

# SENIOR REPORTER

VOLUME 43, NUMBER 10

## Contributing Writers:

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

OCTOBER 2017

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## Liam Neeson

*"I'm a big believer in acts of kindness, no matter how small."*

Liam Neeson

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Dr. Ernest Robinson

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**Personal Statement**

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

**Board Certifications**

Board-certified by the American Board of Facial Plastic and Reconstructive Surgery and American Board of Otolaryngology

**Memberships**

American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS)

**Awards & Recognition**

RealSelf Top Doctor

**Education**

- UNDERGRADUATE & MEDICAL SCHOOL Medical: MD, Loma Linda University
- POST-MEDICAL SCHOOL TRAINING Internship: General Surgery, Loma Linda University
- Residency: Otolaryngology/Head and Neck Surgery, Loma Linda University
- Fellowship: American Academy of Facial Plastic and Reconstructive Surgery, Indianapolis, Indiana

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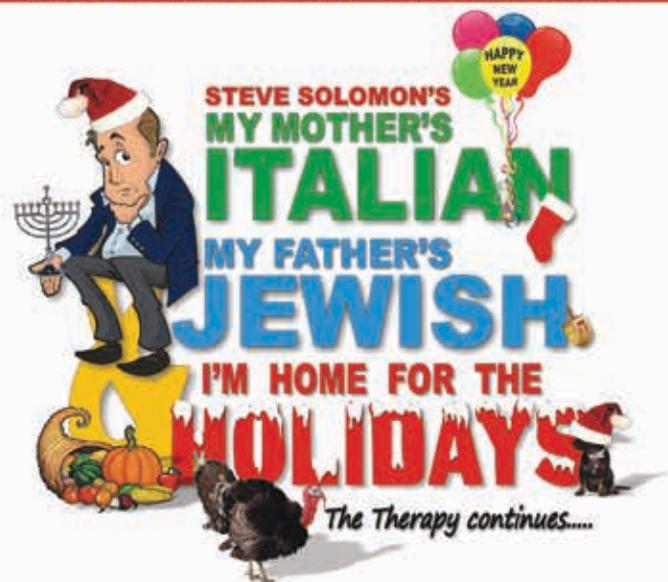
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# The Great Flood

By Jim McDevitt

It was a Saturday and my dogs and I were relaxing, lounging around the house and taking it easy. I have this habit of taking it easy perfected. My wife had two lady friends over for coffee and some chitchat. I noticed the 5-gallon water bowl for the dogs was almost empty. I try and make sure they have plenty of water and when this happens I get right on it. I have to screw off the plastic water filter that's on top of the 5-gallon water container, empty whatever is left in the container, clean their water bowl and rinse first with hot water before refilling it for them with nice cold water. Then, I have to screw back on the plastic water filter on top of the container before I slide on the top of the water bowl on and turn it upside down to put back on the floor.

That 5-gallon water jug is heavy for an old guy like me and I do this job very slowly and carefully. Once it's filled with water, I wrap both arms around it and carefully carry it from the kitchen sink over to the counter above where the dogs drink their water. Then, I slide the plastic bowl over the 5-gallon jug, tighten it and carefully turn it upside down. I did this and it was like Niagara Falls in our kitchen. Five gallons of water poured out and over our inlaid kitchen and living room floor, splashing on the ladies drinking their coffee seated at the living room table.

Somehow, I had forgotten to put the plastic screw on water filter back on. This of course qualifies me to be President of the Idiots Club Worldwide. To make it worse, I have to be honest and admit that this wasn't the first time I have done this. Towels were quickly retrieved by my wife from the bathroom and all hands pitched in to soak up the river of water. We quickly ran out of towels and two rolls of paper towels were put to work which we went through in what seemed like 10 seconds. During this process my dogs and everyone else were tracking their footprints anywhere the water hadn't reached.

Using two mops my wife retrieved from somewhere, we finished the mopping up operation. As President of the Idiots Club I thought this ended the crisis. It didn't and what happened next probably ensures my being President of the Idiots Club for years to come. When my wife went down-

stairs to get something, she found a pool of water on the wooden floor downstairs. After intensive investigation and forensic testing by my wife, it was determined that some water had flowed through a forced air heating vent into the inside of a wall and then mysteriously appeared in the middle of the floor downstairs. How in the world this happened I have no clue. People much smarter than me can't explain this.

Scientists are still trying to figure out how this was possible but so far they have been unable to do so. I will be contacting NASA to see if they can figure this out because if they can put a man on the moon they may be able to solve this mystery. I did make the visit by my wife's friends a memorable one as I am quite sure they will never forget it. I hope this will be the last of my errors for a long, long time but I can't say for sure.

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**2017 SCHEDULE OF EVENTS**

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

Month	Date	Event
JANUARY	7	Living History Flying Day featuring the: Curtiss P-40 Warhawk * The United States Postal Service will hold a First-Day-of-Issue Stamp Dedication Ceremony for the NEW LOVE Skywriting Stamp!
FEBRUARY	4	Living History Flying Day featuring the: Lockheed P-38 Lightning
MARCH	4	Living History Flying Day featuring the: North American P-51 Mustang
MARCH	11	3rd Annual Hangar Dance with Big Band Orchestra
APRIL	1	Living History Flying Day featuring the: North American B-25 Mitchell
MAY	6-7	Planes of Fame Air Show May 6-7 2017, Chino Airport
MAY	14	Mother's Day - Moms Admitted FREE!
JUNE	3	Living History Flying Day featuring the: North American F-86 Sabre
JUNE	18	Father's Day - Dads Admitted FREE!
JULY	1	Living History Flying Day featuring the: Republic P-47 Thunderbolt
JULY	22	World War I and Early Aircraft (Special Presentation)
AUGUST	5	Living History Flying Day featuring the: Vought F4U-1A Corsair
AUGUST	19	101st Airborne - "Screaming Eagles" (Special Presentation)
SEPTEMBER	2	Living History Flying Day featuring the: Douglas AD-4 Skyraider
SEPTEMBER	16	Strategic Bombing During WWII (Special Presentation)
OCTOBER	7	Living History Flying Day featuring the: Douglas SBD-5 Dauntless
NOVEMBER	4	Living History Flying Day featuring the: Northrop N9MB Flying Wing
NOVEMBER	11	Veterans Day - Veterans Admitted FREE!
NOVEMBER	18	11th Annual "Taste of Flight" Gala
DECEMBER	2	Living History Flying Day featuring the: Mitsubishi A6M5 Zero

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

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## Compare: Reverse Mortgage Line of Credit Vs. Traditional Line of Credit

### Reverse Mortgage Line of Credit:

**Monthly Payments—NONE.** No monthly payments are required for the life of the loan.

**Credit Line Growth Guaranteed—YES.** Undrawn credit line balance compounds monthly at the same rate (interest + FHA in-surance premium) charged on balance owed. Credit line growth is guaranteed and could potentially exceed future property value, effectively providing a hedge against property value declines and interest rate increases.

**Mandatory Pay-Off Date (Maturity)—NONE.** No maturity date: repayment not required as long as a borrower continues to reside in the property and the loan remains in good standing.

**Limitation on Access to Funds—NONE.** Funds can be accessed any time for the life of the loan as long as the loan remains in good standing.

**Lender Option to Freeze Funds—NONE.** Lender cannot freeze access to funds for loans in good standing for the life of the loan.

**Personal Liability—NONE.** Non-recourse loan; neither borrower nor heirs have any personal liability. Balance owed can never exceed property value at time of repayment.

**Lender Failure Eliminates Funding—NO.** If the lender fails or goes out of business, access to funds and servicing the loan is not interrupted. FHA will assume responsibility for continued performance.

### Traditional Line of Credit:

**Monthly Payments—YES.** Monthly payments are required, usually interest-only for an initial drawn-down period, then increase to amortize the loan balance to the maturity date.

**Credit Line Growth Guaranteed—NO.** Credit line amount does not grow.

**Mandatory Pay-Off Date (Maturity)—YES.** Maturity date is usually 30 years or less. First seven to 10 years only provide access to funds. In the remaining years, there is no access to funds. Payment are reset and increased to pay off the balance by the maturity date.

**Limitation on Access to Funds—YES.** Access to funds is limited to the initial drawn-down period, normally the first seven to 10 years only.

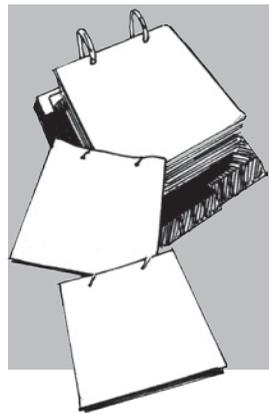
**Lender Option to Freeze Funds—YES.** Most HELOCs enable lenders to freeze access to funds with notice.

**Personal Liability—YES.** Borrower is personally liable for any deficiency plus legal and collection costs.

**Lender Failure Eliminates Funding—YES.** If lender fails or goes out of business, access to further funding will cease, unless or until another lender assumes responsibility.

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# October Calendar of Events



Fall has arrived and the days of summer are behind us. Now is the time to relax, enjoy the cool days and get ready for the upcoming holiday. Do take time out to enjoy these exciting events in and around the SoCal area with friends and families before things get chaotic.

## **Tiller Days Tustin Oct. 6-8**

Tustin Tiller Days has been a regular event in Tustin since 1957. The event provides an opportunity for Tustin to celebrate Orange County's agricultural heritage. Features parade (on Saturday at 10 a.m.), carnival, rides, food and entertainment. At, 17522 Beneta Way, Tustin. Call, 714-573-3326.

## **Dana Point Oktoberfest Dana Point Oct. 7**

**12 to 7 p.m.**  
German bands, authentic German food and large selection of German and Craft brews on tap. It is also Southern California's largest free Oktoberfest celebration. Fun for the entire family featuring activities for the kids, too. Sea Terrace Park is located at the corner of

Niguel Road and PCH in Dana Point just outside of the St. Regis Hotel. At, Sea Terrace Park, Dana Point.

## **Laguna Beach Plein Air Painting Invitational Laguna Beach Oct. 7- 15**

The Laguna Beach Plein Air Painting Invitational will be held in Laguna Beach, a famous seaside community and historic artist colony. North America's most renowned, plein air landscape painters will compete for prestigious prizes and participate for the week of events including public paint outs and artist meet and greets. At, Tivoli Too, 777 Laguna Canyon Road, Laguna Beach. Visit [LagunaPleinAir.org](http://LagunaPleinAir.org) or contact [info@LPAPA.org](mailto:info@LPAPA.org).

## **14th Annual Fall Open House and College Fair Anaheim Oct. 10**

**6 p.m. to 7:30 p.m.**  
Fairmont Preparatory Academy welcomes you to its 14th Annual Fall Open House & College Fair. Students can gain a competitive edge in college admissions by meeting face-to-face with representatives from more than 90 colleges

and universities at Fairmont Prep's annual College Fair. All parents and students in the extended Orange County community are welcome to attend this free event. At, Fairmont Preparatory Academy, 2200 W. Sequoia Ave., Anaheim.

## **Leadership Workshop: How to Win Cooperation and Motivate Volunteers Santa Ana Oct. 11**

**9 a.m. to 11 a.m.**  
Are you a manager or leader of a nonprofit focused on youth? Managers and leaders in nonprofits are challenged to find volunteers, gain enthusiastic cooperation and motivate them to stay. If you want to be the kind of leader that can successfully lead a nonprofit today, you need to attend *How to Win Cooperation and Motivate Volunteers*. During this free two-hour workshop, you will learn to use Dale Carnegie's human relations principles made famous in *How to Win Friends and Influence People*. At, 1805 East Dyer Road, Suite 109, Santa Ana. Call, 949-833-3253.

## **The Heritage Festival and Parade Placentia Oct. 14**

Since 1965, this celebration of the city's heritage includes a parade and fair booths. The festivities begin with the Chamber of Commerce pancake breakfast at 6:30 a.m. followed by the parade and band review at 9:30 a.m. The festival begins at 9:30 a.m. and will feature many exciting activities for the entire family including the annual car show, a crafts fair, food booths, kid's games and more. At, Tri-City Park, 2301 N. Kraemer Blvd., Placentia. Call, 714-524-8535. Annual Silverado Country Fair and Folk Festival

## **Silverado October 14-15**

The Annual Silverado Country Fair and Folk Festival is one of the best family events of the season which explores the area's Old West rustic culture, live Bluegrass, Country and Folk music, Wild West re-enactments, handmade arts and crafts, 1800s activities and lock 'em up makeshift jail, tasty food, beer and wine saloon, plus 'ole timey' contests. All under the Oak trees below Orange County's famous Saddleback Mountain. \$5 adult admission, \$3 kids, under 3 are free. At, Silverado Community Center and Fairgrounds, 27641 Silverado Canyon Road, Silverado. Call, 714-649-2411.

