

SENIOR REPORTER

VOLUME 45, NUMBER 10

Contributing Writers:

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

OCTOBER 2019

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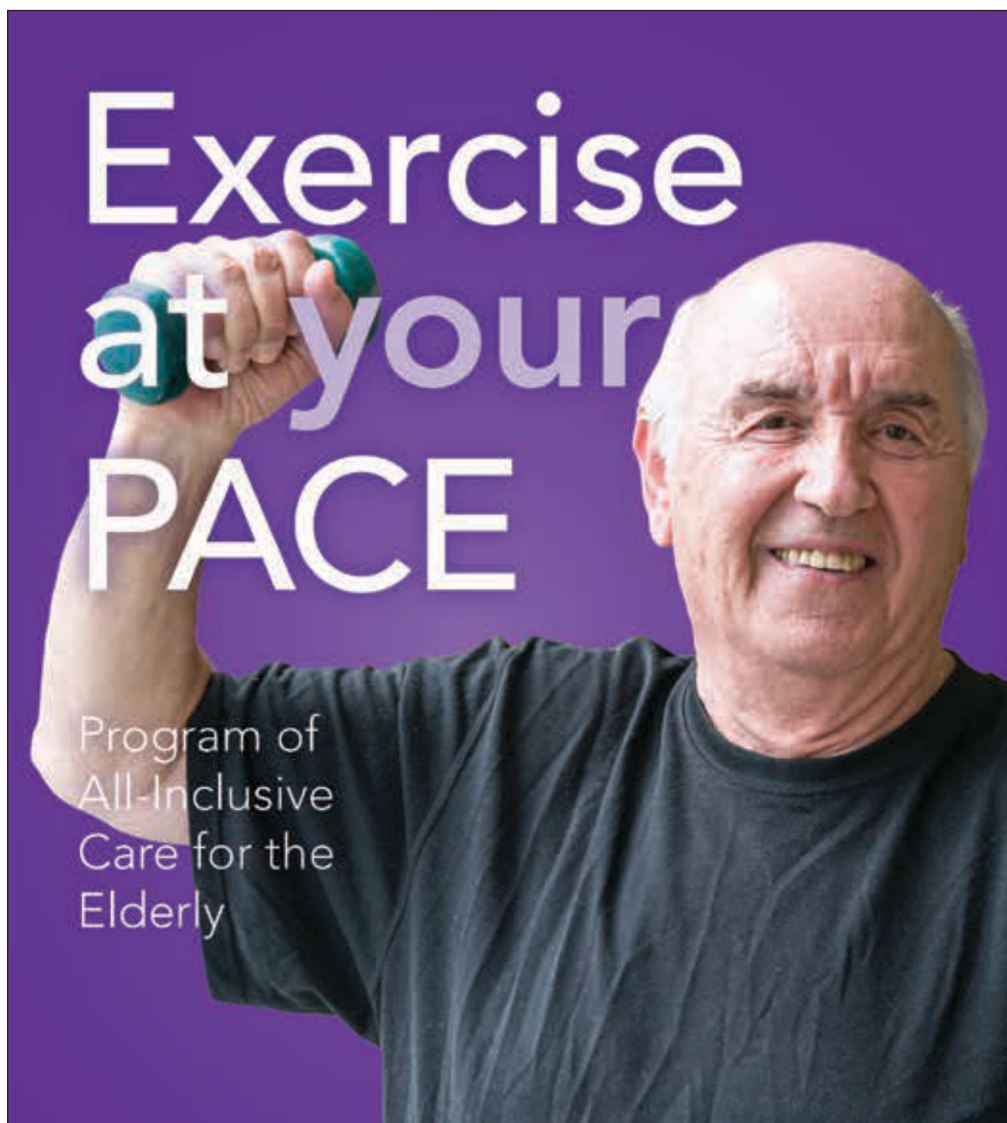
Elvira

"Women like to be scared, but they don't like the blood and the gore ... I can tell you for damn sure right now."

—Cassandra Peterson

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Driving Today

By Jim McDevitt

I have been driving for over 62 years. In the Army, I drove a jeep in Germany for 18 months. I've driven a police car responding to emergencies. I've seen and handled bad accidents. What gives me a lot of pause though is the talk of driverless cars. I've been passed on curvy mountain roads by drivers crossing solid double yellow lines because they were in a big hurry. They were willing to risk injury to themselves and unsuspecting drivers coming towards them around a mountain curve in the road.

These are drivers who should and do have the ability to think ahead. What is it going to be like in a driverless car? It is my understanding that driverless cars will not have the ability to think ahead. Even now cars have devices that slow you down when you get to close to the car in front of you. This is a good thing I think because it will prevent rear-end collisions but it may not always be good. I know someone who has this device on

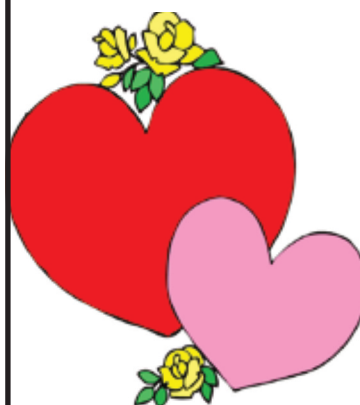
their car. When they go to pass a car, where it's legal to do so on a straight-away with broken lines, their car won't let them. It slows down whenever they speed up to pass.

You would think since I have a criticism, I would have a positive suggestion but I don't. What happens if a driverless car has a computer malfunction? If a person is driving a car and the brakes fail for some reason, they can pull the emergency brake and or shut off the ignition. But what do you do with a driverless car when something like this happens? Prepare for impact! I don't believe computers can think on their own and come up with a quick solution like a human can.

On top of that, there is talk of driverless trucks. Have you seen those signs on Interstate 5 on steep hills for runaway trucks whose brakes have failed pointing them where to pull off to try and have barriers slow them down? Who tells a driverless truck what to do? So now you know that even if I win the lottery tomorrow, I will never buy a driverless car. Call me old fashioned and stupid which I am but never call me the owner of a driverless car.

There are so many things that can and do go wrong in a car that in my opinion no computer will ever be designed that will be able to react properly. What if the car suddenly gets a blowout! The driverless car will have to navigate safely to the side of the road. Are you willing to risk that? Or what if one of those drivers who are in a hurry sideswipes your car? Will your driverless car stop? Or will you be a passenger in a car that is in a hit and run? Will you get the other drivers' insurance information? What do you put on the accident reports for driver, driverless cars?

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The museum collection spans the history of manned flight from

Continued on page 16

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PLANES OF FAME AIR MUSEUM

2019 SCHEDULE OF EVENTS

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

JANUARY	5	Living History Flying Day featuring: the World's Fastest Piston Engine Aircraft P-51 Voodoo
FEBRUARY	2	Living History Flying Day featuring: the P-47D Thunderbolt Dottie Mae
FEBRUARY	16	Special Presentation: Women in Aviation Early Pioneers To Today
MARCH	2	Living History Flying Day featuring: the Vought F4U-1A Corsair
MARCH	9	5th Annual Hangar Dance with Big Band Orchestra
MARCH	16	Special Presentation: 'Chasing Reno Gold' Unlimited Air Racing
APRIL	6	Living History Flying Day featuring: the Lockheed P-38 Lightning
MAY	4-5	Planes of Fame Airshow May 4-5 2019, Chino Airport
MAY	12	Mother's Day - Moms Admitted FREE!
JUNE	1	Living History Flying Day featuring: the Republic P-47G Thunderbolt
JUNE	15	Special Presentation: Conquering The Atlantic: The Orteig Prize
JUNE	16	Father's Day - Dads Admitted FREE!
JULY	6	Living History Flying Day featuring: the North American P-51 Mustang
AUGUST	3	Living History Flying Day featuring: WWII Trainers
AUGUST	17	Special Presentation: 'To Shorten The Agony of War' The Bombing of Hiroshima & Nagasaki
SEPTEMBER	7	Living History Flying Day featuring: the Grumman TBM Avenger & Junior Aviators Day!
OCTOBER	5	Living History Flying Day featuring: the Douglas AD-4 Skyraider
OCTOBER	26	13th Annual 'Taste of Flight' Gala
NOVEMBER	2	Living History Flying Day featuring: the Yakovlev Yak-3
NOVEMBER	11	Veterans Day - Veterans Admitted FREE!
DECEMBER	7	Living History Flying Day featuring: the Mitsubishi A6M 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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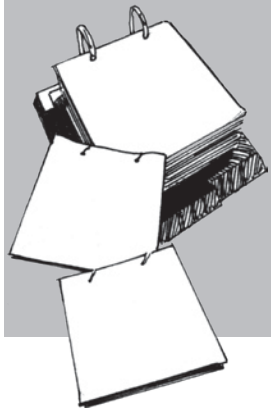
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October Calendar of Events



Summer is long gone but that's OK as there are all kinds of autumn activities and events to attend. From festivals to things to do with your grandkids, it's a great time to be part of it all. Mark your calendars and set out for some autumn fun!

Tiller Days

Tustin

Oct. 4-6

Tustin Tiller Days have been a regular event in Tustin since 1957. The event gives the city of Tustin the opportunity to celebrate Orange County's agricultural heritage. Features a parade (on Saturday at 10 a.m.), carnival, rides, food, and entertainment. No admission charge. At, 17522 Beneta Way, Tustin. Call, (714) 573-3326.

Chance Theater presents: Goosebumps Through Oct. 27

Brooke and Zeke are excited to learn they've won the starring roles in the new school musical — a mysterious production called *The Phantom*. But when strange events start interrupting rehearsals, the friends begin to wonder if the production they're acting in might be cursed. In this family-friendly world of *Goosebumps the Phantom of the*

Auditorium, the two try to find out if they're being haunted by ghosts or pranksters. Ages 4 and up. Get 20 percent off tickets. Limited availability. Use code "ZEKE20" At, Chance Theater @ Bette Aitken Theater Arts Center, 5522 E. La Palma Ave., Anaheim. Tickets / Info: at www.ChanceTheater.com/Goosebumps

Craft & Artisan Faire Rancho Santa Margarita

Oct. 5

9 a.m. to 4 p.m.

The 4th annual Craft and Artisan Faire has community crafters and artists showcasing one-of-a-kind handmade goods. Seasonal and year-round gifts available. Start holiday shopping early and support local talent. Barbecue, drinks and other treats will be available for purchase. At, Bridge Fellowship Plaza, 29582 Aventura, Rancho Santa Margarita.

Laguna Beach Plein Air Painting Invitational Laguna Beach Oct. 5-13

The Laguna Beach Plein Air Painting Invitational is held in the famous seaside community of Laguna Beach, also a historic artist colony. North America's most renowned, Plein air

landscape painters will compete for prizes and participate in a week's worth of events including public paint outs and artists meet and greets. At, Festival of Arts Grounds, Laguna Canyon Road, Laguna Beach.

Orange County Children's Book Festival

Costa Mesa

Oct. 6

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

The Orange County Children's Book Festival is for children of all ages. This family-fun festival has had more than 30,000 visitors in the past. Bring the grandkids and be entertained, visit with authors, illustrators, booksellers, animals, storytellers, costumed characters, train rides, crafts, food, and entertainment. Admission and parking free. At, Orange Coast College, 2701 Fairview Road, Costa Mesa. Call, (714) 838-4528.

San Clemente Sea Fest San Clemente Oct. 6

9:30 a.m. to 3 p.m.

Sponsored by the San Clemente Chamber, the Sea Fest has a chowder cook-off, fisherman's lobster, surfing contest, business exposition, arts,

and crafts show and a U.S. Coast Guard search and rescue demo. The event is held in the historic San Clemente Pier area. Free shuttle parking is available at San Clemente High School. At, San Clemente Pier, 611 Avenida Victoria, San Clemente. Call, (949) 492-1131.

Mystery at the Monster Mixer

Oct. 11, 26, 27, and 30

7 to 9:30 p.m.

Show begins at 7 p.m. sharp
A night of ghouls, food, and lots of laughter can be had by all at Mystery at the Monster Mixer. Klubhouse offers a dinner party with delicious food and solving a puzzling mystery while sitting among vampires, phantoms, demons, and other scary creatures. It's up for the guests to help Detectives Monty Frankenstein and Eliza Frankenstein-Webb solve the mystery and catch the culprit. Costumes or festive-wear highly encouraged. At, The Romeo and Juliet Room @ Angelo & Vinci's Ristorante, 550 N. Harbor Blvd., Fullerton.

The Heritage Festival and Parade

Placentia

Oct. 12

Since 1965, this event cele-

brates the city's heritage and includes a parade and fair booths. The festivities begin with the chamber of commerce pancake breakfast at 6:30 a.m. followed by the parade and band review at 9:30 a.m. The festival begins at 9:30 a.m. and will feature activities for the entire family including the annual car show, a crafts fair, food booths, kids games and more. At, Tri-City Park, 2301 N. Kraemer Blvd., Placentia. Call, (714) 524-8535.

Irvine Global Village Festival

Irvine

Oct. 12 – 13

10 a.m. to 5 p.m.

Two-day event offers more than 100 performances representing cultures from around the world; international cuisine; kids' crafts and activities; cultural and religious exhibits; and an international marketplace. See cultural displays, enjoy international cuisine, discover the international marketplace get kids involved in hands-on art projects, games, and activities in a huge, interactive Kids Village. Festival admission and parking free. At, Orange County Great Park, 6000 Great Park Blvd., Irvine. Call, (949) 724-6606.

