

SENIOR REPORTER

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NOVEMBER 2017

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someone's spirit with a song,
then let me do that and I'm happy."*

—Gladys Knight



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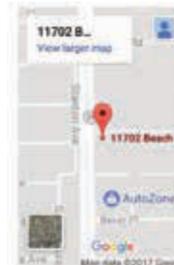
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Going For a Walk

By Jim McDevitt

There are four words that my German Shepherd and my Yellow Lab mix love to hear, going for a walk. When I say to my wife: 'Do you want to go for a walk?' the Lab who is asleep on his bed is listening. I know this because his tail goes thump, thump, thump about a dozen times in rapid succession while his head remains on the dog bed with his eyes closed.

The German Shepherd though just opens her eyes from her bed until either my wife or I go to the hallway and pick up our walking shoes. Once I do this my Shepherd springs from her bed with excitement as if she just won the lottery. She whinnies like an excited horse and starts jumping up on me as I carry my walking shoes back to the living room chair to sit in when I put them on. Her reaction never changes. She is never bored with going for a walk.

As I put on my shoes the excitement has spilled over to the Lab who is now racing back and forth from the hallway to the living room like a fireman trying to locate a fire. The only thing I can compare their excitement to was when I was 5 years old and Santa Claus

came to our apartment door at Christmas with a big bag of presents over his back. That was the first time I remember Santa visiting me and I can honestly say I was as excited as my German Shepherd gets when she's going for a walk.

Once my wife and I have our walking shoes on, the challenge is to put the collars and leashes on our two dogs. Our German Shepherd who goes by the name of Dakota becomes a big hopping 72- pound bunny when I grab her leash from where it is hanging on the wall. Can you imagine trying to put a collar and leash on a big hopping bunny in your living room who by the way can jump pretty high. It takes me longer to put a leash on them then it takes me, a man who moves slowly, to lace up and put on my walking boots.

The Lab's reaction to his leash is to come very happily toward me wagging his tail at a speed

that would make most helicopters airborne, come close to me and when I reach for him, he runs away in his excitement. It seems he wants to desperately go for a walk while at the same time doesn't want to wear a leash. This routine is repeated daily each time we take them for a walk.

We have been trying to slow the dogs down by not saying the words: 'Do you want to go for a walk,' to each other. Instead we have been spelling the word to each other as a question as in spelling, 'W-A-L-K.' I found out quickly, like in a day, that I underestimated my dogs' ability to spell because on the second day I spelled it out, they reacted as if I had said the word because they both leaped up from their beds as if I had taken the leashes in my hand. The only thing I can think of doing now is writing a note on a piece of paper and handing it to my wife to see if she's ready to walk the dogs.

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

Living History Flying Days are held on the 1st Saturday of each month, and begin with a presentation at 10:00 AM by a panel of featured topic experts. Event concludes with a flight demonstration by the featured aircraft (whenever possible).
All events are at **Planes of Fame Air Museum**, Chino Airport, unless otherwise noted. Event schedules may be subject to change. (Special additional events are noted in blue.)

FREE ADMISSION TO MEMBERS!

Are You Seeking a Care Facility For Your Loved One?



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

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

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

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

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

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

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

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

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

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

work with the family budget to ensure appropriate placement.

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

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

SR: What is the cost of using RCPS services?

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

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

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

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

RCSP:

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

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

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

See our ad on the back cover.

Journey To The Music: Tips For Music Festival Travel



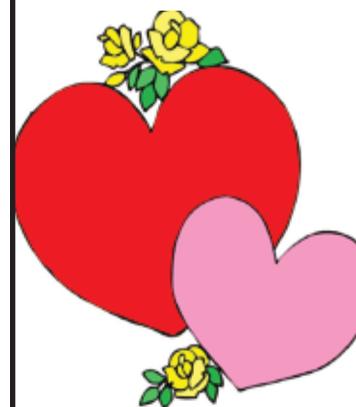
In the U.S. alone, there are now more than 800 music festivals annually, and according to Nielsen, 32 million people go to at least one of these festivals a year, traveling an average 903 miles to get there. If you’re one of these travelers, you know how rewarding and exhilarating it is to see some of your favorite bands beside a few hundred thousand fellow fans. If not, you may want to consider these cool benefits of festival travel.

Explore a new destination in a unique way. When you visit a destination during a festival, you’ll see a completely different side of the local culture than you would normally. At High Water Music Festival in Charleston, South Carolina, for example, they celebrate the best of Southern cuisine with local chefs collaborating on their favorite dishes for a unique, family-style dining experience. Not only do you get to see the best in Southern music, but you get to eat some of the best Southern cooking, too.

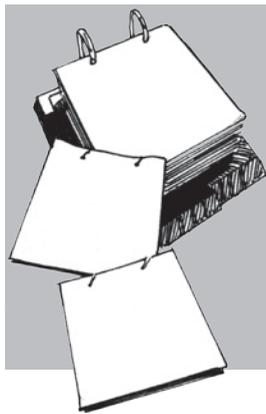
So much music in one place. Though the price of tickets ranges dramatically, with dozens of bands playing, you’re more than likely to get your money’s worth by seeing a few of your favorite artists.

Continued on page 15

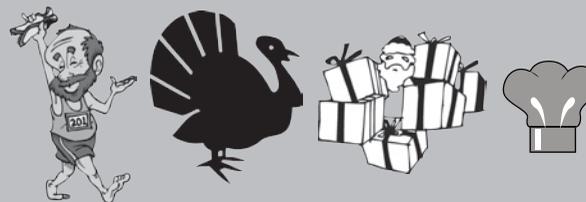
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November Calendar of Events



Fall is in the air can you feel it? If not, get out and attend one of these exciting autumn events from taste fests to Thanksgiving Day runs.

A Taste of San Clemente **San Clemente** **Nov. 3** **6 to 10 p.m.**

Held under the stars, this annual event serves up culinary masterpieces from 20+ of the area's finest restaurants, as well as 16 premium wineries from throughout California, Microbrews and more. Tickets are limited to 250 guests. The ticket price (\$95 - no tickets sold at the door) includes a complimentary "Taste of San Clemente" wine glass or beer mug, food, wine, entertainment and valet parking. Call, 949-492-1131.

Discovery Cube **Presents: Pumpkin** **Launch** **Fullerton** **Nov. 4**

10 a.m. to 2 p.m.
Bring lawn chairs for this free event and watch as teams compete to see who can launch a pumpkin at targets using giant trebuchets and other devices.

At, Cal State Fullerton, 800 N. State College Blvd., Fullerton. Call, 714-542-2823.

Dinosaur Dash **Tustin** **Nov. 5**

A fundraiser for the Tustin Public Schools Foundation. The Dinosaur Dash features four events: 5K and 10K timed races for all ages, a 2K non-timed "Fun Run" and the non-timed 50K bike tour. After the race, there will be entertainment, food court and expo with games, activities and more. At, The Marketplace, Tustin. Call, 714-832-3060.

Holiday Home Tour **and Gift Boutique** **Tustin/ Santa Ana** **Nov. 17**

10 a.m. to 5 p.m.
Tustin showcase homes are available for touring. Attendees can also lunch and shop the gift boutique at the Tustin Community Center. At, the boutique will be held at Temple Beth Shalom, 2625 N. Tustin, Santa Ana. Location of homes on the tour will be on Home Tour ticket.

Surfing Santa **Competition** **Dana Point** **Nov. 18-19**

A fun surf competition where

men, women and children dress like Santa or other holiday-inspired characters and surf Salt Creek to benefit Surfers Healing. At, Salt Creek Beach, Dana, Point. Call, 949-240-5088.

Plymouth Rock N' **Run 5K** **Anaheim Hills** **Thanksgiving Day**

The 5K, 10K and a new 10-mile course is around the perimeter of the Yorba Regional Park, and the Santa Ana River Trail. There will be a finish-line festival with silent auction, costume contest, food, fun and more. All of the funds raised by sponsors and race participants will directly support the Reeve-Irvine Research Center at UC, Irvine. At, Yorba Regional Park, Anaheim Hills.

Turkey Trot **Dana Point** **Thanksgiving Day**

Hosted by The Dana Point Chamber of Commerce. Tour the beautiful beach, majestic cliffs and coves of Dana Point. This flat, scenic race features a 10K, 5K and Kids Gobble Wobble. Participants will receive a shirt and medal. Call, 949-496-1555.

Tamale Festival **La Habra** **Nov. 26**

11 a.m. to 6 p.m.
Churro eating contests, and best tamale, best dessert tamale, best salsa and hottest salsa contests are part of this annual festival in La Habra. There also will be food vendors offering pupusas, bacon-wrapped hotdogs, nachos, Mexican-style street corn and baked potatoes. A cantina will be serving micheladas and margaritas. This year's event will include the City's Holiday Tree Lighting ceremony at 5:30 p.m. At, La Habra Community Center, 101 W La Habra Blvd., La Habra.

Music Festival **Travel**

Continued from page 4

Festival goers also get to discover new and upcoming artists they'd have never heard before. At Hangout Music Festival in Gulf Shores, Alabama, music ranges from folk to country to rap to pop, with more than 60 bands scheduled to play over the span of three days. Talk about an eclectic mix of music.

A group experience. Music festivals typically serve up something for everyone, which makes it an excellent activity for a group trip. On top of the camaraderie, you'll also be able to split costs. One way to save is to stay in a vacation rental home with a company such as Wyndham Vacation Rentals. With amenities that typically include multiple bedrooms, bathrooms, a kitchen, a washer/dryer and more, you'll get way more than you would by camping out on the festival grounds.

It's not all about the music. Music festivals are not just about the music anymore. They are platforms for philanthropy, sustainability, fashion and healthy living. Coachella has been informing fashion trends and retailers over the past several years and always includes some type of sustainability and charitable component for guests to be a part of making a difference in the community.

Learn more about music festival destinations and vacation rentals at www.VacationDifferently.com. The travel resource offers great tips on family travel, ideas for vacation rental accommodations, and inspiration on a different way to travel.



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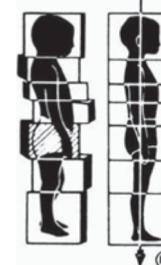
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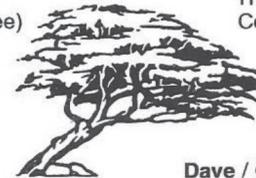
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Don't Be Left In The Dark: The Light Bulb Revolution Is Here

American consumers are about to experience a game-changer in terms of lighting their homes, energy efficiency experts at the U.S. Environmental Protection Agency predict.

That's because, according to a new report by the ENERGY STAR program, LED bulbs will become the dominant light bulb technology within the next three years.

Once thought to be a lighting technology only for early adopters willing to pay top dollar, LED bulbs are now a possibility for the average



consumer, with prices hovering around \$2 a bulb or less in many areas. Using less energy, the bulbs pay for themselves in a matter of months and can save households \$50 to \$100 per year in utility costs.

LED bulbs are expected to see

widespread adoption by 2020 in significant part because of utility programs continuing to rebate the bulbs and educate consumers about the energy-efficient options that are available.

The Problem

Despite the tremendous savings opportunity, many Americans have yet to experience the LED difference in their own homes. Less than 30 percent of U.S. light bulb sales in 2016 were LED, and according to a report by the business research firm ORC International, most

consumers have little knowledge about the various light bulb options available to them. The average American home has approximately 50 light sockets, and about 60 percent of them still contain an inefficient bulb. So the opportunities for energy savings are huge.

The Good News

LED bulbs that have earned the government-backed ENERGY STAR label are independently certified, undergoing extensive testing to ensure that they perform as promised, saving energy, delivering on

brightness and working the way you expect.

Such bulbs use 70 to 90 percent less energy than incandescent bulbs and last at least 15 times longer. The ENERGY STAR program believes that as more Americans learn about the benefits of this technology, they will see the light and join the LED revolution.

Learn More

For further bright ideas about lighting and saving, go to www.energystar.gov/bulbrevolution.

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Gladys Knight

By Les Goldberg

At 73, Gladys Knight, *aka* The Empress of Soul, continues to “bring down the house” with sold-out performances throughout the world. Her mark on the Pop/Rock/Soul music industry is evidenced by her seven Grammy awards, millions of records sold, TV and movie appearances, a star on the Hollywood Walk of Fame, the *Rolling Stone*’s listing of the *Greatest Singers of All Time* and awards galore.

