

SENIOR REPORTER

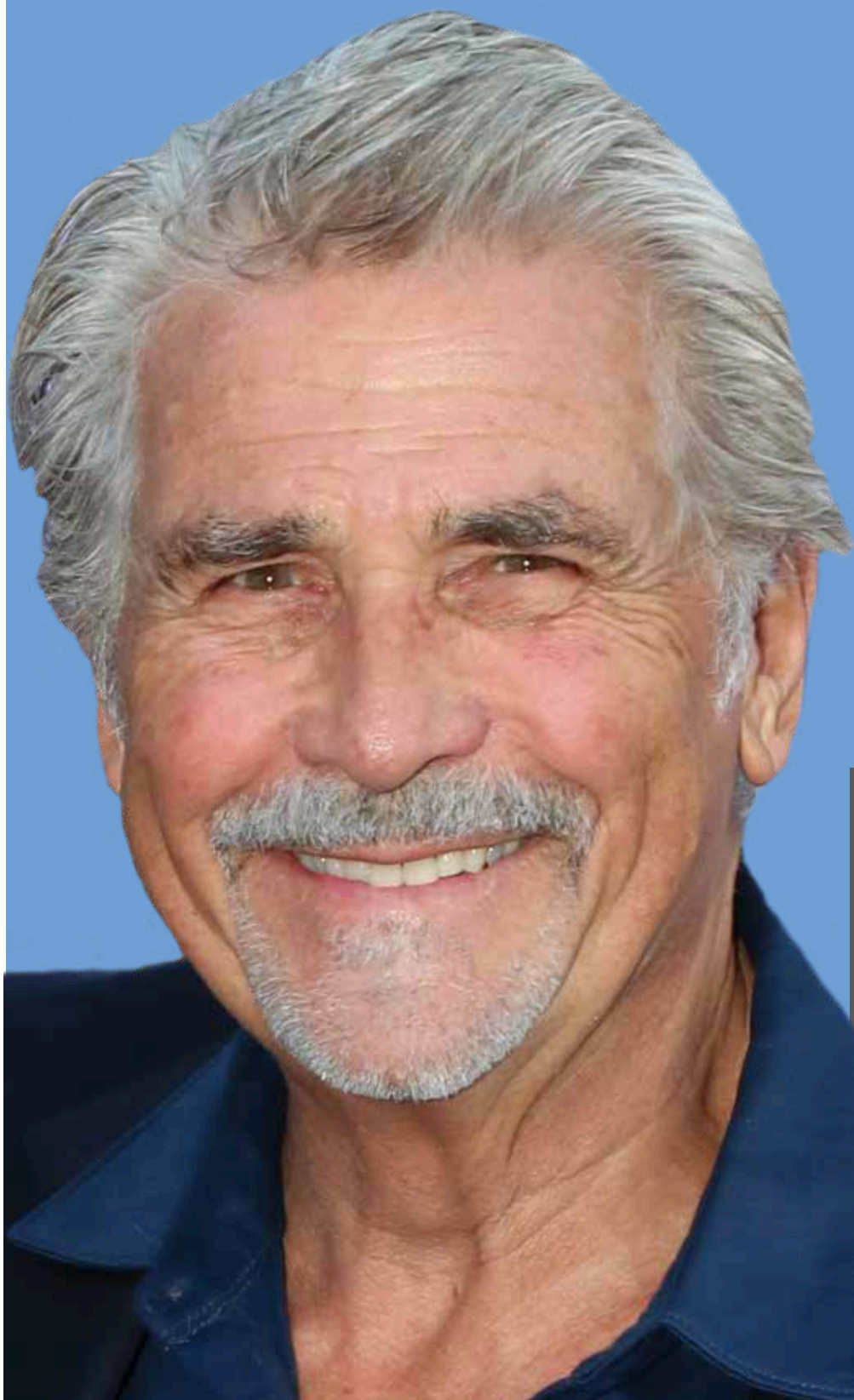
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JUNE 2018

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—James Brolin

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A Chip off the Old Block

By Jim McDevitt



It was 4 a.m. when Jim felt a nudge against his arm. He tried to ignore the nudge because he was very tired and would be getting up for work soon. The nudge became a push until he was fully awake. He opened his eyes to see his dog, Winston, looking right at him with a pleading look. Jim got up quietly so as not to wake his wife. He groggily walked through the hallway into the living room to where the door to the backyard was. He slid the door open and could hear pouring rain out in the pitch black night.

Winston took one look out and decided he didn't have to go out after all. Jim slid the door closed and decided to use the bathroom off the hallway before returning to bed. He took care of business and took about five steps out into the darkened hallway when he stepped in it. He was in his bare feet and one foot was now covered in you know what. Winston obviously really had to go out. Jumping on one foot, he made it to the kitchen where he grabbed the roll of paper towels. As quick as he could he used the paper towels to clean his foot and shoved them in the compactor. He went back into the hallway with the rest of the roll of paper towels after turning on the hallway light. By the time he was finished clean-

ing up; he had used the entire roll of paper towels which he shoved into the compactor. He turned on the compactor and headed back to the bathroom to take a shower.

The warm water from the shower felt good as he bent over and soaped up his foot to make sure it would be completely clean. As he did this he didn't hear the noise from the compactor that was repeatedly trying to compact. He didn't know it then but in his haste to get into the shower he hadn't completely closed the compactor and the motor was trying and trying to compact. He was enjoying the warm shower for a few minutes when he thought he smelled smoke. He shut off the shower and now was sure he was smelling smoke.

By the time he came out of the bathroom the hallway was filled with smoke and the house smoke alarms were going off waking up his wife and two children. He made

his way through the smoke-filled hallway into the kitchen. Smoke was pouring out of the compactor as it continued to try and compact. A spark from the compacting must have started the smoldering paper towels, setting off the alarms. He pulled the compactor out from under the counter, unplugged it and dragged it out to the sliding door. He pulled it out, smoldering into the heavy rain and grabbed the garden hose which he used to put out the smoldering fire.

His wife and children were up, opening doors and windows throughout the house to get rid of the smoke. Of course, he was soaked to the bone now. The good news was that the fire was out and the smoke detectors worked. After he told me this story I told him he was a chip off the old block because this was something I know I could have done. When he and his wife returned to bed, they found Winston snuggled up in the middle of the bed.

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| PLANES OF FAME AIR MUSEUM | | |
| 2018 SCHEDULE OF EVENTS | | |
| (See our website www.planesoffame.org for more information) | | |
| JANUARY | 6 | Living History Flying Day featuring the: Lockheed P-38 Lightning |
| FEBRUARY | 3 | Living History Flying Day featuring the: Curtiss P-40 Warhawk |
| MARCH | 3 | Living History Flying Day featuring the: Vought F4U-1A Corsair |
| MARCH | 10 | 4th Annual Hangar Dance with Big Band Orchestra |
| APRIL | 7 | Living History Flying Day featuring the: North American B-25 Mitchell |
| MAY | 5-6 | Planes of Fame Air Show May 5-6 2018, Chino Airport |
| MAY | 13 | Mother's Day - Moms Admitted FREE! |
| JUNE | 2 | Living History Flying Day featuring the: Mikoyan-Gurevich MiG 15 |
| JUNE | 17 | Father's Day - Dads Admitted FREE! |
| JULY | 7 | Living History Flying Day featuring the: Republic P-47 Thunderbolt |
| JULY | 21 | History of Cal Aero Field (Special Presentation) |
| AUGUST | 4 | Living History Flying Day featuring the: North American P-51 Mustang & Junior Aviators Day! |
| SEPTEMBER | 1 | Living History Flying Day featuring the: Douglas AD-4 Skyraider |
| SEPTEMBER | 15 | Aircraft Production in Southern California (Special Presentation) |
| OCTOBER | 6 | Living History Flying Day featuring the: Douglas SBD-5 Dauntless |
| OCTOBER | 20 | Women in Aviation (Special Presentation) |
| NOVEMBER | 3 | Living History Flying Day featuring: The Great War |
| NOVEMBER | 11 | Veterans Day - Veterans Admitted FREE! |
| NOVEMBER | 17 | 12th Annual "Taste of Flight" Gala |
| DECEMBER | 1 | Living History Flying Day featuring the: Mitsubishi A6M5 Zero |
| DECEMBER | 31 | Planes of Fame New Year's Eve Party! Dinner & Big Band Swing Dance |

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

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

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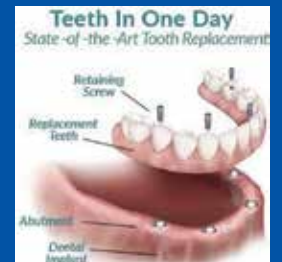
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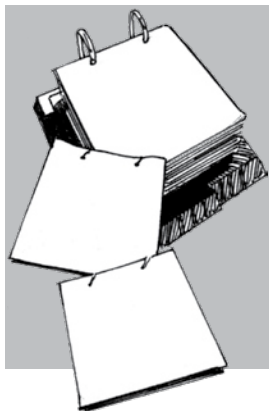
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June Calendar of Events



To help you enjoy your summer even more and break up the days, check out some of these events happening in and around the area.

Rare Vintage Air VW Huntington Beach Saturday, June 2

9 a.m. to 3 p.m.

Bring your VW to the Rare Vintage Air VW d' Elegance to kick off the Prado and Classic weekends. At Old World Village, 7561 Center Ave., Huntington Beach.

Huntington Beach Concours Huntington Beach June 2-3

The Huntington Beach Concours is a fun event where car lovers and enthusiasts can come to enjoy themselves, while also helping a worthy cause, The Huntington Beach Library Children's Center. It is rated No. 1 in California, please help keep it that way by attending this year's event. At, Huntington Beach Central Park, 7111 Talbert Ave., Huntington Beach.

Fantasea of Quilts, Quilt Show Aliso Viejo June 2-3

Annual quilt show where tra-

ditional and non-traditional style quilts will be on display. It brings together the "best of the best" in quilt-making, with aisles of displays, retail exhibits and more. Opportunity quilt: Sunshine, Lollipops, and Rainbows with Kaffe Fassett Fabrics, \$1 per ticket or six for \$5. \$10 and parking is free. Auction is at 1 p.m. on Saturday. At SOKA University, 1 University Dr., Aliso Viejo.

D. Yoder Family Sundays San Clemente Sunday, June 3 10 a.m. and 2 p.m.

Enjoy the arrival of the season with a free visit and self-guided tour to Casa Romantica Cultural Center and Gardens. Explore an art market of affordable treasures crafted by a variety of local artists and craftsmen or listen to live music from Sophia Dion in the courtyard. View Emmanuel Nkuranga's fascinating exhibition in the Casa Gallery. D. Yoder Family Sundays are held on the first Sunday of each month for activities and a program thematically based on Casa Romantica's Casa captivating programs for all ages. Free admission. At, Casa Romantica, 415 Ave. Granada, San Clemente.

Tustin Street Fair & Cook-Off Tustin

**Sunday, June 3
10 a.m. to 5 p.m.**

The event features a one-day Chili Cook-Off, salsa competitions, craft booths, non-profit food vendors, commercial vendors, entertainment, kid's area, music, family friendly contests, wine and beer booths, family plaza and carnival attractions. Admission is free. At, Old Town Tustin, El Camino Real and Main streets. Call, (714) 573-3326.

Celebration of the Arts Yorba Linda Sunday, June 3 11 a.m. to 4 p.m.

Liver Life Walk Irvine Saturday, June 9 Registration opens: 8 a.m. Walk begins: 9 a.m.

American Liver Foundation invites you to join the Liver Life Walk Orange County. The walk will be held on June 9 at the Campus of the University of Irvine. This is a kid/pet-friendly event with lots of activities for your entire family. The registration is free, however, all participants who raise \$100 or more will

receive a limited edition 2018 Liver Life Walk Orange County T-shirt. You can walk alone, form a team, join a team, walk with your colleagues, or volunteer to help at the walk. At, University of Irvine Campus, Irvine. For more information, call, (310)-670-4624. Or email: kmills@liverfoundation.org.

Annual Pier Swim Huntington Beach Saturday, June 9

Get yourself in shape, practice your stroke, learn the motions of the waves and you'll be in good company when the pier swim arrives. Join or watch this annual tradition as groups of swimmers from 12 years old and up swim approximately 1/2 mile around the Huntington Beach Pier. \$25 entry fee. At Huntington Beach Pier, 1 Main Street, Huntington Beach. Call, Huntington Beach Community Services Department. Call, (714) 960-

8870.

Chili at the Beach Huntington Beach June 16

Chili cook-off and salsa tasting contest. In addition, there will be children's activities with kid's games and entertainment, all benefiting the Boys and Girls Club of Huntington Valley. Attendance is free with unlimited chili and salsa tasting tickets. At, Main St. and Pacific Coast Highway, Huntington Beach. Call, (714) 536-8300.

Summer of Mud Run Saturday, June 16 9 a.m.