Continued on page 28

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Fifties Flashback

By Randal C. Hill

'It Meant More Than a Title'

In four of its six seasons (1951 to 1957), *I Love Lucy* was the most-watched television show in America. It was an amazing success, especially when one considers a major obstacle that had to be overcome before the show was allowed on the air.

CBS had been lukewarm about the idea of a TV series in which former B-movie actress Lucille Ball was married to — horrors! — a “foreign” man. She and real-life husband Desi Arnaz argued to the contrary, claiming that mainstream audiences tuning in really wouldn't care.

In 1950, to prove their point, the two crafted a sort of vaudevillian-type skit when Arnaz's popular rhumba band, the Desi Arnaz Orchestra, hit the tour road. Surprised audiences roared with laughter each night at Ball's antics when she would interrupt Arnaz's performance by lugging a cello onstage and insisting that she was owed an audition with his band.

Finally, CBS reluctantly approved the show and moved ahead with developing television's first sitcom featuring an “interracial couple.”

When Arnaz suggested filming the show using three cameras, CBS balked again, this time over expenses involved. Ar-

naz and Ball then offered CBS a deal: the couple would take massive salary cuts if their nascent company, Desilu Productions, could own the filmed product outright later. CBS eagerly swallowed the bait. Years later, the high-quality film images the Arnazes offered proved immensely popular when it came to syndicated reruns.

I Love Lucy became the first TV show to feature a pregnant woman (Ball was carrying Desi, Jr. at the time). But CBS didn't allow the word “pregnant” to be spoken on television back then, so “expecting” was utilized instead.

Or, as Arnaz would say in his prominent Cuban accent, “spectin.”

On the show, the couple's best friends and landlords were Fred and Ethel Mertz. William Frawley, a hard-drinking ex-vaudevillian, was hired as Fred Mertz with the proviso that he would forfeit his job if he was ever absent on the set due to his drinking. (He never disappointed.)

Vivian Vance was to become Ethel Mertz. In her contract, she agreed to wear frumpy clothes and stay 20 pounds heavier than Ball in order to appear older. The role rankled Vance, a former model who

was only five years older than Ball and 22 years younger than Frawley.

Polls by both ABC News and *People* magazine in 2012 named *I Love Lucy* the Best TV Show of All Time. A number of factors contributed: innovative filming techniques; Ball's flair for physical comedy; Arnaz's business acumen; top-notch stories from writers Madelyn Pugh Davis and Bob Carroll, Jr.; the series being the first scripted television show shot on 35 mm film; the use of three cameras in a live-audience setting; the first television series with an ensemble cast.

I Love Lucy collected five prestigious Emmy Awards during the course of its long run. The couple divorced in 1960 but remained close friends. Until the end of his life, Arnaz often maintained: “*I Love Lucy* was never just a title.”

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Pepperoni is America's most popular pizza topping, with 53 percent listing it as one of their top 3 favorites, according to a YouGov survey.

Most Americans know only one kind of pepperoni: flat and quite chewy. Now, there's fandom brewing for a different style of pepperoni with its crispy, bold-flavored cups known as Old World Pepperoni.

Various outlets, both new and traditional, have picked up on this trend. From the Wall Street Journal to the online publication, Kitchen Rally, pizza lovers have begun to further explore the differences between the two pepperoni styles while asking which slice is superior.

While the sight of curling, crispy pepperoni cups has long been easy to see in places such as Buffalo and across Ohio, the rise of foodie influencers put Old World Pepperoni on the map nationwide. On Instagram, the hashtag '#ronicups' returns more than 6,000 posts with thousands of likes. Users are drawn to the aesthetic of curled up, bright red and glistening pepperoni slices.

Pizza makers are taking notice of this trend.

Darren Gray, senior director of menu and culinary innovation for Marco's Pizza, estimates



The crispy, curling cups of genuine Old World Pepperoni adds a nice spicy touch to pizza

the brand will place 231 million slices of Old World Pepperoni on its pizza in 2019. Marco's Pizza, named Most Loved Pizza Brand according to the 2019 Harris Poll EquiTrend Study, has offered both styles of pepperoni for the better part of a decade. Gray noted that the restaurant's Pepperoni Magnifico pizza, features both types of pepperoni and is among the most popular items on the menu.

"It's a pepperoni lover's dream—those crispy cups give you a completely different texture," Gray said. "It's meat candy."

Gray describes the key differences between the two styles this way: traditional lay-flat pepperoni sausages come in an artificial casing. This is less expensive than natural casing, which helps explain why it's long been more prevalent in pizzerias across the country. Old World Pepperoni comes in a natural casing; when that casing cooks down in the oven, it causes the slices to cup up and crisp along the edges, providing a far

crispier texture and a bolder flavor.

Gray noticed an increase over the past couple years in how often Marco's customers add Old World Pepperoni to their orders. He likens the trend to the growing popularity of another pork offering.

"Americans are developing more of a palate for bolder flavors, just look at the rise of popularity in applewood-smoked bacon," Gray said. "Old World Pepperoni is the closest you'll come to bacon in a cured Italian meat."

Gray believes the movement in favor of bolder flavors is more than just a fad. Instead, he views this as a sign of Americans developing a more mature and curious palate. Gray notes Marco's Pizza is benefiting from a growing desire to move away from processed foods since each of the brand's restaurants makes its dough from scratch daily, uses freshly cut produce and mixes herbs and spices into the sauce in-store every day.

"The trend toward spicier products and flavors continues to be on the rise—spicy garlic as an example," he said. "Old World Pepperoni is not necessarily hot but there is a kick and it definitely has a bolder flavor."

To try Old World Pepperoni for yourself, go to marcos.com or download the app.

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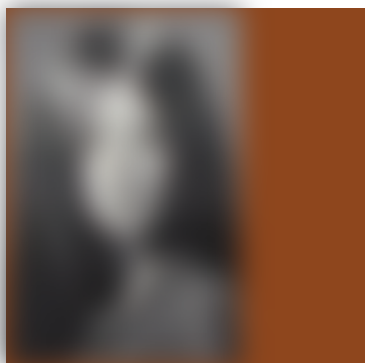
Elvira, aka Cassandra Peterson

By Les Goldberg

Do you remember – like I do – watching a local TV station in 1981 where a black-haired woman wearing a revealing black, gothic cleavage-enhancing gown hosted a horror movie show? That woman, Cassandra Peterson who was a little-known actress at the time, gained immediate fame here and throughout the world as Elvira, Mistress of the Dark.

Do I have your attention now?

Unlike Dorothy in the “*Wizard of Oz*,” Peterson’s yellow brick road was more twisted when she left her birthplace in Manhattan, Kansas. As a toddler, she was burned by boiling water and required skin grafts over 35 percent of her body.



As a child, she was more fascinated by horror-themed toys than Barbie dolls, she later revealed in interviews. In her teen years, you could find her dancing as a go-go girl in a local gay bar in her new hometown of Colorado Springs where she graduated high school in 1969.

While on a trip to Las Vegas during high school, she was noticed by a show production



staff, convinced her parents to let her sign a contract and became a showgirl in “Vive Les Girls!” at The Dunes.

At age 17, her show business career began to take root. She met and briefly dated Elvis Presley, had a small role in the James Bond film “*Diamonds Are Forever*” and played a topless dancer in the film “*The Working Girls*.”

In the early 1970s, Peterson moved to Italy and became lead singer of the Italian Rock bands Latins 80 and The Snails. Introduced to film director Federico Fellini by the producer of a documentary on Las Vegas showgirls in which she had appeared, she landed a small part in the film “*Roma*.”

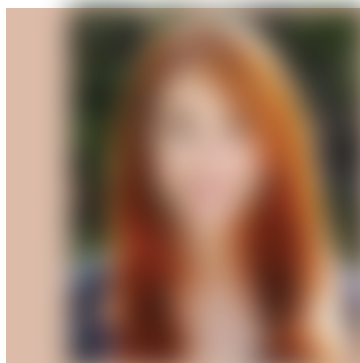
After returning to America, she toured nightclubs and discos around the country with a musical/comedy act, Mammass Boys. In 1979, she joined the Los Angeles-based improvisational troupe The Groundlings, where she created a Valley girl-type character on whom the Elvira persona is largely

based. Meanwhile, she modeled for several men’s magazines.

Peterson auditioned for the role of Ginger Grant for the third “*Gilligan’s Island*” television movie in 1981, shortly before KHJ-TV offered her the horror host position and while she was a personality on an LA radio station.

A ‘Sinister’ Turn

Six years after the death of Larry Vincent, who starred as host Sinister Seymour of a Los Angeles weekend horror show called “*Fright Night*,” show producers began to bring the show back but with a female host. After a successful audition, the show gave her free reigns to create the role’s image.



Peterson’s Elvira character rapidly gained notice with her tight-fitting, low-cut, cleavage-displaying black gown. Adopting the flippant tone of a California “Valley girl,” she brought a satirical, sarcastic edge to her commentary.

She reveled in dropping risqué double-entendre and making

frequent jokes about her cleavage. In an AOL Entertainment News interview, Peterson said: “I figured out that Elvira is me when I was a teenager. She’s a spastic girl. I just say what I feel and people seem to enjoy it.”



Her campy humor, sex appeal, and good-natured self-mockery made her popular with late-night movie viewers and her popularity soared. The Elvira character soon evolved from an obscure cult figure to a lucrative brand.

Peterson’s Elvira character soon was associated with many products, including Halloween costumes, comic books, action figures, trading cards, pinball machines, Halloween decor, model kits, calendars, perfume and dolls.

She has appeared on the cover of *Femme Fatales* magazine five times. Her popularity reached its zenith with the release of the feature film “*Elvira, Mistress of the Dark*,” released in 1988.



After several years of attempts to make a sequel to “*Elvira, Mistress of the Dark*,” Cassandra and her manager and then-husband Mark Pierson decided to finance a second movie. On July 5, 2002, “*Elvira’s Haunted Hills*” had its official premiere in Hollywood. Elvira arrived at the premiere in her Macabre Mobile. The film would later be screened at the 2003 Cannes Film Festival.

In September 2010, “*Elvira’s Movie Macabre*” returned to television syndication in the U.S., this time with public domain films. In October 2014, it was revealed that a new series of 13 episodes had been produced, “*13 Nights of Elvira*” for Hulu. The show began on Oct. 19, 2014, running through to Halloween.



Elvira on Home Video

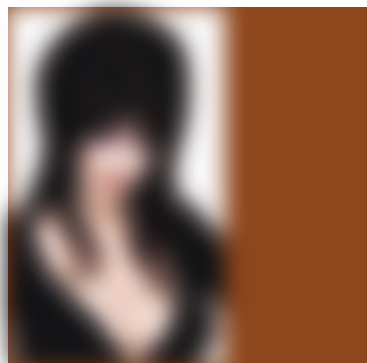
In 1985, Elvira began hosting a home video series called “*ThrillerVideo*,” a division of International Video Entertainment (IVE).

The success of the “*Thriller-*

Continued on page 11

Elvira

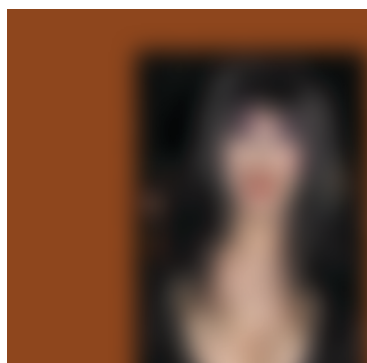
Continued from page 10



Video" series led to a second video set, "Elvira's Midnight Madness" and a DVD horror-film collection called "Elvira's Box of Horrors," marking her return to horror-movie hosting after a 10-year absence.

Comic Books

As you could expect with such an appealing character, Elvira appeared in most of the major comic book publishers, including the DC Comics' *Elvira's House of Mystery* which was later distributed by Eclipse, Claypool and others.



She's Still Haunting

Most recently Peterson signed a new licensing agreement with Dynamite Entertainment for new Elvira-related merchandise, including a new comic book series, trading cards, posters, lithographs, card games, and board games.



In addition, she has written three novels published by Berkley Books, "Transylvania 90210," "Camp Vamp" and "The Boy Who Cried Werewolf." In 2016, Peterson published an Elvira 35th anniversary photographic retrospective she dubbed a "coffin table" book. She also has produced computer, video and pinball games and stars in "Call of Duty: Infinite Warfare Absolution" released in 2017. Peterson as Peterson

Her non-Elvira roles include: "Pee-wee Herman's Big Adventure," the "Lost City of Gold" with Richard Chamberlain and Sharon Stone, and "All About Evil," in which she plays a mother who warns people against watching scary movies.

Peterson is single since her divorce from Mark Pierson, who was her personal manager in 1981. Her daughter Sadie Pierson is 25.

American Heart
Association



The U.S. Military Uses Laser Vision Correction For Mission-Ready Personnel



For the eagle-eye vision needed for jet fighter pilots, the U.S. military trusts laser vision correction.

Did you know the U.S. military relies on LASIK and other laser vision correction procedures to make sure service members have the vision needed for operational success and safety? Good vision can be a matter of life and death in combat situations or landing a fighter jet on an aircraft carrier. Military duty can involve harsh environments, with sand, dust, smoke and debris flying around making corrective lenses, both glasses and contacts, useless and even dangerous.

The U.S. Department of Defense conducted its own research into laser vision correction procedures, like LASIK, to support their personnel in achieving the excellent vision needed to perform their duties no matter where they might serve.

