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APRIL 2019

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



James Taylor

"If you think my music is sentimental and self-absorbed, I agree with you."

—James Taylor

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Money Making Ideas

Hobbies That May Make You Money

In the gig economy, many people take hobbies such as playing video games, travel or food and turn them into very lucrative side hustles.

For example, the eSports market started as a community of online gamers and is now estimated to be a \$1 billion industry with investors including ESPN and YouTube.

Four Steps Toward Fun And Profit

So how do you take your passion and turn it into cash? Here are four tips to see if you can turn your hobby into a generous source of income.

- **Search Popularity**—It's important to know how popular your hobby is to assess whether there's moneymaking potential. One way to gauge popularity is by looking at whether people are searching for it on Google. A free online tool, Wordtracker, can help you look at how many people are searching your hobby and items similar to your hobby. For example, if you search "food," it shows that approximately 7.4 million monthly searches are done on food. This is definitely a passion you should explore to make money.

- **Explore Social Fandom**—Another way to determine whether your hobby can be a moneymaker is to look at communities on such social



You can get paid to talk and blog about your favorite pastime, whether it's video games or just about anything else.

networks as Facebook, Twitter, Instagram and LinkedIn. You can search #food, #travel and so on or look for groups related to your hobby. See how many members or followers these top groups or most popular handles have to determine your potential fan base.

- **Test Your Concept**—Once you're certain there's interest, it's time to test the market and see what sells. It's quite easy to start your own eCommerce website or blog using platforms such as WooCommerce or WordPress. And if you're not very tech savvy, that's OK. There are companies such as Liquid Web that can fully manage and host your website or blog so you don't have to worry about security or the site going down.

- **Finally, Share Your Website**—Let it be seen by those superfans you find on social media and your fellow hobbyists. Make it fun and enjoyable. Set goals each month and see how you do. Try new ideas, attend events, and talk

about your website with everyone you meet.

And that's how you can enjoy turning your hobby into cash.

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American Heart Association





Stickball

By Jim McDevitt

ing first or third base or if they went over parked cars and hit a building or firescape.

I'm sure today's teenagers have no clue on how you play stickball. Here is how it begins: you buy a Spalding pink rubber ball which is hollow inside at the local candy store. In my teenage years they cost 0.20 cents. Then you get hold of an old broom or mop that someone was throwing out. You saw the end off the broom or mop and you have yourself a fine stickball bat. The field where the game is played is of course on a paved side street in a city.

In New York we had sewer covers in the middle of side streets. Home plate was a sewer cover about 50 feet from the corner or if you're a city boy like me, it was the beginning of the street. Cars were parked at the curb on both sides of the street. The next sewer cover down the street was second base. First base was a car parked on the right side by the curb halfway to second base. Third base was a car parked on the left curb opposite first base.

To hit a homerun, you bounced the ball by the first sewer and hit the ball as hard as you could straight up the block past the third sewer on a fly which usually isn't caught. The balls that were hit were foul if they hit a parked car before reach-

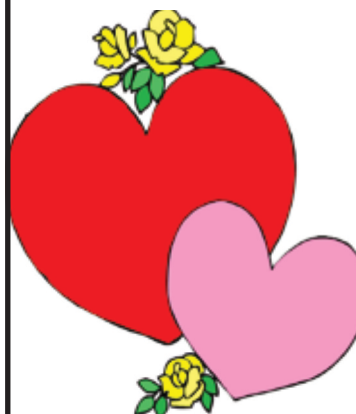
Usually you needed at least four guys, two on each team, to play a game. Ideally you would have four guys on each team. Games were played mostly in the summer. The long daylight hours gave you more time to play. When cars or trucks were coming you stepped to the side so as not to get run over. Home plate was always the direction the cars were coming from. We tried not to shout much because people would call the cops if it got too noisy. When a police car was seen coming, we would hide the stickball bat under the wheels of a parked car. If the cops caught us playing they would take our stickball bat and shove it down a sewer entrance.

I remember one game we were playing with a light drizzle coming down. In the heat, it felt good but it made the stickball bat slippery. I was up at bat, bouncing the ball, preparing to hit the ball a distance equal to one of Mickey Mantle's record home runs. I swung with all I had and connected. The ball pulled to the left as it left the stickball bat and the bat slipped from my hands like it was shot out of a cannon. I watched in disbelief as the ball slammed through the glass of a third-floor window about 30 yards away and

the stickball bat crashed into a second-floor window shattering the glass all over just below the other broken window.

When this happens, you don't run. Running brings attention. You walk to the sidewalk and casually walk to the corner. That means of course that the game is over and no more stickball games on that block for the rest of the summer. It's OK then to run and get out of the area.

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Visit Planes of Fame Air Museum at Historic Cal Aero Field in Chino, California.

The Planes of Fame Air Museum was founded in 1957 by Edward Maloney. It is the oldest independently operated aviation museum in the United States.

The museum collection spans the history of manned flight from
Continued on page 16

CHINO, CA VALLE, AZ

PLANES OF FAME AIR MUSEUM

2019 SCHEDULE OF EVENTS

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

JANUARY	5	Living History Flying Day featuring: the World's Fastest Piston Engine Aircraft P-51 Voodoo
FEBRUARY	2	Living History Flying Day featuring: the P-47D Thunderbolt Dottie Mae
FEBRUARY	16	Special Presentation: Women in Aviation Early Pioneers To Today
MARCH	2	Living History Flying Day featuring: the Vought F4U-1A Corsair
MARCH	9	5th Annual Hangar Dance with Big Band Orchestra
MARCH	16	Special Presentation: "Chasing Reno Gold" Unlimited Air Racing
APRIL	6	Living History Flying Day featuring: the Lockheed P-38 Lightning
MAY	4-5	Planes of Fame Airshow May 4-5 2019, Chino Airport
MAY	12	Mother's Day - Moms Admitted FREE!
JUNE	1	Living History Flying Day featuring: the Republic P-47G Thunderbolt
JUNE	15	Special Presentation: Conquering The Atlantic: The Orteig Prize
JUNE	16	Father's Day - Dads Admitted FREE!
JULY	6	Living History Flying Day featuring: the North American P-51 Mustang
AUGUST	3	Living History Flying Day featuring: WWII Trainers
AUGUST	17	Special Presentation: "To Shorten The Agony of War" The Bombing of Hiroshima & Nagasaki
SEPTEMBER	7	Living History Flying Day featuring: the Grumman TBM Avenger & Junior Aviators Day!
OCTOBER	5	Living History Flying Day featuring: the Douglas AD-4 Skyraider
OCTOBER	26	13th Annual "Taste of Flight" Gala
NOVEMBER	2	Living History Flying Day featuring: the Yakovlev Yak-3
NOVEMBER	11	Veterans Day - Veterans Admitted FREE!
DECEMBER	7	Living History Flying Day featuring: the Mitsubishi A6M5 Zero

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

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

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Tips To Avoid A Multigenerational Home Energy Crisis

Is your family suffering from a multigenerational home energy crisis? If so, you're not alone. Multigenerational households are on the rise, with a record one in five Americans living in homes shared by multiple adult generations, causing various domestic growing pains—including skyrocketing heating and cooling bills.

With home climate control comprising the largest share of household energy expense, a fresh look at your system might be a smart step toward averting this mounting issue. Especially since financial factors, including staggering child care expenses, exorbitant assisted living and nursing home costs, and college debt, are primary causes of this shared living trend. In fact, 66 percent of adults living in a multigenerational household cite the current economic climate as a factor, while 21 percent said it was the only factor, according to a Harris Interactive survey conducted on behalf of Generations United.

The good news is there are some practical tips that can help prevent home climate control from becoming a crisis.

Enjoy a Full House AND Optimal Energy Efficiency

Upgrading your system and installing a smart thermostat can significantly reduce your utility expense. The most energy-efficient heating and

cooling products on the market, ductless mini-split systems, can save as much as 25 percent on your energy bill. An efficiently controlled thermostat could save an additional 10 percent a year.

How Ductless Mini-Split Systems Work

Thin copper tubing pumps refrigerant from an outdoor compressor directly into an indoor air-handling unit, from where it's quietly distributed to the interior. This eliminates the need for basement or attic evaporators and bulky, expensive ductwork. Mini-splits are easy to install and usually require only a 3- to 4-inch hole through a wall or ceiling to connect the units.

Expansion Efficiency Is Key

The “boomerang” and “reverse boomerang” effect are the most common causes of these crowded houses as adult children continue to return home and aging parents increasingly move in with their “boomer” children. In response, accessory dwelling units—also known as granny flats, in-law apartments, laneway houses and backyard cottages—are increasingly popular.

For additional spaces, mini-splits feature custom zone control, letting homeowners connect two to eight indoor units to a single outdoor unit.



Leveraging the latest, most efficient climate control systems and technologies can cut your energy bill and increase family comfort in a crowded multigenerational household.

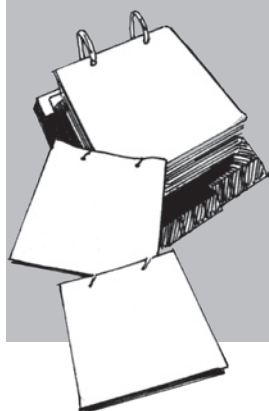
Each zone has its own thermostat so occupants can adjust each room to the temperature they want. Further, only occupied areas are heated, which can represent a significant savings considering the kitchen, dining room, living room and bedrooms are unoccupied for at least 40 percent of the time in most households.

Be “Smart” About Home Climate Control

Smart HVAC systems and smart thermostats can also help. Smart HVAC systems have built-in Internet capability and can be controlled directly without additional equipment. Smart home thermostats create “smart” systems by enabling remote temperature control via a mobile or Internet-connected device or voice-operated home automation system. Several leading manufacturers, including Fujitsu General America, offer smart systems as well as options to control its single and multi-zone Halcyon and Airstage heating and cooling systems using a third-party smart thermostat.

“Voice” Your Temperature Preferences

Continued on page 16



April Calendar of Events



It's springtime and the beautiful California weather beckons. Be sure you get outside and enjoy some of these wonderful upcoming events in and around the Southland.

Mission Fine Art Gallery Artist Studio Sale

San Juan Capistrano
April 5-7

Mission Fine Art Gallery artists bring their sketches and other artwork for sale at reduced prices. Be among the early birds to pick out your favorites. At, Mission Fine Art Gallery, 31760 Camino Capistrano, San Juan Capistrano.

Walk MS

Irvine
April 6

Fun, festival-like event including food, drink, entertainment and 2-mile walk at UCI. The National MS Society's mission is "to end the devastating effects of multiple sclerosis." Now accepting registrations via, email, mail or by telephone for walk. At, Orange County Great Park, 6990 Marine

Way, Irvine.
Call, (800)
486-6762.



Sabroso Craft Beer, Taco & Music Festival

Dana Point
April 6-7
1 to 9 p.m.

A weekend filled with craft beer, tasty gourmet tacos, Lucha Libre style wrestling and live music. Sabroso festival will feature up to four hours of unlimited craft beer tastings (for those 21+) featuring more than 150 craft beers, including some of the best local favorites. Craft tacos from local restaurants and trucks will be available for purchase. See top Lucha Libre-style wrestling stars battling for the title of Sabroso Champion. For all ages, children 7 and under free with adult admission. At, Doheny State Beach, 25300 Harbor Drive, Dana Point.

Wild West Steamfest

Santa Ana
April 6-7
11 a.m. to 7 p.m.

Wild West Steam Fest serves to celebrate two worlds merged: The Old West and Steampunk. Concert event includes beer garden and vendors, panels, faro, tea dueling blacksmith, costume contest, gold mining and living history tours. At, Heritage Museum of Orange County, 3101 W. Harvard St., Santa Ana.

Green Scene Plant and Garden Show

Fullerton
April 6-7
10 a.m. to 4 p.m.

Green Scene is a fun place for any gardener looking for new ideas to improve their gardens or outdoor habitats. This is the only major outdoor sales event in Orange County focused exclusively on the home gardener, garden accessories, environmental education programs and products. At, Fullerton Arboretum, 1900 Associated Road, Fullerton. Call, (714) 278.3407.

Bolsa Chica's Earth Day Festival

Huntington Beach
April 13
10 a.m. to 3 p.m.

Join the Bolsa Chica Conservancy for free family fun, as it celebrates annual its Earth Day Festival. The festival will include educational activity booths, tours, food, a Bounce House and more. Sponsored by the Bolsa Chica Conservancy and the Amigos de Bolsa Chica. At, Bolsa Chica Conservancy Interpretive Center, 3842 Warner Ave., Huntington Beach. Public parking across the street from the Interpretive Center.

San Clemente Micro-Brew Fest

San Clemente
April 13
12 to 5 p.m.

Presented by Left Coast Brewing Co., this event features micro-brews from throughout Southern California. Enjoy sampling, homemade food provided by various non-profit organizations and live entertainment. VIP guests enjoy tours of the Left Coast Brewery and premier samplings. At, Left Coast Brewing Co., 1245 Puerta Del Sol, San Clemente.

Annual 'Gardenfest'

San Clemente
April 13
8 a.m. to 2 p.m.

Hosted by the San Clemente Garden Club. Admission is free, families welcome. This year's highlights include annual plant sale and garden flea market, exhibits demonstrating sustainable practices for your garden, garden related opportunities in our community. At, San Clemente Community Center, Avenida Del Mar at Calle Seville.



