

SENIOR REPORTER

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NOVEMBER 2018

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Marlo Thomas

"Fame lost its appeal for me when I went into a public restroom and an autograph seeker handed me a pen and paper under the stall door."

—Marlo Thomas

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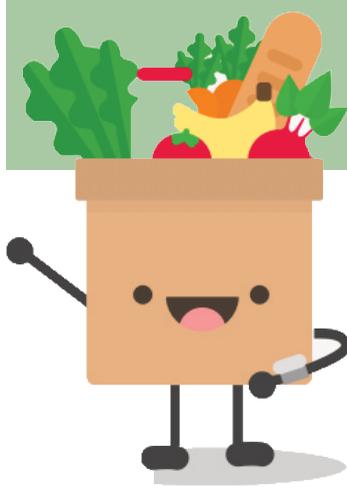
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What Are the Odds?

By Jim McDevitt

I live in the mountains. At the bottom of our mountain a new discount store opened. Instead of going to a local expensive market for everything my wife and I sometimes go to this new discount store for some items because we can save a few dollars. When we do this, we each carry our cell phones to find each other when we separate to look for different things in the narrow-crowded aisles. The day we went shopping the store was jammed. We each carried half the list of items we wanted. My wife took the shopping cart and headed one way and I went in another direction.

At 79, I don't move exceptionally fast. I started in the soda aisle and picked up three liters of soda. I took out my cell phone and quickly punched in my wife's number: 'Hello,' the garbled voice full of static at that end answered. 'What aisle are you in?' I asked. The connection wasn't good, and I only could make out '18.'

I hung up and moved ahead looking up at the aisle numbers hanging on the top of each aisle. I arrived at 18 but my wife wasn't there.

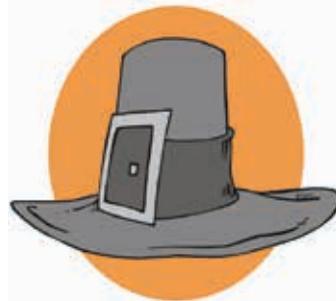
I hit redial and listened. Another woman answered her phone just as my wife did: 'Hello,' the voice said. It was not my wife but the woman I was standing next to in aisle 18. I hung up and checked the phone number I had redialed. It was not my wife's number. It was off by two digits. My clumsy fingers had accidentally hit two numbers incorrectly. I quickly left the aisle as the woman's husband joined her from another aisle.

After I correctly dialed my wife's phone number and located her in aisle six, the rest of the shopping was uneventful. On the way to the register with our cart, I picked up a six-pack of beer. I thought it would be nice to have a cold beer with the chicken dinner my wife was making that night. It was crowded but the line kept moving, though slowly. We had brought our own shopping bags with us and I placed them on the counter along with the goods we were purchasing.

The woman behind the counter rang up my beer and asked: 'What's your date of birth?' I can joke around just as much as anyone, so I said: 'I'll be 21 next August.' She didn't seem to be amused. 'I need to see identification,' she said. 'We have to ID anyone buying liquor, store policy,' she added.

I still thought she might be kidding since I haven't been

asked for ID in over 60 years, but I did pull out my driver's license and showed it to her. She looked at it and punched in something into her register. Now I know it may be hard to believe all this happened to me but my wife was with me and she will tell you it did happen. What are the odds? After that I went and bought a lottery ticket.



Thanksgiving Day is a holiday celebrated primarily in the United States and Canada. Thanksgiving is celebrated each year on the second Monday of October in Canada and on the fourth Thursday of November in the United States. Because of the longstanding traditions of the holiday, the celebration often extends to the weekend that falls closest to the day it is celebrated. Several other places around the world observe similar celebrations. Historically, Thanksgiving had roots in religious and cultural tradition. Today, Thanksgiving is primarily celebrated as a secular holiday.

Prayers of thanks and special thanksgiving ceremonies are common among almost all religions after harvests and at other times. The holiday's history in North America is rooted in

Continued on page 5

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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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SeniorServ Honors Orange County's Unsung Senior Care Heroes and Raises \$315,000

More than 650 guest honored dozens of senior care providers at the 8th annual Senior Care Hero Awards gala on Oct. 20 at the City National Grove of Anaheim. Considered the largest senior care recognition program in the county, the event serves as the sole fundraiser for SeniorServ which garnered \$315,000 in gross proceeds.

The glamorous evening featured a red carpet cocktail reception with silent auction followed by an awards program, live auction and dinner entertainment. Senior advocate and KTLA morning news personality Henry DiCarlo served as event emcee.



Family was the event theme reflected in SeniorServ CEO Holly Hagler's presentation, "We bring life-saving meals and human contact to people who've lost their precious independence and won't make it without help. And in so many cases, there are no relatives



nearby or at all. Without us, there'd be nobody. Ever. So, we don't treat seniors like clients; we treat them like family."

Anaheim Mayor Tom Tait was recognized as the Senior Care Hero Humanitarian and the Lifetime Achievement honoree was Bob Dowson, Managing Director of Orange County and Major San Diego Markets for Dignity/Fairhaven. The Irvine Health Foundation received the Senior Care Hero Innovator award for creating IrisOC.

Based on public voting, the People's Choice honorees were Veteran Hero William Schultz, WWII US Navy, the

2018 SENIOR CARE HERO AWARDS PRESENTED BY FAIRHAVEN MEMORIAL



Volunteer Hero was David A. Bunch, and Dick Atnip was named Family Member Hero.

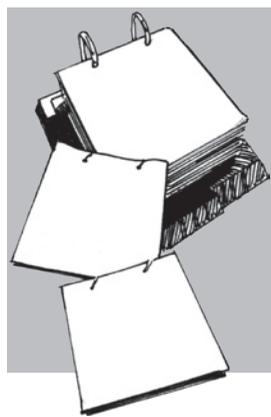
Honorees in the senior professional field were Karin Malone, Oasis In-Home Care as Outstanding Caregiver; Cynthia Tostado, LCSW, Leisure World, Seal Beach as Outstanding Social Worker; Fran Newhouse, RN, BA, MS Placentia-Linda Hospital as Outstanding Nurse; Chalat Rajaram, MD, FAAHPM VITAS Healthcare as Outstanding Physician, Randy



Pesqueira, Senior Center in Central Park as Outstanding Executive Director; and Elaine Watrous, CLPF, Elite Fiduciary Services as Outstanding Senior Care Professional.

The Dave Stephens Band performed live jazz and big band sounds throughout the evening and there were several other musical selections featured

Continued on page 15



November Calendar of Events



Besides Thanksgiving there are some other events happening in and around the area this month that you might want to mark on your calendar to attend. From parades and festivals to a Turkey Day Trot, there are great activities in November.

St. Martin's Lantern Fest & Parade

Huntington Beach

Sunday, Nov. 11

8 p.m.

The public is invited to a festive Lantern Parade around the little village of Old World. The Lantern Fest is a family affair that marks the start of the festive season. It's free and open to all ages. Join in to celebrate the story of Saint Martin with lit lanterns and traditional songs. A European tradition, Saint Martin's lantern parades commemorate the story of a Roman soldier who shared his cloak with a beggar at a freezing winter night. This soldier, Saint Martin, later became Bishop of Tour and lived a life full of kindness, sharing and helping the poor and underprivileged. The Lantern Fest will start with the registration from 4 p.m. to 5:30 p.m. during which hot chocolate, coffee and cake and "Weckmännchen," a traditional pastry,

will be available for purchase. A short performance, telling the story of Saint Martin, will be followed by the lantern parade starting at 6:15 p.m. Stay on after for the lantern contest results and to celebrate the season with Old World's goulash soup and hot cider. Lanterns will be available for purchase during registration as well as tickets for goulash soup and hot cider to warm up after the lantern parade event. At, Old World Village Festival Hall, 7561 Center Ave., No. 49, Huntington Beach.

UCI Illuminations presents: Why Our Brains Love Story Irvine

Tuesday, Nov. 13

6:30 to 8:30 p.m.

Band of Gypsies Revisited extends the Why Our Brains Love Story: a two-part series to better understand a naturalistic and scientific perspective on storytelling.

People tend to believe that watching their favorite television series is a way to escape, 'zone out,' and relax, but is there more going on in the brain? An ongoing collaboration between the Center for the Neurobiology of Learning and Memory and the Claire-Trevor School of the Arts is

exploring why we love to sit down with a good book or movie. Sponsored by Illuminations: The Chancellor's Arts and Culture Initiative as part of the Confronting Extremism Initiative. Free admission. At, Herklotz Conference Center at the Center for the Neurobiology of Learning and Memory Qureshey Research Laboratory, 309 Qureshey Research Lab, Irvine.

Surfing Santa Competition

Dana Point

Nov. 17-18

A fun surf competition where men, women and children dress like Santa or other holiday-inspired characters and surf Salt Creek to benefit Surfers Healing. At, Salt Creek Beach, Dana, Point. Call, 949-240-5088.

Plymouth Rock N' Run 5k

Anaheim Hills

Thanksgiving Day

The 5k, 10k and a new 10-mile course is around the perimeter of the Yorba Regional Park, and the Santa Ana River trail. There will be a finish-line festival with silent auction, costume contest, food, fun and more. All the funds raised by sponsors and race participants will directly support the

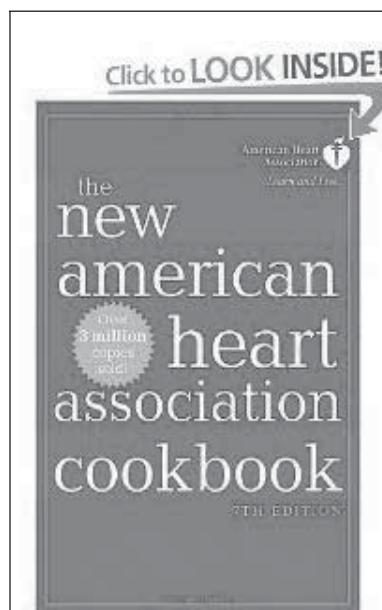
Reeve-Irvine Research Center at UC, Irvine. At, Yorba Regional Park, Anaheim Hills.

Turkey Trot

Dana Point

Thanksgiving Day

California's Largest Thanksgiving Day Run Event - The Dana Point Turkey Trot is also one of America's most scenic runs hosted by The Dana Point Chamber of Commerce. Tour the beautiful beach, majestic cliffs and coves of Dana Point. This flat, scenic race features a 10k, 5k and Kids Gobble Wobble. Participants will receive a shirt and medal. Call, 949-496-1555.



Thanksgiving Day

continued from page 3

English traditions dating from the Protestant Reformation. It also has aspects of a harvest festival, even though the harvest in New England occurs well before the late-November date of the holiday.

In the English tradition, days of thanksgiving and special thanksgiving religious services became important during the English Reformation in the reign of Henry VIII and in reaction to the large number of religious holidays on the Catholic calendar. Before 1536 there were 95 Church holidays, plus 52 Sundays, when people were required to attend church and forego work and sometimes pay for expensive celebrations. The 1536 reforms reduced the number of Church holidays to 27, but some Puritans, the radical reformers of their age, wished to completely eliminate all Church holidays, including Christmas and Easter. The holidays were to be replaced by specially called Days of Fasting or Days of Thanksgiving, in response to events that the Puritans viewed as acts of special providence. Unexpected disasters or threats of judgement from on high called for Days of Fasting. Special blessings, viewed as coming from God, called for Days of Thanksgiving. For example, Days of Fasting were called on account of drought in 1611, floods in 1613, and plague in 1604 and 1622. Days of Thanksgiving were called following the victory over the Spanish Armada in 1588, and following the deliverance of Queen Anne in 1705. An unusual annual Day of Thanksgiving began in 1606 following the failure of the Gunpowder Plot in 1605, and developed into Guy Fawkes Day

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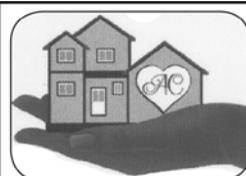
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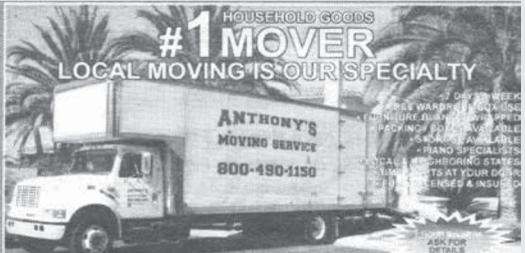


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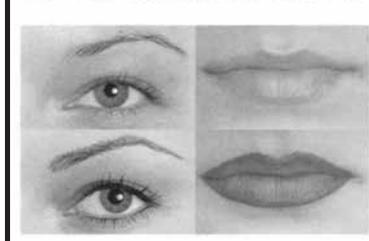
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Fifties Flashback

By Randal C. Hill

'You're Traveling Through Another Dimension ...'

