

# SENIOR REPORTER

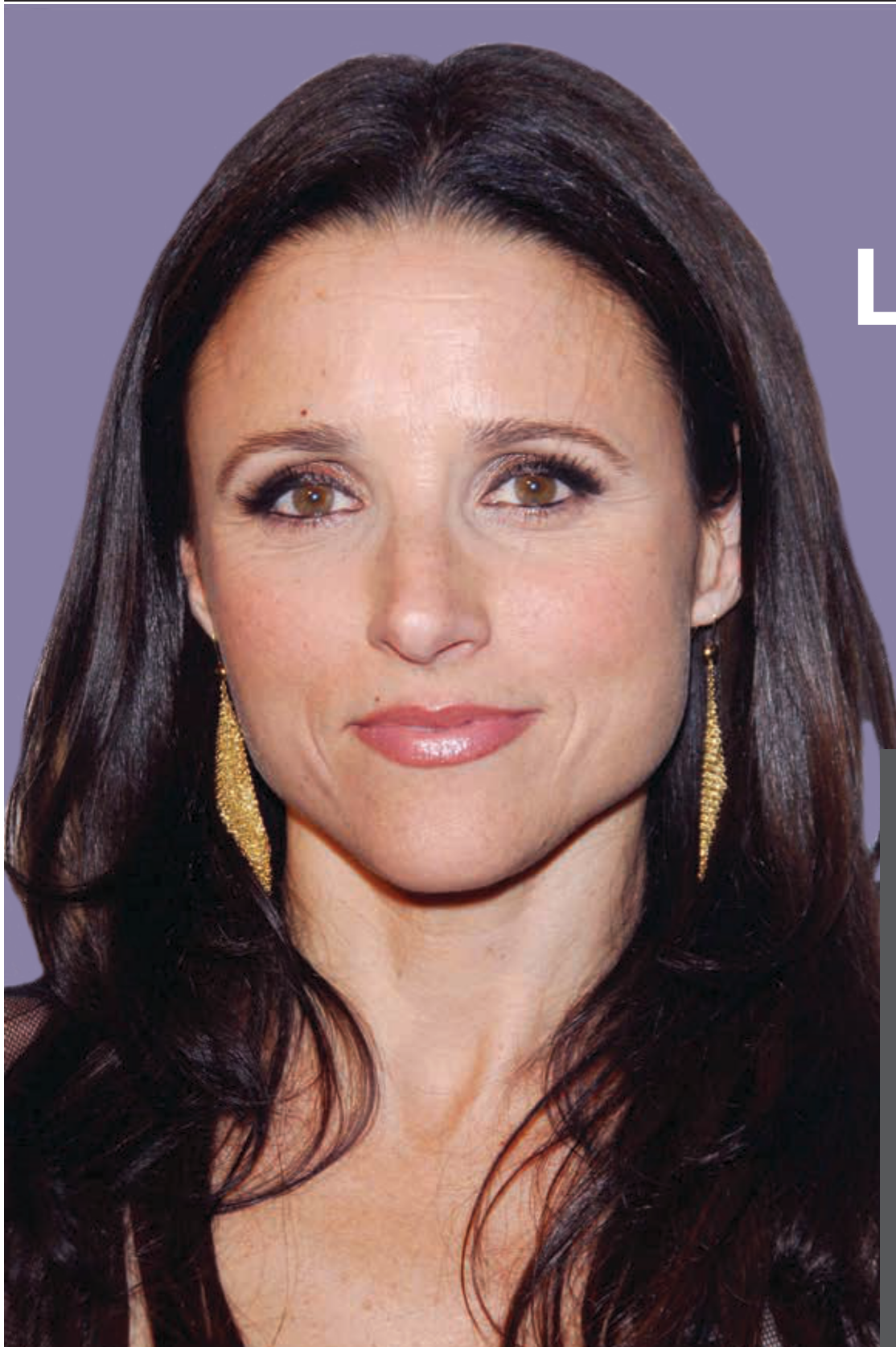
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JULY 2019

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



## Julia Louis-Dreyfus

*"I have no agenda except to be funny.  
Neither I or the writers profess to offer  
any worldly wisdom."*  
—Julia Louis-Dreyfus

### What's Inside....

Calendar of Events	5
Classifieds	6-7
Julia Louis-Dreyfus	10
Gadget Geezer	12
Fabulous Finds	14
Book Club	21
Las Vegas, New Mexico	22
Busy Boomers	31
In The Spotlight	35
Tinseltown Talks	41



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# Quiet Please

By Jim McDevitt



I come from a generation of Americans that sang along with Frank Sinatra, Bing Crosby and Dean Martin. At that time I knew many of the lyrics by heart and I could understand the words they were singing. Their music helped me relax. I enjoyed the nice slow dancing that came with the soothing music which allowed me to hold my honey nice and close as we danced. The music I hear today sounds to me like people are yelling and not singing. It sounds as if there is a fight going on. If there was no music playing in the background and I heard this "singer" yelling, I would consider calling the police to get him or her some help.

I've been in supermarkets, department stores and even a bookstore chain recently where the music yelling is so loud that they are playing I couldn't even hear what my wife was saying to me. If your shopping you can't hold a conversation with the person you are with to check on what's next on your list to pick up. I picked up a book in this bookstore I go to and tried to read a paragraph to see if this might be something I wanted to buy but it was impossible to concentrate on what I was trying to read

and understand. To make my point let me just say I wear hearing aids and I took them out of my ears and tried to read but the noise was still too loud to concentrate on what I was trying to read.

I can yell pretty loud too. Maybe I should record myself yelling with loud music playing in the background and sell it to these stores to play for their customers. It could become a big hit and who knows, I might have a new career. Though if a neighbor heard me yelling like that they would think something terrible is happening. I do think though that maybe these bookstores and shopping malls could get a lot more customers if they played nice soft music, something that soothes you. I know I for one would do more store shopping and less Internet shopping.

We have laws that make it a crime to yell "FIRE" in a crowded theatre when there is no fire; maybe we need laws to make it

a crime to play loud music over certain decibels in stores. I've even heard loud music in a library once. I can remember the days when you would get kicked out of a library for talking loud but I fear those days are also long gone. The only place I can think of where loud music isn't playing with people yelling is the Intensive Care Units in a hospital, funeral parlors and when I fly. Of course the noise of the plane's engines would prevent you from hearing it anyway.

I remember hearing the term said that silence is golden and for me, it's never been a truer statement. I hope someday soon I can go shopping anywhere and be pleasantly surprised not to hear something called music where people are just yelling and not singing. I am afraid though that this is like hoping for the horse and carriage days which are long gone.



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The museum collection spans the history of manned flight from

*Continued on page 16*

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

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

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

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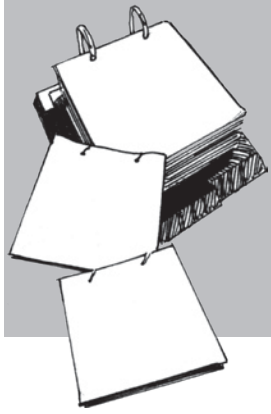
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# July Calendar of Events



Here are some terrific summer events to help keep you busy and outside with friends and family.

## Sawdust Festival Laguna Beach

**Through Sept. 1**

Outdoor arts and crafts festival. Watch artists create their work and buy directly from the artists while enjoying the beautiful atmosphere. At, 935 Laguna Canyon Road, Laguna Beach. Call, 949-494-3030.

## Festival of Arts Laguna Beach

**Through Aug. 31**

Discover the Festival of Arts in Laguna Beach a juried fine art show featuring 140 of Orange County's top artists in an open-air gallery setting. Visitors can take tours of the exhibit, catch an art demonstration, dine at one of the on-site restaurants, create their own masterpiece, or just enjoy the creative atmosphere. Weekends are filled with live music and special events providing entertainment for all. At, 650 Laguna Canyon Road, Laguna Beach. Call, 800-487-3378.

## Dancing Under the Fireworks

**Anaheim**

**July 6**

**6 p.m. to 12:30 a.m.**

Dance inside the lovely West Wing Ballroom or outside dance floor under the stars and enjoy the Disneyland fireworks show at the Anaheim White House Restaurant. Enjoy a variety of music by popular LARRY & HECTOR. The West Wing has recently been remodeled with all glass walls from floor to ceiling and wall-to-wall. At Anaheim White House Restaurant, 887 S. Anaheim Blvd., Anaheim. Call, 714-622 4977 (deadline 10 p.m. on July 5) or pay regular price at the White House "at the door" on Sat, July 6. Tickets non-refundable.

## Pageant of the Masters Laguna Beach

**July 7 – Aug. 31**

The Pageant of the Masters celebrates 85 years of living pictures in Laguna Beach. This iconic, long-running Orange County tradition combines art-fully costumed people, extravagant sets and theatrical illusion to re-create famous works of art on stage. At, 650 Laguna Canyon Road, Laguna Beach. Call, 800-487-3378.

## The Orange County Fair

**Costa Mesa**

**July 12 – Aug. 11**

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

## Dale Carnegie Sales Training Winning with Relationship Selling: Free Session

**Santa Ana**

**July 17**

**9 a.m. to 11 a.m.**

Relationships close sales. Relationships drive referrals. Relationships create repeat customers. See how to build successful client relationships and achieve sales success. At, 1805 East Dyer Road, Santa Ana.

## Ocean Festival

**San Clemente**

**July 20-21**

Competitions include the new Tandem Boogie Board contest, the new Pier Bowl Surf Classic, Dory boat races, 5K beach run, and one-mile ocean swim. For kids and family fun, there's Kid's Dolphin Dash, 'Groms Rule' Surf Contest, and Fishing Derby. This year's line-up includes a free beach concert, Sand Sculpting Contest, Woody Car Exhibits, and the Ocean Art Show. At, San Clemente Pier. Call, 949-440-6141.

## Cypress Community Festival

**Cypress**

**July 27**

**Festival Grounds Open 9 a.m. to 5 p.m.**

**Pancake breakfast 7 a.m. to 11 a.m.**

One of the largest one-day festival in Orange County that attracts more than 20,000 people annually. This event includes an early morning 5K / 10K run, a pancake breakfast, car show, chili cook-off, family games, food booths, Chamber of Commerce business expo, children's rides, arts and crafts booths, and four stages with continuous entertainment. Admission is free. At, Cypress Community Center, Oak Knoll Park, 5700 Orange Ave. Call, 714-827-2430.

## Learn About Auto Window Tint



Automotive window films, or tint, offer a variety of benefits, such as reduced exposure to the sun's harmful UV rays, a cooler interior by rejecting up to 55 percent of the sun's heat, reduced glare and more safety for the occupants.

Window films may hold glass fragments together that can result from a shattered window, reduce premature cracking and fading of the car's interior and prevent 99 percent of the sun's UV rays from damaging your skin and eyes through the normal unprotected glass found in side and rear windows of vehicles.

Throughout North America automotive window film is measured objectively by Visible Light Transmittance standards, or the percentage of light passing through glass, and subjectively whether a driver can be seen from the outside looking in, explains the nonprofit International Window Film Association.

Government authorities regulate how dark window tints can be, so you have to make sure your vehicle complies. If in doubt, you can visit [www.iwfa.com](http://www.iwfa.com) and click the 'State Law Chart' tab listed under 'News & Events'.

**EVENTS**



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# Fifties Flashback

By Randal C. Hill

## “Mr. Disney’s ‘Black Sunday’”

July 17, 1955 was intended as an invited-guests-only, media-oriented day to celebrate the long-awaited opening of Disneyland. Technically it was called the “International Press Preview,” but Disney employees — and even Disney himself — would afterward come to label it “Black Sunday.”

During the 1930s and 1940s, Walt Disney had visited several amusement parks with his wife and their two daughters. What he saw often tended to be rundown, trash-littered places that usually focused on scary “thrill rides.”

Disney began to envision something better. In 1948, he sketched out a small place that he dubbed Mickey Mouse Park, its primary attraction to be a boat ride. Over the years, though, his once-simple plan morphed into a spectacular venue that would draw people from around the world.

To raise much-needed cash, Disney sold his vacation home and borrowed against a life-insurance policy. Then, in October 1954, the fledgling ABC-TV network helped by offering priceless promotion for Walt’s dream through an hour-long Wednesday-night show called “Disneyland.”

In 1953, Disney had purchased 160 acres of orange and walnut trees near the farming town of Anaheim, 22 miles

southeast of downtown Los Angeles. With a crew of 1,200 workers, construction began the next year. By opening day in 1955, Disneyland’s price tag had reached \$17 million (about \$125 million in today’s money).

Disneyland officials expected 15,000 of their invited guests to show up for the opening, but more than 28,000 excited folks, many wielding counterfeit tickets, jammed into the overcrowded park that day. One enterprising man charged \$5 to people who wanted to climb a back fence by using a ladder that he brought.

Much to Uncle Walt’s chagrin, his troubles were just beginning that day. Around the park, workers frantically slathered on paint and hastily planted trees, and beds of weeds suddenly bore signs with Latin plant names. Many rides were still under construction, and those that operated sometimes broke down. Too many passengers aboard the Mark Twain Steamboat nearly caused it to capsize. Every park restaurant and concession stand ran out of food and beverages within hours. A small fire broke out in Sleeping Beauty’s Castle. Adventureland, Frontierland and Fantasyland had to shut down for the afternoon due to a gas leak.

The temperature that afternoon reached a sweltering 101

degrees, with the now-sticky fresh asphalt seizing women’s high-heeled shoes. While drinking fountains were available around the park, none worked on that fateful day. Plumbers had gone on strike, and Disney had to choose between working water fountains and working toilets.

