

# SENIOR REPORTER

VOLUME 45, NUMBER 1

## Contributing Writers:

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

**JANUARY 2019**

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



## Jessica Lange

**"When you learn not to want  
things so badly, life comes to you."**

**—Jessica Lange**

### What's Inside....

Calendar of Events	5
Classifieds	6-7
Jessica Lange	10
Gadget Geezer	12
Fabulous Finds	14
Book Club	21
Paso Robles	22
Busy Boomers	31
In The Spotlight	35
Tinseltown Talks	41

*Reflections Funeral Services* FD2133

**Affordable Funeral, Cremation & Burial Services**  
Family Owned and Operated

Full Traditional Service	<b>\$2,945</b>
Traditional Service with viewing 1 hr before or viewing at residence	<b>\$2,745</b>
Traditional Service with Cremation	<b>\$3,185</b>
Viewing with Cremation (4 hours)	<b>\$2,745</b>
Direct Cremation	<b>\$575</b>

\*Free Pick up



We understand the emotional stress families have during this time we offer in home appointments. We are available 24 hours & days to serve your family with superior service. For further information please call us at (714) 587-0615.

Phone: (714) 587-0615 • Fax (657) 208-1655  
937 S. Roberts Street #3, Anaheim, CA 92802  
www.reflectionsfuneralservices.com

LAA4829954-1

**BATH REFINISH**

**BATH-BRITE**

Repairing and Refinishing Tubs, Tile, Fiberglass and Sinks Since 2001

**(714) 864-4797**

Servicing Orange County and Parts of Los Angeles County

**CALL FOR A FREE ESTIMATE!!!**

**Kyle Thompson**  
www.bath-brite.com



**ST. VINCENT DE PAUL THRIFT STORE**

**Donate your tax-deductible clothing, furniture, appliances, and cars to provide for the needy.**

**FREE Pickup**  
(800) 974-3571  
www.svdpla.org




## It's Never Too Late To Achieve A Healthy Weight

People often think of the New Year as a time to set new goals for healthy eating and physical activity. But weight management requires ongoing effort, during the holidays and every day. That's why the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health, is promoting simple tips and tools to help Americans start and maintain healthy habits.

"Why wait to start improving your health when you can start today?" NIDDK Director Dr. Griffin P. Rodgers said in a statement. "It's never too soon or too late to achieve a healthy weight."

Reaching and maintaining a healthy weight through healthy food choices and regular physical activity may help lower the risk of developing health problems associated with obesity, such as heart disease, kidney disease and Type 2 diabetes. About 40 percent of adults and 19 percent of children and teens in the United States have obesity, according to recent data from the Centers for Disease Control and Prevention.

Continue or establish healthier eating habits, such as reducing the overall calories you consume and limiting your intake of foods and beverages with added sugars, fats and salt. Bringing healthier versions of your favorite dishes to holiday gatherings, and choosing smaller portions of holiday treats and alcohol, may help



with managing weight during this time of year.

The NIDDK recommends making physical activity a priority for the whole family. Choosing a set time for physical activity and sticking to it may help you manage stress, improve your mood, and give you the energy to tackle your busy schedule. If it's too cold to walk or run outdoors, take your workout to your favorite mall or indoor sports field. Even if you're pressed for time, doing some physical activity is better than skipping your workout and doing nothing.

Another tip to consider during the holiday season and every day to improve health and manage weight is to reduce screen time and time spent sitting. Watching TV for more than two hours a day has been linked to overweight and obesity. Try creating a holiday-themed playlist and having a dance party. You can have fun dancing alone or with family or friends.

To further encourage adults and youth to be active, the U.S. Department of Health and Human Services also recently released new Physical Activity Guidelines for Americans. The

new Guidelines recommend that adults aim for at least 150 minutes of moderate-intensity activity each week, such as brisk walking or dancing. Youth ages six through 17 need one hour each day, and children ages three through six should be active throughout the day.

By establishing and sticking to healthy habits, parents, caregivers and youth may achieve better health together during the holiday season and beyond.

To find more tips and resources for weight management and healthy living during the holidays and every day, visit the NIDDK website: <https://www.nidk.nih.gov/health-information/weight-management>.

### The Senior Reporter

is published monthly by:

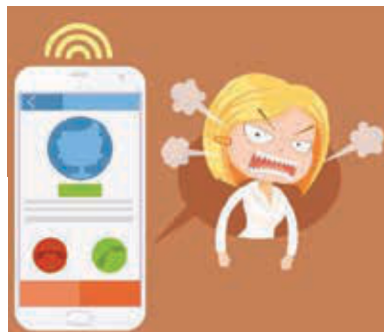
**SENIOR  
REPORTER OF  
OC**

Email  
**jcampos@senior-reporterofoc.com**

Telephone  
**(714) 975-6345**  
Fax  
**(714) 369-6517**

Rate is \$28.00 per year.

Guest articles, commentaries and photographs are invited, however, publication is at the discretion of the editor



# Blue Tooth

By Jim McDevitt

I am not up to date with the latest gadgets. For some time I thought my wife was talking to an imaginary friend named Alexa until I caught on. The reason it took me so long to catch on is that I learned a long time ago that it's not a good idea to ask a woman if she's talking to an imaginary friend. A man makes that mistake only once in his life. So now you may understand why I thought Blue Tooth was someone's tooth that had been banged by an impact.

Based on my uneducated past history with gadgets I decided it was time to educate myself about this product called Blue Tooth which I heard young people talking about. Armed with my iPad I asked the all-knowing Google search engine this question: "How did Blue Tooth get its name?" To my astonishment the reply said Blue Tooth was named after a 10th century king named Harold Bluetooth, King of Denmark and Norway. If I wasn't on Google, I would have thought someone was pulling my tooth, ... I mean my leg.

We have a 2016 Subaru with all the new gadgets. I don't use them so I can't even change the time on the clock when the time change comes. I've even read the owner's manual but it made no sense to me. Even

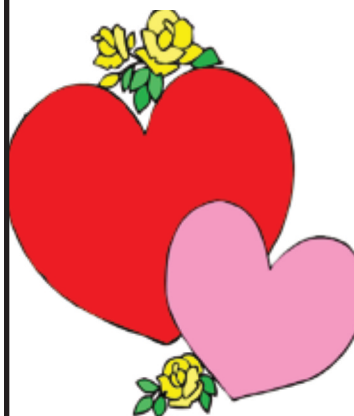
my local mechanic can't figure out how to change the clock so I don't feel so bad. I look at it this way, for six months of the year I have the correct time and for the other six months I subtract an hour when I look at the car clock. On a Saturday morning I was calling an old childhood buddy who lived in New York. We try to stay in touch and keep up with what's going on in the world. My wife was just leaving to meet some lady friends for coffee and she waved goodbye.

I didn't think anything of it as I talked about the football season on my cell phone. The next thing I know I was talking to a dead line. I had been disconnected. I redialed my friend's number and he explained what had happened. When my wife had started up our Subaru, she turned on the car radio which Blue Tooth automatically transferred my cell phone call to the car radio. My friend was no longer talking to me but was talking to my wife who knows nothing about football.

Apparently the dealer had programmed Blue Tooth to automatically pick up our cell phone lines and put it on the car radio. From inside the car without using your cell phone you could talk to the radio and the radio would talk back with the person on the other end. That way if you are driving you do not pick up a phone. I

still don't understand it all but I know it works because since then my wife has demonstrated to me while I was driving. I am still amazed at what technology can do. Maybe someday I won't have to go to an airport to fly somewhere and I can step into a transporter machine dial a phone number and my body will be transported there.

## With A Heart for Seniors



OVER 150 AIRCRAFT & DISPLAYS!

**PLANES OF FAME**  
AIR MUSEUM

★ RARE 1940's Flying Wing & authentic Japanese Zero fighter!

★ Largest collection of flyable WWII airplanes

★ Support aviation history, become a Member! Contact us for details!

Visit us!

**\$2 OFF**  
ONE ADULT ADMISSION  
LIMIT 1 COUPON PER PERSON

OPEN: Sun-Fri 10-5 Sat 9-5

(909) 597-3722

Planes of Fame  
Air Museum  
14998 Cal Aero Drive  
Chino, CA 91710

WWW.PLANESOFFAME.ORG

CHINO, CA VALLE, AZ  
**PLANES OF FAME AIR MUSEUM**

★ **2019 SCHEDULE OF EVENTS** ★

(See our website [www.planesoffame.org](http://www.planesoffame.org) for more information)

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

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

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

**FREE ADMISSION TO MEMBERS!**



## California Sweet Potatoes Are Great For More Than Christmas—Enjoy Them Every Day

While for many, it's not the holidays without sweet potatoes, California sweet potatoes can (and should) be enjoyed throughout the year. Thanks to great growing conditions—rich sandy soil, abundant sunshine and warm, dry climate—California sweet potatoes are widely available and ready to add both flavor and superfood nutrition to all your favorite recipes.

One medium (4-oz. cooked) California sweet potato has only 105 calories and 0g fat or cholesterol, yet this tasty tuber contains more than 80 nutrients including:

- 2 grams of protein
- vitamin C (a good source)
- vitamin A (more than an entire day's requirement)
- calcium

Perhaps even better, California sweet potatoes are delicious in sweet AND savory dishes. Toss them into your favorite soups, stews and casse-roles or feature them on a pizza or in a pasta. You can even include mashed sweet potatoes in cupcake, waffle or pancake batter, adding flavor, nutrition and a tender texture.

Here are some more great ways to enjoy California sweet potatoes in your year-round repertoire:

- For a simple sheet pan supper, toss diced sweet potatoes, halved Brussels sprouts, and diced red onion with olive oil, chopped fresh rosemary, salt and pepper and arrange on a sheet pan. Top with seasoned chicken thighs and roast until cooked through. Serve with a simple salad.



- Try a sweet potato pizza or tart. Top store-bought pizza dough or puff pastry with fontina, roasted California sweet potatoes, caramelized onions and a sprinkle of salt. Bake until golden brown and bubbly, then top with a handful of arugula.
- How about pasta? While cooking store-bought tortellini according to package directions, sauté cubed California sweet potatoes with butter, olive oil and fresh sage leaves. Drain tortellini, reserving some of the cooking water. Add tortellini to the sweet potatoes and gently toss, add pasta water to loosen and finish with a knob of butter. Serve with fresh grated Parmesan.
- For an after-school snack, cut California sweet potatoes into 1/4-inch slices, pop them in the toaster or microwave until tender, then brush with melted butter and sprinkle with cinnamon and sugar. Or top with avocado and chopped fresh tomatoes.

For a truly tempting treat, try California Sweet Potato Toast Bites. Here, they're topped with figs, blue cheese, flaked salt and honey—making them excellent for a snack, appetizer or elegant dessert.

California Sweet Potato Toast Bites with Figs, Blue Cheese, Flaked Salt and Honey

Makes 12

- 12 crosswise slices California sweet potato (about 1/4-inch thick)
- 2 ounces good-quality blue cheese (about 1/4 cup packed)
- 3 dried figs, stemmed and quartered
- 12 small rosemary sprigs
- About 1 teaspoon flaked sea salt
- About 1/2 teaspoon pepper
- About 1 tablespoon honey

Cook the sweet potato slices in your toaster oven as you would small slices of bread, using the most well-done setting, until tender (you might have to do this in batches, and each batch might have to cook two times). Set aside to cool to room temperature. Top each sweet potato slice with 1 teaspoon of blue cheese, 1 fig quarter and a rosemary sprig, arranging them on plates or a platter. Sprinkle with the salt and pepper, then drizzle with the honey and serve.

Note: If you don't have a toaster oven, use three or four lengthwise slices of sweet potato and cook them in your toaster using the most well-done setting (you might have to do this two times). Then cut each toasted slice into three or four pieces to make 12 smaller toasts.

Learn More

For other recipe ideas and further information about California sweet potatoes, visit [www.casweetpotatoes.com](http://www.casweetpotatoes.com).

Treat your family and friends to savory, tasty Sweet Potato Toast Bites.

**A-1 Home Care**  
www.a-1homecare.com  
Info@a-1homecare.com  
**949-650-3800**  
**24-Hour Care**  
**Live-in Caregivers**  
**Hourly Caregivers**  
**Elderly & Senior Care**

### PURCHASE, REFINANCE and REVERSE MORTGAGES



**(714) 831-1315**

BrianDolan@CertCapHomeLoans.com

[www.CertHomeLoans.com](http://www.CertHomeLoans.com)

VA • FHA • USDA • FNMA • JUMBO



**BRIAN DOLAN, MBA**  
**USMC, Ret.**

CalBRE #01801002

NMLS #1263264





Happy New Year! It's 2019 and along with it comes some fun events going in that you might want to take in. Check these out below and mark your own calendars.

### San Clemente

Jan. 6

10 a.m. and 2 p.m.

Pay a visit to the vivid gardens at Casa Romantica with FREE admission and self-guided tours. D. Yoder Family Sundays are held on the first Sunday of each month for activities and a program based on Casa Romantica's Casa captivating programs for all ages. Free admission. At, Casa Romantica, 415 Avenida Granada, San Clemente.

### Fiesta Association Hairiest Man Contest

San Juan Capistrano

Jan. 12

1 p.m. to 3 p.m.

You must come to the sign-ups with a "Smooth Puss" (clean shaven) and ready to be photographed for the "Most Wanted" poster. You then have 8 weeks to grow a beard or moustache that will be judged at the Fiesta Grande in March. There is a \$5 entry fee which goes to support the Swallow's Day Parade. At, Swallows Inn, Ortega Hwy and Camino Cap-

istrano, San Juan Capistrano. Call, 949-493-1976.

### Pretend City Presents: Celebrate Martin Luther King Jr. Day

Jan. 21

11 a.m. to 5 p.m.

Every child is unique, and they should know that no matter how different their friend may look from them, everyone should be treated the same. At Pretend City, the event holder wants to have an open discussion with your child or grandchild about equality. Don't miss out on this important life lesson. Cost is included with museum admission. At, Pretend City Children's Museum, 29 Hubble, Irvine.

### Snow Day

Fullerton

January

Tons of the snow will be delivered to the dam to enable youngsters to sled, make snow angels, and have old-fashioned snowball fights. Children are advised to wear warm clothes and gloves. Space is limited to 900 persons, and early registration is recommended. Advance registration fee for the event is \$15 per person for Fullerton residents and \$18 per person for non-residents. At, Brea Dam Park 1700 N. Harbor Blvd., Fullerton. Registration can be made through the

park's class sign-up or by calling the Parks and Recreation Department at 714-738-6575.



## What You Should Know About Vaccines

Sometimes, what you don't know can hurt you. Consider this: Smallpox vaccines were used as far back as the Revolutionary War. This serious disease, which has killed more people than all the wars combined, has been wiped from the Earth by vaccines. It's a shame that recently the safety of vaccines has been questioned. It's time people focused on the facts.

Vaccines have long been one of the safest medical treatments. No credible study has proven otherwise. Just like other medicines, vaccines are approved by the FDA. By and large, the rewards of prevention are worth the small risk of any vaccine's side effects.

Another fact is that vaccines for mature Americans can save lives. When seniors get pneumonia shots, they could lengthen their life expectancy by FOUR years. Flu shots will also protect seniors from a debilitating illness with life-threatening consequences. Vaccinations are generally affordable and they are SAFE.

### What To Do

If you have questions about a vaccine, talk to your doctors. They can explain the safety of vaccines and their importance to your health. There are three easy steps you can take to get protected:

1. Find out which vaccines you need. You can go to the Retire-



Safe website, [www.retiresafe.org](http://www.retiresafe.org), and click on the vaccine icon on the left side of the home page. It will take you to a Centers for Disease Control and Prevention site that will ask you questions about you and your life. It will then give you a list of vaccines you may need.

2. Discuss the vaccines on the list with your doctor or health care professional.

3. Get the recommended vaccinations.

That's it...that's all you have to do to be healthier and possibly add years to your life.

For your health's sake, give vaccination a shot.



# CLASSIFIED & PROFESSIONAL SERVICE DIRECTORY

## REAL ESTATE / RENTALS

### Stonegate Senior Villas

Affordable 1 Bedroom  
Unit  
From \$684.00 to \$1045.00  
@ Month

2 bdrm from  
\$820.00 to \$1253.00~

### Seniors 62 Years Plus

Section 8 Welcome

170 N. Prospect,  
Orange, CA 92869

**\*Maximum Annual  
Income Restrictions  
Apply**

**714-538-7729**



### I BUY HOUSES

All Cash,  
any Condition

Call Jeff

**714-582-5866**



### Estate Sales

Glinda Davis

Certified Appraiser

**714-943-1818**

e-mail: glinda\_davis@yahoo.com

Lic. #GDD0001

www.glindadavisstatesales.com

## HOME & HEALTH CARE

### RAINBOW HOME CARE

*Attendants make life easier*

All Orange County

Mobility, Errands, Housekeeping, Meal Prep, Transportation

**Toll Free #1-800-811-9767**

**WE CAN HELP**



### Ayanna Cares In Home Care Service

Ayanna & Dwayne Armstead  
Owners - License #011231

- Adult Day Care
- Hospice
- Errands
- Appointments
- Laundry
- Post Hospital Care
- Companionship
- Meal Prep
- Light Housekeeping

*Nights and Weekends Available*

**(562)576-3893**

**www.ayannacares.com**



### Medicare Made Simple!

Steve Nakamoto  
Independent Broker  
California License #0K30383

Find Out What's New for 2019  
Don't Get Stuck in the Wrong Plan!

Call Me Now! (714) 391-2090

Email: medicare@twc.com

### PRIVATE HOME HEALTHCARE SERVICES



Services include:

- Assist with daily care
- Meal planning & preparation
- Shopping & errands
- Doctor appointments
- Medication management
- Pet care

**Mary Duarte CNA**

**949 525-8860**

Serving South Orange County  
English Speaking • Certified • Insured



### Rolfing® Structural Integration

a manual therapy method  
for optimal alignment of  
your body, so you can move  
with ease and freedom.

### Realign Uplift Live

**Hilde Otterholt**

Certified Rolfer™

**949 933 6317**

**www.rolfingoc.com**

## AUTOMOTIVE

### CASH AUTO BUYER

WE REALLY TRY TO  
PAY YOU THE MOST  
MONEY WE CAN.  
BECAUSE WE WANT  
YOUR BUSINESS



Wrecked, damages, running or not.

We handle all DMV Papers



WE TAKE ALL TYPES OF  
VEHICLES AND RV'S

**714-980-1790**

## AUTOMOBILES WANTED

### CARS, TRUCKS, MOTORCYCLES

WE BUY ALL KINDS OF QUALITY LATE MODEL  
VEHICLES OR NON-RUNNING KLUNKERS, BAD  
TAGS, BAD PAPERWORK OR SMOG ISSUES, WE  
BUY ALL... FAIR PRICES PAID CASH! **WE PICK UP.**

**562-684-0901 • 714-767-2834**

## Guiding You In The Right Direction

**What happens next?**

**Who do we need to speak to?**

**Where do we go from here?**

**When? Why? How?**

Probate  
& Trust  
Realtor  
CPRES

These are all questions I can help you with.