Celebrate summer by running (or come cheer on the runners!) the approximate +5k course beginning and ending at Irvine Lake. The course is partially on the road and partially on trails and includes hills, water, professionally built obstacles

Continued on page 8

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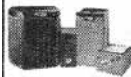
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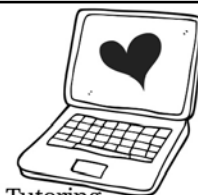
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Fifties Flashback

By Randal C. Hill

17,897 Little Autobiographies

In each of the nearly 18,000 Peanuts comic strips that Charles Schulz produced, he is omnipresent in each of his pen-and-ink characters. He once told Steve Kroft on 60 Minutes: “If you were to read the strip, oh, for just a few months, you would know me ... All of my fears, my anxieties, my joys, and almost, even, all of my experiences go into that strip.”

The arc of Charles Monroe Schulz’s life was established two days after his birth in Minneapolis in November 1922. An uncle gave him the nickname “Sparky,” the term being inspired by the cartoon horse Spark Plug, a character from the comic strip Barney Google.

Sparky, the only child of Carl and Dena Schulz, proved to be a naturally gifted artist who, from age 6, was determined to have a career in cartooning. Following his Central High School graduation and an Army stint as a draftee, Schulz took a job grading lessons at Minneapolis’s Art Instruction, Inc., where he had taken a correspondence course during his adolescence.

In his off-hours he created Li'l Folks, which became a locally popular comic strip in the St. Paul Pioneer Press before United Feature Syndicate changed the name and debuted

Peanuts nationally in October 1950.

Why the name change? UFS felt that the title Li'l Folks came too close to Al Capp's popular comic strip Li'l Abner. At the time, kids in TV's Howdy Doody Show audience who sat on studio bleachers were called Peanuts, their name derived from a vaudeville term describing patrons who sat in the cheaper balcony seats—the Peanut Gallery—and sometimes tossed goobers onto the stage below to show displeasure. UFS executives liked Peanuts as a title and overruled Sparky.

Schulz despised the name that made him famous and was determined that his concession to United Features Syndicate people would be the only one where he let anyone, or anything influence his work. For nearly 50 years he maintained an iron-fisted control of a comic strip that he alone laboriously wrote, drew and lettered by hand seven days a week.

During the 1950s Schulz developed a (deceptively) simply drawn group of oddly proportioned, balloon-headed kid characters that included Charlie Brown, Patty, Shermy, Violet, Schroeder, Lucy, Linus, Pig-Pen and the dog Snoopy, who he based on a bizarre family pet who sometimes devoured pins and tacks.

Peanuts often focused on the bumbling, insecure worrywart Charlie Brown, who, along with his sometimes-cruel gang of neighborhood peers, spent his days stumbling through the minefield of childhood social interactions. Through his characters Schulz offered themes never before addressed in a mainstream cartoon strip: isolation, loneliness, melancholia, unrequited love — all stemming from his interior life.

The most famous, revered and influential comic strip in history, Peanuts earned Charles Schulz over a billion dollars and won him worldwide fame and respect. But, sadly, all of his success never allowed him to dispel the cloud of depression that hung over his life yet fueled his creativity for nearly half a century.

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JUNE CALENDAR

Continued from page 5

and over a dozen mud pits. You will get wet and you will get muddy. Be sure to bring towels and a change of clothing. At, Oak Canyon Park, 5305 Santiago Canyon Road, Silverado.

Summer Solstice Garden Gala Fullerton June 16

Guests will enjoy an evening “under the stars” with an evening of food, fine wines, and moonlight dancing in the beautiful gardens of the Arboretum at California State University, Fullerton. This annual event raises vital support for the living and historical collections of the Fullerton Arboretum. At, Fullerton Arboretum, 1900 Associated Road, on the CSUF campus. Call, (714) 278-4792.

Summerfest Fountain Valley June 21 - June 24

Carnival rides, vendors, food booths and the famous FV Classic Car Show, great entertainment, and beer garden. Preview Night on Thursday where all rides are \$1. At, The Recreation Center and Sports Park, 16400 Brookhurst St., Fountain Valley. Call, (714) 649-2760.

Wags 'n Wine Huntington Beach June 17

Great food, wine, silent and live auction, opportunity drawings, live entertainment, dancing,

dog Adoptions, pooch pageant and more. Raising money for Waggin' Trails - rescuing dogs (and other animals) from certain death in shelters or bad living situations ensuring they get placed in a forever home. At, Paséa Hotel & Spa, 21080 Pacific Coast Hwy, Huntington Beach.

A Taste of Greece June 29 - July 1

This is a fun-filled festival for the whole family. Pastries, dancing, full-scale carnival, boutique and Greek food including a wine taverna. There will also be cooking demonstrations, Greek Folk dancing lessons, church tours and opportunity drawings. At, Saint Paul's Greek Orthodox Church, 4949 Alton Pkwy, Irvine.

Sawdust Festival Laguna Beach June 29 – Sept. 2

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James Brolin

By Les Goldberg

In recent years, James Brolin has been referred to more as Barbra Streisand's husband than for his acting, directing and producing career spanning more than half a century. However, while his American legend singer wife today prefers to spend her days away from the recording studios and the Hollywood scene, Brolin, who will be turning 78 next month, continues to work, currently playing the family patriarch in the CBS comedy, *Life in Pieces*, which last month was renewed for a fourth season.

In fact, Brolin's handsome face has adorned TV screens for most of his career, appearing in popular sitcoms, dramas and special made for TV programs, including *Castle*, *Community*, *Monk*, *Wedding Wars*, *Law & Order: SVU*, and *Lost City Raiders*.

He portrayed Ronald Reagan in the TV film *The Reagans*, which earned him an Emmy and Golden Globe nominations for the fifth time. Before that he played Gov. Robert Richie of Florida, the Republi-

can opponent of President Jed Bartlett, on the hit series *The West Wing*.

Since 1961, he has played a variety of roles in television's most popular productions, including *Voyage to the Bottom of the Sea*, *Daniel Boone*, *Batman*, *Marcus Welby, M.D.*, *Gunsmoke*, *Hart to Hart*, *Roseanne* and many more.

Meanwhile, Brolin's talents have contributed to the success of more than 50 motion pictures, beginning with *Take Her, She's Mine* in 1963 and continuing through last year as director of *Royal Hearts*. If you are a movie fan, you may have seen him in *Sisters*, *Accidental Love*, *Burlesque*, *Last Chance Harvey*, *Bad Girl Island*, *The Hunting Party*, *Catch Me If You Can*, *The Amityville Horror*, *Westworld*, *Skyjacked*, *The Boston Strangler*, *Fantastic Voyage*, *Von Ryan's Express* and too many to list here.

Unlike many actors who are discovered in other parts of the country and get to "make it" in

Hollywood, Brolin didn't have to go too far. He was born July 18, 1940, in Westwood, the eldest of two brothers and two sisters and the son of Henry and Helen Bruderlin.

As a young child, he was apparently more interested in animals and airplanes, which he began building and flying when he was 10, than in acting. As a teenaged filmgoer in the mid-1950s, he was particularly fascinated with actor James Dean, and he began shooting 8 mm films. When his parents invited a director over to his family's house for dinner before auditioning, he met another fellow actor and classmate, Ryan O'Neal, who was about a year younger than Brolin.

The two clicked and later enrolled in University High School in West LA. However, Brolin's own acting exposed his stifling shyness. His assurance grew when O'Neal invited him to a casting agency. Brolin graduated from high school in 1958, and his family was already encouraging him

to become an actor like O'Neal.

Brolin attended Santa Monica City College and studied drama at UCLA before getting a contract with 20th Century Fox in 1960, when he started out as a contract player in Sandra Dee movies.

His appearance in an episode of *Bus Stop* in 1961 soon led to parts in other television productions such as *Voyage to the Bottom of the Sea*, *Margie*, *Love*, *American Style*, *Twelve O'Clock High* and *The Long, Hot Summer*. He made three guest appearances on the popular 1960s series *Batman*, alongside Adam West and Burt Ward, as well

as roles in *The Virginian*, and *Owen Marshall: Counselor at Law* alongside Arthur Hill and Lee Majors. He also had a recurring role on the short-lived television series *The Monroes*. At the age of 20, he changed his surname from "Bruderlin" to "Brolin" to become James Brolin. While in school struggling to make it big, he met actor Clint Eastwood who helped him get small roles in several films during the mid-60s. Then, in 1967, he landed his first big role in *The Cape Town Affair*, but it did not receive any success at the box office. Brolin was ultimately fired by 20th Century Fox.

During the 1970s, however, his fate took a drastic upward turn. He began appearing in leading roles in films, including *Skyjacked* (1972), and *Westworld* (1973). By the mid-1970s, he was a regular leading man in films, starring in *Gable and Lombard* (1976), *The Car* (1977), *Capricorn One* (1978, in which he costarred with Elliott Gould, Streisand's ex-husband), *The Amityville Horror* (1979), *Night of the Juggler* (1980), and *High Risk*

Continued on page 16

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The Gadget Geezer

By Les Goldberg

Look What I Found!

Part of the fun of my job is finding products that are innovative, useful and appropriate for our readers. Sometimes they do not fit into any category, i.e.: last month's gardening column, but rather are a mixed bag of gadgets and gizmos that I run across during my endless research.

This month is an example of that and the gadgets I found run the gamut from home elevators to ear wax removal:

Up and Down

If you live in a multi-story home and find climbing stairs an agonizing or impossible task, then you are a prime candidate for owning a home elevator. Until now, there were just two basic types of lifts



-- those that are constructed as add-ons to your home, and those that are installed at the side of your staircase.

Introducing the Lifton Home Lift. Basically, it is a glass tube that extends from your first floor and through the ceiling to the second floor. According to Dave Muti, president of 101 Mobility, the Lifton distributor in Orange County, minimal construction is required and there are no noisy motors or visible hoists.

"It gives users peace of mind that they can freely go from one floor to another without fear of falling or any other hesitations," he said. "As an added benefit, the Lifton is a perfect dumb waiter and can reduce injuries caused by carrying heavy items up and down stairs -- like suitcases and vacuum cleaners."

This product falls into the category of you get what you pay for -- on the luxury side of the cost spectrum. At about \$24,000, think of it as an investment in home safety, property value and self-esteem. More information is available on the company's website, www.nnj.101mobility.com.

ChargeguardZ



On the opposite side of the price scale is the ChargeGuardZ, a \$9.99 device that is designed to protect your charging cables and plugs.

Whether you have Apple or Android Smartphones, headphones or other USB port devices, the ChargeGuardZ slips onto the charging cords to become part of them -- eliminating the wear and tear caused

by constant bending and twisting during everyday use.

Additionally, it can serve as a convenient stand for your devices while you are reclining, standing or driving in your car. It also functions as a tidy base for wrapping your cords so they can be stowed away in your purse, pocket or drawer. The ChargeGuardZ can be found at www.chargeguardz.com and Amazon.com.

ClearEar Oto-Tip



Let's face it, removing the wax from our ears can be a hassle. There have always been limited options: 1) Buy an earwax removal kit, 2) wash the wax away in the shower or with your own devices, and 3) use cotton Q-Tips that come with warnings from audiologists and other healthcare professionals.

But along comes ClearEar Oto-Tip, an electronic ear wax removal gadget that I found useful the first time I tried it. The best way to describe how it works is to think about an oil drilling rig. The small handheld device -- it is about

the size of a lipstick container -- uses plastic "bits" that are made to extract the wax from your ears. Once the bit is gently inserted into your ear cavity, you press the power button to start the "drilling."

The wax is removed and washed away when you put the removable bits under the faucet's running water. ClearEar Oto-Tip comes with 10 bits and one 3V lithium battery. It is available on Amazon for \$47.88 or you can get the device and 10- extra tips for \$55.00.

Absorbits

As I get older, I find myself becoming slightly clumsier with



a case of the "dropsies." Granted, it is one thing to drop a glass or plate, etc. -- they can be easily replaced

without too much pain in the wallet. But dropping your Smartphone or any electronic device in a pool, sink or toilet can be an expensive proposition.

