

SENIOR REPORTER

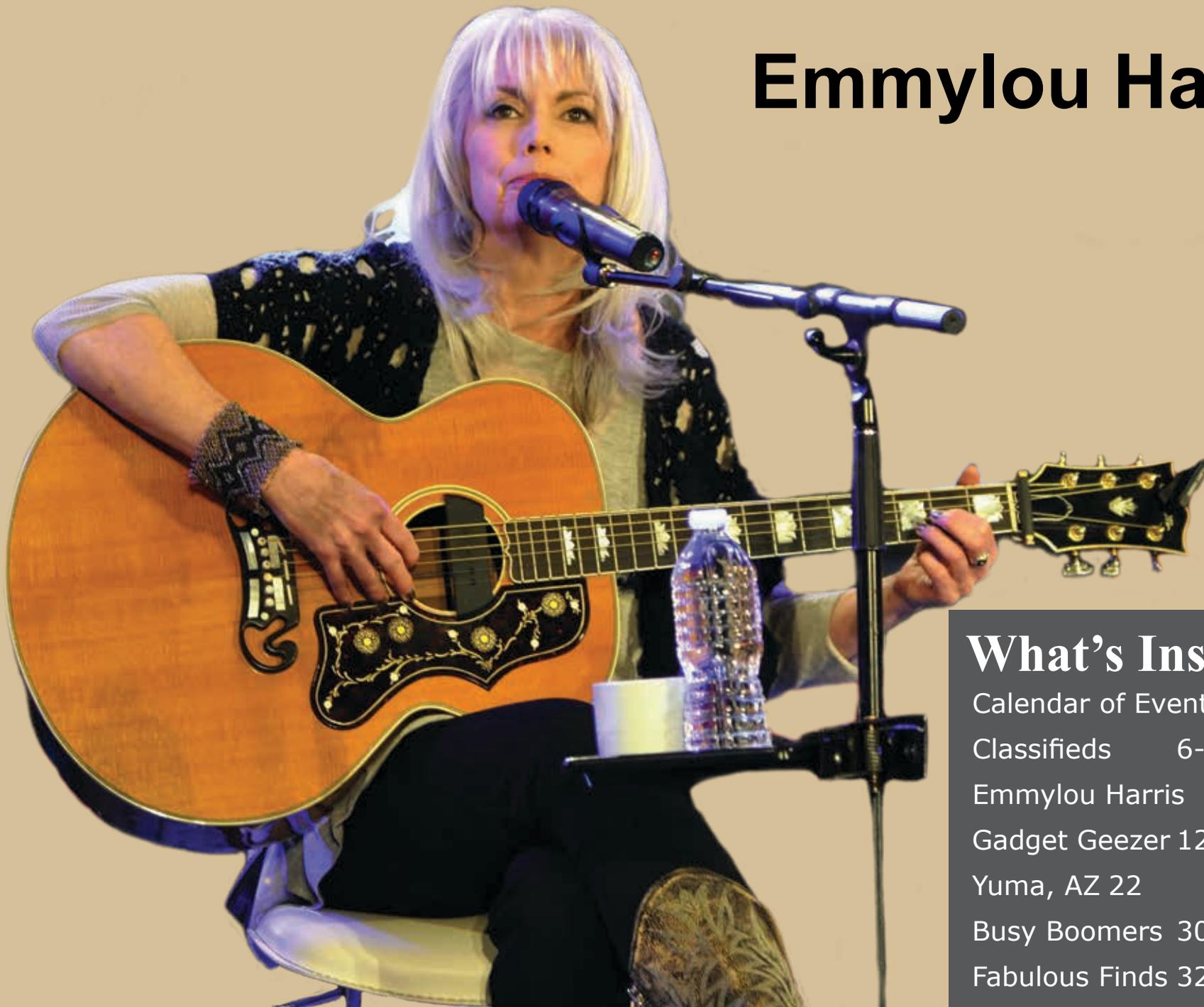
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JULY 2017

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



Emmylou Harris

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"I'm blessed to be able to work at something that I'm good at, and that I love. It's not something I take for granted."

—Emmy Lou Harris

Are You Seeking a Care Facility For Your Loved One?

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

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

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



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

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 assis-

tance. 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 de-

velopment for the Alzheimer’s Association said this about RCSP:

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

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

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

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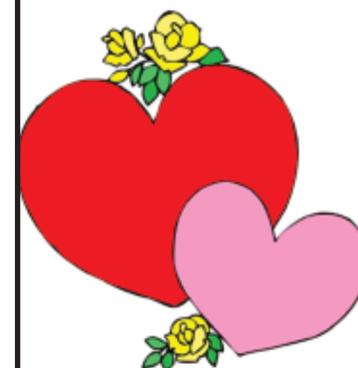
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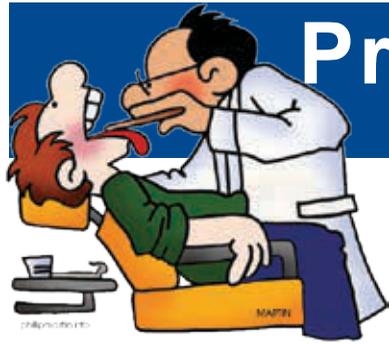


With A Heart for Seniors



American Heart Association





Pressing My Button

By Jim McDevitt

I go to the dentist every six months and a day to have my teeth cleaned. It's six months and a day because my dental insurance company wouldn't pay for one of my cleanings because it wasn't more than six months since my last cleaning. It was just six months to the day. Since that time several years ago, I make sure they can't deny my claim by always making my next appointment for six months and a day. I try to make it a habit in life to only get fooled once and then I prepare and read all the fine print.

So, here I was at the dentist for my cleaning sitting in the dental chair making small talk with the dental hygienist. She was preparing to scrape my teeth with an instrument and operate the machine to spray your teeth clean along with a miniature vacuum device that was already hanging out of the corner of my mouth to remove debris.

This dentist has a busy office. He has five rooms for procedures three of which are used continually by the dental hygienists. We were about 30 minutes into my procedure but who's counting? I am of course. The hygienist was busy scraping and talking to me. She often asked a question but of course with a hand in your mouth and a load of

equipment in it, all I can do is grunt. She did seem to understand my grunts though. It was about this time that it happened:

"AGH! AGH! EEEEEEEK-KKKK!" These were the first sounds I remember hearing and they were coming from the room across the hall. For some reason there are no doors in any of these rooms but I don't know the reason.

Now I don't like being in a dental chair for any reason but when I hear a woman's screams in the room across the hall I am ready to bolt like a lightning strike moving across the room to leave. The screams stopped after about 10 seconds and my pulse rate slowed to 1,000 beats a minute. The hygienist and I practically pulled our ears off and stuck them out in the hallway to hear what was going on. Within 30 seconds I saw a blur of white rush into the room. It

was the dentist to find out what was happening.

It seems that when the hygienist was spraying that high pressure water spray inside the woman's mouth, it malfunctioned. It's supposed to shut off automatically when the operator's finger is removed from the button but it didn't. The hygienist removed her finger from the button and didn't realize right away that the sprayer was still spraying for a couple of seconds. The hygienist was talking and had the sprayer still pointed at the woman like a hose until of course the woman choked and screamed.

There were many apologies from the hygienist and the arriving dentist. My hygienist became extra careful with her sprayer. The woman across the hall finished ahead of me but I watched the mirror on the wall in front of me to get

Continued on page 8

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2017 SCHEDULE OF EVENTS

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

MONTH	DATE	EVENT
JANUARY	7	Living History Flying Day featuring the: Curtiss P-40 Warhawk <small>* The United States Postal Service will hold a First-Day-of-Issue Stamp Dedication Ceremony for the NEW LOVE Skywriting Stamp!</small>
FEBRUARY	4	Living History Flying Day featuring the: Lockheed P-38 Lightning
MARCH	4	Living History Flying Day featuring the: North American P-51 Mustang
MARCH	11	3rd Annual Hangar Dance with Big Band Orchestra
APRIL	1	Living History Flying Day featuring the: North American B-25 Mitchell
MAY	6-7	Planes of Fame Air Show May 6-7 2017, Chino Airport
MAY	14	Mother's Day - Moms Admitted FREE!
JUNE	3	Living History Flying Day featuring the: North American F-86 Sabre
JUNE	18	Father's Day - Dads Admitted FREE!
JULY	1	Living History Flying Day featuring the: Republic P-47 Thunderbolt
JULY	22	World War I and Early Aircraft (Special Presentation)
AUGUST	5	Living History Flying Day featuring the: Vought F4U-1A Corsair
SEPTEMBER	2	Living History Flying Day featuring the: Douglas A4-4 Skyraider
SEPTEMBER	16	Boeing B-17 Flying Fortress (Special Presentation)
OCTOBER	7	Living History Flying Day featuring the: Douglas SBD-5 Dauntless
OCTOBER	28	11th Annual 'Taste of Flight' Gala
NOVEMBER	4	Living History Flying Day featuring the: Northrop N9MB Flying Wing
NOVEMBER	11	Veterans Day - Veterans Admitted FREE!
NOVEMBER	18	Eastern Front of WWII (Special Presentation) & Aviation Book Sale
DECEMBER	2	Living History Flying Day featuring the: Mitsubishi A6M5 Zero

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

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

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Reverse Mortgage Line of Credit:

Monthly Payments—NONE. No monthly payments are required for the life of the loan.

Credit Line Growth Guaranteed—YES. Undrawn credit line balance compounds monthly at the same rate (interest + FHA insurance premium) charged on balance owed. Credit line growth is guaranteed and could potentially exceed future property value, effectively providing a hedge against property value declines and interest rate increases.

Mandatory Pay-Off Date (Maturity)—NONE. No maturity date: repayment not required as long as a borrower continues to reside in the property and the loan remains in good standing.

Limitation on Access to Funds—NONE. Funds can be accessed any time for the life of the loan as long as the loan remains in good standing.

Lender Option to Freeze Funds—NONE. Lender cannot freeze access to funds for loans in good standing for the life of the loan.

Personal Liability—NONE. Non-recourse loan; neither borrower nor heirs have any personal liability. Balance owed can never exceed property value at time of repayment.

Lender Failure Eliminates Funding—NO. If the lender fails or goes out of business, access to funds and servicing the loan is not interrupted. FHA will assume responsibility for continued performance.

Traditional Line of Credit:

Monthly Payments—YES. Monthly payments are required, usually interest-only for an initial drawn-down period, then increase to amortize the loan balance to the maturity date.

Credit Line Growth Guaranteed—NO. Credit line amount does not grow.

Mandatory Pay-Off Date (Maturity)—YES. Maturity date is usually 30 years or less. First seven to 10 years only provide access to funds. In the remaining years, there is no access to funds. Payment are reset and increased to pay off the balance by the maturity date.

Limitation on Access to Funds—YES. Access to funds is limited to the initial drawn-down period, normally the first seven to 10 years only.

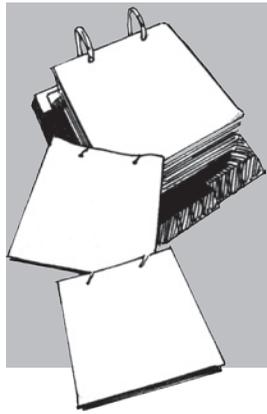
Lender Option to Freeze Funds—YES. Most HELOCs enable lenders to freeze access to funds with notice.

Personal Liability—YES. Borrower is personally liable for any deficiency plus legal and collection costs.

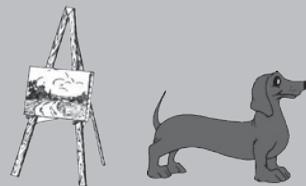
Lender Failure Eliminates Funding—YES. If lender fails or goes out of business, access to further funding will cease, unless or until another lender assumes responsibility.

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July Calendar of Events



Tired of sitting by the pool or need a break from the heat? Here are some great events in and around the Southland to keep you and your family entertained.

Sawdust Festival Laguna Beach Through Sept. 3

Outdoor arts and crafts festival where you can watch artists create their work and buy directly from them while enjoying the wonderful atmosphere. At 935 Laguna Canyon Road, Laguna Beach. Call, 949-494-3030.

Pageant of the Masters Laguna Beach July 7 – Aug. 31

The Pageant of the Masters is considered one of the most unique productions in the entire world. Audiences are amazed and enchanted by 90 minutes of tableaux vivants (“living pictures”), incredibly faithful re-creations of classical and contemporary works of art, with real people posing to look exactly like their counterparts in the original pieces. A live narrator serves as a guide through the story of each living picture accompanied by the music of a profession-

al orchestra. At 650 Laguna Canyon Road, Laguna Beach. Call, 949-494-1145.

German Heritage Day Huntington Beach July 9

2 p.m. to 6 p.m.

Enjoy free food for the first 500 People, as well as Donau Schwaben folk dancers, Dachshund races and German American Brass Band all day. At Old World Village, 7561 Center Ave., Huntington Beach.

The Orange County Fair Costa Mesa July 14 - August 13

Wednesdays through Sundays
The annual Orange County Fair is the premier family attraction in Southern California offering a wide variety of exhibits, foods, entertainment, rides and hands-on activities. There is something for everyone at the fair including the summer headline concert series, working farm and petting zoos, thrill rides, contests, and games. At, OC Fair & Event Center, 88 Fair Drive, Costa Mesa. Call, 714-708-FAIR.

Ocean Festival San Clemente July 15-16

Celebrating more than 35

years of “The Greatest Show on Surf!” Competitions, beach runs, bodysurfing clinics, fishing derby, Woody car exhibit, ocean art show, children’s events and more. At, San Clemente Pier. Call, 949-440-6141.

Fiesta de Solano Rancho Santa Margarita July 21-23

Friday: 5 to 10 p.m.

**Saturday and Sunday:
1 to 10 p.m.**

A three-day community event filled with rides, games, food, live entertainment, Bingo games and a silent auction. Fun for the entire family. Admission and parking are FREE. Bingo hours nightly from 5 to 9:30 p.m. with Blackout round at 9 p.m. All proceeds benefit the church. At, San Francisco Solano Catholic Church, 22082 Antonio Parkway, Rancho Santa Margarita.

Cypress Community Festival Cypress Saturday, July 22

Festival grounds open:

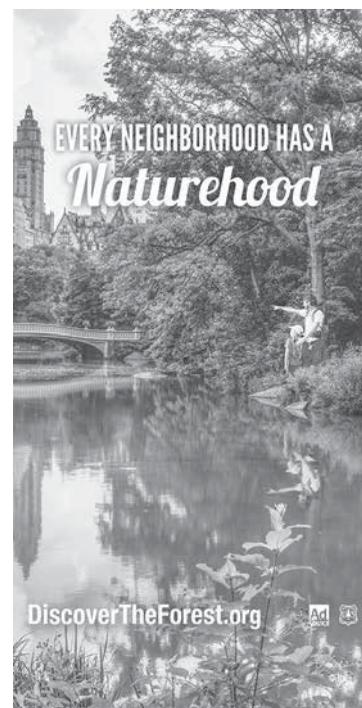
9 a.m. to 5 p.m.

Pancake breakfast:

7 to 11 a.m.