### Whether Buying, Selling

*Don't work with just any Real Estate Agent...*

*Work with an agent who knows Leisure World*

*I specialize in the Resale of Leisure World Properties*

Call Me Today!  
**Diana Dugan-Flores**

**(562) 242-6162**

Berkshire Hathaway

BRE # 01497232

*The Lord is My Shepherd I shall not want. Psalm 23*



## MISC.

### LIVING TRUST

**Only \$499.00**

Complete!

Call Greg

**(949) 851-4969**

### WANTED/ I BUY

Lladros, Capodimontes,  
Waterford, Laliques, etc.  
High end merchandise  
for resale

**Nick**

**714-679-5153**

**949-566-4661**



*We Help You Carry On!*

### E&M Senior Care

- Alzheimer Dementia
- Light Housekeeping
- Personal Care
- Companionship
- Transportation
- Medication Monitoring
- Meal Preparation
- Competitive Pricing

### In-Home Caregiving

**714-699-8938**

Info@eandmseniorcare.com • www.eandmseniorcare.com

# CLASSIFIED & PROFESSIONAL SERVICE DIRECTORY

## PLUMBING

### Plumbing Expert



**Copper Re-Pipes, New Plumbing Additions, Gas Leak Detection/Repair, Slab Leaks, Drain/Sewer Cleaning & Inspection, Water Heaters, Affordable & Professional Service**  
20 Years Exp. Family Owned & Operated

**714-540-4469**



## MOVING \ STORAGE

### SENIOR MOVING SPECIALISTS

**West Coast Relocation & Storage**  
Local & Long Distance Moves, Packing Services  
Storage & Small Moves



**\$50 Off**  
Moving or Storage Costs

**562-537-0312**

FREE insurance with every move  
www.westcoastrelo.com Lic. # 191386

### PAC MASTERS LLC

We assemble and disassemble for you.  
We Also Pack And Organize Garages  
We Now Hang Pictures And Mirrors  
Buy And Sell Furniture  
**FREE ESTIMATES • Call 888-250-2204**

## PLUMBING

**Cheaper Plumbing**  
Drains Cleared

**\$39**

**All Plumbing Repairs**  
**Senior Discount**

**714-215-1083**

## AC & HEATING

**DISCOUNTED**  
DEEP WATER PLUMBING  
HEATING & AIR

Service & Repair • Installation  
Free Estimates (New Systems)  
All Makes/Models



**Senior Discount**

No Results/No charge

**714-234-6826**  
CALL ANYTIME

Lic# 974510



## DOORS

Garage & Sliding Door Service

**DOOR PROS™**

Huntington Beach Ca.  
**714-965-0043**

SERVICES INCLUDE:

- Sliding Patio Door Roller Replacement
- Sliding Patio Door Track Replacement
- Sliding Screen Door Replacement
- Garage Door Installation & Repair
- Garage Door Opener Replacement

Bonded & Insured  
Lic #988243

DoorProsHuntingtonBeach.com

**Your Ad Here**

## GARDENING / LANDSCAPING

### GARDENING

#### One Time Yard Cleanup

Trimming, Weeding,  
Planting, Drought Tolerant,  
Ground-Cover, Landscaping,  
Design, Hauling

Small / Big Jobs Welcome  
Free Friendly Estimates

**GK:949-344-4490**  
gklandscape.biz

Visa/MC/DC/Amex • Lic. #918209

### TREE TRIMMING

Professional Tree Trimming

Tree Removal

Crown Reduction & Tree Pruning

Powder Stump Grinding



Palms Skinned  
Trimmed & Removed

Ivy Topping & Removal

Lot & Hill  
Clean-ups for Fire Regulation

**CORTEZ**

**Tree Trimming Service**

**Lowest Prices Guaranteed!**  
**Free Estimates**  
**(562) 233-1564**

### LANDSCAPING

E.V. LANDSCAPE AND  
GARDENING SERVICE

As low as  
\$25.00/weekly

Clean-ups, trimming,  
trees, sprinklers, sod

**714-822-1870**  
Call Elvis Vega

### LANDSCAPING

**OCLandscaping and Hauling**

Trimming, Weeding,  
Planting, Drought Tolerant,  
Ground-Cover,  
Garden/Yard/Slope Cleanups,  
Design, Hauling

Small / Big Jobs Welcome  
Free Friendly Estimates

**GK:949-344-4490**  
gklandscape.biz

Visa/MC/DC/Amex • Lic. #918209

## INSURANCE

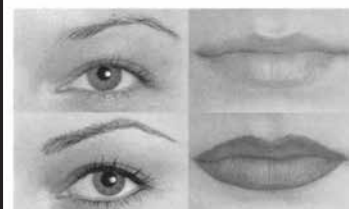
**Turning 65?**  
**Or**  
**Want Sr Plan Choices?**

Call: Brian Powell Insurance  
17461 Irvine Blvd Suite A  
Tustin, CA 92780  
(714) 547-3313 cell: 457-5455  
Ca lic. 0711506, bripowell@aol.com



## PERMANENT MAKE-UP

### Permanent Make-up



- Eyebrows
- Eyeliner
- Full Lips

**Linda Fawcett**

**(949)680-8226**



**OC Regrout**  
Tile • Marble • Granite

**Axel Laverde**  
Grout Specialist

(949) 357-5736  
axelglaverde@gmail.com

Flooring • Kitchens & Bathrooms  
Installation & Repair Commercial & Residential

## PLUMBING / BATH

• Drains/Repairs

• Tubs/Repair/Refinishing/New

• Water Heaters/Leaky Faucets

• Handyman 24/7

**714-515-0379**

25 Years Local Service

[www.plumbinginorangecountyca.com](http://www.plumbinginorangecountyca.com)

**Call Brian**

Lic. #918572



# Fifties Flashback

By Randal C. Hill

## Fame and Fortune from Midwestern Mud

In 1982 Eddie Murphy returned the nearly forgotten Gumby character to popularity. In Murphy's "Saturday Night Live" recurring parody skit, once the in-studio TV cameras were switched off, Gumby (Murphy in a foam green suit) returned to his "true" self — an arrogant, demanding, cigar-chomping celebrity. Whenever executives balked at Gumby's numerous demands, the clay guy would remind them of his star status by roaring: "I'm GUMBY, dammit!"

"Gumby can laugh at himself," creator Art Clokey said in approving Murphy's sendup.

Clokey originated the name after spending childhood summers on his grandparents' Midwestern farm, where he played with a clay and mud mixture that the family called "gumbo."

It was Ruth Clokey, Art's wife, who suggested that Gumby's shape be based on that of the Gingerbread Man. Gumby's slanted head came from an old photo of Clokey's father in which his short hairstyle featured a prominent cowlick in front. Clokey felt that green was the best choice for Gumby, as it was racially neutral.

The original Gumby was a groundbreaking stop-motion flexible figure created by Clokey in 1953 after he finished film school at the Uni-

versity of Southern California. Stop-motion animation features objects that are physically manipulated in small increments between photographed frames in order to simulate movement. Gumby's feet were made wide, so he could stand up easily during filming.

Clokey's debut feature, "Gumbasia," was a surreal montage of Gumby images as moving lumps of modeling clay set to Jazz music. Created in Clokey's father's garage, the 3 ½-minute work — basically history's first music video — was a parody of Walt Disney's 1940 animated musical "Fantasia."

Early in 1955 Clokey showed "Gumbasia" to movie producer Sam Engel, who was impressed enough to encourage Clokey to develop a short Gumby pilot film for a possible children's TV series.

When NBC executive Tom Sarnoff saw Clokey's creation, he requested a second feature. That next work — "Gumby on the Moon" — was aired later the "Howdy Doody" TV show and became such a rating hit that Sarnoff ordered an entire series, which premiered in 1955 as "The Gumby Show."

Gumby, who always possessed an almost mystical ability to charm viewers, soon accumulated a diverse group of clay pals with whom he could share

adventures, starting with Poky, an orange and black pony and Gumby's best friend. At the time all the TV characters were formed by rolling pins and cookie cutters.

In 1959 the hit show went into syndication, and further episodes were produced in the 1960s. More new characters appeared, including a blue mermaid named Goo and a yellow dinosaur called Prickle. By then all the characters came from hot clay poured into molds.

Over the years various items of Gumby merchandise have been marketed, including bendable figures, plush dolls, keychains, mugs, a record ("Gumby: The Green Album") and a video game ("Gumby vs. the Astrobots").

In 1993, in an issue celebrating 40 years of television, "TV Guide" named "Gumby" the 1950s' best cartoon series.

Why? That's easy. Because he's GUMBY!

### Bibliography

#### Book:

Byrne, Christopher. *Toy Time! A Look Back at the Most-Beloved Toys of Decades Past*. New York: Three Rivers Press, 2013.

#### Internet:

[en.wikipedia.com](http://en.wikipedia.com). Printout: Gumby  
[gumbyworld.com](http://gumbyworld.com). History  
[imdb.com](http://imdb.com). *The Gumby Show*  
[kickstarter.com](http://kickstarter.com). *Gumby Imagined: The Story of Art Clokey and His Creations*.  
[metv.com](http://metv.com). 8 Fun and Flexible Facts about Gumby.

Thomas, Bryan. "'The Gumby Show': America's Favorite Clayboy is Back Again on Night Flight!" [nightflight.com](http://nightflight.com). February 12, 2018. Both quotes are from here.

“EVERY MORNING MY HUMAN TAKES OFF HIS FACE FUR LIKE THAT”

—TUCK  
adopted 05/04/11

A PERSON IS THE BEST THING TO HAPPEN TO A SHELTER PET

**adopt**  
theshelterpetproject.org

Ad Council THE HUMANE SOCIETY 3

## Ready to Sell When You Are



Call **Cindea Lindley**  
**909-730-8800**

**30 Years Experience**  
Specializing in Real Estate Sales &  
Manufactured Home Sales

*"I offer a \$500.00 rebate for all listing referrals"*

### J. Phil Hall, Ph.D

*Licensed Psychologist, PSY11440*

47 years of experience  
in the Mental Health field

Specializing in Mood Disorders  
and Issues of Aging

5816 Corporate Ave, Ste 170,  
Cypress, CA 90630

**714 527-7886 Ext 1**

**Cell 714 612-3095**

Medicare Provider



## Clinical Grade Stem Cell Treatment



Cancer and Tumor-specific Immunotherapy

Pain in back, hip, knee, neck, joint

Parkinson's • Alzheimer's

Multiple Sclerosis • Kidney Disease

Autism • Down Syndrome

Arthritis • Cartilage Regeneration • Diabetes Type 2

ED, P-Shot, O-Shot • Peyronie's

**Many More Specialized Treatments - Please call us!**

**We have achieved life improvement!**

**Helping patients to live better lives**

**We use clinical grade stem cells**

**We use PRP where preferred**

**NO Surgery - but YES**

**MORE LIFE ENJOYMENT!**

**Trinity Medical call-text +1 (619) 438-0338**

**info@trinitymedical.org**

**Facebook find us as:**

**Trinity Medical Mexico**

**www.trinityMedical.org**

**Calle Benito Juárez 2da 1413**  
**Zona Centro, 22000, Tijuana, B.C**

### COUNTERMAN

Cabinet Reface, Repair, Install

**GARY STOLO**

OWNER SINCE 2001

state license #790877

countermancabinets@yahoo.com

COUNTERMAN-CABINETS.COM

**Call/text (714) 272-5362**

American Heart  
Association



assistance league®  
**Huntington Beach**

**Thrift  
Shop**

8071 Slater Ave  
just east of Beach Blvd

• 100% Volunteer Operated • www.facebook.com/assistanceleagueofhb  
• Learn more www.ALHB.org • www.ebay.com/usr/assistance\_league\_of\_huntington\_beach

# Jessica Lange

By Les Goldberg

For most of us, we still have memories of Jessica Lange clutched in the arms of King Kong. That was in 1976, when her modelling agency recommended her to producer Dino DeLaurentis as the female lead in the sequel to the classic 1933 film about the giant ape.

Co-starring with Jeff Bridges and winning the Golden Globe for best acting debut by a female, Lange parlayed her “*King Kong*” role into a long and enduring career.

Today, at age 69, her talent and unmistakable abilities to take on any role are on display in the hit TV series, “*The American Horror Show*,” in which she has become a prominent fixture during its four seasons.

Series director Sarah Paulson, on explaining how she persuaded Lange to return to the show after her long hiatus, said:

“I mean, I think the truth is Jessica has played four extraordinary characters on this show, and Constance was the beginning, and it was a character that was close to her heart.



So, I don't think it took much convincing to get her back here for that. But it was a new world in a way, because she hasn't been here in so long. She was completely open, willing, ready and hungry for my ideas, thoughts and notions about how to play a scene.”

## The “Hippy” Days

Lange was born in Cloquet, Minn., on April 20, 1949. Her father, Albert John Lange (1913–1989), was a teacher and traveling salesman, and her mother, Dorothy Florence (1913–1998), was a housewife. She is the third of four children with two older sisters and a younger brother.

In 1967, she received a schol-

arship to study art and photography at the University of Minnesota, where she met and began dating Spanish photographer Paco Grande. After the two married in 1971, Lange left college to pursue a more bohemian lifestyle, traveling in the United States and Mexico in a minivan with her husband.

The couple then moved to Paris, where they drifted apart. While in Paris, Lange studied mime theatre under the supervision of Étienne Decroux, and joined the Opéra-Comique as a dancer.

In 1973, she returned to the US and began work in New York City as a waitress at the Lion's Head Tavern in Greenwich Village and modelling which ultimately led to her meeting with DeLaurentis.

Her star would rise further when she met director Bob Fosse, whom Lange had befriended and with whom she had carried on a casual roman-

tic affair. He cast her as the Angel of Death, a part that he had written specifically for her in his semiautobiographical film, “*All That Jazz*” in 1979.



After appearing in “*How to Beat the High Cost of Living*” (1980) with Jane Curtin and Susan Saint James, she starred in “*The Postman Always Rings Twice*” with Jack Nicholson. Because her part in the film became a physical and mental strain, Lange decided that her next project would be a much lighter role. She accepted a supporting role opposite Dustin Hoffman in Sydney Pollack's “*Tootsie*” in 1982.

As a result, she became the first performer in 40 years to receive two Academy Award along with nominations in the same year and eventually winning the Oscar, Golden Globe and awards from the National Society of Film Critics, the New York Film Critics Circle,



the Boston Society of Film Critics, and the Kansas City Film Critics Circle.

Lange next produced and starred in 1984's “*Country*,” earning her the Academy Award and Golden Globe nominations for best actress. That same year, she made her television debut as Maggie the Cat in Tennessee Williams's “*Cat on a Hot Tin Roof*.”



At the close of 1985, she portrayed legendary country singer Patsy Cline in “*Sweet Dreams*” and was nominated a fourth time for an Oscar. She also earned best actress honors for her performance by the National Board of Review and National Society of Film Critics.

## The Turn of the Centuries

The highlights of the 1990s for Lange were her starring roles in “*Cape Fear*,” “*Night and the City*,” “*O Pioneers!*” (she received her seventh Golden Globe), “*A Streetcar Named Desire*” and “*Blue Sky*.” In 1995, she won the best actress

*Continued on page 36*

## Announcing a change in the lineup for Irvine Barclay Theatre's 18-19 Broadway Cabaret Series

Irvine Barclay Theatre was recently informed that Bebe Neuwirth is withdrawing from her concert engagement at Irvine Barclay Theatre on March 16th. Scheduling conflicts will preclude her from being able to perform at the Barclay as planned.

In her stead, the Barclay is announcing a performance on the same date, **March 16, 2019 at 8pm**, of **4 GIRLS 4** featuring four legendary Broadway singers and actresses.

• **MAUREEN McGOVERN** - multiple GRAMMY® nominations; Drama Desk nomination *Little Women* on Broadway; and #1 Gold record "The Morning After"

• **DONNA McKECHNIE** - TONY® winner *A Chorus Line*; leading Broadway roles in *Company* and *State Fair*

• **FAITH PRINCE** - TONY® winner *Guys & Dolls*; leading role in *Bells Are Ringing* on Broadway and TV's "Drop Dead Diva"

• **LILLIAS WHITE** - TONY® winner *The Life*; leading Broadway roles in *Fela!*, *Dreamgirls*

These four dynamic ladies have appeared in some of Broadway's favorite musicals, as well as numerous film and television appearances. Each one is a headliner in her own right, but together they com-

bine to create an unforgettable evening of music, laughter and memories of the Great White Way. The evening is under the musical direction of New York's premier singer/pianist, **Billy Stritch**, also known for his work with Liza Minnelli and Tony Bennett.

Tickets for the March 16th concert will automatically be transferred to *4 Girls 4*. Patrons who wish, may have their tickets exchanged into a different show or have their tickets refunded. Ticket holders should contact the box office at (949) 854-4646.

Other concerts in the series are not affected.

Jan 12 *Jerry Herman Legacy Concert*

Jan 27 Krysta Rodriguez & Scott Barnhardt in *Coming Home*

Apr 13 Sutton Foster

For more information contact:  
Karen Drews Hanlon  
Director of Communications  
(949) 509-2813  
drews@thebarclay.org



*Preparing Today  
Eases Tomorrow™*

• **WILLS • TRUSTS •**  
• **PROBATE • SPECIAL NEEDS TRUSTS •**  
• **TRUST LITIGATION • FAMILY LAW •**



**SCOTT FEIG, J.D., M.A.**  
**ATTORNEY AT LAW**  
**949-689-9715**

**FEIGLawFirm.com**

**780 Roosevelt • Suite 220 • Irvine, CA 92620**  
**(near Jeffrey Rd.)**

**Clear Choice**  
Senior Services

Southern California's Assisted Living Experts  
**Call Toll Free 800-409-1917**

Use Our No-Cost Personalized Services to Assist in your Search for Elder Care:  
Independent Living • Assisted Living  
Licensed Residential Care Homes  
Alzheimers/Dementia Care  
Short-term Respite Care • Hospice Care

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

**broadway cabaret**  
the Barclay

Songs from some of your favorite shows sung by award-winning Broadway talent

**JERRY HERMAN**  
January 12 at 8pm  
**The BROADWAY LEGACY CONCERT**  
HELLO, DOLLY! • MAME • LA CAGE AUX FOLLES • MACK & MABEL • DEAR WORLD

Krysta Rodriguez • Scott Barnhardt

January 27 at 8pm  
**Coming Home**

Two of the OC's own bring their Broadway experience home.

**4 Girls 4**  
March 16 at 8pm

Maureen McGovern • Donna McKechnie • Faith Prince • Lillias White  
**BROADWAY'S LEADING LADIES IN CONCERT**

the Barclay 18/19  
Irvine Barclay Theatre

**www.thebarclay.org**  
**949.854.4646**  
4242 Campus Drive in Irvine

18-19 Season Sponsor  
**CITY NATIONAL BANK**  
AN RBC COMPANY

**Specializing In  
Senior Home Care**

24 Hour Live In And Out Home Care Services  
Personal Care

Caretakers Available For Cleaning - Cooking  
Groceries - Driving- Household Chores  
Spring Cleaning - Garage Cleaning - Ect.  
Professional Services At Reasonable Rates

**Call Maggie at 714-542-1304**

# The Gadget Geezer

By Les Goldberg

## At CES, The Future Is Oh So Near

Every year at this exact time, the Consumer Electronics Show, or CES 2019 in Las Vegas, announces its Innovation Award winners – products that are chock full of new technology and ideas that open up unlimited possibilities for not-so-distant applications.