One study measured the military readiness of 360 active duty service members before and after laser vision correction surgery. The research found that after laser vision correction:

Continued on page 15



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The Gadget Geezer

By Les Goldberg

Raising the Bar at Home

In this column, we have covered technology for just about every room in the house – except one, the bar.

Whether you have a fully-equipped entertainment room or a corner space in your living or dining areas, the bar has become an important part of the “smart home” mix of technology and innovation.

Today’s gadgets for the fans of inebriation are designed to take the hassle out of the often-times laborious tasks of mixing, bottle-opening and pouring your favorite cocktail concoction or cold brew. Here’s a sample of some bar “tenders:”



The Somabar

The Somabar automatic cocktail maker holds both spirits and mixers and is controlled by an app for your phone or tablet. Drinks are fully mixed and chilled before being poured into the proper cocktail glass. And, to top things off, a special bitters infuser is included. Price: \$429

Plum Wine System

Gone are the days then you had to race a bottle of wine before it spoiled. The Plum Wine

System, housed in a sleek black box, is more than a wine chiller: a camera recognizes the label, right down to the wine’s origin, stores it at the perfect temperature, pierces the cork and pours it into your glass.

It also injects argon gas into the wine to prevent it from oxidizing. No, it is not a robot, but it does everything without having to open the wine bottle. Price: \$1,999.

Bormioli Rocco Glasses



This seven-piece whiskey gift set included six etched rocks glasses and one decanter with stopper. It is not a “gadget” but it is a great way to enhance the home entertainment experience. Price: \$19.

Citrus Press



Since the most refreshing warm-weather cocktails call for freshly juiced citrus, you’ll need the proper press for each batch. This sleek commercial-grade press comes in a range of vintage-inspired finishes, including silver-matte and copper. Price: \$170.

Fruit Keg Tapping Kit

This au naturel keg is designed to take home bar décor to the next level of sophistication. Swap out your keg of choice with seasonal produce – from juicy summer melons to pumpkins. Price: \$20.

BottleLoft



While it is not entirely essential to suspend beer bottles from the ceiling of your fridge, this device helps free up space underneath them and causes a double-take among your uninitiated friends and fridge raiders.

The BottleLoft product includes two strips that attach to the fridge’s ceiling. Each strip has three super-strong neodymium magnets to hold the bottles by their caps. What a concept! Price: \$38.

AlcoMate Breathalyzer

If you are a party host and want to save you and your guests some heavy-duty grief, the use of a breathalyzer can be a lifesaver – literally and figuratively. One of the most popular in its class is The AlcoMate Premium. Before your guests who have enjoyed your libations

hit the road, test them with this device that is approved by the U.S. Department of Transportation, the Federal Drug Administration, the US Coast Guard, and other government agencies.

The AlcoMate basic kit includes the breathalyzer, a carry pouch, hand strap, patented PRISM Technology sensor, batteries, five mouthpieces, free shipping, and one-year warranty, and free 24/7 phone service.

According to a company spokesperson, the product is easy to use. Just turn it on, give it a hardy blow, and then wait for your blood alcohol result to appear on the liquid crystal display (LCD). Users are instructed to avoid putting anything in their mouths up to 20 minutes before taking the test to ensure accurate results.

It is recommended, in fact, for your guests who drink alcoholic beverages to arrange travel home and then test the AlcoMate under safe and accurate conditions. Price: \$170.

The moral to this story: don’t drink and drive but continue to enjoy entertaining your friends and family from the comfort of your “bar-smart home.”

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Ignore These Vehicle Repairs And You May Get Pulled Over

Many drivers may feel that they don't have the time or money to address vehicle repairs immediately, but beware: Ignoring some repairs can get you pulled over and even ticketed.

"Ignoring certain vehicle repairs may seem to save money in the short term but can lead to extra costs, such as fines or 'fix-it' tickets, if these problems are not taken care of when they arise," explains Rich White, executive director, Car Care Council. "In some jurisdictions, car owners may even lose their license for certain violations. A few dollars spent on simple vehicle



repairs can help avoid trouble with the law."

While a vehicle is in operation, traffic laws require that certain equipment is properly installed and functioning correctly, including brakes, headlights, turn signals, mirrors, windshields and safety belts, to name a few.

The Car Care Council recommends that drivers address these four repairs right

away as they present public safety concerns that can earn drivers a traffic ticket on top of a repair bill.

- **Non-functioning turn signals and headlights or taillights that are cracked or broken.** Most states require vehicles to have functioning turn signals as well as two functioning headlights and taillights. Taillights must illuminate red; if a taillight is cracked, it can give off a white light, which is also typically a traffic violation.

- **Cracked windshield.** If a windshield is cracked, discolored or tinted in a way that obstructs vision,

drivers may get ticketed and fined. In some states, vehicle modifications, such as tinted windows, are prohibited.

- **License plates are unreadable.** If the license plate light is out or the plate is otherwise unreadable, drivers may be pulled over. In some states this includes clear or tinted plastic license plate covers.

- **Loud exhaust system.** A defective exhaust system that is too loud, either because it's been modified or because it needs repairs, can be cause for a ticket. What's considered loud depends on the state.

Many states also require periodic vehicle safety inspections. For an overview by state, visit <https://drivinglaws.aaa.com/tag/safety-inspection/>.

The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers. For the latest car care news, visit the council's online media room at <http://media.carcare.org>.

Free Guide

To order a free copy of the popular Car Care Guide, visit www.carcare.org.

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Fabulous Finds

By Debbie L. Sklar

Hello, autumn.

It's time to ditch the summer wear and start thinking about getting ready for the holiday season. Here are some wonderful Fab Finds to help you look your best for the busy time ahead. From a face mask to a setting spray you will be ahead of the game!

Snow Fox Arctic Breeze Rescue Mask



This **All-In-One Mask** moisturizes, brightens and evens out skin tone, while the essentials oils work to tighten pores and extract impurities from deep within the skin. The product works to repair intense damaged skin and combat enlarged pores, blemish outbreaks, oily T zones, and dry patches. Includes key ingredients like Peppermint Oil Extract and Aloe Vera Leaf. Suitable for all skin types. *100% Vegan \$35 (box of 5); Available at SnowFoxSkincare.com

Urban Decay Chill Makeup Setting Spray

Stop makeup meltdown. Urban Decay Chill Makeup Setting Spray features time-re-



lease technology that actually cools the surface of your makeup to help it last for up to 12 hours without smudging or settling into fine lines. \$32, Available at UrbanDecay.com

Clarisonic Sonic Awakening Eye Massager



Visibly reduce puffiness, crow's feet fine lines, and under-eye wrinkles with Clarisonic's coolest brush head yet. This new applicator runs at optimal anti-aging frequency (75Hz) to boost micro-circulation and, improve smoothness and luminosity around and under the eyes. Rounded aluminum tips will cool, massage and smooth the eye area. The flexible design and titled head absorbs pressure and adapts to the eye contour to ensure gentleness around the boney eye area. The double tips reach an extended surface area offering relief to the peripheral eye area and upper cheeks. \$59, Available at Clarisonic.com

Snow Fox Rose Quartz Facial Roller

Made with 100 percent pure Rose Quartz crystal, this naturally cooling roller can help de-puff, de-stress the face and



maximize product absorption for a contoured glow. Rose Quartz is one of the most popular crystals in the world of Fengshui and Crystal Healing therapies, used by experts to cleanse negative auras caused by emotional negativity and electrical pollution. \$24; Available at SnowFoxSkincare.com

Peter Thomas Roth Pro Strength Exfoliating Super Peel



Supercharged AHA/HA, Peter Thomas Roth Pro Strength Exfoliating Super Peel is a rinse-off peel in recyclable packaging contains 35 percent phytic acid extreme, 14 percent GlyAcid® 70 HP, and 0.4 percent salicylic acid USP. It chemically exfoliates to help transform the look of rough skin showing signs of aging while working aggressively to help reduce the appearance of uneven texture and improve smoothness. \$88; Available at Sephora.com



U.S. Military

Continued from page 11

- 57 percent improved their performance scores on “overall individual readiness”
- 86 percent improved their scores on “ability to utilize night vision goggles”
- 41 percent reported improved ability to contribute to the unit’s mission
- More than 98 percent of study participants reported they would have the surgery again.

Like military personnel, many emergency responders such as police officers and firefighters are turning to laser vision correction to perform their jobs more safely and effectively. If you’re thinking about laser vision correction, visit www.eye-you.org.



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Planes of Fame Air Museum

Continued from page 3

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Breathe Easier



To fight indoor pollution, you need to keep your air ducts clean.

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

The Problem

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

Some Answers

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

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

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

Continued on page 28



'Suspicious Minds'

Elvis Presley

October 1969

By Randal C. Hill

The King of Rock 'N Roll was pretty much washed up as a recording star by the late 1960s, especially in comparison to the days when he seemed to own the radio airwaves. Many offered their own opinions for the decline of Elvis Aron Presley: The explosive arrival of the Beatles. His choice of weak recording material. Each film a bigger disappointment than the last.

But in late 1968, things changed. Suddenly Presley found himself on a roll. His December television special, *Singer Presents ... Elvis* (better known as "the '68 Comeback Special") was viewed — and enjoyed — by 42 percent of America's total television audience. People seemed ready to re-embrace the Grand Old Man of Rock, who in Pop music years was in his dotage at age 33.

In January 1969, Elvis left Hollywood and RCA Victor's recording studio and came to his hometown of Memphis to cut a series of tracks at the American Sound Studio. Maybe — just maybe — he could get his groove back there.

A dozen of the tunes that Presley recorded over a 10-day period that January ended up on his June 1969 LP *From Elvis in Memphis*. The album's highlight had been the single

In the Ghetto, his only recorded nod to social consciousness.

One of the songs left off the album had been *Suspicious Minds*, which had been written a year earlier by Texas-born songwriter Mark James. In a 2017 interview, James recalled how the tune came about. "Late one night, fooling around on my Fender guitar and using my Hammond organ pedals for a bass line, I came up with a catchy melody. I was married to my first wife then but still had feelings for my childhood sweetheart, who was married back in Houston. My wife suspected I had those feelings, so it was a confusing time for me. I felt as though all three of us were caught in this trap that we couldn't walk out of."

James was so pleased with his creation that he decided to record *Suspicious Minds* himself. But the song quickly died a quiet death after it was issued on New York's little Scepter Records label.

When someone at American Sound Studio showed Presley the failed James' 45 during a recording break, Elvis immediately felt that this was the song — if done right — that could return him to the big time.

He made eight attempts to get things right with *Suspicious*

Minds, with everything coming together perfectly sometime between 4 a.m. and 7 a.m. on the day that he recorded the future classic that would quickly change the arc of his latter-day career.

After a 13-year absence, Presley returned to the concert stage that July and premiered *Suspicious Minds* at the Las Vegas International Hotel. The audience loved it. In August, RCA Victor released what would become the King's 18th and final No. 1 *Billboard* single.

Suspicious Minds became a centerpiece of Elvis's live performances, and he offered it with high-octane enthusiasm right up to his final concert in 1977.

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Olives: A Good-For-You, On-The-Go Snack

Among the tastiest and most versatile fruits on Earth, olives are enjoyed by many cultures around the world. They have been in existence for 8,000 years, and while olives are not indigenous to the Americas, they have been in the New World for a good long time.

Then

It was the Spanish who introduced olives to Peru and Argentina in the 1500s. As time passed, olive trees made their way up the Pacific Coast through Mexico when Spanish missionaries brought them to California in 1769.

However, it wasn't until the 1900s when commercial olive production began in the United States, thanks to a German immigrant woman named Freda Ehmman. She had a small grove and began experimenting with 280 gallons of olives on her back porch in Oakland, California, thus inventing the ripe olive style that Americans have come to know and love.

Now

Today, from Washington to Florida and in every state in between, olives are found on pizzas, pastas, salads, tacos and in casseroles, but many people prefer the pleasure of eating an olive in its simplest form.

Nutritious and Delicious

Olives are loaded with phytonutrients, rich with omega-3s, low in carbohydrates and only



a few calories a pop, so you can enjoy them every day.

To make that easier than ever, Lindsay created Snack and Go!, snack-size cups that can be easily packed in a lunchbox, taken to work for when those salty cravings kick in, or stashed in the car to satisfy hunger pangs that hit between school and soccer practice. They're liquid-free so there's no mess. Whether you like black ripe olives whole or sliced, Kalamatas or pimiento stuffed, Lindsay has you covered.

Fun Facts About Olives

- A Manzanilla tree can grow over 7,000 olives on average.
- An olive tree can live for more than 1,000 years.
- The folks at Lindsay pit 1,800 olives per minute.

Learn More

For further facts, tips and recipes, visit www.ilovelindsay.com



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Fall Fashions

How to Dress For A Do-It-All Fall

As the weather begins to cool, you cozy up-gathering friends and family for tailgating before the big game, baking, and bonfires. Here's to coming together for feel-good moments with your favorite people. And the versatile outfits that make you look and feel even more amazing. Discover the wardrobe essentials you need to mix, match and mingle your way through the season at your nearest maurices store or online.

Jeans That Fit Your Life

There's never been a better time to find your perfect jeans—now with more sizes, rises, washes and fits than ever before in sizes 0–24. Plus, jeans are so easy to dress up or down for almost every occasion.

- Best-selling jeans—available in four flattering fits that feel amazing. Dress them up for date night with a pretty blouse or keep it casual with a graphic tee.