## **Surf City 10 Miler/10K/5K Huntington Beach Oct. 15**

This Classic 10-miler is the perfect training run for your fall or winter marathon. The spectacular 10K is long enough to challenge your endurance yet is the perfect distance for achieving a PR. The Flat Fast course along California's famous Pacific Coast Highway is lovely for a leisurely 5K jog. At, 21100 Pacific Coast Highway, Huntington Beach; [info@runsurfcity.com](mailto:info@runsurfcity.com), or call, 1-888-422-0786.

## **Choc-Littlest Angel Guild's Great Kitchens & Garden Anaheim & Yorba Linda Oct. 20**

**10 a.m. to 4 p.m.**  
At this self-guided tour, guests will view six stunning homes located in Peralta Hills (Anaheim) and Yorba Linda. There will be two full house tours and four featuring ideas for kitchens, gardens and entertaining spaces created by local designers, contractors and homeowners. "Tasty Bites" and sips from local caterers, restaurants, bakeries and wineries will be available. Also,

*Continued on page 15*

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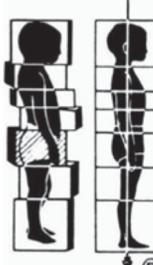
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## “The Day I Died”: The One-Year Career of Vaughn Meader

On November 22, 1963, when a Milwaukee cabbie picked up his passenger, the driver recognized 27-year-old Vaughn Meader of the wildly successful comedy album *The First Family*. “Did you hear about Kennedy in Dallas?” asked the driver.

Meader, figuring it was a joke set-up, answered, “No, how does it go?”

Then he heard the world-changing news on the taxi’s radio.

Born in Maine in 1936, Meader moved around often before settling in Brookline, Massachusetts. He finished Brookline High School in 1953 and joined the army shortly afterward. While stationed in Germany, Meader found an interest in music and, with some fellow soldiers, formed a country-music band called the Rhine Rangers.

Back in the States, he became a piano-playing nightclub performer in Greenwich Village. When John F. Kennedy became president—and a national presence—Meader discovered his facility for crowd-pleasing JFK impersonations when he tossed out a few Kennedyesque lines onstage one night. Meader, who bore a passing resemblance to the young president, quickly mastered Kennedy’s gestures and facial expressions and moved onto the stand-up circuit with an amusing Kennedy-based shtick.



On October 22, 1962 (the same night as JFK’s historic Cuban missile-crisis speech), and before a live audience, Meader, three writer friends and a small ensemble recorded *The First Family*. In the course of 17 skits, Meader offering spot-on sendups of both John and Robert Kennedy while Naomi Brossart provided the voice of Jackie. The Cadence Records disc poked good-natured fun at JFK’s PT-109 history, Kennedy athletics, White House kids and even Jackie’s breathy description of her White House redecoration.

Released in November, in its first six weeks *The First Family* racked up sales of 6.5 million discs—the fastest-selling LP in history at that time—and won the Grammy Album of the Year award for 1963. Meader became an overnight celebrity.

While Jackie Kennedy disliked her portrayal, JFK enjoyed much of the album and gave several copies as Christmas gifts that year. He even opened a Democratic National Convention dinner with the line, “Vaughn Meader was busy tonight, so I came myself.”

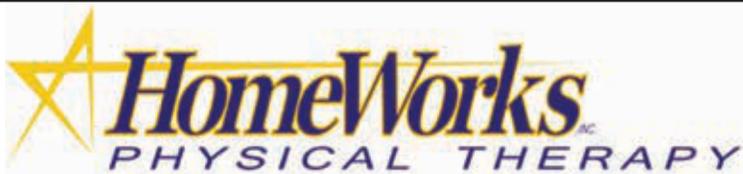
After the assassination, Cadence Records destroyed all unsold copies of *The First Family* to avoid being accused of “cashing in” on the president’s death. Meader never did another JFK impersonation and would sometimes refer to the Dallas tragedy as “the day I died.” He drifted around the country, unsuccessfully trying new routines before descending into depression and embracing a hazy world of booze and drugs.

He found God in the late 1960s and returned to Maine, where he managed a pub in the small town of Hallowell. To further distance himself from his once-famous past, he reclaimed his given first name of Abbott (Vaughn was his middle name).

Near the end of his life, Meader, a lifelong smoker, sold the movie rights to his story to pay his medical expenses for ongoing COPD treatments, though the movie was never made. On October 29, 2004, Vaughn Meader died in obscurity at age 68, a mere footnote in 1960s entertainment history.

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# Liam Neeson

By Les Goldberg

Does this sound familiar? Liam Neeson's acting career started at age 11 when he accepted the leading role in a school play because he was attracted to his young female co-star. Little did he or any of his classmates know then that he would become a Hollywood superstar. But that he did.

In fact, the last thing on Neeson's mind while growing up was becoming a famous actor. Born on June 7, 1952 in Ballymena, County Antrim in Northern Ireland, he is the son of Katherine "Kitty" Neeson, a cook, and Bernard "Barney" Neeson, a caretaker at the Bal-



lymena Boys All Saints Primary School. He has three sisters.

At age nine, he began boxing lessons at the All Saints Youth

Club and later became Ulster's amateur senior boxing champion. But, despite his interest in acting which had been triggered by his school boy role and later encouraged by a Presbyterian minister, Neeson's journey to the stage and screen was delayed for several years by a few life detours.

In 1971, he studied physics and



computer science at Queen's University in Belfast while also holding down a job at the Guinness Brewery. While at Queen's he discovered a talent for soccer, was noticed by the professional soccer team and managed to play one game but was not offered a contract.

After leaving the university, Neeson returned to Ballymena where he worked in a variety of casual jobs, from a forklift operator to a truck driver. He spent two years at a teacher training college in England before going home again.

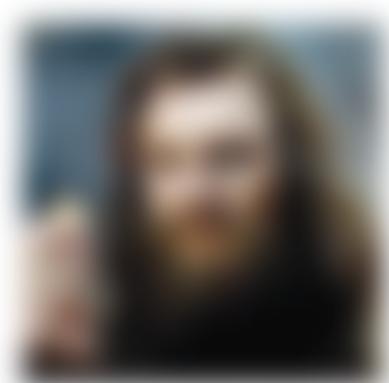


## 1976 – A Star is Rising

It wasn't until 1976 that he returned to acting, performing two years at Belfast's Lyric Players' Theatre. A year later, he got his first film experience, playing Jesus Christ and Evan-

gelist in the religious film *Pilgrim's Progress*. That same year he moved to Dublin and was offered roles in several Project Arts Centre theatrical productions as part of the Abbey Theatre, the national theatre of Ireland.

He then acted in the Arthurian film, *Excalibur* (1981). Between 1982 and 1987, Neeson starred in five films, most notably alongside Mel Gibson



and Anthony Hopkins in *The Bounty* (1984) and Robert De Niro and Jeremy Irons in *The Mission* (1986). He landed a leading role alongside Patrick Swayze in *Next of Kin* (1989).

## The Star has Risen

Neeson rose to prominence when he starred in the title role in Steven Spielberg's Academy Award-winning film, *Schindler's List* (1993). He has since starred in other successful films, including the title role in the historical biopic *Michael Collins* (1996), the 1998 film adaptation of Victor Hugo's *Les Misérables*, the epic

*Continued on page 18*

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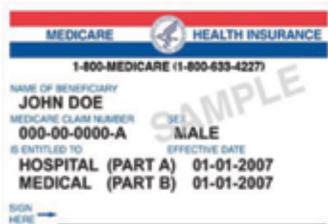
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# The Gadget Geezer

By Les Goldberg

## TVs—A Long Way from Yesteryear

I'm betting that many of you can share this memory: It was the late 40s and early 50s, and only a handful of your more progressive neighbors had a television. Those with the tiny screen sets may have invited you and the other kids over to watch the first black and white shows, like *Kukla Fran & Ollie* or *Captain Kangaroo* on just three networks, ABC, NBC and CBS. I am sure you will agree with me that it was magical.

Even though televisions were invented in the 20s, they were not commercially sold until 1934 by German manufacturer Telefunken. The cheapest model at the time was \$445, way out of economic reach for most people. TV production

was halted during World War II, but when mass production resumed in August 1945, prices dropped and consumer sales skyrocketed. Color was added in 1953 and by 1962, more than 90 percent of American households owned at least one TV.

### From CRT to OLED

The first wave of TVs used the cathode ray tube (CRT), followed over the years by digital light processing (DLP), the plasma display panel (PDP), flat panel liquid crystal display (LCD) and the latest organic light-emitting diode (OLED) technology.

An OLED display works without a backlight, allowing it to be thinner, more flexible and



lighter than LCDs. In a darkened room, an OLED screen can achieve a much higher contrast ratio – or High Definition. Today you can purchase a curved TV to give you the same visual effects that were produced by Cinemascope theater screens, but with much better picture quality.

According to the electronic gurus who follow the TV market, the OLED TVs are, as they say, selling like hotcakes. In just two short years, the OLED and LED-LCD TVs have replaced their older counterparts in most American homes from manufacturers like LG, Samsung, Sharp, Toshiba, Vizio, Sony and TCL. All use new blue LED backlights and color-tuning nanocrystals to provide a wider range of color.

Meanwhile, Sharp is doubling the standard with its 8K models and, together with Sony, is turning the Smart TV reins over to Google by introducing models running Android TV and Roku's Smart interface. If you are thinking about buying a 3D TV, you can look for Stream TV, Izon and Cello Electronics for sets that don't require you to wear special glasses.

### Flat vs. Curved

Television fans are divided between the use of flat screens and the curved variety. To satisfy both groups, LG has introduced the first motorized ultra HD screen that can switch from flat to curved, or vice versa, in a few seconds. The 77-inch EG9900 is fully loaded with nearly every other feature a TV can hold, including

the company's latest webOS+ Smart-TV operating system.

You may have noticed that many super-thin flat-screen TVs lack high-quality audio, leading to the need to buy the "soundbar" accessory. The EG9900 solves that problem with its built-in Harman/Kardon speakers. If you want the latest TV technology, this is the one but expect to pay about \$8,000 at Amazon and other electronic retail stores.

Just because LG is leading the way with its new televisions, it doesn't mean that other TVs on the market today do not offer similar functionality without the high price tags. We asked the reviewers at the number one consumer electronic news network, CNET, to give us their recommendations on the most popular and best-selling TVs:

Ranked one to four on their list of top-selling TVs today are from TCL. The 32-inch TCL 32S305 (\$169.99), 40-inch TCL 40S305 (\$269.99), 49-inch TCL 49S405 (\$359.99), and the 55-inch TCL 55S405 (\$399.99) are all available at Amazon. All four models offer High-Definition picture quality and feature Smart functionality, and access to more than 4,000 streaming channels with upwards of 450,000 movies and TV episodes via Roku TV.

*Continued on page 15*

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



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

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

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



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

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Valor Fall Prevention Products at  
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**To receive your test prototype, send your mailing address to:  
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**The MOSS is red in color.  
If you are legally blind, ask for white.**

## SeniorServ Celebrates 50 Years of Dedication & Innovation at 7th Annual Senior Care Hero Awards

SeniorServ will honor the county's unsung senior care heroes at their 7th Annual Senior Care Hero Awards on October 21 at the City National Grove of Anaheim. SeniorServ marks its 50th anniversary in 2017 and will celebrate in conjunction with the event theme 50 Years of Dedication and Innovation.



The Senior Care Hero Awards is considered the largest senior care recognition program in the county and serves as the sole fundraiser for SeniorServ, Orange County's largest non-profit senior nutrition Meals on Wheels provider. The black-tie awards gala expects to draw over 600 guests and will recognize approximately 80 outstanding senior care industry and community advocates.

Honorees named to date include Senior Care Hero Humanitarian Awardee, **Lynn Daucher**, past Director of California Department of Aging; Innovator Awardees **Loren Shook**, President, CEO, COB at Silverado Senior Living; and **W. Major Chance** (in memoriam), Founder and Executive Chairman of ActivCare Living.

The People's Choice Hero categories - Veteran, Family Member and Volunteer - are selected by public voting which closed at the end of August. Industry recipients are chosen by an Academy of Leaders com-

prised of highly-regarded leaders in the field of senior care and include Outstanding Caregiver, Social Worker, Nurse, Physician, Executive Director and Senior Care Professional. All nominees and winners will be recognized at the October 21 awards program which includes silent and live auctions, dinner and live entertainment.

Honorary event chair is **John Bennett**, Chief Administrative Officer at St. Joseph Healthcare and event vice-chair is **Di Patterson**, senior advocate, gerontologist and Founder and CEO of Success in Aging Centers. **Jacqueline Dupont**, gerontologist and founder and CEO of Dupont Residential Care, Inc. and Assured In-Home Care, Inc., will serve as auction chair and the event's Platinum sponsor is Alignment Healthcare, an innovative Orange County-based health care management company.

The City National Grove of Anaheim is located at 2200 East Katella Ave in Anaheim. Tickets for the event are \$150 each and tables of 10 are \$1500. For more information, visit

*Continued on page 16*

## OCTOBER CALENDAR

*Continued from page 5*

shopping can be done at the “Petite Boutique” featured at select homes on the tour. Tickets: \$45 General \$50 at-the-door. At, William Peak Park, 7225 El Dorado Dr., Anaheim.