One of the largest one-day festivals in Orange County that attracts more than 20,000

people annually. This event includes an early morning 5K / 10K run, a pancake breakfast, car show, chili cook-off, family games, food booths, the Chamber of Commerce business expo, children’s rides, arts and crafts booths and four stages with continuous entertainment. The admission is FREE. At, Cypress Community Center, Oak Knoll Park, 5700 Orange Ave. Call, 714-827-2430.



Signs Of Unsafe Driving In Older Adults



The National Highway Traffic Safety Administration (NHTSA) estimates that there are more than 38 million drivers age 65 and older. Age is not the only factor that can impact driving abilities, but it is an important one. There is evidence that most people experience age-related declines in physical and mental abilities. These changes—which can affect everything from vision to how quickly you can make decisions—influence how well you can drive. They can also be difficult to address for yourself or with older people you know, since driving often represents freedom, independence and control.

But transitioning from driving doesn’t mean you have to lose these things. Your health care providers or Area Agency on Aging (www.eldercare.gov) can point you toward a range of transportation alternatives in the community. The first step toward finding those tools is recognizing when you might need them.

Continued on page 8

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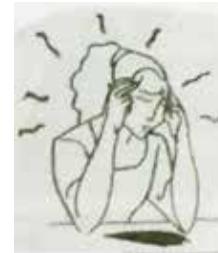
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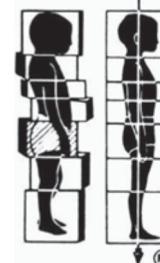
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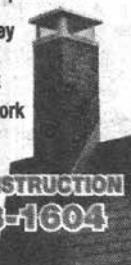
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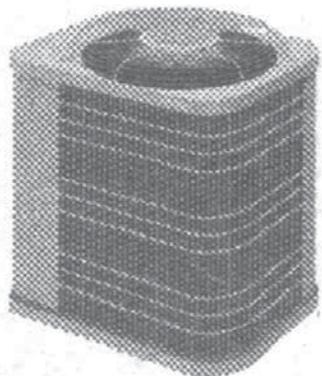


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Pressing My Button

Continued from page 3

a look at her as she exited. Her light blue dress was very wet as were her white slacks especially around the crotch area. It was obvious that she had an accident but someone who wasn't aware of what happened might have thought she had a bathroom accident. To make matters worse for the hygienist and dentist, my hygienist told me the woman was an attorney. I just bet that she is going to press their button.



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Unsafe Driving

Continued from page 3

Signs that an Older Adult's Driving Skills Need Testing

So how do you know whether you or an older adult you know is developing difficulties as a driver? These issues can be warning signs that suggest that an older driver may need to be tested or evaluated:

- Getting lost in familiar areas
- Ignoring traffic signs and signals
- Becoming easily agitated or angered
- Falling asleep or being unable to concentrate when driving
- Reacting too slowly to dangerous situations
- Forgetting or ignoring driving basics (like yielding to the right of way)
- Having trouble judging distances.

Visit www.HealthinAging.org for more.

Are medicines affecting your driving? Some medications can make people feel drowsy and less alert or can limit the ability to pay attention. Some prescriptions even warn against driving. Review medications with your primary care provider or a pharmacist to see whether certain medicines might impact driving.

How Blinded Veterans Help Themselves And Others To A Better Quality Of Life

According to Department of Veterans Affairs (VA) statistics, there are over 130,000 legally blind veterans in America. Every year, another several thousand are added to the number either because of combat injuries, age, illness or other factors.

What's Being Done

Fortunately, they're not simply left in the dark. All over the country, the VA has set up residential and outpatient centers where former military persons who have impaired vision can learn to lead more independent, pleasant and productive lives.

There are two basic kinds of facilities. The Blind Rehabilitation Programs support blind and low-vision veterans and active-duty servicemembers in regaining their independence and quality of life to enable their successful integration into family and community life.

These places also support family and significant others to better understand visual impairment and foster the provision of appropriate support, to assist in enhancing home environments and to reduce caregiver burden.

The Visual Impairment Services Outpatient Rehabilitation (VISOR) programs use a team approach to provide services based on a thorough

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Continued on page 9

Blinded Veterans

Continued from page 8

assessment of the veteran's strengths, needs and personal goals.

Veterans and their families are encouraged to identify these goals and provide ongoing feedback regarding progress.

To enhance the quality of life for veterans and servicemembers experiencing vision loss, the Blinded Veterans Association (BVA) works with VA to help keep these places up to par. Recently, that organization's Training Coordinator, Wade Davis, conducted a comprehensive and individualized Veterans Care Review at each of the 13 Blind Rehabilitation Centers nationwide. He is currently doing the same with the VISOR programs.

What Davis Does

Over several days, Davis visits each facility and meets separately with the staff and the veterans involved. He considers various aspects of the programs: orientation and mobility, living skills, manual skills, low-vision therapy, computer access training, low-vision clinic, optometry, eye clinic, ophthalmology, recreation therapy, social work, psychology, nursing, diabetic education, and pharmacy. He also talks to the Visual Impairment Services Team (VIST) Coordinators individually. Davis' aim is to evaluate the full curriculum of care and to share findings with staff and the administration to promote and expand each facility's successful procedures and generally make the facility as productive and safe as it can be for blinded veterans.

He also holds information sessions for the veterans and provides literature about BVA.

Davis' BVA evaluations have brought about a number of improvements to blind rehabilitation services, such as making sure each of the facilities has the training and equipment it needs.

What BVA Does

All this is just one way BVA fulfills the mission it's pursued since the end of World War II: to promote the welfare of blinded veterans so that, notwithstanding their disabilities, they may take their rightful place in the community and work with their fellow citizens toward the creation of a peaceful world. Through its free service programs, regional groups, resources, and advocacy before the legislative and executive branches of government, it makes life better for blinded veterans.

Where To Learn More

Because BVA advocates for all blinded veterans, whether they are members of the organization or not, and regardless of how their visual impairment occurred, veterans old and young and who experience vision loss can call BVA at (800) 669-7079, or visit www.bva.org, to get connected with the rehabilitative services they may need and have earned. For more about VA health care, visit www.va.gov/health.

Wade Davis and BVA help ensure VA facilities for blinded veterans are able to provide the best possible care and training.

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Emmylou Harris

By Les Goldberg

Already celebrated as a discoverer and interpreter of other artists' songs, 13-time Grammy Award winner Emmylou Harris, 70, has gained admiration as much for her eloquently straightforward songwriting as for her incomparably expressive singing.

Before becoming one of the world's most foremost entertainers in both Country and pop musical genres (she is ranked among the 100 Greatest Women in Rock 'N Roll by VH1), Emmylou seemed to be destined for a life of fame and fortune from an early age.



Born into a career military family – her dad was a prisoner of war in Korea – spent her childhood in North Carolina and Virginia. In high school, she became class valedictori-



an and won a drama scholarship to the University of North Carolina Greensboro School of Music, Theatre and Dance. It was there that she began to study music seriously, learning to play songs of Pete Seeger, Bob Dylan and Joan Baez on guitar.

The Folk music boom of the 1960s tempted her to drop out of college, move to New York City and pursue her music aspirations by performing Folk songs in Greenwich Village coffeeshops while supporting herself as a waitress. It was there that she met and married fellow songwriter Tom Slo-

cum in 1969 and recorded her first album, *Gliding Bird*. A divorce soon followed, forcing her and her newborn daughter Hallie to move in with her parents in a suburb of Washington, D.C.

In the early 70s, she sang in a Country Rock group known as The Flying Burrito Brothers, and was asked by the band's founder Gram Parsons to be his female vocalist for his first solo album, GP. Together they recorded two more successful albums, *Fallen Angels* and *Grievous Angel*, before Parsons died of an accidental alcohol and drugs overdose in 1973.



Harris was introduced to Canadian producer Brian Ahern, who produced her major label debut album, *Pieces of the Sky*, released in 1975. It featured the Beatles' *For No One*, Merle Haggard's *Tonight the Bottle Let Me Down*, and the Louvin Brothers' *If I Could Only Win Your Love* which became Emmylou's first big hit.

Warner Bros. Records told Harris it would agree to record her if she would "get a hot band." Harris did so and called



it *The Hot Band*. It included many notable artists of the day, such as guitarist James Burton and pianist Glen Hardin, who both played with Elvis Presley.

Unusual for Country music at the time, Harris' albums borrowed their approach from the Rock market. Her 1975 *Elite Hotel* became a No. 1 country album, as well as a crossover success with the Rock audience. She and the album won a Grammy in 1976 for Best Country Vocal Performance, Female.

After her marriage to Brian Ahern and the birth of her second daughter, she made three albums that reflected a shift toward traditional Country music at a time when the *Urban Cowboy* song style was gaining popularity. The roots direction was prominent in her Grammy Award-winning 1979 album *Blue Kentucky Girl*.

In the 1980s, Harris explored Country music's history further with the Bluegrass-oriented album *Roses in the Snow* with Ricky Skaggs and others star musicians. She also recorded *That Lovin' You Feelin'*

Again with Roy Orbison, and reached the Top 40 on the Billboard Pop Chart with the hit single, *Mister Sandman*.

Later in the decade she teamed up with her long-time friends Dolly Parton and Linda Ronstadt for a long-anticipated album that was her biggest commercial success, spending five weeks at No. 1 on Billboard's Country Albums and Pop Albums Top 10 charts. One of the four singles, *To Know Him Is To Love Him*, earned her another Grammy nomination.

She also released a solo album, *Angel Band*, featuring rising Country star Vince Gill, and recorded two songs with the Nitty Gritty Dirt Band.



The 1989 *Bluebird* album, with contributions from Marty Stuart, Bonnie Raitt, and Kate & Anna McGarrigle, included the two singles, *Heartbreak Hill* and *Heaven Only Knows*, were the most recent top-20 chart singles of Harris' career.

By the 1990s, mainstream Country radio began shifting to the youth-oriented "new

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Four Numbers You Need To Know To Stay Healthy



We need to remember plenty of numbers—phone, debit card PIN, ZIP code, Social Security and many others.

But do you know your most important health numbers? Knowing these—and doing something about them—can improve your health and reduce your medical costs. Some essential numbers to know and keep an eye on are blood pressure, cholesterol, body mass index and blood glucose.

Taking a health assessment can help you learn how to use these numbers to positively impact your overall health. Most health insurers, like Health Alliance Plan (HAP), offer this resource to help you examine your overall health, identify high-risk areas and receive recommendations to support healthy habits.

Here are some key numbers to monitor and tips from HAP to stay in the right range.

1. Less than 120/80 mmHg—blood pressure. The top number (systolic) measures how hard the heart is pumping; the lower number (diastolic) measures its pressure at rest. Hy-

pertension, or high blood pressure, occurs when the force of blood against the walls of your arteries and veins is elevated. High blood pressure cannot be cured, but it can be controlled.

Blood pressure indicators are: less than 120/80, normal; 120–139/80–89, prehypertension; 140–159/90–99, stage 1 high blood pressure; and 160 and above/100 and above, stage 2 high blood pressure.

Tips: Eat right, exercise to maintain a healthy weight, quit smoking and lower salt intake. Cook meals with fresh ingredients, and cut back on processed foods and fast food.

2. Less than 200 mg/dL—cholesterol. High cholesterol is one of the biggest risk factors for heart disease. Too much cholesterol can collect and harden on the walls of your arteries, blocking blood flow.

Good levels are less than 200 mg/dL for total cholesterol, less than 100 mg/dL for LDL (“bad” cholesterol) and >50 mg/dL for HDL (“good” cholesterol). It’s ideal to have a low LDL level and high HDL level.

Tips: Eat foods low in fat (especially saturated fat) and low in cholesterol to lower LDL (bad) levels. Exercising regularly and quitting smoking increase HDL (good) levels.

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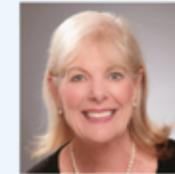
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The Gadget Geezer

By Les Goldberg

The Smartest of the Smart

If you have followed consumer technology as long as I have, you know that it progresses at the speed of sound – the sound of one obscure product after another rapidly clanging in your trash can. Consider, for example, the “Smart Home.”

To say that today’s homes are smarter than ever is an understatement. From talking robots and electronic recliners and beds to refrigerators that inventory your food and automatically order groceries for home delivery, the home is truly where the smart is -- pardon the pun. And the amazing part is that all the devices can be connected and controlled from your Smartphone or a universal remote.

So, this month I thought I

would shine a spotlight on some of the most popular products on the Smart Home market.

The Echo



This Bluetooth speaker from Amazon (\$139.99) uses a voice assistant called Alexa that works with several Smart Home devices. All you need to do is create a “recipe” of commands to control your devices with the sound of your voice. The Echo Dot, a low-

er cost accessory at \$39.99, is available if you already have a favorite speaker.

Robomow



Remember muscling the powerless lawnmower on a hot summer day? Those days are gone forever, thanks to the age of robotics. If you want to be the first on your block to show off your techie fandom, get yourself a Robomow RS622, \$1,699 at Amazon or a smaller version designed for different sized lawns. Once you set up the perimeter of your lawn, the mower’s blades will mulch the grass back into the soil, eliminating clean up.

Braava Jet 240



When you are finished mowing the lawn, you can exchange one robot for another for vacuuming and cleaning your indoor floors. The Braava Jet 240 (\$169 at Amazon) is small and quiet and will spray water onto the surface carpeting or wood flooring for a deep or damp cleaning.

Perfect Bake Pro



Want to take the guess work out of baking? The Perfect Bake Pro (\$71.98 at Amazon) is a baking scale that you control from an App on your Smartphone. It is designed to measure everything you add from the recipe with complete accuracy.

The Char-Broil



While we’re on the subject of cooking, it’s time to talk about summer outdoor barbecues. Traditionally, smoking ribs or other meats in the backyard was done with either charcoal or gas. A better approach is now available with the Char-Broil Digital Electric Smoker (\$268.08) at Amazon. Using an App, you can remotely gauge the temperature and be notified when the food is ready. It comes with four easy-to-clean chrome racks and 725 square inches of cooking space. You fill the smoke box with wood chips and the device will work for nearly 7 hours without a refill.

Garage Door Opener

Is there anything more annoying than trying to find your garage door opener while returning home at night in a dark driveway? That problem could be solved by using the Chamberlain MyQ Garage Door Opener. Again, using your Smartphone App, just tap the screen to open the garage door. Part of the Home Depot/Wink system, it can control nearly every garage door opener from all major brands made after 1993. Price: \$85 at Amazon.

Electronic Dead Bolt Lock

If you want to make your home more secure but don’t want to use a whole new set of keys, the Kwikset SmartCode 916 Touch-screen Electronic Deadbolt is something to consider. At \$202 (from Amazon, of course), the device has a SecureScreen feature that requires you to enter two random digits before entering your code to prevent burglars from deciphering your password from your fingerprint smudges. There is also a break-in alarm built-in.

At \$202 (from Amazon, of course), the device has a SecureScreen feature that requires you to enter two random digits before entering your code to prevent burglars from deciphering your password from your fingerprint smudges. There is also a break-in alarm built-in.

