

SENIOR REPORTER

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MARCH 2018

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Linda Ronstadt

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—Linda Ronstadt

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The M.R.I.

By Jim McDevitt

dress properly which means putting on paper pants and a paper gown. You must remove all metal like glasses and a watch. My wedding band was allowed to remain on my finger since it can't be removed without cutting off my finger.

You enter the MRI area by opening a door with a big red sign on it that says DANGER. Then you lay down on a board that is about as wide as a 2 by 6. You have to fit your head between two blocks that I think are made of concrete. When your head won't fit, the attendant steps in and squeezes your head in at which time you scream loud enough to be heard up and down the West Coast. My wife later told me she heard me in the waiting room which must have been a comfort to the other patients. Because I am a silly man, I asked how long the MRI would take just as the attendant handed me ear plugs. Twenty minutes he said and I grinded my teeth as he handed me an inflated ball attached to an electrical wire as he said in the event of an emergency I should press the ball to stop

the test. I don't know what his definition of an emergency is but I had already met my definition.

Then, while you are on this board it starts sliding you into the mouth of the machine like you are a dessert. Twenty minutes I kept thinking as I slid along disappearing from planet Earth. You are told to stay still but that is like wrapping someone in bubble wrap very tightly and telling them not to move for 20 minutes. The clinking and banging inside the machine did not interrupt my counting in my mind, one, one thousand, two, one thousand as I proceeded to count to 1,200 seconds.

At one point, I had an itch on the right side of my nose, but I couldn't even think of scratching it because even if I had control of a fly to go and scratch it, it couldn't because there was not enough room for even a fly to move in there. I have a new definition for MRI and the next time I am told I need one; I will react by calling it Men Running Irrationally as I make my getaway.

The day started normally. Dakota, my German shepherd, opened the bedroom door, came over to my side of the bed, nudged me with her head, signaling it was time for me to get up and start my day. Miss Bossy Pants has her own rules and sticks to them. I started to move and a shooting pain shot up and down the left side of my neck. It took me another 5 minutes of twisting, contortions and sliding on my back before I was able to stand upright.

My wife, who is the brains of this family immediately, understood the need for me to see an orthopedic doctor as soon as possible. As soon as the doctor's office opened she was talking to them and making an appointment for me. A day later, I was in the doctor's office. The doctor ordered two sets of X-rays, a front view and a side view of my neck. Within minutes I was back in the office while the doctor studied my X-rays.

"The good news is you will heal but we need an MRI to see how much damage there is."

I was scheduled for my MRI for the next day while I medicated on Percocet. I have never had an MRI and in case you haven't had one, I will explain what happens. First, you must

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2018 SCHEDULE OF EVENTS

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


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

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

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

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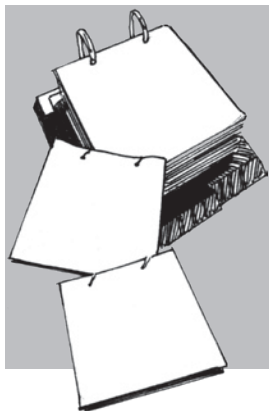
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March Calendar of Events



Spring is just around the corner, so you might want to come out of hibernation and attend one or all of these exciting events in and around the area. From whale watching to cool places to take the grandkids for the day, there's plenty for everyone.

Festival of Whales Dana Point March 3-4, 10-11

The annual Dana Point Festival of Whales celebrates the return of the once-endangered California Gray Whale with a leviathan-size event. In addition to whale watching at the height of whale watching season, festival includes a kick-off parade, sand sculpting, Ocean Awareness Day, musical entertainment, on-the-water concert, whale of a block party, art shows, pancake breakfast, BBQs, kids' interpretive crafts, classic car exhibits, lectures/seminars at multiple venues including the Ocean Institute, historic walking tours, paddling events, sailing/rowing/kayak/SUP demos, plus more. At, Dana Point Harbor. Call, for festival info at 949-472-7888 or 1-888-440-4309.

Dachshund Races Huntington Beach March 4

3 p.m. (doors open at 2 p.m.)
Come see these short-legged but swift 'wiener dogs' race to the finish line once a month at Old World Village. Arrive early and stay for lunch on their dog-friendly patio. \$3 admission fee for adults, \$2 for kids. MORE 2018 DATES. April 8, May 6, June 24, July 8, August 19, Nov. 11, Dec. 10. At, Old World Village, 7561 Center Ave., Huntington Beach.

El Presidente Ball San Juan Capistrano March 17

6 p.m. to 10 p.m.
Journey back to the late 1800s of early California and let the Fiesta Association show you how "The West was Fun" at this Western style dinner dance. Enjoy great food and old-fashioned fun while dancing under the stars (weather permitting) to live Country-Western style music. At, Adobe de Capistrano, 31891 Camino Capistrano, San Juan Capistrano. Call, 949-493-1976.

Glitterfest Fullerton March 18

10 a.m. to 3 p.m.
This event features a collection of creative folks who express

their talent through mixed media art. It includes handmade jewelry, sculpture, primitive dolls, paper whimsy and more. Admission is \$7 at-the-door. At, Spring Field Banquet & Conference Center, 501 N Harbor Blvd., Fullerton.

Cherry Blossom Festival March 18

10:30 a.m. to 5:30 p.m.
A FREE day of fun for the whole family filled with Japanese food, music, dance, cultural performances, and games and crafts for the kids. This festival is in support of the more than 30-year student exchange relationship Huntington Beach shares with its sister city of Anjo, Japan. At, Central Park Bandstand, 7111 Talbert, Huntington Beach.

Saint Joseph's Day at the Mission March 19

10 a.m. to 3 p.m.
Live mariachi music, community presentations, special guest "Swallows Speakers," Mission Basilica School performances, ringing of the historic bells and History of St. Joseph's Day and Swallows Legend. Free for Mission Members. General Admission, \$12. At, Mission San Juan Capistrano, Ortega Hwy. Call, 949-234-1300.

Swallows Day Fiesta Grande San Juan Capistrano March 21

6 p.m. to 9 p.m.
This night of Old West entertainment consists of four contests are rolled into one: Best Dressed Old West Man, Best Dressed Old West Woman, Best Belt Buckle, and the Hairiest Man (best moustache and/or beard). Don your finest Old West outfit, belt buckle or facial hair and enter one or more of the contests. There is a \$5 entry fee (pay when you arrive) per category for each contestant entered. For the timider, spectators are always welcome at the hilarious Fiesta Grandé. At, Swallow's Inn, 31786 Camino Capistrano, San Juan Capistrano. Call, 949-493-1976.

Swallows Day Parade & Mercado San Juan Capistrano March 24

The parade takes place in downtown San Juan Capistrano. This is the nation's largest non-motorized parade. It is organized and presented by the San Juan Capistrano Fiesta Association. Arrive early; most street closures are by 10 a.m. The parade begins promptly at 11 a.m. The Mercado is a street fair and market place where you can eat, drink, and shop at more than 100 booths. It is THE place to be after the parade! Listen and dance to the music of "The Working Cowboy Band," a traditional Country music band. At, Downtown San Juan Capistrano. Call, 949-493-1976.

Continued on page 8

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Fifties Flashback

By Randal C. Hill

Oh, You Beautiful Doll!

Barbara Handler Segal has recalled strangers saying to her, “So you’re the Barbie doll!” At first, she would turn and walk away; later, she learned to just stand and smile. “It is very strange to have a doll named after you,” Segal has admitted. “Much of me is very proud that my folks invented the doll; I just wish I wasn’t attached to it.”

Californians Ruth and Elliot Handler manufactured doll-house furniture, which they sold under their company name of Mattel. While successful, the Handlers were always casting about for one special item that would make Mattel an iconic name in the toy world.

In the early 1950s the Handlers’ daughter, Barbara (b. 1941), had enjoyed playing with dolls. Not the run-of-the-mill, cherub-faced, infant variety, but shapely teenage paper dolls that came with fashionable cutout wardrobes. Ruth told Elliot that Mattel should offer a three-dimensional doll, designed as a young woman and with an appeal to older girls. Elliot opined that the idea would never fly.

On a 1956 trip to Switzerland, however, the Handlers serendipitously found a doll much like the one Ruth had envisioned. “Lilli” was a German adult novelty toy that—unknownst to the Handlers—was based on a cartoon character who was, in reality, a prostitute.

Back home the couple spent 3 years developing a clean-cut counterpart to naughty Lilli, a doll that would proudly bear their daughter’s name. On Barbie’s “official” birthdate—March 9, 1959—the doll debuted at a New York toy convention. On that day Barbie’s real-life namesake was a shy 17-year-old attending Los Angeles’s Hamilton High School. First-version Barbie came dressed in a zebra-striped swimsuit and possessed a waterfall of blonde or brunette hair. She earned mixed reviews, with some critics grumbling that the voluptuous, long-limbed toy was too expensive (\$3 at a time when the hourly minimum wage was \$1) and, at 11 ½”—the original Lilli size—too small in comparison to traditional dolls.

The main problem, though, was Barbie’s overt sexiness. Sears quickly declared her unfit for their store shelves. However, Barbie quickly flew off everyone else’s shelves and eventually became the best-selling doll in history, with worldwide sales of 1 billion units.

Barbie offered an extensive optional wardrobe and, later, morphed through numerous occupations and ethnicities. Along the way feminists often railed against her, labeling Barbie a vacuous bimbo and crying out that her proportional measurements (36-18-33) were unrealistic and potentially unhealthy for im-

pressionable young girls who wanted to emulate her.

In 1961, Barbie’s boyfriend Ken arrived in stores. In doll form he was California beach cool, but the human Ken—named after Barbara’s real-life brother—once admitted, “I was a real nerd. I played the piano and went to movies with subtitles.”

At age 18, Barbara Handler married Allen Segal. They had two children, including a daughter named Cheryl. There’s no doubt that Cheryl Segal was raised with the usual delights of any typically well-off Southern California girl.

Except for one.

Cheryl never owned a Barbie doll.

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MARCH CALENDAR

Continued from page 5

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10 a.m. to 5 p.m.

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Linda Ronstadt

Unlike many singers who rose to fame during the “Boomer Years” and have been able to enhance their careers with lucrative tours, concerts and albums in their later years, Linda Ronstadt’s musical aspirations were rudely interrupted by Parkinson’s disease.

It has been nearly 5 years since Ronstadt, winner of 12 Grammy Awards and several national honors, announced her diagnosis and reason why she has been absent from music scene in recent years.

“I couldn’t sing and I couldn’t figure out why,” she stated in an interview at the time. “I think I’ve had it for 7 or 8 years already, because of the symptoms that I’ve had. Then I had a shoulder operation, so I thought that’s why my hands were trembling.”



Getting a grip on her newfound health challenge, she poured her energy into a book – *Simple Dreams* – her August 2013 autobiography and roadmap of her journey to becoming a music legend. Ironically, she doesn’t mention her illness in the book which quickly hit the *New York Times Bestseller List*.



In case you haven’t read the book yet, here’s a synopsis of what you’ll find:

Born July 15, 1946, in Tucson, AZ, Ronstadt grew up surrounded by music. One of her early musical influences was the Mexican songs her father taught her and her siblings. Her mother played the ukulele and her father played the guitar. She learned to play guitar and performed with her brother and sister as a trio.

While in high school she met local folk musician Bob Kimmel. A few years her senior, Kimmel moved to Los Angeles to pursue his music career, and tried to convince Ronstadt to do the same. She stayed put and enrolled at the University of Arizona in Tucson, but soon left school to join Kimmel in LA.

The pair teamed up with Ken-

ny Edwards to form the Stone Poneys, and the Folk trio released its first album in 1967, followed the same year with a second album, *Evergreen Vol. 2*, which was moderately successful. However, their only hit was *Different Drum*, written by Michael Nesmith of the Monkees.

Solo Success

By the end of the 1960s, Ronstadt had

become a solo act. She put out several albums with a series of backing bands, one of them the nucleus of the group that would become the Eagles. Her early efforts were not particularly successful, though she earned a Grammy Award nomination in 1971 for the ballad *Long, Long Time*.