### Annual Historical Cemetery Tour Santa Ana Oct. 21

Presented by the Santa Ana Historical Preservation Society. This guided historical walking tour features costumed actors portraying colorful men and women who share stories from Orange County’s past. Docents will guide visitors through scenes that played important roles in the history of the county, culminating in a presentation in Fairhaven’s beautiful 1916 mausoleum. Comfortable shoes are recommended for the hour-and-a-half long walking tour. At, Fairhaven Memorial Park, 1702 Fairhaven Ave., Santa Ana. Call, 714-547-9645; reservations are recommended.

### Dia De Los Muertos Annual Festival 2017 dates TBA

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By Randal C. Hill

## Soul Man

### Sam and Dave

#### October 1967

In their shows, Sam Moore and Dave Prater became a freewheeling bundle of collective energy, joyfully bobbing, weaving and gyrating, and all the while singing at full throttle. Popular among the many nicknames the duo earned was The Sultans of Sweat, as every high-energy performance left actual tiny lakes of perspiration onstage.

In *Rhythm and the Blues*, Atlantic Records' Jerry Wexler said, "Their live act was filled with animation, harmony and seeming goodwill."

Oh? That "seeming" goodwill apparently wasn't directed at each other, as the pair endured a tumultuous partnership for the two decades they performed together. Moore and Prater would often arrive at concert venues separately, each demanding his own dressing room. During concerts, they usually managed to avoid eye contact with the other. Apparently the two once went a dozen years without even speaking to each other offstage.

Each artist had his own litany of complaints about the other. Moore said he abhorred Prater's drug usage and constant griping about wanting to do a solo act with new material. Prater, in turn, groused that it was Moore who wanted to work alone and stop performing the Sam and Dave catalog of hits—which, according

to Prater, Moore never liked much anyway.

Tenor Moore and baritone/tenor Prater rose to fame as the quintessential American soul act. Both had come from southern church backgrounds. Moore once sang with a doo-wop group called the Majestics but later switched to such gospel outfits as the Gales and the Mellonaires. Prater had sung in his church choir and eventually became part of the gospel-based Sensational Hummingbirds.

When the pair met by chance at a Miami club, they soon found themselves performing together, their onstage chemistry delighting appreciative audiences who only saw two African-American men having fun and loving their work.

In 1967, Sam and Dave recorded their biggest hit, *Soul Man*, on the Memphis-based Stax Records label. It reached No. 1 on the soul charts, No. 2 on the pop lists and won a Grammy the following year.

*Soul Man* had come about when co-writer Issac Hayes was inspired by a 1967 TV newscast of a Detroit riot. Many black-owned buildings had been marked with a single, boldly lettered word: SOUL. This inspired Hayes and his writing partner, David Porter, to develop the Sam and Dave classic. "It was the idea of one's struggle to rise above his

present conditions," Hayes explained in *Soulsville USA*. "It's almost a tune [where it's] kind of like boasting, 'I'm a soul man.'... It's a pride thing."

In November 1978, the Blues Brothers—comics Dan Aykroyd and John Belushi—performed *Soul Man* on *Saturday Night Live*. When they cut their own version of the classic song, retaining the original blaring horns and stinging guitar licks, the hit remake on Atlantic Records reached a whole new audience.

Despite their career-long personal turmoil, Sam and Dave were elected to the prestigious Rock and Roll Hall of Fame, which tacitly acknowledged the duo's masterful transition of gospel music's elements into the popular music mainstream.

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## The Gadget Geezer

Continued from page 12

Other options:

remote control, batteries and AC power.

#### Samsung UN49MU7000

This 49-inch model features 4K "Color Drive Pro" designed to reveal a wider spectrum of realistic colors, creating a more authentic picture, "One Remote" that automatically detects and controls all your connected devices and content with no manual programming required. Its motion control feature provides smooth streaming for fast-moving content. A new Smart Remote Controller with voice navigation capability provides faster access to all streaming content, like Netflix and Hulu, etc. Price: \$600 at Amazon.

#### Sony XBR55X800

The Sony XBR55X800 is the newest update in the company's 55-inch TV lineup. It's features also give you access to your favorite Apps and content using Sony's Android TV, while pairings 4K Ultra HD picture clarity with the contrast, color and detail of High Dynamic Range (HDR). Price: \$900 at Amazon.

#### Sony KDL32W600D

A great bargain at \$298 is this 32-inch fully functional TV from Sony. It is a perfect fit as a smaller room TV or an office monitor. Its features include: Direct-lit LED, 60Hz refresh rate, two HDMI ports, two USB ports and its own brand of motion capture. Included in the price are accessories such as a mini-plug video adapter,

Obviously, there are too many products to mention here, but whatever TV you decide to buy is guaranteed to have a higher picture quality and more capabilities than anything you may remember when you were growing up watching the *Little Rascals* or the *Mickey Mouse Club* on your parents' "anti-iquity" box.

## SeniorServ

Continued from page 14

www.seniorcareheroawards.com or call 714.229.5284.

#### About SeniorServ

The largest Meals on Wheels and nonprofit senior nutrition and supportive service provider in Orange

County, SeniorServ nourishes the wellness, purpose, and dignity of seniors and their families in the community.

Community SeniorServ dba SeniorServ was incorporated in 1967 and merged with Feed-back Foundation

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## Liam Neeson

Continued from page 10

space opera *Star Wars: Episode I – The Phantom Menace* (1999), the biographical drama *Kinsey* (2004), the superhero film *Batman Begins* (2005), the action thriller series *Taken* (2008–2014), the thriller-survival film *The Grey* (2011) and the historical drama *Silence* (2016). He also provided the voice of Aslan in *The Chronicles of Narnia* trilogy (2005–2010) and the titular monster in *A Monster Calls* (2016).

He has been nominated for a number of awards, including an Academy Award for Best Actor, a BAFTA Award for Best Actor in a Leading Role and three Golden Globe Awards for Best Actor in a Motion Picture Drama. Empire magazine ranked Neeson among both the *100 Sexiest Stars in Film History* and *The Top 100 Movie Stars of All Time*.

### Little Known Facts

Here are some facts about Neeson that you may not be aware of, but are worth noting if you are a fan:

- During his work in *Excalibur*, Neeson met actress Helen Mirren and the couple lived

together when he moved to London.

- Steven Spielberg cast him in *Schindler's List* in December 1992 after formally auditioning for the role. After reading the book about Oskar Schindler, Neeson concluded that his character 'enjoyed fookin' [sic] with the Nazis. In the book, it says he was regarded as a kind of a buffoon by them... if the Nazis were New Yorkers, he was from Arkansas. They don't quite take him seriously, and he used that to full

- In 1999, Neeson starred as Jedi Master Qui-Gon Jinn in *Star Wars: Episode I – The Phantom Menace*. Director George Lucas cast him in the role because he considered the actor to have great skills and presence, describing him as a "master actor, who the other actors will look up to, who has got the qualities of strength that the character demands."

- In 2004, Neeson hosted an episode of *Saturday Night Live* and played a redneck trucker in an *Appalachian Emergency Room* sketch with Amy Poehler. Despite vowing not to play any Irish stereotypes, he agreed to play a stereotypically Irish man named Lorcan McArdle in the home make-over show parody *You Call This A House, Do Ya?*

- Neeson reunited with Spielberg for the 2012 film *Lincoln*. In preparation for the role, Neeson visited the District of Columbia and Springfield, Ill., where Lincoln lived prior to being elected, and read Lincoln's personal letters. He eventually declined the role, claiming he had grown too old for the part that ultimately went to Daniel Day-Lewis.

- Neeson is an avid gun control activist. In 2015, he called US gun laws a "disgrace" in an interview with Emirati newspaper *Gulf News*. In re-

sponse, U.S. gun manufacturer Para USA, which provided the weapons used by Neeson in the *Taken* film series, expressed regret at working with him, saying: "We will no longer provide firearms for use in films starring Liam Neeson and ask that our friends and partners in Hollywood refrain from associating our brand and products with his projects."

For the most part, however, Neeson's star continues to shine brightly. Eight years ago, he was naturalized as a United States citizen, and two years later was appointed a Goodwill Ambassador for UNICEF. He is a patron of Belfast based charity and film festival Cine-Magic, which encourages and helps young people to get involved in the movie industry.

Upon receiving the Ballymena Freedom of the Borough honor in 2013, Neeson said: "I regard the enduring support over the years from all sections of the Ballymena community as being more than sufficient recognition for any success which I may have achieved as an actor." His other honors include Queen Elizabeth's Order of the British Empire, The American Ireland Fund's Performing Arts Award, an honorary doctorate from Queen's University, Belfast, and the Outstanding Contribution to Cinema Award from the Irish Film and Television Academy.

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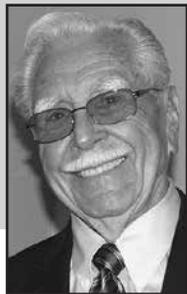
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# The Raid on Heteropterans

By Robert E. Horseman, DDS



They outnumber us 800,000 species to our one, they're smarter than we are and they have unlimited patience. Entomologists agree that when the Big One hits, when Armageddon arrives, after the smoke clears from the Great Cataclysm, it's not the meek, but the insects that will have inherited the earth.

We spend countless millions every year to fight bugs. The bugs don't spend a dime and they are winning. What does that tell you? And what is even more exasperating, they win without giving us a second thought. The Geneva Convention never considered the possibility that a war could be won by ignoring the enemy and without bankrupting the winner. There is no evidence to suggest that bugs, individually or collectively, ponder the realities of coexistence with us on this planet. They could probably take over the whole works right now if they wanted, but the world is in such a mess according to the 11 o'clock news, they've wisely decided to bide their time.

To a bug, we are less than nothing, a minus nada, whereas, we, or at least the entomologists, agonize over bugs all the time. If you should corner an entomologist, even at a party, and demand to know what



he's thinking, he'll answer "bugs" if he's truthful. What kind of a life is this, devoting your whole existence to something that pointedly ignores you, even though many marriages operate more or less successfully under the same conditions?

Recently I was reading at home in the library (sometimes referred to as the "bathroom"), when I noticed a small insect of the suborder *Heteroptera* of the order *Hemiptera* crawling across the linoleum. Big mistake, crawling. *The Johnson Wax Co.*, manufacturer of RAID, states that 98% of all bug deaths are the result of moving violations. The first thing a bug should learn is to not move. A stationary bug can easily be mistaken for debris on the floor for maybe a month at our house, but a moving bug is asking for it. He's thinking, I got all these legs, I'm a born locomotor, I gotta move!

So this bug marches toward the baseboard; lefts, rights, lefts, rights, pauses for a few

seconds, does a right flank maneuver, reverses himself and then climbs a couple inches up the wall. This would be the human equivalent of scaling a 30-story building without climbing accessories,

safety ropes or a net. If there were a lady bug watching, you might think he was just showing off, or performing part of a mating ritual, but he's a loner.

I'm thinking, what's one bug doing in my bathroom? Is he the point man for a whole battalion of invaders lying doggo in the wainscoting, waiting to see if the coast is clear? Or is he lost, a doofus bug that can't distinguish the bathroom from the kitchen and has now concluded that there's nothing here to eat but soap, talcum powder and Neosporin? That's what happens sometimes when one achieves maturity by metamorphosis rather than by direct growth.

Yes, of course, the kitchen! Head for the kitchen, that's where they keep the good stuff, he decides, instinct triumphing over intelligence. And so he gets all his legs operating in the same plane in a proper bug rhythm and I, in my infinite compassion, decide to not squash him--yet.

*Continued on page 21*

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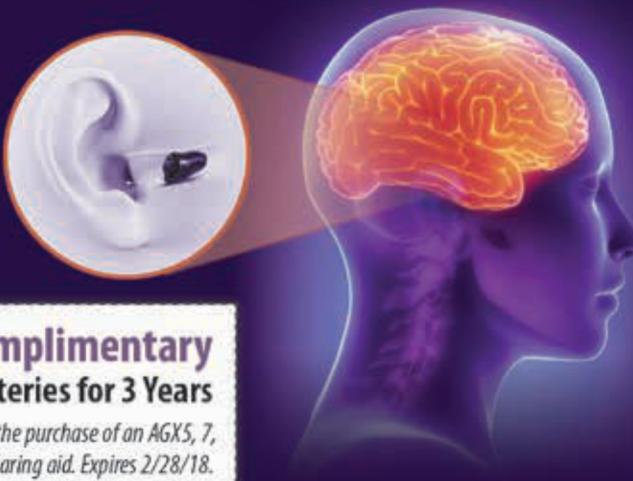


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## Heteropterans

*Continued from page 19*

He aborts his mission to climb to the ceiling, rappels down to floor level again and charges off to.....whoa! His little feet dig in as he slides to a halt on the linoleum. He has no idea where the kitchen is, that it's at least four light years (bug time) from his present position. Makes you wonder, doesn't it, how they're going to survive and we won't? At least I know where the kitchen is, but I wouldn't take any bets that the bug won't find it sooner or later.