Chance Theater Presents: Skylight

Anaheim
April 19 - May 19

On a bitterly cold London evening, schoolteacher Kyra Hollis receives an unexpected visit from her former lover, Tom Sergeant, a successful and charismatic restaurateur whose wife has recently died. As the evening progresses, the two attempts to rekindle their once passionate relationship only to find themselves locked in a dangerous battle of opposing ideologies and mutual desires. At, Chance Theater @ Bette Aitken Theater Arts Center, 5522 E. La Palma Ave., Anaheim.

Newport Beach Film Festival

Newport Beach
April 25 - May 2

Set in Newport Beach, a few blocks from the coastline and less than an hour from Hollywood, the festival annually host several premieres and galas for a singular festival experience. This year's festival will be screening more than 300 features and short films and welcoming more than 500 filmmakers and 50,000 film fans to Orange County. At, various theaters in Newport Beach, Costa Mesa and Santa Ana. Call, (949)-253-2880.

Continued on page 18

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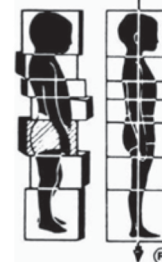
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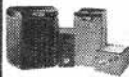
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Fifties Flashback

By Randal C. Hill

“No Bare Knees, Please”

To “hip” teenagers of the 1950s, his old-style dance music was strictly from Squaresville. But to the generations who grew up on Big Band music, he offered a musical oasis — a brief respite from that annoying “Rock ‘n Roll” noise — to millions of TV viewers every Saturday night.

The sixth of nine children, Lawrence Welk was born in 1903 to immigrant parents in German-speaking Strasberg, N.D. He loved music and learned to play the accordion from his father.

Welk left school after the fourth grade and promised to stay and work on the family farm until he turned 21 — if, in return, his parents would buy him a new mail-order accordion. They agreed to his terms, and Lawrence rolled up his sleeves and set to work. As a result, he learned little English before he grew up and left home.

He played Polkas and Waltzes on weekends at local weddings and barn dances until 1924, when he moved to Bismarck, N.D. and put together a dance-music group called the Hotsy Totsy Boys. Later, he earned a regular slot on radio station WNAX in Yankton, S.D., where he became a local music sensation.

Welk eventually hit the national tour road with America’s Biggest Little Band, his newest assemblage that included a musician who played two trumpets at once and a trombonist who worked the slide with his right foot. Eventually, the outfit morphed into the more dignified-sounding Lawrence Welk and His Champagne Music Makers. Welk had created the name after noticing a Miller High Life billboard that proclaimed the drink to be “the Champagne of Bottled Beers.”

He and his troupe moved to Los Angeles in 1951 and became regulars at the Aragon Ballroom in nearby Venice Beach. He was soon performing on KTLA, an independent Los Angeles TV station. Four years later, *The Lawrence Welk Show* debuted nationally on ABC-TV as a replacement for *The Saturday Night Fights*.

The stubborn-as-a-mule Welk always insisted on controlling every aspect of his career. When sponsors suggested adding chorus girls or a racy comedian, he threatened to walk out. He was always tuned into his viewing audience and thoroughly studied all his fan mail. When one lady complained of being offended by the maestro’s knees — he had appeared in lederhosen on one show — Welk never again exposed them.

No position on his TV show was more exalted than that of the Champagne Lady, an attractive female sidekick who sang and danced onstage with Welk. Hired in 1955, Alice Lon reigned as the Champagne Lady until one fateful day in 1959 when she sat onstage, crossed her legs and revealed a bare knee to the TV camera. “Cheesecake does not fit our show,” Welk grumbled afterwards as he showed her the door.

When ABC-TV dropped his weekly show in 1971, he arranged a syndication deal that kept him on the air until 1982. That, along with real estate and music-publishing investments, made Lawrence Welk one of the wealthiest entertainers in American history.

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Six Smart Moves When Hiring Movers



The U.S. Census Bureau estimates that over 17 million Americans move to a new home every year.

If you're ever among them, knowing a few facts and figures can help you have a smoother move.

Moving Tips

To help, the experts at the American Moving and Storage Association, the national trade association for professional movers, created a checklist.

1. Do comparison shopping. Even if you're considering doing the move yourself, you should get at least three written, in-home estimates so you can make an informed choice. The estimates should be free, so you have nothing to lose by trying to find out whether a professional move is best for you.

Some movers even offer estimates based on videos and photos you submit online. Make sure you show the mover everything that needs to be

Continued on page 11



Dr. Lee

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James Taylor

By Les Goldberg



If you were born in the 1940s and didn't spend most of your youth under a rock, you know that one of the most distinctive singing voices of the "Baby Boomer" – or as it was called, the Folk music era — was James Taylor.

His rich, mellow tenor vocals combined with his guitar strumming talent continue to capture young and old alike into the new millennium. If you are a fan and want to experience the unique musical experience which is James Taylor, his one-man concert is underway throughout April and May at Caesars Palace in Las Vegas.

How did Taylor go from being the son of a professor of medicine to the pre-eminent singer/songwriter who is credited with paving the way for other musicians like Joni Mitchell and Crosby, Stills and Nash?



James Vernon Taylor was born on March 12, 1948, in Boston. At the age of 3, he moved with his family to North Carolina, where he lived for the rest of his childhood and spent summers with his affluent parents. Taylor's mother had studied singing at the New England Conservatory of Music and his older brother Alex played guitar.

James learned to play cello as a child before his father bought him a guitar in 1960 at the age of 12. The following year, he began attending a private boarding school and three years later met fellow guitarist/songwriter Danny "Kootch"



Kortchmar. After performing as Jamie and Kootch, Taylor left the boarding school during his junior year and returned to North Carolina where his father took a job as medical school professor and he performed with his brother.

He returned to the boarding school for his senior year but began suffering from serious depression which prompted him to volunteer for a hospital stay. During that time, he began writing songs and eventually moved to New York where he and Kortchmar reunited as The Flying Machine.

The duo recorded two Taylor songs, "Night Owl" and "Brighten My Day," in 1967. When Taylor's addiction reared its ugly head, the group broke up and he moved to London where he lived for a year. While there he was signed by the Beatles' Apple record label. Taylor's debut album, *James Taylor*, was well-liked by critics, but didn't sell well



even though it contained his classic song, "Carolina in My Mind."

Three years later, still struggling with a heroin addiction, he returned to the U.S. and checked into a hospital in New York, and then went to Austin Riggs, a Massachusetts psychiatric facility. After those stays, he played the 1969 Newport Folk Festival. Then he moved to California and recorded a new album, this time for Warner Brothers.

Musical Stardom

Taylor's career skyrocketed with the success of his second album, "Sweet Baby James" (1970), which contains what may be Taylor's best-known song, the gentle "Fire and Rain."

Both the album and the song



reached No. 3 in their respective chart categories. On his next album, "Mud Slide Slim" and the "Blue Horizon," Taylor had a No. 1 hit with his cover of "You've Got a Friend," written by Carole King. He also won a Grammy for his performance of that song.

Following a few moderately successful releases, "James Taylor's Greatest Hits" came out in 1976. The album was a success from the start, and has now received diamond certification (meaning it has sold more than 10 million copies). In 1977, Taylor won a second Grammy for his cover of "Handy Man." It was from the first album he recorded for Columbia, the multiplatinum-selling "JT."

Outpouring of Awards

Over the next few decades,

Continued on page 14

Hiring Movers

Continued from page 9

moved from the attic to the the basement, and any sheds, garages or storage areas. The mover needs a complete picture of everything to be moved to give you the most accurate estimate.

Reputable interstate movers will always give you estimates in writing and they must—by law—provide you with federal publications that explain the moving process and your rights and responsibilities. Be careful of any estimates offered over the phone or online, and if the mover asks for a large down payment or full payment in advance.

2. Read your paperwork carefully. Remember, once you've signed a contract, you've agreed to what it says about your move.

3. Understand what the mover's level of liability is, in case of loss or damage.

4. Bear in mind that communication is key. Make sure the mover has your cell phone number or other way to reach you during the move and that you have the driver's full name and the truck number.

5. If you don't understand something, ask questions. Reputable movers will be happy to answer them. If the moving company can't or won't answer your questions, you might want to look for another mover.

6. You can find nearly 2,800 certified ProMovers, who meet high standards of safety and professionalism, at www.Moving.org. A ProMover certification takes the worry and hassle out of your move and helps you locate reputable, qualified movers—from small, family-run businesses to national van lines—who have been trained and tested.

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For further facts and tips and to find nearby certified movers, go to www.Moving.org.

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To assist active and veteran members of the U.S. military and their families with do-it-yourself moves, Penske Truck Rental has a toll-free call center, 844-487-6677, and offers a 10 percent discount. For further moving facts and tips, visit www.pensketruckrental.com/discounts/military.

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The 10 signs of stroke are confusion, difficulty understanding, dizziness, loss of balance, numbness, severe headache, trouble speaking, trouble walking, vision changes, and weakness. If you ever see or experience them, call 911 immediately. Learn more at www.signsofstroke.org.

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The Gadget Geezer

By Les Goldberg

Tooling Around Your Garden

After many weeks of what seems like endless clouds of gloomy weather. Southlanders can now look forward to warmer days, shorts and tank tops and, of course, gardening. A favorite summertime pastime for Baby Boomers and beyond, it's the perfect time to tune up your arsenal of outdoor tools and décor for those backyard dwelling days of leisure.

Here's a sampling of the latest outdoor equipment on the market today designed to allow you plenty of time to spend in the garden, but even more time to soak up the sun and relax in style:

The Drill Till

Three tools in one, The Smart-



est Gardening Tool Kit for weeding, tilling and bulb planting. Includes a hole digger, tiller and two extension rods for use with your cordless drill and screwdriver. Price: \$59.95

Robomow

Powered by a rechargeable battery, Robomow mows the lawn randomly, shaving a little bit each time. It returns its charge station automatically when the battery is low. Over



the course of a week, it will cut and maintain the height of the entire lawn. Confined in the lawn by a wire, like an invisible dog fence, the bump, tilt and lift sensors prevent it from cutting when and where you don't want it to. Price: \$599

Other features:

- Compact and exceptionally quiet with cut height up to 1.75 in, cutting up to a 1/4 acre of grass;
- Easy to use and setup with one-button operation and one-hour installation;
- Mows for 90-120 minutes and charges for 16-20 hours;
- Zero emissions – no gas needed and no exhaust fumes;
- External base station;
- Child lock safety feature;
- Floating deck; and
- Can handle slopes up to 8 degrees.

Bird-watching

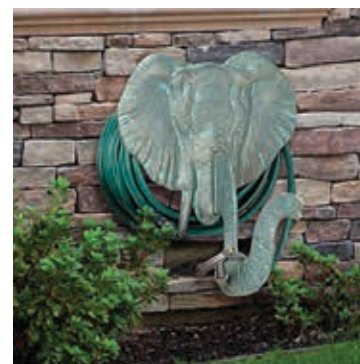
If you really are a bird-watching devotee, whether in your backyard, in your local park or in the wilderness, there is nothing better than a pair of high-powered binoculars or telescopes. One such device is the Niskite monocular telescope.

With 12x magnification and 50mm objective lens optical technology, the Niskite ensures wide-angle viewing even in weak night light. Price: \$39.95.

Main features include:

- Waterproof & Fog Proof- The nitrogen filled with a fog resistant coating and O-ring sealed optics prevent moisture, dust and debris to keep it clear all the time. The spotting monocular telescope only weighs 281g and 154mm high, making it compact and convenient to carry for everywhere --even in toughest conditions.
- Smartphone-compatible- The Niskite is equipped with a stable phone mount and tripods, is compatible with almost all phones on the market, is quick to install and provides high stability when taking an HD image or video.
- Wide Viewing – It offers a broad view field of 419 feet up to 1,000 yards.

Garden Hose Covers



This is a lively, fun, rugged, rustic garden wall hanging decorations and perfect to hanging your hose on the wall. Its unique design is rarely

seen, and is a refreshing addition to your home's landscape. One end of the product needs to be installed on the wall. The product is very strong, very decorative. Price: \$59

Light Globe



This is a 10-inch garden globe that absorbs light during the day and emits a phosphorescent glow at night. Crafted from hand blown glass, each unique globe is embedded with tiny luminescent crystals that absorb light from any source and glow-in-the-dark for up to four hours after dusk. Includes 25"-tall steel stand. (2 pounds.)

Available from Hammacher Schlemmer, it comes with a 25-inch tall steel stand and a lifetime guarantee under normal non-commercial use. Price: \$69.95

Storage Sun Lounger



A versatile piece of outdoor furniture, the garden lounger makes your afternoons more comfortable and relaxing. Lightweight yet durable it is

Continued on page 14

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

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



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

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

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

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

“With artistic creativity,

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

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

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

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

Continued on page 15

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Fabulous Finds

By Debbie L. Sklar

Enjoy the great outdoors now that spring has finally sprung. You can also treat yourself to some of these great Fab Finds and look picture-perfect for any events, parties or other festivities you have in store for this season.

