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—Bill Medley

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The Future Has Arrived

By Jim McDevitt



If you're like me, you can remember the days when you were a child reading a comic strip about Dick Tracy as he used his two-way wrist radio to catch crooks. The other day I was driving my car headed to a doctor's appointment when my wife's cell phone started ringing in the back seat where she had put her purse before getting into the front passenger seat. She wouldn't be able to reach back with her safety harness on, but it was no problem for her. She pressed a button like Dick Tracy use to do on her watch and started talking. It was our vet calling with some good news on test results for our Labrador.

I did feel like saying 'Beam me up Scotty but I didn't.' Who would have ever dreamed in 1950 that in our lifetime we would have watches with these capabilities? My wife talks to the watch and says: 'call so and so,' (not their real name) and you can hear the watch dialing and then ringing at so and so's number. It seems once the name and number are put into the data base on her cell phone, the watch can call that number on command.

On top of that the watch has a fall detector. If the wearer were to fall and not get back up in 60 seconds the watch will ask: 'do you need help?' If you don't respond or say 'yes,' the watch will call 911 and report your location and the fact that you have fallen and didn't get up. My wife was brushing our German shepherd on the deck the other day and kneeling as she brushed. She thought nothing of it until her watch asked her if she needed help. The watch was ready to dial 911 if she didn't say 'no.' What a feature this is for seniors who live alone. As the years catch up to me, I can appreciate this feature. I must confess though that I am not a new gadget person. I do have a cell phone with large numbers that I flip open that cost me \$10 new and I am happy with it. My wristwatch is so old that maybe Dick Tracy use to wear it. My cell phone only makes and receives call. No texting for me.

This watch my wife has allows her to send and receive texts. This watch allows my wife to shop at a retail store and wave her watch over the scanner at

the checkout to pay for her merchandise. She can also use it to board a flight because the boarding code bar will be on her watch. She can also have her watch get a map and give directions when you're driving somewhere.

Her personal assistant in the watch is named SIRI and keeps track of how many steps she takes each day, her heart rate and total distance traveled. SIRI even calculates how many calories you burned during the day. For someone like me who has been trying to lose weight for 40 years without much success this could be very beneficial. When you get a phone call this watch tells her who is calling.

On top of that the watch allows you to read your email. And one more thing, it gives you your elevation when you hit the ceiling after getting the bill for the watch. Will I be getting one in the future? If you guessed no,

Continued on page 16

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Continued on page 16

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PLANES OF FAME AIR MUSEUM

2019 SCHEDULE OF EVENTS

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

| | | |
|-----------|-----|---------------------------------------------------------------------------------------------|
| JANUARY | 5 | Living History Flying Day featuring: the World's Fastest Piston Engine Aircraft P-51 Voodoo |
| FEBRUARY | 2 | Living History Flying Day featuring: the P-47D Thunderbolt Dottie Mae |
| FEBRUARY | 16 | Special Presentation: Women in Aviation Early Pioneers To Today |
| MARCH | 2 | Living History Flying Day featuring: the Vought F4U-1A Corsair |
| MARCH | 9 | 5th Annual Hangar Dance with Big Band Orchestra |
| MARCH | 16 | Special Presentation: 'Chasing Reno Gold' Unlimited Air Racing |
| APRIL | 6 | Living History Flying Day featuring: the Lockheed P-38 Lightning |
| MAY | 4-5 | Planes of Fame Airshow May 4-5 2019, Chino Airport |
| MAY | 12 | Mother's Day - Moms Admitted FREE! |
| JUNE | 1 | Living History Flying Day featuring: the Republic P-47G Thunderbolt |
| JUNE | 15 | Special Presentation: Conquering The Atlantic: The Orteig Prize |
| JUNE | 16 | Father's Day - Dads Admitted FREE! |
| JULY | 6 | Living History Flying Day featuring: the North American P-51 Mustang |
| AUGUST | 3 | Living History Flying Day featuring: WWII Trainers |
| AUGUST | 17 | Special Presentation: 'To Shorten The Agony of War' The Bombing of Hiroshima & Nagasaki |
| SEPTEMBER | 7 | Living History Flying Day featuring: the Grumman TBM Avenger & Junior Aviators Day! |
| OCTOBER | 5 | Living History Flying Day featuring: the Douglas AD-4 Skyraider |
| OCTOBER | 26 | 13th Annual 'Taste of Flight' Gala |
| NOVEMBER | 2 | Living History Flying Day featuring: the Yakovlev Yak-3 |
| NOVEMBER | 11 | Veterans Day - Veterans Admitted FREE! |
| DECEMBER | 7 | Living History Flying Day featuring: the Mitsubishi A6M Zero |

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

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

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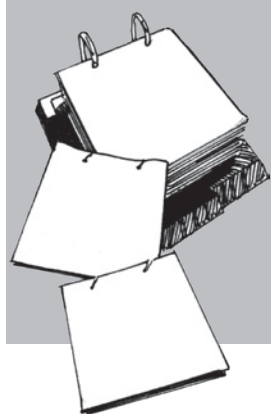
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September Calendar of Events



September is here and along with it comes all kinds of great fall events from visiting the Tall Ships Festival in Dana Point to a variety of other fun things to do. Mark your calendars.

Tall Ships Festival

Dana Point

Sept. 6-8

The festival features family-fun activities including live music, art shows and a variety of food. Interactive living-history encampments including blacksmiths, scrimshaw artists, and the infamous Port Royal Privateers. Explore the historic Tall Ships and listen to the crew share tales of adventure and life at sea. At, Dana Point Harbor/Ocean Institute. Shuttle service from Salt Creek Beach Park at Pacific Coast Highway and Selva Road and from Dana Hills High School. Call 949-496-2274.

Orange County Craft Beer Festival

Silverado

Sept. 7

This year there will be more than 100 breweries serving more than 160 craft and import beers plus food, live entertainment, beer seminars. New format with extended hours, more

beer and a family-friendly atmosphere. At, Oak Canyon Park, 5305 E. Santiago Canyon Road, Silverado.

Oktoberfest

Huntington Beach

Sept. 8 to Nov. 3

Every Wednesday through Sunday

Sample imported German beers, bratwurst, strudel, pretzels and more. Guests can also enter the Beer Drinking & Stein Holding contests and do the Chicken Dance. Wednesday through Saturday are adult nights and Sundays are family day with Dachshund races. At, Old World Festival Hall, 7561 Center Ave., Huntington Beach. Call, 714-696-TAP1 (8271).

31st Annual Crab Feast and Auction Under the Stars

Fullerton

Sept. 14

6 p.m. to 10 p.m.

Mark your calendars now for an evening of dinner, music, dancing, and silent and live auctions throughout the evening. Money raised is used to support YMCA programming for under-served children and families in the community. At, Fullerton Family YMCA, 2000 Youth Way, Fullerton.

Fiestas Patrias Festival and Parade

Santa Ana

Sept. 14-15

12 noon to 10 p.m.

Annual tradition celebrates Santa Ana's vibrant Mexican culture with a parade, beer garden, performers each night, food, vendors, interactive activities, and carnival rides for children of all ages. At, Downtown Santa Ana.

St. NorbertFest

Orange

Sept. 20-22

The annual St. NorbertFest (formerly Oktoberfest) continues to grow and helps to build the parish, school, and the Orange community. There will be food, games such as Sumo Mania, Bingo, raffles, rides and entertainment for all. At, St. Norbert Catholic Church, 300 E. Taft Ave., Orange. Call, 714-637-4360.