In 1964, weary of railing against censorship and other ongoing battles, creator Rod Serling chose not to oppose the third cancellation of his series *The Twilight Zone*. Running for five seasons, the show had garnered critical acclaim and numerous awards, but the ratings were never more than middling, and the program had twice been axed and then revived.

Serling was born into a Jewish family on Christmas Day 1924 and grew up in Binghamton, New York. In high school he earned a place on the debate team, wrote for and edited the school newspaper (establishing himself as a social activist), and spoke at his graduation.

Army enlistment followed in 1943. In the military, Serling was awarded the Purple Heart and the Bronze Star, although his combat experiences left him with flashbacks and nightmares for the rest of his life.

"I was bitter about everything," he once admitted. "I think I turned to writing to get it off my chest."

At Antioch College in Ohio, he became involved in the school's radio station, where he wrote, directed and acted in several radio programs on campus. But Serling could see

that such stories were on the decline and being replaced by television dramas. After earning a Bachelor of Arts Degree in literature at Antioch, he began writing for WKRC-TV in Cincinnati.

Serling soon became a freelance writer and began churning out scripts for major network TV anthology shows. In 1955 *Kraft Television Theater* broadcast his play *Patterns*. Critics hailed it as "a creative triumph," and Serling found himself inundated with requests for more original stories. *Requiem for a Heavyweight* for *Playhouse 90* added to his growing and highly regarded oeuvre. Encouraged by his success, he moved to California and became a full-time writer for television in 1957.

In the early years, TV sponsors and networks often became editors and censors; Serling was repeatedly forced to make changes whenever power people felt his content was too controversial. Many of his references to social issues were watered down or eliminated altogether, and he became frustrated by seeing his scripts shorn of meaningful elements. Eventually Serling decided to create his own show — *The Twilight Zone*.

In October 1959 the groundbreaking anthology series

premiered on CBS-TV. Each half-hour episode included studies in fantasy, science fiction, suspense and horror. The dramas dealt with paranormal, futuristic, or otherwise unusual or disturbing events, with the characters involved having crossed over into the surreal *Twilight Zone*. The always-gripping stories usually featured a moral, and either a twist, or a macabre ending.

Serling always wanted to use *The Twilight Zone* as a vehicle for important social commentaries. In reality, though, he still had to frequently fight for creative control, as his scripts incorporated his views on current events and social concerns such as war, racism, mass hysteria, politics and gender issues. And even though his messages were cleverly veiled within the fantasy and science fiction parameters of the show's programs, they still managed to make some viewers squirm.

As uncomfortable truths often will.

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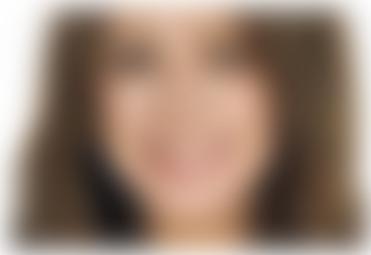
Marlo Thomas

By Les Goldberg

For most of us who remember her late father, Danny Thomas, himself a famous comedian and philanthropist, the fact that his daughter Marlo will be celebrating her 81st birthday on Nov. 21 is somewhat mind-boggling. It seems like yesterday that the *That Girl* star was shining bright in her own right.

Today that girl from Deerfield, Mich., who was born as Margaret Julia Thomas and nicknamed Margo before she was known as Marlo, is best identified with the non-profit organization founded by her father, the St. Jude Children's Research Hospital. Her dedicated efforts as the hospital's national outreach director have earned her the Presidential Medal of Freedom.

However, her acting career is a product of her own talent and ambition, not the result of her relationship to her father, although the Thomas household during her formative years was always



filled with some of the greatest comedians of all time.

"It was a common scene in my house to have visitors such as George Burns, Bob Hope, Milton Berle and Sid Caesar telling jokes and making each other laugh," she said.

Marlo once said that "laughter is important, not only because it makes us happy, it also has



actual health benefits. And that's because laughter completely engages the body and releases the mind. It connects us to others, and that in itself has a healing effect."

One of three Thomas siblings, Marlo was raised in Beverly Hills, graduated from USC and was discovered a few years later for her perky, outgoing and friendly personality. After appearing in such TV shows as *77 Sunset Strip*, *Bonanza* and *The Donna Reed Show* in the 1960s, her career took a giant leap forward in 1965 when she appeared in a London produc-

tion of *Barefoot in the Park*. Then her big show business break came when she was cast in the leading role of a new TV series, *That Girl*, which had a 5-year network run.

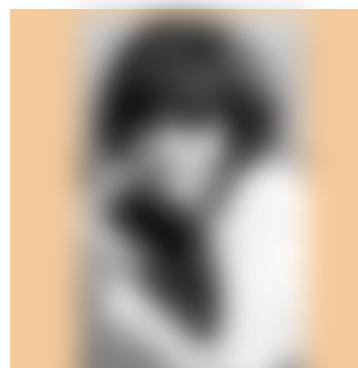
On the hit sitcom, Thomas played aspiring actress and model Ann Marie, an inde-



pendent, career-oriented woman learning to make it on her own in New York City with a little help from her boyfriend, Donald Hollinger (Ted Bessell), and her father, Lou Marie (Lew Parker).

The show, which was later revealed to have had the trail-blazing Thomas as executive producer, made the actress a household name and earned her the Golden Globe as best female TV star in 1967.

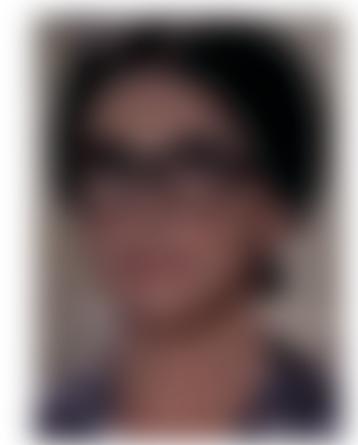
"I think the legacy of '*That Girl*' is the fact that we opened up the window for young women," she said at the time



in a press interview. "You did not have to be the wife or the daughter of somebody or the secretary of somebody, but that you could be the somebody. The story could be about you and what you wanted in life. Once that happened, I think that really paved the way for a lot of other shows."

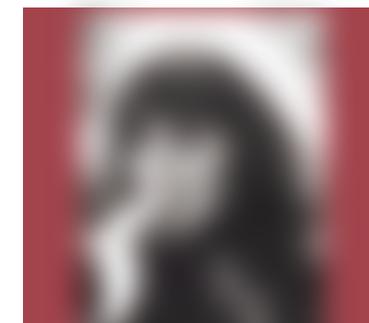
Onward and Upward

After *That Girl* ended in 1971, Thomas produced and starred in the children's TV special *Free to Be... You and Me* (1974), based on a 1972 album that also inspired a book. The show celebrated diversity and open expression and featured an all-star cast that included Alan Alda, Harry Belafonte, Mel Brooks, Roberta Flack, Michael Jackson and Kris Kristofferson. *Free to Be* won



an Emmy Award, Thomas's first after multiple acting nominations for *That Girl*.

In 1974 she made her Broadway debut in the Herb Gardner play *Thieves*, appearing in the film version in 1977. She made another Broadway turn in the 1986 domestic comedy *Social Security*, directed by Mike Nichols and co-starring Olympia Dukakis and Ron Silver, and later appeared in the one-act play *George Is Dead* (2011).



Thomas continued to make occasional screen appearances throughout the 1970s and 1980s. She won another Emmy in 1986 for *Nobody's Child*. In the TV film, Thomas portrayed real-life figure Marie Balter, an institutionalized woman who was able to find her way to sanity and a healthy life. The esteemed Thomas won another Emmy for 1989's *Free to Be ... a Family*, which revisited themes of the 1974 *Free to Be* program and specifically forged social links with the children of Russia.

From the 1990s into the new

Continued on page 32

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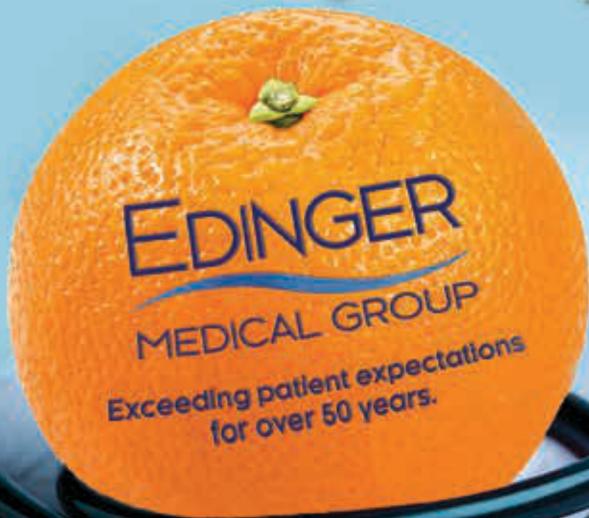
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The Gadget Geezer

By Les Goldberg

More Holiday Gift Ideas

I don't have to tell you that the holidays are only a few weeks away. And you probably don't need me to remind you that you need to start making out your shopping lists to figure out who gets what this gift-giving season. Since we live in a gadget world, I do want to make you aware of some of the latest products that are not only geared toward gadget lovers but are pocketbook friendly as well.

Try these on for size:

The Mighty Vibe



If you know someone who loves music and wants to listen to their favorite tunes wherever

they are, the Mighty Vibe will fit the bill. From the company of the same name, Mighty at www.bemighty.com, it is the first small and very portable music and podcast player that can play Spotify music on the go without a phone or internet connection.

Priced at \$85.99, the Mighty Vibe allows you to stream your favorite tunes or podcasts via Spotify playlists and store more than a thousand songs and play them back for five hours or more. The collection is available in three vibrant colors and is water and drop resistant. Most Bluetooth and wired headphones will work with the Mighty devices which also are enabled for WiFi and Bluetooth wireless synchronization.

According to company spokespersons, the Mighty Vibe is the "perfect companion for your workouts, daily commutes and adventures. It is the next chapter in enabling streaming music everywhere."

Moshi Style



Today's electronic devices are a far-cry from the old grey boxes with knobs, dials and a slew of wires. Take the new products from a company called Moshi, for instance. One of them is the Moshi Avanti Air wireless headphones worn over the ears. Another is the IonBank series of portable chargers and batteries. Both have won coveted international awards for combining technology and fashion into their innovative designs.

The Avanti Air headphones feature the world's first stainless steel curved headband and earcups that are ergonomically designed to fit over the ears and provide increased noise isolation with the highest sound quality possible. Price: \$299.95. (www.moshi.com).

The IonBank 3K and 5K por-

table batteries are small and lightweight, designed to slip into a jacket pocket or purse. The 3K model features a magnetic vegan leather cover modeled after a luxury car key fob. The 5K model is made of aircraft-grade aluminum with a stylish leather door to keep connectors hidden when not in use. It also includes an extra USB port to help share power with another person. Price: \$64.95.

Laptop Cover

Speaking of fashion, the AmazonBasics brand now offers a 13-inch Felt Laptop Sleeve made of faux leather that defies the \$19.99 price tag. It comes with two pockets for papers, dongles or USB keys with a Velcro closure.

4-Port USB Hub



ties to their systems. AmazonBasics has the solution – a USB 3.1 Type C 4-Port Hub. At \$15.99, it serves as a low-cost "mini dock" for your mouse, printer, external hard drive and more.

Gaming Keyboard

This might be the ideal gift for your grandkids. AmazonBasic also offers a low-cost gaming keyboard. Only \$35.99, it

features a customizable color backlight, programmable macros and a row of media control buttons. Compared to most keyboard designed for gamers, this one is a bargain.

Nintendo Labo Variety Kit



Giving the new Nintendo Labo Variety Kit will assure you getting big hugs from your school-aged relatives.

The kit, priced at \$64.95 through www.nintendo.com or www.amazon.com, includes a set of pre-cut cardboard pieces that allow the building of six different Toy-Con projects: two remote-control cars, a fishing rod, a 13-key piano, a toy house and a motorbike.

Using the included Nintendo Switch software with instructions and a variety of mini games, the kit can be assembled easily and operated with the Joy-Con controller.

Minipresso

Whether you are going away for a few hours or a few weeks, space and weight are major

Continued on page 36

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CalOptima's PACE Program: Celebrating 5th Anniversary at Garden Grove Center

No matter who you talk to at its modern Garden Grove facility, the cared for and caretakers agree that CalOptima's PACE – Program of All-Inclusive Care for the Elderly – is a resounding success. And that success over its 5 years of existence was enthusiastically celebrated during a recent anniversary event marked by live entertainment, crafts, speeches

and a host of activities.

According to PACE Director Elizabeth Lee, more than 300 low-income

seniors are currently taking advantage of the benefits offered by the caretaking service, including free transportation to and from the center at 13300 Garden Grove Blvd., routine medical care; prescribed medications and lab tests; dental, vision, podiatry and hearing services; physical, oc-



cupational and speech therapies; personal care; recreation, and social activities.