Following a stronger reception for her 1973 double plat-



inum album *Don’t Cry Now*, Ronstadt finally hit it big with *Heart Like a Wheel* (1974). In addition to the hits *You’re No Good* and *When Will I Be Loved*, the album featured a cover of Hank Williams’ *I Can’t Help It (If I’m Still in Love with You)*, which earned the singer her first Grammy.

In 1975, Ronstadt delivered a highly successful follow-up with *Prisoner in Disguise*. The recording featured the Neil Young cover *Love Is a Rose* and her take on the Smokey Robinson classic *The Tracks of My Tears*.



With 1976’s *Hasten Down the Wind*, her third straight album to top 1 million in sales, Ronstadt took on the Buddy Holly classic *That’ll Be the Day* and *Crazy* by Willie Nelson. That year, her *Greatest Hits* also hit stores; although it drew criticism for being released so early in her career, the album generated enormous sales.

Her 1977 album, *Simple Dreams*, featured the Roy Orbison-penned *Blue Bayou*, which became a major hit, along with her popular covers of Buddy Holly’s *It’s So Easy*, Warren Zevon’s *Poor Poor*



Pitiful Me, and The Rolling Stones’ *Tumbling Dice*.

Showing no signs of slowing down, Ronstadt again topped the charts in 1978 with *Living in the USA*, which featured her version of Smokey Robinson’s *Ooh Baby Baby*. She followed that with the successful *Mad Love* (1980). Also, in 1980, Ronstadt made the move to Broadway to star in the operetta *Pirates of Penzance*, for which she earned a Tony Award nomination.

Hits Keep Coming

In the 1980s, Ronstadt tried her hand at Jazz and Pop standards. She worked with famed arranger Nelson Riddle on her albums *What’s New* (1983), *Lush Life* (1984) and *For Sentimental Reasons* (1986). In 1987 she collaborated with Dolly Parton and Emmylou Harris on the album *Trio*, which garnered four huge Country hits, including *To Know Him Is to Love Him* and a remake of Phil Spector’s 1958 hit track *The Teddy Bears*. The album won a Grammy Award for Best Country Performance by a Duo or Group with Vocal.

Continued on page 14

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The Gadget Geezer

By Les Goldberg

Are You All Charged Up?

There's no mystery about what has become the most important part of the world of technology as we now know it: Keeping all our gadgets charged up and ready to go.

Without electricity, the older generation can revert to old-school tools, like flashlights and candles, but the Millennials and other younger folks scramble to find technicians who can turn on the "juice." A prolonged and unexpected blackout last month at CES in the Las Vegas Convention Center proved that. Yes, believe it or not, the biggest consumer electronics show in the world went dark for a short period of time, long enough for attendees to mutter, "Are you kidding me?"

Ironically, among this year's most visible products on the show floors were device chargers – hundreds of them! Those that caught my eye?

Road Warrior Wall Charger



For only \$19 you can get the Road Warrior Wall Charger from Amazon. It is a handy all-in-one solution designed especially for gadget users on the go, with features that include four USB ports, an AC outlet power strip and a Universal Travel Plug adapter.

The USB ports are compatible with iPod, iPhone, Smartphones, tablets and other USB-charged devices up to 4000mA. Because of the power limitations of using all four ports simultaneously, the company suggests keeping one of the ports free while charging some larger devices, like the iPad.

The Travel Adaptor has two pieces that convert into various types of plug configurations. It accepts two-prong or three-prong plugs from all countries worldwide, except the Type M used in South Africa.

The AdventureUltra



According to its manufacturer, MyCharge, the AdventureUltra boasts a large battery capacity and a very high-power output. Designed to replace the heavy and bulky generators used when tailgating or camping and popular with RVers, it is a streamlined power source that can run a 42-inch TV for up to 3 hours, a fan and recharge a drone. Of course, it also charges Smartphones, laptops and a variety of other devices used by the busy traveler or vacationer.

It measures just 5.8 by 4.1 by 1.2 inches so it can be carried

in a small pouch during transit. There are four charging slots — on AC port, a USB-C slot and two USB-A ports. Cost: \$129 at Amazon.

RavPower FileHub Plus



At about \$40, this multi-function accessory is ideal for seniors who enjoy travelling by any mode – RV, planes, trains, car or cruise ship. The compact FileHub can fully charge most Smartphones at least once, even twice, say RavPower spokespersons.

Secondly, it's a media hub. You can wirelessly stream music and movies to your phone or tablet. It doesn't have on-board storage but an SD slot and USB port are built in – perfect for offloading photos and videos from your device to free up space when needed.

Finally, the FileHub is a travel router - it will connect to any wired network and make it wireless. For example, if you are in a hotel that charges for Wi-Fi, FileHub allows you to connect via Ethernet free of

charge. It can also function as a Wi-Fi extender. This is especially useful if the hotel allows only one device per room to connect to Wi-Fi. Now all your devices can be connected.

Be a Smart Shopper

When it comes to chargers, there are so many to choose from it makes it somewhat difficult to decide. My advice: Don't go with the cheapest. Make sure they are UL approved, and include a manufacturer warranty. Also, follow the instructions carefully to avoid safety hazards which may result from overheating, faulty wall plugs and electrical overloads.

Speaking of Traveling



Don't look now but summer travel is fast-approaching and now that your gadgets are powered up and ready to go, the question becomes: How can I be comfortable using them while on the move? The eniTAB360 from Filofax may be your answer.

Continued on page 21

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Fabulous Finds

By Debbie L. Sklar

Spring is here, and that means it's time for you to look and feel your best, as well as the perfect season for spring cleaning, right?

We've hunted down some fun Fab Finds including a set of unique drinking glasses, as well as a cool new broom that scraps and cleans up floor messes in a breeze. Be sure to order these items to help you celebrate the new season!

Enjoy your Sprits with Class



These unique glasses from Thumbs up! come in a twin-pack and are called **Diamond Glasses**. As you can see these unusual designed tumblers are in a class all their own. The glasses stand at an angle which allows you to rotate them in a nice way to enjoy the full-bodied flavour of your favourite whiskey or spirit. The Diamond Glasses are made from Borosilicate glass, a high-quality material with high tolerance to heat. Despite the glasses being thin and lightweight they are extremely durable and resistant to chemical corrosion. They are sold on Amazon.com for \$20.72 for a pack of two.

Sweep 'Till Your Heart's Content



Perfect for spring cleaning inside, outside, and wherever else you have a mess! No more bending over or getting on our hands and knees to scrape off dried food, mud, or mystery gunk from the floor. Check out this revolutionary new back-saving broom changing the way we sweep floors. The **SweepEasy** can be ordered online and is the world's first broom with a built-in retractable scraper. With the option of interchangeable metal or plastic scrapers, safe for all floor types including laminate, wood, tile, marble, and more. To check out the broom in action and learn how it works just visit sweepeasy.com. This will quickly become one your new favorite household helpers. Cost: \$19.95. Available at sweepeasybroom.com.

Ralph Lauren Polo Red

POLO RED is the ultimate in design, power and distinction, taking inspiration from Ralph Lauren's prestigious exotic car collection. The woody



spicy fragrance combines powerful notes of fresh grapefruit, spicy red saffron and deep red wood to create an adrenaline rush of key ingredients. The high-gloss, opaque bottle is a striking, fiery red, mimicking the sleek curves of an automobile. Great for spring Price: \$80 (125ml). Available on RalphLauren.com and at most high-end department stores.

The Body Shop Liquid Lips Collection



This gift set contains three bestselling **Matte Lip Liquids** in gorgeous, wearable shades (Mauritius Dahlia, Nairobi Camellia and Windsor Rose) perfect for any makeup lover, packaged in a lip-shaped gift tin. Designed to glide on like a gloss with a velvet-matte finish, these long-lasting shades leave your lips feeling soft and kissable. Cruelty-free and 100 percent vegetarian. Price: \$20. Available at The Body Shop stores nationwide and Thebodyshop-usa.com

Tweezerman x Huda Beauty Special Edition Collection

Instagram-worthy brows are now within everyone's grasp



with the launch of this **Special Edition Beauty Tool Collection designed by Huda Beauty**. Uniting Huda's love for trends and beauty with some of the best tools in the industry makes this brow set the perfect accessory for any beauty connoisseur. The collection features Huda Beauty's signature lip prints on the award-winning Slant Tweezer and Mini Slant Tweezer, for those who favor brows as bold as the beauty guru herself. Prices: \$17-\$65. Available at Sephora.com and Tweezerman.com.

tured the hit duet *Don't Know Much* with Aaron Neville.

Ronstadt followed with two more Spanish-language albums, *Mas Canciones* (1991) and *Frenesí* (1992), and continued to experiment with different musical styles. On *Dedicated to the One I Love* (1996), she sang a collection of Pop and Rock favorites as children's lullabies, and on *Adieu False Heart* (2006), she collaborated with Ann Savoy to take on Cajun music.



Taking a Break

That year she decided to put aside her singing career to focus on her personal life and her family, including her adopted children, Clementine and Carlos. For many years, she lived in her hometown of Tucson with her kids. She now lives in San Francisco. Despite relationships with former California Governor Jerry Brown and filmmaker George Lucas, Ronstadt never married. She told *The New York Times* that: "I'm very bad at compromise, and there's a lot of compromise in marriage."

Little did she know then that Parkinson's would pull her even further away from her legendary career. However, in the last 4 years she has been elected into the Rock and Roll Hall of Fame, received the National Medal of Arts from President Barack Obama and released *Duets*, an album featuring some of her most popular collaborations.

Linda Ronstadt

Continued from page 10



That same year Ronstadt also explored her Hispanic heritage by recording a Spanish-language album, *Canciones de Mi Padre* (1987), which was filled with traditional Mexican songs like the ones her father loved. She earned an Emmy Award in 1989 for her performance of a stage show by the same name, and that year also released the multi-platinum album *Cry Like a Rainstorm, Howl Like the Wind* (1989), which fea-

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By Randal C. Hill

“Valleri” The Monkees March 1968

Musicians Tommy Boyce and Bobby Hart were songwriting partners who created hit singles for Curtis Lee (*Pretty Little Angel Eyes*), Jay and the Americans (*Come a Little Bit Closer*) and Little Anthony and the Imperials (*Hurt So Bad*). Later, the two were hired to write for the Monkees, Colgems Records’ made-for-TV Beatles knockoffs. It was Boyce and Hart who composed *Last Train to Clarks-ville*, as well as the theme from The Monkees.

To Hart, 9:30 a.m. was an ungodly hour to be awakened by Boyce. Hart had been up until 4 a.m., performing with his band, the Candy Store Prophets, at the Swinger Club in downtown Los Angeles. But now Boyce was at Hart’s bedside and breathlessly explaining the crisis at hand.

Earlier that morning Don Kirshner, the Monkees’ music publisher, had phoned Boyce and requested a song with a girl’s name in the title, promising the Boyce-Hart team a track on the next Monkees album—and maybe even the next single.

In his autobiography, *Psychedelic Bubble Gum*, Hart explained that Boyce had brazenly lied to Kirshner by saying, “Unbelievable! I can’t believe you just said that, Donnie. The

song that Bobby and I wrote just last night is a girl’s-name song.”

“Really!” Kirshner said. “Why don’t you guys come over to the house right now and play it for me? I can’t wait to hear it.”

Boyce gulped, then explained that Hart had come in late but that both could be at Kirshner’s home by 11 o’clock—now a mere 90 minutes away. No such song had been written. Or even started.

By the time Hart emerged from his wake-up shower, it was after 10 a.m. Kirshner’s home was a 20-minute drive away. At 10:45 a.m. the pair climbed into Hart’s Jaguar sedan, Boyce taking the back seat with his guitar. By the time Hart emerged into Hollywood traffic, Boyce had come up with a catchy four-chord progression. “Throw out some girls’ names!” he shouted.

Both tossed around a litany of names—Sally, Virginia, Susan, Linda—but none seemed to click. Then Hart thought of a girl he had admired in high school. “Valleri!” he exclaimed. “Let’s work with that!”