Bliss Rose Gold Rescue Soothing Toner Mist for Sensitive Skin

This fine toner mist is formulated with gentle ingredients, such as calming rose flower water and nourishing colloidal gold. It soothes and refreshes for a balanced, glowing complexion, and can be used under makeup as a toner or over makeup for an afternoon pick-me-up. \$12, [Target/Target.com](#) and [BlissWorld.com](#)



Garnier SkinActive Soothing Rose Water Collection with 96-99 percent Naturally Derived Ingredients

Soothing Rose Water is formulated for all skin types, including sensitive, and is allergy approved and has been tested under dermatological control. The collection is complete with a Soothing Rose Mist in both original and



travel-size, the Cleansing Milk, and the 3-in-1 Moisturizer. The collection is free of parabens, petroleum, silicones, microbeads, dyes and sulfates. \$3.99-11.99, [GarnierUSA.com](#)

goop “The Martini” Bath Soak



Incorporating principles of Chinese medicine, herbalism, and acupuncture, “The Martini” Bath Soak was developed by Gwyneth Paltrow and her to with a unique blend of Himalayan pink salt and chia seed oil to help take the edge off during turbulent times (or after a crazy day!). \$35, [goop.com](#)

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Snow Fox Artic Breeze Rescue Mask



This all-in-one and 100 percent vegan sheet mask moisturizes, brightens and evens out skin tone, while the essentials oils work to tighten pores and extract impurities from deep within the skin. The product works to repair skin and combat enlarged pores, blemish outbreaks, oily T zones and dry patches to ensure your skin looks flawless for the special night. Includes key ingredients like peppermint oil extract and aloe Vera leaf. \$30 (box of 5); Available on [SnowFoxSkincare.com](#)



James Taylor

Continued from page 10

Taylor’s musical output included studio albums, live recordings and even work on a Broadway musical. “Hourglass” (1997) won the Grammy for Best Pop Album (Taylor won Grammys in 2001 and 2003 as well). Touring has also enhanced Taylor’s popularity, as well as his album sales; almost all of his releases have now attained either gold or platinum status.

In June 2015, Taylor released his first album of original material in 13 years with “Before This World.” Amazingly, after a half century in the music business, it was his first album to top the Billboard 200 chart.

Personal Life and Activism

Taylor has been sober since 1984. After two failed marriages—to Carly Simon from 1972 to 1983, and to Kathryn Walker from 1985 to 1996—he wed Carolyn Smedvig in 2001.

Proudly Liberal

Throughout his career, Taylor has offered his support to causes and people he believes in. He has given concerts for politicians such as George McGovern, Barack Obama and Elizabeth Warren, and was a staunch opponent of Jesse Helms. Taylor has also appeared at numerous benefit concerts, including one to raise funds for victims of the 2013 Boston Marathon bombings.

In 2000, Taylor was inducted

into the Rock and Roll Hall of Fame and the Songwriters Hall of Fame. He received a National Medal of the Arts in 2011 and was designated a Chevalier of the Order of Arts and Letters by the French government in 2012. In November 2015, he was honored with the Presidential Medal of Freedom, and in December 2016 he was celebrated at the 39th Kennedy Center Honors.

Perhaps most important, Taylor continues to be esteemed as a songwriter and performer whose work speaks to people’s inner emotional lives.

The Gadget Geezer

Continued from page 12

made of synthetic rattan and supported by a powder-coated steel frame. The padded seat cushion cover can be removed and washed, and the backrest is adjustable to your favorite position allows achieving the most pleasing position for you. Price: \$501.59 plus.

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Laguna Beach Arts Alliance

Continued from page 13

a prestigious organization,” said Scott Moore.

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



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

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Continued from page 3

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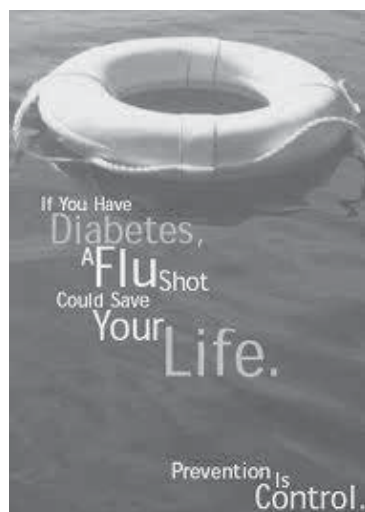
Continued from page 4

Family members can “voice” their own temperature choices. Most HVAC manufacturers offer apps that let you control systems from anywhere using a mobile device. Now, voice-control capability uses digital assistants, such as Amazon Alexa, to verbally dictate home temperatures—“Alexa, set the living room temperature to 70 degrees.” For instance, Fujitsu’s free FGLair app enables Web-activated control via mobile devices and voice-activated control via Amazon Alexa.

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By Randal C. Hill

‘Aquarium\Let the Sunshine in’

The Fifth Dimension

When the moon is in the seventh house, and Jupiter aligns with Mars

Then peace will guide the planets, and love will steer the stars

The Fifth Dimension would never have made its best-known record if not for a wallet inadvertently left behind in a taxicab.

The quintet started as a mid-1960s Los Angeles Pop/Soul outfit called the Versatiles. When they signed with Johnny Rivers’s nascent Soul City label, Rivers demanded that they update their name; thus, was born the cooler-than-cool title Fifth Dimension.

Fast-forward to the fall of 1968. The outfit, by then hit-making headliners, were performing at New York’s Americana Hotel. Group member Billy Daniels, Jr., took a cab to do some shopping one afternoon before the evening’s show and forgot his wallet on the taxi’s back seat. The next person to enter the cab was one of the producers of the groundbreaking Broadway Rock Opera “Hair,” which had been playing to packed houses since April.

Before long, Daniels’s phone rang with the good news that his wallet had been found and

that the caller wanted to return it. The relieved Daniels invited the producer and his wife to see the Fifth Dimension in concert; the producer, in turn, invited Daniels’s group to see “Hair.”

At the show, the Fifth Dimension members were so taken with the music that they declared “Aquarius,” the musical’s uplifting opening number, to be a work that they absolutely *must* record.

But their L.A.-based producer, “Bones” Howe, felt otherwise, as he was concerned about a possible overexposure of the song. The original Broadway cast album had been out for a while and had soared to the top of the *Billboard* LP charts, where it had stayed for 13 weeks.

Howe harbored another issue, as well. “I said [that] it’s half a song,” he recalled. “It’s an introduction. It needs something on the back end.” He jetted to New York to evaluate the 33-tune musical for himself and decided that the last three bars of the show’s closing (and decidedly anti-war) tune “The Flesh Failures” would make a perfect ending, especially after witnessing the audience joyfully singing along with the line “Let the sunshine in” over and over.

The single’s instrumental tracks were recorded in Los Angeles when the Fifth Dimension were opening shows for Frank Sinatra at Caesar’s Palace in Las Vegas. At a primitive Sin City recording studio where trains rumbling by would stop recording sessions mid-song, Howe cut the group’s soon-to-be-signature tune using two microphones for the five singers.

“Aquarius/Let the Sunshine In” ran long, so Howe edited it to under five minutes — a better fit for radio playlists of the time. As the Fifth Dimension’s eighth Top 40 single, it spent six weeks at No. One on the charts and sold three million copies.

In 1968, the Fifth Dimension had earned a Grammy for Record of the Year for its hit “Up, Up and Away”; “Aquarius/Let the Sunshine In” brought them that same coveted honor two years later.

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songfacts: Aquarius/Let the Sunshine In

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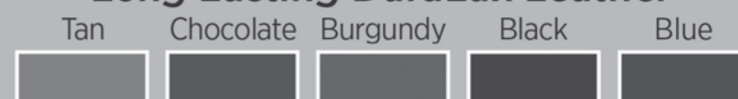
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SCR

April Calendar

Continued from page 5

SCC & Helicopter Golf Ball Drop

Tustin

April 26

Join faculty, staff, alumni and friends of Santiago Canyon College for a day of golf and camaraderie on a world-class course. Sponsored by the SCC Foundation, the 19th Annual SCC "Changing Students' Lives" Golf Tournament will raise money for the former foster youth (Guardian Scholars) program at Santiago Canyon College. At, Tustin Ranch Golf Club. Call, (714) 628-4790.

Pet Expo

Costa Mesa

April 26-28

A giant animal entertainment and education festival with more than 1,000 animals to entertain in stage shows, competitions and demonstrations including dogs, cats, birds, fish, reptiles, rodents, goats, pigs, llamas, rabbits, miniature horses and more. There will also be pet adoptions, pet products for sale, petting zoo, how-to workshops and advice from animal experts. It is presented by a nonprofit organization to

promote responsible pet care. Please do not bring your pets. At, OC Fair & Event Center, 88 Fair Drive, Costa Mesa. Call, (800)-999-7295.

Floral Park Home & Garden Tour

Santa Ana

April 27-28

10 a.m. to 4 p.m.

Once again, the Floral Park Neighborhood, recipient of Neighborhoods USA's "Neighborhood of the Year," will be hosting its annual Home and Garden Tour. Experience a stroll through the beautiful vintage homes and gardens, hunt for treasures at the antique and collectibles sale, see the classic automobile display, or enjoying a snack at the food and drink concessions.

Doheny Wood

Dana Point

April 27

Show is free to Woodie owners and spectators. The state beach does have a park entry fee. See more than 150 classic wooden cars, surf wagons will be on display. At, Doheny State Beach [south end of park]. Call, (714) 968-9798.

Taste of Huntington Beach

Huntington Beach

April 28

Noon to 4 p.m.

A sampling of favorite local restaurants in Huntington Beach, paired with the finest wines in California, for charity. Proceeds benefit the children's wing of the Huntington Beach Library. At, Sports Complex at Talbert and Goldenwest, 18100 Goldenwest, Huntington Beach. Call, (714)-375-5023.

Four Ways To Remain Mentally Sharp In Retirement

Many retirees share a fear of gradually losing their ability to think as clearly as they used to or remember simple information such as other people's names. And while everyone has the occasional "senior moment," medical research indicates that aging by itself is generally not a cause of cognitive decline.

"Studies have shown that you can help prevent cognitive decline and reduce the risk of dementia with some basic good health habits," according to Harvard Medical School's Healthbeat newsletter.

Here are four simple steps to keep your mind sharp at any age:

1. Exercise: It's important to stay physically active. Simple routines such as taking exercise classes at your health club or taking walks in your neighborhood every day can do wonders for your mental health. Just get moving. "The cognitive benefits of exercise have been understood for so long," notes the Center for Retirement Research at Boston College.

2. Serve: Research published by the American Psychological Association found that volunteering in later life "is as-

Continued on page 20



Until Every One Comes Home®

Laughter

By Robert E. Horseman, DDS



Laughter Is the Best Medicine the *Readers Digest* has been proclaiming for the past 50 years or so in one of its feature departments. This small format periodical that is so handy for poking in a hip pocket and that lends itself so easily to pinching from doctors' waiting rooms without being detected, has always tried to be all things to all people.



Pathos, inspiration, tearful confessions and spiritual conversions are all grist for the pages of the Digest. Interspersed are the *Humor in Uniform*, *College Humor*, *Humorous Remarks of Small Children* and *Funny Things My Pet Did I Want To Tell You About* sections.

You may remember a few years ago when an undercover patient commissioned by the magazine visited dental offices around the country and came up with treatment plans that varied wildly in complexity and cost, all for the same mouth. Although this expose evoked much merriment among patients and dentists, the *Humor In Dentistry* section never made it big and has since been dropped.

The *Laughter Is the Best Medicine* department, however, is still going strong and recently received a sort of blessing from none other than the director of the *Center for Preventive*

Cardiology at the University of Maryland. Dr. Michael Miller says research has proved having an active sense of humor influences heart and artery disease. He feels that laughter should be deliberately incorporated into daily activities just like exercise and vigorous consumption of Sarah Lee products.

To be effective, laughter should be indulged in concert with at least one other person, or perhaps a small animal. People who frequently laugh all by themselves are regarded with suspicion. This has sometimes resulted in their being summarily fitted with jackets featuring multiple straps or being shot. In either case, the spontaneity is effectively squelched and in the latter instance, the health benefits are dubious.

What we are looking for are ways to apply this research to the dental field where laughter is conceded to be in short supply.

Obviously, no mention must be made of periodontal disease in the patient's presence. Nothing will kill an enjoyable session at the dentist's like a detailed description of his gum deficiencies. Likewise, words like *extraction*, *decay*, *drill*, *root canal* and \$600 should be avoided. Laughter is a delicate thing, easily quenched by some thoughtless remark from the dentist or a staff member.

We have decided to incorporate a laugh track in our speaker system similar to those that are a necessary part of every sitcom.

On the theory that laughter is contagious like yawning, an office suffused in giggling and guffaws could be second only to *Disneyland* as "*The Happiest Place on Earth*." It goes without saying that treatment plans involving anything other than prophylaxis should be written out and given the patient in a sealed envelope to be opened later at home while he is sitting, or better yet, lying down.

We are able to confirm the validity of the laughter researcher's hypothesis. It has been our observation that the really happy, bubbling-with-laughter people who visit our office never have anything wrong

Continued on page 26

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Four Ways

Continued from page 18

sociated with significant psychosocial, physical, cognitive and functional benefits for healthy older adults.” Science is now confirming what many have learned by experience: People often feel better after they have served others and enjoyed the time spent helping someone else.

3. Learn: Experts think that ongoing education and learning new things may help keep you mentally sharp simply by getting you in the habit of staying mentally active. Take a class from a senior center or community college, make it a habit to visit the library and pick up a new book each week. “Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them,” according to Harvard Medical School.

4. Finances: A study published by The Journals of Gerontology found that “financial strain was a strong and robust predictor of worsening mental health” among older adults, including anxiety and depression symptoms. Another way to help keep yourself mentally healthy in retirement is to make sure you have ample cash on hand to help pay off unexpected health care bills or fund any renovations that might need to be made to your home. Many seniors are surprised to learn that one potential asset for generating immediate cash is a life insurance policy.



A life insurance policy is considered your personal property and—as such—you have the right to sell that policy anytime you like. When a consumer sells a policy in a “life settlement” transaction, the policy owner receives a cash payment and the purchaser of the policy assumes all future premium payments—then receives the death benefit upon the death of the insured. Candidates for life settlements are typically aged 70 years or older, with a life insurance policy that has a death benefit of at least \$100,000.