It is always fun to see what's around the corner for the latest and greatest new gadgets, and this year's crop does not disappoint. Let's see if you agree. Prices and release dates are undetermined:

### The AQUIO

If you want to stay hydrated, enjoy your favorite tunes and keep stylish at the same time, the fashion-inspired AQUIO water bottle will fill the bill



on all fronts. It is double-wall insulated, BPA free and made of stainless steel and includes a removable and waterproof Bluetooth speaker.

### Insta360 Pro 2



First there was the still camera, then the camcorder followed by a combination of both and smartphones with full photo and video capabilities. So, what is next? With the new Insta360 Pro 2, you'll be able to do it all plus 3D, Virtual Re-

ality (VR) capture, 360-degree live monitoring and full stabilization.

### Countertop Dishwasher



That's right, you read that correctly. Ideally suited to the frequent traveler, the Tetra is an internet-connected compact dishwasher that quickly cleans tableware, wine glasses, baby bottles, cutlery and other items in minutes using a gallon of water. With its own water reservoir, no plumbing is required. It can be used anywhere that has a standard electrical outlet.

### Innovitz Technology

One of the reasons why self-driving vehicles are a real possibility is due to groundbreaking innovations in computer vision software. The InnovizOne technology allows autonomous vehicles to have high-performance, low-cost 3D vision for simulating human driver insights. But make no mistake, many technical, physical and human challenges still lie ahead before driverless cars are a reality.

### URGOnight



Getting enough sleep? If not, help may not be too far away, thanks to URGOnight. Introduced by Urgotech, it is billed as the "first non-invasive brain training solution to improve sleep." Consisting of an EEG measuring headband and an app, the software relies on neurofeedback from brain-controlled exercises that allows the user to learn in three months how to produce brainwaves to enhance natural sleep.

### Gone Fishing



Attention anglers! You soon can fact-check your "fish stories" with the use of a Smart Fishing Rod Sensor. Now, if someone questions you about where and when you caught "the big one," just point to the digital display on your Cyber-fishing rod.

### Talking to Fido

Interacting with your dog is getting easier than playing "Go Fetch", thanks to the newest pet toy – Laika (pronounced lay-kaw). Based on a mobile robot that is autonomous and



intelligent, Laika is equipped with a camera, a microphone and a loudspeaker, giving owners the ability to interact with their dog anywhere using the app. It also incorporates a treat-tossing feature designed to reward and train the canines.

### Ask ZAC!

While Laika lets you interact with your dog, another new invention lets you interact with your "butler." Well, it is not a real live butler, but a holographic racoon character that literally controls every electronic device in your household. Once you program in your voice, ZAC, the user-friendly and playful interface with advanced artificial intelligence (AI), will understand your commands to adjust every connected device to improve comfort, security, energy savings and home support.

### FoldiMate

Don't look now, but the coolest household appliance is about to become a household fixture. The FoldiMate, a robotic laundry folder, will be making its sales debut later this year with a tentative sales

*Continued on page 14*

## Roby & Associates

### PUBLIC INSURANCE ADJUSTERS

**Keeping Insurance Companies Honest since 1987!**

We work on your behalf to negotiate the claim or claims for damage under any insurance policy covering real or personal property.

- Fire
- Water
- Wind
- Vandalism
- Theft
- Any First Party Claims!

**Wayne Roby**  
 Lic. #2E53390 • (310) 251-8091  
 Documents.robypa@gmail.com

CALL FOR A COMPLIMENTARY CONSULTATION

# Older People Improve Life For Others And Themselves

Many older Americans have discovered that sharing their accumulated wisdom with others who need help can be a big win all around.

Here's a look at two ways you can stretch your mind and show your heart:

## Experience Corps

AARP Foundation Experience Corps unites teachers, schools and older adults to improve children's academic and social outcomes. This benefits the children, the schools and the volunteers.

The program has been proven to help children who aren't



reading at grade level become better readers by the end of third grade. Last school year, 76 percent of students who were below grade level at the beginning of the year raised their reading and literacy performance by one or more proficiency levels with the help of Experience Corps volunteers.

The goal is to improve children's literacy, strengthen communities, develop cultures of inspiration in schools and support hardworking teachers. It's already changed the lives

of thousands of children in schools across America.

Volunteers should be age 50 or older; have at least a high school diploma or GED; pass a criminal background check; pass a basic literacy screening; attend 25 hours of annual training; and have five to 15 hours a week to offer during the school year.

## Tax-Aide

AARP Foundation also runs Tax-Aide, the nation's largest free tax assistance and preparation service, giving special attention to those 50 and older. It offers free tax-filing help to those who need it most. You

do not need to be a member of AARP or even a retiree to use this free service.

IRS tax-certified volunteer preparers in libraries, malls, banks, community centers and senior centers answer questions and prepare tax returns. In addition to earned and retirement income reporting, they can also help with investment income (interest, dividends, and capital gains for Schedule D), Schedule C for individuals with small businesses that have less than \$25,000 in annual expenses, and various health care, education, child and earned income credits.

Compassionate and friendly individuals can volunteer for the upcoming tax season. Volunteers receive training and continued support in a welcoming environment.

## Learn More

For facts about Tax-Aide, including requirements for volunteers, go to [www.aarp.org/money/taxes/info-2006/volunteer\\_aarp\\_tax\\_aide.html](http://www.aarp.org/money/taxes/info-2006/volunteer_aarp_tax_aide.html). For facts on Experience Corps, visit [www.aarpfoundation.org/experiencecorps](http://www.aarpfoundation.org/experiencecorps). For information about AARP Foundation, visit [www.aarpfoundation.org](http://www.aarpfoundation.org). Seniors can volunteer to tutor kids or prepare taxes.

## Health care at your PACE

Program of  
All-Inclusive  
Care for the  
Elderly



## Complete Health Care

+ Home Care + Rehabilitation + Activities  
+ Transportation

At CalOptima PACE, you are at the center of your health care. Visit your doctor, refill your prescriptions and more at your PACE.

Learn more at:

**caloptima.org**  
1-855-785-2584



**PACE**  
**CalOptima**  
A Public Agency  
Better. Together.

Participants must receive all needed services, other than emergency care, from CalOptima PACE providers and will be personally responsible for any unauthorized or out-of-network services.

*The people in the photographs that appear in this document are models and used for illustrative purposes only.*

H7501\_AD16\_1d

# Fabulous Finds

By Debbie L. Sklar

It's a new year, what about a new you to go along with it? Now that the busy holiday season is well behind you it's time to focus on you and what better way than with these Fab Finds.

## Garnier Fructis Pure Clean Dry Shampoo



Instantly absorbs oil and restores a fresh-washed feel that is touchably soft and moves naturally. The texture- and grit-free formula feels comfortable without leaving a visible residue. The naturally- derived formula is free of silicones, parabens, and dyes and boasts 24-hour clean hold and pure performance. \$5.99; *drugstores*.

## Garnier SkinActive Travel-Size Soothing Rose Water Facial Mist 99% Naturally Derived



Give your skin a pick-me-up before heading from the office to the holiday party with a light spritz. Formulated with rose water which lightly hydrates, a light spritz leaves skin feeling soothed and refreshed. Now available in a convenient travel-size. \$3.99; *drugstores*.

## L'Oréal Paris Elnett Satin Hairspray Extra Strong Hold Precious Oil

Lock in strands all night long. Specifically formulated to soften, smooth and add shine to dry hair, Elnett Precious Oil is the perfect finishing touch to complete any party look. Infused with luxurious Argan Oil, this oil adds shine without leaving hair feeling crunchy and sticky. \$14.99; *LorealParisUSA.com*



## Rodial Collagen Drops

30% Collagen Complex is a replenishing concentrate designed to support skin renewal and target multiple signs of visible aging. This strong, active protein re-densifies the complexion, aids skin elasticity to reveal a visibly hydrated, plump complexion. \$89; *SaksFifthAvenue.com*



## Snow Fox Herbal Youth Lotus Oil

Create the perfect base for your makeup with an oil that combines powerful plant oils and extracts to nourish, rebuild and preserve your skin's natural elasticity and collagen levels. All oils were selected for their extremely high essential fatty acids and antioxidant content, while each herbal extract fo-



cuses on key aspects of aging. \$82; *SnowFoxSkincare.com*

## goop by Juice Beauty Exfoliating Instant Facial



Instantly brightens and softens skin to reveal a glowing, smoother complexion. The hero of the goop skincare line, this incorporates natural alpha and beta hydroxy acids working tandem with plant-based cellulose beads to leave skin revitalized for the new year ahead. \$125; *goop.com/goopskincare*

## Lime Crime Venus XL



This goddess-worthy palette features shades ranging from rustic reds, golden roses, berries and pinks to bronzed neutrals. Highly pigmented, ultra-buttery formula lays down a supreme color payoff that doesn't fade or fall out. Cruelty-free and 100% vegan. \$56; *LimeCrime.com*

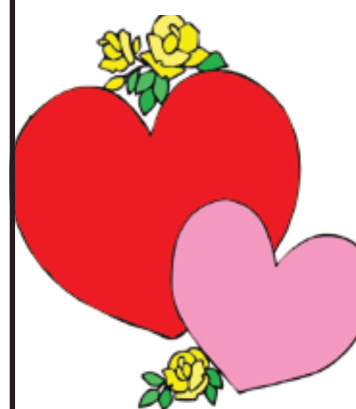
## Rodial Dragon's Blood Lip Masks

Achieve the perfect, fuller



looking pout with this 8-pack of the replenishing bio-cellulose lip masks that give an instant moisture boost, comfort and soothe the skin for smoother, younger looking lips. \$45; *Saks.com*

## With A Heart for Seniors



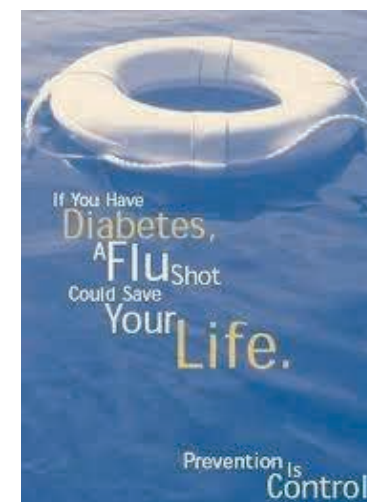
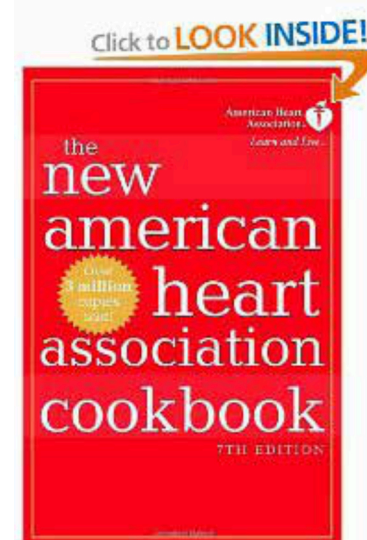
## The Gadget Geezer

Continued from page 12



price of \$980.00. It slices, dices and whoa, wait a minute, that's for another kitchen product. This long-awaited laundry room tool is designed to automatically adapt to the size of your garments and fold them in a few minutes. You just clip your shirts, blouses, pants, towels and other garments to the intake area of the appliance, press a button then neatly put them away.

Stay tuned to this column next month for more CES news.



## Here's Something Your Life Insurance Company May Be Hiding From You



American seniors are postponing retirement, primarily for financial reasons. Unfortunately, many experience unexpected health problems and ultimately shorter life spans, according to a recent report from Bloomberg—fortunately, you don't have to be among them. More seniors are exploring creative options to generate the cash needed to pay off bills, finance vacations or deal with health care expenses.

### Hidden Assets

If you're over the age of 70, you may have an asset lying in a drawer right now that could generate immediate cash for your family—and not even know about it.

Explained Darwin M. Bayston, CFA, president and chief executive officer of the Life Insurance Settlement Association (LISA), a nonprofit organization that promotes consumer awareness of alternatives to lapsing or surrendering a life

*Continued on page 16*

# NO CONTRACTS

Talk & Text Starting At

## \$10 / month

### America's Best LTE Networks

**FREE Cell Phone**  
**FREE Activation**  
**FREE Shipping**



Some restrictions apply

## Risk-Free Guarantee



# **INTOUCH AMERICA**

## **Call Now 800-500-0066**

**www.InTouchAmerica.com**

## Senior Real Estate Services

**Mark W. Correll**

MBA, Realtor



Seniors List for as low as 1%  
Real Estate & Antique Evaluations • Notary Services  
Moving & Relocation Services • Delivery Services

**714-655-8096**

CA licensed 01036527 since 1989  
Graduate Vanguard University

[mcinvestre@gmail.com](mailto:mcinvestre@gmail.com)

Realty Source, Inc.  
9114 Adams Ave., Huntington Bch CA 92646

Español (714) 376-8691  
Your trusted Source for Estate business needs

## Life Insurance

*Continued from page 15*

insurance policy, “You have options if you find that you no longer need or can afford that policy.”

For example, one option might be to explore the possibility of selling that unwanted or unaffordable life insurance policy, rather than just letting it lapse or surrendering it to the life insurance company for the policy’s cash surrender value.

### How A Life Settlement Transaction Works

The sale of a life insurance policy to a third party for more than the policy’s cash surrender value is known as a life settlement transaction. The policy owner gets a cash payment, while the purchaser of the policy assumes all future premium payments and gets the benefit upon the death of the insured. Candidates for life settlements are typically aged 70 or older, with a life insurance policy that has a death benefit of at least \$100,000. Seniors who sell their policies may get roughly four to

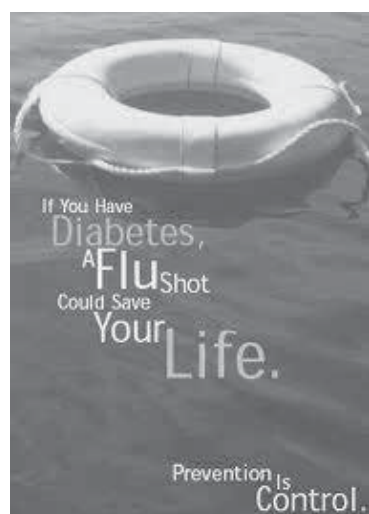
seven times more money than the cash surrender value of the policy.

“LISA is committed to making sure consumers are aware of the fact that their life insurance policies have value and can be sold, just like any other asset or piece of property,” added Bayston. “In all likelihood, the life insurance company and the agent who sold the policy won’t share that information on their own.”

In fact, one study found that 23 percent of professional financial advisers are actually precluded by life insurance companies from disclosing to consumers that they have the right to sell a life insurance policy they are about to lapse or surrender. Perhaps as a result, a survey by the Insurance Studies Institute found that fewer than half of American seniors are aware of the option of selling their life insurance policy.

### Learn More

For further facts about life settlements, how they work and whether you’re eligible, call the LISA office at (888) 408-3734 or visit [www.lisa.org](http://www.lisa.org).



By Randal C. Hill

## ‘Everyday People’ Sly and the Family Stone

*“What I write is people’s music. I want everybody, even the dummies, to understand what I’m saying. That way they won’t be dummies anymore.”*

—Sly Stone

Sly and the Family Stone’s psychedelic soul music was a perfect fusion of Funk, Psychedelia, Rock and Rhythm-and-Blues music, and it contained an earnest message just right for the rapidly changing late 1960s.

The first major integrated band in Rock history, the San Francisco-based group consisted of men and women, black and white, who played and sang as equals.

Being open-minded about racial harmony came easily for Stone (born Sylvester Stewart in 1943). Working as a DJ on San Francisco’s soul station KSOL, he never followed a rigid playlist: “I was into everyone’s records,” he said. “I’d play Dylan, Hendrix, James Brown back-to-back, so I didn’t get stuck in any one groove.”

Stone also moonlighted as a producer for the local Autumn Records label and was the guiding force behind Bobby Freeman’s Top 5 hit “C’m on and Swim” in 1964.

“Everyday People” is a plea for an acceptance of personal

differences. It became the first of three Number One *Billboard* hits for Sly and the Family Stone, its gospel-tinged message of brotherhood wrapped around a strong dance beat that helped Stone reach the mainstream audience he’d been chasing for years.

“Everyday People” used a mere two chords (C and G) and took some lyric inspiration from the “Mother Goose” rhyme “Rub-a-Dub-Dub.” The three familiar folks in a tub — the butcher, the baker, the candlestick-maker — all appear in Stone’s lyrics as the butcher, the banker and the drummer.

In the bridge of “Everyday People,” band member Rose Stone mocks the absurdity of people hating others for being tall or short, rich or poor, fat or skinny, black or white. Her lyric line “different strokes for different strokes” became a catchphrase of the day, later inspired the TV series “*Diff’rent Strokes*,” and now occupies a permanent place in the American vernacular.

“Everyday People” and its corresponding message has lived on through cover versions by such disparate artists as Joan Jett, Aretha Franklin, the Staple Singers, Dolly Parton, the Supremes, the Four Tops, Peggy Lee and Pearl Jam. In 1992 *Arrested Devel-*

*opment* used it as the basis of their million-seller “*People Everyday*.”

“Everyday People” remains the most enduring Sly and the Family Stone hit. Was it naïve of Stone to think that a hit 45 could actually bring about groundbreaking social changes during a time of anti-war sentiment, student upheavals, political assassinations and inner-city riots? Probably, but it was worth a try.

Today it’s easy to see how little progress we’ve made since 1969 in racial harmony in America. We still experience prejudices and show fear and anger toward some other countries and religions. Fifty years ago, Sly and the Family Stone gave us a chance to think and act positively about our fellow Americans.

It’s a shame that we didn’t pay better attention. But then, it’s never too late to start.

### Bibliography

#### Books:

Bronson, Fred. *The Billboard Book of Number One Hits* (Third Edition). New York: Billboard Publications, Inc., 1992. The Sly Stone quotes are from here.

Cresswell, Toby. *1001 Songs: The Greatest Songs of All Time*. New York: Thunder’s Mouth Press, 2005.

Marsh, Dave. *The Heart of Rock & Soul: The 1001 Greatest Singles Ever Made*. New York: Plume/New American Library, 1989.

#### Internet:

[en.wikipedia.org](http://en.wikipedia.org). *Everyday People*, Sly and the Family Stone

Shields, Chris. “Song ‘Everyday People’ Applies Now As It Did in 1968.” *stcloud-times.com*. August 3, 2016.

[songfacts.com](http://songfacts.com). *Everyday People*

# Your Money And Your Health: When It Comes To Probiotics, Less Is More

Though too small to see, probiotics can be a big deal when it comes to your health—and in some cases to your wealth, as well.

## What Are Probiotics?

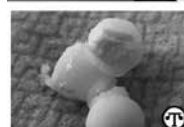
According to the National Institutes of Health (NIH), they're live microorganisms that help your body function. For example, the bacteria normally in your intestine help you digest food, destroy disease-causing microorganisms, and produce vitamins.