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Fabulous Finds

By Debbie L. Sklar

Boomer dads and granddads can be the hardest to buy gifts for, and they will often tell you they have everything they need. So, what can their kids and grandkids give them that they never would have thought to ask for or buy themselves – technology that will truly help them in their daily lives? Check out some of these great June Fab Finds for Father's Day on June 17 or whenever.

iHealth Smart – Wireless Gluco-Monitoring Bundle



Everything you need, including a glucose meter, to manage your sugar levels at an affordable price with the **iHealth Smart – Wireless Gluco-Monitoring Bundle**. Price: \$56.99. Visit www.BestLivingTech.com

Intelligent Stove Safety from iGuardStove - Gas 1/2 Inch



The **Intelligent Stove Safety from iGuardStove - Gas 1/2 Inch** converts any gas stove into a safe and smart stove with Wi-Fi connect ability. Prevents unattended or forgot-

ten cooking from occurring. Price: \$695.00. Visit www.BestLivingTech.com

Sleep Well Bluetooth Tinnitus Masker – Sound Oasis

By night the **Sleep Well Bluetooth Tinnitus Masker – Sound Oasis** sound machine helps you get a better night sleep. By day, it's a Bluetooth speaker that streams music from your cell phone! Perfect for travel. Price: \$59.99. Visit www.BestLivingTech.com



Wander Alarm Security Alert



Chimes or vibrates the receiver to let you know that a door or window has been opened. The **Wander Alarm Security Alert** is great for home use or notifying caregivers when a resident leaves their room, opens a window or enters an unattended area. Price: \$45.00. Visit www.BestLivingTech.com

Clarisonic Alpha Fit

The ultimate gift for dads and grads alike, **Clarisonic's Alpha Fit** is its first device en-



gineered specifically to clean men's tougher skin. The Alpha Fit kit includes a men's daily cleanse brush head, specifically designed for more resilient skin to provide an invigorating sonic cleanse for bearded or clean-shaven men. Price: \$219, www.Clarisonic.com

Dollar Shave Club Father's Day Shave Kit



Give dad the gift of a clean shave with the **Father's Day Shave Kit** and membership to **Dollar Shave Club**. New for Father's Day, the first box includes a three-piece collection to guarantee a smooth shave from start to finish with the Executive Razor and cartridge set, Dr. Carver's Shave Butter and Dr. Carver's Magnanimous Post Shave Cream. Razor cartridges are then sent automatically each month for the designated amount of time. Price: \$45 - \$140, DollarShaveClub.com

Options include:

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Peter Thomas Roth Soak it Up Kit



Give the gift of youthful-looking, hydrated skin to dad this year with the **Peter Thomas Roth Soak it Up Kit**. The 3-piece deep hydration and detox kit includes: Water Drench Cloud Cream Cleanser, Cucumber Gel Mask, and Water Drench Hyaluronic Cloud Cream Hydrating Moisturizer. Price: \$58, [Sephora/Sephora.com](http://Sephora.com)

The Gadget Geezer

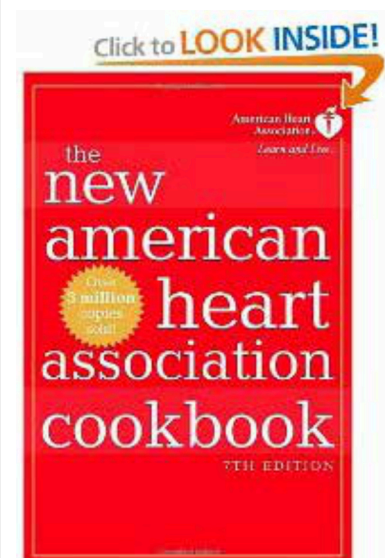
Continued from page 12

black, blue, silver and purple – the Absorbites pouches have multiple uses and can be dried with a hair dryer. Here is how they work:

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According to the company spokesperson, “we cannot guarantee that the electronics will be fixed, but they will have the moisture removed and will be bone dry. Unfortunately, sometimes things are beyond repair but time and time again, our unit has saved wet electronics.

The pouches, priced at \$12.99 for phones, and \$23.99 for tablets, are available at www.absorbites.com.



Irvine Barclay Theatre Presents

The 15th annual National Choreographers Initiative will take place this summer from July 9 to July 28. During the three weeks of intense creative effort at the dance studios of University of California, Irvine, four choreographers and sixteen professional dancers will produce new dance works culminating in a public performance at Irvine Barclay Theatre on Saturday, July 28 at 8pm. The evening will include a Q&A session, moderated by Artistic Director, Molly Lynch, giving the audience the opportunity to discuss the production with the four choreographers.



the type of work created and allowing the choreographer to keep his/her own work since it is not being commissioned by a company. National Choreographers Initiative has hosted 64 choreographers, 128 dancers from 42 different companies, and has produced 56 new works – 29 of which have been produced by companies throughout the United States.

The four chosen choreographers for this year's project are: Kevin Jenkins, David Justin, Ilya Kozadayev, and Mariana Olivera.



Since its founding in 2004, the National Choreographers Initiative has become an important incubator for creating new dance works and professional development of choreographers. It differs from many other new work projects by imposing no restrictions on



Molly Lynch is an award-winning choreographer and artistic director, with over 35 years of experience creating, producing, and presenting dance.

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Angel of the Morning

Merilee Rush & the Turnabouts

June 1968

By Randal C. Hill

By 1967 songwriter Chip Taylor had one hit tune to his credit: the Troggs' *Wild Thing* from the previous year. Now he was summoning his muse again in hopes of hitting pay dirt for a second time. In *Behind the Hits* Taylor explains: "The day I wrote *Angel* I was fooling around with some chords for three or four hours. Then, all of a sudden, out of nowhere, came 'There'll be no strings to bind your hands, not if my love can't bind your heart.' I said, 'That is beautiful!'... Within 10 minutes I'd written the whole song, including the chorus."

Then there was the matter of what followed those opening lines.

Sex had to be soft-pedaled during Rock's early days; *Angel of the Morning* changed all that. As its story unfolded listeners heard such eyebrow-lifting lyrics as *I see no need to take me home/I'm old enough to face the dawn*, as well as *If morning's echo says we've sinned/Well, it was what I wanted now*.

Wow. But, after all, this was the "progressive" '60s.

Taylor and a partner recorded the song — which featured a simple Louie Louie chord progression — with a young singer named Evie Sands.

Released on Cameo Records, *Angel* quickly caught fire and won airplay in several key radio markets. But, two weeks after Sands' 45 was released, Cameo unexpectedly went bankrupt, and Evie's rising star fizzled out.

Later, Taylor received a phone call from Seattle that another artist, Merilee Rush and the Turnabouts, had cut his song. Taylor: "I was looking forward to hearing it. It came out and I had a copy sent to me. But I took one listen and said, 'Uh-uh, I don't think so.'"

Taylor spoke too soon; Rush's disc went Top Five in Seattle, then spread rapidly across the country.

Rush began her life as Merilee Gunst in Seattle in 1944. At age 16 she became the lead singer of a local Rock outfit called the Amazing Aztecs. She eventually married the band's sax player, Tom Rush, and the two formed Merrilee and Her Men, which later disbanded. For a while the Rushes worked in an integrated Seattle Rhythm-and-Blues collective called Tiny Tony and the Staties (Tony being a 300-pound soul belter).

In 1965 the Rushes created Merrilee Rush and the Turnabouts, a Rock/R & B group that soon became a top draw on

the local club circuit. In time they signed on as the opening act for Paul Revere and the Raiders' 1967 tour. While in Memphis, Raiders lead singer Mark Lindsay introduced Rush to record producer Chips Moman, who had recorded the Box Tops' megahit of *The Letter*.

Moman had Rush cut a breathy rendition of *Angel of the Morning*, a haunting future Top 10 winner. Released on Bell Records, Rush's version became a million-seller and even earned her a Grammy nomination.

In 1981 country singer Juice Newton breathed new life into Merrilee's song that some Rock historians now cite as being a forerunner of the women's liberation movement.

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James Brolin

Continued from page 10

(1981). When Roger Moore expressed his desire to leave the role of James Bond, Brolin screen tested for the role in the next film *Octopussy* (1983). Ultimately, however, Moore decided to continue in the series.

1966 ended in divorce in 1984 and produced two sons, Josh and Jess. A year later, Brolin met actress Jan Smithers on the set of *Hotel*, and they married in 1986. The couple had a daughter, Molly Elizabeth, in 1987, before getting divorced eight years later.

In 1996, Brolin met Streisand and they were married in 1998. He has two grandchildren from his previous marriage to Jane Cameron Agee, who died in a car accident in 1995. He also is the stepfather of Streisand's only son, Jason Gould, who is named for her previous husband, actor Elliott Gould.

In 1985, Brolin parodied his near-hiring as James Bond in the film *Pee-wee's Big Adventure*. In a film within the film, he merged the characters of Bond and Pee-wee Herman, the "real" version of whom was played by Paul Reubens. He is referred to as "PW" and the role of Pee-wee Herman's girlfriend "Dottie" is played by Morgan Fairchild.

Since then, his status in Hollywood and around the world has climbed to superstar heights, both on and off the screen. His marriage to Streisand in 1998 was his third and the happy couple now live in Malibu.

His first wife, Jane Cameron Agee, was a wildlife activist and aspiring actress at 20th Century Fox. The marriage in

When asked to reflect on his career during an interview, he said: "I think you can have a whole terrific, smart career as a second and third banana and work more and have much less risk than the lead guy. But I like being the lead guy."



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— J. Fitzgerald, VA



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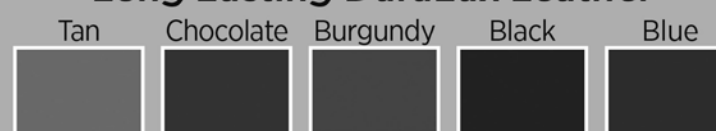
And there's more! The overstuffed, oversized biscuit style back and unique seat design will cradle you in comfort. Generously filled, wide armrests provide enhanced arm support when sitting or reclining. The high and low heat settings along with the multiple massage settings, can provide a soothing relaxation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

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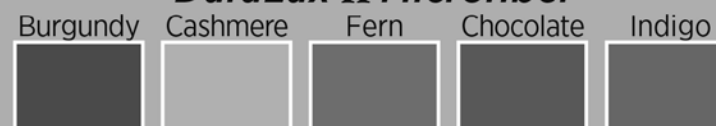
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Be The Boss Of Your Diabetes: Three Self-Management Tips

Diabetes is one of the fastest-growing conditions in the U.S. Today, the number of Americans diagnosed with diabetes has skyrocketed to nearly one in 10, compared to one in 100 just 50 years ago. Chances are that you or someone you know is coping with it.

What You Can Do

Hearing from your doctor that you have diabetes can be an overwhelming experience. From that day forward, your “new normal” may involve some lifestyle changes. Managing diabetes is a 24/7 responsibility, and many people don’t know where to turn for help to get started. The good news is that diabetes self-management education classes and resources are widely available. Diabetes education can help you to navigate changes and learn simple ways to improve your overall health.

Diabetes self-management means a number of key behavioral changes, including tweaks to diet and exercise, and learning to manage your medication. And while you can attempt those tweaks by yourself, you don’t need to go it alone. Most insurance plans, Medicaid and Medicare cover diabetes self-management education. Unfortunately, studies show only 6 percent of people take advantage of diabetes classes meant to help them manage their diabetes within the first year of being diagnosed.



You can get a better handle on self-management for your “new norm” with these three tips:

- **Attend a diabetes education class.** Most health care providers offer classes to help people with diabetes learn how to manage their condition. You’ll learn best practices and tips for meal planning, monitoring blood sugar, medications, stress management and more. In addition, many community organizations offer classes to support continued learning and management of diabetes.

- **Discover healthy lifestyle ideas.** As diabetes becomes increasingly prevalent, more organizations are offering a variety of classes to help support healthy living. These classes can include healthy eating tips and recipes, or a variety of fitness opportunities such as ballroom dancing or yoga. You can check a nearby community center or fitness center to see what classes they offer. Some health insurers also offer diabetes resources and classes for members and nonmembers alike at brick-and-mortar retail stores. Check with your health insurer for options.

- **Get moving with easy-to-use fitness technology.** Physical activity offers huge benefits for people with diabetes, including lowering blood glucose levels, helping with weight loss,

and controlling blood cholesterol and blood pressure. Fitness trackers and apps for phones and tablets make it easier to incorporate physical activity into your daily routine. For example, the Blue Cross “do.” app can help you choose activities and set reminders throughout the day to stand up, stretch, walk and more.

By successfully managing your diabetes, you can improve your quality of life and help prevent complications down the road—including cardiovascular disease, nerve damage, eye damage, hearing impairment and more.

A diabetes diagnosis changes your life, but your new norm can lead to changes that can help you feel better and stay healthier.

Learn More

For further information about diabetes self-management education and how you can help take control of your diabetes, go to www.bluecrossmn.com/newnorm.

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Digital

By Robert E. Horseman, DDS

A dentist, like a juggler, is an individual whose right hand should always know what his left hand is doing. That's why dentists take exceptionally good care of their hands. Male dentists, of course, have to learn this the hard way because in their younger days, they attempt to play baseball or handball with other clueless males. The learning curve is steep, but with enough finger injuries, even the most unreconstructed eventually concede there are some things they should eschew.

In view of the fact that the first and best do-it-yourself kit consists of your own pair of hands, most dentists learn to keep their fingers away from power saws. If they ever have to pound a nail, it becomes prudent to hold the hammer with both hands. Exercising every precaution and opting for an early retirement, most of us find our hands professionally functional as long as we need them.