To learn more about life settlements, visit www.LISA.org or call the LISA office at (888) 672-3917.

Did You Know?

My Cardiac Coach is a free and easy-to-use mobile app from the American Heart Association that lets people take control of their heart health, learn about their condition, track medications and monitor any changes. Learn more about My Cardiac Coach and download the app at www.heart.org/MyCardiacCoach.

If you have a drinking problem, are concerned with your alcohol use or suspect a loved one needs help, you can find treatment securely and anonymously by using the

Behavioral Health Treatment Services Locator at <https://findtreatment.samhsa.gov> or by calling the National Helpline: 1-800-662-HELP (4357).

At Futures Fundamentals, at www.futuresfundamentals.org, you can learn about the futures markets in an accessible and fun way. See how buying a home or car is affected by futures markets and try the trading simulator to put what you’ve learned to use.

SilverSneakers is the nation’s leading community fitness program. It helps older adults live their best lives by engaging participants in physical activity, as well as fostering new friendships with a welcoming member community. To see if you’re eligible or to find a class nearby, visit www.SilverSneakers.com.

According to Consumer Federation of America, freezes by the three major credit-reporting agencies Equifax, Experian and TransUnion can stop some fraudulent attempts to get jobs or rent apartments using your identity.

With the latest must-have tech from Motorola, you can simply snap on a moto mod and turn your moto z smartphone into an Alexa-enabled digital assistant, instant photo printer, 360° camera and more. For first-time phone owners, there are budget-friendly options. Learn more at www.motorola.com.



April Book Club

By Debbie L. Sklar

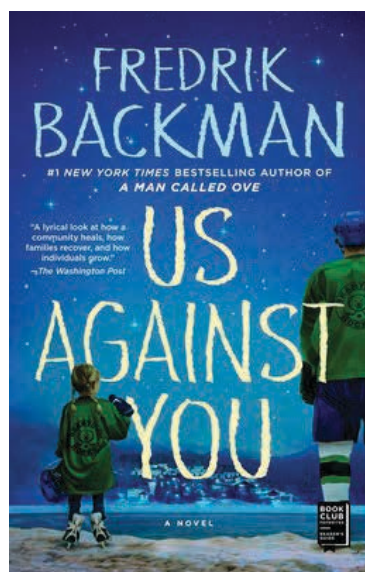


Grab one of these exciting new reads from some very talented authors this spring and get lost in another world. Sit by the pool, in a hammock or a park and read until your heart's content.

Us Against You

A Novel

By Fredrik Backman



"Have you ever seen a town fall? Ours did. Have you ever seen a town rise? Ours did that, too."

"A small community tucked deep in the forest, Beartown is home to tough, hardworking people who don't expect life to be easy or fair. No matter how difficult times get, they've always been able to take pride in their local ice hockey team.

"So, it's a cruel blow when they hear that Beartown ice hockey might soon be disbanded. What makes it worse is the obvious satisfaction that all the former Beartown players, who now play for a rival team in the neighboring town of Hed, take in that fact. As the tension mounts between the two adversaries, a newcomer arrives who gives Beartown hockey a surprising new coach and a chance at a comeback," according to Publisher Washington Square Press.

The Island of Sea Women

A Novel

By Lisa See



"Mi-ja and Young-sook, two girls living on the Korean island of Jeju, are best friends that come from very different backgrounds. When they are old enough, they begin working in the sea with their

village's all-female diving collective, led by Young-sook's mother.

"As the girls take up their positions as baby divers, they know they are beginning a life of excitement and responsibility but also danger.

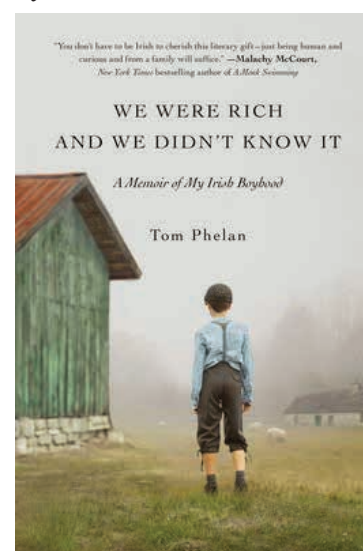
"Despite their love for each other, Mi-ja and Young-sook's differences are impossible to ignore. *The Island of Sea Women* is an epoch set over many decades, beginning during a period of Japanese colonialism in the 1930s and 1940s, followed by World War II, the Korean War and its aftermath," according to Publisher Scribner.

We Were Rich and We Didn't Know It

A Memoir of My Irish

Boyhood

By Tom Phelan



"Tom Phelan, who was born and raised in County Laois in the Irish midlands, spent his formative years working

with his wise and demanding father as he sought to wrest a livelihood from a farm that was often wet, muddy, and back-breaking.

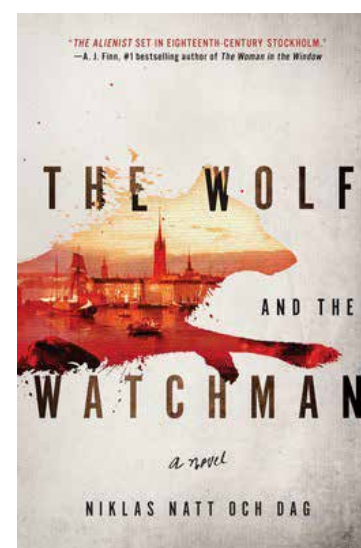
"It was a time before rural electrification, the telephone, and indoor plumbing; a time when the main modes of travel were bicycle and animal cart; a time when small farmers struggled to survive and turkey eggs were hatched in the kitchen cupboard; a time when the church exerted enormous control over Ireland.

"*We Were Rich and We Didn't Know It* recounts Tom's upbringing in an isolated, rural community from the day he was delivered by the local midwife," according to Publisher Gallery Books.

The Wolf and the Watchman

A Novel

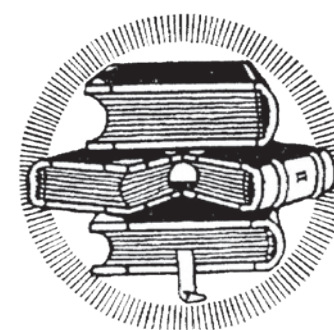
By Niklas Natt och Dag



"One morning in the autumn of 1793, watchman Mikel

Cardell is awakened from his drunken slumber with reports of a body seen floating in the Larder, once a pristine lake on Stockholm's Southern Isle, now a rancid bog. Efforts to identify the bizarrely mutilated corpse are entrusted to incorruptible lawyer Cecil Winge, who enlists Cardell's help to solve the case. But time is short: Winge's health is failing, the monarchy is in shambles, and whispered conspiracies and paranoia abound.

"Winge and Cardell become immersed in a brutal world of guttersnipes and thieves, mercenaries and madams. From a farmer's son who is led down a treacherous path when he seeks his fortune in the capital to an orphan girl consigned to the workhouse by a pitiless parish priest, their gruesome investigation peels back layer upon layer of the city's labyrinthine society. The rich and the poor, the pious and the fallen, the living and the dead — all collide and interconnect with the body pulled from the lake," according to publisher Atria Books.



The Caribbean Islands of Aruba and St Croix

The fabled Caribbean islands have always spun enchantment for fun and sun seekers throughout the ages.

Delight in nature's bounty vigorously trekking along pristine trails, meandering valleys, and sea cliffs overlooking dramatic crafty seascapes. Keep binoculars ready for up close land sightings that include fluttering butterflies. Place yourself amid the endless valleys of sugar cane, bananas, pineapple, and coconut groves grown in abundance on these exotic islands.

Regional food, colorful historic buildings and many street cafes in each of the islands radiate authenticity and relaxation. Peek into the strong cultural ties, festivals and folklore of the islands thanks to their rich colonial heritage. Stop by the open-air markets, food stall and beach shacks and give in to the joy of dancing to the infectious music of the steel pan drums that



Lay back in St. Croix

run with a beat that accompanies you everywhere.

Water lovers will marvel at the close encounters of the underwater kind, found in the soft kissed coves and iridescent water. All are home to every water sport conceivable including swimming, snorkeling, scuba diving, paragliding, water skiing and sailing over aquamarine waves.

Aruba

A fiery orange sunset is the downbeat of a symphony on Aruba whose picturesque streets are dotted with pas-

tel colored gabled houses under red tile roofs. The city radiates of authenticity and relaxation. The locals like to spend their free time outdoors and around the sea. Despite the youthful atmosphere, the island looks back on a rich history. Dutch is the official language, but Papiamentu, a local island dialect as well as Spanish and English are also spoken here.

The desert like island rises to its highest point at Mount Yamamoto a 617-cone shaped hill. The harsh terrain of rocky parched landscape and volcanic rock formations defines much of this island. Also dotting the island are aloe plants and the native Divi-Divi trees gnarled by the trade winds into contorted bonsai-like figures. Stunning white sand beaches are found along the western and southern coast of the island.

Where to Stay:

The Bucuti and Tara Beach

Story by Ronnie Greenberg • Photos by Joe Hilbers

Resort an adult is a romantic European style boutique resort. Set along the west coast, the resort's Tara Suites were designed as an ideal setting for a tranquil retreat. All suites are oceanfront and feature large balconies or terraces and king beds with views of the ocean. Step out of your suite and your feet are in the white sands of the widest and most secluded section of Eagle Beach, where your palapa and beach chairs are

long before it was trendy to be green. It is certified Green Globe 21 for the 12th consecutive year.

For complete information and reservations visit www.bucuti.com

Excursions

Every morning merchant sailors sell fresh fish, fruits and vegetables on a colorful floating market.

Explore the Natural Bridge



You've arrived in Aruba

waiting. The intermezzo is a cozy lounge where you can enjoy a quiet American breakfast buffet (included in the nightly rate) and afternoon tea. Couples can take in the scenery with a private champagne dinner for two on the beach, a sunset cruise or simply lounging around the infinity pool or the beach. The resort offers a full health and wellness program.

The resort has been committed to sustainable tourism

formed by the action of the wind and sea that was once a cave entrance. Now eroded, it forms an arch 100 feet wide and 25 feet above the sea.

Other highlights are the unusual rock gardens of Carisbari and Ayo where huge boulders weighing thousands of tons are scattered near and far.

The ghost town of Balashi once the center of the ninth



It's a happy welcome!

The Caribbean Islands continued



Fun in Aruba!

center mining; the caves of Canashito with hieroglyphics dating from 12 to 15 centuries; Dos Playa, for the Aruban sport of dune sliding and surfing; and the California Point Lighthouse (named after a ship wreck).

For a change of pace visit the island's museums; archaeological, numismatic, history, model trains and Aruba's sport and fame.

A favorite excursion is the Aruba See and Sea Tour taking you around the island and under the sea. Board the Seaworld Explorer, a state-of-the-art semi submarine that does not submerge, but instead drops you into the hull of the vessel, where you sit in air-conditioned comfort 5-feet below the surface of the water. View amazing sea life in this cruising underwater observatory through large clear-glass windows. The Seaworld Explorer takes you to the wreck of the Antilla, a 449-foot huge German

freighter destroyer downed during World War II. The ship lies on her side in 60 feet of water and provides a nesting place for pelicans that frequent it. Beautiful coral heads have grown on the vessel and you can spy on thousands of tropical fish that have made her their home.

For more information contact www.aruba.com

St. Croix

Purchased from Denmark, St. Croix became a district of the United States in 1917. Now a popular Caribbean playground, St. Croix is the



Yachts in Caribbean waters

idyllic base of operation for snorkeling, diving, dining and duty-free shopping.

The city looks back at the 176-acre Buck Island Reef National Monument, the only underwater national park in the U.S. Buck Island is surrounded by aqua waters and excellent coral reefs.

On land Christiansen National Historic Site, a com



Horseback riding in Aruba

plex with five significant building has one as the Danish West India & Guinea Co. Warehouse, where Alexander Hamilton worked as a young man before making

his journey to the colonies in America.

Fort Christiansvaern, is the brightly colored Danish fort structure dating back to 1738.

Where to Stay:

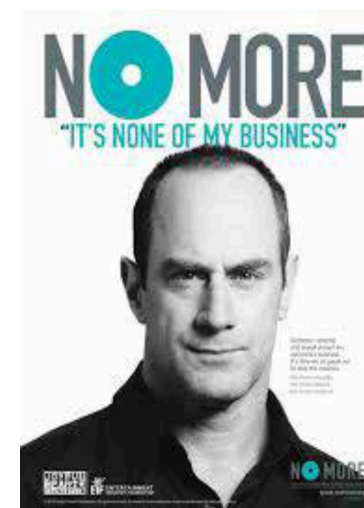
Renaissance St. Croix Carambola Beach Resort & Spa: Located on a stretch

of white sand surrounded by rainforests. The property

features carved wood furnishings.

The Buccaneer: The Mermaid and Grotto beaches each have a water-sports center complete with kayaks.