The NIH contends probiotics might:

- Help maintain a desirable community of microorganisms
- Stabilize the digestive tract's barriers against undesirable microorganisms or help inhibit their growth
- Help the community of microorganisms in the digestive tract return to normal after being disturbed (by, say, an antibiotic or a disease)
- Outcompete many of the undesirable microorganisms
- Stimulate immune response.

## The Problem

Lifestyle challenges such as diet, aging, medications, stress, environment, alcohol and more, however, may contribute to digestive imbalance of essential beneficial bacteria. People who take antibiotics, in particular, should counter them with probiotics to replenish the "good bacteria" the antibiotic destroys along with the "bad" ones.



## An Answer

That's one reason many people supplement their original microorganisms with those in probiotic products. The NIH says these are the same as or similar to microorganisms that naturally live in your body. According to research by microbiologists, the average effective dose for humans is 10 billion colony-forming units (CFUs) per day—if properly delivered.

That's not so easy. The CFUs you swallow have to survive stomach acid, bile, hydration, activation and other issues.

## Doctors' Advice

As Drs. Elizabeth C. Verna and Susan Lucak of Columbia University's College of Physicians and Surgeons put it in the Society of American Gastrointestinal and Endoscopic Surgeons journal *Therapeutic Advances in Gastroenterology*, "A probiotic should be delivered in a formulation that is stable when stored. The colony number of bacteria and viability need to be reliable and they must survive the acid and bilious environment in the upper GI tract before they reach the small intestine and colon."

Some supplement companies try to overcome this by stuffing many billions more bacteria in each capsule than you really need—and charging you for them. An excess number does not make for a better dose. You can pay a lot of money for all those probiotics, when you're not really getting very many where you need them. Others use synthetic coatings made from waxes, shellacs and plastics.

## Less Is More

One company, however, has come up with a way to protect you from overpaying by putting only the number of CFUs you need in a special delivery system.

The Multi-Step MAKTreK 3-D Probiotic Delivery System provides significant safeguards designed to ensure better survival of the beneficial probiotic bacteria.

## The 3 Ds

**1st D—Two-Step Acid Protection:** The probiotic bacteria are enrobed by an extract of brown seaweed called complex marine polysaccharides. Once blended, the final powder is encapsulated. When the capsule is swallowed, it comes in contact with stomach acid and dissolves. The complex marine polysaccharides form a secondary internal capsule protecting the probiotic cells until the bacteria are deposited in the lower bowel, which is where they need to be to gain the most benefit.

**2nd D—In-Transit Buffering:** This is an all-natural buffering system that helps to support the in-transit digestive environment condition.

**3rd D—Additional Safeguards:** The probiotic strains used are naturally equipped to handle exposure to common environmental elements that can make survival difficult for these beneficial probiotic bacteria.

Each balanced, once-daily capsule provides 10 billion CFUs of 12 different beneficial probiotic strains. The shelf-stable supplement, Greens First Daily Care, is non-GMO, vegetarian and free of gluten, soy, wheat, dairy and magnesium stearate.

## Learn More

For further facts on probiotics and other nutritional supplements, call (866) 410-1818 or go to <https://greensfirst.com/product-details/dailycare>.

Getting probiotics where they need to go is the key to benefiting from them!

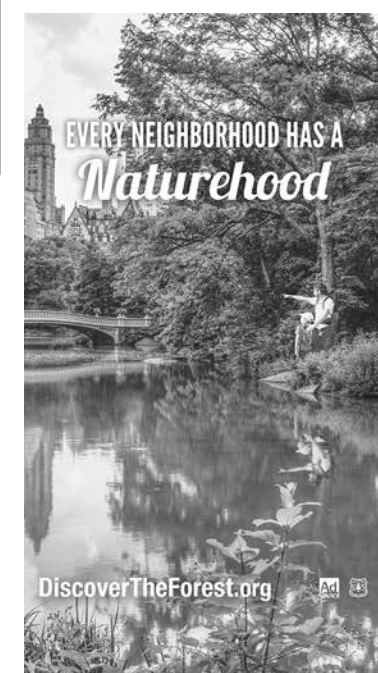


Advertise in  
The Senior  
Reporter's  
**CLASSIFIED &  
PROFESSIONAL  
SERVICE  
DIRECTORY**

Only  
**\$37.50**,  
mo with a 6-mo.  
commitment

seniorreporterof  
oc@aol.com  
or call  
Bill Thomas at  
(714) 458-5703

THERE'S NOTHING  
MIGHTIER THAN THE SWORD  
**AMERICAN  
CANCER  
SOCIETY**  
FOR MORE INFORMATION  
CALL TOLL FREE: 1-800-ACS-2345



*You Haven't Played*  
**BINGO**  
*Until You've Played At . . .*



★7 Nights A Week! ★All Games Pay \$250.00!  
★We Play Jackpot Bingo Pulltabs

MONDAY THRU SUNDAY TWO LUCKY  
WINNERS RECEIVE 7 NIGHTS FREE PLAY!  
*Sign Up for Our Frequent Play Club Card...*

**Fridays most games  
will pay \$500 & \$400**

**\$500 MUST GO DRAWING**  
**TWICE A NIGHT**

Monday thru Thursday 6:00 pm - 12:00am

Friday & Saturday 6:00pm - 2:00am Sunday 2:00pm - 12:00am

Doors Open: Mon - Sat 4:00pm Sun 12:00pm



**21900 Norwalk Blvd.**  
**Hawaiian Gardens, CA. 90716**  
FOR ANY QUESTIONS CALL  
562-402-6769 FAX # 562-421-6192

The Bingo Club is a function of and operated by the Irving I. Moskowitz  
Foundation, a Non-Profit Public Charitable Organization

SCR



**Until Every One Comes Home®**

# Cooking Camer

## Writing Off The End Of The Year

Americans are officially abandoning attempts to be healthy until 2019, according to a new study.

A new study into the health and diets of Americans saw as many as 45 percent say they're postponing any resolution to eat clean or lose weight until after the holiday festivities.

The research, commissioned by Herbalife Nutrition, delved into the true extent of holiday indulging and found the average person gains six pounds in holiday weight.

Just 12 percent will make it through the holidays without any weight gain at all, according to the research.

Where does all that weight gain come from?

- Forty-four percent have eaten more than one Thanksgiving dinner in the same day and 30 percent have eaten to the point of feeling sick.

- Four in 10 have devoured so much holiday food they've needed to loosen a button on their pants.

- During the holiday season,



Survey conducted by OnPoint for Herbalife Nutrition with a sample of 2,000 American adults who celebrate Thanksgiving, Christmas and/or Chanukkah, from Oct. 5-18, 2018.

the understandable inability to resist temptations and overindulge has also seen 55 percent break a diet for home-cooked holiday food.

- Seventy-nine percent say they eat more sweets and treats at the end of the year—but even with this overeating,

54 percent believe they'll be successful in staying healthy in 2019.

- The average person will overeat on 13 separate days between Thanksgiving and the New Year.

Nutrition and health expert Dr. John Agwunobi says that holidays don't have to throw off your healthy lifestyle. "Healthy snacking is a useful tool in combating overindulgence. Consuming protein-rich snacks before heading out to a holiday feast can help make you feel full, so that you don't overindulge."

You can also make delicious, nutritious dishes such as this vegetable soup:

### Creamy Butternut Squash Soup Recipe

Serves 6

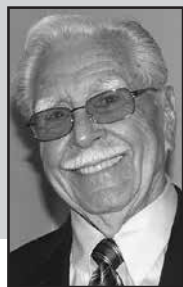
- 1 Tbsp olive oil
- 2 large onions, diced
- 2 pounds peeled and diced butternut squash
- 4 cups chicken or vegetable broth
- 1 package soft tofu, drained and diced
- 1 tsp ground ginger
- 1 Tbsp lemon juice
- ½ tsp dried thyme
- 1 tsp salt
- Freshly ground pepper to taste

Heat olive oil in a large pot over medium-high heat. Add the diced onions and sauté until tender. Add butternut squash and sauté a few more minutes, then add vegetable broth, bring to boil, reduce heat and simmer uncovered until the

*Continued on page 25*

# Internet Toothbrushing

By Robert E. Horseman, DDS



I have them, you have them, every sentient human being from age four to barely functioning Anasazi like myself has them. We didn't necessarily ask for them, but rather than run the risk of being labeled anti-progressive, we accepted.

Them (or 'this' if you still believe in the integrity of the English language) is the "app." Prior to 2008 all we had was the "apt," which could have been one of three things: a place to live, a brief description of an individual's ability or a good guess about something that was likely to happen.

It was sometime in 2008, perhaps after a convivial session with the grape, when the term "application software" was shortened to "app" because it required 17 fewer keystrokes. Immediately, artists who didn't know application software from Tupperware, aptly created millions of colorful little icons. A coalition of artists, both brush-wielding and con, convinced Asian electronic manufacturers of *stupidphones* that decorating the mundane viewing screens of their smartphones with these little M & M-sized apps would create a world-wide bonanza of demand. Apple agreed.

And so it came to pass. Last year 102 billion apps were downloaded (91% of them free) and miraculously, they



generated \$US26 billion. All this happened because of the discovery by the public that if you touched an app with your finger or your cursor arrow, you would be magically transported to a site that would take your money in exchange for an intangible product that might in the near future be dropped right off at your front door by a FedEx helicopter. Is that great, or what?

The best part is your new best friend--your "PayPal"--will ante up for all this for you without you having to open your wallet!

Having convinced the public that anything from a boat tour on the Rhine to a Napa Valley wedding or a replacement shower head was available at the touch of a finger, it was inevitable that innovative app-mongers would zero in on your personal hygiene activities. At Las Vegas where information doesn't necessarily stay there as advertised, the annual Consumer Electronics Show recently revealed the arrival of the Internet-controlled Toothbrush. To understand the enormity of this revelation, it

is necessary to review the history of the toothbrush.

In Babylonia in 3,500 BC, "chew sticks" were all the go. Frayed on one end, the sticks were rubbed vigorously about in the oral cavity desludging the teeth marginally. Simultaneously, the user could then enjoy any of the arguable benefits of "blood-letting." This additional result was favored at the time as a medical procedure allowing internal blood-dwelling demons to escape. Taking their poxes with them, the demons were happy to decamp, went forth and multiplied to the extent of holding public office or engaging profitably in entrepreneurial pursuits involving guns.

But the toothbrush was slower to evolve and it wasn't until something resembling the modern toothbrush except for the packaging was made in China during the Tang Dynasty (619-907). The bristles were harvested from hogs living in Siberia and Northern China. Although the hogs were slow to complain lest they be converted to moo shu pork, the brush users became incensed when the attachment of the bristles to the bone handles proved to be tenuous at best. This was the beginning of planned obsolescence, a con-

*Continued on page 26*

**MemorialCare**  
Orange Coast Medical Center

MemorialCare Orange Coast Medical Center is the destination for innovative health care in Orange County. For more information or a referral to one of our physicians, visit [memorialcare.org/orangeoast](http://memorialcare.org/orangeoast) or call 800-MEMORIAL (636-6742).

## Comprehensive Services

- ❖ Award-winning Emergency Department
- ❖ Spine Health Center
- ❖ CyberKnife – pinpoint radiation therapy
- ❖ Digestive Care Center
- ❖ MemorialCare Breast Center
- ❖ MemorialCare Cancer Institute
- ❖ MemorialCare Heart & Vascular Institute
- ❖ MemorialCare Joint Replacement Center
- ❖ Senior Plus at Orange Coast - free enrichment program for adults 55 years or better. Call (714) 378-5526.



18111 Brookhurst St., Fountain Valley, CA 92708  
(714) 378-7000 [memorialcare.org/orangeoast](http://memorialcare.org/orangeoast)

## Community Funeral Service Herald N. Snyder

Phone: (562) 947-1960 • Fax (562) 947-1910

**Toll-Free: 1-877-688-5533**

E-Mail: [info@communityfuneralservice.com](mailto:info@communityfuneralservice.com)

FD# 1659

1301 S. Beach Blvd. Suite B, La Habra

8/1/05



**AMERICAN  
LUNG  
ASSOCIATION®**  
IN CALIFORNIA



**Boneless Skinless Chicken Breast**

**BEST IF USED.**

ITEM #020213

TOTAL PRICE  
**\$1,500.00**

**A FAMILY OF FOUR SPENDS \$1500  
A YEAR ON FOOD THEY DON'T EAT**

COOK IT, STORE IT, SHARE IT.  
JUST DON'T WASTE IT.

**SAVETHEFOOD.COM**

Ad Council NRDC

## Real Estate Concierge Services



**Marlene Bridges**  
Broker/Owner  
Village Real Estate Services

Certified Residential Specialist®  
Seniors Real Estate Specialist®

*Marlene Makes Real Estate Simple*  
**•Buying •Selling •Renting**

- Experienced Market Evaluations
- Strategic Marketing Plans
- Coordinate Estate Sales, Moving, Storage of Personal Property
- Complimentary Staging
- Coordinate Clean-up, Clean-out & Repairs
- Clearly Communicate Throughout The Process



DRE01526916

Search 1000's of Properties at  
**OCHomesAndReal Estate.com**

**Call Marlene Today**

**949 363-0901**

**Do you qualify for  
year-round enrollment?**



**Are you...**

- Turning 65?
- Living with a chronic condition such as diabetes or heart disease?
- Losing coverage with an employer?
- Living in a new area from a recent move?
- Receiving Extra Help from Medicare to pay for medications?

Find out if you qualify for a Special Enrollment Period.



**JoAnn Buday**  
Phone: (714) 272-8983

**You don't have SCAN, you're WITH SCAN.**

SCAN Health Plan® is an HMO plan with a Medicare contract. Enrollment in SCAN Health Plan depends on contract renewal. SCAN also has a contract with the California Department of Health Care Services (DHCS) Medi-Cal program.

S720 08/18

Y0057\_SCAN\_10090\_2017F File & Use Accepted 01232017



**WE MAKE  
REAL ESTATE  
SIMPLE**

DRE01526916

**BUYING • SELLING • RENTING**  
SERVING ALL OF ORANGE COUNTY

**VILLAGE REAL ESTATE SERVICES, INC.**  
24365 EL TORO ROAD, SUITE B LAGUNA WOODS, CA 92637  
**OCHOMESANDREALESTATE.COM • (949) 363-0901**





# January Book Club

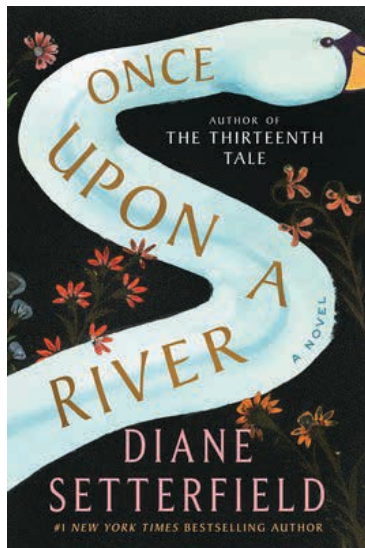
By Debbie L. Sklar

It's a new year and the holidays are well behind us. Now it's time for you to take a few minutes and catch your breath. Why not pick up one of these new books and immerse yourself in a good read!

## *Once Upon a River*

A Novel

By Diane Setterfield



“On a dark midwinter’s night in an ancient inn on the river Thames, an extraordinary event takes place. The regulars are telling stories to while away the dark hours, when the door bursts open on a grievously wounded stranger. In his arms is the lifeless body of a small child. Hours later, the girl stirs, takes a breath and returns to life. Is it a miracle? Is it magic? Or can science provide an explanation? These ques-

tions have many answers, some of them quite dark indeed.

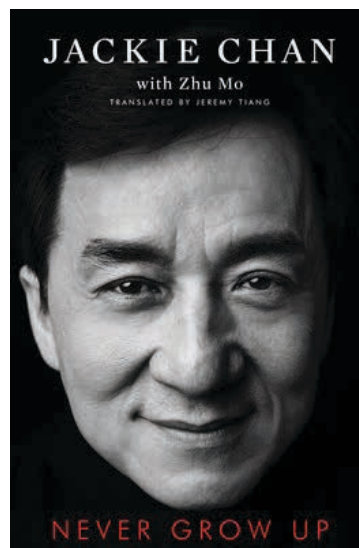
“Those who dwell on the river bank apply all their ingenuity to solving the puzzle of the girl who died and lived again, yet as the days pass the mystery only deepens. The child herself is mute and unable to answer the essential questions: Who is she? Where did she come from? And to whom does she belong? But answers proliferate, nonetheless.

“*Once Upon a River* is a glorious tapestry of a book that combines folklore and science, magic and myth. Suspenseful, romantic, and richly atmospheric, the beginning of this novel will sweep you away on a powerful current of storytelling, transporting you through worlds both real and imagined, to the triumphant conclusion whose depths will continue to give up their treasures long after the last page is turned,” according to Publisher Atria/Emily Bestler Books.

## *Never Grow Up*

By Jackie Chan

“Everyone knows Jackie Chan. Whether it’s from *Rush Hour*, *Shanghai Noon*, *The Karate Kid*, or *Kung Fu Panda*, Jackie is admired by generations of moviegoers for his acrobatic fighting style, comic timing,



and mind-bending stunts. In 2016 — after 56 years in the industry, more than 200 films, and many broken bones — he received an honorary Academy Award for his lifetime achievement in film. But at 64 years old, Jackie is just getting started.

“Now, in *Never Grow Up*, the global superstar reflects on his early life, including his childhood years at the China Drama Academy (in which he was enrolled at the age of six), his big breaks (and setbacks) in Hong Kong and Hollywood, his numerous brushes with death (both on and off film sets), and his life as a husband and father (which has been, admittedly and regrettably, imperfect).

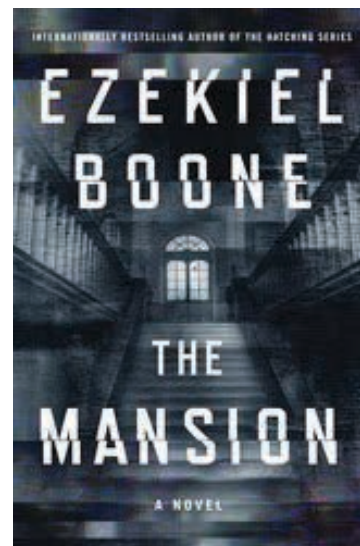
“Jackie has never shied away from his mistakes. Since *The Young Master* in 1980, Jackie’s films have ended with a bloopers reel in which he stumbles over his lines, misses his mark, or crashes to the ground in a stunt gone south. In *Never*

*Grow Up*, Jackie applies the same spirit of openness to his life, proving time and time again why he’s beloved the world over: he’s honest, funny, kind, brave beyond reckoning and — after all this time — still young at heart,” according to Publisher Gallery Books.

## *The Mansion*

A Novel

By Ezekiel Boone



“After 2 years of living on cheap beer and little else in a bitterly cold tiny cabin outside an abandoned, crumbling mansion, young programmers Shawn Eagle and Billy Stafford have created something that could make them rich: a revolutionary computer they name Eagle Logic.

