

SENIOR REPORTER

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MARCH 2019

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



Christine Baranski

*"I always say that my career has
been great one-liners and great
clothes. I've been lucky."*

—Christine Baranski

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Newsworthy Trends

Millennials Most “At Risk” When It Comes To Life Insurance

The Millennial generation is now the least prepared for unexpected life events due to a lack of adequate life insurance coverage, according to the latest edition of New York Life’s Life Insurance Gap survey. The survey asks Americans to compare how much life insurance they need, based on living expenses and plans for their loved ones, with the amount of life insurance protection they have. Millennials as the most exposed contrasts with 2013 study, which found Gen X under the most pressure.

Millennials with life insurance have a self-reported life insurance gap of \$352,000 in 2018, with enough life insurance protection in place (\$100,000) to cover only 22 percent of their self-reported coverage needs (\$452,000). The Millennial generation’s gap is sharply higher—60 percent greater—than the gap for the general population, which is \$210,000, enough to cover 49 percent of the average estimated need.

In addition, the survey findings illustrate that only 10 percent of Millennials have enough life insurance to cover 100 percent of their needs, which can include mortgages, funding retirements or financing a child’s college education. However, Millennials feel more financially secure than the overall population, with 81 percent saying they feel financially



secure versus 76 percent of all respondents.

“While ten percent of Millennials already enjoy the peace of mind that comes from taking a ‘protection-first’ financial planning approach, too many are starting a family or buying a home without access to replacement income if the worst were to happen,” said Brian Madgett, vice president, New York Life. “Life for young families is unquestionably busy and complicated, but there is security and peace of mind in looking beyond today, and knowing their loved ones are protected against future financial shocks.”

Additional findings include:

- Despite feeling financially secure, 48 percent of Millennials are stressed about their current level of savings;
- 47 percent are stressed about planning for their future financial needs;
- 40 percent are stressed about their current level of income and saving for their children’s education.
- 44 percent are not finan-

cially prepared to deal with the death of a breadwinner

- 42 percent are not financially prepared for the possibility of losing their job.

“Millennials are missing an opportunity to take a ‘protection-first’ approach to financial goals such as saving for retirement or owning a home,” added Madgett. “Without life insurance, even the best laid plans can be ruined by the death of a breadwinner. The good news is that more than two thirds of Millennials, who have the time and opportunity to better prepare themselves, say that having enough life insurance to protect their family is an important goal for them.”

For help planning for your family’s future, you can start research or visit the Agent Locator at www.newyork-life.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.

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Burglary in Progress!

By Jim McDevitt



I was a young man when all this happened. I was a police officer with the NYPD. I had just finished a 4-to-12 tour and arrived home about 12:45 a.m. My wife and I were living in a two-and-a-half room apartment in Astoria, Queens, in New York City. My wife was in bed asleep and our baby was asleep in a bassinette in our bedroom. I knew enough not to wake the baby and I quietly sat down in a chair in the kitchenette at a table. I untied my shoes and slipped them off. Because a neighbor in another building across the alley had complained about the light in our kitchenette, I pulled the drapes closed and sat down at the table with a glass of milk and some cookies.

As I ate my snack, I noticed that the window by the firescape was pulled halfway down because of the summer heat. I made a mental note to myself to close that window and lock it before going to bed. One thing a cop doesn't want is a burglar breaking into his apartment while he and his family are asleep. I picked up the newspaper as I munched away and got engrossed in an article about a murder in Manhattan. Ten minutes later I finished the long article and the cookies and tiptoed to bed in the darkened room. I slipped off my off-duty gun and quietly opened the night table drawer,

put the gun in it and climbed into bed.

I must have been very tired because I was asleep shortly after my head hit the pillow. Even the rumbling IRT elevated subway outside the bedroom window didn't wake me up. What did wake me up at 4 a.m. was the crashing sound as if someone in the dark walked into the table next to the sofa by our living room window. In an instant I was wide awake, jumped out of bed and slammed the bedroom door shut with my body up against it to keep out the intruder.

My wife was up standing beside me and I whispered to her to get my gun from the drawer in the nightstand. The baby was crying now, and I expected the burglar to either flee or bust in on us. After my wife handed me my gun, she picked up the baby and held him close to her chest as I opened the door to the hallway. I flicked on the hallway light and inched forward, crouched, with my gun in my right hand in front of me, prepared to exchange shots with the burglar who had not fled.

On my left, I saw my wife heading to the apartment door with the baby in her arms to escape the carnage that looked about to take place. In the living room, I switched on the lights. I expected to see the window by the fire escape down all the

way, but this clever burglar had left it in the same position. My heart was beating so hard I thought it could puncture my chest.

With my finger on the trigger, I inched into the kitchenette area. There, sticking out at the bottom of the drapes were the tips of a pair of black shoes. "POLICE! Come out with your hands up!" I shouted.

It seemed like an eternity as I waited with gun drawn pointed at the curtain waiting for the burglar to either attack or come out with his hands up from behind the drapes. "COME ON OUT AND YOU WON'T GET HURT," I shouted again. When nothing happened, I reached out with my free hand and pulled the drapes back. No one was there. The black shoes were mine that I had taken off before going to bed. I checked the hallway closet to make sure no one was hiding in there. I found a rolling pin on the floor. Apparently, the vibrations from the elevated subway had dislodged the rolling pin, causing it to roll off the edge and strike dishes on other shelves as it fell to the floor. I realized I narrowly avoided being the next morning's headline in the newspaper, "Cop shoots refrigerator."

Susan G.
Komen
FOR THE
Cure

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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Protecting Your Privacy

Some people are taking an unhealthy interest in your medical information—but they can be stopped.

The Problem

With data breaches occurring across many industries, even sensitive data pertaining to patient health care records is at risk. A recent University of Phoenix study of 504 registered nurses and administrative staff found that only a quarter of registered nurses have seen changes in the way their companies handle data security and patient privacy over the past year despite increased data breaches across all industries. The survey also found that 20 percent of registered nurses and 19 percent of administrative staff admitted their facilities have experienced a breach of private patient data.

Furthermore, the Identity Theft Resource Center notes that, as of November 2017, there had been nearly 5 million data breaches in the health care industry. These breaches can be detrimental to organizations: According to IBM's 2017 Cost of Data Breach Study, health care is the most costly industry for data breaches, with the average cost per affected record at \$380.

The issue is further compounded by a lack of trained cybersecurity professionals to combat hackers, especially in health care, where professionals make less and are responsible for not only protecting



systems, but lives. Without trained experts, the onus falls on RNs and administrators, who may be unaware of how to identify or prevent breaches.

Expert Advice

“Patient safety transcends physical, emotional and electronic bounds and, in our increasingly digital world, it is important for health care professionals to be prepared for the possibility of data breaches,” said Doris Savron, executive dean for the College of Health Professions, College of Education and College of Humanities & Sciences at University of Phoenix. “Everyone in the health care industry must work together to establish protocols and implement training to secure and protect all patient data to reduce the risk of being compromised.”

Nurses and administrative staff agree, with 23 percent of RNs and 34 percent of administrative staff stating that additional support and training is needed for health care privacy and security.

“Health care organizations are extremely susceptible to human error. If one employee accidentally invites malicious malware into a system, the impact can be catastrophic. To limit the amount of breach-

es, cybersecurity governance must improve,” said Dennis Bonilla, executive dean for the College of Information Systems and Technology at University of Phoenix. “Without improved training and robust cybersecurity response plans incorporated into information technology strategies, the health care industry will continue to bear the brunt of these attacks.”

What's Being Done

Current steps being taken to ensure the protection of patient data include:

- Updated privacy and access policies, according to more than two-thirds of RNs and administrative staff;
- Role-based access, according to 59 percent of RNs and 60 percent of administrative staff; and
- Data surveillance, according to most RNs and administrative staff.

“Understanding what we do well now to protect patient data can help us create an increasingly sophisticated framework to safeguard this sensitive information,” added Savron. “University of Phoenix offers degree and certificate programs that help prepare health care professionals to provide the best possible care to their patients while taking steps to protect their personal information.” The school helps working adults move efficiently from education to careers in a rapidly changing world.

Continued on page 14

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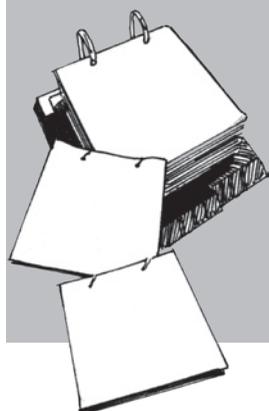
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March Calendar of Events



Spring is around the corner! Check out some of these fun events being offered in and around the area ranging from a pet expo to a swallows parade and much more.

Pacific Symphony: Lantern Festival

Costa Mesa

March 2

11 a.m. to 5 p.m.

Bring the entire family for Pacific Symphony's annual Lantern Festival, celebrating the Year of the Pig. The Lantern Festival, which can be traced 2,000 years, takes place 15 days after the Lunar New Year — on the first full moon night in the lunar calendar — and marks the return of spring, representing the reunion of family. Admission is FREE, but tickets are required. Due to venue capacity, admission will be granted on a first-come, first-served basis throughout the course of the event. At the festival, decorate your own lantern, take in live music, try your hand at solving a riddle, take a Chinese folk-dance lesson and more. At, Renée and Henry Segerstrom Concert Hall, 615 Town Center Drive, Costa Mesa. Call, 714-556-2787.



Festival of Whales Dana Point

March 2 & 3 and 9 & 10

The annual Dana Point Festival of Whales celebrates the return of the once-endangered California Gray Whale with a leviathan-size event. In addition to whale watching at the height of whale watching season, festival includes a kick-off parade, Sand Sculpting, Ocean Awareness Day, musical entertainment, on-the-water concert, Whale of a Block Party, art shows, pancake breakfast, kids interpretive crafts, classic car exhibits, lectures/seminars at multiple venues including the Ocean Institute, historic walking tours, paddling events, sailing/rowing/kayak/SUP demos and more. At, Dana Point Harbor. Festival info: call, 949-472-7888 or 1-888-440-4309.

German Style Carnival FASCHING Huntington Beach

March 3

3 to 6 p.m.

Free admission and hosted by German Campus School. Families with children ages 4 -17 are welcome to join an afternoon filled with activities, dances and games lead by teachers of German School Campus. com. A family fun event

with traditional Fasching's delicatessens like the famous "Berliner," "Krapfen" and "Currywurst." At, Old World Village, 7561 Center Ave., Huntington Beach.

Trivia Night @ Old World German Restaurant

Huntington Beach

South County Pet Expo

Lake Forest

March 9

10 a.m. to 2 p.m.

This exciting and informative event, presented by Chairwoman Lisa Bartlett, Orange County Board of Supervisors, OC The Pet Adoption Center OC, and Saddleback Church. This family and pet-friendly event will also feature rescue groups with many loving animals available for adoption, fun and exciting canine demonstrations, local vendors providing all manner of pet products and services, food trucks and giveaways. Free admission, parking and shuttle service. At, The Commons green belt area at the Lake Forest Sports Park, 28000 Rancho Pkwy., Lake Forest.



St. Patrick's Day @ Old World German Restaurant

Huntington Beach

March 12 to 17

7 to 9 p.m.

Old World has full line of imported German beers on tap. Food, ambiance and fresh authenticity make Old World's German Restaurant an Orange County favorite among locals and tourists. At, old World Village, 7561 Center Ave., Huntington Beach.

El Presidente Ball San Juan Capistrano

March 16

6 p.m. to 10 p.m.

Journey back to the late 1800s of early California and let the Fiesta Association show you how "the West was fun" at this Western style dinner dance. Enjoy great food and old-fashioned fun while dancing under the stars (weather permitting) to live Country-Western style music. At, El Adobe de Capistrano, 31891 Camino Capistrano, San Juan Capistrano. Call, 949-493-1976.

Cherry Blossom Festival

March 17

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

FREE day of fun for the whole family filled with Japanese

food, music, dance, cultural performances, and games and crafts for the kids. This festival is in support of the 30-year student exchange relationship Huntington Beach shares with its sister city of Anjo, Japan. At, Central Park Bandstand, 7111 Talbert, Huntington Beach.

Saint Joseph's Day at the Mission

March 19

Live Mariachi music, community presentations, special guest "Swallows Speakers," Mission Basilica School performances, ringing of the historic bells and history of St. Joseph's Day and Swallows legend. Free for Mission members. General admission \$12. At, Mission San Juan Capistrano, Ortega Hwy. Call, 949-234-1300.

Swallows Day Fiesta Grande

San Juan Capistrano

March 20

6 p.m. to 9 p.m.

This night of Old West entertainment consists of four contests: Best Dressed Old West Man, Best Dressed Old West Woman, Best Belt Buckle, and the Hairiest Man (best moustache and/or beard). So, don your finest Old West outfit, belt buckle or facial hair

Continued on page 16

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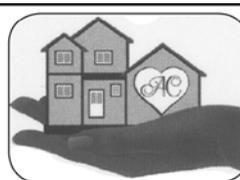
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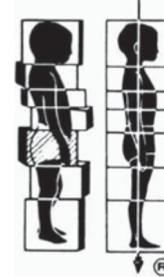
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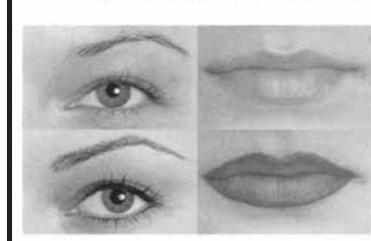


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Fifties Flashback

By Randal C. Hill

“The Cat with 10 Million Lives”

“Write me a story that first-graders can’t put down.”

This was the challenge that William Spaulding, a director at Houghton Mifflin Publishers, offered to Theodor Geisel one day in 1955 as he handed Geisel a list of vocabulary words for 6 and 7 year olds. At the time, Geisel was a little-known children’s author who wrote under the name Dr. Seuss. (Seuss was his mother’s maiden name.) His fortunes — and his life — would change forever when he accepted Spaulding’s unconventional assignment.

Geisel had scanned the list and decided that creating and illustrating such a book should be quite easy. “I figured I could knock it off in a week or so,” he admitted later. “It took a year-and-a-half.” Geisel had underestimated just how hard it would be to write a truly compelling children’s tale that utilized a mere 200 words.

Determined to outdo the ubiquitous — and boring — “Dick and Jane” books found throughout American elementary schools, Geisel decided to write a fun-to-read story predicated on the first two rhyming words that appeared on his list. They happened to be *cat* and *hat*.

Seuss’s clever creation tells of an outrageous anthropomorphic

feline who wears an impossibly tall striped hat. One rainy day, this odd intruder drops by to relieve the boredom of two housebound youngsters, a girl called Sally and her unnamed brother, who narrates the story.

The cheerful cat sets about performing a bizarre trick that involves balancing plates, books, a cake, toys, a milk bottle and even the family goldfish, all the while balancing himself precariously upon a huge ball. To nobody’s surprise, the cat and all his accoutrements crash to the floor in a heap. Undaunted, he then hauls in a huge box that contains two wild-haired, impish creatures called *Thing One* and *Thing Two*. They proceed to run amok throughout the house, flying kites and scattering things everywhere.

When the children and the fish realize that Mother will be coming home soon, panic sets in. That’s when the irrepressible invader removes both *Things*, then zips about the house in an ingenious machine that quickly tidies up everything. By the time Mother returns, the cat has slipped out, the house is back in order, and Mother is none the wiser.

Published in March 1957 and composed mostly of one-syllable words, “*The Cat in the Hat*” sold 1 million copies

by the decade’s end and, in the process, made Dr. Seuss a household name. Geisel later proclaimed, “I have great pride in taking “*Dick and Jane*” out of most school libraries. That is my greatest satisfaction.”