QardioBase Smart Scale

It might be time to toss your

Continued on page 14

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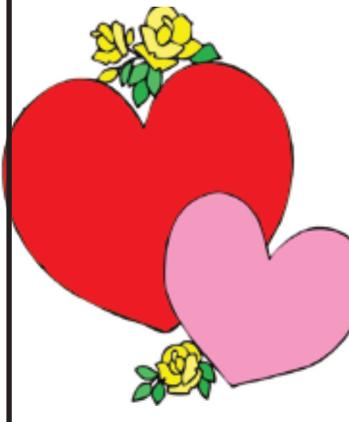
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If you find yourself touching the door jamb, and then reaching for chairs or other pieces of furniture as you cross a room, you're a good candidate for the MOSS. **Your test, comments, and opinions are important. Give us your feedback.**

People fall mainly in two places:

1. Moving about the house.
2. Walking the short distance from a vehicle to shopping, medical appointments, visiting friends, or other common destinations.

Two reasons people fall are:

1. **TOPPLING.** An example of this is: You awake and arise, and you suddenly find, after you stand up, that you have hit your head on your nightstand and you're on the floor, with a bleeding head. You've toppled!

If you had kept a MOSS between your bed and night table and you grabbed it as you stood up, it and your two feet would have given you a three point stability from which toppling is improbable.

2. **TRIPPING:** You're in a rush to get to the mall door before closing time. As you step from your parked car, you fail to notice the curb of a grassy area, and you next find yourself in the Emergency Room having your stitched head bandaged. You've tripped!

You would have done much better if you had removed a folded MOSS from under your car seat and used it in its search mode as you left the car and located the hazardous curb. The secret of the MOSS' success is its Dual Mode character.

If you hold it like the railing of a down staircase, it serves as a forward predictor of hazards. Simply tipping it towards the vertical makes it again a supportive walking stick and you can safely walk rapidly to the open door of the mall!

For more detailed information about fall prevention with the MOSS, email:

Marty Osman, PHD & CEO,
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To receive your test prototype, send your mailing address to:
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The MOSS is red in color.
If you are legally blind, ask for white.

The Gadget Geezer

Continued from page 12



It might be time to toss your old analog bathroom scale. Measuring more than your weight, the QardioBase Smart Scale (\$129.99 at Amazon) tracks your fat, BMI, water, muscle mass, and bone composition. It shares the info it reads with a Smartphone App for easy access.

Wink Hub 2



For the true Smart Home where so many devices are connected and controlled using such technology as Z-Wave,

Zigbee, Lutron Clear Connect, Kidde, Bluetooth and Wi-Fi, a home automation hub is required. One of the more popular is the Wink Hub 2 (\$81.90 at Amazon). Wink allows your diverse collection of Smart products to speak the same wireless language so you can easily control them from the free Wink App.

Auto-discovery and a revamped setup process make getting your Smart Home up and running easier than ever. A more powerful Wi-Fi radio and Ethernet port connect your products smoothly, while a stronger processor and more memory make your Smart Home faster. With its sleek design, it blends in nicely with your home décor.

There's no need to be intimidated anymore by Smart Home technology, especially if you are looking to make life easier for yourself and your family.



Breathe Easier Two Ways



The Federal Trade Commission estimates that Americans lost more than \$4 billion to fraud and scams during the last five years—but you don't have to be one of them.

What To Do

It helps to heed advice from the leading authorities in their fields. For example, the National Air Duct Cleaners Association (NADCA) developed a standard—the ACR—for assessing, cleaning and restoring HVAC systems. It consists of practical, industry-backed information on specific levels of cleanliness and on evaluating and verifying the cleanliness of system components.

As Mark Zarzeczny, Certified Air Systems Cleaning Specialist and Chair of NADCA's Anti-Fraud Task Force, said, "Cheaper isn't always better and if deals seem too good to be true, they probably are. NADCA members follow a higher standard."

"By hiring a NADCA member

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**Light My Fire****The Doors****July 1967***By Randal C. Hill*

He was genius-level brilliant, as handsome as a Greek god, and his rich baritone voice defined late 1960s rock. But to everyone who knew James Douglas Morrison, The Doors' lead singer, he was also a frustrating study in rebellion and excess and, ultimately, self-destruction.

The son of a Navy admiral and his wife, Morrison was born in 1943 in Melbourne, Fla. He graduated from high school in Virginia in 1961, and then moved to Los Angeles to earn a B.A. in film studies at UCLA four years later. After graduation, he devoured philosophy books and wrote dark, abstract poetry and offbeat song lyrics.

At a Santa Monica dive called the Turkey Joint West, former fellow UCLA film school grad Ray Manzarek led and played organ in a Blues band called Rick and the Ravens. (Rick was Ray's guitarist brother.) One night, Manzarek invited former UCLA classmate Morrison onstage to sing. Jim, unprepared for his stage debut, belted out *Louie Louie* until his voice went hoarse.

Manzarek eventually broke up his band and reformed it as The Doors, with himself as keyboardist, Morrison as lead singer, and friends, Robbie Krieger, on guitar and John Densmore, on drums. They

chose their new name from Aldous Huxley's *The Doors of Perception*, a book that advocated the use of psychedelic drugs.

The quartet became a fixture at hip Sunset Boulevard clubs before signing with Elektra Records late in 1966. *The Doors*, the first of its 10 platinum-selling albums, featured *Light My Fire*. The ultimate 1960s erotic Rock 'N Roll anthem was created mainly by guitarist Krieger as a slow Blues tune, much like Jose Feliciano's laid-back 1968 cover version. The original, more upbeat Doors track ran over 7 minutes in length — much too long for radio airplay. Trimmed to under 3 minutes (Manzarek's powerful extended organ solo was cut dramatically), *Light My Fire* rocketed to No. 1 on the 1967 Billboard charts.

When The Doors performed *Light My Fire* on *The Ed Sullivan Show*, Morrison had promised to sing "*Girl, we couldn't get much better*," substituting "better" for "higher," which Sullivan incorrectly feared was a drug reference. Morrison had reluctantly agreed to the change but defiantly sang the original lyrics when the show was aired live. The band was never invited back.

On the tour road, The Doors' members frequently had to

contend with its star's rampant alcoholism. In *Off the Record*, Krieger admitted: "When we played live, it was usually baby-sitting time with him ... I loved the guy when he was straight. I disliked him immensely when he was drunk."

Former Doors' Manager Bill Siddons once said: "He told those around him, those who loved him and cared about him and tried to get him to stop drinking, that he wanted to die before he was 30."

On July 3, 1971, Morrison was found dead of a heart attack in the bathtub at his Paris apartment. He was 27 years old. It was reported that he had the slightest of smiles on his face.

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Former Doors manager Bill Siddons. Walnut, Calif., August 9, 1979.

Four Numbers

Continued from page 15

3. 18.5–24.9 kg/m²—body mass index (BMI). BMI is based on weight and height and is an estimate of body fat. It can indicate your risk for heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems and certain cancers. BMI values vary by sex, race and age. A healthcare provider can perform further assessments.

BMI levels are categorized as: below 18.5, underweight; 18.5–24.9, normal; 25–29.9, overweight; and 30 and above, obese. Go to cdc.gov for a BMI calculator.

Tips: Make healthy food choices and be more active. Join a supervised weight-loss program, and participate in nutritional counseling with a registered dietitian.

4. Less than or equal to 100 mg/ dL—blood glucose. This is how much sugar (glucose) is in your blood. A glucose test can check for diabetes, see how diabetes treatment is working and check for blood sugar levels.

Normal values for adults without prediabetes or diabetes: fasting test, less than or equal to 100; 2 hours after eating (postprandial), less than 140 if age 50 or younger, less than 150 if age 50 to 60, and less than 160 if age 60 and older; and random (casual) testing, generally 80 to 120 before meals or when waking up and 100 to 140 at bedtime.

Tips: Avoid foods with sugar or carbohydrates. Drink water or calorie-free liquids. Avoid

coffee, alcohol, soda pop and anything with a lot of sugar in it.

A health assessment is a key part of a healthier you. Knowing your numbers and using them to initiate positive changes can make a real difference in your health—and your life. Visit hap.org/health for other health and wellness tips.

Better physical and fiscal health starts with a health assessment.

Breathe Easier Two Ways

Continued from page 15

to perform air duct cleaning and HVAC system cleaning services, you know you're hiring someone who pledges to follow the ACR and NADCA's Code of Ethics," added Zarzeczny.

Learn More

To see videos on the subject and find resources such as a homeowners' checklist and guides for proper cleaning methods, visit www.breathingclean.com. To find a NADCA-certified professional nearby, go to www.nadca.com/find-a-professional. For further information, visit www.nadca.com.

Many homeowners may be better able to breathe easy when they get their air ducts cleaned—by a contractor they know they can trust.

Fresh Food At 65

When a brand reaches 65 years in business and is still growing, the general assumption is that it's offering a superior product. While that's certainly true in the case of Church's Chicken, which turns hand-battered, double-breaded chicken, fresh-cooked fried chicken and delicious scratch-made honey-butter biscuits into great chicken experiences that guests love, the food is only half of the story. The other half could prove inspiring to many younger firms.

The equally important flip side of the company's recipe for success is a commitment to connecting with customers, franchisees and team members. Church's CEO, Joe Christina, explains: "At the heart of any restaurant business is a relationship with guests," he says. "We've been proud to make connections with our community since Mr. George Church founded the brand in 1952. That's only possible through hardworking team members and terrific franchisees around the world who are all dedicated to delivering on that heritage."

Unlike many places, Church's has built its heritage status through meaningful connections and uniting people and communities over quality fried chicken. It calls it "chicken passionates serving other chicken passionates" and it plays out across multiple initiatives.

The company supports schol-



school students and donates millions of meals yearly to No Kid Hungry. It's also one of the first brands to embrace video storytelling through its Church's Loves Community video series: www.youtube.com/user/churchschicken.

"Guests and loyal fans don't simply visit Church's for our delicious fried chicken and honey-butter biscuits, but also because of memories made here and how we support our communities," Christina finished.

Learn More

For further information about Church's Chicken and the brand's 65th anniversary year, or how it's grown to more than 1,600 restaurants globally, visit www.churchs.com.

From its earliest days, one restaurant chain has been all about the chicken.

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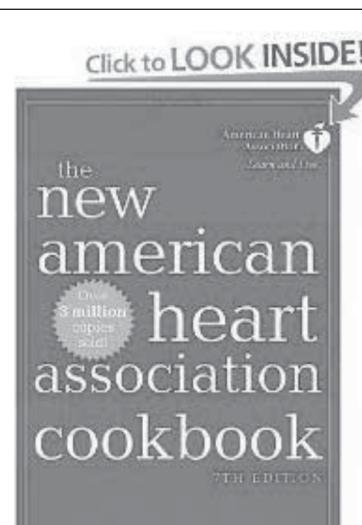
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What You Should Know About Custom Hearing Aids

by Catherine Jons, Au.D.

If you or someone you care about is among the nearly 40 million Americans the National Institutes of Health estimates could hear better, you may be thinking about hearing aids.

Hearing Helpers

For many, however, deciding what style they want can be daunting and the terminology confusing. One reason is that the hearing care industry sometimes uses different names or acronyms to refer to similar hearing aid models. Behind-the-ear (BTE) and receiver-in-canal (RIC) hearing aids are pretty self-explanatory—BTE housings contain all the working components and sit behind your ear, while receiver-in-canal housings contain everything but the receiver, which sits in the opening of your ear canal and connects to housing behind the ear. In contrast, figuring out which styles are grouped under the umbrella category of custom hearing aids can pose more of a challenge.

Why They're Called Customs

Custom hearing aids fit inside your ear and so have to be custom made according to the shape and size of your ear canal. Customs have traditionally required your hearing care professional to make impressions of your ear canals using a moldable compound. The molds are then sent to a manufacturer that tailors each hearing aid to fit comfortably inside your ears. The downside



of this process is that it takes time.

Most people choose customs because they provide a comfortable fit coupled with the utmost in discretion. Unless people get very close to your ear, they won't notice you're wearing hearing aids at all, which is a big plus to many wearers. Also, despite their smaller size, some customs offer almost as many beneficial features as BTE or RIC models, including tinnitus therapy signals, wireless connectivity and directionality.

Whether your hearing care professional recommends a custom hearing aid depends on your degree of hearing loss, comfort level with wearing something inside your ears, desired features and other hearing and lifestyle considerations.

What's Available

Styles and sizes of custom hearing aids include:

- **In-the-ear (ITE)** hearing aids fit inside the "bowls" of your outer ears. The options are full shell, which completely fills the bowl-shaped region, and half shell, which fills the lower part of the bowl only.
- **In-the-canal (ITC)** hearing aids fit partly inside your ear canal, making them even less visible than ITEs. They're suitable for people with mild to moderate hearing loss.

- **Completely-in-the-canal (CIC)** hearing aids are very small and fit entirely inside your ear canal for even greater discretion. They come with small extension cords you can use to pull them out of your ear for cleaning and maintenance. They are also suitable for adults with mild to moderate hearing loss.

- **Invisible-in-the-canal (IIC)** hearing aids are the tiniest currently available. They're nearly invisible when worn and made to fit deep inside your ear canal (past the second bend and close to your eardrum). IICs also include a cord for insertion and removal and treat mild to moderate hearing loss.

- **Ready-to-wear customs** are the latest innovation in custom hearing aids. The Silk™ ready-to-wear CIC combines the speed and convenience associated with BTE or RIC hearing aids with the discretion and comfort of CICs. Unlike with other customs, you don't need to have molds taken of your ear canal nor do they have to be sent out for a custom build. Instead, a soft Click Sleeve lets your hearing care professional fit them inside your ear and send them home with you the same day.

Learn More

For further facts on hearing better, go to www.signiausa.com.

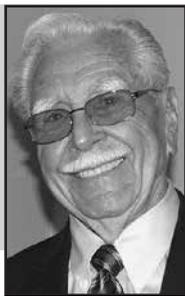
- Dr. Jons is an Educational Specialist with more than 25 years of successful programming experience.

A tiny device that's almost impossible to see when it's working can make it much easier to hear.

Pippa Passes

(with apologies to Robert Browning)

By Robert E. Horseman, DDS



Pip is dead. He'd been looking peckish the last couple days and this morning we found him as we usually did, peacefully curled up in his little apartment. Only this time his peace was eternal, his mortal soul having departed sometime during the night for that celestial exercise wheel in the sky.

Five inches of silky light brown hair with a nose in perpetual motion even when he slept, Pip was a hamster par excellence, a credit to his species and the apple of our granddaughter's eye. Several times in the past I had mistakenly written him off as an ex-hamster when, under close observation, he did not appear to move for days at a time. "Hamsters are *nocturnal*," she explained, as if to a backward child. My idea of a pet is not one that I would have to bond with in the middle of the night. I am only nocturnal by urological necessity, not choice.