“But the hard work and escalating tension have not been kind to their once solid friendship — Shawn’s girlfriend Emily has left him for Billy, and a third partner has disappeared under mysterious circumstances. While Billy walks away

with Emily, Shawn takes Eagle Logic, which he uses to build a multi-billion-dollar company that eventually outshines Apple, Google, and Microsoft combined.

“Years later, Billy is a failure, beset by poverty and addiction, and Shawn is the most famous man in the world. Unable to let the past be forgotten, Shawn decides to resurrect his and Billy’s biggest failure: a next-generation computer program named Nellie that can control a house’s every function. He decides to set it up in the abandoned mansion they worked near all those years ago. But something about Nellie isn’t right — and the reconstruction of the mansion is plagued by accidental deaths. Shawn is forced to bring Billy back, despite their longstanding mutual hatred, to discover and destroy the evil that lurks in the source code,” according to Publisher Atria/Emily Bestler Books

## *Fit Men Cook*

*100+ Meal Prep Recipes for Men and Women—Always #HealthyAF, Never Boring*  
By Kevin Curry

“We like to be inspired when it comes to food. No one enjoys cookie-cutter meal plans, bland recipes, or eating the same thing every day. Instead of worrying about what to eat

*Continued on page 25*

# Paso Robles: Harvesting Joy

Story by Ronnie Greenberg • Photos by Joe Hilbers

Embrace the allure as nature provides an awesome road show on the way to Paso Robles. Set in the northern part of San Luis Obispo, it was the original trail chosen by the Franciscan Friars known as the El Camino Real, the King's Highway. Take in the beauty as the last of the leaves shimmer like pyramids of gold speckled with crimson, and the crisp air is scented with smoke wafting from fireplaces

All roads lead to the **Allegretto Vineyard Resort** whose story has an aura of romance, and stunning beauty that delights the senses. Gracing this enclave with its classic charm, the elegant resort is an ideal springboard for the surrounding area. Inspired by wine country and European hospitality, the Allegretto evokes an Italian vineyard estate on 20 acres of vineyards, olive groves and fruit-bearing orchards on



*Courtyard of Allegretto Resort by Ayres*

Paso Robles bucolic east side. A world unto itself with 171 spacious guest rooms and suites, locally inspired cuisine, wine bar featuring the resort's own private wine label among many others, full-service spa, pool, manicured gardens, walking paths, courtyard, and French inspired abbey. Indoors and out, hundreds of antiques, art, artifacts, and vignettes invoke luxury and warmth. Every decor element that graces the resort was chosen not only for its beauty, but also its meaning

## Cello Ristorante & Bar on Site

Cello Ristorante & Bar is a culinary getaway that brings the locals and guests into the Allegretto culture of joy, discover and serenity. Chef Justin Picard leads the upscale, casual Mediterranean-inspired experience your way morning, noon and night. He brings a world of diverse selections of inventive creations, and prides himself on deep relationships and knowledge of the local farmers and purveyors with whom he works daily. The restaurant's open kitchen design encourages spectators, while the outdoor chef's garden supplies herbs. Guest may enjoy dinner by candlelight at intimate tables or join the communal tables, sit fireside at the outdoor fire bowls or even take on a game of bocce ball on the comfortable heated patio. The interplay of food and wine is key to the Cello experience.

At lunch, small bites and dinner Chef Picard's menu offers up creative dishes from regionally farmed and foraged ingredients. Enjoy such delights as oak roasted salt springs mussels; BBQ Spanish octopus; crispy pork belly, crispy California coast calamari; frutti di mare; chicken carbonara; or the 100 percent oak pit grilled, Angus beef filet, natural cab prime New York and prime rib eye, served alongside seasonal vegetables. Thomas Humphrey, the director of food and beverages oversees the extensive domestic and international wine list, exceptional hand-crafted garden-to-glass cocktails, and craft beers. Cello is open from 7:30 a.m. to 9 p.m. Call, (805) 369-2503.

dulge in the Spa Escape for 2-3 hours or the for-2-massage. For facials there's the Caudalie, premier Cru and Vinoperfect radiance. Visit [www.spaallegetto.com](http://www.spaallegetto.com) for full spa menu.

## Tasting

Four Estate Wines with fee waived with the purchase of two bottles. Club pricing is available. Art tour of **Allegretto Vineyard Resort** has docents ready to guide you and answer your questions. Pets are welcome. **Allegretto Vineyard Resort by Ayres** is located at 2700 Buena Vista Drive, Paso Robles 93446. Call, (805) 369-2500, for reservations, (800) 764-4614 or visit [www.allegrettoresort.com](http://www.allegrettoresort.com)

## Area Dine and Wine



*Interior of Allegretto Vineyard Resort by Ayres*



*Parrish Family Vineyards*

## Spa

Get the royal treatment with the Allegretto signature massage; Intermezzo or vine inspired aroma massage. In-

**La Cosecha Bar & Restaurant** is set in the heart of downtown Paso Robles and incredibly popular with locals and visitors. The menu

# Paso Robles: Harvesting Joy

## continued



*NINER Wine Estates*

offers up ceviche and paella of the day; pastelitoa catra-che; Honduran empanadas with beef or chicken; fried calamari with lemon curry custard; salmon and grilled white fish. The stone fired pizzas include Pizza Mediterrano; Pizza Salumi and Pizza Bianco. Located at 835 12th St. in Paso Robles. Call, (805) 226-0300 or visit [www.lacosechabr.com](http://www.lacosechabr.com)

**Robert Hall Winery** considered to be one of the pioneer wineries in the regions that began in 1955, produces award-winning age worthy wines. The Duse vineyard with 130 acres includes some 80-year-old vines. The estate grown varieties express the big, bold characteristics of Paso fruit resulting in wines with rich, complex flavors that include Cavern Select Chardonnay, Fume' Blanc, Grenache Blanc, Cabernet Sauvignon, Malbec, Meritage Blend and Zinfandel. Com-

plimentary cavern tours are available with paid tasting. Located at 3443 Mill Road in Pas Robles. All, (805) 239-1616 or visit [www.roberthallwinery.com](http://www.roberthallwinery.com)

**Parrish Family Vineyards** has lots of family history going back four generations. In 1925 Earl Henderson planted grapes in the area, and today his grandson David Parrish, also a grape grower has invented new ideas and ways on varietals and planting. It produces award-winning Bordeaux varietals such as Cabernet Sauvignon. Its brand-new building has an inviting and comfortable tasting room and spaces for special events. Located at 3590 Adelaide Road, Paso Robles. Call, (805) 296-3027 or visit [www.parrishfamilyvineyard.com](http://www.parrishfamilyvineyard.com)

**NINER Wine Estates** welcomes you to it beautiful building offering estate

varietals that include Sauvignon Blanc, Pinot Noir, Malbec, Merlot, Granache, Sangiovese, and Petite Syrah. The dining room has an exhibition kitchen where chefs produce such specialties as chilled pea soup, pan seared scallops, grilled flat iron steak, local cheese and charcuterie boards. Seating is indoors or on the spacious patio surrounded by vineyards. Located at 2400 Highway 46 West, Paso Robles. Call, (805) 239-2233 or visit [www.ninerwine.com](http://www.ninerwine.com)

**Thomas Hill Organics**, Chef Kent Metzger and owner Debbie Thomas oversee the eclectic menu featuring such delicacies as clams and chorizo; Di Stefano burrata; warm beet and goat cheese salad; lamb meatballs; Dungeness crab cakes; short rib tacos; Thai chili salmon; Painted Hill seared rib-eye; bucatini and sea urchin and Moroccan roasted



*Thomas Hill Organics*



*Estrella Warbird Museum*

half chicken. A monumental menu of interesting and exciting wines are available from Bubbles, Roses, Chardonnay, Rhone whites and reds, Pinot Noir, and Zinfandels, many by the glass, carafe and bottle. Located 1313 Park St., Paso Robles. Call, (805) 226-5888 or visit [www.thomashillorganics.com](http://www.thomashillorganics.com)

**Hunter Ranch Golf Course** has been around for world-class golf and exceptional dining since 1994. Tee

times can be made by calling ahead. Located at 4041 Highway 46 East, Paso Robles. Call, (805) 237-7440 or visit [www.hunterranchgolf.com](http://www.hunterranchgolf.com)

**Vina Robles Vineyards & Winery** is owned and managed by two Swiss families who have been farming wine grapes in Paso Robles for more than 20 years. The focus is on wines expressive of their six sustainably-farmed Estate vineyards, most notably Cabernet Sauvignon and Petite Syrah.

The tasting room is the heart of its hospitality center and guests are invited to sample current releases at the bar. Bistro service is offered Thursday through Sunday 11 a.m. to 3 p.m. An adjacent market place features artisan food, gourmet gifts

*Continued on page 28*

# THE REAL COST OF HIDDEN FEES

(What you don't know will hurt you)

Retirees & Soon to be Retired  
(ages 55-75)

If you have 401k's, IRAs, Pensions, Non-Qualified  
accounts or CD's with employers, banks, or  
brokerage firms, get your

## FREE REPORT

### IVANOFF ADVISORS

INDEPENDENT-WE WORK FOR YOU

5252 Orange Ave. Suite 107 Cypress, CA. 90630  
Paul Ivanoff (714) 348-8193  
Paul@ivanoffadvisors.com

## Medicare Health Plans Help

- Medicare advantage Plans
- Medicare Supplements Ins.
- Prescription Drug Plans

**Call Now! 714-348-8195**

5252 Orange Ave., #107  
Cypress, CA 90630

"Sadie" Suzanne Moriarty  
Independent agent #0B04860

Suzanne Moriarty is not connected with the Federal Medicare Program.



## ATTENTION: VETERANS & WIDOWS OF VETERANS NEW 2019 BENEFIT INCREASE

Learn about the forgotten VA Pension for Senior Veterans  
that can pay up to \$3494 per month TAX-FREE!

- ★ Do you or your spouse suffer from any of the following conditions...Hearing Loss, Diabetes, Depression, Anxiety, Parkinson's Disease, Alzheimer's, Dementia or Cancer?
- ★ Do you use a cane, walker, wheelchair or power scooter? Learn how YOU can qualify!

PLAN AHEAD TODAY TO BE  
SURE YOU QUALIFY IN THE FUTURE...  
CALL ME TODAY!



Call TODAY to see if you qualify!

**1-800-733-6120**

Fax: 888-379-7565 ★ ronpont@cox.net



Ronaldo Pontremoli  
Accredited Veteran  
Claims Agent

**Terry Lee Ives**  
Health Insurance  
Agent Broker  
Consultant

**949-218-7945**

Free Quotes at

**TerryLeelives.com**

2051 Via Concha  
San Clemente, CA 92673

Lic. #C207292

**58 Years**

**58 Years**  
**Aging is**  
**Beautiful!**

**BE PREPARED GET IT DONE!!**

- HOME HEALTH CARE
- LONG TERM CARE
- PLANNING

Complimentary  
appointments available.

Call or email me  
**terryives@hotmail.com**

**BEFORE**



**AFTER**



I look forward to assisting you

**Medical | Life | Disability | Annuity**

# Are Stairs a Problem?

A Stannah Stairlift gives you the freedom to enjoy the full  
use of your home. Live Independently in Comfort and Safety!

Stay in the home you love!

A Stannah stairlift is  
a great alternative to  
remodeling, moving to  
a new house or relocating  
to the first floor.

If stairs are the  
problem, why  
make a dramatic  
change?



- ☑ 7-Day Money Back Guarantee
- ☑ Professional Installation
- ☑ Short Term Rentals
- ☑ Also for Stairs that Turn!
- ☑ Indoor or Exterior Models

"I love the peace of mind  
I get from knowing  
that my husband and I  
can safely get up and  
downstairs."



Custom-made for stairs that turn

# Stannah

Call toll-free:  
**(888) 897-3382**

Visit us online:  
**Stannah-Stairlifts.com**

Visit our showroom:  
11612 Knott Ave., G-2,  
Garden Grove CA 92841

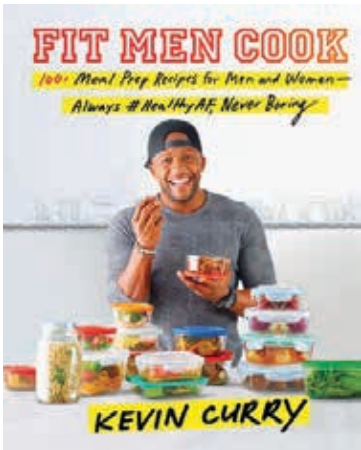
## Special Offer

Mention "The Senior Reporter"  
and save **\$200 off**  
your Stannah Stairlift!\*

\* When purchased directly from Stannah Stairlifts. Excludes rentals & previous purchases.  
May not be combined with any other offer. Only one discount per purchase.

# January Book Club

Continued from page 21



and how it’s going to affect our bodies, we should embrace food freedom—freedom to create flavorful meals, but in a more calorie-conscious way; freedom to indulge occasionally while being mindful of portions; and freedom to achieve

wellness goals without breaking the bank.

“In *Fit Men Cook*, Kevin Curry, fitness expert and social media sensation with millions of followers and hundreds of thousands of downloads on his app, shares everything you need to live a healthy life each day — from grocery lists to common dieting pitfalls to his 10 commandments of meal prep — as well as his personal story of overcoming depression and weight gain to start a successful business and fitness movement.

“This guide also includes 100+ easy and flavorful recipes like Southern-Inspired Banana Corn Waffles, Sweet Potato

Whip, Juicy AF Moroccan Chicken, and many more to help you plan your week and eat something new and nutritious each day. With *Fit Men Cook*, you can create exciting, satisfying meals and be on your way to losing weight for good.

“After all, bodies may be sculpted at the gym, but they are built in the kitchen,” according to Publisher Touchstone.

## Writing Off The End Of The Year

Continued from page 18

squash is very tender, about 20 minutes. Add the tofu and ginger, lemon juice, thyme, salt and pepper and simmer a

few more minutes until tofu is heated through. Puree the soup in batches in a blender or food processor. Return to the pot and reheat until the soup is very hot but not boiling. Ladle into bowls and garnish with fresh thyme or thin strips of lemon peel.

Staying on track can be hard, especially if you are tackling it on your own. Dr. Agwunobi adds, “Herbalife Nutrition independent distributors have demonstrated that developing a support system of people who know your goals, strengths and weaknesses can be extremely beneficial in maintaining a healthy lifestyle, especially during the challenging times of the year.”

Dr. Agwunobi added, “While resolutions are a great way to kick-start a healthy year, a healthy diet is a long-term solution that you’ll want and need to practice steadily—for days, weeks and months—for lasting results.

“For best results, stick to a balanced diet that isn’t overly restrictive and combine it with consistent exercise to help achieve your healthy resolutions. You can start this holiday season simply by parking at the farthest spot from the store or mall entrance, helping you rack up extra calorie-burning steps.”

### Learn More

For further facts, tips and recipes, go to [www.herbalife.com](http://www.herbalife.com).



# CalOptima

The only plan in Orange County that puts all your Medicare and Medi-Cal benefits together.



## Health Care



## Gym Membership



## Transportation

**Plus:**


Dental Care + Vision Services+ Personal Care Coordinators

OneCare Connect Cal MediConnect Plan (Medicare-Medicaid Plan) is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees. OneCare Connect complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. This information is available for free in other languages. Please call our Customer Service number toll-free at **1-855-705-8823**, 24 hours a day, 7 days a week. TDD/TTY users can call **1-800-735-2929**.

To learn more, visit [caloptima.org](http://caloptima.org) or call **1-800-960-9070**. TDD/ TTY users can call **1-800-735-2929**.



H8016\_19AD005\_M  
Accepted 12/15/18



**•NOT SATISFIED WITH YOUR CURRENT HOUSE PAYMENT?**

**•BIG BANK TURNED YOU DOWN?**

*I can help you with that.*

DeAnna Allensworth  
Broker - Advisor

**Phone: 562-533-5600**  
[www.CenturionMF.com](http://www.CenturionMF.com)  
CA DRE 01443787  
NMLS 206457



**"I want to be a bench. Recycle me!"**

[IWantToBeRecycled.org](http://IWantToBeRecycled.org)

Ad Council | KEEP AMERICA BEAUTIFUL

## Internet Toothbrushing

*Continued from page 19*

cept that has served industry well ever since.

From its early beginnings in China, the toothbrush slowly became accepted so that by the 1920s, American dentists pushing the envelope of knowledge were recommending that each family member have their own toothbrush! In 1938 industry giant Dupont introduced nylon as a replacement for hog bristles. This came as a welcome relief to millions of the nation's hogs who were getting peevish at having their bristles tweezed every two weeks after it was discovered that *Nair* left an unpleasant after-taste on the finished product.

So now, a decade into the 21st century, we are faced with an embarrassment of riches for tooth/gum maintenance. Manual brushes are being replaced by electric products and the contours and colors of the handle seem as important at the bristles. It is "time to reinvent oral care," states co-founder Loic Cessot of the French-based firm of Kolibree. "The idea is not to brush stronger, but smarter," he adds and goes on to explain how the Kolibree toothbrush includes a sensor which detects how much tartar is being removed in a single brushing. I think he means *plaque* unless the new brush also features a jackhammer app.

Kolibree's brush also records brushing activity so users can

attest to a consistent cleaning each time without resorting to a polygraph.

In a move to update dentistry to the current rush initiated by *Invisalign* orthodontists to do everything sans wires, the new brush wirelessly relays this information of your progress, or lack of it to.....a *smartphone app*. Now parents can surreptitiously monitor not only their kid's TV choices and the peccadillos of their co-conspirators, but the tooth-cleaning efforts of their progeny as well. Heretofore, Cessot points out, "the only person who really knows is the dentist." It's bound to increase motivation and make the experience more fun, he said without specifying for whom.

To ensure this is apt to happen, former Microsoft and Google executive Thomas Serval plans to release the toothbrush worldwide in the latter part of the year with a price ranging from \$99 to \$200 depending on the model. We hope the advertising that will inevitably follow is the kind seen every day on your TV imploring, "But wait! If you place your order *RIGHT NOW*, you will receive another brush absolutely *FREE!*" Not satisfied? Your tartar/plaque will be cheerfully refunded.

But, in any case, the app is free. When you consider that every residence in the country is required by law to have one or more smoke detectors installed, why not connect--wirelessly, of course--the sensor in the brush with the smoke

detector so that a horrendous noise is emitted in case your computer-savvy moppet tries to avoid his prescribed brushing?

If the local fire department is also wirelessly adjoined to your system, you might want to lay out some cookies.



NOW THAT MOM LIVES WITH US,  
*We miss her*  
MORE THAN EVER.

Only those who care for others know what it's like to miss someone. That's why AARP created a community with support and resources to help you better care for everyone and be the best you can be.

[aarp.org/caregiving](http://aarp.org/caregiving) or call 1-877-333-8885

AARP



ONE TIME IS A BAD PHOTO.  
MANY TIMES IS A SIGN.

