

# SENIOR REPORTER

VOLUME 44, NUMBER 1

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JANUARY 2018

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## Demi Moore

*"Some of my lowest points were the most exciting opportunities to push through to be a better person."*

—Demi Moore



### What's Inside....

Calendar of Events	5
Classifieds	6-7
Demi Moore	10
Gadget Geezer	12
Mazatlan / Puerto Vallarta	22
Busy Boomers	30
Fabulous Finds	32
In The Spotlight	34
Book Club	36
Tinseltown Talks	40





“AT FIRST I WAS EMBARRASSED. ME, A CAT, LIVING WITH A SINGLE GUY. BUT WHEN I WATCH HIM PICK SOMETHING UP WITH HIS HANDS AND EAT IT, I CAN’T HELP BUT LOVE HIM.”

—MARU  
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# Showers

By Jim McDevitt



I can't remember when I took my first shower but it was a long, long time ago. I do remember when I started taking showers every day and it was in the Army.

In fact, now that I think about it, I took my first shower in the Army since we didn't have a shower in the apartment I grew up in. There was something the Army called Boot Camp where a deranged sergeant would come running into our barracks in the middle of the night blowing a whistle and screaming at the top of his lungs for us lazy xxxxx (he used another word for donkey) to get up, get showered, shaved and dressed all within as I recall 5 minutes plus make our beds and fall into ranks at attention in front of the barracks.

Even with all this going on the soldier on the bunk below me didn't wake up until the sergeant leaned in close to his ear and blew his whistle causing the soldier to jump up and hit his head on the upper bunk which was mine. In those days there was no such thing as a relaxing shower.

The years flew by, I married, had children who married,

who had children but I still take showers. I do this because I don't want my wife telling me I stink. Of course, I don't, but I humor her. Our shower is on the second floor of our home while our kitchen and television is on the first floor. We are addicted to television dulling our brains until we get tired and it's time to get ready for bed.

Usually my wife takes the first shower. The thing is that you can't run any water when someone is in the shower unless you want to hear ungodly screams which can destroy your hearing. My wife screams much better than I but I yell loud enough to cause passing cars to swerve outside my house.

Since we are both seniors, you know already that we forget a lot of times and turn on the water for a cup of tea or to rinse a dish. Our house must sound like a house of horrors with all the screaming and yelling that someone would hear if they were out walking their dog before turning in for the night.

Now that I think about it, this may explain why we never get any Trick or Treaters at our door on Halloween. We consider it fortunate if someone accidentally runs the hot water because you are only screaming because you are freezing. On the other hand, if someone runs the cold water you lurch into the shower curtain trying to avoid third-degree burns usually pulling it down.

The alternative is of course to stop taking showers but being banned by the Public Health Department from appearing in public because you stink. I wonder how this problem is handled in senior housing where everyone can turn on a faucet at any time. I'm sure you would hear screaming all day long. I think I have solved the problem though. It's called taking a bath and I run the water before getting into the tub.

Now, I just hope I can remember to turn off the water and not forget about it because cleaning up a flood is no joke.

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**2017 SCHEDULE OF EVENTS**

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

MONTH	DATE	EVENT
JANUARY	7	Living History Flying Day featuring the: Curtiss P-40 Warhawk • The United States Postal Service will hold a First-Day-of-Issue Stamp Dedication Ceremony for the NEW LOVE Skywriting Stamp!
FEBRUARY	4	Living History Flying Day featuring the: Lockheed P-38 Lightning
MARCH	4	Living History Flying Day featuring the: North American P-51 Mustang
MARCH	11	3rd Annual Hangar Dance with Big Band Orchestra
APRIL	1	Living History Flying Day featuring the: North American B-25 Mitchell
MAY	6-7	Planes of Fame Air Show May 6-7 2017, Chino Airport
MAY	14	Mother's Day - Moms Admitted FREE!
JUNE	3	Living History Flying Day featuring the: North American F-86 Sabre
JUNE	18	Father's Day - Dads Admitted FREE!
JULY	1	Living History Flying Day featuring the: Republic P-47 Thunderbolt
JULY	22	World War I and Early Aircraft (Special Presentation)
AUGUST	5	Living History Flying Day featuring the: Vought F4U-1A Corsair
AUGUST	19	101st Airborne - "Screaming Eagles" (Special Presentation)
SEPTEMBER	2	Living History Flying Day featuring the: Douglas AD-4 Skyraider
SEPTEMBER	16	Strategic Bombing During WWII (Special Presentation)
OCTOBER	7	Living History Flying Day featuring the: Douglas SBD-5 Dauntless
NOVEMBER	4	Living History Flying Day featuring the: Northrop N9MB Flying Wing
NOVEMBER	11	Veterans Day - Veterans Admitted FREE!
NOVEMBER	18	11th Annual "Taste of Flight" Gala
DECEMBER	2	Living History Flying Day featuring the: Mitsubishi A6M5 Zero

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

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

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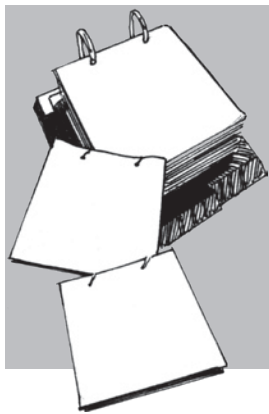
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# January Calendar of Events



It's a New Year! Get out and get busy after a chaotic holiday season and enjoy these events in and around the area.

## **HB APA: *Brigadoon* Jan. 12**

### **APA Studio Theater Huntington Beach High School**

Fundraiser for the Musical Theatre Department at the Academy for the Performing Arts. There are eight performances in the APA Studio Theater. Tickets are \$40 for premium reserved tickets which includes pre-show with appetizers, no waiting in line, reserved seats, and dessert/drink at intermission or \$25 for general admission with pre-show and appetizers. Two American tourists take a trip to the Scottish highlands and accidentally stumble upon a quaint and lively village. At Huntington Beach High School, 1905 Main St., Huntington Beach.

## **Fiesta Association Hairiest Man Contest San Juan Capistrano Jan. 13**

Come to the sign-ups with a "Smooth Puss" (clean shaven) and ready to be photographed for the "Most Wanted" poster. You then have 8 weeks to grow a beard or moustache that will

be judged at the Fiesta Grande March 21. There is a \$5 entry fee which goes to support the Swallow's Day Parade. At, Swallows Inn Ortega Hwy & Camino Capistrano, San Juan Capistrano. Call, 949-493-1976.

## **Sweetheart Bridal Show**

**Jan. 14**

### **Hilton Irvine/Orange County Airport**

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## **2nd Annual Taste of Orange Coast**

**Jan. 20**

### **The Winery Restaurant & Wine Bar**

**Tustin**

The 2nd Annual Taste of Orange Coast is presented by The Winery Restaurant & Wine Bar in Tustin. Wine tastings provided exclusively by Young's Market Company including Martin Ray Winery, Cakebread Cellars, and St. Supery Vineyards A guided tasting with The Winery's own Sommelier William Lewis A Whisky presentation with an industry expert A Hudson Bourbon cocktail experience

Savory bites will be provided by The Winery Silent auction.

## **Kindness Through the Ages**

**Jan. 27**

### **Hoag Newport Beach**

Conversation on healthy hormones, beautiful skin and self-kindness to navigate the changes women experience through major life stages. Panel of experts from Hoag who will explore the life cycle of hormones from pregnancy and postpartum through peri-menopause and menopause. Keynotes, Emmy award winning television journalist, Lu Parker, and board certified dermatologist Dr. Neda Mehr, will host a real talk discussion on maintaining self-confidence, kindness and beautiful skin.

## **Snow Day Fullerton**

**Jan. 27**

Tons of the snow delivered to the dam to enable youngsters to sled, make snow people, and have old-fashioned snowball battles. Children are advised to wear warm clothes and gloves. Space is limited to 900 persons, and early registration is recommended. Advance registration fee for the event is \$12 per person for Fullerton residents and \$15 per

person for non-residents. At, Brea Dam Park, 1700 N. Harbor Blvd. Registration can be made through the Park's Class Sign up or by calling the Parks and Recreation Department at 714-738-6575.

## **6th Annual OC Home Fair**

**Jan. 27**

### **Chapman University**

The Southern California Home Fair is a community event designed to provide home owners, home buyers, renters, and seasoned investors with free, personalized and comprehensive information from some of the leading experts in real estate. Attendees can choose from 8 classes, offered in 2 sessions, on a variety of relevant topics including: hassle-free homebuying, investing to be an automatic millionaire, growing your real estate portfolio, and much more.

## **Los Angeles Wind and Piano Sextet**

**Jan. 28**

### **Temple Beth Tikvah, 1600 North Acacia, Fullerton**

Fullerton Friends of Music presents the Los Angeles Wind and Piano Sextet in a free concert. The Los Angeles Wind and Piano Sextet has been performing as an ensemble since 2014. All the wind players are or have been members of the Los Angeles Philharmonic, the Los Angeles Chamber Orchestra, and the Los Angeles Opera Orchestra, and are also active in motion picture and television recording. All of the musicians teach at local universities, including USC and Pepperdine.



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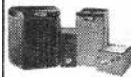
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# Fifties Flashback

By Randal C. Hill

## America's New Old Hero

While numerous historians have portrayed Davy Crockett as a brave folk figure, many others have blasted him as being a self-serving con artist. When Crockett claimed to have killed 105 grizzly bears in a span of nine months, some later cynics argued that the uneducated pioneer simply couldn't have counted that high.

In the mid-1950s, though, Baby Boomer kids embraced only the positive Crockett image. This was thanks to Fess Parker, a 29-year-old Navy veteran from Texas who stood tall (6' 5 inches), was ruggedly handsome and exuded a quiet on-screen confidence during ABC-TV's Disneyland's trilogy about the fabled frontiersman.

As Walt Disney's debut foray into television, each episode of *Davy Crockett* was shown one month apart, from December 1954 until February 1955. It became arguably television's first mini-series. The shows hit an unexpected ratings home run when they attracted 40 million viewers. Parker's Crockett—hailed as “the King of the Wild Frontier”—captivated America like nothing before.

People loved the catchy theme song. Suddenly nearly two dozen versions of “The Ballad of Davy Crockett” were fighting for radio airplay; Bill Hayes's rendition on Cadence Records beat the competi-

tion when it streaked up the Billboard charts and locked in the Number One spot for 5 weeks. Few knew that Disney had commissioned the tune—which took less than an hour to write—only when the three Crockett shows had run a few minutes short of time before being shown.

Hayes's success was only the beginning. In a feeding frenzy of epic proportions, manufacturers rushed a multitude of Crockett products onto the market—much to the chagrin and frustration of the Disney organization. (Since Davy was a historical figure and in the public domain, it was impossible to copyright his name.) Anybody could—and did—put a load of Crockett stuff on the market.

Kids rushed to buy “official” Davy Crockett regalia (buckskin jackets, leggings, moccasins) as well as 3,000 other items that included (deep breath here) lunchboxes, guitars, wristwatches, coloring books, trading cards, bedspreads, pajamas, bath towels, underwear, jigsaw puzzles, bubble gum, T-shirts—and 14 million hastily printed books. Essential to any self-respecting young fan was the coveted coonskin cap, a faux fur creation that included a luxuriant raccoon snap-on tail that dangled from the back. The caps sold at a rate of 5,000 a day, more than 1 million altogether. Girls as well as boys could show their devotion when they

donned Polly Crockett caps of all-white faux fur.

Then, without warning and after sales of \$300 million—\$100 million from the caps alone—the Davy Crockett fad died. Overnight, it seemed, phones stopped ringing and orders stopped flowing in. After seven frenetic months, it was over. Davy Crockett had become uncool, and merchants everywhere groaned.

The craze cannot simply be dismissed as a frivolous fad, though. It had become an unprecedented event in the early television age, an example of the power of a TV-product tie-in. For the first time, Baby Boomers had unknowingly flexed their collective commercial muscles.

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# Live Life Well: Keeping Your Resolutions In 2018

The New Year is a wonderful time to not only evaluate your past, but also explore your goals for the year ahead. While it is common that health and fitness resolutions land at the top of people's list, the truth is that achieving any goal in 2018 is dependent upon good health. Whether planning that bucket list vacation, trying a new hobby or spending more time outdoors, a healthy fitness routine is the backbone of making these goals achievable. This year, create an attainable health and fitness goal to help you reach all your resolutions. SilverSneakers, the nation's leading fitness community for older adults, offers the following tips on how to make resolutions that will help you live life well in 2018:

**1. Set a SMART goal:** SMART stands for Specific, Measurable, Action Oriented, Realistic and Time Bound. “Losing weight” is not a specific measurable goal; instead, say you want to lose 10 pounds in three months. That way, you have something to strive toward and measure against.