“Well, you know they could drink Coke and Pepsi,” he grumbled, “but they can’t pee in the streets. Finish the restrooms.”

After opening day, adult park visitors paid a \$1 admission fee — kids were 50 cents — while the park’s 35 rides each carried a separate cost of 0.25 to 0.35 cents each per adult, with children paying 0.10 to 0.25 cents each.

Two months after opening, the Magic Kingdom had welcomed its one millionth customer, the debacle of “Black Sunday” mercifully forgotten.

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### Then

It was the Spanish who introduced olives to Peru and Argentina in the 1500s. As time passed, olive trees made their way up the Pacific Coast through Mexico when Spanish missionaries brought them to California in 1769.

However, it wasn't until the 1900s when commercial olive production began in the United States, thanks to a German immigrant woman named Freda Ehmann. She had a small grove and began experimenting with 280 gallons of olives on her back porch in Oakland, California, thus inventing the ripe olive

*Continued on page 14*



Dr. Lee

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# Julia Louis-Dreyfus

By Les Goldberg

Recently, I was TV binging on “*Seinfeld*” (1989-98) which reminded me how much I missed watching the comedic talents of Julia Louis-Dreyfus who today looks younger than her 58 years of age. As a comedian, actress, producer and singer, she has managed to accomplish more than most women in show business without a ripple of the typical show business hype.

Before her fame she was known mostly as the daughter of businessman Gerard Louis-Dreyfus, chairman of Louis Dreyfus Energy Services in Manhattan, and great-great granddaughter of Leopold Louis-Dreyfus, who in 1851 founded the Louis Dreyfus Group, a French shipping conglomerate, which members of her family remain in control.

Her paternal grandfather, Pierre Louis-Dreyfus, served as a cavalry officer in World War II and later in the French Resistance. Her paternal grandmother was born in America to parents from Brazil



(of German descent) and Mexico. In the 1940s she moved Julia's father to America from France.

After one year after her birth on Jan. 13, 1961, her parents divorced and her mother relocated to Washington, D.C. where she married L. Thompson Bowles, dean of the George Washington University Medical School.



Louis-Dreyfus spent her childhood in several states and countries, in connection with her stepfather's work with Project HOPE, including Vietnam, Colombia and Tunisia. She graduated from the Holton-Arms School in Bethesda, Md. in 1979 and continued her education at Northwestern University in Evanston, Ill. Where she studied theatre and performed in a student-run improv and sketch comedy revue.

While at Northwestern, she met “*Saturday Night Live*” comedian Brad Hall. They married in 1987 and have two sons together, Henry, born in 1992, and Charles, born in 1997, who became a member of Northwestern's men's basketball team.

## Opportunity Knocks



She dropped out of college during her junior year to take a job at “*Saturday Night Live*,” but later received an Honorary Doctor of Arts Degree from Northwestern.

As part of her comedic training, Louis-Dreyfus appeared in The Second City, one of Chicago's best-known improvisational theatre groups, whose alumni include Alan Arkin, Steve Carell, Stephen Colbert, Tina Fey, Amy Poehler, Shelley Long, John Belushi, Dan Aykroyd, Bill Murray, John Candy, Chris Farley, Bob Odenkirk and many, many others who went on to become successful comedians and Pop culture icons.

It was her performance with The Practical Theatre Co. that led to her being asked to join the cast of “*SNL*” where, at the age of 21, she became the youngest female cast member in the history of the program at that time.

During her time on “*SNL*,” she appeared alongside several actors who would later rise



to prominence, such as Eddie Murphy, Jim Belushi, Billy Crystal and Martin Short. It was during her third and final year on “*SNL*” that she met writer Larry David during his only year on the show, who would later co-create *Seinfeld*. Julia has commented that her casting on “*SNL*” was a “Cinderella-getting-to-go-to-the-ball kind of experience.”

Her big breakthrough came,



however, in 1989 with a nine-season run in the role of Elaine Benes on “*Seinfeld*,” one of the most critically and commercially successful sitcoms of all time. In 1998, Jerry Seinfeld decided to end the series after nine seasons. The series finale was one of the most watched TV events in history.

During her time on “*Seinfeld*” she appeared in several films, including “*Fathers' Day*,” opposite Robin Williams and Billy Crystal, and Woody Allen's Oscar-nominated “*Deconstructing Harry*.”



Other notable television roles include Christine Campbell in “*The New Adventures of Old Christine*,” which had a five-season run on CBS, and her role as Selina Meyer in “*Veep*,” which ran for seven seasons on HBO. Her notable film roles have included “*Hannah and Her Sisters*” (1986), “*National Lampoon's*

*Continued on page 11*



## Julie Louis-Dreyfus

Continued from page 10

*Christmas Vacation*” (1989), *“Deconstructing Harry”* (1997), and *“Enough Said”* (2013). She also voiced roles in the animated films *“A Bug’s Life”* (1998), *“Planes”* (2013) and the upcoming *“Onward.”* Louis-Dreyfus has received 11



Emmy Awards, eight for acting and three for producing, with a total of 24 nominations throughout her career. She has also received a Golden Globe Award, nine Screen Actors Guild Awards, five American Comedy Awards, and two Critics’ Choice Television Awards.

Her star was cemented into the Hollywood Walk of Fame in 2010, and she was inducted into the Television Academy Hall of Fame in 2014. Two years later *“Time Magazine”* named her one of the 100 most influential people in the world on its *“Time 100”* list. Last year she received the Mark Twain Prize for American Hu-



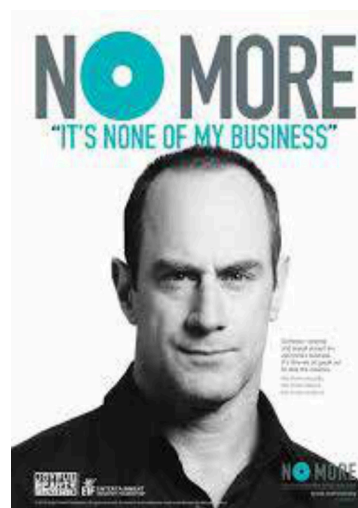
mor, presented by the Kennedy Center as America’s highest comedy honor.

Louis-Dreyfus has stated that she holds much respect for “women who are not afraid of making themselves look bad or foolish to get a laugh,” and cites her acting idols as Lucille Ball, Mary Tyler Moore, Madeline Kahn, Teri Garr, Valerie Harper, and Cloris Leachman. Actress Tina Fey has stated that Louis-Dreyfus served as inspiration for her character Liz Lemon on the award-winning NBC comedy series *“30 Rock.”*

### On a Serious Note

Louis-Dreyfus appeared on the Oct. 18, 2018 episode of *“Jimmy Kimmel Live!”* and announced she was cancer-free after being diagnosed with breast cancer a year earlier when she said:

*“One in eight women get breast cancer. Today, I’m the one. The good news is that I have the most glorious group of supportive and caring family and friends, and fantastic insurance through my union. The bad news is that not all women are so lucky, so let’s fight all cancers and make universal healthcare a reality.”*



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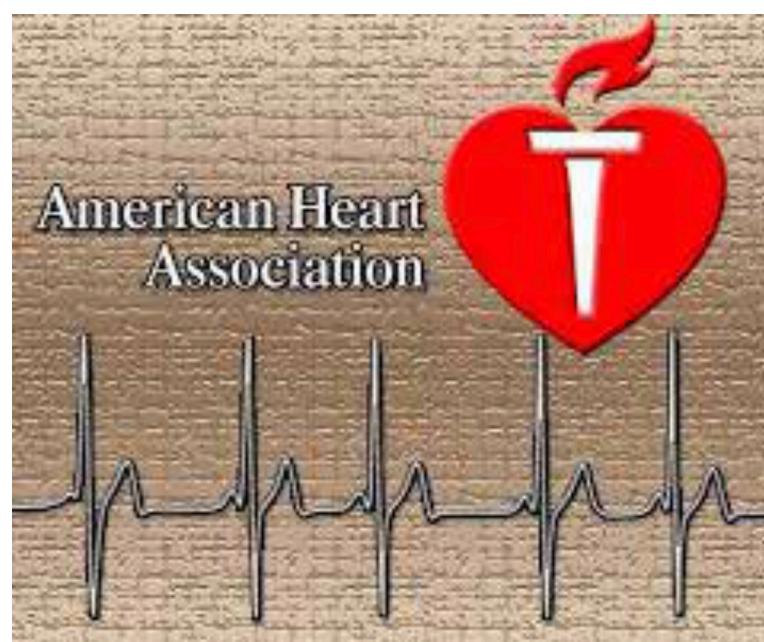
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# The Gadget Geezer

By Les Goldberg

Mother's Day and Father's Day are history and except for birthdays and other personal holidays, the gift-giving frenzy, for the next few months anyway, is in sleep mode. In the world of retail reality, however, it is the ideal time to shop for some cool gadgets without spending an arm and a leg on the new trendy items designed to make your life – or someone you care about – easier.

Here's a sampling of what I am talking about:

## CircaCharger

Great advancements in technology now provide new ways to charge our phones. Wireless charging is currently available using the CircaCharger which promises to improve the overall performance of any mobile



phone. Unlike traditional wire chargers, CircaCharge is designed for hassle-free charging while improving the phone's battery life, data transfer and overall performance.

CircaCharge is an advanced piece of technology that differs greatly from the traditional wire chargers that we are used to. Unlike wire chargers, CircaCharge is not messy and it is hassle-free. CircaCharge is perfect for people who are on the go and want a quick way of charging their phones without having to go through untangling wires and plugging

things to power outlets. Price: \$49.99 plus shipping and handling.

## Dodow



According to the manufacturer, Dodow is a "metronome light scientifically designed to block our overactive thought patterns and lull you into a deep peaceful sleep – fast." Got that?

It works by combining yoga, meditation and behavioral therapy to slow your breathing rate down to 6 beats per minute (bpm) and reducing your rate of exhalation. The controlled breathing lulls your mind and frees you of random stressful thoughts that keep you awake. With no cords to lug around, Dodow is designed to help users who travel to fight jet lag or are tired of not getting enough sleep. It comes with a 100-day money-back guarantee. Price: \$59.95 plus shipping and handling.

## FIXD

Do you go into panic mode when your car's engine light comes on? The people at FIXD say it doesn't have to be that way when you install the company's sensors and accom-



panying free app. Whether you have an iPhone or Android phone, you will be notified when your engine light comes on with any problems that are detected.

It also will let you know when your scheduled maintenance is due and provide a running history of your vehicle's repairs, oil changes, etc. It will synchronize your data wirelessly and automatically to your smartphone through Bluetooth when in your car. The company always recommends leaving the FIXD sensor plugged into your vehicle. It is small and compact, made of a plastic shell and will not interfere with your regular driving. Price: \$59 plus shipping and handling

## FlexSafe



The FlexSafe by AquaVault is a portable lockbox that keeps your phone, wallet, money and other essential items safe from would-be thieves.

With its patented design, it is

resistant to cutting by knives or other sharp blades and is made of RFID (radio frequency identity) blocking material to help keep your digital data secure using an integrally locking flap that allows it to lock on almost any fixed object.

There also are pouches and straps on the outside for loose items such as sunscreen or sunglasses. It is easy to use. Just insert your valuables, lock to any fixed object (umbrella, chair, table, golf cart, wheelchair, strollers and more) and go for a worry-free swim, bike ride or leisurely stroll on the beach. Price: \$69.95.

## PhotoStick PLUS



Are you tired of running out of space on your smartphone? The PhotoStick PLUS could be the answer to your problem. With just one click, it can easily backup all your photos and videos – more than 200,000 of them!

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*Continued on page 14*





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## Don't Let Tires Flatten Your Travel Plans

Getting a flat tire is no fun for anyone at any time, especially on vacation. To keep your next road trip rolling along, the nonprofit Car Care Council recommends a quick tire check before you leave the driveway.



*Check your tires before your next road trip so they don't leave you flat.*

"The excitement of summer vacation quickly deflates when your car has a flat tire," said Rich White, executive director, Car Care Council. "A quick four-step tire check will help you to avoid the aggravation of changing a flat tire on the side of the road."

**1. Check** that all tires, including the spare, are inflated

to recommended pressure levels.

**2. Check** tire tread depth with a simple penny test-if you see Lincoln's head above the tread, then it is time for new tires.

**3. Check** for irregular wear as

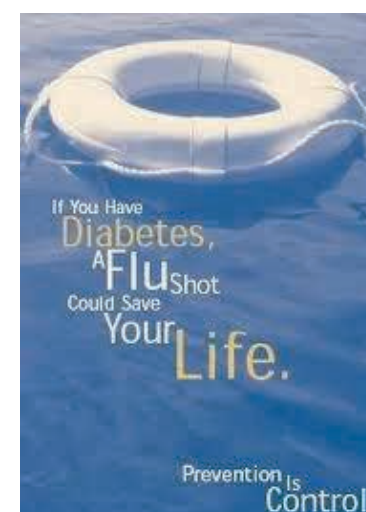
uneven wear indicates a need for wheel alignment.

**4. Check** tires for cuts, bruises, bulges, bald spots or other irregularities that can lead to a flat tire.

"AAA expects to get calls from stranded motorists this summer and a good portion of those vehicle troubles will be tire related," said White. "A comprehensive pre-trip vehicle inspection, including the tires, is the best way to alert yourself to any potential issues so you can address them before you leave home and keep your road trip on track."

