield UTC, 4301 La Jolla Village Drive, Suite 2040 www.wineryrestaurantlajolla.com

Other restaurants include: The Marine Room, Herringbone, Nine-Ten, and many more dotted around the town.

Area Shopping

Shoppers will delight in exploring La Jolla's Girard Avenue and Prospect Street where high-end boutiques brim with designer clothing, jewelry, fine art and antiques. Specialty shops can also be found adjacent to Prospect Street.

For information on Del Mar and La Jolla contact San Diego Tourism Authority www.sandiego.org



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Cooking Corner

A Sweet And Savory Side

Here's a delicious twist on an old favorite: creamy, cheesy, scalloped sweet potatoes, an easy-to-make casserole that will wow everyone at the table. High in fiber and loaded with vitamins and minerals, California sweet potatoes add just a hint of sweetness to this rich and savory dish. Serve it next to your Easter ham, your Thanksgiving turkey or with a store-bought roasted chicken on a regular old Wednesday night. Deliciously indulgent, it'll be your new favorite side dish.

Creamy, Cheesy, Scalloped Sweet Potatoes

Serves 8 to 10

1½ pounds each orange-fleshed and yellow/white-fleshed sweet potatoes, peeled and cut into ¼-inch-thick slices, divided
2 cups shredded Gruyère cheese, divided
2½ cups heavy cream
2 tablespoons chopped fresh thyme
1 ½ teaspoons each salt and pepper
1 teaspoon dry mustard
½ teaspoon ground nutmeg
¼ teaspoon each garlic and onion powder



Any meal will be better with these creamy, cheesy, scalloped sweet potatoes.

Preheat oven to 400° F. Oil 9-by-13-inch baking pan or 2½- to 3-quart casserole dish. Layer half of sweet potatoes in dish, mixing colors. Sprin-

kle with half of cheese. Add remaining sweet potatoes and set aside. In small saucepan over medium-high heat, combine cream with herbs and spices. Cook until bubbles appear at edges of saucepan. Pour cream mixture over sweet potatoes. Sprinkle with remaining cheese, cover loosely and bake until almost tender, about 45 minutes. Uncover and continue baking until tender, about 15 minutes.

Learn More

For more recipes, nutritional info and tips, go to www.casweetpotatoes.com.

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Contagion

Continued from page 19

Now the reason I'm telling you is so you will appreciate the enormity of an idea I got from the Center for Disease Control. Instead of waiting for our turn to take to the sick-bed, at the first indication that a debilitating sickness is on the way, all family members (except Ripley) will gather in the Contagion Room, which has been set up like an emergency shelter for earthquake or fire victims. Here we will embrace with brio the person voted most likely to conk out first. We will exchange kisses, hugs, sneezes and coughs until we are quite certain the entire group will simultaneously feel as if we had been "rode hard and put away wet."

Nobody then waits hand and foot on anybody else. If you want something, get it yourself. Should you feel yourself getting well, observe carefully the rest of the ward to make certain you're not the first to emerge from death's door. Feigning illness after everyone else has recovered, however, will get you nowhere.

I think this will work. I *know* it will! As a family man, I just can't accept that hermits and lovebirds are farther along the evolutionary scale than the rest of us.

MAY Book Club

Continued from page 21

"The doctor's name was Paul Nobuo Tatsuguchi, a Hiroshima native who had graduated from college and medical school in California. He loved America but was called to enlist in the Imperial Army of his native Japan.

"Heartsick, wary of war, yet devoted to Japan, Tatsuguchi performed his duties and kept a diary of events as they unfolded — never knowing that it would be found by an American soldier named Dick Laird.

"Laird, a hardy, resilient underground coal miner, enlisted in the U.S. Army to escape the crushing poverty of his native Appalachia. In a devastating mountainside attack in Alaska, Laird was forced to make a fateful decision, one that saved him and his comrades, but haunted him for years.

"Tatsuguchi's diary was later translated and distributed among U.S. soldiers. It showed the common humanity on both sides of the battle. But it also ignited fierce controversy that is still debated today. After 40 years, Laird was determined to return it to the family and find peace with Tatsuguchi's daughter, Laura Tatsuguchi Davis," according to Publisher Atria Books.

Don't Forget THIS During A Deep Housecleaning

When it comes to doing a thorough cleaning, there are the "usual suspects": getting rid of old clothes and magazines, organizing the pantry, cleaning the yard and getting the garden ready to plant. But there's one item that many people don't think about when it comes to deep cleaning—unused, unwanted cans of paint.

Not only do cans of paint clutter a basement, garage or crawl space, these areas are susceptible to moisture that can cause cans to become rusty or leaky. It's important to properly dispose of unused paint—especially if you have completed any home improvement projects in the past year.



Properly disposing of leftover paint is easier than many Coloradans think through a paint recycling program.

Before you get rid of your paint, however, it's wise to create a paint list to keep in your files. Include the brand name, paint color or number, and the name of the room where that paint was used.

Continued on page 29



May Crossword Puzzle

Across

1. Kyoto's country
6. Turkish palace
11. Vacation spot
14. Hotpoint rival
15. Hurts
16. Kubrick's "2001" mainframe
17. Language elements
18. Yoga posture
19. Ben Jonson wrote one to himself
20. Waxy membrane at the base of a parrot's beak
22. Freeze over
24. Gallery event
28. Enthusiastic
29. Applauds
30. D-day beach
32. French, e.g.
33. Brother of Moses
35. Come off as
39. Prepare for publication
40. Wolf Blitzer's employer
41. Anklebones
42. Lucy's husband
43. Snapshot
45. French state
46. Everglades wader
48. Give
50. Beats me
53. Marine crustacean
54. Green pasta sauce
55. Ward off

57. Justice Fortas
58. Toned down
60. Mountain ridge
65. California's Big ____
66. Dot in the ocean
67. Runs without moving
68. Thoroughfares: Abbr.
69. Capital of Egypt
70. Metal spikes