**2. Start small:** If you only focus on an ambitious long-term goal, you may be setting yourself up for failure. It is important to set weekly milestones that allow you to see progress and achieve success early and often.

**3. Bring a friend:** Knowing that you promised a friend you would join her for that 6 a.m. class keeps you accountable



for showing up and doing your best. Having a friend to work out with also makes the experience more enjoyable.

**4. Track progress:** As you work toward your goals, make sure to track your activities and the progress you make along the way. Whether it be pounds lost or miles ran, it will be encouraging to see where you started and where you are now.

**5. Celebrate success:** Each milestone toward the end goal should be celebrated. Completing your resolution won't happen overnight and the journey should be an exciting time as you work toward a healthier you.

For more than 25 years, SilverSneakers has been helping older adults enjoy and get the most out of life by engaging participants in physical activity, as well as fostering new friendships with a welcoming member community. Through exercise, SilverSneakers helps people maximize their health and well-being, and maintain their active lifestyle in retirement.

To find out if you are eligible or to find a class in your area, visit [www.SilverSneakers.com](http://www.SilverSneakers.com).





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# Demi Moore

By Les Goldberg

For most of us, when we think of movie stars we immediately relate them to our favorite movies, like Clark Gable in *Gone With The Wind*, or Harrison Ford in *Indiana Jones*. When I think of Husky-voiced Demi Moore, my mind focuses on her role as G.I. Jane.

But there were so many others in her illustrious film career, including *St. Elmo's Fire*, *About Last Night*, *Ghost*, *A Few Good Men* and *Disclosure* to name a few.

## Who Is Demi Moore?



Demi Moore was born Demeτρια Guynes on Nov. 11, 1962, in Roswell, New Mexico. Her parents split up before she was born, and she was raised by her mother and stepfather, Virginia and Danny Guynes who were both heavy drinkers.

By the time she turned 14, she was forced to move 30 times, eventually settling in Los Angeles. She later explained in *Interview* magazine that "By moving around a lot, I learned

to assimilate into whatever new surroundings I had and to become very comfortable with people quickly. I think that was one of the strongest contributing factors to my becoming an actor."

## Soap Star and Early Roles



Dropping out of high school at 16, Moore worked as a debt collector for a time and tried modeling. She also developed an interest in acting. In 1981, she landed a role on the popular television soap opera *General Hospital*. She played journalist Jackie Templeton for two years while in the same year she made her film debut in the independent drama *Choices*.

During her stint on *General Hospital*, she found time for a few film projects. Following her marriage to musician Freddie Moore in 1981, she appeared with him in the 1992 science fiction horror flick *Parasite* and appeared briefly in the soap opera spoof *Young Doctors in Love*.

## St. Elmo's Fire Breakout



After leaving her soap opera role, Moore struggled to build a career in film. In 1984, she played Michael Caine's daughter in *Blame it on Rio* and was the leading actress in *No Small Affair*. But her leading role stature in Hollywood was boosted by *St. Elmo's Fire*, the story of a group of friends as they confront post-college life. The cast also included a number of other young stars on the rise, such as Rob Lowe, Andrew McCarthy, Judd Nelson, Ally Sheedy and Emilio Estevez. Many of these performers were becoming equally famous for their off-screen antics and partying lifestyle, with the media dubbing them the "Brat Pack."

In her personal life, Moore divorced her first husband in

1984 and started dating Emilio Estevez. The two became engaged in 1985 and starred together in the 1986 film *Wisdom*. That same year, Moore starred opposite Rob Lowe in *About Last Night*, a look at young singles in Chicago.

Critic Roger Ebert praised both of their performances, saying the film "gives them the best acting opportunities either one has ever had, and they make the most of them." He also singled out Moore as "especially impressive. There isn't a romantic note she isn't required to play in this movie, and she plays them all flawlessly."

## Enter Bruce Willis and Ghost



Again playing the love interest, in 1986 Moore co-starred with John Cusack in the popular comedy *One Crazy Summer*. A year later she and Estevez broke up and she later met actor Bruce Willis. The two began dating and were married in November 1987 in Las Vegas. In 1988 they welcomed their first child together, daughter Rumer, who was



named after the British writer Rumer Godden.

That same year, Moore returned to the big screen with *The Seventh Sign*, an apocalyptic thriller and in 1989 starred opposite Robert De Niro and Sean Penn in *We're No Angels*.

Her biggest career breakthrough came, however, in 1990 with the romantic drama *Ghost*. She played Molly, a young woman whose husband Sam (played by Patrick Swayze) was murdered. His spirit works with a psychic (Whoopi Goldberg) to avenge his death and to protect Molly from those involved. Showing impressive vulnerability on screen, Moore earned praise for her work on the film, which became a huge hit. *Ghost* brought in approximately \$218 million at the box office and earned five Academy Award nominations.

*Continued on page 15*



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# The Gadget Geezer

By Les Goldberg

## Cameras Made Just For You

Don't be fooled by the ads or salespeople at your local mall. Shopping for cameras that are easy for seniors to use – especially if you are not exactly technologically gifted – can be confusing and frustrating. You shouldn't have to buy a "Photography for Dummies" book in order to take sharp pictures of your grandkids or your travel and retirement adventures.

That is why I am recommending the top six cameras on the market today that meet my criteria for senior photo-taking. All are small, lightweight, durable, reliable, printer friendly, use point-and-shoot simplicity and feature LCD screens that are at least three inches or more in size.

### Nikon Coolpix L340



The Nikon Coolpix L340 is rated highly by most digital camera experts. It features a black body with natural hand grip, a 28x optical zoom lens and 56x dynamic fine zoom lens that is ideal for photographing objects up close or very far away. Photos come out sharper with its 20.2-megapixel sensor and high-definition videos can be taken with 16 different scene modes. Price at Amazon: \$219; full kit is \$298 and includes tripod, lens cleaner, memory stick, case and batteries.

### Samsung WB350F



Priced at \$144.99, the Samsung WB350F is a real bargain when you consider the value in features, including social media upload, E-mail, photo beam, direct and mobile link, PC auto-backup, remote viewfinder, 21x optical zoom, 1080-pixel video and a three-inch LCD. It also is equipped with a 16-megapixel CCD sensor that's larger than those found in most compact digital cameras. The results are vivid yet natural images, whether you're shooting in a dimly lit room or outside on a sunny day.

### Canon PowerShot G7X Mark II



If you consider yourself a pretty good to excellent amateur photographer, but would rather just take pictures without the complications of more expensive SLR cameras, the Canon PowerShot G7X Mark II might be the answer. It isn't cheap at \$649 (\$700 with kit), but you get your money's worth in features, including one-inch, 20.1-megapixel

CMOS sensor with Canon's new DIGIC 7 image processor for low-light image-taking, a bright f/1.8 (W) - f/2.8 (T), 4.2x (24-100mm) lens, nine-blade iris diaphragm, battery IS-equipped lens, and high-speed continuous shooting up to eight frames per second (fps) in both RAW and JPEG modes.

It also includes a multi-angle capacitive three-inch touch panel LCD with a screen resolution of 1.04 million dots and tilt option of 180 degrees up and 45 degrees down.

### Kodak PIXPRO



For the basic point and shoot capabilities – no frills but plenty of quality shots – you can't go wrong with this \$59 camera (normally \$80) that is sold at Amazon with a 16-gigabyte memory card for storing photos, 4X optical zoom and 27mm wide angle lens, 16-megapixel resolution, a 2.7-inch LCD screen and 720p HD video.

### Ricoh GR II

Another pricey but easy-to-use feature-rich camera is the Ricoh GR II. For about \$550 you get Wi-Fi functions for wireless connection with smartphones and other mobile devices, NFC (or Near Field Communication) compatibility for easy pairing with mobile



devices, an auto-focus function that compensates for camera movement while shooting, and ultra-high resolution image capture in both JPG and DNG standards. Video is possible in 1080p resolution with h.264 compression at 30 frames per second. That means it shoots video very fast in the highest quality possible.

### Fujifilm FinePix XP120



At \$178, the Fujifilm FinePix XP120 waterproof digital camera and kit is sold in four colors – yellow, lime, aqua and metallic blue. In addition to its modern aesthetics, it comes with a 32GB SD memory card, tripod, camera case, floating strap and cleaning kit. It is waterproof up to 65 feet underwater, freeze proof up to 14 degrees fahrenheit, shockproof up to 5.8 feet and dustproof.

Also included are a Fujinon 5x (28-140mm) wide angle optical zoom lens, Wi-Fi sharing and remote shooting capabilities and full factory warranties.

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## Are You Seeking a Care Facility For Your Loved One?



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

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

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

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

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

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

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

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

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

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

work with the family budget to ensure appropriate placement.

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

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

**SR:** What is the cost of using RCPS services?

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

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

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

And the vice president of development for the Alzheimer’s

Association said this about RCSP:

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

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

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

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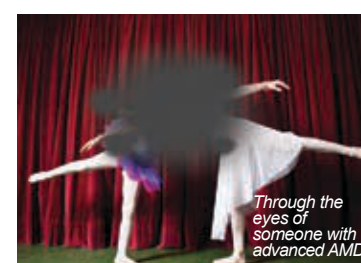
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*Continued on page 16*



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## Demi Moore

*Continued from page 10*

### ‘A Few Good Men’ and ‘Striptease’

Moore's next two films, *Nothing But Trouble* (1991) and *The Butcher's Wife* (1991), showed off her comedic side but most of her celebrity status that year was for her controversial nude cover photo on *Vanity Fair* magazine. She was in the midst of her second pregnancy. While surprised by the dramatic response to the image, Moore also saw the cover as a chance to challenge perceptions about women and pregnancy.

“People in this country don’t want to embrace motherhood and sensuality... You’re either sexy, or you’re a mother. I didn’t want to have to choose,” she told *Interview* magazine. Not too long after that issue appeared on newsstands, Moore and Willis celebrated the birth of their second daughter, Scout.

Co-starring with Tom Cruise, Moore played a tough Navy lawyer in the smash hit *A Few Good Men* (1992). She continued to prosper commercially with *Indecent Proposal* (1993), teaming with Woody Harrelson to play a married couple in financial trouble who travel to Las Vegas to gamble their way back to solvency. They end up losing their money and befriending a lonely billionaire (played by Robert Redford), who offers the desperate couple \$1 million for the opportunity to sleep with



Moore's character. While reviews were mixed, the film brought in a respectable \$104 million at the box office.

Moore had her third child with Willis in 1994, a daughter named Tallulah. That same year, she starred opposite Michael Douglas in the box office hit *Disclosure*. Moore played a top executive who sexually harasses Douglas's character. In an interview for *Entertainment Weekly*, she explained why she took the controversial role: “I’d never played a villain before so that was attractive to me,” she said, adding that she was a “wreck” during filming: “I’ve never showed up for a show where I literally started shaking before every scene. I’ve never stepped into someone who’s so cunning — she’s just really scary.”

### Money Milestone

In 1995, Moore made movie history when she became the highest paid actress at the time — netting a \$12.5 million payday for *Striptease*. The film is about a single mother who works as a stripper to earn money to fight her ex-husband for custody of their daughter (played by Moore's real-life

daughter Rumer).

Moore faced more personal challenges around this time. Her estranged mother was diagnosed with brain cancer in 1997 and died within months. Just before the death, she and Willis announced their separation after more than 10 years of marriage.

At the same time, she starred in *G.I. Jane* as the first woman to attempt to join the elite Navy Seals. For her role Moore trained vigorously, lifting weights for two hours a day and going for six-mile runs. She even shaved off her hair for one scene. After a poor showing at the box office, Moore told *Entertainment Weekly* that media reports “killed G.I. Jane before it ever even had a moment.”



Undaunted, she formed a production company, Moving Pictures, which produced the hit comedy *Austin Powers: International Man of Mystery* (1997) and its sequels, *Austin Powers: The Spy Who Shagged Me* (1999) and *Austin Powers in Goldmember* (2002).

### ‘Charlie’s Angels’

#### Comeback

Retreating from the Holly-

wood scene in 1998, Moore and her three daughters moved to Hailey, Idaho, where she and Willis had previously purchased a home. There she mostly focused on raising her daughters. She left her quiet small-town life after two years to act in one film: the independent drama *Passion of Mind*.



Moore's next big screen venture was heralded as her comeback. In *Charlie's Angels 2: Full Throttle* (2003), she played a villain and appeared opposite such younger talents as Drew Barrymore, Lucy Liu and Cameron Diaz.