His delightful classic has now sold over 10 million books, and “*The Cat in the Hat*” has lived on through a 1971 animated TV special and a live-action 2003 film. But when the movie was panned for its adult humor and innuendo, Geisel’s widow, Audrey, disallowed any future films based on her husband’s works.

Theodor Geisel was childless by choice, but he always enjoyed telling others, “You have ‘em, I’ll entertain ‘em.”

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

—TOK
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Facing a Serious Health Condition—Stories of Strength and Life with a Rare Lung Disease

Being diagnosed with a serious disease can be devastating. That's how Nick, 72, felt when he discovered he has a rare and severe lung condition called idiopathic pulmonary fibrosis, or IPF. Ginger, 68, said learning she has IPF was the scariest time of her life.



Ginger and Nick are living with idiopathic pulmonary fibrosis (IPF).

Chronic diseases such as IPF—which causes permanent scarring to the lungs, making breathing difficult—have an emotional impact in addition to the physical limitations they may cause. Caregivers and other loved ones share the burden too. It isn't easy to adjust to the “new normal” of life with a serious health condition, whether it affects you or someone you are caring for, but learning how to manage the condition can empower you or your loved one to face the challenge.

To encourage others with serious health conditions to take action in managing their diseases, Nick, Ginger and their families and friends share their stories of strength and support in facing IPF on www.aarp.org/ipf. Here are some of the lessons they've learned in their journeys:

1. Be proactive and learn about your options. If you are diagnosed with a chronic disease or other medical condition, it's important to become educated about what options are available to manage it. Initiating conversations

with your doctor and asking questions soon after diagnosis are important first steps. This is especially true if your disease is progressive, or worsens over time.

IPF is one such progressive disease, as lung function lost due to scarring cannot be reversed. When Nick learned this, he discussed ways to manage the condition with his doctor, including FDA-approved medicines and a pulmonary rehabilitation program, which can help ease symptoms of breathlessness.

“Through pulmonary rehab, I've learned how to recognize the signs of my oxygen level dropping and how to breathe efficiently, and those two things have made a big difference,” Nick says.

In addition to participating in pulmonary rehab, Ginger learned about the importance of using oxygen therapy during day-to-day activities to help manage her IPF.

If you are living with a serious health condition, it's important to manage your symptoms and also discuss recommended lifestyle changes with your doctor that may help you be healthier overall, such as adjusting your diet and quitting smoking.

2. Seek out and lean on your support system. Support groups provide an opportunity to connect with others with similar experiences, and the mental and emotional support they offer helps people develop a more resilient mindset. You can find online or in-person IPF support groups on the Pulmonary Fibrosis Foundation's website at www.pulmonaryfibrosis.org/life-with-pf/support-groups.

Nick and Ginger have also found comfort in leaning on their loved ones during difficult times. For Ginger, it's her son Kenny, daughter-in-law Megan and many dear friends. For Nick, it's his wife Barbara, his children and his community, where he taught and coached at the local high school for 39 years.

“The love of my wife and family reminds me that, despite the challenges, life is good, and there are too many moments of joy to be thankful for. They remind me to do everything I can do to stay on the right track with my health

Continued on page 18



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Christine Baranski

By Les Goldberg

One of the entertainment industry's most honored actresses, Christine Baranski has achieved acclaim in every medium in which she has performed. Christine is an Emmy, two-time Tony, Screen Actors Guild and American Comedy Award winner.



A native of Buffalo, Baranski was born in 1952 as the daughter of Virginia Mazurowski and Lucien Baranski, who edited a Polish-language newspaper. Both her parents were actors in the Polish theater. After going to high school at the Villa Maria Academy, she attended New York's Juilliard School where she earned a Bachelor's Degree in Fine Arts in 1974.

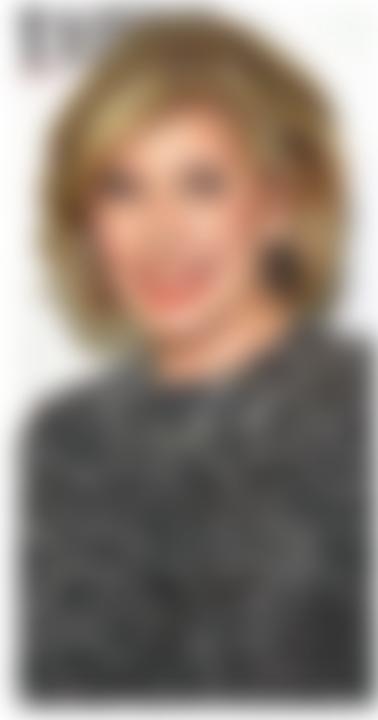
At age 19 while at Juilliard, Baranski was awarded a \$1,000 scholarship for living expenses because she was "the most hard-working, economically needy student." She admits, however, that she used the money to spend two months in Europe.

She also admits that "although I went to one of the world's great music schools and stud-

ied acting, I never had any voice training. It wasn't until my mid-20s that I began to go and see a singing teacher, and discovered I had a voice. But I never felt very much confidence about singing in public and rarely went up for musical auditions."

She received her big break being cast in Tom Stoppard's hit Broadway comedy "The Real Thing," directed by Mike Nichols for which she won a Tony Award and Drama Desk Award.

Baranski went on to earn a second Tony Award and Drama Desk Award for her performance in Neil Simon's "Rumors" and a Drama Desk Award for "Lips Together Teeth Apart." She also appeared in "Boeing-Boeing," "Hurlyburly," "The House of Blue Leaves," "The Loman Family Picnic," "Regrets Only," Encores! productions of "Follies," "Promises, Promises" and "On Your Toes" and the Kennedy Center productions of "Sweeney Todd" and "Mame."



In addition to the Emmy for the hit CBS comedy "Cybill," Baranski received an American Comedy Award as Outstanding Supporting Actress in a Comedy, as well a Screen Actors Guild Award as Outstanding Lead Actress in a Comedy. She also received three additional Emmy and three Golden Globe nominations. She was also seen as a guest on "Frasier," for which she received a fifth Emmy nomination.

She has appeared on multiple episodes of the CBS series "The Big Bang Theory," and was nominated for an Emmy for Outstanding Guest Actress in A Comedy Series twice. She also starred in the hit CBS series "The Good Wife," for which she received three Emmy nominations for Outstanding Supporting Actress in a Drama Series.

In addition to her work with "The Good Wife" and "Ugly

Betty," she continues to appear on TV in the "The Good Fight" and CBS' All Access.

Her film credits include "Mamma Mia!," "Chicago," "How The Grinch Stole Christmas," "Bowfinger," "Bulworth," "Cruel Intentions," "The Birdcage," "Reversal Of Fortune," "Legal Eagles," "The Ref," "The Addams Family Values," "Welcome To Mooseport," "The Guru," "9 1/2 Weeks" and "Jeffrey."

Her attitude about acting is best summed up in this quote that was published following her role in "Mamma Mia's" original production in 2008:



"If you want to approach it critically, there are a million things you could take issue with, but I don't even think that's the point. The point is to sit back and enjoy the ABBA tunes and scenery of the Greek islands. We loved making it and people clearly love watching it."

When Baranski won the 2013 Lifetime Achievement Award,



she said: "It baffles me a little. Maybe it keeps me young, but I still feel like I have so much left to do. I don't feel there's a period at the end of the sentence yet."

A Personal Note

Baranski, who lives in Connecticut, was married to actor Matthew Cowles from 1983 until his death in 2014. They have two daughters, Isabel, 35, and Lily, 32, who also is an actress. Isabel attended law school, passed the New York bar exam, and worked in the Brooklyn District Attorney's office.



Irvine Barclay Theatre to Receive \$20,000 Grant from the National Endowment for the Arts

National Endowment for the Arts Acting Chairman Mary Anne Carter has approved more than \$27 million in grants as part of the Arts Endowment's first major funding announcement for fiscal year 2019. Included in this announcement is an Art Works grant of \$20,000 to Irvine Barclay Theatre in support of IBT's Dance and Movement Portfolio. Art Works is the Arts Endowment's principal grant-making program. The agency received 1,605 Art Works applications for this round of grantmaking and will award 972 grants in this category.



"The arts enhance our communities and our lives, and we look forward to seeing these projects take place throughout the country, giving Americans opportunities to learn, to create, to heal, and to celebrate," said Mary Anne Carter, acting chairman of the National Endowment for the Arts.

The Barclay's President, Jerry Mandel, remarked: "Irvine Barclay Theatre is honored by the NEA recognition of the theatre's legacy of diverse, high-level dance programming and substantive outreach. This grant will allow the Barclay to deepen our work in the community through the presentation of these dance and movement opportunities."

The Dance and Movement Portfolio is a comprehensive, multi-dimensional program embracing five unique tracks – international dance, creation of new work, home-based presentations, cirque and flamen-

co presentations, and related educational outreach and audience engagement – with the goal of integrating and leveraging these activities to ex-

pand IBT's contribution to the field locally and beyond.

Continued on page 18

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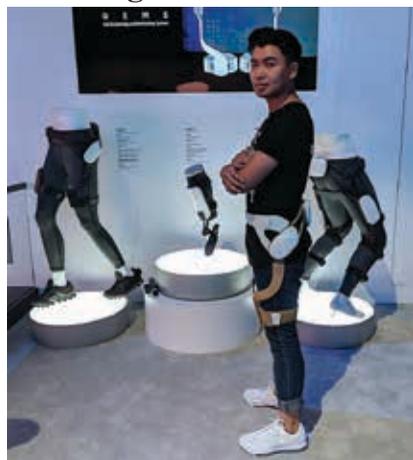
The Gadget Geezer

By Les Goldberg

CES: A Tech Obsession

Now that the dust has settled on another Consumer Electronics Show, I can report on what tech products turned the most heads during the week-long gadget bonanza in Las Vegas. Take a look:

Samsung GEMS-H



The Gait Enhancing Motivational System (GEMS) from Samsung is a wearable light-weight lower-body exoskele-

ton which is intended to help rehabilitate patients following injury or provide a gentle workout. It features a Power Assist mode, which lets you walk with 23 percent less effort or 20 percent.

Nreal

This new light headset looks



like a normal pair of sunglasses, but it is a clever mix of visual and virtual reality. It produces crisp and vivid images and contains complex built-in technology to enhance your sunglass experience. It's a pair of glasses that can over-

lay video and images onto the real world. It's powered by a cable-attached Snapdragon 845 processor, the same you'd find in the Samsung Galaxy Note 9. No price has been announced, but these are expected to launch in the late summer or early fall of this year.

Omron HeartGuide



Omron's Smartwatch allows you to monitor your blood pressure the same way you check the time on your wrist. It is designed for those who need frequent monitoring, and can operate about 40 times before charging.

Smart Clock



Speaking of timepieces, Lenovo is showcasing its Smart Clock, a very high-tech alarm clock. In addition to customizable clock faces, it features an ambient light sensor that will dim the light when it's time for bed, and simulate sunrise

when it's time to wake up. It has all the functions of Google Assistance, like Smart-Home controls and showing your daily calendar.

Attain

InControl Medical introduced an over-the-counter device for treating male and female incontinence. For the 87 million Americans who suffer from stress, urge or mixed urinary and bowel incontinence, Attain provides muscle stimulation, visual biofeedback and a guided exercise program to solve incontinence at the source – the muscle level. The company claims that the product's self-treatment program, in the privacy of your home, eliminates the need for pads, meds, surgery and diapers.

Y-Brush



The American Dental Association recommends you brush your teeth twice a day for two minutes. But the French company FasTeesH says you only need 10 seconds to properly clean your choppers – if you use its new Y-Brush toothbrush. Instead of moving the small head of a regular toothbrush from tooth-to-tooth, the Y-Brush cleans half your

mouth at a time. It features a tray with nylon bristles positioned at 45-degree angles. On the front of each tray is a small handle with a large motor that vibrates to clean your teeth. To use it, you add toothpaste, position the Y-Brush in your mouth and turn the motor on. As the brushes vibrate, you make a chewing motion for five seconds, then remove it, flip it and repeat the process. The product is undergoing clinical trials and is not yet available.

Disappearing TV



It seems like a TV from the future. The LG Signature OLED TV R has a super-thin 65-inch 4K OLED display unfurls from an elegant metal base to deliver a stunning picture. And it can retract again just like magic. You can also use just a quarter of a screen if you want to play music, enjoy photos or watch a crackling virtual fireplace. Then you hear the power of the 100-watt sound system which simulates an im-

Continued on page 14

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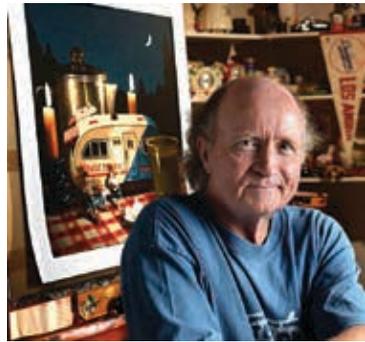
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Laguna Beach Arts Alliance Names Recipient of the Lifetime Achievement Award for the 13th Annual Art Star Awards

Artist Scott Moore will be the recipient of 2019 LBAA (Laguna Beach Arts Alliance) Lifetime Achievement Award, which will be presented during the 13th Annual Art Star Awards on April 7, 2019.



Scott Moore grew up in Bellflower, California, playing baseball, delivering newspapers and drawing in his spare time. His father, Carl, was a watercolorist and graphic designer for an advertising agency in Los Angeles. Working with art materials brought home by his father, Scott developed a skill for drawing. Scott was an illustrator for the United States

Marine Corps at the age of 20, graphic designer at age 22, and full time artist/painter by the time he was 29. He was stationed in Hawaii during his stint as Official Artist for the United States Marine Corp where he designed publicity posters, created illustrations and graphics for servicemen's books and made décor for

Marine Corp balls held at Hilton Hotels. Scott also did graphic design for the Festival of Arts.

Scott painted traditional watercolors up until 1985, receiving numerous awards on a national level. Around that time, while showing at the Festival of Arts, he not only added oil painting to his skills, but began transitioning into the world of surrealism. He has been featured in numerous publications. Scott has been a Festival of Arts exhibitor for 39 years and a Sawdust Art Festival Exhibitor for 30 years.

“With artistic creativity,

technical skill and a clever sense of humor, Scott boldly ventured into the world of surrealism from traditional art. His art has a mystical quality that captures viewers and draws them into the scene itself to enjoy a rare adventure in art.” said Wayne Baglin Laguna Beach Festival of Arts and Arts Alliance Director.