Chance Theater presents: The Vandal

Strangers, a woman and a boy, on a cold road at night, next to a cemetery, waiting for a bus. The bus is late. The woman sinks into herself, her coat hanging crooked, too thin for this cold night. Things couldn't be worse. She has some ominous connection with

the nearby hospital. She's unresponsive to the fast-talking teenager who works to engage her with everything from philosophical riffs to brash seduction. Neither knows what this night holds in store. Hamish Linklater's funny, and spooky debut play explores life, death, and Doritos. Recommendation: Ages 13 and up. Contains adult language. 20 percent off tickets. Limited availability. Use code "WOMAN20." At, Chance Theater@ Bette Aitken Theater Arts Center, 5522 E. La Palma Ave., Anaheim. Tickets and Information at www.ChanceTheater.com/Vandal.

Anaheim Craft and Vintage Fair

Anaheim

Sept. 21

9 a.m. to 4 p.m.

Visit the Anaheim Craft and Vintage Fair to shop for handmade items from local crafters. Food sales including Eastern European favorites, homemade jam and bake sale. Church talks at 11 a.m. and 2 p.m. At, Annunciation Byzantine Catholic Church, 995 N. West St., Anaheim.



J.F. Shea Therapeutic Riding Center Annual BBQ and Family Faire

San Juan Capistrano

Sept. 21

4 p.m.

Traditional family barbecue in a casual setting featuring live Country Western entertainment, activities for children, live and silent auctions and riding demonstrations. Country Western wear is encouraged. All proceeds benefit the programs of the J.F. Shea Therapeutic Riding Center dedicated to improving the lives of persons with disabilities through horsemanship. At, The J.F. Shea Therapeutic Riding Center, 26284 Oso Road, San Juan Capistrano. Call, 949-240-8441.

Toast to the Casa 2019: The Enchanted Garden

San Clemente

Sept. 21

5:30 p.m. to 10 p.m.

Support access to the arts, history and education at Casa Romantica's annual Toast to the Casa gala. Event includes multiple stages with live entertainment, food and beverage fare, prizes and auction items. Valet parking, ample seating and white glove service. At, Casa Romantica Cultural Center and Gardens, 415 Ave. Granada, San Clemente.

Dozynki Harvest Festival

Yorba Linda

Sept. 21-22

Celebrating Polish culture

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Fifties Flashback

By Randal C. Hill

'Hoop-De-Do!'

During the 1950s, Richard P. Knerr and Arthur K. "Spud" Melin manufactured slingshots, boomerangs and paddle balls in their Wham-O toy factory in the Los Angeles suburb of San Gabriel. The partners had recently struck gold with the plastic Pluto Platter disc, later known as the Frisbee. Like anyone in the toy business, though, they were constantly on the lookout for the Next Big Thing.

At a 1957 New York toy fair, the two were discussing boomerangs with a visitor from Australia, when he happened to mention that, for exercise in his native land, gym-class students often spun bamboo hoops around their waists by twirling their hips.

Hmm. Could there be a market *here* for such an item? Knerr and Melin built a few hoops from scrap wood, then tested them with local kids to see if interest existed for such a novelty.

"We took it out into the neighborhood, the best testing ground there is for toys," Knerr explained to writer Paul Sann. "The kids just wouldn't put the hoop down!"

Once on the market early in 1958, Wham-O's Hula Hoop (so named because users' hip movements resembled the Hawaiian hula dance) became a

sales sensation. For a while, the demand was so great that producing 20,000 hoops a day still meant that Wham-O was running behind in orders. Costing about 0.50 cents each to produce (\$3.50 today), the brightly colored, lightweight polyethylene hoops rolled off toy shelves to the tune of \$1.98 each (\$14.50 today).

Even some adults became Hula Hoopers, including Hollywood celebrities Jane Russell, Debbie Reynolds and Red Skelton.

A reported 100 million hoops were sold. At the fad's peak, 40 or so competitors with such names as Spin-a-Hoop, Hoop Zing and Hooper Dooper were muscling in for some of the sales action.

Records were occasionally set when it came to Hula Hoop endurance. For example, a 10-year-old Boston boy named Bobby Travers managed 18,200 turns within a 4-hour period, doing so while operating under the hindrance of having a broken arm at the time.

Unfortunately, some grown-ups saw the plastic circle as a royal pain. One New Jersey school board banned Hula Hoops from the playground after kids returned to class after recess "too wound up." Hooping became an overnight

British craze, but the "*British Medical Journal*" soon reported an increase in neck, back and upper abdominal pains with prolonged use. Russians scoffed at the toy as a mindless craze and declared it further proof of "the emptiness of American culture."

Like most instantly popular fads, Hoopmania exploded onto the scene overnight and died off just as quickly. In November 1958, the "*Wall Street Journal*" proclaimed: HOOPS HAVE HAD IT.

Ten years later, though, in a reaction to growing nostalgia for the "carefree" days of the 1950s, Wham-O reformulated its nearly forgotten toy with noisy ball bearings that rolled around inside the hoop as it twirled. Alas, the "Shoop Shoop Hula Hoop" faded fast and proved the "*Wall Street Journal*" to be right after all.

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LASIK has been around for a long time, 20 years, with 19.1 million procedures in the U.S. alone. An enormous amount of research has been conducted: There are more than 7,000 peer-reviewed clinical studies on LASIK performance, safety and outcomes. Based on that science, we know LASIK is very safe and has a less than 1 percent risk of sight-threatening complications. In fact, studies show LASIK is safer than long-term contact lens wear, where the risk of infection is actually pretty high.

The patient satisfaction rate with LASIK is more than 96 percent, the highest of any elective medical procedure available today. However, LASIK isn't for everyone. The only way to know for certain is to have a thorough eye exam with a highly qualified refractive surgeon to find out if you are a good candidate and then decide if it is right for you and your vision.



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Bill Medley

By Les Goldberg

One of the most famous singing groups the world has ever known hails from the orange groves and bean fields that dominated the Orange County landscape prior to the 1960s. Of course, I am talking about The Righteous Brothers – Bobby Hatfield and Bill Medley.

The group's career is storybook, beginning in 1962 and ending abruptly when Hatfield died in 2003 from heart failure caused by his cocaine use. In the wake of the tragedy, Medley returned to perform solo like he did during the 1970s following the duo's breakup in 1968. Despite their on-and-off relationship throughout their early – and most successful – years, the group's lone survivor continues to evoke fond memories of his deep bass-baritone vocals that are sometimes dubbed "blue-eyed soul."

Medley was born in September 1940 in Santa Ana, and graduated Santa Ana High School in 1958. Raised as a Presbyterian, he started singing in a church choir and was influenced musically by his parents who had a swing band. He became interested in R&B music listening to African American music radio stations, paying close attention to performers like Little Richard, Ray Charles, Bobby Bland and B.B. King.

The Romancers

Medley first formed a singing duo called The Romancers with his friend Don Fiduccia, who also played the guitar. He began to write songs and record multi-track recordings in his living room. At 19, he had two songs, "Womaling" and "Chimes of My Heart," recorded by vocal group The Diamonds.

Medley and Fiduccia then formed a group called The Paramours in 1960 with Sal

Fasulo and Nick Turturo, later joined by Mike Rider and Barry Rillera. The band had its first paying gig at Little Italy restaurant in Anaheim. The Paramours were signed to Mercury Records' subsidiary label Smash Records and released songs such as "That's The Way We Love" and "Miss Social Climber" in 1961.

The Righteous Brothers

Medley first met his singing partner Bobby Hatfield through Barry Rillera who was in both Hatfield's and Medley's group and asked them to see each other's show. In 1962, they formed a new group, but kept the name Paramours, performing locally, including The Black Derby nightclub in Santa Ana and releasing its first and only single, "There She Goes (She's Walking Away)" in December 1962 with a small record label Moonglow.

they then adopted the name "The Righteous Brothers" because black Marines from the El Toro Marine Base started shouting "that was righteous, brothers!" after every performance.