By the time they arrived at Kirshner’s, the two had only the song’s title and Boyce’s four chords. But Boyce, a nat-

ural-born hustler, enthused, “Wait’ll you hear this, Donnie. I think we came up with a smash last night.” He and Hart launched into (a rehearsed-in-the-car) “*Va-ah-ah-ah-al-er-ee, I love her, Va-ah-ah-ah-al-er-ee.*” Boyce then offered another falsehood: “There’s a little verse that goes in here...” (It had yet to be written.) The pair reprised the stretched-out title word, Boyce finishing with a flourish of guitar chords.

The room fell silent, Boyce and Hart breathless. Finally Kirshner beamed. “It’s a smash! It’s gotta be the next single.”

Boyce and Hart added some elementary-school-level lyrics, the Monkees’ lead singer Davy Jones hit a vocal home run in the recording studio, and—voila! —*Valleri* became the Monkee’s sixth straight—and last—Top Ten hit.

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Although the Academy of Nutrition and Dietetics has declared March to be National Nutrition Month®, it’s a good idea to eat healthfully all year long. The 2018 campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits and its theme is “Go Further with Food.”

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1. Consider the foods you have on hand before buying more.

2. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week. This can also help reduce food loss and waste and save you money.

3. Be mindful of portion sizes.

4. Learn about healthy eating from a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow, personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

5. Find activities that you enjoy and be physically active most days of the week. The U.S. Centers for Disease Control and Prevention recommends at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week for most adults.



6. Whether it’s starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. Include a variety of healthful foods from all the food groups on a regular basis. It can help to follow the USDA MyPlate system of healthful eating, including filling at least half your plate each meal with fruits and vegetables, less than a quarter of it with lean meats or other sources of protein, and the rest with whole grains.

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Three Simple Ways To Keep Your Information Safer

It seems as though data breaches affecting millions of Americans are constantly in the news these days. If this makes you anxious about the safety of your personal information, that's understandable.

You can protect your data by using secure internet connections rather than public Wi-Fi when you're providing sensitive information such as financial account numbers online; sending bill payments from public mailboxes and collecting your mail promptly; shredding documents that contain your personal information when they're no longer needed; keeping your computer and mobile device safe against malware that may be lurking in email attachments, pop-ups and banner ads; downloading apps and other programs only from trusted sources; and being wary of anyone who contacts you unexpectedly asking for it. You can also use the security settings on social media sites to restrict who can see your posts. But when businesses have your data, you can't control how well it's safeguarded.

According to Consumer Federation of America, there are some easy steps that you can take to make it harder for fraudsters to use your personal information.

- Create separate passwords for your most sensitive accounts. While it's convenient to use the same password for



everything, crooks know that, so if they get your password for one account, they'll try it to log into accounts on other websites. Any account that has your financial information, Social Security number or other sensitive data should have a unique, strong password to keep would-be intruders guessing.

- Beef up your authentication. If your user name, which is often your email address, and a password is all it takes to access your accounts, your defenses are relatively weak. Two-factor authentication—your password plus something that only you have, such as a one-time code that is sent to you as part of the log-in process—provides much stronger protection.

- Freeze your credit file. This prevents identity thieves from opening new credit accounts in your name because the lenders won't be able to access your credit record. Since some landlords and employers also check applicants' credit records, freezes can also stop

fraudulent attempts to get jobs or rent apartments using your identity. Contact the three major credit-reporting agencies—Equifax, Experian and TransUnion—to request a security freeze. You can lift the freeze anytime you need to and reset it. In some situations, you may be able to do this free; otherwise, there will be a small fee.

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Gender Specific

By Robert E. Horseman, DDS



From blacksmith to barber to cosmetic imaging specialists, dentists have admirably held to the goal of pursuing excellence in their profession. Early on, many general practitioners, realizing there was just too much to know about human dentition and the medical ramifications thereof, wisely restricted their practices to specialized areas. This allowed them to know more and more about less and less and drive a better make of car.

Prosthodontists were able to eliminate screaming intractable children from their practices, orthodontists willingly eschewed those unmanageable lower denture cases and oral surgeons and endodontists obliged by absorbing some of the antipathy towards dentists in general.

What is difficult to fathom in this era of specialization is why there never evolved a gender specific specialty. Except for obstetrics, the healthcare field has been sexually non-discriminatory. Any dentist who has been in practice for more than a few years has figured out that the stress factor from treating men as opposed to women is practically non-existent. The reasons for this are manifold:

- After a daily 5 minute shaving ritual, a man accepts what he sees in the mirror as being as good as it's going to get.



Gives himself a stern, tough guy look and that's it. That's why you never hear a man ask how he looks. You think Bela Lugosi ever thought about having those cuspids fixed or brightening his smile?

- Men, according to the Macho Code of Stoicism, are inclined to disregard dental problems until forced by extreme pain or spousal persistence to seek treatment. Having exhausted the relief possibilities of aspirin and bourbon lavages, he is not apt to be picky about treatment modalities. Function vs. esthetics offers no argument.

- Choosing shades is simplified. He is not liable to waffle endlessly between A1 and C4 shades, believing both to be well within his tolerance levels.

- Men with full beards make post-op cleanup much easier. A good wring-out is usually sufficient.

- One or more missing upper front teeth is not considered a compelling reason to go into hiding the rest of his life. Nor is replacement a top priority.

- Treatment options are based primarily on what is fastest.

- The same code of stoicism that kept him from your office in the first place will be in effect upon delivery of a new full or partial denture. A man will ignore a major sore spot that would send a woman to the ER. He discovers it will heal itself if he keeps the prosthesis in his sock drawer.

- To a man, there is no such thing as too much denture adhesive.

- You never have to give him Kleenex when he is seated, he won't know what to do with it.

- Because his self-image was pretty well solidified and self-approved by age of 12, he is not concerned that you might spoil it. The headrest is not going to wreak havoc on a \$100 hairdo and if his hair (if any) is messed up during treatment, he won't know or care.

- You never have to say to him, "You have a lovely smile." Or, "I love your shoes!" He won't mind if you don't ask where he got his wallet and fail to comment on how nicely it goes with his belt or neglect to admire how both compliment his nails.

Continued on page 21

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Gender Specific

Continued from page 19

• You and his urologist vie for top consideration when the annual examinations come due. “I got your six months recall card, that’s why I’m here.” You could grow old waiting to hear this statement.

• If a man ever mentions pain, it will be in words more specific than “niggling” or “twingy.”

Taking the above facts into consideration, it is not hard to understand why limiting your practice to males might be the way to go stress-wise unless, of course, you have to make a living.

Before you make that final decision to specialize in male-odontia, favoring guys whose expectations and demands are less exasperating than women’s, you might want to recall these facts:

• You seldom encounter a woman whose cheeks are covered with stubble and have the resiliency of Masonite. A man is as old as he looks before shaving; a woman is as old as she looks after washing her face. This is not your fault.

• Women who smoke pipes are few and far between.

• A lower lip that can push up with a hundred foot/pounds of pressure more than you can push down is a rarity in women.

• As a rule, hirsute nasal openings are not a problem. The same is true of wildly exuberant mustaches that extend well below the vermilion border.

• Generally speaking, women smell better and frequently present themselves as if going out in public obliged them to spruce up a bit.

If these gender ramifications haven’t helped you to sort out the possible benefits of an all male practice, you might remember that in all the recorded history of the profession, no man has ever shown up at the front desk with a plate of home-made cookies.

The Gadget Geezer

Continued from page 12

It attaches to your cell phone or tablet to make it stand upright on your lap when watching a movie in the car or any vehicle, using it on a folding tray table while flying, or on a coffee table in your living room.

It is tiny, lightweight (under 4 ounces) and folds easily into a purse, backpack or carry-on bag. Using micro-suction technology, the eniTAB360 securely grips onto your devices, allowing them to stand in several positions and rotate 360 degrees to meet your comfort level.

My only constructive suggestion for the eniTAB360: Change the name!



Life in Long Beach

By Lyn Jensen

Art With a Beach View

Atop a bluff overlooking an oceanfront view that stretches from Palos Verdes to Huntington Beach, you’ll find the Long Beach Museum of Art. Just east of downtown, along Ocean Boulevard, a landmark brick building is home to a community-based organization that collects and keeps a permanent art collection, presents exhibitions in a variety of media, and provides educational programming.



The focus is on Contemporary art, primarily Southern California artists, and the museum has consistently presented the first museum exhibitions for many emerging artists, especially women and artists of color. Current exhibits include:

- Cartomancy: The Seni Horoscope Re-imagined by Shay Bredimus, through May 13
- Time and Space: Abstractions from the Permanent Collection, through May 6
- Christy Matson: Rock, Paper, Scissors, through May 13
- Sovanchan Sorn: Artist in Residence

As a nonprofit organization, the museum depends on a di-

verse funding base with local and state funds for the arts and the resources of individuals, foundations and corporations. It’s managed by the Long Beach Museum of Art Foundation, a public/private partnership.

The main exhibit building, the Anderson house, is a cherished part of local history. It was built in 1912 as a summer home by Elizabeth Milbank Anderson, a wealthy philanthropist. In 1926, it became Long Beach’s first beach club. Next, it was owned by Thomas O’Donnell, a pioneering oilman. During World War II, it was a naval officers’ club.

The city of Long Beach purchased the home in 1950, making it the Municipal Art Center. It was designated the Long Beach Museum of Art in 1957.



In the late 1900s the site underwent a major restoration including construction of an adjacent building, the three-story Ronald and Sylvia Hartman Pavilion. The work was completed in September 2000.

While visiting, dine at Claire’s



at the Museum Restaurant, where nature’s art provides the ocean view. Browse the outdoor sculptures scattered throughout the museum campus garden, too. As for parking, it’s free in the museum parking lot, one block west on Ocean Boulevard.

Museum Hours: Thursdays from 11 a.m. to 8 p.m.; Fridays, Saturdays, Sundays from 11 a.m. to 5 p.m.

Claire’s at the Museum Restaurant Hours: Thursdays from 11 a.m. to 8 p.m. (Happy Hour from 3 p.m. to 8 p.m.), Fridays from 11 a.m. to 3 p.m., Weekends from 8 a.m. to 3 p.m.

Address: 2300 East Ocean Blvd., Long Beach, CA 90803
Phone: 562-439-2119

Web: www.lbma.org
Admission: Adults \$7. Seniors (62+) and students \$6. Children under 12 free. Thursdays after 3 are free. Fridays are free all day.

Sacramento, America's Farm to Fork Capital & Gateway to California's Gold Country

Story by Ronnie Greenberg • Photos by Joe Hilbers

Sacramento, California's capital city, cuddles in the confluence of the Sacramento and American Rivers in California's Central Valley. Its indigenous culture included the Nisenan and Plains Mikwok Indians, and its history encompasses Spanish exploration, pioneers and gold fever.

The city where a gold flake was discovered in a stream and began the great California Gold Rush in 1849 surrounds the old fortress built by the Swiss soldier of fortune, Captain John Sutter. In the days of the covered wagons, the river route running southwest for 90 miles from Sacramento to San Francisco Bay was an important highway. It became a major center for the Pony Express, and the first trans-continental railroad.

Sacramento makes a great



Hilton Garden Inn Sacramento South Natomas

homebase for regional exploration in Lake Tahoe, the San Francisco Wine Country and the Central Coast. Excitement awaits railroad buffs, sports enthusiasts, lovers of art, history and fantasy. For the more adventurous there's boundless outdoor offerings. The city focused around the rivers, provides a natural playground for jet skis, ski boats, patio boats and houseboats.

If a relaxing day at the beach sounds more appealing, head to Folsom Lake or Lake Natoma located at the base of the Sierra foothills.

Unpack Your Bags

Hilton Garden Inn Sacramento/South Natomas is a perfect location for your Sacramento adventure. With newly upgraded guestrooms pleasing to the eye and amenities that include a microwave, mini fridge, 49-inch DTV, complimentary Wi-Fi and a Keurig coffeemaker. Comfy beds with high count linen sheets, and the bathroom soaps, shampoos and creams provided are Neutrogena. There's a fitness room with ProCon equipment, a whirlpool and pool, and for in-room workouts, fitness bags are available.