And we don’t want to forget that she and her son own the Gladys Knight & Ron Winans’ Chicken & Waffles restaurant chain based in Atlanta, her hometown where she was born to Merald Woodlow Knight Sr., a postal worker, and her mother, Sarah Elizabeth, on May 28, 1944.



The Original Amateur Hour, which she won.

The following year and at the ripe old age of 8, Gladys and her brother Merald, sister Brenda, and cousins William and Elenor Guest, formed a musical group called the Pips (named after another cousin, James “Pip” Woods.) By the end of the decade, the act had begun to tour, and had replaced Brenda Knight and Eleanor Guest with Gladys Knight’s cousin Edward Patten and friend Langston George.

In 1961, the group recorded *Every Beat of My Heart* on the tiny Atlanta Hunton label, which was picked up by Vee Jay. At the same time, the group signed with Bobby Robinson’s Fury label. With the success of their follow-up, *Letter Full of Tears*, they stayed with Fury through 1962, although the hits dried up. Several modest hits occurred later, including the original version of *Giving Up* and *Lovers Always Forgive*.

The Grapevine

Gladys Knight & the Pips joined the Motown Records roster in 1966 and, although

initially regarded as a second-string act, scored several major hit singles, including *I Heard It Through the Grapevine*, *Take Me in Your Arms and Love Me* (1967), *Friendship Train* (1969), *If I Were Your Woman* (1970), *I Don’t Want To Do Wrong* (1971), the Grammy Award-winning *Neither One of Us (Wants to Be the First to Say Goodbye)* (1972), and *Daddy Could Swear (I Declare)* (1973).

In its early Motown career, the group toured as the opening act for Diana Ross and The Supremes. Gladys Knight stated in her memoirs that Ross kicked her off the tour because the audience’s reception to Knight’s soulful performance overshadowed her.



The act eventually left Motown Records and signed with Buddah Records in 1973, immediately scoring huge hits such as the Grammy-winning *Midnight Train to Georgia*, *I’ve Got to Use My Imagination*, *The Way We Were/Try To Remember* and *You’re the Best Thing That Ever Happened to Me*.



In 1974, Knight and the Pips recorded the soundtrack to the successful film *Claudine* and Knight made her motion picture acting debut in the film, *Pipe Dreams*, earning her a *Golden Globe Best New Actress* nomination.

Knight and the Pips continued to have hits until the late 1970s, when they were forced to record separately due to legal issues, resulting in Knight’s first solo LP recordings — *Miss Gladys Knight* (1978) on Buddah and *Gladys Knight* (1979) on Columbia Records.

In the early 1980s, Johnny Mathis invited Gladys to record two duets — *When A Child Is Born* (previously a hit for Mathis) and *The Lord’s Prayer*.

Signing with Columbia Records in 1980 and restored to its familiar quartet form, Gladys Knight & the Pips began releasing new material, including the hit *Save The Overtime For Me*. The single was

released from their LP *Visions* and reached No. 66 on the *Hot 100*, but was more successful on the R&B where it hit No. 1, the first time the group hit No. 1 on the R&B chart since 1974.

In 1987, Knight and the Pips recorded its final LP together, *All Our Love* (1987), for MCA Records. Its infectious lead single, *Love Overboard*, was a No. 1 R&B hit and won another Grammy. After a successful 1988 tour, the Pips retired and Knight began her solo career. Gladys Knight & the Pips were inducted into the Georgia Music Hall of Fame in 1989 and into the Rock ’N Roll Hall of Fame in 1996.

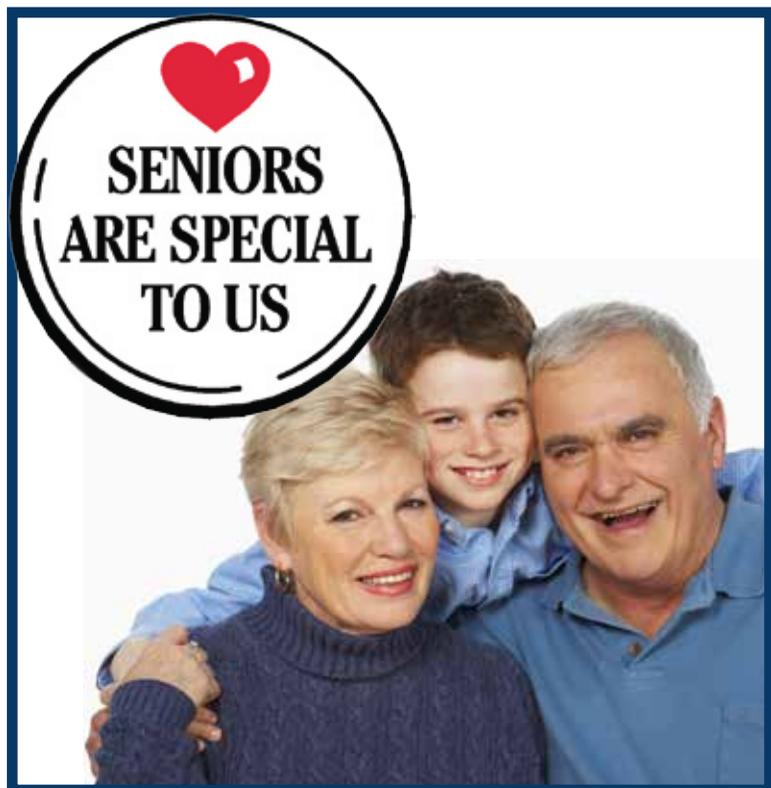


Going Solo

In 1989, she recorded the title track *License to Kill* for the James Bond movie *License to Kill*, a Top 10 hit in the UK and Germany.

Gladys released her third and most successful solo LP, *Good Woman*, on MCA in 1991. It hit No. 1 on the R&B album chart and featured the No. 2 R&B hit *Men*. The album also

Continued on page 18



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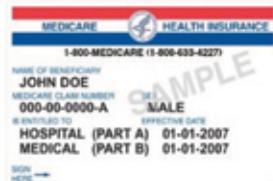
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The Gadget Geezer

By Les Goldberg

Ready, Get Set, Go Holiday Shopping?

Unless you have been living under a rock, the holiday shopping season is in full swing at your local mall, the brick and mortar retail stores and, of course, online. You can smell the pine trees and hear Bing Crosby crooning the lyrics, *I'm Dreamin' of a White Christmas* wherever you go. Whatever your plans are for doing Santa's work this year, here are a few techie gift ideas to put onto your giving list:

Wireless 3D Finger Mouse



curately determine its position

in three-dimensional space, register the movement of your hand and arm, and transfer all that information to a cursor. It's primarily meant for presentations or alternative to notebook touchpad, but it has a laser sensor that allows it to serve as a mini-mouse. Cost: \$70 at Amazon.

Cocktail Smoker

If you have a bar in your home and want to add the latest "toy" to your beverage-making toolbox, then you may want to consider the Crafthouse Cocktail Smoker as a gift for your family or a loved one who enjoys a mixed drink once in awhile. Creating "smoked cocktails" involves a vacuum chamber that pipes smoke into the liquid of your favorite



drink using a small pump or "gun." According to the inventors: "Now you can do for manhattans what Cherrywood has done for ribs: Make them taste even better." Cost: \$250 at Amazon.com.

USB LED Clock Fan

This handy-dandy gizmo is ideal for someone's desk, home office and laptop. A simple press of the switch sets the fan in motion and activates the time display. Adjusting the time is easy by holding



down the power button to set the minute and hour hands. It's lightweight, can adjust to any direction you want, and the soft blades prevent you from getting whacked while touching the fan while it is operating. It plugs easily into the computer's USB port and according to one customer:

"What a neat little fan!" Cost: \$12.88 at Amazon.

Roku Streaming Video

Ideal as an entry-level streaming device, the Roku Stick allows the user to stream all kinds of TV shows and movie content from his or her cable package. It is especially useful for those who still own old



TVs without HDMI capability. It comes in two versions for \$30 and \$40 at Amazon or www.roku.com.

Floating Record Player



How times change! Some of us will remember playing our vinyl records on Gramophones. The younger folks played their music on 8-track tapes which evolved into cassette tapes, and the even younger generation enjoyed the new digital world of CDs. Meanwhile, slowly and silently, music lovers slipped back into vinyl as the industry began producing

78-speed records which are now sold in specialty stores everywhere.

For the major vinyl fan, the turntable manufacturers are now producing "vertical" record players, like the Gramovox Floating player. They are hoping that the true aficionados will find it a must-have for their home stereo equipment array. The sound quality is basically the same as any other stereo set-up but they are betting on the "cool factor" and pricing it accordingly at \$550. It comes in either a maple or walnut wood veneer base with a polished acrylic platter. Go to Amazon.com.

Unisex Twirler Watch

The Projects 73210 Johannes Lindner Twirler watch with black leather strap and black dial is intended to be a trend-setting timepiece for men, but it is just as suitable for any woman who favors conservative



elegance and loves wearable gadgetry. The black dial features stick hour markers and white pencil-shaped floating hands under a scratch-resistant mineral crystal face. Powered by a quartz movement and water resistant up to 30 meters, the

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Valor Fall Prevention Products of Newton, Massachusetts invites you to test the M-O Stability Stick (MOSS)



Valor Fall Prevention Products of Newton, Massachusetts has patented a simple indoor-outdoor walking aid that can help solve the horrendous statistics involving falls which mainly involve seniors. The CEO of Valor, Dr. Martin Osman, has chosen California as a starting location for a nationwide program.

After two years of trials, Dr. Osman is convinced that his product can make an impact on the problem. During this month, he is distributing his invention to California residents free of charge. His walking aid is called the MOSS (MO Safety Stick). The invention makes use of a dual mode functionality which allows it to be used in the following manner. If the MOSS is held like a vertical pole, it gives the user stability against imbalance with very little need for hand strength. This makes the MOSS particularly useful to persons having balance problems. Tipping the MOSS downwards and holding it like the railing of a down staircase, it provides those users who have challenged vision problems a forward-searching capability which alerts the user to hazardous walking conditions before she gets to them.

Valor Company's research indicates that most people fall where they move about most. For example, nighttime excursions between bed and bathroom. A second fall-prone area is the walking path between a drop-off vehicle and routine shopping or medical appointments, or visits to friends. In recognition of these observations, it is Dr. Osman's plan to have one of his walking aids folded and at the ready under the car seat of the drop-off vehicle. He suggests the first danger location should be provided with a bed to bathroom buttress against falls with his product standing between night stand and bed immediately available. Valor's primary purpose is to get the Safety Stick into the hands of seniors as rapidly as possible. He reiterates the horrendous statistic of 3 falls per hour ending in death and is putting the capital sources of his firm behind the free distribution program. This capital source is limited and at a point in time may require initiation of sales. In the meantime, get the free Fall Preventer by sending the ship-to location to: martyosman@aol.com



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According to the U.S. Environmental Protection Agency, if all refrigerators 15 years old or older in the United States were replaced with new ENERGY STAR certified models, Americans would save more than \$1 billion in annual energy costs and prevent greenhouse gas emissions equivalent to those from more than 1 million vehicles.

There are an estimated 170 million refrigerators and refrigerator-freezers currently in use in the United States. More than 60 million are over 10 years old, costing consumers \$4.4 billion per year in energy.

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- More precise temperature and defrost mechanisms that help the refrigerator operate more efficiently;



- Innovative drawer designs and improved temperature controls to keep food fresher, longer.

It's better for you and the environment to replace your old refrigerator rather than hang on to it. Keeping a second refrigerator in your basement or garage could be costing you \$110 every year! Make sure to properly recycle your old refrigerator to prevent the release of refrigerants and foams that contribute to climate change.

Now is a great time for savings on a new refrigerator that has the "little blue label"! Certain utilities even offer rebates you can apply to the cost of an ENERGY STAR certified refrigerator or toward properly recycling your old refrigerator. For information on rebates and other special manufacturer offers, visit www.energystar.gov/flipyourfridge.

Here's a cool idea: Get a new refrigerator to help you save food, money and the planet.

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

**Marty Osman, PHD & CEO,
Valor Fall Prevention Products at
martyosman@aol.com**

**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

watch has a one-year manufacturer's warranty. Price: \$140 at Walmart.