For more information on tire safety and maintenance, visit [www.ustires.org/safety](http://www.ustires.org/safety). For service interval schedules, questions to ask a technician and other helpful auto care information, view the Car Care Council's free digital "Car Care Guide" at [www.carcare.org/car-care-guide](http://www.carcare.org/car-care-guide).

The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers. To order a free copy of the "Car Care Guide," visit [www.carcare.org](http://www.carcare.org).





# Fabulous Finds

By Debbie L. Sklar

It's mid-summer and the living is easy right? Here are some great Fab Finds from adding freckles to a great new sleep cream to make you look your best all summer long to a blood pressure monitor to ensure you are healthy.

## Ghost Veil Lip Primer

From Lime Crime use **Ghost Veil Lip Primer** to give your lips an invisible shield and set prime boundaries that ensure long-lasting quality. Ghost Veil's lightweight primer support provides a sense of attachment and smooth comfort. Slip on this translucent sheer pink veil featuring a comforting violet and rose scent, and up your game with compatible cream, gloss, matte, or sheer shades. Price: \$16. Available at LimeCrime.com.

## Sunkissed Venus XS Palette

Also from Lime Crime is the **Sunkissed Venus XS Palette** comprised of four warm bronze and pop-of-color eyeshadows. Comes in three finishes: matte, shimmer, and foil. Price: \$20. Available at LimeCrime.com

## Sunkissed Face Palette

Mix and match from six neutral and bright buttery, lightweight and blendable powder pigments in two finishes matte and shimmer from Lime Crime's **Sunkissed Face Palette**. Price \$44. Available at LimeCrime.com.



## Sunkissed Freckle Pen

Tap on speckles of freckles for a kissed by the sun look with Lime Crime's **Sunkissed Freckle Pen**. Price: \$18. Available at LimeCrime.com.

## Plushies Glow

Shimmering lips with a touch-proof finish to ensure no-hassle all-day wear with Lime Crime's **Plushies Glow**. Price: \$20; available at LimeCrime.com.

**Naturally Serious**, the cleanly made and ethically developed skincare line sold at Sephora, is launching three new products to help prep skin for **summer**. **Mineral Sun Defense Moisturizer Broad Spectrum Sunscreen SPF 30** is a unique all mineral, broad-spectrum sunscreen and moisturizer that offers complete UV/UVB sun protection with a universal tint for all skin types. Price: \$34. The **Fruit-Tox Resurfacing Facial Remedy** is an exfoliating and refining detox treatment that provides double the exfoliating power to reveal brighter, smoother-looking



skin that shines from within. Price: \$30. **After-Dark Natural Peptide Sleeping Cream** is a natural peptide sleeping cream to help you fake a good night's sleep, transforming skin overnight for a firmer, more hydrated, younger appearance. Price: \$52. All available at Sephora.com.

## iHealth Track Wireless Blood Pressure Monitor

Everything you need for blood pressure management in one App with the **iHealth tTrack Wireless Blood Pressure Monitor**. Easy operation by two buttons, advanced accuracy, no calibration required. Automatically identifies and alerts you to any heart rhythm disturbances. Measure with the press of one button, with or without Smartphone or tablet. You can see your readings in color and the green, yellow and red color codes correspond with the WHO's recommendations. You can upload up to 99 readings of a single user from the device to your Smartphone App (iHealth Myvitals) via Bluetooth connection. Price: \$34.99. Available at Amazon.com and iHealth.com.

## Olives

*Continued from page 9*

style that Americans have come to know and love.

### Now

Today, from Washington to Florida and in every state in between, olives are found on pizzas, pastas, salads, tacos and in casseroles, but many people prefer the pleasure of eating an olive in its simplest form.

### Nutritious and Delicious

Olives are loaded with phytonutrients, rich with omega-3s, low in carbohydrates and only a few calories a pop, so you can enjoy them every day. To make that easier than ever, Lindsay created Snack and Go!, snack-size cups that can be easily packed in a lunchbox, taken to work for when those salty cravings kick in, or stashed in the car to satisfy hunger pangs that hit between school and soccer practice. They're liquid-free so there's no mess. Whether you like black ripe olives whole or sliced, Kalamatas or pimiento stuffed, Lindsay has you covered.

### Fun Facts About Olives

- A Manzanilla tree can grow over 7,000 olives on average.
- An olive tree can live for more than 1,000 years.
- The folks at Lindsay pit 1,800 olives per minute.

### Learn More

For further facts, tips and recipes, visit [www.ilovelindsay.com](http://www.ilovelindsay.com).

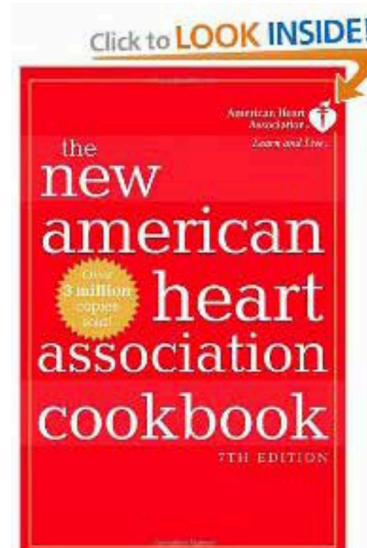
## The Gadget Geezer

*Continued from page 12*

puter library in case it breaks or becomes damaged and you lose all of your memories for good. It simply scans all the files on your computer and automatically saves any media files."

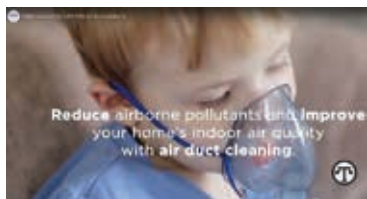
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## Breathing Lessons For Your Home



Your heating, ventilation and air-conditioning (HVAC) system is the lungs of your home. Taking proper care of it can help everyone breathe easier.

**Q: Are there any health benefits that come from HVAC system cleaning?**

A: HVAC systems have been shown to collect a variety of contaminants such as mold, fungi, bacteria and very small particles of dust that have the potential to affect overall health.

The removal of contaminants from your home's HVAC system is an important step for improving indoor air quality.

**Q: How often should residential HVAC systems be cleaned?**

A: Frequency of cleaning depends on several factors, including:

- smokers in the household;
- pets that shed high amounts of hair and dander
- water contamination or damage to the home or HVAC system; and
- residents with allergies or asthma who might benefit

*Continued on page 33*

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*Continued from page 3*

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## New Survey Reveals BP Monitoring Habits Need To Improve



A new survey from the American Heart Association and the American Medical Association shows that 40 percent of people with high blood pressure (HBP), or hypertension, report their numbers were still too high at their most recent doctor's appointment, and many don't even know their numbers.

### The Problem

HBP occurs when the force of blood flowing through your blood vessels is consistently too high. Ideally, blood pressure should be below 120/80 mmHg. It's considered elevated if the top number (systolic pressure) is above 120 and high if systolic is 130 or higher, or the bottom number (diastolic pressure) is 80 or higher. Uncontrolled, it can lead to heart attack and stroke, and most of the time there are no obvious symptoms.

### What People With HBP Can Do

Most people say they know what to do to lower HBP. Yet, according to the new survey,

*Continued on page 17*



By Randal C. Hill

## 'In the Year 2525'

Zager and Evans

August 1969

When Louise Joy Brown, the world's first of 8 million eventual test tube babies, was born in England in 1978, news audiences everywhere probably equated the amazing story to a Science Fiction movie. However, music fans had been offered a preview of the milestone event in 1969 in a science-fiction song.

Halfway through the hit "*In the Year 2525*" are lyric lines predicting life in 6565 — "You'll pick your sons, pick your daughters too, from the bottom of a long glass tube." Told in increments of 1,010 years — from 2525 to 9595 — the tune was fraught with post-apocalyptic and nightmarish visions of life dominated by dehumanizing, soulless technology.

Denny Zager (b. 1944) and Rick Evans (b. 1943) had met in 1962 at Nebraska Wesleyan University in Lincoln when Evans joined the Eccentrics, Zager's frat-Rock band. The group eventually disbanded, and Zager and Evans continued as a folk duo after swapping electric guitars for acoustic models.

In 1964, Evans had composed in 30 minutes what would become the pair's lone claim to fame. "*In the Year 2525*" would probably never have been a success in a year when

the Beatles were innocently shouting "*Yeah, yeah, yeah.*" Five years later, though, political assassinations, a growing antiwar sentiment and inner-city rioting had created a downbeat mood that cast a pall across the nation.

Zager and Evans had become a popular lounge act at a Lincoln motel. One of their most-requested numbers was Evans' quirky "*In the Year 2525.*" The pair soon decided that the song could become a hit single and, with \$500 borrowed, they recorded "*In the Year 2525*" on the tiny Truth Records label. Copies were mailed to every major record company; RCA Records, sensing a potential winner, quickly signed the scruffy twosome.

In less than a month, "*2525*" rocketed to No. 1 nationally, where it stayed for six weeks atop the *Billboard* Hot 100 chart and was there on the day that Neil Armstrong took his "one small step for a man" on July 21, 1969. By year's end, "*2525*" had sold 4 million singles.

Zager and Evans never again cracked the hit charts, at least partly due to an unfortunate choice of a follow-up song: "*Mr. Turnkey*" told of a rapist who nails his left wrist to a jail cell wall to atone for his crime. The subject was hardly Top

40 fare. Three more RCA offerings died, as did 45s on the White Whale and Vanguard labels.

The musical pals called it a day in 1974. Zager stayed in Lincoln to teach music and build custom guitars, while Evans wrote more songs (unsuccessfully) before moving to Santa Fe, New Mexico, where he stuck his guitars in a closet and left the music business altogether.

"*In the Year 2525*" has now been recorded in seven languages and has sold 10 million copies.

Could Evans have possibly seen at least some of the future correctly in his "one-hit wonder?"

As goes the old saying, only time will tell.

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## BP Monitoring

*Continued from page 16*

44 percent of those with HBP didn't know what a high reading is, and 27 percent didn't know what their blood pressure was the last time it was checked. In addition, while 80 percent of those diagnosed with HBP say they take medication, 16 percent of those with HBP believe that as long as they take their BP medication, they don't need to monitor their BP.

"The first step to keeping your numbers under control is knowing what they are," said Sondra DePalma, DHSc, a cardiology PA and certified hypertension specialist. "There are no symptoms of high blood pressure, so you can't rely on how you feel to gauge your levels. You have to take the time—less than 10 minutes—to check it. That's 10 minutes well spent, considering controlled blood pressure can add five years to your life."

Some people will need medication to keep their blood pressure numbers in a healthy range, DePalma said. "But that doesn't mean you get a free pass on lifestyle changes to support your blood pressure—lowering therapy. Making healthier living choices helps your medicine work better." DePalma added that under a doctor's care, some people may be able to reduce their medication dose or wean off of it after making consistent progress with lifestyle changes.

Lifestyle changes that help reduce blood pressure include:

- **Get regular physical activity:** Ninety–150 minutes a week of aerobic activity can reduce systolic blood pressure about 5 mmHg.

- **Eat a well-balanced diet low in salt:** Eating a diet rich in fruits and vegetables, whole grains and low-fat dairy, such as the DASH eating plan, can drop your systolic pressure up to 11 mmHg. Reducing your salt intake by about 1,000 mg per day has a similar effect on systolic pressure as increasing aerobic activity—dropping it about 5 mmHg.

- **Maintain a healthy weight:** For about every two pounds lost, your systolic pressure could drop 1 mmHg.

- **Work together with your doctor to create a treatment plan.**

### Learn More

For more facts and tips about HBP and how to control it, go to [www.heart.org/hbp](http://www.heart.org/hbp).

## Good Ideas On Aging Well



Staying connected to the community is a key ingredient to healthy and successful aging. But for many older adults,

staying connected can be difficult. Fortunately, older adults and their caregivers can contact the Eldercare Locator to learn about local programs and resources that can help them stay engaged and active in their communities.

Programs funded through the Older Americans Act provide older adults with many ways to stay active and involved in the community. For example, exercise classes, educational programs, volunteer opportunities and other health and wellness activities are available to older adults in communities around the country.

Need more help than that? The Eldercare Locator can also connect you to local resources designed to help older adults maintain their independence at home, such as transportation, in-home assistance with daily needs, home modifications and assistance with healthy meals. The Eldercare Locator is a free service of the U.S. Administration for Community Living that is administered through the National Association of Area Agencies on Aging.

Contact the Eldercare Locator at (800) 677-1116, 9 a.m. to 8 p.m. ET, Monday through Friday and online at [eldercare.acl.gov](http://eldercare.acl.gov).



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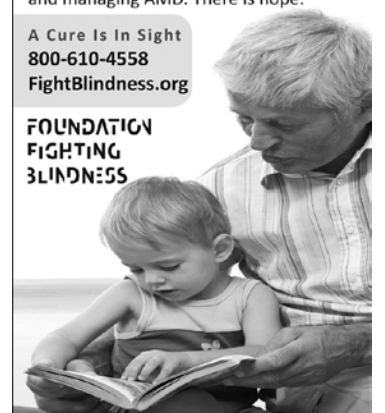
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# Which Tarot Card Corresponds To Your Zodiac Sign

Here's interesting news for the many people who wonder what the future holds. The tarot and the zodiac are intimately connected.

Whether you're a casual horoscope reader or a full out astrology buff, knowing the basics of tarot can give you deeper insight into them both.

Here are the twelve zodiac signs, along with the cards they are most commonly correlated with.

## Aries: The Emperor

The fiery Aries matches with the powerful Emperor, indicating strong leadership skills. Both thrive when taking action and have tons of charisma.