Signed by the record label Moonglow, the group released three albums and 12 singles but only two became moderate hits, "Little Latin Lupe Lu" and "My Babe." In the summer of 1964, they opened for The Beatles in their first U.S. tour and appeared on a new TV show, "Shindig!" before opening for The Rolling Stones in their American tour.

In 1964, The Righteous Brothers appeared in a show with other groups in the Cow Palace in San Francisco where Phil Spector was conducting the band for the entire show. Spector was impressed by the duo and arranged to have them record for his own label Philles Records.

In 1965, they had their first No. 1 hit, "You've Lost That

Lovin' Feelin,'" which was produced by Phil Spector and became the most-played song in the history of American radio. Under Medley's leadership, the hits continued with songs such as "Unchained Melody," "Just Once in My Life" and "Ebb Tide."

The duo left Spector in 1966 to sign with Verve Records where they had a hit with "Soul and Inspiration," but broke up in 1968 when Medley left to pursue his own career.

Medley was performing three shows a night in Las Vegas; according to Medley, he found it too much of a strain on his voice singing solo and lost his voice for a while. Under advice, he sought out Hatfield to reform The Righteous Brothers in 1974.

They signed with Haven Records, quickly recorded "Rock

Continued on page 28

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The Gadget Geezer

By Les Goldberg

Kitchen IQs Rising Like Summer Heat

The kitchen has often been called “the heart of the home”—but why can’t it be the brains, too?

I don’t have to tell you that technology now touches everything in our lives, and our favorite place in our homes – the kitchen, of course – is no exception. Every year a new wave of Smart kitchen gadgets hit the market, from sensors that know when the stove has been left on to forks that remind us to slow down and savor each bite.

If you want your kitchen to be the smartest on the block, you can start stocking up on the latest products that literally help you put food on the table in the least amount of time and

a minimum of manual effort. Let me warn you, however, having the newest technology comes with a higher price tag – so buyers beware!

The Waring Spice Grinder



When you want to spice up your family meals with only the freshest spices, The Waring

WSG60 Spice Grinder is ready to replace the old-fashioned chopping board chore.

This grinder is great for fresh spices or can be used to make pastes, dressings, sauces, but-

ters and more. It has a 3-cup capacity Stainless-Steel container and a sealed clear-view lid to see ingredients. It is perfect for peppercorns, cinnamon, nuts, garlic, herbs and other dry and wet blends.

It’s powered by a high-performance commercial grade motor that runs up to 25,000 RPM and uses 175 Watts and 6.25 Amps. Along with a heavy-duty die-cast housing and the container, it includes an upper housing safety interlock and durable Stainless-Steel blades. Price: \$230.

Meat Heat Reader



Alpha Grillers offers its Instant Red Meat Thermometer for grilling and cooking. According to the company, it “works right out of the box.” The second you flip out the probe it starts reading the temperature so you “never again need to worry about ruining your steak by over or under cooking.

The newest thermometer has

been upgraded with a back-light and waterproof body. Also, the product comes with a comprehensive laminated meat temperature guide for quick reference and a lifetime money-back guarantee. Price: \$15 plus free shipping.

Thermomix



Look around and count how many kitchen appliances are on your countertop. Let me guess, you probably have a blender, microwave, toaster or toaster oven, a microwave oven and possibly an electric can opener, knife sharpener, waffle iron and coffeemaker.

Don’t put them in storage yet, but consider the fact that a German company, Thermomix, is claiming its new TM6 appliance can perform up to 20 different kitchen functions and techniques.

The firm says the TM6, and its Cookidoo software platform, can “whisk, caramelize, brown, chop, steam, sauté, blend, boil, knead, emulsify and more with the touch of a button. New features include slow cooking, high temperature, sous vide and fermentation.”

Are you a bit gun-shy in the kitchen? No problem, according to company spokespersons the TMX features a 6.8-inch wide, full color touchscreen display and a library of more than 40,000 guided cooking recipes developed by Thermomix test kitchens and top chefs from around the world.

With each recipe preset with time, temperature and speed for each step, the guided cooking software allows home cooks of all skill levels to execute recipes with ease, it added. Price: \$1,499.99.

Air Fryer



Gone is the need for a big vat of bubbling oil to fry fries, chicken wings or fingers. Enter the Dash Compact Air Fryer which is designed to reduce fat by up to 80 percent while perfectly crisping all our basic finger foods.

It features a nonstick fry basket with a capacity for one or two servings and an automatic shutoff for safety. It is offered in aqua, apple red, black, white and silver. Price: \$59.99.

Ravioli Anyone?

Just writing about this product

Continued on page 15

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Smart Ways To Save For Your Future

According to the Federal Reserve Board, four in 10 adults, if faced with an unexpected expense of \$400, would either not be able to cover it or would cover it by selling something or borrowing money. If you're ever among them, or the 78 percent of American workers who live paycheck to paycheck, you can assist yourself. It can pay to consider these six hints that can help you save:

1. Know your numbers. Keep track of where you spend your money. Include groceries, gas, utilities, entertainment, housing and debts.
2. Make tough choices.



A new kind of cash back bank account lets you spend like normal but save up like crazy.

Distinguish between things you need (utilities, debt payments and rent) and things you want (vacations, eating out). Subtract what you have to spend on "needs" from your monthly income to determine what you have left for "wants."

3. Pay yourself first. Have a percentage of each paycheck routed automatically into your

savings account. Saving needs to be a priority—consider it a "need."

4. Expect the unexpected. No matter how well you budget, life may throw the unexpected at you.

5. Keep your stuff in shape. Similarly, keeping major appliances and vehicles in good condition can help you save.

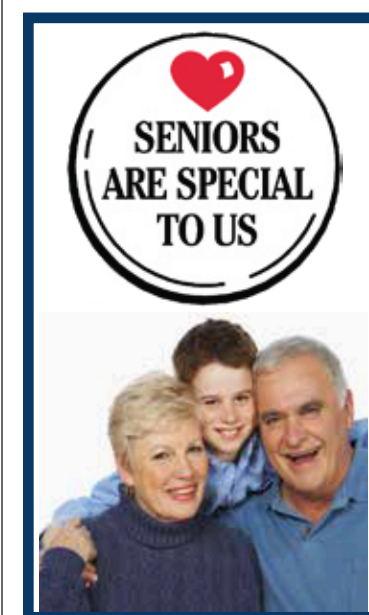
6. Comparison shop for financial products. Take the time to compare insurance policies, bank accounts, savings accounts and credit cards. For instance, there's the new Unlimited Cash Back

Bank Account, by Green Dot Bank. With this account, Green Dot pays its cardholders a 3 percent cash back bonus when they make online or in-app purchases. People spend lots of money online at various websites and buy through apps, such as ride sharing, video streaming and meal delivery services, so getting an additional 3 percent cash back on the things you normally buy anyhow can add up.

What's more, you can earn 3 percent annual interest when you save your money in the Green Dot Bank High-Yield Savings Account (Member FDIC)—higher than what many banks pay in annual interest. It's free with the app and the interest earned is

automatically added to your annual Cash Back Bonus amount.

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Fabulous Finds

By Debbie L. Sklar

Fall is here and it's time to pack away summer clothes, let the suntan fade and exfoliate old skin. Here's some great Fab Finds to get you ready for the new season and get your skin back in good shape.

Clarisonic Mia Men



Engineered for men, the new **Mia Men** is the one and only device designed to address men's skin needs effectively and effortlessly.