Video Doorbell



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Daydream Believer

The Monkees

November 1967

By Randal C. Hill

“Most of the time, the words of a song don’t mean anything. They are just words that went together well.”

—John Lennon

The Monkees’ *Daydream Believer* on Colgems Records spent four weeks atop the Billboard chart. Twelve years later, Anne Murray’s remake on the Capitol imprint reached a whole new audience. The iconic ditty has been recorded by such diverse acts as the Four Tops, Alvin and the Chipmunks, and Susan Boyle. *Daydream Believer* has been played on the radio over 4 million times. Yet this classic hit came very close to never being recorded—all because of a single word.

In 1961, folk singer John Stewart joined the popular Kingston Trio, replacing charter member Dave Guard. Stewart stayed with the outfit for six lucrative years but eventually tired of the tour road—and of singing *Tom Dooley* every night. In hopes of establishing a solo career, he began writing songs in his off-hours.

Stewart created a “suburbia trilogy” about marriage and what happens with couples when the “new” wears off. His three songs included *Do You Have a Place I Can Hide?*, *The Ballad of Charlie Fletcher* and *Daydream Believer*.

He knew instinctively that

Daydream Believer was the best of the lot.

A short time later, Stewart found himself at a Hollywood party, chatting with record-producer pal Chip Douglas, who was currently cranking out hits for the Monkees, the wildly popular made-for-TV Beatles knockoffs. Douglas asked Stewart if he had any good material for the group.

Stewart answered that he did indeed have one really good tune and, with his guitar, auditioned *Daydream Believer* on the spot for Douglas, who then requested a tape of the song. Before long, Stewart handed Chip a single-song cassette. Only three days later, Douglas called with great news: the Monkees wanted Stewart’s creation!

Well, there was just one caveat, Douglas cautioned. Colgems Records wouldn’t let lead singer Davy Jones say “funky,” a commonly used “hip” word but one that lacked a specific definition and was therefore open to a wide variety of interpretations.

Douglas explained that the lyric line *Now you know how funky I can be* would have to be changed to *Now you know how happy I can be*.

Stewart was miffed. “‘Happy’ doesn’t even make sense,” he grumbled.

Douglas pressed the issue. “John, if [Jones] can’t sing ‘happy,’ they won’t do it.”

Stewart knew that a Monkees release of *Daydream Believer* could easily become a worldwide smash — and provide him with that coveted ticket out of his Kingston Trio grind. After a thoughtful pause, he grinned and replied, “Well, ‘Happy’ is working for me real good right now.”

On his *The Lonesome Pick-er Rides Again* album from 1971, Stewart pokes fun at *Daydream Believer*, changing the familiar line: *A daydream believer and a homecoming queen* to a tongue-in-cheeky *A daydream deceiver and an old closet queen*.

He always remained grateful for *Daydream Believer*, though. “It didn’t just pay the rent,” Stewart once candidly claimed. “It has kept me *alive* all these years.”

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YouTube:

The Archives of Music Preservation, Inc. “John Stewart interview on writing ‘Daydream Believer.’” Feb. 16, 2012. The Stewart quotes come from this.

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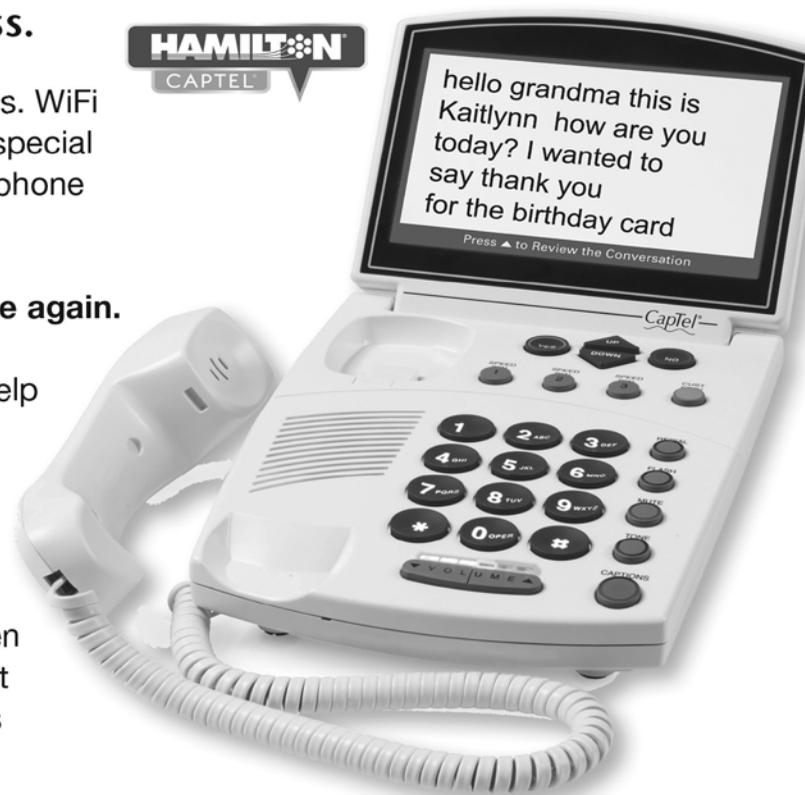
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SCR

Gladys Knight

Continued from page 10

featured *Superwoman* featuring Dionne Warwick and Patti LaBelle and was nominated for a Grammy. Her fourth solo LP, *Just for You*, went Gold and also earned a Grammy nomination.

Knight created and now directs the Mormon-themed choir Saints Unified Voices and occasionally performs at LDS church firesides.

Since the turn of the century, Knight has been a frequent performer either on stage or in the studio. She sang during the VH1's benefit concert *Divas Live* alongside Ashanti, Cyndi Lauper, Jessica Simpson, Joss Stone and Patti LaBelle, in support of the Save the Music Foundation. She and the late Ray Charles recorded a duet *You Were There* for his *Genius & Friends* album, and joined with Johnny Mathis for his album, *A Night to Remember*.

In 2010, she released the single *Settle*, and later produced an updated recording of Tom Jones' 1970 classic *I (Who Have Nothing)*.

In 2013, Knight recorded the *You And I Ain't Nothin' No More* for the soundtrack from Lee Daniels' motion picture *The Butler*, and one year later, her recording *Where My Heart Belongs* marked her 30th top 40 R&B album.

Her much-heralded United Kingdom *Farewell Tour* met all expectations. Unlike previous shows, each concert featured special features such as a glossy program, pre-produced animation on on-stage screens and TV promotional appearances.

TV & Film

In 1976, Knight made her acting debut as the lead in the film *Pipe Dreams* for which she was nominated for a Golden Globe Award for *New Star of the Year – Actress*. In 2003, she had a short role in the movie *Hollywood Homicide*, which starred Harrison Ford and Josh Hartnett. In 2009, Knight was featured in Tyler Perry's *I Can Do Bad All By Myself*, the film version of a play he had dramatized, and performed her

song *The Need To Be* from the 1974 album *I Feel a Song*.

Knight guest-starred on several television series in the 80s and 90s with roles on *Benson*,

The Jeffersons, *A Different World*, *Living Single*, *The Jamie Foxx Show*, and *New York Undercover*. She co-starred on the CBS sitcom *Charlie & Co.* with comedian Flip Wilson, and made a special guest appearance on *Tyler Perry's House of Payne*. Other TV appearances followed, including *Las Vegas* and *30 Rock*.

In 2012, she began a recurring role in the syndicated sitcom *The First Family* and competed on the 14th season of ABC's *Dancing with the Stars*. This year she appeared as herself on the musical drama TV show *Star* and also helped raise \$400,000 for charity in her hometown.

Gladys has been married four times and has three children, 17 grandchildren, and 10 great-grandchildren.

Asked if she appreciates her long and successful career, she says: "Sometimes the best things are right in front of you; It just takes some time to see them."

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In the spring of 2008, Knight appeared alongside Chaka Khan, Patti Labelle and Diana Ross at the *Divas with Heart* concert at New York's Radio City Music Hall. That same year she performed with Jack Black, Robert Downey Jr. and Ben Stiller on TV's *American Idol* as a charity fundraiser.

Turkey Talk

By Robert E. Horseman, DDS



One of the perks of the dental profession is that one meets such a broad spectrum of people. There are other perks, of course, and given enough time, I'm sure I could think of one. These people—our patients—whose attendance in our offices is so vital to our well-being in many cases to have priorities, agendas and vocabularies which are at a wide variance from our own.

When I was younger, one of my tenets besides the belief that Brilliantine was the best possible form of grease to apply to my hair was that in order to communicate more effectively with my patients, we should both speak the same language. Dentally, that is. Since I was the doctor with a new Perma-Plaques diploma, and fiercely imbued with the crusade to educate the masses, I righteously felt the common language we sought should be mine.

Hoo, boy! It soon became clear that any education that ensued was likely to be my own. An early lesson occurred with a gentleman whose problem, as I described it to him in colorful multisyllabic terms, concerned his maxillary right 2nd molar.

"That's the one, Doc," he concurred. That's the rascal been giving me fits." He called all

his teeth *rascals*. "See that rascal on the other side? No, not that rascal, the rascal two up from there."

After two years, I found myself questioning, "How's that rascal we treated last time?" and at the same time berating myself for having surrendered so easily in the battle of semantics.

Another patient of mine had 32 "turkeys." This was back in the time when the term *turkey* was used by the general population to describe almost anything, particularly if it was disagreeable. I can't believe I did this, but I routinely asked this guy if he had experienced any trouble with his turkeys since his last visit. I tried to assuage my embarrassment and guilt by rationalizing that we were at least communicating and that was supposed to be the name of the game.

On one occasion, an otherwise mature lady with a toothache

insisted that "we get that puppy out of there!" Once I became comfortable with this concept, I was prepared to refer without hesitation to teeth as zebras, hippos, or aardvarks if necessary, just get on with the appointment.

Having capitulated to this degree, an odd 180 degree attitude shift occurred. A patient said to me, "I need an MO alloy in my #30." Immediately, I'm thinking, "Uh oh, here's trouble!" A patient who takes the trouble to annoy you by learning the lingo is, or was, somebody's assistant or maybe a lab man. They are not going to buy my simplistic explanations of dental problems. References to rascals and turkeys are not going to impress them, so now I'm bilingual.

Teeth can be *babies* or *bicus-pids*, *molars* or *S.O.B.s*. Taking the pulse of the situation, I can skip with facile tongue between scientific dental terms and patients' homemade equivalents, being equally ambivalent in either milieu.

Just for fun sometimes during a mind-numbing procedure, it enriches our communicating skills to speak in a frowny manner of "a furcation involvement in this chopper with a possibility of a hemisection,

Continued on page 26

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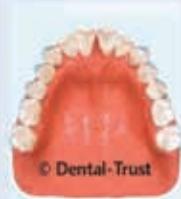
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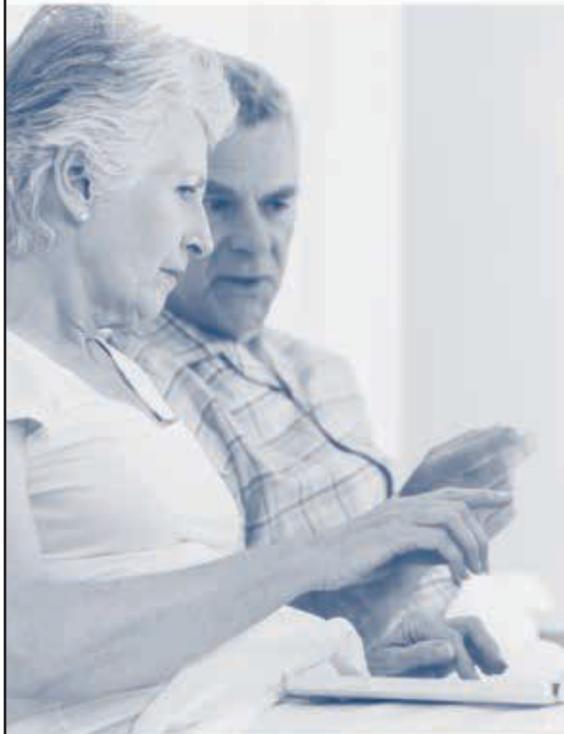
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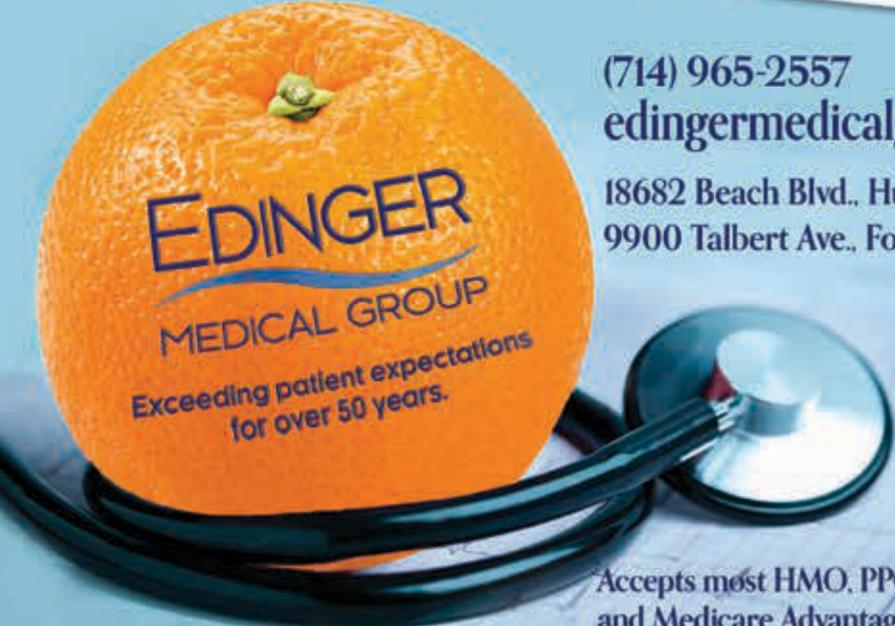