Down

1. Tooth-bearing bone
2. Latin lover's word
3. Links standard
4. Furthermore
5. Winston Cup org.
6. Surplus
7. Life of Riley
8. Narrow inlets
9. Former Texas gov Richards
10. Book of the Bible
11. Blacksmith, at tir
12. "The Taming of th

- locale
13. First letter of the Hebrew alphabet
21. "Born Free" lioness
23. Punishes
24. Was sore
25. ____ Island Red
26. Garr and Hatcher
27. Conscious
28. Campaigned
30. Ready ____...
31. ____ Blanc

34. Painful throb
36. Really bother
37. Thrill
38. Headdress of a bishop
43. Debate side
44. Polecat's defense
47. Resembling a certain lawn ornament?
49. Get
50. Bridge declaration
51. First showing
52. Software buyers

53. Resulted in
55. King of the Huns
56. Zig or zag
59. It's a free country
61. Nutritional abbr.
62. Inventor Whitney
63. Business card no.
64. Sigmoid shape

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Health & Well Being

It's Never Too Late To Achieve A Healthy Weight

People often think of the New Year as a time to set new goals for healthy eating and physical activity. But weight management requires ongoing effort, during the holidays and every day. That's why the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health, is promoting simple tips and tools to help Americans start and maintain healthy habits.

"Why wait to start improving your health when you can start today?" NIDDK Director Dr. Griffin P. Rodgers said in a statement. "It's never too soon or too late to achieve a healthy weight."

Reaching and maintaining a healthy weight through healthy food choices and regular physical activity may help lower the risk of developing health problems associated with obesity, such as heart disease, kidney disease and Type 2 diabetes. About 40 percent of adults and 19 percent of children and teens in the United States have obesity, according to recent data from the Centers for Disease Control and Prevention.

Continue or establish healthier eating habits, such as reducing the overall calories you consume and limiting your intake of foods and beverages with added sugars, fats and salt. Bringing healthier versions of your favorite dishes to holiday gatherings, and choosing smaller



portions of holiday treats and alcohol, may help with managing weight during this time of year.

The NIDDK recommends making physical activity a priority for the whole family. Choosing a set time for physical activity and sticking to it may help you manage stress, improve your mood, and give you the energy to tackle your busy schedule. If it's too cold to walk or run outdoors, take your workout to your favorite mall or indoor sports field. Even if you're pressed for time, doing some physical activity is better than skipping your workout and doing nothing.

Another tip to consider during the holiday season and every day to improve health and manage weight is to reduce screen time and time spent sitting. Watching TV for more than two hours a day has been linked to overweight and obesity. Try creating a holiday-themed playlist and having a dance party. You can have fun dancing alone or with family or friends.

To further encourage adults and youth to be active, the U.S. Department of Health

and Human Services also recently released new Physical Activity Guidelines for Americans. The new Guidelines recommend that adults aim for at least 150 minutes of moderate-intensity activity each week, such as brisk walking or dancing.

Youth ages six through 17 need one hour each day, and children ages three through six should be active throughout the day.

By establishing and sticking to healthy habits, parents, caregivers and youth may achieve better health together during the holiday season and beyond.

To find more tips and resources for weight management and healthy living during the holidays and every day, visit the NIDDK website: <https://www.niddk.nih.gov/health-information/weight-management>.





ADMIT
ONE

By Randal C. Hill

Movie Preview

"Poms"

The Sun Springs Retirement Community looks to be brochure-perfect and a place with enough regimented activities (tennis, water aerobics, golf, lawn bowling) to keep all the residents busy and contented.

That's about to change. When new retiree Martha (*"Annie Hall's"* Diane Keaton) moves in, a well-meaning greeter asks, "What brings you to Sun Springs?"

Martha smiles and answers, "Oh, I'm just here to die."

Before long she is befriended by Sheryl (*"Silver Linings Playbook's"* Jackie Weaver), who discovers that Martha was a high-school cheerleader who quit the team when her mother fell ill. "Maybe you should give it another shot," Sheryl encourages after she senses Martha's wistfulness about her missed opportunity from half a century past.

Martha approaches the Sun Springs powers that be and proposes a cheerleading club. When she is asked who, exactly, they will be cheering for, Martha blithely responds, "Ourselves!"

And what a team it becomes! Included among the enthusiastic ladies recruited are Olive

(1970s blaxploitation-movie queen Pam Grier) and Alice (*"Cheers"* alumnus Rhea Perlman), as well as a host of other women of diverse backgrounds but all of whom bear a long-suppressed desire to shake some booties as well as some pom poms.

As it turns out, Martha is indeed dying. Though she has assured others at Sun Springs that she's "fit as a fiddle," she finally admits to Sheryl that she is terminal. For the second time in her life, Martha decides to call it quits. Again, it's Sheryl to the rescue: "You were dying yesterday, and you're gonna be dying next week. In the meantime, you should be dancing your ass off."

A young, experienced cheerleader (Alisha Boe from *"13 Reasons Why"*) is hired as a coach after the team ladies are challenged to a competition. Predictably, some naysayers can't wait to issue such warnings as, "You are going to humiliate yourselves!"

Ah, but will they?

To some, *"Poms"* might appear to be a feel-good but feather-weight offering merely about a collection of amped-up senior cheerleaders. But deeper than the predictable plot line is the

theme running throughout the story that, no matter how old we become, we're never really too far along to "bring it" one last time and, along the way, fulfill some long-forgotten dreams that we've managed to push down — way down — over the decades.

"Poms" opens May 10 and is a tale from director Zara Hayes (*"Dian Fossey: Secrets in the Mist"*) and screenwriter Shane Atkinson (*"Penny Dreadful"*). Keaton is one of four executive producers of the STX Films/Entertainment One movie.

Deep Housecleaning

Continued from page 26

reference this list when you need to do a touch-up or when you're looking to repaint.

Next, think about using up leftover paint for another project. Instead of buying new paint, simply use some paint you may already have. Looking to give an old rocking chair or dresser a makeover so it looks fresh and new? Use up paint from a recent bedroom or bathroom makeover.

If repurposing leftover paint in creative ways isn't up your alley, there's a way to recycle and properly dispose of unused

paint: Take it to a PaintCare drop-off site. PaintCare is the paint recycling program that makes it easy for consumers and businesses to drop off their unwanted paint for recycling at no additional cost at over 170 participating locations in Colorado.