Dining is offered on-site in the Garden Pavilion serving

California cuisine for breakfast and dinner in a casually elegant atmosphere. Start your day with a hot-cooked-to-order breakfast including items such as pancakes; French toast, sausage, bacon, eggs and omelets, and its signature waffles with delicious toppings. For dinner try the bleu cheese fries, tomato and basil bisque, BBQ chicken salad, flatbreads, grilled veggie pasta Primavera, BBQ ribs, pasta marinara; smothered chicken, or grilled salmon, tuna or sirloin. For dessert your choice of caramel apple granny, molten chocolate cake, Rockslide brownie, or NY cheesecake. There's an impressive selection of wines, cocktails and bottled beers.

or (916) 568-5400; visit www.hiltongardeninnSacramento.com Complimentary airport shuttle is available.

Attractions

Old Sacramento a historic area is a registered National Landmark and State Historic Park off the banks of the Sacramento River. As you enter this 28-acre town of historic buildings built in the mid 1800s, you'll step back to California's Gold Rush era. Today, the nostalgic appeal of early American history is reflected perfectly by the cobblestone streets bordered with wooden sidewalks, horse-drawn carriages, old-fashioned candy shops and Mississippi-style riverboats. Visit www.oldsacramento.com



Entrance to Historic District



California State Railroad Museum

Hilton Garden Inn Sacramento/South Natomas is located at 2540 Venture Oaks Way, phone (855) 499-0001

Sacramento's historic role as the commercial center of the California Gold Rush and terminus for the Pony

Sacramento, America's Farm to Fork Capital & Gateway to California's Gold Country

continued



California Museum

Express and America's first transcontinental railroad is preserved in **Old Sacramento State Historic Park and the California State Railroad Museum**. Widely regarded as the largest train museum in North America, the 100,000-square-foot museum displays 21 meticulously restored locomotives and cars, and more than 40 one-of-a-kind exhibits that tell the fascinating story of railroad history from 1850 to present. Included are a Pullman-style sleeping car, a dining car filled with railroad china, and a railway post office—all three of which you can step aboard. Historic equipment and exhibits on the transcontinental railroad and 19th century rail travel is housed in the reconstructed 1876 Central Pacific Railroad Station. The *Small Wonders: The Magic of Toy Trains*, showcases around 1,000

vintage toy trains collected over several decades by Mr. Thomas W. Sefton of San Diego. There's 3,300 square feet of exhibits in six specific themes with interactive displays and a dazzling operating toy train layout. Guided tours and interpretive film screens are offered daily. Located at 111-I St., phone (916) 445-5995 or visit www.californiarailroad.museum

California State History Museum continues the rich tradition of honoring legendary people who embody California's innovative spirit with the newest California Hall of Fame inductees: Lucille Ball, Jim Plunkett, Gary Snyder, Mabel McKay, Steven Spielberg and Michael Tilson Thomas. Previous honorees have included: Buzz Aldrich, The Beach Boys, Dr. Elizabeth Blackburn, Nobel prize

winning scientist and community activist Father Gregory Boyle, entrepreneurs and philanthropists, Doris and Donald Fisher, Magic Johnson, guitar visionary, Carlos Santana, Ed Roberts disability rights advocate and celebrated contemporary novelist Amy Tam. The all new exhibit, *California Missions —Along the El Camino Real!* explores the 21 religious and military outposts founded by Spanish Catholic Missionaries of the Franciscan Order on The Royal Road located at 1020 O St. (916) 432-8722 or visit www.californiamuseum.org

Wells Fargo History Museum has hundreds of items on display including original artifacts, documents, old photos and lithographs, which bring to life the commercial history of Sacramento and Wells Fargo's



Addition to the Crocker Art Museum

role in it since 1852. Call, (916) 550-4160 or visit www.wellsfargohistory.com

The **California State Capitol Museum** is the name given to the grounds and buildings of the California State Capital building. The building features exhibits and tours that assure an easy visit. The Capitol reflects the beauty and grandeur of the 1900s with its mag-

nificent dome, marble and mosaic floors, and monumental staircases. There are 40 acres of gardens in the surrounding Capitol Park, including trees from around the world. Phone (916) 324-0333 or visit www.assembly.ca.gov

The Crocker Art Museum housed in a restored Victorian mansion is the oldest public art museum in the West built in 1853 as a private residence. On a European Grand Tour from 1869-71 the Crockers started what is currently a superb collection of early California paintings and boasts one of the nation's premier collections of art from the Golden State, plus European, Asian, African and Oceanic works, international ceramics and one of America's finest early collections



Crocker Art Museum

Continued on page 26



Things to Consider if You Plan to Retire Before 60

Financially speaking, what moves might you want to make?

Provided by Howard Erman, CFP®

By choice or by chance, some people wrap up their careers before turning 60. If you sense this will prove true for you, what could you do to potentially make your retirement transition easier? As a start, you may need to withdraw your retirement funds strategically.

The I.R.S. wants you to leave your retirement accounts alone until your sixties. To encourage this, it assesses a 10% early withdrawal penalty for most savers who take money out of traditional retirement accounts prior to certain ages. For a traditional IRA, the penalty applies if you withdraw funds prior to age 59½; for a workplace retirement plan, the penalty may apply as early as age 55. 1

You may be able to avoid that 10% penalty by planning 72(t) distributions. Under a provision in the Internal Revenue Code, you can withdraw funds from a traditional IRA prior to age 59½ in the form of substantially equal periodic payments (SEPPs) over the course of your lifetime. The schedule of payments must last

for at least five years or until you reach age 59½, whichever period is longer. Once the schedule of periodic payments is established, it cannot be revised - if the payments are not taken according to schedule, you will be hit with the 10% early withdrawal penalty. All 72(t) distributions represent taxable income. 1,2

You can also take 72(t) distributions, in the form of SEPPs, from many employee retirement plans. To do this, you must “separate from service” with your employer, i.e., leave or lose your job. Should that happen in the year you turn 55 (or in subsequent years), you can take a lump sum out of the plan without any early withdrawal penalty. If you quit or leave before age 55, you may arrange SEPPs over your lifetime or prior to age 59½, as per the above paragraph. 3

If you have a Roth IRA or Roth employer-sponsored retirement account, things get easier. You can withdraw your contributions to these accounts at any time without incurring taxes or tax penalties. At age 59½ or older, both account contributions and account earnings can be distributed tax

free and penalty free if you have held the account for at least five years. 3

In addition to your retirement funds, you will need health coverage. A decade may pass before you are eligible for Medicare, so what are your options past 18 months of COBRA?

The health insurance exchanges may be your best resource to find coverage at a decent cost. In fact, you may qualify for health insurance subsidies because your income will drop when you leave work. Retirement (and the loss of employer health coverage) counts as a “qualifying life event,” giving you a special 60-day enrollment window outside the usual November-December enrollment period. 4

In the best-case scenario, your employer keeps you on its group plan for a few years after your retirement. (If you have paid for your own health insurance for years, you can keep doing so.)

You may appreciate having a health savings account. Contributions to HSAs are tax deductible, and the assets within them grow tax-free. HSAs are sometimes called “backdoor IRAs” because you can use the money within them for any reason without penalty once you turn 65, not just for quali-



fied health care expenses. (All HSA withdrawals are taxable.) 5

Think about a conservative retirement income withdrawal rate. The standard 4% baseline may be too optimistic; 3% or 3.5% may be more realistic if you feel you will be retired for 30 years or longer.

Should you claim Social Security at 62? You can, as long as you are prepared for the trade-off: the probability of proportionately smaller monthly benefits over the rest of your life compared with larger monthly benefits you could receive by claiming later.

Any early retirement decision should prompt a consultation with a qualified financial or tax professional. This is a critical financial juncture in your life, and whether you find yourself at it by choice or by chance, your decisions could have lifelong impact.

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

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pez and Matt Stone. Parker and Stone are the four-time Emmy Award-winning creators of the landmark animated series, *South Park*. Tony Award winner Lopez is co-creator of the long-running hit musical comedy, *Avenue Q*. The musical is choreographed by Tony Award winner Casey Nicholaw (*Monty Python's Spamalot*, *The Drowsy Chaperone*) and is directed by Nicholaw and Parker.



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Sacramento

Continued from page 23

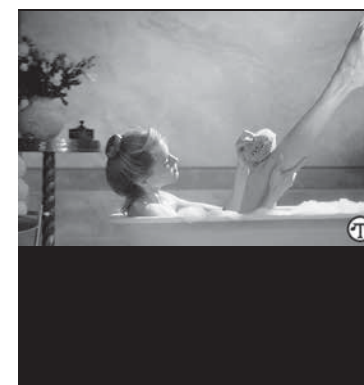
of European master drawings. The museum's recent expansion brings art to life with tours and talks, films and concerts, art classes, a state-of-the-art education and program facilities, a children's interactive gallery and surprises for visitors of all ages. Located at 216 O St., visit www.crockerartmuseum.org

Old Sacramento Underground Tours takes you beneath the city uncovering facts behind the legends that lie below buildings and sidewalks. Get to explore excavated foundations and enclosed pathways while your tour guide recounts the tales of the devastation, perseverance and determination that led to California's only street-raising project that lifted itself out of the flood waters during the 1860s and 1870s. The half-mile guided tour lasts about an hour and runs from April 1 to Dec. 31. Visit www.sachistorymuseum.org

How to Get There
Sacramento International Airport is served by all major airlines. All major car rentals are located directly outside the terminal.

The city is easily accessible from all directions. Interstate 80 and US Highway 50 runs east/west; Interstate 5 and US Highway 99 runs north/south.

Visit Sacramento is where Farm to Fork begins, and for a complete seasonal Tourism Guide for a list of events in the Sacramento region. Visit www.visitsacramento.com



Look Your Best For Less

You can look like a million while spending much less if you heed these eight hints:

1. Shop in your closet—and your friends'. There may be pieces you've forgotten you had that you can repurpose for yourself or someone else.

2. Take steps to stay fit. Walk wherever you can. You'll save on transportation costs and it's good for your waistline and your health, so you may save on medical costs, too.

3. Check out thrift shops and vintage clothing stores, especially the ones in wealthy neighborhoods. You can get some great looks—sometimes there are items that have never even been worn—for very little. Then, take them home and make them your own with assorted inexpensive accessories.

4. Become an old sew and sew. Learn to alter, redesign and even create your own clothes so they'll suit your style and your figure just right.

5. Drop any bad habits. If

you quit smoking, drinking or fast food, you can save money while looking and feeling better.

6. Keep it simple. Go for timeless, basic clothing pieces that mix and match well.

7. When you shop for food, buy what's in season; it costs less and is often better for you.

8. When it comes to looking and feeling clean and fresh, you don't have to spend a lot to get great results. In fact, you can get body sprays, shower gels, body wash, shampoo, antiperspirants and deodorants for men and women at a great price. Just try the brands Power Stick and Soft Whisper by Power Stick; effective, long lasting at an affordable price, and available at Dollar General, Family Dollar and Dollar Tree stores. Made in America and never tested on animals, these are the leading brands in the value-priced market for a reason.

Learn More

You can find more about these great products and further information at www.power-stick.com.