- EVERFLEX jeans—feel so amazing on, you'll never want to take them off (especially when you pair them with soft 24/7 tees in endless styles).

- Jeggings—super stretchy for doing it all in four flattering rises. Try a fun color for work with a blazer or keep it laid back with tried and true blues. For extra style, pair your favorite jeans with hiker boots—they're laced up, on-trend and



What to wear this year: Stripes are in, floral prints are in bloom and jeans and jeggings never go out of style.

ready to go the distance, a.k.a. your perfect go-to for checking off your fall bucket list.

Ready-for-anything layers

Like you, these layers are ready for whatever's next. Changing weather or plans? Check! Soft, versatile layers help you transition throughout the season, not to mention from the neighborhood harvest fest to the evening BBQ. Here's how to layer without looking bulky.

- Plaids—perk up your plaid game with unexpected details; fun shapes, new lengths, and bold patterns. Then bring it all together with jeans and comfy booties.

- Reversible vests—quilted on one side, cozy on the other. Layer over a thermal tee and get two different outfits from one versatile vest.

- Cardis—whether you go for a cardi duster or chunky cardi, you can pair this sweater staple over tees, plaids and pretty blouses for workdays to happy hours.

- Fashion sweatshirts—from heather gray to mustard; you

can take this staple from game day to a movie night in.

- Jackets—meet the perfect way to welcome cooler days. Pick from lightweight anoraks to timeless faux leather jackets you'll wear on repeat.

- 24/7 tees—snuggle into super-soft styles that are light enough for a half tuck or layering over.

Dressy looks for work to whenever

The best dressy outfits easily transition from morning meetings to dinner dates. Dressing up doesn't have to be a downer when you choose flattering looks that work seamlessly around the clock.

- Jumpsuits—the one-and-done piece you can wear endless ways. Top it with a jacket to take your look from brunch to date night.

- Pretty blouses—amazing details like statement sleeves will make you feel polished. Dress it up for a work event with classic pants or down for a night on the town with jeans and jewelry.

- Colorblock cardis—more than just a layer, the sweeping length brings the colorblock trend front and center. Keep it casual with jeggings or elevate it with a skirt and booties.

Continued on page 26



Until Every One Comes Home®

The Scruffy Look

By Robert E. Horseman, DDS



I am a guy. I understand about shaving. Having watched my dad shave for years, I had an appreciation of the necessary tools, accessories and bad words comprehensive enough to essay my first attempt at it.

With a Gillette razor (borrowed) and a can of *Burma-Shave* that I believed was the *ne plus ultra* of shaving creams--judging from the number of signs along Route 66 that was our interstate connection with Kansas City in 1934--I was ready.

Emerging from behind the closed bathroom door some 30 minutes later, it became apparent to my concerned parents that I had made up with enthusiasm what I lacked in technique. My father had to dissuade my mother from calling the doctor by explaining to her that it was a guy thing to stem the hemorrhaging before bleeding out by placing small bits of toilet paper over the divots. Pop said he was sorry he hadn't mentioned that the razor strokes should be up and down, never horizontal, but if I ever used his razor again, I would be out of the will.

The rites of passage for a son were pretty much on schedule and except for getting a job and cleaning up my room without threats of sending me to military school in some distant city, they were satisfied.



By age 19, as the downy fuzz gave way to real facial hair, I had mastered the razor to the point that I could negotiate skillfully around my Adam's apple without exsanguination. It became a part of my daily toilette and has remained thus for the past 85 years, complicated only by the appearance of wattles as my chin and neck became indistinguishable.

Something has happened, however, some inexplicable metamorphosis involving a large portion of the male gender. A fair guess would be that a *kid* and by kid, I mean any male over the age of 16, awoke late one morning after an extended period of celebration and/or stress. Viewing his bleary-eyed reflection in a mirror, he concluded it was best to forego his normal ablutions until the room settled down.

After 24 hours when he didn't pick up in response to increasingly agitated calls, his *in-amorata du jour* popped in to check things out. Stifling her

initial disgust, she must have laid on the sympathy with some ill-founded admiration of his new macho look.

The game was on. His razor, along with his comb fell into disuse and like lemmings over the cliff, men and boys alike embraced the current Scruffy Look.

It is difficult to find any picture of a male in the popular magazines today wherein the guy doesn't look disheveled, unkempt or dissolute and proud of it. Frequently they are joined in the photos with a female dressed to the nines and showing every evidence of long, expensive hours with couturiers and beauty spas. To compliment his au courant head, the guy is wearing a \$900 blazer atop jeans distressed at the factory deliberately by specially-trained pit bulls. These pants sell for upwards of 600 bucks and would be disdained by any reputable thrift shop in the nation. His mirror confirms his self appreciation. You have to ask yourself: why?

Like women who are the first to embrace the latest fashions are usually the first who shouldn't, males contemplating going over to their primitive side should do a bit of self-analysis first. Some men are simply not capable of sprouting a suf-

Continued on page 26

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I am Ron Vogler and I am 86 years old. I was diagnosed with demintia 4 years ago, and I have been seeing my neurologist every 3 months.

Every visit she would tell me I was getting a little worse, that I'd lost another marble. I started the gel on November 10th. My wife and I have been very diligent about my diet and keeping me physical ly and mentally active. One thing we have done is play cards for a couple of hours every day. I ride my 3 wheel bike, (but not alone) as I tend to get lost or confused.

Slowly I have been feeling more clear and focused; I have even been beating my wife at cards lately. I'm back to doing some of my chores, and can go for a 15 or 20 minute bike ride and not get turned around. I'm still having trouble using my phone. I also do not always remember names and people's faces and/or their relationship to me or my wife. But I feel less confused and I know I'm not going off the gel.



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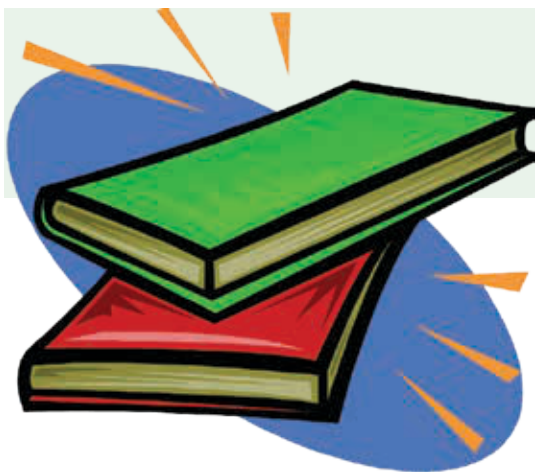
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October Book Club

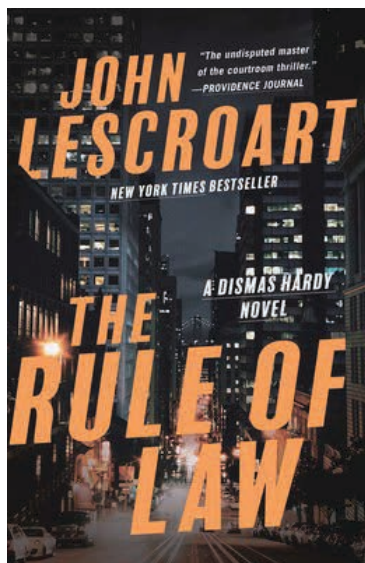
October is here and it's a great time to read a book before the crazy holiday season kicks off. Enjoy some of these new titles when you have some free time or any time the urge hits. There are some good ones to keep you immersed as the cooler weather takes over.

The Rule of Law

A Novel

By John Lescroart

(Book No.18 of Dismas Hardy)



“Dismas Hardy knows something is amiss with his secretary, Phyllis. Her out-of-character behavior and sudden disappearances concern Hardy, especially when he learns that her convict brother — a man who had served 25 years in prison for armed robbery

and attempted murder —has just been released.

“Things take a shocking turn when Phyllis is suddenly arrested for allegedly abetting the murder of Hector Valdez, a coyote who'd been smuggling women from El Salvador and Mexico until he was shot to death on the very same day that Phyllis first disappeared from work. Hardy realizes that if his cherished colleague has any chance of going free, he must figure out how all these strands connect — and fast,” according to Atria Books.

The Girl They Left Behind

A Novel

By Roxanne Veletzos



“On a freezing night in January 1941, a little Jewish girl is found on the steps of an apartment building in Bucharest. With Romania recently allied with the Nazis, the Jewish population is in grave danger

so the girl is placed in an orphanage and eventually adopted by a wealthy childless couple who name her Natalia. As she assimilates into her new life, she all but forgets the parents who were forced to leave her behind.

“As a young woman in Soviet Romania, Natalia crosses paths with Victor — an important official in the Communist regime that she used to know as an impoverished young student. Now they are fatefully drawn into a passionate affair despite the obstacles swirling around them and Victor's dark secrets.

“When Natalia is suddenly offered a one-time chance at freedom, Victor is determined to help her escape, even if it means losing her. Natalia must make an agonizing decision: remain in Bucharest with her beloved adoptive parents and the man she has come to love, or seize the chance to finally live life on her own terms, and to confront the painful enigma of her past,” according to Publisher Washington Square Press.

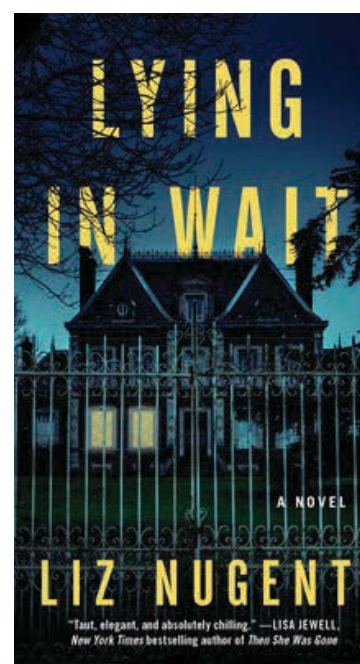
Lying in Wait

A Novel

By Liz Nugent

“My husband did not mean to kill Annie Doyle, but the lying tramp deserved it.

“On the surface, Lydia Fitzsimons has the perfect life: married to a respected judge,



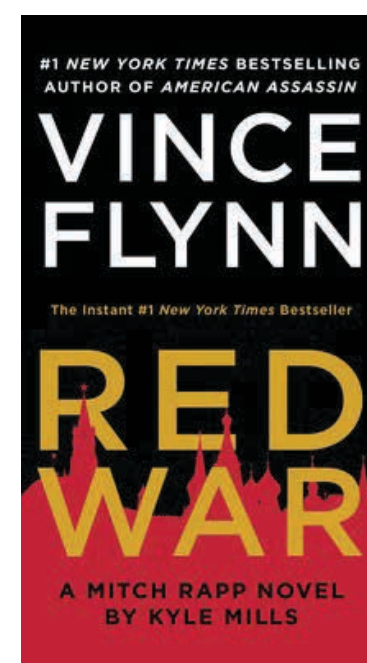
mother of a beloved son, living in the beautiful house where she was raised. That beautiful house, however, holds a secret. And when Lydia's son, Laurence, discovers its secret, wheels are set in motion that lead to an increasingly claustrophobic and devastatingly dark climax,” according to Publisher Pocket Books.

Red War

By Vince Flynn and Kyle Mills

“When Russian president Maxim Krupin discovers that he has inoperable brain cancer, he's determined to cling to power. His first task is to kill or imprison any of his countrymen who can threaten him. Soon, though, his illness becomes serious enough to require a more dramatic diversion — war with the West.

“Upon learning of Krupin's condition, CIA director Irene



Kennedy understands that the US is facing an opponent who has nothing to lose. The only way to avoid a confrontation that could leave millions dead is to send Mitch Rapp to Russia under impossibly dangerous orders. With the Kremlin's entire security apparatus hunting him, he must find and kill a man many have deemed the most powerful in the world,” according to Publisher Pocket Books.

American Heart
Association



A Vignette in Time ... Taos, New Mexico

High desert sage brushed mesas snuggle up to the curves and jags of the soaring Sangre de Cristos Mountains, while brilliant sunlight and rainbow halos captivate the uninterrupted stretch of Taos' pale blue sky.

Deep red bunches of Ristra punctuate the earth-toned adobe that complete the stunning vistas of this historic town and alpine village. Timeless influences of the Pueblos, Spanish conquerors, and Europeans can be found everywhere in this modest alpine settlement.

Taos' dreamy Spanish character that kindles a magical heady blend of local color, natural beauty, art, and mysticism, is rooted in the legendary tale of two artists, Ernest Blumen-schein and Bert Phillips.

While traveling to northern New Mexico in 1898, they



Sculpture in front of Art Gallery

stopped in Taos to get a broken wagon wheel repaired and became enraptured with the spectacular landscape, pulled up stakes, and lured their artist friends to this land of enchantment. Taos grew into an environment where artistic spirit flourished, ideas were shared and romance blossomed. Taos became a fixture in the art world when the Taos Society of Artists was created in 1912.

Explore Taos' history starting at the **Don Fernando de Taos Plaza**, the center of local trade surrounded by old mercantile stores, adobe shops, and galleries. Close by is the 25-acre **Kit Carson Park and cemetery** where Kit Carson, Padre Martinez, and art patroness Mabel Dodge Luhan

are buried. Visit the **San Francisco de Asis Mission** in Ranchos de Taos, built between 1710 and 1801 that's still a source of ethnic and community pride.