There are exceptions. My little finger on my right hand--a finger that has lain dormant for the last eight decades except to extend itself in a proper fashion at tea parties--has suddenly become painful to flex. As usual with ailments that occur almost every day in the Golden Years, I ignore the discomfort until I find myself seeking compassion from an orthopedic surgeon.



"You've got a 'trigger finger'," he opines cheerfully. Having heard all the protests from innocents who have never triggered a gun in their lives, he goes on to explain in one syllable words for my benefit the problems of the flexor muscle as it passes through a series of sheaths. These have somehow become clogged with the detritus of a misspent life and it now impedes the smooth passage of the muscle inside them. I weep softly into a small pillow case I have brought along for that purpose.

I want to ask why this particular maverick finger, has gone rogue and not one or more of the other nine. But he is still busy explaining that he will perform a "trigger release" operation, whereupon he vanishes. His nurse, who has been lurking in the shadows leafing through a Victoria's Secret catalogue, emerges to hand me a ream of papers to be signed and an appointment card for the surgery. She wants a complete blood workup and an EKG. It's best not to argue,



I'm thinking, grateful it's not a major bowel obstruction.

I front up at the *Same Day Surgery Center*; an imposing edifice designed to alleviate the high cost of extended hospitalization. An equally imposing fee is offered for the convenience of speed, rivaling that of IN-N-OUT hamburger outlets. The austere waiting room, cool enough to induce frost bite, is full, the occupants furtively eyeing one another with loathing. Although the gravity of my "trigger release" is not on a par with a quadruple by-pass or a kidney transplant, the paper work and interrogations by staff are essentially the same.

"Fill out these forms both sides, sign here and here and here and initial here and here," Staff Person #1 instructs. She gives me a copy of a waiver absolving the entire staff and their families of any liability. "Just a formality," she smiles with a hint of a wink. "Are you allergic to anything?" Dutifully noting my negative response on her clipboard, she leaves. Staff Person #2 appears, professional in green scrubs, booties and a small likeness of Jerry Garcia tat-

Continued on page 29

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June Book Club

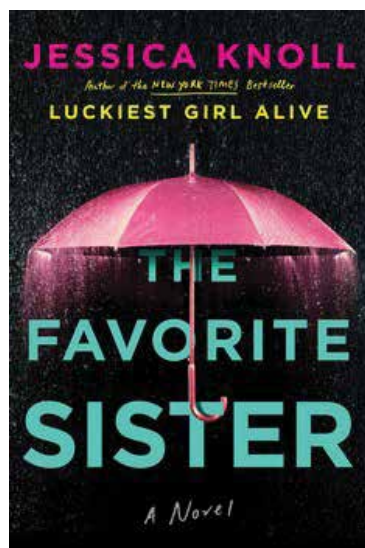
By Debbie L. Sklar



jealousy and vitriol from her castmates... Simon and Schuster

The Favorite Sister

By Jessica Knoll



From Jessica Knoll—author of *Luckiest Girl Alive*, the instant New York Times bestseller and the bestselling debut novel of 2015—comes a blisteringly paced thriller starring two sisters who join the cast of a reality TV series. One won't make it out alive. So...who did it?

When five hyper-successful women agree to appear on a reality series set in New York City called *Goal Diggers*, the producers never expect the season will end in murder...

Brett's the fan favorite. Tattooed and only twenty-seven, the meteoric success of her spin studio—and her recent engagement to her girlfriend—has made her the object of

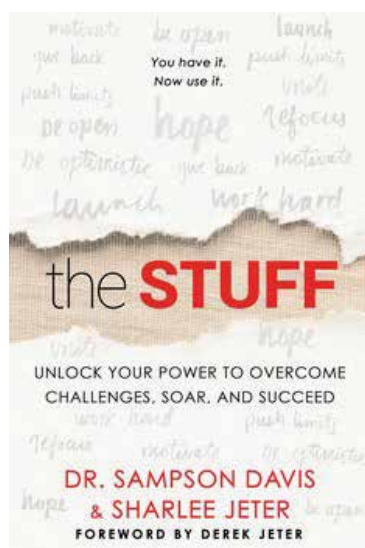
The Stuff

Unlock Your Power to Overcome Challenges, Soar, and Succeed

By Sharlee Jeter and Sampson Davis

Foreword by: Derek Jeter /

With: Marcus Brotherton



"Sampson and Sharlee's message of the power of positivity, hard work, and resilience is one that we need to hear right now." —Chris Gardner, #1 New York Times bestselling *The Pursuit of Happyness*

Everyone has difficult moments in life. But everyone also has the Stuff to overcome hardships, to survive and thrive.

Learn how to better access and hone the eleven core elements of the Stuff and be inspired

by the real-world stories of triumph in this practical book by New York Times bestselling author Dr. Sampson Davis (*The Pact*, *Living and Dying in Brick City*) and Sharlee Jeter (Turn 2 Foundation).

Everyone has those moments in life when they're truly tested, when they wonder if they have the strength to overcome the challenges before them. We've all heard stories of people who have risen up in the face of the unimaginable. But not everyone believes that they have what it takes to do the same.

However, what we need to realize our own potential—to fight for what we want our lives to be—already resides within each of us. You already have the Stuff. Learning how to develop and harness it is the key.

Survivors themselves, Dr. Sampson Davis and Sharlee Jeter have created The Stuff Movement, interviewing dozens of people to find the common threads that enabled them to triumph over their challenges. Through the powerful stories of people who overcame cancer, poverty, toxic relationships, racism, violence, career roadblocks, and other obstacles big and small—The Stuff highlights eleven core elements that will help you

not only survive but thrive in spite of life's difficulties. These elements are as easy to understand as they are to enact—presented in plain talk, without judgment, and with compassion for the everyday challenges people face.

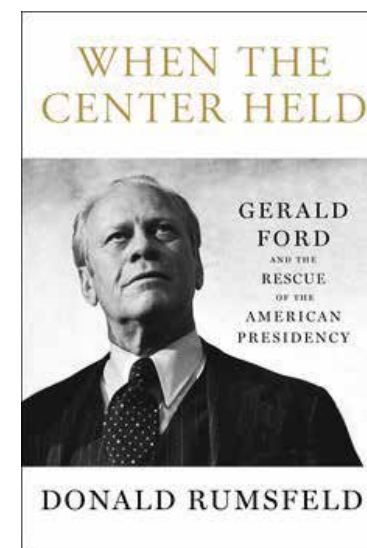
As Dr. Davis and Sharlee share stories of the amazing people who've shown their Stuff, you'll find that unearthing the same Stuff within yourself is a process as rewarding as it is important—and you'll never say you can't do it again.

Read the book, and join the conversation at TheStuffMovement.com.

Featuring stories about John O'Leary (*On Fire*), Mercy Alexander, Rich Ruffalo, Mindy Hardin, Glenn and Cara O'Neill, Sean Swarner, Traci Micheline, Wess Stafford (*Too Small to Ignore*), Austin Hatch, Debra Peppers, Christine Magnus Moore, Martha Hawkins, Ali Stroker (*Glee*), Susan Scott Krabacher, Deval Patrick, and more.

Gallery/Jeter Publishing *When the Center Held* *Gerald Ford and the Rescue of the American Presidency* By Donald Rumsfeld

A revealing political memoir of the presidency of Gerald Ford as seen through the eyes of Donald Rumsfeld—the *New*



York Times bestselling author, and Ford's former Secretary of Defense and Chief of Staff, and longtime personal confidant.

In the wake of Watergate, it seemed the United States was coming apart. America had experienced a decade of horrifying assassinations; the unprecedented resignation of first a vice president and then a president of the United States; intense cultural and social change; and a new mood of cynicism sweeping the country—a mood that, in some ways, lingers today.

Into that divided atmosphere stepped an unexpected, unelected, and largely unknown American—Gerald R. Ford. In contrast to every other individual who had ever occupied the Oval Office, he had never appeared on any ballot either for the presidency or the vice pres-

Continued on page 24

Uncovering Santa Ana: Epicenter of Creative Urbanism

Story by Ronnie Greenberg • Photos by Joe Hilbers

Stretch your sense of discovery straight to the heart of Santa Ana, the government seat and second oldest city in Orange County. It has been reborn as one of the region's trendiest destinations for short and long-term adventurers looking for a creative urban vibe. Like no other city in the Southland, Santa Ana serves as a microcosm of what an urban destination can look like.



Welcome to the Bowers Museum

Be inspired with the upbeat energy and eclecticism while uncovering the culinary magic in the new ethnic venues that dot the city, and the culturally diverse roots in the city's arts with two regional destination museums, one performing arts theater, one leading e-sports arena and the region's most acclaimed performing arts high school.

Santa Ana as Southern California's Stage is an emerging art scene where you can experience avant-garde exhibits from upcoming artists, world class student performances, ancient artifacts from around the world, and even a performance by Pacific Symphony in an intimate micro-venue. Ever since the Yost Theater raised its

curtain as the region's first vaudeville theater more than a century ago, Santa Ana has been home to painters, sculptors, actors, artisans, musicians, chefs, filmmakers and creative based schools and businesses-much of it centered in and around the **Artists Village**.

OC School of the Arts Art (OCSA) Dozens is a leading high school talent incubator in film, TV, theater, dance, fine art, music, visual studies, the culinary arts and more. Student theater, music, dance and other performances here are open to the public every month. Visit <http://boxoffice.ocsarts.net/main/default.aspx>

CSUF Grand Central Art Center (a partnership with California State University at Fullerton) has students

that offer a tour of the facility which includes many public galleries and live/work apartments for 26 students participating in the artists-in-residence exhibitions and events open to the public. For the exhibitions calendar visit <http://grandcentralartcenter.com/exhibitions> and for the GCAC events calendar visit <http://grandcentralartcenter.com/events-2>.

F. Kennedy's Life and Time is on display. Wonderful photos some memorable and some new, are tastefully displayed. A JFK-Inspired lunch at the Tangata Restaurant (Patina Catering at Bowers Museum) features a two-course lunch featuring the 35th President's favorite dishes. New England clam chowder, sea salt and fennel pollen puff pastry with Manila clams and crispy



Gardens at the Bowers Museum

Bowers Museum housed in a Mission-Revival style building, a mainstay of the OC cultural scene since 1936, has permanent collections with more than 100,000 objects including Native American art, art of Asia, Oceanic art, Africa, and California plain air paintings.

Now through June 2 a world class interactive exhibit *American Visionary: John*

rosemary, Poulet chasseur, roasted chicken with wild mushrooms, tomato, shallot confit, classic mashed potatoes with fine herbs. Also fascinating is the Endurance exhibit the story of survival with Sir Earnest Shackleton along with his crew to make the first land crossing of the Antarctic continent. Life size dioramas and vivid and dramatic photography tell the tale. Docent led tours are available. Located



Discovery Cube Orange County

Uncovering Santa Ana: Epicenter of Creative Urbanism

continued



Inside Chapter One-the Modern Local

at 2002 N. Main St., Santa Ana. Call, (714) 567-3630 or visit www.bowers.org

Discovery Cube Orange County, an amazing family attraction with rotating displays and interactive exhibits Bubblefest, is one of the Cube's most-attended annual celebrations. Get to watch the Mega Bubblefest Laser Show as bubble-scientist Deni Yang performs tricks and stunts with smoking bubbles, spinning bubbles, bouncing bubbles and a laser light show. Then learn the science behind the show with hands-on-activities. Visit <http://ocs.discovery-cube.org/event/bubblefest>

Dining

Santa Ana is a foodie city. What started with Gypsy Den in 1994 has matured into a city-wide commitment to culinary artistry by some of Southern California's most

innovative restaurants. This led to Original Mike's and the ground-breaking playground, the Modern Local and the 20,000-square-foot 4th Street Market.

Chapter One-The Modern Local, formerly a bookstore is rustic chic with a full bar and lounge. Cameron Cortese and Armando Rios are executive chefs and whip up such mouthwatering specialties as brick chicken, Barbacoa short ribs, salmon rillattes, citrus and burrata salad, or king salmon and for the very hungry, the 40 oz. cowboy rib-eye (for two). Wonderful craft cocktails, and a varied menu of select beers

and wines are available. Temptingly original and luscious desserts top your dining experience. Located in Santa Ana Artist Village, 227 N. Broadway. Call, (714) 352-2225 or visit www.chapteronetml.com

Irenia Restaurant with Executive Chef Ryan Garlitos at the helm overseeing the seasonally influenced Filipino inspired cuisine. Menus change daily. Located in Santa Ana's East End at 400 N. Broadway. Call, (657)-245-3466 or visit www.ireniarestaurant.com

Lola Gaspar, chef in her namesake restaurant, serves Spanish and Latin small plates along with the locals' favorite creative cocktails. Located at 211. W Second St. Call, (714) 972-1172 or visit www.lolaogaspar.com

Shopping

Traditional malls and inde-



Artist Village

pendent retailers are interspersed among the quintessential Hispanic businesses and exclusive boutiques like Blends and Rif that are adding **Santa Ana's 4th Street** to their trend driven addresses in Beverly Hills, LA's Larchmont Village and San Francisco.