Off-screen, she generated more media attention when she married 25-year-old actor Ashton Kutcher, 15 years her junior. Moore went on to take a small but dramatic role playing an alcoholic lounge singer in Emilio Estevez's *Bobby* (2006), which imagined the final hours of Robert Kennedy through the eyes of different people at the Los Angeles Ambassador Hotel.

Her strong performance earned a share of critical praise. Moore followed up this success with the thriller *Mr. Brooks* (2007), playing a detective pursuing a serial killer played by Kevin Costner. She then co-starred in the heist caper *Flawless* with Michael Caine in 2008.

In 2011, Moore gave another impressive performance in

the drama *Margin Call*, which starred Jeremy Irons, Kevin Spacey and Paul Bettany. She also expanded her work behind the camera that same year, signing a deal with the Lifetime cable network for several new projects.

### Single Once More

In November 2011, Moore filed for divorce from husband Ashton Kutcher in the wake of numerous reports that he had been unfaithful to her. It was finalized two years later.

Since then her career has maintained momentum with prominent roles in the movies *Very Good Girls* (2014), *Forsaken* (2015), *Wild Oats* (2016), and *Blind* (2016). Moore also enjoyed a positive reception with her return to television last year in the popular Fox drama *Empire*.

Today, Demi Moore lives by her words: “Time is an amazing equalizer. I think if you stay true to yourself and keep moving forward, things come around.”







## Green Tambourine

The Lemon Pipers  
January 1968

By Randal C. Hill

New York songwriter Shelley Pinz was intrigued by an English newspaper article she read about an old man—a “busker”—who played music while standing in front of a bank, an upturned tambourine at his feet. Pinz imagined it as being filled with cash—hence a “green tambourine.”

She came up with lyrics about such a situation and had Paul Leka, her business partner, add music to *Green Tambourine*. Leka then cut a demo of the simple ditty, which was rejected by several music publishers before landing on the desk of Neil Bogart, the aggressive young head of Buddah Records. Bogart, desperate for a hit single to get his new label going, decided that *Green Tambourine* would be a sure-fire winner.

He dispatched Leka to Oxford, Ohio, the hometown of the Lemon Pipers, a Buddah recording act that wasn’t providing the label with any hits. With *Green Tambourine*, Bogart was willing to give the Lemon Pipers one more shot at stardom.

But no more than one.

Leka played the song for the “acid rock” quintet, which they immediately (and predictably) rejected. Leka then pulled an ace from his sleeve by countering that, if they refused to record the tune, Bogart

would drop them from Buddah’s roster.

The Lemon Pipers reluctantly gave in, hoping that future recordings might better reflect what they were all about.

The elaborate production of *Green Tambourine* spotlighted lead vocalist/tambourine-banger Dale “Ivan” Browne, who gamely delivered the lightweight lyrics amid the swirling sounds of a nine-piece string section, an electric sitar (at the time a hip psychedelic instrument), a honky-tonk piano, tinkling bells and a tape echo that created a catchy “hook”: *Listen while I play (play, play, play, play, play, play) my green tambourine*. The memorable (and extremely long) fadeout wound down to only the *chings* of Browne’s tambourine and the heartbeat thump of a low-toned drum.

The result was a catchy musical kaleidoscope that blended pop fluff and psychedelia—the perfect Top 40 radio disc. Once released, it took *Green Tambourine* just a few weeks to nail the top slot on the *Billboard* singles chart.

Needless to say, Bogart leaned on the Lemon Pipers to record similar Pinz-Leka follow-ups such as *Rice is Nice* and *Jelly Jungle (of Orange Marmalade)*, but neither had the seductive appeal of the 2 seller. Eventually the musicians

found themselves labelless and consigned to the slag heap of “one-hit wonders.” Bogart, however, went on to more Top 10 success with the 1910 Fruitgum Company (*Simon Says*) and the Ohio Express (*Yummy, Yummy, Yummy*).

The Lemon Pipers sometimes ridiculed *Green Tambourine*, calling it “funny-money music” and claiming that their lone smash had been something meant for 12-year-olds who couldn’t dig the growing sophistication of the Beatles and the Rolling Stones. While the song may have torpedoed their career, the five Ohio rockers did at least earn a dubious place in music history—as the first group to kick off the popular but short-lived “bubblegum” music phase of the late 1960s.

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## Tinnitus

Continued from page 14

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Sometimes, what you don’t know can hurt you. Consider this: Smallpox vaccines were used as far back as the Revolutionary War. This serious disease, which has killed more people than all the wars combined, has been wiped from the Earth by vaccines. It’s a shame that recently the safety of vaccines has been questioned. It’s

time people focused on the facts.

Vaccines have long been one of the safest medical treatments. No credible study has proven otherwise. Just like other medicines, vaccines are approved by the FDA. By and large, the rewards of prevention are worth the small risk of any vaccine’s side effects.

Another fact is that vaccines for mature Americans can save lives. When seniors get pneumonia shots, they could lengthen their life expectancy by FOUR years. Flu shots will also protect seniors from a debilitating illness with life-threatening consequences. Vaccinations are generally affordable and they are SAFE.

### What To Do

If you have questions about a vaccine, talk to your doctors. They can explain the safety of vaccines and their importance to your health. There are three easy steps you can take to get protected:

1. Find out which vaccines you need. You can go to the Retire-Safe website, [www.retiresafe.org](http://www.retiresafe.org), and click on the vaccine icon on the left side of the home page. It will take you to a Centers for Disease Control and Prevention site that will ask you questions about you and your life. It will then give you a list of vaccines you may need.

2. Discuss the vaccines on the list with your doctor or health care professional.

3. Get the recommended vaccinations.

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## Caregiver Resolutions for 2018

*By Steven Sarosy, MSW, Medical Social Worker, Alignment Healthcare*

Anyone who has been a caregiver for an aging, ill or frail elder knows it's a demanding job that can be very time-consuming. Time is precious, especially as we enter the holiday season and prepare to ring in the new year, making it very easy to become overwhelmed. As a social worker exclusively dedicated to senior care in Los Angeles and Orange counties, I wanted to share my top tips on how caregivers can help the seniors in their lives by taking better care of themselves.

- Make sure your vaccinations are up to date to prevent illness that may transfer to the senior. Depending on your age, this may include pneumonia or shingles vaccines, in addition to the annual flu vaccine.
- Avoid providing care if you have the cold or flu. Stay out of physical contact and find back-up help for the senior, so that you don't risk infecting them, as their ability to battle the infection is much lower due to age or other conditions.

- Check for and address any unsafe conditions in and around the home – not only for the senior, but for yourself. Clear both outside and internal walkways and hallways, remove rambling extension cords, ensure carbon monoxide detectors and smoke detectors are working properly, and



check to see that devices are not being used to provide heat that may catch on fire.

- Take breaks when you feel overloaded and need either down time or personal space. See a movie, find a quiet space to read or just meet a friend for coffee when you need contact with someone outside of the caregiving environment.

- Try to eat a healthful meal or snack with the senior every three or four hours, and stay hydrated by sipping on water or other hydrating liquids throughout the day.

- Know the signs of depression and be attuned to any noticeable difference in your weight, sleep patterns, sociability, interests or emotions (particularly, frequent crying or emotional detachment). If you experience any of these symptoms, reach out for professional help.

- Remember that it is OK to ask for help: Reaching out to a family member, neighbor or friend – or hiring paid support – to help with care, household chores, shopping or errands is not a sign of weakness. There is a lot of work in caring for

someone, and it's important to take good care of yourself in order to be able to take care of another.

*Steven Sarosy, MSW, is a medical social worker for Alignment Health-*

*care, a health care services organization dedicated to providing seniors with better, more efficient, personalized and coordinated medical care through Medicare Advantage. The company combines high-touch care with industry-leading technology to provide personalized, real-time medicine by staff who are experts in senior care subject matters, including preventive care for seniors; diagnosis and treatment of multiple chronic conditions; special needs for geriatric care (including fall prevention, exercise plans and nutrition); palliative care and preparing for hospice; and the use of technology in health care for improved outcomes (wearables, health apps, predictive analysis and more). California residents can access Alignment services through Alignment Health Plan, a 4.5-star rated Medicare Advantage HMO. For more information, visit [alignmenthealthcare.com](http://alignmenthealthcare.com)*

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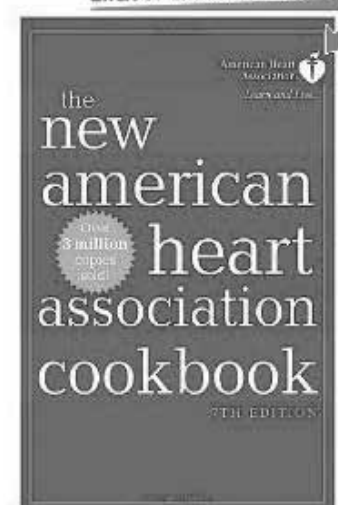


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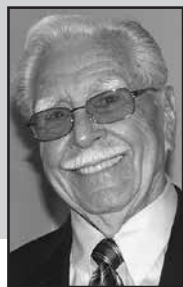
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# Capacity

By Robert E. Horseman, DDS



It is said that by age forty your capacity to learn is diminished by nearly 50%, depending on the size of your TVt and who's got the remote. Obviously, if you are spending upwards of twelve hours a day watching programming designed to appeal to the intellectual pursuits of five year old children and conceived by people who think injecting a 20 decibel laugh track after every spoken word by the cast of Big Bang Theory is a clue for you to do likewise, then, sure, your capacity to learn *anything* worthwhile is diminished right down to the baseline. This is especially true during the summer months when reruns of the original programs give you another chance to experience the dumbing of America.

By *capacity* is meant the ability to cram in and process more information. If it were just a matter of size, then elephants that must have a brain the size of a refrigerator would be appearing regularly on *Wheel Of Fortune* and going home with a new Ford Fiesta. The fact that they don't and are very rarely seen even on late-night talk shows, is a mystery. Elephants have very little to think about, that's why the rumor got started they had such remarkable memories. They can review everything they know in six minutes and afterwards can easily be persuaded to work for peanuts.

Diminished capacity to pick up on new things is undoubtedly the result of your brain, regardless of its size, being chock-a-block with information you've been storing since birth, most of which is either useless or harmful. Sorry, it says, we're closed, not even any SRO here.

For example, when I was nineteen, I felt I knew pretty much everything that was worth knowing. This turned out to be not entirely true, but did indicate that my brain was at, or nearly at, maximum capacity. I place the blame for this directly on my education, which had conned me into taking two years of Latin and two years of German. You can count a semester of trigonometry in there, too. There's about 60 gigabytes of this stuff just lying there dormant, taking up space that could be used for remembering important telephone numbers and PIN digits.

I remember my German teacher who looked as if she may have been distantly related to

Attila, advising me with Teutonic seriousness that, inasmuch as I had elected dentistry as a life work, I must be prepared to be fluent in German because all the research and important papers published in my field were in that language. I should have been on my guard, because I got a similar spiel previously from my Latin teacher explaining why being conversant with Caesar's invasion of Gaul was the cornerstone of the balance of my life. I suppose it would have been if I had ever wanted to invade Gaul myself, standing atop the Eiffel Tower shouting "Veni, vidi, vici!" before a Gallic gendarme hauled me off to the Bastille.

That's what happens when you're nineteen and know it all. No wonder you see so many baseball caps being worn backwards, the concept of eye shading being too complex to process.

Confusing the issue is the work of scientists who claim that we only use 10% of our brain, the other 90% just idling in neutral, taking up space and probably being the cause of headaches for lack of anything useful to do. More likely, the 90% takes a look at what the 10% has accomplished so far, throws up its hands figurative-

*Continued on page 26*

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## Capacity

*Continued from page 19*

ly and decides to be included out.

All has not been in vain, however. DAS ODONTOSTUPH, GmbH & Co. KG has an important message for me on their product's package: "Achtung, Dumkopf! Diese neue Verpackung von DAS ODONTOSTUPH unter Umweltgesichtspunkten gewählt. Die Verpackung bietet wie bisher einen ausreichenden Schutz des Inhalts, die Abfallmasse wird jedoch um mehr als 35% verringert." Thanks to my having absorbed my two years of German I was able to figure out this message said, "Hello, Friend! This large package is filled with only 35% of what you thought. This is to allow for settling during shipping and giving the impression you're getting a lot for your money." This ability to decipher the instructions would have seemed like an even more worthwhile personal accomplishment had DAS ODONTOSTUPH not seen fit to also include a translation in English, French, Chinese, Japanese and Swahili.