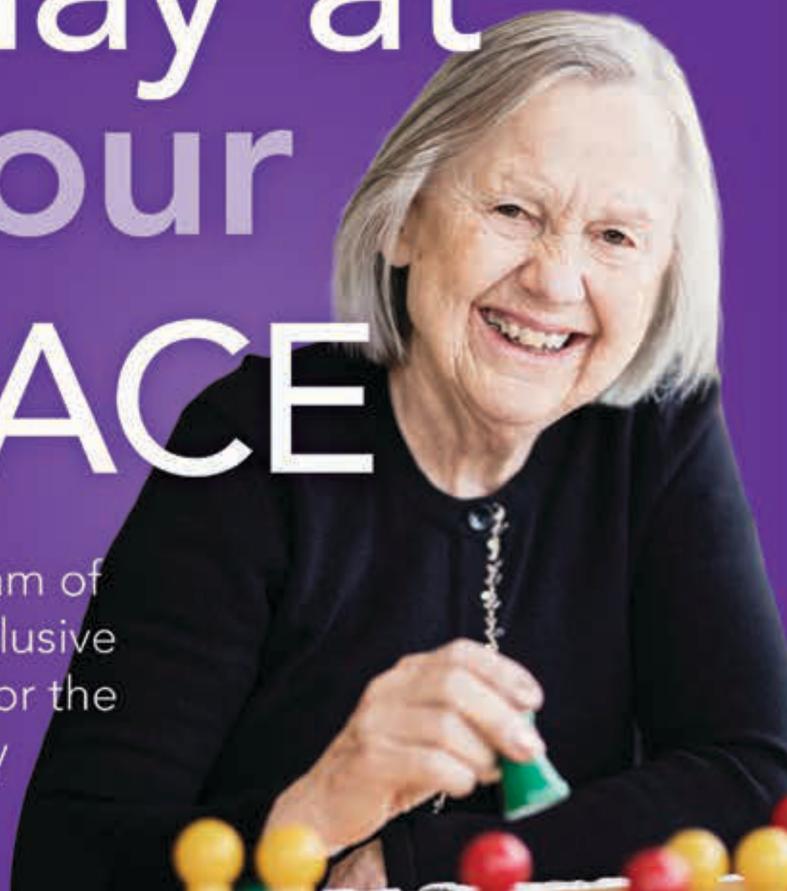
As a past president of the Festival of Arts, and while on the board in 2002, Scott helped create a 40-year lease with the city of Laguna Beach. Scott is currently the president of the FOA Foundation, a non-profit organization created in 1989 by the Festival of Arts. The

FOA Foundation has awarded over \$2.7 million in grants to the art related non-profit organizations in and around the community of Laguna Beach. Scott and his wife Carol have resided in Laguna Beach for the past 39 years. He is currently the vice-president of the Festival of Arts.

“I am very honored to receive this award from the Laguna Beach Arts Alliance. The members of the Laguna Beach Arts Alliance make up the cultural glue of this amazing arts community, and it makes me proud to be chosen by such

Continued on page 15

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Fabulous Finds

By Debbie L. Sklar

As the beauty industry is moving toward cleaner, greener products, you might want to consider some of these Fab Finds. From recyclable packaging to natural formulas, the following brands are all walking the walk when it comes to minimizing their environmental footprint while still delivering results.

Naturally Serious #ItGetsGreener Initiative



Naturally Serious, the next generation of cleanly-made, ethically-developed and clinically-tested skincare exclusive to Clean at Sephora is becoming even more green, with a new campaign titled #ItGetsGreener. The all-natural products will now be packaged in reusable, recyclable or compostable components to further bring to life the brand's clean ethos. These new locally-sourced components will be added to the brand's current range of eco-friendly cartons, created with wind power in a carbon-neutral facility. Approved by the Forest Stewardship Council, all carton materials are derived from a responsibly-managed sustainable forest.

Garnier's Personal Care & Beauty Recycling Program



A key pillar of the Garnier brand has always been rooted in naturality. The brand has developed sustainable commitments under the guise of creating products that are both good for you and the planet. One of the key ways in which Garnier works to ensure the health of the planet is through their partnership with Terracycle. Working with Terracycle, Garnier provides a comprehensive solution to personal care and beauty packaging waste. For the last eight years, in partnership with Terracycle, Garnier has helped to divert millions of beauty and personal care empties from landfills and upcycled them into useful materials so that they never have to go to waste.

How it works? Once Garnier products are collected, the personal care and beauty packaging is separated by polymer type, cleaned, and extruded into plastic pellets to make new recycled products. With these recycled products, Garnier has used these materials to build parks, playgrounds and gardens around the country.

Snow Fox



Phoebe Song, founder of Snow Fox, struggled with Rosacea Subtype II, a medically incurable disease, her whole life and because of it, took matters into her own hands to maintain and manage her skin. In order to heal once and for all, Song knew the ingredients in her skincare had to be potent and completely clean of irritants. She worked tirelessly with chemists to figure out the balance between potency and irritation for hypersensitive skin and found that certain premium botanicals and herbs helped pinpoint issues without causing side effects or further aggravations. Snow Fox is formulated to cater to the most common skin issues, such as redness, environmental irritation, oily T zones, dry patches, hyperpigmentation and clogged pores and are specially packaged using advanced, proprietary technology in Taiwan and are made with recyclable materials – a type of PET that can be easily reused and has less carbon footprint than glass.

SodaStream

In 2018 SodaStream brought attention to the rising trend of sparkling water face cleanses with their own Fizzi Face Cleanse. The method works as the carbon dioxide bubbles act as vehicles to lift oil and dirt



from the skin and hair roots. SodaStream's carbonated water dilates blood vessels without being heated, increasing blood flow so oxygen and nutrients can get into the area, and the ability to regenerate the skin enhances. As a result, cleansing with carbonated water helps improve the appearance of scars and aches with skin turn over. SodaStream makes the Fizzi Face Cleanse easy and convenient, plus you can feel good knowing you're reducing waste from single use plastics as SodaStream allows users to make unlimited amounts of sparkling water right from the tap.

Protecting Your Privacy

Continued from page 4

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Health care facilities these days take several steps to ensure patient privacy—and you can learn how to help.

The Gadget Geezer

Continued from page 12

mersive surround sound experience. It supports Alexa and Google Assistant, and you can control Smart-Home gadgets from LG's Dashboard screen. Withings Move ECG

The Withings fitness trackers aim to look after your heart as well as your overall fitness. They cost less – \$130 – than the Apple Watch Series 4, are more stylish and the battery life is 18 months! They also track your sleep, log your exercise and piggyback your phone's GPS to map your movements.

Ring Door View Cam



If you thought that there was little innovation left in the Smart-Doorbell market, you haven't seen the Ring Door View Cam. Replacing an existing peephole, this is the easiest Smart-Doorbell to install ever. And, since there's no need for any drilling or screws, it's ideal for renters or for use in apartments. The Ring Door View Cam also features an impact sensor that can pick up when someone knocks rather than pushes the button on the front. If nothing else it should put an end to those sneaky couriers that quietly knock then run away.

Laguna Beach Arts Alliance

Continued from page 13

a prestigious organization," said Scott Moore.

To purchase tickets to attend the 13th Annual Art Star Awards, please contact: info@lagunabeacharts.org. Tickets are \$100 each and include dinner as well as all the festivities.



The Laguna Beach Arts Alliance was established in 2002 as the result of an exciting partnership among more than 20 Laguna Beach organizations. The mission is to serve as an advocate for the arts, promote collaboration and networking among the arts organizations of Laguna Beach, and to serve as a united voice for the arts in the city. Members of the Arts Alliance include City of Laguna Beach Arts Commission, Blue Water Green Earth, Community Art Project, Festival of Arts, First Thursdays Art Walk, KX 93.5 Radio, Laguna Art-A-Fair Festival, Laguna Art Museum, Laguna Beach Craft Guild, Laguna Beach Live!, Laguna Beach Sister Cities Association, Laguna College of Art & Design, Laguna Concert Band, Laguna Dance Festival, LOCA Arts Education, Laguna Playhouse, Laguna Plein Air Painters Association, Lagunatunes Community Chorus, No Square Theatre, Sawdust Art Festival, [seven-degrees], and Visit Laguna Beach.

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Planes of Fame Air Museum

Continued from page 3

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March Calendar

Continued from page 5

and enter one or more of the contests. There is a \$5 entry fee (pay when you arrive) per category for each contestant entered. For those who are bit shy spectators are always welcome at the Fiesta Grandé. At, Swallow's Inn, 31786 Camino Capistrano, San Juan Capistrano. Call, 949-493-1976.

Swallows Day Parade & Mercado

San Juan Capistrano
March 23

The parade takes place in downtown San Juan Capistrano. This is the nation's largest non-motorized parade. It is presented by the San Juan Capistrano Fiesta Association. Arrive early; most street closures are by 10 a.m. The parade begins promptly at 11 a.m. The Mercado is a street fair and market place where you can eat, drink, and shop at more than 100 booths. Listen and dance to the music of "The Working Cowboy Band," a traditional Country music band. At, downtown San Juan Capistrano. Call, 949-493-1976.

Glitterfest

Fullerton
March 31

This event features a collection of creative individuals who express their talents through mixed media art. It includes handmade jewelry, sculpture, primitive dolls, paper whimsy and more. At, Spring Field Banquet & Conference Center, 501 N. Harbor Blvd. Fullerton.



'Crimson and Clover'

Tommy James and the Shondells

By Randal C. Hill

Hitmaker Tommy James has always been honest in describing the biggest single that he and his band, the Shondells, ever had. "I hated it," he admits. "It was a rough mix, and so I could hear all the little imperfections. Gradually, I learned to like it. When it went Top 10, I said, 'Well, it's not so bad, I guess.'"

And not so bad in the sales department either: "*Crimson and Clover*," co-written by James and Shondells drummer Peter Lucia, sold 5 million copies and reached No. 1 in America and five other countries.

The words *crimson* and *clover* came to Tommy one morning as he was waking up. *Crimson* was his favorite color, a clover his favorite flower. "They were two of my favorite words that came together," he said. "I had no idea what it meant, or if it meant anything." The lyrics consisted of fewer than 50 words and included such immortal lines as "*Now I don't hardly know her, but I think I could love her.*"

"*Crimson and Clover*" became one of the earliest tunes recorded on 16-track equipment. James's "trippy" lead vocals came about when he sang through his guitar amp with the tremolo cranked up all the way and set to vibrate in time with the rhythm. James,

Lucia and Shondells bassist Mike Vale worked five hours on the song in the recording studio that day. The result featured layers of throbbing electric guitar runs, a bone-jarring bass line, and an overriding echo that made everything sound as if it were all recorded underwater. Tommy said: "I was just having fun with the new technology. I wanted to make sounds swim, make 'em wiggle a little bit."

Proclaiming the tape, a "rough mix," he planned to return to the studio later for finishing touches (including adding even *more* echo). Before that happened, though, he and the Shondells played a gig in Chicago. While there, James decided to drop by radio station WLS to visit some friends. "I wanted to get some reaction to 'Crimson' from a radio station that had always been good to us," he said.

James spun the tape for program director John Rook, who loved "*Crimson and Clover*" and quickly summoned DJ Larry Lujack to hear it. Tommy later recalled: "Rook played Lujack the rough mix and, without my knowledge or approval, pushed a RECORD button on the tape recorder and made himself a copy." Rook handed back the tape, and James left the WLS building. He returned to the waiting

limo to find its radio tuned to WLS and Larry Lujack gleefully bellowing, "*World exclusive! Tommy James and the Shondells' brand new single — 'Crimson and Clover'!*"

What? *The song wasn't finished yet!* James was incredulous—and understandably irate. Ignoring James's pleas to the contrary, Roulette rush-released the rough mix after it gained traction in the Windy City. "It exploded out of Chicago," James said. "[WLS] broke the record so fast that I was never able to do a final mix."

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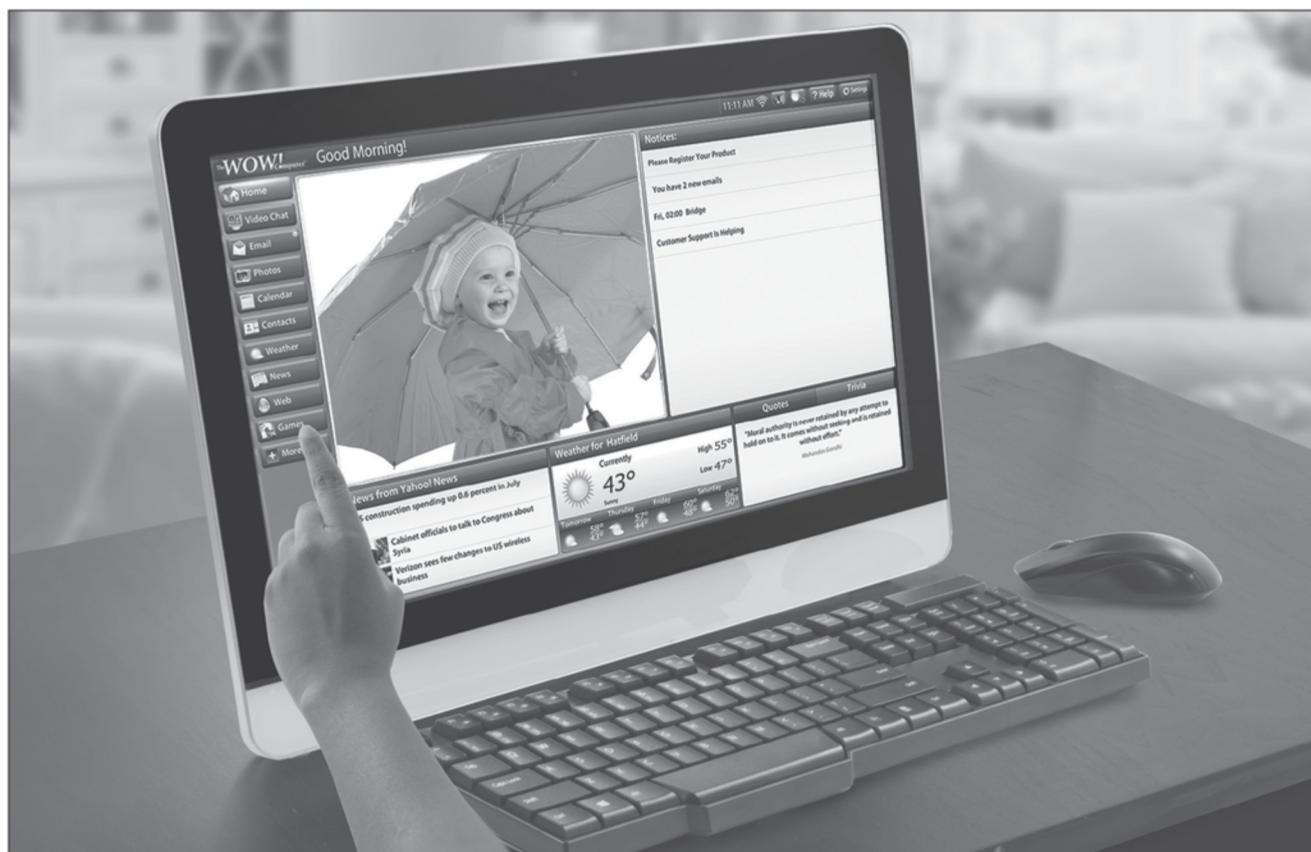
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SCR

the
Barclay
Irvine Barclay Theatre

Continued from page 11

sentations, cirque and flamenco presentations, and related educational outreach and audience engagement – with the goal of integrating and leveraging these activities to expand IBT's contribution to the field locally and beyond.

IBT's international contemporary dance programming establishes the foundation of the Portfolio. The current season featured Jessica Lang Dance and Kibbutz Contemporary Dance Company [Israel] this past fall. Up next will be the iconic Martha Graham Dance Company on February 27 and Malpaso Dance Company [Cuba] on March 20. Home-based favorite Backhausdance, appears on May 22 with the world premiere of a new work by Dwight Rhoden.

Programs supporting the presentation of new works include the National Choreographers Initiative on July 27th (under the artistic direction of Molly Lynch) which culminates in new ballets by four choreographers. Cirque and flamenco presentations included performances by the renowned Les Sept Doigts de la Main in its show Réversible along with Spanish flamenco star Jesus Carmona in his show Amator.

The Portfolio's activities provide unique learning opportunities, stimulate discussion, advance cultural awareness, and build community audienc-

es and support, The Barclay's ArtsReach program augments the dance programming with meaningful experiences to help participants see into the richness that dance can reveal about the human journey.

Health Awareness

How Do We Know LASIK Is Safe?



Your ophthalmologist is the expert on your eye health and vision correction options.