Three miles up Main Street, Jonathan Maher and Chris Yates at the **Mainplace Mall** are reinventing the role of suburban mall and retail incubator.

Luring the local colorful tenants, you rarely see in malls such as the authentic Mexican torta and fruit juice Cancun Juice restaurant and the vision of expanding the facility into more of an entertain-

ment and events driven destination.

Celebrities that once called Santa Ana home include a long list of athletes such Eddie Bockman, Isaac Curtis, Lenny Dykstra, Rosie Jones and Larry Lutz; film, television and theater stars John Raitt; Michelle Pfeiffer, Louis Olivos, Jr; Michael B. Jordan and music greats, Roy Estrada, Bill Medley and Lindsey Stirling.

All you need to know for your visit to Santa Ana: Visit www.UncoverSantaAna.com or on Facebook, Twitter, Instagram, Pinterest and Google using the hashtag #UncoverSantaAna.



Tangata Restaurant at the Bowers

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on the Argyros Plaza series outdoors on the new Julianne and George Argyros Plaza. The Center helped make Orange County a Southern California jazz mecca, presenting the world's finest musicians and vocalists in its annual Jazz Series for more than 30 years. Now it takes the music outdoors starting Friday, June 1 for 11 consecutive weeks. Shows are from 7-9 p.m. Bubba Jackson, KJAZZ DJ and jazz legend himself will be on-hand to host each evening. And all concerts are FREE.



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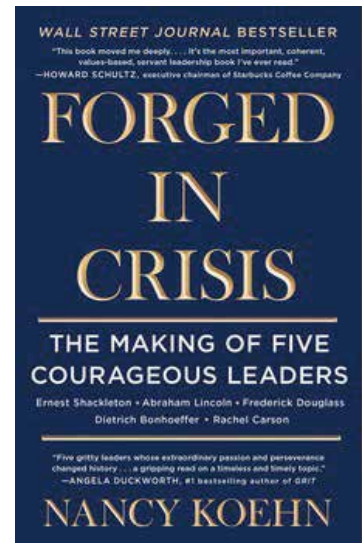
Continued from page 36

idency; he had issued no policy statements nor had he ever run for national office. Now, he was being thrust into a chaotic environment in which our very future as a functioning democracy was being seriously questioned.

Gerald Ford simply and humbly performed his duty to the best of his considerable ability. By the end of his 895 days as president, he would in fact have restored balance to our country, steadied the ship of state, and led his fellow Americans out of the national trauma of Watergate. And yet, Gerald Ford remains one of the least studied and least understood individuals to have held the office of the President of the United States. In turn, his legacy also remains severely underappreciated.

In *When the Center Held*, Ford's Secretary of Defense Donald Rumsfeld candidly shares his personal observations of the man himself, and provides a sweeping examination of his crucial years in office. It is a rare and fascinating look behind the closed doors of the Oval Office, including never-before-seen photos, memos, and anecdotes, from a unique insider's perspective—essential reading for any fan of presidential history.

Free Press
Forged in Crisis
The Making of Five
Courageous Leaders



By Nancy Koehn
reading group guide
A WALL STREET JOURNAL BESTSELLER

"Five gritty leaders whose extraordinary passion and perseverance changed history...a gripping read on a timeless and timely topic" —Angela Duckworth, #1 bestselling author of *Grit*

An enthralling historical narrative filled with critical leadership insights, *Forged in Crisis*, by celebrated Harvard Business School historian Nancy Koehn, spotlights five masters of crisis: polar explorer Ernest Shackleton; President Abraham Lincoln; legendary abolitionist Frederick Douglass; Nazi-resisting clergyman Dietrich Bonhoeffer; and environmental crusader Rachel Carson.

What do such disparate figures have in common? Why do their extraordinary stories continue to amaze and inspire? In delivering the answers to those questions, Nancy Koehn offers a remarkable template by which to judge those in our own time to whom the public has given its trust.

She begins each of the book's five sections by showing her protagonist on the precipice of a great crisis: Shackleton marooned on an Antarctic ice floe; Lincoln on the verge of seeing the Union collapse; escaped slave Douglass facing possible capture; Bonhoeffer agonizing over how to counter absolute evil with faith; Carson racing against the cancer ravaging her in a bid to save the planet. The narrative then reaches back to each person's childhood and shows the individual growing—step by step—into the person he or she will ultimately become. Significantly, as we follow each leader's against-all-odds journey, we begin to glean an essential truth: leaders are not born but made. In a book dense with epiphanies, the most galvanizing one may be that the power to lead courageously resides in each of us.

Whether it's read as a repository of great insight or as exceptionally rendered human drama, *Forged in Crisis* stands as a towering achievement. Scribner



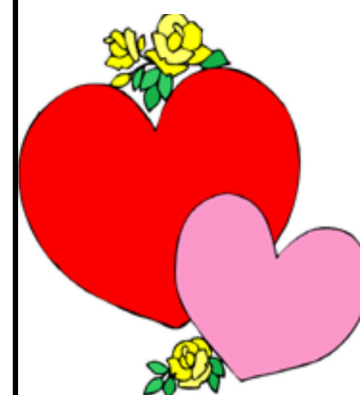
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Twenty Ways To Cook Up Some Safety At Home

Cooking and eating with family and friends can be delightful as long as you're careful. Here are 20 hints from health and safety experts that can help:

1. Never leave children alone in the kitchen.

2. Wash your hands in hot, soapy water before and after handling food, particularly raw meats. Use paper towels to dry off.

3. Always keep any foods that can spoil, such as dairy products and meat, in the refrigerator until you need them and put them back right after using them. Don't let perishable foods sit out on the counter.

4. Don't let kids lick their fingers or put their hands in their mouths when handling food. This is especially important with raw foods such as cookie dough or meat.

5. Make sure you have, and test monthly, ground fault circuit interrupter (GFCI) receptacles in your kitchen to prevent shock and electrocution.

6. Don't put cooked food on an unwashed plate or a cutting board that has had raw food on it. Always put cooked food on a clean plate.

7. If you cough or sneeze, cover your mouth and nose with a tissue and turn away from the food. Wash your hands right after.



8. Keep all electrical appliances away from water. Stay away from electrical sockets, especially if your hands are wet, and instruct children not to put their fingers or hands anywhere near sockets.

9. Use a frying screen over pans to prevent grease splattering. If grease catches fire, cover the pan with a lid.

10. Never cook while there's a child in your arms. In fact, keep all children at least three feet away from all cooking appliances.

11. Never add water to a pan that has hot oil in it. It could make the oil spatter.

12. Before making any recipe, check all the ingredients and be sure no one who will be at the table is allergic to any of them. Check food labels on prepared foods.

13. Ranges or cooktops cause 62 percent of home fires, according to the National Fire Protection Association. Keep anything that can catch fire

away from your stove top, including oven mitts, wooden utensils, food packaging, towels and curtains.

14. Keep your oven and stove top clean of grease and dust.

15. Never cook while sleepy, drinking alcohol, or taking medication that makes you drowsy.

16. Never disable a smoke alarm while cooking.

17. Turn pot handles in, away from reaching little hands.

18. Never leave the kitchen when something's cooking. The leading cause of fires in the kitchen is unattended cooking.

19. If a dish towel touches the raw meats or the juices from the raw meats, quickly remove it from the kitchen for laundering. Clean the sink, countertops or any areas that raw meats or their juices may have touched.

20. Double-check that everything is off when you finish cooking.

Learn More

For further facts and tips on safety from the Electrical Safety Foundation International, the premier nonprofit organization dedicated exclusively to promoting electrical safety at home and in the workplace, visit www.esfi.org.

June Crossword Puzzle

Across

- 1. Quebec's ____ Peninsula
- 6. Feat
- 10. Male turkey
- 13. Blender brand
- 14. Harper's Bazaar illustrator
- 15. River in central Switzerland
- 16. Name on a bomber
- 17. Diving bird
- 18. Comic Rudner
- 19. Truck stop sight
- 20. Eternal
- 22. Bigot
- 24. Uses money
- 28. Bear witness
- 31. Grenoble's river
- 32. "Inferno" writer
- 34. Guggenheim display
- 36. Edinburgh native
- 37. Arab instrument
- 38. Group of fruit trees
- 41. Sportage maker
- 42. Rime
- 44. ____-disant (self-styled)
- 45. Brewer's need
- 47. ____ vincit amor
- 49. Lozenge-shaped
- 51. Hype
- 53. Power problem
- 56. Mirror
- 59. Able was ____...
- 61. Second letter of the Greek alphabet
- 64. Kansas city
- 65. Bother
- 66. Quick sharp bark
- 67. Civil disturbance
- 68. Line in a play directed to the audience
- 69. Corner key
- 70. Feminine ending
- 71. Spirited horse

Down

- 1. Departs

- 2. Moore's TV boss
 - 3. Mouthlike opening
 - 4. Large web-footed bird
 - 5. Division of geologic time
 - 6. Erase
 - 7. Switch ending
 - 8. Thames town
 - 9. Actor Leary
 - 10. Skater Babilonia
 - 11. Table scrap
 - 12. Give ____ break!
- 15. "Gunsmoke" star
 - 20. Late bloomers
 - 21. Bee: Prefix
 - 23. Sock ____ me!
 - 25. Head supporters
 - 26. Legal right
 - 27. ____ precedent
 - 29. Indian term of respect
 - 30. Singing syllable
 - 32. Cathedral
 - 33. A Bell for ____
- 35. Audition
 - 37. Yikes!
 - 39. Dove's sound
 - 40. Car scar
 - 43. Wall of irregular stones
 - 46. Contrary to
 - 48. Stout relative
 - 50. Situate
 - 52. Flaming
 - 54. Bottled spirit
 - 55. Wear down, physically or emotionally
- 57. Cut of beef
 - 58. North Carolina university
 - 60. Watched intently
 - 61. Ciao!
 - 62. Some MIT grads
 - 63. Pampering, briefly
 - 65. Small batteries

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What The Power Of The Supreme Court Means To You

From health care to civil rights, from abortion to marriage, the Supreme Court and its nine appointed members affect every major area of American life. Now, an insightful new book by best-selling author and Senior U.S. District Judge Ted Stewart explains just why that happened. The book shows the evolution of the Court's vastly expanded interpretation of law and illustrates the power of judicial review to make sweeping, often unforeseen changes in American society, decades after decisions are handed down.

Told through seven pivotal cases, it weaves the historical narrative into the legal basis for each decision and examines the far-reaching effects. Stewart explores such intriguing issues as the Court's role in sanctioning racism, why a nation founded by devout men and women banned religion from the public arena, and why justices can raise taxes, manage school districts and generally work their will.

Each chapter presents an easy-to-read brief on the case and explains what the decisions mean and how the Court ruling, often a 5-4 split, had long-term impact. For example, in *Lochner v. New York*, a widely accepted turn-of-the-20th-century New York State law limited excessive over-time for bakery workers. That law was overturned by the Court based on the due process clause of the



Constitution. The very same precedents, Stewart points out, were used by the Court 70 years later and expanded to a new right to privacy in *Roe v. Wade*, making abortion legal in the nation.

A thought-provoking and easily accessible read, "Supreme Power: 7 Pivotal Supreme Court Decisions That Had a Major Impact on America" (Shadow Mountain) also examines how the Court became so supreme and unexpectedly influential in American society and considers whether this was the intent of our Founding Fathers.

In an endorsement of the book, Jason Chaffetz said, "As a former congressman and Chairman of the Oversight and Government Reform Committee, I saw again and again how the balance of power has been tilted much too far toward the judicial. This important book addresses the imbalance with powerful examples that are

easily understood and very informative. Everyone should read it."

With such issues as voting rights, free speech, religious freedom, immigration, taxes and search-and-seizure coming before the Court, the ideas the book provides can be more important to understand than ever.

You can find it where books are sold, including Amazon and Barnes & Noble, and online at www.shadowmountain.com.

This book shows how the Court has more influence over America than the president or Congress.

Grandparents Leaving a Legacy for Their Grandchildren

Alex and Rachel are retired and have been advised by their financial planner to reduce their taxable estate. They are planning to purchase a juvenile life insurance policy inside a trust for each of their four grandchildren.

Grand Children Need Life Insurance!

Most important: Parents should make sure they have enough life insurance for themselves. The biggest mistake people make is buying a policy for a child when they are underinsured. Life insurance is one of the rare cases when parents' needs should, indeed, come first.

Contact Stephen Parsons at (714) 552-9788 for more information.

Digital

Continued from page 19

toed on one ankle. "Are you allergic to anything?" she demands. I am about to mention I had already denied the allergy thing, but state no again. Satisfied, she says, "That'll be \$100 co-payment." As she absconds with my money, leaving a visible vapor of *Jean Nate* in her wake, Staff Person #3 materializes, commanding me to follow her. Her ensemble is topped with a paisley blouse and stylishly contrasting blue cotton scrub pants. She is wearing a face mask with an embossed smiley face.