Paired with the new Charcoal Brush Head, the device gently massages the skin to draw out impurities from pores, washing away excess sebum and pollution particles for cleaner, clear looking skin. Within 60 seconds, users will experience two cleanses with optimized intensity and duration for men's thicker skin. Daily Cleanse: 40-second deep cleansing of skin and bear to clean away oil, sweat, and grime, Power Cleanse: 20-seconds to clear buildup on skin and soften beard, reduce nicks and razor bumps, preparing facial hair for a smoother, closer shave. Price: \$99, available at Clarisonic.com

Clarisonic Mia Smart

Take control of the future of your skin with the one device that does it all. The new **Mia Smart** is Clarisonic's smartest skin solution yet. Powered



by the brand's patented sonic technology, the device is not only clinically proven to cleanse 6x better than hands alone, removing

long-wear makeup 89% better than wipes, but its versatility is three-fold: expanding beyond cleansing into anti-aging and makeup application. The device features two newly designed customizable cleansing programs – a daily Cleanse Mode and Gentle Cleanse Mode – as well as a versatile Smart Mode. Available in white, pink, and mint and is compatible with all Clarisonic brush heads – including cleansing, Sonic Awakening Eye Massager, Firming Massage Head, Sonic Foundation Blender, and NEW Sonic Exfoliator. Price: \$199 (Includes Clarisonic Mia Smart, Daily Radiance Brush Head, USB Charger and Wall Plug), available at Clarisonic.com

Clarisonic Charcoal Brush Head



The power of charcoal to purify pores. The new **Charcoal**

Brush Head, perfect for men and women, is Clarisonic's first detoxifying brush head infused with black charcoal. The brush head goes deep into the pores to eliminate excess oil and cleanse away PM 2.5 pollutants better than manual cleansing. Detoxified skin is left purified and refreshed, cleaner and clearer than ever. Suitable for all skin types including sensitive. Compatible with all Clarisonic devices including Mia Smart, Mia Prima, and the new Mia Men. Price: \$29, available at Clarisonic.com

Bliss What A Melon Water Jelly Hydrator



This **water jelly moisturizer** with watermelon extract, electrolytes, and willow bark hydrates, balances and smooths combination skin for a brighter complexion. The weightless jelly formula feels as if it transforms into water on contact and infuses lightweight moisture to dry areas. Kept chilled, the unctuous gel texture is even more satisfying and impactful. Watermelon fruit extract improves the moisture barrier to help prevent dehydration, while Brazilian Sea Water and Sea Salt serve as

an electrolyte-balancing complex to help balance skin and keep it hydrated. Vegan, cruelty-free and blissfully free of dyes, Parabens, Phthalates and SLS/SLES. Price: \$20, available at Target/Target.com, ULTA/ULTA.com, and CVS/ CVS.com

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The Gadget Geezer

Continued from page 12



makes me hungry. The Chefly Pasta Ravioli Maker is the latest kitchen appliance for simplifying the job of cooking your own nutrient pasta at home and doing it by preserving all the fresh flavor and textures.

Despite its name, this product also handles fettuccine, lasagna, linguini, spaghetti, vermicelli, angel hair and tagliatelle. It has nine settings of dough thickness and you can choose pasta width such as 7mm and 2mm, or 3cm square ravioli with wavy edges.

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Future

Continued from page 3

you are right. I give new meaning to the phrase: 'never teach an old dog, new tricks.' My watch will continue to require me to take it each year to a watch repair to get a new battery. I thought the leap I took by going from a wind-up watch to one that was battery operated was big enough.

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Continued from page 3

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'A Boy Named Sue'

Johnny Cash

By Randal C. Hill

In February 1969, country legend Johnny Cash hosted a party at his Hendersonville, Tenn., mansion. Several fellow musicians entertained there that night, but what knocked Cash for a loop was pal Shel Silverstein's singing an original and rollicking novelty tune he called "*A Boy Named Sue*." Cash asked Silverstein to write down the lyrics after Cash's wife June said: "Take the words to '*A Boy Named Sue*' to California. You'll want to record that at San Quentin." They left the next day.

Cash, who had been playing prison concerts since 1957, always performed his many iconic hits. For the live recording of *At San Quentin* on Feb. 24, 1969, he also added Silverstein's clever yarn, even though he hadn't mastered it yet. "I still didn't know the words," Cash admitted later. "As a last resort, I pulled those lyrics out and laid them on the music stand, and when it came time that I thought I was brave enough, I did the song."

Silverstein's story tells of a young man's anger directed toward an absent father whose only familial contribution has been saddling his son with a feminine name. As a result, the lad named Sue grows up fighting and has, along the way, become one tough and testy guy who's always ready

for a fracas. By coincidence, Sue meets his dad in a bar one day and, in the blood-soaked brawl that follows, his father explains that he gave his son the name as an act of love, figuring (correctly) that it would force the boy to "get tough or die." Sue accepts this offbeat reasoning, and the pair reconcile, although the son vows later to never burden any kid of his own with a similar name.

The prison inmates loved the song and showed their appreciation by whooping and roaring with laughter, especially when Cash bellowed the lines: "My name is Sue! How do you do? Now you're gonna die!" From the ovation that followed, Cash thought that he just might have found his next hit single.

Columbia Records agreed, although first profanities first had to be snipped from the tape before the disc was released as a 45. "*A Boy Named Sue*" hit No. 1 on the *Billboard* Country charts before it crossed over to the Pop lists, where it reached No. 2 and gave Cash his only Top 10 mainstream hit song. It became one of his signature tunes and eventually led him to perform it at the White House.

Silverstein earned a Grammy award for Cash's million-selling ditty. A "*Playboy*" car-

toonist and the author of such books as "*Where the Sidewalk Ends*" and "*The Giving Tree*," Silverstein credited the inspiration for "Sue" from a conversation he once had with friend Jean Shepherd ("*A Christmas Story*"), who admitted that he had endured a wretched childhood due to constant teasing about his "girly" first name. "I fist-fought my way through every grade in school," Shepherd had said.

Take heart, Jean. You could have been named ... well, you know.

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Go FIGure! New Ways To Enjoy Figs

A marvelous enhancement to almost any sweet or savory dish, California Figs—either fresh or dried—are a fruit not to be missed. Figs make it easy to be a better cook. So does a new cookbook.

From healthy bites and filling salads to creative pastas and indulgent desserts, “California Figs Cookbook: A Collection of Recipes for Fig Lovers” is full of tasty fig recipes filled with appetizing ideas for using California figs.

Created by the California Fig Advisory Board, an organization representing California’s fig farmers, the cookbook features 62 recipes featuring fresh and dried figs, and a foreword with select recipes by James Beard Award-winning chef Robert Del Grande.

Recipes include delicious ways to serve figs from breakfast, lunch, and snack time to dinner and dessert, even in pizzas and paninis—and a creative twist for your plain yogurt.

Yogurt With California Figs and Nut Butter

Serves 4

Preparation time: 10 minutes

2 cups plain or vanilla yogurt

½ cup peanut butter

16 California Dried Figs,
 stems removed and minced

1 teaspoon cocoa powder

1 teaspoon vanilla extract

1 teaspoon maple syrup

1 cup granola or muesli

Add the yogurt and peanut butter to a mixing bowl and stir until smooth. Stir in the



California fresh and dried figs help you add color, flavor and nutrition to many dishes. A new cookbook shows you how.

figs, cocoa, vanilla and maple syrup until all ingredients are combined. Transfer to a serving dish and top with granola or muesli before serving.

What You Need To Know About Buying Fresh Figs

Here are seven helpful tips on selecting and storing California Fresh Figs, available May–November. California Dried Figs are available year-round.