Drop-off sites are conveniently located at paint and hardware stores and accept all paint brands, regardless of when or at which store in Colorado it was purchased. Items that can be dropped off for recycling include most house paints, primers, stains, sealers, and clear top coatings (varnish and shellac). Drop-off is available year-round during each retail location's regular business hours.

PaintCare then works with partners to transport the collected paint from the drop-off sites to processing facilities, where it's remixed into recycled-content paint, given away through local reuse programs, used as fuel, or used in other products and applications. If it can't be recycled or used some other way, it will be dried out and properly disposed of.

When you need to buy paint for a project in the future, make sure you buy the right amount to minimize leftover paint. Then, you won't need to worry about using up or recycling the rest. To do this, give the representatives at your paint store the dimensions of the room you're painting. They should be able to tell you how much you'll need, depending

on the type of coating and the desired outcome. You can also use an online paint calculator to help determine how much paint you need to get. The next time you think about storing or throwing away unwanted paint, think again...and recycle it! For more information and to find a drop-off site near you, visit www.paintcare.org.

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Understanding Our Economy

Making Sense Of Cryptocurrencies

Social and traditional media have been abuzz with articles and information about the rising phenomenon of digital currencies. But what does it all mean and should you buy in?

What Is Cryptocurrency?

Cryptocurrency, or simply crypto, is one type of digital currency. Cryptocurrencies are distinct from "fiat currencies" such as the dollar, euro or yen. Unlike fiat currencies, crypto isn't represented or organized by physical paper units or coins. Rather, each unit is a unique alphanumeric string of computer code.

Also, cryptocurrencies are not issued by a central bank. Instead, they are controlled by technology that determines how many units are produced and how transactions are recorded. While Bitcoin is one of the earliest and most recognized cryptocurrencies, more than 1,000 cryptocurrencies currently exist.

For U.S. federal tax purposes, cryptocurrency is treated as property, which means selling or exchanging it can have tax consequences.

Cryptocurrencies and Risk

Buying, selling and using cryptocurrencies comes with numerous risks.

• In some cases, you can spend and trade crypto, but these

products are not legal tender in the U.S. and most other jurisdictions. No law requires companies or individuals to accept crypto as a form of payment. If no one accepts a specific cryptocurrency, that crypto will become worthless.

- Platforms that buy and sell cryptocurrencies can be hacked, and some have failed. Consumers can—and have—lost money.

- Cryptocurrency payments are irreversible. Once you complete a transaction, it cannot be reversed.

Cryptocurrencies and Investing

All investments come with some degree of risk, and cryptocurrencies are no exception. Only invest what you can afford to lose and be aware that you may lose some or all of your investment.

Investing in cryptocurrencies can take many forms, such as purchasing coins in the hope their value increases or buying shares in platforms or companies that facilitate blockchain technology and other aspects of the cryptocurrency revolution in the hope they succeed.

Another way to invest is through an Initial Coin Offering, or ICO. An ICO is a way for

Continued on page 31

Busy Boomers

By Les Goldberg

Are You Ready for RVing?

Now that spring has sprung, sunshine and warm breezes beckon us to spend more time outdoors and away from the hustle and bustle of city life.

It also is the perfect time – according to the Recreational Vehicle Industry Association (RVIA) – to join the millions of Americans who hit the road in an RV. In fact, it estimates that more than 200,000 RVs serve as permanent homes for retirees.



The lure of the RV lifestyle is best described by your own imagination. For instance,

- Imagine being able to travel from place to place without having to unpack.
- Imagine stopping at an RV park surrounded by tall trees, lakes and friendly folks just like you, and enjoying snacks and beer while fishing from a dock.
- Imagine having to decide which activities will fill your days of leisure – swimming, exercise classes, line dancing, playing pickleball or learning to create jewelry or pottery in the crafts area.



- Imagine hiking on a sun-sparkled morning through a national park, listening to the sounds of birds or watching them through your binoculars.
- Or, imagine doing nothing!

Whether you buy or rent, RVing is a booming industry and a popular alternative to traditional travel with trains, planes, motels and other modes of lodging. For many, however, the imagination of the RV lifestyle is quickly interrupted by the reality of cost.

The RVIA is quick to point out that RV affordability can be a challenge, especially when you are on fixed incomes and consider the typical newer vehicles sell for prices ranging from about \$30,000 to more than \$600,000. Some “mobile mansions” carry million-dollar price tags. Your budget also must consider the costs of rapid depreciation, gas, maintenance, food, insurance, camp fees and other unexpected expenses while on the road.

But for those who took the plunge and managed to find a way to finance the experience,

they all agree it is worth it for the freedom and adventure they enjoy.

RVers Share Their Tips

1. Don't overthink your needs. John and Tricia Malcomb of Buena Park, long-time RVers, told me: “If you wait until you are 100 percent ready, you'll never go. In today's world of gadgets and gizmos, you could start to feel overwhelmed and call the whole thing off. But don't! Get your rig, some fuel and a good attitude because any RVer will tell you – you're about to make memories of a lifetime!

2. Be Safe. This might seem obvious, but it is not in the moment. Slow down—and not just driving. Mistakes are more likely to happen when you are feeling rushed. Enjoy the process. The party started when you left the house.”

3. Mind Your Manners. In RVing there are many moving parts so communication must be clear and free from fighting words like “you should have, why didn't you and you did that wrong.” Create positive ways to express your needs.

4. Know the length and height of your vehicle.

5. Keep the fresh water tanks clean at all times and store extra water for washing and drinking.

6. Use smartphone apps for finding and rating ideal RV camps and resorts.

7. For more tips, go to the website, www.KeepYourDaydream.com.

If you are asking yourself: do I need a special license, the answer is yes and no. Yes, if you will be buying a large motor-home and living in it full-time. No if you are renting a Class C vehicle which is an RV or camper built on a truck chassis.



Either way, RVing is a great way to see the country while saving money and meeting new people with the same interests. Try it, you'll like it.