We enter a large room with a dozen or more gurneys occupied by parties in various states of malaise. A minimum of privacy is provided by movable ceiling-mounted curtains that leave only a view of the occupant's varicosities on down. The place resembles a Toyota assembly line where the unwell are ushered in one end, to be slid out the other, swathed in bandages and stamped FINISHED.

S.P.#3 (played by Marjorie Main) indicates my cubicle and wheezes, "Are you allergic to anything?" These people are *really* concerned about allergies apparently, but somehow the word has yet to filter down through the entire organization. OK," she rasps cheerfully, "take off everything and put on this gown. Place your clothes in the plastic bag---socks, shoes, wrist-watch and any prosthetic devices you may have."



Everything?"

I try not to appear alarmed. Overkill is not a word I like to associate with a surgery center, but this seems a little excessive for a piece-of-cake job on my little finger. "I'm just having a correction here on my little finger," I protest, wiggling that digit to verify my status.

"No, she counters, "you're scheduled for arthroscopy on your right knee. Says right here on your chart."

"My knee is fine, it's my little finger!"

"You sure?"

"Absolutely!" I'm thinking it's more than allergies they should be worried about as she scuttles off to consult with upper management.

S.P.#4 enters the arena, accompanied by S.P. #3 and a gaggle of interested spectators. "Not right knee arthroscopy?" she queries in a tone that suggests I am faking the whole thing. Several skeptics expose my right knee and prod it excessively. I fear I'm about to be Mirandaized. I flex my finger painfully in her direction. Reluctantly, she plucks a red felt tip marker from her embonpoint and draws a wavy line the length of the finger, putting a little star at each end. "There!" she declares, resigned. "By the way, are you allergic to anything?"

I disrobe quickly, try in vain to secure the strings in the back of the gown, slip on my attractive blue booties and arc awkwardly onto the gurney. I place my designated finger out in plain sight in case there is trouble ahead. Another female who may or may not be S.P. #4 arrives to announce the anesthesiologist is on his way and should be here within a fortnight. She covers me with a warm blanket, neglecting to ask me about my allergies to wool or polyester.

"Hi, I'm Dr. Hugh, your anesthesiologist," he proclaims, inscrutable behind his face mask. "You allergic to anything? Right knee arthroscopy," he mutters, checking his chart. *Oh, God!* "No, no, no!" I bleat, waving my red-marked finger vigorously. He looks at me blankly, huddles briefly with either S.P. #1, #2, or #3 for confirmation and trots off to have the whole OR setup dismantled to conform to the lesser task. Obviously he is disappointed. It's like being all set to install a rebuilt engine in a car only to discover all the job calls for is a new tail light.

Finally, I am in the operating room with the big lights and the banks of blinking LED lights in an M & M choice of colors. A vocal contingent of salaried people in full OR gear mills about, exchanging light-hearted banter. Latex hands slip in under my blanket and whisk my gown right off of me, reminiscent of the showman who yanks the tablecloth out from under the plates and glasses without disrupting

anything. I am now stark buck naked, including my little finger. I feel the IV drip butterflyed on the back of my hand. I blink once or twice. I seem to be back in my original site, recumbent on the same gurney. My hand has a bandage on it, lacking only the word EVER-LAST to distinguish it from a boxing glove. I experience no drowsiness or hangover. My gown is mysteriously back in place, causing me to wonder if I might be another victim of a cruel hoax commonly played on old people. One of the battalion of staff people hovers bedside. "OK, she smiles, "hop off and I'll help you get dressed."

"That's it, I'm finished?" Disbelief vies with astonishment. She nods, expertly shoe-horning me into my shorts with no discernable embarrassment except mine.

"Call your doctor for a postop appointment in a week." She hurries off like Lewis Carroll's rabbit. Got to keep the assembly line moving.

So that is the state of medicine today. On my way out, I tell the admitting nurse (played by Cloris Leachman), "My knee feels 100% better. It's a miracle!"

"Sign this release form," she says without expression, "and indicate with a check mark whether you are allergic to anything." Her eyes dart between my hand and the chart. Would you tell her? Neither would I, but I *would* like the name of that anesthesia in case it ever becomes OTC.



The AMD Effect: Ruining Your Granddaughter's Ballet Recital

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

Don't wait to notice the warning signs, like blurry central vision or difficulty seeing fine details.

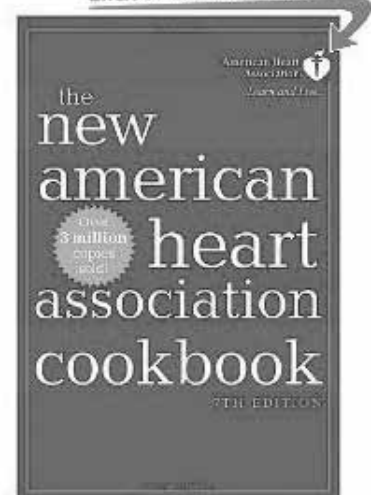
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Focus on Health

Local Irvine doctor seeing life-changing results in treating chronic pain and neuropathy with neurostimulation.

At NexMed Care Centers, Dr. George Taylor has been using neurostimulation therapy in treating patients with chronic pain and neuropathy, as well as peripheral arterial disease (PAD). The results have been positive, with many patients having seen a reduction in pain or increase in mobility within the first weeks of the eight-week protocol. The effect is usually sustained long-term.

Many patients were also able to reduce or completely discontinue the use of narcotic drug therapies. Prescribed opioid, opiate or other narcotic use as a treatment for chronic pain conditions, carries with it a host of undesirable side effects. Further, these narcotic pain management prescriptions usually require escalating doses to bring continued relief. Neurostimulation has been an effective alternative to narcotic pain medications, with no negative side effects reported.

Neurostimulation, sometimes referred to as neuromodulation, is an established form of pain therapy that treats nerves with electrical stimulation rather than drugs.

Dr. Taylor's method of vagus nerve stimulation is a non-drug, minimally invasive treatment that has proven highly effective in relieving chronic pain in many areas. It also



Dr. George Taylor

effectively treats peripheral arterial disease (PAD), neuropathies and other painful conditions – even when other pain management treatments have failed.

This type of neurostimulation is an outpatient therapy, where patients temporarily wear a small, disposable neurostimulator device fitted just under the collar. The device emits a low, imperceptible electrical current, via a single lead connection onto the ear lobe, from where the impulses are conducted to the brain stem via the vagus nerve.

The vagus nerve affects the pain pathways in the spinal cord, and reduces pain signals regardless of their cause. Hypersensitive

or damaged nerves that send unwarranted pain signals can be muted (or, in a sense, blocked) by the neurostimulator's impulses.

Further benefits of vagus nerve stimulation can include increased production of endorphins and increased blood flow in the extremities, thus enabling one's own body to more effectively heal itself.

This neurostimulation treatment has been used in Europe for over seven years, and has recently been cleared by the FDA for use in the United States. Covered by Medicare and most PPO insurance plans, only licensed medical providers may apply this device.

NexMed Care Centers treats patients with many types of painful conditions, including arthritis, joint injuries, neuropathies, peripheral arterial disease (PAD), chronic diabetic wounds, as well as amputation prevention and others.

Those interested in scheduling a consultation may do so by calling them at their Irvine office at (949) 342-5950, or by visiting the clinic's website.



NEXMED

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

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

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

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

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



Sixty-six-year-old distance runner Barbara McGirr was the national winner of award honoring older adults who improve their health through fit-ness.

- **Talk with your doctor:** You're never too old to start running, but it's always good to check with your doctor before beginning a new exercise routine.
- **Get the proper gear:** Invest in a good pair of shoes. Consider getting fitted at an athletic store to keep your feet comfortable.
- **Start slow:** Start with brisk walks and then slowly transition to running. Running for one minute, then walking for one minute is a great way to build stamina.
- **Set manageable goals:** Take it easy at first and listen to your body. If running a longer distance is your goal, work up to it gradually—walking for a few weeks, then intervals of jogging and walking. Before you know it, you'll be running with ease.
- **Don't skip the cooldown:** Always cool down with a slow walk and lots of stretching to reduce recovery time.

SilverSneakers partners with more than 13,000 participating fitness locations and

Continued on page 34

Busy Boomers

By Les Goldberg

Hog Heaven on the Open Road

The old stereotype that most people who ride Harley-Davidsons and other large motorcycles are Hell's Angels or some other gang members is largely debunked in today's modern world. Why? Because statistics show that in most cases the riders of Hogs, as they are affectionately called, are mature adults who are seeking adventure, comradery and fun.

Studies have shown that senior bikers – men and women – are attracted to the lifestyle of spontaneity ("Let's go for a ride" on the spur of a moment), the "biker look," the "bad boy charm," the freedom and independence of travelling to places unknown or inaccessible by car or RV. Sometimes the riders have been bikers all of their lives, while others are newbies in search of bucket list and retirement goals.

A good example is depicted in the hilarious movie, *Wild Hogs*, in which four professional men – dentist, accountant, etc. -- don their leather jackets and biker boots, climb onto their Harleys and escape their mundane lives in Ohio for a jaunt to California.

If you happen to visit Tom's Farms in Corona or Cook's Corner in Trabuco Hills, you will find a collection of riders from all walks of life who proudly show off their bikes



while enjoying their special friendships.

In fact, whether on Route 66 or anywhere on American roads, you might even run into Martin and Betty Robles, Downey, Calif., residents who work for the Los Angeles Unified School District and LA Board of Education, respectively, have a son and a daughter, and are soon-to-be grandparents.

The couple, who will be celebrating their 34th wedding anniversary next month, began riding together about 11 years ago after receiving their motorcycle licenses. Although Betty had ridden on the back of her dad's bike at age 10, she had to overcome the fear of crashing and becoming injured.

"But the more I rode, the more confident I became in my riding skills and my ability to maneuver my way out of jams," she said. "It Is exhilarating. I love riding in the open, feeling the wind in my face and enjoying the sights, sounds and scent of the outdoors."

She loves riding so much that

she is an active member of the Harley Owners Group Southern California Chapter #0183 board of directors, where she serves as its safety rules compliance officer. In addition, she is one of the

organization's most effective recruiters, convincing more than 300 new riders to join the group.

With the help of her husband, she also organizes the group rides. "We have something for everyone – day rides, short rides, long rides, overnights and multi-day rides. Our rides are as diverse as our membership, with trips to all kinds of eateries, museums, 'bike and hikes', progressive rides and midnight runs."

So far, the couple has piled up more than 330,000 miles of adventure.



"We both love to ride to different destinations, visit new places and discover new ways to get to those places. We look for eateries with history, like Jockos Steakhouse in Nopo-

mo, Calif., Hodad's in Oceanside, or Cold Springs Tavern near Lake Cachuma.

"We have been as far north as Canada, as far east as Sturgis, South Dakota and Chicago via Route 66. This summer we plan to ride the Tail of the Dragon in Tennessee."

When in Sturgis, the couple will be among 500,000 riders and concert-goers who attend the Sturgis Motorcycle Rally, now in its 78th year. Located in the Black Hills of South Dakota, the city is only minutes away from Mount Rushmore, Crazy Horse, Devils Tower, Custer State Park, and some of the most scenic riding in the country.

For Betty and Martin, their relationship with each other and with motorcycles has been therapeutic.

"We both feel that this sport has brought us closer together.

In these times when marriages are falling apart left and right, it is good to see that in our circle of friends who ride, there are strong marriages and relationships."

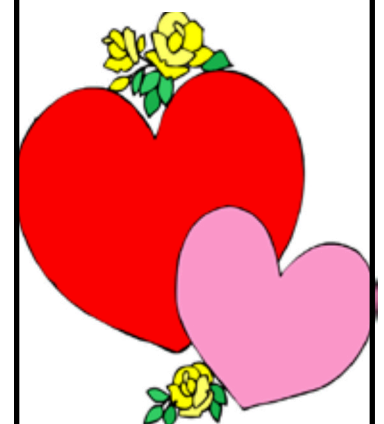
Martin agrees: "We have so much in common and like to do similar things. Betty is a good rider and because of that I spend less time worrying about what could happen and more time enjoying the ride and scenery," he said.



"When I got into an accident a couple of years ago, I was off the bike for six months recovering. Betty was there with me the entire time and when it was time to get back on the bike, it was like getting back on a bicycle and riding out. I love my wife and can't imagine what life would be without her by my side. When we are ready to give up on motorcycles because of our age, we will continue to do things together as a couple."

So much for the stereotypes.

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I Think People Sometimes Look at Me Like I'm Crazy

Chest pains, heart palpitations, sweating palms, shortness of breath, nausea, dizziness, fear of some catastrophic illness, just to name a few of the symptoms that you might experience with anxiety. You're probably reluctant to talk about these symptoms and feel that you need to go to the emergency room or your doctors office. You may feel that people are looking at you thinking your crazy.