- Select plump, fragrant figs that have a little “give” when touched.
- The fruit should be soft and yielding to the touch, but not mushy.
- Figs are fragile and bruise easily, so handle carefully.
- Fresh figs should be refrigerated as soon as possible and stored up to 7 days.
- To prevent bruising, arrange figs in a single layer on paper towels or on paper liners.
- No need to peel, just take a bite and enjoy the colorful, sweet fruit inside.
- Fresh figs can be frozen. Just clean and freeze in a single layer on a baking sheet. Then, pack into self-closing plastic bags and store in the freezer for up to 6 months.

Figs Feature More Than Just Good Taste

Nutritionists and dietitians have long recognized the benefits of eating more fruits and vegetables. The National Cancer Institute and others advise that eating five or more servings of fruits and vegetables daily helps to maintain health.

Fresh and dried figs fit right into the “More Is Better” menus from the Produce For Better Health Foundation. Figs are recognized as a good source of dietary fiber. Just three to five dried or fresh figs provide 5 grams of total dietary fiber, 1.5 grams of which is soluble fiber, the type of fiber linked to lowering blood cholesterol and improving blood sugar control.

Figs are an all-natural energy source and contain more calcium, more potassium and more iron than many other common fruits. They also contain disease-fighting antioxidants. Research shows that among dried fruits, figs rank with other high antioxidant foods such as red wine and green tea.

When making meals and snacks, figs add natural sweetness and flavor without added sugar or salt. This is important when dietary guidance around the world suggests that the consumption of both be reduced.

Learn More

To order your cookbook and for more facts, tips and tasty California fig recipes, visit www.californiafigs.com.



Until Every One Comes Home®

The Tooth Fairy Story

By Robert E. Horseman, DDS



The Tooth Fairy, dentistry's most cherished myth next to the spiritual belief held by some dentists that if you tell patients to floss, they will, is still alive and flourishing. My authority for that statement is a retired hygienist from Deerfield, Illinois the, late Rosemary Wells, who billed herself as a *Tooth Fairy Consultant*. Ms. Wells was probably the nation's, if not the world's, primo collector of Tooth Fairy lore and memorabilia. Her museum in Deerfield (now defunct) contained all of her Tooth Fairy references, exhibits and odds and ends was a Mecca for Tooth Fairy aficionados from all over. Indeed, there is some speculation that Ms Wells, herself, was the Tooth Fairy reincarnated. She modestly denied the charge, but the rumors refuse to die.

In any event, the profession owes a debt to Rosemary for keeping the myth alive and serving as a constant reminder to parents of deciduous-exfoliating children to stay on their toes, because inflation is raising hob with traditional baby teeth values. A recent survey across the country indicated that redemption of a beneath-the-pillow tooth is verging on \$2 per unit, up from about ten cents thirty years ago. A kid from an affluent only-child family can anticipate a minimum of \$5 per tooth, thus



accumulating a nest egg of one hundred bucks before he reaches puberty.

A really rich kid in Germany, where the Tooth Fairy is known as Die Pflügenweisermitodontogewesenheit, can reasonably expect the keys to a 911 Porsche Targa under his whatever the word for *pillow* is in German.

That this is clearly getting out of hand is brought into sharp focus by some recent discoveries during the translations of the Dead Sea Scrolls. The Scrolls were discovered between 1947 and 1956 in some dry caves in what is now Israeli-occupied West Bank where they had been preserved for almost two thousand years. The translations have taken more than forty years, partly because the only people who knew what they said were dead or seriously mummified.

An international team of scholars divided up the work and except for weekends, religious holidays and vacations, quickly in only half a century, caused a sensation when they published their findings. The

most recent work has brought to light some fascinating insights into the Tooth Fairy story. As nearly as I can understand it without reference to my Hebrew/Aramaic/Greek-to-English dictionary, the story goes like this:

God created Adam from dust, which, because asphalt and concrete had yet to be invented, there was plenty of. He breathed life into him in a sort of ecclesiastical CPR maneuver, placed him in the Garden of Eden and then fashioned a Significant Other for him out of one of Adam's ribs with the assistance of a litre of fermented grape juice. This doesn't exactly explain why spareribs are so popular today, but something may have been lost in the translation

Well, life went on. There was some trouble with eating forbidden fruit that had failed FDA standards and some kind of a hassle with a snake, but basically things were pretty much OK. One day (Tuesday) the original Tooth Fairy---a.k.a Thelma Lou, fluttered in for a set-to with Adam and Eve.

Seems she was upset because she never got any tooth redemption business from the Garden of Eden. Of course you and I know that because Adam was just suddenly *there*,

Continued on page 26

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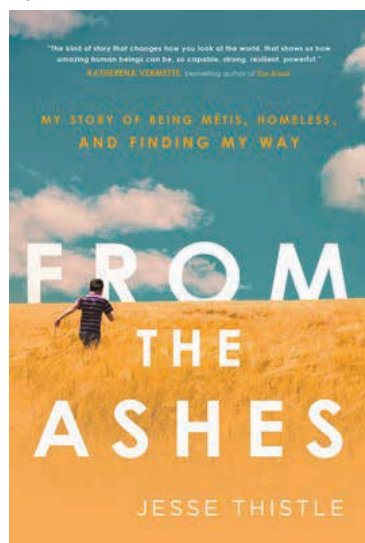


September Book Club

Summer is all about over and it's time for autumn. Grab a good book, relax and enjoy the new season with one or all these new books.

From the Ashes *My Story of Being Métis, Homeless, and Finding My Way*

By Jesse Thistle



“Abandoned by his parents as a toddler, Jesse Thistle briefly found himself in the foster-care system with his two brothers, cut off from all they had known. Eventually the children landed in the home of their paternal grandparents, whose tough-love attitudes quickly resulted in conflicts.

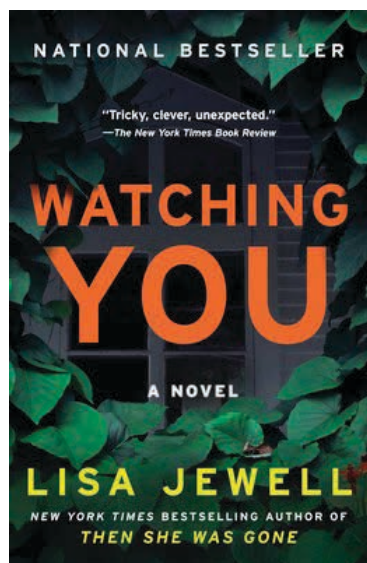
“Throughout it all, the ghost of Jesse’s drug-addicted father haunted the halls of the house and the memories of every

family member. Struggling with all that had happened, Jesse succumbed to a self-destructive cycle of drug and alcohol addiction and petty crime, spending more than a decade on and off the streets, often homeless. Finally, he realized he would die unless he turned his life around.

“In this heart-warming and heart-wrenching memoir, Jesse Thistle writes honestly and fearlessly about his painful past, the abuse he endured, and how he uncovered the truth about his parents. Through sheer perseverance and education — and newfound love — he found his way back into the circle of his Indigenous culture and family,” according to Publisher Simon & Schuster.

Watching You *A Novel*

By Lisa Jewell



“You are back home after four years working abroad, new

husband in tow. You’re keen to find a place of your own. But for now, you’re crashing in your big brother’s spare room.