Take a drive over the breathtaking **Rio Grande Gorge Bridge** a dizzying 650 feet above the river and 1,200 feet across, Visit the **Taos Pueblo**, home of the Taos-Tiwa Indians, designated as a World Heritage UNESCO site and National Historic Landmark.

Stop by the historic museums that offer a glimpse of how the early settlers lived. The **Blumenschein Home & Museum**, a 1797 traditional adobe structure, is where Ernest Blumen-schein brought his family in 1919. The blend of fine European furnishings, Spanish Colonial antiques, and works by early Taos artists make a beautiful illustration of the lifestyle of Taos artists in the

Story by Ronnie Greenberg • Photos by Joe Hilbers

first half of the 20th century. www.Taos_historic_museum.org

The Kit Carson Home & Museum built-in 1825 was bought by Carson in 1843 as a gift to his bride. You'll see where deals were made with traders and military men for Carson's many missions into the wilderness.

Long supporting artistic traditions, Taos' art museums showcase the passion of the colorful characters who helped develop the area.

The **Harwood Museum** of the University of New Mexico is housed in a historic adobe compound, portions of which date to the 1800s. Seven galleries display works from the 19th century to the present. Changing exhibits feature contemporary works by artists from Taos and elsewhere. www.harwoodmuseum.org

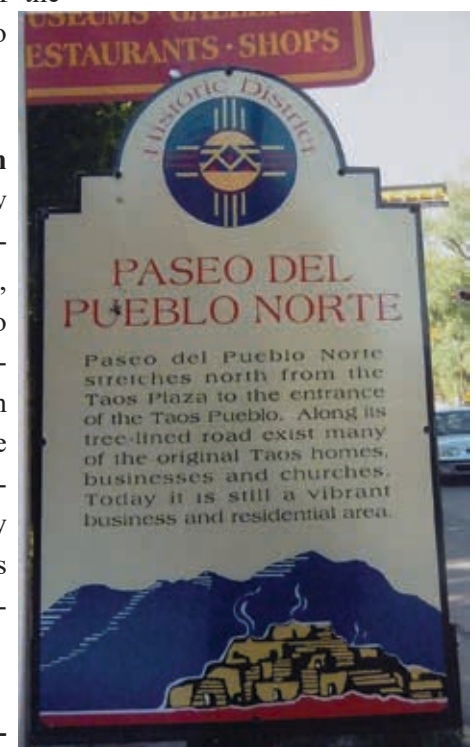
Millicent Rogers Museum is named for the socialite art patron who settled in Taos in 1947. Alongside her collection of magnificent turquoise jewelry, the museum contains the core of one of America's foremost Southwestern arts and design collections and contemporary Hispanic art and pottery. www.millicentrogers.org

Taos Art Museum at the Fechin House is the origi-

nal home and studio of Russian-born artist, Nicholai Fechin. The beautiful home features many of his hand-carved furnishings and art, as well as work by more than 50 Taos artists, including paintings by all of the Taos founders. www.taosartmuseum.org

Many stunning galleries in the art community are members of the **Taos Gallery Association**.

Taos is a mecca for adventurers where outdoor options are vast



Paseo Del Pueblo Norte

and varied. In summer, nature lovers flock to exploring alpine forests on horseback or foot, go rock climbing, hang-gliding, mountain biking, ballooning, swimming, fishing, and ride the bucking Rio Grande in a raft or kayak. There's a scenic West Rim Trail that follows the Rio Grande gorge for nine miles, and llama trekking



Taos Plaza

Continued on page 23

A Vignette in Time ... Taos, New Mexico

continued



Fechin Inn

in Columbine Canyon in Carson National Forest. Golf enthusiasts enjoy a round of golf amid snow-capped peaks.

Winter skiing is steep at the Village of Taos Ski Valley that offers everything from fine restaurants to one-of-a-kind shops and accommodations. Located north of the Taos Historic Plaza, it's a 30-minute scenic drive through the Carson National Forest.

Where to Stay

The **Historic Taos Inn**, at home with history, is made up of several adobe houses dating from the 1800s and which surround a small plaza, now the inn's spectacular lobby. A community well was in the center of the plaza, in its place today, a fountain is surrounded by vertical vigas which rise two-and-a-half stories to a stained-glass cupola.

This perfect home base set right in the heart of town, has since 1936 welcomed famous folks like Greta Garbo, D.H. Lawrence, and Pawnee Bill. More recently celebrities like Robert Redford and Jessica Lange have been spotted sipping margaritas in the lobby.

In the 1890s Dr. Thomas Paul (Doc) Martin came to Taos as the county's first and only physician,

and along with his wife Helen bought the largest of the houses. Through the years, the Hotel Martin as it was then known, was the hub of Taos' social, intellectual, and artistic activity. Later owners renamed it the Taos Inn and added the popular neon thunderbird sign (Taos' oldest). In 1982 the inn was placed on the National and State Registers of Historic Places. The inn founded on a rich legacy of excellence; lets you sample the atmosphere of old Taos with modern amenities.

Inn Dining

Doc Martin's Restaurant is a legendary food and wine venue and acclaimed Taos tradition. Specializing in fresh food with a splash of Southwest, incorporating chilies and produce sourced from regional farms and gardens.

Entrees include grilled New York Steak with roasted po-

tatoes, leeks, bacon with pink peppercorn demi; red wine braised buffalo short ribs with horseradish mashers, melted leeks, Doc's Chile relleno, salsa Fresca, pepitas, goat cheese cream; elk burger, and pan-seared whole boneless trout. Margarita's here have earned winner of the "Best Taos" awards and highlight Grand Gold, Horny Toad, Fire on the Mountain, El Muchote, Corazon and Platinum Buddha, Cowboy Buddha. El Patron and Don Margarita.

The Adobe Bar is fondly called "the living room of Taos" by locals and visitors. With local color and atmosphere drawn from the tri-cultural, historic and artistic traditions of this unique community, the Adobe provides live musical entertainment every night. Musicians as authentic as the bar feature Flamenco, Jazz, Bluegrass, Americana, Gospel, Celtic, world and native Folk music.



Artist at Work



Kit Carson Park

The **Historic Taos Inn** is located at 125 Paseo del Norte. For reservations phone, (575) 758-2233 or www.Taosinn.com

Taos Cuisine

In this land where margaritas reign, Southwestern cuisine is the spice of life. The eclectic **De La Tiera** restaurant in the El Monte Sagrado Resort has an imaginative menu imbued with local influences created from the freshest provisions. **The Terrace Bar & Grill** at the Taos Country Club serves such specialties as fire-roasted chile Relleno starter and

entrees that include rib-eye steak-Asada style and tequila and lime marinated chicken.

Enjoy the most romantic dining in town at **Lamberts of Taos Restaurant and Bar** whose menu and wine list are created to complement each other. **Ronnie Lee's Supper Club** is a fun and lively dining venue. **Taos Mesa Brewing Taos Tap Room** features inferno pizza and a variety of craft beers.

Shopping

Browse the unique boutiques at the historic plaza and downtown Bent Streets, with much of the goods made in Taos. Additional best bets include: **At Home in Taos** for pottery; **Mesa's Edge** for jewelry; **Country Furnishings of Taos** for painted Folk-art furniture; **Taos Tin Works** for a fresh approach to a traditional Northern New Mexico art form.

For Further Information Contact: Taos Chamber at 1-800-732-TAOS (8267) or visit their website at www.taos.org

The Most Practical Alternative to Moving

Trouble on the stairs doesn't have to mean trading in your home for a one-story ranch. In fact, it might be difficult finding a suitable home without having to resort to new construction. According to a 2018 AARP livability study, more than half of US homes cannot be accessed without climbing some steps.

Designing buildings, products or environments to make them accessible to all people regardless of age or disability requires the consideration and elimination of physical barriers. Design that incorporates accessibility as a goal, otherwise known as universal design, will often require remodeling or new construction to achieve a truly inclusive home environment. Most home accessibility design goals are simple enough that they can be accomplished with minimal home modifications,



Image caption: The Stannah Model 285 curved stairlift with slim-line rail and vertical start, for stairs with little clearance at the bottom

such as installing grab bars in a tub or cabinets that lower in the kitchen. However, for most people, removing the stairs is unfeasible. When faced with this obstacle, it's easy to see the practicality of a stairlift.

Aside from installing a home elevator or relocating your bedroom to the confines of the first floor of your home, a stairlift is the most economical alternative for those with trouble on the stairs. A home elevator can cost upwards of \$20,000,

and while relocating to the first floor may seem without cost at first, it is not an empowering solution and may have emotional costs associated with it.

It's easy for family members not hindered by stair use to see room relocation as the most practical solu-

tion. However, a senior being asked to relocate their bedroom may feel a loss of privacy, or that they are now "in the way" especially if the room is centrally located, open to all or wasn't designed for use as a bedroom. A relocation adds stress to their current situation by exacerbating their impaired mobility and restricting their freedom within their own home. This stress could lead to feelings of anger, sadness or depression and strain relationships.

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750,000 people to age in place safely and comfortably by providing universal access to their stairs. The goal at Stannah is to continue to overcome the resistance some people feel towards purchasing a stairlift. A majority of stairlift users can walk perfectly fine, but have difficulty climbing or descending the stairs. For them a stairlift may seem like a luxury. For some, a stairlift is associated with an added, albeit irrational, stigma of disability. Stannah stairlift owners often tell us their life is so much easier with a stairlift, and most wish they had purchased one sooner.

A stairlift fits into any universal design plan, providing accessibility to your entire home without the need to remodel or move. Stannah stairlifts are easy to purchase, install and use and provide safety on the

stairs to help you live independently in your home for decades. Whether your staircase is straight, curved, spiral, long, short, narrow or steep, Stannah stairlifts can be fitted without damage to your stairs. Within days, you can be gliding effortlessly up and down your stairs.

Our newest curved stairlift, the Model 285, featuring a vertical start rail, can be placed where there is little clearance between the staircase and a doorway. Stannah slim-line rails closely follow the shape of your stairs to blend discreetly into your life.

Stannah stairlifts are thoughtfully designed to maximize ease of use. For those with arthritic fingers or reduced dexterity, our ergonomic controls allow you to use any part of your hand to operate the stairlift without assistance. Gentle pressure in the direction of travel will send you gliding

Continued on page 26

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The Scruffy Look

Continued from page 19

ficient amount of facial shrubbery to carry it off. Macauley Culkin, for example, and maybe Johnny Depp essaying one of his alter ego roles, should lose the facial wisps unless they are going for pathos.

On the other end of the spectrum are the guys who develop 5 o'clock shadow within 10 minutes of shaving and if left to their own schedule, would resemble Popeye's nemesis Bluto at the end of the day. Beyond that are the few old-timers like Willie Nelson who have outlived their faces and should probably do little but scrub with a stiff brush and divert attention with a braided ponytail.

The vast majority of men who are currently avoiding like the plague any remote association with the term *clean-cut*, follow the lead of Hugh Laurie starring in the role of House, M.D. on television.

In this popular version of "*I-sleep-under-a-bridge,-but-what's-it-to-you?*" House is one of very few doctors other than C. Everett Koop and Sigmund Freud to get away with the appearance of having severed their ties with civilization. Granted, it is not easy to always feature a four-day-old growth on your face *every* day. It must require a certain degree of maintenance to look consistently awful, but frankly, the medical profession, in ac-

cordance with its Hippocratic vow to *do no harm*, should encourage its members to avoid all manner of the psychological inferences that go along with looking as if you had just been evicted from a box car.

Dentists, for the most part, have found muzzling facial hair behind a face mask to be not time-effective and with a comfort level on a par with wearing socks made of steel wool.

Remember this: the ladies who tolerate and maybe even encourage the Scruffy Look today, will quickly prove the most attractive thing about fashion is it won't last. Today it might be romantic, a few years ago it was indecent and a few years hence it will be predictably just tasteless. Gillette, Schick, et al will still be in business. And House will still be House.

Moving

Continued from page 24

up or downstairs. Additionally, our stairlifts come standard with a powered footrest, eliminating any need for bending.

Safety on the stairs is a critical factor many retirees find themselves considering as they weigh the pros and cons of staying in their homes as they age. Stannah stairlifts provide safety and comfort, so your stairs don't become a limiting factor in your desire to age in place.

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How to Dress

Continued from page 18

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October Crossword Puzzle

Across

1. Busy places
6. Primitive weapon
11. School gp.
14. Girder
15. Name
16. "You've got mail" co.
17. Brief brawl
18. Wee hour
19. "Sure thing"
20. Actor Rob
22. Olds model
24. Late
28. Thin layer of wood
30. Register
31. Calls for
32. Brown-furred aquatic carnivorous mammal
33. Wicket
37. New beginning?
38. Dizzy
39. Title of a knight
40. "Annie" setting
43. Word with panel or energy
45. Alert
46. Presidential middle name
47. Previous monetary unit of Spain
49. Chief
50. ____ Ark
51. Panorama
52. Bit of work
53. Assault
56. Court order
61. NL cap monogram
62. Woman in charge of a household
63. Histological stain
64. Reverse of NNW
65. Author Zola
66. Coup ____

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

Down

1. "____ and hers"
2. May ____ excused?
3. Dog doc
4. Chow down
5. Burn without flame
6. Legree's creator
7. Yearn deeply
8. Summer along the Seine
9. ____ carte
10. Sends back into custody
11. Check recipient
12. ____ is human
13. Kal Kan rival
21. Belonging to us
23. For fear that
24. Maine college town
25. Elector
26. Bar at the bar
27. AAA suggestion
28. Mesa ____ National Park
29. Start of a counting rhyme
31. Gentle push
33. Jewelled crown worn by women
34. Koran religion

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Regular lubrication will keep your garage door quiet and functioning smoothly.