It's not uncommon to feel a little anxiety in new situations and experiences. However, when it immobilizes you, it is probably a problem that you should address. There are different types of anxiety and phobias and the most common one is Agoraphobia. Agoraphobia is the fear of open spaces. It is estimated that up to 5% of the population experiences symptoms of Agoraphobia. Some, with severe, anxiety do not want to leave their home. Other's, need to be accompanied with a love one or someone very close

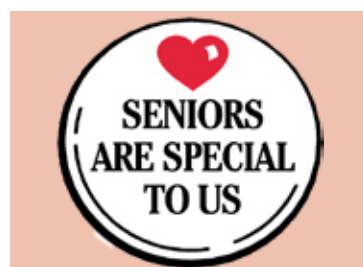
Wow, that could mean that 10 million people in America experience some form of anxiety. You can see that you're not alone and do not need to be ashamed of this problem. I can remember when I was young man, and in the military, I was involved in cleaning up a tragic plane disaster. Subsequently, I felt a great deal of anxiety when flying. At some point I realized that this anxiety was probably triggered by that early traumatic experience.

Just as I mentioned in my last article on Depression, it's your thought process, that creates the mood (anxiety, in this case). Here's the good news!!!; you have the power to change. You can minimize the effects on your life. It's not easy, but, there are ways of decreasing your anxiety. First of all, you need to identify the "triggers" for your anxiety. The old Cliché, "face your fears", is involved in your recovery. However, it may be difficult to face the "trigger" for your

fear initially; thus, you need to think about a sequence of steps that will lead to overcoming this fear. For example, if you fear going up in an elevator, you might start by visualizing going in the elevator. A subsequent step might be to walk into the elevator, and then immediately walk out before it moves. A third step could be taking the elevator one floor and getting off on the first floor. The point here is to identify approximations of the fearful event and gradually work your way through this sequence of activities (gradual exposure). It is important to feel comfortable with each step before you move on.

I'm not trying to present a quick cure for some of these anxieties but giving you hope that you can live your life without avoiding enjoyable and necessary events. I also, want to point out that Psychotropic medications can play a significant role in treatment. My son, who is a Psychiatrist, and I, work closely with some patients that profit from medications.

Frequent books I recommend to my patients with anxiety: Panic To Power: Bassett; The Relaxation & Stress Reduction Workbook: Davis, McKay & Eshelman; The Anxiety & Phobia Workbook: Bourne; Total Relaxation: Harvey



Hints To Help You Have More Comfort At Less Cost

When the temperature's rising, your energy costs don't have to. These tips from the U.S. Environmental Protection Agency can help:



1. Keep the Heat Out and the Cool In—Sealing and insulating your home can save you up to \$200 a year in utility bills. Find and seal air leaks with spray foam, caulk and weather stripping. Seal and insulate the cooling system ducts in your attic.

Considering new windows? ENERGY STAR certified windows have coatings that let in light but keep out heat. Replacing old windows with these lowers household energy bills 12 percent on average. Also, keep shades down and drapes closed.

2. Maintain Your Cooling System—Have a contractor check and clean evaporator and condenser air-conditioning coils, check your central air conditioner's refrigerant level and adjust if necessary, and clean and adjust blower components.

Inspect, clean or change your system's air filter every three months.

3. Need a Room AC?—If you're getting a room air conditioner, be aware that models with the ENERGY STAR label have been independently certified to deliver energy savings, comfort, and improved sealing

and insulation. On average, they cost as little as \$70 per year to run.

A room air conditioner with connected functionality can:

- Turn off the unit remotely using your phone or computer;
- Schedule changes to temperature settings based on your needs;
- Get feedback on the energy use of the product.

Choose the right size AC. An oversized unit will only remove some of the humidity, leaving the room with a damp, clammy feeling. When installing an AC, follow the instructions and use the insulation materials included.

4. Get Set for Savings—Install a new ENERGY STAR certified smart thermostat for energy savings with environmental benefits, reliable performance, and convenience, insight and control. A Wi-Fi-enabled thermostat can automatically adjust heating and cooling temperature settings for optimal performance.

If you have a manual or programmable thermostat, set the

Continued on page 34



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

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

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

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Collectively, these artists have 62 Grammy nominations and 20 Grammy Awards, plus so many DownBeat Awards they broke the calculator.

Check the website for the full list of artists

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Are You Seeking a Care Facility For Your Loved One?



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

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

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

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

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

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

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

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

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

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

work with the family budget to ensure appropriate placement.

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

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

SR: What is the cost of using RCPS services?

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

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

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

And the vice president of development for the Alzheimer’s

Association said this about RCSP:

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

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

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

See our ad on the back cover.

More Comfort At Less Cost

Continued from page 30

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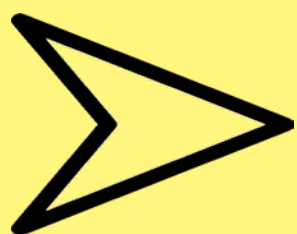
Tips For Running

Continued from page 30

wellness centers, giving members access to the site’s basic amenities, including weights, tread-treadmills, pools, etc., as well as specialized SilverSneakers exercise classes led by certified SilverSneakers instructors. The program is offered at no additional charge through the nation’s leading Medicare Advantage plans, Medicare Supplement carriers and group retiree plans.

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In The Spotlight

By Debbie L. Sklar

Meet Senior SCAN Caregiver Nora S.

As many older adults know first-hand, being a caregiver in your later years is much different than doing so when you were younger. Caring for someone you love—whether a spouse, elderly parent or adult child with a disability—can be a rewarding and important experience. But, doing so while dealing with your own health challenges can bring added obstacles and difficulties.

SCAN is a not-for-profit organization with the mission of keeping seniors healthy and independent through its Medicare Advantage health plan as well as through its many community services designed to support seniors and their caregivers in California. To gain additional insight from and about senior caregivers, SCAN recently conducted a national survey on the topic.

Among the most notable findings, 82 percent of survey respondents report difficulty saying “no” to the job, 54 percent feel guilty about taking a break from their caregiving tasks to make time for themselves and 34 percent have had to tighten their belts financially because of their caregiving duties.

By sharing the results and highlighting the experiences of real-life caregivers, SCAN



hopes to raise awareness of these challenges and encourage like-minded organizations to develop solutions that will help improve the health of both caregivers and their aging loved ones.

Norma S. is a SCAN member in Southern California who knows the realities of being a senior caregiver well. A former teacher, secretary and mother of three, her job now is being the sole caretaker for her husband, Carlton, who has dementia. We asked Norma to share some of the challenges she faces—along with the many reasons why she finds fulfillment and satisfaction in caregiving.

Q: Tell us a little about yourself.

A: I’m 89 and have been very active and healthy all my life, until recently. I’ve been a teacher, a secretary and raised three children while working part-time. My husband and I

have been very fortunate through the years traveling across the U.S—visiting 37 states in total and Hawaii seven times! We’ve also been to Europe; my favorite country is England. All of this ended 10 years ago though when my husband started getting

dementia. He’s 93 now. We had to give up all our traveling, but I’m so glad we didn’t wait to do all these things.

Q: How did you meet your husband?

A: He was briefly dating my best girlfriend. We were all going to a beach party, he was with her and I was with a friend. That same night he invited me out for a movie and we just hit it off!

Q: When and where did you get married?

A: We got married in Los Angeles on June 10, 1951 in a chapel. It wasn’t a huge wedding with less than 50 guests, but it was quite nice. We immediately left and went on a three-week honeymoon, road tripping to San Francisco, Yosemite, Oregon and all points in between.

Q: Tell me about your lives together over the last 66 years.

A: We have three great kids. When they were young, we trailer-camped with seven other couples every month. For 45 years, we went camping together at least once a month, and then our kids grew up and starting camping with their kids too. We had some of the best times of our lives, everyone got along so well. I guess you could say we were “party people” too because we celebrated every holiday with our many good friends and family.

Q: How and when did you assume the role of caregiver to your husband?

A: The day I realized something was wrong, it was like a big exclamation point went off and I thought, ‘*Oh my god, there is something really wrong.*’ My husband and I were on crime watch patrol in the neighborhood during which he always drove. He came to a corner and asked, ‘*Which way do I turn?*’ We had been doing that for 15 years, and suddenly, he didn’t know which way to turn. It hit me like a ton of bricks. Something was wrong that I hadn’t even suspected. For the first two years, it wasn’t that bad, so I didn’t tell my kids. We saw them frequently, but it was always in crowds, so it wasn’t that obvious. Then, I did tell them as it got progressively worse. That was an extremely difficult time for me.

He has what I consider dementia with short-term and long-term memory loss because he will only remember something for about 15 minutes. And he now is at the point where he’s gotten down to only remembering the 1930s when he was a boy and the 1940s when he was in the service.

For me, it’s been a difficult journey watching him go down like this and not being able to do all the things we used to do together. We don’t go to the movies and rarely go out to dinner. Fortunately, we live in a community where there are lots of activities where I can be involved in something, but little by little I’ve had to cut back to things I can manage. I’m running out of time and energy.

Q: What’s does a typical day of caregiving look like?

A: I get up a few hours before him. I try to get him to eat breakfast and lunch, which only happens half the time. He does eat a healthy dinner though and snacks in the evening. My role in all of this is to try and get him moving, which isn’t easy—when you don’t move and sit all day, everything goes bad. Bathing is the biggest issue we face together. It’s a major struggle to get him in the tub. However, once he gets in the tub I have trouble

Continued on page 37



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In The Spotlight

Continued from page 34

getting him out. It may sound like there's not much to do in terms of taking care of him, but he can't do anything in the household that he used to do. I have to hire someone to do everything on the outside of the house.

Q: Do you have friends or family nearby to help you with your caregiving duties?

A: One of my daughters is now coming over once a week and assists with anything I need help with, like getting rid of belongings we don't need any more or getting on the ladder to change a lightbulb. I also have help that comes in and cleans the house for me once a month. My son lives farther away and can't visit as much, but he and his wife come when they can and take us out to dinner or we have a family get-together. My other daughter, who was a great help in the past, is facing her own very serious health challenge, so she can no longer come over to help.

Q: When you are able to take time for yourself, what do you like to do?

A: I've been very, very active in the past on various committees in our community but am only on one committee now. We publish a magazine every month and I work on that since it takes very little time. I also have a friend group we call the 'lunch bunch,' where a group of us go out once a month and visit for a few hours. There ar-

en't many other things left that I have time for.

Q: What has been the biggest sacrifice for you since becoming a full-time caregiver?

A: I used to love the social life. We've lived in a very social community and I don't get to socialize with others very much anymore. I miss going to pot luck dinners and volunteering on my committees. I've even had to sacrifice seeing two close friends as often, as well as my ill daughter.

Q: What has been the most rewarding part of taking care of your husband?

A: I'd say just being available to him. I have been physically and mentally able to take care of him which is such a satisfying feeling. For me, the level of care is ongoing, and he knows that I'm there and I will be there.

Q: What advice would you give to other seniors who are also caregiving to loved ones?

A: Don't beat yourself up if you get angry. I certainly scream and cry occasionally! It's normal to feel that way once in a while. Remember to take it one day at a time, as they say.

Q: Do you use any outside resources to assist with your caregiving duties? If not, what would you like help with?

A: One thing that has been *outstanding* help to me is a lady at SCAN who calls me on the phone sometimes and has been wonderful. One day she asked me what the hardest part of my day was that day, and I told

her getting the evening meal together because I have neuropathy. Sometimes by dinner time my feet hurt so badly I can hardly walk. Getting in the kitchen and cooking on these days really is a problem. She asked me, "Have you ever considered Meals on Wheels?" She gave me all the information to contact them. I did and ever since, they've done so much for me and it's been so wonderful and a true lifesaver. It eliminates the bulk of grocery shopping, planning and deciding what I'm going to fix for dinner. I've been very fortunate and am now able to donate money to help others who also need Meals-on-Wheels.

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Three Cool Ideas For A Better Night's Rest



The next time you find yourself kicking your leg out of the side of your blankets to cool off or turning your pillow over because it's too hot—you won't be alone. Some 50 million Americans are affected by intermittent sleep problems, potentially created by bedding choices, according to the National Sleep Foundation—but you don't have to be.

Not many people realize it, but surrounding yourself with breathable fabrics while you sleep is essential for a restful night. Airflow matters because it lets heat naturally dissipate away from your body and helps keep your temperature regulated. Overheating can lead to a night of tossing and turning, leaving you groggy the next day because you didn't recover properly the night before.

What To Do

So what's the solution? It's possible to get more out of each day by enhancing your sleep environment. There are options that can cater to your individual sleep position, body frame and temperature to help you maximize recovery at night.

Consider these facts and tips for a better night's sleep:

1. There are 24 vertebrae in your back, eight of which are supported by a pillow and the rest by your mattress. Therefore, while you're sleeping, 30 percent of your comfort comes from your pillow and 70 percent comes from your mattress. This is why it's im-

portant to have the right fit of sleep equipment that supports your body's needs.