I freely admit that two years ago when he came to live with us, I was not as enraptured as my granddaughter. We have cohabited with a menagerie of birds, snakes, geckos, guinea pigs and a wild assortment of cats and dogs over the years, all of whom have met untimely ends. It was my feeling that any creature assigned to our care was looking at a fairly short stay on Death Row. Nevertheless, I had become quite



fond of the placid little bloke, although it was tempered by a respect for his potential when I saw him yawn one day, displaying a pair of incisors capable of felling a giant Sequoia.

As the only male member of my household, my sensitivity rating according to the distaff side hovers around "2" on a 1-to-10 scale.

So my suggestion that we place the recently departed former hamster in a Zip-Lok plastic bag and deposit him tenderly with suitable reverence in the dumpster as opposed to the usual gold fish flush, was met with uniform horror.

"Typical male!" was their disgusted response. I hear a lot of that in my house and have the feeling that I should wear a placard around my neck with the word "MALE" on it as if that would explain *everything*, even to strangers.

So we're looking at a formal State funeral for Pip, for which I imagine invitations to the Bushes, the Blairs and certain high-ranking members of the

Emirate States are already in the mail. Unfortunately, interment at Arlington National Cemetery is on hold, pending clarification of his veteran status.

Initially inconsolable, our granddaughter has subdued her grief to the point of taking charge of the arrangements. This pleases us no end. Her involvement in Pip's maintenance had peaked after we had him 72 hours when she found out that TLC involved cleaning his quarters regularly and replenishing the sunflower seeds he devoured at the rate of a bushel a day. She also objected when we stated his permanent abode would be her bedroom. Apparently his 50K runs on the exercise wheel at 2 AM interfered with her beauty rest. "Nocturnal," I said. "Look it up."

I have disassembled his personal palace with its tunnels and tubes and little hideyholes, tossed out all the absorbent and scented material that he used to rearrange to his liking on the floor of his cage and debated whether gerbil and hamster food is interchangeable with cockatiel chow. They all look the same to me and our cockatiel is dumber than I am.

While I was looking for a place in the garage to store the hamster mansion, my wife asked what I thought I was doing. "Why, temporarily storing the house pending the arrival of the next animal, which, if memory serves, will be within a fortnight."

"Typical male!" she replied. Goodbye, Pip, and God speed.

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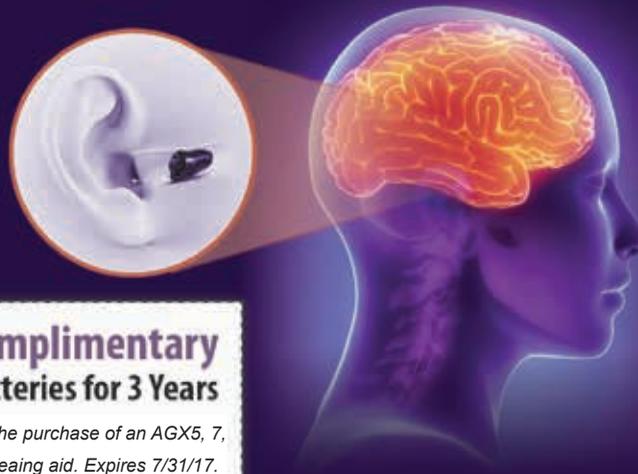
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Emmylou Harris

Continued from page 10



Today, Harris continues to do what she loves: Recording, touring, writing, being a loving mother and grandmother, and getting involved with social and political issues that she is passionate about.



A few years ago, she told an interviewer: “Years ago, I had the experience of sitting around in a living room with a bunch of people and singing and playing, and it was like a spiritual experience, it was wonderful. And I decided then, that was what I was going to do with my life was play music, do music. In the making of records, I think over the years we’ve all gotten a little too technical, a little too hung up on getting things perfect. We’ve lost the living room. The living room has gone out of the music, but today I feel like we got it back.”

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Life in Long Beach

By Lyn Jensen

Feeding Hundreds, Five Days a Week

Meals on Wheels Long Beach is according to its website, a non-profit community service for persons unable to prepare adequate meals for themselves because of disability, age, or chronic or temporary illness.

Since 1971 MOWLB has



provided home delivery of two meals per day—a cold lunch and hot dinner—to hundreds of eligible Long Beach, Signal Hill and Lei-

sure World Seal Beach residents, regardless of age. It is not associated with any other Meals on Wheels program and receives no government funding.

MOWLB serves more than 155,000 hot dinners and cold lunches annually with the support of more than 300 volunteers. The organization's 2017



report describes how the volunteers gather every weekday morning at three Long Beach locations to pack the day's



meals, and deliver them along 39 delivery routes. Each delivery includes, not just food, but a "friendly visitor" who checks on the clients' well-being.

Amber Scheuring, administrative assistant at MOWLB headquarters, suggests anyone interested in obtaining



services, volunteering, or donating money, may phone MOWLB at 562-439-5000 or consult the organization's website. Applications for clients and volunteers, and a link for donations, are found online.

She says she's always looking for volunteers. She needs

meal packers who can spend about two hours per weekday packing hot and cold meals for roughly 400 clients. She needs drivers, and she needs "friendly visitors" who can ride with the driver, deliver the clients their meals and

"make sure they're OK, if they need help with anything."

The workload is divided between three offices, Scheuring explains, because: "Long Beach is such a huge area." The main office is housed at the Belmont Heights United Methodist Church, 317 Termino Ave. There are branch sites in north and east Long Beach.

Scheuring explains MOWLB doesn't accept donations of food, because the meals are prepared at off-site kitchens that uses its own vendors. For those who prefer to donate funds by mail, please send a check to MOWLB, P. O. Box 15688, Long Beach, CA 90815. Website: <http://www.mealsonwheelsoflongbeach.org/>

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What some of our clients have to say: "Much, much appreciation! I truly value you and what you have to offer on a professional level. Your knowledge, compassion, and ethics truly made a difference." —K.B.

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Yuma, Arizona The 'It City' ... On The River's Edge

Story by Ronnie Greenberg • Photos by Joe Hilbers

Embraced by year-round sunshine, Yuma, the gateway to the great Southwest, is surrounded by craggy mountains that loom over the lush farmland. Here is where Colorado River and Sonoran Desert meet, Native American and border cultures blend.

From 1854 till 1858, Yuma was known as Colorado City. From 1858 to 1873, it was called Arizona City and finally called Yuma in 1873. It was also the safest place to cross the Colorado while the West was being settled.

Where to Stay

Hang your hat at the Historic Coronado Motor Hotel (celebrating 75 years of tradition). Where the past makes history, the 127 clean and comfortable guest rooms and executive suites that feature Jacuzzi and extended stays. The guest room amenities include:



Yuma Landing Sports Bar & Grill

Free hi-speed Internet and WiFi, and work desk (although you would rather kick back and relax,) flat screen TV and DVD player, mini-fridge, microwave, coffee maker, iron and ironing board, and hair dryer. Basically, just about everything to make you feel like you are at home. The hotel amenities include: Full cooked breakfast at Yuma Landing Sports Bar & Grill served by a welcoming staff, two swimming pools, fitness center, two business centers, guest laundry facilities, free parking for cars, boats, bus-

es RVs and trucks, electric car charger, and your pet is very welcome.*You will also be entitled to a fantastic and fascinating tour of the on-site Casa De Coronado Museum, led by Yvonne and John Peach. The Historic Coronado Motor Hotel is located at 233-4th Avenue in Yuma. For information and reservations visit www.coronadomotorhotel.com or call (877) 234-5567.

Then there's where the first airplane landed in Arizona, The Yuma Landing Sport Bar & Grill (on the same property as the Historic Coronado Motor Hotel) that shifts from an early morning classic breakfast location where guests can kick start their day, into the lively Hangars Sports Bar and Captain's Lounge. The Hangar Sports Bar offers 24 beers on tap, daily drink specials, live music and entertainment, and televised sports events. Captain's Lounge serves top-shelf hand-crafted cocktails, the best Mar-

garitas in Yuma, along with a carefully designed global wine list with options for all wine connoisseurs. The Landing Restaurant serves American and Mexican cuisine including pastas and South-of-the Border campfire steak, BBQ baby back pork ribs, and a sumptuous Fishermen's Platter (New to the Landing are the not to be missed monthly beer pairing dinners). Located at 195 S. 4th Ave., visit www.yumalanding.com or call (928) 782-7427.

Attractions and Activities

Martha's Gardens Medjool Date Farm was founded in 1990 by Nels Rogers and his wife Martha. The Rogers family prides itself in growing the finest Medjool dates in all of Arizona. Martha says: "We raise our dates as we do our children-with love!" Be sure and take a tour (seasonal) as you will be fascinated at how the palm trees grow, are nurtured and harvested. Pollen is gathered from the male



Martha's Gardens Medjool Date Farm Tour

John and Yvonne Peach are the personable owners/innkeepers of the Historic Coronado Motor Hotel, Yuma Landing Sports Bar & Grill and Casa de Coronado Museum, personally overseeing all their venues with lots of love. Also, worth mentioning is that Casa de Coronado Museum is loaded with historical treasures has Yvonne Peach as curator and guide.

trees, and then treated and sprayed on the female trees. After the tour, stop in at the shop where the famous date shakes can be enjoyed. Located at 9747 S Ave. 9, E. Yuma 85365; visit www.marthasgardensdatefarm.com

Also, another unique treat is to visit the Peanut Patch that has been in Yuma since 1952. Owned by Donna George since 1997, she will



The Historic Coronado Motor Hotel

Yuma, Arizona The 'It City' ... On The River's Edge continued

gladly give you a tour, and show you that the peanuts that we take for granted, actually take quite a bit of effort into growing, processing and harvesting. After the tour, check out the gift shop and get to taste and purchase the peanuts, peanut butter, peanut brittle, as well as a wide selection of delicious chocolate candies. Located at 4322 E. County 13th St., call, (928) 373-5220; or visit www.peanut-patch.com (seasonal).

West Wetlands

Next up, ironically it's the original site of Yuma's City Dump. It was closed in 1970 and converted into 110 acres of a beautiful riverfront park. There's a lake, picnic ramadas, boat ramp and picnic area.

A massive 1907 Baldwin steam locomotive sits on the exact spot where the



310 to Yuma at the Pivot Point

first train entered the Arizona Territory in 1877. It was used in the movie classic 3:10 to Yuma. The Pivot Point Interpretive Plaza gives the perfect introduction to the history of the Yuma Crossing, a National Historic landmark. It also preserves the concrete pivot on which the original swing-span bridge turned to allow steamships to pass on the river. A stairway from the plaza leads into Yuma

Crossing National Heritage Area Gateway Park located at the center of the riverfront with multi-use pathways and a magnificent view of the historic Ocean-to-Ocean Highway Bridge. Follow the detailed trail map on the Yuma East Wetlands restoration area, Sunrise Point Park, and Riverside Park on the opposite side. Visit www.YumaHeritage.com

Yuma Territorial Prison State Historic Park

One of Yuma's most historic places dating from 1876 through 1909 lets you step back in time to the days of the pioneers and Wild Wild West, and where Arizona's most notorious convicts were held until their fate was sealed. On July 1, 1876, the first seven inmates entered the prison and were locked into the new cells they had built themselves.

A total of 3,069 prisoners, including 29 women, lived within these walls during the 33 years of operation. The remains of the prison are now an Arizona State Park. The cells, thick stone walls, main gate and guard tower have endured as grim reminders of frontier justice. Museum exhibits and artifacts document the story of the prison, and the men and women who were incarcerated here. Movies, plays, television and novels have given the prison notoriety.

The story of the Colorado River can be found here. Once wild and uncontrollable, it is now the most dammed river in the world. Call, (800)-293-0071.

The Arizona Historical Society Sanguinetti House Museum & Gardens

One of Yuma's oldest and most historic adobe buildings from 1890, was owned by pioneer merchant E.F. Sanguinetti and is now a museum. On display are



Historic Yuma Theater

Visit www.YumaPrison.org; or call, (928) 783-4771.

Yuma Quartermaster Depot State Historic Park

Most likely the oldest American-built structure in Yuma, located on a bluff overlooking the Colorado River. It was a major supply center for troops during the Indian Wars of the 1870s.

photographs, paintings and memorabilia chronicling Sanguinetti's life story as Yuma's prince. The gardens have aviaries with exotic birds. Yanna Kruse, Regional Director of the Arizona Historical Society conducts guided tours. A delightful treat is the High Tea. Located at 240 Madison Ave., call, (928) 782-1841 or vis-



Sanguinetti House Museum & Gardens

Continued on page 24



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

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

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

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

Age Well
Senior Services

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS

Yuma, Arizona

Continued from page 23

it, www.arizonahistorical-society.org/museums/yuma

Yuma's Historic Downtown

Named best in Arizona, Main Street offers shopping, night life, restaurants and sports bars.

A visit to the Yuma Art Center shows changing exhibits of local artists and their works. Manager Lindsay Benacka will be delighted to show you around and answer all your questions. Located at 254 S. Main St..

The Historic Yuma Theater (Circa. 1930) is housed in a building a few doors down. There is seating for 630, a balcony and stage. The original carbon arc projectors are intact and the organ that was recently restored is the only working theater organ in Arizona. It now has digital movie equipment and live shows are enjoyed here. Tours are available. Located at 224 Main St.

Lutes Casino & Restaurant is not a casino at all, but Arizona's oldest pool hall where odd and old movie memorabilia and posters surround the hall and cover the walls. It is also known for its hamburgers, shakes and other treats. Located at 221 S. Main St., call, (928) 782-2192 or visit www.lutescasino.com

Dining

Stop by for a delicious lunch at Chretin's Restaurant that's been around since 1946, offering a full menu of delicious Mexican cuisine in a fun and friendly setting. House specials include the: 1946 chimichanga; carne asada burro; chile relleno dinner and the Chic-kichorizo burro. Located at 505 E. 16th St., call (928) 750-0060 or visit www.chretins.com

Yuma Civic Center

With several facilities and space available, weddings, reunions and such fun events as the Salsa Queen Competition & Kick-Off Party are held at the bright and spacious Yuma Civic Center. At special events, dinner is served indoor or on the beautiful Sunset Terrace. Visit www.yumaciviccenter.com

Desert Sun Stadium and Fairgrounds

Adjacent to the Civic Center, the Desert Sun Stadium and Fairgrounds is a wonderful outdoor space where such events as the Tunes & Tacos Festival are held.

Outdoor Activities

Golfers will delight in 13 diverse courses in the area. Outstanding are the Desert Hills Golf Course and The Mesa del Sol Public Golf Course that is the most challenging public course in the area.

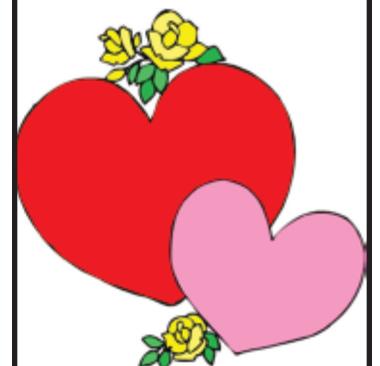
Tennis fanatics will be pleased to know that Caballero Park, and John Kennedy are maintained by the city's parks and recreation departments.