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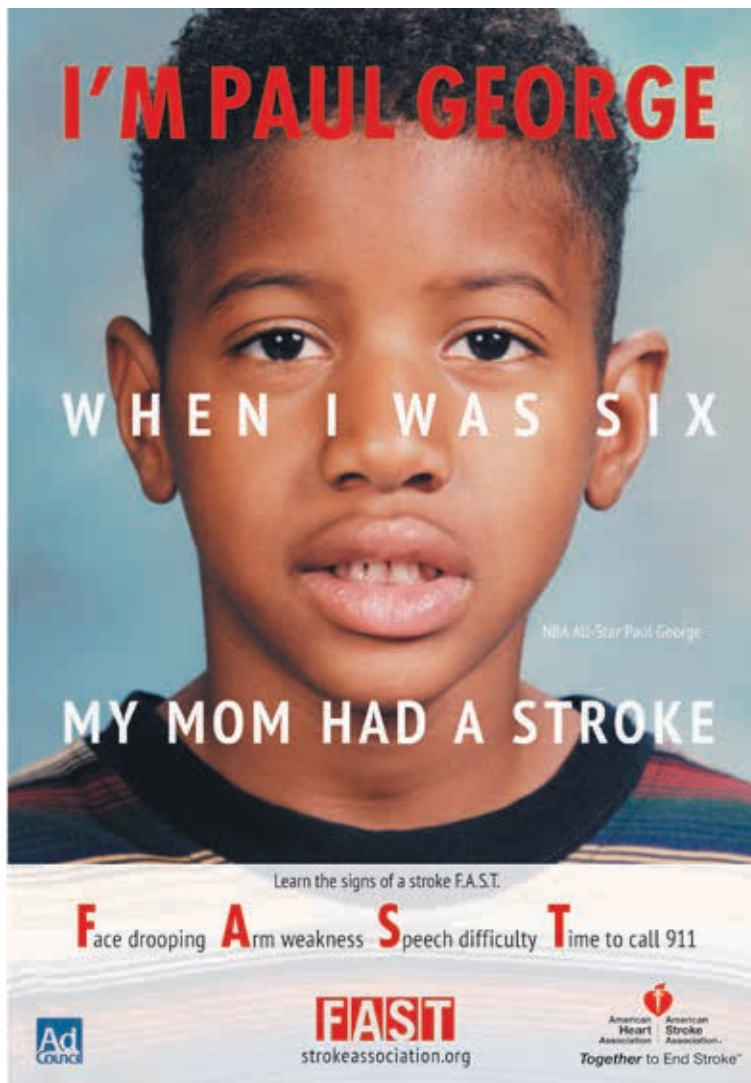
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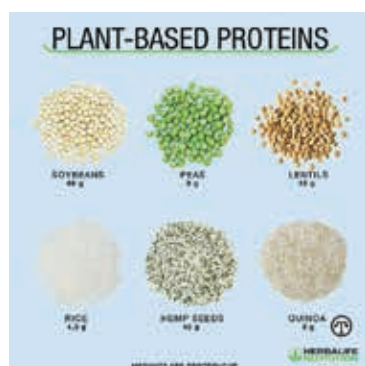
Food For Thought

Health Benefits Of Plant-Based Nutrition

As people continue to look for ways to live healthier lifestyles, the plant-based diet continues to gain momentum. A plant-based diet describes a way of eating in which there is an emphasis on plant foods in the form of colorful fruits and vegetables, legumes and whole grains.

Supporting Your Health with Plant-Based Foods

Benefits of eating more plant foods are numerous. Plant foods are nutrient dense, which means that they provide an abundance of nutrients



relative to their calorie cost. Fruits, veggies, beans and whole grains are terrific sources of vitamins, minerals and phytonutrients and they're naturally cholesterol-free. Most contribute a fair amount of fiber, too, so they help to fill you up and keep your digestive

tract running smoothly. When you include plenty of these nutritious, filling foods in your diet, it leaves less room in your stomach for less healthy fare.

That said, as the proportion of U.S. consumers who adhere to a vegan diet grows, so does the desire for these people to get more protein. In fact, a Nielsen HomeScan survey recently found that 39 percent of Americans are actively trying to eat more plant-based foods and 60 percent want to get more protein in their diets.

Identifying Sources of Plant-Based Proteins

The major sources of plant-based protein include beans, peas and lentils but whole grains are also important. You may think of whole grains as more of a carb than a protein and that's true--most grains have more carbohydrate calories than protein calories. But whole grains contribute important essential amino acids to the diet. Most vegans know that in order to get the full complement of essential amino acids (the building blocks of proteins in the body), it's important to consume both legumes (beans, peas, lentils)

and whole grains. Soy is one of the few complete plant-based proteins, meaning it contains the nine essential amino acids that your body cannot produce on its own.

How Much Protein Is Right For You?

Protein is important for maintaining lean body mass. Susan Bowerman, Registered Dietitian and Senior Director of Worldwide Nutrition Education and Training at Herbalife Nutrition says the Institute of Medicine recommends you eat 10 to 35 percent of your total daily calories from protein.

Continued on page 26



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Laughter

Continued from page 19

with their teeth. Admittedly, most of these people are either salesmen or UPS deliverymen, not that there is anything wrong with that. Those actual patients with multiple oral problems are depressingly glum, tending to cast a pall over the whole office.

So there is much work to be done if we are to successfully promote laughter as the best medicine. Sometimes little remarks like “your teeth are OK, but your gums will have to go” will snap them out of their blue funk into paroxysms of hilarity, but you can tell their hearts aren’t really in it despite the tears rolling down their cheeks.

We want *Readers Digest* and the *Center for Preventive Cardiology* to understand we’re doing our best. Further research is needed to find out what those people who are said to be “laughing all the way to the bank” are doing. And by the way, what do you hear from the morticians of America?



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Plant-Based Nutrition

Continued from page 25

You can estimate your protein needs based on your current body weight. Simply, multiply your body weight by 0.7. The number you get is a reasonable target for the amount of protein, in grams, that you should eat each day. For instance, a woman who weighs 140 pounds should aim for about 100g of protein a day. A 220-pound man should shoot for at least 150g of protein.

Introducing Other Plant-Based Proteins

While most plant-based diets place an emphasis on whole foods, other plant-based foods that are derived from these whole foods can be included. So, in addition to legumes and whole grains (brown or wild rice, oats, quinoa, millet and the like), other sources of plant-based protein include soy milk, soy cheese, soy yogurt, tofu, tempeh, and protein powders made from plant sources such as soy, pea, rice, hemp, oats or quinoa.

To help, Herbalife Nutrition’s Formula 1 Select and Protein Drink Mix Select are two new plant-based nutrition mixes specially formulated with a high-quality blend of pea, quinoa and rice proteins. Formula 1 Select is specially formulated to provide an excellent balance of protein and other key nutrients for optimal nutrition, is an easily digestible source of high-quality plant protein and fiber, and contains no artificial flavors or sweeteners.

Did You Know?



Skin cancer is the most common cancer in the United States but in many cases it can be prevented. The Centers for Disease Control and Prevention (CDC) says some schools give students free sunscreen. To see what CDC does about skin cancer nationwide, go to www.cdc.gov/cancer/skin/basic_info/protect_infographic.htm.

Great ways to save time and money could be in the palm of your hand. That’s because clever apps such as Basket can direct you to the best bargains online and in the neighborhood.

To help people with Crohn’s disease and ulcerative colitis understand their treatment options, the Crohn’s & Colitis Foundation offers online tools that explain the pros, cons and trade-offs of various treatments. Learn more at the Crohn’s & Colitis Foundation’s IBD Help Center, 888-MY-GUT-PAIN (888-694-8872) and www.crohnscolitisfoundation.org.

Many older Americans may live longer, safer lives thanks to recent research indicating that elderly adults have the greatest risk of fire death and the subsequent grant awarded to the Electrical Safety Foundation International (ESFI). For further facts and tips about electrical safety, visit www.esfi.org.

April Crossword Puzzle

Across

1. Pealed
5. Half of a 45
10. Grating sound
14. Conception
15. Customary
16. So that's it
17. Litigant
18. Japanese porcelain
19. Distort
20. "Show Boat" composer
21. Sugar candy with gel interior
23. Flightless fowl
25. ____ Paulo, Brazil
26. State in SE Australia
31. Capital of Vietnam
35. Go astray
36. Capital of Belarus
38. Critical evaluations
40. Q.E.D. part
42. Glossy fabric
44. Facilitate
45. Adjust to zero
47. Forest makeup
49. "Today" rival, briefly
50. Kofi Annan's home
52. Supervisor
54. Last: Abbr.
56. Dwarf with glasses
57. Excitable
62. Blind as ____
66. Belgian river
67. Garden figure
68. Numerous
69. ...baked in ____
70. Frasier's brother
71. Type of school or cook
72. Beginner
73. Surgery souvenirs
74. Word of division

Down

1. Hazard
2. Together, musically
3. Not e'en once
4. January birthstone
5. Capable of managing ones affairs
6. Woe ____
7. Twofold
8. Viscounts' superiors
9. Immigration of Jews to Israel
10. Greet the judge
11. ____ silly question...
12. Espied

13. Church perch
22. Fishing vessel, perhaps
24. Popular tattoo
26. Go off course
27. Like some vbs.
28. Collide
29. ____ the finish
30. The Jetsons' dog
32. Bridal bio word
33. Inedible orange
34. "Who's there?" response
37. Ukraine's capital

1	2	3	4		5	6	7	8	9		10	11	12	13
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Five Reasons Your Hearing Aids Should Connect To Your Smartphone

By Danielle Robertson, Au.D.

Today's hearing aids do much more than just help you hear. They've been re-engineered into smart assistive tools that transform the way wearers interact with the world. The key to unlocking the full potential of modern, advanced hearing aids is to connect them to your smartphone.

1. Discreet volume and setting control: Many people don't want others to know they're wearing hearing aids. Hearing aid apps let you easily adjust volume and settings directly from your smartphone. Instead of pushing buttons on your hearing aids, you can adjust them for optimal performance with a few swipes on your screen. Others will think you're simply sending a text.

2. Access to remote hearing care: Smartphones make it easy to communicate with other people and that now includes your hearing care professional (HCP). Skip the in-office appointment for minor adjustments by using a telehealth hearing aid app to schedule a virtual visit. Your HCP can evaluate your progress with your hearing aids and fine-tune them remotely.

3. Stream audio: Hearing aids don't only help you hear sounds you would have otherwise missed as part of the broader soundscape.



Better hearing can be (discreetly) in the palm of your hand when your hearing aid works through an app on your phone.

You can now connect to your smartphone and stream sound directly to your ears via Bluetooth for greater clarity. Look for options that transmit phone, TV and music audio in stereo to both hearing aids for the highest-quality listening experience.

4. Improve hearing aid performance: You can adapt to new hearing aids faster by using apps with listening exercises, to track your hearing health and rate your hearing aid performance in settings such as the car or restaurant. The apps can also let your HCP know how you're adapting to your new devices and if anything needs to be adjusted. Consult user guides and FAQs for information on how to get the best hearing aid performance in any situation.

5. Adjust settings based on your motion: Smartphones have built-in motion sensors that your hearing aids can leverage to improve how you hear. By sensing your movements and transmitting this information through a smartphone app, your hearing aids can learn

the best settings for amplification and directionality. Instead of just focusing on the sounds in front of you, connected hearing aids detect sound from all around. This can be especially important when walking or running outside because it enables you to hold conversations while on the move and remain aware of environmental sounds such as approaching cars.

Learn More

For further facts on hearing loss and hearing aids, go to www.signiausa.com.

• *Dr. Robertson is an Educational Specialist for Sivantos, Inc. Her responsibilities include training customers on software and products both face to face and via virtual sessions. She has seven years of experience working in ENT settings with children and adults, as well as two years of experience at St. Joseph Institute for the Deaf, where she focused on audiology care for those up to 3 years of age. She has acquired a comprehensive understanding of diagnostics, hearing aid technology, counseling and addressing the hearing needs of individuals. Dr. Robertson received her bachelor's degree in Psychology from Arkansas State University in 2002 and a doctoral degree in Audiology from Missouri State University in 2007.*



ADMIT
ONE

By Randal C. Hill

Movie Preview

“Penguins”

Steve is just an ordinary guy looking for love. When he finally meets his soul mate, they settle down and start a family. But when his lady love heads off on her own, Steve finds out just how hard being a responsible dad can be.

But wait. Steve is not a run-of-the-mill human dude; he’s an Antarctic penguin and the focus of the latest DisneyNature feature. “*Penguins*” opens nationwide on April 17 — just in time for Earth Day — and is the first DisneyNature movie to be released in IMAX.

The film crew spent three years in Steve’s habitat and endured weather conditions that included temperatures falling to -40 degrees Fahrenheit and winds topping 150 miles an hour. Their herculean efforts have paid off, though, in a story guaranteed to charm audiences of all ages around the world.

Roy Conli is one of the three crack British nature movie-makers responsible for bringing “*Penguins*” to fruition. He said: “It’s so fun to watch Steve compete with all the other penguins to set up his nest and win his mate. It’s hard not to relate to this guy.”

“*Penguins*” is the eighth release for DisneyNature, the

high-quality Walt Disney Studios offshoot that has been turning out award-winning films since April 2008. Disney himself was a pioneer in wildlife documentary filmmaking and gave the world “*13 True Life Adventures*” (remember those?) between 1948 and 1960. Academy Awards went to eight of them.

“Disney has an amazing platform,” said Charles Knowles, the president and co-founder of the Wildlife Conservation Network (WCN). “They’re able to reach a global audience in a way that we can hardly fathom. They are uniquely positioned to tell the real story of penguins and the challenges they face. By teaming up with DisneyNature — which is so strongly aligned with our own mission — we are able to uniquely communicate about the species we care so much about.”

Antarctica is one of Earth’s most remote and harshest environments, but understanding the starkly beautiful land, the surrounding oceans and the creatures that call it home is an essential part of learning to survive on our increasingly fragile planet. “I love sharing the story of Steve,” Roy Conli concludes. “[He’s] a penguin who’s working so hard to

thrive in this world and doing his part for the next generation.”

For every “*Penguins*” ticket sold between April 17 and April 23, DisneyNature will donate to the WCN to help protect penguins across the southern hemisphere.