In fact, I saw him there subsequently, or one just like him, which opens another mystery. You take fifty sow bugs (which are technically not bugs at all, but animals), for example, and every one of them will have perfect little bug bodies and little bug faces, all identical.

How come all bugs of the same species look exactly the same? There are no fat bugs or anorexic bugs, bugs with last year's hairdos or painted mandibles. If a bug looked in a mirror, how would it know it was him? How do bugs recognize their friends without name tags?

"Hi, Joe!"

"I'm not Joe, I'm Kevin."

"Sorry, you look just like Joe. Are you sure you're not Joe?"

"I dunno. I suppose I could be."

I think the reason the invertebrates will triumph over the vertebrates in the final analysis is that in their complex social structures they have no lawyers. Screw up in their society and you're off the team, out of the nest. You're an ex-bug. The ACLU couldn't get you a hearing. Everyone has a job and he or she does it without question. There's no litigation, no appeals, no arbitration.

"I don't wanna be a drone anymore."

"You don't wanna be a drone? It's always about you, innit? Get back in the queue."

If that's where we're heading and it's inevitable, fine! I don't want to think about it anymore. You can bet though, when the time comes, they'll take Park Avenue and the Board Walk. Maybe if we're lucky, they'll leave us Baltic Avenue. If we're really lucky, they'll forget who sprayed the RAID.

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# California's Long Beach Offers an Upbeat New Vibe

Story by Ronnie Greenberg • Photos by Joe Hilbers

A bustling waterfront with the charm and upbeat ambience of urban chic, Long Beach is an inspirational experience just 20 minutes south of Los Angeles. The city-by-the-sea is the ultimate year-round playground for seafarers and landlubbers of all ages, rolling out the carpet for outdoor lovers.

It's perfect for strolling, jogging, sprinting, rollerblading, or pedaling down the sprawling paths that wind along more than 5 ½ miles of sandy beaches. It's a great place to bask in the sun, take a dip in the gentle ocean waves, and get your feet wet with a round of windsurfing, snorkeling, scuba diving, kayaking, or just being indulgently relaxed.

## Attractions

No trip to Long Beach is complete without a visit to the legendary Queen



*Aquarium of the Pacific*

Mary. Discover the historic ocean liner and World War II troopship with tours that begin in the lower decks with the engine room, and conclude atop the ship in the wheelhouse. Enjoy an array of casual-to-elegant waterfront restaurants including the newly enhanced Sir Winston's Restaurant & Lounge, the ship's signature restaurant, casual and elegant with a romantic ambience, classic cuisine and

impeccable service. Enjoy the old school classics such as beef Wellington, Chateaubriand for two, rack of lamb, Dover Sole, seared Ahi, as well as vegetarian selections. There's a diverse and expansive wine selection and freshly-made cocktails.

The **Chelsea Chowder House** restaurant serves the freshest seafood in a New England ambience; **The Promenade Cafe**; and the Queen Mary's magnificent **champagne Sunday brunch** in the **Grand Salon** round out the sumptuous dining selections. ([www.queenmary.com](http://www.queenmary.com))

The **Aquarium of the Pacific** appeals to all ages. Discover more than 12,500 sea creatures representing more than 550 species from three major regions: Southern California and Baja, Northern Pacific, and the

Tropical Pacific. It also has numerous areas where you can touch the animals of the ocean like Sting Rays, sea cucumbers, starfish and more. The Explorer's Cove features the Lorikeet Forest where these colorful and friendly miniature parrots can be hand-fed. Come face-to-face with large sharks, and even touch gentle sharks at the **Shark**

**Pike at Rainbow Harbor** reflects the history, excitement, beauty and heart of Long Beach. Along with its turn of the century carousel and classic Ferris wheel, there's a variety of modern entertainment including a multi-plex movie theater. Enjoy a chuckle at the **Laugh Factory** and a pint at the **Auld Dubliner**. With a cornucopia of popu-



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## Island Hop

**Rainbow Harbor** is one of Long Beach's top waterfront destinations. **The**

lar restaurants you can find anything you want from sushi to barbeque, and eat it all with an ocean view. Enjoy a fun lively atmosphere at Bubba Gump Shrimp Co. or try the ribs at Famous Dave's BBQ. Tokyo Wako offers a dramatic dining experience at its Teppanyaki tables, where cooking becomes entertainment.

The Harbor's **Shoreline Village** has the look and feel of a seaside fishing village, with a boardwalk dotted with specialty and



*Queen Mary*

# California's Long Beach Offers an Upbeat New Vibe

continued



Poster on Queen Mary

souvenir shops, and restaurants adding to the local flavor. It's also home to boats of all types including fishing boats, tall ships, and luxury charter yachts. Hop onboard a **Harbor Breeze Cruise**, a 45-minute fully narrated Long Beach Harbor Tour that is available daily. Dine at **Parker's Lighthouse** a contemporary seafood restaurant and bar specializing in high quality mesquite grilled fresh fish, sushi and steaks. Make sure to join in the Happy Hour. Call, (562) 432-6500 [www.Parkerslighthouse.com](http://www.Parkerslighthouse.com)

## History, Art and Culture

**Rancho Los Cerritos** is the ideal place to delve into the lifestyle of 19th century Long Beach. Once part of an early Spanish land grant, the two-story adobe was built in 1844 by John Temple as headquarters for his

cattle ranching operations. The home was remodeled in 1930 in the Spanish Colonial Revival style. Now a National, State and local Historic landmark, you can walk in the steps of its original owners on the "Living History tours," or celebrate the changing of the season with a guided tour of its lush grounds. [www.rancho-loscerritos.org](http://www.rancho-loscerritos.org)

Those drawn to ocean views and the arts will love the Long Beach Museum of Art. Perched atop a bluff overlooking the Pacific Ocean, the museum is set inside the historic Elizabeth Milbank Anderson home and carriage house built in 1912. Art exhibits are easy to view and appealingly displayed on two floors of expansive gallery space. Stroll the beautiful gardens and browse through the enticing museum shop, and

stop in for some light fare and sandwiches and salads at Claire's at the Museum. [www.lbma.org](http://www.lbma.org)

**MoLAA, the Museum of Latin American Art** is the only museum in the West to focus exclusively on the contemporary art of Mexico, Central and South America and the Spanish-speaking Caribbean. It showcases paintings, sculptures and multi-media created by Latin luminaries, and the fiery imaginations of rising talents. [www.molaa.com](http://www.molaa.com)



Steel Craft

## The Neighborhoods

For international flavors discover the city's historic Spanish roots in **Bixby Knolls**. For the newest attraction stop by Steel Craft, an artistic arrangement of metal containers housing outdoor urban eateries bringing sustainable high quality craft, food and



Communal Dining at Steel Craft

drinks. It was created from a desire to see people come together over food and drink,

and unite local eateries with a communal dining space. Set at the intersection of Long Beach Boulevard and Bixby Avenue at 3768 Long Beach Blvd. Visit, [www.steelcraftlb.com](http://www.steelcraftlb.com) Parking is available across the street.

Experience the sizzle of European flavored **Pine Avenue**, rimmed with ca-

fes, lights and pulsating music. Saunter along the 8-block area nestled amid the high-rises that form Long Beach's metropolitan skyline that has emerged as Restaurant Row. Drop in for creative samplings of savory dishes at George's Greek Café; L'Opera; and Rock Bottom Restaurant & Brewery. Entertainment options include the sights, sounds and actions of nightclubs like Café Sevilla, which feature live flamenco dancers and nightly, live entertainment and dancing.

Did someone say shopping? The effervescent area of **Belmont Shore** is best known as Second Street, an eclectic 15-block stretch of trendy boutiques and bookstores. The non-shoppers can people watch over a café latte or espresso, at

*Continued on page 26*



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## Octoberfest Year-Round Event at Jägerhaus

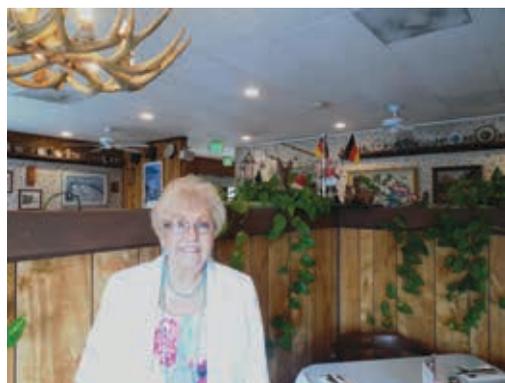
If you are in the mood for some braised wild boar, grilled elk and deer or roast ham hock, I've got just the place for you. And maybe your taste buds are craving for real Wiener schnitzel or sauerbraten. You only have to hop in your car or onto a bus to drive to Jägerhaus in Anaheim, one of Southern California's, and the country's, top-rated and most popular German restaurants.

And if you are looking for a safe and sane Oktoberfest celebration, mark your calendars for Saturday, Oct. 28 from 5 to 9 p.m. Some of the oldest beers in the world will be served along with the restaurant's full menu of Bavarian feast items with a traditional German band to take the "oompah-pah" experience to a new level of fun.

Conveniently located off the 57 Freeway at 2525 E. Ball Road, Jägerhaus is a labor of love for Sandie Schwaiger of Orange, who has owned the restaurant since 2000 when she bought it from Gustav Riker, its original owner since 1980.

"I love it here," she says. "This is my home. I never dreamed I would be in the restaurant business until I met my second husband while working in the ad department of the former *OC Metro* newspaper. He was a chef at many of the luxury hotels in Orange County and when the restaurant went up for sale, we decided to buy it."

Schwaiger explained that a few years later she divorced her husband and decided to hold



onto the restaurant. "Although I have a degree in advertising and marketing, I didn't know much about running a business so I learned quickly about ordering food and other aspects."

Like with any retail business, a key factor in success is location, location, location. It helps that Jägerhaus is in the center of Anaheim, a city founded by Germans in 1857 and still populated by people of central and northern Europe, including Germany, Austria and Switzerland.

"We continue to attract our regular customers as well as tourists who have heard about us throughout the world," she says.

According to Sandie, the primary attraction is the food. "We make everything fresh and from scratch. I am very particular about what I put on the tables. For instance, I ship in veal from Pennsylvania, the Amish country. We use special long spätzle noodles and make very delicious omelets with them."

Open seven days a week for breakfast, lunch and dinner, the dining hall and banquet facility remind customers that they could be in a Bavarian

home, surrounded by beer steins, old European photos of castles and landmarks. One can only imagine eating while on a cruise ship down the Rhein River.

Just for fun, let's take a tour of the Jägerhaus menu:

For starters, breakfast choices are numerous, from a Schwaben Omelet of long spätzle noodles (made from scratch every morning), eggs and ham or German Omelets with bratwurst, homemade sauerkraut and onions. Or you might go for the one-of-a-kind pancakes made of German apples, Austrian raisins, Stuttgarter peaches or Bavarian cherries.

If you want to order regular breakfast fare, Sandie and her staff will dish out eggs any style, omelet's of every variety along with choices of potato pancakes, plum jam and other side dishes.

At lunch or dinner, a visit to Jägerhaus will result in a large selection of appetizers that include onion rings, Buffalo wings, shrimp-stuffed mushrooms, curry wurst and Matjes herring filets.

How about some goulash soup and/or five different kinds of salads, topped off with an entry of sautéed chicken livers, roasted paprika chicken, char-broiled pork chops, szegediner and lamb, German-style baby back ribs, braised lamb shank or rabbit, or butter or Holstein schnitzel?

# Jägerhaus

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Of course, you can order a wide variety of sandwiches, including knackwurst, polish sausage or bratwurst; corned beef or pastrami; turkey, chicken or Black Forest ham, and even a hamburger with French fries or German home fries.

For dessert, you can ask for ice cream, peach cobbler, apple strudel, bread pudding with vanilla sauce, Black Forest cake and German chocolate cake.

Dieters take note: "Germans don't use as much sugar in their baking as Americans do," Sandie says. "And if you are vegetarian or want gluten-free meals, just let us know and we will accommodate your needs."

I'm there!





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## Long Beach

*Continued from page 23*

one of the many outdoor coffee houses. Avant-garde **Fourth Street Retro Row** is a vintage shoppers dream. In addition to clothing and furniture, antique shops are plentiful. The whimsical **East Village's** renovated lofts set in historic 1920 buildings and warehouses have turned the area into an arts district. Art galleries featuring area artists, used book stores, cafes, tea and coffee houses dot the area.

**Downtown Long Beach** is a perfect blend of a sophisticated urban center and a charming seaside community, filled with a myriad of entertainment choices. Designed around an extensive canal system, **Naples Island** has its own classic character. Enjoy a romantic one-hour cruise aboard a Venetian-style gondola, serenaded by traditionally costumed gondoliers, who may even croon an Italian love song for you. Sip on your favorite beverages as you glide past the beautiful homes, boats and yachts, arched bridges and calm waters that create a breathtaking landscape. Be sure to visit Buon Appetito at Michael's on Naples Ristorante with a menu designed to deliciously bring together the heritages, tradition and culture of food. There's a collection of wine equally accessible to novices and master connoisseurs alike.