## Taurus: The Hierophant

Taurus is paired with The Hierophant, representing a love for learning and an unrelenting search for the truth.

## Gemini: The Lovers

The sign of duality and difficult choices to make, it's no wonder that Gemini corresponds with the Lovers tarot card.

## Cancer: The Chariot

Cancers are very driven. This energetic spirit is reflected in the Chariot's ambition and strength. Be careful, as it can also be a warning of reckless behavior.

## Leo: Strength

Both represented by a lion, this



*The stars and the cards may offer you useful insights into your own personality.*

pairing is rather obvious. The Strength card is an indicator that challenges must be faced with bravery.

## Virgo: The Hermit

Life can be exhausting for the sensitive Virgo. The need for retreat and solitude is reflected in the Hermit. Taking time for yourself can help you find peace and wisdom.

## Libra: Justice

A Libra often holds rigid ideas of right and wrong. Justice says that to attain balance, people must sometimes accept that things will never be perfect.

## Scorpio: Death

Don't be too worried by this one, Scorpios. Death represents transformation and moving forward in life, something with which Scorpios are keenly familiar.

## Sagittarius: Temperance

The morally complicated Sagittarius is of course matched with Temperance, the card of moderation. Dealing with your flaws earnestly will make it much easier to overcome them.

## Capricorn: The Devil

Capricorns are often self-conscious. The Devil represents the dark side they're trying to hide. The Devil urges Capricorns to lean into their negative feelings in order to become who they want to be.

## Aquarius: The Star

The intuitive Aquarius matches the bright and optimistic Star. Like the Star, Aquarius are meant to follow their intuition and stand out from the crowd.

## Pisces: The Moon

Like Pisces, the Moon is associated with idealism and moodiness. The Moon urges Pisces to follow their dreams and stop overthinking things.

## Learn More

For further information, you can visit [www.edelwyn.com](http://www.edelwyn.com), an online resource for tarot enthusiasts.

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

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# The Numbers Game

By Robert E. Horseman, DDS



The world's gone mad, completely bonkers. Angry readers of newspapers, protestors and anti-protestors of every stripe, marching with righteous indignation, waving banners, signs, muttering or yelling at their TV. If you haven't joined them, you simply don't know what's going on. We all agree on that; lots of frothing disagreement over why, when and what to do about it. The winter of our discontent has become an all-season annoyance.

I know how it started—at least with me—and I'm working on a plan to zero it down. The problem is *numbers*. It shouldn't be such a problem; there are just ten of them, zero through nine, although some nitpickers claim 0 isn't a number.

Yes, it is.

"0." "What did you get on your exam?"

"So, it's a number."

"No, it isn't. 0 is nothing"

"Wrong. If that were true, even people who didn't take the exam would get 0. That would lead to a lot of confusion."

"I see your point."

After I more or less mastered the multiplication tables, I



thought I was through with numbers as evidenced by my unsuccessful jousting with algebra and trigonometry.

I lost my alphabetical identity to a numerical one later in Dental School where in a class of 125 students, I was designated as "76." I assumed this listing was in order of aptitude and was pleased that 49 other students were judged dumber than I. Four years later, the graduating class had shrunk to 85 and I was *still* number 76. I felt the attrition rate was entirely due to loss of self-esteem by the 3-digit group which became disoriented during the daily roll call and dropped out, but it was obvious that had the curriculum extended another two years, I would have emerged the dumbest, hands down.

I could see where this was going and I was correct. I had a problem with the number 55. A few years ago it was the federally mandated speed limit, so all the fast people had to slow down. Now I live in a place where the residents have decelerated dramatically to the speed of Bingo, but are required to be beyond 55 to qualify for a place to lay their heads.

Long before I reached senil-

ity—a pursuit still in progress—my life was flooded with numbers. Worse yet, I was not allowed to choose these numbers. My favorites, 9 and 11, were not available and I was forced to memorize all sorts of combinations and permutations. Every facet of my existence was assigned a number by some faceless non-entity who carelessly assigned numbers like 8 and 4 that were hard to write or erase. Even my typewriter couldn't tell the difference when faced with 1, 1, or I.

Today, to have anything sent to me, talk to an authority, gain entrance into my computer or any of its millions of password-required sites, I have to give up a number, different from every other human being's. Telephone, driver's license, street address, height, weight, how many times I have to get up at night, medical prescriptions, credit cards, accounts---everything has indelibly recorded a number for me, all different.

Let's start with the DMV. I know the DMV is a poster boy for all manner of complaints, not the least of which is the number you're issued is contaminated with a letter. My letter is Z followed by another letter, 0, except it *isn't* an 0! It's an O with a red diagonal

Continued on page 26

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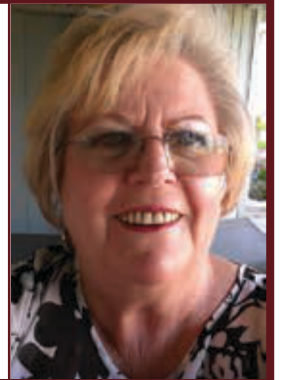


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imagined. Jo and Bethie survive traumas and tragedies. As their lives unfold against the background of

free love and Vietnam, Woodstock and women's lib, Bethie becomes an adventure-loving wild child who dives headlong into the counterculture and is up for anything (except settling down). Meanwhile, Jo becomes a proper young mother in Connecticut, a witness to the changing world instead of a participant. Neither woman inhabits the world she dreams of, nor has a life that feels authentic or brings her joy. Is it too late for the women to finally stake a claim on happily ever after?

"In her most ambitious novel yet, Jennifer Weiner tells a story of two sisters who, with their different dreams and different paths, offer answers to the question: *How should a woman be in the world?*," according to Publisher Atria Books.

## ***The Summer Guests* By Mary Alice Monroe Foreword by Katherine Kaneb Bellissimo**

"Late August is a beautiful time on the Southern coast — the peach trees are ripe, the ocean is warm, and the sweet tea is icy. A perfect time to enjoy the rocking chairs on the



porch. But beneath the calm surface bubbles a threat: it's also peak hurricane season.

"When a hurricane threatens the coasts of Florida and South Carolina, an eclectic group of evacuees flees for the farm of their friends Grace and Charles Phillips in North Carolina: the Phillips's daughter Moira and her rescue dogs, famed equestrian Javier Angel de la Cruz, makeup artist Hannah McLain, horse breeder Gerda Klug and her daughter Elise, and island resident Cara Rutledge. They bring with them only the few treasured possessions they can fit in their vehicles. Strangers to all but the Phillips, they must ride out the storm together.

"During the course of one of the most challenging weeks of their lives, relationships are put to the test as the evacuees are forced to confront the unresolved issues they have with themselves and with each other. But as the storm passes, they

realize that what really matters isn't what they brought with them to the mountains. Rather, it's what they'll take with them once they leave," according to Publisher Gallery Books.

## ***Selp-Helf* By Miranda Sings**



"Over 6 million Social Media fans can't be wrong: Miranda Sings is one of the funniest faces on YouTube. As a bumbling, ironically talentless, self-absorbed personality (a young Gilda Radner, if you will), she offers up a vlog of helpful advice every week on her widely popular YouTube channel. For the first time ever, Miranda is putting her advice to paper in this easy-to-follow guide, illustrated by Miranda herself. In it, you'll find instructions on everything: how to get a boyfriend (wear all black and carry a fishing net), to dressing for a date (sequins and an orange tutu), to performing magic ("*Magic is Lying*"), and much, much more! Miranda-isms abound in these self-declared lifesaving pages, and if you don't like it ... well, as Miranda would say ... Haters, back off! according to Publisher Gallery Books

## ***Paris, 7 A.M.* By Liza Wieland**

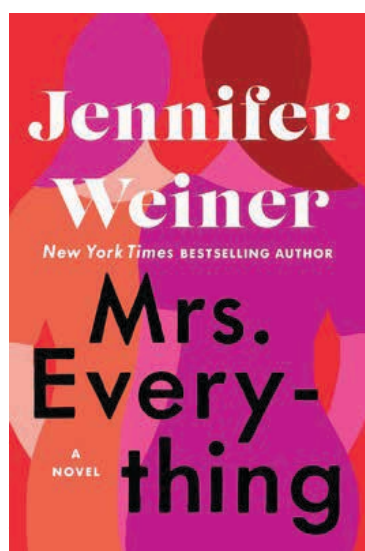


"June 1937. Elizabeth Bishop, still only a young woman and not yet one of the most influential poets of the 20th century, arrives in France with her college roommates. They are in search of an escape, and inspiration, far from the protective world of Vassar College where they were expected to find an impressive husband, a quiet life, and act accordingly. But the world is changing, and as they explore the City of Light, the larger threats of fascism and occupation are looming. There, they meet a community of upper-crust expatriates who not only bring them along on a life-changing adventure, but also into an underground world of rebellion that will quietly alter the course of Elizabeth's life forever.

"*Paris, 7 A.M.* imagines 1937 — the only year Elizabeth, a meticulous keeper of journals,

*Continued on page 29*

## ***Mrs. Everything* A Novel By Jennifer Weiner**



"Growing up in 1950s Detroit, they live in a perfect 'Dick and Jane' house, where their roles in the family are clearly defined. Jo is the tomboy, the bookish rebel with a passion to make the world more fair; Bethie is the pretty, feminine good girl, a would-be star who enjoys the power her beauty confers and dreams of a traditional life.

"But the truth ends up looking different from what the girls



# The Authentic Spirit of The Old West New Mexico's Las Vegas

Cradled in the beauty and seclusion of Northern New Mexico, the spectacular mountain community of Las Vegas in San Miguel County celebrates its history and culture with festivals and fiestas. In 1835 on the heels of a rich and tumultuous past, the city evolved on the site that's now Old Town Plaza.

Spanish for "the meadow" Las Vegas was a land of promise when the Santa Fe Trail was routed through what is currently Bridge Street, South Pacific Avenue, and the Plaza. It became a hub for the Atchison-Topeka & Santa Fe Railroads in 1879, and when the railroad built its depot, New Town began to bustle with new businesses and sprawling Victorian mansions.



*Stage Coach along Santa Fe Trail*

Frontier Las Vegas was now in its heyday with strong cultural and social ties to the charity balls, opera house, literary clubs, the orchestra and theater. To add to the glamour, the area's hot springs and luxury resorts began luring wealthy



*Welcome to Las Vegas New Mexico*

patrons from the East and as far away as Europe.

At the same time, it was cosmopolitan and respectable, it also earned a reputation as one of the rowdiest cities in the West. Along with many enterprising individuals, the Santa Fe Trail brought several colorful characters to Las Vegas in-

cluding Billy the Kid, Jesse James, Doc Holiday, Big Nosed Kate Elder, and the Durango Kid, all of who wreaked havoc on the townspeople

By the turn of the 20th century, the town that had always been

a quirky haven for artists of all types also began luring celebrities. Tom Mix, the famed actor and director filmed an incredible 16 movies in Las Vegas during 1915. Mix's films were the first of many to be filmed in Las Vegas. Still a popular site for movies modern films include "Easy Rider," "Convoy," "Red Dawn," "Wyatt Earp," "The Lazarus Man," "All the Pretty Horses" and "Walker, Texas Ranger: Last of a Breed."

Enchantingly suspended in time, Las Vegas has reclaimed its treasure once again through the restoration and revitalization of the city, and as a thriving cultural center. High on the National Register of Historic places Las Vegas boasts more than 900 buildings ranging from indigenous adobes to grand Victorian mansions.

## Recreational Activities and Areas

Along with its astounding geology, glorious landscapes that sweep across a stunning

mountain range, a vast wilderness area, lush forestlands, pristine lakes and waterways, all offer a wide variety of year-round outdoor activities.

Storrie and Conchas Lake State Parks provide a variety of camping, fishing, boating and windsurfing opportunities. Las Vegas National Wildlife refuge is a haven for hikers who enjoy nature, plant and animal life. Native grasslands, croplands, marshes, ponds, timbered canyons and streams provide almost 9,000 acres of refuge for more than 270 spe-

mediately in pine country and wander through scenic valleys and canyons.

Stop by the Santa Fe Trail Interpretive Center where photos and artifacts of the area's settlers tell a colorful tale. Brochures and maps are available for self-guided adventures.

## Historic Districts

A stroll through Old Town Plaza at the top of Bridge Street is a cultural event and link to the past. You can sample the lively boutiques and galleries offering specialty clothing stores,



*Carnegie Library*

cies of birds and other wildlife. You can soak in natural hot springs, play golf nearby at New Mexico Highlands University, or climb to the top of Hermit's Peak for spectacular views of the plains to the east, and the Sangre de Cristo Mountains to the west. There are also great trails in the Santa Fe National Forest including the Pecos Wilderness area. Roads leading north and west from Las Vegas are almost im-

books, collectibles, antiques, spices, toy shops bakery and coffee shops. Watch weavers work the looms at Tapetes de Lana, and other area craftsmen create custom jewelry, leather goods, local art and pottery.

The El Distrito de Las Escuelas highlights La Casa Redona a 14-room house built in a circle around a central courtyard. The Old Town residen-

*Continued on page 23*



# The Authentic Spirit of The Old West New Mexico's Las Vegas

## Continued



*Remnants of buildings on Santa Fe trail*

tial district is where the Jack Johnson house served as the training camp for the former World Heavyweight Boxing Champion.

The Railroad District still has the remnants of the La Castaneda Hotel, once the jewel of the famed Harvey hotels from the late 1880s.