Understanding Yourself In ‘The Age Of Overwhelm’

If you’re ever among the many Americans who feel overwhelmed by work or school; family or community; caretaking for others or your own health and well-being; or engagement in social justice, environmental advocacy or civil service, you may be relieved to learn that just a few subtle shifts can make a major difference.

To help, Laura van Dernoot Lipsky, best-selling author of “*Trauma Stewardship*,” offers concrete strategies to mitigate harm, cultivate decency and equitableness, and act with integrity in her new book “*The Age of Overwhelm*” (Penguin Random House).

“Each time in history has its challenges,” Lipsky writes, and yet “there is this particular



look in folks’ eyes today that has prompted me to dedicate this book to those who are operating in a state of overwhelm some of the time or all of the time.”

Two-Step Solution

The first step toward overcoming being overwhelmed, she says, is to separate what is and isn’t within your control; the second step is to act on that which is in your power to change and relinquish what is not.

Combining New Yorker cartoons and sage advice, Lipsky moves readers through the process of minimizing distraction and heightening intention. By paring away the unnecessary, she advises, people do less of what erodes them and more of what sustains them, asserting that only then can you be a force for good in the world.

About The Author

Lipsky is globally recognized for her pioneering work on understanding the effects of exposure to trauma. She draws from her own research, personal observations and three decades of experience work-

ing with nearly every type of civic and organizational venue—from small-town organizations to massive international disaster scenes. The result is an inclusive, encouraging and practical resource, one likely to resonate with people “on the brink of mental, spiritual, physical and emotional collapse.”

Lipsky is also the founder and director of The Trauma Stewardship Institute, where she works to raise awareness about the cumulative toll on people exposed to suffering, hardship, crisis and trauma as they care for humans, other living beings or the planet itself.

Learn More

For further information or to order the book, go to <https://www.amazon.com/Age-Overwhelm-Strategies-Long-Haul/dp/1523094737#customerReviews/>. #overwhelmage

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A Little Auto Care Goes A Long Way

Performing simple preventative maintenance on your vehicle will go a long way toward protecting your vehicle investment, say the experts.



"Buying a new car today comes with a hefty price tag when you add up the down payment, monthly car payments and higher insurance rates. Neglecting its care can mean even higher costs down the line in the form of more extensive repairs and lost resale value," explained Rich White, executive director of the nonprofit Car Care Council. "By following a proactive auto care plan, the typical car should deliver at least 200,000 miles of safe, dependable, efficient and enjoyable performance."

The organization recommends following a vehicle service schedule, keeping a free copy of its "Car Care Guide" in the glove box, and performing the most common routine maintenance procedures to keep your vehicle performing at its best.

Consider this checklist:

- **Check all fluids**, including engine oil, power steering, brake and transmission, as well as windshield washer solvent and antifreeze/coolant.

- **Check the brake system** annually and have the brake linings, rotors and drums inspected at each oil change.

- **Check the tires**, including pressure and tread. Uneven wear indicates a need for wheel alignment. Tires should also be checked for bulges and bald spots.

- **Check the hoses and belts** to make sure they're not cracked, brittle, frayed, loose or showing signs of excessive wear.

- **Check the heating, ventilating and air-conditioning (HVAC)** system as proper heating and cooling performance is critical for interior comfort and safety reasons, such as defrosting.

- **Check the wipers and lighting** so that you can see and be seen. Check that all interior and exterior lighting is working properly and replace worn wiper blades so you can see clearly when driving during precipitation.

"Be sure to fully inspect your vehicle annually, including performing a tune-up and wheel alignment," continued White. "If you ever suspect there is a problem, it's a good idea to address it quickly before minor repairs become

Continued on page 31

American Heart Association



Busy Boomers

By Les Goldberg

Shuffleboard or Pickleball?

Don't look now, active seniors, but there's a new game in town. While bocce ball, croquet, cornhole, horseshoes and shuffleboard remain sports staples as outdoor activities for the 50 and over crowd, pickleball is giving them a run for their money here in the Southland and all over the country.

So, just what is pickleball?

According to officials at the Fountain Valley Pickleball Club, it is a combination of tennis, racquetball and ping-pong played on a badminton court, either indoor or outdoor. The ball is basically a heavy-duty whiffle ball.

Why the name?

There are various theories, the most notable is that the game was named after a dog named Pickles, which belonged to one of the sport's founders in the state of Washington.

The History

In 1965, after playing golf on summer Saturday, Joel Pritchard, congressman from Washington State and Bill Bell, successful businessman, returned to Pritchard's home on Bainbridge Island, Wash. (near Seattle) to find their families sitting around with nothing to do. The property had an old badminton court so

Pritchard and Bell looked for some badminton equipment and could not find a full set of rackets.

They improvised and started playing with ping-pong paddles and a perforated plastic ball. At first, they placed the net at badminton height of 60 inches and volleyed the ball over the net.

As the weekend progressed, the players found that the ball bounced well on the asphalt surface and soon the net was lowered to 36 inches. The following weekend, Barney McCallum was introduced to the game at Pritchard's home. Soon, the three men created rules, relying heavily on badminton. They kept in mind the original purpose, which was to provide a game that the whole family could play together.

Although the game has been around for half a century, it has been gaining popularity in our area in recent years, especially with Baby Boomers who are growing in number and because it is known to be easier on the joints than tennis. However, it's a fast-paced game that can be fun for any age, young, old or in-between.

For parents or grandparents who might not think it's for them, retired physical therapist



A group of pickleball players celebrate at the opening of courts at San Luis Rey Park in San Clemente.

Gary Matthews verified that it isn't as hard on your body as other sports. He has been an avid player for the past five years and recommends it for all ages.

"It's terrific exercise, and it's a lot easier on your knees and all the joints than tennis," he said. "It's great for hand-eye coordination and it's a very social game."

A big fan of the sport is Barbara Kimler, San Juan Capistrano resident who has been playing Pickleball for two years.

"I found out about Pickleball from my personal trainer who recommended it as a great form of exercise," she said. "As a former tennis player, I was able to pick up the game quickly but I am still learning all of the nuances of the sport. And I receive lots of help from several experienced players."

Kimler said she loves the game: "It's fast and can be mentally challenging, so I try to focus on each point and that affects all areas of my life. As

for the physical benefits, it's a terrific workout."

She highly recommends Pickleball for anyone but advises beginners to find a local court, watch the game being played and take some lessons.

For more information, you can check out the national Pickleball association (www.USA-PA.org) which offers special membership benefits, history of the sport, a merchandise and clothing store, magazine and tournament schedules. It also provides Pickleball court locations wherever you may be.

Auto Care

Continued from page 30

more complicated, expensive repairs."

The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers.

Free Guide

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



**MOMENTS LIKE THESE ARE PRECIOUS.
DON'T LET THEM FADE AWAY.**

Age-related macular degeneration (AMD) is the leading cause of blindness in people 55 and older, sadly robbing sight and independence. It is a chronic disease affecting over 10 million Americans, and early detection is key to saving your sight.

Protect your vision from fading away. Call the **Foundation Fighting Blindness** today for a free info packet about preventing and managing AMD. There is hope.

A Cure Is In Sight
800-610-4558 FightBlindness.org



Health Awareness

Answers To Questions About Keeping Your Heart Healthy

Cardiovascular disease (CVD) is the leading cause of death for adults in the United States. About 610,000 people die of heart disease in the United States every year—that's roughly one in every four deaths—but you can protect yourself. The most common and serious types of CVD are heart attack and stroke. The good news is there are steps you can take to help prevent CVD. Here are questions you can ask yourself—and your doctor—to find out if you are at risk and how you can prevent CVD.

What are your risk factors?

An important part of preventing CVD is knowing your risk factors. Nearly half of American adults have at least one of the three major risk factors for CVD: high blood pressure, smoking, and high cholesterol. Fortunately, there are several ways your doctor can help you determine your risk of having a heart attack or stroke in the next 10 years. Some methods for detecting CVD are more effective than others. Talk to your doctor about which method makes sense for you.

Are you getting your blood pressure checked?

Blood pressure measures the force of blood pushing against the walls of the arteries as the heart pumps blood around the body. High blood pressure (also known as hypertension)



See your doctor regularly to protect against cardiovascular disease.

is a condition in which blood pressure rises and stays high for an extended time, and it raises a person's risk for CVD. All adults should be screened for high blood pressure, and this is often done during a visit to your doctor's office. During the screening, a doctor or nurse will wrap a blood pressure cuff around your upper arm, inflate the cuff, and listen to your heartbeat with a stethoscope placed against the inside of your elbow as the air is slowly let out of the cuff. If your blood pressure numbers are high, talk to your doctor about additional monitoring to see if you have hypertension or another health condition and if you need treatment.

Should you make lifestyle changes?

There are several risk factors for CVD that you can change, and your doctor can help. These risk factors include smoking, poor diet, and lack of physical activity.

If you smoke, talk to your doctor about getting help and medications that can improve

your chances of quitting. Your body mass index (or BMI) is also an important risk factor for CVD. During an office visit, your doctor will weigh you and, if you have

obesity or are overweight, your doctor can offer ways to help you lose weight. Your doctor may also screen for other conditions, such as diabetes, that are related to weight and can increase your risk for CVD. To keep your heart and whole body healthy, eat plenty of vegetables, fruits, fiber, and whole grains, and eat meals that are low in salt, red meat, and saturated fats. At least 2.5 hours of moderate physical activity or 75 minutes of intense physical activity each week is also recommended. Moderate physical activity can include such things as riding a bike, swimming, or doing yard work or home repairs. Intense physical activity can include jogging or running, playing tennis, or hiking uphill. Even if you are healthy and simply want to stay that way, ask your doctor about how you can develop heart-healthy habits.

Are statins right for you?

Statins are medications that prevent cholesterol and fats from building up in your blood vessels over time, which lowers your cholesterol and reduces your chances of having a heart attack or stroke.

If you are age 40 to 75, talk to your doctor about your CVD risk and whether a statin may be right for you.

Should you take daily low-dose aspirin?

Taking a low-dose aspirin daily can also potentially help prevent CVD in some adults age 50 to 69. When blood clots form in narrow blood vessels, such as the ones in your heart and brain, it can cause a heart attack or stroke. Aspirin can help keep these blood clots from happening, lowering your risk. There are some risks associated with taking low-dose aspirin every day, so make sure you talk to your doctor about whether aspirin is right for you.

Recommendations to protect your heart

Many of these recommendations were developed by the U.S. Preventive Services Task Force—an independent group of national experts in prevention. The Task Force makes recommendations, based on the latest science, about what works and what doesn't work when it comes to preventing disease and promoting good health.

Learn More

For further information on these and other Task Force recommendations, visit www.uspreventiveservicestaskforce.org.



MOMENTS LIKE THESE ARE PRECIOUS. DON'T LET THEM FADE AWAY.

Age-related macular degeneration (AMD) is the leading cause of blindness in people 55 and older, sadly robbing sight and independence. It is a chronic disease affecting over 10 million Americans, and early detection is key to saving your sight.

Protect your vision from fading away. Call the Foundation Fighting Blindness today for a free info packet about preventing and managing AMD. There is hope.

A Cure Is In Sight
800-610-4558 FightBlindness.org



How Accident Victims Can Find Justice

According to the National Safety Council, an American is accidentally injured every second by a preventable event, a vehicle crash, a fall or the like. If you or someone you care about is ever among them, there are things you should know.

One Man's Story

"I was a victim twice," says Jose V., as he recalled his five-year ordeal that began at a construction site. "First, the day I was working to off-load a 3,000-pound bag when, all of a sudden, the operator lifted the cables and my fingers were mangled and the doctor had to remove three of them," he explained. "Then, I found out this was only the start of my problems and I would become a victim again. My bills were getting out of control, I was about to lose my apartment, and I had no idea how I would care for my family. I was depressed and scared. Even now I get shaken up thinking how bad it was."

Jose is not alone. He is one of tens of thousands of average, everyday people from around the country who each year find themselves battling insurance companies and other deep-pocket defendants who delay settlement of legitimate insurance claims.

"When you are physically damaged and struggling for almost five years to regain your strength and your ability to work, it takes a mental toll,"



Pre-settlement funding lets many accident victims go the distance to get help they need and deserve.

said Jose. "Bills piled up fast and the settlement was very slow in coming. There was one delay after another. I was just determined not to give up, and between the support I got from my family and the advance I received from LawCash, I did not have to accept a lowball settlement. The longer they delayed resolving the case, the more concerned I became about being on the street. If it were not for the money I was advanced over the five years it took to settle, my children would have suffered even more and the greater the pressure I would have been under to accept whatever amount I was first offered," he added.

For Jose, as with thousands of Americans each year, financial relief came in the form of what the legal community calls pre-settlement funding. According to Harvey Hirschfeld, president of LawCash, "Our firm is in the business of leveling the playing field for consumers whose meritorious claims are being delayed. With cash on hand to pay for life needs such as rent and general living expenses, managing cash flow, and securing medical care while awaiting settlement of their case, victims

are in a stronger position and don't have to simply accept the amount a company's insurer initially offers."

How It Works

The company does not promote or encourage litigation. All its clients must be represented by legal counsel and must have filed a legitimate claim before it will accept an application. Nor does it influence the case itself, as all decisions related to the legal approach and overall strategy are between the victim and his or her attorney.

Perhaps most importantly, the pre-settlement funding—a minimum of \$500—is not a loan. If the case is lost, claimants owe nothing. In addition, they're not required to put up collateral or make interim payments, and the advance has no effect on their credit.

"My doctors repaired my hand," said Jose. "LawCash allowed me to live. Since I didn't have to take a lowball settlement, my lawyer was able to keep up the fight for me and my family. This resulted in a fair settlement for many times more than I would have gotten if I had to settle early. For a portion of my total settlement, I was able to protect my future and my family."