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### Where to Stay

There are many choices of accommodations from full-service hotels to upscale eclectic boutiques. Unpack your bags at: **Westin Long Beach** just blocks from shopping, restaurants and the beach. There are 469 guest rooms including 13 suites with many offering panoramic ocean views. Call, (562) 436-3000 or visit, [www.westinlongbeach-hotel.com](http://www.westinlongbeach-hotel.com); **Hotel Maya-A Double Tree by Hilton Hotel** a luxury boutique hotel with stunning Latin American design has 198 guestrooms and suites featuring balconies and patios. Call, (562) 435-7676, or visit, [www.hotelmayalongbeach.com](http://www.hotelmayalongbeach.com); **Renaissance Long Beach Hotel** located at the festive heart of Long Beach provides a luxurious home-away-from-home with 374 guest rooms. Call, (562) 437-5900, or visit [www.renaissancelongbeach.com](http://www.renaissancelongbeach.com)

### How to Get Around

Long Beach's **Bikestation** at the First Street Transit Mall is the first- full service bike transit facility in the United States. It opened as a transit-demonstration project in 1996 and mimics the bicycle facilities that are so popular in Europe. Since its opening it has parked more than 20,000 bikes. For bikers' safety and convenience, bike-friendly Long Beach boasts separated bikeways, bike-friendly business districts, and custom bike rack.

The **Passport** local shuttle service offers complimentary transportation to all of downtown's most popular attractions.

For more information about coasting into Long Beach, contact Long Beach Area Convention & Visitors Bureau at (800) 452-7829, or visit [www.visitlongbeach.com](http://www.visitlongbeach.com)

## Free Eight-Week Workshop Series

*Empowers Orange County Residents with Financial and Estate Planning Education*

Susan G. Komen Orange County is sponsoring the "It's Your Money" and "It's Your Estate" workshop series in 10 cities throughout Orange County. The eight-week series, offered now through November 17, is designed to help attendees gain more knowledge and control over their financial, estate, and charitable giving decisions.

The workshops will be offered in the following cities: Newport Beach, Orange, Laguna Niguel, Brea, Irvine, Huntington Beach, Fullerton, Mission Viejo, Costa Mesa and Laguna Beach. For a complete list of dates and locations, visit: <http://schedule.feelincontrol.org/>.

"Offering educational opportunities is part of our Komen mission and we are pleased to participate as

*Continued on page 32*



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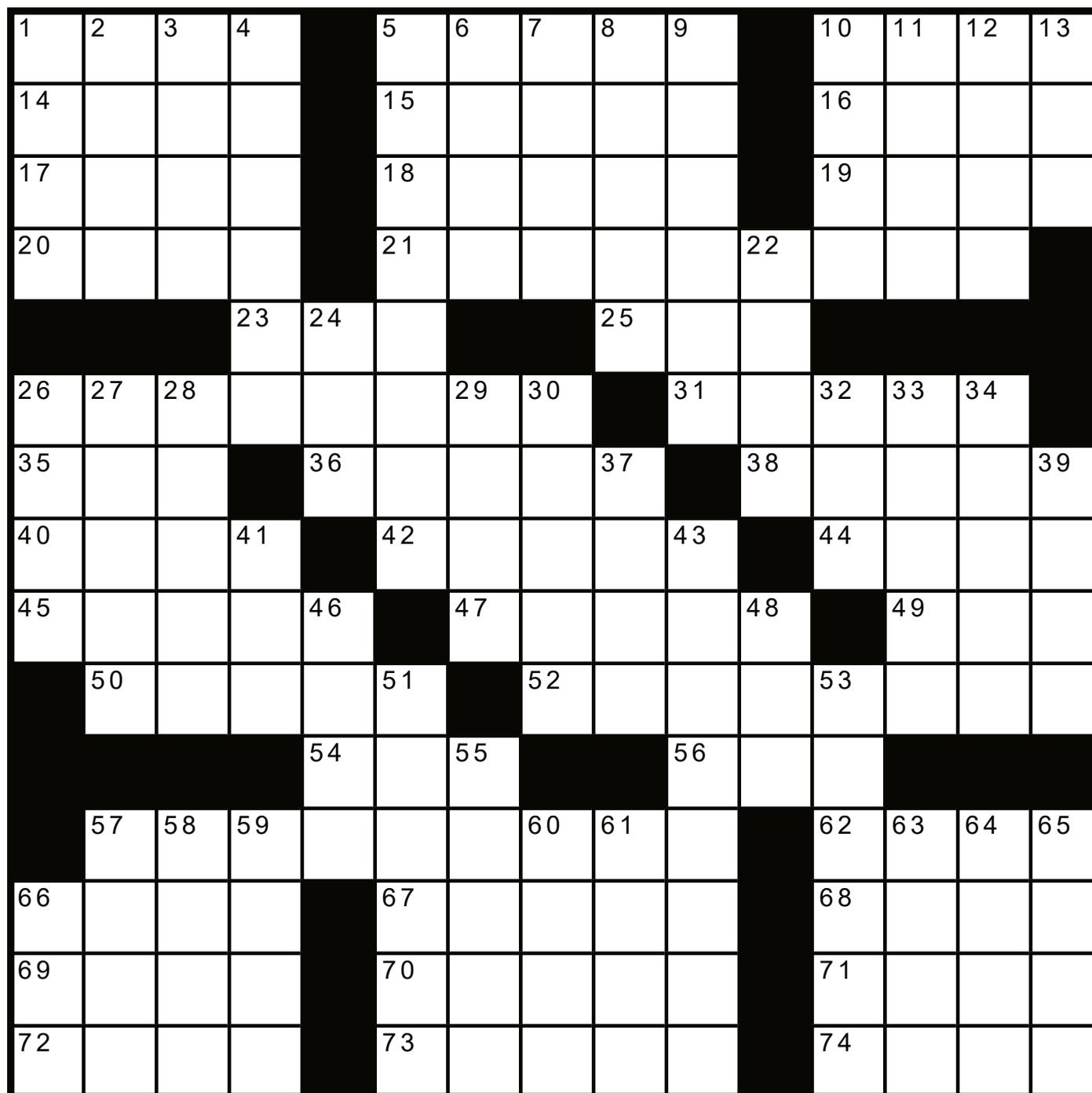
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# October Crossword Puzzle

## Across

1. On  
 5. Inner self, to Jung  
 10. Destiny  
 14. Wraparound dress  
 15. Deep sleeps  
 16. Untruths, tells falsehoods  
 17. Sea eagle  
 18. Mindlessly stupid  
 19. Airline to Israel  
 20. Imitator  
 21. Relieve congestion  
 23. Roadster  
 25. Queue after Q  
 26. Feudal overlord  
 31. Red fluorescent dye  
 35. British verb ending  
 36. Bathroom fixture  
 38. Sensitive spots  
 40. Barbecue fare  
 42. Chad neighbor  
 44. \_\_\_ fide  
 45. Register  
 47. Haunting  
 49. Actor Beatty  
 50. Tenuous substances  
 52. Whisker of a cat  
 54. Hung. neighbor  
 56. Hill insect  
 57. Crested Australian parrot  
 62. Fill up  
 66. Injectable diazepam, in military lingo  
 67. Stigma  
 68. Environmental sci.  
 69. Not new  
 70. Semi-automatic pistol  
 71. Former Fords  
 72. Meadows  
 73. Atlanta university  
 74. Bona \_\_\_



## Down

1. Between ports

3. Writer Sarah \_\_\_ Jewett  
 4. Penetrate  
 5. Polluted precipitation  
 6. Zero  
 7. Colorful Apple  
 8. Feudal estate  
 9. In \_\_\_ (sort of)  
 10. Turn tail and run  
 11. Feels off  
 12. Milk source  
 13. Night school subj.  
 22. Pontiac muscle cars  
 24. Short trader?  
 26. Father  
 27. Putting to work  
 28. Horselike African mammal  
 29. Romeo's last words  
 30. Israeli desert region  
 32. Cry out loud  
 33. Wrinkle removers  
 34. Hawaiian state birds  
 37. Garr of "Tootsie"  
 39. Actress Thompson  
 41. Distress call  
 43. Scurrility  
 46. Escaping fluid  
 48. Sea eagle  
 51. Subject to legal action  
 53. In and of \_\_\_  
 55. Play chords  
 57. Beer buy  
 58. \_\_\_-Day vitamins  
 59. Heels  
 60. Shakespearean villain  
 61. Cabinet dept.  
 63. Broadway opening  
 64. Sweeney \_\_\_  
 65. Last word in a threat  
 66. \_\_\_ -de-sac

Answers on Page 40

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# JUST JUDITH

By Judith A. Rogow

## Weather or Not

Hurricanes, fires, floods, wind, rain, drought, excessive heat and earthquakes ... Mother Nature has been anything but nurturing these past few months and winter storms are waiting in the wings.



While the pundits and politicians debate global warming, and talking heads explain the effects of wind damage versus that caused by rain, we mere humans hunker down and hope for a bit of calm amid the chaos.

While it does seem that this year has been the worst on record – certainly the worst many



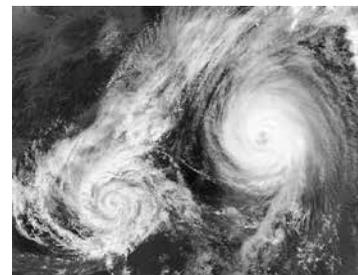
of us can remember – much of that is due to the near constant news reports and social media postings every time the weather goes on a rampage.

Admittedly knowing a hurricane is approaching is valuable for the constant warnings that give a chance to prepare, thus helping save many lives and avoiding property damage as far as possible.



Unfortunately, it also alerts those who would attempt to profit from the situation.

Stores marking up the price of water and food, looters and others who have no compunction about stealing merchandise or trashing properties, are the flip side of the good done by warnings of possible disasters. There is no way to stop this, and all the Social Media



posts proclaiming “You loot, We shoot” are useless.

Still, it’s heartwarming to see groups like the “Cajun Navy,” HAM Radio operators, fishermen and casual boaters, as well as the hundreds of nameless people who show up to help – plus the thousands of police, sheriffs and other law men and women who do their best against incredible odds.

From those who rescue senior citizens and pets, to those who hand out food to evacuees in shelters, as well as the men and women bringing people out of inundated buildings and off roof tops, the unsung heroes far outweigh the shameful



who attempt to profit from the misfortune of others.

The clean up in the aftermath of a natural disaster is the hardest part for those tasked with retrieving victims or restoring basic services. Unfortunately, many of those who came to help need to return home to their jobs and families. Even more unfortunately, the looters remain as do those who see a quick profit in making shoddy repairs and over charging for hauling trash, replacing shingles or raking yards.



There is a constant barrage of pleas for funds to help the recovery efforts, you cannot

*Continued on page 37*

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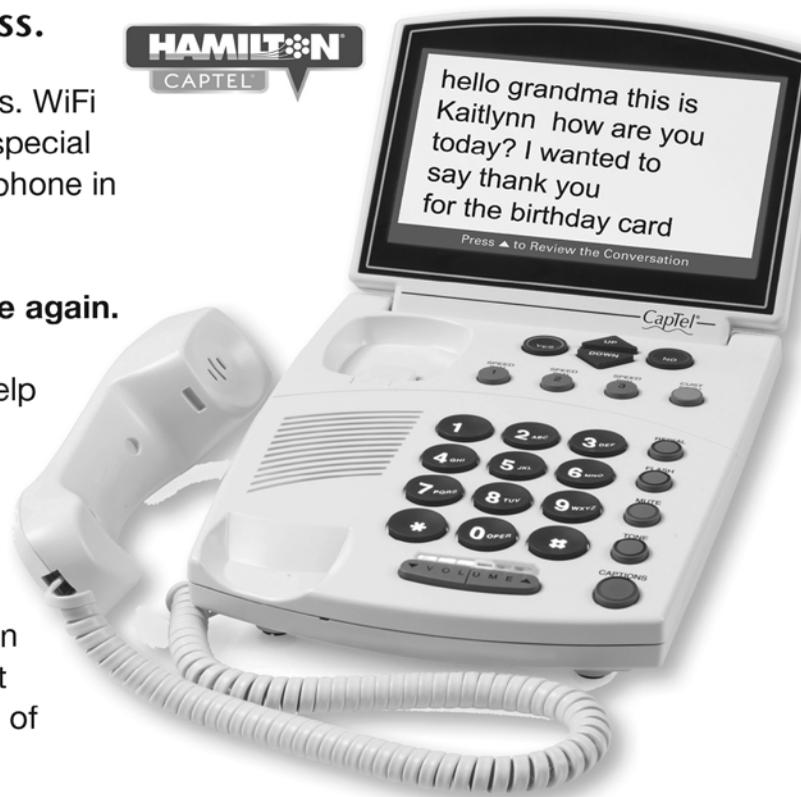


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# Busy Boomers

By Les Goldberg

## Your Voice Could Be Money

For many of us “mature adults,” whether fully retired, semi-retired, freelancing or still a full-time employee or entrepreneur, the desire to remain active and productive while earning some extra cash continues. Did you ever consider the fact that your voice could be the new tool in your talent tool box?