March Crossword Puzzle

Across

- 1. Describe
- 5. Vows
- 10. Dairy product
- 14. Suffix with buck
- 15. Go swiftly
- 16. Dies ____
- 17. In spite of
- 20. Greek hero of the Trojan War
- 21. Stops
- 22. Conducted
- 23. Some TV's
- 24. Angora fleece
- 28. Drop of water expelled by the eye
- 29. Pay-____-view
- 32. Continental identity of a Chinese person
- 33. Haggis ingredient
- 34. Caesar's wings
- 35. Direct
- 38. Gets the picture
- 39. Falsehoods
- 40. Cranky
- 41. 10th letter of the Hebrew alphabet
- 42. Silver screen
- 43. Taoism founder
- 44. Shade trees
- 45. DC bigwig
- 46. Summon for active duty
- 49. Upper part of the intestines

- 54. Make a trade?
- 56. King of the Huns
- 57. Varnish resin
- 58. Wading bird
- 59. Penn name
- 60. Celtic priest
- 61. Exxon, formerly

Down

- 1. Turner of "Peyton Place"
- 2. Camaro model
- 3. Sweater eater

- 4. ____ lay me...
- 5. Stableman
- 6. Felt sore
- 7. Chuck
- 8. Like Phoenix in summer
- 9. Rapid-fire
- 10. King with a golden touch
- 11. Part of the eye
- 12. Narrow path for walkers, cars or ships
- 13. Frat party purchases
- 18. "Fighting" Big Ten team

- 19. Approach
- 23. Sailing hazards
- 24. Large and dense
- 25. Bony prefix
- 26. Took on
- 27. Small batteries
- 28. Private student
- 29. Pigtail
- 30. Merits
- 31. Color anew
- 33. Lower legs
- 34. Horton Hears ____

- 36. Saw fleetingly
- 37. "Hotel ____"
- 42. Hint
- 43. Soviet leader Brezhnev
- 44. Pixyish
- 45. Finnish name of Finland
- 46. Tax experts: Abbr.
- 47. Commedia dell'____
- 48. "Damn Yankees" role
- 49. Mon ____!
- 50. Writer Wiesel
- 51. Pen points

- 52. Israeli guns
- 53. You've Made ____ Very Happy
- 55. Camera type, briefly

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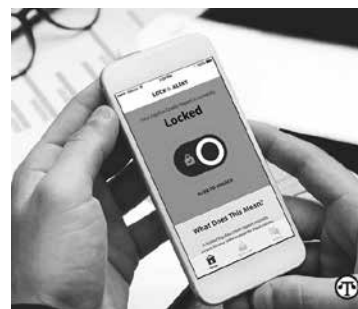
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New Equifax Lock Service: Your Questions Answered

When it comes to restricting certain access to their Equifax® credit reports, consumers have a new option with the Equifax Lock & Alert™ service. The service, which was launched on Jan. 31, is free for life and gives consumers the ability to quickly lock and unlock their Equifax credit report using a computer or mobile device. Terry Griffin, senior vice president of marketing at the Equifax Global Consumer Solutions division, answers some questions surrounding Lock & Alert.

Q: Why did Equifax launch Lock & Alert?

A: One of the reasons we launched Lock & Alert (<https://www.equifax.com/personal/products/credit/credit-lock-alert>) was to provide consumers with another option for restricting certain access to their Equifax credit report. Doing so may help protect against identity thieves fraudulently opening credit accounts or new loans. One way to restrict certain access to your credit reports is through a credit report lock. Lock & Alert also represents a commitment we announced on Sept. 27, 2017, to provide a service that allows consumers to help control access to their Equifax credit report in an easy and convenient way. In addition, we have also waived the fees for security freezes – including placement, lifting, and removal – until June 30, 2018.



Q: How have consumers responded so far to Lock & Alert?

A: We are carefully watching and addressing consumer feedback. We're pleased to see some positive reviews, comments, and high ratings in the Apple® App Store or Google Play™. Through those, we're able to see what's resonating with consumers and where we have opportunities to improve. Our teams are diligently responding to comments, and we encourage additional feedback.

Q: What is the difference between Lock & Alert and a security freeze?

A: A credit report lock and a security freeze have the same impact on your Equifax credit report, but they aren't the same thing. Both generally prevent access to your Equifax credit report to open new credit accounts. A lock allows you to lock and unlock your Equifax credit report online or by mobile app, and uses usernames and passwords for identity authentication. Placing, lifting or removing a security freeze can also be done online, and uses a PIN for identity authentication. Unless you temporarily

lift or permanently remove a freeze, or unlock your Equifax credit report, it can't be accessed to open new accounts. There are exceptions as to who can still access your Equifax credit report when it's locked or frozen. For more information about the differences between a security freeze and a credit report lock, please click here (<https://www.equifax.com/personal/education/identity-theft/lock-or-freeze-info-graphic>).

Q: Do consumers who have the complimentary credit monitoring product need to sign up for Lock & Alert too?

A: All U.S. consumers who are at least 18 and have an Equifax credit report are able to enroll in Lock & Alert regardless of whether or not they are enrolled in our complimentary credit monitoring. Consumers are not obligated to enroll in Lock & Alert; whether to enroll in the service is a consumer's choice.



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— J. Fitzgerald, VA



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Busy Boomers

By Les Goldberg

Let's Get Ready to Rumble!

That catchphrase made famous by boxing ring announcer Michael Buffer, 74, is now being used as a call to action by a fast-growing legion of senior citizens who are keeping fit by lacing up their boxing gloves and taking a fighting stance against aging.

Throughout the U.S. and right here in Southern California, the graying generations are finding that a right cross and a hard jab can do wonders, not only for their physical health, but for their self-esteem as well.

Among the major movers and shakers in this pugilistic movement are Gary Ballard of Mission Viejo, a former professional boxer; Paul Delgado, owner of an Atlanta gym where local Parkinson's disease victims benefit from his new approach to fighting their illness, and Flo Trapani, a senior living facility activities director in Simi Valley.

At Delgado's Boxing, the participants are successfully battling the symptoms of Parkinson's with the rigorous boxing workouts.

Basic Training

According to most fitness experts, boxing includes a lot of heart-healthy exercises such as skipping rope and working on a punching bag. Many gyms offer boxing workout



to fight off old age, depression and inactivity.

"I think anything that gets us out of our rooms to exercise is good for us," said one of the participants.

Another, Christian Dorn, 92, said the last time he put on a pair of boxing gloves was in high school. "It's a lot different. We used to stand up and now we sit down."

One 87-year-old class member added: "I used to fight the boys when I was little," she said with a laugh, "but never with boxing gloves."

At the Park Terrace living facility in Rancho Santa Margarita, Ballard, who is over 50 and owner of his own fitness studio, puts his students through a series of exercises that include punching, jabbing, knee lifting and feet stomping. All, he says, are designed to increase breathing, gain balance, and help them to retain some of their independence. A cooldown routine is held after each session to ensure the health of leg, back and side muscles.

Growing Trend

Ballard's class began more than a year ago with two students. Today, that number has ballooned as the boxing for fit-

ness idea grows in popularity across the country.

"I've got a heart for them (seniors)," he said. "Some of them don't get many visitors, so this gets them active, gets them engaged and improves their quality of life overall."

"Park Terrace Health Services Director Mitzi Grey said: "Most of the body with Parkinson's is rigid. Those people experience more frequent falling. Seniors who suffer from balance issues can stay seated in the hour-long classes while Ballard walks them through the exercise routines."



Ballard's method includes walking around the room instructing the seniors to jab with their left arm followed by a right cross punching motion. He urges them to make noise – it helps to exert more energy and forces them to breathe."

Boxing is a good way to gain coordination and release some frustration, according to Paul Delgado, who runs the Atlanta facility just for Parkinson's patients.

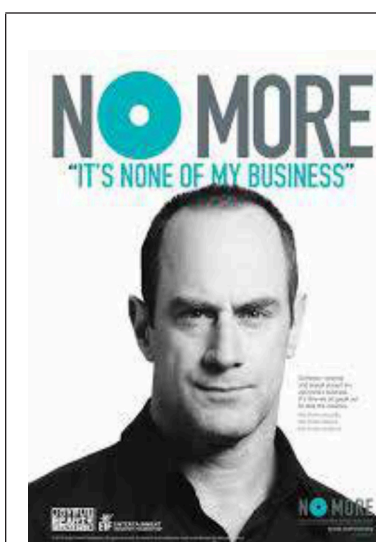
Good Therapy

"The frustration of the dis-

ease and not knowing what's going to come next can wear on you," he said. "And sometimes you just feel like hitting something."

Said Grey, the program works and also provides the participants with an hour of laughing, cheering, giggling and wise-cracking.

Sounds like this trend has a fighting chance for success.



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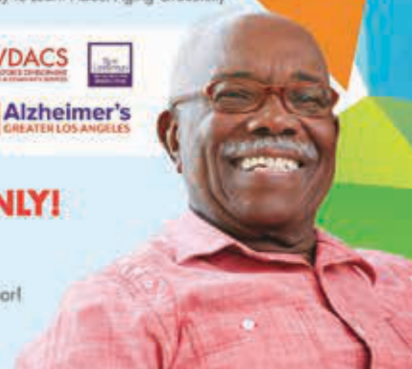
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Setting The Record Straight: Common Myths About Vacation Rentals

Vacation rental homes are becoming increasingly popular. In fact, 89 percent of travelers who have never rented a vacation home before would consider it, according to a recent study. However, popular misconceptions prevent some people from doing so. Here are a few facts that can help.

Myth #1: More space = a higher price tag. Many travelers assume vacation rentals are more expensive than traditional lodging. Think again: When you break down the price per night and per room compared to traditional accommodations, vacation rentals typically offer better value—plus, you get added living areas. Rental homes can also prove more cost effective when you average in all the convenient amenities, such as kitchens to save money on meals, or washers and dryers to cut down on baggage fees because you can pack less.

Myth #2: I need to have a large group. Vacation rental homes come in all shapes and sizes, from studio units and condos in resort-style communities to larger, private homes with four or more bedrooms. Solo travelers, couples and families alike can enjoy rental homes for the convenience and can find the right-sized home for their needs.

Myth #3: I have to stay for at least a week. Many vacation rental homes offer flexibility when it comes to length of stay. Travelers can often find



rentals for weekend stays, especially during off-peak travel periods.

Myth #4: You have to book far in advance. There is no set time frame for booking a rental home before your trip. While booking further in advance can give you a greater selection to choose from, there are often great last-minute deals in many popular vacation destinations for those who can't plan as far ahead.

Myth #5: If I need help, I'm on my own. This one depends on how you book your rental home. If you book directly with a homeowner through a listing site, you will have to work out any issues directly with the owner. However, if you book through a professional manager, such as Wyndham Vacation Rentals, there is someone available 24/7 to assist you and to serve as a liaison between you and the property owner. Wyndham even offers a "Vacation Rental Bill of Rights" that assures travelers that their expectations will be met.

Learn more about vacation rentals at www.VacationDifferently.com. The travel resource offers great tips on family travel, ideas for vacation rental accommodations, and inspiration on a different way to travel.

The Flower Of The Year Is Here: The Purple Rose

It's official: The purple rose is Flower of the Year for 2018. There are many reasons this enchanting bloom is having its moment.

Purple Roses: Rising to the Occasion

The product development team at 1-800-Flowers.com travels the globe each year in search of the latest trends to inspire truly original designs. This year, it found that inspiration in purple roses. With their majestic beauty, rich symbolism and of-the-moment hue, the blooms bring their unique radiance to every arrangement.

Singing the Praises of Purple

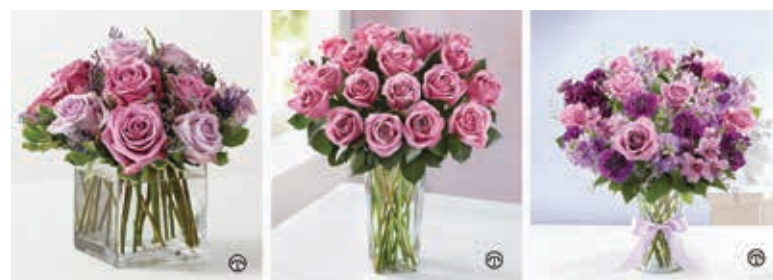
What makes this color rose so popular? Here are just a few purple points of interest:

- Purple roses convey enchantment and love at first sight; excellent for sending to someone who's swept you off your feet from the start.

- The color purple has a lot of meaning behind it, too: It's associated with luxury, power, ambition and royalty. You may see lots of purple flowers popping up at the upcoming royal wedding.