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Celebrate Vines, Wines & Jazz in Temecula Valley

Story by Ronnie Greenberg • Photos by Joe Hilbers

If you have never been to Temecula Valley, you'll love the autumn season that celebrates the harvest in style. It's ongoing fun with farm themed activities, Oktoberfest, wineries, and Brew Festivals with some high-quality craft breweries that are making a name for themselves and creating an ale trail.



Temecula Entrance Old Town

Temecula's History

Temecula's tumultuous past, from Indian village to mission outpost, from Mexican rancho to crossroads settlements, from railroad town to modern city, make it one of the most historic communities in Southern California.

Once just an outpost and dusty crossroads on the way from Los Angeles to San Diego, Temecula has emerged into a world class year round destination. Yet in spite of its growth the region retains a sense of its past and a connection to vestiges of the Old West.

The area was inhabited by the Temecula native people for centuries before the Spanish missionaries established the Mission of San Luis Rey and designated the Indians living in the region to Luisenos. A Mexican land grant of 2,000 acres that was given in the 1800s included the Village of Temecula, and the ancestral Luiseno village of Temecula that survived until 1875 when the Indians were evicted. Leaving behind their adobe homes, fruit trees and irrigated fields, they became known as the

Pechanga Band of Luiseño Indians. In 1882, the Pechanga Indian Reservation was established.

By the 1940s cattle ranching was the backbone of the local economy and Temecula became an important shipping point for grain and cattle. Throughout the 1960s there was a transformation to the development of homes, light industry and agriculture including citrus, avocados, and grapes. Incorporated in 1989, the city of Temecula just keeps getting better.

Out and About

The Great Oak—To the Pechanga people, the land and the Great Oak that prominently stands on it carry meaning that transcends physical presence. The largest natural growing indigenous coast live oak wi'aashal tree in the United States, the Great Oak is an inspirational treasure to the tribe, and, is estimated to be

anywhere from 850 to 1800 years old. The area is home to historical and archaeological sites, including tribal interment sites from time immemorial.

Old Town—Whether you're a history buff, collector or browser, you'll enjoy taking a step back in time viewing the rustic buildings, and store fronts reminiscent of the historic old west. At the north and south entrances of the historic district are two, 3,000-pound arches with intricate steel and stone cut-outs depicts themes from Temecula in the 1880s. Lantern-style streetlamps, light the way for a delightful evening jaunt in a horse drawn carriage or a stroll along the wooden boardwalks. Stop by the 362-seat **Old**

1890 Mercantile Building, a renovated brick building that has been a fixture on Main Street since 1890. It serves as the theater's main entrance, and houses an art gallery featuring local talent, and a 50-seat cabaret theater and bistro named "The Merc."

The Tasting Room at the **Temecula Olive Oil Company** is a wonderful place to try the exotic blends of their virgin olive oil flavored with lime juice, roasted garlic and blood orange. There's also a variety of olives, cheese, wine and beautiful Artisan gifts for purchase.

Don't miss the Temecula Valley Museum set in Sam Hick's Park that chronicles



Temecula Olive Oil Company Store Front



Pennypickle Children's Museum

Town Temecula Community Theater that showcases unique talent from all over the world. The theater also incorporates the **Historic**

life in the area through time and different cultures. On view are artifacts preserved from Western civilizations, including historic hand-

Celebrate Vines, Wines & Jazz in Temecula Valley

continued



Pechanga Resort & Casino

crafted cultural items, and ranch and farm equipment. Exhibits depict the Luiseno Indians and Mission Luis Rey, citrus fields and a replica of the office of the town's beloved son, Erle Stanley Gardner, author of the *Perry Mason* novels.

Pennypickle's Workshop - Temecula's Children Museum. Totally family-friendly it offers interactive exhibits for kids of all ages. Located in Old Town at 42081 Main St. For information, call (951) 308-6376 or visit www.pennypickles.org

Stop for lunch at one of the many restaurants that dot Old Town, including **The Bank Restaurant** for Mexican food, **Texas Lil's Mesquite Grill** for barbecue and Luke's on Front for American Pub fare. For dinner enjoy gourmet California-continental cuisine at **Baily's Restaurant and**

Night Club for upscale and casual dining.

Golf -Golf buffs can tee off at their choice of the area's championship golf courses. **The Temecula Creek Inn Golf Course** is a 3-nines, 27-hole course that offers a distinct variety of course options. From the traditional adjoining fairways of the Creek Course, to the scenic beauty of the Oaks, to the dramatic elevation changes of the precision demanding Stonehouse, each serves up challenge and reward to



Temecula Fine Dining

players of all skill levels. The course is open daily and the public is welcome. Other popular courses include **Rancho Del Cielo, Bear Creek, Redhawk, Temeklu Hills Golf Club** and **Cross Creek Golf Clubs.**

Casinos—For the ultimate casino experience with the excitement of Vegas, step out to **Pechanga Resort and Casino.** There's something fun for everyone at California's largest gaming floor. Try your luck with 2,000 slots and 160 table games that include Blackjack, Let It Ride, Pai Gow, Mini-Baccarat, or try your hand at any number of poker games at a separate 54-table poker room, and stay for the world class entertainment. **Pala Casino Resort and Spa, and Harrah's Rincon Casino and Spa,** are other nearby full-service Vegas style venues.

Wineries—Head out for a

day of wine tasting in the rolling hills East of Temecula, home to nearly 30 award-winning wineries. The region's unique microclimate and well-drained decomposed granite soils boasts an incredible lineup of award winning Merlot, Syrah and Chardonnay and a variety of Sauvignon Blanc, Zinfandel and Vintage Ports. Many of the wineries in addition to walking away with Gold Medals from prestigious wine competitions are also catching the eye and palates of wine critics who have assigned 90-point ratings to a growing number of local wines. Tasting rooms are open year-round and the 1,500-foot elevation makes for cool summer nights. Many wineries have tasting rooms and picnic sites and delightful gift shops. One of the most popular is **Thornton Winery** who in addition to its impressive wines and champagne (that also include varietals from Napa) is renowned for its series of fantastic Jazz Festivals, featuring famous gifted performers. Tickets may be purchased for just the concert or a gourmet



Temecula Old Town Sign

supper including an appetizer, entree and dessert, all in a beautiful setting under the stars. You may also enjoy the special cuisine presented at Cafe Champagne. Thornton Winery is located at 32575 Rancho California Road in Temecula. For a list of upcoming concerts with information for purchasing advance tickets, call, (951) 699-0099.

Other wineries include: **Baily Vineyard & Winery, Callaway Vineyard & Winery, Miramonte Winery, Mount Palomar Winery, Stuart Cellars, Wilson Creek Winery, Hart Winery, Briar Rose and South Coast Winery, Resort & Spa**

Continued on page 26



Howard Erman, CFP®
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Talking to Your Kids About Your Wealth

...How can you convey its importance and its meaning?

Provided by Howard Erman, CFP®

Are you an owner of a thriving business or a medical or legal practice? Are you a highly paid executive? If you have children, at some point they may discern how wealthy you are - and in turn, learn how “rich” they are. How will you handle that moment? How will they handle that knowledge?

Some kids end up valuing family wealth more than others. We all know (or have heard) about children from wealthy families who grew up to become opportunistic, materialistic, and unmotivated young adults living off their parents’ largess. Other

children learn to treat family money with respect and admiration, recognizing the role it plays for the family, while glimpsing its potential to help charities and the community.

What accounts for the difference? It may boil down to values. When the right values are handed down, a young adult is poised to hold wealth in high regard and receive it with maturity.

Some parents never tell their children how wealthy they really are. This is not uncommon: in a recent U.S. Trust survey of households with investable assets greater

than \$3 million, 64% of those polled indicated that they had said nothing or nearly nothing about their net worth to their kids. ¹

This is also a risk. In hiding the details and avoiding the talk, parents may see a child grow into a young adult who is ill-prepared to understand and manage wealth.

One good step is to set some expectations. After your kids learn how wealthy you are, they may expect your money to play a financial part in their personal lives, especially in adolescence. Tell them, frankly, what you are willing or not willing to do and why. Where will the family wealth come into their lives? Will you want to fund their college educations, or help them with car



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payments? You may or may not want to do that.

You can help them see that wealth has meaning. Some financial professionals like to ask their clients the question, “what does having money mean to you?” In other words, what should that money accomplish? What dreams should it help you pursue, and what fears or worries could it be used to address? How does having money fit into your vision of success - is it integral to it or inessential to it?

It has been said that money never transforms character; it simply reveals it. The responsibility of handling wealth amounts to a test of character. Thoughtful conversations with your children about the meaning of wealth may help them pass that important test when the time comes.

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

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¹ - reuters.com/article/us-money-generations-strategies-idUSKBN00X1RH20150617 [6/17/15]