The good news is that we may be on the threshold of a solution of the brain blockage problem. A way is being sought to refine the electro-convulsive therapy technique, or ECT, to produce selective memory loss. The patient would make up a list of things he'd like to forget. My list, for instance, would include that song they play over and over during the *It's a Small, Small World* ride at Dis-

neyland, all references to integral and differential calculus, chemistry equations and most of what I learned at school that is no longer applicable today. I'd also like to forget falling off the stage during the 6th grade Christmas pageant.

By carefully arranging the electrodes and reducing the current to a more comfortable 50,000 volts, technicians would press the delete button and--viola!--my brain has picked up another 80 gigabytes of RAM, now available for important things like grocery lists and the location of car keys.

If there is a flaw in this premise, it lies in the possibility the patient may forget he had the procedure done and would thus be reluctant to pay for it. This potential is being given top priority by litigious herds of attorneys.

## The Senior Reporter

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# Bringing Back the Magic The Resurgence of Mexico's Mazatlan and Puerto Vallarta

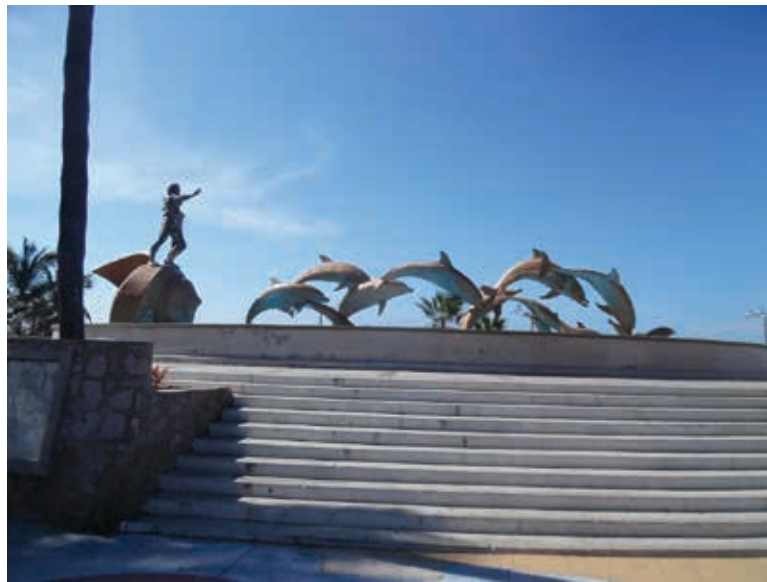
Story by Ronnie Greenberg • Photos by Joe Hilbers

## The Golden Allure of Mazatlan

*Pearl of the Pacific* as Mazatlan is known is the northernmost of the beautiful sun-drenched port cities of Mexico. Nestled at the foot of the majestic Sierra Madre Mountains, it is Mexico's largest Pacific seaport with the longest stretch of beach.

Built on a peninsula, Mazatlan juts into a sheltered natural harbor where the Pacific Ocean and Sea of Cortez meet. It is easy to fall in love with its distinct Spanish-colonial accent and contagious lay-back lifestyle.

The Malecon encompassing much of the city is a combination seawall and seaside promenade newly rebuilt, and the favorite place for strollers, joggers and street vendors. It winds its way from Olas Altas through the



*Statue of the Dolphins along the Malecon in Mazatlan*

Golden Zone, and north to the ends of Puerta Cerritos. Meandering alongside the shoreline, it is serenaded by the cawing of seabirds and lined with beautiful monuments including the Fisherman's Monument, The Beautiful Women of Mazatlan, and the newest of the monuments, La Continuidad De La Vida (The Continuity of Life).

Mazatlan remains a fisher-

man's paradise with superb year-round world class fishing. Local waters brim with swordfish sailfish, (from May to November) marlin, (from November to May) tuna and Dorado. Light tackle fishing is plentiful along the lagoons for Snook and barracuda.

A string of crescent shaped beaches run from the tip of the peninsula across 16 miles to the north of town. Silvery foam waves lap onto beaches where dazzling white sea stone and shells wash on to shore. Stretching across tranquil horizons are the popular areas of Olas Altas, Playa Norte, Playa Brujas, Isla de la Piedra, Playa los Pinos and Puerta Camaron.

Mazatlan is a haven for water sports lovers, too. Among a myriad of adventures is snorkeling for rainbow and

psychedelic-colored fish in the crystalline aqua and cobalt waters of Chivos, Blacas, Cardon, Tres Islas and Isla de los Venados. Surfing, water-skiing, parachute gliding and windsurfing are popular throughout the area.

Amid the shops in downtown, colorful markets and colonial-era architecture, there is a fervor and passion for preserving the past. It is evident in the culturally growing 20 block historic area around the main plaza where the people have

ering place for people of all ages.

## Where to Stay

**Pueblo Bonito Emerald Bay Resort & Spa** is steeped in tradition of romance and elegance, as well as a fantastic family venue. Architecturally resembling old time Mazatlan, and set on 20 acres overlooking the Pacific Ocean, it is the only AAA -Four Diamond Resort in Mazatlan with a world-class spa. Two crystalline pools are situated near state-



*Condo in Pueblo Bonito Emerald Bay Resort*

restored and renewed the buildings to their glorious past. Cathedral Basilica, built in Moorish style in 1938 dominates the skyline. Mercado Square, the oldest town plaza is vibrant, alive and bustling every morning with fresh meats, produce and flowers. Plaza Machado Square, the oldest town plaza has small sidewalk cafes and shops, and is the gath-

exotic birds. Restaurants include La Cordeliere, Emerald Grill, Sunset Grill and Aquabar, the popular Bistro open for lunch and dinner with highlights that include: Topolobsampo tacos, Emerald Bay nachos; smoked marlin pate; Mazatlan-style seafood soup, a variety of pizzas, Mexican-style pork leg torta, mango fish fillet, chicken or beef fajitas,



*Mismayola Beach in Puerto Vallarta*



## Bringing Back the Magic The Resurgence of Mexico's Mazatlan and Puerto Vallarta continued



*Mazatlan best city tour and guides*

Sinaloa-style asado, and for dessert, sweet corn flan, turtle cheesecake, Mazatlan-style banana cream pie, and a variety of ice cream. Located at 201 Avenida Ernesto Coppel/Campana, S/N Nueva Mazatlan CP8210. For reservations and information, visit [www.pueblo-bonito.com/resorts/emerald-bay](http://www.pueblo-bonito.com/resorts/emerald-bay) or call (800) 990-8250 or (800) 966-0606.

### How to Get Around

Unique to Mazatlan are “pulmonias,” jaunty motorized open-air carts replete with fringed roofs. Also available are the green and white Ecotaxis. For information on Mazatlan, visit [www.gomazatlan.com](http://www.gomazatlan.com)

### Romantic and Exhilarating Puerto Vallarta

Sitting beside the silver ripples of Banderas Bay with Mazatlan to the north, and Acapulco to the south,

Puerto Vallarta is spirited and captivated by the bluest of skies, and cuddled by the lush tropical greenery of the Sierra Madre Mountains. This magical paradise known throughout the world is loved for its natural beauty, its crystal waters that flirt with pristine beaches, and an unhurried lifestyle. It savors the flavor and charm of a small Mexican town with the luxuries of a city.

Senses were stirred in this sleepy fishing village with the filming of John Houston's *Night of the Iguana*, in 1963 starring Richard Burton (accompanied by Elizabeth Taylor), and Ava Gardner, that officially put it on the map. It was then that thousands flocked to see where the scandalous love affair between Elizabeth Taylor and Richard Burton took place.

In the old downtown around the Rio Cuale, whitewashed houses splashed with fuchsia bougainvillea and red-tiled roofs, border the cobblestone streets that wind up the hills. In the center of town is the Malecon, a broad tree-lined promenade. The action is in lively Plaza de Armas, the town's main square at the southern end. The sculptures of The Dolphins and The Arches (Los Arcos) are the symbols of the Malecon, but the crown and bell tower of the Nuestra Senora de Guadalupe church is Puerto Vallarta's most distinct landmark.

In Gringo Gulch, Casa Kimberly, formerly the Elizabeth Taylor-Richard Burton love nest looks out over Banderas Bay. Now a luxurious nine-suite boutique hotel with an open-air rooftop restaurant called the Iguana, a tequila bar, pool



*La Palapa in Puerto Vallarta*

and an intimate spa. It is connected by a walking bridge to the guest house.

There's a whole variety of sea-bound adventures including boating, sailing, yachting, Banana boats towed by speed boats, para-sailing, water-skiing, diving and snorkeling in the waters of Banderas Bay. Dolphin Adventure is a memory of a lifetime. Get to

swim and interact with the dolphins in their own environment.

For a change of pace, hike up mountain trails to primitive villages, swim in waterfalls or hike along the Pacific Ocean's edge alongside a stunning sunset. Travel on horseback through the foothills of the Sierra Madre mountains and discover the natural wonders of the tropical forest. A safari tour into the rugged Sierra Madre Mountains lets you follow jungle trails into the rainforest with you at the wheel. For the more adventurous, bungee jumping and hot air ballooning is available.

Alluring attractions south of town include Los Arcos, the arches formed by three rocky islets at the entrance to Mismayola, popular for



*Overlooking Pueblo Bonito Emerald Bay Resort & Spa*

*Continued on page 26*





## Is a Home an Investment?

*From one perspective, the answer is yes, from another, no*

*Provided by Howard Erman, CFP®*

When you buy a home, are you investing? If you buy it to flip it or buy it as a rental property, the answer is yes. If you buy a home simply to live in it, the answer may be no.

Your home is an expression of your lifestyle, a wonderful setting for your life, and a place you can enjoy in privacy and comfort. As an investment, though, it is essentially illiquid, and its rate of return is no sure thing.

Home values do not automatically increase with time. Buyers learned that lesson in the Great Recession. Simply using the S&P/Case-Shiller home price index as a barometer, house prices today are roughly where they were in 2007 - it has taken the residential real estate market that long to recover from the mortgage meltdown. <sup>1</sup>

Through the decades, real estate values have risen, and they will probably keep rising for the near term - but perhaps, not as quickly as some buyers hope. Why, exactly?

Home prices are inexorably linked to wages. Over the past year, hourly earnings have grown 2.5%. This has mys-

tified many economists and frustrated others. Normally, when the jobless rate is below 5%, you have much greater wage growth. Six months before the start of the Great Recession (March 2007), the unemployment rate was 4.4% (right where it is now), and wages were growing at 4.2% a year. <sup>2,3</sup>

Ideally, wage growth keeps pace with rising real estate values. That is not happening now. Across the past year, the 20-city S&P/Case-Shiller home price index has shown home values appreciating at a rate of between 5.5-6% annually. If real estate values continue to climb 6% per year and wages rise just 2.5%, you will soon see buyers priced out of the market - unless, of course, home prices drop because sellers can no longer get the prices they want. That is something prospective sellers (and buyers) ought to keep in mind, plus some other truths. <sup>4</sup>

The fact is, stocks have appreciated more than real estate in the long run. Through the decades, home values have increased about 4% annually and stocks have increased about 10% annually (albeit with some remarkable year-to-year volatility). <sup>1</sup>

Stocks do not need upkeep. You will never need to tear out, reroof, or repaint a portfolio. Houses need all kind of repairs with time, and repair costs can eat into your gains. You must also pay property taxes. If you envision your home as an income-producing asset, that means playing landlord on some level. Many homeowners are not ready to take that step.

Remember that home values tend to rise gradually. If you see your home as an investment, see it as a long-term one. Staying put ten years or more before selling or trading up could help you realize the kind of financial outcome you want.

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

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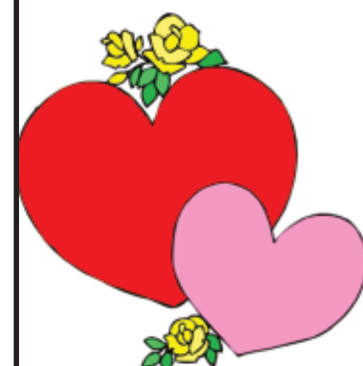
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# Enjoy This Hard Cider–Infused Game Day Recipe

*Presented by Angry Orchard*

As football fans everywhere celebrate Super Bowl with tailgating festivities and game-day grilling, many are looking for a crisp and refreshing beverage to pair with traditional barbecue favorites and infuse in exciting new recipes. Hard cider is a fruit-forward and delicious alternative to beer and wine, making it a winning refreshment and recipe ingredient no matter the score.