Learn More

For further facts or to apply, go to www.lawcash.net or call (800) LAW-CASH.



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

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

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

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

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Are You Seeking a Care Facility For Your Loved One?



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

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

Veterans resources, Adult Protective Services and Social Services.

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

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

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

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

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

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

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

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

SR: What is the cost of using RCPS services?

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

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

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

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

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

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

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

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WHEN I WAS SIX

MY MOM HAD A STROKE

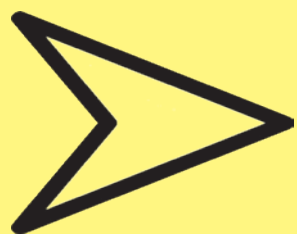
Learn the signs of a stroke FAST. Face drooping, Arm weakness, Speech difficulty. Time to call 911.



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

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

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



In The Spotlight

Nancy Kobayashi films 'Not on My Watch'

In 2003, at the age of 41, OC resident Nancy Kobayashi received a diagnosis that changed her life. A mother of three with a very active lifestyle, hearing that she had ovarian cancer left her in a state of fear. Following her first battle, she was feeling great and training for a half marathon when she learned her routine blood tests turned up abnormal – her cancer had recurred. This time, the news made her feel determined to fight back. Following another surgery and treatment, she officially entered remission, trained for the Boston Marathon and crossed the finish line.

Five years later she experienced her second recurrence and had more surgeries to remove the tumors. In the fall, she was featured in a national ovarian cancer awareness Public Service Announcement directed by “*How I Met Your Mother*” and “*Avengers*” star Cobie Smulders. Smulders – herself an ovarian cancer survivor who was diagnosed at 25 – directed the empowering and emotional PSA to kick off *Not on My Watch*, a nationwide movement to put the power in the hands of women with recurrent ovarian cancer.

The PSA is important because



like Kobayashi, nearly 85 percent of women with advanced ovarian cancer will see their cancer return, and once it does, it's considered incurable. Until recently, women with ovarian cancer who have recurred and responded to platinum-based chemotherapy had limited options, most commonly, entering a “watch and wait” or observation period until the cancer came back again. Not on My Watch aims to educate women by providing information about treatment advancements – like maintenance therapies – and empowering women to take active steps in managing their disease.

Q: Tell us about that first time you were diagnosed with ovarian cancer.

A: When I was first diagnosed with ovarian cancer at 41, I entered a state of fear. I am a wife and mother of three children with an active lifestyle

and I just felt powerless. And terrified.

Q: What symptoms were you experiencing when you were first diagnosed?

A: My main symptom was persistent indigestion. That's what brought me into the doctor. I did have some of the vague symptoms of ovarian cancer, such as feeling full quickly when eating, but it was the painful indigestion that bothered me the most.

Q: How much time elapsed between your first diagnosis and recurrence?

A: It was almost 8 years from first diagnosis to first recurrence.

Q: How did each subsequent diagnosis affect you?

A: Even though my doctors did everything they could at the time, I was especially fearful of the “watch and wait” period because you go from being active and fighting, and I was a fierce fighter when I was getting chemotherapy, to this passive watch and wait once you've responded to chemotherapy. I say it's like this hurricane that they're watching and waiting - you know it's out there. It's a feeling of vulnerability, passivity and almost powerlessness.

Q: Where do you find support?

A: I found support in those closest to me as I was going through my treatment, recovery and recurrences. I credit my wonderful husband of 33 years, my healthcare team and my children for giving me the strength to fight.

Q: What is the *Not on My Watch* movement?

A: *Not on My Watch* is a movement to empower the ovarian cancer community, especially women with recurrent ovarian cancer, to take informed and proactive steps against the threat of another disease recurrence. Previously, women like me had limited options, most commonly, entering a “watch and wait” or observation period until the cancer came back. But now, there are oral maintenance treatment options available for women who have recurred and responded to chemotherapy. These treatments have been shown to extend time in response and delay recurrence for all women (including those that have the BRCA mutation and those that do not). To launch the movement, Cobie Smulders directed a PSA featuring women, including me, living with ovarian cancer. I partnered with TESARO to be in the PSA, so I could share my own personal experience and fears surrounding recurrence.

Q: What motivated you to participate in the *Not on My Watch* PSA?

A: It has become my mission to empower other women living with ovarian cancer, and this PSA was the perfect opportunity to do so. I know how scary it is waiting for the other shoe to drop, meaning you're in a watch and wait period between recurrences. But I also know that the best way to get through these periods is by having a solid support group around you – whether that is your family, friends, fellow “teal sisters” or healthcare team. I want women to embrace their strength to fight this disease and know that they will never be alone in doing so by standing together to declare.

Q: How can the readers get involved in the *Not on My Watch* movement?

A: We're encouraging everyone to visit NotonMyWatch.com to view and share the PSA through your social media networks. For every share of the PSA, TESARO will donate \$5 to ovarian cancer patient organizations. You can find the PSA to watch and share, and a lot of useful information for anyone touched by recurrent ovarian cancer at NotonMyWatch.com.

Q: What would you like oth-

Continued on page 40

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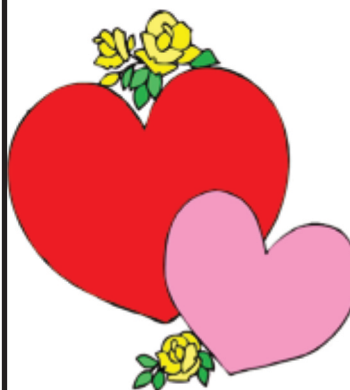
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Until Every One Comes Home®

Delicious Ideas For Adding Healthy Sweet Potatoes To Your Daily Cooking Repertoire

Sweet potatoes are trending and are all the rage—as they should be! One medium California sweet potato has only 105 calories and 0g of fat, yet this versatile veggie contains more than 80 nutrients including protein, manganese, carotene, potassium, calcium, vitamin C and more than an entire day's worth of vitamin A. Plus, California sweet potatoes are rich with antioxidants and loaded with dietary fiber—nearly twice as much as a white potato.



Not just for Thanksgiving, thankfully, California sweet potatoes are available year-round. Chefs and home cooks are coming up with fun and creative ways (beyond Grandma's holiday casserole) to incorporate this tasty tuber into everyday meals—winter, spring, summer and fall.

Here are some delicious ways to cook with California sweet potatoes:

- For a quick snack, add a cooked California sweet potato (or two) to your favorite hummus recipe, garnish with a good glug of olive oil and a generous squirt of lemon. Serve with crudités and pita triangles.

- Make a beta-carotene-rich soup by adding uniformly chopped California sweet po-

tatoes, butternut squash, and carrots to a homemade or store-bought chicken stock. Throw in a can of white beans, a handful or two of kale and garnish with chopped flat-leaf parsley. Serve with freshly grated Parmesan.

- What's better than home fries for breakfast? California sweet potato home fries! Switch out white potatoes for California sweet potatoes, throw in some chopped onions, bell pepper and a sprinkle of cayenne or paprika and you've got sweet potatoes O'Brien to go with your bacon and eggs.

- Mashed California sweet potatoes make a delicious accompaniment to a store-bought or homemade roasted chicken. Steam the sweet potatoes until tender, mash, and stir in warmed butter and milk. For garlic mashed, simply throw a few cloves of garlic into the steamer and mash them with the sweet potatoes.

Continued on page 39

Women's Health

Health Services And Screenings Every Woman Should Know About

Eating a healthy diet, exercising, getting a regular Pap smear and mammogram—these are just a few of the many steps women can take to help ensure they live longer, healthier lives. However, it can be tough to figure out what to do, given the mountains of information that are available. So, how can women determine which services and screenings are right for them—and when? You can start by being aware of what the science says about preventing certain health conditions and by having an open and honest conversation with your doctor about your values and preferences.

Cardiovascular Disease

Cardiovascular disease (CVD) is the number one cause of death for women. Fortunately, you can help prevent CVD by addressing important risk factors such as high blood pressure, high cholesterol, and obesity. For example, if you are age 40 to 75, talk to your doctor about your CVD risk and whether a low- or moderate-dose statin may be right for you. Statins are medications that lower your cholesterol, prevent buildup of cholesterol and fats in your arteries, and reduce your chances of having a heart attack or stroke.

Depending on your age and risk factors, taking a low-dose aspirin daily can also potentially help prevent CVD. When blood clots form in narrow blood vessels, such

as the ones in your heart and brain, it can cause a heart attack or stroke. Aspirin can help keep these blood clots from happening, lowering your risk. There are some risks associated with taking low-dose aspirin every day, so make sure you talk to your doctor about whether aspirin is right for you.

Taking statins and aspirin to prevent CVD are effective but they are just one part of CVD prevention. You can reduce your risk of CVD by quitting smoking, eating a healthy diet, and becoming more physically active. If you smoke, talk to your doctor about ways to help you quit. If you are overweight and have other CVD risk factors or even if you are healthy and simply want to stay that way, ask your doctor about how you can develop heart-healthy habits.

Cervical Cancer

Screening for cervical cancer finds the disease when it is most treatable. Unfortunately, 12,000 women in the United States are diagnosed with cervical cancer each year. Most cases of cervical cancer happen in women who have not been regularly screened or appropriately treated. That is why it is critical for women to get screened regularly starting at age 21. There are several effective options for screening, depending on your age and preferences. The Pap test and the human papillomavirus

(HPV) test are the most effective ways to screen for cervical cancer and are done during a visit to your doctor's office. Talk to your doctor about which test is best for you and how often you should be tested.

Breast Cancer

Breast cancer is one of the most common types of cancer in women; roughly 237,000 cases are reported in the United States each year. Breast cancer screening aims to find the disease early, when it is easier to treat. Mammograms, which are X-ray pictures of the breasts used by doctors to look for early signs of the disease, are the most effective method of screening for breast cancer. Evidence shows that the benefits of mammograms increase with age, with women aged 60 to 69 most likely to benefit from screening. Still, about one in three women who should get a mammogram regularly do not. If you are between the ages of 50 and 74, talk to your doctor about getting a mammogram regularly. Some women decide to start screening as early as age 40. Talk with your doctor about your individual situation and circumstances, when you should start screening, and how often you should be screened.

Screening for Osteoporosis

As people age, their bones

begin to thin. For some people, their bones become very weak and can break or fracture more easily, a condition known as osteoporosis. Osteoporosis affects one in every four women age 65 or older in the United States. Bone measurement tests can be used to screen for osteoporosis and identify the likelihood of future fractures. For people who have osteoporosis, treatments are available to reduce the risk of a fracture. If you are a woman age 65 or older (or younger than 65 with certain risk factors), ask your doctor about being screened for osteoporosis and other ways to improve bone health.

Recommendations for Keeping Yourself Healthy

These recommendations were developed by the U.S. Preventive Services Task Force—an independent group of national experts in prevention. The Task Force makes recommendations, based on the latest science, about what works and what doesn't work for preventing disease and promoting good health.

Learn More

For further information on these and other Task Force recommendations, visit www.uspreventiveservicestaskforce.org.



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

—HARPER
adopted 08-18-09

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WEAR PANTS AT
HOME. IT'S A RIOT.**

—COLBY
adopted 06-18-11

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Crossword Puzzle Answers from page 27

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JUST JUDITH

By Judith A. Rogow

April Showers

After an exceptionally wet late February and early March, we are finally seeing much awaited signs of spring.

Early fruits and vegetables are available at the farmers markets and grocery stores are bursting with fresh produce grown locally.



Strawberries, ready for eating now or freezing for jams or pies come the gloomy grey days of winter, are irresistible as are berries of all types. Pies, cakes and pastries made with fresh fruit are irresistible.

Tomatoes are begging to be used in salads, sauces or sandwiches. Vidalia onions, just now coming into season, are available for a brief time but may be stored or “put up” in the freezer for later use.

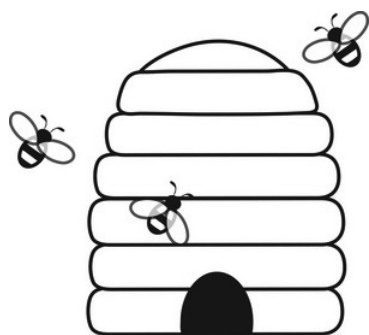
Herbs to dry or freeze are coming into season, and avocados are plentiful. Guacamole anyone?

Kittens and puppies seem to

be everywhere, sweet furry little creatures that grow up to become beloved pets, assistant animals or first responder crew members.

Babies and toddlers on their first visit to the park are a delightful sight, especially if they are your grandchildren. Adorable little outfits are on sale in department stores and specialty shops, how can you resist?

The eagles are back nesting in Big Bear, right now they are sitting on a pair of eggs, but the chicks should emerge mid month. There’s an eagle cam for those of us who avidly tune in to see how things are going, and marvel at the way both huge birds care for the eggs and each other. Once the pair hatch, the parents will be kept busy providing food for the voracious youngsters. A simple search will get you the address of the camera feed.



Smaller birds are also nesting, if you’re lucky enough to have a pair choose an area you can see from your window it’s the best nature show available,

and you don’t have to listen to an announcer explaining what you are watching.



Butterflies and fat fuzzy bumblebees seem to be everywhere. The Monarch and Painted Ladies butterflies are so beautiful that the smaller pale ones are sometimes overlooked.