Fishing, thanks to the Laguna and Imperial Dams, is where anglers are likely to land Largemouth Bass, Striped Bass, Flathead Bass, Channel Bass, Blue Bass, Tilapia, Catfish, Crappie, Striped Mullet and Bluegill.

Boating, water sports and water skiing reign in the Yuma waterways, as well.

For more information contact the Yuma Visitors Bureau, or visit www.VisitYuma.com, or call (800) 293-0071.

**With A
Heart
for
Seniors**



When Minor Symptoms Turn Out To Be A Major-League Disease

The more you know about a devastating disease such as amyotrophic lateral sclerosis (ALS), sometimes called Lou Gehrig's disease, the better you can learn to deal with it.

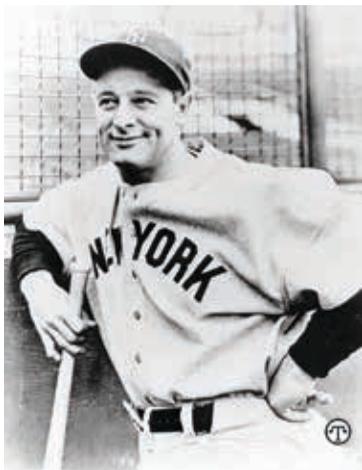
Understanding ALS

ALS is a progressive disease that attacks the nerve cells that control voluntary movement. No one knows for sure what causes ALS, and there's no known cure. Here's a look at one man's story.

Like most people in their 50s, "David"* was thinking about how to manage work, helping his children finish college and starting to consider what the next chapter might be, when his wife, "Gina," noticed that he was having trouble tying his shoelaces. They joked that he was either too stressed or too relaxed, but when David's left leg started feeling weak, he finally went to a doctor. It turned out to be ALS.

After seeing a neurologist, David and Gina did a little research to understand this disease. They learned that ALS affects nerve cells in the brain and the spinal cord that send messages throughout the body. When these nerves start to die, the brain can't control muscle movement. Ultimately, patients can become weak and then paralyzed.

"Of course we were completely overwhelmed at first," says



David. "Gina was my rock, but I'm worried about her, too—I depend on her more and more."

Gina has become somewhat of an expert. "We want to do everything we can to help ourselves now—and we want to help researchers understand more about this disease so that future generations won't have to even worry about it, ever."

May is ALS Awareness Month. In May 1939, Lou Gehrig, a beloved baseball player, first brought attention to this disease that sadly bears his name. Over 78 years later, researchers have made some inroads into understanding some of the causes and are working hard to put together pieces of this puzzle.

What's Being Done

Because learning more about ALS is an important step in the battle to defeat it, the federal Agency for Toxic Substances and Disease Registry (ATSDR) has developed the National ALS Registry to gather confidential health informa-

tion from people who are living with the disease.

What You Can Do

You can learn more about the Registry from www.cdc.gov/ALS. Dr. Paul Mehta, a medical expert with the ATSDR, explains: "This information can help doctors and scientists learn more as we work toward what causes ALS."

*Based on real people; the names are not used to protect patient privacy.

Baseball great Lou Gehrig was felled by amyotrophic lateral sclerosis (ALS) 78 years ago. Today, researchers are hoping to discover more about its cause and possible treatments.

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Majority Of Registered Voters Overlook Cybersecurity Concerns While On Summer Vacation, According To University Of Phoenix Survey

Smartphones have become a bodily extension for most Americans. U.S. World & News Report found that nearly a quarter of the population of the U.S. has a smartphone—fourth in the world. We take our devices with us everywhere—work, home, even on vacation—but the devices in our pockets may be putting us at risk of cybertheft when we least expect it.

According to a survey by the University of Phoenix College of Information Systems and Technology, less than half of registered voters worry about cybersecurity risks while on vacation and 55 percent feel that the need to use personal devices outweighs the risks. Technology experts from the University say vacations are a prime time for hackers to target our personal information through our devices, due to our leniency for cybersecurity best practices.

While summer vacation is often seen as a time to disconnect, three-fourths of respondents say they bring their smartphone with them and half report checking their phone at least once an hour. These actions can put them at risk for data breaches, especially if they are connected to public Wi-Fi. Despite using their devices often, very few people admit to taking measures to prevent hackers from potentially accessing personal information: 54 percent state they lock devices when not in use, but less than half take oth-



er precautions such as hiding devices when away (40 percent) or strengthening passwords (24 percent).

“There are myriad ways your personal information can be compromised while you’re on vacation,” said Dr. Kirsten Hoyt, academic dean, College of Information Systems and Technology at University of Phoenix. “Vacations should be relaxing and fun, but in today’s world of connected devices, we always have to be alert.”

According to the survey, stolen bank information is the top concern while traveling, selected by more than half of respondents. Other major concerns include losing devices (48 percent) and contracting viruses on devices (44 percent), while a third or less are concerned about hacked e-mail or social media accounts.

Hoyt said the best method to prevent our data from being compromised or stolen is to understand how hackers target our information and what they’re looking for and take the proper steps to avoid that from happening.

Dr. Hoyt suggests the following practices to stay secure during summer vacation.

- Refrain from posting photos or information about your trip until you return home.
- Update antivirus software and ensure devices are locked with strong passwords when not in use.
- Keep devices close by and lock them in a safe or hide them if you have to leave them in the hotel room.
- Use your phone’s hotspot if you need to access public Wi-Fi, and never share personal information on or plug devices into public computers.

The content posted online while traveling can also have implications for your home, according to Dr. Hoyt. She said cyberthieves sometimes monitor social media accounts to know when you are away to break into your home. Hackers who know you’re on vacation can also use that information to send phishing e-mails to attempt to trick friends, family members or colleagues into sending money or sharing personal information, if they get access to your account.

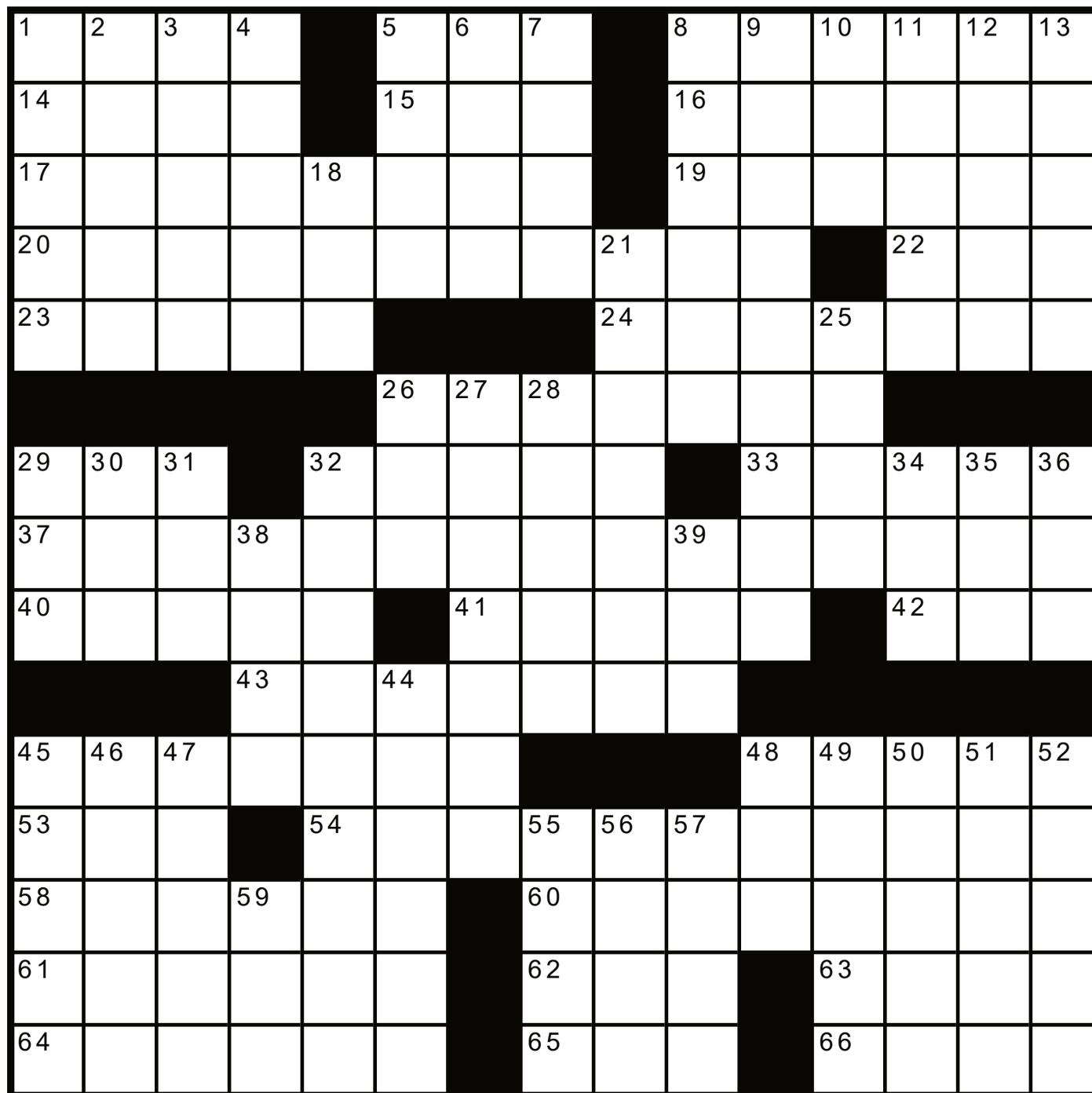
“We shouldn’t be afraid to travel. In reality, we are probably just as likely to be the target of a cyberattack at home as when we are traveling,” she said. “But in today’s connected world, we must constantly be aware. Knowing how hackers attack, what they’re looking for and how to stop them is your best defense in today’s cyberwar.”

You can protect yourself from cyberattacks while traveling.

July Crossword Puzzle

Across

1. German Helmut
5. TNT part
8. Goes with the flow
14. Ripe for drafting
15. Chow down
16. "The Raven" maiden
17. Air craft
19. Timmy's dog
20. Supple arms and legs
22. Sun. delivery
23. Aconcagua's range
24. Eternal
26. Chisholm Trail terminus
29. French pronoun
32. Persona non ____
33. Early Peruvians
37. In spite of
40. Purchaser
41. In the midst of
42. Morse "E"
43. Clothing
45. Roof item
48. Actor Lorenzo
53. ____ Rosenkavalier
54. Make unstable
58. Moon of Mars
60. Frankincense
61. Standards of perfection
62. Parking place
63. Amos or Spelling
64. Yes ____, Bob!
65. ____ Moines, Iowa
66. "____ Tu" ('70s hit)



Down

- | | | | | |
|-------------------------|-------------------------|------------------------------|-----------------------|----------------------------|
| 1. Australian marsupial | 9. Soundproofing | 27. West Atlantic islands | 38. Used to be | 51. Sky blue |
| 2. Pungent bulb | 10. Ques. response | 28. "Who's there?" reply | 39. Tiny toiler | 52. Big rigs |
| 3. Judean king | 11. Deputised group | 29. Bach's "Mass ____ Minor" | 44. Actually existing | 55. Tattled |
| 4. Pass into disuse | 12. Attempts | 30. Bud's bud | 45. ____ Ababa | 56. Moisturizer ingredient |
| 5. Blue hue | 13. Crystal ball users | 31. Pigpen | 46. ____ say more? | 57. Fragments |
| 6. Rajah's wife | 18. ____ Misérables | 32. Rotating firework | 47. Judge or juror | 59. Blemish |
| 7. Bit of gossip | 21. Lake in W Hungary | 34. El ____ | 48. Women's ____ | |
| 8. Claim | 25. Grant temporary use | 35. Year abroad | 49. Having wings | |
| | 26. Gallery display | 36. Cpl.'s superior | 50. Lesser | |

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JUST JUDITH

By Judith A. Rogow

It's in the Bag

The current laws in California have turned us into bag ladies (and gentlemen) and while the intention was good, it's become a typical disaster, albeit a minor one compared to some of the rulings we have seen.

Since most people didn't keep the flimsy plastic bags that have been in use for ages, and which triggered the new edict, we now need to purchase our own methods of carrying not only groceries but anything purchased in a store of any size. Buy needles and thread, cleaning supplies, kitty litter or a case for your iPhone and you either must bring bags of your own to carry your items or buy one - or several - at the check-out counter.

Aside from the extra time it takes to decide "paper or plastic" (do you want to take home a new toy for your cat or an ugly logo for the store that you'll forget to take with you on your next shopping trip) the lack of standardized sizes in the carriers "drives us nuts!" according to a Walmart checker.

Of course, the "bring or buy" excludes backpacks, the baskets on wheelchairs or walkers, strollers and those wheeled carts that are so handy. Why make it easier for the mobility challenged?

Some stores had already of-



fered better bags for sale – beyond the dime cost of Walmart, Ralphs or Vons logoed plastic, but well worth the price for multi-use schlepping

Trader Joe's insulated ones are pure genius. They come in two sizes so you can use one size for veggies, eggs, wine and cheeses, and the other for things that will go in the freezer. Toss in a couple of bottles of frozen water before you head out to shop and your groceries will stay cool much longer.

TJs basic 99-cent totes are roomy and come in lots of fun decorations, other stores are jumping on the bandwagon offering their own carriers. The flat-bottomed ones with strong handles are reasonable and useful and may be folded up and kept near the door so

you don't forget to bring them when you go for groceries.

Naturally, this being California, you are going to see "designer" bags, if you haven't already. To the dismay of very high-end stores, low quality knock-offs with their logos are briskly being sold at flea markets.

Men have the choice of bright orange, camo, various "guy stuff" images and a few with rude comments.

I'm told they are a must for the Bingo ladies.

Those of us who cover various business events are amassing uniquely interesting totes; many are practical with sturdy straps and closures. Ones sponsored by government en-

Continued on page 37

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— J. Fitzgerald, VA



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not found in other chairs. It can’t be beat for comfortable, long-term sitting, TV viewing, relaxed reclining and – yes! – peaceful sleep. Our chair’s recline technology allows you to pause the chair in an infinite number of positions, including the Trendelenburg position and the zero gravity position where your body experiences a minimum of internal and external stresses. You’ll love the other benefits, too: It helps with correct spinal alignment, promotes back pressure relief, and encourages better posture to prevent back and muscle pain.



This lift chair puts you safely on your feet!

And there’s more! The overstuffed, oversized biscuit style back and unique seat design will cradle you in comfort. Generously filled, wide armrests provide enhanced arm support when sitting or reclining. The high and low heat settings can provide a soothing relaxation you might get at a spa – just imagine getting all that in a lift chair! It even has a battery backup in case of a power outage. Shipping charge includes white glove delivery. Professionals will deliver the chair to the exact spot in your home where you want it, unpack it, inspect it, test it, position it, and even carry the packaging away! Includes one year service warranty and your choice of fabrics and colors – **Call now!**

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Busy Boomers

By Les Goldberg

Orange County's 'Best' Diner Still Going Strong at 50

For any restaurant to survive 50 years, it must consistently serve up great food, outstanding service and a comfortable, friendly environment. With that combination, loyal customers—a big majority of them boomers—will follow. Today, just as it did in 1967, Benjie's Deli on Tustin Avenue in Santa Ana continues to be a dining icon for Orange County and the surround area.