The Carnegie Park District features the Carnegie Library modeled after Thomas Jefferson's home at Monticello. It was built in 1903 with money granted by famed tycoon Andrew Carnegie and is still an active library.

The New Mexico Highlands University's Ilfeld Auditorium, built in 1941, is still the site of theatrical and musical productions. The Lincoln Park District boasts some of New Mexico's best 19th century railroad-era boom architecture; and North New Town is a beautiful residential neighborhood with a variety of architectural styles.

### Sites to See

Montezuma Castle (Armand

Hammer United World College) the most luxurious of all the Victorian structures built in Las Vegas is the Montezuma Castle whose towers, turrets, gables, balconies and verandas evoke a romantic past. This monolith was originally erected in 1882 by the Atchison, Topeka and Santa Fe Railroad, as a thermal bath resort. A fire burned the hotel to the ground in 1884. It was rebuilt a year later and burned down once again. It reappeared in 1886, this time as the Phoenix Hotel. Its guest roster throughout the years included Theodore Roosevelt, Ulysses S. Grant and Jesse James. The hot springs are still in existence below the castle.



*Rough Rider Museum*

Pecos National Historical Park preserves 12,000 years of historical treasures including the ancient pueblo of Pecos, two Spanish Colonial Missions, Santa Fe Trail sites, and the site of the Civil War Battle of Glorieta Pass. For information phone, (505) 757-6032 or the website at: [www.nps.gov/peco](http://www.nps.gov/peco)

Fort Union National Monument a captivating site located along the Santa Fe Trail was once the largest military outpost in the American Southwest. The fort was built in 1851 to protect the Santa Fe Trail, and served as a base of operations against Indian uprisings and later outlaws.

Fort Union is being preserved as an outdoor museum and is administered by the U.S. National Park Service. The interpretive museum at Fort Union presents an overview of life on the frontier and along the Santa Fe Trail. There's also a 1.6-mile self-guided tour where you can see the wagon ruts alongside the Santa Fe Trail, and get to view the ruins of the second and third fort. For more information phone, (505) 425-

8025 or visit the website at: [www.nps.gov/foun](http://www.nps.gov/foun)

Las Vegas Museum and Rough Rider Memorial Collection. In 1898 America was convinced that it should help the Cubans win their independence from Spain. Teddy Roosevelt came to New Mexico to recruit vol

alpacas in the Southwest. Alpacas, small gentle cousins to Llamas are native to the South American Andes and are very much at home in the Mora Valley. Tour the visitors center, try your hand at spinning and weaving, and browse the beautiful 3,000-square-foot clothing and gift shop filled with



*Plaza Hotel*

unteers for his Rough Riders cavalry regiment, and 21 men from Las Vegas signed on. The following year the first annual Rough Riders Reunion was held in Las Vegas at which time the National Association of Roosevelt Rough Riders was formed. Teddy Roosevelt, then Governor of New York with more than 600 of his comrades, attended it. It was voted to hold all subsequent reunions here "to the last man," That came to pass in 1968. The museum eloquently shares the past with remarkable collections of Rough Rider uniforms, arms, maps and newspapers and artifacts of the era. For more information, phone (505) 454-1401.

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### Where to Stay

The Historic Victorian Plaza Hotel a three-story Italianate-style building was erected in 1882 to accommodate the influx of travelers that were flocking to the area. Some of the heroes and hooligans of American folklore hung their hats at the Plaza Hotel including Billy the Kid, Vicente Silva, Voodoo Brown and Doc Holiday. In 1982, 100 years after its beginning, a \$2 million-dollar restoration returned the Plaza to the glory of its early reign as the "Bell of the Southwest." Located at 230 Plaza Park, phone, (800) 328-1882 or visit the website at [www.plazahotel-nm.com](http://www.plazahotel-nm.com)



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## Irvine Barclay Theatre Announces its 2019-2020 Season

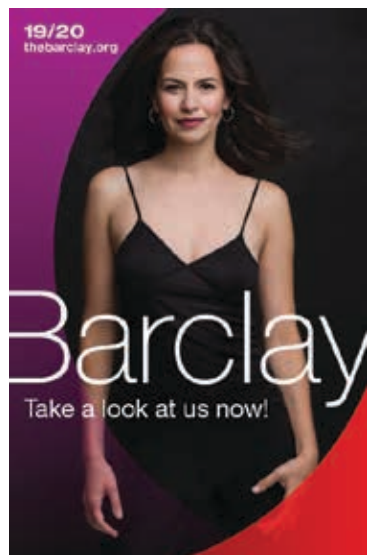
Irvine Barclay Theatre's 2019-2020 season will feature a diverse array of artists from across the nation and around the world. Both single tickets and series are now on sale for the upcoming season.

Irvine Barclay Theatre President Jerry Mandel said: "We have programmed a season of high-energy excitement from beginning to end. We'll see more artists than ever before performing on our stage—and the line-up is a veritable wish list of talent."

Jazz icons Arturo Sandoval and Chick Corea, Broadway's Mandy Gonzalez and Luci Arnaz, and country music superstar Clint Black are just a sampling of what's to come in the upcoming season. The Jazz@theBarclay and Dance@theBarclay series feature a collection of world-class entertainment.

IRVINE  
BARCLAY  
THEATRE

The season's line-up also includes the leading flamenco musicians and dancers from Spain, Hawaiian master guitarist Keola Beamer (part of the Hawaiian Music Masters series); and the popular British theater screenings from London.



For those seeking out the new and adventurous, the Barclay has expanded its *National Geographic Live* series. Initiated last year, the series, which hosts today's leading explorers, scientists and photographers, has become an immediate audience favorite.

New to the upcoming season is the Fresh Take series, hosting a variety of speakers and authors sharing their work and their take on today.

The Barclay is also continuing its commitment to its Arts-Reach program. Stressing hands-on interaction with the

Barclay's roster of artists, Arts-Reach activities include access to master classes, in-school workshops, student matinees, backstage tours, pre-show talkbacks and much more.



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that allows you to get 100 percent of your premiums paid, minus any claims incurred, at the end of the rider period. This means if you don't use your policy, the premiums you paid will end up back in your pocket. Learn more at [www.WashingtonNational.com](http://www.WashingtonNational.com).

<sup>1</sup>Business Insider, The 35 most expensive reasons you might have to visit a hospital in the US—and how much it costs if you do, <http://www.businessinsider.com/most-expensive-health-conditions-hospital-costs-2018-2>, March 1, 2018.

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## The Numbers Game

*Continued from page 19*

line through it. That makes it a zero, or another 0 or a zip, nada, zed, zilch or a nothing. Letters and numbers should never appear together in the same group.

Now pay attention, this is the crux of my idea: you will notice that all these various number sources label them as *your* number. It is *not* your number, it is theirs. These numbers have no meaning to you other than trouble. A credit card typically has sixteen numbers on it, with another four to warn you that it has expired. Throw in three more on the reverse side for “security reasons.” 23 numbers!

These numbers are so astronomically high that words like “gazillion” and “gionormous” had to be invented. Of course, we know that these large numbers are just a bunch of little numbers all joined together so they can be translated to reveal more about your affairs than anybody has a need to know, which brings me to my point, I think. My point is you can’t remember all the various numbers, they are too long, meaningless to you and are assigned by strangers you would instinctively dislike if you knew them. It’s like tracking the scoring of cricket, a complete waste of time.

My plan: Starting about the time a child is able to hold up four fingers when asked how

old he is, everyone will get to pick his own personal number. Avoid 13, this is a “bad” number; try 7 or maybe 21. This will remain with you for the rest of your life. The bank has it, the computer has it, SoCal Edison and the DMV has it. A mortician will get it. One exception—every government agency except Social Security should have it. You don’t want to hazard an account change with SS. It is going to send you money, unlike all the others that want the reverse.

My self-assigned number will be 11281947. The significance of that sequence is simply November 28, 1947. If there is a conflict with some other person married on that same day, I’ll just add 1428. What are the odds that his ceremony took place at 4:28 PM, same as mine?

Married and divorced people should have no trouble remembering their number. Multi-divorced parties should choose the “stop speaking” date that eventually cost them the most money. When a child outgrows his first number such as “fwee sebenty eleven fo,” he will be allowed a one-time choice of an alternate number with no spell checker requirement.

I wish to report I am making some personal progress in reducing the headaches resulting from being burdened by the sheer number of numbers we have to cope with daily. It started with severing my friendship with the DMV when I sold my car and no longer needed a license to drive or to remember

my driver’s license number or license plates. I remember vividly the last conversation I had with the AAA re my car insurance after I had revealed my address number, my birth number, number and model of car, mileage number finally—

Agent: *VIN number?*

Me: *What?*

Agent: *Your car’s VIN number. It’s up on the driver’s side on the dashboard just inside the windshield.*

Me: *No, It’s not. I don’t have one.*

Agent: (becoming a bit testy as AAA and DMV employees are wont to do) *Yes, you do! Every car has one.*

Me: *Well, My car doesn’t have a VEHICLE IDENTIFICATION NUMBER number. There is no such thing.*

At this point the agent, sweating profusely, pointed his finger at line of people on the opposite side of the room, indicating I should go get in it and don’t come back!

The Numbers Game—one small step for man, one large step for mankind if I can get everybody started. If you have any questions about this proposal, contact The National Bureau of Statistics, Washington, DC at 1+202 755-1212, Ext. 4783695241. Ask for #938744622099947Z0. That’s Phoebe, she speaks numbers.



# July Crossword Puzzle

## Across

1. Glowing remnant

6. Waste maker

11. Actress Dawber

14. Tolerate

15. Extraterrestrial

16. Metal-bearing mineral

17. Radioactive gas

18. Sleeveless garments

19. McCartney title

20. The \_\_\_\_ have it

22. Twangy

24. Mail carrier

28. Schedules

30. Regard

31. Alert

32. Stand in good \_\_\_\_

33. Every 21 days

37. Overtime cause

38. Property claims

39. Not for a Scot

40. Western carryall

43. Bara of the silents

45. Fertile area in a desert

46. Bay windows

47. Festival

49. Earphone

50. Bright bunch

51. Lawman Wyatt

52. " \_\_\_\_ had it!"

53. Knot

56. Buckets

61. Sun. talk

62. Maritime

63. Roof overhangs

64. Leftover

65. Accumulate

66. Semisynthetic textile
1. Musical aptitude

2. Wharton grad

3. Auction action

4. Tokyo, once

5. Gave a new title

## Down

6. Safe place

7. Some are pale

8. Family girl

9. Asian holiday

10. Capture in a trap

11. Deputised group

12. Puccini pieces

13. Blackbird

21. Thanksgiving tuber

23. Suit to \_\_\_\_

24. Nuisances

25. Port of old Rome

26. Spirited horse

27. Leaves in a bag

28. Big Band music

29. Rules

31. Neighborhoods

33. Big bone

34. They may buckle

35. Soup implement

36. Bakery supply

38. For fear that

41. Forest females

42. Garfield's snack

43. Fur hunter

44. Went underground

46. Not 'neath

47. Abnormal body temperature

48. Like krypton

49. Assembly rooms

50. Soup with sushi

51. Times to remember

54. '60s hot spot

55. Actress Gardner

57. Bond rating

58. Climbing vine

59. Name of 13 popes

60. Common ID
- 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					
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61				62						63				
64				65						66				



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## Health Bulletin

# New Brain Health Initiative Could Unlock Mysteries Of Alzheimer's, Dementia

Scientists are contemplating important questions about health, mind and age: Could your blood hold the molecular secrets to a fountain of youth, preventing age-related brain disorders? Are brain aging and Alzheimer's disease caused by a failure of interconnected systems, triggering a dominolike cascade of disease? Can targeting the red blood cells and blood vessels jointly keep your brain healthy and prevent dementia?

### The Problem

As people live longer, Alzheimer's and other age-related dementias are on the rise, projected to reach more than 75 million people worldwide by 2030. To date, no effective therapy has been developed for these disorders, which are not only deadly but exact a high financial and emotional toll on society.

### The Research

To find solutions, three large-scale research teams are exploring those questions as part of an initiative to merge research of the brain and the blood vessels to develop new understanding of—and, ultimately, better preventions and treatments for—age-related brain disorders such as Alzheimer's disease.

### The Scientists

To help, American Heart As-



*Scientists are seeking answers to important questions about how to preserve your mind over time.*

sociation, the world's leading voluntary organization focused on heart and brain health, and The Paul G. Allen Frontiers Group, a division of the Allen Institute, launched the \$43 million research project to bridge the science of vascular and brain health through revolutionary, out-of-the-box thinking. Additional supporters include the Oskar Fischer Project and the Henrietta B. and Frederick H. Bugher Foundation.

The three teams, headquartered at the Salk Institute for Biological Studies in La Jolla, Calif.; Stanford University School of Medicine in Stanford, Calif.; and University Hospitals Cleveland Medical Center in Cleveland, OH, respectively, work to develop new solutions to the urgent problem of age-related cognitive decline. The researchers are:

- "Rusty" Gage, Ph.D., a neuroscience researcher and president of Salk, who will lead an eight-year project looking into new targets for

therapeutic research and biomarkers of early-stage cognitive decline.

- Tony Wyss-Coray, Ph.D., a professor of neurology at Stanford, who will lead a four-year project studying how changes in the immune system affect cognitive health.

- Mukesh K. Jain, M.D., a cardiologist at University Hospitals Cleveland Medical Center and Professor of Medicine at Case Western Reserve University, who will lead a team of investigators on a four-year project investigating whether targeting red blood cells and blood vessels can prevent dementia.

### The Hope

The research could yield transformational discoveries to better detect, treat and prevent cognitive decline.