She reminded everyone

attending the ceremonies that when the center opened on Oct. 1, 2013, there were only two participants. "Here we are today, almost 300 enrolled!"

The anniversary was especially momentous for Michael Schrader, CEO of CalOptima, who told the gathering of participants, staff, families and of-

ficials: "It's been a tremendous 5 five years, and I am especially proud because I know from personal experience the huge difference this program can make for families and caregivers ... in our community."

He relayed his story about when he and his mother had to take care of his stroke-stricken father for 5 years.

"Back then, a PACE program would have been a life-changer. My mom and I wanted to keep my dad at home. If only we had some relief from the



around-the-clock care. Our PACE program provides that relief to families in Orange County. We pick up participants in the morning and take them home in the afternoon. While at the center, they enjoy

Continued on page 14



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

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

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Fabulous Finds

By Debbie L. Sklar

November is here and it's getting closer to the holiday season! Check out some of these interesting Fab Finds that range from snazzy compressions socks for men to a new way to clip nails.

New Nail Clipper



More than 76 million Baby Boomers in the United States are realizing that daily tasks that were once routine – like cutting their own fingernails – can become more difficult and even impossible with time. But **ClipDifferent** has launched a new fingernail cutting product – an automatic fingernail clipper for those with arthritis, MS, Parkinson's, vision loss or other health issues. The new patent-pending ClipDifferent automatic fingernail clipper safely trims fingernails at the touch of a button. The compact (3" x 5") ClipDifferent Pro features a carefully-engineered fingernail slot that prevents skin from coming into contact with the trimming mechanism (even those with full vision loss can use it safely). Additionally, the ClipDifferent Pro catches the nail clippings in a drawer, eliminating the mess of this routine task. MSRP:

\$149. Visit ClipDifferent.com

State-of-the-art Walker



Get ready to rethink everything you know about walkers. Say hello to **LifeGlider**, the first real innovation in the mobility category in decades and a complete 180 on the traditional walker – that is an upright, hands-free assistive device that rides behind the user, letting anyone with mobility, balance or fatigue challenges stay on their feet, on-the-go and in the action at eye-level without barriers or the fear of falling. It's been 5 years in development, with nine patents and patents pending and is available now. MSRP: \$995 and can easily be shipped in time for the holidays with just standard lead time.

Relieve Pain Fast

Hisamitsu America, a division of Hisamitsu Pharmaceutical Co., Inc., and the marketers of the Salonpas line of pain-relieving products, now offer **Salonpas Pain Relief Patch**



LARGE (MSRP: \$17.99) in a new double size value pack that includes nine large patches. They're twice the size as before with the power to target large pain areas. Since the patches are now double the size, there is a 35 percent savings on an equivalized patch basis. Clinical trials demonstrated that the Salonpas Pain Relief Patch works up to 12 hours on mild to tougher moderate pain. Available at most drug stores and retail outlets.

Snazzy Compression Stockings



How about some snazzy socks for your loved one? **Rejuva stockings** are not only stylish but also serve a healthy purpose. Graduated compression stockings offer everyone from

busy professionals to pregnant women to driven athletes the support their tired, aching legs need. While they are useful for those suffering from medical conditions such as diabetes, blood clots, varicose and spider veins, compression can offer a helping hand to so many more. Athletes who put their bodies to the test training and running marathons have found it to aid in their recovery, while women suffering from poor circulation during and after pregnancy use them for a boost of comfort. Additionally, those who work or travel with prolonged periods of sitting and standing benefit from pain prevention and relief on-the-go. MSRP: from \$29.99 to \$69.99; visit www.shoprejuva.com

CalOptima's PACE Program

Continued from page 13

a clean and safe environment and a warm, caring and friendly staff."

In honor of its 5th anniversary, the program received special recognition from the county's board of supervisors and the California legislature.

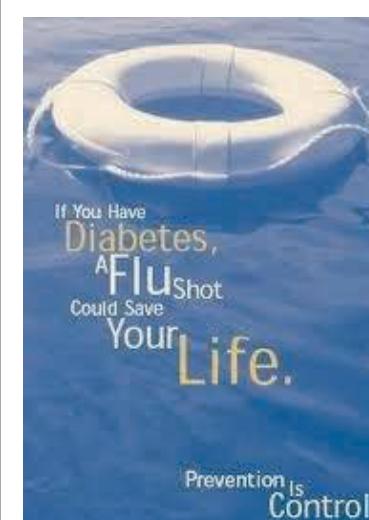
Earlier this year, *Senior Reporter* interviewed some of the participants who expressed how important the PACE program is to them. One of those was Janene Marcian, 62, of Fullerton. After suffering a

stroke, her family suggested she attend the program. Since undergoing PACE physical therapy sessions, she now walks with a cane and is "very excited" about her progress.

Babette Comee of Garden Grove entered PACE in a wheelchair suffering from physical and mental ailments and living on food stamps. Nearly 4 years later, the former landscape professional is walking again and teaching her fellow PACE participants how to garden in the center's day center patio.

To qualify for the PACE program, applicants must be 55 or older, live in the Orange County service areas, are able to live safely at home, or in a community setting with proper support, and are determined eligible for nursing facility services by the state of California. Costs vary depending on the person's insurance coverage – Medicare, Medi-Cal or both.

"Our main goal," according to Lee, "is to help seniors with chronic health conditions live as independently as possible for as long as possible."



SeniorServ

Continued from page 4

during the upbeat awards program.

Di Patterson, MSG, CPG of Success in Aging served as the 2018 Senior Care Hero Awards chair. Live auction items included two tickets to the World Series for games four and five and an exclusive Motown concert experience in Beverly Hills.



Major underwriters were Fairhaven Memorial Services, Alignment Healthcare and Irvine Health Foundation.

For additional information, visit www.SeniorCareHeroAwards.org or call 714.229.5284.

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For more information, visit www.SeniorServ.org.

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Four Tips For Protecting Your Family's Financial Future



While no one really likes to talk about the scenarios in which life insurance becomes necessary, having these conversations and taking the required steps to insure your legacy is the best way to protect loved ones' financial futures—and is especially important as you near retirement.

According to a 2018 study by Life Insurance and Market Research Association (LIMRA), only three in five adults have life insurance, either a personal policy or through work, and more than a third (35 percent) of households would feel the financial impact within one month if the primary wage earner died.

To help, Bankers Life President Scott Goldberg offers his insights on the importance of life insurance and how to easily find a plan that works for you and your family.

One way to provide peace of mind as you plan for retirement is to consider life insurance as a part of your financial strategy. The process can be as easy as assessing your current financial situation, evaluating your family's potential needs

Continued on page 17



By Randal C. Hill

'Hey Jude' The Beatles November 1968

On many afternoons, Paul McCartney would drive to John Lennon's estate to write songs with him. Sometimes on the way, McCartney would begin mentally assembling tune fragments, some of which would later become parts of *Eight Days a Week*, *Drive My Car* and *Paperback Writer*.

Hey Jude, came about on such a journey. Only this time McCartney knew that Lennon had just moved out to be with his new love, artist Yoko Ono. Today, McCartney's goal was to bring comfort to Lennon's 5-year-old son, Julian, whom Paul called Jules.

"I started with the idea 'Hey Jules'—which was Julian—'don't make it bad, take a sad song and make it better.' Here, try and deal with this terrible thing. I knew it was not going to be easy for him. I always feel sorry for kids in divorces."

Young Julian understood, saying later, "He was just trying to console me and mum."

McCartney eventually changed Jules to Jud (a character from the musical *Oklahoma!*), then, finally, to Jude.

Back at his London bachelor pad, McCartney taped a demo (a demonstration recording) of *Hey Jude* and showed it to

Lennon and Ono soon afterward. Lennon loved the song and would later admit, "[Paul] had been like an uncle to him. You know, Paul was always good with kids."

Apparently. Years later Julian said, "Paul and I used to hang out more than my dad and I did. We had a great friendship going."

In the recording studio, during the sessions for *The Beatles*—better known as *The White Album*—the Fab Four brought in a 36-piece orchestra for *Hey Jude*. The Classical musicians assembled there (who were being paid double their usual rate) were encouraged to sing and clap along during the recording, although one malcontent stormed out of the session after bellowing, "I'm not going to clap my hands and sing Paul McCartney's bloody song!"

Hey Jude, clocked in at over 7 minutes in length, of which 4 minutes alone involved the now-classic fadeout coda. Apparently, the song's length wasn't planned that way; McCartney was just having too much fun to quit ad-libbing, including throwing in the Cary Grant line *Judy, Judy, Judy*.

Note: In the 1939 film *Only Angels Have Wings*, Grant used Judy, the name of his girl friend (played by Rita Hay-

worth) throughout the film when speaking to her: *Hello, Judy. Come on, Judy. Now, Judy. But he never actually said, Judy, Judy, Judy.*

Beatles producer George Martin objected to the tune's running time and feared that radio wouldn't play it, which prompted Lennon to retort, "They will if it's us."

He was right. *Hey Jude*, the first single released on the Beatles' new Apple Records label, spent nine weeks—longer than any Beatles work—atop the *Billboard* chart. It was a 1960s song of optimism in a world reeling from wars, assassinations and riots. *Hey Jude*, sold 8 million copies and is today considered to be one of the finest pop songs of the 20th century.

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Four Tips

Continued from page 16

in the future and then reaching out to an insurance agent to learn more.

What You Should Know About Life Insurance

Here are Goldberg's recommendations for four steps to take when considering purchasing life insurance:

1. Confirm your need. Start by asking yourself a few basic questions. What would happen if you were no longer here tomorrow? Would those who depend on you be able to sustain their lifestyle? If you have young children, could they afford to go to college? If you are in or near retirement, does your spouse have sufficient retirement income? If a tragedy occurred, how would your survivors pay for your funeral and final expenses? Most Americans are underinsured and too many do not have the courage to confront the financial realities that life insurance can help resolve.

2. Determine what you can afford. Once you come to grips with your needs, be honest with how much you can set aside for this type of protection. As homeowners, people buy insurance to protect against a calamity. As drivers, people buy insurance to protect against a collision. Why should life insurance be any different? Evaluate your finances and make a commitment that you can sustain.

3. Familiarize yourself with

the product types and benefits. There are two main types of life insurance: term life and permanent life. Term life insurance is akin to renting insurance. It provides coverage throughout a specified period of time, such as 10 or 20 years. Permanent life insurance, such as whole life or universal life, is designed to provide protection for the entirety of one's life with plan types differing by what they guarantee, their degree of premium flexibility, and the way in which cash value accumulates within a policy.

4. Seek professional guidance. Insurance options are available for people at nearly every income and asset level, age and risk tolerance. An insurance professional can help you evaluate your options and recommend a policy based on your unique circumstances. Generally, insurance agents are compensated by insurance carriers so there is no direct out-of-pocket cost to consumers to obtain assistance in determining one's insurance needs and in making a purchase.

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Get Back To Loving Your Digital Life After A Hack

Learning you've been hacked can be a bummer. Luckily, Allstate believes your online information is just as important as your home or car. To help you learn more about managing your digital footprint, visit HiddenWorldOfData.allstate.com, which is a hub of educational resources. You can learn more about where your data goes and how to better manage your data privacy and prevent any negative missteps. So whether you've been hacked or just want to take the right steps to prevent it from happening, Allstate has your back.

1. Don't panic! Protecting your personal online data is equally important as your car or home. Having a plan in case you're hacked can help limit what a thief might do with your information and potentially alleviate damage.

2. Say something. If you fear your banking information may be compromised, call and change your mobile banking passwords. While things are settling, unlink your bank account and card information from places like Venmo and PayPal. If your Social Security number is involved, contact the fraud department at any of the three credit-reporting agencies and check credit reports for any suspicious activity.

Lastly, let close contacts know you were hacked so they can avoid clicking on links that might come from you and not



fall victim to something similar.

3. Be unique. Reality check: Life would be easier if we only needed to remember one password. But using the same password for multiple accounts can put you at greater risk of having information stolen. Defend your accounts with strong passwords (use upper- and lowercase letters, numbers, and special characters—go crazy!) and ensure each password you have is unique to that program or app. A great password manager can take the stress out of remembering a million different passwords!

4. Ask yourself how. It's hard to understand why you were targeted but once you understand how hackers gain control of accounts and get personal information, you'll get why Allstate wants you to prioritize protecting your digital footprint. Here are some actions that can potentially put your data at risk:

- Password reuse
- Downloading malware
- Using public Wi-Fi
- Phishing scams.

5. Protect your phone with more than just a case. Cell

phones are crazy convenient—but they also store a lot of highly sensitive information, becoming a prime target for hackers. It's beneficial to take the time to

add a passcode and touch ID to your phone. Keep your phone and apps updated to account for security upgrades from developers, and give only trusted apps access to your location, calendar, photos, etc.

6. Learn savvy security measures. Good news—there's so much you can do to help secure your digital footprint from fraudsters!