LACK OF EYE CONTACT IS A SIGN OF AUTISM.



susan g.  
**Komen**  
FOR THE  
**cure**

January Crossword Puzzle

Across

1. Titanic's undoing  
5. Felines  
9. The Monkees' "\_\_\_ Believer"  
12. Robert of "The Sopranos"  
13. Putting to work  
15. Bustles  
16. Jessica of "Dark Angel"  
17. Biblical abode of the dead  
18. Sensed  
19. Dirty rat  
21. Large wild oxen  
23. Peter Fonda role  
24. Automobile  
25. Impassive  
28. Awww! Cute!  
33. Israeli desert region  
34. Health resorts  
35. Start of a pirate's chant  
36. Stray  
37. Chili con \_\_\_  
38. Small batteries  
39. ... \_\_\_ saw Elba  
41. Inter \_\_\_  
42. Ankle bones  
44. Given to scratching the ground for food  
46. Stupid  
47. PD investigator  
48. Weeps  
49. Republic in N Africa  
53. Patella  
57. Strong \_\_\_ ox  
58. Musical composition  
60. What the fourth little piggy had  
61. \_\_\_ majesty  
62. Ruffle  
63. Hebrides island  
64. Author Le Shan  
65. With skill  
66. Corrida cheers

Down

1. Prejudice  
2. London greeting  
3. Musical McEntire  
4. Pellet  
5. Swore  
6. ... who lived in \_\_\_  
7. Bind  
8. Highbrow  
9. Think tank product  
10. Gangster's gal  
11. Apropos of  
14. Sugar  
15. Brawl  
20. 554, in stone  
22. Remote  
25. Scornful look  
26. \_\_\_ firma  
27. Meanies  
28. The cruelest month?  
29. Comic Carvey  
30. Flat slab of wood

31. Tibet's capital  
32. Red fluorescent dye  
34. Room in a casa  
37. Villain  
40. Halogen element  
42. Pipe  
43. Hall of fame  
45. Hi-\_\_\_ monitor  
46. Companionless  
48. Cranium  
49. Yarn  
50. Previously owned  
51. Cape Canaveral org.  
52. Ambience  
54. Moderately cold  
55. Diarist Frank  
56. Legumes  
59. Tomcat

Answers on Page 38

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

# NEPTUNE SOCIETY



## CREMATION LOW COST

SEND FOR A FREE BROCHURE

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Zip \_\_\_\_\_

### THE NEPTUNE SOCIETY

758 W. 19th St., Costa Mesa, CA 92627

**(949) 646-7431**

State Lic. FD-1305

## BURNED BY YOUR STOCKBROKER?

### SECURITIES LAW CLAIMS AGAINST STOCKBROKERS

Stock Market Losses Caused by:  
Excessive Trading in Account  
Unsuitable Investments • Misrepresentation  
Variable Annuities

### LAW OFFICE OF JONATHAN W. EVANS & ASSOCIATES

43 Years of Experience

Highest Avvo rating - 10.0 out of 10.0

Selected by peers as "Super Lawyer"

2007 • 2008 • 2009 • 2010 • 2011 • 2012 • 2013 • 2015 • 2016 • 2017 • 2018 • 2019

**No Recovery – No Fee  
Free Initial Consultation**

Call today for an appointment

**(213) 626-1881 • 1-(800) 699-1881 • (818) 760-9880**

www.stocklaw.com

12711 Ventura Blvd, Suite 440, Studio City, CA. 91604

## Start Breathing Clean



A new year, whether the one on the calendar or a more personal milestone, is a good time to give your health and well-being a new start, too. Here are three hints on how:

**1. Be active**—but don't set too high a goal. Just walking for 30 minutes a day, even in 10-minute increments, can make a difference.

**2. Eat right.** Go for more fruits and vegetables; fewer sugary drinks, red meats and high-fat, processed foods.

**3. Reduce indoor pollution.** Get your HVAC system cleaned by a NADCA professional. In most homes, people generate a great deal of contaminants and air pollutants, such as dander, dust and chemicals. These are pulled into the HVAC system and build up in the ductwork. NADCA sets the industry standard for HVAC system cleaning and its members must have at least one certified Air Systems Cleaning Specialist (ASCS) on staff, comply with a Code of Ethics and acquire continuing education credits.

### Learn More

For further facts and tips and to find a nearby NADCA member, go to [www.nadca.com](http://www.nadca.com). For a free Homeowner's Guide to air duct cleaning, visit [https://nadca.com/sites/default/files/docs/2017/nadca\\_homeowners\\_guide\\_print\\_version.pdf](https://nadca.com/sites/default/files/docs/2017/nadca_homeowners_guide_print_version.pdf)

## Paso Robles

*Continued from page 23*

and fine imported Swiss products is also available.

It 3,300-seat boutique amphitheatre that opened in 2013 has featured top tier acts that take the stage every year from mid-April through November by Nederlander Concerts. Located at 3700 Mill Road, Paso Robles. Call, (805)227-4812 or visit [www.vinarobles.com](http://www.vinarobles.com)

### Art and History

**Studios on the Park** is a unique venue where artists of various mediums display their talents and expertise in paintings, photography, glass works, jewelry design to observe and purchase. Located at 1130 Pine St., Paso Robles. Call, (805) 238-9800 or visit [www.studiosonthepark.org](http://www.studiosonthepark.org)

**Paso Robles Historical Society Museum** housed in the old Carnegie Library in historic and vibrant downtown city park. Inside is an extensive archival collection relating to the area's history. There are unique exhibits celebrating the achievements of individuals, and the events that have shaped not only Paso Robles, but much of California's past. Docents are on hand ready to share information. Located at 800 12th St., Paso Robles. Call, (805) 238-4996 or visit [www.pasorobleshistoricalociety.org](http://www.pasorobleshistoricalociety.org)

**Estrella Warbirds Museum & Woodland Auto Display** is a wonderful in-depth museum dedicated to men and women who serve, have served, or sacrificed their lives for our country. Preserving military history, the museum seeks to honor the past and inspire current and future generations through preservation, restoration and care of military aircraft, vehicles, and artifacts from 20th century wars and conflicts. Displays range from jeeps, side arms, early-year aircraft, fighter jets, retired from active duty, antique ambulances, bombardier sites, modern missiles, and rare parts destined for fully restored vintage aircraft. The museum was founded more than 25 years with two airplanes, and a single building, and has grown to numerous facilities and hangars across 20 acres of land.

**Woodland Auto Display** located here was founded by Richard "Dick" Woodlands and showcases vintage classic, and historic vehicles. The museum's primary focus is racing vehicles, with a concentration of NASCAR Sprint, modified, super modified and mid-gut racecars. Docents are knowledgeable and delighted to share their information at this fantastic venue.

Open Thursday to Sunday 10 a.m. to 4 p.m. Located off Airport Road at 4251 Dry Creek Road, Paso Robles. Call, (805) 238-9317 or visit [www.ewarbirds.org](http://www.ewarbirds.org) For additional information on Paso Robles go to [www.travelpaso.com](http://www.travelpaso.com)

## How Can I Protect Myself From Identity Theft?

While there are many advantages to living in a connected world, the rise in cybercrime poses risks to our personal information. So how can you safeguard this information while enjoying online opportunities to achieve your financial goals?

One important way you can help protect your identity is by regularly reviewing your credit reports. Doing so is not only a responsible habit to begin as you establish your credit history, it can also be a way to identify incomplete or inaccurate information, as well as accounts that may have been opened erroneously. For free copies of your credit reports from Equifax, Experian and TransUnion, visit [www.annualcreditreport.com](http://www.annualcreditreport.com).

“Reviewing your credit reports is an easy way to monitor your financial commitments,” says Francis J. Creighton, president and CEO of the Consumer Data Industry Association. “While lenders and credit-reporting companies have a number of sophisticated security protocols in place to help prevent identity theft and fraud, there may still be instances where a criminal can gain access to your personal information and cause a problem.”

After you receive your credit reports, review them carefully to make sure all the accounts are yours. If you notice an account that you don’t

recognize, or something is not correct, contact the credit-reporting agency as soon as possible to communicate the discrepancy. You can contact all three nationwide credit-reporting agencies online, by phone or by mail. Whichever method you choose, the credit-reporting agency will investigate disputed information and respond back to you with the results.

In a case of identity theft, the credit-reporting agency will work with you to place a fraud alert on your credit reports that can help prevent erroneous transactions from appearing in the future. A fraud alert informs creditors that you may have been a victim of fraud, and encourages them to take steps to contact you to verify your identity. Once a fraud alert is in place, you can choose to remove it at any time online. Under federal law, fraud alerts are free and are shared among the three credit-reporting agencies.

If you have been a victim of identity theft and false accounts have been opened in your name, you may want to consider a security freeze. A security freeze restricts access to your credit report without your permission and may prevent unauthorized individuals from opening new accounts in your name. These are free for identity theft victims and, depending on the state, senior

*Continued on page 31*



By Randal C. Hill

After saving the human race together in 2014’s *Interstellar*, Academy Award winners Matthew McConaughey and Anne Hathaway join forces again to star in *Serenity*, an adrenaline-fueled, original (and quite sexy) “neo-noir” offering from British-born creator Steven Knight.

Neo-noir means “new film noir,” *neo* being Greek for new and *noir* being French for black. Though such a label might apply to most contemporary crime or detective movies, a true neo-noir film retains characteristics of those movies of the 1930s through the 1950s in which cynical, morally ambiguous protagonists often stumble blindly through a world of darkness and danger.

Neo-noir movies are that and more, offering newer niche subjects, updated cinematic techniques, more convoluted plots, new levels of violence, and femme fatales (always an element of any film noir story) who today are more powerful, more mysterious and more empowered than those in the past.

Baker Dill (McConaughey) captains a fishing boat out of a peaceful Caribbean tropical enclave called Plymouth Island. His serene life shatters

one day when ex-wife Karen (Hathaway) shows up unexpectedly, their child in tow and fear in her heart caused by a new husband.

Karen has lured her super creepy spouse (Jason Clarke) to Plymouth Island for a fishing expedition. Dill has never met or even seen the new guy, but Karen’s description of him has set off alarm bells in Dill’s mind. “You were right about him,” Karen says just before she lobbs a bomb: “I want you to take him out on your boat,” she announces, “and drop him in the ocean for the sharks.”

Faced with this request, Dill must now make the decision of a lifetime.

To add to his dilemma, he also realizes something else that unnerves him: the other islanders seem to have several secrets — and some of them might be about him.

The thrum of undefined danger grows louder as the day of the fishing expedition rushes on him. And that’s when all hell will break loose.

Academy Award nominee Diane Lane plays Dill’s love interest, and Djimon Hounsou — another Academy Award nominee — serves as the voice of Dill’s conscience.

*Serenity* might be the breakthrough mainstream hit that Knight has been looking for. It is at least a praiseworthy addition to his growing oeuvre; whose past works include *Dirty Pretty Things* and *Eastern Promises*. Knight not only wrote and directed *Serenity*, but, with able assistance from Guy Heeley and Greg Shapiro, also handled production tasks along the way.

Released by Aviron Pictures/Global Road Entertainment, *Serenity* arrives — no, explodes — into theaters on Jan. 25.

**Advertise in  
The Senior  
Reporter's  
CLASSIFIED &  
PROFESSIONAL  
SERVICE  
DIRECTORY**

**Only  
\$37.50/  
mo with a 6-mo.  
commitment**

seniorreporterofoc@  
aol.com or call  
Bill Thomas at (714)  
458-5703



## Reducing Your Risk Of Heart Attack

While death from heart attack is highest during the winter holidays, you can protect heart health with diet, exercise and taking pre-scribed medication.

### The Problem

Juggling all the extra pressures of a busy holiday schedule can wreak havoc on your healthy habits, but it's one of the most dangerous times to lower your guard. Research shows deaths from heart attacks peak during December and January.

"Changes in diet and alcohol consumption; stress from family interactions, strained finances, travel and entertaining; and even respiratory problems from burning wood are all possible reasons for the increase in heart attacks during the holidays," explains John Osborne, M.D., Ph.D., a preventive cardiologist for State of the Heart Cardiology.

### A Solution

If you've had a heart attack, it's especially important to maintain a healthy diet, stick to an exercise plan and take medicines as prescribed. About 20 percent of heart attack survivors over the age of 45 will have another heart attack within five years of their first.

"Making lifestyle changes can be difficult," adds Osborne. "Many of my patients use mobile apps that provide education and electronic re-minders to help stay fo-



cused on how to protect their heart health and minimize risks."

One such app is My Cardiac Coach, a free and easy-to-use mobile app developed by the American Heart Association that empowers people to take control of their heart health using interactive tools to learn about their condition, track medications and closely monitor any changes.

### One Man's Story

For example, Lex Roulston overhauled his diet and increased exercise after having a quintuple bypass surgery in 2001, since all five of his coronary arteries were blocked. Roulston said he "never thought about what he ate or worried about his health," and that his bypass surgery "was a big wake-up call" to take his health seriously and protect his heart health.

Roulston, now 84, relied on in-person resources through a cardiac care program following his bypass surgery, but said mobile tools such as My Cardiac Coach can provide the support, as well as access to medical information, that proved so crucial as he made significant lifestyle changes.

"It's just another tool to help you make a lifestyle change," said Roulston, who, with his

wife, funded the Lex and Eileen Roulston Lifestyle Change Initiative and Lee County Support Network for Survivors and Caregivers to provide a local support network to people in Lee County, Fla. "Having the tools to support you makes it a lot easier to make changes, especially as you face challenges."

### Learn More

For further facts about My Cardiac Coach and to download the app for Apple or Android mobile devices, go to [www.heart.org/MyCardiacCoach](http://www.heart.org/MyCardiacCoach).

*Advertise in  
The Senior  
Reporter's  
CLASSIFIED &  
PROFESSIONAL  
SERVICE  
DIRECTORY*

*Only  
\$37.50/  
mo with a 6-mo.  
commitment*

*seniorreporter  
@aol.com  
or call  
Bill Thomas at  
(714) 458-5703*



# Busy Boomers

By Les Goldberg

## A Snapshot of the Brownie Generation

How many of you remember the Brownie camera? Raise your hand if you either used one or were a “model” for someone snapping your image with the iconic Kodak “made for the masses” photography tool.

One hand in the local crowd is Marilyn Skinner, 73, of Huntington Beach, whose passion for photography is evidenced in her hobby which began when she received her first camera – The Brownie – more than six decades ago.

“I have had an interest in photography as long as I can remember,” she said. “Both my parents loved photography and my uncle was a teacher, water colorist and photographer for a time with author Zane Gray.” Skinner could have been the



Eastman Kodak poster girl who helped make the compact box camera the “people’s camera,” like the way Henry Ford vowed to put cars in every Americans’ garages.

Despite her photographic talent, she never turned the hobby



into a professional career. A native of Southern California, she got married and has lived the last 50 years in Surf City, working at first in the medical profession and then in residential property management with her husband.

But her passion for photography is deep-rooted, so much so that she is willing to travel to all corners of the Earth to capture images of landscape, people, flora and fauna.

Over the years she has transformed from the Brownie and film cameras, to today’s technologically advanced digital cameras.

“My first digital was an Olympic waterproof camera,” she added. “I then moved up to a Nikon 50 which was much easier than hauling bags of film on trips but only could accommodate a 2-gigabyte storage card.

“Currently I use the Nikon 7000. I love it! It allows me to be more creative.”

After speaking with several

photographers that I have known throughout my own journalism career, both pros and hobbyists, they all agree with Skinner that

among the benefits of the film era they miss the most are the ability to produce double exposure images and the creativity of the darkroom. In fact, Skinner said that she often spent hours in her home darkroom. “My husband would go to work on a weekend, and I would still be in there when he came home!”



For her, the love of photography is the ideal companion to her constant desire to travel and lifelong quest to learn about other cultures, people and faraway places. Asked what her favorite destinations are, she said: “each location around the world is special by itself.”

She added that she enjoys traveling with Overseas Adventure Travel, a company that provides many opportunities to dine and visit with people around the world – in schools,

villages and elsewhere. So far, she has checked off 60 countries on her destinations list.

A few years ago, Skinner expressed a wish that young people who criticize America could visit other countries and see first-hand what makes the United States so great. She wrote this poem:

*I had a dream that I was young  
to visit another land.*

*To expand my vision  
to understand the differences  
at hand.*

*The mountains high where the  
winds will blow  
the deserts hot without water  
below.*

*The snow and ice, the humid  
heat*

*the different dress and the  
food they eat.*

*When my time has come, I  
want to say*

*I’ve been to these places  
and I bless the way.*

Come to think of it, that applies to anyone at any age.

If you are planning a bucket list trip or a vacation to visit the grandchildren, don’t forget to pack your camera. You can leave your Brownie at home – unless you can find film and a place to develop it. Instead, Skinner recommends visiting a good camera store and talking to a knowledgeable salesperson.

“If you are just interested in



quick shots, some of the smartphone cameras are getting better but are not fully functional, including telephoto capabilities,” she said. “There are some nice purse-size cameras with amazing zoom abilities if that covers your needs. But if you are interested in a camera that can track a target for multiple shots, as in following a bird in flight, or a race car, you will need a full-size camera with interchangeable lenses.

## Identity Theft

Continued from page 29

citizens as well. For all other consumers, there may be a fee, based on individual state laws. Consumers should keep in mind that security freezes aren’t for everyone, especially those who are actively seeking credit or plan to apply for credit in the future, such as for making a large purchase or applying for a loan.

It’s important to safeguard your information wherever you can. Regularly checking your credit reports to make sure your information is correct, and being aware of the tools available to help you protect your identity, are great places to start. Consumers interested in getting copies of their free credit reports should visit [www.annualcreditreport.com](http://www.annualcreditreport.com).

# 'Knights in Armor' Exhibit Shines at Bowers Museum

If you've been to Orange County's own Medieval Times and marveled at the jousting figures on horseback, or you are just fascinated by the history of the Middle Ages, then the "Knights in Armor" Exhibit at Bowers Museum in Santa Ana should be a "must-see" on your to-do list this fall.

On display through Jan. 13, the exhibit "showcases a



unique collection of more than 100 European arms and armor, including two horses in full guard and an array of weapons and swords forged over the course of centuries, well-known to scholars, spelf you've been to Orange County's own Medieval Times and marveled at the jousting figures on horseback, or you are just fascinated by the history of the Middle Ages, then the "Knights in Armor" Exhibit

at Bowers Museum in Santa Ana should be a "must-see" on your to-do list this fall.

On display through Jan. 13, the exhibit "showcases a unique collection of more than 100 European arms and armor, including two horses in full guard and an array of



weapons and swords forged over the course of centuries, well-known to scholars, specialists and collectors around the world," according to Peter Keller, president of Bowers Museum.

As you explore this colorful period in history, from the 13th to 15th centuries, you will

learn that in England the kings' armies were made up of lords, or knights, who were responsible for defending their lands. For instance, King Henry II (1154-1189) had 6,000 knights in his army who received no pay for 40 days of service each year.

To defend themselves and their horses in battle from the piercing lances – and later bullets from low-velocity firearms – the knights and their soldier staffs wore steel armor. At first it was made of interlocking iron rings known as mail or chainmail, which was riveted or welded shut. Gradually,

*Continued on page 33*

*"Knights in Armor exhibition is Shining at the Bowers Museum."*  
*– Los Angeles Times*

# KNIGHTS in Armor

**SPECIAL  
OFFER**  
**\$15**

**BOWERS MUSEUM**  
 2002 NORTH MAIN ST., SANTA ANA, CA  
 BOWERS.ORG

**MUSEO  
STIBBERT**

Brought to you by the generosity of Frank and Eileen DeSantis. The exhibition was organized by Contemporanea Progetti in collaboration with the Museo Stibbert, Florence, Italy. Cover and image to the right: © Archivio Fotografico Museo Stibbert.