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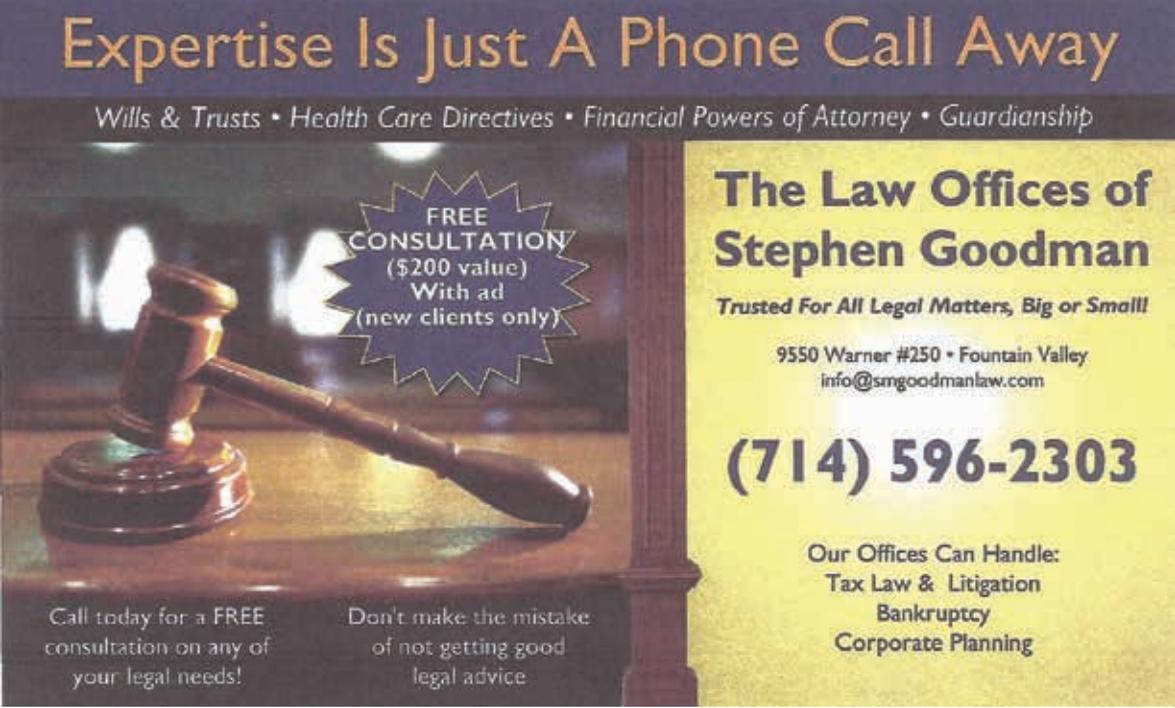
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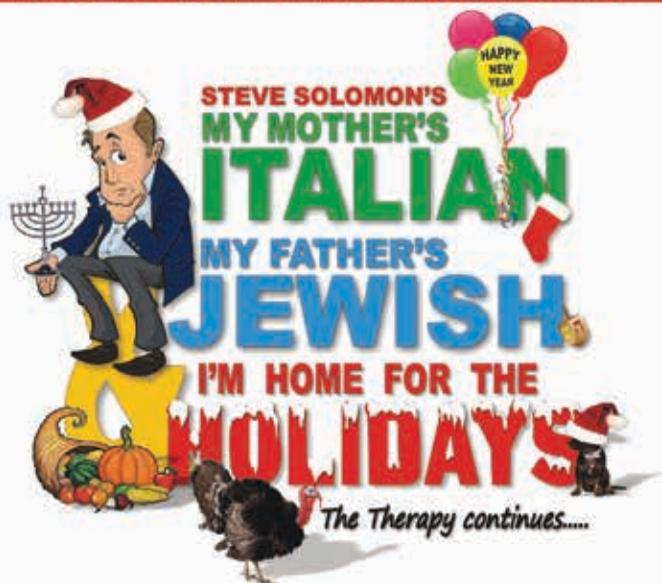
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Dr Robinson completed six years of post graduate studies including a one year fellowship in Facial Plastic and Reconstructive Surgery. He is dual-board certified from the American Board of Otolaryngology-Head and Neck and the American Board of Facial Plastic and Reconstructive Surgery.

Board Certifications

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Turkey Talk

Continued from page 19

leaving the sucker with one root.

Adept as I became vaulting the language barriers to complete understanding, I came a cropper eventually with a lady who chose to refer herself and her possessions in the third person.

“This is Mrs. Jones. We would like an appointment,” she announces to my receptionist. “This is for you and Mr. Jones?”

“No,” replies Mrs. Jones, “we will be coming alone.”

Uh oh, here’s trouble, I muse, wishing I were as good at avoiding trouble as I am at spotting it.

“We have a toothache,” explains Mrs. Jones when she’s finally seated.

“Oh? And which one of our teeth would it be?” I ask, trying to get into the communality of it all. She gives me a hard look usually reserved for teen-aged shoe salesmen and takes a moment to explore both arches with her tongue, or, more likely *our* tongue. Mrs. Jones and her teeth are obviously having some sort of mutual intelligence exchange to which I am not privy.

“We think our upper right is the problem,” she reports, having received a confirmation of the location through a joint probing effort between our tongue and our teeth. This is remark-

able, considering her tongue is like a big, red flannel ironing board with a width measurement in excess of 1 centimeter at its tip and is indicating at least three of our teeth to be the culprit.

Well, we (me or I) eventually took care of the problem for all of us, but I’m still not comfortable except in one-on-one situations. Amongst us and Mrs. Jones and our turkeys and puppies, there’s just too big a mob, at least for one appointment.

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Temecula Valley

Continued from page 23

In addition to the wineries there are nearly a dozen eateries dotting the vineyards and more on the way. Chefs from across the globe are bringing their own special brand of culinary magic to tables throughout the region.

Great Place to Stay

After a full day of touring kick back and send your cares packing at the landmark **Pechanga Resort & Casino**, California’s first AAA Four Diamond Resort. Comfort and luxury is offered in every one of its 522 rooms, spa suites, one-bedroom suites and executive suites. Amenities include an outdoor pool, sundeck and private cabanas, a fully-equipped health club complete with Flex Fitness Systems weight machines, cardio machines and free weights. To ease away strain and stress head over to the Spa for a variety of relaxing massage and body treatments. Whether you’re in the mood for a fabulous fine-dining experience or a quick bite, you’ll find it in one of the resort’s eight restaurants. Located at 45000 Pechanga Parkway, for information and reservations, call, 1-888-PECHANGA or visit www.pechanga.com

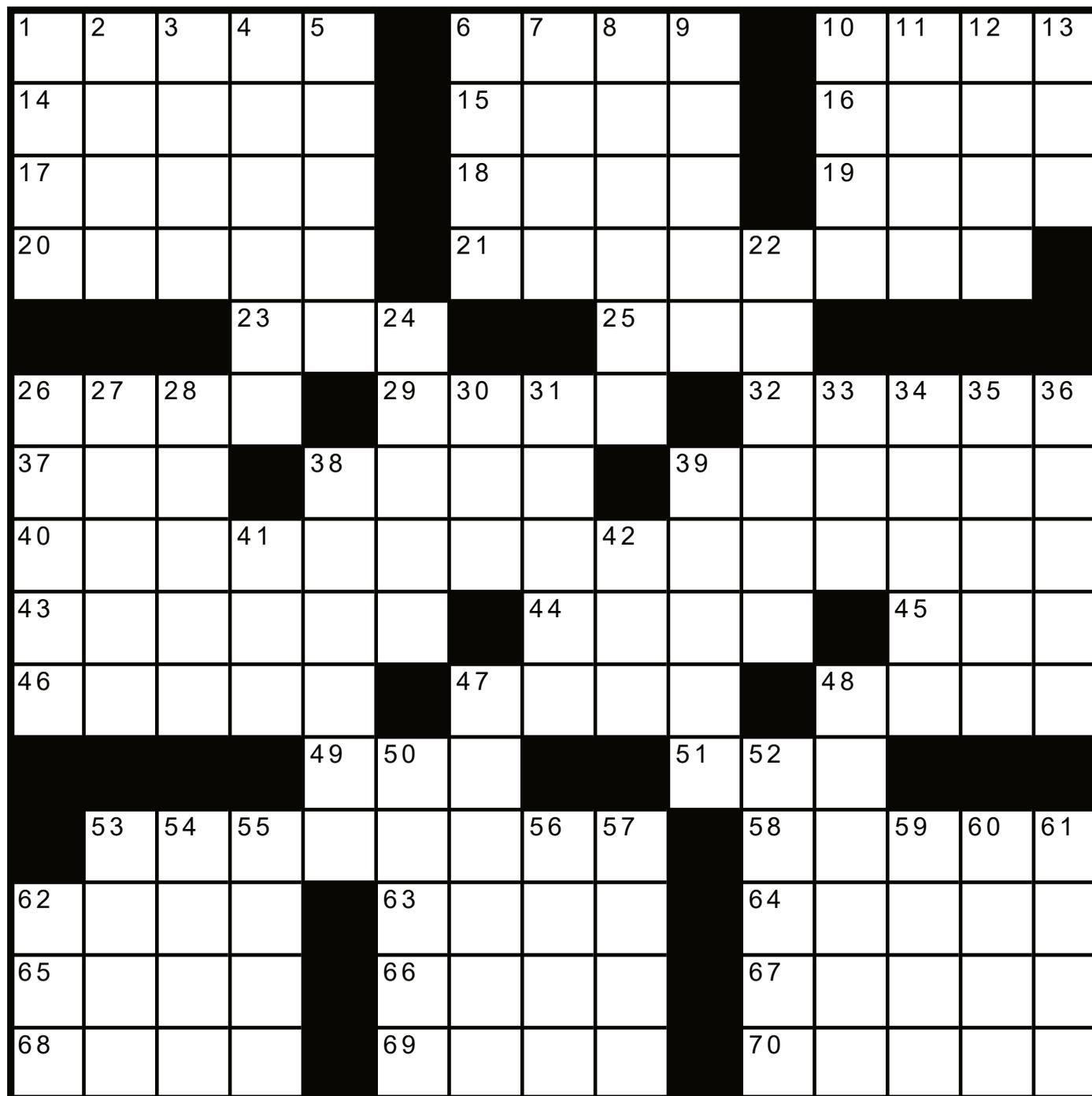
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November Crossword Puzzle

Across

1. High times?
6. Low in pitch
10. Ad word
14. Moral principle
15. Hebrew month
16. Lendl of tennis
17. Blacksmith, at times
18. Kemo ____
19. Low-cal
20. Puccini classic
21. Sweetheart
23. Australian bird
25. Road with a no.
26. Optical device
29. Workers' rights org.
32. ____ once
37. Environmental prefix
38. Later!
39. Maestro Toscanini
40. In spite of
43. Demented
44. Slips up
45. Actress Scala
46. Gallows loop
47. Golfer Aoki
48. Contends
49. Pop's partner
51. Cpl., for one
53. Nickname for New York City
58. Automaton
62. Large marine food fish
63. Adolescent
64. A Bell for ____
65. Molecular component
66. Corm of the taro
67. Office solution
68. Sicilian sight
69. Distribute cards
70. Red fluorescent dye



Down

1. Resting place
2. Roman emperor after Galba

3. Cries of discovery
4. Sisters' daughters
5. Beat it!
6. Of the highest quality
7. Controversial orchard spray
8. District adjacent to a city
9. Driving hazard
10. Structure for storing grain
11. Tel ____
12. Not punctual

13. Vane dir.
22. Discovers
24. Bring together
26. Bolshevik leader
27. Low-budget prefix
28. Au contraire!
30. Well, ____-di-dah!
31. Thorny flowers
33. Old Ford
34. Playwright Pirandello

35. Golfer Palmer, to his army
36. Roman garments
38. Picture theater
39. Homerun king Hank
41. Has been
42. Lilt syllable
47. Retard in movement
48. Black magic
50. Made a choice
52. Slatted wooden box

54. Party to
55. Explorer Vasco da ____
56. Mother of Helen of Troy
57. Hydroxyl compound
59. Prohibits
60. Dedicated to the ____ Love
61. Ripped
62. ____ kwon do

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JUST JUDITH

By Judith A. Rogow

Holiday Headaches

It used to be the holidays began on 'Black Friday,' the day after Thanksgiving. The newspaper that morning was fat with advertisements, store windows blazed with decorations and (if memory serves) it had snowed during the night.

Now it seems that every year the winter holidays inch closer to the start of the school year and as soon as the pencils and notebooks are off the shelves the plastic Santas and tinsel wreaths appear.

Halloween used to be a big deal when we were young, going from house-to-house in homemade costumes with our pillowcases to carry the loot, and being told how clever or adorable we were while the parent who accompanied us smiled proudly. Many people took photographs – we felt like movie stars and princesses or princes!

These days, the children demand expensive costumes modeled after creatures from cartoons, horror shows or the latest movie. There's no more house-to-house, huge parties are held at churches or "trick or trunk" parking lot gatherings. It's safer, but how sad that it has become so commercialized.

No matter what your religion, Thanksgiving is still the

holiday least corrupted by commercialization. Sure, there are ceramic turkey platters and tureens, but the basic theme of the dinner is family and friends as it has been since the pilgrim days.

Dinner – that's what brings people together. Food, even the badly burnt cookies or lime green Jell-O mold someone has brought to add to the feast, brings people closer.

The turkey is, of course, the centerpiece of the meal, and there are probably as many ways of baking that noble bird as there are families. Several years ago I started using those disposable roasting pans that sit on a heavy cooking sheet for stability rather than deal with the ancient blue baker with the rack. Other smaller just-toss-it type pans for much of the remainder of the meal made clean-up a breeze.

Last year, I gave in to the siren call of a 'Box' that contained a smallish pre-roasted turkey and "all the fixings," and promised to feed six to eight people. As it turned out, the bird needed almost as long in



the oven as a raw one, and the side dishes lacked the herbs and spices I normally use when I make stuffing, sweet potatoes, and gravy and the cranberry sauce had no taste. Yes, it was efficient, but I suspect that there will be a small turkey at the grocers just waiting for me, come a few days before Thanksgiving.