- Add two-factor authentication.
- Review your login activity for your e-mail service.
- Use a password manager.
- Make sure your phone has a passcode or set up touch ID.
- Review which permissions you give each app. For example, do your social media apps need your location?

Be sure to check out Allstate's hiddenworldofdata.allstate.com to learn more about your digital footprint and how to keep information secure.

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Genes

By Robert E. Horseman, DDS



I think if I were a young person today, other than getting a haircut and saving for a fire-proof electric car, I would get involved in *recombinant DNA technology*, or as it is known to techies like myself, *genetic engineering*. And I mean *involved!* Here's where the excitement lies in the future, the big bucks, the chance to get your name right up there with Salk, Pasteur, Lister and former Trump cabinet members. Think of the satisfaction of joining with the likes of Dr. Kildare and George Clooney to make the world a better place without having to join an HMO or making house calls.

Well, if you can believe all the press reports, genetic engineering is the key to changing practically everything that's screwed up in our society. The hypothesis is that aberrant genes are responsible for a wide variety of significant faults, both physical and mental we encounter every day in other persons less successfully engineered than ourselves.

Just recently, scientists at the University of California at Irvine have linked the *attention deficit syndrome* to a perverse gene. Early reports indicate that the study was delayed because researchers had trouble getting the gene to stand still for observation. It wasn't until they threatened to send it to



the principal's office, that they got its attention. Of course, not all of the estimated 2 million hyperactive children afflicted with ADD are carrying the defective gene, just the ones you know who defy the calming effects of almost everything but a ball bat.

Here's where genetic engineering steps in, altering the inherited characteristics of an organism (the kid) in a predetermined way, by introducing into it a piece of the genetic material (DNA) of another organism (from your side of the family).

Think of the potential here! If the wacky gene theory holds up, it would explain so much about the characteristics of our fellow citizens that puzzle normal people like ourselves. For example, if one had the terminally defective shopping gene and it was in a spiraling downhill phase, it would explain why one would appear at a Sothebys auction and bid \$123,000 for a small velvet pouch containing JFK's toenail clippings. This is lu-

dicrous! I might go that high for J. Edgar Hoover's, providing they were the right shade of red, but JFK's-----\$75,000 tops. Genetic impairment would explain why an apparently normal individual would frantically try to outbid another gene-deficient person for the privilege of owning a wadded sheet of Kleenex formerly affixed to the nose of the First Lady. Wal-Mart is selling the whole box for \$1.19. Pffft!

Although this hasn't been confirmed yet by genetic engineers, evidence is mounting to suggest that fans of the TV show *Ink Masters* are host to a rogue gene linked to characteristics of discrimination and good taste. We have known for a long time that there was something amiss with these people, but it is heartening to learn that their problem is involuntary and that help is on the way.

Sometime early in the next century, probably on a slow news day, it may be possible for a wife, say, to send her husband to a genetic lab with a list of his attributes she'd like changed. Serious people in white coats even if there was no risk of spilling anything on themselves, would take a detailed inventory of his whole gene structure. Following the

Continued on page 26

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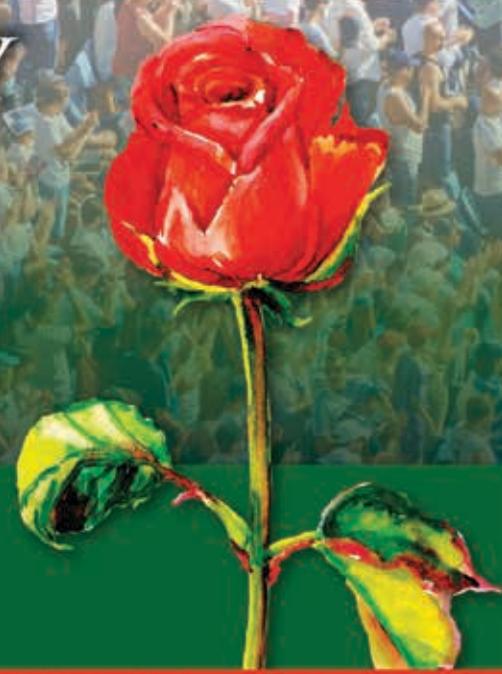


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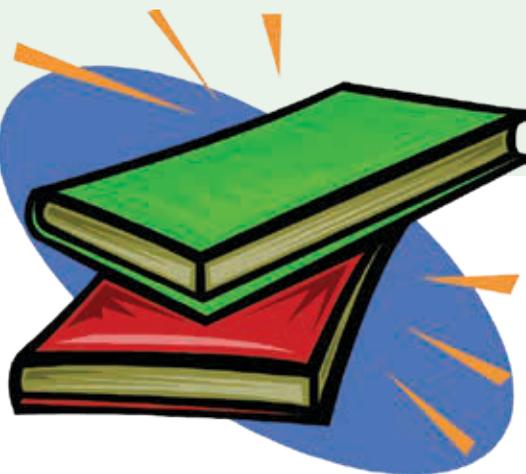
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November Book Club

By Debbie L. Sklar



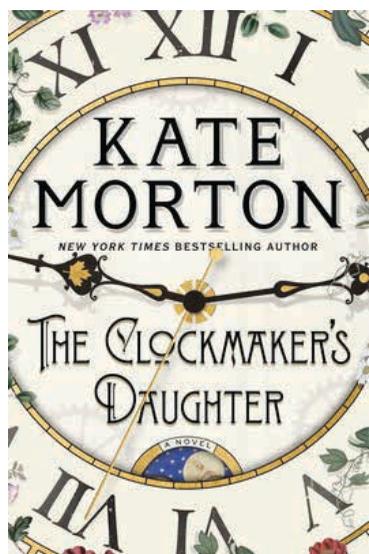
a priceless heirloom is missing; and Edward Radcliffe's life is in ruins.

This is the perfect month to enjoy a great book while sipping a warm drink fireside and before the chaos of the holiday season kicks in. Here are a few choices to check out at your local bookstore or download to your e-Reader.

The Clockmaker's Daughter

A Novel

By Kate Morton



"In the summer of 1862, a group of young artists led by the passionate and talented Edward Radcliffe descends upon Birchwood Manor on the banks of the Upper Thames. Their plan: to spend a secluded summer month in a haze of inspiration and creativity. But by the time their stay is over, one woman has been shot dead while another has disappeared;

"Over 150 years later, Elodie Winslow, a young archivist in London, uncovers a leather satchel containing two seemingly unrelated items: a sepia photograph of an arresting-looking woman in Victorian clothing, and an artist's sketchbook containing the drawing of a twin-gabled house on the bend of a river.

"Why does Birchwood Manor feel so familiar to Elodie? And who is the beautiful woman in the photograph? Will she ever give up her secrets?"

"Told by multiple voices across time, *The Clockmaker's Daughter* is a story of murder, mystery, and thievery, of art, love, and loss. And flowing through its pages like a river, is the voice of a woman who stands outside time, whose name has been forgotten by history, but who has watched it all unfold: Birdie Bell, the clockmaker's daughter," according to Publisher Atria Books.

My Squirrel Days

By Ellie Kemper

"There comes a time in every sitcom actress's life when she is faced with the prospect of writing a book. When El-



lie Kemper's number was up, she was ready. Contagiously cheerful, predictably wholesome, and mostly inspiring except for one essay about her husband's feet, *My Squirrel Days* is a funny, free-wheeling tour of Ellie's life—from growing up in suburban St. Louis with a vivid imagination and a crush on David Letterman to moving to Los Angeles and accidentally falling on Doris Kearns Goodwin.

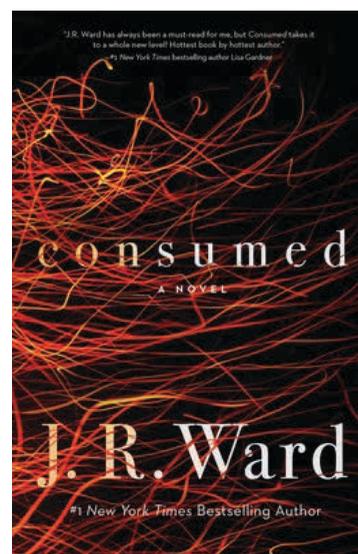
"But those are not the only famous names dropped in this synopsis. Ellie will also share stories of inadvertently insulting Ricky Gervais at the Emmy Awards, telling Tina Fey that she has "great hair—really strong and thick," and offering a maxi pad to Steve Carell. She will take you back to her childhood as a nature lover determined to commune with squirrels, to her college career as a bench warming field hockey player with no assigned position, and to her young professional days writ-

ing radio commercials for McDonald's but never getting paid ..." according to Publisher Scribner.

Consumed

(Book NO. 1 of *Firefighters series*)

By J.R. Ward



"By her bitter family legacy, by her scorched career as a firefighter, by her obsession with department bad-boy Danny McGuire, and by a new case that pits her against a fiery killer.

"Strong-willed Anne was fearless and loved the thrill of fighting fires, pushing herself to be the best. But when one risky decision at a warehouse fire changes her life forever, Anne must reinvent not only her job, but her whole self.

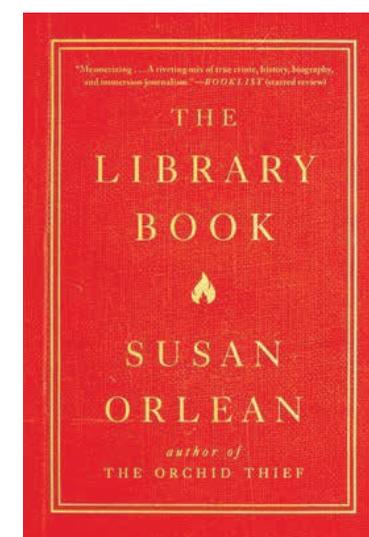
"Shattered and demoralized, Anne finds her new career as an arson investigator a pale substitute for the adrenaline-fueled life she left behind.

She doesn't believe she will ever feel that same all-consuming passion for her job again, until she encounters a string of suspicious fires setting her beloved city ablaze.

"Danny McGuire is a premiere fireman, best in the county, but during a personal meltdown. Danny is taking risks like never and seems to have a death wish until he teams up with Anne to find the fire starter. But Danny may be more than a distraction, and as Anne narrows in on her target, the arsonist begins to target her," according to Publisher Gallery Books.

The Library Book

By Susan Orlean



"On the morning of April 29, 1986, a fire alarm sounded in the Los Angeles Public Library. As the moments passed, the patrons and staff who had been cleared out of the building realized this was not the usual false alarm. As one fire-

Continued on page 26

Madera: California's Hidden Treasure

Story by Ronnie Greenberg • Photos by Joe Hilbers

The small timber industry that started long ago was quickly over shadowed by the cry of “Gold,” putting Madera on the map when mining started here in 1849 and continued well into the 1900s. Its other claim to fame is that it is one of the oldest grape growing regions in America when in the late 1800s settlers homesteaded small farms and planted grapes to produce wine. These settlers came to Madera bringing their old-world winemaking expertise from such countries as Italy, Armenia, France and others. Before the turn of the century, Madera County was host to two wineries that shipped wines bearing the Madera label to many parts of the world. Few of these original wineries survived prohibition, but new wineries emerged starting in the late 1930s.



Freshly picked Muscat grapes at Papagni Wines

Its heritage and charm are evident in today's wineries making award-winning wines just south of Yosemite National Park, where the “Madera” appellation is one of the oldest designated AVAs in California. The Madera Vintners Association was organized in 2001 as a collective voice for the area's winemaking families. This association is dedicated to the common purpose of promoting excellence in

winemaking from a region rich in potential through commitments to modern winemaking techniques. Madera County has long been known for producing world-renowned dessert wines and ports.

Recently, many new small wineries have joined these flagship premium wineries. This current renaissance is driven by the recognition that Madera County is a unique wine growing region. The microclimate is bounded and cooled by the San Joaquin River on the southwest and the Sierra Nevada Mountains on the east. Warm summer temperatures and varied soil types in Madera County provide a foundation for the full development of the grapes. Recognizing these distinctive characteristics, Madera was designated an American Viticultural Area (AVA) in 1985.

Today with a little bit of everything there are so many reasons to love Madera. Its lush fertile farmlands produce figs, raisins, cotton, tomatoes, and lots and lots of grapes. Almonds have become a major industry with many farms and facilities dotting the area.

There are several small,

elite nine vineyards on the Madera Wine Trail. Enjoy the benefits of the region's rich history, knowledgeable hosts and tasting rooms that are still small enough that you can visit with the winemakers themselves. Among the Madera Wine Trail, you can experience old world techniques and state-of-the-art technology in the same



The Wine Trail

family-owned wineries along the Madera Wine Trail. Many of these wineries are situated amid the vineyards from which they harvest their grapes. Oftentimes, the winemakers' generational roots are in growing wine grapes. Their attentive care and expertise ensure the production of high-quality fruit, a critical first step for producing exceptional wine.

Go ahead and spend an enjoyable day exploring and sipping through the valley's

day. Madera County winemakers celebrate each other's unique wine and winery styles and so can you.