- With so many shades—from lavender to magenta—purple brings a rich contrast of color to flower arrangements that really pops.

- Purple is the official color of



International Women's Day (March 8th, 2018), a chance to honor and celebrate the special women in our lives. A bouquet of purple roses would certainly make a beautiful gift.

"Color plays an important role in our everyday lives, helping us to express ourselves to the people we love and care for," says Alfred Palomares, VP of Merchandising for 1-800-Flowers.com. "The enchanting purple rose represents unending possibilities in 2018, inspiring grace and dignity, creativity and devotion, and most importantly our deep love for those who are closest to us."

Consider these artful arrangements:

Passion for Purple Roses

"Thank you." "Happy birthday." "I love you." Whatever it is you want to say, let these radiant lavender purple roses say it for you. Just one look can have someone special in your life feeling like royalty.

Graceful Lavender Bouquet

Elegant and soft, this bouquet looks like it came fresh from the garden. Lavender and purple roses mingle in a stylish clear rectangular vase. The

delicate floral color palette and modern container make for a striking combination you'll want to put prominently on display.

Shades of Purple

Every shade of purple in this radiant bouquet can bring joy and delight to the people you love. A rich gathering of blooms, hand-arranged by skilled florists with lush greenery inside a glass vase, tied with ribbon. One look may be all it takes to turn their day around.

Delivering Smiles, One Truly Original Gift at a Time

For over 40 years, 1-800-Flowers.com has been helping people satisfy their passion for purple roses, along with all their other truly original flowers and gifts. You can make someone smile today by calling 1-800-FLOWERS, clicking www.1800flowers.com, or visiting a retail store. To find one nearby, go to florist.1800flowers.com.

"The enchanting purple rose represents unending possibilities in 2018, inspiring grace and dignity, creativity and devotion, and most importantly our deep love for those who are closest to us. <http://bit.ly/2mkuzSI>"



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

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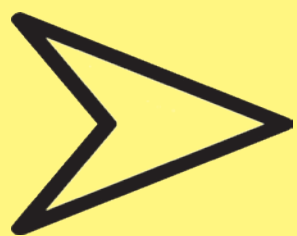


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In The Spotlight

By Debbie L. Sklar

Need Help Filing Your Taxes? TurboTax Expert and CPA Lisa Greene-Lewis Offers Help

This month's Senior Spotlight might not necessarily be an actual senior *per se*, but she does have experience in helping seniors especially when it comes to doing taxes. In order to help you get ready for filing by Tuesday, April 17, Lisa Greene-Lewis, a CPA and tax expert at TurboTax gives some sage advice for those who might need a little extra help if they are filing their own taxes.



Q: Why would someone want to choose a TurboTax product over going to their accountant?

A: With TurboTax, you have the luxury of filing your taxes anytime and anywhere you want, seamlessly across any device (your cell phone, tablet or computer). New this year, TurboTax has gone beyond D-I-Y and is giving customers the opportunity to get expert assistance from a virtual network of CPAs and Enrolled Agents in the comfort of their own home with TurboTax Live.

Also, when you file online you can file electronically and find out when your tax return is received. Electronically filing with direct deposit is the fastest way to get your refund. IRS states that they will issue nine out of 10 tax refunds within 21 days after acceptance when

you use e-file with direct deposit. If you send in your return by mail, you can expect to wait up to six weeks. With TurboTax, you can skip the trip to the post office and file online and elect to have your refund deposited directly into your bank account.

Q: How does one choose the best TurboTax product for themselves?

A: TurboTax is very intuitive and will ask you a few simple questions and recommend the best product for you.

Q: What is the best product for someone who is retired? Also, for someone who is self-employed?

A: For someone who is retired, the best product would most likely be TurboTax Deluxe, which allows you to maximize tax deduction and credits, in addition to walking you

through reporting your retirement plan distributions, mortgage interest or property taxes.

For the 55 million self-employed individuals – including freelancers, independent contractors and workers in the gig economy – TurboTax Self-Employed delivers an integrated tax preparation solution designed specifically for the self-employed and comes with QuickBooks Self-Employed for year-round income, expense, and mileage tracking. TurboTax Self-Employed is designed specifically for self-employed needs provides all of the necessary tools to help customers manage and maximize their business tax deductions. TurboTax Self-Employed industry-specific deduction feature finds and maximizes unique tax deductions across diverse industries like real estate, rideshare, Web design, construction and more. Self-employed customers can also connect live via one-way video on-demand, with the new TurboTax Live to a CPA or Enrolled Agent to get your tax questions answered in the comfort of your home. The tax experts can even review sign and file your tax return.

Q: Is there help from anyone at TurboTax during the tax filing period to help with questions?

Is it free to get advice?

A: New this year, TurboTax introduced TurboTax Live, a tax preparation experience that combines TurboTax ease of use with an extensive virtual network of credentialed tax experts to deliver assisted tax preparation to living rooms nationwide, on demand.

Have a question about how your retirement income will be taxed? TurboTax Live allows TurboTax customers to connect to a live Certified Public Accountant CPA or Enrolled Agent via one-way video technology to get their tax questions answered from the comfort of their couch. Your TurboTax Live CPA or Enrolled can even have review, sign, and file your return for you. TurboTax Live is currently \$149.99 for Federal filing and \$36.99 for State.

Q: How long has TurboTax been around and helping people with their taxes?

A: TurboTax has been helping people with their taxes for more than 30 years and continues to be ranked the No. 1 best-selling tax software. Last tax season, TurboTax processed over 40 million tax returns.

Q: Is this year's filing preparations much different due to the

new tax laws recently enacted by Washington?

A: For most filers, your 2017 taxes will not be impacted by the new tax reform legislation. The new tax laws mainly focus on 2018 taxes, which will be filed in 2019. TurboTax has you covered and is up-to-date with the latest tax laws, so you can start filing now with complete confidence.

Q: Where is the best place to obtain info about TurboTax?

A: You can learn more about TurboTax at turbotax.intuit.com.

Q: How much does it save using TurboTax products vs. hiring an accountant?

A: This will vary depending on the individual and their situation, but our pricing is highly competitive.

There are more than 60 million taxpayers who can file a Form 1040A or 1040EZ who can file their taxes absolutely free with TurboTax Absolute Zero so they are saving on costs to get their taxes done, to drive somewhere, and possibly take off work.

Our customers who use TurboTax Live are getting access to credentialed CPAs and Enrolled Agents with an average

Continued on page 39

The Saddleback Big Band

Brings Their Swing Thing Back to the McKinney Theatre Mission Viejo, CA – Jazz Studies at Saddleback College is thrilled to perform great American Big Band music of the 30s and 40s in their Big Band Swing Thing in the McKinney Theatre on Friday, March 9th at 7:00 p.m. This popular event is an opportunity to bust out your dance shoes. Joey Sellers and the Saddleback College Big Band will raise the roof once again along with talented vocalists who will croon classic songs of the 1940s and 50s, including 101 year old vocalist Shep Shepherd!

The price is \$30 per person or 2 for \$50. Food and adult drinks are included in ticket price and will be served beginning at 6:00 p.m. There will be a silent auction and all proceeds benefit the Saddleback College Jazz Studies Program. Tickets may be purchased in person at the Saddleback College ticket office, Tuesday-Friday, noon to 4 p.m. or online at www.saddleback.edu/arts. If you need assistance, you may call the ticket office at (949)-582-4656 during the hours listed.

Saddleback College is located at 28000 Marguerite Pkwy in Mission Viejo, just east of Interstate 5 at the Avery Parkway exit. Take Avery Parkway to Marguerite Parkway and turn left. Turn right into the first campus entrance and take the second left to Theatre Circle. Parking Lot 12 is on the right.

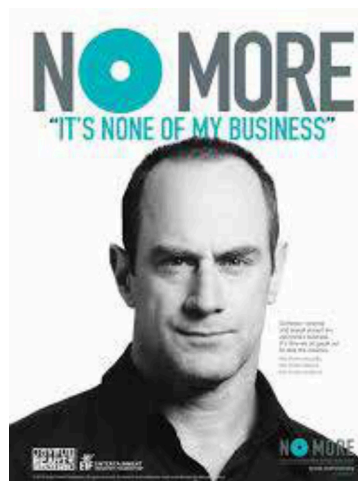


University of California at San Diego, and other regional institutions. Some of our alumni have gone on to play professionally with Frank Zappa, Diana Ross, and other high-profile artists and organizations.

Located in Mission Viejo, Saddleback College provides quality higher education and training to the greater south Orange County

Jazz Studies at Saddleback College emphasizes creativity through improvisation and ensemble performance. Focusing on the historical, theoretical and intuitive aspects of this American music, Director of Jazz Studies Joey Sellers and an outstanding cadre of nationally-recognized musicians comprise the jazz faculty. Curricula include Improvisation, Jazz Composition and Arranging, Jazz History Syllabus, Jazz History Audio, Jazz History Podcast, Jazz Piano, Saddleback Big Band, Jazz Lab Ensemble, and Combos. Students in Jazz Studies at Saddleback College have transferred to prestigious institutions including University of Southern California, Eastman School of Music, Berkeley School of Music, Cal State Northridge, UCLA, The New School for Social Research in New York, Cal State Fullerton,

community. Having served more than 500,000 students since 1968, Saddleback College offers over 300 degree and certificate programs to help students reach their personal, career, and educational goals. For more information, please visit www.saddleback.edu and for Fine Arts information, please visit www.saddleback.edu/arts.



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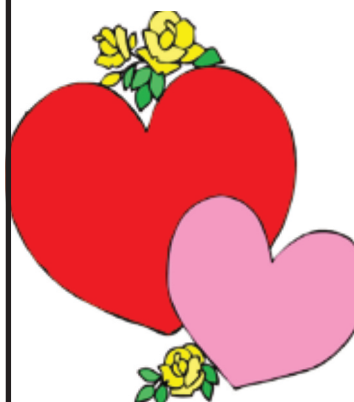
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History of St. Patrick's Day



The history of St Patrick's Day in America, however, begins with Irish soldiers serving in the British army. Befitting of the Irish, it is a tale of Irish patriotism and evolving political power. That very first parade in New York City not only helped the homesick Irish soldiers connect with their roots through the familiar strains of traditional Irish music—usually featuring bagpipes and drums, but also helped them to connect with one another, finding strength in numbers. Over the years as nearly a million Irish immigrants fled to America in the wake of the Great Potato Famine, St Patrick's Day parades became a display of solidarity and political strength as these often ridiculed Irish immigrants were frequently victims of prejudice. Soon enough, their numbers were recognized and the Irish soon organized and exerted their political muscle, becoming known as the “green machine”.

Today, St Patrick's Day celebrations abound. Decidedly less religious, St Patrick's Day celebrations continue to be a show of Irish strength and patriotism. So, get out your green and get ready to celebrate!



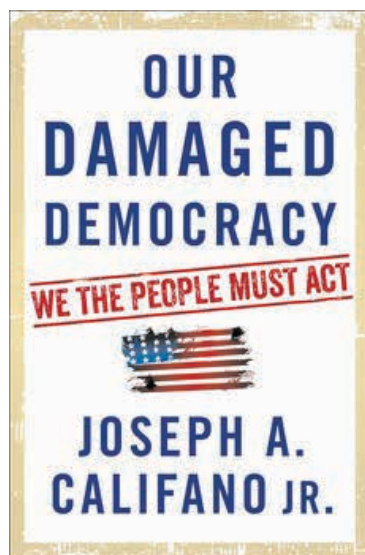
March Book Club

By Debbie L. Sklar

In between enjoying all of the great spring events in and around the area, take time for yourself with a good book. Below are a few suggestions that might be of interest including a thriller and one about Christianity. Order your copies online or head over to a bookstore in your neighborhood today!