While not exactly a holiday, Black Friday is definitely a thing not to be missed, even though sales, buy one get one deals (BOGOs) and markdowns have been heavily advertised in local newspapers, television, and on line for some time. I suspect the 'deals' are planned to clean out old merchandise in order to entice the last-minute shoppers with new promotions.

Sometimes it seems that we've forget the reasons for the season.

Continued on page 37

Bigger
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“My friends all hate their cell phones... I love mine!” Here’s why.

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Busy Boomers

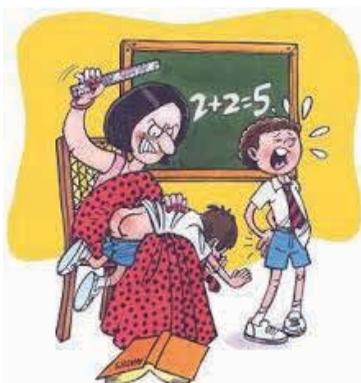
By Les Goldberg

Long Ago School Days Trigger Teacher Memories

If there is one thing that seniors do better than anyone else, it's telling stories about their lives while they can still dig deep into their huge memory data-bank. Sometimes, those stories may bring joy; some may cause tears to well up in their eyes. And sometimes we can't help but laugh at things that happened years ago that were, at the time, painful and cruel.

A perfect example of this popped up on Facebook recently when someone posed the question: Can you remember the name of your first teacher? Here is a sampling of answers that were posted. See if you can relate:

Let's start with my own ex-



perience before I get too old to forget it: Mrs. Hahn was my first grade teacher who seemed to enjoy hitting my little classmates with a wooden yardstick. The kids who were too chatty, didn't look straight ahead when she was talking, or even yawned in class became victims of her wrath with a few strong lashes across their bottoms. The next year she was fired after parents complained of her abuse and the enforcement of the new corporal



punishment law in California schools.

Jean Kaminski: "I had nuns at Holy Cross Church in Brooklyn, NY, that were vicious. Cruelty was their specialty. Thank God my mom removed me from them and put me into Public School 181 where I flourished!"

Sue Chellete: "Mrs. Wallace was my first grade teacher at Verda High School and if she taught you, you will always remember her. I had her 54 years ago and I will never forget her."

Jan Anderson: "Mrs. Adams. The first day of kindergarten I followed all the kids to the school bus so I could ride home. But since I lived across the street from the school, she made me get off the bus and walk home!"

Joel Geller: "My first grade teacher was an old biddy that hit me with the pointer. It ruined school for me. I would

love to go back in time and have a nice little talk with her now, and 'go ahead, make my day' comes to mind. It feels good to get it off my chest after these years."

Betty Brasel: "My mom, who was my teacher in a country school. When I came down with Polio after my sixth year, she stopped teaching to take care of me at home and taught me to walk again."

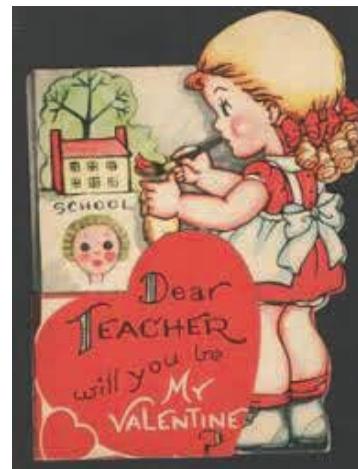
Pat Wallace: "I don't remember any of my teachers' names. Sad, isn't it? Mother died when I was 11, and the people that helped my dad clean



out the house before selling it threw away all my school stuff, including pictures and report cards. I wish I had them to look back on."

Shelley DaSilva: "Are you kidding me? I can't remember what I ate for dinner last night."

Gabriela Abudo: "Mrs. Paty. She took care of me after my mom had abandoned me. She treated me like her own."



Pamela Mitton: "Mrs. Sylvester. She was so old in my eyes and yet teachers look so young today. I don't recall any of them being particularly nice. It was a church school, and we were scared of the vicar. One day he hit a boy who ran home and fetched his mom who hit the vicar. The kids thought that was great!"

Kathy Skwirls: "Ethel Seitzinger. Nuns paled in comparison to her discipline, but everyone who walked out of her class could read, write and perform their arithmetic assignments in less than two minutes. Every kid needed her. She would never survive one day in today's schools between the administrators and helicopter parents."



Christine Dawn Traina: "I quit kindergarten. I walked in the front door and out the back. I got away with it for almost a week when I spent my days at the horse barns until my older sister's teacher wondered where my little sister was. I didn't want to go to school. I was only the size of



a three-year-old, but then I met my teacher, Mrs. Eis. I loved her dearly."

Karen Causey: "Mrs. Winnie. She was my teacher for both first and second grades in a four-room school in Sulpher Springs, Arkansas. Teachers had no problems with the children or their parents."

Janice Brown: "My first teacher was Betty Hudson who was very tiny, not much taller than most us kindergartners. This was 67 years ago and the little girls wore dresses to school and were allowed to play on the jungle gym and do anything the boys did. She was years ahead of her time."

And there is this answer from Linda Umstead: "My first teacher was Miss Francis of Ding Dong School."



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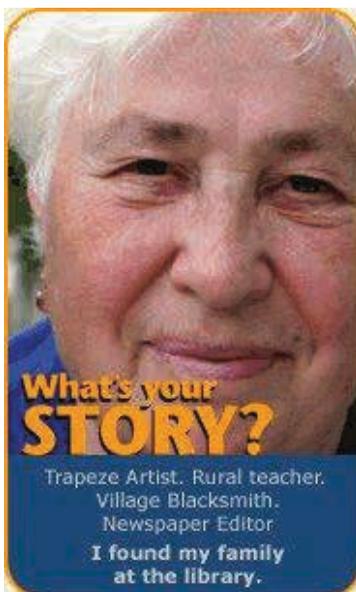


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Fabulous Finds

By Debbie L. Sklar

Can you believe it's the holiday season already? To make sure you are healthy and ready to embark on all that shopping and cooking, here are some great Fab Finds to help.

Support Good Health this Holiday and Winter Season



While the holiday season is typically associated with all things merry and bright, it can also bring

inclement weather and a bustling schedule, which may result in an increased incidence of cold and flu. Help support the body's ability to ward off sickness with Coral LLC CellEnergy H2, a supplement that harnesses the power of molecular hydrogen—a powerful micro molecule and antioxidant that has been shown to convert harmful free radicals to water, thus boosting the immune system's defensive capabilities. Molecular hydrogen (H2) has gained significant medical attention for its multitude of proven therapeutic benefits, from reducing oxidative stress—the cause of sickness and disease—and delivering anti-aging effects, to improving athlete recovery and decreasing muscle and joint soreness.

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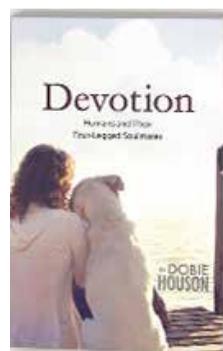


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the Salonpas lidocaine products, including the Lidocaine 4% Pain Relieving Patch, are unscented. Available at drug stores and mass merchandise retailers nationwide.

Communicating with Your Pets



If you've ever stared deeply into your pet's eyes and wondered if they're trying to

tell you something, they are! Animals are actually great communicators, so it's just a matter of tapping into what they want you to know. But how?

Well, Dobie Houson, animal communicator, animal rescue activist and award-winning author, would love to help. Since nearly half of all US households own at least one kind of pet, and the scientific community is beginning to acknowledge the depth of that bond, Dobie's recently published book *Devotion: Humans and their Four-Legged Soulmates*, is generating rave reviews. It's a beautiful and heartwarming collection of short stories that honors the love, courage, and unbreakable bonds these amazing partners share as they navigate life. Additionally, Dobie, founder and

executive director of Finding Forever, donates a portion of all proceeds to animal rescues and sanctuaries. For more information, visit www.finding-forever.org.

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What Others Are Doing, How You Can Help



The next time you open a food or beverage carton you could be opening the way to a better world, if you recycle it when the contents are gone. Recycled food and beverage cartons contain valuable material and can be turned into tissues, paper towels, stationery and even sustainable building materials.

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2. Refrigerated (or gable-top)

Continued on page 37



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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.

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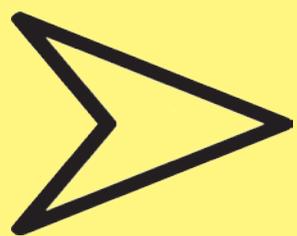
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In The Spotlight

By Debbie L. Sklar

The Many Talents of Dr. Noelle Nelson

Dr. Noelle Nelson has had a wide-ranging career all tied to the study of people—how we think and act—and what motivates us to be the best we can be. She's been an acting coach, therapist and is currently a trial consultant and author of a dozen books.

Her latest is "Happy Healthy... Dead: Why What You Think You Know About Aging is Wrong, and How to Get It Right." For the past 1 1/2 years, she's been researching older people from all walks of life doing wonderful and exciting things—activities that would surprise most of us, but for them it's all part of living life to the fullest. She's chronicled almost 150 of their stories on her "Meet The Amazings" Facebook page (<https://www.facebook.com/MeetTheAmazings>).

Q: Where did you grow up?

A: In Los Angeles which I loved because of the diversity of people, cultures and ethnicities.

Q: What is your education?

A: I graduated from UCLA with a BA in sociology, took a "Doctorate 3eme cycle" in political sociology at the Sorbonne in Paris, France, then received a Ph.D. in clinical psychology from United States



International University out of San Diego.

Q: What are your hobbies?

A: I love to dance. I take ballet twice a week, and ballroom once a week. My other hobby is traveling – preferably to exotic destinations with rainforests and lots of hiking.

Q: Were you always interested in psychology?

A: No. I was working as an acting coach in Los Angeles, and I realized I just didn't know enough about human emotions to guide my students to their best work. I figured a few psychology classes might help. A few turned into many, many turned into a degree – and a new profession.

Q: How have you applied your education in the working world?

A: First, as a psychotherapist.

But then, since I'd also been an acting coach, and had a background as a sociologist, I was approached by an attorney to help him with his courtroom skills. Although I knew nothing at the

time about the legal world, I quickly became intrigued, learned everything I could about being a trial consultant, and that became my primary career. Psychology, which is the study of individuals, along with sociology – the study of groups, along with my acting coaching experience, all added up to a "perfect storm" for my trial consulting practice.

Q: What have you learned most about people in general?

A: People thrive in the presence of appreciation – their own and that of others - mentally, physically and emotionally. That we really are all in this together, and it is in our personal best interest to be kind, compassionate, courageous and forward thinking to ourselves and others. That 99.9 percent of the people we encounter are truly doing the best they can, with whatever

skills and resources they have, at the time. The more we recognize that, the better we all do.

Q: How did you get interested in the mind-body connection?

A: When I was studying meditation, I was convinced that something physical was happening in my brain when I meditated. I asked a colleague, who had machines that could measure brain waves, to see if something actually was happening. It was! My brainwaves changed as I meditated. I later did research which showed how your brain changes in a healthy, positive way when you're feeling and thinking appreciation, versus how your brain functions poorly when you're feeling and thinking strong negative emotions like anger or fear. That did it! I was hooked. I then proceeded to learn the specifics of how the mind impacts the body and have been fascinated by that process ever since.

Q: Is society changing how it views older people?

A: Slowly. Very slowly. Like any other major societal shift, it takes time. But as more and more of us live past 70, 80, 90 leading active lives, society has no choice but to revise its outdated opinions about our later years.

Q: *Allure* magazine recently

stopped using the word "anti-aging." Is that a good thing?

A: Yes! "Anti-aging" implies that aging is a bad thing we should be against. Aging is nothing more than moving through time – which we are doing from the moment we pop out of the womb. So our progression through the years is something to be appreciated, enjoyed, and valued as much as we can. There is no "anti" there at all.

Q: Why do you say that what we think and feel impacts our longevity?

A: The research for my book "Happy Healthy... Dead," shows unequivocally that appreciation, gratitude, happiness and optimism add years of healthy life to our time here on earth, whereas pessimism, depression, unhappiness and lack of gratitude all diminish both life quality and life quantity.

Q: Do you have simple tips that we can do now to help us enjoy life in our 70s, 80s and beyond?