For those thinking about their vision correction options, the question "Is LASIK safe?" is likely top of mind. To answer, ophthalmologist and chair of the Refractive Surgery Clinical Committee for the American Society of Cataract and Refractive Surgery, John Vukich, M.D., provides hard data:

LASIK has been around for a long time, 20 years, with 19.1 million procedures in the U.S. alone. An enormous amount of research has been conducted: There are more than 7,000 peer-reviewed clinical studies on LASIK performance, safety and outcomes. Based on that science, we know LASIK is very safe and has a less than 1 percent risk of sight-threatening complications. In fact, studies show LASIK is safer than long-term contact lens wear, where the risk of infection is actually pretty high.

The patient satisfaction rate with LASIK is more than 96 percent, the highest of any elective medical procedure available today. However, LASIK isn't for everyone. The only way to know for certain is to have a thorough eye exam with a highly qualified refractive surgeon to find out if you are a good candidate and then decide if it is right for you and your vision.

Facing a Serious Health Condition

Continued from page 9

Nick says he focuses on what he can do instead of what he can't. He may not be able to go for runs anymore but he can still enjoy walks around a nearby lake and being outside. Ginger finds strength through time and laughter with family and friends. "I want to continue being a good mom and a good grandma. I love to laugh and I want my loved ones to know I'm happy even though I have IPF. I fight for my family. They're my world," she says.

Learn More

For additional information about IPF and to watch videos of Nick, Ginger and their loved ones, visit www.aarp.org/ipf.



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Let There Be Light

By Robert E. Horseman, DDS



I'm getting along in years now and with more time on my hands, I'm starting to think more about The End than The Beginning. When I used to go to Sunday School with a dime tied in the corner of my handkerchief for the offering, I recall being told that, assuming we got there, Heaven would be a place where all our questions would be answered, where perfect understanding would at last be ours and presumably there would be no pop quizzes to spoil the lessons. That pleases me no end, because I have some questions that need answering.

These people who regularly report to the *National Enquirer* about their out-of-body experiences all seem to agree on one point--they are all drawn, as if by a celestial magnet, toward a beautiful white light. So one of the first things I do when I get there is ask some questions about light and its properties.

This has been bothering me for a long time, ever since the fifth grade when I first learned that light travels at a speed of 186,282 miles a second. The concept of light *traveling* is unclear to me. I think light just *is*. Or it *isn't*. That's what switches are for. Click! light on, Click! light off.

I remember myself clearly as a sort of prepubescent Columbo bracing my teacher.



"Ma'am, could I ask you just one question here? I'm a little confused, I'm sorry, that's the way I am, I get mixed up easily. I won't take a minute of your time, I know you're busy. I apologize for bothering you, but maybe you could just help me out here. Just for a minute, I won't keep you."

Then I would try to find out how we *know* that it takes light 32 light years to travel from a certain star to the Earth. Who threw *that* switch? Is this written down someplace? What makes light *go*? Why doesn't it just stay where it is? Does it go in a straight line just to our planet like a flashlight beam, or does it go to all the other planets as well and at the same time? My teacher aged visibly during the fifth grade, developed a tic and seemed genuinely relieved when we got off astronomy and into the American Revolution.

But now, some eighty years later, I still wonder about the mysteries of light. The smallest unit of light is called a "photon." I thought that was a Japanese bed. Did you know that? I don't mean to bother you, but there's just one more thing. Like, if I point a

flashlight with a couple of C cells into the dark, the beam will penetrate, say, a hundred feet or so and then what? Does the light go, "Well, that's it! I'm pooped, I can't go any farther, I'm not gonna make it!" and just stops in midair or describes a gentle trajectory towards the ground? At 186,282 miles a second, it doesn't have much time to decide on a course of action.

It must be the same with these distant stars. Suppose some folks on Alpha Centauri want to dazzle us with a little light show, some colored strobes and dancing fountains; anybody in charge there would veto this idea as impractical because it would take 157 gazillion years for the display to reach us and by that time most of us would have tired of waiting and gone home. "These Earth people have no patience," the Alpha Centaurians would complain. "They won't even wait for Christmas, start decorating in October, for crying out loud!"

And since the Earth turns on its axis (another leap of faith), suppose the light *did* finally reach us and we were on the opposite side? By the time we found a parking space and located a good viewing angle--WHOOOM!--at 11,176,920

Continued on page 26

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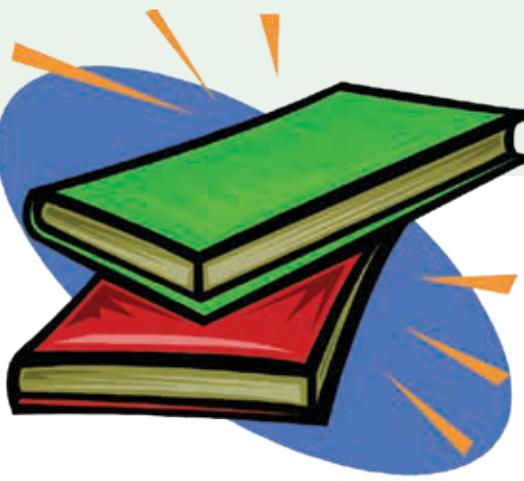
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March Book Club

By Debbie L. Sklar



connection between the bones and the escaped psychopath.

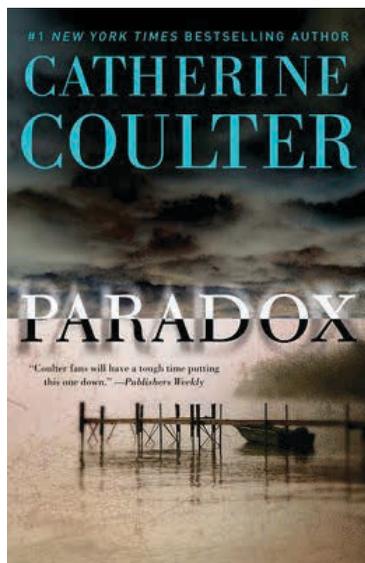
“Paradox is a chilling mix of Dr. Jekyll and Mr.

Enjoy the start of spring with a new book like any of these below. Sitting outside in the bright sunshine with a terrific book is a perfect way to celebrate the onset of spring.

Paradox

By Catherine Coulter

(Book #22 of An FBI Thriller)



“Chief Ty Christie of Willicott, Maryland, witnesses a murder at dawn from the deck of her cottage on Lake Massey. When dragging the lake, not only do the divers find the murder victim, they also discover dozens of bones. Even more shocking is the identification of a unique belt buckle found among the bones. Working together with Chief Christie, Savich and Sherlock soon discover a frightening

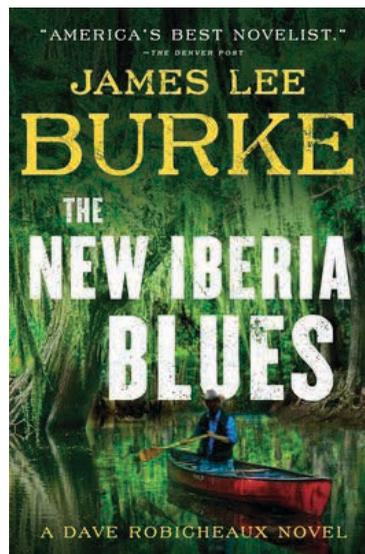
Hyde, old secrets that refuse to stay buried, and ruthless greed that keep Savich and Sherlock and Chief Ty Christie working at high speed to uncover the truth before their own bones end up at the bottom on the lake,” according to Publisher Gallery Books

The New Iberia Blues

A Dave Robicheaux Novel

By James Lee Burke

(Part of Dave Robicheaux)



“Detective Dave Robicheaux’s world isn’t filled with too many happy stories, but Desmond Cormier’s rags-to-riches tale is certainly one of them. Robicheaux first met Cormier on the streets of New Orleans, when the young, undersized boy had

foolish dreams of becoming a Hollywood director.

“Twenty-five years later, when Robicheaux knocks on Cormier’s door, it isn’t to congratulate him on his Golden Globe and Academy Award nominations. Robicheaux has discovered the body of a young woman who’s been crucified, wearing only a small chain on her ankle. She disappeared near Cormier’s Cypemort Point estate, and Robicheaux, along with young deputy, Sean McClain, are looking for answers. Neither Cormier nor his enigmatic actor friend Antoine Butterworth are saying much, but Robicheaux knows better.

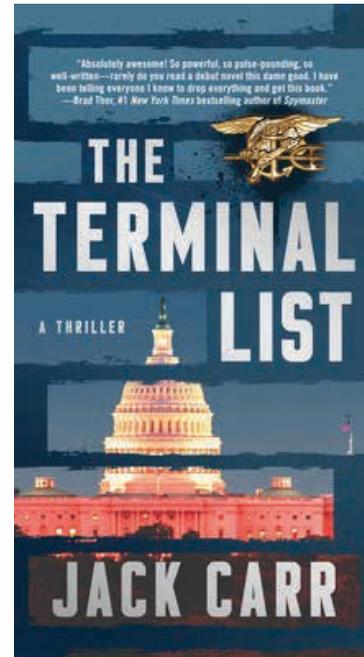
“As always, Clete Purcel and Davie’s daughter, Alafair, have Robicheaux’s back. Clete witnesses the escape of Texas inmate, Hugo Tillinger, who may hold the key to Robicheaux’s case. As they wade further into the investigation, they end up in the crosshairs of the mob, the deranged Chester Wimple, and the dark ghosts Robicheaux has been running from for years. Ultimately, it’s up to Robicheaux to stop them all, but he’ll have to summon a light he’s never seen or felt to save himself, and those he loves,” according to Publisher Simon and Schuster



The Terminal List

A Thriller

By Jack Carr



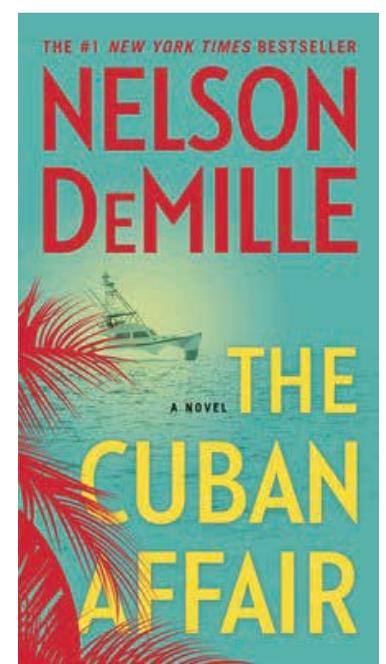
“On his last combat deployment, Lieutenant Commander James Reece’s entire team was killed in a catastrophic ambush. But when those dearest to him are murdered on the day of his homecoming, Reece discovers that this was not an act of war by a foreign enemy but a conspiracy that runs to the highest levels of government.

“Now, with no family and free from the military’s command structure, Reece applies the lessons that he’s learned in over a decade of constant warfare toward avenging the deaths of his family and teammates. With breathless pacing and relentless suspense, Reece ruthlessly targets his enemies in the upper echelons of power without regard for the laws of combat or the rule of law,” according to Publisher Pocket Books

The Cuban Affair

A Novel

By Nelson DeMille



“Daniel “Mac” Graham MacCormick seems to have a pretty good life. At age thirty-five he’s living in Key West, owner of a forty-two-foot charter fishing boat The Maine. But after serving five years in the Army and purchasing a boat with a big bank loan, Mac’s finances are more than a little shaky.

“One day, Mac is sitting in the famous Green Parrot Bar, contemplating his life, and waiting for Carlos, a hotshot Miami lawyer heavily involved with anti-Castro groups. Carlos wants to hire Mac and The Maine for a ten-day fishing tournament to Cuba at the standard rate, but Mac suspects there is more to this and turns it down. The price

Continued on page 26

Santa Fe, New Mexico: With a Spirit Uniquely Its Own

Santa Fe's dreamy Spanish character kindles a heady blend of local color, romance, legacy and spirit. A hidden jewel in New Mexico's northern desert, the small-town capital snuggles in the foothills of the magical Sangre de Cristo Mountains, the southernmost section of the Rocky Mountains.

A feast for the senses, perched at 7,000 feet above sea level, Santa Fe is crowned by an expanse of sun-drenched blue velvet skies, intermingled with puffs of powder-white clouds. In the shadows of the arched iridescent mountains below, red mesas dot the richly hued volcanic



Overview of Santa Fe Plaza

earth, and fragrant pinyon trees sway in the desert breeze.

Four centuries ago, New Mexico was the ancestral home of the Pueblo Indians. The Spanish invaded the territory and established the city of Santa Fe in 1610; Anglo pioneers made their entry in 1850. New Mexico, an isolated provincial capital, was over 300 years old when it was admitted to statehood in 1912. The blended tri-cultural heritage of ancient Native Americans, Spanish colonial, and modern Anglos exists to this day.

The essence of the American Southwest, Santa Fe clings to its architectural heritage and traditions. Buildings are a mix of Spanish

adobe and Indian pueblo, in earthy tones of deep to reddish browns and tans. Legend has it that the turquoise-blue trim seen on many houses is to keep evil spirits away.

Highlights of Things to Do in Santa Fe

Shrouded in tales of lurking ghosts, roaming spirits, and sorcery, Santa Fe whets your appetite for adventure. Whether you are a lover of nature, the arts, an opera buff, historian, poet, romanticist, or love to browse and shop, the mystique of Santa Fe beckons you. Stroll the narrow streets and lanes for a nostalgic journey into the past, a lifestyle which harkens back to bygone days.

Santa Fe Plaza has been the heart of the city since 1610. The tree shaded Square with its inviting park benches, retains its authentic character. It is rimmed with centuries old carefully preserved historic structures, and old adobe buildings that now

Story by Ronnie Greenberg • Photos by Joe Hilbers

house chic boutiques, gourmet restaurants and fine art and craft galleries. Around the portal is an open market where Native American vendors sell authentic traditional turquoise and silver jewelry and American arts and crafts. www.santafe.org

To the north under the portal of the adobe is the Palace of the Governors, the oldest public building in America. It is now a history museum and one of four Santa Fe State Museums supervised

A Santa Fe styled building from the turn-of-the-century that features works of New Mexico's masters including Georgia O'Keefe. The Museum of Indian Arts and Culture off the Santa Fe trail has the largest collection of contemporary Indian art in the world and is where Indian art is demonstrated. www.Indianartsandculture.org The nearby Museum of International Folk Art has one of the world's largest collections of folk art, including Southwestern His-



Chili peppers and garlic for sale

by the Museum of New Mexico. Artifacts from the city's colonial past, including a stagecoach are on display here. C:\Users\Debbie\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\3R2MJDWS\www.palaceofthegovernors.org Other state museums are the New Mexico Museum of Art located off the northwest corner of the Plaza.

panic works in their new wing as well as 130,000 objects from 100 countries. www.internationalfolkart.org

The Santa Fe School of Cooking founded by Susan Curtis in 1989 to showcase New Mexican agriculture and food products and distinct cuisine of the region. Chile-accented flavor piques



Native American Crafts in Santa Fe

Santa Fe, New Mexico: With a Spirit Uniquely Its Own

continued



Overview of the Loretto Hotel

the traditional Southwestern enchiladas, burritos, tamales, tacos, quesadillas, and vegetarian varieties. The school's director is Nicole Curtis Ammerman and they both invite you to learn to cook New Mexican cuisine by attending a cooking class here. Located at 125 N. Guadalupe Street. www.santafeschoolofcooking.com

Performing Arts

Santa Fe is home to several nationally known performing arts that include: The Performing Arts of the Santa Fe Symphony; Center for Contemporary Art; Ensemble of Santa Fe, New Mexico Repertory Theater; New Mexico Dance Coalition; Santa Fe Chamber Music.