Here are some of them:

Papagni Wines that has been crafting quality wine for 95 years. Demetrio Papagni emigrated from Italy with a dream of making fine wines from the grapes grown on the land of his new home in the San Joaquin Valley. Papagni has been one of the most award-winning win-



Fasi Estate Winery

Madera: California's Hidden Treasure

continued



Toca Madera Winery with Shayne Vetter

eries in the state. It invites you to experience their bold and original wines. Tasting room hours, Saturday and Sunday 1 p.m. to 5 p.m. Located at 9505 Rd 30 ½. Call, (559) 673-5754 or visit www.papagniwines.com

Fasi Estate Winery owned by Ralph Fasi, opened its doors in 2012 to a beautifully renovated winery and tasting room located on the doorsteps to Yosemite National Park in Friant, Calif., Madera County. The first release of Fasi Crest Private Reserve Syrah was the 2003 vintage, which has been received extremely well. Each subsequent release has always been awarded the highest honors and medals. It works diligently to nurture the vines into wines that truly sparkle from this little-known corner of California's Gold Country. Its

sister winery in La Consulta, located in Mondoza Argentina, also adds a welcomed variety to its superb offerings under the Fasi Estate Winery label. Enjoy your wine tasting on the beautiful veranda with views of the scenic vistas of the Sierra Nevada mountain ranges, from 11 a.m. when the big beautiful gates swing open until 5 p.m. Buses and limos by appointment only. Get to



The Vineyard Restaurant

celebrate your special occasion or event in style, here. Located at 42415 Road 208, Friant, or call, (559) 822-2111 or visit www.fasies-tate.com

The Residence at Fasi Estate Winery is located on the beautiful 40-acre grounds of Fasi Estate Winery. It's a large, newly renovated home, near Fresno, and Yosemite National Park. Just 15 minutes away from fantastic restaurants, shopping, golf, swimming, horse and hiking trails, casinos, lakes and many other fun activities. It is the perfect setting for relaxation, family gatherings, nature walks and barbecues. You can enjoy views of the estate vineyard, pond, large oak trees, cottontail rabbits, cows in the distance and many birds. The Residence is complete with large bedrooms, entirely new bathrooms, plenty of

space to spread out with two living rooms, a game room with pool table and vintage pinball machine, fully stocked kitchen, 14-person dining table, a large deck and patio area, and plenty of parking including a two-car garage. Inquire about bringing your dogs, too.

Tasting room hours; Saturday and Sunday, noon to 5 p.m. Located at 36140 Avenue 9, Madera, or call, (559) 673-0066 or visit www.tocamaderawinery.com

Birdstone Winery owned by Tony Kirk produces many award-winning wines



San Joaquin Winery

Toca Madera Winery is a new vineyard/winery which is dedicated to producing high quality wines primarily from warm-weather Rhone varieties grown on site. Its vision is to be a user-friendly winery where people come to relax and learn about wine and the art of winemaking. You'll delight in listening to Shayne Vetter its skilled and enthusiastic winemaker not only share his in-depth knowledge, but in answering all your questions. Weddings and events take place in the vineyard's beautiful setting.

reflective of the outstanding quality and variety of grapes grown in the Madera Viticulture area. Its wine offerings include Malbec, Dolcetto, Tempanillo, Chardonnay, Primitivo, Charbono, Tinta Madeira Port and other great varieties. Tasting room hours; Friday through Sunday, 11 a.m. to 5 p.m. Located at 9400 Road 36, Madera, or call, (559) 645-1825 or visit www.birdstonwwinery.com

San Joaquin Wine Co. is proud to produce wines

Continued on page 28

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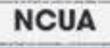
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A Lasting Tribute To American Soldiers

More than 30 million Americans have served in the United States Army. If you or someone you care about is among them, you can now order a personalized, commemorative brick that will be permanently placed along the pathway to the future National Museum of the United States Army.



Actor Joe Mantegna holds a commemorative brick honoring his uncle, William J. Novelli. It will be part of the National Museum of the United States Army.

Making a Museum

The National Army Museum is rapidly taking shape at Fort Belvoir, Virginia, just south of Washington, D.C. This national landmark will be the first museum to tell the entire history of the nation's oldest and largest military service. The massive 185,000-square-foot

building will display a collection of Army artifacts, historic documents, and Soldier artwork. The vast majority of these priceless selections have never been seen by the public.

“For those who served, the Museum will provide a place of reflection,” said retired Army Chief of Staff, General Gordon R. Sullivan, chairman of the Army Historical Foundation. “For the rest of America, it will be an educational institution that conveys American history through the eyes and stories of Soldiers, teaching our nation how the U.S. Army has shaped nearly every major event in our country's history.”

In the two years since groundbreaking, the building's frame has been completed, and crews have installed the stainless-steel panels that make up

its exterior. Inside, the circular walls of the 300-degree Army Theater are set, and four of the Museum's largest artifacts are in place.

How You Can Be a Part of It

The U.S. Army designated the nonprofit Army Historical Foundation to lead the campaign to build the Museum. The Foundation developed the Commemorative Brick Program to raise funds for construction and offer serving Soldiers and Army veterans and their families a way to forever be part of the historic national landmark.

The personalized bricks are

currently being installed along the pathway leading to the Museum's main entrance. Made of Mesabi Black granite, the impressive tributes will set the stage for the Museum experience.

Individuals and organizations can still order bricks at www.armyhistory.org/bricks.



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Oldies

Continued from page 19

wife's specifications, the bad, obnoxious or disgusting genes could then be altered, swapped or junked to produce a mate more acceptable to her. Obviously, this is not an easy task, but the problems can be circumvented by using messenger ribonucleic acid from the cytoplasm of the higher organism's cells as a template for the production of DNA, with no intervening sequences, which can then be introduced into the bacterium. A word of warning---do not try this at home!

Genetic engineering also offers the hope of cures for many inherited diseases. Construction workers have for many years been afflicted with a disease that causes them to assume the demeanor of crazed wolverines when a member of the opposite sex walks by their work place. She can be a real woofer, but when the defective manners gene that is almost a requisite for their employment kicks in, social graces kick out. Here's where mechanical, electrical, structural and civil engineering should give way to the genetic variety.

This could revolutionize the construction industry, accelerating building schedules and decreasing the diversions that account for upwards of 25% of the workers' time, but there is a potential danger. Certain individuals with low self-esteem such as Madonna, who covertly reveled in the workers' unsolicited attention, rough-hewn as it might be, could eas-

ily slip into clinical depression if suddenly deprived of it due to genetic tinkering.

Although public interest in *cloning* and the attendant ponderous levity it generated has subsided in recent years, let it be known that genetic engineers have been busy refining the technique which produces large numbers of genetically identical individuals by transplanting whole cell nuclei.

If cloning is ever perfected and all the legal obstacles overcome, we may witness a revival of polygamy in this country and you won't even have to relocate to Utah. Everyone could have at least two look-alike mates, one to do all the scut work, making a living, taking out the garbage, etc. and the other one to fool around with, take long walks on a moonlit beach and be personally responsible for remembering birthdays, anniversaries and Valentine's Day. Let's see, though. That means the one doing the scut work could *also* have two identical mates, one to do the scut work and the other well, that's the job of the engineers, nobody said it would be easy.

OCTOBER Book Club

Continued from page 21

man recounted later, 'Once that first stack got going, it was Goodbye, Charlie.' The fire was disastrous: It reached 2,000 degrees and burned for more than seven hours. By the time it was extinguished, it had consumed 400,000 books and damaged 700,000 more. Investigators descended on the scene, but over thirty years later, the mystery remains: Did someone purposefully set fire to the library—and if so, who?

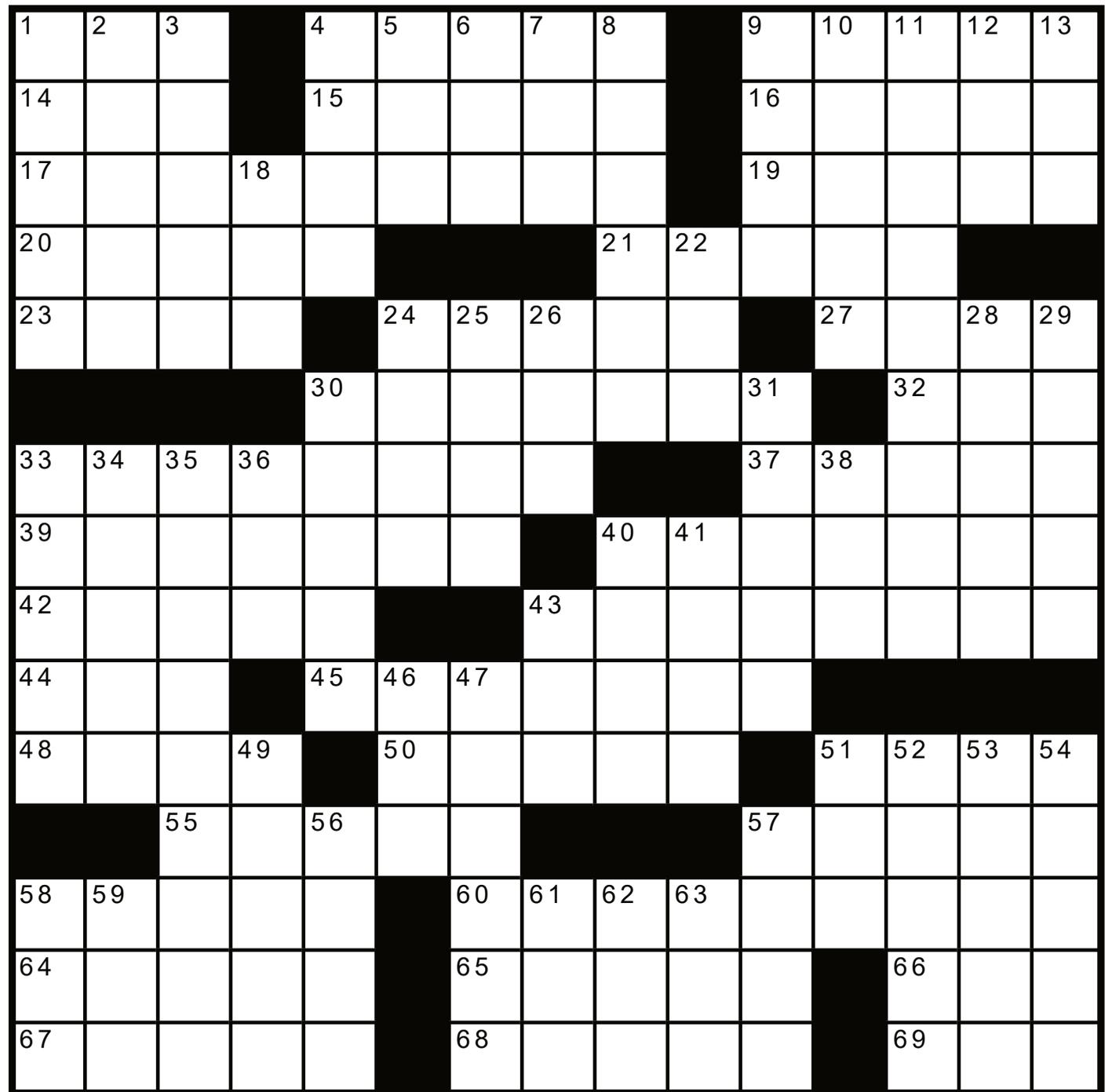
"Weaving her life-long love of books and reading with the fascinating history of libraries and the sometimes-eccentric characters who run them, award-winning journalist and *New York Times* bestselling author Susan Orlean presents a mesmerizing and uniquely compelling story as only she can. With her signature wit, insight, compassion, and talent for deep research, she investigates the legendary Los Angeles Public Library fire to showcase the larger, crucial role that libraries play in our lives ...," according to Publisher Simon and Schuster.