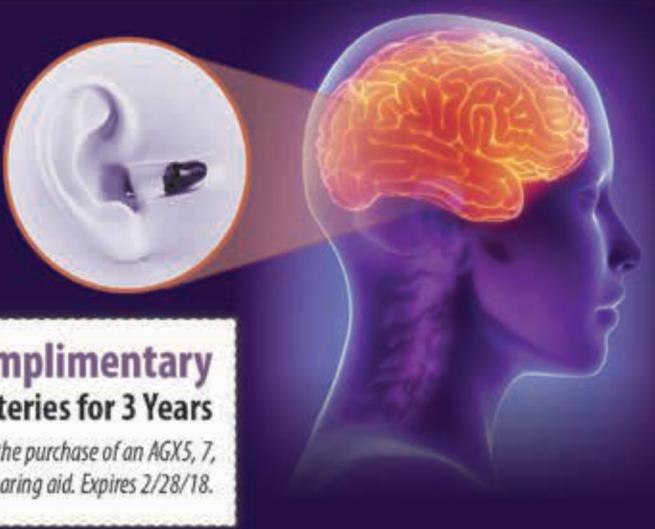
A: Yes. Start every morning, when you wake up, by saying: "Thank you!" for this day, for your life, for life itself. End your day in the same way, just before your head hits the pillow. Spend a few moments – or longer – every morning, before you get caught up in your daily activities, to reflect

Continued on page 37

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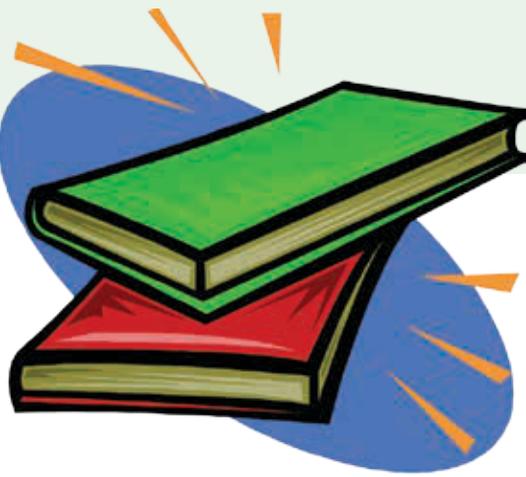


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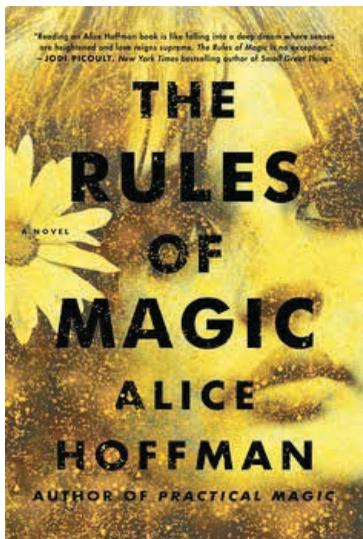
November Book Club

By Debbie L. Sklar



Sometimes, it feels good to just take a break and immerse yourself in a good book. So, before the holidays start up and the hectic schedules begin, you might want to check these titles out.

The Rules of Magic A Novel By Alice Hoffman



“From beloved author Alice Hoffman comes the spellbinding prequel to her bestseller, *Practical Magic*.

“Find your magic.

“For the Owens family, love is a curse that began in 1620, when Maria Owens was charged with witchery for loving the wrong man.

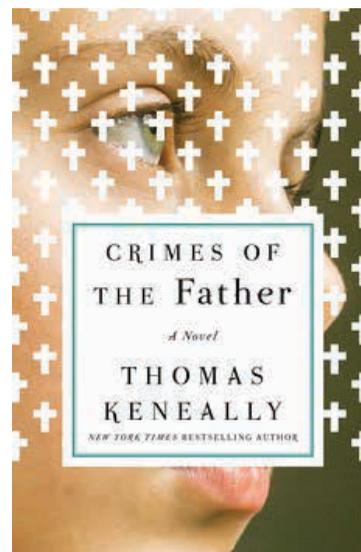
“Hundreds of years later, in New York City at the cusp of the 60s, when the whole world is about to change,

Susanna Owens knows that her three children are dangerously unique. Difficult Franny, with skin as pale as milk and blood red hair, shy and beautiful Jet, who can read other people’s thoughts, and charismatic Vincent, who began looking for trouble on the day he could walk.

“From the start Susanna sets down rules for her children: No walking in the moonlight, no red shoes, no wearing black, no cats, no crows, no candles, no books about magic. And most importantly, never, ever, fall in love. But when her children visit their Aunt Isabelle, in the small Massachusetts town where the Owens family has been blamed for everything that has ever gone wrong, they uncover family secrets and begin to understand the truth of who they are. Back in New York City each begins a risky journey as they try to escape the family curse ...” according to Publisher Simon & Schuster

Crimes of the Father A Novel By Thomas Keneally

“From one of our greatest living writers, a bold and timely novel about sin cloaked in sac-



rament, shame that enforces silence, and the courage of one priest who dares to speak truth to power.

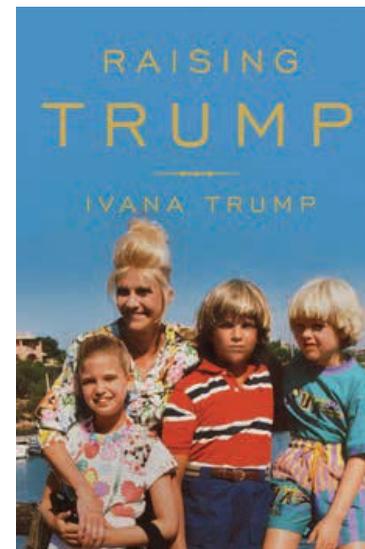
“Sent away from his native Australia to Canada due to his radical preaching against the Vietnam War, apartheid, and other hot button issues, Father Frank Docherty made for himself a satisfying career as a psychologist and monk. When he returns to Australia to lecture on the future of celibacy and the Catholic Church, he is unwittingly pulled into the lives of two people — a young man, via his suicide note, and an ex-nun — both of whom claim to have been sexually abused by a prominent monsignor.

“As a member of the commission investigating sex abuse within the Church, and as a man of character and conscience, Docherty decides he must confront each party involved and try to bring the matter to the attention of both

the Church and the secular authorities. What follows will shake him to the core and call into question many of his own choices, ...” according to Publisher Atria.

Raising Trump By Ivana Trump

“In *Raising Trump*, Ivana



Trump reflects on her extraordinary life and the raising of her three children — Donald Jr., Eric, and Ivanka — and recounts the lessons she taught her children as they were growing up.

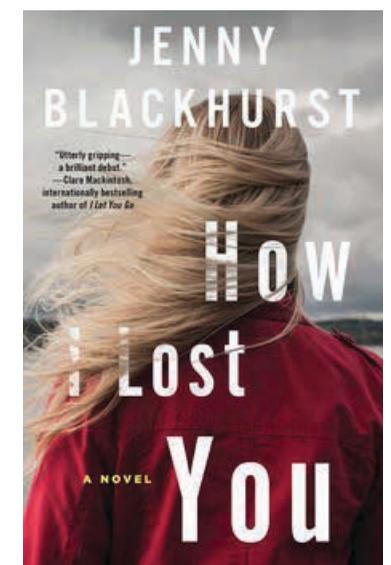
“As her former husband takes his place as the 45th President of the United States, his children have also been thrust into the media spotlight — but it is Ivana who raised them and proudly instilled in them what she believes to be the most important life lessons: Loyalty, honesty, integrity, and drive.

“*Raising Trump* is a non-partisan, non-political book about motherhood, strength, and re-

silience. Though Ivana writes about her childhood in communist Czechoslovakia, her escape from the regime and relocation to New York, her whirlwind romance, and her great success as a businesswoman, the focus of the book is devoted to Ivana’s raising of her children. Donald Trump Jr., Eric Trump, and Ivanka Trump will all contribute their own memories to the book, ...” according to Publisher Gallery Books.

How I Lost You A Novel By Jenny Blackhurst

“A woman without a memory struggles to discover the truth



about her past and her identity in this cerebral and dark thriller reminiscent of works by bestselling authors S.J. Watson and Ruth Ware.

“I have no memory of what happened but I was told I killed my son. And you believe what

Continued on page 37

What Others Are Doing, How You Can Help

Continued from page 34

contain paper and a thin layer of plastic. They are found in the chilled section of the grocery store and are used to package milk, juice, cream and other beverages.

There are a few ways cartons are recycled after going into a recycling container. At paper mills, the fiber is extracted and separated in a machine called a hydropulper, which resembles a giant kitchen blender. It then goes on to make a variety of common paper products.

Another type of recycler uses the entire carton to make environmentally friendly building materials such as interior wallboards, roof cover board, ceiling tiles, exterior sheathing and floor underlayment.

What Robots Can Do

Clever engineers have created carton-plucking robots that can be used at recycling centers to separate food and beverage cartons from other recycled materials. These robots can grab 60 cartons a minute, learning as they go through artificial intelligence. Industry leaders consider the robots a cost-effective, long-term way to further expand carton recycling nationwide.

What You Can Do

Consumers should put empty food and beverage cartons in recycling containers instead of trash containers. With ev-

ery carton you recycle, you are helping keep our environment greener.

Learn More

For more facts on recycling cartons, visit the Carton Council of North America at www.recyclecartons.com.

November Book Club

Continued from page 36

your loved ones, your doctor and the police tell you, don't you? My name is Emma Cartwright. Three years ago, I was Susan Webster, and I murdered my 12-week-old son Dylan.

"I was sent to Oakdale Psychiatric Institute for my crime, and four weeks ago, I was released early on parole with a new identity, address, and a chance to rebuild my tattered life. This morning, I received an envelope addressed to Susan Webster. Inside it was a photograph of a toddler called Dylan. Now, I am questioning everything I believe because if I have no memory of the event, how can I truly believe he's dead? If there was the smallest chance your son was alive, what would you do to get him back? ..." according to Publisher Atria/Emily Bestler Books.

JUST JUDITH

continued from page 28

Even those who normally don't bother to bake seem to get the urge for homemade

cookies, cakes, brownies and other goodies come December. Diets? We'll start again after New Year's Day, pass the date bread please!

Ah yes, New Year's Day, the finale of the season, the chance to enjoy the Rose Bowl Parade with the incredible floats and acts from the comfort (and even more food) of your own television in the warmth of your own home. Later in the afternoon, the football fanatics have their chance to either celebrate or mourn the outcome of championship games, and enjoy the incredible advertisements.

I hope your team wins!

In The Spotlight

Continued from page 34

on what's good about your life. Even on those days when it may take extra effort to do so. Do your best to thank someone for something every day. Participate in a hobby or sport that you really enjoy – or could enjoy – and devote yourself to doing whatever it is consistently. Make new friends, maintain old friends, find a community of people you enjoy being with, and spend time with them regularly.

Q: Do you apply these guidelines in your own life?

A: Absolutely. Because I know all too well just how important they are to being happy and healthy in this life that I love so much.

14th Annual Handel's Messiah Sing-Along presented at the Richard Nixon Library

November 26th at 10:00am & 12:00pm

The Concert is Free and Open to the Community



ciety in cooperation with the Richard Nixon Foundation. The concert is conducted by Fred Francis, and produced by Gabriella Rollins, president of the Yorba Linda Arts Alliance Foundation.

Singers may sing along with the 40 voice chorus and a professional 25-piece orchestra, using their own music scores, or borrowing one of the Alliances (limited number). 18th century costumes are encour-

aged!

The 14th annual Handel's Messiah Sing-Along will be presented at the Richard Nixon Presidential Library in the East Room on Sunday, November 26, 2017 with two concerts: 10 am and 12:00 pm. The FREE concert is open to the community; donations to the Yorba Linda Arts Alliance Foundation for community arts education programs will be welcome. www.Messiahsing.org.

The concert is presented by the Yorba Linda Arts Alliance Foundation and Handel's So-

Additionally, the Yorba Linda Arts Alliance Foundation and the Handel's Society Chorus will present the fifth annual "Random Act of Culture": singing the "Hallelujah Chorus" from Handel's Messiah. Location is South Coast Plaza, Costa Mesa Jewel Court (lower level). Date and time to be announced. General information regarding the concerts is on www.artsyl.org or by calling 714-996-1960.