Santa Fe Opera attracts people from all over the world for the seasonal Santa Fe Opera. Located 7 miles north of town, opera lovers

have enjoyed performances for over 40 years. Sitting majestically atop a mesa, like a gem in a perfect setting, the spectacular outdoor amphitheater replete with a partially opened roof opened in 1998. For information (800) 280-4654 or (505) 986-5900 www.santafeopera.org

The Georgia O'Keefe Museum opened in 1997 and is dedicated to collecting, preserving, and exhibiting the artists' world-famous paintings. The museum houses a



Entrance to the Loretto Hotel

permanent collection of her art. Located at 217 Johnson Street, (505)995-0785 www.okeefemuseum.org

Visit an Indian Pueblo

Northeastern New Mexico offers eight native Indian Pueblos, the oldest villages in America. Each pueblo is a sovereign entity with sacred areas, and their own special festivals. www.santafe.org

Historic Loretto Chapel

located on the grounds of the Inn and Spa at Loretto, the Chapel was built by Bishop Lamy for the Sisters of Loretto in 1853. It is famous for its spiral "miraculous staircase," built in 1878 without nails or any visible support.

Where to Stay

Santa Fe offers a variety of accommodations which include hotels, Inns and B&Bs.

A perfect place to unpack



Around the Portal, an open market along Santa Fe Plaza

your bags is at the Inn and Spa at Loretto that sits right in the center of town at Old Santa Fe Trail. Its Southwestern architecture is indicative of traditional Santa Fe design, and resembles the ancient adobe style of the Pueblo Indians. The lobby of the Inn is warmed by a kiva fireplace, and is replete with local handmade crafts, rugs and furniture. It is one of the most photographed buildings in the state of New Mexico.

Dining Luminaria, the on-site award-winning restaurant is surrounded by garden plants and fresh mountain air. It is applauded for both its unique setting and famed cuisine. At night as wind chimes tinkle and kiva hearths kindle, enjoy the most romantic dining in town while sipping a signature strawberry jalapeno margarita. Then be amazed by Executive Chef Sean

Sinclair's globally inspired menu that includes his famous Luminaria's tortilla soup. Enjoy your choice of honey glazed duck; chicken fried mushrooms; beef short ribs; grilled lamb t-bone; mussels and chorizo; or pan roasted Barramundi.

The Inn and Spa at Loretto is located at 211 Old Santa Fe Trail. (505) 988-5531 or www.hotelloretto.com

Where to Shop

Hundreds of unique shops and boutiques are located here. Much of the goods are made in Santa Fe and the Southwest. Santa Fe's artistic heritage has helped make it the third largest art colony in the nation, with over 220 galleries.

Canyon Road is known as the "art and soul" of Santa Fe and is where the art

Continued on page 26

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Did You Know?

New cholesterol guidelines from the American Heart Association emphasize a personalized approach to preventing and treating high cholesterol and cardiovascular disease. www.heart.org/cholesterol.

Millions of students, teachers, parents and community leaders celebrate School Choice Week from January 20 to 26. Learn more from the experts at www.schoolchoiceweek.com.

One in five Americans suffers from bunions. Foot and ankle surgeons have made several advancements to surgical techniques and fixation methods that allow patients to return to

activities sooner than with the traditional method. Learn more from the American College of Foot and Ankle Surgeons at www.FootHealthFacts.org.

Your car is always there for you. An oil change, tune-up and basic service can be a great way to return the favor, advises the nonprofit Car Care Council. For a free “Car Care Guide” and more information, visit www.carcare.org.

Your mobile phone and the Walgreens app can help you set a daily reminder to be sure you take your medicine. Learn more at www.walgreens.com/pharmacy.

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“Ninety percent of Raynaud's sufferers don't seek treatment and too many physicians pay short shrift to those who do,” says Lynn Wunderman, founder and chair of the Raynaud's Association. Learn more, including how you can help, at www.raynauds.org.

During National School Choice Week, millions of

students, parents, teachers, schools, organizations and community groups host events and activities to connect with parents and communities—celebrations such as school fairs, open houses, information sessions and student showcases.

The world's leading voluntary organization focused on heart and brain health, American Heart Association, and The Paul G. Allen Frontiers Group, a division of the Allen Institute, launched a \$43 million research project to bridge the science of vascular and brain health through revolutionary, out-of-the-box thinking.



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Let There Be Light

Continued from page 19

miles an hour, the show would be over and we would have missed the whole thing. Then would the light have just gone on forever? My flashlight won't, even with fresh alkaline cells.

From a practical viewpoint, our light would take as long to get to them as theirs to us, so what they are looking at even as we speak is probably primordial ooze and not even worth sending down a saucer to check out.

With dentistry edging into lasers at slightly less than the speed of light, could I bother to ask one little question here? There's something I don't understand. I'm sorry, it's not your fault, it's mine. I know you told me all this before, but could we just go over it once more? Just take a minute. I remember the acronym stands for "light amplification by stimulated emission of radiation," or LABSEOR, which was shortened to LASER because "by and "of" are prepositions and thus forbidden to appear in the middle of acronyms by the Joint Emergency Reserve Kibitzer Service (J.E.R.K.S.).

Laser's big feature is that it's *coherent* light. What might render you *incoherent* is the price. My question: What do I get for my \$40,000 dental laser besides some very fancy light that can cut, coagulate

and vaporize? Could I achieve the same degree of one-upmanship on the cutting edge of my ever-shortening life with a \$40,000 BMW? I'm just asking. I know it will only go about 120 mph, but at least it's the kind of traveling I understand.

MARCH Book Club

Continued from page 21

then goes up to two million dollars, and Mac agrees to hear the deal, and meet Carlos's clients — a beautiful Cuban-American woman named Sara Ortega, and a mysterious older Cuban exile, Eduardo Valazquez.

"What Mac learns is that there is \$60 million American dollars hidden in Cuba by Sara's grandfather when he fled Castro's revolution. With the "Cuban Thaw" underway between Havana and Washington, Carlos, Eduardo, and Sara know it's only a matter of time before someone finds the stash — by accident or on purpose. And Mac knows if he accepts this job, he'll walk away rich...or not at all," according to Publisher Pocket Books.

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Santa Fe

Continued from page 23

galleries are centered. Studios are set in quaint pueblo-styled homes. Jackalope on Cerrillos Road is famous for beautiful Mexican clay planters. Artisans sell jewelry, pottery, rugs, baskets and distressed pine furniture. Nambe' is a unique artistic line of cookware that has been handcrafted in Santa Fe since 1951.

For further destination information www.santafe.org



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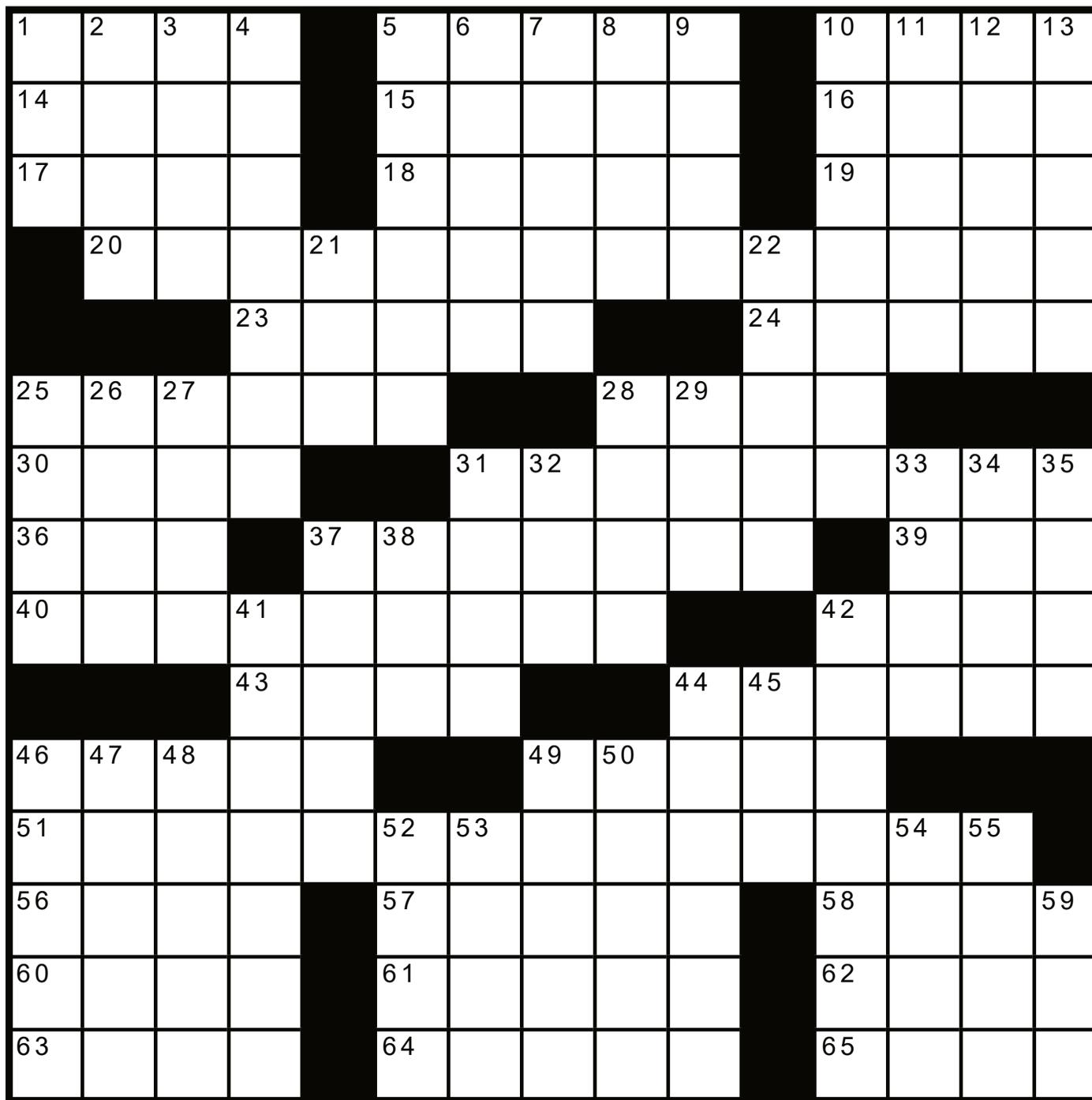
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March Crossword Puzzle

Across

1. Body shops?
5. French clerics
10. Folder labels
14. Reproduction
15. Triple
16. French 101 verb
17. Ticks off
18. Tack with long stitches
19. Area east of the Urals
20. Occurring outside the body
23. No longer on the plate
24. Some horses
25. English river
28. ___ account (never)
30. Tennis matches are divided into these
31. Peace imposed by ancient Rome
36. Blood letters
37. Ogle
39. Research site
40. Prehistoric
42. Roll call call
43. Business letter abbr.
44. Per
46. Earth tone
49. Oohed and ___
51. Haunt of Robin Hood
56. Anklebones
57. Chucked weapon
58. Columnists' page
60. Archipelago part
61. Chairs
62. River to the Ubangi
63. Latin love
64. Tree-lined walk
65. Observed



- | | | | | |
|-------------------|----------------------------|----------------------------|-----------------------------|----------------------------|
| 1. Chem. or biol. | 4. Methods | 21. Actress Charlotte | 34. Bust maker | 47. Abyss |
| 2. Skin opening | 5. Plate appearances | 22. Ready ___... | 35. Busy as ___ | 48. Greeting |
| 3. Acme | 6. Clamp | 25. Old autocrat | 37. Tendon | 49. Let's Make ___ |
| | 7. North American buffalo | 26. Greek goddess of youth | 38. Pampering, briefly | 50. ___ worse than death |
| | 8. ___'acte (intermission) | 27. Resting on | 41. Small dog | 52. Greek peak |
| | 9. Ooze | 28. Farm team | 42. Repulsive | 53. German auto |
| | 10. Dainty restaurant | 29. Heston's org. | 44. What Richard III offere | 54. Graf ___ |
| | 11. Cruising | 31. Bucket | "my kingdom" for | 55. Prefix with conference |
| | 12. Skater Boitano | 32. Coach Parseghian | 45. Apiece | 59. Bear lair |
| | 13. Closes | 33. Away from the gusts | 46. Port of old Rome | |

Answers on Page 38

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It's Flu Season: CDC Reminds Public That Antibiotics Do Not Treat Flu

Flu season is upon us and the Centers for Disease Control and Prevention (CDC) wants patients and families to remember that pre-prescription antiviral drugs, not antibiotics, are the treatment for influenza (flu). Antibiotics do not treat viruses that cause colds and the flu. They are only needed for treating certain infections caused by bacteria.

Remember that the best way to protect yourself and your family from the flu is by getting your annual flu vaccine. It's not too late to get vaccinated.

Know What's Got You Sick

Viruses cause infections like the common cold, flu, runny noses and most sore throats, and none of these are treated with antibiotics. Illnesses like strep throat, pneumonia and whooping cough are examples of illnesses caused by bacteria that can be treated with antibiotics.

Antibiotics Aren't Always the Answer

If you have the flu, taking antibiotics won't help to treat your flu illness. It is important to remember that any time you take antibiotics it can lead to antibiotic resistance and cause side effects.

Antibiotic resistance is one of the most urgent threats to the public's health and occurs when bacteria become

What's got you sick?

Common Condition	Common Cause			Are Antibiotics Needed?
	Bacteria	Bacteria or Virus	Virus	
Strep throat	✓			Yes
Whooping cough	✓			Yes
Urinary tract infection	✓			Yes
Sinus infection		✓		Maybe
Middle ear infection		✓		Maybe
Bronchitis/chest cold (in otherwise healthy children and adults)		✓		No*
Common cold/runny nose			✓	No
Sore throat (except strep)			✓	No
Flu			✓	No

* Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help you feel better.

resistant to the antibiotics designed to kill them. Antibiotic side effects range from minor—e.g., rash, dizziness, nausea, yeast infections—to very severe health problems, e.g., life-threatening allergic reactions or Clostridium difficile infection (also called C. difficile or C. diff), which causes diarrhea that can lead to severe colon damage or death.

When a patient needs antibiotics, the benefits outweigh the risks of side effects. Antibiotics save lives and are critical tools for treating a number of common infections like pneumonia and life-threatening conditions like sepsis.

Protect Yourself from Influenza (Flu)

You can protect yourself and others from the flu in three steps.

1) *Get vaccinated.* Everyone 6 months or older should get a yearly flu vaccine.

2) *Stop the spread of germs* by avoiding close contact with sick people. Avoid touching your eyes, nose and mouth, and cover your coughs and sneezes with a tissue. Clean your hands

often with an alcohol-based hand sanitizer or soap and water.

3) *If you get sick,* take antiviral drugs if your doctor prescribes them.

Find Out How to Feel Better

Most healthy people with the flu have mild illness and recover in less than two weeks without needing medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care.

If, however, you have flu symptoms and are at high risk of having complications from flu, or are very sick or worried about your illness, contact your health-care professional. Your doctor may prescribe antiviral drugs to treat your illness. People at high risk of having complications from flu include young children, people 65 years of age and older, pregnant women and people with certain medical conditions.

Visit www.cdc.gov/antibiotic-use for information on antibiotic prescribing and use, and visit www.cdc.gov/flu for information about the flu.

Children and adults 65 years and older are most susceptible to the flu, but vaccinations can protect you and your family.

Health Awareness

Protecting Your Vision From Diabetes

Diabetes kills more Americans each year than AIDS and breast cancer combined—and can cause serious problems throughout the body. According to the National Eye Institute, eye health, for example, can become critically compromised.