Crisp Apple, Angry Orchard's most popular hard cider, is made with a blend of culinary and bittersweet apples that lends balance

and complexity to its bright crisp apple taste. Crisp Apple is available in 6-packs as well as 12-oz. and 16-oz. cans, which are perfect for enjoying during outdoor tailgating parties. For an easy-drinking alternative for longer drinking occasions, try Angry Orchard Easy Apple, which is also available in 6-packs and 16-oz. cans.

Hard cider provides a natural sweetness that calms the heat of flavorful and spicy dishes, such as hot wings and barbecue, and pairs well with classic grilling eats like burgers and hot dogs. Hard cider's apple-forward flavor also enhances pork

dishes ideal for tailgating, such as the cider-infused Pulled Pork Crostini with Caramelized Apple recipe below.

## **Pulled Pork Crostini with Caramelized Apple**

1 bottle Angry Orchard Crisp Apple  
2 pounds pork shoulder  
2 Tablespoons ground cumin  
3 Tablespoons smoked paprika  
3 Tablespoons Kosher salt  
1 large white onion, chopped  
6 garlic cloves, smashed  
12-ounce can crushed tomato  
½ cup apple cider vinegar  
Olive oil as needed  
24 French bread rounds

24 fresh sage leaves  
2 Cortland apples, sliced

Preheat oven to 250° F. Place pork shoulder in a baking dish and sprinkle with cumin, paprika and salt. Place white onion and garlic in pan and pour in tomato, cider and cider vinegar. Cover tightly with plastic wrap and foil and place in oven to cook until tender, approx. 3 hours; remove and let stand, loosely covered. Increase oven temperature to 350° F. Brush French bread and sage leaves lightly with olive oil and sprinkle with salt; place on baking sheet and place in oven until crispy; approx. 7 minutes. Flake apart pork shoulder with tongs or fork



in a bowl, adding some of the braising liquid to the mix to taste. Place small amount of pork shoulder on crostons, and top with fresh apple slice and crispy sage; serve.

Note: Low and slow are the keys to making this pork shoulder tender and delicious; the apple cider and apple cider vinegar add enough tang and acid to help break down the meat and make it taste even better.



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## Mazatlan

*Continued from page 23*

scuba diving and snorkeling. Mismayola Beach, six miles south of town, is seductively hidden in a small natural cove surrounded by high cliffs. In the hills on the south side of the cove are the remains of a set from the *Night of the Iguana*. Artists now live in the houses built for the original set of the 1963 movie.

### Where to Stay

**The Westin Resort & Spa** is a lush world class ocean-front resort in Marina Vallarta with a sultry golden sand beach, and breathtaking views of Banderas Bay. In this tropical atmosphere, dotted with swaying palms the ambience of colonial Mexico is tastefully blended with luxurious amenities. Four swimming pools, three lighted tennis courts, a full health and fitness center and spa are offered here. Restaurants include: El Palmar for Mexican cuisine; Arrecitas Seafood and Steakhouse; La Cascade Restaurant and Bar; and Tlaquepaque Bar, a swim-up bar with snacks. Located at Paso de la Marina, Puerto Vallarta, Jalisco, call, (52) (322) 226-1100 or visit, [www.westinpuertovallarta.com](http://www.westinpuertovallarta.com)

### Area Dining:

**La Palapa** on Playa des Los Muretas, Dead Man's Beach, the most popular beach in Puerto Vallarta, is an original whitewashed

walls and rustic wooded beachfront restaurant. The soft sounds of acoustic guitars serenade you as you dine on delicious Mexican and continental gourmet cuisine specializing in delicious local ingredients. Visit, [www.lapalapav.com](http://www.lapalapav.com)

Stop at the landmark **El Faro-The Lighthouse** for cocktails and light snacks as you view the entire marina.

### Shopping

The Mercado Municipal is a traditional Mexican market with produce, souvenirs, flowers and piñatas. Isla Rio Cuale has open-air shops selling leather, souvenirs, and upscale funky clothes.

For information on Puerto Vallarta, visit [www.visitpuertovallarta.com](http://www.visitpuertovallarta.com)

## HOT Trends For GREEN Living

As homeowners consider ways to "live green", many may be surprised to learn the powerful effect home heating has on achieving optimal energy and cost efficiency.

Fortunately, home builders know HVAC is a key to living green—a full 87 percent of builders and remodelers consider energy-efficient systems vital to green building, according to a recent National Association of Home Builders report.

So how do you choose a home



heating solution that's both Earth and financially friendly? Here are a few hints that can help.

Selecting the optimal climate control system is critical with home heating using more energy and costing more money than any other system in your home—typically making up nearly half your utility bill. There are several types of heating systems that range from blowing hot air through ductwork to piping hot water through your floor. Forced-air systems, the most common, heat quickly and evenly, but many are not energy efficient and some users complain that moving air is noisy and blows allergens around the house. In addition, they require ductwork, which many older homes don't have.

A lesser-known option, at least among Americans, is called ductless mini-split systems, distributed by such companies as Fujitsu General America. While the majority of HVAC systems in Asia and Europe are already ductless, they are rapidly gaining traction in North America, with mini-split systems projected to enjoy an annual growth rate of 14 percent each year through 2020.

**Live Green, Save Green: Up to 25 Percent on Energy Bills**

*Continued on page 31*



# January Crossword Puzzle

Across

1. Songwriters' org.
6. Trail of a wild animal
11. Cereal grass
14. Dutch treat
15. Brownish gray
16. U-turn from SSW
17. Give the illusion of three dimensions
19. Woman created from the rib of Adam
20. Prototype
21. Keep possession of
23. Apt. divisions
24. According to law
25. Hired killer
29. Elector
30. First-stringers
31. Tense
32. Get thee \_\_\_\_ nunnery
35. In spite of
39. Buck's mate
40. "\_\_\_\_ Tu": 1974 hit
41. Anouk of "La Dolce Vita"
42. Preminger et al.
44. Addison's collaborator
45. Unsettle
48. French pronoun
49. Goddess of wisdom
50. Horse with a golden coat
55. Brandy letters
56. Discreditable
58. Mischievous fairy
59. Like Thor
60. Not for kids

61. \_\_\_\_ Moines
62. No-see-ums
63. Hosiery thread

Down

1. Kodak rival
2. Before long
3. Abrupt
4. Zip-\_\_\_\_-Doo-Dah
5. Deli meat
6. Halts
7. Trim
8. Not in
9. Comic musical work
10. Go back on one's word
11. Actor Ryan
12. Smith's block
13. Itty-bitty
18. Song in praise of God
22. Sailor

24. Awkward boors
25. Clock pointer
26. Langston Hughes poem
27. Head of France
28. Mouth
29. Urns
31. Pulsate
32. Duration
33. Like Nash's lama
34. "A Death in the Family"
- author
36. Quadrangle
37. Maintained by the federal government
38. Vegas roller
42. Suffix with Capri
43. Adjusting a musical instrument
44. Arias, usually
45. Second king of Israel

46. "Who's there?" reply
47. Boutiques
48. Domesticates
50. Pillar
51. Calf-length skirt
52. Chits
53. Invalid
54. Bone: Prefix
57. Heston's org.

Answers on Page 38

1	2	3	4	5		6	7	8	9	10		11	12	13
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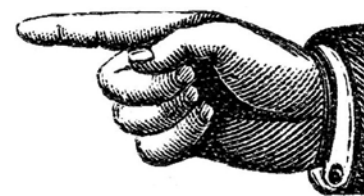
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# JUST JUDITH

By Judith A. Rogow

## Follow the Leader



Writing end-of-year and New Year articles generally follows a pattern. They are companion pieces, and since lag time allows us to send them in well before the Christmas or Chanukah rush, we have a little respite during the holiday insanity.

Usually the end-of-year article sums up the best and worst of current culture, or whatever our 'beat' demands, and leads into the next year's theme of looking to the future.

This year, my revised and re-written theme for 2018 follows 2017's explosive revelations in print and electronic media.

The drama, trauma, karma of Social Media has led to rampant narcissism. Topics spoken in whispers after that second – or third! – Martini are now thrown out into the universe where anyone can see . . . and comment about.

The 'Coffee Klatch' has given way to private chat rooms, member-only forums for various subjects and secrets, and areas where plots of all sorts may be discussed. Anything from planning a surprise party for someone's retirement to intrigues to do injury to the countries' infrastructure are spoken of in these private online meetings. With no way to suppress rumor or supposition,



it fans out as fast as our wild fires, and can do as much, or more, damage.

**NOTE – the following opinions are mine alone and not that of the staff or publisher of this publication.**

A case in point, and very much in all news media these days, is the sexual harassment charge being tossed around like a flaming baseball.

It really hit home when I sat down with my morning coffee to plan my day and automatically switched on the TV as background. Something was amiss, the genial host was absent and two ladies looking stunned were attempting to keep the show on track while obviously in the dark as to what was happening. Suddenly, it hit home that the witch hunt was in full force.

In my long years as a journalist, I have met people from entertainment, politics and the services and various walks of life, and it is entirely possible that someone made a comment to me decades ago that could be considered sexism



in today's state of mind, I believe that would come under the heading of inadmissible evidence. However, some of the accused are so obviously guilty that the only surprise is that they were able to escape being named this long.

The ones that worry me are those who are being accused by people who suddenly 'remember' that a member of the opposite sex said something, hugged them in happiness for a good review or award, or called them 'sweetie' and now decide to paint them with the same brush as those whose intentions were obvious.

As many evil predators as are being named, men who cannot escape proof of their misdeeds, there are many more who are being dragged into the general hysteria because it is suddenly the thing to do. Hash marked slogans, marches and magazine covers are masking the root of the problem.

This isn't Salem, Mass. in

*Continued on page 32*



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# Busy Boomers

By Les Goldberg

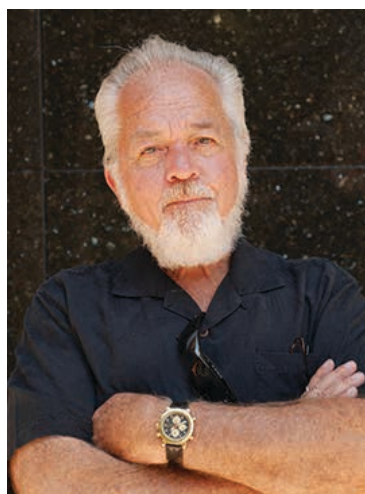
## ‘We Will Leave No One Behind!’

That is the promise made to every American sent into combat. As of this printing, there are 82,540 military personnel who have been reported missing in action since World War II.

To tell the story of how this promise is being fulfilled, Richard Jellerson, a former Vietnam War helicopter pilot who grew up in Southern California and founded Storyteller Films, has produced a stirring documentary that shows America's ongoing worldwide efforts to locate, identify and return the fallen military home to their families for burial with full military honors.

The film, *A Solemn Promise. America's Missing in Action* was released last Sept. 15 on National POW/MIA Recognition Day. It provides a fascinating account of how the U.S. Defense POW/MIA Accounting Agency (DPAA) sends specialized military units to old battlegrounds to scour mountains, deserts and jungle sites. The mission is aided by private organizations like History Flight, Bent Prop and MIA Recoveries, which are supported by the DoD.

Also depicted in the documentary is the DoD's efforts to meet with the families of the MIAs. In one-on-one settings each year, the search team leaders let the families know



which battlegrounds will be searched. No false hope is offered, just the knowledge that America will continue until “They are all Home,” which is the DPAA's motto.

According to Jellerson, once remains are found they are delivered to the DPAA forensic laboratories in Hawaii where military and civilian scientists work with state-of-the-art DNA analysis and other methods before telling an MIA family their loved one is accurately identified. He says the “dangerous searches and laboratory work add up to real life ‘Indiana Jones’ meets ‘CSI’.”

“Especially close to my heart are those military families whose loved ones served around the world and are not accounted for yet,” he said. “Families need to honor their loved ones and experience the peace of mind of closure.”

Through reenactments, the film illustrates the “unsettling reality of a family being noti-

fied about their missing loved one. Computer generation and Anime depict the last known combat mission and the presumed action resulting in the loss of the service member.

In addition to the battlefield search scenes, the filming took place at DPAA headquarters in Hawaii and in its facilities in San Antonio, Texas which contain artifacts from military equipment and aircraft from all U.S. wars. The film also



highlights the pageantry, ceremony and honor bestowed on the repatriated remains of an MIA interred at Arlington National Cemetery in Washington, D.C.

Jellerson served two tours in Vietnam, one as a Combat/Medevac helicopter pilot and another as the personal pilot for Four-Star General Creighton Abrams, who replaced General Westmoreland as military commander of all forces in Vietnam.