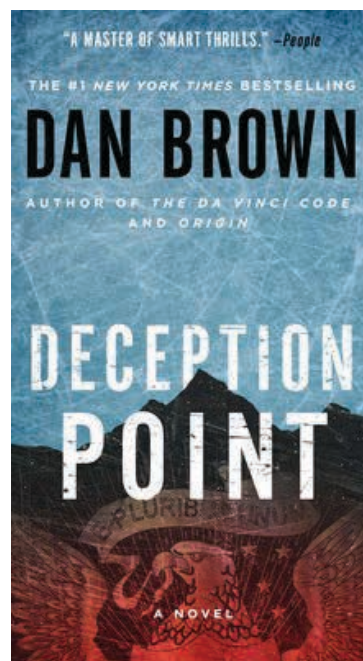
“That’s when you meet the man next door. He’s the head teacher at the local school. Twice your age. Extraordinarily attractive.

“You find yourself watching him. All the time. But you never dreamed that your innocent crush might become a deadly obsession.

“Or that someone is watching *you*,” according to Publisher Atria Books.

Deception Point

By Dan Brown



“When a NASA satellite spots evidence of an astoundingly rare object buried deep in the Arctic ice, the floundering space agency proclaims a much-needed victory — one that could have profound im-

plications for U.S. space policy and the impending presidential election. With his re-election hanging in the balance, the President sends White House Intelligence analyst Rachel Sexton to the Milne Ice Shelf to verify the authenticity of the find.

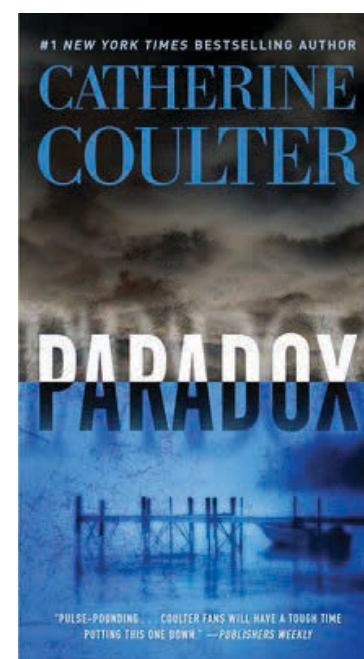
“Accompanied by a team of experts, including the charismatic academic Michael Tolland, Rachel uncovers the unthinkable: evidence of scientific trickery. Before she can contact the President, she and Michael are attacked by a deadly team of assassins controlled by a mysterious power broker who will stop at nothing to hide the truth. Fleeing for their lives in an environment as desolate as it is lethal, their only hope for survival is to find out who is behind this masterful ploy,” according to Publisher Pocket Books

Paradox

By Catherine Coulter
(Book No. 22 of *An FBI Thriller*)

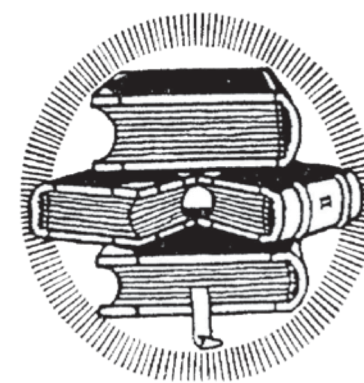
“When an escaped mental patient fails to kidnap five-year-old Sean Savich, agents Sherlock and Savich know they’re in his crosshairs and must find him before he continues with his kill list.

“Chief Ty Christie of Willicott, Maryland, witnesses a murder at dawn from the deck of her lake cottage. When dragging the lake, the divers find not



only find the murder victim but also dozens of bones. Working together with Chief Christie, Savich and Sherlock soon discover a frightening connection between the bones and the escaped psychopath.

“*Paradox* is a chilling mix of Dr. Jekyll and Mr. Hyde, old secrets that refuse to stay buried, and ruthless greed that keep Savich and Sherlock and Chief Christie working at high speed to uncover the truth before their own bones end up at the bottom of the lake,” according to Publisher Pocket Books.



Sipping, Hopping ... And So Much More in Temecula

Story by Ronnie Greenberg • Photos by Joe Hilbers

Temecula, one of the most historic communities in Southern California is shaking things up from its tumultuous past that's peppered with vestiges of the Old West. It went from Indian village to mission outpost and from Mexican rancho to cross-road settlements and railroad town.

Throughout the 1960s there was a transformation to the development of homes, light industry and agriculture including citrus, avocados and grapes. Incorporated in 1989, the city of Temecula has moved on to become the notable and respected city it is today, and a great place to indulge yourself. It just keeps getting better and better.

The Wineries

Robert Renzoni Vineyards & Winery invites you to join in its new Tuscan Villa Tasting Room to try its award-winning wines. If you are lucky Philip the general manager, will be delighted to do the pour, and tell you all about the Renzoni family history. If you get hun-



Avensole Winery

gry, Mama Rosa's Trattoria is open from 12 to 5 p.m. serving authentic brick oven pizza, sandwiches and salads, or enjoy a bottle of its favorite wine while picnicking among the olive trees. Located at 37350 De Portolo Road. Call, 951-302-8466, or visit www.robertrenzonivineyards.com

Somerset Winery continues a 30-year tradition of growing sustainably farmed grape varieties in Temecula. It takes pride in producing hand-crafted wines with varieties originating from the South of France and select regions of Spain. It features an elegant

tasting room and garden-like grounds. Located at 37338 De Portola Road. Call, 951-365-54522 or visit www.somerset-vineyard.com

Avensole Winery is perfect for tasting fine wines and enjoying a delicious lunch in its gorgeous resort style vineyard estate featuring one of the oldest vineyards in Temecula. The menu includes such delights as a cheese and fruit flight for starters; Avensole Caesar salad; flat breads with either chicken peso; or avocado toast; Avensole burgers or herb crusted pork tenderloin; ribeye; and surf and turf. Located at 34567 Rancho California Road. Call, 951-294-7969 or visit www.AvensoleWinery.com

The Breweries

Refuge Brewery started in the late 1980s when Curt Kucera an engineer and now president of Refuge began brewing in his yard. When his wife Diane joined him, their goal was "to take the ideas and concepts of Old-World Belgian Breweries

and blend them with the modern techniques and styles." The result is a brewery full of inspiring beers, without traditional rules, and often using fresh season local ingredients. The tasting room matches its name, a perfect refuge to relax and enjoy. It has 18-22 beers on tap and is also known for its IPAs and barrel-aged beers it produces. Tasting room hours are Monday to Thursday, 3 to 9 p.m.; Friday 12 to 9 p.m.; Happy Hour, 3 to 5:30 p.m.; Saturday, 12 to 9 p.m. and Sunday, 12 to 7 p.m. Tours are available. Located at 43040 Rancho Way. Call 951-506-0609 or visit www.refuge.beer.com

Temecula Valley Museum set in Sam Hick's Park chronicles life in the area through time and different cultures. On view are artifacts preserved from Western civilizations, including historic handcrafted cultural items, and ranch and farm equipment. There is a replica of the office of the town's beloved son, Erle Stanley Gardner, author of the Perry Mason novels. Guided Old Town tours are offered. Visit www.Temeculavalleymuseum.org

Rose Haven Heritage Garden began in 1991, and is home to around 2,000 roses,



Robert Renzoni Vineyard & Winery

Out and About

Old Town lets you take a step back in time viewing the rustic buildings, and store fronts reminiscent of the historic Old West. At the north and south entrances of the historic district two 3,000-pound arches with intricate steel and stone cutouts, depicts themes from Temecula in the 1880s.

hybrid teas, floribundas, climbers and mini roses. In addition, there are many succulents. The 3.4-acre garden is an oasis that was originally formed to swap ideas with rose growers. There is a children's garden, a reflection pond, a gazebo and an urban forest. Most fascinating of all is that the city does not



Refuge Brewery

Continued on page 23

Sipping, Hopping ... And So Much More in Temecula

continued



Rose Haven Heritage Garden

own it, and it is run by volunteers with membership today a little over 70. It is kept going by donations. First blooms are enjoyed during April and May then June through August. The cooling in autumn brings another flush of bloom. Visitors are always welcome and the garden is open every day of the year from sunrise to sunset. Heritage Garden is a member of the American Public Gardens organization and a certified wildlife sanctuary recognized by the National Wildlife Federation in 2011. Located at 30592 Jedediah Smith Road at the corner of Cabrillo Avenue. Parking is plentiful and there is no charge for admission.