Around 30.3 million Americans, or 9.4 percent of the population, are living with diabetes, with about 1.5 million more being diagnosed every year. The longer someone has diabetes, the greater his or her chances are of developing diabetic retinopathy, or damage to the blood vessels in the retina. According to the National Eye Institute, between 40 and 45 percent of people diagnosed with diabetes have some degree of diabetic retinopathy.

While being overweight and leading a sedentary lifestyle are certainly linked to diabetes, social and environmental factors such as poverty, stress, and lack of safe housing and access to a healthy diet can also compromise your health and ultimately contribute to Diabetes kills more Americans each year than AIDS and breast cancer combined—and can cause serious problems throughout the body. According to the National Eye Institute, eye health, for example, can become critically compromised.

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While being overweight and leading a sedentary lifestyle are certainly linked to diabetes, social and environmental factors such as poverty, stress, and lack of safe housing and access to a healthy diet can also compromise your health and ultimately contribute to the development of type 2 diabetes. According to America's Health Insurance Plans, addressing these social determinants of health has become a top priority for Medicaid programs.

"We encourage our members with diabetes to have regular eye exams to rule out complications," said Dr. Andrea Gelzer, senior vice president of medical affairs at AmeriHealth Caritas, a national leader in Medicaid managed care and

Continued on page 34



Did you know that Walt Disney's classic film *"Dumbo"* has been recreated as a live-action movie? This may lead you to think, "That's great! A perfect film to take the grandkids to!" Um, maybe. Let's see.

The new *"Dumbo"* is actually light years away from what Uncle Walt gave the world many years ago; the feature sailing into theaters on March 29 is Tim Burton's own re-imagining of the iconic cartoon.

The first *"Dumbo"* had been Disney's fourth animated release — and the movie that rescued his studio after the commercial failure of *"Fantasia."* The original *"Dumbo"* featured few people and an uncomplicated plot line. In today's cinema world, that 1941 version just wouldn't fly (excuse the pun), hence the addition of several new characters, including some played by Tinseltown A-listers.

Holt Ferrier (Colin Farrell) is a former circus headliner who returns home from war a damaged man. He and his two children are hired to care for *"Dumbo"* by circus owner Max Medici (Danny DeVito). Due to his freakishly enormous ears, the pathetic creature has become the laughing-stock of Medici's second-rate

operation. But Holt and the kids soon learn that those same ridiculed ears offer Dumbo a chance for success in life.

Entrepreneur V. A. Vandevere (Michael Keaton) imagines the elephant as a headliner in Vandevere's new entertainment venue called Dreamland, a place where a shiny veneer can hide dark and unsavory secrets. Along with Vandevere, circus aerialist Colette Marchant (Eva Green) and Wall Street mogul J. Griffin Remington (Alan Arkin) all manage to push their way into Dumbo's world when they also foresee star potential — and piles of cash — in the precocious pachyderm.

With the inimitable Tim Burton behind the camera, you know that this *"Dumbo"* is going to be a little eerie, a little dark, probably a bit melancholy. Add in the fact that Ehren Kruger, who wrote or co-wrote such sophisticated fare as the *"Transformers"* sequels, *"Scream 3"* and the first two *"The Ring"* movies, is the writer behind this screenplay, and you may be more inclined to invite your hip teenage grandchildren to accompany you to March's *"Dumbo"* rather than some younger family members.

This time around, *"Dumbo"* offers no sympathetic Timothy Q. Mouse and (mercifully) no trash-talking, racist crows. But whatever Burtonesque touches do make their way into the new feature, the touching tale is still guaranteed to yank at viewers' heartstrings. You may want to take along some pocket tissues if you go. And if you bring those hip teenage grandchildren, maybe add a second tissue packet. Just in case.

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Are you or a loved one living with behavioral symptoms from an age-related brain disease?

A clinical trial investigating a possible new drug for the treatment of behavioral symptoms from age-related neurodegenerative diseases is now accepting volunteers.

Age-Related Neurodegenerative Disease Clinical Trial Summary

Neurodegenerative diseases affect millions of people worldwide. Alzheimer's disease and Parkinson's disease are the most common types. Although treatments may help relieve some of the physical or mental symptoms associated with neurodegenerative diseases, there is currently no way to slow disease progression and no known cures.

Local doctors are seeking volunteers for a clinical research study to test the effectiveness of an investigational drug for those with behavioral symptoms due to age-related neurodegenerative diseases.

Qualified participants must:

- Be at least 60 years old
- Have a designated partner and/or caretaker during study
- Have a diagnosis of one of the following disorders:
 - Parkinson's disease
 - Dementia with Lewy bodies (DLB)
 - All-cause dementia, possible Alzheimer's disease (AD)
 - Frontotemporal degeneration spectrum disorder

Qualified participants may receive all study-related care and study-related medication at no cost. Compensation for time and travel may be provided as well.

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Word From Washington

Building A Medicaid Bipartisan Bridge

by Jeffrey Lewis

With the nation increasingly politically divided, two United States senators are reaching across the aisle to work on a growing problem facing Medicaid: truth in rebates.

The bipartisan duo, Senators Chuck Grassley (R, Iowa) and Ron Wyden (D, Oregon), have reintroduced the Right Rebate Act of 2018, which would close a loophole in Medicaid that has allowed pharmaceutical manufacturers to misclassify their drugs and overcharge taxpayers by billions of dollars. The bill also affords the Department of Health and Human Services additional authority to ensure drugs are properly classified. The legislation would give the Secretary of Health and Human Services (HHS) greater authority and tools to monitor drug manufacturers that participate in the Medicaid Drug Rebate Program (MDRP) and would allow the Secretary to impose civil monetary penalties when drugs are expressly misclassified.

The Senators' argument: Pharmaceutical manufacturers are gaming the system by intentionally misclassifying drugs to reduce rebate obligations and starving states of millions of dollars owed. The bipartisan legislation fixes that problem and sends a clear signal

to PhRMA companies that neither Republicans nor Democrats will tolerate the callous disregard of honesty and transparency in government.

The senators should be applauded for their courage to work collaboratively to solve a pressing health care issue, putting the needs of the nation ahead of politics.

They follow a trail blazed by Senators Patrick Moynihan (D, NY) and John Heinz (R, PA), who argued more than 29 years ago that the federal government was using the Social Security Trust Fund to mask the size of the deficit. Moynihan referred to it as thievery; Heinz called it embezzlement.

In an era in which bipartisanship has become a rarity, the work of Senators Grassley and Wyden should not be ignored. Their courage to collaborate and their willingness to continue to tackle tough, often boring health care issues shines like a beacon in the dark tunnel of congressional fingerpointing.

For many years, Senator Grassley has doggedly pursued the truth in government spending, much as former Senator Bill Proxmire, a Democrat, did before him. Grassley's commitment to honesty in government is well known in Washington, D.C. Senator Wyden, who

Continued on page 32

Busy Boomers

By Les Goldberg

Silver Hair & Silver Screens

By the time you read this, the 91st Academy Awards will be another chapter in motion picture history and the new golden Oscars will be nestled in the trophy cases of movie star homes.

For senior moviegoers, however, it is the ideal time to go on an old-fashioned movie date to see what all the fuss is about as the winning flicks invade local theaters en masse. When it is time to decide which movies, you want to see first, my recommendation is to ignore so-called professional critics in the newspapers and on TV. Go see for yourself if you like a particular movie.

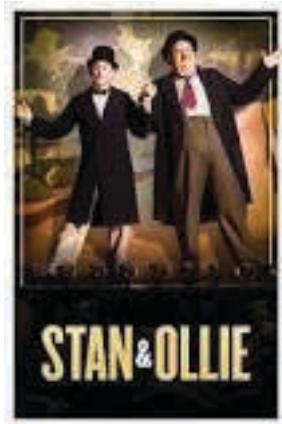
This year's crop of films is large – and provides plenty of variety, from funny to sad, from scary to adventurous and everything in between — that the Baby Boomer generation can relate to. They include:

“On the Basis of Sex”



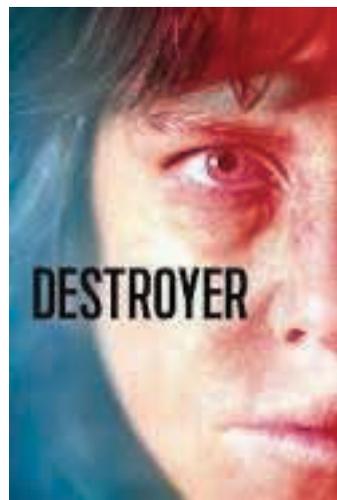
The story of Supreme Court Justice Ruth Bader Ginsburg's journey through Harvard Law School and during her early career is an inspiration for women. Felicity Jones plays the leading role and co-stars with Sam Waterson, 78, and Kathy Bates, 70.

“Stan & Ollie”



Nostalgic and bittersweet, this biopic about the comedy duo Laurel and Hardy stars Steve Coogan, 53, as Laurel, and John C. Reilly, 53, as Hardy. Playing the role of Hal Roach, founder of Hal Roach Studios in Culver City, is Danny Huston, 56, son of actor John Huston.

“Destroyer”



You never saw Nicole Kidman, 51, look scarier than she does as an undercover cop in this dark drama with plenty of action set in the seedy section of L.A.

“Mary Poppins Returns”

On the lighter side, producers of “Mary Poppins Returns” are hoping for blockbuster box office results even without the iconic Julie Andrews as the magical airborne nanny now played by Emily Blunt. In this version, Michael Banks, played by Ben Whishaw, is almost bankrupt thanks to his late wife's medical bills, so a wily banker (Colin Firth) tried to evict his family. The plot is thickened by Meryl Streep and her upside-down house, Angela Lansbury and her climactic “Let's Go Fly a Kite” musical number, Lin-Manuel Miranda's (Hamilton) singing and 93-year-old Dick Van Dyke performing the original “Supercalifragilistic” tune.

“The Mule”



If you are a big fan of Clint Eastwood, which I am, you're going to love “The Mule.” Eastwood, 88, is wonderful as a 90-year-old horticulturalist who goes broke and becomes the Mexican Sinaloa cartel's most successful drug runner. An unlikely tale based on a true story, it is the most ambling DEA versus druggies movie ever, less focused on

the thrill of the chase than on the life of the hero. One critic said, “The Mule” would be an ideal double bill with Robert Redford's fact-based “The Old Man and the Gun.” I agree.

“The Favourite”



If you like period movies, “The Favourite” is your cup of tea. Olivia Coleman, 44, plays the 18th century Queen Anne in this fast-paced, funny and raunchy film. Decadent, depraved, grief-stricken, she binges on cake and manipulative, two-faced wooing of her lady-in-waiting, Sarah, played by Rachel Weisz, 48. The real Lady Sarah, ancestor of Winston Churchill and Princess Diana, was described by the “Telegraph” as “the world's most ambitious woman.”

But into the palace of intrigue comes Sarah's rival, her wide-eyed yet equally ambitious cousin Abigail, played by Emma Stone, 30, who attempts to establish herself as the royal favorite.

“Widows”

This movie is billed as the “Ocean's 8” for smart people. Why? Imagine a gang of widows continuing what their husbands couldn't do — pull

off a \$5 million robbery without getting killed. The cast is brilliant: Liam Neeson, 66, as the robber husband of Viola Davis, 53, and Robert Duvall, 87, Colin Farrell, Brian Tyree Henry and Daniel Lualaba. But the real star is Davis who swiftly masters the heist with her widowed crew of Cynthia Erivo, Elizabeth Debicki and Michelle Rodriguez.

“Green Book”



Another true story is “Green Book,” a socially conscious drama and partly funny tale of Tony Lip, Mafia nightclub bouncer played by Viggo Mortenson, 60, from “Lord of the Rings,” the bodyguard and lifelong friend of piano genius Donald Shirley, played by Mahershala Ali, 44. Both are on a dangerous concert tour of the South in 1962 when black visitors were wise to carry “The Negro Motorist Green Book” to locate places where they might have a better chance of safety.

“Can You Ever Forgive Me?”

Melissa McCarthy gives an Oscar-worthy performance as the actual celebrity biogra-

Continued on page 32

History of St. Patrick's Day



The history of St. Patrick's Day in America, however, begins with Irish soldiers serving in the British army. Befitting of the Irish, it is a tale of Irish patriotism and evolving political power. That very first parade in New York City not only helped the homesick Irish soldiers connect with their roots through the familiar strains of traditional Irish music—usually featuring bagpipes and drums, but also helped them to connect with one another, finding strength in numbers. Over the years as nearly a million Irish immigrants fled to America in the wake of the Great Potato Famine, St. Patrick's Day parades became a display of solidarity and political strength as these often ridiculed Irish immigrants were frequently victims of prejudice. Soon enough, their numbers were recognized and the Irish soon organized and exerted their political muscle, becoming known as the “green machine”.

Today, St. Patrick's Day celebrations abound. Decidedly less religious, St. Patrick's Day celebrations continue to be a show of Irish strength and patriotism. So, get out your green and get ready to celebrate!

Medicaid Bipartisan Bridge

Continued from page 30

built his political career on creating health care solutions for seniors, also stands as a national icon for transparency in health care spending and is a hero to those without a voice.

While neither senator could be considered a household name outside his home state, in the world of health care, both men represent something special: integrity. Their zeal to solve this specific Medicaid problem should be appreciated by every governor in the nation, as it has the potential to free up funds to operate health care programs in their states. But most importantly, the senators' bipartisan collaboration sets a tone long missing in politics that others would do well to follow.

• *Jeffrey Lewis is the president and CEO of Legacy Health Endowment in Turlock, Calif. The views expressed are his own.*



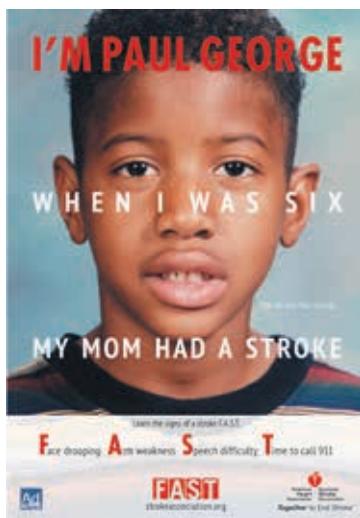
Busy Boomers

Continued from page 31

pher Lee Israel, whose books stopped selling, so she started forging and selling letters from Dorothy Parker and Noel Coward. Co-starring Richard Grant, 61, her character is outrageous and sometimes nasty as she maintains her charm while consumed with cats and alcohol.

“A Star Is Born”

A revisit to the classic story of an unknown talent from discovery to skyrocketing fame. “A Star is Born” has plenty of star quality with Lady Gaga, Bradley Cooper, Sam Elliott, 74, and Andrew Dice Clay, 61. Who knew Cooper could sing?



Helping Heroes

The Department of Defense reports that 1.3 million Americans serve in the military.

If you or someone you care about is ever among them and sent overseas, you may be glad to learn about an organization that's been assisting members of the U.S. armed forces, veterans and their families since the early 1900s: the American Red Cross. It provides emergency communication services, resiliency programs and morale activities.

“We are committed to delivering critical services with a caring touch wherever and whenever they're needed—24 hours a day, seven days a week, 365 days a year—for military members and their families at home and around the world,” said Koby Langley, senior vice president for Service to the Armed Forces at the Red Cross.

Now, the organization is expanding support for U.S. military personnel in Eastern Europe with a new office in Romania.