November Crossword Puzzle

Across

1. Half and half
 4. Phobias
 9. Milo of "Barbarella"
 14. Partner of away
 15. Metallic mixture
 16. Belle or Bart
 17. Ornamental water jets
 19. Easy gaits
 20. Roast host
 21. Scout unit
 23. Meter maid of song
 24. Cop ____
 27. Expensive
 30. Try
 32. Cambodia's Lon ____
 33. Cure-alls
 37. "Bird on ____" (Gibson film)
 39. Attains
 40. Lease holders
 42. Go along (with)
 43. Methane
 44. Twitch
 45. Black magic
 48. Those, to Juan
 50. Works hard
 51. Lost traction
 55. Stories
 57. Gravy, for one
 58. Port-au-Prince is its capital
 60. Indifferent to tradition
 64. Seeped
 65. Knot again
 66. Suffix with cloth
 67. Consecrate
 68. Brewer's need
 69. Boring



Down

1. Bid
 2. Mother-in-law of Ruth
 3. Belch
 4. Destiny
 5. Guido's high note
 6. Clay, today
 7. Wood of the Rolling Stones
 8. Method
 9. Scandinavian capital city
 10. Rose
 11. Event
 12. Before, of yore
 13. Horace's "____ Poetica"
 18. PBS supporter
 22. Dr. Dre's genre
 24. Fit to ____
 25. School orgs.
 26. ____ Misérables
 28. Main artery
 29. Like non-oyster months
 30. Pains
 31. Aromatic herb
 33. Babble
 34. Protection
 35. Stupefy
 36. Bandage brand
 38. Baby's cry
 40. Chinese weight
 41. Slips
 43. AT&T rival
 46. Suffix with Capri
 47. Series of prayers
 49. Fills to the gills
 51. ____ Paulo, Brazil
 52. Sensational
 53. More frigid
 54. Denounce
 56. Covers
 57. Editor's note
 58. Fireplace shelf
 59. "You've got mail" co.
 61. ____ Haw
 62. Give ____ rest
 63. Lisa, to Bart, briefly

Answers on Page 38

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Madera

Continued from page 23

from Madera Vineyards owned and operated by farmer Steve Schafer, who started the winery in 2005 as a personal dream. He offers many varietals including Zinfandel, Chardonnay, Cab Sauv, Muscat, Rose, Merlot and Viognier. Labels include Moody Press and Green Eyes. Tasting room hours; Saturday 11 a.m. to 4 pm; Sunday noon to 4 p.m.; and Friday 1:30 to 4:30 p.m. Located at 21821 Ave. 16, Madera, or call, (559) 673-0066 or visit www.sjwine-co.com

Quady Winery is an internationally acclaimed sweet Muscat wine producer and the home of Vya, the world's best vermouth. Quady uses Orange and Black Muscat varietals to make Essensia, Elysium and Electra. Visit Quady, taste its wines, meet winemaker, Michael Biaylock, and enjoy its hospitality. Tasting room hours, Saturday and Sunday, noon to 4:30 p.m.; and Monday through Friday, 9:30 a.m. to 4:30 p.m. Located at 13181 Road 24, Madera, or call, (800) 733-8068 or visit www.quadywinery.com

Wineries are open year-round for wine tastings and special events. Check out www.maderawinetrail.com for more wine trail and individual winery events throughout the year

Area Highlights

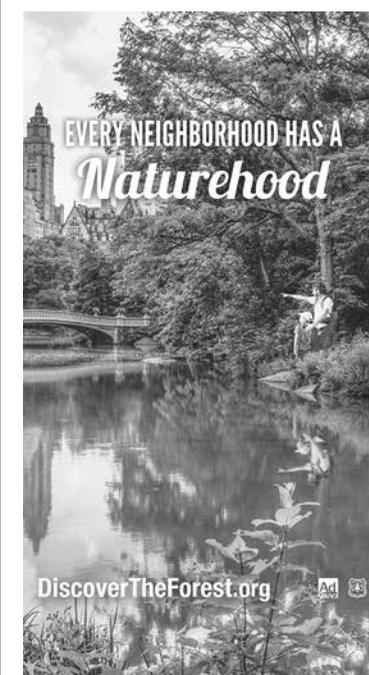
Rosenthal Olive Ranch sits in the heart of the San Joaquin Valley where the rich soil and climate create an ideal growing season for the Arbosana and Koroneiki olives. The third-generation family farm takes pride in delivering the finest quality olives that are milled with 24 hours of harvesting which captures the intense fresh flavor of the full-bodied oils. These cold-pressed olive oils are very versatile and pair with a variety of dishes. Produced and bottled here are Arbosana and Koroneiki extra virgin olive oil, lemon infused Arbosana, basil infused Arbosana and garlic infused Arbosana EVOO, as well as balsamic vinegar. Located at 29268 Avenue 9 in Madera, for information, call, (559)674-4418 or visit www.rosenthaloliveranch.com

Accommodations in Madera run the gamut from Hampton Inn, call, (559) 661-0910; Springhill Suites (Marriott), call, (559)664-9800; or La Quinta Inn & Suites, call (877)772-4964.

For local dining here enjoy: The Vineyard Restaurant & Bar owned by Chris Moriscotti offers a continental menu with locally sourced food and a great selection of local wine. Located at: 605 South "I" Street. For reservations, call, (559)674-0923 or visit www.vineyardrestaurant.com

Pete & Maria's Italian Bis-

tro for the best in Italian cuisine. Located at 37275 Ave 12, Suite A, Madera Ranchos, call, (559) 645-5545 or visit www.pmbistro.net



Managing Heart Failure Is Worth The Effort

A study by the American Heart Association shows people with HF report spending more time on managing their condition; free app aims to make it easier



The American Heart Association, the world's leading voluntary health organization dedicated to building healthier lives, free of cardiovascular diseases and stroke, shared this month that more heart failure patients and their caregivers report they are putting more effort into managing this complex condition. In 2015, just 55 percent of survey respondents said they were working harder to manage HF. The latest study shows a 14-point increase, with 69 percent now putting effort toward the important daily task of managing heart failure.

The AHA conducted its annual survey as part of the Rise Above Heart Failure initiative, nationally supported by Novartis Pharmaceuticals Corporation, and found that while those diagnosed with heart failure and their caregivers are spending more time and energy managing the disease, they are benefiting. These two groups showed an increased understanding of heart failure since the survey was last conducted.

"It's important to understand heart failure or any condition you have been diagnosed with," says John Osborne, M.D., cardiologist and

American Heart Association volunteer. "It allows you to ask better questions of your healthcare providers and take an active role in your health."

Through Rise Above Heart Failure, people living with heart failure can access free tools to help make the daily task of managing medications, symptoms and doctor's visits simpler. This includes an app called HF Path, designed to keep all aspects of heart failure management at a patient's—or caregiver's—fingertips.

Heart failure, which occurs when the heart is not able to efficiently pump blood around the body, can cause symptoms like breathlessness, persistent coughing, swelling and fatigue. "It's important for heart failure patients to track their symptoms day to day so they can alert their healthcare provider to any warning signs of worsening HF and get prompt treatment," said Osborne. "World Heart Day serves as a great reminder to us all to make a promise to better understand and advocate for our own health."

Download the app at heart.org/HFPath.



In 1936 an African-American postal worker named Victor Hugo Green published his first annual *The Negro Motorist Green Book*. A handbook essential to black motorists as they made their way through the pre-Civil Rights South, it featured listings of non-discriminating Southern businesses. It is Green's guide that provides the title of the Thanksgiving-released *Green Book*, an endearing, must-see actor's showcase that has Academy Awards written all over it.

Green Book is based on the true-life story of a 1962 road trip involving Dr. Don Shirley (Academy Award winner Mahershala Ali), a world-renowned Jazz musician who held three Doctorate Degrees and spoke eight languages, and a brutal Bronx nightclub bouncer, Tony "Lip" Vallelonga (Academy Award nominee Viggo Mortensen).

"*Green Book* was a project that I kept thinking about after I had read it," Ali said. "If you look at these two archetypes [in films], it's so often the black guy [who] is serving as some sort of grounding force and reality check, who's coming from a low-income or working-class environment, for the wealthier, more affluent

character ... I really responded to the fact that it was flipped on its head the way it was, and the fact that it was based on a real relationship."

The story is a sort of *Driving Miss Daisy* in reverse. When Shirley accepts several gigs in the Jim Crow South, he hires Lip as a chauffeur/bodyguard for the tour. Lip, who has never ventured much beyond his Big Apple world, eventually witnesses Shirley's race-fueled run-ins with everyone from barroom thugs to the hypocritical high-society elite who engage his musical services. As the story unfolds, both *Odd Couple* members here come to better understand each other's world.

Green Book also includes Linda Cardellini, pitch-perfect as Tony's wife, Dolores. Peter Farrelly produced the future classic, and the script was written by Farrelly, Brian Hayes Currie and Nick Vallelonga, the real-life son of Tony "Lip" Vallelonga. Peter and brother Bobby Farrelly were responsible for such sophomoric fare as *There's Something About Mary* and *Dumb and Dumber*; here Peter seems to offer *Green Book* as a serious counterpoint to those past offerings.

When Green published his first

handbook, his introduction optimistically stated: "There will be a day sometime in the near future when this guide will not have to be published." It's a sad commentary that 29 more such books had to be issued before this became a reality.

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Doo Dah Parade Cranks it up for the Holiday Season

The Occasional Pasadena Doo Dah Parade will celebrate 41 years of irreverent frolicking on the streets of Pasadena. The 2018 Parade takes place on Sunday, November 18th, stepping off at 11am in East Pasadena along Colorado Boulevard.

On Doo Dah day, dozens of inventive, if zany, art cars and floats will accompany a legion of revelers past the mom-n-pop shops along East Pasadena's shady tree-lined streets with a memorable cast of local eccentrics, disruptors, pundits, mutant art cars, lone wolves, steam punks, makers and merry-makers.

Entries are open to everyone.



This year's lineup includes the Nut Camp, Trashion Show, The Pony Baloney Express, Bildge Rat, Code Blue DeFibs, Black Sabbitch, Flying Baby Homerun Border Crossing, Nordic Men, Murrugun the Sword Swallower, Kilt Brigade, Radioactive Chickenheads, D.J. Sparkle Pony, Toaster Car, The Army of Toy Soldiers, The Eye, The Billionaires, Saucers from Bakersfield, Danse Maca-

bre, Free Thought Society, Unich Band, Aloha Oy Vey Marching Ukelele Band, Cyclops, Bearded Ladies, Count Smokula, Partying Parrot-heads, Murrugun the Mystic, Unicorn Palace, Man as Giraffe, Heuristicus, The Butler, Recumbent Revolution, L.A. Derby Dolls, Let's Paint and March TV, Zucchini Patrol, and Doo Dah's 2018 Royals, among many others. Secret Santa, Doo Dah's take on the

North Pole icon, will close the conga line and ring in the holiday season. And... not a rose will be harmed in the making of this parade!

Yes, another Doo Dah is here to help you forget your hum-drum existence!

What: The 41st Occasional Pasadena Doo Dah Parade

Where: Colorado Boulevard (between Altadena Dr. and San Gabriel Blvd.) in East Pasadena (start location: 2627 E. Colorado Blvd. Pasadena, CA 91107)

When: Sunday, November 18th, stepping off at 11:00AM

COST: Always free-of-charge, fun for all ages

Plenty of street parking is available ~ Parade route is also just west of the Sierra Madre Villa Gold Line Station (at Colorado Blvd. and Sierra Madre Villa). City busses go directly to the area and Uber or Lyft. Come early! Bring a lawn chair! Visit the local eateries, popular food trucks along the parade route, and buy a new Doo Dah t-shirt. Stick around for the after parties all within close walking distance.

For more information go to: <http://www.pasadenadoodahparade.info>



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Busy Boomers

By Les Goldberg

Get on The Bus, Gus!

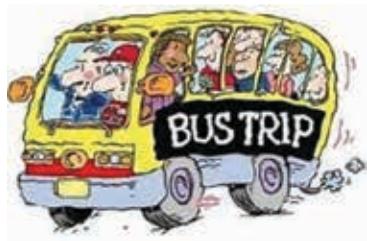
Let's face it. Driving in Southern California can be a nightmare, during rush hour (a misnomer if there ever was one), on weekends and just about any time, except in the wee hours of the night. It's especially frustrating – and exhausting -- when you just want to go someplace fun, whether you are going shopping, to the beach or park, or simply sight-seeing around town. Who wants to sit in a car for hours when you could be spending your time exploring the local scene?



Fortunately for seniors, there is a great solution: bus and motor coach tours.

I, for one, am a big fan of hopping on a comfortable bus with a trained tour guide and a group of friends or strangers and navigating local sites of interest and landmarks. How do you find out about these same-day adventures?

Start out by contacting your nearest community senior center – there are nearly 40 in the Orange County and Long Beach areas. Many of them offer day trip bus tours throughout the year. In addition, many local community



colleges schedule guided motor coach excursions as part of their continuing education programs.

And, of course, you can check with your neighborhood travel agencies or Google “bus tours” and the Internet will reveal several options for local and extended regional adventures.

As an example, Santa Ana College bus tours for the 55 and over crowd include a Malibu Wine Tasting Safari; a tour of Walt Disney's life legacies with trips to his home in Holmby Hills, his Carolwood Barn of railroad memorabilia; and a Lake Cachuma boat cruise and picnic in the wilderness above Santa Barbara.

One of my favorite tours involved taking a bus to Union Station in downtown Los Angeles, getting on the Amtrak train to Santa Barbara, then transferring to another bus that took us to the Orchid Exhibition and back again. We left Orange County at 8 a.m. and were back by 6 p.m.

Senior center tours will range from trips to Griffith Park

Observatory and Universal Studios in Hollywood to the casinos in San Diego County, Knott's Berry Farm, Roger's Gardens, the Bixby Ranch in Long Beach and many more memorable locations.