It’s true. More and more seniors are finding new careers in the world of voiceover broadcasting.

People like Jill Amadio, British-born resident of Laguna Woods who is a long-time journalist, ghostwriter, author and lecturer, are enjoying a new professional adventure with the use of their own natural vocal chords.

“It was an exciting new challenge and change from writing,” she said. “After being interviewed about my mystery books on a radio program, the host told me I had a great radio voice and asked if I had ever done voiceovers. I told him I never heard of the term and he proceeded to explain what it is all about. It sounded like fun and I looked into it as a sideline to my writing.”

### What’s Voiceover?

Simply, the term applies to “Voice Over Talent,” or the growing number of well-trained vocal artists who sit –

or stand – in a broadcast studio’s soundproof booth with microphone and read a script written especially for TV and radio commercials, infomercials, documentaries, training videos, e-learning modules, audio books, websites and a host of other made-for-broadcast productions. Experts also refer to the profession as “voice acting” performed by “voice actors.”

### Getting Started



As we all know from our life experiences, nothing worth having comes easy. This is the case with anyone who wants to become a voiceover success story.

In her book, *Secrets of Voiceover Success*, Joan Baker explains what you need to know:

“One of the key things to learn is the different script genres. For commercials, you may be the voice of a real person, the announcer, spokesperson or a fictional character. You could be performing banter or reading a public service announcement (PSA). For every genre, a different set of interpretive skills are required.



“In addition to learning the genres,” she says “training includes timing, relaxation, projecting a naturalistic tone, microphone technique, releasing inhibitions, and learning to create the world of a script within a lonely, lifeless recording booth – you do it all with your imagination.”

All the experts agree: It takes more than just a great voice to become a successful voice talent. You not only have to read well, but you need to have the ability to act. A great first step is practicing reading aloud and getting used to the sound of your own voice! When you’re reading, make sure you’re telling a story with words. You want to sound present and engaging with the script and the listener.

Amadio said she trained at the Del Mar Media Arts Studio in Irvine where she learned to modulate her voice (taking advantage of her British ac-



cent), how to act while speaking, how to use body language along with her voice, and how to narrate books. She also uses a voice coach in Mission Viejo where she is reminded to keep her voice in good shape by doing daily voice exercises, such as tongue twisters, noises and singing.

“We also learned how to write our own scripts and work with a sound engineer and director. Most of us in the training course set up our own home studios with soundproofing, a good microphone and installed a software program on our computers for recordings to email to agents and others. We were able to visit several professional sound studios and audition for the producers at each one. It was the best!”

### Going Pro



Once you’ve invested the time and money in training, practicing and equipment, and you have a good demo recording of your voice in various genres, get ready to seek out auditions for the “voice gigs” that are often posted on websites like [www.backstage.com](http://www.backstage.com), [www.voice123.com](http://www.voice123.com), [www.voiceover.com](http://www.voiceover.com), [www.voicebunny.com](http://www.voicebunny.com) and [www.job-sift.com/jobsvoiceover](http://www.job-sift.com/jobsvoiceover).



Amadio and others in the Voiceover Talent pool will tell you that the profession is highly competitive, but there are many opportunities for those who audition well and stay determined. “I am a ghostwriter and had written memoirs for clients. I approached some of them about narrating those books. They agreed and now the audio versions are being sold on Amazon.com. A fascinating experience,” she said.

In his voiceover blog, expert Grant Lingel writes:

“While you can do voiceover part-time, keep in mind that clients can be last-minute and will sometimes send revisions and ‘emergency’ projects at all hours of the day. But you will have lots of fun in this industry. Your voice acting career is what you make it.”





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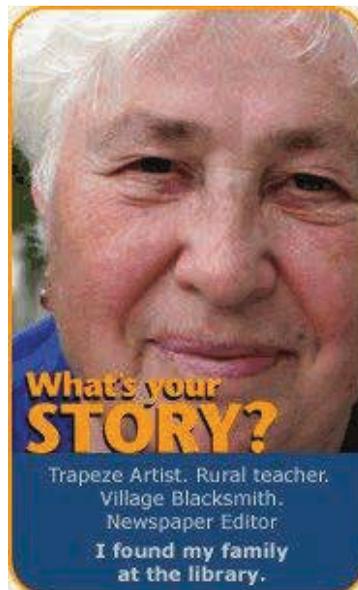


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# Fabulous Finds

By Debbie L. Sklar

Have you put away your summer clothes and pulled out all of those great fall fashions? Well, here are some terrific Fab Finds we've unearthed to get you in the mood for the season and for spending more time at home. From a new tooth whitener, and a Vidalia onion chopper to a handy steam iron, these items are must-haves!

## New CREST 3D Whitening Therapy Collection

Get your pearly whites looking even better and whiter with the latest and greatest from Crest. The company has expanded its 3D White product range with the new **Crest 3D White Whitening Therapy Collection**, a collection of toothpastes that beautifully whitens from day one and nourishes teeth to repair weakened enamel. Created in partnership with dental professionals and scientists, Crest 3D White Whitening Therapy is formulated with an Active Mineral Complex. Crest 3D White Whitening Therapy Enamel Care beautifully whitens and nourishes teeth to repair weakened enamel. Crest 3D White Whitening Therapy Sensitivity Care beautifully whitens and nourishes teeth to repair weakened enamel. It also contains potassium nitrate to help soothe sensitivi-



ty pain. So, if you are tired of coffee-stained teeth and want a more glorious smile, The Crest 3D White Whitening Therapy collection is available for purchase at drugstores and at mass retailers for a suggested retailer price of \$6.99. each. For more information, visit [crest.com](http://crest.com).

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washer-safe stoneware and glass lid, color options available. Suggested retail price \$29.99; available at mass merchandisers or at [crockpot.com](http://crockpot.com)

## Press & Steam



Experience the **Rowenta Press & Steam**. It merges both travel iron and garment steamer into one—great as an iron to quickly remove wrinkles from clothing or as a vertical garment steamer to gently remove wrinkles from more delicate fabrics and curtains. The 900-watt steam iron's fast-heating ceramic soleplate provides steam holes for effective wrinkle-removing steam, and its automatic steam output can be controlled by turning the variable-steam knob to align with the corresponding fabric setting. Other highlights include production of up to 15 minutes of steam before needing a water refill, a steam trigger for on-demand steam, and a kickstand for safe cooling, a hanging hook, and garment-care accessories. From quick everyday touch-ups to important business trips, the Rowenta Press & Steam 2-in-1 steam iron and garment steamer offers exceptional convenience and versatility—all in a compact, portable size. Suggested

retail price \$29.99; available at Target.

## Vidalia Chop Wizard



Don't cry over your onions and thankfully, cooking and meal prep don't need to stop after 50. For older consumers who may not want to sharpen their knife skills or suffer from joint pain, the AS Seen on TV's **Vidalia Chop Wizard** makes chopping and dicing a breeze! This problem-solving chopper makes a great gift and an excellent kitchen tool; it doubles as a storage and measurement container, and even comes with a cleaning tool! Your readers are sure to appreciate the Vidalia Chop Wizard's ease of use and durability. Suggested retail price \$19.99 available at Bed Bath & Beyond stores. Includes: Chopping blade,



Dicing blade and lid cleaning tool.

## Quick Blending

Whip up holiday meals and everyday meals effortlessly with the **Oster Immersion Hand Blender** in metallic red. Compact and versatile, at 250 watts, the im-

mersion blender has fingertip control and a durable S-blade design. Clean up is a breeze with the detachable rod. Number of Speeds: 2; appliance capabilities: Chops, blends, dishwasher-safe. Suggested retail price \$18.99 available at Target and Bed Bath & Beyond.

## Workshop Series

*Continued from page 26*

a nonprofit partner in this workshop series," said Lisa Wolter, executive director of Susan G. Komen Orange County.

The "It's Your Money" sessions cover the business of money, while the "It's Your Estate!" sessions cover all the legal documents you will need to set up an estate plan using a variety of local Orange County estate planning attorneys as instructors.

The national award-winning series was started by Peter Kote in 1993 when he was employed by California State University, Long Beach. Originally designed to educate staff and faculty about financial and estate planning, the series has evolved but stayed true to its purpose – to educate participants free of charge, in a safe environment, to avoid the sales practices of the financial sales industry which can be perceived as predatory.

*Continued on page 34*



**Howard Erman, CFP®**  
President

ermanretirementadvisory.com askhow@ermanretirementadvisory.com

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## Which Financial Documents Should You Keep on File?

...and for how long?

Provided by Howard Erman, CFP®

You might be surprised how many people have financial documents scattered all over the house - on the kitchen table, underneath old newspapers, in the hall closet, in the basement. If this describes your financial “filing system,” you may have a tough time keeping tabs on your financial life.

**Organization will help you, your advisors... and even, your heirs.** If you’ve got a meeting scheduled with an accountant, financial consultant, mortgage lender, or insurance agent, spare yourself a last-minute scavenger hunt.

Take an hour or two to put things in good order. If nothing else, do it for your heirs. When you pass, they will be contending with emotions and won’t want to search through your house for this-or-that piece of paper.

**One large file cabinet may suffice.** You might prefer a few storage boxes or stackable units sold at your local big-box retailer. Whatever you choose, here is what should go inside:

**Investment statements.** Organize them by type: IRA statements, 401(k) statements, mutual fund statements. The annual statements are the ones

that really matter; you may decide to forgo filing the quarterly or monthlies.

In addition, you will want to retain any record of your original investment in a fund or a stock. (This will help you determine capital gains or losses. Your annual statement will show you the dividend or capital gains distribution.)

**Bank statements.** If you have any fear of being audited, keep the last three years’ worth of them on file. You may question whether the paper trail has to be that long, but under certain circumstances (lawsuit, divorce, past debts), it may be wise to keep more than three years of statements on file.

**Credit card statements.** These are less necessary to have

around than many people think, but you might want to keep any statements detailing tax-related purchases for up to seven years.

**Mortgage documents, mortgage statements, and HELOC statements.** As a rule, keep mortgage statements for the ownership period of the property plus seven years. As for your mortgage documents, you may wish to keep them for the ownership period of the property plus ten years (though, your county recorder’s office likely has copies).

**Your annual Social Security benefits statement.** Keep the most recent one, as it shows your earnings record from the day you started working. Please note, however: if you see an error, you will want to have your W-2 or tax return for the particular year on hand to help Social Security correct it. 1

**Federal and state tax returns.** The I.R.S. wants you to hang onto your returns until the period of limitations runs out - that is, the time frame in which you can claim a credit or refund.

Keep three years of federal (and state) tax records on hand and up to seven years to be really safe. Tax records pertaining to real property or “real assets” should be kept for as long as you own the asset (and for at least seven years after you sell, exchange, or liquidate it). 2

**Payroll statements.** What if you own a business or are self-employed? Retain your payroll statements for seven years or longer, just in case the I.R.S. comes knocking.

**Employee benefits statements.** Does your company issue these to you annually or quarterly? Keep, at least, the most recent year-end statement on file.

**Insurances.** Life, disability, health, auto, home... you want the policies on file, and you want policy information on hand for the life of the policy plus three years.

**Medical records and health insurance.** The consensus says you should keep these documents around for five years after the surgery or the end



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Continued on page 37

# In The Spotlight

By Debbie L. Sklar

## Dr. Rajiv Rathod: Helping Seniors with Macular Degeneration See Better

Dr. Rathod, OC Medical Group, has joined a clinical trial directed toward seniors with vision loss from the disease. He is one of only 20 eye surgeons participating nationwide, so we sat down with him to find out more about the trial. Here is what he had to say.



Q: What is your background in ophthalmology?

A: I am an OC native but completed my residency at Washington University in St. Louis/ Barnes Jewish Medical Center. Following my residency, I served as the Chief Resident at Washington University. My next stop was Chicago, where I completed a two-year fellowship in vitreoretinal surgery and ocular tumors at the University of Illinois, Chicago.

My clinic interests include diagnosis and treatment of diseases such as macular degeneration, diabetic retinopathy, retinal detachment, retinopathy of prematurity, macular hole, and epiretinal membrane. I also have specific training in management of intraocular tumors, including uveal melanoma.

Q: What is the significance of this trial?

A: Until now, the telescope implant treatment program, which is marketed under the

brand name CentraSight, was only available to patients 65 and older who have not had cataract surgery, a common procedure for seniors experiencing some vision loss. If the trial is successful, it could potentially expand the eligibility for the procedure to many more people.

Q: Who is eligible for the trial?