Following his military duty, he earned a bachelor of business degree from California State University, Los Angeles in 1975, then attended law school

of a year. However, his thirst to use his creative talents, particularly his writing ability, led him to an advertising agency in Seattle where he learned the craft of filmmaking by writing, directing and producing commercials and corporate films.

The last few years he shifted his focus to doing documentary films exclusively, including a two-hour special for The History Channel. His company also has produced titles like *The History of Army Aviation*, *One Last Hit – Crack Cocaine*, and *Tale of a City*. For more information about how to obtain these films, you can visit Jellerson's website, [www.storytellerfilms.tv](http://www.storytellerfilms.tv).

### Check Your Dollars: You Could Have A \$1 Bill Worth \$10,000



They get shoved in pockets and run through the laundry. Jammed in and spit out of vending machines. And grasped by many hands as they make their way across the United States.

Dollar bills take a beating. In

fact, the average life span for a \$1 in circulation is only 5.8 years, according to the Federal Reserve. Compare that to a \$50 bill, which circulates for 8.5 years, or the \$100 bill, which hangs around almost three times as long as the humble single.

Nevertheless, your hardworking dollars could be working even harder for you. That's the idea behind an online banking and investing financial services company's “Hardest Working Dollar” campaign. An anonymous shopper will travel the country, spending 7,500 of the hardest-working dollars in mom-and-pop shops, cafes, and other locations in 15 U.S. cities.

Once in circulation, the value of these George Washingtons could increase. Some will be worth \$100, others will be valued at \$5,000 and one will be particularly prized: It will be worth \$10,000. Consumers can visit [www.allyhardestworkingdollar.com](http://www.allyhardestworkingdollar.com) and enter the serial numbers of their singles to see if theirs is eligible to win.

“The Hardest Working Dollar campaign is a continuation of our efforts to ‘Do It Right’ for our customers and all consumers by encouraging them to think about their money differently,” explains Ally Chief Marketing and Public Relations Officer, Andrea Riley.

The company will also celebrate hard-at-work individuals

*Continued on page 31*



## GREEN Living

*Continued from page 26*

Mini-split systems provide maximum energy efficiency, saving homeowners up to 25 percent of utility bills by simply eliminating wasteful ducts. Duct losses can easily account for more than 30 percent of energy consumption, especially if the ducts are not sealed tight or are located in an unconditioned space such as an attic or crawl space. This is particularly good news for older homes, homes without existing ductwork or homes with seasonal additions, such as a sunroom. Installing ductwork is expensive and requires cutting holes in walls, floors and ceilings, or decreasing closet space. Ductless systems require only a two- or three-inch hole through the wall.

### Customized Comfort, Even at Extra-Low Temperatures

Ending any "Family Thermostat Wars," mini-splits feature custom zone control, letting homeowners connect two to eight indoor units to a single outdoor unit. Each zone has its own thermostat so occupants can adjust each room to the temperature they want. Further, only occupied areas are heated, which can represent a significant savings considering the kitchen, dining room, living room and bedrooms are left unoccupied for at least 40 percent of the time in most households. What's more, the comfort continues even in extreme cold weather climate. Fujitsu's Extra Low Temperature Heating (XLTH) Series features outdoor condensing

units engineered to operate in temperatures down to -15° F, lower than any other mini-split available today.

### Cleaner Air, Lower Environmental Impact

Mini-split systems are designed with cleaner interior air in mind. No ductwork means no dust or mold to blow around a home and the built-in ion deodorization filter absorbs odors. Dust, mold spores and microorganisms are caught in the filter, promoting allergen-free air. Ductless mini-split systems are designed with Earth-friendly elements, using a refrigerant called R410A, known for its potential for zero ozone depletion.

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For further facts and to find a contractor nearby, call (888) 888-3424 or visit [www.constantcomfort.com](http://www.constantcomfort.com) or [www.fujitsugeneral.com](http://www.fujitsugeneral.com).

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## Check Your Dollars

*Continued from page 30*

in key markets across the US. Costumed George Washingtons will thank employees on their way to work, show their appreciation for hardworking first responders, and honor dedicated volunteers at non-profit organizations.

### Make Your Money Work for You

Ultimately, every consumer has the ability to make any \$1 bill the hardest-working dollar. A new investing product, Ally Invest, offers several convenient online options for putting your money to work, including low-cost trading for investors looking to trade stocks, options, bonds and ETFs themselves, as well as managed portfolios, which are professionally designed, continually monitored and re-balanced automatically, for those who prefer a hands-off approach to their finances.

Together, investing combined with the bank's great FDIC-insured savings rate is designed to help consumers make their money work harder.

"We believe being an ally for our customers' financial well-being means encouraging people to focus on the products and services that will improve their financial lives for the long run," says Diane Morais, president of Consumer & Commercial Banking Products at Ally Bank, Member FDIC. "By saving at a higher rate of interest, using a cash-back credit card and investing with affordable fees, people have the opportunity to make their dollars work harder."

### Learn More

For further information, visit [www.allyhardestworkingdollar.com](http://www.allyhardestworkingdollar.com) and follow the hashtag #hardestworkingdollar on Twitter and Facebook.

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# Fabulous Finds

By Debbie L. Sklar

Here are some exciting new Fab Finds to kick off 2018 the right way. From gadgets to keeping fires at home at bay to a way to protect yourself with a new form of pepper spray; these are indeed some pretty neat Fab Finds to kick off the New Year.

## Cooking Shouldn't Be a Fire Hazard



**iGuardStove Intelligent** is an automatic stove shut off device that converts any electric stove into a safe and smart stove with Wi-Fi connect ability. The iGuardStove prevents unattended or forgotten cooking from occurring saving lives and property. Visit <http://www.bestlivingtech.com/intelligent-stove-safety-from-iguardstove-electric/>

## Averting Fires



**FireAvert** is the most effective way to protect your home from stove fires. Installs in less than 10 minutes and requires no tools or professional skill. FireAvert will automatically cut power to your stove when your smoke alarm sounds from food left unattended. Visit <http://www.bestlivingtech.com/stove-safety-from-fireavert/>

## The SafeAwake



The **SafeAwake** provides essential protection for deaf and hard of hearing people in the event of a fire. Once an existing T3 smoke alarm is activated, the SafeAwake alerts with its intermittent bed shaker, flashing white lights and high-decibel, low frequency (520Hz) alarm — proven to be significantly more effective at waking people with hearing loss compared to standard alarms. Visit <http://www.bestlivingtech.com/fire-safety-with-reduced-hearing-ability/>

## Finding the Purrfect Companion



Give the gift of comfort with **Joy for All Companion Pets**. Companion Pets respond to petting, hugging and motion just like the real cats you know and love. This give-and-take relationship helps create a personally rich experience that brings fun, friendship and joy to you and your loved ones of all ages. Visit <http://www.bestlivingtech.com/joy-for-all-companion-cat-orange-tabby/>

## Kardia

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ily know you love them with **Kardia** a clinically-proven and FDA-cleared convenient way for you and your doctor to quickly access track and analyze your heart's health. Visit <http://www.bestlivingtech.com/guard-your-heart-kardia-mobile/>

## Defense Alert Device (D.A.D. 2)



People have carried self-defense tools like pepper spray for decades. It is an effective protection tool for vulnerable targets like women, children and older people, and a great tool to have on hand when traveling to unfamiliar areas.

But, no pepper spray comes close to the stopping capabilities of the **Defense Alert Device (D.A.D. 2)**. The D.A.D. 2 is a new hi-tech pepper spray that with the press of a button sends a crowd alert out to people within a one mile radius of the victim. Family and friends are also alerted to the user's location and need for help. The

spray in the D.A.D. 2 has been tested by law enforcement to be 96% effective at stopping attackers without any additional force, compared to traditional pepper sprays that are only 50-70% effective. The lightweight and compact D.A.D. 2 also has a hi-power flashlight that can be used to momentarily blind an attacker or light your way in the dark. Available in chrome, rose gold, gun metal black, metallic pink and in a matte black special for law enforcement professionals. The D.A.D. 2 is available for \$129.99, with discounts available for multiple purchases. For more information about retailers or to order online, visit [www.tigerlight.net](http://www.tigerlight.net).

## JUST JUDITH

*continued from page 28*

1692, mass hysteria and finger-pointing are doing irreparable damage to people's lives. The shadow of an accusation can ruin a career, marriage or life. The cost of defending one's reputation is astronomical when there is no valid proof of wrongdoing. 'I remember' or 'I was always uneasy' are not concrete evidence. Much mud is being flung, some in error.

There's an old saying that when you kill the dragon by cutting off its head, as it dies the tail still lashes out to causes havoc. Words to ponder.

## Amazon Introduces A Discounted Monthly Prime Offer For Customers Receiving Government Assistance



Amazon Prime members save money and time through access to low prices, premium videos and music, as well as convenient delivery options. And now, Amazon has designed a discounted monthly Prime membership option for customers participating in a growing list of government assistance programs.

### How it Works

Prime is already an incredible value at \$99/year or \$10.99/month, and the discounted monthly offer makes Amazon's everyday selection and savings more accessible, including the many conveniences and entertainment benefits of Prime. People using government assistance can now get the benefits of Prime for \$5.99 per month for one year, with the ability to cancel anytime.

### What's in it for Everyone

Tens of millions of members around the world already enjoy the many benefits of Prime. In

*Continued on page 39*





## 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.

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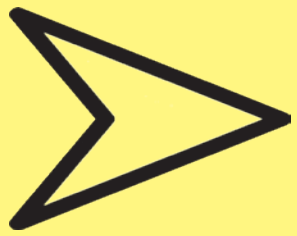
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# In The Spotlight

By Debbie L. Sklar

## Wife Shares Memory-Filled Journey Into The Life Of Guitar Legend Leo Fender

The world occasionally produces one of those rare thinkers whose name becomes iconic.

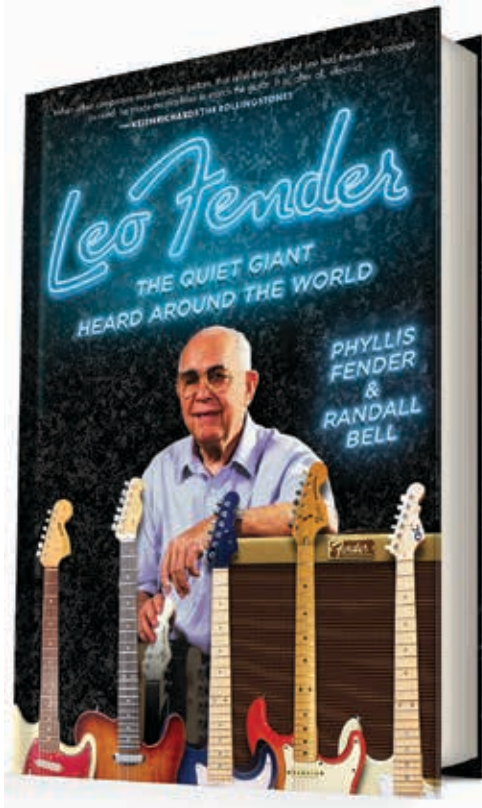
Thomas Edison lit up the world; Albert Einstein profoundly altered the study of physics; Walt Disney reimagined entertainment; and Leo Fender invented the electric guitar.

Fender grew up in Fullerton where his interest in electronics lead him to open his own radio repair shop in 1938. It wasn't long before musicians and band leaders turned to him for help in repairing their equipment.

His revolutionary guitar, the Fender Stratocaster, has been the preference of world-renowned musicians like Jimi Hendrix, Stevie Ray Vaughan, David Gilmour, Eric Clapton, George Harrison and Jeff Beck — to name a few.

While his name is synonymous with fist-pumping rock and roll sound, in reality, Fender was a shy, unassuming inventor who was nearly deaf and had one glass eye.

In 1946 he founded Fender Electric Instrument Manufacturing Co. — the launch pad for his most iconic designs — and later on, G&L Musical Instruments.



And now, his wife Phyllis Fender gives readers a memory-filled look into the wonderful world of this quiet genius in the book, *Leo Fender: The Quiet Giant Heard Around the World*. The book was co-written by Randall Bell, Ph.D., who grew up in Fender's neighborhood and whose father was the head of the R&D department at Fender's company.

Fender's game-changing contributions to the music world have been widely recognized. He was presented with the Country Music Association Pioneer Award in 1981; was inducted into the Country Music Hall of Fame, the Rock Walk of Fame and the Rock

and Roll Hall of Fame. His accomplishments were also acknowledged with a Technical Grammy Award in 2009. Fender died in 1991.