For me, the highlight of the tours is the expert guides. Wherever you decide to go, be it a famous landmark or specialized museum, the guides are highly knowledgeable and can explain the history, contents and significance of each place. They welcome your questions and answer them like walking encyclopedias.

Finally, a major benefit of bus tours – or any group excursion for that matter – is the opportunity to meet interesting people, make new friends and exchange contact information for possible future trips together.



If you are inspired by this article to take a bus trip, there are just a couple of things to consider before taking your seat:

1) Most motor coach operations allow just one carry-on item per person.

2) Make sure the company can accommodate the disabled. Find out if wheelchairs and walkers can be easily stowed and retrieved at each stopover

on the tour. It is a good idea to bring along able-bodied companions who can help you.

3) Try to limit your use of the onboard restroom unless you don't mind waiting in line.

4) Read your tour contract's fine print before you make your purchase. Overbooking, travel insurance (a good idea), accessibility assistance and cancellation policies should be fully understood.



5) If possible, pay for your bus tour with a credit card – you may be able to dispute the charges later if your tour operator fails to deliver what the brochure or booking agent promises.

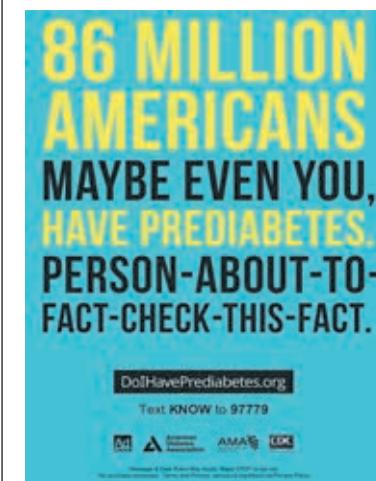
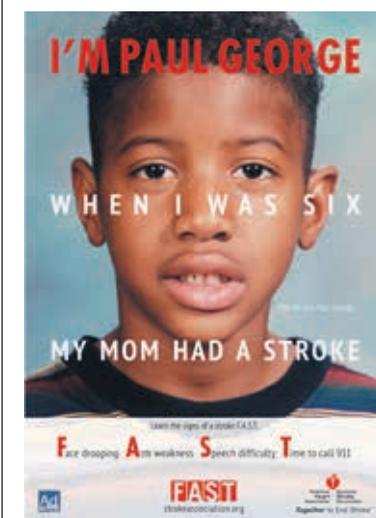
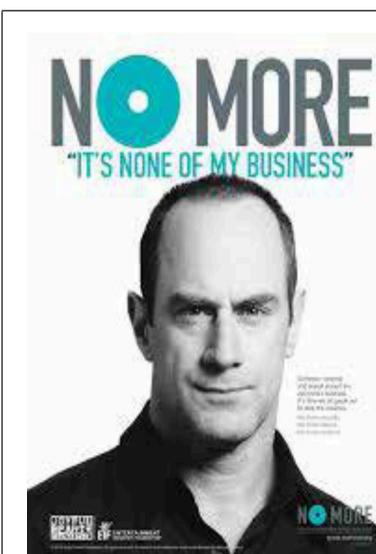
6) Bring a sweater or jacket for those trips involving higher elevations, coastal breezes and drastic temperature changes. Air-conditioned buses do not have individual vent adjustments.

7) Take plenty of pictures to cement your memories and share with family and friends. So, with that in mind, get ready to hop aboard, sit back and enjoy the ride.

Happy Thanksgiving

—Correction—

"The Pedigo Bike story that ran in the October 2018 Busy Boomer column of Senior Reporter included a phone number for the company that was incorrect. The correct number is 562-996-5782."



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Marlo Thomas

Continued from page 10

Thomas married talk show host Phil Donahue in 1980. She is active in charity work for her late father's favorite cause, the St. Jude Children's Research Hospital in Memphis, Tenn., which he founded. She has also penned several bestselling books, among them *Free to Be... a Family: A Book About All Kinds of Belonging* (1987), *The Right Words at the Right Time* (2002) and her memoir, *Growing Up Laughing* (2010).

happen to be strolling down Hollywood Boulevard, you might step on Thomas' star on the Walk of Fame.



Regardless of her honors and accolades directed toward her acting, Marlo Thomas' first priority is the children in need of medical care.



"A society is judged by the way it cares for its most vulnerable citizens," she says. "As an American, I am ashamed that we have turned our backs on millions of our children. I want to do my part to rectify this terrible situation."

Beyond her Emmys and Golden Globe, Thomas has earned a Peabody and a Grammy and was inducted into the Broadcasting Hall of Fame. For her activism, Thomas has received an array of honors, including the Helen Caldicott Award for Nuclear Disarmament, the American Women in Radio and Television Satellite Award and the William Kunstler Racial Justice Award. And, if you

Don't worry, Marlo, you are doing making a huge dent in the problem. Dad would be proud!

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Seegerstrom Center for the Arts presents Rob and Friends – A Little Night Music, an evening of songs from Broadway and film musicals featuring Pacific Chorale Artistic Director Rob Istad, eight Pacific Chorale singers and an instrumental ensemble in three performances November 8 – 10, 2018 at 7:30 p.m. Rob and Friends – A Little Night Music follows last season's triumphant performances of 100 Years of Bernstein.

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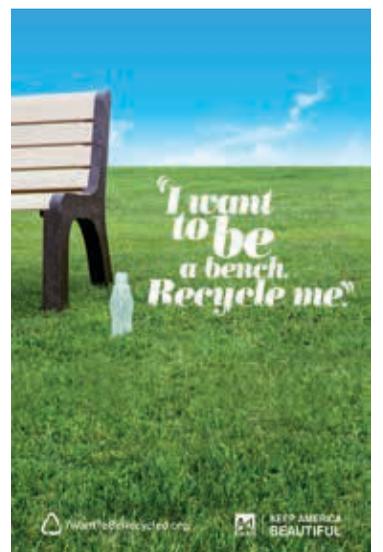
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Many senior citizens right here in your area, wonder where their next meal may come from. If you or someone you know can help, please take the time to learn more and donate.

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Are You Seeking a Care Facility For Your Loved One?



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

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

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

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

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

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

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

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

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

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

work with the family budget to ensure appropriate placement.

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

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

SR: What is the cost of using RCPS services?

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

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

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

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

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

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

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

See our ad on the back cover.

Unburdened by Oxygen Tanks, People Suffering from COPD Regain Mobility, Quality of Life

Small, lightweight portable oxygen concentrators the size of a hardcover novel are increasingly replacing large, bulky oxygen tanks

For those suffering from Chronic Obstructive Pulmonary Disease (COPD), a chronic inflammatory lung disease that causes obstructed airflow from the lungs, being tethered to a large, heavy oxygen tank for supplemental oxygen can be life altering.

According to The American Lung Association, more than 11 million people have been diagnosed with COPD, but millions more may have the disease without even knowing it.¹ COPD causes serious long-term disability and early death. While there is no cure, much can be done to treat and manage the disease through medications, oxygen therapy, pulmonary rehabilitation, and social support.

Those on oxygen therapy require a reliable, supplemental supply of concentrated oxygen. For decades, the standard has been to prescribe large, refillable compressed gas oxygen tanks. However, these metal tanks can weigh up to 18 pounds. They also require regular refilling so users must ensure they have enough tanks on hand, schedule pick-ups of



Continued on page 35

In The Spotlight

By Debbie L. Sklar

Meet Ali Woodard, Fristers President & CEO

Ali Woodard is the founder, president and CEO of Fristers, a nonprofit organization dedicated to helping teen parents build healthy and stable lives and families.

The Orange County native graduated from California State University, Long Beach with a Bachelor's Degree in business finance. Before founding Fristers in 2008, she worked for The Koll Co. and investment banking firm, Montgomery Securities.

Throughout her corporate career, she served in a variety of voluntary leadership roles through Mariners Church in Irvine. She resides in Tustin with her husband, Joe Woodard, of 20 years and their Golden-doodle, Moriah. Here is more about Fristers and Woodard.

Q: Tell us more about Fristers?

A: We offer programs and services to teen moms, dads, teen parent couples, and children in five locations throughout Orange County. Since 2008 Fristers has positively impacted more than 2,000 teen parents and children through increased mental health, educational and economic outcomes while preventing domestic violence, child abuse and neglect. With support from Fristers, teen parents are graduating high



school, enrolling in college and vocational training, getting their driver's license and securing employment while learning how to be responsible, caring parents. Children receive early intervention services that improve their developmental, social and educational gains. Couples build healthy and violence free relationships and families are strengthened.

Q: Did you have a personal reason for starting Fristers?

A: I became pregnant at 17. For me, the situation was very scary and embarrassing. I didn't have any idea how to raise a child and didn't think I could continue with high school and my dream of attending college. At that time, there were no programs or resources for teen parents. I founded Fristers to ensure teen parents

have access to the education and support they need to build healthy and stable lives and families. My message from my own personal journey; having a child at a young age does not mean that your life is over. It can be, in fact, the motivation to do more with your life than you ever thought possible.

Q: Fristers was recently recognized by the Orange County Business Journal as one of the top Orange County workplaces. What makes Fristers such a special place to work?

A: We were so excited to receive this recognition as it means our employees love their jobs. I know I do! Being able to work for an organization that helps others succeed in life is truly a blessing. We also have a culture that recognizes the value of every person on the team no matter their job description. Both employees and volunteers feel appreciated and understand that everyone on the team contributes to achieving the Fristers' mission.

Q: Who is the ideal candidate for the Fristers program and what do you hope they achieve?

A: Fristers is open to pregnant and parenting teens ages 13-25 and their children. As long as parents are within this age

range, they can receive services. Our average client stays 3-5 years, virtually growing up with Fristers as their support network.

We work to achieve high school graduation, economic security, improved mental health and well-being, healthy relationships, healthy parenting and thriving families. For children in the program, we aim to ensure healthy development and school readiness, preparing them for kindergarten and life.

Q: Fristers marks its 10th year in 2018. How do you plan to celebrate the occasion?

A: We reached our 10-year milestone and celebrated with a major event on Sept. 28 at the Port Theater in Corona del Mar. This event was an important fundraiser to sustain our programs of teaching teen parents to thrive for the years to come.

Q: How can someone get involved with Fristers?

A: A private, nonprofit organization like Fristers depends on volunteers, in-kind and financial gifts of any amount. We hope you will join us and support our mission. To learn more, call (949) 387-7889 or visit www.fristers.org.

Quality of Life

Continued from page 34

replacements, and carefully plan how far they travel.

Even simple activities like taking a dog for a walk or visiting nearby friends require extra effort with an oxygen tank. Traveling on a plane with an oxygen tank is not permitted by the FAA either, which can be a significant barrier to staying connected with family and friends.

One challenge of coping with COPD can occur when people become increasingly homebound due to the extra effort and physical strength required to leave the home with oxygen tanks and switch out tanks – not to mention planning to avoid running out of oxygen. When this happens, they not only lose their mobility, but also their quality of life.

Any loss in mobility can lead to increasing disconnection from friends and family. Feelings of isolation and separation can emerge. Although the physical need for supplemental oxygen is being met, their social life suffers and can even impact their overall outlook on life. It can be a downward spiral.

According to Sharon Hehn, who has a mild case of COPD and lives in Edgewood, Kentucky, the oxygen tanks provided through Social Security impacted her mobility significantly.

"I mentally boxed myself into my home and the walls felt like they were beginning to

Continued on page 40

The Gadget Geezer

Continued from page 12

Minipresso



Whether you are going away for a few hours or a few weeks, space and weight are major factors when selecting your travel gear – even your hand-held espresso machine.

Weighing less than a pound, the Minipresso GR is designed to prepare any of your favorite ground coffees for an authentic espresso wherever you are. Besides its modern and sleek design, the machine contains a unique semi-automatic piston that, when unlocked from its carrying position and pressed it will control the amount of coffee it releases. After a few pushes, optimal extraction pressure is achieved and you end up with a rich, bold cup of espresso. Price: \$49.90.

Reolink Argus 2



Remember when outdoor security cameras were major investments, both in the hardware and the installation? Unless you were an electrician and computer guru, it was not a do-it-yourself project. Not so today. Thanks to technol-

ogy, you now can get a home security system for less than \$200 and have it surveilling in minutes. One example of this progress is the Reolink Argus 2.

This battery/solar-powered system is wireless and rechargeable. The camera uses wide-angle 1080-pixel quality high-definition lenses and two-way audio. It is weatherproof and does not require a base station or wires.

The Reolink Argus 2 also features: Support for 64 gigabyte SD cards for motion detection, clear color night vision, and communication with the free Reolink app. The product comes with a two-year warranty and lifetime technical support. It is available from www.reolinkusa.com for \$129.99 and free shipping.

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Happy Thanksgiving



A New Take On Sweet Potato Casserole

Perfect with a Thanksgiving turkey, for sure—yet easy enough for a weeknight dinner. Try this for a change of pace from sweeter sweet potato casseroles.