Photo courtesy of Judith Goffin

In fact, it recently won the coveted annual Best American Restaurant in Orange County award from the Southern California Restaurant Writer's Association.

While times have changed during its half-century of success, the food fare is pretty much the same as it was when Brooklyn-born Stan Weinstein and his two partners bought the former Squires Restaurant on the property conveniently down the street from Temple Beth Shalom.

It turned out to be a clever move. When the urban sprawl spread into Orange County in the early 60s, with it came a growing population of transplanted New Yorkers who soon became homesick for traditional ethnic food and home-style recipes.

Driving up the freeway to L.A. was the only option for finding a Manhattan-style delicatessen with a familiar menu of Jewish and old-country dishes.

Virtually unchanged since then, the familiar landmark has

become a local institution and, in fact, is one of only two New York-style delis in the vast region between Los Angeles, San Diego and Riverside counties.

Among the giant menu selection are the traditional deli favorites, such as corned beef on rye, lox and bagels, chopped liver sandwiches, kreplach and matzo ball soup. Of course, you can order hamburgers, hot dogs, steaks and spaghetti. Whatever you order, expect huge portions along with dill pickles on the table.



Today Benjies is operated by the founder's son and daughter-in-law, Lloyd and Noriko Weinstein. The couple recently remodeled the restaurant bar and renamed it the Avenue K Bar after the street where Lloyd's father grew up in Brooklyn. It has become a popular hotspot for local fans of karaoke, Monday Night Football and other special events, including the daily Happy Hour from 3-7 p.m.

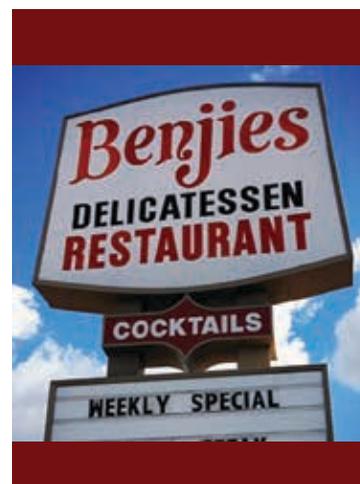
Customers will tell you that, in addition to the food and service, they are fond of the fact that they are greeted by familiar faces – most of the staff has been with Benjies for more than 15 years, some for 30 or more.

While winning several best restaurant honors over the years, Benjies also was honored by the California State Assembly's 72nd District for continued dedication to the betterment of its community.

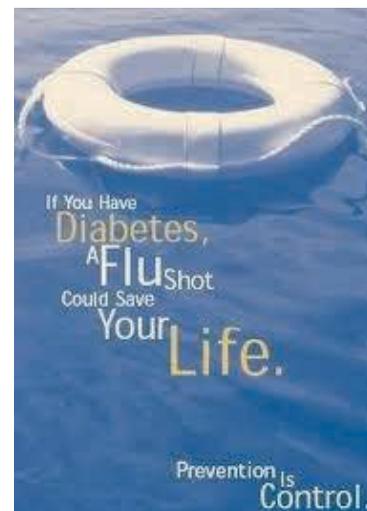
If you want to see for yourself why Benjies is a center for deli

deliciousness, you can visit the restaurant at 1828 N. Tustin Ave. seven days a week for breakfast, lunch, dinner and evening cocktails and

“nosh”. For more information and catering requests, go to www.benjiesdeli.com.



Until Every One Comes Home



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Noriko Weinstein; Judith Goffin of Goffin Public Relations, and Lloyd Weinstein

Everybody Cut Loose!

Pacific Symphony's Rockin' Summerfest Concert

Stars Kenny Loggins in a Feel-Great Summer Night of Smash Hits co-presented with the OC Fair

"Lose your blues, everybody cut loose!" Shouldn't be too hard to do when the iconic rocker Kenny Loggins joins Pacific Symphony for a concert co-presented with the OC Fair, featuring the popular singer's greatest hits. For more than four remarkable decades, Loggins' smash songs have catapulted the dynamic singer-songwriter to the top of the charts, making him the toast of the Grammys. And now—backed by the full symphony orchestra, led by Symphony favorite Albert-George Schram—Loggins and his talented band come to Orange County to belt out many of his most-loved tunes, from "Danny's Song" and "House at Pooh Corner," to "This Is It," "Celebrate Me Home," the blockbuster "Footloose" and more! For those seeking a sensational musical evening under a perfect Southern California sky—"This is it!"

"One real joy of my job is that I always get to dip into the best of the muse a guest artist has to offer," says Maestro Schram, who will be conducting a Loggins concert for the second time. "I'm privileged that way. So I look forward to working with Kenny again. He's the real thing!!"

The concert takes place on Wednesday, July 12, at 8 p.m.,



in the Pacific Amphitheatre at the OC Fair and Event Center. Patrons will find they no longer have a lengthy walk in from the parking lot, as in past seasons at Irvine Meadows Amphitheatre, which is now closed. The award-winning caterer 24 carrots onsite serving up tasty selections from a gourmet menu. Additionally, there are a variety of vendor options for pre-concert dining from Spectra. Picnic on the Plaza Pacifica pre-concert or in the seats during the performance—the choices are many! Single tickets range from \$25-\$99. For more information or to purchase tickets, call (714) 755-5799 or visit www.PacificSymphony.org.

"While I've never conducted at the OC Fair before," says Schram, "I know Pacific Symphony has a party wherever they go, so nothing can stop us from having a really great time in their new summer venue! I have chosen familiar, popular music for the first half, where the Symphony has a chance to strut its stuff in its own rockin'

way! We'll be swinging with the 'Band Stand Boogie' and 'Sing Sing Sing,' and culminate with a free-for-all sing-along, where the audience will sing as Pacific Symphony plays such fine favorites like 'Rawhide,' 'The Lion Sleeps Tonight' and 'Louie Louie.' All in all, a profound, stirring musical experience of the highest artistic caliber!"

As for the concert's headliner—the signature shaggy, sandy-colored hair and goatee, tall, trim frame, and strong, powerful vocals announce Loggins' identity the moment he takes the stage. Longtime singing partner for the duo Loggins & Messina, he is perhaps best known as the king of movie soundtracks. He has also rocked stages worldwide and found his way into children's hearts, while bringing his soulful, stunning voice to platinum albums of a remarkable variety of genres. Loggins' gift for crafting deeply emotional music is unparalleled, and it's

Continued on page 37

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Fabulous Finds

By Debbie L. Sklar

As usual, Fab Finds is on the hunt to bring you the latest and greatest when it comes to all things for yourself. This month we've got some great new jeans to make you look trim and fit along with even something for the man in your life to keep his complexion looking great.

Jeans That Make You Look Slim



When it comes to jeans, it's never easy to find the perfect fit, until now. Enter **SlimSation**, perhaps the greatest jeans

you'll ever own, especially for those who want to look a size or two smaller – instantly. The Boyfriend Jean from SlimSation, features slimming comfort and relaxed styling that will keep you satisfied all season long. SlimSation is a revolutionary hybrid pant brand that combines comfort, trend and function all in one for the modern woman. Similar to the flattering effects of a shaper garment, SlimSation contours the waist, slims the lower tummy and shapes the hips in a plethora of silhouettes in sizes ranging from 2-24W. The Boyfriend Jean is one such choice that is cropped, and comes in

a dark indigo or a super dark indigo great for wearing with anything. Visit the SlimSation website to shop online with precise measurement charts to ensure a proper fit. With women's hectic daily schedules and responsibilities, having a comfortable staple pant that doesn't sacrifice style or trend is must in today's world. The forgiving fabric is aesthetically pleasing for all body types and caters to all women looking for the perfect pant. Visit slimsation.com for styles, pricing and where to purchase.

Refreshing Oral Rinse



Tired of yucky mouthwash? **CloSYS Silver** is a daily oral rinse specifically formulated for adults 55+. Designed to address the changing needs of sensitive aging mouths, CloSYS Silver features patented Cloralstan™ to gently kill germs and promote overall health. Among its benefits, Silver relieves discomfort from common canker sores or chemotherapy sores without irritation and kills 99 percent of harmful bacteria that causes bad breath. The special for-

mula is dentist recommended to help relieve dry mouth and contains fluoride to strengthen enamel and protect against cavities. Other features:

- Gentle formula ideal for sensitive, aging mouths;
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- Strengthens enamel and protects against cavities;
- pH-balanced to reduce germ growth; and
- Exceptional breath protection.

The difference between CloSYS and other oral rinses is its ability to eliminate the volatile sulfur compounds (VSC) that cause bad breath. It also kills the harmful bacteria that create VSC and gum infection, without any alcohol or additives to cause burning or irritation. Available in Gentle Mint flavor for a subtly refreshing taste. Toothpaste also available. Visit <http://www.closys.com/>

Bliss Fabulips

'Pout'-o-Matic



Get your lips extra soft with this pro-powered lip-perfecting device that uses gentle rotation and

a custom-designed head with massaging nubs to softly yet effectively stimulate and exfoliate, buffing away flakiness and dryness. When used with the nourishing **Bliss Fabulips Sugar Lip Scrub**, **Bliss Fabulips 'Pout'-o-Matic** delivers soft, healthy, beautiful lips that will look even more amazing with your favorite lip color. Price: \$48, available at bliss spas, blissworld.com, Ulta and Ulta.com.

Bliss Fabulips Sugar Lip Scrub



Prep your lips with this sweetly flavored pout-polishing **Bliss Fabulips Sugar Lip Scrub** that gently exfoliates lips. The scrub removes dead, chapped skin for a beautifully smooth finish that can actually help your lipstick last longer. Featuring finely granulated sweet sugar, almond and walnut shell, the vanilla+orange-flavored formula gently exfoliates to buff away dry flakes while jojoba seed and olive oils, shea and cocoa butters and vitamins A, C and E nourish and condition.

Price: \$18, available at bliss spas, blissworld.com ULTA and ULTA.com.

Erno Laszlo Soothe & Calm Hydrogel Mask



Advanced and innovative, **Erno Laszlo Soothe and Calm Hydrogel Masks** deliver maximum results in one simple step. To soothe and soften skin before the big night out, apply Soothe & Calm Hydrogel Mask. The mask replenishes, softens and provides deep hydration for ultra-soft, smooth skin. Designed specifically for sensitive complexions, it infuses skin with potent hydrating ingredients such as Rose Oil and Peach Leaf, anti-inflammatory ingredients such as Honeysuckle Extract and Skullcap Root actives that penetrate deeply into pores for a finish that positively gleams. Price: \$16 each single mask; \$60 each for a pack of four masks. Available at The Institute at Erno Laszlo, Nordstrom and ErnoLaszlo.com.

Clarisonic Alpha Fit for Him



Continued on page 37



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Retirement Advisory
Financial Life Planning

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Howard Erman, CFP®
President



One Couple, Two Different Retirements?

After many years together, some retired spouses may find their daily routines far apart.

Provided by Howard Erman, CFP®

When you see online ads or TV commercials about retirement planning, do they ever show baby boomer couples arguing? No. After all, retirement planning is about the pursuit of a happy outcome - a fun and emotionally rewarding “second act” that spouses and partners can share.

Realizing that goal takes communication. As you approach retirement, you may not be who you were at 30 or 50. You

and your significant other may want different daily lives once you retire. This is a frequently ignored reality in retirement planning. In preparing to retire, you might want to consider your individual preferences and differences when it comes to these factors:

How you spend your days. What does a good day in retirement look like to you? What does it look like for your spouse or partner?

Social engagement. How

much time do each of you want to spend working, volunteering, or socializing? Your preferences may differ.

Your health. If you contend with serious health issues, you may define a “good day” in retirement much differently than your spouse or partner does.

Your spending. Where will your retirement income go? What will it be spent on besides basic living expenses? Your discretionary spending priorities and those of your spouse could vary. If they vary widely, this could be the source of some drama.

Your time alone. Some couples build businesses together or work in the same office or practice for years; others spend just a few hours per day around each other for decades. In retirement, you will likely be around each other for more hours of the day than when you worked. You will need to decide how much “me time” you need.

Your roles. Have you done most of the cleaning around the house? Or tackled most of the home improvement projects? Should it remain that way in retirement?

To some extent, your spouse or partner’s vision of retirement will vary from yours. It could vary 1%, or it could vary



What would you like your retirement to look like?

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99%, but some variance is almost certain. It need not breed discord so long as you recognize the following three truths.

Some of your shared retirement savings will be used to fulfill individual dreams. The money you have saved and invested will provide financial support for you as a couple, but you also must concede that some of those dollars will be spent relative to each other’s individual goals, passions, and pursuits. The same applies for your retirement income.

You will not automatically see money the same way. Those online ads and TV commercials would have you believe that some kind of magic happens once retirement starts, leaving every retired couple to walk along the beach smiling, laughing, and in total agreement about their future. Yes, retired couples do disagree about money; they also learn to overcome those disagreements through understanding and compromise.

Many things are more valuable than money in retirement. Time is probably your

most valuable asset, and your health and relationships are close behind. So, whether your retirement savings falls short of or far exceeds the median baby boomer amount of \$147,000 (as identified last year by the Transamerica Center for Retirement Studies), keep what matters most in mind. 1

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

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1 - forbes.com/sites/forbesfinancecouncil/2017/05/15/retirement-its-not-as-simple-as-it-used-to-be/ [5/15/17]



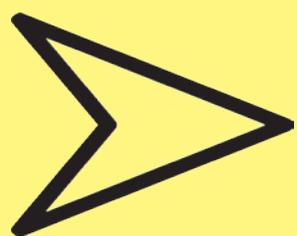
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In The Spotlight

By Debbie L. Sklar

Bi-coastal Twins Co-author Vegan Cookbook as a Tribute to Their Italian Heritage

Sandra Sellani and Susan Sellani-Hosage 57-year-old fraternal twins, grew up like most Italian families — eating! They now live on different Coasts — Sandra in Newport Beach and Susan in Pennsylvania. — and while they still love to eat, they’ve just switched to healthier recipes now that they are over 40.



in the second half of life — without having to squeeze into a pair of size-two Spanx!” says Susan, an East Coast omnivore who enjoys meat on occasion.

“Growing up, we always loved to be in the kitchen, watching our mother and grandmothers cook their famous Sellani Italian recipes,” says Sandra, the West Coast vegan. “A year ago, Susan and I thought, why don’t we turn these family recipes into a cookbook for the way we both eat today — vegan or plant-based. But like most Italian families, no one had written down the recipes! Lucky for me, Susan is the one with the memory and remembered most of the ingredients. So began our journey to writing and publishing, *The 40-Year-Old Vegan: 75 Recipes to Make You Leaner, Cleaner & Greener in the Second Half of Life*. (Skyhorse Publishing, Inc.)

“The 40-Year-Old Vegan includes a 52-week meal plan to help easily transition to a plant-based lifestyle with old-fashioned, recognizable recipes and a realistic vision for looking and feeling good

food choices — your body, your life and our planet will be forever transformed.”