When was the last time you gave your home's exterior some TLC? With fall on the way, now is a good time to get a jump start on these home projects!

- **Paint**—The paint on your house's exterior can fade and chip, especially after a hot summer. Before winter hits, take the time to repaint your house. Be sure to pressure wash the exterior and let fully dry beforehand.

- **Exterior Doors**—If your front or back door's finish or paint is chipped or dull, you may want to consider a re-fresh. Remove the door from its frame, then sand, prime and paint or re-stain the door. After re-hanging the door once it's dry, you can add a new lock or re-use your old lock. Use 3-IN-ONE® Lock Dry Lube to prevent dirt and debris from sticking to the mechanism inside keeping your lock lubricated.

- **Windows**—Inspect win-

Continued on page 41

October Calendar

Continued from page 5

Annual Silverado Country Fair and Folk Festival

Silverado

Oct. 12-13



The annual Silverado Country Fair and Folk Festival showcases the area's Old West rustic culture, live Bluegrass, Country and Folk music, Wild West re-enactments, handmade arts, and crafts, 1800s activities and lock 'em up makeshift jail, food, beer, and wine saloon, and contests, all under the Oak trees below Orange County's famous Saddleback Mountain. \$6 adult admission, \$4 kids 4-12, under 3 are free. At, Silverado Community Center and Fairgrounds, 27641 Silverado Canyon Road, Silverado. Call, (714) 649-2411.

Silverado Days

Buena Park

Oct. 18-20

Held every October, the community festival includes games, crafts, contests, rides, food and fun for all. Featured contests include car show, world amateur arm-wrestling championship, an amateur horseshoe contest, pie-eating contest, a hog calling, and more. At, William Peak Park, 7225 El Dorado Drive, Silverado.

Happy Halloween Doggy Dress Up & Kids Costume Party

Huntington Beach

Oct. 27

1 to 7:30 p.m.



Doggy Dress Up & Kid Costume Party to celebrate Halloween and the last day of Kinderfest. There will be a best doggie and kids under 12 costume contests on that day. It's a great family event during Oktoberfest. While the kids are having fun, adults can enjoy German beers and menu options which include sausages. At, Old World Village Festival Hall, 7561 Center Ave., No. 49, Huntington Beach. Call, (714) 696-TAP1 (8271).

Breathe Easier

Continued from page 16

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By Randal C. Hill

Movie Preview

'The Current War'

Based on a true story, *The Current War*, a stylized period piece, is a fascinating study in American ingenuity. It's also a personality smackdown that centers on a battle for supremacy between two industrial titans of the late 19th century, Thomas Edison (Benedict Cumberbatch) and George Westinghouse (Michael Shannon).

Don't let the seemingly dry subject matter summon up memories of yawn-provoking videos you endured in your high school American History class. There's plenty of good old-fashioned Hollywood drama here to keep things moving along briskly as the battle over rival electricity systems unfolds. The film takes care to explain the important differences in the systems.

The handsome, stylish Edison comes across as an emotionally cold but confident visionary who is blinded by celebrity. While he toils to perfect his restricted concept of direct current (DC), he chooses to ignore Westinghouse's superior offering and eventually resorts to using fear tactics in a desperate attempt to dissuade those who prefer Westinghouse's alternating current (AC) system.

The mutton-chopped and whiskered Westinghouse stays

grounded and reasonably patient as the humble servant with Boy Scout charm. He's just as determined as his rival to get his creation established, but he's also willing to work out a compromise with Edison; the Wizard of Menlo Park, though, has no interest in cooperating with his competitor.

"This is a battle of the greatest minds in America," the Edison proclaims, to which Westinghouse retorts, "If you want to be remembered, it's simple: Shoot a president. But if you prefer to have what I call a legacy, you leave the world a better place than you found it."

While their competition is tainted by treachery and tragedy, both protagonists have a good deal in common; their rivalry might be likened more to a strategic confrontation between statesmen or military leaders.

Adding to the drama is a wild card, the eccentric science maverick Nikola Tesla (Nicolas Hoult), who enters the fray and sides with Westinghouse. Other lesser but equally well-acted roles go to Rom Holland as Edison's secretary-cum-conscience Samuel Insull, as well as Katherine Waterston as Marguerite West-

inghouse and Tuppence Middleton as Edison's first wife, Mary.

Directed by Alfonso Gomez-Rejon and written by Michael Mitnick, *The Current War* plays up both the successes and failures of these two brilliant, strong-headed men in their race to power the nation.

In the end, we see that the concept and power of electricity was always much bigger than a mere pair of mortal men fighting for first place in the history books.

The Current War opened Oct. 4

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Emergency Preparedness

Know What To Do In Case Of A Disaster

In 2019 alone, there have been at least six weather and climate disaster events with losses exceeding \$1 billion each—but you can be prepared for anything with the expert assistance of a NAPO Professional Member.

What To Do

Here are seven tips to help you be prepared:

1. Sign up for local alerts and warnings from school, work or the government.

2. Pick a safe and familiar place where your family can go for protection or to reunite, and practice meeting there.

3. Know the evacuation routes out of town.

4. Keep a written list of important phone numbers. If your phone isn't fully charged or you lose it, you won't have to try to remember anyone's phone number.

5. Identify one person who lives outside the state whom you can contact to share updates about you and your loved ones. Keep this person's information on hand and provide him or her with a written list of your most important contacts and their phone numbers.

6. Join the 51.5 percent of U.S. homes that have an emergency evacuation kit prepared. In a waterproof container, pack

first-aid supplies including antibiotic cream, bandages, alcohol swabs and pain relievers; a flashlight and batteries; a three-day supply of water and nonperishable foods (and a can opener); a battery-powered radio; a whistle to signal for help; and spare clothes or blankets.

7. Once the coast is clear and you are allowed to return to your home, you may find it in complete disarray, damaged or even destroyed. You'll need to know whom to contact, your policy numbers, your account logins and passwords and so on. With the assistance of a professional organizer, you'll be better prepared for life-changing and extremely stressful events.

When disaster strikes, you generally won't have time to think about all the items you need to bring with you just for survival, let alone any irreplaceable items such as copies of insurance policies, identification, bank account records, and personal memorabilia. You may have 20 minutes or less to prepare for the possibility of never seeing your home again.

Fortunately, professional organizers can help with expert advice on which items to include in your disaster kit, how to back up your most important

Continued on page 42

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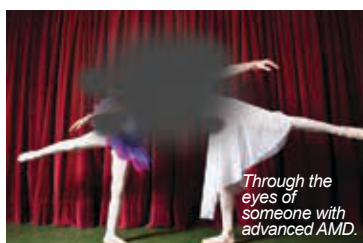
The next time you're among the estimated 40 million Americans a year who move into a new home, these five tips can help relieve some of the stress:

1. Know what's happening when. Make a list of everything you need to do and when you need to do it. It should include budgeting, decluttering, hiring movers, buying supplies, and updating medical and financial records.

2. Keep all your critical move-related names, phone numbers and addresses in one document. You may want to store them in your smartphone and have a hard copy. Be sure you can easily access your moving contract, real estate and mortgage documents, as well as information you may need about utilities, banks and schools.

3. Have a first-night box. Once you're in your new home, you don't want to have to hunt for such things as box cutters, tools, device chargers, bed linens, shower curtains, toiletries—and the coffeepot.

Continued on page 37



The AMD Effect: Ruining Your Granddaughter's Ballet Recital

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

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Busy Boomers

By Les Goldberg

OC Senior Centers Prevent Loneliness

Psychologists, gerontologists and all the experts who deal with the aging population agree that the single-most reason for loneliness and depression among seniors is diminished social contact and activity.

It is, in fact, the reason why most communities across the country, including Long Beach and Orange County, have established senior centers that are part of the cities' parks and recreation departments and are free to the public.

My wife, Mary, for instance, credits the Santa Ana Senior Center in large part for her recovery after suffering a stroke.

"Before it hit me (the stroke), I was working in my husband's business and enjoying the comradery of the employees, clients, and vendors who we interacted with every day," she said. "Then, the next thing I know, I am sitting at home with nothing to do and no one to talk to."



The idea of visiting the local senior center was dismissed initially since Mary thought she was too young for such a



place, but after visiting the facility and receiving a big warm welcome from the regulars as one of the youngest seniors in attendance, she changed her mind and is now a regular herself.

During her 14-year tenure (with no recurrence of the stroke or other ailments) she has taken advantage of most of the services offered at the center, including nutritious lunches, music and dancing entertainment, day trips to local attractions, adult coloring, health screenings, free door-to-door bus rides from her home to the center and back, and more.

In Orange County and Long Beach, the 48 senior centers (32 in the OC; 10 in Greater Long Beach and South Bay) also help attendees with financial and medical paperwork, legal support, case management, tax assistance, and other special services.

According to a spokesperson for Senior Neighbors, a non-profit, "senior centers promote healthy aging by providing access to multiple resources designed to help seniors stay active and independent. They

serve as a meeting center for older adults to connect with peers, families and their new-found friends.

"Many senior centers offer blood pressure checks, flu shots, cooking classes and instructions on how to make the seniors' homes safer and more accessible," she added.

The OC Top 10

The best thing about senior



centers might be their proximity to those homes and the easy – and free -- transportation (most of the buses or vans are wheelchair-equipped) available. However, the online resource for all things dining and recreation, YELP! conducts an annual survey of senior centers and ranks them according to their overall services. It's Top 10 listing is as follows:

1. *The Orange Senior Center, 170 S. Olive St., Orange*
2. *Lakeview Senior Center, 20 Lake Road, Irvine*
3. *Norman P. Murray Community Center, 249322 Veterans Way, Mission Viejo*
4. *Trabuco Senior Center, 5701 Trabuco Road, Irvine*

5. *Florence Sylvester Mem Senior Center, 23721 Moulton Parkway, Laguna Hills*

6. *Rancho Senior Center, 3 Ethel Coplen Way, Irvine*

7. *Susi Q. Senior Center, 380 Third St., Laguna Beach*

8. *Santa Ana Senior Center, 424 W. 3rd St., Santa Ana*

9. *South County Senior Center, 24300 El Toro Road, Laguna Woods*

10. *Senior Center in Central Park, Huntington Beach*

Best in Long Beach

1. Weingart Senior Center, 5220 Oliva Ave.
2. Mary Thoits Senior Center, 1305 Pacific Coast Highway
3. Cerritos Senior Center, 12340 South St.
4. Bellflower Senior Center, 9919 Ramona St.
5. Ramona Senior Center, 9843 Ramona St.
6. Cypress Senior Center, 9031 Grindlay St.
7. Barbara Riley Senior Center, 7810 Quill Drive
8. Senior Center in Central Park, 1804 Goldenwest St.
9. Michael Rodgers Senior Center, 1706 Orange Ave.
10. Whittier Senior Center, 13325 Walnut St.



For more information, you can either look up each senior center on Google or you can call the Orange County Office on Aging at 1-800-510-2020 or the city Of Long Beach Department of Health and Human Services at 562-570-4000.





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I'M PAUL GEORGE

WHEN I WAS SIX

MY MOM HAD A STROKE

Face drooping Arm weakness Speech difficulty Time to call 911

FAST

FAST

FAST



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

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

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

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

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

Veterans resources, Adult Protective Services and Social Services.

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

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

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

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

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

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

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

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

SR: What is the cost of using RCPS services?

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

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

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

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

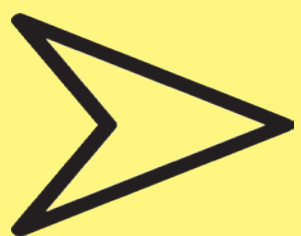
“Thanks for your help. Those we serve found a window of hope.”

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

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

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In The Spotlight

Meet CareMore Health Chief Togetherness Officer Robin Caruso

CareMore Health Chief Togetherness Officer (CTO) Robin Caruso, MSW, LCSW specializes in the field of behavioral health and medical social work for seniors and has worked in the field for more than 30 years.



She earned a Bachelor's in Sociology and a Master's in Social Work from the University of Southern California and later started the Social Work program at CareMore Health 11 years ago where she addresses social determinants of health-care.

As CTO, she leads the Togetherness program, the brainchild of CareMore's President and CEO, Dr. Sachin Jain, which combats senior loneliness and addresses it as a treatable condition.

Here's more about Caruso and her work she so greatly enjoys.

Q: How has your personal experience brought you to this mission of working with senior loneliness?

A: I am a product of the rural South which is where I really learned a sense of community and the importance of connection. I probably would not have become a social worker if it had not been for my dad. He was the person in the

community that would give older, widowed ladies rides to church as I rode along or he'd give someone money if their car was broken down and they weren't working. I was probably six when I said to my dad: 'They're not going to give you that money back,' and he replied, 'Robin, that's not why we help people. If they give the money back, that's someone else we can help.' I realize now that my dad did Togetherness back then.

Q: How did you select a career that would allow you to do the same things that your dad showed you at a young age?