Author Phyllis volunteers at the Fullerton Museum where she shares with visitors stories about her life with Leo. She also serves as the Honorary Chairman of G&L.

Here is more about Phyllis Fender:

**Q:** Is it true that Leo was really born in a barn?

**A:** Yes. Leo was born on the Fender Farm on the corner of Harbor Boulevard and La Palma Avenue in an area that was then called Fullerton. (Everything south of the 91 was since incorporated into Anaheim.) The family was stilling buying lumber to build the house, so Leo was born in the barn.

**Q:** What inspired Leo to invent the electric guitar?

**A:** The army rejected Leo for the military because he had a glass eye. So he supported the troops by setting up War Bond Dances in Fullerton. One night he was enjoying the music, when he noticed that everyone

could hear the drums, horns, and singer with the amplifier, but nobody could hear the guitar players. Leo set out to fix that, and never looked back!

**Q:** What was Leo really like?

**A:** Leo was a very quiet, kind man. I never heard him get mad or anything like that. He was always quietly observing and thinking.

**Q:** I've heard that Leo was a workaholic, is that true?

**A:** Leo was a certified workaholic. He literally died getting ready to go to work at the age of 82. He just loved to work and he loved guitar players.

**Q:** There is a story in the book about your wedding night, can you tell us about that?

**A:** We got married on the Love

Boat. After a beautiful ceremony and dinner, we went back to the cabin. Leo used the bathroom first, and then I went in. I noticed a small, black box by the sink, and I thought to myself, "Somebody must have told Leo that it was a nice idea to buy his bride a present!" I could not help myself to have a little peek. When I opened the box, it was a beautiful, blue glass eye! I had no idea that Leo had a glass eye!

I went into the cabin and said, "Leo, I found this by the sink." And Leo just said, 'Ya, that's my glass eye.'

**Q:** Did Leo play the guitar?

**A:** No, and not only that, Leo could not even tune a guitar. He wanted to put all his effort into helping the guitar players.

**Q:** How many guitars did Leo have in his personal collection?

**A:** Zero. Leo set out to make every guitar perfect, but in his mind, the next one would be more perfect. He did not see the point in keeping any guitars when the next one would be better!

**Q:** What kind of Christmas presents did Leo hand out?

**A:** Every year, the family and



*Continued on page 37*



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23721 Moulton Parkway  
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**11:30 a.m.–12:30 p.m.**

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22232 El Paseo  
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San Juan Community Center  
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**Wed., January 3rd**

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# January Book Club

By Debbie L. Sklar

The tree has been trashed, the decorations taken down and the eggnog long gone. Now it's time for you to kick back and enjoy some quiet time. Pick up one of these new books or download to your e-reader.

## 12 Strong By Doug Stanton

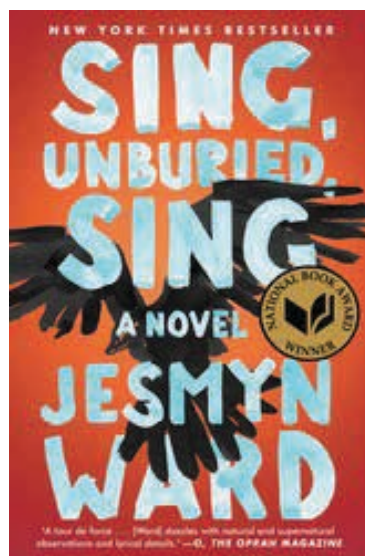


“Previously published as *Horse Soldiers*, *12 Strong* is the dramatic account of a small band of Special Forces soldiers who secretly entered Afghanistan following 9/11 and rode to war on horses against the Taliban. Outnumbered 40 to one, they pursued the enemy army across the mountainous Afghanistan terrain and, after a series of intense battles, captured the city of Mazar-i-Sharif. The bone-weary American

soldiers were welcomed as liberators as they rode into the city. Then the action took a wholly unexpected turn.

“During a surrender of 600 Taliban troops, the *Horse Soldiers* were ambushed by the would-be POWs. Dangerously overpowered, they fought for their lives in the city's immense fortress, Qala-i-Janghi, or the House of War. At risk were the military gains of the entire campaign: if the soldiers perished or were captured, the entire effort to outmaneuver the Taliban was likely doomed...” according to Publisher, Scribner.

## Sing, Unburied, Sing A Novel By Jesmyn Ward



“In Jesmyn Ward's first novel since her National Book Award-winning *Salvage the Bones*, this singular American writer brings the archetyp-

al road novel into rural 21st century America. An intimate portrait of a family and an epic tale of hope and struggle, *Sing, Unburied, Sing* journeys through Mississippi's past and present, examining the ugly truths at the heart of the American story and the power—and limitations—of family bonds.

“Jojo is 13 years old and trying to understand what it means to be a man. He doesn't lack in fathers to study, chief among them his black grandfather, Pop. But there are other men who complicate his understanding: his absent white father, Michael, who is being released from prison; his absent white grandfather, Big Joseph, who won't acknowledge his existence; and the memories of his dead uncle, Given, who died as a teenager ...” according to Publisher Scribner

## Sleeping Beauties A Novel

By Stephen King and Owen King

“Stephen King and (son) Owen King tell the highest of high-stakes stories: What might happen if women disappeared from the world of men?

“In a future so real and near it might be now, something happens when women go to sleep: They become shrouded in cocoon-like gauze. If they are awakened, if the gauze wrapping their bodies is dis-



turbed or violated, the women become feral and spectacularly violent. And while they sleep they go to another place, a better place, where harmony prevails and conflict is rare.

“One woman, the mysterious ‘Eve Black,’ is immune to the blessing or curse of the sleeping disease. Is Eve a medical anomaly to be studied? Or is she a demon who must be slain? Abandoned, left to their increasingly primal urges, the men divide into warring factions, some wanting to kill Eve, some to save her. Others exploit the chaos to wreak their own vengeance on new enemies. All turn to violence in a suddenly all-male world ...” according to Publisher Scribner

## The Disaster Artist My Life Inside The Room, the Greatest Bad Movie Ever Made By Greg Sestero and Tom Bissell



“From the actor who somehow lived through it all, a ‘sharply detailed...funny book about a cinematic comedy of errors’ (*The New York Times*): The making of the cult film phenomenon *The Room*.

“In 2003, an independent film called *The Room*—starring and written, produced, and directed by a mysteriously wealthy social misfit named Tommy Wiseau—made its disastrous debut in Los Angeles. Described by one reviewer as ‘like getting stabbed in the head,’ the \$6 million film earned a grand total of \$1,800 at the box office and closed after two weeks. Years later, it's an international cult phenomenon, whose legions of fans attend screenings featuring costumes, audience rituals, merchandising, and thousands of plastic spoons,” according to Publisher Simon and Schuster.





# Worried About Outliving Your Retirement Nest Egg?

On average, boomers—an estimated 74.9 million Americans aged 53 to 71 in 2017—can expect to live to around age 85, according to the Social Security Administration.

## A Problem

This good news can come at a steep financial cost, however. According to a study commissioned by Bankers Life Center for a Secure Retirement (CSR), 69 percent of boomers admit they don't have or don't know whether they have the financial resources to live comfortably in retirement to age 85.

In fact, many boomers save less as their age increases. Data from the latest CSR report reveals that 21 percent of middle-income baby boomers now save a smaller percentage of their paycheck than they did before the financial crisis of 2007. In addition, 24 percent say they no longer save at all, putting them at greater risk of outliving their savings.

When it comes to living longer, retirees can't depend on personal savings alone or expect to stay in the workforce, as unexpected health issues associated with age can make stretching savings difficult and working even part-time untenable.

## An Answer

In recognition of National Annuity Awareness Month this June, boomers might want to



look into annuities. Annuities are designed to help you accumulate money for retirement or turn your retirement savings into a steady income stream. You pay a lump sum into the annuity and get regular payouts, even in the best-case scenario that you outlive your planned retirement.

Boomers worried about outliving their nest eggs could consider indexed annuities. These provide opportunities to earn interest based on changes in an external market index while protecting existing retirement funds from downside market risk. The product doesn't pay out until later in life and helps provide additional peace of mind for an extended life span. Understanding Annuities

Here are some additional points to consider when deciding whether annuities are right for you:

**Know the basics:** The primary goal of an annuity is to provide a steady stream of income during retirement. Your principal is traditionally not affected by market gains or losses; your interest accumulates on an income-tax-deferred basis and will not affect your Social Security benefits.

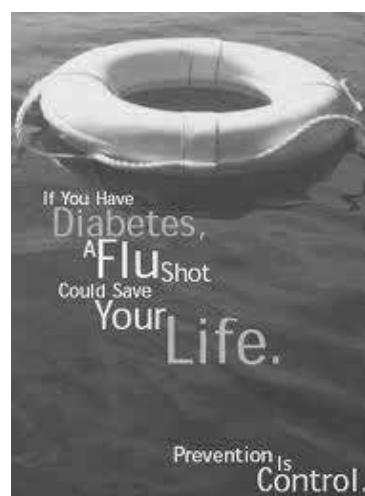
**Do your research:** Bear in mind that different annuities can carry management fees from the insurance companies involved and you should make a point to ask if the annuities you're interested in carry any fees. You don't want to be surprised by any hidden costs as you consider these options.

Talk to a financial advisor: Just as there are a few types of annuities, they aren't your only option, so be sure to speak to a financial professional to learn more about these and money-saving retirement investments, such as mutual funds, IRAs and Roth IRAs.

## Learn More

For a free downloadable booklet on top tips for retirees, including safety and security, reducing falls, fighting loneliness, managing prescription drug costs and more, visit [www.BankersLife.com/Top-Tips4](http://www.BankersLife.com/Top-Tips4).

An annuity can help provide additional peace of mind for living longer.



## In The Spotlight

*Continued from page 34*

I got the same thing, which was cans of tuna in a brown paper bag. I just loved it and thought that everyone should have some!

Q: What hobbies did Leo have?

A: Leo loved cameras, not photography, and there is a difference! He just loved anything that was mechanical. When we got our pictures back after a cruise, I had pictures of sunsets, beautiful beaches and children playing. Leo's pictures were of hinges, flanges and the engine room. You would never know we went to the same place together!

Q: I heard that you and Leo had an argument about Willie Nelson ... what was that all about?

A: I just love Willie Nelson's music. One day I told Leo that if he could make a guitar that sounded like Willie's, he might become famous. Leo did not think that was funny at all. He just gave me a look and went off to his home office.

Q: What kind of music did Leo like?

A: Leo liked three kinds of music. 1. Country. 2. Western. 3. Country-Western.

Q: What was Leo's favorite guitar?

A: Leo's favorite guitar was the one he was inventing at the moment. Leo invented guitars every single day I knew him.

Q: Who was Leo's favorite guitarist?

A: Leo was very fond of Glenn Campbell, and his last public appearance was with Buck Owens, who he also really liked.

Q: I see that this is an entire chapter dedicated to Leo and food. What's that all about?

A: The only thing that got Leo's interest more than guitars or girls in tight jeans was food. He just loved to eat. His favorite restaurants were Carl's Jr., and on special occasions, we went to Sizzler.

Q: What rock stars did Leo meet, did they impress Leo?

A: Leo was not at all impressed with rock stars. At the plant, he never asked for autographs or took pictures. He was impressed with how well you could play the guitar, not how famous you are.

Q: Is it true that Fullerton has a Fender museum?

A: Yes. The Fullerton Museum has a permanent Leo Fender display. It is just wonderful. Right now they have the very first guitar that Leo invented, and the last one he invented the night before he died - and a lot of other ones in between. The people at the museum have done a wonderful job preserving everything.

More info the book:

*LEO FENDER: The Quiet Giant Heard Around the World*  
Leadership Institute Press  
Release date: Nov. 1, 2017  
ISBN-10: 0996793143  
ISBN-13: 978-0996793148  
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Crossword Puzzle Answers from page 27

1	A	S	C	A	P		6	S	P	O	O	R		11	O	A	T		
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## Discounted Monthly Prime Offer

*Continued from page 32*

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# Life in Long Beach

By Lyn Jensen

## Seafood by the Seaside

One way to brighten the grey winter months is enjoy spectacular waterfront dining at Parkers' Lighthouse, the landmark that dominates Shoreline Village across the channel from the *Queen Mary*. The restaurant's Cape Cod architecture has some slight resemblance to a lighthouse and also to the Hotel Coronado in San Diego.