Sugarplum Zoo & Chocolates is indeed a unique place to visit. Here Lani and her husband combined their love of animals and chocolates to create this fascinating place for visitors to enjoy. Some of the animals include Zeus the camel; Perseus the trumpeter hornbill; Eros the Capybaras from South America; Noel &

Pluto the Alpacas; Ophellia the water buffalo; and Aurora the zebra. Stop into the gift shop to sample and purchase delicious homemade chocolates. Located at 39695 Berenda Road. Call, 951-239-8694 or visit www.sugarplumfarmoftemecula.com

Arrive Hungry

Visit **Toast Cafe**, which is by all, stretches of the imagination a one-of-a kind delicious brunch and lunch venue. The menu includes such specialties as Tiramisu, apple pie or creme brûlée French toast; crab cake Benedict; shrimp and grits and

a beer and bacon flight. You will not go away hungry! Located at 31093 Temecula Parkway. Call, 951-252-2500 or visit www.toastTemecula.com

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Toast Cafe



Sugarplum Zoo & Chocolates

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Study Shows Link Between Financial Confidence And Money Talk

Why You Should Talk Money With Your Honey

Here's something to think about the next time you're with your significant other: money. According to a recent survey by Quicken, maker of personal finance software, dollars and cents can be an important part of your sweet talk. Here are four facts and figures that explain why your table for two should be paired with an open conversation about finances.

1. Talking about money is hard. People report anxiety about the topic and many have a hard time opening up about finances. Nearly a third of survey respondents said that talking about money made them feel anxious and over a quarter said that they avoid checking bank account balances because ignorance is bliss. Another 31 percent said they wished people talked about money less. In fact, the survey revealed that only 43 percent of people tell their partners how much they make.

2. Talking pays off. People who are most confident in their path to retirement talk about money with their spouse or partner more than any one else in their lives. They even favor chats with their significant other over their financial planners by 20 percent. People who identify as less confident in their path to retirement are 15 percent less likely to talk to their spouse or partner about money matters.



3. Money talk can even be romantic. Over half of millennials say they've talked about personal finance on a first date. For Gen X'ers, the number drops by nearly half, and boomers stick to more traditional topics—only 8 percent have talked about money on the first date.

4. Conversations are key. In short, open conversations about your finances—especially with your spouse or partner—are a cornerstone of confidence in your financial future.

To help, here are some money talk tips that pair nicely with candlelight:

- **Don't avoid the conversation.** Discussing and agreeing on spending limits, big purchases, and being equally informed about your finances are vital.
- **Choose the right time to talk.** Try to find a time when you and your partner are more likely to be at your best, rather than when you're running out the door to work or have just gotten home and may need time to decompress. Many

Continued on page 26

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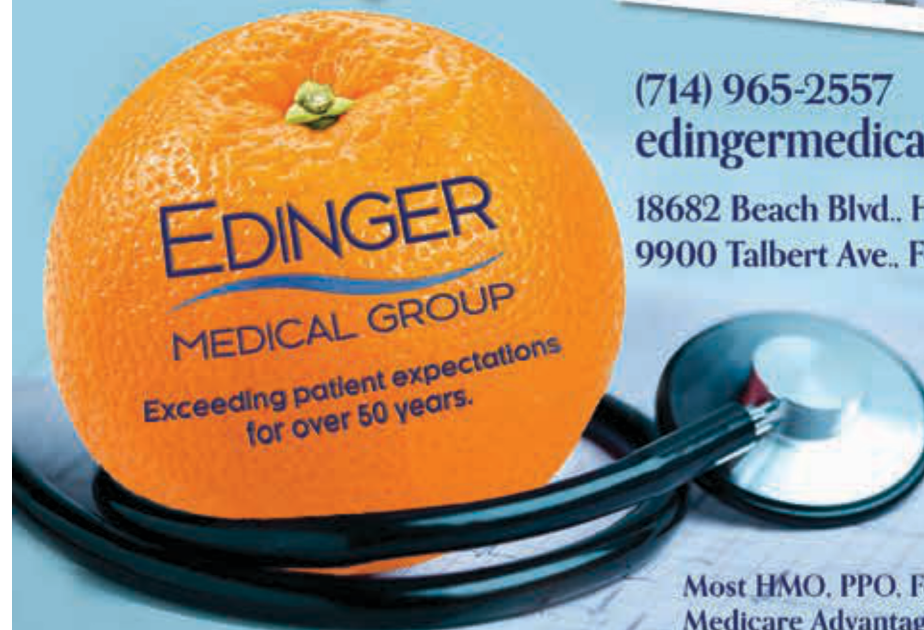
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The Tooth Fairy Story

Continued from page 19

you know, POOF! a full-grown adult, he never had any baby teeth to lose. It is not recorded whether he had a navel or not, but I think we can assume he was short-changed there as well. Truth of the matter is that Adam had never been issued a pillow either and because no operating or maintenance manual existed along with 30 day guarantee, he was accustomed to sleeping standing up or sort of leaning against a tree. It wasn't until he saw a dog lying down asleep, that the concept of reclining at night with a nice memory foam pillow came into being. "Well, hey!" he marveled. "This changes everything!" Even though his rock pillow wasn't on the Tooth Fairy's list of approved head supports, clearly a new era was launched.

Eve, understandably, was in the same situation and they both resolved that if they ever had any children--assuming that instructions on how to go about this would be forthcoming--this business with the Tooth Fairy would be rectified so that civilization would get off to a proper start.

In time, Cain came along, then Abel and Seth. By the time the kids' sixty baby teeth were lost and redeemed, everybody seemed to get the hang of it, although we can be reasonably sure today that, although the Scrolls don't spell it out specifically, none of the boys got

anywhere near \$2 a tooth, let alone a Porsche.

Children today, being much brighter than their counterparts of centuries ago, recognize the Tooth Fairy for what she is, a potential gold mine. Even though they run out of redeemable teeth at about age twelve, there are still plenty of young people from what I can observe, hanging around the house like members of the New Guinea Cargo Cult of World War II, waiting for the largess to resume.

Study Shows

Continued from page 25

couples have standing monthly dates to review their financial picture together.

• **Leverage a tool to track your goals together.** Using software or apps such as Quicken, provider of the best-selling personal finance software in the U.S., can make setting goals and tracking spending collaborative—and maybe even more enjoyable.

Learn More

For further facts, tips and insights on taking control of your financial life and liking it, go to www.quicken.com.

It makes sense to discuss dollars and cents with your significant other.



September Calendar

Continued from page 5

a bountiful harvest dating to 16th century Poland. It remains a long-standing tradition in Polish communities throughout the world, including the United States and Canada. The Dozynki will feature Polish folk dancers in traditional costumes plus Polish food. At, Pope John Paul II Polish Center, 3999 Rose Dr., Yorba Linda. Call, 714-996-8161.

Cruisin' For A Cure Car Show

Costa Mesa

Sept. 28

Cruisin' for a Cure is the world's largest one-day charity car show with more than 3,500 vehicles on display and more than 200 vendors and exhibitors. Cost: \$15 or \$13 with AAA card, kids under 12 are free. Parking is \$9. At, OC Fair and Expo Center, Costa Mesa.