Cryptocurrencies

Continued from page 30

companies to raise money that involves the creation and sale of digital tokens. A certain number of these tokens are sold to investors in exchange for other cryptocurrencies or fiat currencies like the dollar.

As with any new industry or concept, be alert for fraud, which has occurred in both ICO and direct currency purchases. Pump-and-dump scams are a potential risk with some crypto-

related stocks, particularly those that do not list on a major exchange such as the NYSE or Nasdaq.

Crypto Takeaways

Cryptocurrencies and the technologies that power them may hold great potential for legitimate innovations in capital raising and financial markets. But it can be a challenge for investors to verify information about these products to make informed decisions. There are also major questions about how these currencies are regulated both domestically and across the globe.

The markets for cryptocurrencies continue to display high levels of volatility, and involve speculative risk and the potential for fraud. Speculators have been drawn to cryptocurrencies as a way to make a quick profit. But like any speculative investment, you can lose money.

And even when legitimate companies flock to a hot, new sector, fraudsters almost always follow suit. Look out for guarantees, unregistered products, claims of overly consistent returns, complex strategies, missing documentation, account discrepancies and pushy salespeople. All are red flags of potential fraud. Use FINRA BrokerCheck® to check the registration status of, and additional information about, the people and firms that tout these opportunities.

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Mother's Day: Founding by Anna Jarvis

The official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children. After gaining financial backing from a Philadelphia department store owner named John Wanamaker, in May 1908 she organized the first official Mother's Day celebration at a Methodist church in Grafton, West Virginia. That same day also saw thousands of people attend a Mother's Day event at one of Wanamaker's retail stores in Philadelphia.

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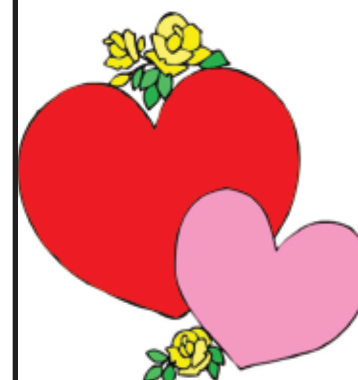
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Major Changes Headed To A Product Label Near You

If you're like 90 percent of shoppers, you consult the Nutrition Facts panel on food packages before you buy. To make it easier to make informed food choices, the U.S. Food and Drug Administration (FDA) has developed a new Nutrition Facts label. Here are the seven major new features:

1. Increased print size for "Calories."

Calorie counts will be easier to see.

2. Inclusion of "Added Sugars."

The FDA currently defines added sugars as "sugars that are either added during the processing of foods, or are packaged as such, and include sugars (free, mono- and disaccharides), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices that are in excess of what would be expected from the same volume of 100 percent fruit or vegetable juice of the same type." Sugar alcohols, or polyols, provide sweetness but aren't counted as "added sugars" because they're not sugar. These low-digestible carbohydrates can replace sugar as a lower-calorie alternative. Common polyols include erythritol, maltitol, sorbitol, mannitol, xylitol, lactitol, isomalt and hydrogenated starch hydrolysates.



New food labels are easier to understand and may promote healthy eating

3. Changing "Sugars" to "Total Sugars."

Sugar can be present in healthy foods. This change can help consumers understand the amount of sugar the product contains from any source.

4. Removal of "Calories from Total Fat."

Research shows the type of fat (for example, polyunsaturated) is more important than the total calories from fat. Labels still include "Total Fat," "Saturated Fat" and "Trans Fat."

5. Increased print size for "Serving Size" and "Servings per Package/Container."

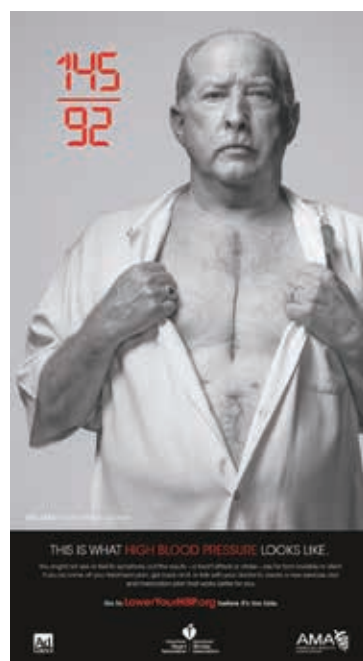
Portion control remains a problem for many. Increased visibility of recommended serving sizes can help people make better, more accurate decisions.

6. The amounts of vitamin D and potassium are now required, instead of vitamins A and C.

Based on research from the Institute of Medicine, the new labels will include this information to increase visibility of vitamin D and potassium requirements. Though voluntary, similar information for vitamins A and C may still be included.

7. Revision of "Percent Daily Value" Footnote.

The new language will specifically state: "The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice." Experts at the Calorie Control Council, a nonprofit association that seeks to provide objective, science-based communications about low-calorie foods and beverages, suggest that this revision may help clarify the meaning of "Daily Value".



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I'M PAUL GEORGE

WHEN I WAS SIX

MY MOM HAD A STROKE

Face drooping Arm weakness Speech difficulty Time to call 911

FAST Stroke Association.org



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

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

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

Founded in 1997, the company has developed close working relationships with state-li-

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

Veterans resources, Adult Protective Services and Social Services.

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

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

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

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

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

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

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

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

SR: What is the cost of using RCPS services?

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

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

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

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

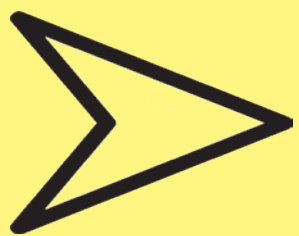
“Thanks for your help. Those we serve found a window of hope.”

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

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

See our ad on the back cover





In The Spotlight

Holocaust Survivor Fanny Krasner Lebovits Publishes Inspiring Memoir

Mascot Books has released “*Memories, Miracles & Meaning: Insights of a Holocaust Survivor*” written by Fanny Krasner Lebovits with Selwyn Isakow and Sid Shapira.