A: OC Retina is actively seeking candidates for the telescope implant trial. Patients will be evaluated for the study by determining if they:

- Have irreversible, End-Stage AMD resulting from either dry or wet AMD in both eyes;
- Are no longer a candidate for drug treatment;
- Have had cataract surgery in the eye where the telescope will be implanted and have adequate peripheral vision in the eye not scheduled for surgery; and

- Are age 65 or older and meet other vision/cornea health requirements

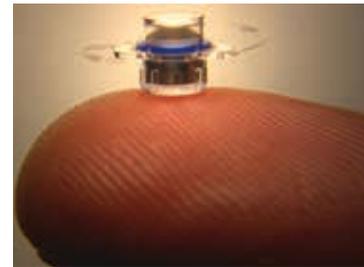
Q: What exactly is End-Stage AMD?

A: More than 15 million Americans are affected by some form of macular degeneration and approximately two million Americans have advanced forms of AMD with associated vision loss. The number of Americans afflicted with macular degeneration is expected to double with the rapid aging of the U.S. population. Specifically, end-stage AMD results in a loss of central or 'straight-ahead' vision, creating a blind spot, and is uncorrectable by glasses, drugs or cataract surgery.

Q: How does the CentraSight telescope work?

A: This blind spot makes it difficult or impossible for patients to see faces, read, and perform everyday activities such as watching TV, preparing meals, and self-care. The telescope implant has been demonstrated in earlier clinical trials and in commercial use to improve quality of life for those with central vision loss in both eyes by improving patients' vision so they can see the things that are important to them, increase their independence, and re-engage in everyday activities. It

also may help patients in social settings as it may allow them to recognize faces and see the facial expressions of family and friends.



Q: How can someone learn more about participating in the clinical trial?

A: Patients and physicians can find more information about the telescope implant and related treatment program by calling Marinel Casiano, clinical coordinator at OC Retina, at 714-972-8432 or by visiting [www.CentraSight.com](http://www.CentraSight.com) or calling 1-855-550-1041.

### Workshop Series

*Continued from page 34*

Attendees can attend all sessions or just the ones that best meet their needs. No financial products are sold and participants will not be solicited for a donation. To attend, please call (949) 463-1507 or RSVP at [trevor@feelincontrol.org](mailto:trevor@feelincontrol.org). For more information, visit <http://www.trusteepro.com/workshopseducation/>.



## Announcing a lineup change in the Barclay's Broadway Cabaret Series



Linda Eder to replace Faith Prince and Jason Graae on Feb 10

Irvine Barclay Theatre was recently notified by Faith Prince's agent that due to unforeseen circumstances with her schedule, Ms. Prince will have to cancel her scheduled performance with Jason Graae at the Barclay on February 10, 2018.

In place of Ms. Prince and Mr. Graae, the Barclay will present Broadway and Cabaret star Linda Eder in concert on the same date (Feb 10 at 8pm).

Jerry Mandel, the Barclay's president, offered: "We will miss Faith Prince's commanding stage presence, her vocal prowess, and her inimitable sense of humor. We wish her well on her upcoming projects and hope to have her back when her schedule permits. I am really pleased that Linda Eder was available to step into the series. I am a longtime fan of her remarkable voice and I'm excited to be able to present her to the Barclay audience."

## Understanding Head And Neck Cancers

According to the Centers for Disease Control and Prevention, some 42,000 Americans develop head and neck cancers every year. Here's a look at one of them:

### Lewis' Story

Lewis was a busy man. He and his wife, Amy, were running an aerobic exercise group in their community and also volunteering throughout the north Florida area. On a hot and dry day in June of 2011, when the air was filled with smoke from nearby wildfires, Lewis came home from tennis coughing and clearing his throat. He also had sores in his mouth, so he decided to go to his doctor.



"The doctor looked at my tonsil and told me, 'That's either the worst case of tonsillitis I've ever seen in an adult... or it's something else,'" Lewis says. The doctor recommended more testing. After the tests, Lewis was told that it was a malignant (cancerous) tumor.

"When you hear the word

'cancer,' your world changes in an instant," says Lewis.

More testing showed that it was an advanced stage of cancer—Stage IV—and to have surgery on it would require breaking his jawbone and taking out a lot of tissue, permanently changing his appearance and ability to swallow and eat. Oncologists told him that there was just as good a chance that the tumor would shrink with radiation and chemotherapy as it would with surgery. Lewis had seven chemotherapy treatments and 35 radiation treatments over the course of the next seven weeks. By the

end of treatment, he could no longer swallow and had to use a feeding tube. But the tumor had shrunk to the point that doctors could no longer detect cancer.

Out of a sense of gratitude for all the help they got, Lewis and Amy decided to start a support group for people with head and neck cancers. They contacted a national organization and got the materials to start a chapter where they live. Lewis and Amy handed out flyers to local doctors' offices and hospitals. At the first meeting, six people showed up—including some they already knew but had no idea were dealing with head and neck cancers. Now, meeting attendance ranges from 25 to 45 people.

Then, in December of 2015, Lewis found a sore on his tongue that wouldn't go away, even with steroid treatment. His oncologist did a biopsy and found another tumor. He was scheduled for surgery right away, because he was told that he was not a good candidate for more radiation, as he'd had very high doses during the last round four years before. Additional oncologists who reviewed his case thought he might lose his tongue and part of his jaw. But a biopsy after surgery showed no cancer cells remaining on his tongue.

"I still have a high risk of the cancer coming back but I'm

*Continued on page 37*

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Thurs., October 19th  
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Heritage Senior Apartments  
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Anaheim, CA 92085

### Mission Viejo

Wed., October 25th  
10:00 a.m.—11:30 a.m.  
Norman Murray  
Community Center  
24932 Veterans Way  
Mission Viejo, CA 92691

### Los Alamitos

Wed., October 25th  
6:00 p.m.—7:00 p.m.  
Los Alamitos Medical Center  
3851 Katella Ave., Room 110  
Los Alamitos, CA 90720

### Irvine

Mon., October 30th  
2:00 p.m.—4:00 p.m.  
Mimi's Cafe  
4030 Barranca Parkway  
Irvine, CA 92604

\*A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 1-844-814-3760 and TTY number 711. AGA, license #OE97515 and Golden Outlook, license #OH91844, are licensed insurance agencies that work with Medicare enrollees to explain Medicare Advantage and Prescription Drug Plan options.

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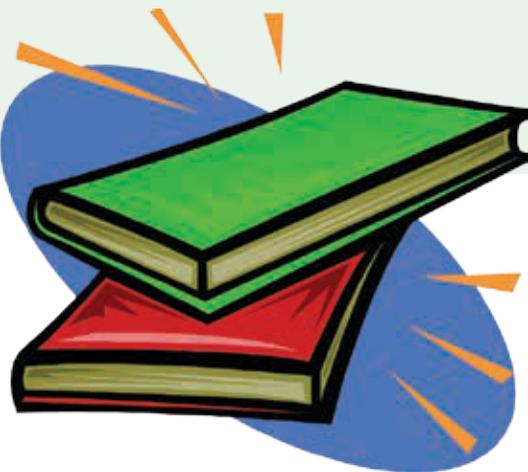


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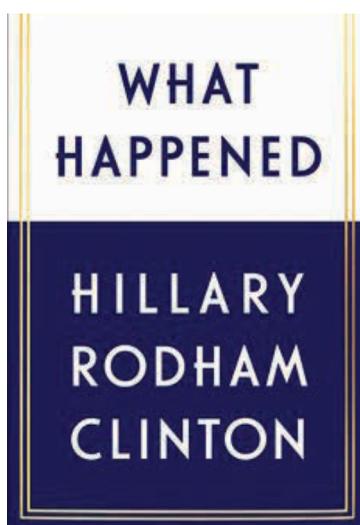
# October Book Club

By Debbie L. Sklar



Nothing says it's fall better than a day inside with a good book to keep you busy and engaged. Here are a few to add to your autumn reading list: There's a bit of everything from Hillary Rodham Clinton's latest about the 2016 election to a thriller or two. Have fun!

## What Happened By Hillary Rodham Clinton

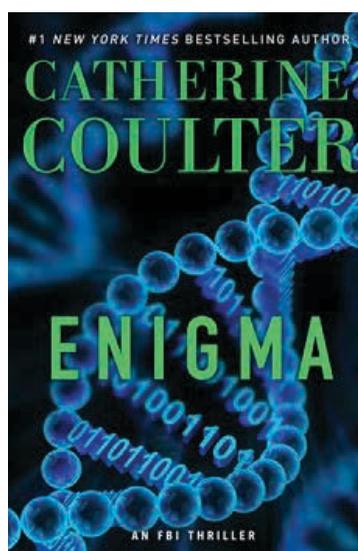


"For the first time, Hillary Rodham Clinton reveals what she was thinking and feeling during one of the most controversial and unpredictable presidential elections in history. Now free from the constraints of running, Hillary takes you inside the intense personal

experience of becoming the first woman nominated for president by a major party in an election marked by rage, sexism, exhilarating highs and infuriating lows, stranger-than-fiction twists, Russian interference, and an opponent who broke all the rules. This is her most personal memoir yet. In these pages, she describes what it was like to run against Donald Trump, the mistakes she made, how she has coped with a shocking and devastating loss, and how she found the strength to pick herself back up afterward. With humor and candor, she tells readers what it took to get back on her feet — the rituals, relationships, and reading that got her through, and what the experience has taught her about life. She speaks about the challenges of being a strong woman in the public eye, the criticism over her voice, age, and appearance, and the double standard confronting women in politics, ..." according to Publisher Simon & Schuster.

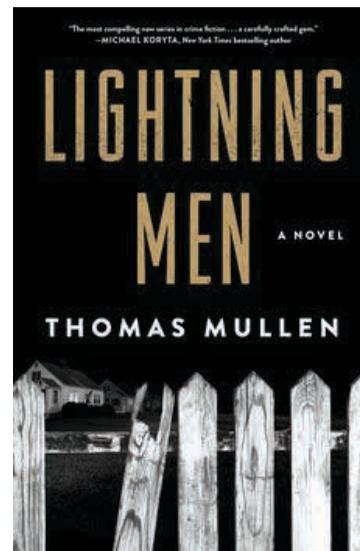
## Enigma By Catherine Coulter Book No. 21 of An FBI Thriller

"When Agent Dillon Savch saves Kara Moody from a seemingly crazy man, he doesn't realize he will soon be facing a scientist who wants to live forever and is using 'John



Doe' to help him. But when the scientist, Lister Maddox, loses him, he ups the stakes and targets another to take his experiments to the next level.

"It's a race against time literally as Savich and Sherlock rush to stop him and save both present and future victims of his experiments. In the meantime, Cam Wittier and Jack Cabot must track a violent criminal through the Daniel Boone National Forest. When he escapes through a daring rescue, the agents have to find out who set his escape in motion and how it all ties into the murder of Mia Prevost, the girlfriend of the president's Chief of Staff's only son, Saxton Hainny. It's international intrigue at the highest levels and they know they have to succeed or national security is compromised," according to Publisher Gallery Books.



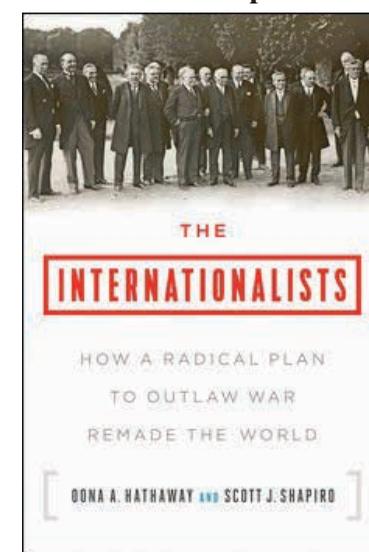
## Lightning Men A Novel Book No. 2 of The Darktown Series By Thomas Mullen

"Officer Denny Rakestraw and 'Negro Officers' Lucius Boggs and Tommy Smith have their hands full in an overcrowded and rapidly changing Atlanta. It's 1950 and racial tensions are simmering as black families, including Smith's sister, begin moving into formerly all-white neighborhoods. When Rake's brother-in-law launches a scheme to rally the Ku Klux Klan to 'save' their neighborhood, his efforts spiral out of control, forcing Rake to choose between loyalty to family or the law.

"Across town, Boggs and Smith try to shut down the supply of white lightning and drugs into their territory, finding themselves up against more powerful foes than they'd expected. Battling corrupt cops and ex-cons, Nazi brown shirts and rogue Klansmen, the officers are drawn closer to the

fires that threaten to consume the city once again," according to Publisher Atria Books.

## The Internationalists How a Radical Plan to Outlaw War Remade the World By Oona A. Hathaway and Scott J. Shapiro



"On a hot summer afternoon in 1928, the leaders of the world assembled in Paris to outlaw war. Within the year, the treaty signed that day, known as the Peace Pact, had been ratified by nearly every state in the world. War, for the first time in history, had become illegal the world over. But the promise of that summer day was fleeting. Within a decade of its signing, each state that had gathered in Paris to renounce war was at war. And in the century that followed, the Peace Pact was dismissed as an act of folly and an unmistakable failure. This book argues that that understanding is inaccurate, and that the Peace Pact ushered in a sustained march toward peace that lasts to this day," according to Publisher Simon & Schuster.