ADMIT  
ONE

By Randal C. Hill

# Movie Preview

## *"Once Upon a Time in Hollywood"*

In his ninth movie offering, Quentin Tarantino manages to successfully fold a somewhat silly buddy comedy into an elegiac fairytale built around two longtime Hollywood pals whose world has passed them by.

Rick Dalton (Leonardo DiCaprio) is a washed-up TV cowboy from a once-popular 1950s western series called *"Bounty Law."* After viewing tastes change and the show is axed, Dalton attempts an in-vain transition into action movies. The fading alcoholic actor, whose smug confidence covers up a world of self-doubts regarding his thespian skills, is marooned in La La Land with his only friend, stunt double Cliff Booth (Brad Pitt), an easygoing and simple soul who hides a terrible secret of which he may or may not be guilty. A series of DUIs has cost Dalton his driver's license, so he is dependent on Booth to chauffeur him around and provide pep talks while the one-time star sheds boozy tears of self-pity.

In a seamless intertwining of fantasy and fact, Tarantino's script has Dalton renting a Beverly Hills-area mansion on upscale Cielo Drive and living next door to a golden show-biz couple, Sharon Tate (Margot Robbie) and Roman Polanski

(Rafal Zawierucha). Tate, a little-known actress of ethereal beauty, becomes a fleeting but well-developed figure in Tarantino's hands.

In the meantime, charismatic local wacko Charles Manson (Damon Herriman) has trained his collection of luscious acolytes to spend their days on Sunset Boulevard amassing money, food and attention. Dalton dismisses the provocatively dressed teens as hippie trash, but Booth becomes intrigued enough to offer a ride to Pussycat (Margaret Qualley), a flirty, zonked-out nymphet who has Booth drive her home to the out-of-town Spahn Movie Ranch, once abandoned and now squatted on by Manson and his followers.

Weaving the Manson tragedy into his fictional story, Tarantino applies his own spin to the infamous murder scene involving Tate that unfolds next to Dalton's home.

Tarantino perfectly captures the zeitgeist of 1969 Hollywood with radiant shots of billboards and movie-theater marquees, as well as hit 45s of the day that throb nonstop from car radios always tuned to KHJ, the chief Los Angeles Top 40 powerhouse at the time. Along the way, we are treated

to cameos from the likes of Al Pacino, Kurt Russell, Bruce Dern and, in his final film role, Luke Perry.

The film is a requiem for a past age, a wistful Tinseltown homage presented as a dark romp shot through with teeth-grinding pathos, and a love letter to a twisted world that has mesmerized Tarantino since childhood.

The movie from Heyday Films/Sony/Columbia opens on July 26.

## July Book Club

*Continued from page 21*

didn't fully chronicle — in vivid detail and brings us from Paris to Normandy where Elizabeth becomes involved with a group rescuing Jewish 'orphans' and delivering them to convents where they will be baptized as Catholics and saved from the impending horror their parents will face.

"Poignant and captivating, Liza Wieland's *Paris, 7 A.M.* is a beautifully rendered take on the formative years of one of America's most celebrated — and mythologized — female poets," according to Publisher Simon and Schuster.

*Super Senior Saturday*

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This Orange County favorite takes place on August 17 and is FREE to the public. There is entertainment, ample parking, and great information for people looking for themselves or family members. Free health screenings will be offered including stroke screening, glucose testing and more. Many of the 80 exhibitors will provide free samples, discounts and opportunities to win great prizes.

It does not matter if you are looking for yourself or for a loved one, people of all ages are welcome. It is never too early to think about living healthy.

The newly renovated Buena Park Senior Activity Center is located at 8150 Knott Ave in the Ehlers Event Center. For more information call (714) 236-3870.

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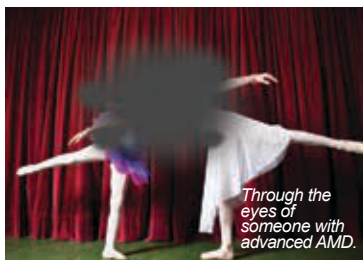
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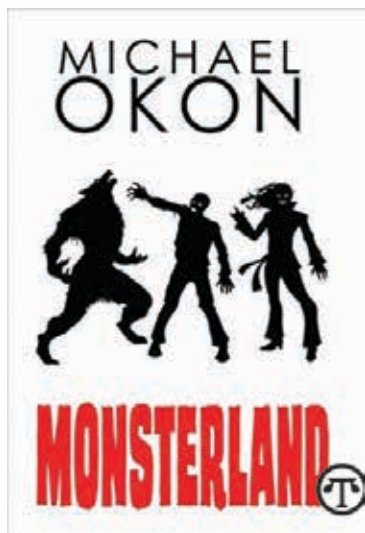


## Booktrib's BookBites

### Summer Reads: Four Books To Stuff In Your Beach Bag

In this issue of "BookBites," BookTrib.com showcases four books worthy of consideration for your summer reading list.

#### Monsterland by Michael Okon



With real werewolves, vampires and zombies as the main attractions, what could possibly go wrong at Monsterland, a new groundbreaking theme park? Only everything.

It's being called the scariest place on Earth, where visitors can interact with the monsters of their dreams—meeting vampires in Vampire Village, being chased by werewolves on the River Run, and walking among the dead in Zombieville. High school mates Wyatt, Melvin and Howard land special passes to the park and find themselves dragged deep inside. The friends are expecting the experience of a lifetime. Safe to say, they get it. You can find "Monsterland" (WordFire Press) at <https://amzn.to/2WdptLz>.



#### A Palm Beach Wife by Susannah Marren

A compelling saga of love and ambition, secrets and lies, "A Palm Beach Wife" is an unforgettable white-hot novel about the dark side of the American Dream, set against the glamour and gossip of tony Palm Beach, Fla., society.

Faith Harrison is about to find out what it means to have—or lose—it all. Perfect husband. Peerless daughter. Stunning home. Faith walks the walk, wears the designer labels and keeps a desperate grip on everything she holds dear. But what will happen when everyone learns that Faith is not the woman she says she is? "A Palm Beach Wife" (St. Martin's Press) is at <https://amzn.to/2Hzw8WU>.

#### The Adjustments by Ann Lineberger

A sexy satire of affluent suburban life, "The Adjustments" delivers a devious mix of yoga, sexcapades, videotapes and McMansions, all set in a postcard-perfect Connecticut



town. Attending yoga classes taught by the seductive and mysterious Yogi Jack is part of every elite woman's routine, but inner peace is only part of the appeal. Most of the housewives of Fairfield County come for Jack and access to the divine wisdom promised during his private sessions. Drama, jealousy and intrigue emerge as readers delve into the town's greedy underbelly, and when one dark secret finds the light of day, it will threaten to change everything. To purchase "The Adjustments" (Full Fathom Five), visit <https://amzn.to/2YG28zw>.

#### The Midnight Call by Jodé Millman

Who would ever suspect that their mentor, teacher and friend is a cold-blooded killer? Attorney Jessie Martin didn't—at least, not until she answers the midnight call.

Late one August night, her mentor and popular high school teacher Terrence Butterfield calls, admits he's



killed someone and pleads for Jessie's help. She rushes to his aid, unaware that she's risking her love, career, life and that of her unborn child. Does Jessie's presence at Terrence's home implicate her in the gruesome murder of the teenage boy found in the basement? Why does Terrence betray Jessie? Follow Jessie's quest to untangle the web of lies and uncover the shocking truth behind the homicide. You can get "The Midnight Call" (Immortal Works) at <https://amzn.to/2w9cn3d>.

For more reading ideas, visit BookTrib.com, where readers and writers meet, and subscribe to the weekly newsletter.





# Busy Boomers

By Les Goldberg

## Rick's Got Tricks Up His Sleeves

When my mind thinks of magic, it usually means I want to make myself disappear from any uncomfortable situation I am in at the moment. Seriously, though, the word 'magic' immediately conjures up the most famous magicians – names like Houdini, Copperfield, Ben & Teller, Siegfried & Roy – who give the word 'disappear' new meaning.

But did you know that the world of magic goes way beyond these mega-performers, the huge venues of Las Vegas, Atlantic City and television variety shows where millions of viewers are awed by the 'now you see it, now you don't' tricks and sleight of hand?



Magic is, in fact, big business on a smaller scale. Hundreds of magicians worldwide are quietly making a good living performing 'corporate magic,' applying their unique talents at industry trade shows, sales meetings, banquets, on cruises,



es, at resorts and many other privately sponsored events.

Nobody knows this career path better than Rick Gerber, a very active Baby Boomer who lives with his lovely wife Raleigh in South Orange County. His story is, well, magical.

**SR: What turned you onto magic and at what age?**

RG: It all started when I was 6 years old. At my older brother's bar mitzvah there was a clown with a light bulb that lit up when held in his hand. Soon after he taught me how to do the trick and gave it to me, I dropped it and was devastated. Luckily, my parents owned a liquor store with a joke section



where gags were sold. My parents were able to order a new magic light bulb for me and subsequently ordered new tricks from then on.

**SR: How did you learn the art of magic?**

RG: In elementary school, Chuck Jones – The Magic Man performed at a school assembly and it made a huge impact. At age 8, I started doing children's birthday parties and got business by posting flyers at the local grocery stores. Several years later Chuck and I became friends and we remain friends to this day.

During my childhood, I had two key mentors: Jack Kelso, a plumber by day and charter member of Los Angeles' famous Magic Castle and performing Shriner by night. In junior high school, I started a magic club and Jack was a sponsor. The other was Fred 'Freddy' Katiller, a former vaudeville performer and Magic Castle magician.



Both were instrumental in convincing the Magic Castle that

I was good enough to perform for its Sunday brunch shows. At age 10, I became the youngest performing member of the iconic house of magic.



**SR: When did you realize you could do magic for a living?**

RG: I never imagined doing magic for a living. Although I started performing street magic in Marina del Ray's Fisherman's Village at age 12 and opened Tricky Ricky's Magic Shop there 2 years later, I was on a career path of working in television and film production. By the time I was 18 and before leaving high school, I had already been involved with two Emmy award-winning documentaries and a Los Angeles area news program.



However, my success at Fisherman's Village opened the doors to corporate magic. The exposure resulted in people hiring me for private events and birthday parties. At 18, I was performing at the TGIF restaurant and bar in the marina where I met executives from beer industry giant An-



heuser-Busch. In 1977 they hired me to perform at some trade shows and I have been under contract with them ever since.

**SR: What appeals to you about corporate magic?**

RG: I've always enjoyed selling. When performing for a corporation, you are essentially an extension of their sales team. Magic is simply the tool I use to help sell and promote a company's products and services. It is a highly visual and memorable performance medium, and when you appropriately tie in sales information, it creates a fun and impactful way to communication information.

**SR: Can you share a couple of your favorite magical memories?**

RG: One of my favorite stories took place in the Bahamas where there was Budweiser promotions in a bar. There is an effect I do with a spoon. I lay it across the top of my hand and the handle starts to bend and curl up. Everyone in the bar immediately got up and left. The Budweiser representative told me, 'don't ever do more Voodoo!' That was actu-

*Continued on page 33*



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## Age Healthier With These Five Tips

As your wisdom grows with age, so can the number of pill bottles in your medicine cabinet. For those “young-at-heart” seniors, sticking to healthy habits is the key to aging well. With some simple steps, you can keep a healthy routine that also gives you more time to do the things you love. Joe Koren, pharmacy manager at Walgreens, shares his top five tips for managing your health with a busy schedule:

### 1. Consult the experts

You know to go for regular checkups with your general practitioner, but don't forget that pharmacists can also be accessible experts to answer questions about your health. In fact, your pharmacist is a licensed professional who provides different health care services including immunizations and can help you understand why and how to take your medications to support effective treatment. Some pharmacies offer extended hours, and 24-hour chat with pharmacy staff is available whenever you need it. Many locations also have health care clinics to treat minor injuries and illness, which can be a convenient and cost-efficient alternative to a doctor's visit.

### 2. Let your smartphone help you

With a packed list of to-dos, friends to meet and grandchildren to watch, medication routines can easily slip the mind. Luckily, your mobile phone is a helpful tool to keep track



of your medications, right in the palm of your hand. For example, the Walgreens app can help you set daily pill reminder notifications, so you never miss a dose. You can also find close-by health care providers and arrange a video call for a face-to-face consultation with a physician or specialist through the app. If using your smartphone comes with its challenges, ask one of the pharmacy staff or a family member to help set it up for you.

### 3. Simplify your prescription refills

Multiple prescriptions can mean multiple trips to the pharmacy each month. A trained pharmacist can recommend convenient refill options such as aligning multiple refill trips to one single date, switching to 90-day refills or having eligible prescriptions sent directly to your home. All these services can make it easier to stay on your medication schedule and help save time.

### 4. Find perks in your Medicare D plan

So you've signed up for your Medicare Part D plan, but are you using it to save money? Fortunately, many prescription drug plans include Walgreens in their preferred pharmacy

network, which could mean a convenient way to lower your co-pays. A little bit of research into the right combination of plan, provider and pharmacy can go a long way to help you save money. Walgreens pharmacies even conduct senior days, giving you extra advice on health care topics and special offers.

### 5. Maintain a healthy lifestyle

They say age is only a number, and when you're in control of your health, that's very true! With the time and money you'll save from these tips, think about how you can embark on and maintain an even healthier lifestyle. Why not challenge yourself to walk for at least 30 minutes a day, connect with friends and family, or take the time to prepare nutritious meals?

These five small steps can all contribute to a healthier life, and free up time and head space for the things you really love.