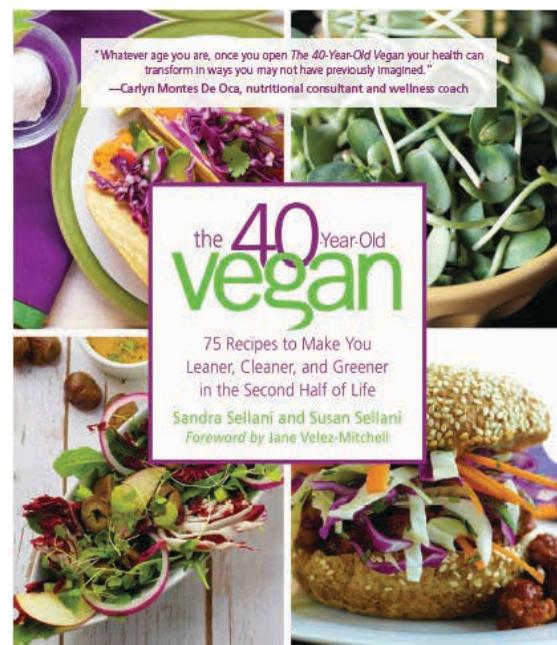
Here is more about these two busy twins.

Q: Why did you and your sister decide to co-write this book?

A: We’ve always wanted to do a project together and this one was close to our hearts. Neither of us have children, and we didn’t want these recipes to remain secret forever. We love sharing our favorite foods with friends and family and decided to share these recipes with the world to honor our beloved our mother, grandmothers and aunt. We wanted healthier versions of the originals to continue for generations to come.

Q: How did you come up with the title and does it hold special meaning?

A: We wanted to reach people in the second half of life because that’s often when people come to the realization that they need to make healthier choices; they may see the results of a lifetime of bad habits like a little pooch around their waistline, prescription medications, increased cholesterol and other conditions that are often the result of bad eating habits. Age 40 seems to be the half-way mark for our lifetimes and we felt this age group would



be receptive to healthy food — especially when it wasn’t too far off from familiar childhood comfort foods. Who wouldn’t love cholesterol-free macaroni and cheese or healthy “French Fries” made with zucchini?

Q: What is the difference between being a vegetarian and a vegan?

A: Vegetarians avoid eating animal flesh — beef, chicken, fish, etc. Vegans eliminate all animal products from their diet including eggs, dairy and even honey. They also make every effort to avoid leather, fur, wool and products that are tested on animals like makeup or detergents. The premise of veganism is that animals are here with us, not for us.

Q: How is this book different from the other vegan cookbooks already published?

A: The book is heavily focused on the transition to becoming a vegan. It might seem daunting for someone who has lived on meat and potatoes their entire lives to suddenly go plant-based. The 52-Week plan is a unique part of the book and gives people

a clear guide to making healthy dietary changes. Imagine having a diet that only asks you to make one substitution a week — it’s completely doable. In the first week, is a substitution of almond milk for regular milk in coffee or cereal — that’s it. Everything else is the same — eat a turkey sandwich or burger — while getting used to the milk substitution. This way, no one has to give up everything all at once — it’s just about making one substitution at a time and developing new habits in an easy and sustainable way. We also think that sharing the stories of six different people who went vegan after forty demonstrates the many reasons why people chose this lifestyle and how it has transformed their lives. There’s likely a story

Continued on page 39

Festival of Arts Celebrates 85th Anniversary with Renovation, Art, Special Events and More July 5 – August 31, 2017

The Festival of Arts Fine Art Show celebrates its 85th anniversary July 5 through August 31, 2017 in Laguna Beach, California. The Festival has been rated one of the top festivals in the nation and each year hosts 140 of Orange County's most talented artists. Recent accolades include Orange County Register's Best Place to Buy Original Art, Art Fair Calendar's Top Five Art Fairs in the West and Top 5 Art Festival in the nation voted by USA Today readers. Live



ture, photography, ceramics, jewelry, and more from artists around Orange County. Since opening in 1932, thousands have shown and sold their artwork at the Festival and many have their work featured in the private collections of leading



art collectors, celebrities, and museums around the world.

In addition to the variety of artwork, the Festival of Arts

music, hands-on art activities, exhibitions of local student artwork and a wide variety of special events round out one of southern California's favorite outdoor summer event.

"Avid art collectors and festival-goers will have an outstanding variety of fine art to browse and purchase as they walk among the artists displays," says Marketing and Public Relations Director Sharbie Higuchi. The Festival of Arts is a professionally juried fine art show featuring a diverse selection of artwork including paintings, sculp-

ture, photography, ceramics, jewelry, and more from artists around Orange County. Since opening in 1932, thousands have shown and sold their artwork at the Festival and many have their work featured in the private collections of leading art collectors, celebrities, and museums around the world. In addition to the variety of artwork, the Festival of Arts offers a wide range of daily activities that the whole family can enjoy. The 2017 events calendar includes nightly live music, jazz concerts, wine and chocolate pairings, guided art tours and art workshops. Several special one-day events return this year, including the Festival Runway Fash-



ion Show and Family Art Day.

In 2017, the Festival of Arts debuts its brand new \$10 million facility

which features a new layout for the art exhibit area, workshops, gift shop and concert stage. Last remodeled in 1964, the renovated grounds have been updated to meet accessibility standards and incorporate progressive sustainability features. The plans also call for additional and updated restrooms and wider pathways. Tensile roof pavilions shelter artwork from sun and rain, the green lawn where patrons picnic and enjoy concerts is nearer to the entry, the gift shop is relocated and expanded, and the junior art exhibit has a prominent location near the entrance.

"The Festival of Arts grounds have been completely transformed and modernized as a result of this extensive renovation," said Board President Fred Sattler. "We look forward to sharing our new 'digs' with our patrons and the community this summer during our 85th anniversary celebration."

*Continued
on page 39*

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GENERAL FESTIVAL INFORMATION

DATES & TIMES

July 5 – August 31, 2017

Open daily from 10am – 11:30pm

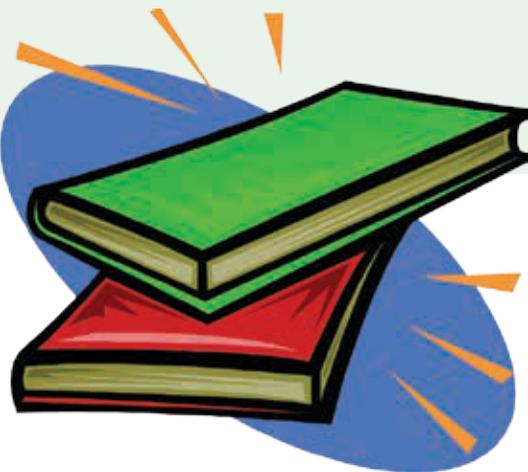
Early closing August 26 at 1pm

TICKET INFORMATION

General Admission: Weekdays \$8, Weekends \$12
Students & Seniors: Weekdays \$5, Weekends \$8
Free Admission for Children 12 and under, Military,
and Laguna Beach Residents.

July Book Club

By Debbie L. Sklar

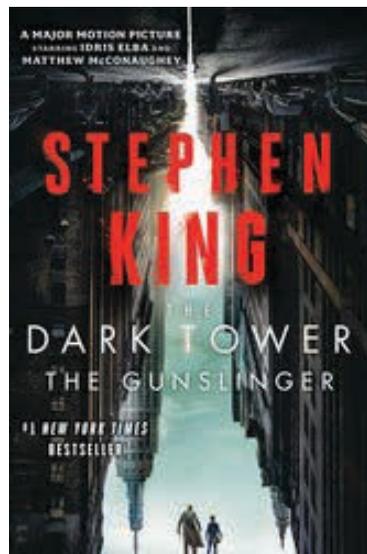


New York named Jake,” according to Publisher Scribner.

Summer is the perfect time to catch up on your reading whether you are at the beach, poolside or just sitting on your patio. Grab a cool drink and start reading the day away. Here are some options you might want to check out:

The Gunslinger

By Stephen King

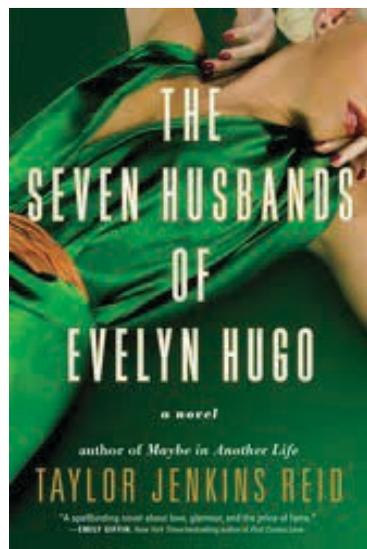


“*The Gunslinger* introduces readers to one of Stephen King’s most powerful creations, Roland of Gilead: The Last Gunslinger. He is a haunting figure, a loner on a spellbinding journey into good and evil. In his desolate world, which mirrors our own in frightening ways, Roland tracks The Man in Black, encounters an enticing woman named Alice, and begins a friendship with the boy from

The Seven Husbands of Evelyn Hugo

A Novel

By Taylor Jenkins Reid



“A legendary film actress reflects on her relentless rise to the top and the risks she took, the loves she lost, and the long-held secrets the public could never imagine.

“Aging and reclusive Hollywood movie icon Evelyn Hugo is finally ready to tell the truth about her glamorous and scandalous life. But when she chooses unknown magazine reporter Monique Grant for the job, no one is more astounded than Monique herself. Why her? Why now?

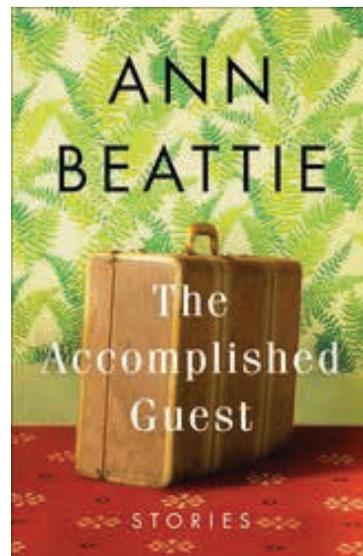
“Monique is not exactly on top of the world. Her husband has left her, and her professional

life is going nowhere. Regardless of why Evelyn has selected her to write her biography, Monique is determined to use this opportunity to jumpstart her career.

“Summoned to Evelyn’s luxurious apartment, Monique listens in fascination as the actress tells her story. From making her way to Los Angeles in the 1950s to her decision to leave show business in the ‘80s, and, of course, the seven husbands along the way, Evelyn unspools a tale of ruthless ambition, unexpected friendship, and a great forbidden love. Monique begins to feel a very real connection to the legendary star, but as Evelyn’s story near its conclusion, it becomes clear that her life intersects with Monique’s own in tragic and irreversible ways,” according to Publisher Atria Books.

The Accomplished Guest

By Ann Beattie



“Surprising and revealing, set along the East Coast from Maine to Key West, Ann Beattie’s astutely observed new collection explores unconventional friendships, frustrated loves, mortality, and aging.

“One theme of *The Accomplished Guest* is people paying visits or receiving visitors, traveling to see old friends, the joys and tolls of hosting company (and of being hosted). The occasion might be a wedding, a birthday, a reunion, an annual Christmas party, or another opportunity to gather and attempt to bond with biological relatives or chosen families. In some stories, as in life, what begins as a benign social event becomes a situation played for high stakes.

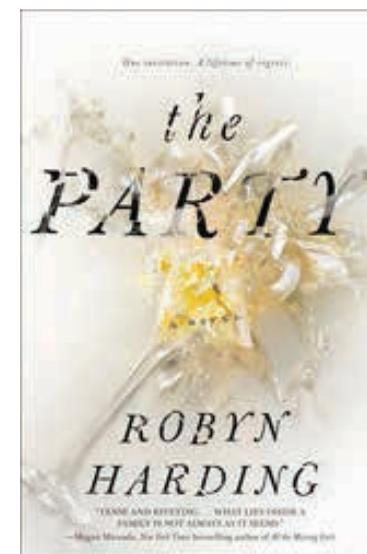
“The stories in *The Accomplished Guest* are marked by an undercurrent of loss and an unexpected element of violence, with Beattie’s signature mordant humor woven throughout. Some characters provide welcome diversions, others are uninvited interruptions, all are indelibly drawn by the endlessly amusing and accomplished Ann Beattie,” according to Publisher Scribner.

The Party

A Novel

By Robyn Harding

“In this stunning and provocative domestic drama about



a sweet sixteen birthday party that goes horribly awry, a wealthy family in San Francisco finds their picture-perfect life unraveling, their darkest secrets revealed, and their friends turned to enemies.

“One invitation. A lifetime of regrets.

“Sweet sixteen. It’s an exciting coming of age, a milestone, and a rite of passage. Jeff and Kim Sanders plan on throwing a party for their daughter, Hannah—a sweet girl with good grades and nice friends. Rather than an extravagant, indulgent affair, they invite four girls over for pizza, cake, movies, and a sleepover. What could possibly go wrong?

“But things do go wrong, horrifically so. After a tragic accident occurs, Jeff and Kim’s flawless life in a wealthy San Francisco suburb suddenly begins to come apart. In the ugly aftermath, friends become enemies, dark secrets are revealed

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Everybody Cut Loose!

Continued on page 31

been a part of his life as long as he can remember.

“The more honest you can be, the less you have to hide... When I have nothing to hide, I have everything to give,” Loggins says.

Although he’s got 12 platinum albums, a pair of Grammys and hits on almost all the Billboard charts under his belt, Loggins is far from done. Last year he released his latest children’s project, the book “Foot-loose,” inspired by his 1985 Oscar nominated and Grammy award-winning “Song of the Year,” and he’s looking forward to what’s next.

“I feel very lucky that this is the way I make my living, and not a lot of people can say that,” says Loggins. “I’ve been lucky that I love what I do and I get to keep doing it.”

When Loggins was 7 years old, he watched his two older brothers struggle to write a song, “and I remember thinking, it just can’t be that hard,” the singer laughs. Around a year later, inspired by the film “Yankee Doodle Dandy,” he realized songwriting was his future. “It’s a moment that sticks with you,” he says, “I knew deep inside that this is something I could do.” Once he started doing it, he never stopped.

Loggins initially turned to music as a way to compensate for his extreme shyness, just to discover that he was a talented guitarist and had a voice. Born in Washington and having moved to California early on, he was based in Pasadena for a time in the late ’60s. At the end

of the decade, Loggins joined a band called Gator Creek. The group recorded one self-titled album, which was issued in 1970 and included an early version of “Danny’s Song,” a track that he later recorded again as part of Loggins & Messina.

While proficient on the guitar and piano, it was Loggins songwriting that first made a lasting impression on the music industry. He took a job as a staff writer for Wingate Music, and later that year four of his songs ended up on the Nitty Gritty Dirt Band album, “Uncle Charlie & His Dog Teddy.” This was particularly fortuitous, as that album was the first release by the newly restructured version of the group, and included what proved to be their biggest hit, “Mr. Bojangles.” The song helped make “Uncle Charlie” one of the group’s biggest and longest-selling albums; and the exposure made way for a second hit—Loggins’ own “House at Pooh Corner.”