Fanny Krasner Lebovits is a Holocaust survivor who describes her life as “an absolute miracle.” At age 19, Nazis invaded her home in Liepāja, Latvia, killing her father and most of the Jewish men in the town.

She went on to lose 79 of her family members and survive placement in the Libau ghetto and five different concentration camps. Now, she’s penned a memoir to share her inspirational and emotional story of loss, resilience, and survival with the world. Combining historical context and observations on the human condition, Lebovits shares her heart-breaking and triumphant memories across three continents, her belief in miracles, and the insights and meaning she draws from her experiences.

Her mission is to ensure the Holocaust is never forgotten and never repeated, and to show with her story that every human life holds immeasurable value.

She has received numerous



awards for her dedication to philanthropic organizations. She exemplifies the power of women to overcome adversity through courage, determination and perseverance.

A SoCal resident, she maintains an active schedule of lecturing, family activities, an extensive network of friendships, and charitable and community involvement. Here is more from Lebovits.

Q: How old are you?

A: I am 96 years old. Sometimes, I say that I am really 92, because for 4 years I really didn’t live, I survived.

Q: How long did it take to write this book and was it your first?

A: It took over 2 years to write, but it incorporates notes and presentations I have made over many decades. Yes, this is my first book.

Q: What’s it about?

A: My story is one of many, many miracles. It is one of hope, it is one of innate values that we all live by. It is one of belief, optimism and joy. Of love of Israel, the Hadassah organization and most importantly, my family. I hope that by writing this book, I will impart some of my memories, my miracles and my perception of their meaning, learned over almost a century. The Holocaust was and is an integral and traumatic part of my life, yet the book is as much about triumphing over hatred, evil and other challenges I have faced.

Q: Who should read this book and why?

A: My memoirs touch on messages that should be understood and read by everyone interested in the horrors that can befall any of us, when discrimination prevails. And the ability we all must rebuild a meaningful life. We all do it differently. This is the story and lessons I learned in trying to build a ‘normal’ life. The book was written for teens and adults of all religions, cultural and political persuasions.

Q: Was it difficult for you to write this book and must relive it all?

A: I have been through a lot of difficult experiences, tragedies

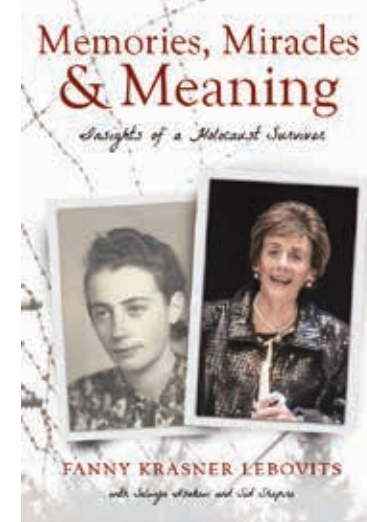
really. And I have been blessed to have had many wonderful times and view myself as very, very fortunate to have had the full life the Almighty has given me. I have always viewed the glass as half-full rather than half-empty. But I must tell you, writing this book has been difficult. It has taken a lot out of me. It has been draining. Recalling certain events has given me sleepless nights. Divulging certain ‘secrets’ that I have held for 70 years was traumatic.

Q: Why write it then?

A: For years I thought it would be useful to write my story for my family and their future generations. I had made some notes and given many lectures. I have been on a mission for decades to ensure that the hate that brought about the Holocaust and the attempted destruction of the Jewish people should never happen again. A good friend convinced me that my story has many important messages that needed to be documented, understood and read by everyone interested in the horrors that can befall any of us, when evil prevails. And the ability we all must rebuild a meaningful life. We all do it differently. This is the story and lessons I learned in striving to build a ‘normal’ life.

Q: How does one carry on with their life after surviving such an experience?

A: We all have different ways of dealing with trauma. For more than 30 years I did not



discuss my Holocaust experience with my family, and later, only peripherally. For me keeping exceptionally busy on personal and family matters, being involved with a broad social group, playing bridge and volunteering for worthwhile organizations, has helped me overcome challenges. I have been active for about 40 years in Hadassah, the largest women’s organization – over 300,000 strong - in America, with whom I share many values including bettering humanity, sharing the dream of a happy and healthier future, and ministering through kindness, one person at a time, irrespective of race or creed. Hadas

Continued on page 36

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In The Spotlight

Continued from page 35

sah is the foremost healthcare services organization in the Middle East with hospitals and research centers in Jerusalem. Hadassah has, for more than a century, extended its hand to all, regardless of race, religion, gender, or country of residence.

Q: Do you have any family at all left? Married? Kids?

A: I have been blessed with four children, nine grandchildren and 13 great-grandchildren. They are my pride and joy. All are practicing Jews and as such are in some ways my revenge for an earlier time. I also have my sister Jenny in New Jersey, the only other survivor of our 81 family members who lived in Latvia when World War II began. Only 1.25 percent of Latvian Jews survived the war. Jenny has two daughters and five grandchildren, my grand-nieces and nephews.

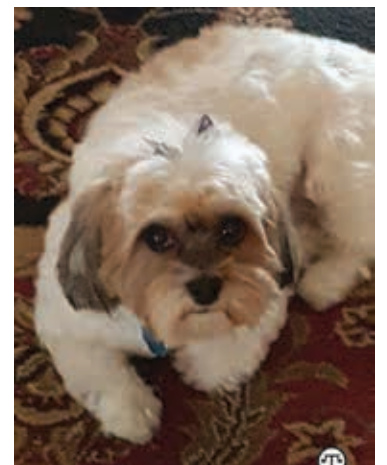
Q: Holocaust survivors are becoming less and less ... what do you say about that?

A: It is our responsibility as survivors to ensure that those who perished in the Holocaust, are never forgotten and the atrocities committed are never again repeated. I have seen the impact that first-person accounts can have on students, organizations, the military and skeptics. Our greatest appeal against hate comes from those who have experienced it.

Q: Where can people buy the book?

A: The book is available on Amazon, BarnesandNoble.com, MascotBooks.com and at retail bookstores.

A Beloved Dog, A Stolen Car And...A Happy Ending



Molly the shih tzu resting happily, safely and comfortably at home.