A: As a teenager, I started working in summer and church camps and all the troubled kids would always end up in my cabin. This led me on a different path. I wanted to be a lawyer working with juvenile

delinquents, so I was doing an internship in juvenile hall during my senior year while I was studying pre-law. There, I would do things that most interns weren't doing, like playing basketball with [the kids], playing my guitar or showing them tough love. A lawyer came to me one day saying: 'You know, I've been thinking about you. I think you'd be a better counselor than a lawyer.' That stopped me in my tracks and I didn't go to law school. When he said that to me, I felt he was right, so I often tell people that the best advice I ever got was from a lawyer.

Q: How did you move into social work with a focus on seniors?

A: Early on I started working with children and observed that many had experienced trauma, which is one of the social determinants of health (SDoH) that hasn't been addressed the way that it should. I came across a video from a young physician that addressed how kids who've experienced trauma are more susceptible to developing diabetes, congestive heart failure, obesity, and mental health issues. This sparked my interest in the connection between SDoH and poor health. I began working with the elderly when

I had my baby. She was two weeks old and I was teaching a class on child abuse — my specialty at that time — and I found it difficult to continue in that field. By happenstance, a gero-psychiatry unit was being started at the psychiatric hospital in which I worked and I told them I wanted to take this on. When I later had my third child, I wanted flexibility, so I went back to working medical social work and doing hospice and home health. Hospice then became my home and that's how I came to CareMore and began working with the intervention team.

Q: What effect has the Togetherness program had on participants?

A: After launching the program in 2017, we've seen a nearly 57 percent increase in participant's engagement in our exercise programs, emergency room utilization has decreased by 3.3 percent compared with non-participants and hospital admissions per thousand program participants are 20.8 percent lower than that of non-participants. To date, we've made more than 1,200 referrals to connect our patients with needed community resources and programs — so it's clear the program is making a significant impact on participants, their health and

quality of life. We know we have much more work to do to see the kind of impact on senior loneliness that we'd like, but the early results of the program make us hopeful about what we as a society can do to address this epidemic.



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SeniorServ to Host 9th Annual Senior Care Hero Awards Gala and Fundraiser

SeniorServ will hold its 2019 Senior Care Hero Awards™ on Saturday, October 19 at the City National Grove of Anaheim. Considered the largest senior care recognition program in the county, the awards program and SeniorServ fundraiser will honor over 50 senior care industry and community advocates with an anticipated 650 attendees.



Schrump was a co-founder of the Senior Care Hero Awards event and leads the charge in assisting seniors and caregivers as both a professional and community advocate.

Often referred to as the 'Academy Awards' of senior care, the black-tie gala serves as the sole fundraising event for SeniorServ, Orange County's largest nonprofit senior nutrition Meals on Wheels provider. Highlighting SeniorServ's mission of preserving the dignity and identity of older adults, this year's theme "This Is Me" invites the community to look beyond the face of aging and into the whole person. The evening includes red carpet cocktail reception with a silent auction, awards program, live auction, and a variety of live entertainment.

Ed Schrump will be honored at the gala as the 2019 Humanitarian Honoree. Co-Founder and Senior Management Executive of CareCHOICES,

Community nominations and votes determine the People's Choice categories and include Veteran, Volunteer and Family Member. Six professional categories: Outstanding Caregiver, Social Worker, Nurse, Physician, Executive Director and Senior Care Professional award recipients are selected by an Academy of Leaders comprised of highly regarded leaders in the field of senior care.

All honorees will be recognized at the awards program sponsored by numerous supporters, including Orange County-based Alignment Healthcare, returning for the third year as Platinum sponsor.

The evening begins at 5:30 p.m. at the City National Grove of Anaheim located at 2200 East Katella Ave, Anaheim, CA 92806.

Individual tickets are \$150 or

Continued on page 37



SeniorServ

Continued from page 36

a limited number of tables of 10 are \$1,500. Additional information and reservations can be made online at www.SeniorCareHeroAwards.org or call 714.229.5284 for more information.

About SeniorServ

For over 50 years, SeniorServ has been at the forefront of creating programs and services that reduce hunger and improve wellness for over 10,000 at-risk older adults annually and is the county's largest non-profit Meals on Wheels and supportive services provider. Its mission is to nourish the wellness, purpose and dignity of older adults and their families through Meals on Wheels, case management services and friendly visitors for older homebound adults, nourishing lunches and socialization at senior centers, adult day health care centers and care coordination.

Sharp in Retirement

Continued from page 30

4. Stay connected to what matters most—family, friends, Internet, Wi-Fi and TV. Arrange your services in advance of your move at www.smart-move.us.

5. Get help. For a one-stop, customizable way to stay organized, there's the Moving Guide from SmartMove, downloadable at www.smart-move.us.

Health Awareness

Dry Eye: More Than A Minor Annoyance

Approximately 16 million people in the U.S. suffer from dry eye symptoms. So many deal with the burning, irritation and general discomfort that dry eye is one of the top reasons people see their eye doctor. While the symptoms are what patients focus on, what they may not realize is that dry eye can impact vision, both short term and, in some cases, permanently.

The tear film protects and perfects the surface of the eye, known as the cornea, which is the first line of focus. When areas of dryness appear, vision can become blurred. Also, dry eye can affect the health of the cornea, which can lead to significant damage and discomfort.

"Patients shouldn't ignore dry eye symptoms or try to manage them on their own. The health of the eye and vision is at stake," said Stephen Slade, M.D. of Slade & Baker Vision. "It is important that the symptoms be thoroughly evaluated during annual eye exams. Patients should know there have been a lot of advancements in the treatment of dry eye."

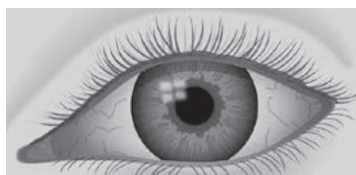
During an eye exam, eye doctors evaluate the overall health of the eye, including the cornea as well as the tear ducts and glands that contribute



Experiencing dry eye is a good reason to see your eye doctor

to the tear film. This is particularly important for those wearing contact lenses for vision correction as lens use can contribute to dry eye. In fact, for those who are considering a vision correction procedure, like LASIK, part of the evaluation for candidacy includes a thorough exam of the surface of the eye and any signs of dry eye. Eye doctors will often prescribe a dry eye treatment regimen to restore the surface of the eye of a patient dealing with dry eye symptoms before recommending laser vision correction.

Everyone should have an annual eye exam—particularly if you are having symptoms of dry eye. If you are looking for an eye doctor to discuss your eye health and vision correction needs, visit www.eye-you.org.



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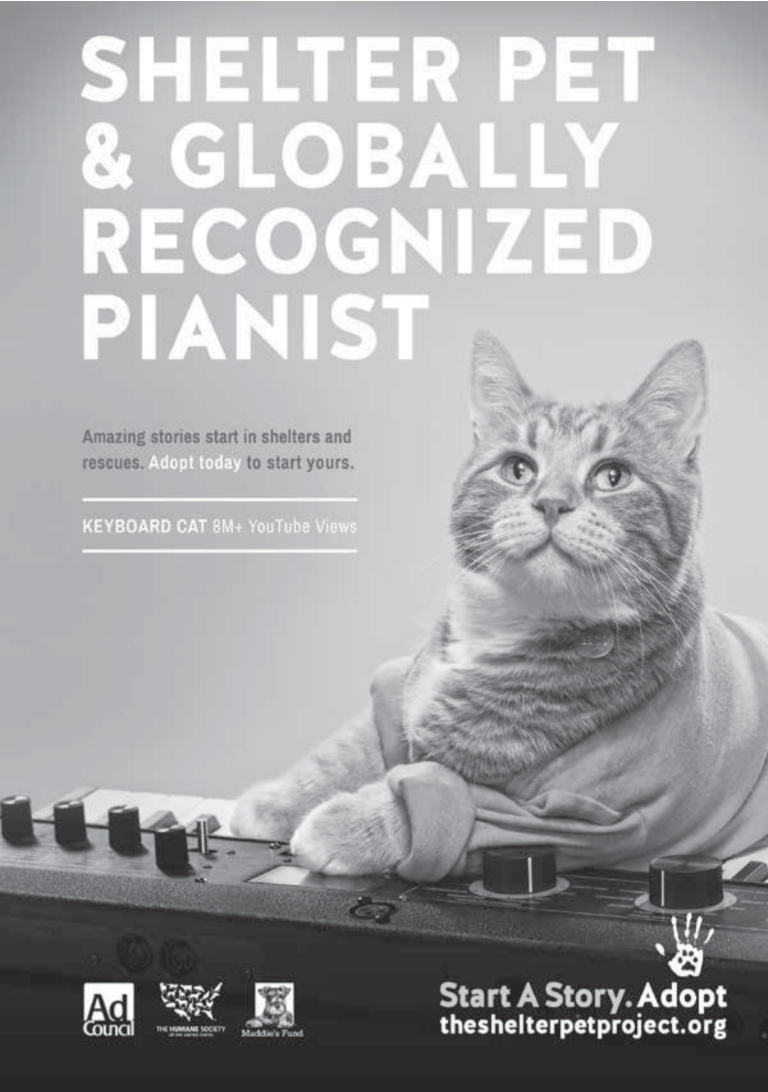
SOMETIMES MY HUMAN DOESN'T WEAR PANTS AT HOME. IT'S A RIOT.

—COLBY
adopted 06-18-11

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Crossword Puzzle Answers from page 27

1	H	I	V	E	S		6	S	P	E	A	R		11	P	T	A		
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JUST JUDITH

By Judith A. Rogow

Awesome October

October is perhaps the coziest month of the year. The weather is warm during the day, and nicely cool in the evening. The youngsters are back in school, thereby lowering the noise level, and the Christmas craziness hasn't really hit.

Other attributes of the month include;

The lovely colors of leaves,
Farmer's markets,
It's pizza month, as well as
cookie, chili, seafood and desert months,
Octoberfest, in all its many
guises (aka Oktoberfest), plus
Columbus Day and International Peace Day,
Halloween, and pumpkin carving,
(Halloween candy goes on sale Nov. 1),
Pumpkin spice everything (for those who like the flavor),
Finally needing sweaters and other fall fashions,
Awareness months for (among others) breast cancer, lupus, and cybersecurity,
Students, new and older, have survived their first month of classes,
Cornstalk mazes,

And, best of all, the tourists have mostly gone home so we can enjoy the area attractions and jaunts up the coast while it's less crowded. As an added incentive, the 'high season rates' are lower giving us

the chance for short trips or even longer vacations.

October is the perfect time for a drive, train, or even bus trip to enjoy the weather and is the perfect time for a break before Halloween, Thanksgiving, the religious holidays and New Year's celebrations.

For a lovely day trip, Amtrak's Pacific Surfliner trains run along the coast from LA to San Diego and offer beautiful views, plus wheelchair accessibility and cafes. However, onboard dining can be pricey, so consider bringing coffee and nosh in case you get the munchies.

The trains also run north to Santa Barbara and San Luis Obispo, either route is convenient to several Los Angeles boarding areas. Prices vary according to time and day, round trip or one way, however, senior rates are available in several places from Amtrak to AAA or from your credit card or local senior center. A quick search online will find the best time and cost for you. Leave early and return late, or plan to stay over for a day or two, just avoid the weekends as they are often crowded with people going to theme parks.

Of course, if you drive, you have unlimited options, and



America the Beautiful lifetime senior pass from the US Park Service is a must. They are no longer free, the new ones are \$80, for but four people in one car who visit just two or three of the National Parks fees would cost that much, or more. A quick Google search shows 2019 fees range from \$10 to \$25 per person and car fees (four passengers) from \$25 to \$35, with several parks increasing those costs on Jan. 1, 2020. In some parks there is also a parking fee that the pass doesn't appear to cover.

Many senior centers offer fall trips to see Mother Nature's glory, as do Veterans and other fraternal organizations. If you haven't already done a trip because you don't know anyone, don't worry. You will come back with a new appreciation for our beautiful state and several new friends!

Wherever you go, stopping at the California Welcome Centers and local area visitors centers is a must. They have clean restrooms, often a place to fill your water bottles and always

Continued on page 40

Skip The Gym: Exercise At Home For Better Results

If you prefer working out in the comfort of your own home, you're not alone. According to a recent survey conducted by Bowflex, 52% of people prefer to exercise privately at home over going to the gym, attending a group class or exercising outside.

Survey respondents were also honest in sharing that 59% were notorious for setting fitness goals and not following through. More than 67% said they want to see results of their efforts early on.

These statistics come as no surprise to Tom Holland, exercise physiologist and Bowflex fitness adviser. "Everyone's time is limited. People want to know they are on the right track and doing the workouts that are going to make a difference or they will get discouraged and likely not reach their goal," he explains. "Positive indicators and accomplishments can be more than weight lost—being able to run longer distances without walking breaks, completing more reps than before or reaching a new personal record on your favorite digital fitness companion are all good signs."

If you prefer working out at home and like to keep track of your progress, one product Holland recommends is the Bowflex Max Trainer M8 car-dio machine (www.bowflex.com/max-trainer), which features an artificial intelligence-driven digital plat-



form. The platform's adaptive coaching technology uses the data captured from your previous workouts in combination with predictive analytics to create custom daily workouts for you, and it tracks and rewards your progress.

The platform also features a personal fitness coach who gives spoken instruction, motivation and encouragement as you push through your custom workouts. There's no need to go to the gym or pay for a pricey personal trainer.

Plus, if you're like most people whose main goals for working out are to stay in shape, have more energy and feel good, this machine and coaching technology can help you stay motivated over the long term, Holland notes.