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

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

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

visit [www.MyAgeWell.org](http://www.MyAgeWell.org)  
or call (949) 855-8033

**Age Well**  
**Senior Services**

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS

# 'Knights in Armor'

*Continued from page 32*

small additional plates or discs of iron were added to protect vulnerable areas. Hardened leather and splinted construction were used for arm and leg pieces, followed by a coat of plates sewn inside a textile or leather coat.

Eventually mail armor gave way to a full harness of plate armor which is credited with allowing the heavy cavalry to dominate battlefields for centuries.

It wasn't until the early 15th century that advances in weaponry allowed infantry to defeat armored knights in battle. The quality of the metal used in armor deteriorated as armies became bigger and armor was made thicker, necessitating breeding of larger cavalry horses.



Instead of making plate armor obsolete, the use of firearms stimulated further improvements in plate armor and prevented battle casualties. Full suits of armor were worn by generals and commanders right up to the second decade of the 18th century. Modern



history shows that armor continues to be used in one form or another, from helmets to bullet-proof vests, from military vehicles to limousines for high-ranking politicians.

The Bowers exhibit, presented by the Museum Stibbert in Florence, Italy, and founded by Frederick Stibbert, features unique interactive activities, including a sword-in-the-stone photo station and a "Knight's Quest" scavenger hunt, a life-sized chess play, and a special "Kings, Queens and Castles" showcase in the Bowers' Kid-seum.

The collection on display is part of an inheritance from Stibbert's grandfather, who was commander-in-chief of the British East India Company's private army. Stibbert ultimately transformed his

hillside villa and park into the museum which houses nearly 50,000 items, including arms, armor, paintings and ceramics from throughout the world.

Keller said he believes "Knights in Armor" is the first exhibition in Southern California to focus on European armor.

"Here at the Bowers, our mission is to bring the great art treasures of the world to the people of Southern California," he added. "And certainly, when you go to Florence, Italy, and see this Renaissance armor, it's an art form, but it's also a major part of history."

The museum is open from Tuesday through Sunday 10 a.m. to 4 p.m. Seniors 62 years of age and older can get in for \$20 on weekdays and \$22 on weekends. Santa Ana residents are admitted free on Sundays with proof of address.



## 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*

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.*

## How Older Adults Can Combat Loneliness And Social Isolation Through Exercise



*An exercise class can be a great place for older adults to make new friends.*

When discussing health, people typically think of physical health—their weight, strength, mobility, and potential health issues they are facing. However, when looking at overall well-being, it's important to think beyond the physical and focus on mental health as well.

This is especially true for older Americans, as many are tackling physical and mental health issues alone. According to the U.S. Census Bureau, more than 11 million people ages 65 and older are living alone and are at risk for loneliness or social isolation. These issues can impact a person's mental and physical health significantly, leading to high blood pressure and disease, as well as depression. In fact, according to a Harvard Health study, "loneliness has an equivalent risk factor to health as smoking 15 cigarettes a day, shortening one's life span by eight years."

Social isolation can also make it harder for people to take control of their health as they do not have a network to support and motivate them to re-



*Continued on page 35*

# In The Spotlight

By Debbie L. Sklar

## Kelly Reeves of “Paw Prints in the Sand Animal Rescue”

Looking for a friendly companion? Kelly Reeves is the President and Co-founder of Newport Beach-based Paw Prints in the Sand Animal Rescue which also offers the Seniors for Seniors Foster Program.

It is designed to help save homeless pets and enrich the lives of the residents in senior citizen homes and assisted living facilities. Under the program, it rescues senior pets in high kill shelters and works with local senior homes and facilities to foster them until they find their forever homes. Here is more about Reeves and the program.

**Q:** Tell us about Paw Prints and how it began?

**A:** When I adopted my first dog as an adult, I became aware of just how great the issue is with shelter overcrowding, euthanasia, animal abuse and abandonment. I had to do something. I started just donating here and there, then fostering for other organizations, then doing private rescue where everything was on my dime. I decided that if I was going to do this and really put my whole heart into it, I should start a nonprofit and make a difference on a broader scale. Since we started Paw Prints in the Sand 5 years ago, we have rescued over 365 animals.



**Q:** Why would a senior want to get a pet?

**A:** Senior citizens often struggle with loneliness, isolation, depression and health issues. A pet is great companion to help seniors deal with or even overcome many of these issues. A pet gives them an outlet; something to care for, companionship and unconditional love.

**Q:** How many seniors have you been able to set up with pets?

**A:** None yet. We are in discussions with a few local senior citizen homes about the program. It's still new, so we are sorting out the logistics. Our hope and goal is to have it in full swing within the first quarter of 2019.

**Q:** Is the senior program new?

**A:** Yes, we just launched it in November.

**Q:** Are cats or dogs more requested by seniors?

**A:** While cats can be great companions, they have the tendency (and stereotype) of being aloof in general. Seniors typically want dogs as they are better companions, and people tend to have less allergy issues with dogs.

**Q:** What is your background in terms of animals?

**A:** I've had animals all of my life. I was the kid who always brought the stray dog or cat home, much to my mom's chagrin, but she didn't turn them away ... We had dogs, cats, ducks, hamsters, parakeets, parrots, turtles, fish ... you name it!

**Q:** Do you only assist seniors in Newport Beach find pets?

**A:** No, we mainly assist seniors all around Southern California as that's where we are located, but we adopt out within the state of California.

**Q:** What's the best part of what you do? The hardest?

**A:** The best part is saving a one homeless pet that came from a difficult background and that's not in very good shape and seeing them heal both physically and emotionally; seeing them thrive and be in a happy, loving home. The worst part is all the abuse, neglect and

abandonment we see daily; the numerous amounts of animals in our shelters that are scheduled to be euthanized, and we can't save them because we don't have the resources to do so. We are a foster-based organization, so we need a dedicated foster home in place before we can rescue an animal. We also always need the financial resources to provide the care they need.

**Q:** How many pets do you personally have?

**A:** Four dogs.

**Q:** How can people get in touch with you?

**A:** People can reach us via our Social Media pages, mainly Facebook at <https://www.facebook.com/pawprintsinthesandrescue> or via email at [info@pawprintsinthesand.org](mailto:info@pawprintsinthesand.org), or our web site [www.pawprintsinthesand.org](http://www.pawprintsinthesand.org)

**Q:** Is there a fee for seniors?

**A:** Yes, It's \$275 and that includes all vetting up until when they're adopted, microchip and shots. We also spay/neuter them if they are cleared by our vet.

**Q:** Are you a non-profit?

**A:** Yes, we are a 501(c)(3) nonprofit organization

## Older Adults

*Continued from page 34*

main socially or physically active. Activities that not only make people healthier but also allow them to connect with others can help those at risk for social isolation and improve health and well-being. SilverSneakers, the nation's leading community fitness program designed specifically for older adults, has seen the power of socialization combined with fitness, firsthand.

For more than 25 years, SilverSneakers has been helping older adults enjoy and get the most out of life by engaging participants in physical activity, as well as fostering new friendships with a welcoming member community. Through exercise and social interactions, SilverSneakers helps people maximize their health and well-being, and maintain an active lifestyle—recognizing that community is just as important as the fitness aspect. In fact, a recent survey of SilverSneakers members revealed that 65 percent of members have made new and valuable friendships through the program.

Community exercise programs like SilverSneakers help engage older adults in social activities and give them a built-in network of support, while also offering the benefit of improving their physical health.

To find out if you are eligible for SilverSneakers or to find a class in your area, visit [www.SilverSneakers.com](http://www.SilverSneakers.com).

## A Vibrant Life in Coastal Orange County

### MBK Senior Living Offers a Solution for Every Need

#### INDEPENDENT LIVING

at the NEW **Fairview Commons**

A service-enriched, maintenance-free lifestyle for seniors 55+  
Costa Mesa, CA, 949.629.3219

#### ASSISTED LIVING & MEMORY CARE

at **Huntington Terrace**

Highly specialized, always supportive high quality care  
Huntington Beach, CA, 714.845.7368

Lic #306004796



MBKSeniorLiving.com



**PHYSICAL  
THERAPY  
IN  
YOUR  
HOME**



**OUTPATIENT PHYSICAL THERAPY IN THE  
COMFORT OF YOUR HOME**

**MEDICARE ACCEPTED**

**(714) 580-2868**

*The individuals pictured above are models and are not actual therapist and patient.*

## Jessica Lange

*Continued from page 10*

honors from the Oscars, the Golden Globes, the Los Angeles Film Critics Association, the Utah Film, the National Board of Review, the National Society of Film Critics and the Chicago Film Critics Association.

Her performances in “*Losing Isaiah*” opposite Halle Berry, Rob Roy with Liam Neeson and in the TV adaptation of “*A Streetcar Named Desire*” with Alec Baldwin, Diane Lane and John Goodman earned her a fourth Golden Globe Award and her first Primetime Emmy Award nomination for outstanding lead actress in a mini-series or movie.

Lange began the new millennium with a London stage pro-



In addition to being honored by *TV Guide*, *Entertainment Weekly* and *MTV*, she won a second Primetime Emmy Award, a fifth Golden Globe Award, her first Screen Actors Guild Award, a Special Achievement Satellite Award by the International Press Academy and the Dorian Award by the Gay and Lesbian Entertainment Critics Association (GALECA).

### Offstage

Lange is a Goodwill Ambassador for the United Nations Children’s Fund (UNICEF), specializing in the HIV/AIDS epidemic in the Democratic Republic of the Congo and in spreading awareness of the disease in Russia.

She was also a public critic of former U.S. President George W. Bush, once calling his administration “a self-serving regime of deceit, hypocrisy and belligerence,” and has been a human rights supporter of the Buddhist monks in Nepal.

Lange is currently single with three grown children – one with her former partner, renowned Russian ballet dancer Mikhail Baryshnikov, and two with playwright Sam Shepard.

*Advertise in  
The Senior  
Reporter’s*

**CLASSIFIED &  
PROFESSIONAL  
SERVICE  
DIRECTORY**

**Only  
\$37.50/  
mo with a 6-mo.  
commitment**

seniorreporter  
@aol.com  
or call  
Bill Thomas at  
(714) 458-5703



duction of Eugene O’Neill’s “*Long Day’s Journey into Night*,” for which she became the first American actress to receive an Olivier Award nomination.

She appeared mostly in supporting roles thereafter, until joining the cast of FX’s “*American Horror Story*” in 2011. A huge success not only for the network and creators, but also for Lange, who experienced a resurgence in her popularity, receiving rave reviews and several awards for her controversial role.

# When It's Time To Replace Your Water Heater

The next time you find you have a too old or already broken water heater, these tools and advice from the U.S. EPA can help.

Water heaters typically last about 10 years. If your water heater is older than that, you could avoid a potentially costly and complicated emergency replacement by taking action now. In many places, utilities offer rebates on ENERGY STAR certified water heaters, up to as much as \$600. With or without a rebate, choosing a model that's earned the government's ENERGY STAR label can pay you back in energy bill savings.

Water heaters are the second highest energy user in the home, costing a household of four up to \$620 every year to run. Replacing your old, electric water heater with a heat pump water heater could put a significant dent in your energy costs. In fact, a family of four can save up to \$3,500 in energy costs over the water heater's lifetime.

## Pointers On Heat Pumps

There are some installation considerations to keep in mind with heat pump water heaters, but if you already have an electric water heater, it could be an easy switch.

## Will a Heat Pump Water Heater Work in My Home?

In many homes, a heat pump



water heater can be installed right where your current water heater sits. Heat pump water heaters need:

**Access To Air:** They pull in air from the surroundings to heat water and release cold air, so they need access to plenty of air.

The water heater location should have a room air temperature greater than 40° F year-round and space that's at least 100 square ft. (10 ft. x 10 ft.) or a smaller space that can be fitted with louvered doors or ducted.

**Head Room:** Heat pump water heaters are a few inches to a foot taller than conventional electric water heaters and require a certain ceiling height based on the size of the water heater—which is dependent on household size.

The water heater location should have at least a 6-ft.-high ceiling for a household of fewer than six or at least a 7-ft.-high ceiling for a household of six or more.

**Water Drainage:** Heat pump water heaters require proper drainage, since—like air conditioners—they dehumidify air and produce condensate that must be removed via a nearby floor drain, or another outlet using a small condensate pump.

The heater location should have access to one of the following:

- Floor drain
- Utility sink
- Sump pump
- Existing drain pipe
- Outside (only for locations that are above freezing all year round).

## Learn More

For further facts about ENERGY STAR certified heat pump water heaters, visit [www.energystar.gov/waterheaters](http://www.energystar.gov/waterheaters).

Your house could give you more comfort at less cost if your water heater were upgraded.




**American Heart Association®**  
*Learn and Live*



**AMERICAN LUNG ASSOCIATION®**  
IN CALIFORNIA



**SHELTER PET & FASHION ICON**

Amazing stories start in shelters and rescue. Adopt today. Be start yours.

TOAST 2018's Instagram Follows



Start A Story. Adopt [theshelterpetproject.org](http://theshelterpetproject.org)

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

—COLBY  
adopted 06-18-11

A PERSON IS THE BEST THING TO HAPPEN TO A SHELTER PET

**adopt**  
theshelterpetproject.org



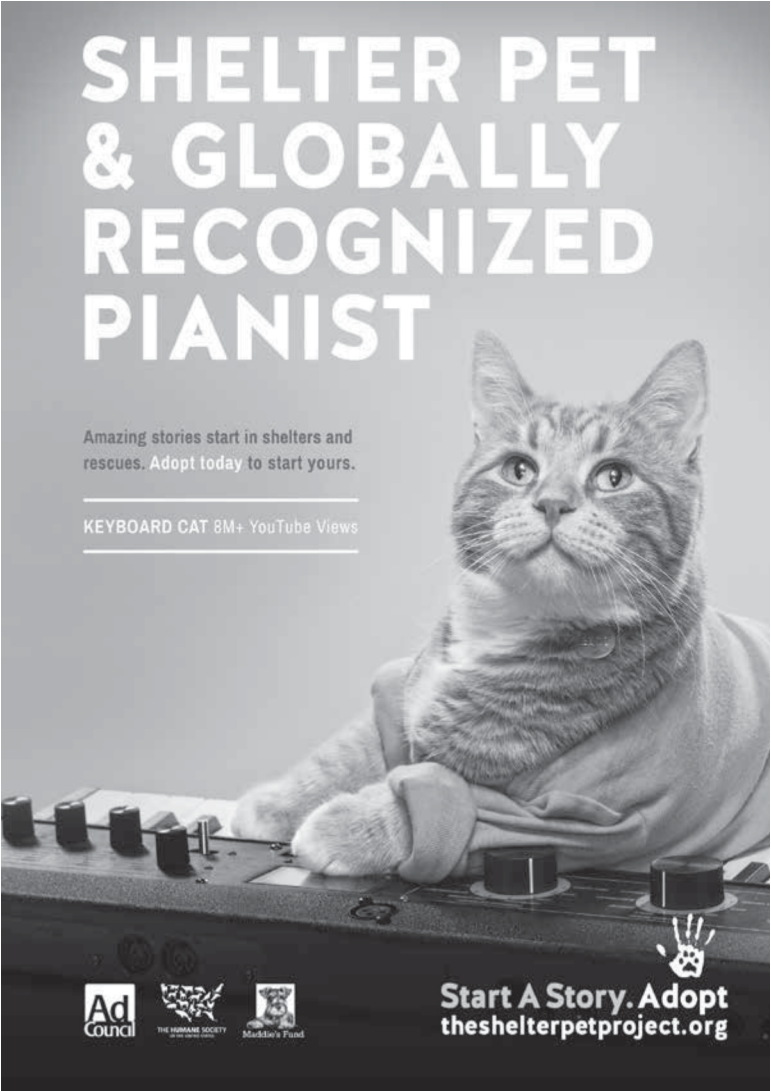





**SHELTER PET & GLOBALLY RECOGNIZED PIANIST**

Amazing stories start in shelters and rescues. Adopt today to start yours.

KEYBOARD CAT 8M+ YouTube Views

**Start A Story. Adopt**  
theshelterpetproject.org



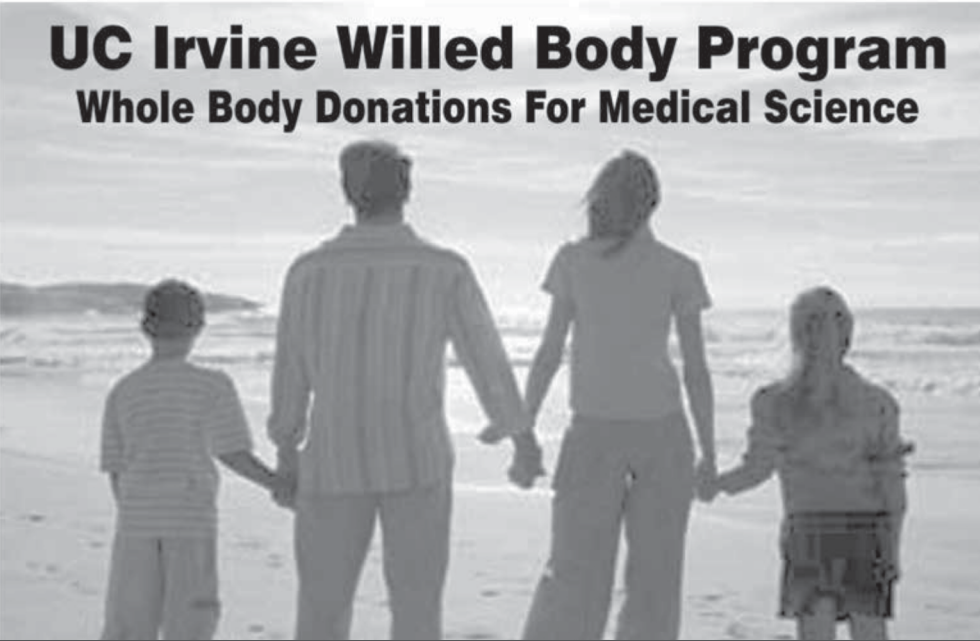



**UC Irvine Willed Body Program**  
Whole Body Donations For Medical Science

For information on donating your body to medical education and research, call: 949-824-6061

or visit:  
[www/som.uci.edu.willedbody](http://www/som.uci.edu.willedbody)

No cost to donor or family. Final cremation and scattering at sea included.