Bumblebees are invaluable as pollinators of trees and smaller plants, and of course honeybees create the heavenly product that has so many uses. Did you know that honey is the only food that never goes bad? Or that it can help in healing burns or wounds, help fight infections, and may make you sleep better and longer? Those of us who are allergic to bee stings are not allergic to honey and may enjoy it in foods and drinks as we wish. If you aren’t sure your commercial honey is “100 percent pure” drop a teaspoon into a glass of cool water and let it sit for a while. If the blob on the bottom takes on the familiar honeycomb shape, it is as claimed.

Continued on page 40

Healthy Sweet Potatoes

Continued from page 36

Brunch is always a great way to entertain family and friends. Whether it’s Easter, Mother’s Day or a regular old Sunday, why not wow your guests with a delicious spread? Coffee, mimosas, Danish, croissants, fruit salad and of course something with eggs.

This breakfast strata will more than satisfy:

California Breakfast Strata with Sweet Potatoes, Chiles and Goat Cheese

Serves 10 to 12

Ingredients:

- 1 tablespoon cooking oil
- 1 pound orange-fleshed sweet potatoes, cut into 3/4-inch dice (about 3 1/4 cups)
- 12 ounces loose breakfast sausage or breakfast sausage patties
- One 7-ounce can chopped green chiles
- Nonstick cooking spray
- 10 ounces crusty Italian or French bread, with crusts cut or torn into 3/4-inch pieces (about 10 cups)
- 4 ounces chèvre (spreadable goat cheese), crumbled (about 1 cup)
- 3 tablespoons chopped fresh sage
- 8 large eggs
- 2 cups milk
- 3/4 teaspoon salt
- 1/2 teaspoon pepper

Instructions:

In a large skillet over medium heat, warm the oil. Add the sweet potatoes and cook, stirring occasionally, for 5

minutes. Add the sausage and cook, breaking it up and stirring occasionally, until the sweet potatoes are lightly browned and tender and the sausage is cooked through, about 8 minutes. Stir in the chiles and set the skillet aside.

Coat a 2 1/2- to 3-quart casserole dish with cooking spray. Arrange 1/3 of the bread in the dish. Top with 1/3 of the sweet potato mixture, 1/3 of the cheese and 1/3 of the sage. Repeat 2 times. Set aside.

In a large bowl, whisk the eggs, milk, salt and pepper. Pour the egg mixture over the casserole and set aside for 20 minutes, pressing on the bread occasionally to help it absorb the liquid.

Meanwhile, preheat the oven to 350° F.

Cover the casserole with foil and bake for 50 minutes. Remove the foil and continue baking until the top is browned and the center is set, about 10 minutes. Let stand 10 minutes before cutting and serving.

For more information about California sweet potatoes and for delicious recipes, visit www.casweetpotatoes.com.

This breakfast strata made with tasty, wholesome sweet potatoes can be a great way to punch up a brunch buffet.

Good Nutrition Made Easy For Older Adults

Roughly 110 million adults in the U.S. are age 50 or older. If you're one of them or know someone who is, there's something you need to know: As you age, your nutrition needs change. You may become less active, your metabolism slows, and your ability to absorb some nutrients becomes less efficient. You need fewer calories to keep you going—which means the amount of nutrients in your food becomes even more important.

To help, the U.S. Department of Health and Human Services and nutrition scientists at the Jean Mayer U.S. Department of Agriculture Human Nutrition Research Center on Aging at Tufts University, with support from AARP Foundation, created MyPlate for Older Adults.

What's on MyPlate for Older Adults?

Based on the federal government's guide to forming healthy dietary habits, MyPlate for Older Adults makes good nutrition easy. Even better, it helps seniors with fixed incomes select healthy foods within their budget. That includes showing how frozen, dried and canned fruits and vegetables can be wise alternatives to fresh produce.

MyPlate for Older Adults encourages eating whole grains, which are high in fiber, as well as plant-based proteins such as beans and tofu, along with fish



Older people can help their own health by watching what they eat.

and lean meat. Vegetables and fruits make up half the plate, reflecting the importance of eating several servings a day in a range of colors. MyPlate for Older Adults also recommends using herbs and spices instead of salt to season food. Cutting back on salt can have big health benefits—especially for older adults, who are at risk of hypertension.

You can use the MyPlate for Older Adults as a tool when you shop to help you decide on types and combinations of foods, and as a reminder that the foods you choose to eat should be rich in vitamins and minerals.

The rest of the recommendations include:

- Brightly colored vegetables such as carrots and broccoli
- Deep-colored fruit such as berries and peaches
- Whole, enriched and fortified grains and cereals such as brown rice and 100 percent whole wheat bread
- Low-fat and nonfat dairy products such as yogurt and low-lactose milk
- Dry beans and nuts, fish, poultry and eggs

- Liquid vegetable oils, soft spreads low in saturated and trans fats
- Lots of fluids such as water and fat-free milk
- Physical activity such as walking, resistance training and light cleaning.

Learn More

You can check out MyPlate for Older Adults and find more information about AARP Foundation at www.aarpfoundation.org/myplate.

JUST JUDITH

Continued from page 39

If not, use it up for tea and look around for the real thing.

This year we have another “super bloom” and throngs are flocking to see the beautiful countryside decked out on all colors of the rainbow. The rain even created a brief “lake” (a long puddle) in Death Valley, although it dried up quickly.

Of course, spring is also the season of spiritual renewal with religious holidays from the somber to the joyous. Good Friday is April 19, Easter the following Sunday and Passover (Pesach) takes place April 26 and 27. Both of the latter celebrations include food and families are bring several generations together.

Very often the budding cherry

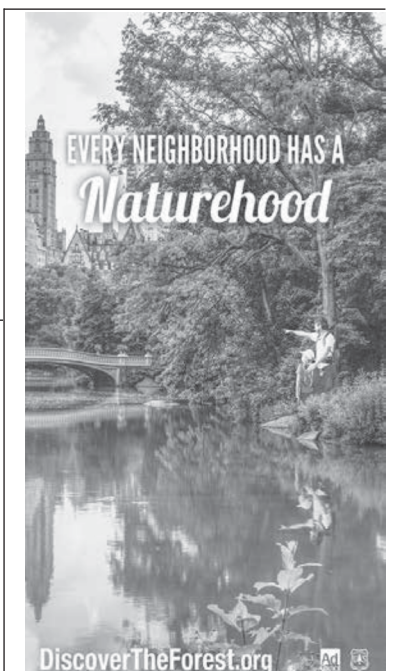
trees are a lovely background to family events, although they have bloomed early this year. However, the snow pack in Mammoth is expected to last until July, so Mother Nature is still ruling the seasons.

In The Spotlight

Continued from page 35

er women living with ovarian cancer to know?

A: I like to say that cancer has messed with the wrong girl. That's a philosophy that I hope for all women living with ovarian cancer, too! Educate yourself. Partner with your team of doctors and nurses. Tap into your inner strength to fight back, and never, ever give up.



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Tinseltown Talks

By Nick Thomas

Michael Dante: from Actor to Author

It's not uncommon for actors to find a second career away from the camera after spending years in front of it. In Michael Dante's case, that new vocation has been writing, beginning with his 2014 award-winning autobiography *"From Hollywood to Michael Dante Way"* (see www.michaeldanteway.com).

"I received the Ella Dickey Literacy Award for it last April in Marshfield, Missouri, at their Cherry Blossom Festival," Dante said. "My second book, *'Winterhawk's Land,'* is the sequel to the film I starred in and played the title role, *'Winterhawk.'*"

His latest Novella is called *"Six Rode Home"* which he said is "about six horse soldiers who come home from the Civil War and it's a great read."

Dante is well acquainted with early American life through



Michael Dante, recent photo - provided by Michael Dante

his films which included working alongside Audie Murphy in two Westerns. "Audie was the greatest American hero of World War II, but never talked about his war experience. He was a very quiet, sensitive, and soft-spoken guy with a great sense of humor who also wrote beautiful poetry and song lyrics."

Dante's first film was the 1956 bio-drama *"Somebody Up There Likes Me"* starring Paul Newman as boxer Rocky Graziano and featured Steve McQueen in his first role. During filming, a truck lost control when its brakes failed and hurtled toward the cast causing Newman to leap out of the way and sending a cameraman flying.

"Then it headed toward me and Steve - I pulled him out of the way."

In *"Kid Galahad,"* another boxing film, Dante sparred with Elvis Pres-

ley. He says the two performed all the fight scenes themselves, with Presley landing a blow on Dante, cutting his lip. "He kept apologizing over and over," he recalled, laughing.

On TV, Dante created a memorable character in the original 1967 *"Star Trek"* episode *"Friday's Child"* where the Enterprise crew visit an alien planet and attempt to negotiate mineral rights with a local tribe. His character,



Michael Dante, center, as Maab as *Star Trek's Friday's Child* - Desilu Productions, NBC.

Maab, was dressed head-to-foot in a stiflingly hot costume.

"The exterior shots were filmed at Vazquez Rocks, near Santa Clarita, California, where it was 117 degrees," Dante said. "So much perspiration drained into my boots that I squished when I walked - I lost 7 pounds on the first day of shooting!"

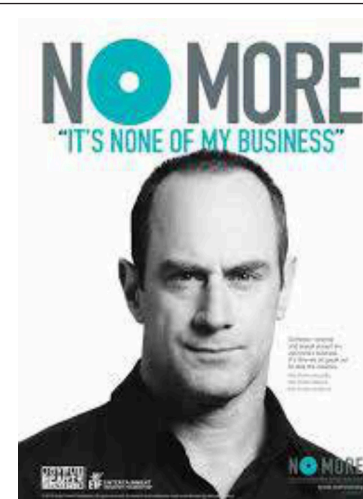
With more than 180 TV and film roles to his credit, Dante remains astonished that his 50-year-old *"Star Trek"* role

still draws wide fan attention, recalling an encounter during a trip to the San Diego Zoo with his niece and nephew.

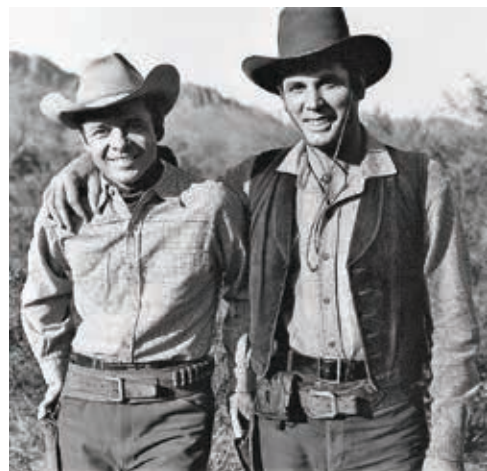
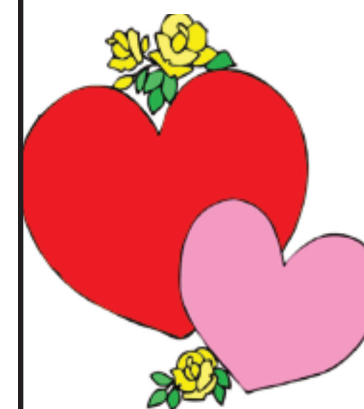
"As we stood by the giant birdcage, I noticed four people staring my way and they yelled *'Maab!'* One girl even carried a thick portfolio filled with *"Star Trek"* photos. I signed some, and asked how she happened to have them with her. 'You never know when you'll run into a *'Star Trek'* actor' was her reply."

A recipient of many acting awards throughout his career including the Golden Boot and Silver Spur Awards for his work in Westerns, the actor-turned-author said he's especially proud of his new career. "Now, I am referred to as award winning author Michael Dante!"

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 700 magazines and newspapers.



With A Heart for Seniors



Audie Murphy and Michael Dante on the set of *Airzona Raiders* - provided by Michael Dante.

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Life in Long Beach

By Lyn Jensen

Tours Explore History and Cultural Heritage

Long Beach Heritage's website provides links to more than 120 designated historic sites and more than a dozen historic districts, all recognized by the city. The organization's mission statement reads, "Long Beach Heritage, a nonprofit organization supported by members and volunteers, is the preeminent resource for advocacy and education about the integral role architectural heritage and historical places have in the city's unique character and its future development."

More heritage sites are constantly being considered. Suggestions for new sites are encouraged. The latest addition, considered an example of an early automobile suburb, is the first designated historic district in North Long Beach.



Sarah Locke, executive director, said the group started as "an advocacy organization" in 1980 to engage public policy on managing the city's architectural and cultural heritage.



Sunday, June 2, brings the organization's annual "Great Homes Tour" that travels around many of Long Beach's finest historical residences, including the landmark Bembridge House, a gorgeous mansion built in the Queen Anne Victorian style in 1906. This is a self-driving tour, so you'll be able to take it easy. Visit www.lbheritage.org to purchase tickets, which go on sale April 15.

As for other Long Beach Heritage activities, walking tours of various neighborhoods happen regularly. All start at 9:30 a.m. and last between two and three hours. Make reservations in advance; tickets are \$10 and are purchased through the Long Beach Heritage website. Here's what's scheduled:

- Second Saturday of every month, travel the East Village where you may enjoy a range of residential and commercial architectural styles, beginning at Modica's Deli at Linden Avenue and Ocean Boulevard.

- Third Saturday of every month, go downtown, where you may view various 20th century architectural styles and learn about the impact of the 1933 earthquake, starting at the WPA mural on the Promenade at Third Street.

- Fourth Saturday of every month, explore Willmore City, Long Beach's first residential neighborhood, including the grand Bembridge House, with its history both vibrant and dark.



- "Some of the earliest residences are on Pine between Fourth and Eighth" Locke. Walking tours of this neighborhood are held quarterly, with the next one happening May 4.

If you'd like to join Long Beach Heritage, memberships start at \$45 for seniors. If you're without Internet access, you may phone (562) 493-7019 for more information.



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