2. Get personalized. It's true that one size doesn't fit all—especially when it comes to your bedding. You might want to check out Bedgear, which offers a personalized Performance Sleep System and a Pillow ID fitting process, used by professional sports teams such as the Boston Celtics and Dallas Mavericks. The process is designed to fit people with individualized products for the best sleep every night.

3. Spend the last hour before bed away from electronics. Taking some time to relax and unwind calms your body and helps your brain transition more easily into deep sleep. At the same time, you're removing artificial sources of the blue light found in electronic devices that activates your brain to stay awake and can disrupt sleep.

Personalization, coupled with fabric technologies that are engineered to promote airflow and assist with temperature regulation, can ensure that your sleep environment is optimized for the best rest.

Learn More

For further information on how to upgrade your sleep, visit www.bedgear.com.



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Crossword Puzzle Answers from page 27

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JUST JUDITH

By Judith A. Rogow

Going to (Instant) Pot

Undoubtedly many of us have a big old Crockpot and a monster pressure cooker, stashed away in a cupboard, that are only allowed to see the light of day once or twice a year.

If you're, like me, afraid of the pressure cooker (that purple stain on the ceiling at our old house might explain) yours may never be dragged out of purgatory at all.

Enter the InstaPot! (aka the instant pot or electric pressure cooker).

Seriously, this thing is the best idea that doesn't carry the Apple brand that has come along in years, amazing as that may seem.

We bought one after hearing from friends that it combined both the pressure cooker and crockpot into an amazing unit that could hold 10 pounds of frozen boneless chicken breasts and present beautifully cooked ones in roughly a half hour. As if that weren't enough, this marvel could do a 3-pound roast, frozen hard as a brick, in roughly the same time, and have it come out ready to serve and delicious.

Oh yes, it also boils eggs, bakes cheesecake, steams rice and dozens of other wonderful things that are promised by the



myriad cookbooks dedicated to its use.

The recipe for 15-bean soup, one of those soak all night and hope it's ready to serve for supper the next day after simmering all afternoon meals, sounds heavenly, and I just happen to have a stash of the beans. As soon as I can get the household engineering type away from the Stainless-Steel wonder on the countertop I'm going to try a small amount. This holds some six quarts, and that's a lot of soup!

Most users rave about the rice, so far, I've only tried steaming it once, and it came out more like the "sticky" rice you see in Oriental restaurants. I plan to try again, after the chocolate cake, the puddings, beef stew and mac and cheese. (full disclosure, I read cookbooks the way some people read celebrity magazines or novels.)

Just as buying a new i-Product invariably means purchasing accessories, and – aside from the previously mentioned

cookbooks – there are steamer baskets for vegetables and others for eggs that promise perfectly cooked hardboiled eggs for parties or picnics and may be used as cooking racks. It even cuts down the time for making jam and keeps the heat from that chore from turning your kitchen into an inferno.

Stackable steamers, extra lids and rings and springform pans for cakes, cheesecakes (Yes, cheesecakes!), waffles even a "beer can chicken" gizmo are available, and certainly more will come along.

Seriously, this is as close as possible to a self-contained kitchen and would be ideal for a wedding gift or a child going off to college.

I foresee literally tons of ancient pressure cookers and slightly dented Crockpots on offer at yard sales and Goodwill shops come the cooler days of fall.



Speaking of the heat, have you visited the Sequoia Big Trees lately? It's about 3.5 hours from LA, depending (as always) on traffic, and well worth the drive. Leaving fairly

Continued U

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Instant Pot cont.

early in the morning gets you there in time for a picnic lunch or stop at a restaurant, then after a few hours in the cool mountain air the drive home with a snack stop returns you just as the heat is dissipating. This is an ideal mid-week getaway and especially wonderful shared with grandchildren or friends. If you have a Senior Pass to the National Parks (and if not, you might want to look into buying one) gas and food are your only costs for a special outing.

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Should You Stay In Your Home Or Move During Retirement?

The choice about where to live in retirement is one of the most crucial decisions that a senior makes. It's not just a major financial consideration, it's also a highly emotional issue as a retiree's home is often the anchor to their golden years.

"One needs to think about where to live, how long to stay there, and whether to move later in retirement," writes Wade Pfau, Ph.D., professor of retirement income at The American College, and contributor to Forbes.com. "There are plenty of justifications for either staying put or moving early in retirement."

There are a few important questions that a senior should ask before deciding whether to stay in their home or to relocate during retirement:

1. Are you making accurate comparisons?

If you stay in your home, you may need to make improvements or renovations in the future to accommodate changing needs. If you move to a new home, you may incur expenses associated with fix-up costs and moving expenses. Make sure you are considering total costs in either scenario.

2. Are you open to renting?

"It can be hard for retirees who have spent their lives building equity in their homes—and being taught about the virtues of homeownership—to become renters," reported The Wall



willing to trade your current community for a new one, weighing the pros and cons of aging in place versus charting a new course.

Street Journal. "But renting a home in a city before buying can give retirees a chance to really know if it's the place they want to spend retirement." Moreover, the cost of ownership in many locations actually exceeds the cost of renting, so it may be prudent to consider this option for both short- and long-term possibilities.

3. Where will you have access to important services?

Every consumer looks into the quality of restaurants, supermarkets and other day-to-day retail offerings when scouting out a possible new residential location. Seniors must be especially concerned about practical considerations such as the number of nearby physicians who accept Medicare, convenient transportation for those who are unable to drive, and community centers with special programs for seniors.

4. Would you prefer to age in place or have a change of scenery?

Many people dream about moving to some exotic location for their golden years, but the truth is that 85 percent of retirees stay in the area where they raised their families, according to Realtor.com. Think seriously about whether you're

Whether you choose to stay in your home or move during retirement, it will be important to have ample cash on hand that can fund renovations of your existing home or the purchase of a new one. 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 any time 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 today at (888) 672-3917.



Feeling Ill? The Computer Will See You Now

The next time you don't feel well, where will you turn? If you're like many Americans, it will be to your computer.

According to a recent survey conducted by Morning Consult on behalf of University of Phoenix*, nearly two-thirds (59 percent) of American adults use online health resources, such as WebMD, as a substitute for primary health care. On the other hand, the survey also showed that far fewer adults are taking advantage of other health care innovations, such as e-prescription filling services (39 percent), online access to health records (37 percent), text message appointment reminders (35 percent) and online appointment booking services (27 percent).

Additionally, nearly half of respondents (48 percent) said the rising cost of insurance would be the biggest challenge facing the health care industry in the next five years, with three-quarters of respondents indicating that prescription drug coverage (77 percent) and monthly premium costs (77 percent) were very important when selecting health care coverage.

Expert Opinion

"The health care industry is shifting to a patient-centered model that harnesses technology to both open communication channels and create a platform for patient engagement," said Doris Savron, executive dean for the College of Health

Professions at University of Phoenix. "Given this shift, it is crucial that patients not only have access to these technologies, but also view them as important resources for improving their health and overall care experience."

What Patients Want

When Americans utilize traditional care settings, they have strong feelings about the qualities that health care professionals should have. According to the survey, the majority of Americans find it "very important" for their treatment teams to have interpersonal skills, including listening (84 percent), verbal communication (83 percent) and bedside care (71 percent). These skills, Savron notes, are key to health care professionals building trust with their patients and enabling them to take ownership of their care.

"The data shows that technology is just one piece of the puzzle when it comes to patient care," added Dean Savron. "Although new technologies are resources that we should lean on to help improve communication, interpersonal skills are the foundation for ensuring patient trust and better care. Communication and empathy are vital skills for health professionals seeking to encourage patient responsibility in their care and drive positive outcomes for them."

Where To Learn More

Continued on page 41

Tinseltown Talks

By Nick Thomas

Judith Durham looks back at 'The Seekers'

Photos all provided by Judith Durham's manager.

Fifty years ago, The Seekers were a Pop music sensation. Featuring members Athol Guy, Keith Potger, Bruce Woodley and lead vocalist Judith Durham, the Aussie group's Pop-Folk fusion proved popular in America and their hit, *Georgy Girl*, was a nominee at the 1967 Oscar ceremony for Best Song for the film of the same name, although it lost to *Born Free*.

The Seekers had burst onto the world music scene just 2 years earlier with their 1965 hit *I'll Never Find Another You*, but Durham struggled with the sudden celebrity status.



Judith Durham then and now

"I was suddenly thrust into the international spotlight and found myself inadvertently in competition with the glamorous UK stars of the period – Dusty Springfield, Sandie Shaw, Lulu, Twiggy," said Durham from her home in Melbourne. "I was a 20-year-



The Seekers onstage in the UK in 2014 during their sold-out Jubilee tour

old girl who worked by day as a secretary, and I weighed more than 10 stone (140 pounds at 5-foot 2 inches). Those girls were 'real' stars to me – slim, pretty, and wearing beautiful clothes. I sewed my own frocks for TV shows and performances! I didn't feel I was glamorous enough to be the Pop star I was being projected as. It caused a lot of

anxiety for me for the first 2 or 3 years."

From 1965 to 1968, The Seekers' sound enchanted the Pop music world with a string of hits including *A*

World of Our Own, *Someday, One Day*, and *The Carnival Is Over* (see www.theseekers.com.au). But as the group's popularity increased, the pressure on the lead singer continued to mount.

"We worked constantly for 4 years and when we weren't

doing seasons of tours, we were in the recording studio. It was exhausting."

So, in July 1968, Durham parted ways with The Seek-

ers to pursue her own career (see www.judithdurham.com).

With her departure, The Seekers disbanded, although the group reformed over the years with various replacement lead vocalists, while Durham focused on her solo career. Enviously, however, the group's enduring popularity led to several reunions of the original ensemble.



Production still from The Seekers Down Under TV in 1967

Reuniting with The Seekers meant putting her 25-year solo career on hold, but Durham felt compelled: "I wanted to do it for the group's fans, who had remained so loyal for so long, and who had never stopped pleading with us to come back. What I didn't realize was that it would become an on-again, off-again situation for another 25 years!"

But 4 years ago, tragedy struck.

"We were still performing by the time our 50th anniversary rolled around. During a sell-out Australian tour as part of our Golden Jubilee in 2013, I suffer a brain hemorrhage after the first of four nights in Melbourne."

Durham was in hospital and rehab for six months and her recovery continues.

"That was a difficult time," she admitted. "I had problems finding the words I needed in conversation, and still do to a certain extent. I effectively had to learn to write again. But my long-term memory wasn't affected, so I had no problem remembering things like lyrics. And thankfully, my voice wasn't affected in any way."

Looking back on the past 50 years, Durham – who turns 75 in July – has continued to forge ahead through the good times and the bad.

"Even though age and illness have slowed me down some, I still crave creative stimulation," she said. "I hope I can still absorb myself in those pursuits until it's time to go."

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

The Computer Will See You Now

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*A national sample of 2,201 registered U.S. voters completed the online survey, conducted by Morning Consult on behalf of University of Phoenix from August 10–14, 2017. Results from the full survey have a margin of error of +/- two percentage points. For complete survey methodology, please contact Amanda Barchilon at Amanda.Barchilon@phoenix.edu.

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Life in Long Beach

By Lyn Jensen

Summertime Blues (and Other Music)

Summer in the city sounds better with Golden Oldies, whether your summertime memories date back to 80s MTV or the 60s *Summer of Love* or even *Swing* era 78s. On Seventh Street in Long Beach you'll find a couple of small shops where classic vinyl recordings may have you forgetting all sense of passing time as you dig through bin after bin, just like whatever summer you remember most fondly.

Dex Records

Justin Dexter and his shop, Dex Records, are new to the Long Beach retail scene, having just started about a year ago. His shop is so small, its sign is practically bigger than it is. It's like going through a friend's garage, provided that garage houses an inviting and well-organized record collection.



His stock numbers about 5,000 records, as in made of vinyl—he carries no CDs or other media. The selection encompasses what he calls “a little bit of everything,” from Rock to Jazz to Punk. If you're looking to find a new home for some of your vinyl, bring it by, and he may buy it.



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Dyzzy on Vinyl



Kevin “Dyzzy” Diehm has owned Dyzzy on Vinyl for 19 years, and his customers enjoy talking music with him. His shop

has a quaint ambience, being housed in a designated city landmark, the Castle Croydon. In his old-fashioned storefront window, you may see Blues Brothers dolls going ‘round and ‘round on a turntable, getting dizzy on vinyl.

Behind that spinning turntable in the window, the space is filled with classic vinyl LPs and 45s, along with some CDs, DVDs, and even a few VHS tapes. Diehm has a selection that stretches across Classic Rock, County, Jazz, and R&B. One of his specializations is music from the local scene.

Just about anything collectable, he'll look over. “You won't believe what people try to sell,” he said. “A guy brought in what looked like a doorknob and said it was a diamond. I said it looks like a doorknob to me.”



Asked what sets his store apart, he said, “We're intimate, not huge. People step back in time, it's like in the 70s. It brings back memories.”

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