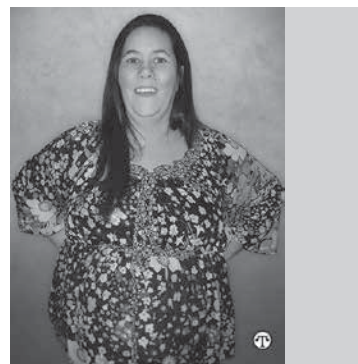
Another perk of exercising at home, he adds, is your fitness routine better fits around your schedule and is more convenient for you. Only have 10 minutes now and 15 minutes later? Your home gym is only steps away, and yes, those workouts do add up.

You can join the 52% of Americans who prefer working out at home and try the Bowflex Max Trainer M8 featuring digital coaching technology.

Ticket To Work Helps People Regain Independence

Millions of Americans get Social Security disability benefits yet want to work. They may be glad to know about a federal program that can help them enter the workforce while maintaining access to benefits. Thanks to Social Security's Ticket to Work program, free employment support services help people prepare for work, find jobs or progress in their careers.

Many of these people are concerned about what employment would mean for their Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI) benefits. There's no need to worry. Social Security Work Incentives make it easier for adults with disabilities to explore work while continuing to receive benefits. Some of these incentives make it possible for people to test their ability to work without immediately losing Medicare or Medicaid coverage. Others let people whose disability interferes with employment start receiving benefits again without needing to submit a new application under certain conditions. Because everyone's situation is different, job seekers are encouraged to talk with a professional Benefits Counselor. These are trained experts who help people make informed decisions about employment. To find one, call the Ticket to Work Help Line at 1 (866) 968-7842 or 1 (866) 833-2967 (TTY).



For example, the Ticket program helped Brenda recover the control she lost when, in 1996, she found herself in the psychiatric unit of a hospital. Brenda had experienced psychosis—a frightening symptom of an illness that causes people to lose touch with reality. The symptoms recurred, interfering with her ability to maintain steady work. Still, Brenda studied human services in college and after many years, found effective treatment.

She wanted to return to work, so when information about Ticket to Work came in the mail, Brenda connected with a provider who offered the support she needed. With career counseling, résumé help, job leads and a lot of encouragement, Brenda landed a job as a Community Rehabilitation worker. She applies her human service skills to helping vulnerable populations engage in the community and has recovered her sense of purpose.

"This work is not just about making money," she reflects. "It's a healthy [work] environment and I'm thriving in

it. When you have the kind of support that allows you to focus on succeeding, you discover what you can do."

Ticket to Work helped Brenda find her path to a better future. It may help you find yours. To learn more, call the Ticket to Work Help Line or visit <https://choosework.ssa.gov>. Brenda was able to resume her work helping others after being hospitalized for psychosis thanks to a special government program.

JUST JUDITH

Continued from page 39

maps and suggestions tailored to your ideas.

Our days of hiking with a backpack and bedroll maybe just memories, but we can go out and make new - and more comfortable - memories.

October is an awesome month, so get out and enjoy all it has to offer.



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Tinseltown Talks

By Nick Thomas

Growing up with ‘Dracula’ in your blood

Béla Ferenc Dezső Blaskó was a veteran of over 170 stage plays and several silent films in his native Hungary when forced to flee to Germany in 1919 for political reasons. Known under the stage name Arisztid Olt, the 6-foot 1-inch actor with piercing blue eyes re-branded himself after his hometown of Lugos and appeared in a dozen German films billed as Bela Lugosi before moving to the United States in 1920.

A decade later and approaching 50, Bela Lugosi's name would become forever etched in Hollywood history when the mesmerizing actor portrayed bloodsucking Count Dracula in Universal's 1931 horror masterpiece, *Dracula*, a role he previously played in theaters across America for 3 years (see www.belalugosi.com).

Married five times, his only son – also named Bela Lugosi – may have inherited the Lugosi genes, but not the craving to act.

“I actually took my dad's good advice and stayed away from the camera because he thought actors were too dependent on producers and agents,” said Lugosi, now in his early 80s, from Los Angeles. “He hoped I would follow some other career path, so I went to law school and worked in the area of celebrity rights.”



*Bela Lugosi and Abbott and Costello meet *Frankenstein*, Universal Pictures*

Nevertheless, the younger Lugosi couldn't escape the famous name throughout life and even attempted to minimize the attention for a while growing up.

“Until I started law school, I went by Bill instead of Bela,” he said. “But it didn't deflect the recognition. So I've gone by Bela G. Lugosi or Bela Lugosi Jr. most of my life and am proud of it, of course. Hardly a day has gone by that someone hasn't recognized the name. But people are very nice, although some still think I'm actually my father!”

Young Bela Jr. spent much of his early life at military school, but the memories of his dad remain vivid.

“He was a very caring father, but also an authority figure,” he explained. And when mischief was afoot, his father only had to conjure up the menacing stare of his most famous character.

“Oh yeah, that look was all it took!” he said, laughing. “And no, he didn't dress up as Dracula for Halloween which I don't really even remember because I was away at boarding school a lot.”

Bela Lugosi only appeared twice as Dracula in feature films, the second being 1948's *Abbott and Costello Meet Frankenstein*.

“I visited him during the production,” Lugosi said. “I remember they hired a comedian to come on set to make everyone laugh and relax. I also remember everyone treating my dad with so much respect, just as I've heard he always treated the cast and crews he worked with.”

Despite working for two more decades after the original *Dracula* film, Lugosi says his father could never escape the role he famously created.

“He was such a versatile actor before that movie and it type-cast him, but he was proud to have made the character his own,” he said. “I'm sure he'd be totally amazed to know his popularity today and how fondly he's still remembered.”

Nick Thomas teaches at Auburn University at Montgomery and has written features,

columns, and interviews for over 750 newspapers and magazines.



Curb Appeal

Continued from page 28

down screens and replace or repair them if you notice any tears. You should also inspect the rubber seals on your windows and replace any that are cracked. Finally, consider re-painting your window frames to give your windows a little fall facelift.

- **Garage**—It's important to give your garage door some attention especially if it squeaks with every open and close. Use 3-IN-ONE® Garage Door Lube monthly to not only lubricate the hinges, tracks, chains, pulleys and latches, but to simultaneously prevent rust and corrosion. This will ensure your garage door operates smoothly and quietly.

- **Roof**—Inspect your roof for damaged or broken shingles and make repairs. Remove any debris, such as fallen leaves or sticks, from your roof and gutters.

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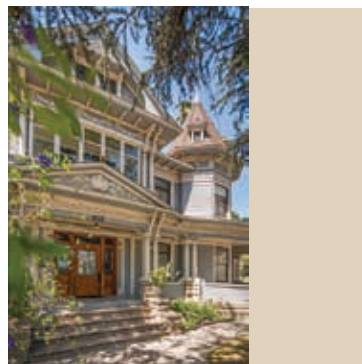
Happy
Halloween

Life in Long Beach

By Lyn Jensen

Historic Bembridge House Before Holidays

“This property has been placed on the National Register of Historic Places by the United States Department of the Interior” reads a metal plaque by the front door of the Bembridge House. Built in 1906, the house provides an outstanding example of Queen Anne Revival and Victorian architecture. Owned and operated by Long Beach Heritage, it’s a city of Long Beach landmark and is on the California Register of Historical Places as well.



Tours start at 1:30 Tuesdays and Saturdays in the rose garden by the wrought-iron driveway gate. A donation of \$5 is suggested. Be prepared to walk, and climb stairs, for nearly two hours. Photography and pets are not allowed.

One tour guide will show you around the grounds and explain how the house was built by Stephen Green, a founder of City National Bank. Green constantly disputed the property line with a neighbor, and after one such quarrel, he suffered a stroke and died in 1912. Seven years and six owners later, the family of Dorothy Rankin Bembridge moved in. She lived in the house until her



death — a shocking one, a thief murdered her — in 1999.

When your tour group comes to the front door, “Dorothy Bembridge” will answer. She’ll invite you in, and show you around the first floor, much of it exactly as it was when she lived there. She’ll tell you how she taught music and other subjects in Long Beach schools for 34 years, about her parents and husband, how there were parties with people gathering around the three pianos in the living room.

Dorothy will explain she has arthritis and can’t get upstairs easily, so another tour guide will show you the upstairs. The volunteers are starting to prepare for two special holiday events — one for children and Santa, the other for adults where Christmas wine is served.



To get to Bembridge House, go west on Tenth Avenue and, past Magnolia Avenue, you’ll find the street ends where parking for the

house and Drake Park begins. You may want to bring a picnic lunch and spend some time in the park before you begin the house tour.

Address: 953 N. Park Circle Drive, Long Beach, CA 90813
Phone: 562-493-7019
Hours: 1:30 to 3:30 p.m.; Tuesdays and Saturdays
Suggested donation: \$5
Web: lbheritage.org/bembridge-house/

Disaster

Continued from page 29

situation. They can help take the stress out of an incredibly stressful situation.

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Where To Learn More

For further facts and tips and to find a professional nearby, visit www.napo.net and search the online Find a Professional directory.



Cooking Corner

Give Your Keto Diet A Kick Four Ways

When you're looking to add some excitement and variety to your Keto routine, Lindsay Olives are the answer. Loaded with antioxidants, healthful fats and important phytonutrients, olives add a nutritious boost and savory goodness to just about anything.

You can change up your meal routine with these olive-rich, Keto-friendly ideas:

1. Enjoy a portable afternoon snack: Pack a handful of pistachios or almonds in a snack bag and grab a Lindsay Snack and Go! olive cup. Olives—such as Black Ripe or Pimiento Stuffed—are great for satisfying hunger.

2. Create a crowd-worthy appetizer: Thread mozzarella balls, salami, prosciutto and black and green olives on bamboo skewers for a salty and delicious appetizer.

3. Work up a wonderful weekday breakfast or weekend brunch: Scramble two eggs in Lindsay EVOO and mix in a teaspoon or two of sliced or chopped olives and a handful of shredded cheddar cheese. When finished, garnish with chopped chives.

4. Prepare a phenomenal dinner (with leftovers for lunch): Try this recipe:

Taco-Stuffed Spaghetti Squash

2 lb. spaghetti squash



Squash stuffed with chicken, olives and veggies make for a hearty, delicious dinner that's also Keto-friendly.

2 Tablespoons Lindsay Extra Virgin Olive Oil, separated
1 cup diced red onion
3 cloves garlic
1 lb. ground chicken
1 14 oz. can diced tomatoes
1 teaspoon cumin
2 teaspoon chili powder
1 teaspoon salt
1 2.25 oz. can Lindsay California Black Sliced Olives
1 lime
1½ cup Monterey jack cheese
1 avocado, diced
1 large tomato, diced
1 jalapeño, sliced
½ cup Lindsay California Black Medium Olives
1 lime, wedged

Preheat oven to 400 degrees.

Place whole squash into microwave and cook for 3 minutes. This makes it easier to cut in half. When done, cut in half and scrape out the seeds. Drizzle 1 teaspoon oil over each half and rub it around until the whole inside is coated. Sprinkle with salt and pepper. Then place squash halves on a parchment-lined baking sheet center down, so it lays flat. Bake for 50 minutes.

Meanwhile, dice onion and mince the jalapeño and garlic. Heat a large sauté pan over medium-high heat. Pour 2 teaspoons of oil into the pan, then add the chicken, ¾ cup onion and garlic. Cook until chicken is cooked through.

Add tomatoes, cumin, chili powder and salt to chicken mixture. Stir to combine, bringing mixture to a boil. Cook uncovered for 15 minutes to reduce the liquid, stirring occasionally.

Remove from heat. Stir in the olives and juice from the lime. When the squash is done, scrape the inside with a fork to release from edge, creating a little nest in each half. Put ¼ of the chicken mixture in each half. Put ½ cup cheese over the top of each half, then place back into the oven for 5 minutes or until cheese is melted. Top with sliced avocado, diced tomatoes, onions, jalapeño, whole olives and a lime wedge.

Learn More

For other facts, tips and delicious recipes, go to www.ilovelindsay.com/recipes. Type in "Keto" for fine flavors and meal inspirations that are Keto-friendly.



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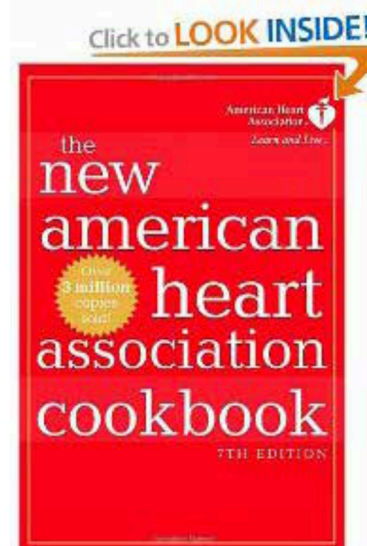


It can be a bright idea to have tinted film applied to your car windows.

Automotive window films, or tint, offer a variety of benefits, such as reduced exposure to the sun's harmful UV rays, a cooler interior by rejecting up to 55 percent of the sun's heat, reduced glare and more safety for the occupants.

Window films may hold glass fragments together that can result from a shattered window, reduce premature cracking and fading of the car's interior and prevent 99 percent of the sun's UV rays from damaging your skin and eyes through the normal unprotected glass found in side and rear windows of vehicles.

Throughout North America automotive window film is measured objectively by Visible Light Transmittance standards, or the percentage of light passing through glass, and subjectively whether a driver can be seen from the outside looking in, explains the nonprofit International Window Film Association.



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