In addition to aiding military members and their families, the American Red Cross shelters, feeds and provides emotional support to disaster victims; supplies about 40 percent of the nation's blood; teaches lifesaving skills; and provides humanitarian aid. A not-for-profit organization, it



Military personnel and their families have a new place to turn to for support.

Service members can get critical services delivered with a caring touch all around the world.

depends on volunteers and the generosity of the American public.

Learn More

The free Hero Care App helps members of the military and veteran communities access emergency and other Red Cross services anywhere in the world.

Go to your app store or text GETHEROCARE to 90999 to download the app. For further facts, visit www.redcross.org.



Why—And How—To ‘Heart’ Your Kidneys, Every Day

Many people don't know it, but when your kidneys stop working, so do you. Your kidneys are as essential to life as other vital organs, such as your heart. Kidney healthy is also heart healthy, so when you “Heart Your Kidneys,” you also show love for your heart. That's because the No. 1 cause of death in people with kidney disease is heart disease.

The Problem

More than 30 million American adults are estimated to have chronic kidney disease, and most are unaware of it. One in three American adults is at risk for chronic kidney disease. It's the ninth leading cause of death in the U.S., and growing in prevalence. For many people, dialysis or a transplant is needed just to stay alive.

What To Watch For

Risk factors for kidney disease include diabetes, high blood pressure, heart disease, obesity, and a family history of kidney failure. People of African American, Hispanic, Native American, Asian or Pacific Islander descent are at increased risk for developing the disease. African Americans are three times more likely than whites, and Hispanics are nearly 1½ times more likely than non-Hispanics, to develop end-stage renal disease, also known as kidney failure.

The National Kidney Foun-



Angelica Hale, National Kidney Foundation Kid Ambassador, transplant recipient, and “America's Got Talent” runner-up.

ation (NKF) urges everyone with risk factors to speak with their doctor about taking the two simple tests, blood and urine, to check for kidney health. And if you don't have major risk factors for chronic kidney disease, you should still discuss your kidney health with your doctor. Even if you inherit kidney disease, you may be able to slow its progression with lifestyle changes. You can join the conversation on social media and post #HeartYourKidneys. NKF is the largest, most comprehensive and long-standing organization dedicated to the awareness, prevention and treatment of kidney disease.

What To Do About It

On World Kidney Day, March 8, throughout March—National Kidney Month—and at any time of year, NKF says, all Americans should “Heart Your Kidneys” by following some simple tips.

“Eat right, exercise, drink water, and keep your kidneys healthy, because whatever you're good at, there's only one you,” says 10-year-old

“Ameri-ca's Got Talent” singer, kidney transplant recipient, and first-ever NKF Kid Ambassador Angelica Hale in a new “Heart Your Kidneys” video public service announcement.

At age 4, Angelica's kidneys failed. Her mother, Eva Hale, donated one of her own kidneys to her daughter to save her life. Today, both mother and daughter are healthy. Angelica has also become NKF's newest kidney advocate on Capitol Hill at the Kidney Patient Summit in Washington, D.C., by supporting NKF legislative priorities.

Fast Kidney Facts

- Your kidneys are located in the back just below your rib cage.
- Each of your kidneys is about the size of your fist.
- The kidneys' major function is to remove waste products and excess fluid from the body.
- Kidney disease usually affects both kidneys.
- Nearly 100,000 people in the U.S. are waiting for a kidney transplant.

Learn More

For more information about kidney health, visit www.kidney.org.



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

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

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

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

Age Well
Senior Services

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS

Protecting Your Vision

Continued from page 29

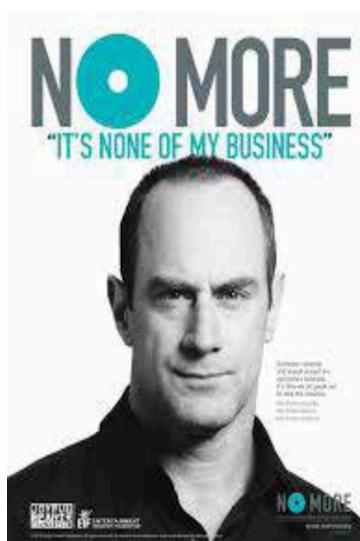
other health care solutions for those most in need. “We educate our members so they understand that living a healthy lifestyle, controlling their blood sugar and having regular eye exams can help save their vision.”

Simple steps can help mitigate the effects of diabetes and may potentially delay complications from diabetic eye disease, including controlling your blood sugar and blood pressure, monitoring your cholesterol, seeing your doctor regularly, and having a dilated eye exam at least once per year—or more if recommended by your eye care professional.

AmeriHealth Caritas is part of the Independence Health Group in partnership with Blue Cross Blue Shield of Michigan and one of the nation’s leaders in health care solutions for those most in need.

Learn More

For further information, visit www.amerihealthcaritas.com.



Are You Seeking a Care Facility For Your Loved One?



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

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

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

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

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

Veterans resources, Adult Protective Services and Social Services.

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

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

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

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

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

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

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

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

SR: What is the cost of using RCPS services?

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

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

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

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

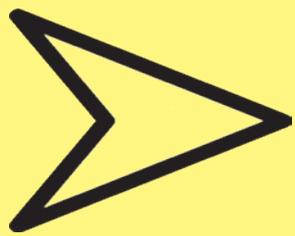
“Thanks for your help. Those we serve found a window of hope.”

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

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

See our ad on the back cover





In The Spotlight

By Debbie L. Sklar

Roy Haddix CPA Has Tax Advice for Seniors Before April 15 Deadline

If you have been putting off doing your taxes not to worry, Roy Haddix, a CPA with years of experience is ready to offer up some advice. He is also someone who is working with TurboTax Live this year to help those struggling to spin the numbers. Here's more about him and some tips.



TurboTax Live combines the ease, convenience and technology that taxpayers love about TurboTax with on-demand access to the expertise of real CPAs and EAs — in English and Spanish. Forget traveling to a tax store appointment or waiting in line, TurboTax Live experts are available during business hours, when and where taxpayers need them — delivering ultimate convenience

Q: Who would be best served by using TTLive?

A: Anyone who has a question about their taxes for changes in their life events, tax reform, or who wants tax advice to move forward and get the maximum refund they deserve. TurboTax Live experts can review, sign and file for you. We are all 100 percent credentialed and we don't go away after April 15. Self-employed people who are retired may have some questions. A lot of retired people are taking on side gigs and like

me, I want to know about all the tax implications and how it could affect my Social Security Benefits.

Q: Seniors often need some assistance with taxes and rely on their CPA, would you recommend TTLive? Why?

A: For those who want tax advice or, for instance, are self-employed and need to pay quarterly estimated taxes, may need more assistance with their taxes and we are here to help them year-round. One of the benefits of TurboTax Live is that via-one-way video through your laptop or mobile device, you can talk to a TurboTax Live Tax Expert from the comfort of your home without having to leave your home. You can see us, we can't see you. Our experts can see your return, and only your return, and are able quickly an-

swer your questions. You can then file your return with confidence knowing that you have been assisted by one of our tax experts.

Q: How much is it to add TTLive to TT if you already have the software?

A: This year, whether you have a simple or more involved tax situation, TurboTax Live can be added to your return for prices starting at \$50.

Q: How often can someone contact TTLive?

A: On-demand, all year-round.

Q: What are the biggest issues or things that seniors have trouble with when prepping their taxes?

A: 1 in 5 taxpayers are becoming self-employed every year and many of them could be retirees. There are a few things to know if you are retired and drawing social security. If you or your spouse already receive social security income and are also receiving other taxable income, such as retirement income or jumped into self-employment, your social security income may now be taxable. Be aware that earning taxable income or receiving taxable retirement distributions may also make up to 50 percent to 85 percent of your Social Security income taxable. If you

receive retirement distributions and have federal taxes taken out, you should file even if your income is below the IRS income filing threshold (\$13,600 single person 65 or over, \$25,300 married and one spouse is 65 or over, \$26,600 married and both spouses 65 or over) you may have a refund coming. Every year the IRS reports close to 1 billion dollars in unclaimed refunds due to people not filing because they are under the IRS income threshold

Q: Is TTLive easy to use? How so?

A: TurboTax Live is available on all your devices. Mobile and desktop or laptop. This way you can do your taxes when and where you want to. You can also make an appointment with a tax expert.

Q: Why is prepping one's taxes so scary for most people?

A: No need to be worried! TurboTax is up to date with current tax laws and has you covered TurboTax is a trusted resource with 30 years of tax expertise, plus technology, tools, and experts to make sure your taxes are done right. We will translate and help you understand what new laws mean to you, and if you want to talk to a CPA or an enrolled agent or tax attorney you are covered

with TurboTax Live. Don't worry about knowing tax laws or forms. Our tax experts can ask you simple questions about you and help you get the tax deductions and credits you are eligible for based on your answers. You can also connect live via one-way video to a TurboTax Live CPA or enrolled agent or tax attorney to get your tax questions answered. A TurboTax Live tax expert can also review, sign, and file your tax return.

Q: Five best tips you have for seniors when getting ready to prep their taxes?

A: When you retire, your life changes, and your tax situation changes as well. Here are tips to make retired life less taxing and more relaxing.

Think before you commingle retirement accounts. Although rolling all your retirement accounts into one giant IRA may seem like a good idea to simplify your life, think carefully before you do. If you might go back to work and want to roll funds into your new employer's 401(k) plan, keep prior 401(k) funds in a separate IRA so you can do so.

Take required minimum distributions on time. You must

Continued on page 40

A Vibrant Life in Coastal Orange County
MBK Senior Living Offers a Solution for Every Need

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PHYSICAL
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IN
YOUR
HOME



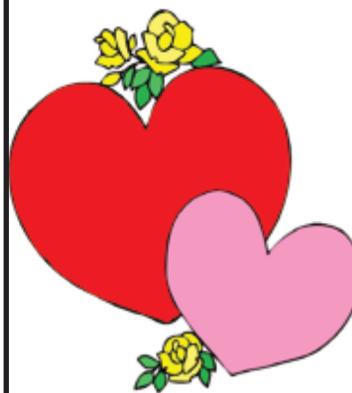
OUTPATIENT PHYSICAL THERAPY IN THE
COMFORT OF YOUR HOME

MEDICARE ACCEPTED

(714) 580-2868

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

**With A
Heart for
Seniors**



Three Steps Toward A Better Retirement

Did You Know?

To finance your lifestyle in retirement, you can sell a life insurance policy you don't need for as much as seven times the cash surrender value through a Life Settlement, says the nonprofit Life Insurance Settlement Association (LISA). Learn more at (888) 504-8561 and www.lisa.org.



items like a new roof or a big vacation for the money to be around as long as you are.

For seniors who have already entered retirement, there are some important things that can be done in 2018 to make it better and more fulfilling:

1. Consider your spending. Create a budget and track your expenses.

Most experts say you'll need at least 70 to 80 percent of your current income to live the same lifestyle in retirement, so after you figure what you'll get from Social Security and any other income sources, you'll need to create a nest egg that can throw off that much without your having to use any of the principal.

Also, your retirement can last for a good long time. According to AARP, a healthy, upper-middle-class couple who are 65 today have a 43 percent chance that one or both partners will live to see 95. Financial planners now advise that you withdraw no more than 3.5 percent a year out of your savings for both your regular expenditures and one-time

2. Take that dream trip while you can. Research by Joseph K. Goodman of Washington University in St. Louis, and Sarah Lim at Seoul National University, South Korea, among others, shows experiences bring more happiness than things. You want to get in as many good times as you can while your health holds out.

Another impetus: Many hotels, resorts, restaurants, attractions and tour operators offer special discounts for older travelers. For example, for less than \$100 you can get a lifetime pass that lets you enjoy every national park in the country. Ask when you book about discounts for seniors and you may save enough for an extra trip or two.

3. Inventory your assets for sources of cash. For example, take a good look at any life insurance policy you no longer need. It could be sold for a significantly greater amount than the policy's cash surrender val-

Continued on page 41

Coalition Vows To Reform Dark Underbelly Of Timeshare Industry

The timeshare industry is infamous for perceived high-pressure sales techniques, for locking millions of people in perpetuity with noncancelable contracts, and for practices that can make it difficult for owners to vacation where and when they want. Dozens of lawsuits have alleged that consumers are subject to fraud, deception, preying on the elderly, and violations of numerous local, state and federal regulations. Now, the Coalition to Reform Timeshare (CRT) has been launched to advocate for the rights of over 9 million timeshare owners in the U.S.

“The timeshare industry has a dark underbelly and it is time for reform,” said Brandon Reed, a founding member of the Coalition. “The Coalition to Reform Timeshare will be forcefully advocating for a strict code of ethics for timeshare companies, transparency in their sales techniques, and for the rights of all timeshare owners.”

Large numbers of timeshare owners regret their purchases. Contributing to this dissatisfaction are the financial burdens of steadily growing maintenance fees that average almost \$1,000 a year, high interest rates on financing, a virtually nonexistent resale market, and the inability for owners to ever cancel their timeshares, according to recent industry reports.



Frank and Betty Lusk were stuck with a timeshare they didn't want.

Betty Lusk, 88, from Sun City West, Ariz., recently tried to get out of a timeshare contract that she and her husband Frank Lusk, 89, were sold, but found it would be nearly impossible. After a high-pressure sales pitch, the couple soon learned the contract they signed was totally different than what they understood it to be. Then, not only would the company not let them opt out, but they were shocked when they received the bill for their annual fees.

“I mean, we got that notice and we about fell over,” said Mrs. Lusk. “Nineteen thousand-plus dollars for one year. Just maintenance fees.”

Mr. Lusk agreed, “We really lost sleep over that.”

And the Lusk family is not alone. According to an August 2017 survey, 47 percent of timeshare owners want out of their contract because of money-related issues. However, the resale market for timeshares is virtually nonexistent. A quick search on the Internet shows that hundreds of timeshares are listed on eBay for as little as a penny.

“Together, we are going to change the way the timeshare industry works by finally holding the big developers' feet to the fire of honesty and consumer fairness,” said Reed.

The Coalition to Reform Timeshare is inviting individual timeshare owners and organizations to become members to share personal stories of problems with timeshare ownership and bring change to the industry. To join the Coalition or share your story, go to www.ReformTimeshare.org.

“I’VE NEVER UNDERSTOOD WHY MY HUMAN WON’T LEAVE THE HOUSE WITHOUT HER LEASH. I THINK SHE’S AFRAID OF GETTING LOST. BUT IT’S OK, I KIND OF LIKE SHOWING HER AROUND.”

—HARPER adopted 08-18-09

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Caregiving Resource Center
Care for your loved one. Care for yourself.