For additional information on tools to make medication management more convenient, visit [www.walgreens.com/pharmacy](http://www.walgreens.com/pharmacy).

Your pharmacist may have more ways to save you time and money than you realize.





## Busy Boomers

*Continued from page 31*

ally a very valuable lesson that I learned about performing magic in different cultures.

During my more than 50 years of performing magic, I have pretty much done a little of everything, from making former LA Dodger Manager Tommy Lasorda magically appear in front of 5,000 people to making a car magically appear in midair and then float down to the stage at a Mazda dealers meeting.

### SR: What's it like performing for seniors on cruise ships?

RG: While younger audiences try to figure everything out, mature audiences generally sit back, relax and enjoy the show. The high-end cruise ships that I perform for normally don't have children aboard. The passengers are usually highly successful people in the business world or retired. But the one thing they have in common is that they enjoy a good laugh. My shows are fun and lighthearted with lots of audience interaction. People feel good when leaving my show and it creates a lot of buzz aboard the ship.

One very important thing you should know about Rick Gerber. Despite his awe-inspiring talents and entertainer persona, he is incredibly humble. Evidence of this is obvious when he says:

"The one thread that runs

through all of my magic is that it must never be insulting or humiliating to anyone and always leave people with the feeling that have seen real magic."

Reflecting on his long career, he adds: "Magic has taken me to places I would have never imagined. I'm incredibly lucky and fortunate to do what I love and share my talents with people around the world."

To follow Rick's latest shows and career achievements, visit his website at [www.rick-gerber.com](http://www.rick-gerber.com).

## Breathing Lessons

*Continued from page 15*

from a reduction in the amount of indoor air pollutants.

### Q: Why should I choose a NADCA member to have my air ducts cleaned?

A: NADCA members have signed a Code of Ethics stating that they will do everything possible to protect the consumer and follow ACR—the NADCA standard—for cleaning to the best of their ability. To learn more, visit [Breathing-Clean.com](http://Breathing-Clean.com).



## Tips For Finding Good Nutrition



According to the U.S. Department of Agriculture, one out of every eight U.S. households experiences food insecurity. Access to healthy food is an important factor in your health, and for millions of Americans, it remains elusive.

"An inability to access healthy food, and the important nutrients they contain, can cause both immediate and long-term health problems, especially for children. For many Americans of lesser means, this problem can stem from a lack of healthy food sources in their neighborhood and means of transportation to access sources in other communities," said Dr. Andrea Gelzer, senior vice president of medical affairs for Ameri-Health Caritas, a national leader in Medicaid managed care and other health care solutions for those most in need. "As a Medicaid managed care organization (MCO), we are placing an increasing emphasis on helping our members find and access sources of fresh produce, grains and other nutritious foods."

Resources that Americans most in need can turn to for finding and obtaining healthy food include:

### Grocery Store Programs

*Continued on page 34*



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

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

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

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

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## Good Nutrition

*Continued from page 33*

An increasing number of grocery stores have nutritionists on staff. They meet with customers, explain how to make their diets healthier, and even teach them how to find healthy foods. Some grocery stores also offer cooking demonstrations. Some supermarket companies specialize in offering products, programs and services that better meet the needs of people with limited financial resources. At the very least, large grocery stores offer a much wider variety of fresh produce, whole grains and other healthy foods than are often available in small neighborhood stores.

Many low-income communities lack such grocery stores, and people without their own transportation may have difficulty accessing healthy food sources. Medicaid enrollees who are eligible for home and community-based services (HCBS) can get transportation for nonmedical services such as grocery shopping. Senior citizens may also be able to access paratransit services. Medicaid enrollees who are covered by a managed care plan but don't qualify for HCBS or senior citizen services can check with their health plan to see what resources might be available.

### Organizations in the Community

If your challenge is less about finding sources of healthy food than getting to them, there

*Continued on page 35*

# Are You Seeking a Care Facility For Your Loved One?



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

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

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

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

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

Veterans resources, Adult Protective Services and Social Services.

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

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

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

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

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

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

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

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

**SR:** What is the cost of using RCPS services?

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

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

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

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

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

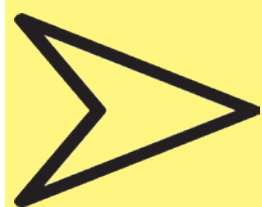
According to Schusler, "We at RCSP take pride in searching for That Age In Place Home. We have the knowledge and resources to support all unique needs, preferences and desires of our clients and families. We offer suggestions and support during all types of transitions."

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

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on the back cover*







# In The Spotlight

By Debbie L. Sklar

## Summer Cleaning for Seniors: Preventing Falls at Home

If you are inside this summer or outside you might be cleaning and running around the house doing a variety of chores. Before you tackle anything be careful of potential falls and accidents that many seniors are susceptible. Maria Cesaro owner of My Homewatch CareGivers with an office Orange, and serving the Orange, Anaheim and Fullerton communities, has some summer cleaning tips to help you stay safe.

### Q: What makes you an expert on caregiving?

A: I own my own caregiving business, Homewatch CareGivers of Orange. I run the business from an operational standpoint, but also provide care to clients on a daily basis.

### Q: What are some of the things you do to help seniors get organized?

A: A lot of our focus at Homewatch CareGivers is on scheduling and structure. We create customized schedules and plan ahead so that there is a mutual understanding between the caregiver and the client. That said, we get to know our clients extremely well and know how to properly organize their homes. We make sure grab bars are installed in proper places in the bathroom, we put



items that they use regularly in accessible places, and we organize closets and kitchens for optimal use. It is all about customizing our care to the client to make it safe and easy for them to move around their homes.

### Q: What tips do you have for seniors to help keep organized if they want to do it on their own?

A: Staying on top of organization is key. If you make it part of your daily routine, you won't have to worry about clutter building up. As I mentioned, we like to put items in accessible places, which makes it easier to keep up with organization. Additionally, putting items in visible areas also makes it easier to see if something (medicine, toiletries, food, etc.) is getting low. We like to emphasize customization, so I would also advise creating a plan for organization that works with your schedule and lifestyle.

### Q: Do you have a service that comes into their homes to help if needed? What does that entail.

A: Yes. Homewatch CareGivers is an in-home caregiving business. We offer elder care, 24-hour care, respite care, senior transportation services, companion care, hospital discharge, chronic conditions care, dementia care, after surgery care and personal care. Those services also include helping with moves and organization within the home.

### Q: What are the biggest mistake seniors make when trying to organize to avoid falls at home?

A: The biggest mistake seniors often make is not making the changes they need to, especially when moving to a new location. We're creatures of habit, so it's a difficult transition when there are things you might have been able to do in your old home that don't work in your new setting. Clutter often accrues when moving or spring cleaning, so spatial awareness is also critical to fall prevention. This on-demand economy has also created a culture that wants immediate satisfaction, but mistakes are often made when trying to get things done too quickly. When it comes to safety and fall

prevention, it is essential that folks take the time to properly equip themselves.

### Q: How long have you been a caregiver and how did you get started in this field?

A: For years I was the primary caregiver for my father who had ALS and then for my mother after she had a stroke. Both of my parents lived with me and I took care of them full time and they are one of the main reasons that I wanted to enter the caregiving business. Prior to becoming my parents' sole caregiver, I had seen the effects of poor, thoughtless caregiving and knew that I could make a difference in the lives of others. I treat every client like family because I know that's how I wanted my parents to be treated.



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American Heart  
Association



## Good Nutrition

Continued from page 34

are options that can help you shop for groceries, or even do it completely on your behalf. There are also food banks, some of which have off-site distributions, even in rural areas. If you are a senior citizen, you can find out about them by contacting your area agency on aging.

### Look for Faith-Based Groups

Religious institutions of all faiths generally have it in their mission to provide aid to those in need. Some organize food drives or even prepare meals for the neediest. They may also help find other organizations that provide such services.

AmeriHealth Caritas is part of the Independence Health Group in partnership with Blue Cross Blue Shield of Michigan. AmeriHealth Caritas is one of the nation's leaders in health care solutions for those most in need.

### Learn More

For further information, visit [www.amerhealthcaritas.com](http://www.amerhealthcaritas.com). There are many ways to get any help you need to be sure you have enough nutritious food.



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## Health Awareness

# New Study Uncovers 'Hidden' Epidemic In Health Care: Hospital Drug Diversion

Hospital drug diversion, in which health care workers divert opiates and other controlled substances away from patients for personal use or sale, is a largely underdiscussed challenge. To better understand health care diversion perceptions, behaviors and solutions, the BD Institute for Medication Management Excellence commissioned KRC Research, a global public opinion research consultancy, to conduct a national survey of more than 650 hospital executives and providers. The findings, released in a new report, were eye opening.

### 1. The Not-In-My-Backyard (NIMBY) Effect

The survey showed that health care executives and providers may be in denial about substance use among hospital employees and the prevalence of hospital drug diversion. While 85 percent of providers express concern about diversion, and 50 percent report they have observed suspicious activity, fewer than 20 percent believe diversion is a problem in their own facility. Further, despite evidence to the contrary, 26 percent of executives and 29 percent of providers surveyed believe substance use disorder is less prevalent among hospital employees than in the general population.

### a Related Issue

In the survey, 58 percent of nurses and 52 percent of anesthesiologists say their jobs are highly stressful. Among providers, 78 percent know a peer who may be stressed "to the breaking point." And, though 74 percent of providers are comfortable seeking help to manage stress, only 39 percent of all respondents have actually sought assistance.

### 3. Better Training Could Help Solve the Problem

Nearly 60 percent of providers said they have either taken a diversion training course, talked about it in a work meeting, and/or received information from their hospital. However, 40 percent report they have not had any formal training, and more than a third have not received diversion information from their hospital or discussed it at work. Among those who had not received any training or communication, 60 percent would like that to change.

### 4. Hospitals Need Better Technology to Detect Diversion

In the survey, 32 percent of executives say they are spending too little on specific measures, such as tools that deliver more accurate data to reduce false positives, machine learning, advanced analytics, and

### 2. Workplace Stress May Be

*Continued on page 37*



# 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 minimum 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



*With proper planning, you may have more cash for your golden years.*

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 In-come 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 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

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 retirement; 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.

## Hospital Drug Diversion

*Continued from page 36*

mandatory diversion training. However, the vast majority of executives and providers believe that, with enough resources, they can mitigate diversion risk.

This new report—"Health Care's Hidden Epidemic: A Call to Action on Hospital Drug Diversion"—should not be the last word on diversion. Rather, it should spark a national conversation, spur much-needed research, and ultimately lead hospitals and health systems to adopt comprehensive diversion prevention programs. Through technology, communication and training, cultural shifts and other means, diversion risk can be addressed in a meaningful way.

For more information, including the report, a resources guide and other assets, please visit BD Institute for Medication Management Excellence at [www.bd.com/diversion-report](http://www.bd.com/diversion-report).





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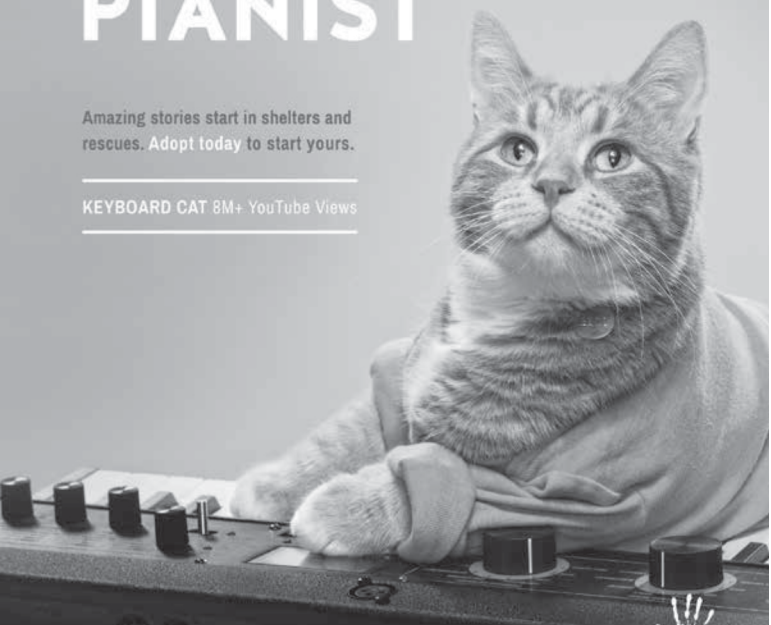
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Crossword Puzzle Answers from page 27

1	E	M	B	E	R		6	H	A	S	T	E		11	P	A	M	
14	A	B	I	D	E		15	A	L	I	E	N		16	O	R	E	
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# JUST JUDITH

By Judith A. Rogow

## California Mysteries: Fun, Fiction, Recipes

During our torrid summer heat there's little more cooling than losing yourself in a good book. One of our most accomplished Southern California writers of clever mysteries and "cozies" (mysteries with recipes) is a prolific best-selling author with an interesting backstory.

Anna Celeste Burke has graciously agreed to answer the questions most of us would ask, given the opportunity.

**Q: Were you always a storyteller?**

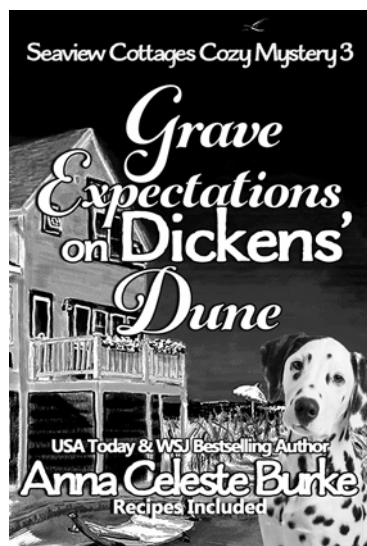
A: I've always loved to read and share stories. As a professor/researcher I solved mysteries, based on data, not flights of fancy. Now, my imagination can run wild and create events and people rather than crunch numbers.