It started out as a normal day for Mary Harrison—until she briefly left her car running outside of her home with her shih tzu Molly in the backseat and went inside for just a second.

When she came back outside, however, her car—and Molly—were gone. She called Verizon to see if her phone could help track her car, and a Verizon customer service representative saved the day.

“When Mary called in, I was taken aback with her car and dog being stolen,” said the tech expert who answered the call. “I really felt for her. I work at home and my two dogs are at my feet all day.”

They pulled up Harrison’s ac-

Continued on page 37

Keep The Spring In Your Step: Good Reasons To Exercise After Age 50

For many older adults, growing older seems to involve an inevitable loss of strength, energy and vigor—but that need not be, says the Centers for Disease Control and Prevention (CDC). The frailty and decreased energy associated with aging are largely due to muscle loss due to inactivity. And when it comes to muscle, the old saying is true: “Use it or lose it.”

What To Do

One of the best ways to keep muscles healthy and strong, the CDC advises, is through exercises called strength training.

Why To Do It

Done regularly, strength training builds bone and muscle and helps to preserve strength, independence and energy. These exercises are safe and effective for women and men of all ages, including those who are not in perfect health. In fact, people with health concerns—such as arthritis or heart disease—often benefit the most from lifting weights a few times each week.

Strength training, the CDC adds, can also reduce the signs and symptoms of:

- Arthritis—It reduces pain and stiffness and increases strength and flexibility.
- Diabetes—It improves glycemic control.



- Osteoporosis—It builds bone density and reduces risk for falls.
- Heart disease—It reduces cardiovascular risk by improving lipid profile and overall fitness.
- Obesity—It increases metabolism, which helps burn more calories and helps with long-term weight control.
- Back pain—It strengthens back and abdominal muscles to reduce stress on the spine.

What's more, studies have shown that people who exercise regularly sleep better and have less depression, more self-confidence and self-esteem, and a greater sense of well-being.

Fortunately, strength training exercises are easy to learn, and have been proven safe and effective through years of thorough research. What's more, you may be relieved to learn, there are ways to train without undo strain, aches and pains.

Doctor's Advice

To help, Bob Arnot, M.D., an award-winning journalist, author of 12 books on nutrition and health, host of the “Dr. Danger” reality TV series, previously Chief Medical

Correspondent for NBC and CBS News, and Chief Foreign Correspondent for MSNBC and NBC, offers this advice:

- Find a few minutes at least two to three times a week to maintain general fitness. Try three or four five-minute bursts of activity such as walking or climbing the stairs at the office.
- Take two or three more minutes a day for yoga breathing and movements to help your body maintain balance, usable strength, flexibility and muscular restoration.
- Spend another few minutes every day and before any vigorous exercise doing calf stretches and forward bends.
- Stay hydrated before, during and after your workout.
- To reduce your risk of muscle soreness after exercise, consider a massage, an Epsom salts bath or intermittent hot and cold showers, as well as proper stretching and cooldown.
- Muscle strains and muscle pulls are major health concerns for weekend athletes. Signs you should look for alerting you to rest your muscles and avoid overtraining are a higher than normal resting heart rate, disrupted sleep due to an elevated heart rate, muscle cramping and muscle twitching.
- Eat right. In addition to lots of fruits and vegetables and a few lean meats, consume foods with magnesium, which

helps fight inflammation, and with vitamin B12—especially if you're over 50—such as fortified cereals. Drink three cups of fat-free or low-fat milk throughout the day or consume the equivalent in yogurt, cheese or other dairy products. Consider an anti-inflammatory diet—cut out sugar, potatoes, tomatoes and egg-plant.

- Go topical. Topical pain relievers such as creams, gels and patches work locally. For example, the Salonpas Lidocaine 4% Pain Relieving Gel-Patch provides the maximum strength of lidocaine available without a prescription.

According to the Center for Medicare Advocacy, “[Lidocaine] is a highly effective pain reliever and its unique non-narcotic and nonaddictive properties make it a benign alternative to opioids, without the risks and devastating side effects of opioids.”

These unscented patches can desensitize aggravated nerves and provide numbing relief generally within an hour of application.

Learn More

For further health hints from Dr. Arnot and others and information on relieving aches and pains, go to <http://salonpas.us>.

Beloved Dog

Continued from page 36

count and saw that she had a Hum by Verizon device in her car. Hum is a vehicle diagnostic system from Verizon Connect. It takes the guesswork out of driving with connected car technology, so you can stay in touch with emergency services and your loved ones on the road.

For instance, if Hum detects a crash, it can notify emergency services and send help your way. With Hum's vehicle diagnostics feature you can check your car's health from your phone and detect issues before you go. You can also schedule maintenance reminders and Hum will text or e-mail you when it's time for a tune-up or an oil change. And if your car is stolen, as in Mary's case, Hum can send your car's location to local law enforcement.

“I knew with Hum there was a lot we could do to help her. I pulled up the step-by-step troubleshooting guide to reset her password and bring up the vehicle's location on her phone. As soon as she saw the car on her phone, she started to cry.”

The car was not far from Harrison's home. She could have walked there, but the customer service representative advised her to stay safe, call the police, and recover the car together. When Harrison got to the car, her dog was still there, safe inside.

Continued on page 40

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

-COLBY adopted 06-18-11

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Crossword Puzzle Answers from page 27

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JUST JUDITH

By Judith A. Rogow

Progress Is Our Most Important Problem

While most of us were growing up, the General Electric Co.'s slogan "*Progress is Our Most Important Product*," defined post-war thinking.

Nice as it would be to go back in time to those 'Boomer' years, to live in a big house with family near and neighbors who were ready to pitch in during a time of need, those days are long gone.

The 'party line' phone on the kitchen wall morphed into a black Bakelite unit that served the whole family and has now been replaced by a 'Smart-phone' that fits into your pocket or purse and can connect you to pretty much anywhere in the world.