## Osteoporosis May Raise Risk Of Needing Long-Term Care

*Continued from page 33*

Osteoporosis, which causes thin and weakened bones, is a major health threat for older people. In fact, 54 million Americans have osteoporosis or low bone mass today. Studies show that half of the female population and 25 percent of the male population older than age 50 will suffer a fracture due to this disease in their lifetime, often without symptoms until a fracture occurs. Women are at a higher risk due, in large part, to the drop in estrogen production after menopause. By age 75, the risk is the same for both men and women.



lifestyle, family bone health history and use of certain medications. A fracture is the most common symptom of osteoporosis. Should a fracture occur, there's a significant possibility that physical independence and overall mobility could be limited. In these cases, the need for long-term care is often a sudden reality.

### Where To Get Help

Fortunately, the Federal Long Term Care Insurance Program (FLTCIP) offers comprehensive long-term care insurance coverage for care services in a variety of settings and your choice of caregiver. Care may be provided at home by informal caregivers such as friends, family members and other private caregivers, as well as formal care by licensed caregivers. Informal caregivers cannot have lived in your home at the time you became eligible for benefits, but they can live in your home after you become eligible.

In addition, the FLTCIP's care coordination services offer you and your qualified relatives information about long-term care resources, such as nearby care providers and relevant community programs, as well as valuable support to your family as you manage the conditions of osteoporosis.

*Continued on page 42*

### Causes Of The Disease And How To Fight It

Without proper prevention and treatment, a person suffering from osteoporosis faces the possibility of a dramatically altered lifestyle. The human body produces anywhere from 85 to 90 percent of its bone mass by the time a person is 18 to 20 years old. At that point, new bone generation is outpaced by bone loss. Hormone levels, calcium and mineral retention, exercise and other factors all play a role in determining the likelihood that osteoporosis may become a reality for you or your loved ones.

### Assessing Your Risk For Osteoporosis

If you are 50 years old or older, it may be a good idea to speak with your health care professional about your chances of getting this disease. Your doctor may want to evaluate your risk factors by asking about your diet, height and weight,

## Financial Documents

*Continued from page 33*

of treatment. If you think you can claim medical expenses on your federal return, keep them for seven years.

**Warranties.** You only need them until they expire. When they expire, toss them.

**Utility bills.** Do you need to keep these around for more than a month? No, you really don't. Check last month's statement against this month's; then, get rid of last month's bill.

**If this seems like too much paper to file, buy a sheet-fed scanner.** If you want to get really sophisticated, you can buy one of these and use it to put financial records on your computer. You might want to have the hard copies on file, though, just in case your hard drive and/or your flash drive go awry.

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

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1 - [ssa.gov/pubs/EN-05-10081.pdf](http://ssa.gov/pubs/EN-05-10081.pdf) [7/17]  
2 - [irs.gov/Businesses/Small-Businesses-&Self-Employed/How-long-should-I-keep-records](http://irs.gov/Businesses/Small-Businesses-&Self-Employed/How-long-should-I-keep-records) [1/24/17]

## JUST JUDITH

*continued from page 28*

turn on the TV or radio or check your email or Facebook accounts without seeing sob stories and heart wrenching images. Many – perhaps most – of these are legitimate, some are not. Social Media doesn't, indeed cannot, check the legitimacy of every post or image thus opening the door to scammers. There are articles about clothing drives where the items collected are sold rather than donated and other abuses of people's trust.

On the other hand, many major companies have given freely and where most needed. A mattress store donated its entire inventory, major food chains opened their warehouses so food and water could be distributed where it was needed most, theaters, churches and even bars became shelters where the displaced in their neighborhoods could find safety and reunite with their families.

Because of lessons learned during Andrew and Katrina, help arrived more quickly and the toll of Harvey and Irma was considerably lessened.

We here in Southern California are amazingly fortunate weather wise, Hurricane Delores in July of 2015 only brought historic rain but left us with only minor damage.

Of course, we do have earthquakes and drought, proving the old advertising slogan "It's Not Nice to Fool Mother Nature"!

## Head And Neck Cancers

*Continued from page 35*

still going to live my life," Lewis says.

He recommends that if someone is diagnosed with a head or neck cancer, he or she should listen to the doctors very closely—and carry a notebook to write down details about treatment. He and Amy also say that support groups help both the person diagnosed and the caregiver.

### Cancer Causes

Smoking and alcohol use are major risk factors for head and neck cancers.

### Learn More

For further facts about head and neck cancers, visit [www.cdc.gov/cancer/headneck](http://www.cdc.gov/cancer/headneck).

**Lewis is a two-time cancer survivor, determined to live life despite the risk.**

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## Signs Of Unsafe Driving In Older Adults

The National Highway Traffic Safety Administration (NHTSA) estimates that there are more than 38 million drivers age 65 and older. Age is not the only factor that can impact driving abilities, but it is an important one. There is evidence that most people experience age-related declines in physical and mental abilities. These changes—which can affect everything from vision to how quickly you can make decisions—influence how well you can drive. They can also be difficult to address for yourself or with older people you know, since driving often represents freedom, independence and control.

But transitioning from driving doesn't mean you have to lose these things. Your health care providers or Area Agency on Aging ([www.eldercare.gov](http://www.eldercare.gov)) can point you toward a range of transportation alternatives in the community. The first step toward finding those tools is recognizing when you might need them.

### Signs that an Older Adult's Driving Skills Need Testing

So how do you know whether you or an older adult you know is developing difficulties as a driver? These issues can be warning signs that suggest that an older driver may need to be tested or evaluated:

- Getting lost in familiar areas
- Ignoring traffic signs and signals
- Becoming easily agitated or angered



- Falling asleep or being unable to concentrate when driving
- Reacting too slowly to dangerous situations
- Forgetting or ignoring driving basics (like yielding to the right of way)
- Having trouble judging distances.

Visit [www.HealthinAging.org](http://www.HealthinAging.org) for more.



## Life in Long Beach

By Lyn Jensen

### “Brown Bag” for Thousands Every Week

Because the Food Bank of Southern California offers a “Brown Bag Network” program, about 2,800 seniors get a free bag of groceries every week. That's just a small portion of the work done by this enormous non-profit, housed in a brick-walled warehouse — a former creamery built in 1912 — on the western fringe of downtown Long Beach.

The CEO, John Knapp, says he's spent 32 years running what he calls the most cost-effective food bank in the country, distributing millions of pounds of food to about 700 other non-profits.



On the day I talked to him, he was supervising the unloading of three semi-trucks full of kiwis — about 150,000 pounds in all — that would otherwise be wasted. The food bank accepts such over-production of fresh produce.

When I asked about the brown bag network program for seniors, Knapp said every week, entire pallets of food are delivered to various sites including senior centers and assisted living facilities around Los Angeles County. Volunteers bag the food — about six items



per grocery bag — and distribute everything to about 2,800 low-income seniors. The program is the only one of its kind in the country, with no membership or annual fee, and the only one that the food bank administers directly.



The organization's website claims: “We maintain the highest volume of distributed food per dollar of operating expense while maintaining the smallest full-time staff of any metropolitan foodbank in the United States.” It also says the food bank provides food to 250,000 people in Los Angeles County each week, about 2.5 percent of the county population. Neighborhoods served range from downtown and South-Central Los Angeles to Compton, San



Pedro, Watts, and North Long Beach.

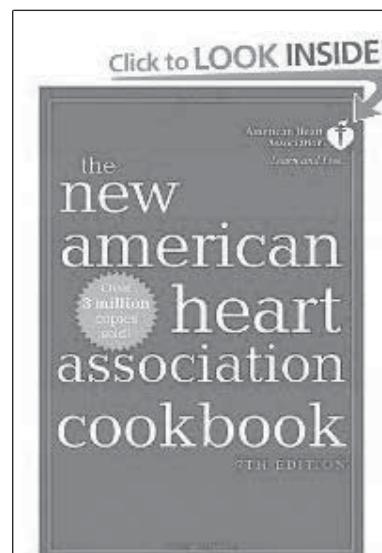
Describing the size of the operation, Knapp says, “Every Saturday hundreds of volunteer's clean, sort, and pack food for distribution.”

He adds that many of the volunteers are part of corporate programs, while others are just individuals putting in a few hours.

Despite such being such a massive organization, the food bank welcomes small donations of time, money, and/or food just as much as large ones. A bag of groceries is as much appreciated as a truckload of produce. Knapp suggests going to the website for more information.

Address: 1444 San Francisco Ave., Long Beach, CA 90813  
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Website: [www.foodbankofso-cal.org](http://www.foodbankofso-cal.org)





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### Crossword Puzzle Answers from page 27

1	A	T	O	P	5	A	N	I	M	A	10	F	A	T	E			
14	S	A	R	I	15	C	O	M	A	S	16	L	I	E	S			
17	E	R	N	E	18	I	N	A	N	E	19	E	L	A	L			
20	A	P	E	R	21	D	E	C	O	N	22	G	E	S	T			
			23	C	A	R			25	R	S	T						
26	S	U	Z	E	R	A	I	N		31	E	O	S	I	N			
35	I	S	E		36	B	I	D	E	T		38	S	O	R	E	S	
40	R	I	B	S	41		42	N	I	G	E	R		44	B	O	N	A
45	E	N	R	O	L	46		47	E	E	R	I	E		49	N	E	D
			50	G	A	S	E	S		52	V	I	B	R	I	S	S	A
									54	A	U	S		56	A	N	T	
			57	C	O	C	K	A	T	I	E	L		62	S	A	T	E
66	C	A	N	A				67	B	R	A	N	D	68	E	C	O	L
69	U	S	E	D				70	L	U	G	E	R	71	L	T	D	S
72	L	E	A	S				73	E	M	O	R	Y	74	F	I	D	E



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# Tinseltown Talks

By Nick Thomas *Continued from page 37*

## Turning 90, L.Q. Jones Reflects on Hollywood Journey

For over 50 years, L.Q. Jones was a familiar supporting character actor in some 100 films and hundreds more television shows. Lanky, tough, and athletic, he could tackle any role although was often cast as the ‘heavy’ in westerns and dramas, projecting the ‘bad guy’ image with merely a sinister smirk or a menacing twinkle in the eye.

Over summer (August 19) Jones turned 90, and 2 days later hosted a showing of “The Wild Bunch” at Grauman’s (now the TCL) Chinese Theatre. Born and raised in Texas as Justus McQueen, relatives took care of the young boy after his mother was killed in a car accident.



L.Q. Jones, right, clowning around in his first film, *Battle Cry* - Warner Bros

“I was born in Beaumont, although they may try to disclaim me, but it’s too late now!” said Jones from his home in LA. “We moved around quite a bit, to Houston to Dallas to Oklahoma City, back to Beaumont, and finally Port Neches. I had a horse by the time I was 8 or



L.Q. Jones over the years. *Buchanan Rides Alone* (Columbia, 1958), *Major Dundee* (1965, Bresler Productions), *The Patriot* (1998, Interflight)

9, and grew up around tough rodeo people – my uncle was into roping – so westerns were easy and fun.”

In college, at the University of Texas at Austin, his roommate for over a year was Fess Parker. While the future ‘Daniel Boone’ actor moved west to Hollywood, McQueen headed south and took up ranching in Nicaragua. When Parker sent his buddy a copy of Leon Uris’s war novel “Battle Cry,” about to be filmed, McQueen thought one character could be his ticket to fame and was encouraged by Parker to come out to Hollywood.

“Within 2 days of arriving, I had the part of L.Q. Jones in ‘Battle Cry’ and probably would never have been in the business had it not been for Fess.”

Despite lacking Hollywood experience, McQueen had worked some comedy acts during college to help pay the bills, so played the comic relief character in the 1955 war drama

like a veteran.

After adopting his screen character’s name, the lad from Texas quickly settled into Hollywood and soon became a favorite supporting actor in Sam Peckinpah’s films such as “The Wild Bunch.”



Strother Martin, L.Q. Jones (top bunk) and Robert Ryan in *The Wild Bunch* - Warner Bros.

“Sam was a genius and I loved him, but he was a basket case. He drove everybody nuts.”

That was evident during the production of “Major Dundee” with Charlton Heston.

“Heston was using a real saber for one scene. Sam made him so mad, Chuck came within

an eyelash of cutting Sam in two – and it scared Chuck because he damn near did it. Sam found a way to get under your skin to get what he wanted out of you.”

Jones calls “The Wild Bunch” a “hell of a movie,” but believes Peckinpah’s “Ride the High Country was the best Sam ever made, just gorgeous to watch, although I cry like a baby at the ending.” He says it’s “one of the best Saturday afternoon westerns you could ever sit and watch over a bowl of popcorn.”

And while he had a few lead roles in films, Jones was content as a supporting actor.

“I suppose I could have worked my way up the acting food chain, but character work was very rewarding and great fun. I loved playing the heavies because I could do what I wanted and got to work with the best in the business, so I consider myself very lucky.”

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

## Osteoporosis

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### More About The FLTCIP

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