Our Damaged Democracy We the People Must Act

By Joseph A. Califano

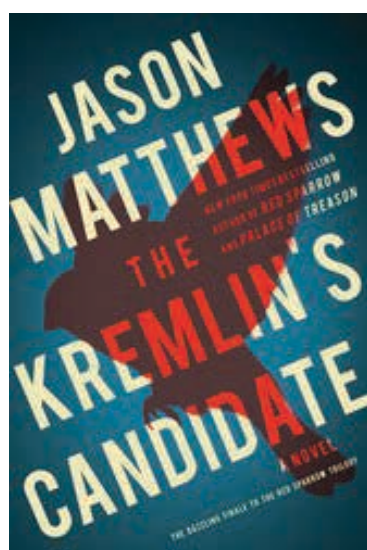


“This authoritative and passionate primer on the three branches of government reveals the changes—political, cultural, constitutional, technological, institutional—that render our government completely dysfunctional, and the urgent need to fix our democracy before it’s too late.

why you’re right. There is colossal concentration of power in the Presidency. Congress is crippled by partisanship and dependence on special interest money. The Supreme Court and many lower federal courts are driven by politics. Add politically fractured and fragile media, feckless campaign finance laws, rampant income and education inequality, and multicultural divisions, and it’s no wonder our leaders can’t agree on anything or muster a solid majority of Americans behind them,” according to Publisher Touchstone.

The Kremlin’s Candidate A Novel

Book #3 of *The Red Sparrow Trilogy*
By Jason Matthews



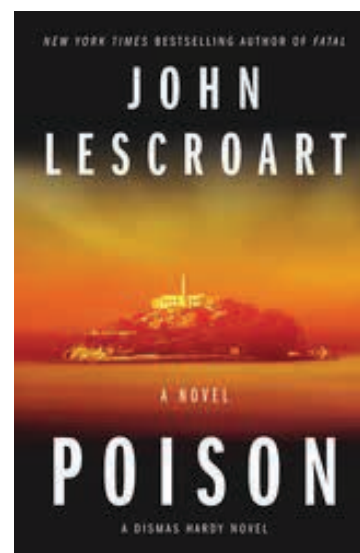
“In the final, thrilling installment of the *Red Sparrow Trilogy*, Russian counterintelligence chief Dominika Egorova and her lover, CIA agent Nate Nash, must find a Russian agent about to be appointed to a very high office in the US government.

“With a plot ripped from tomorrow’s headlines, Jason Matthews’s high-powered, seductive third novel not only continues the dangerous entanglements of Dominika and Nate but reveals with chilling authenticity how Russian espionage can place agents in the most sensitive positions of power. The novel opens with Russian President Vladimir Putin planning the covert assassination of a high-ranking US official with the intention of replacing him with a mole whom Russian intelligence has cultivated for more than 15 years...,” according to Publisher Scribner.

Poison A Novel Book #17 of *Dismas Hardy* By John Lescroart

“In John Lescroart’s latest thriller, San Francisco attorney Dismas Hardy is called on to investigate the murder of a wealthy man whose heirs are all potential suspects.

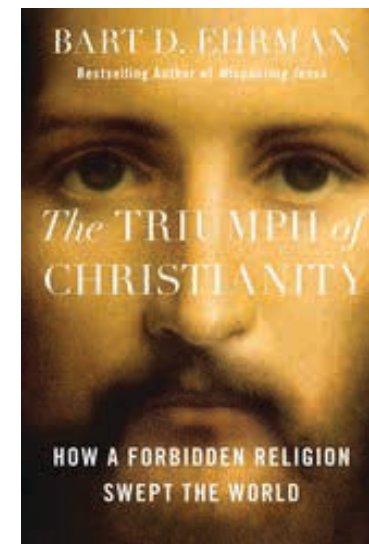
“Dismas Hardy is looking forward to easing into retirement and reconnecting with his



family after recovering from two glancing gunshot wounds courtesy of a recent client. But this plan is cut short when, against his wife’s wishes, he is pulled back into the courtroom by the murder of Grant Wagner, the steely owner of a successful family business. The prime suspect is Wagner’s bookkeeper, Abby Jarvis, a former client of Hardy’s who had been receiving large sums of cash under-the-table from the company—but she insists that she’s innocent and Dismas wants to believe her.

“As he prepares for trial, Dismas probes deeply into the Wagner clan’s history, discovering dark secrets, jealous siblings, gold-digging girlfriends, startling betrayals, and menacing blackmailers. Suspense builds as the trial date looms, and the closer Dismas gets to the Wagners, the clearer it becomes that he has a large target painted on his back,” according to Publisher Atria.

The Triumph of Christianity ***How a Forbidden Religion Swept the World*** By Bart D. Ehrman



“From the *New York Times* bestselling authority on early Christianity, the story of how Christianity grew from a religion of 20 or so peasants in rural Galilee to the dominant religion in the West in less than 400 years.

“Christianity didn’t have to become the dominant religion in the West. It easily could have remained a sect of Judaism fated to have the historical importance of the Sadducees or the Essenes. In *The Triumph of Christianity*, Bart Ehrman, a master explainer of Christian history, texts, and traditions, shows how a religion whose first believers were 20 or so illiterate day laborers in a remote part of the empire became the official religion of Rome, converting some 30

Continued on page 39

When It Comes To Investing, Are You A Bull Or A Bear? Or Are You More Of A Narwhal, Or A Mason Bee?

Investing experts typically refer to two iconic animal mascots when talking about investor sentiment, the Bull and the Bear. If you're "bullish," you think stocks are going up and you invest aggressively. If you're "bearish," you expect stocks to go down and you look for more conservative investments to wait out the storm. Either way, you know what you want and you invest accordingly.

But there are more than two ways to approach investing—and many Americans aren't actually sure what their investing style really is. A new survey by Ally Invest reveals that only 10 percent of Americans think of themselves as Bulls and only 10 percent identify as Bears. It makes sense. To identify as either a Bull or a Bear, you have to know which types of investments you prefer and how much risk you're comfortable taking. And while more than half of Americans have some kind of savings account, according to the Ally survey, only a third have a retirement savings plan such as a 401(k) or other retirement plan, while less than one-quarter (23 percent) have stocks.

The Ally survey identified several new kinds of investing "spirit animals" that might better describe how real people approach saving and investing for retirement. Ally offers a brief online quiz at www.ally.com/do-it-right/investing/what-is-your-investing-spirit-animal to help you learn about your own investing mascot.



ally.com/do-it-right/investing/what-is-your-investing-spirit-animal to help you learn about your own investing mascot.

For example: One-third of Americans say they don't invest enough to have a particular style. They're not Bulls or Bears—they're Emus, with their heads in the sand. And they're not alone—8 percent of Americans find investing to be as mysterious as a Narwhal. They don't know enough about investing to know if they're conservative, aggressive, or somewhere in between. And 6 percent of survey respondents pop in and out of investments unpredictably, appearing and disappearing like the elusive Sasquatch.

Some survey respondents did have a defined investing style, but few saw themselves as aggressive Bulls or conservative Bears. One in five survey respondents are like investing Prairie Dogs—they like to be safe and consistent, building a balanced, diversified portfolio—and 16 percent are Mason Bees, carefully planning for the future. The 14 percent of respondents who identify as Mules are very cautious, and

the 13 percent who identify as Owls tend to do a lot of research before making any investment decisions.

Once you understand your real investing style, you can look for an approach that will actually work for your personality. For example, Emus, Narwhals and Sasquatches should look for help getting more comfortable with investing, in order to increase their chances of meeting their retirement savings goals. If you don't invest enough to understand your own style, consider an automated approach. A managed portfolio or a target-date fund that automatically rebalances as you age can take you all the way to retirement without requiring you to do a ton of research. If you're an Owl who loves to research all your options, great—set aside time each year to review your portfolio, learn about all your investments, and make any changes you need. But if you're never going to do that research, don't let that hold you back from meeting your goals. There are options out there for every kind of investor.

Bulls and Bears may work for the professionals, but the rest of us in the real world may need a little more guidance to get where we need to go. Understanding how you actually approach investing is a great first step toward doing it more effectively.

Make Home Entertaining A Piece Of Cake



Whether you're entertaining family, brunching with friends or eating at your desk, few things can brighten your day quite so delightfully as a coffee break. In fact, in Sweden, the traditional coffee break, called a *fika*, is a treasured daily ritual, a time to slow down, spend time with friends and enjoy a fresh cup of coffee with a delicious pastry. Here in the U.S.A., coffee and cake can make for a wonderful ending to a family meal or holiday dinner. Besides, baking a special treat can be a great way to show how much you care.

Consider this recipe for Lingonberry Sour Cream Coffee Cake. It's rich with cinnamon, pecans and tart-sweet Swedish lingonberries. A special *fika* treat for friends and family, it's also a great excuse to take some time out to relax and enjoy their company.

Lingonberry Sour Cream Coffee Cake

For the Streusel Topping:

1 cup light brown sugar
1½ teaspoons cinnamon
Salt to taste
1½ sticks cold unsalted butter cut into small pieces
1½ cups chopped pecans (optional)

For the Cake:

1½ cups of flour
1 stick butter
1¼ teaspoons baking powder

½ teaspoon baking soda
¼ teaspoon salt
1 cup sugar
2 large eggs
1½ teaspoons vanilla
1 cup sour cream
1 cup Lingonberry Jam

Glaze:

1 cup confectioners' sugar
2 Tablespoons whole milk
1 Tablespoon Felix Lingonberry Jam

Preheat oven to 350°. Mix all ingredients for topping. Put in refrigerator.

Mix all ingredients for cake and pour into greased 9"x9" pan. Top with Streusel topping and bake for 50 minutes.

Drizzle glaze over warm cake.

The glaze gets a lot of its goodness from the tart-sweet lingonberry jam. Felix Jams are made of simple, pure ingredients: wild handpicked berries, pure sugar and fresh water in a time-tested recipe. Because many Swedes are accustomed to picking their own berries, an unusually high standard is required for jams to succeed in Sweden, and Felix is the most popular lingonberry jam in Sweden as well as in the U.S.A.

Learn More

For other recipes and information, visit <http://felixjams.com>.



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Crossword Puzzle Answers from page 27

1	L	I	M	N		5	O	A	T	H	S		10	M	I	L	K	
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38	S	E	E	S		39	L	I	E	S		40	W	H	I	N	Y	
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59	S	E	A	N		60	D	R	U	I	D		61	E	S	S	O	

March Book Club

Continued from page 36

million people in just four centuries. *The Triumph of Christianity* combines deep knowledge and meticulous research in an eye-opening, immensely readable narrative that upends the way we think about the single most important cultural transformation our world has ever seen—one that revolutionized art, music, literature, philosophy, ethics, economics, and law,” according to Publisher Simon & Schuster.

In The Spotlight

Continued from page 34

of more than 10 years of experience from the comfort of their home, so they are getting the expertise of an experienced tax expert without having to spend money on gas or spending additional time taking off work to go to an appointment.

Q: Is TurboTax easy to use for someone who is over 50?

A: Yes. Our software is intuitive and easy to use, and you don't need to have extensive knowledge about tax laws or forms. TurboTax asks simple questions about your life like: 'Do you own a home?' or 'Did you retire in the past year?' and personalizes the program so you only see questions relevant for your tax filing situation. If you have any questions at any point in the filing process, you can also connect live, via one-way video to a TurboTax Live CPA or Enrolled Agent to ask your tax questions and even have them review, sign, and file your return for you.

JUST JUDITH

By Judith A. Rogow

The Doctor is *Not* In

At a recent press conference, after explaining what the *Senior Reporter's* mission is and who our readers are, I was asked to participate at a symposium about problems facing today's senior citizens. The agenda seemed to be slanted toward Housing, Transportation and Health. As it turned out, the topic was less about Housing and Transportation and immediately evolved into a discussion of "remote" medical care. Needless to say, it was obvious that there was a hidden agenda to the questions asked, and some on the panel appeared to have a pre-determined response to many queries. However, the moderators did let everyone chime in with their views.