Sweet Potato Casserole with Herbs, Walnuts and Brown Butter

Serves 8 to 12

5 lb. orange- or yellow-fleshed sweet potatoes, or a combination, halved lengthwise

½ c. butter

2 shallots, chopped

¼ c. fresh sage leaves

2 T. fresh rosemary leaves

2 T. fresh thyme leaves

1½ c. cream

1 c. shredded Asiago cheese

Salt and pepper

2 large eggs, lightly beaten

½ c. chopped walnuts

¼ c. panko

Preheat oven to 350° F. Arrange sweet potatoes on two large rimmed baking sheets,

cut side down, and bake until tender, 1 to 1½ hours. Set aside. Increase oven to 400° F. In medium saucepan over medium heat, combine butter, shallots and herbs. Cook, stirring occasionally, until butter browns, shallots are tender, and herbs are crisped, about 6 minutes. Scoop flesh from sweet potatoes into large bowl. Add half of butter mixture, mash. Add cream, cheese, and salt and pepper to taste. Stir in eggs. Transfer to 2-qt. baking dish and bake until almost heated through, 20 to 25 minutes. Stir walnuts and panko into remaining butter mixture,

sprinkle on casserole, and continue baking until heated through and browned on top, 5 to 10 minutes.

For more recipes, visit at www.casweetpotatoes.com



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Crossword Puzzle Answers from page 27

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JUST JUDITH

By Judith A. Rogow

Talking Turkey

Autumn is finally here to stay. No more changing clothes every few hours to keep up with the ever-changing temperatures, we have what a friend calls 'flannel season' now, and the crisp mornings are lovely, as are warm afternoons.

The stores are full of Thanksgiving and Christmas goods, and too many ads offer 'ideas and suggestions' for everyone from the mail carrier to your neighbor's dog.

Do you remember when 'Black Friday' was the day *after* Thanksgiving? Nowadays, it seems to start before Labor Day and eventually morph into a post season final frenzy in January.



However, Thanksgiving is definitely the start of the holidays and the feast is one almost everyone can enjoy.

We discovered boneless turkeys last year after deciding the boxed turkeys that promise a full meal for six were full of side dishes that no one wanted and were overly salty and wasteful. Making your own menu choices is less expensive

and much healthier, plus you can add old family favorites or try something new.

If you are going to make stuffing, a potato dish and veggies, plus a dessert, why not do a turkey the way *you* like it? If, that is, you can find a bird that isn't huge enough to feed a crowd. Sometimes, you can ask the butcher to cut a turkey in half and sell you only one portion. That will give you leftovers and perhaps enough for a hearty soup.

However, should even that be more than you care to tackle, the frozen 'boneless' turkeys with white and dark meat, are amazingly tasty and serve four or more with no waste. They can be cooked in an Insta-pot or oven. Add Bell's Seasoning and some real butter to the bird, mix up Pepperidge Farm stuffing, or your own (with Bell's Seasoning, of course), bake some yams or sweet potatoes (with a generous splash of Vermont Maple Syrup), create a pot of succotash, make gravy from the packet that comes with the bird or a mix, brown some rolls and you have the perfect New England Thanksgiving dinner. Folks 'from away' don't know what they've been missing!

Dessert, oh – can't forget dessert. There are so many ready-to-bake pies and boxed mixes



available that you can pop something into the oven before everyone says Grace and it will be ready just in time. Of course, homemade is always better, even though you use 'store bought' pie crust and frozen or canned filling. Just put an egg wash on the top crust and sprinkle some sugar before baking and everyone will think it's a masterpiece.

There's always a lot to be thankful for, especially in this season. The horrible fires are out, those awful political ads are over, and we are comparatively healthy. Friends and family keep in touch and the various houses of worship, senior centers, gyms, long walks and 'Silver Seniors' exercise groups keep us limber. Then book clubs, and Bridge, Bingo, Mah-jongg, Scrabble or other amusements help keep our minds young.

Pets, dogs that force us to take walks at least twice a day and cats that lay on your lap and purr (or wake you before dawn because that's their favorite time) can prolong your life and ease aches of body and soul.

Whatever your plans for the festive season, we at *The Senior Reporter* wish you happiness and friends and family to share the joy.

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Quality of Life

Continued from page 35

close in on me," says Hehn.

Fortunately, there are alternatives to large, traditional compressed gas oxygen tanks.

Some oxygen tanks contain liquid oxygen, which allows for a smaller, lighter tank. Liquid oxygen is also delivered at a concentration of 100%. In addition, liquid oxygen can be delivered at a higher rate of flow for a longer period of time than a gas system. However, liquid oxygen tanks are much more expensive, and care must be taken to avoid injury from dangerously cold liquid oxygen.

Another alternative are oxygen concentrators that separate the oxygen out of the air and store it, eliminating the need for refills. Portable Oxygen

Concentrators, or POCs, are smaller sized concentrators designed for greater mobility. The POC converts air into concentrated oxygen by removing nitrogen using a special filter.

As compared to the traditional compressed gas oxygen tanks, POCs are much smaller, lighter, and operate more quietly. Units available on the market today, such as the Inogen One G4, weigh less than three pounds and can be worn over the shoulder, as a hip bag, or as a backpack.

Inogen was founded by Alison Bauerlein, Brenton Taylor, and Byron Myers in 2001 to improve the life of Mae, Alison's grandmother who was diagnosed with COPD, and the millions of individuals like her using supplemental oxygen therapy. The award-winning concept was conceived as a project at the University

of California at Santa Barbara (UCSB) by the three while attending business school together.

As with all POCs, units like the Inogen One G4 require AC or DC power to operate. The rechargeable batteries typically last for several hours. Double battery units are available, as are portable DC chargers for cars.

Although there are POCs that provide a continuous supply of oxygen, the Inogen One G4 uses a pulse dose delivery method. With this approach, a small burst of oxygen is delivered every time the user inhales, matching the breathing pattern. The benefit is less oxygen is wasted.

According to Hehn, she has been on oxygen therapy for 14 months since her doctor first prescribed the treatment to ad-

dress her COPD, which resulted from long-term sleep apnea.

Dissatisfied with the com

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adopted 08-18-09

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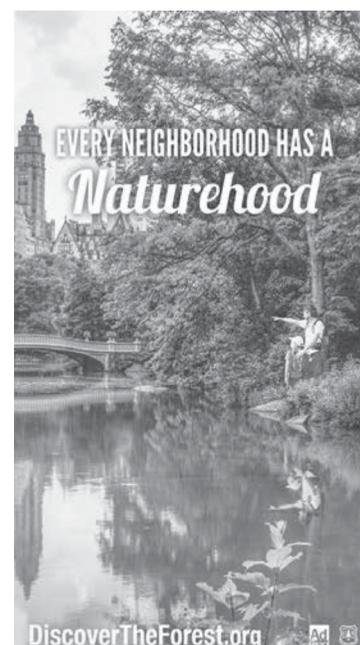
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Tinseltown Talks

By Nick Thomas

A 'Happy Days' Thanksgiving with Mrs. C

As the TV matriarch of the Cunningham clan in the sitcom *Happy Days*, Marion Ross appeared in more than 250 episodes during the hit series 11-season run from 1974 to 1984. But one episode has special significance for the actress this time of year.

In *The First Thanksgiving*, broadcast two days before the November holiday 40 years ago this year, Ross's character (also named Marion) leads the cast in a departure from the show's usual Milwaukee-based setting. She narrates a flashback story set in the Plymouth Colony with the cast doubling as historical characters to remind her family that sharing and giving thanks are the traditions behind the annual festivities.



Tom Bosley and Marion Ross in the *Happy Days* episode, *The First Thanksgiving* - screenshot, Miller-MilkisProductions, ABC

"Tom (Bosley) and I were dressed up as pilgrims and I had on a lovely outfit with a white bonnet," recalled Ross from her home in Woodland Hills, Calif. "Then Fonzie (Henry Winkler) comes in wearing traditional clothes, but with his leather jacket over them!"



Recent Marion Ross - provided by publicist

It was classic *Happy Days* humor: Fonzie on a wooden motorbike; later, when he invites Indians into the pilgrims' compound, he's punished and restrained in the stocks but breaks free with a characteristic Fonzie move ("He broke the stock - hey, a first stockbroker!" quips Anson Williams' Potsie character).

Ross's own family roots trace back to Minnesota, where she remembers Thanksgivings as being "rather brisk."

"I was a middle child and the rambunctious one," she recalled. "I would run out and shovel the snow off the walkway."

Thanksgiving included a large extended family seated at tables stretching into the living room. "I remember by the time I was about ten having the traditional meal of turkey, stuffing, pumpkin pies, and also rutabagas. Guests would say 'Rutabagas? We feed those to the pigs!' But we liked them mashed with salt and pepper."

Ross says it was more than just the harsh Minnesota climate that toughened her for a career in the brutal entertainment business. "I was raised not only with that 'You can do anything' attitude, but also 'You must do it.' So I was always determined to get into acting."

Marion was 16 when the family headed west to settle in San Diego

Now a seasoned Californian, family Thanksgiving traditions include playing bocce ball with a few friends. And in the spirit of the season, the family often invites a guest who might otherwise be alone - somewhat akin to the *Happy Days* Thanksgiving episode where Fonzie convinces the pilgrims to welcome the local Indians.

"In the end, they join our family for the meal," explained Ross, who turned 90 in October, and published her autobiography *My Days: Happy and Otherwise in March*.

The pilgrim episode concludes with the cast returning to then present-day Milwaukee. Marion serves the meal to her attentive family, adding: "This is a day to count your blessings - everyone has something to be thankful for."

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

Cruise of Lights

By Eva Kilgore

Thousands of light displays on homes, balconies, decks, docks and boats this holiday season. It's the 56th annual Cruise of Lights, and you're invited! Visitors come from as far away as Australia to Huntington Harbour for 45 minute narrated boat tours to see the lights, and experience a magical show on water.



family, and your friends to an incredible holiday treat.

The entire community gets involved, and begins months earlier putting up their decorations. Each year there is a theme, and this year it's "A Space Odyssey" which is lending itself to some spectacular creations. The Cruise of Lights runs December 14-17, and December 20-23.



Boat owners get involved, too, and when you're taking the Cruise of Lights, you'll see brilliant lights, and hear some music on boats passing by. The Cruise of Lights is a wonderful way to treat yourself, your

This year, The Cruise will include two special events. You may choose the Land and Sea tour with a stop to see some wonderful and unique decorations up close. Enjoy champagne or cider, listen to carolers, then relax at the Huntington Harbour Yacht Club for a special dinner. After dinner, your VIP status will move you to the front of the line for your Cruise of Lights experience! Or you may want to take

an extended 70 minute cruise for even more lights and fun.

The Huntington Harbour Philharmonic Committee presents the Cruise of Lights. Proceeds benefit music programs for children from kindergarten through 12th grade. For more information, and to buy tickets visit www.cruiseoflights.org or call 714-840-7542.

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Life in Long Beach

By Lyn Jensen

You Brought Home Holiday Fruitcake, Now What?

November brings the start of holiday shopping season, with Gray Thursday (Thanksgiving to old-timers), Black Friday, Small Business Saturday, and Cyber Monday all lined up. You'd think a city the size of Long Beach, with more than 470,000 people, would have at least one neighborhood bakery specializing in holiday baked goods — Christmas cookies, fruitcake — but a spin around the Internet provides no strong leads. Amalfitano in nearby Palos Verdes is perhaps the closest fit.

If you're shopping for the holidays — or people you know are — you may not be able to get away from fruitcake. It goes by a variety of names including Yule cake, Christmas ring, and fruit bread, so it may sneak up on you.



For fruitcake fans (there are such people) or not, fruitcake finds its way, maybe from a chain grocery or a cyber-retailer like Collin Street Bakery. You may get one at a party or from that person who has a reputation for recycling gifts. Maybe you've got one (or more) stored away for longer than you care to admit.



to blindly sample three to six different wines along with the fruitcake, to determine which combo makes the best marriage.

Photos that accompany this article are courtesy of Collin Street Bakery.

There are ways to keep fruitcake out of the waste stream, much-maligned holiday tradition though it may be. Try some of the following uses for it, this month or next, and you may find yourself joining the ranks of fruitcake fans:

1. Some people insist the only proper way to eat fruitcake is without garnish, but others find it's more edible when garnished with plenty of ice cream and/or whipped cream, sometimes to the point of becoming a fruitcake sundae. You can also cube or crumble it for an ice cream topping.

2. For breakfast or a snack, toast slices of fruitcake in the oven, and spread with butter or creamed cheese.

3. English trifle and bread pudding are good ways to use leftover bread or cake, and that includes fruitcake. Maybe look up a recipe online.

4. Funny how fruitcake tastes better with wine. It actually "marries" well with Riesling, Tawny Port, and Cream Sherry. You may even want to throw a wine-tasting party where you ask your guests

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