That first tiny black and white TV set, in a wooden cabinet, suddenly opened a whole new world. Then came 'living color' and programs like 'Bonanza' showed us a vision



of places far and near – and landscapes from far off planets. Cowboys and space ships, news and comics, concerts and football games expanded our experiences. And the expansion wasn't just experience, TV sets grew from tiny to enormous and now may be bought in screen configuration ranging from curved to roll up.

Do you remember posing for the obligatory photo at family gatherings, graduation or weddings? Holding your smile until it turned into a grimace and wondering how many more times you'd hear 'one last shot, look happy?' And then, waiting impatiently for the photos to come back and hoping at least a few would be worth printing out for the family. Now, of course, that once-in-a-lifetime shot can be sent to pretty much everyone in a matter of seconds, and hard copies printed either at home or in a specialty store. You can even have T-shirts, banners or coffee mugs created at online sites.

These days the world is smaller, thanks to the Internet, and

life spans are longer. Where we once only saw relatives once or twice a year, we can now connect electronically at a whim. From photos of parents and their newborn to voiceover chatting with great grandparents across the country – or the globe – we become closer.

Videos of important life experiences, weddings, high school and university graduations and other milestones are treasured by those unable to attend, as well those who were there.



Genealogy is currently 'trending,' and much of the work of putting together a family history may be done with connections on the Net. The Mormon Church has enormous files that are available to the public and many large cities will check for information, for a cost. Smaller towns occasionally offer first-hand information

Continued on page 40

Did You Know?

- To reduce indoor pollution, get your HVAC air ducts cleaned by a NADCA professional. NADCA members have certified specialists on staff and comply with a Code of Ethics. Learn more and find NADCA members at www.nadca.com. For a free Homeowner's Guide, visit https://nadca.com/sites/default/files/docs/2017/nadca_homeowners_guide_print_version.pdf.

- According to the National Marine Manufacturers Association, about one in 10 U.S. households owns a boat. If yours is among them, change the oil regularly, advise the experts at Honda Marine. Learn more at <https://marine.honda.com>.

- You may be able to sell your life insurance policy to get money for your retirement years. To learn more about life settlements and whether you could be eligible for a free review of your life insurance policy, visit www.LISA.org.

- With the right technology, people can work together better and make their companies more competitive, says Lieven Bertier, who's responsible for strategic marketing at Barco, Inc., a technology leader that develops networked visualization solutions. He advocates design and usability in product development. Learn more at www.barco.com.



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



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

JUST JUDITH

Continued from page 39

when you buy an advertisement asking for help in locating a relative. Some even run articles on the outcome of the quest.

Unfortunately, too much data is available, and can cause controversy and confusion. Politics is a platform for good and evil intentions. Online images can be used to discredit a candidate or to boost their standings.

Many physicians now ask if you've researched your symptoms, as those who have done so tend to self-diagnose all sorts of diseases. First time parents are especially apt to scare themselves by researching possibilities and problems.

Some complain that electric advertising is too annoying, and online buying hurts local shopping. These are often the same people who keep Amazon in business!

As with anything that impacts our lives, we have to take the good with the bad.

Yes, progress is our greatest problem, it's also our greatest advancement.

Beloved Dog

Continued from page 37

"It made me feel great to be able to help her," the customer service representative said. "I know that if it were my dog in the car, that would be my biggest concern, too. I wouldn't even care about my car or my stuff, just getting my dog back safely. I was so impressed by how quickly and accurately Hum found her car. It's awesome that we have this great technology available."

Learn More

For further facts about how helpful Hum can be, go to www.Hum.com.

Molly the shih tzu resting happily, safely and comfortably at home.

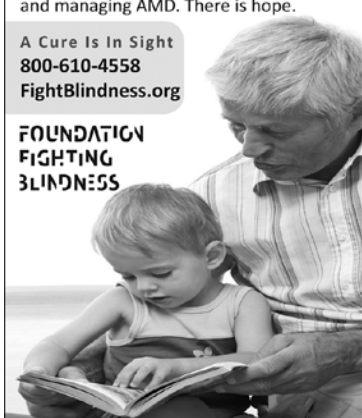
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Age-related macular degeneration (AMD) is the leading cause of blindness in people 55 and older, sadly robbing sight and independence. It is a chronic disease affecting over 10 million Americans, and early detection is key to saving your sight.

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Spotlight on Health

One Family's Incredible Journey To Wellness

Standing up to cancer can be one of the toughest challenges anyone has to face—but as one Portland family discovered, it can also be rewarding.

At age 3 months, Greta was diagnosed with a rare form of leukemia. The prognosis was not good, and Greta's parents—Maggie and Andy—had to adjust to her being in the hospital, watching her go through a blood transfusion and chemotherapy. Greta later required a bone marrow transplant, which she got—courtesy of her 2-year-old sister, Charlotte.

While the transplant was a success, it led to complications, including one that can lead to organ failure and is often fatal. Greta was placed in a medically induced coma while doctors waited for signs of improvement. Eventually, Greta was well enough to be discharged from the hospital, though she still had to be hooked up to machines at night.

Three months later, Greta relapsed. Maggie and Andy faced a number of unpleasant options for their infant daughter. Through an online community, Maggie heard about a Stand Up To Cancer—St. Baldrick's Pediatric Cancer Dream Team clinical trial at Seattle Children's Hospital that was accepting babies. This

was one of the 25 clinical trials conducted under this Dream Team.

The study involved collecting and growing Greta's T cells, then reintroducing them into her bloodstream. However, at that point, Greta's condition was so poor that a "bridge" therapy was required to keep her alive long enough to do the cell collection.

Greta finally had the T cell infusion in August 2014. Initially she developed a serious staph infection that had to be treated. However, when Greta developed an extremely high fever, the doctors and nurses said it was a good sign: the T cells were fighting the cancer. After another week, Greta was ready to go home.

Everything had changed; Greta had become a playful, energetic toddler, and her immune system was so strong, she was even able to go to a petting zoo. Together Maggie, Andy, Greta, and Charlotte (and baby brother Dietrich born in December 2014)—got through the harrowing experience.

"It's really hard to put into words, how your child's cancer has changed your lives," says Maggie. "Things that come up aren't a big deal anymore. Cancer's a big deal."