The Richard Nixon Presidential Library and Birthplace is located at 18001 Yorba Blvd, in Yorba Linda. Parking is free. For general information please visit our website at www.Messiahsing.org or call 714-996-1960.



Stop Losing Your Keys With This Great Find

Twice a week, one in four Americans loses keys, and more than half say misplaced items cause us to be late. Fortunately, you can now change all that with a new technology from Pixie that uses augmented reality to lead you to the exact spot where your lost items are—saving you time and perhaps your sanity.

You simply affix a special tag to anything from keys and wallets to remotes and luggage. Then, use the app on your iPhone or iPad to find them. Unlike traditional Bluetooth trackers that rely on a beep to indicate proximity, this system uses patented technology to show you the precise location and to lead you to the exact



spot rather than just the general area. The device can see through walls and show items hiding behind cushions or in an adjoining room. It can even find your iPhone when it's off. Finders that just beep don't work well in noisy environments but Pixie's two-in-one functionality feature lets you see it and hear it with accuracy down to inches.

It makes a great gift and is available at www.getpixie.com and on Amazon at <http://amzn.to/2sfdWIw>.

Happy Thanksgiving



Life in Long Beach

By Lyn Jensen

On a Mission to Feed the City's Hungry

Volunteers are always welcome at the Long Beach Rescue Mission, where thousands of homeless and hungry men, women, and children have found shelter since 1972. Just about anybody can help in the kitchen, says volunteer program coordinator Bethanie Miller, where workers prepare and serve daily breakfasts, lunches and dinners for shelter residents and others.

"We serve about 19,000 meals a month, and distribute about 2,000 articles of clothing," Miller estimates.



She adds another volunteer option, for people with college degrees, is tutoring, at the mission's learning center.

Still more volunteer opportunities may be found on the organization's website, ranging from leading a worship service to holding a fundraising drive. The mission provides food, shelter, clothing, recovery services, and spiritual guidance to help individuals overcome cycles of homelessness.

Although the Long Beach Rescue Mission is a Christian organization, Miller empha-



sizes persons of all faiths are welcome, including those who do not desire to attend chapel services or receive spiritual counseling. The mission consists of two facilities. The 140-bed Samaritan House serves men. The 50-bed Lydia House provides safe shelter for women and their children. Miller says the beds at both facilities are always full.

Lunches and dinners at the rescue mission are available for shelter residents and the general public, including seniors and neighborhood families. Worship services are also open to the public.



With the holiday season approaching, the mission is planning its annual Thanksgiving and Christmas dinners, along with holiday food and toy/gift (stocking) drives. Miller requests that toys intended as holiday gifts be donated by Dec. 15, because the giveaway takes place the next day.

Looming in 2018 is a major fundraising event, the annual gala and silent auction, on May 4. If you'd like to volunteer for the planning committee, or donate an item for the auction, contact the rescue mission.

Volunteers and donations are also needed for another fundraising project, the Long Beach Rescue Mission Thrift Store, open daily, at 702 W. Anaheim St., Long Beach.

Miller suggests, for persons looking to volunteer, fill out an application (available on the website, see below) and attend a one-hour orientation. The next ones are being held 9-10, Nov. 11 and Dec. 9.

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Talking Turkey

Expert Advice On How To Turn Out A Terrific Turkey

To help you save time and trouble and turn out a beautiful bird (or two), “Mastering the Art of Southern Cooking” author and television host Nathalie Dupree offers these clever turkey time tricks.

“I rarely cook a turkey larger than 14 pounds, and find it easier to roast two smaller ones than one larger one. A large turkey takes longer to cook, and is more difficult to handle and store. Two small turkeys allows one of them to be roasted and carved ahead of time, and the other to be the ‘showpiece’ on the table,” she explains.

“Rather than stuff the turkey,” she adds, “I flavor it with an onion, carrot and a few herbs. Herbs enhance the flavor of the turkey, when tucked inside the cavity. If a rack is not available, the onions and carrots can form a resting place for the turkey. I add stock to keep the bottom from burning and to ensure a scrumptious gravy. This creates a bit of steam, so take care when opening and closing the oven.”

As for thawing a frozen turkey, she says, it’s best to do so in a refrigerator that’s at 40 degrees or cooler. Allow 24 hours of thawing time for every four to five pounds of turkey.

Apple Cider–Brined Turkey

Serves 8 to 10

1 (12- to 14-pound) turkey, fresh or thawed



1 quart apple cider
Salt
½ cup brown sugar
½ cup melted butter
3 onions, quartered, divided
3 carrots, divided
3 red cooking apples, cut in quarters
Chopped fresh herbs to taste, such as rosemary, sage, thyme, optional

Preheat oven to 450° F. Remove any parts that are in the interior of the turkey. Bring apple cider, one tablespoon of salt per pound of turkey and the ½ cup of brown sugar to boil in large pot. Add 1 quart water. Cool to room temperature. Add turkey to the liquid in the pot, making sure it is submerged. Cover and refrigerate overnight. The next day, remove from brine and pat dry with paper towels. If a crispier skin is desired, leave uncovered in the refrigerator for several hours or overnight. Oil a large roasting pan and rack, set aside. Add half the onions, carrots and apples, with the herbs, to turkey cavity. If using a rack, put the remaining apples and vegetables UNDERNEATH in the roasting pan. If not, put the carrots in the center of the pan, with the onions surrounding them. Truss bird or tie its

legs together and move to the rack or on top of the vegetables. Brush turkey with butter or oil, particularly the breast. Add enough stock to come 1–2 inches up the sides of bird. Turn turkey breast side down and

roast for 1 hour. When removing turkey from oven, open door carefully, watching out for steam. If stock has boiled down to less than 1 inch up the sides, add more to bring it up to 2 inches. Flip the turkey, breast side up and return it to oven and roast for another hour. (Cover with foil if browning too much.) Check for doneness with an instant-read thermometer—it should read 170° F inserted in the thigh—or remove when juices run clear when a knife is inserted in the flesh of the thigh.

For Gravy Recipe and Nathalie’s Apple, Sausage, Greens and Biscuit Dressing, go to Chefschoice.com/recipes/.

Turkey-Carving Tips

“Be sure to sharpen your knife before carving your bird. Sharp knives are safer, prevent shredding and save time. I use the Chef’sChoice XV because it is easy and reliable,” says Dupree.

• Step 1

Fortunately, you don’t have to be an expert to put a razor-sharp edge on your knife. The Chef’sChoice highly acclaimed electric sharpener XV Edge Select applies a flawless,

durable, triple-bevel Trizor XV edge while precision guides eliminate guesswork. Cook’s Illustrated, published by America’s Test Kitchen, “Highly Recommended” the Chef’sChoice Trizor XV model. For help finding a sharpener that’s right for you, call (800) 342-3255 or visit Chefschoice.com.

• Step 2

After the turkey is cooked (meat thermometer should read 170° F when inserted in the thickest part of the turkey), cool the bird for 15 minutes. Cooling makes the meat firmer and easier to slice. Remove and set aside the turkey legs and the last joint of each wing. Make a long, deep (to the bone) horizontal “base cut” into the breast just above the wing.

• Step 3

Slice down vertically through the breast until you meet the original base cut. This will release perfect, even slices. Following these preparations and carving tips can help make your Thanksgiving a meal to remember.



Helping Your Pet Survive An Emergency

If you’re like many pet parents, it’s probably crossed your mind lately about what would happen to your animal if a natural disaster strikes.

The experts at the Centers for Disease Control and Prevention offer this advice: Make a plan and prepare a disaster kit for your pet. This can help make things safer for you, your pet and any first responders.

Make a Plan

1. Find out what shelters and assistance are available to accommodate pets.
2. Microchip your pets and register the microchip with the manufacturer.
3. Get a pet carrier for each of your pets and put his or her name, your name and contact information on it.
4. If you’ll be sheltering at home with your pet, find an interior room with few or no windows and make sure it’s pet friendly.

Make A Kit

The experts on animal care at Henry Schein Animal Health have these hints to help you create an emergency first aid kit for your pet.

- A book on animal first-aid
- Your pet’s medical records
- Contact information for your veterinarian and a friend or family member familiar with your pet
- Spare leash and collar
- Food and water for at least two weeks
- Food and water bowls and a manual can opener

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Tinseltown Talks

By Nick Thomas *Continued from page 40*

Valerie Harper tackles Alzheimer's in 'My Mom and the Girl'

Off-screen, Valerie Harper has been an inspiration to many following her optimistic defiance to a well-publicized life-threatening medical diagnosis in 2013. The star of the hit 70s TV series "Rhoda" now brings her indomitable spirit to the big screen to hearten families dealing with Alzheimer's.

Harper, Liz Torres, and Harmony Santana star in Susie Singer Carter's short film "My Mom and the Girl." Based on Singer Carter's own mother's battle with Alzheimer's, the writer, director, and co-producer wanted Harper to play her mother, Norma Holzer.

"I was giving a live reading of the script at the WGA (Writers Guild of America) and was asked who I could see playing my mother if I had to cast it immediately," recalled Singer Carter from Los Angeles. "I said, Valerie Harper! We didn't know each other, but she's such a good role model in real life and turned out to be perfect in this role."



Valerie Harper and Susie Singer Carter - provided by Susie Singer Carter



Valerie Harper in My Mom and the Girl - Tibrina Hobson Photography

Harper, too, saw the part as an opportunity.

"As soon as I read the script I thought it was wonderfully written," said Harper from LA. "But Susie's script was unusual because it introduced humor. Not actual jokes, but comedic moments that could be used to soften a real life tragedy. When humor is grounded in reality, it can stir up a lot of emotion. That's when comedy is at its finest."

While some dramatic scenes of the 20-minute film are

drawn from the year Singer Carter and her mother lived together, she crafted the story around one incident when her mother, followed by her caregiver, impetuously

left home late one evening. As she roamed the streets of LA, an encounter with 'The Girl' (Santana) led to an interesting evening.

"This absolutely happened to my mother," noted Singer Carter. "Alzheimer's was slowly stealing away her memory, but when she met this stranger crying on the street, it pulled her 'mommy cord' and she continued to be who she was, despite the illness."



Cast of Rhoda, Valerie Harper, center - CBS

Incidents like this, says Singer Carter, can give families hope in a seemingly hopeless situation. "Doctors who work with Alzheimer's patients have told us that we have accurately portrayed what happens. So hopefully we can distribute the film to caregivers – not just of

Alzheimer's patients, but to families dealing with any debilitating disease."

This is another reason Valerie Harper can identify with the film.

"My husband has been my wonderful caregiver for 5 years now, although I was only given 3-6 months," she said, referring to her rare brain cancer diagnosis. "My thing is called leptomeningeal carcinomatosis and it affects the meninges (membranes surrounding the brain). It's been difficult, but I've found the best way to get over your own tragedies is to focus on helping and supporting others."

Already a multi-award winner at film festivals across the U.S. and overseas, "My Mom and the Girl" is still on the festival circuit (see www.mymomandthegirl.com).

"Awards are nice," says Harper. "But any light we can shine on Alzheimer's – or any other devastating disease – is a win for us."

Nick Thomas teaches at Auburn University at Montgomery, Ala, and has written features, columns, and interviews for over 650 newspapers and magazines.

Helping Your Pet

Continued from page 40

- Prescribed medication
- Gauze rolls and pads and adhesive tape
- Scissors
- Antiseptics
- Cotton balls
- Instant ice pack
- Saline solution
- Blanket
- Dog waste bag, paper towels, antibacterial soap, litter box and litter
- Milk of magnesia and activated charcoal
- Anti-diarrheal pills
- Flea and tick medicine
- Sedatives
- Artificial tear solution
- Anti-itch cream
- Water-based sterile lubricant
- Animal bug spray
- Styptic pencil
- Rubbing alcohol
- Epsom salts
- Thermometer
- Tick remover
- Tweezers
- Nail clippers
- Needle-nose pliers
- Syringe
- Eyedroppers
- Flashlight
- Pet toys and bed (familiar items can help pets feel more comfortable)
- Current photo of pet
- A description of the pet, including age, sex, neuter status, colors and approximate weight.

Remember, injured pets may be scared, in pain or confused, and even the most gentle pet may bite or scratch. Try to stay calm, move slowly, and handle your pet carefully. If possible, secure him or her in a carrier during transport.

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