The success of the Nitty Gritty Dirt Band’s recordings brought Loggins to the attention of former Poco member Jim Messina, who was working as a staff producer at CBS. It was Messina’s intention to produce Loggins’ debut album, but he also ended up playing and singing on the record, and it worked out so well that the two ended up in a duo. Loggins & Messina were among the most popular folk-based soft rock acts of the first half of the ’70s and enjoyed a four-year string of successful albums. They broke up in 1976, but Loggins maintained a strong following in the years to follow.

Fabulous Finds

Continued from page 32

The Alpha Fit is Clarisonic’s first device engineered specifically to clean men’s tougher skin. Patented sonic technology cleanses away oil, sweat and grime for healthier feeling; more energized skin — whether you’re ready for a smoother, closer shave or a beard that looks and feel its best. The device features two simple settings to energize men’s skin:

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After only two weeks of use, more than 90 percent of men felt their skin was energized, revived and hydrated, and men with beards felt a cleaner, softer and more comfortable beard. A brand new, compact and waterproof design fits in the palm of your hand and is easily portable for gym, travel and on-the-go cleansing. The Alpha Fit kit includes a Men’s Daily Cleanse Brush Head, specifically designed for more resilient skin to provide an invigorating sonic cleanse for bearded or clean-shaven men. Price: \$219. Available at Clarisonic.com.

JUST JUDITH

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sponsored by government entities range from elegant to bewildering. I still haven’t figured what a pretty ring of embroidered flowers has to do with a municipal waste project!

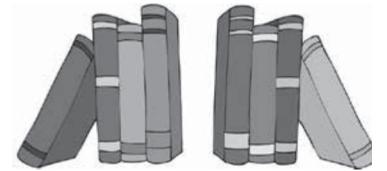
Visits to museums offer silk-screened works of art to hold your brochures and notes while photo printers will put a favorite image on a carrier so the world can admire your cute pet or adorable family.

But, when it comes to totes, the big daddy of them all is still LL Bean! Constructed from heavy canvass they come in all sizes from barely big enough for a couple of paperback books to large enough for all the gear you need for a weekend sail. I have one with my monogram that is big enough for a vacation-casual

wardrobe, and several others in various capacities. They’ve held up admirably, and can go through the wash, two important features for a gal who loves to travel.

July Book Club

Continued from page 36



in the Sanders’ marriage, and the truth about their perfect daughter, Hannah, is exposed.

“Harkening to Herman Koch’s *The Dinner*, Christos Tsiolkas’s *The Slap*, and Liane Moriarty’s *Big Little Lies*, *The Party* takes us behind the façade of the picture-perfect family, exposing the lies, betrayals, and moral lapses that neighbors don’t see—and the secrets that children and parents keep from themselves and each other,” according to Publisher Gallery/Scout Press.

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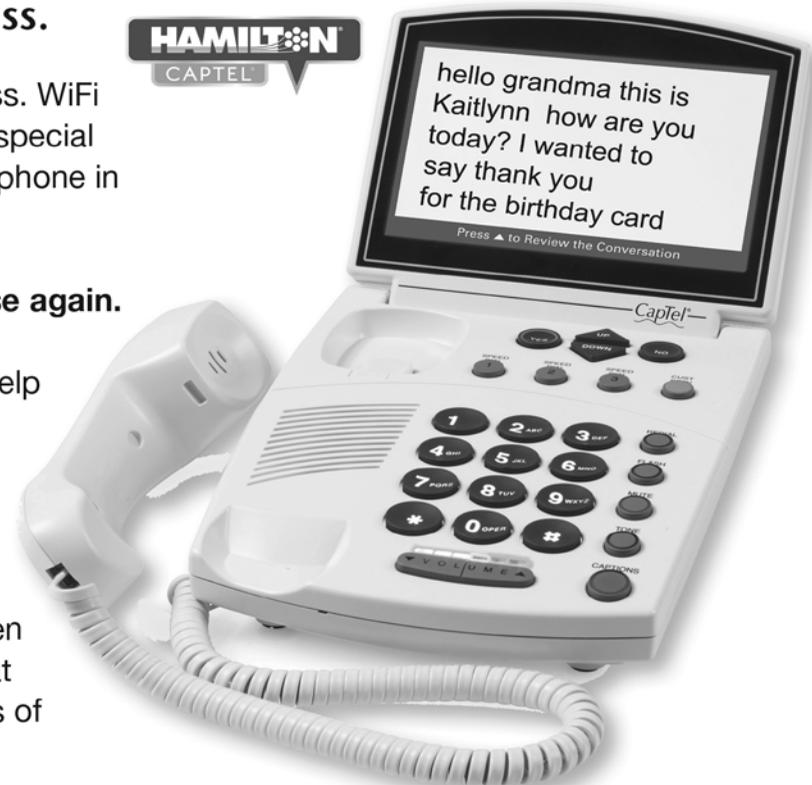
The Hamilton CapTel phone is also packed with features to help make phone calls easier. The keypad has large, easy to use buttons. You get adjustable volume amplification along with the ability to save captions for review later. It even has an answering machine that provides you with the captions of each message.



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In The Spotlight

Continued from page 34

there that any reader can relate to along with tips during the transition.

Q: There are a lot of Italian recipes in the book. Can you share about your Italian heritage and the women highlighted in the book?

A: Both our parents were 100 percent Italian but from different regions of Italy – Sicily and Perugia. We grew up eating foods from different regions of Italy and thought everyone ate those foods. At the time, we didn't always appreciate these foods. When our friends were eating peanut butter and jelly sandwiches on Wonder bread, we were eating sandwiches made with homemade Italian bread – I remember begging my mother to buy Wonder bread because that's what everyone else was eating. I think as we grew up we realized what gems these homemade recipes were and started to worry that they weren't written down. Luckily, Susan has an incredible memory. Not only did she remember the ingredients, but the process of how they were made. We always watched our grandmothers and aunt make homemade pasta on the kitchen table or our mother making soup and stuffed pasta shells. Those are some of the fondest memories we have of the women in our family and we realize what a gift they gave us. Our grandmothers would wake up some days at four in the morning to roll out home-

made pasta dough that would cook all day for our family dinners. A lot of time and love went into those meals and we really have a greater appreciation now that we've replicated those dishes.

Q: Why did you become a vegan?

A: I started eating vegan because of animal rights issues. My girlfriend turned me on to the idea when I moved to California. She told me about how animals suffered in factory farms. Then I saw the documentary *Animal Liberation* and I couldn't go back to eating meat. It's hard to see HOW much animals suffer in factory farms; and these aren't anomalies - they are standard for the meat and dairy industry.

I gave up meat fairly easily but dairy was harder for me. I stayed vegetarian until I turned 50, then became vegan after going on a program called P90X - a fitness program with different dietary plans. I switched just before running the New York Marathon and by the third month I was essentially vegan so decided to stay with it. I also became more aware of the atrocities of dairy farming and knew I could no longer eat dairy products which are just as harmful to animals, my health and the planet as meat. Or as most vegans say, dairy is just "liquid meat."

Q: What made you decide to donate 10 percent of your author proceeds to Mercy for Animals?

A: Mercy for Animals is a remarkable organization that

covers four key areas of a vegan lifestyle. Undercover investigations that expose the atrocities that take place every day on factory farms. Corporate outreach to leverage the power of corporations to adopt practices that improve animal welfare. Legal Advocacy to make sure animals abusers are brought to justice and lastly, education to inspire the public to move in the direction of more vegan eating. The health benefits are astonishing.

For more information about the authors and *The 40-Year-Old Vegan*, visit www.40yov.com. Mercy for Animals, an international nonprofit organization dedicated to preventing cruelty to farmed animals and promoting compassionate food choices and policies, is the beneficiary of ten percent of author proceeds from the sale of the book. *The 40-Year-Old Vegan* is available at Amazon.com, Barnes and Noble.com, select book stores nationwide and at the authors' website.



Celebrate
JULY
4th

Festival of Arts

Continued from page 35

The very first Festival of Arts started on August 13, 1932. To celebrate 85 years of art, the Festival is having a birthday bash on August 13, 2017 and admission to the art show is free all day. There are plans for a birthday cake, music, proclamations and much more honoring the Festival's rich history.

Also in celebration of the organization's milestone anniversary, the Festival introduces a new event on Sunday afternoons. "A Salute to the Arts" is inspired by the original Festival of Arts, which featured a variety of artistic endeavors including theater, literature, dance and more. In 2017, each week will spotlight a differ-

ent art form. Also as a nod to the first art show, the Festival is adding tea for patrons to enjoy during its fascinating Art Talks with artists every Wednesday. On Fridays, the Festival introduces a new music series, "Step into the Spotlight," which brings to center stage some of those amazing voices that are usually seen (and heard) in the background. There's an extraordinary lineup of back-up singers or backgrounds vocalists who "step into the spotlight" this summer.

"Looking back at the original Festival of Arts in 1932, there was something for everyone to enjoy. That tradition continues today," said Higuchi. "With beautiful art, nightly live music, workshops for all ages, and unique events, the Festival is truly a full arts experience."

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

—MARU adopted 01-10-10

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Crossword Puzzle Answers from page 27

1	K	2	O	3	H	4	L		5	T	6	R	7	I		8	A	9	D	10	A	11	P	12	T	13	S
14	O	N	E	A					15	E	A	T				16	L	E	N	O	R	E					
17	A	I	R	P		18	L	A	N	E					19	L	A	S	S	I	E						
20	L	O	O	S	E	L	I	M		21	B	E	D			22	S	E	R								
23	A	N	D	E	S					24	A	G	E		25	L	E	S	S								
									26	A	B	I	L	E	N	E											
29	I	L	S			32	G	R	A	T	A			33	I	N	C	A	S		34	35	36				
37	N	O	T		38	W	I	T	H	S	T		39	A	N	D	I	N	G								
40	B	U	Y	E	R					41	A	M	O	N	G					42	D	O	T				
						43	R	A		44	I	M	E	N	T												
45	A	N	T	E	N	N	A								48	L	A	M	A	S							
53	D	E	R			54	D	E	S		55	56	57	T	A	B	I	L	I	Z	E						
58	D	E	I	M	O	S				60	O	L	I	B	A	N	U	M									
61	I	D	E	A	L	S				62	L	O	T			63	T	O	R	I							
64	S	I	R	R	E	E				65	D	E	S			66	E	R	E	S							

Tinseltown Talks

By Nick Thomas

The Music Never Ends for Broadway Actress Susan Watson

songwriters including Phyllis Molinary, Gretchen Cryer, Mi-

chele Brouman, Amanda McBroom, and Marilyn Bergman. Best known for her roles in musical theater, Tony-nominated actress and singer Susan Watson released a collection of 14 Broadway and Jazz standards on her CD *The Music Never Ends* last fall.

“Some of these tracks I had sung earlier in my career and others I had always heard and loved, and just wanted to get them recorded,” said Watson from her home in Sherman Oaks, CA (See www.susan-watsonmusic.com).

As an added bonus, said Watson, six of the songwriters on the CD were women well into their 60s, 70s, and 80s.

“America remains a unique bastion of innovation and opportunity,” she said. “I’m 78-years-old and am still having a lovely time in show business and in life.”

Raised in Tulsa by a father who played the piano and mother who danced, a young Watson performed in high school plays before heading to New York to



Susan Watson earlier in her career and today. Provided by Susan Watson. Recent photo credit Daniel Reichert

major in singing and dancing at the Juilliard School. When the opportunity arose to move to London for a production of *West Side Story*, she grabbed it.

“I snuck away from classes one afternoon for auditions. By the time I got back to my apartment I was offered a part.”

While her role was only the understudy for the leading lady, the experience was invaluable. Director/choreographer Gower Champion offered her the role of Kim MacAfee in the Broadway production of *Bye Bye Birdie* which opened in 1960.

When casting calls were made for the 1963 movie version, Watson traveled to LA for an audition.

“I lost out to Ann-Margaret,

but that’s the way it goes,” she said. “I stayed in Hollywood for a while and appeared on TV shows like *Dobie Gillis*.”

She also had a chance to work with a larger-than-life Hollywood star.

“I did a sitcom pilot for a show called *Maggie Brown* with Ethel Merman and I was to play her daughter. Ethel was a take charge person, I can tell you, and didn’t need any instruction from the director. She staged the opening song, *Mutual Admiration Society*, that we sang together, and knowing I was a dancer suggested I should do a few kicks during the routine. We were both disappointed when the show wasn’t picked up.”



*Susan Watson with Dwayne Hickman, R, and Bob Denver in *The Many Loves of Dobie Gillis* episode *Beauty is Only Kin Deep**

Watson went on to appear in over half a dozen more Broadway shows, numerous off-Broadway plays, as well as in summer stock and other



*Cover to Susan Watson's 2016 CD *The Music Never Ends* - provided by Susan Watson*

popular productions across the country.

Back on Broadway in the early 70s, Watson played Nanette in *No, No, Nanette* which featured 1930s film star Ruby Keeler, returning to the stage in her 60s, having retired from acting in the 1940s.

“She was a great hooper, and we revered her,” Watson recalled. “She was very famous

and sometimes you don’t feel comfortable trying to get close to someone like that, but she was always a dear to us.”

Watson is especially proud of her recent

CD not only because it contains classic

songs from legends such as Stephen Sondheim, the Gershwins, Jerome Kern, and Irvin Berlin, but because it features works by veteran women

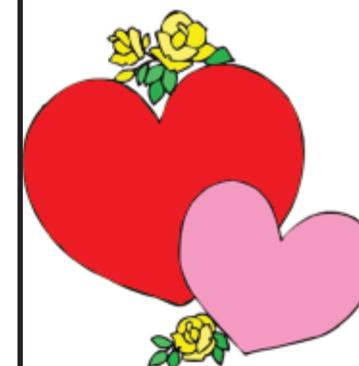
chele Brouman, Amanda McBroom, and Marilyn Bergman.

“These women have had long, successful careers,” Watson said. “I hope that in the CD’s production and con-

tent, it symbolizes that active, empowered, senior women are a resource that America can be proud of.”

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 600 magazines and newspapers.

With A Heart for Seniors



*Susan Watson, Marijane Maricle, Paul Lynde, and Johnny Borden in *Bye Bye Birdie* - publicity photo*

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You can keep your windows from decreasing your home's energy efficiency and increasing your monthly energy bills. Windows typically account for 15 to 30 percent of the total heating load in a structure and may account for over half the summer cooling load. Money may be escaping out your windows.

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According to Smith, the potential savings per dollar can be seven times that of the installation of new windows. On average, an installation on a single-family home may range from \$4 to \$12 per square foot, depending on the type of window film installed.

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What You Can Do

Cleaning the vent plates in

and help hold heat inside during winter—resulting in lower energy bills and a warmer environment.

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- Agree to clean according to NADCA Standards and comply with NADCA's Code of Ethics. These requirements were established to provide a higher level of assurance to consumers.

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Quality cleaners can be easy to find. NADCA's Find a Professional Directory lets consumers locate NADCA members nearby just by typing in a zip code. The directory can also help you verify that an air duct cleaning company that claims to be a NADCA member actually is a member.

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