Where your out-of-pocket medical costs are going*

CATEGORY	PERCENTAGE
Prescription drugs	45%
Office based visit	26%
Dental	17%
Vision	7%
Emergency room	2%
Outpatient	2%
Hospital	1%
Other health care	1%
Home health	0%

*FOR AVERAGE PERSON, 2008
SOURCE: KAISER FAMILY FOUNDATION

I'd seen examples of this new program at CES and was not impressed. The premise is that you avoid waiting time, and transportation costs, by being "seen" by a physician via your TV or computer. For the cost



of roughly \$45 (fees will vary by locations) you tell the doctor on the screen (presumably a live person, not a "cardboard cutout" as one member put it) what is wrong and he or she either prescribes medication and sends the prescription to your local pharmacy or tells you to come in person to the local Urgent Care – the very place this program is supposed to help you avoid.



Not having to travel to a medical office, fidget in the waiting room – especially during flu season – have vitals taken and then wait again until the doctor is ready to see his or her next patient sounds like a pretty nice deal. However, there are many drawbacks that can result from using such a system. First, have you even gone to your primary care doctor for one issue, and have another

one discovered? Does your doctor explain things so that you understand, including why you are supposed to take medication and any side effects you may encounter? Is note made of changes that affect your well-being, like elevated blood pressure or unexplained pain? Are tests and labs explained and reassurances given when they must be ordered? Are you greeted as someone of value rather than have your name mispronounced or an unappreciated diminutive used? Do you feel you have an adequate amount of time with your doctor? Will your spouse or a friend be allowed to accom-



pany you in case you need to be reminded of something? In other words, do you feel like a person rather than a number? If so, you may wonder if the savings in time and effort is worth it to you.

Of course, with the main reason for this system being promoted as an enhancement for your comfort and convenience, it also benefits hospitals and medical centers. If you are parked in the waiting room or taking what the management considers too much time with

your physician, you are using valuable resources, not something appreciated by the administration who are keeping an eagle eye on profit.

And that brings us to the fee. The cost may eventually be covered by some insurance companies. As of this writing there hasn't been a definitive ruling, but the theory that it helps the bottom line for medical centers and hospitals is being used as a selling point, so it may happen.

Sadly, if this *remote visit* program becomes reality, there will be a loss of continuity in care, a loss of "the human touch," and perhaps a loss of the faith we were always had in our doctors. A computer "mouse" will never replace a warm handshake or a smile, at least for many of us old timers.

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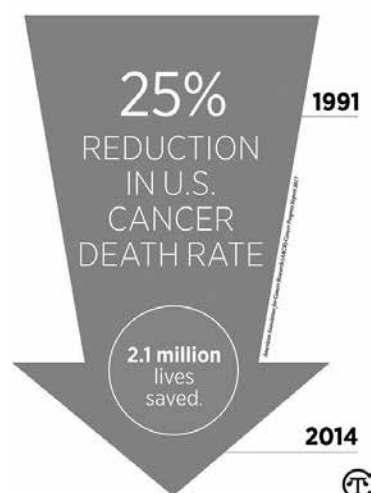
Guest articles, commentaries and photographs are invited, however, publication is at the discretion of the editor

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DIRECTOR OF SALES: JAMES WEBB
ADVERTISING MANAGER: WILLIAM THOMAS
GRAPHICS: SEASIDE GRAPHICS & PRINTING

Progress Against Cancer

Significant advances against cancer have resulted in a steadily declining cancer death rate for Americans over the past 25 years, according to the seventh annual American Association for Cancer Research (AACR) Cancer Progress Report.

The 2017 report, which provides an overview of the latest advances in cancer research, prevention and treatment, calls for robust government funding of biomedical research so that the research community can continue to make progress against cancer.



Researchers have found new ways to combat cancer.

“This is an incredibly exciting time for the cancer community,” said Margaret Foti, Ph.D., M.D. (hc), chief executive officer of the AACR. “Research has fueled advances across the continuum of cancer care that are saving lives around the world, and we have the scientific knowledge and capability to deliver more lifesaving progress in the future.”

According to the report, the U.S. cancer death rate declined by 25 percent between 1991 and 2014. The cancer death

rate for children declined by 35 percent during the same time.

Numerous factors have contributed to improved survival, including earlier detection and many new treatment options. In the past year alone, the U.S. Food and Drug Administration (FDA) approved nine new anticancer drugs. Also, it expanded approval of eight previously approved drugs, allowing them to be used to treat additional types of cancer.

One of the approvals was for a drug for patients with any type of solid tumor containing a certain biomarker or genetic feature. All previous approvals had been based on the location of cancer in the body. The drug, Keytruda (pembrolizumab), is an immunotherapeutic that has brought significant benefit to many patients, including former U.S. President Jimmy Carter.

AACR leaders cautioned that while new drug approvals and improving survival rates are signs of tremendous progress against cancer, there is still much work to be done. More than 600,920 people in the United States are projected to die from cancer in 2017, and the number of new cases of cancer in the United States is predicted to rise from 1.7 million in 2017 to 2.3 million in 2030.

“Cancer continues to exert an immense personal and economic toll,” the authors wrote, adding that the burden is shouldered disproportionately by certain segments of the

population, including racial and ethnic minorities, patients of lower socioeconomic status, residents of certain geographic locations, and the elderly. This gap, known as a health disparity, is an area of growing research.

To accelerate the pace of progress against cancer, the report calls for the United States government to support federal research funding for organizations including the National Institutes of Health (NIH), the National Cancer Institute (NCI) and the FDA. Specifically, the report asks Congress to increase the NIH budget by \$2 billion to \$36.2 billion in fiscal year 2018 and the FDA budget by \$80 million to \$2.8 billion.

The Beau Biden Cancer Moonshot, an initiative launched by former Vice President Joe Biden with the guidance of numerous AACR leaders, must also receive support as it takes aim at reducing the nation’s burden of cancer, the report said.

“As research has taught us more about the biology of cancer, we have been able to make incredible advances in cancer prevention and treatment that are saving lives today,” said Michael A. Caligiuri, M.D., president of the AACR and chief executive officer of the Arthur G. James Cancer Hospital and Richard J. Solove Research Institute in Columbus, Ohio. “The opportunity to make more transformational breakthroughs will require a strong federal commitment to providing consistent, annual, above-inflation increases in the budgets for the NIH, NCI and FDA.”

Keep Your Brain Fit

While many strategies for “healthy aging” exist, recent evidence points to the important role of hearing health in maintaining quality of life long-term.

Better hearing starts in the brain. Your brain processes and interprets the sounds your ears receive. When you have hearing loss, your brain doesn’t get all the sound information it needs to understand what’s being said and it spends more energy trying to fill in the blanks. That extra effort can take its toll.

A study in the Journal of the American Geriatrics Society found that people with hearing loss who wear hearing aids had the same risk for age-related cognitive decline as people without hearing loss. When you actively use hearing aids, you are more likely to stay socially engaged, one of the primary ways to stimulate your brain. Like any exercise, the mental give-and-take of social interaction helps to keep your brain fit and slows down accelerated cognitive decline.

That’s the idea behind the BrainHearing™ technology built into Oticon hearing aids. With BrainHearing, Oticon hearing aids deliver sound with the clearest, purest signal possible—in the way your brain is best able to understand it.

Because this innovative technology preserves the important details in speech, your



brain doesn’t have to strain to fill in the gaps. There’s less effort involved in listening. You enjoy a more natural, more effortless listening experience, anywhere, anytime so you can stay active and engaged in all that life has to offer.

Learn More

For further facts, visit www.Oticon.com.

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"I love this computer! It is easy to read and to use! I get photo updates from my children and grandchildren all the time."

— Janet F.

Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world

at your fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games— you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time you took part? Call now, and you'll

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Tinseltown Talks

By Nick Thomas

Marlyn Mason, More Than an 'Elvis Girl'

Beginning in 1960 and for some three decades thereafter, Marlyn Mason appeared in almost 100 television series, earning the unofficial title of TV *Guest Star Queen*.

While her film roles were far fewer, fans of Elvis Presley movies remember the actress as Elvis's vivacious co-star in his next-to-last film, 1969's *The Trouble with Girls*. However, Marlyn left Hollywood – literally – in the early 1990s.

of a sad piece but there is humor in it.”

A local filmmaker, Ray Robison, directed the film which won best actress or best screenplay awards for Mason at several film festivals around the country. In 2010, the duo teamed up again for *The Bag*, a very personal account of Mason's mother's decision to end her life and which featured Hollywood veteran actors Richard Erdman and Peggy Stewart playing Mason's parents.

“It's a rather grim topic, but the actors bring a natural humor to the piece,” Mason said. “I wanted to make a non-po-

litical, non-religious comment on the mere fact that some elderly people simply want to go to sleep and not wake up. My mom was one of those people. She was 92 and deserved the right to die the way she wanted.”

In 2013, Mason headed back

to California briefly to film her romantic drama *The Right Regrets*, directed by veteran TV director Ralph Senensky. “He was turning 90 and came out of a 26-year retirement to direct this love story I did with Maxwell Caulfield. It's beautifully photographed and looks like a mini-feature. Ralph has the special touch that translates magnificently onto the screen.”

Marilyn Mason (L), & Abby Wathen in *Besetment-Barbed Wire Films*. Provided by Director Brad Douglas

Last summer, Mason also returned to feature films with the release of the thriller *Besetment* (see www.barbedwirefilms.com). “It's very creepy, and I'm very creepy in it!” she said, laughing. “The director, Brad Douglas, wrote the role for me and I had a wonderful, fun 20 days filming.”

While her early Hollywood days remain fond but distant memories now, they are ones she is often asked to share at film conventions, especially in

Marilyn Mason in *The Right Regrets* with Maxwell Caulfield - provided by producer & writer Marilyn Mason

Peggy Stewart & Richard Erdman, left, and Marilyn Mason in a scene from *The Bag* - provided by Director Ray Robison

connection with Elvis. “I just got invited to Quebec for the annual Elvis show in October.”

Mason was one of the numerous actresses (*Elvis Girls*) to appear in Presley's 31 feature films but was not a fan of Elvis or his music when they began filming *The Trouble with Girls*. In fact, she was prepared for Elvis to flaunt his superstar status but “he turned out to be the best guy in the world to work with.”

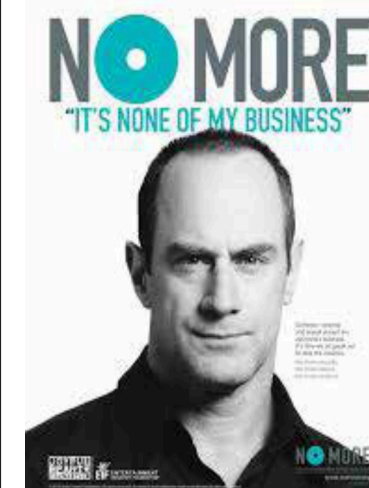
When not looking back and sharing Hollywood memories, Marlyn continues to look forward to more filmmaking. “It's not about the length of the film or even the role. I just love to keep working!”

Her current ‘bucket list’ also contains three additional life goals. “I want to be feeling good – not sick – when I die, and I want to be the next Betty White, still working at 95.”

Finally, she adds jokingly, “and I want to be the sole sur-

living Elvis leading lady – there are about 18 of them left who I have to kill off! But seriously, I'll be 78 this year, I've had a good life, and have nothing to cry about.”

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



Marilyn Mason & Elvis Presley in a scene from *The Trouble with Girls* - MGM

“When my Hollywood career came to a halt I moved to Oregon,” said Mason from her home in Medford. But she didn't retire from acting completely. Taking advantage of the lush, natural settings and charming towns for location shooting as well as regional talent, Mason has written, starred in, or produced several dramatic Oregon-based short films over the past decade.

“I wrote a screenplay about a lonely woman who's an aging, nude artist's model (*Model Rules*, 2008),” she said. “The only way she can get attention and fulfill her fantasies is to pose nude for artists. It's kind



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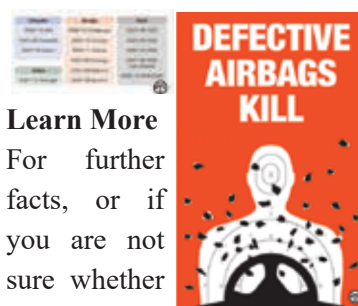
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