**Q: Are your characters based on real people and is their growth planned, or does it happen organically?**

A: My characters, settings and situations are based on real people, sometimes on my life or that of friends, or on real events. The characters seem to find their own path, they grow and change in my mind, and my books. I've lifted dialogue from real life conversations I've had or overheard.

**Q: Which books are your favorites?**

A: That's hard to say! Usu-



ally whichever I'm currently writing. I enjoy doing the different series as they let me feature a variety of characters and events. I love couples or ensembles that play off each other and circumstances. They range from young surfers to mature women who find interesting ways to enjoy retirement.

**Q: How many books have you written and what's coming next?**

A: The first, "*A Dead Husband*," was published in December 2013 and my current, 23rd book will be released next month as part of the "*Summer Snoops*" collection where all proceeds are going to support animal rescue, a favorite cause of mine.

As for what's coming next, I'm wrapping up "*Radical Regatta*," the fourth book in my humorous "Cozy" mystery series that features newlyweds who first met in the Jessica Hun-

tington collection. It's going through editing and formatting right now. The second book in the Calla Lilly series, "*Tangled Vines*," "*Buried Secrets*," is planned for a September release. Book six in the Jessica Huntington series, "*A Dead Nephew*," will be next, and hit the shelves (or your electronic reader) in time for the holidays. The fourth Seaview Cottages mystery, "*A Farewell to Arms* in Hemingway Hills," is in the queue. That, or "*A Canary in the Canal*" in the Georgie Shaw series, will follow "*A Dead Nephew*," I'm noodling around with both.

**Q: You mentioned editing and formatting; how do you handle the mechanics of publishing?**

A: I write in Word for Windows, have two wonderful editors and a great group of first readers, then I work with a designer for the covers and a formatter who whips the whole thing into shape.

Before there were so many books, I did it all myself, but it was too much and ate into writing time.

The majority of the books are sold for electronic readers, although print, audiobooks and Kindle Unlimited are also popular.

*Continued on page 42*

## Airport Of The Future Is Now

A new record for air travel was set in 2018, with almost 1 billion people taking to the nation's skies.

Have you ever wondered when technology will improve flying? Well, the future of airports has landed, and you can expect flying to get better. The first curb-to-gate biometric experience in the U.S. just launched at a major international airport terminal to a positive customer response, potentially changing the future of travel. Flyers can now opt in to a facial recognition system to check baggage, pass security and board the plane without fumbling for ID. And U.S. Customs and Border Protection has deployed facial recognition at 16 international airports to speed passengers through immigration, track visas and keep the nation safe from terrorists.

This technology is made by NEC Corporation, the international leader in facial recognition and biometric technology, and you can expect to start seeing it in numerous airports.

"Facial recognition is transforming the flying experience," said Raffie Beroukhim, NEC's Senior Vice President for Advanced Recognition Systems. "Now, passengers can seamlessly move through an airport without ID, making flying faster and more convenient."

Experts expect numerous airlines to adopt facial recognition because they have a long



*Your next flight could be easier, faster and more fun thanks to recent airport innovations.*

history of adopting technology that makes flying more convenient. Check-in kiosks, mobile boarding passes and in-flight Wi-Fi are all examples of airlines embracing new tech. In 2007, Continental Airlines introduced mobile boarding passes and virtually all carriers followed suit. In 2017, more than 1.5 billion mobile boarding passes were issued, allowing passengers to bypass long check-in lines.

The benefits of NEC's facial recognition technology are twofold: improving the traveler's experience coupled with operational and cost benefits for the airlines.

Check out the groundbreaking technology that makes the airport of the future possible at [www.NECToday.com](http://www.NECToday.com).





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*Tips for claiming the Saver's Credit:*

### 1. Check Your Eligibility

Depending on your filing status and income level, you may qualify for a nonrefundable credit of up to \$1,000 (or \$2,000 if filing jointly) on your federal income taxes for that year when you contribute to a 401(k), 403(b), 457(b) or similar retirement plan, or IRA.

To be eligible, the maximum Adjusted Gross Income (AGI) for single filers is \$31,500 in 2018 and \$32,000 in 2019. For the head of a household, the AGI maximum is \$47,250 in 2018 and \$48,000 in 2019. For those who are married and file a joint return, the AGI maximum is \$63,000 in 2018 and \$64,000 in 2019.

You must be 18 years or older by January 1 and cannot be a full-time student or be claimed as a dependent on another person's tax return.

### 2. Save for Retirement

Save for retirement in your employer's retirement plan, if offered, or in an IRA. In general, for every dollar you contribute to a qualified retirement plan or IRA (up to the lesser of the limits permitted by an employer-sponsored plan or the IRS), you defer that amount from your current overall taxable income on your federal tax returns—and you may also qualify for the Saver's Credit. After-tax contributions, such as those made to a Roth IRA or Roth 401(k), are also eligible for the credit. You have



until April 15, 2019 to make a contribution to an IRA for tax year 2018.

### 3. File Your Tax Return and Claim the Credit

When you prepare your federal tax returns, you can claim your Saver's Credit by subtracting this tax credit from your federal income taxes owed.

Workers who are eligible to claim the Saver's Credit are also eligible to take advantage of the IRS Free File program for taxpayers with an AGI of \$66,000 or less. Twelve commercial software companies make their tax preparation software available through the Free File program at [www.irs.gov/FreeFile](http://www.irs.gov/FreeFile).

- If you are using tax preparation software, use Form 1040 or Form 1040NR. If your software has an interview process, be sure to answer questions about the Saver's Credit, also referred to as the Retirement Savings Contributions Credit and/or Credit for Qualified Retirement Savings Contributions.

- If you are preparing your tax returns manually, complete Form 8880, the Credit

*Continued on page 42*



# Tinseltown Talks

By Nick Thomas

## Terry Moore as Valentino's Lady in Black

Since her first film role in 1940, Terry Moore has appeared on the Big Screen in each of the subsequent eight decades. Recently celebrating her 90th birthday, the actress plays a lead role in the Vladislav Kozlov-directed period drama about silent film superstar Rudolph Valentino – Hollywood's first male sex symbol.

"The film's called '*Silent Life*' and I had 90 pages of dialog to learn," said Ms. Moore from her home in Santa Monica. "I feel it's one of the best roles I've ever had."



Terry Moore sits by Rudolph Valentino's final resting place, top left, provided by director

Following Valentino's passing in 1926, a veiled woman who became known as "*The Lady in Black*" visited the actor's grave each year, depositing a red rose. Over the years, the ritual was copied by other women and Moore's character is an amalgamation of these mysterious crypt callers.

To prepare for the role, Moore said she and the director visited Sequoia National Park to rehearse.



Terry Moore. Early publicity photo and as *The Lady in Black* from *Silent Life* - provided by director

"Going to Sequoia and working among those wonderful old trees was a brilliant idea," she said. "The peaceful, quiet environment was perfect to bring out the range of emotions I had to develop and deliver in the film."

Director Kozlov was quite impressed with the veteran actress, calling Moore "a trooper" working over three brutally hot summer weeks during filming.

"She was doing everything – dancing, crying, laughing, getting angry, telling jokes and stories and didn't complain once," Kozlov said. "She has an incredible will, stamina, and a very sharp mind."

Moore said working with Kozlov reminded her of another film, some 60 years earlier.

Scenes depicting Valentino's

mausoleum where filmed at the Hollywood Forever Cemetery, at the star's actual tomb, which sparked the film flashback.



Tyrone Power and Terry Moore starred in 1953's *King of the Khyber Rifles* - Twentieth Century Fox

"In one of the scenes I'm talking to Valentino in my mind and from the corner of my eye I could see Tyrone Power's grave," she said. Moore and Power starred in 1953's "*King of the Khyber Rifles*."

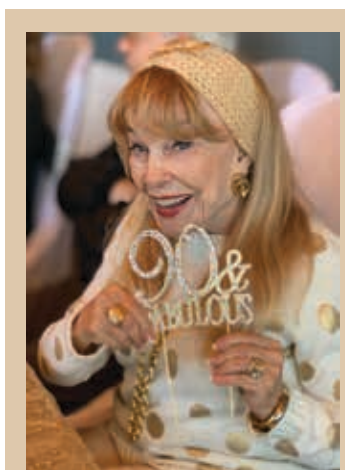
"Ty was the kindest actor I ever knew and one of the easi-

est actors I ever worked with," she said. "It gave me chills to see it while filming because I remembered he once told me 'If I die tomorrow, I want two things: to die on set and to have a son.' He did both."

Power suffered a heart attack during a dueling scene with co-star George Sanders while filming "*Solomon and Sheba*" in 1958 and died soon after (his scenes were later re-shot with Yul Brynner playing Power's Solomon role). Power's wife gave birth to Tyrone Power IV two months later.

In 2015, both Moore and the younger Power appeared in the horror film, "*Mansion of Blood*," and she said: "It's so wonderful he's followed in his father's footsteps."

Moore and the director (who also plays Valentino) hope



Terry Moore celebrating her 90th Birthday - provided by Terry Moore

their film will have its world premiere at this year's Venice Film Festival in August.

"It was a challenging part, full of emotions, but I had to do it," Moore said. "I started acting when I was 10 years old. It's so marvelous to think I'm still working."

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





# JUST JUDITH

*Continued from page 39*

**Q: And what about your own story?**

**A:** Life is an extravaganza! Hanging tough and make the most of the wild ride is the challenge. On my way to Oahu to join the Rock musician and high school drop-out I had married in Tijuana, I was nabbed as runaway. Eventually the police let me go, but the Rock band broke up.

Our next stop was Disney World where we ‘worked for the mouse’ as chefs, courtesy of their chef’s school. Experiences from that have seeped into the Georgie Shaw “*cat factory*” series. More education landed us in academia at Ohio State University where I spent decades researching, writing and teaching about gloriously nerdy topics.

Retired now, and still married to that same sweet guy, I live near Palm Springs, California and write *mysteries with fun, fiction and food, California style!*

## IRS Incentive

*Continued from page 40*

for Qualified Retirement Savings Contributions, to determine your exact credit rate and amount. Then transfer the amount to Schedule 3 (Form 1040) or Form 1040NR.

- If you are using a professional tax preparer, be sure to ask about the Saver’s Credit.
- Consider having any refund you receive directly deposited to an IRA to further boost your retirement savings.

The 19th Annual Transamerica Retirement Survey found that 62 percent of American workers are unaware that the Saver’s Credit exists. Don’t overlook this important tax credit; it may help you pay less in your current federal income taxes while saving for retirement. Spread the word—perhaps friends and family are eligible for this incentive but are unaware of it.

For more details and resources on the Saver’s Credit in English and Spanish, visit Transamerica Center for Retirement Studies® at [www.transamericacenter.org/saverscredit](http://www.transamericacenter.org/saverscredit).

# Life in Long Beach

By Lyn Jensen

## Retro Row and Radical Reading

Chris Giaco sees his bookstore, Page Against the Machine, as a bridge between generations, between surviving 1960s-era radicals and today’s socially conscious youth, the ones reviving left-wing political movements ranging from ecology to democratic socialism to women’s rights.

The store’s name is a tribute to 1990s-era Rock band Rage Against the Machine. In May Giaco opened his comfortable and inviting living-room-size shop along a stretch of Fourth Street that’s recently become known as Retro Row, the blocks between Cherry and Obispo avenues near downtown Long Beach.



You may want to visit Page Against the Machine on July 26, or the fourth Friday of any month, when Retro Row becomes a community of live music and art shows, of food and drink specials at the street’s restaurants. Besides browsing the dozen or so shelves of new and used books, you may find a gathering for discussions, or an art exhibit. During June the Page walls contained a collection of historical Jim Coke photos, “Poets, Protesters, and Panthers”

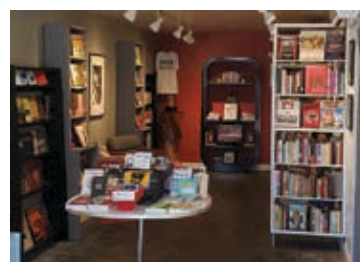


*Photo of Chris Giaco courtesy of Random Lengths News, credit: Steven Guzman*

of subjects ranging from a Doors concert to a Black Panther rally.

Asked what his best-sellers are, Giaco names three provocative books, the first being “*Pleasure Activism*” by black feminist Adrienne Maree Brown, the second, “*Make Your Place*” by Raleigh Briggs, and the third, “*The Coming Insurrection*” by anonymous French authors The Invisible Committee. Other finds may include a biography of Che Guevara, or the graphic novel “*Addicted to War*” which illustrates the history of American military interventionism. Even the humor section carries a social message — George Carlin, Lenny Bruce. There’s a shelf of alternative children’s books, too.

Long Beach still smarts from the



loss of the legendary used bookstore Acres of Books a decade ago, but about 22 niche bookstores — ranging from Christian publications to comics — remain in business.

Page Against the Machine is pocketed into an adjoining room alongside California Drifters which sells what its website describes as eco-friendly apparel and crafts. With so little floor space, Giaco knew he’d have to create his own niche, and he’s created one that harkens back to when radical, LGBT, and women’s bookstores were a familiar part of America’s urban landscape.



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