For Greta, the battle against cancer was long and hard, but her family's love and determination helped her through.

Four years after her successful treatment, Greta started kindergarten. Her own natural immunity is beginning to re-develop, and those engineered T cells have begun to recede and her normal "B cells" are coming back. She still gets a medical follow-up every few months, as well as an annual post-cancer follow-up, and an endocrinologist is monitoring her growth, but Greta remains on a healthy path, the family "spitfire," who loves horse riding and violin lessons, drawing and learning to read and write and summers at Maggie's parent's farm.

Thanks to their courage and perseverance, along with incredible support from family, friends and the medical community, this story has a happy ending.

Stand Up To Cancer works relentlessly to offer the newest, most effective and most promising cancer treatments to patients quickly by bringing

Continued on page 42

**American Heart
Association**



Tinseltown Talks

By Nick Thomas

Don Collier Still Living the Western Life

A staple on the old TV Westerns, Don Collier got his first break as a lead actor in the short-lived series “Outlaws” in the early 1960s.

“I interviewed for the role in December 1959 and they called me back for three weeks the following January/February when we shot the pilot,” Collier said. “NBC wanted a prime-time slot for Ralph Edwards (‘This is Your Life’) and they had to move either us or ‘Bonanza.’ ‘Bonanza’ was in color and we were black and white (for the first season) so we lost out. But we had a lot of great old actors doing guest spots and it was a good show.”



Don Collier, center, and cast in Bill Tilghman and the Outlaws - provided by director Wayne Shipley

During the first season, well-known character actor Barton MacLane co-starred with Collier. “I’d seen him in movies from the 30s and 40s as a leading heavy for Warner Bros,” Collier said. “He was a good guy to work with, but apart from breaking out the drinks and card games on a Friday night after filming, we didn’t socialize much.”



Jock Gaynor, Barton MacLane, and Don Collier in the 60s TV show Outlaws - NBC publicity photo

Slim Pickens was another regular on the series. “A wonderful, natural actor who was also great to work with. I always remember his lines would come out differently than what was written in the script. But the director didn’t care as long as Slim made his point on screen.”

Collier said while he and the other actors did most of their own riding, the stunts were left to the professionals.

“We were all pretty athletic and could have done the fight scenes and horse falls, but you didn’t want the stunt guys to lose a paycheck so they did most of that.”

He went on to appear in dozens of movies and TV shows, including more than 60 epi-

sodes of “High Chaparral.” Fans also remember him from a series of Hubba Bubba bubble gum commercials in the 70s and 80s.

“‘Big bubbles, no troubles!’ was the slogan,” Collier said. “I did that for 8 years, even going down to Australia twice to record the commercials. At the time, something like 90 percent of a commercial had to be made in person so the



Don Collier at Marshal Will Foreman in the 60s TV show Outlaw - NBC publicity photo

ads could run there. I loved the country so much I visited six more times.”

Today, Collier lives in Arizona and doesn’t miss the hectic Hollywood life nor the LA traffic. Last October he turned 90 and traveled to Maryland for a role in a rare modern Western, “Bill Tilghman and the Outlaws,” due for release this year (see www.one-eyed-horse.com).

“Darby Hinton, a good friend, called to say they needed someone to play an old man so I said would – because I am an old man!” said Collier, laughing. “It’s a low budget production but turned out pretty good. I’m 90 years old now but still pretty active. So, if something comes up that interests me like the occasional role or a personal appearance, I’ll do it if I can.”

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 700 magazines and newspapers.

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Life in Long Beach

By Lyn Jensen

Firehouse History on Display

If you've ever tried to get a cat to do anything, you'll marvel at Sam the firehouse cat. In 1955 the tabby stray wandered into Long Beach Station 6 where the station's crew somehow trained him to slide down a fire pole, for which he achieved lasting fame. He appeared on TV, in "Ripley's Believe it or Not," in a children's book, and nowadays he's a star on YouTube, where a film of his trick is posted. As sometimes happens with fame, Sam wandered off into history, for he disappeared after Station 6 changed locations in 1964.



At the Herb Bramley Firefighters Museum, the history of Long Beach's Fire Department, complete with mementos of Sam, is collected, preserved, and displayed. It's housed in the former Station 10, built in 1925, in a quaint residential neighborhood near the traffic circle. While visitors peruse the museum collection, the fire department's work continues at the current Station 10 next door.

Herb Bramley, the museum's founder-curator, a firefighter, and a zealous collector of fire memorabilia, obtained permission in 1980 to park one old fire rig in the then-unused former Station

10. That same year he founded the Long Beach Fireman's Historical Society, and soon got the city to declare the old firehouse a historical site. The museum's all-volunteer and depends on private donations.



Glen Goodrich, the museum's president ("for lack of a better word" he said) showed me around. Besides pointing out Sam's picture, Goodrich singled out an actual Morgan smoke hood, invented and patented by Garrett Morgan, a black firefighter, in 1914.

Many of the thousands of artifacts on display were actually used by the Long Beach Fire Department. More than a dozen vintage and antique fire vehicles are parked



in the old firehouse's repair bay. Nearby rooms include what was once the chief's office and the crew's living quarters. An old log book lies open to the day of the 1933 earthquake, when a flurry of calls came in minutes apart.

The museum keeps limited hours, open only on Wednesday mornings and the second Saturday of



every month. Special tours for groups can be arranged. Admission is free.

Address: 1445 Peterson Ave., Long Beach, CA 90813

Phone: (562)-599-3985

Web: www.lbfdmuseum.org

Hours: Second Saturday of every month, 10 a.m. to 3 p.m., every Wednesday morning 'til noon, and by appointment.

Journey

Continued from page 40

together the best minds to collaborate on innovative cancer research.

From October 28 through November 17, CVS Health is conducting an in-store fundraising campaign at CVS Pharmacy locations nationwide where customers can support Stand Up To Cancer's innovative research by donating \$1, \$3 or more at the register or online at www.StandUpToCancer.org/ CVSHealth. Every donation makes a difference, helping to bring new, effective treatments to patients like Greta, faster.

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— Janet F.

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