Ad Council AARP

American Heart Association



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

—COLBY
adopted 06-18-11

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

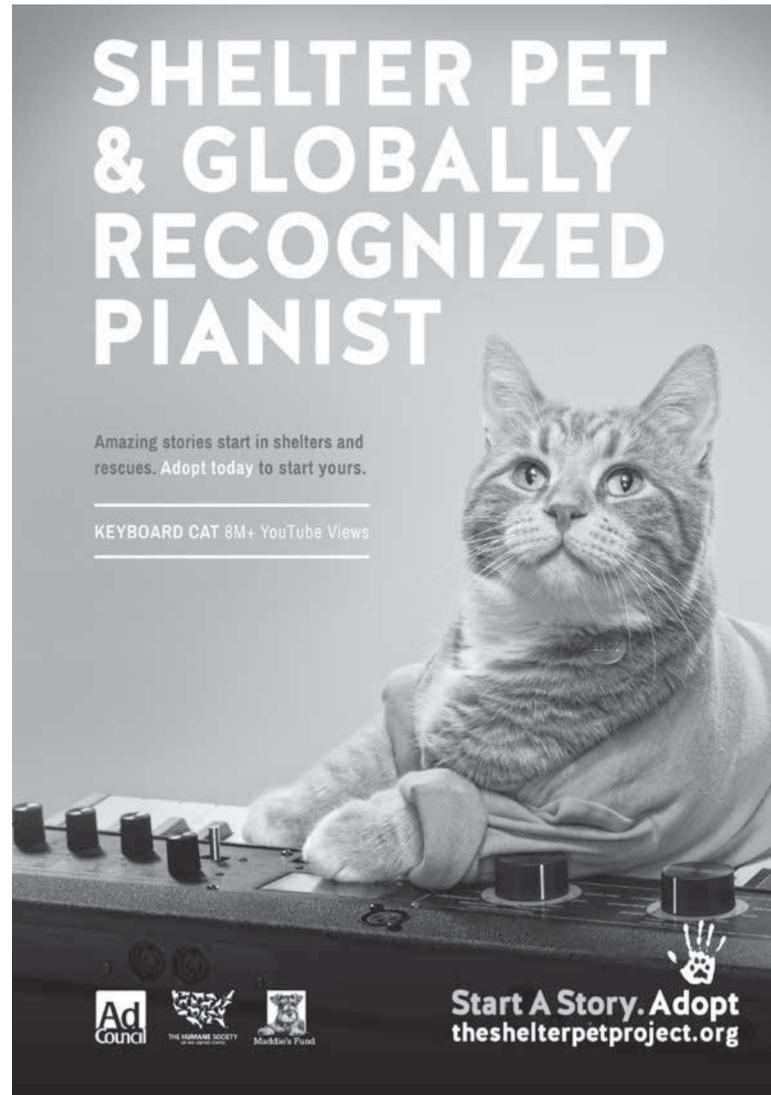
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UC Irvine Willed Body Program

Whole Body Donations For Medical Science



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



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

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

Crossword Puzzle Answers from page 27

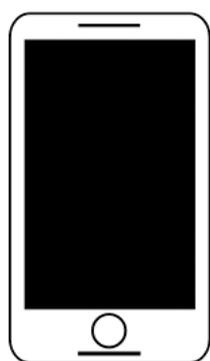
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JUST JUDITH

By Judith A. Rogow

Who Steals My Purse?

According to Shakespeare, “*Who steals my purse, steals trash.*” The Bard used the quote to show Iago valued his reputation more than worldly goods.



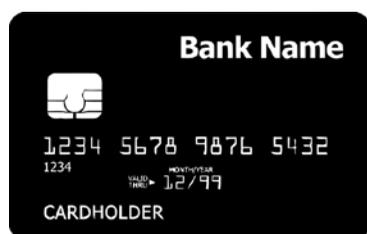
These days it sometimes seems our reputation and our worldly goods are the same thing, and many of us carry both in our purses or wallets.

The most obvious connection to “worldly goods” is cash, but the biggest threats to your reputation are the little oblongs of plastic, paper or cardboard in your wallet or the “hidden” pocket of a tote or purse.

Although the new Medicare Cards no longer show our assigned Social Security numbers, addresses, ages and other identification are on drivers licenses. Please be sure the Medicare Card you have is the latest one and the prior card has been safely destroyed or securely stored in a locked space not tossed in a drawer or car glove box. The last four numbers of your SSC can be used to clone the full string of information and do incredible damage to your financial security.

Perhaps the most dangerous item in your purse (or wallet) is a debit card. Although most financial institutions now require a PIN number, some don’t, and some people don’t bother changing the cards when the new one arrives.

Should your credit card be stolen, the bank will refund the amount and repair any credit problems. This is why you may receive calls or have a card refused if out of town or you’ve made a very large purchase. The bank or credit union wants to start following up on any suspicious activity immediately to have the best chance of stopping the problem before it costs them more money.



If your debit card is compromised it’s as if you handed cash to the robber. You are out the amount with no recourse. Recent studies have shown that gas stations and ATM kiosks are prime targets for electronic debit card “skimmers.” Pay cash whenever possible and always get a receipt. Self-checkouts in certain large discount stores have also been mentioned as places to be especially vigilant. The latest skimmers have become so so-



phisticated that they could be hidden in a car parked close by gas pumps or near an ATM as they do their nefarious work.

Something many, if not most, of us carry is a so-called “Smartphone.” Just stop and think about the information you have stored in that handy little gadget. You likely have information about family, friends, club members and medical personnel, as well as a calendar with reminders showing when you plan to be away from home and for how long. With that information and the set of keys in your snatched purse or picked pocket a thief has instant access to your home.

Do you carry a USB drive or two with you? That half-finished manuscript or file of recipes may seem innocent, but a savvy hacker could lift data you didn’t even know existed.

Some of us carry odds and ends of jewelry, a watch or a special pin you keep forgetting

Continued on page 40

Hints For Homeowners

Life Is Loud—But You Can Still Enjoy A Quiet Home

Home life is changing, so sound dampening is more important than ever. Life is getting louder inside and around the home. Televisions, home theaters, computers and video games blare from almost every room. Family cell phones ring or buzz. Life gets loud.



Installing stone wool insulation on interior walls can control sound, delivering peace and quiet to your home.

So much so, in fact, that the National Institute on Deafness and Other Communication Disorders says as many as 26 million Americans have high-frequency hearing loss likely caused by exposure to excessive noise.

Excessive noise is also linked to tinnitus, sleep deprivation, cardiovascular disease and an increased risk of mental illness. A German study found that depression and anxiety increased as annoyance from noise increased.

Fortunately, there can be a way to protect yourself and your family. Your home’s insulation can do more than keep you warm in the winter and cool in the summer. The right kind can help transform your home into a quiet retreat and sanctuary from the outside world.

The next time you have the opportunity to reinsulate your home, soundproofing insulation can be an excellent choice to help you escape everyday noise. Stone wool insulation

is a top choice for professional recording studios since it’s an excellent acoustic barrier that actually absorbs the sound. One, Rockwool Safe ‘n’ Sound stone wool insulation, is a performance-tested product that provides higher sound absorption against low-frequency (bass) ranges that other types of insulation struggle to block.

In addition, it’s:

- Easily cut
- Noncombustible, with a melting point of approximately 2,150° F
- Fire resistant
- Not likely to rot or promote the growth of fungi or mildew
- Water and moisture resistant.

For great soundproofing results, you can install the stone wool insulation in your home theater, basement, home office, laundry room, furnace room and even the washrooms. Its high-density and unique fiber structure reduces noise traveling from one room to another.

Learn More

For further facts, visit www.rockwool.com/products/safensound.



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In The Spotlight

Continued from page 35

your volunteered time is not. In addition, you can deduct any expenses you incur in connection with volunteering, such as transportation costs, supplies, uniforms and the like.

Deduct continuing care payments. If you are living in a continuing care facility, a portion of the monthly payments likely are medical expenses that you can deduct. Ask your continuing care facility for a statement that say what portion of the bill is tax deductible. You'll get a tax deduction to the extent those payments plus your other medical expenses exceed 10% of your income (7.5 percent if you are 65 or older).

Don't waste tax deductions. If you are in a low tax bracket or have itemized deductions that exceed your income, take taxable distributions from your retirement plans, even if you don't need the money. Those funds will be subject to little or no tax, and you'll avoid it being taxed at higher tax brackets later when your income has increased, and your tax rate has gone up.

Contribute to a 401(k) if you can. If you work during retirement and have a retirement plan available to you, contribute as much as you can. When you quit working you can draw funds from the plan, likely paying tax at a lower rate than when you were working.

Deduct investment expenses. Any fees you pay for investment advice or accounting services may be tax deductible if they exceed 2 percent of your income. You can also deduct safe deposit box fees and other investment expenses you incur, such as subscriptions to investment publications.

Claim the standard deduction. If your mortgage is paid off, you may not have many itemized deductions. If you are 65 or older, you are entitled to a higher standard deduction in lieu of itemizing deductions.

Take Qualified Charitable Distribution (QCDs) from Retirement Accounts. One of the best tax breaks for retirees is the tax-free Qualified Charitable Distribution which was permanently extended. If you are 70-1/2 or older you may be able to exclude from income distributions up to \$100,000 paid directly to a qualified charity from your IRA account. This is a huge tax savings for retired taxpayers required to receive distributions from their retirement who have paid off their homes and no longer have big tax deductions like mortgage interest.

Sell your home and downscale. If you sell your home, even if you've accumulated substantial equity you may not have to pay any tax on your profit. If you have lived in your home for at least two out of the five years before you sell, your profit of up to \$250,000 (\$500,000 on a joint tax return) is not taxable.

There's no need to know all these tax tips. TurboTax will help you claim the tax deductions and credits you are eligible for whether you are planning for retirement or you are in retirement so you can keep more money in your pocket.

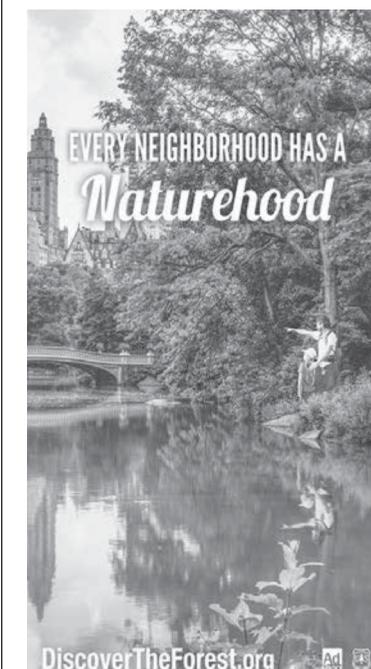
JUST JUDITH

Continued from page 39

to take to be repaired or single earrings you want made into a charm or pendant. They may not have intrinsic value, but they may have great and irreplaceable sentimental value.

A simple carabiner clip or using the baby strap to hold the straps of your purse in a shopping cart, especially in a "giant" or "big box" store, can prevent a world of troubles.

Yes, "who steals my purse steals trash," but it's **my** (or your) trash and keeping it – and your reputation – safe is more important than ever in this electric age.



Tinseltown Talks

By Nick Thomas

Carl Reiner Says Keeping Busy Keeps You Going

Turning 97 in March, Carl Reiner shows no sign of slowing down. “I wake up with ideas!” the veteran actor, writer, director, and producer said from Los Angeles.

One of those ideas was to colorize episodes of his crown television jewel, “*The Dick Van Dyke Show*.” Two color episodes were produced in 2017 and last year Reiner selected a couple more favorites, with plots loosely based on his family’s experience, which aired on CBS over the holiday season.



Colorized scene from *The Dick Van Dyke Show* episode *Where Did I Come From* - courtesy CBS

“I’ve done a lot in my life but have to say that show is what I’m most proud of,” Reiner said. “We couldn’t afford to shoot it originally in color and make a profit, but I’m so pleased with the colorized episodes – they look fantastic.”

In “*Where Did I Come From?*” young Richie (Larry Matthews) questions his parents about his birth, much like Reiner’s own children did, while in “*Never Bathe on Saturday*” Laura (Mary Tyler Moore) gets stuck in a hotel



Carl Reiner, front left, with George Shapiro, Mel Brooks and Norman Lear who appear in *If You’re Not in the Orbit, Eat Breakfast*. Courtesy of HBO

bathtub, ruining a vacation for hubby Rob (Dick Van Dyke).

“I wrote that based on the time my wife and I were away, and she noticed the faucet dripping while taking a bath and wanted to get a plumber,” Reiner recalled.

Reiner says it was important to produce colorized versions close to the originals.

“Luckily some enterprising photographers were on hand during the original filming and took color photos of the set and actors,” he noted. “So, some colors are very accurate, like the rooms. Colorization has come a long way and I wish we could do all 158 episodes, but it’s very expensive.”

Reiner’s 2017 HBO documentary “*If You’re Not in the Orbit, Eat Breakfast*” was also recently released on DVD in which he narrates a series of interviews with active nonagenarians.

“In my opening section, I’m

reading the newspaper obituary section and remark if I’m not in it, I’ll have breakfast,” he said. “They thought that would make a good title.”

The documentary features 90+ year-old guests still active in areas such as sports, fashion, music, comedy, and acting such as Dick Van Dyke, Kirk Douglas, and Reiner’s long-time cohort in comedy Mel Brooks. “Truly a collection of remarkable people,” Reiner said.

But of all the people Reiner has known, he has the highest praise for his late wife Estelle to whom he was married for 65 years.



Carl Reiner with Betty White, who appears in *If You’re Not in the Orbit, Eat Breakfast*. Courtesy of HBO

“While you do live in your memories has you get older and especially after losing a spouse, if you’ve had a good marriage it sustains you,” he said. “She was perhaps the most extraordinary woman I ever met and could do everything better than anyone else. I think about her every night I go to bed, so she’s still alive in me, no question.”

Three Steps

Continued from page 36

ue through something called a Life Settlement. You get a cash payment and the purchaser assumes all future premium payments in exchange for the benefit. Candidates for life settlements are typically aged 70 or older, with a life insurance policy that has a death benefit of at least \$100,000.

Such a sale could improve retirement for many, yet fewer than half of American seniors are aware of the option. That’s one reason the Life Insurance Settlement Association (LISA), a non-profit organization that is the nation’s largest association representing participants in the life settlement industry, is committed to making sure that older Americans have all the information they need to make an informed decision. To explore whether a life settlement is a good option for you, you or your financial adviser can contact a licensed life settlement professional who is a member of the association and is subject to a rigorous vetting process.

Learn More

For further facts about life settlements, how they work and whether you’re eligible, call the LISA office at (888) 504-8561 or visit www.lisa.org.



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Life in Long Beach

By Lyn Jensen

All Classics, All the Time

Long Beach Shakespeare Co.'s "2019: A Season of Villains" is underway, with "Othello" playing until March 16. Other upcoming stage plays include "Doctor Faustus," May 24 to June 15, and "Titus Andronicus," Aug. 23 to Sept. 14.



The season also includes lectures, a monthly ASL (American Sign Language) Literary Slam, and live performances of old-time "radio dramas." Last year's productions included "King John" and "All's Well That Ends Well."

Dana Leach, theater manager, has been with the company since 2012. She said the performances of "radio dramas" are attempts to recreate classic radio of the 1930s and 1940s. Actors dress in costumes of that era and voice the parts live on stage, while simultaneously being streamed via podcast. Sound effects and music are also live, so the theater audience feels as though they're watching an old-fashioned broadcast. Many of the scripts used are actual "radio dramas" from the 1930s and 1940s, including some by Orson Welles.

Leach said the company was established in 1990 as a non-profit, "The Bard in the Yard," which did travelling shows in parks and

schools. Helen Borgers became artistic director in 1997. In 1999 the company's current name was adopted and in 2002 the troupe took up residence at the current location, then called the Richard Gould Theater. In 2018 the theater was re-named, after Borgers.

Working in a non-profit little theater, Leach said: "Our mission is to promote literacy by entertaining and inspiring our audiences with the power of the classics."



Brando Cutts is the current artistic director, and this is his first season supervising the schedule, although he's been with the company, as an actor and director, since he was a student at Cabrillo High School.

"We are the only theater in Long Beach that's all classics, all the time," Leach said, describing the differences between her company and rival theater group Shakespeare by the Sea. Her company plays at the Helen Borgers Theatre year-around, is all-volunteer, charges admission, and is financed by ticket sales and donations. The other company is professional, and its season is limited to free productions in local parks every summer.



All performances and events are at the Helen Borgers Theatre, 4250 1/2 Atlantic Ave., Long Beach.

For more information on tickets, donations, podcasts, volunteering (including acting and tech jobs), and more, visit the www.lbshakespeare.org site or phone, (562) 997-1494.

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