"Parkers' Lighthouse opened in 1983 as part of the concept of Shoreline Village, as an anchor tenant. It's become an icon in the city," said former general manager Michael Cole in a 2014 interview.

Three stories high, it's primarily a romantic seafood restaurant, but in 2011 a steakhouse, Queensview, opened on the top floor, making the location essentially two restaurants in one.

The atmosphere makes a good choice for a couple's anniversary or birthday celebration, especially if you both like fish. The décor is nautical but also



elegant and romantic, dimly lit, with white tablecloths, neatly folded cloth napkins and every table offers spectacular oceanfront views. On one side you see the port and the *Queen Mary*, on the other side, the downtown waterfront. Historical photographs, with plaques explaining the old-time Long Beach scenes, line the walls.

Be prepared to splurge, but the quality justifies the cost. The biggest seller is the Chilean sea bass for \$39, but there are many other seafood dishes including clam chowder, salads, and sandwiches. For the fish and chips, the kitchen makes its



own French fries. One of the more unique dinners is a chicken and shrimp jambalaya, a rice-based Creole-flavored one-dish meal that's like a stew, but with

very little liquid in the base. If you're not in the mood for fish, you don't have to head upstairs

to Queensview — the Parkers' menu includes surf-and-turf offerings and a varied selection of meats.

Shoreline Village is a destination, so plan your time accordingly. The surroundings resemble a small amusement park with souvenir and specialty shops, a playhouse, boutiques, snack bars, arcade games, a waterfront promenade, and views of the marina. The Rain Dance trading post is filled with Native American arts and crafts. Another shop, Hot Licks, specializes in different kinds of hot sauce. A third place sells comics. As for parking, eat at Parkers' and they'll validate your parking ticket for you.

Phone: 562-432-6500

Address: 435 Shoreline Village Drive, Long Beach, CA 90802

Web site: [parkerslighthouse.com](http://parkerslighthouse.com)





# Tinseltown Talks

By Nick Thomas

## Jay Sandrich Directed Classic Sitcoms

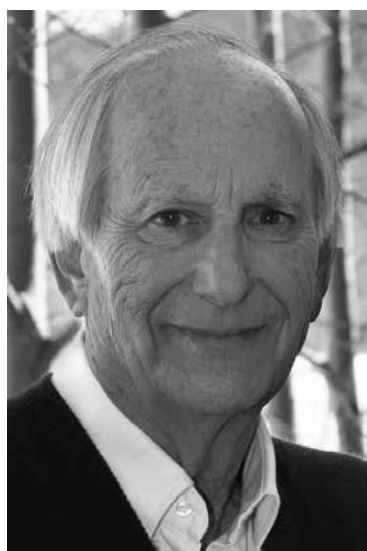
Starting out as an assistant director on *I love Lucy* in the late 50s probably wasn't a bad introduction to Jay Sandrich's television career behind the camera.

"I wrote a letter to Lucy's company (Desilu) and was invited for an interview," recalled Sandrich from Los Angeles. He was immediately offered the job despite possessing only a film degree from UCLA and a couple of years' experience working on army documentaries.

"It was my first real job in the business," he said. "The only reason I got it was because the man who hired me had been my father's assistant, so I got that job thanks to my father."

But by then, there was no way for Jay to thank his dad. Sandrich senior had died a decade earlier when his son was just 13.

Mark Sandrich had been a re-



Jay Sandrich - provided by Sandrich

spected film director in the 1930s and 40s who worked on five Fred Astaire and Ginger Rogers' films, as well as the still favorite seasonal musical *Holiday Inn*.

As the rookie second assistant director on *Lucy*, young Jay's duties included a lot of paperwork and making sure actors were on time for rehearsals.

"Then I got the job of first assistant director the next season. I knew very little, but the previous assistant director, Jack Aldworth – now the associate producer – taught me so much."

Also filming at Desilu Studios was *Make Room for Daddy*.

Director/producer Sheldon Leonard invited Sandrich to work

on the series as assistant director for more than 160 episodes.

"That's where I really learned a lot," he said. "Not necessarily working with actors but with the cameras."

Throughout the 60s, Sandrich worked on other hit series such as *The Dick Van Dyke Show* and *The Andy Griffith Show*. When executive producer Leonard Stern began planning *Get Smart*, he invited Sandrich to produce the first season.



Jay Sandrich's father, Mark, seated at right, working on *Holiday Inn* with Fred Astaire and Bing Crosby - publicity still Paramount Pictures

"But I really didn't enjoy producing - too many worries," admitted Sandrich, who went on to direct a half-dozen episodes.

In the 70s, Sandrich guest directed multiple episodes of numerous popular series. He especially left his directorial mark on *Mary Tyler Moore* and *The Cosby Show* in the 80s/90s, directing more than 100 episodes of each and win-

ning two Emmys for each series.

Despite spending a career surrounded by actors, Sandrich says emphatically he had no desire to act himself.

"I knew how bad I would have been!"

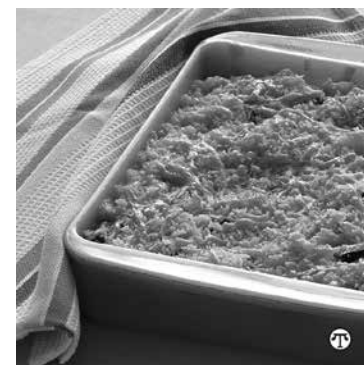
"I'm 85 now and my wife and I have been spending summers in Aspen and I've directed a few plays," he said. "But television comedy has changed so much that I don't think I'd be good directing it today. I've had a great career being involved with some of

the best comedy shows ever produced."

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews

for more than 650 magazines and newspapers.

## Meals Made Easier



Finding time to cook a healthy dinner for the whole family to enjoy can be a challenge.

With a little planning and advance prep, however, making a family dinner can be a cinch. Here are six ways to get ahead of the curve:

- Create a weekly menu.
- Keep it simple with easy-to-prepare meals that can be made quickly or in advance.
- Write up your grocery list and do the shopping all at once rather than making numerous trips to the grocery store throughout the week.
- As you're unloading the groceries, wash and dry the fruit and veggies and store in re-sealable bags.
- Prep dinner early in the morning before the day gets hectic.
- Keep your pantry well stocked with items such as canned tuna, canned tomatoes, and Lindsay olives, capers and peppers, so you can throw together a quick and tasty pasta or a dinner salad.

Then try these no-fuss, easy-to-make dinner ideas:

Continued on page 41



Jay Sandrich (right) on the set of *Make Room For Daddy* with producer Sheldon Leonard, center - publicity still



American Heart Association





## Meals

*Continued from page 40*

- Combine bone-in chicken breasts with equal parts water, chicken stock and canned tomatoes in your slow cooker. Add chopped carrots, onions and celery. Cook low and slow all day. About an hour before dinner, remove chicken from slow cooker and add one package of frozen corn and one can of pinto beans. While the corn and beans are heating, shred the chicken using two forks and return to the soup. Serve soup in warmed bowls and garnish with green and black olives, cilantro, avocado, green onions, wedges of lime and shredded jack cheese. Serve with a simple green salad.

- Assemble a quick sheet pan dinner by creating a flavorful base using a good amount of green and black olives, halved cherry tomatoes, and a small handful or two of capers. Drizzle with a good glug of Lindsay Buttery California Extra Virgin Olive Oil, season lightly with salt and black pepper, and toss so veggies are well coated. Lay a flaky white fish fillet of your choice on top of the veggies and drizzle with more olive oil and salt and pepper. Scatter a few sprigs of thyme on top. Store in the fridge until dinner time, then bake until fish is done. Serve with a tossed green salad and crusty French bread.

- Then there's the popular, the ultimate make-ahead meal: bubbly, gooey, creamy, comfy casseroles, whether it's baked ziti, tuna casserole, turkey tetrazzini—the options are nearly endless and you're sure

to please just about everyone. Throw in a green salad and you've got a delicious dinner.

- Here's a protein-packed version of the classic mac and cheese:

### Baked Chicken And Cheese

2 tablespoons unsalted butter  
2 Anaheim chili peppers, diced  
1 tablespoon minced garlic  
2 tablespoons all-purpose flour  
2¼ cups low-sodium chicken broth  
2½ cups shredded sharp cheddar cheese  
1 (1-lb.) box macaroni pasta, cooked  
8 ounces grilled chicken breast, diced  
1 (6-oz.) can Lindsay Ripe Pitted Olives  
½ cup Japanese-style panko breadcrumbs  
⅛ teaspoon paprika

Heat butter in a large saucepan over medium heat until melted and foamy. Stir in peppers and garlic and cook for 2 minutes. Whisk in flour and cook for 1–2 more minutes until smooth and golden. Whisk in chicken broth, a half cup at a time, until smooth and bring to a boil. Turn heat down to simmer and cook for 3–4 minutes. Stir in cheese and remove from heat. Add pasta, chicken and olives and pour into a lightly greased 9-inch by 13-inch baking dish. Top with breadcrumbs, sprinkle with paprika and bake in a 400° F oven for 15–20 minutes.

### Learn More

For other delicious recipes, tips and ideas, go to [www.ilovelindsay.com/recipes](http://www.ilovelindsay.com/recipes). For more information about Lindsay, go to [www.ilovelindsay.com](http://www.ilovelindsay.com).



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# Get Back On Your Feet— Tips For Running At Any Age

Running can seem like a daunting workout no matter your age. It takes an impressive amount of dedication to run long distances. However, 66-year-old Barbara McGirr did not let that deter her. Starting at the age of 62, McGirr set her sights on completing her first half marathon. After only six months of training and a lot of hard work, she achieved that goal.

Taking advantage of the free fitness membership she received through the SilverSneakers program offered by her Medicare plan, McGirr started her training by walking to build up endurance. From there she started running small increments and gradually increased over time to reach her ultimate goal. Now, even after retirement, McGirr continues to compete in 4K and 5K races.

Her inspiring fitness journey was recently recognized by SilverSneakers as she was named the national winner of the SilverSneakers Richard L. Swanson Inspiration Award, which honors older adults who improve their health through fitness. Running has greatly improved McGirr's quality of life, and she shares that it helps keep her body and mind in shape.

If you are interested in running and improving your health, SilverSneakers offers the following tips:



## • Talk with your doctor:

You're never too old to start running, but it's always good to check with your doctor before beginning a new exercise routine.

• **Get the proper gear:** Invest in a good pair of shoes. Consider getting fitted at an athletic store to keep your feet comfortable.

• **Start slow:** Start with brisk walks and then slowly transition to running. Running for one minute, then walking for one minute is a great way to build stamina.

• **Set manageable goals:** Take it easy at first and listen to your body. If running a longer distance is your goal, work up to it gradually—walking for a few weeks, then intervals of jogging and walking. Before you know it, you'll be running with ease.

• **Don't skip the cooldown:** Always cool down with a slow walk and lots of stretching to reduce recovery time.

SilverSneakers partners with

more than 13,000 participating fitness locations and wellness centers, giving members access to the site's basic amenities, including weights, treadmills, pools, etc., as well as specialized Sil-

verSneakers exercise classes led by certified SilverSneakers instructors. The program is offered at no additional charge through the nation's leading Medicare Advantage plans, Medicare Supplement carriers and group retiree plans.

For more information, to check eligibility or enroll, visit [www.silversneakers.com](http://www.silversneakers.com).

## Prevent Isolation As You Age!

*Getting out and meeting people can be good for your health at any age.*

Did you know that an estimated one in five adults over age 50 are affected by isolation? This is a problem, as research has shown that prolonged isolation can be as bad for you as smoking 15 cigarettes a day—and these negative health consequences of chronic isolation may be especially harmful for older adults.

Here are some suggestions to combat the problem of social isolation and loneliness:

- Nurture and strengthen existing relationships; invite people over for coffee or call them to suggest a trip to a museum or to see a movie.
- Schedule a time each day to



call or visit someone.

- Meet your neighbors.
- Don't let being a nondriver stop you from staying active. Find out about transportation options.
- Use social media to stay in touch or write letters.
- Stay physically active.
- Take a class.
- Revisit an old hobby.
- Volunteer.
- Visit a senior or community center to see what's going on.
- Check out faith-based organizations' groups and events.

To connect to aging services and programs in your area:

Contact the Eldercare Locator, a public service of the U.S. Administration on Aging, a part of the Administration for Community Living. This nationwide service is a trusted gateway to connect older adults and their caregivers with local resources for older adults. Call the Eldercare Locator at 1-800-677-1116 to speak with a knowledgeable Information Specialist or visit the website [www.eldercare.gov](http://www.eldercare.gov) to find local resources on a broad range of topics and access help today.





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— Janet F.

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