Crossword Puzzle Answers from page 27

1	O	N	E		4	F	E	A	R	S		9	O	S	H	E	A		
14	F	A	R		15	A	L	L	O	Y		16	S	T	A	R	R		
17	F	O	U	18	N	T	A	I	N	S		19	L	O	P	E	S		
20	E	M	C	E	E					21	T	R	O	O	P				
23	R	I	T	A		24	A	P	L	E	A		27	D	E	A	29	R	
					30	A	T	T	E	M	P	31	T		32	N	O	L	
33	P	A	N	A	C	E	A	S				37	A	W	I	R	E		
39	R	E	A	C	H	E	S		40	T	E	N	A	N	T	S			
42	A	G	R	E	E				43	M	A	R	S	H	G	A	S		
44	T	I	C		45	S	O	R	C	E	R	Y							
48	E	S	O	49	S		50	T	O	I	L	S		51	S	L	I	54	D
				55	T	A	L	E	S				57	S	A	U	C	E	
58	H	A	I	T	I			60	A	H	I	S	T	O	R	I	C		
64	O	O	Z	E	D			65	R	E	T	I	E		66	I	E	R	
67	B	L	E	S	S			68	Y	E	A	S	T		69	D	R	Y	

# JUST JUDITH

By Judith A. Rogow

## Happy New Year

Congratulations, on surviving 2018 with high hopes for a wonderful shiny New Year!

Soon there'll be new plants sprouting through the soil, new babies – human and animal – new books to enjoy and new friends to meet.

Spring will give way to summer, and Farmer's Markets full of fresh picked tomatoes and other goodies.

Autumn will bring cool breezes, Halloween, and Thanksgiving, favorite holidays that may be enjoyed by everyone.



Then, winter returns with sweater weather and all sorts of events both religious and secular, before we are ready, we will be celebrating New Year 2020, and the cycle will begin again.

In traditional Californian excess we start the New Year with the Tournament of Roses Parade - the 130th this time - and the Rose Bowl college football game.

With hundreds of thousands of people crowded into bleachers



and sidewalks along the parade route, and many millions worldwide watching on television, it's one of the largest parades on earth.

Families in the Eastern states, who are freezing and often snowbound, are treated to televised scenes of locals bundled up in sweaters and coats suffering in 40 chilly degrees.

The parade itself is a production with countless hours of building floats, choosing the Rose Court's Princesses and Queen, all the other picky details, protocol and plans. As one official stated: "its like staging a massive battle," albeit one with no foe - except possibly the weather.

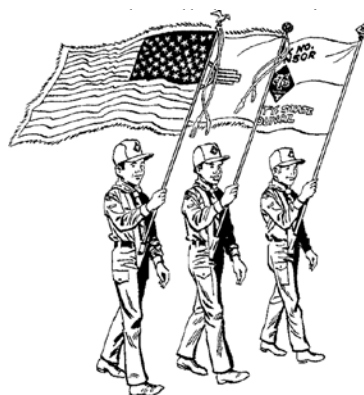


Considering what goes into lining up the flower bedecked floats, staging the bands, dealing with the various equestrian clubs and horse drawn carriages, plus hundreds of personnel who ride on or walk beside the

units on the 5 ½ mile route, it really is like staging a battle. And that doesn't even take into consideration the media and entries from the rest of the world and the need for interpreters.

This year the Parade theme is *The Melody of Life*. Chaka Khan, "the Queen of Funk," is this year's Grand Marshal. Music is the universal language, and Ms. Khan is a talented speaker having won 10 Grammy awards.

Entries have come from all over the world to share in the pageantry and share their national pride. For some band members this is their first experience outside their own



A crowd favorite, the 18 equestrian entries range from rope twirling cowboys on mustangs to flower bedecked ponies and beautiful Arabians ridden by brightly costumed owners. You might notice that the horses enjoy the parade as much as those watching.

The experience doesn't end with the parade as the 2019 Rose Bowl game is where the Ohio State Buckeyes will pit

*Continued on page 40*

## How To Help Sick Friends And Family Near And Far

Cold and flu season is here and may stay until next May, says the Centers for Disease Control and Prevention (CDC), and with it comes plenty of coughs and sneezes. Millions of Americans are affected—and infected—the CDC adds.

If those you care about are under the weather, whether you're there to look after them in person or far away, consider giving them a Get Well Care Package.

### What To Include In A Get Well Package

**1. Beverages to keep them hydrated:** Drinking plenty of fluids has long been good advice for the sick. Whether your recipients are tea lovers or flavored water fans, send or bring them their favorite beverages to help keep them hydrated.

**2. Drugstore necessities:** Save them the trouble of needing to run out to the pharmacy by including such common necessities as Puffs tissues, NyQuil, DayQuil, cough drops and the like.

**3. A thoughtful card:** What's a get well soon care package without a "Get Well Soon" card? Buy (or better yet, make) a funny one to lift their spirits and ask other friends or family to sign it as well.

**4. Low-key activities:** Pick-me-ups can work wonders while they wait to recover. Consider light reading, a feel-good movie, a gift card for fun new apps to download, Sudo-



ku, crossword puzzles or word searches and the like.

**5. Snack essentials:** Include some healthy treats to tempt their sluggish appetites. Try packages of chicken soup (or bring them hot bowls if you can), fresh fruit—especially citrus—homemade granola to help keep up their strength and any other easy-to-eat food you know they like.

**6. Tissues that are soothing to the nose:** According to a Cold and Flu survey conducted by Clarus Research Group, two-thirds of consumers get sick at least once during peak cold and flu season, and with it comes plenty of coughs and sneezes. All the blowing means a nose needs plenty of soft tissues, such as Puffs Plus Lotion, to keep it from turning red and raw. These tissues lock in moisture to help soothe irritated skin commonly caused by rough or thin tissues. Then your friend or relative can say goodbye to a sore nose and hello to a "feeling better" glow.

### Learn More

For further facts and tips on preventing, easing and recovering from a cold or flu, go to [www.puffs.com](http://www.puffs.com).

When those you care about have a cold or the flu, giving them soft tissues can be a good thing to do.



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

— HARPER  
adopted 08-18-09

A PERSON IS THE BEST THING TO HAPPEN TO A SHELTER PET

**adopt**  
theshelterpetproject.org

Ad Council

## The Senior Reporter

is published monthly by:

**SENIOR  
REPORTER  
OF OC**

9114 Adams Avenue, Suite 358  
Huntington Beach, CA 92646

Email: [jcampos@seniorreporterofoc.com](mailto:jcampos@seniorreporterofoc.com)

Telephone  
**(714) 975-6345**  
Fax  
**(714) 369-6517**

Rate is \$28.00 per year.

Guest articles, commentaries and photographs are invited, however, publication is at the discretion of the editor



American Heart  
Association



# Four Tips For Better Managing Your Retirement Budget

A recent survey by Ameriprise Financial found that 68 percent of retirees with at least \$100,000 in assets have not yet taken money out of their savings, beyond what they must withdraw as part of the IRS' required mini-mum distributions from their retirement accounts.

It turns out that the transition from saving money to living off of those assets is much tougher for seniors to navigate than many realized. The Ameriprise survey found that just one in five seniors say they feel “confident” about how to draw down their retirement savings, leaving them fraught with uncertainty about how to manage their budgets.

### Helpful Hints

Here are four tips that personal finance experts recommend for tapping that nest egg and making the most of your retirement years:

**1. Revisit your monthly expenses.** Many people do a good job of tracking their spending in their preretirement years and establishing projections for what they anticipate they will spend in retirement. But it's important to revisit those estimates and use your actual expenditures to fine-tune your average monthly expenses. This will give you a more precise handle on your spending needs and might also

identify some areas where you can reduce spending.

**2. Consider the bucket approach to income.** A common approach to the asset withdrawal phase of retirement is to establish a “bucket strategy.” This approach involves breaking your nest egg into three buckets: (1) The Cash Bucket (one to three years of short-term income); (2) The Income Bucket (five to eight years of medium-term income); and (3) The Growth Bucket (10+ years of long-term income). As each of the first two buckets gets low on dollars, you replenish them with assets from the others. This helps you achieve stability in your cash flow and increases peace of mind.

**3. Maximize the value of your assets.** In addition to savings accounts and retirement accounts, you may have the ability to unlock value from

*Continued on page 41*

# JUST JUDITH

*continued from page 39*

against the Washington Huskies in the 105th matchup of top college champions. This is the 12th time they have played against each other, but their first such competition at the Rose Bowl.

This annual American college football game is one of the most wagered on and Las Vegas hotels and casinos hold huge watching parties in rooms with wall-to-wall large screen television sets, open bars, stadium type food and, of course, bet runners. Smaller gatherings are held from Boston to Bellingham and almost every town in between.

From princesses, clowns and cowboys to enchant the youngsters to college players in furious battle to capture a football - and bragging rights for the year - the 2019 Tournament of Roses and Rose Bowl football game certainly start the year off with excitement!



# Tinseltown Talks

By Nick Thomas

## Living with Rodney Dangerfield

The Christmas season may be over, but last December held special significance for Joan Dangerfield who married comedian Rodney Dangerfield 25 years ago on Dec. 26. The pair had dated for 10 years following a chance meeting in 1983 when Rodney strolled passed Joan's Santa Monica flower shop.

"Being a die-hard fan, I recognized Rodney immediately," Joan recalled from her West Hollywood home. "I was 16 when I first saw him on 'The Tonight Show' and suddenly there he was, 14 years later, walking toward me, the funniest man in the world. For me, it was love at first sight, the holy grail of encounters. He was fascinating and had those soulful azure-blue eyes, the color of the sky on a clear day. I couldn't look at him without smiling."

The bug-eyed, tie-fidgeting, comedian who cracked up audiences for decades with his often self-deprecating 'no respect' style of rapid-fire one-liners began dropping by each morning to watch Joan arrange flowers. Despite their clearly different backgrounds — Joan was raised in a Utah Mormon family — the two hit it off immediately.

"I felt like the luckiest person in the world," she said. "To have your own personal co



Rodney and Joan Dangerfield. Photo provided by Aaron Stipkovich at Stipko.com. Permission to use.

median constantly surprising you, I couldn't wait to wake up each day."

Joan remembers Dangerfield working hard at his craft, writing his own stand-up material often taking months to perfect a joke. He would dash off to local comedy clubs in the evenings, sometimes two or three a night, to try out a new joke and experiment with its delivery and placement within a routine.

Although Dangerfield experienced an unhappy childhood, Joan said he used humor to tackle depression: "If you can lift everyone's spirits around you, you can feel a bit better too."

Toward the end of their two-decade marriage, Dangerfield's physical health declined requiring multiple aneurysm, brain and heart surgeries, and

long periods of recovery with Joan by his side throughout.

"He joked that, at his age, all the phone numbers in his little black book were doctors," she said. "It was certainly true and brought out my nurturing side. I did everything I could to comfort him."

Dangerfield died in 2004, at age 82, and Joan has since worked to keep her husband's memory alive. His website (www.rodneyn.com) has been revamped and the Rodney Dangerfield Institute for the Study of Comedy is now housed at Los Angeles City College and offers classes including stand-up, improvisational comedy, and joke writing.

"Rodney's Social Media presence is building, and it's fun to see the reaction from his loyal fans as well as new ones," she said. "I am also very excited that Paradigm Talent Agency is currently fielding offers for a biopic or documentary film about Rodney's remarkable life. I am sure that will deepen his impression on the world."

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

## Four Tips

Continued from page 40

assets that you didn't consider. For example, if you own your home, a reverse mortgage can free up cash for you while you still live there. Many seniors are surprised to learn that one potential asset for generating immediate cash is a life insurance policy. It's your personal property, so you have the right to sell it anytime. When you sell a policy—something called a "life settlement" transaction—you get a cash payment and the purchaser assumes all future premium payments, then receives the death benefit. Candidates for life settlements are typically 70 or older, with a life insurance policy that has a death benefit of at least \$100,000.

### 4. Keep a backstop in place.

Financial advisers often recommend that you keep a cash backstop in place of perhaps 12–18 months' worth of living expenses. This will help cover unexpected costs (the biggest risk factor is health care expenses) and provide you with some reassurance that you can weather a sudden big-ticket item without having to cancel that long-planned vacation. Remember, it's your retire-

ment; pay yourself first.

For seniors who have fine-tuned their expense budget, allocated their income into buckets that ensure cash flow, maximized the value of their everyday assets and put in place a cash backstop, there's no reason to hesitate to draw down your retirement accounts anymore. Just stick to your plan and stay the course.

For seniors who need additional cash flow for retirement, if they own a life insurance policy that they no longer need or can afford, they may be able to boost their retirement savings by selling that policy for immediate cash.

### Learn More

For facts about life settlements, visit [www.LISA.org](http://www.LISA.org) or call (888) 891-8383.



**Tired of cracked, stained, chipped, or old worn-out Bathtubs?**

**REPAIR • RE-COLOR • REFINISH**

Amazing Reglazing will professionally repair, re-color, or refinish your shower, sink, vanities, or kitchen countertop!

**We use state-of-the-art coatings!**

- Locally based
- Free estimates
- Excellent prices
- 23 years of experience
- Satisfaction guaranteed

**949.254.2520 • 714.408.1041**

[www.amazingreglazing.com](http://www.amazingreglazing.com)

## USE MEDICARE FOR DENTAL IMPLANTS!\*

**Medicare** Certified Provider

**Medicare may pay up to \$21,000 for medically necessary oral surgery.\***  
Other patients have had 30-50% of surgical procedures covered.\*



### Unstable Denture

- Ruins Food's Taste
- Unnatural, Bulky Plastic
- Gooney, Unsanitary Adhesive
- Weak Bite, Poor Chewing
- Gagging & Choking
- Embarrassing Accidents
- Fake Smile
- Makes You Look Old

### New Teeth in One Day™!

- Taste Food Again!
- No Bulky Plastic
- No More Goo, Ends Bad Breath!
- Strong Bite, Chew Everything!
- No More Gagging!
- Ends Accidents, Security
- Instantly Look Younger!



**A Courtesy for You!**  
A \$557.00 Value

**Courtesy Consultation**  
(Regular Fee \$172)

**Courtesy CT Scan<sup>1</sup>**  
(Regular Fee \$385 both arches)



**Maxwell C.**  
Dental Implants and Same Day Smile™

*"The new teeth look perfect in shape, color and bite. It is so natural. Thank you - you are my MIRACLE DOCTOR."*



**Dr. Vinit Joshi**

**949-653-5609**

[www.teethandimplants.com](http://www.teethandimplants.com)

3053 Edinger, Tustin, CA 92782

## A CARE COMPANY

- Licensed in-home care
- Available for part-time and full-time help
- Caring, experienced & dependable caregivers
- Affordable rates
- Serving all of Southern California

Learn more:  
+1 310 993 4687  
[www.ACareCompany.com](http://www.ACareCompany.com)

# Life in Long Beach

By Lyn Jensen

## Building a Better Bridge

To better meet today's growing shipping and road traffic volumes, the California Department of Transportation and the Port of Long Beach are constructing a replacement for the landmark Gerald Desmond Bridge, which for 50 years has connected downtown Long Beach with Terminal Island. Some additional funding for the \$1.4 billion project is provided by the U.S. Department of Transportation and the Los Angeles County Metropolitan Transportation Authority.



will also be wider and better able to serve the current 68,000 vehicle trips the old bridge handles per day. Bicycle lanes and pedestrian walkways are also part of the design.

After years of planning, groundbreaking for a new bridge began in 2013. The old bridge remains open while the new bridge is being constructed just to the north. When the new bridge is completed and opened to traffic — scheduled for late 2019 — the old bridge will be torn down.



Today's largest cargo ships — up to six times as large as 50 years ago — can't get under the current bridge, and the constant pounding from road traffic is putting stress on the structure. The new bridge, 8,800 feet long, with about 2,000 feet of cable-stayed span, will raise the road deck to 205 feet above water. That will give the new bridge the highest road-deck clearance of any cable-stayed bridge in America.

With three lanes in each direction plus safety lanes, the new bridge



tion. People can also download the LB Bridge Mobile App to keep informed of traffic conditions surrounding the bridge construction.

The last of the major road closures is to replace the existing ramp that connects eastbound Ocean Boulevard to northbound I-710. It was closed in mid-2018 to make way for a new connector that will open in mid-2019.



Whether the new bridge will bear the name "Gerald Desmond" is a matter for the state legislature to ultimately decide. The old bridge was named after a former Long Beach city attorney and council member.

Website: [newgdbridge.com](http://newgdbridge.com)

Facebook: [www.facebook.com/newgdbridge](http://www.facebook.com/newgdbridge)

Twitter: [www.twitter.com/newgdbridge](http://www.twitter.com/newgdbridge)

Already dominating the Long Beach skyline are the new bridge's two 215-foot towers. They are currently the second-highest cable-stayed bridge towers in the United States — only the Arthur Ravenel Jr. Bridge in Charleston, South Carolina, has taller towers, 572 feet tall.



The construction project has its own website [www.newgdbridge.com](http://www.newgdbridge.com) where you may sign up for a weekly newsletter that includes traffic updates and other informa-





*Discover life-changing  
freedom and fun*



The Zinger folds to a mere 10 inches.

## “With my Zinger Chair, I can go anywhere and everywhere I want!”

More and more Americans are reaching the age where mobility is an everyday concern. Whether from an injury or from the aches and pains that come from getting older—getting around isn't as easy as it used to be. You may have tried a power chair or a scooter. The **Zinger** is NOT a power chair or a scooter! The **Zinger** is quick and nimble, yet it is not prone to tipping like many scooters. Best of all, it weighs only 47.2 pounds and folds and unfolds with ease. You can take it almost anywhere, providing you with independence and freedom.

*I can now go places and do things that I wasn't able to go or do before. It has given me a new lease on life and I am so happy I found it!* —Dana S., Texas

Years of work by innovative engineers have resulted in a mobility device that's truly unique. They created a battery that provides powerful energy at a fraction of the weight of most batteries. The **Zinger** features two steering levers, one on either side of the seat. The user pushes both levers down to go forward, pulls them both up to brake, and pushes one while pulling the other to turn to either side. This enables great

mobility, the ability to turn on a dime and to pull right up to tables or desks. The controls are right on the steering lever so it's simple to operate and its exclusive footrest swings out of the way when you stand up or sit down. With its rugged yet lightweight aluminum frame, the **Zinger** is sturdy and durable yet convenient and comfortable! What's more, it easily folds up for storage in a car seat or trunk—you can even gate-check it at the airport like a stroller. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life. It folds in seconds without tools and is safe and reliable. It holds up to 265 pounds, and it goes up to 6 mph and operates for up to 8 hours on a single charge.

Why spend another day letting mobility issues hamper your independence and quality of life?

**Zinger Chair®**

**Call now and receive a utility basket absolutely FREE with your order.**

**1-888-545-6142**

Please mention code 110602 when ordering.



*Just think of the places you can go:* • Shopping • Air Travel • Bus Tours • Restaurants—ride right up to the table! • Around town or just around your house

© 2019 firstSTREET for Boomers and Beyond, Inc.

Not intended for use by individuals restricted to a sitting position and not covered by Medicare or Medicaid. Zinger is not a medical device.

# Are you looking for the **RIGHT** Care Home?

**We offer Large Assisted Living,  
Board & Care and Respite  
Care Placements**

**We tour facilities with you to  
Ensure Proper Placement**

**Complete up-to-date vacancy data base**

**Warm, Loving, Safe Family Atmospheres**

**Personally inspected and approved  
by RCPS**

**Fully licensed by the  
State of California**

**Use our FREE  
personalized service to  
assist you & your loved ones.**

***Let us help you find the  
care home that is right for you.***

**RESIDENTIAL CARE**  
*Placement Specialists*

**(949) 413-4582 • (800) 763-1433**

**www.rcpsca.com**

CA Administrative License 5519924740