San Juan Capistrano Greek Festival

San Juan Capistrano

Sept. 28-29

Enjoy authentic Greek food and pastries, live Greek music and dancing, shopping at the Greek bazaar, kid-friendly activities and exhibits featuring Byzantine icons and traditional Greek costumes. \$3 admission. Kids 12 and under, active military and first responders free. At, San Juan Capistrano Community Center, 25925 Camino Del Avion, San Juan Capistrano. Call, 949-542-3445.

September Crossword Puzzle

Across

1. Subside
4. Meat
9. ____ Gay
14. Seek the affection of
15. Component of organic fertilizer
16. Column type
17. Trauma ctrs.
18. Moisten while cooking
19. Things
20. Brief review
23. Oodles
24. ____ vibrant
25. Playing marbles
28. Cowardly Lion portrayer
30. Barbara ____ Geddes
33. Aired again
34. Man of the hour
35. Shoppe adjective
36. High-speed separator
39. Life stories
40. Lukas of "Witness"
41. Derisive look
42. Big deal
43. Drains
44. Downy
45. Thoroughfares: Abbr.
46. Pluto's tail?
47. Impromptu
54. Kitchen gadget
55. Without a break
56. Paid player
57. Declare
58. Freedom from war
59. Big head
60. Final authority
61. Fudd of cartoons
62. Can be used to catch fish or surf!

Down

1. Large pitcher
2. Drill a hole
3. Pear variety
4. Writ
5. Characteristics
6. Bridge positions
7. Westernmost Aleutian
8. Ship stabilizer
9. Newspaper executive
10. Out
11. Black-and-white treat
12. Delineate
13. Cooling units, for short

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

12. Delineate
13. Cooling units, for short
21. Hitching posts?
22. Detest
25. Island off Venezuela
26. Icy
27. Threepio's pal
28. Horne and Olin
29. Some are liberal
30. Depressed spirits
31. Peripheries
32. Distrustful
34. Pile
35. Important
37. Abyss
38. Inhabitant of Oahu, Mindanao, or Java
43. Sound system
44. Republic in W Europe
45. Cancels a dele
46. Fatty part of milk
47. I could ____ horse!
48. Like Superman's vision
49. Bishop of Rome
50. Like Nash's lama
51. Ready for business
52. Impulse
53. Smoke deposit
54. Ltr. additions

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Bill Medley

Continued from page 10

and Roll Heaven" which became a hit. In 1976, Medley decided to quit music for some time after the murder and rape of his first wife. He reunited with Hatfield in 1981 for the 30th special of "American Bandstand." Although Medley focused his attention on his solo career in the 1980s, they continued to appear together as a duo. After a resurgence in popularity in 1990s due to the use of "Unchained Melody" in the film "Ghost," they toured extensively as a duo until Hatfield's death in November 2003.

The Righteous Brothers were inducted into the Rock and Roll Hall of Fame in March 2003 by Billy Joel.

Solo Career

Medley also had a moderately successful solo career. In 1968, Medley recorded "I Can't Make It Alone" written by Carole King, "Brown Eyed Woman" written by Mann and Weil, and "Peace, Brother, Peace," which were Top 40 Pop hits. A year later, he performed "Hey Jude" at the 1969 Grammy Awards, and was then signed to A&M Records which released several his records. One of his recordings, "Freedom and Fear" from Michel Colombier's album "Wings," was nominated for a Grammy in 1972.

Medley released several solo albums during the 1970s and 1980s, when he enjoyed a resurgence in his career. During



the decade, he released an album, "Sweet Thunder" with a version of "Don't Know Much," and put five singles on the country charts, the biggest one being "I Still Do," which also crossed over to the adult contemporary charts.

In 1987 his duet with Jennifer Warnes, "(I've Had) The Time of My Life," was included on the "Dirty Dancing" soundtrack album, and the single reached number one on the *Billboard Hot 100*. The song won Medley and Warnes a 1988 Grammy Award for Best Pop Performance by a Duo or Group with Vocal and an Academy Award for Best Original Song for the composers.

Among his other notable songs are "Most of All You," the closing theme to the movie "Major League;" "Friday Night's A Great Night For Football" from Tony Scott's movie, "The Last Boy Scout;" and the theme song for the "Growing Pains" spinoff, "Just The Ten of Us." He also collaborated with Giorgio Moroder and scored a moderate UK hit in 1988 with a version of "He Ain't Heavy, He's My Brother." Medley recorded a video for the song which was also used as the end credit theme for "Rambo III."

Recent Work

Through the mid to late 2000s, Medley performed mainly in

Branson, Mo. and performed in concert for the first time in the UK at the Wembley Arena.

Medley's memoir, "The Time of My Life: A Righteous Brother's Memoir," was published in 2014. Two years later he decided to revive The Righteous Brothers, partnering with new singer Bucky Heard.

Personal Life

Medley married his current wife Paula in 1986 and they have a daughter, McKenna, who is also a singer and often performs with Medley as his duetting partner on "Time of My Life" in his tour.

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By Randal C. Hill

Movie Preview

'One Cool Dude'

There will never be such a law, of course, but millions of people worldwide should be required to pause and offer thanks each summer to Willis Haviland Carrier (1876 – 1950). After all, it was his remarkable invention of air conditioning that has greatly improved all our lives. But Carrier's first refrigeration unit had nothing to do with human comfort. In 1902, the 25-year-old Cornell engineering graduate designed and built a machine for blowing air across chilled coils. He called his gadget "Apparatus for Treating Air."

He had developed it for a New York color-printing outfit that he worked for. Summertime temperatures and humidity levels inside the stuffy building often caused paper being inked to expand or contract and thus wreak havoc on the images being printed.

Carrier knew that evaporation could reduce heat and that cooling could draw moisture from the air. In his lab, he calculated a way to circulate chilled water through coils, then force air over the coils with a fan. By doing this, he could control humidity and temperatures in an enclosed space.

When people gathered togeth-

er a century ago, the summertime experience often meant enduring collective human heat and pungent body odors. Finally, relief from the energy-sapping discomfort came about in movie houses, where thankful customers could cool off for a couple of hours at a time. In 1925, New York City's Rivoli Theater spent \$100,000 — about \$3 million today — for a refrigeration system Carrier had designed, constructed built and installed. Each day, relief-seeking movie patrons would flock to the Rivoli.

Other theaters followed suit, and soon department stores and office buildings were installing their own units.

Before World War II, many Americans cooled their houses with "swamp coolers," devices that featured a fan blowing air through a dampened screen or pad. Then, understandably, people came to desire — well, *demand* — refrigerated relief in their own homes, first in the form of room air conditioners, most of which sat on a window ledge. Early models were costly but, following World War II and with mass production, the sale of reasonably-priced portable units skyrocketed from 74,000 units in 1948 to more than 1 million in just five years' time.

Carrier's invention not only changed peoples' comfort levels, it brought about a demographic upheaval. With the advent of home refrigeration in the 1950s, places such as Arizona exploded with unbridled growth. By the mid-1990s, Phoenix home builders were erecting 30,000 new structures annually, and the town (now America's fifth – largest city) crept inexorably into the desert at the rate of one acre per hour.

Today, about 87 percent of all U. S. homes have refrigeration, with 65 percent being central-air units and 22 percent being window or portable coolers. Comfort has had a price tag attached, though. The downside to Carrier's brainchild is that it devours electricity and strains our energy supplies. Also, over the decades, chemicals used in cooling have added to the damage done in the Earth's ozone layer by — sorry, skeptics — global warming.

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A Growing Urgency: Why Boomers Should Prioritize Retirement Care

When thinking about retirement, your main focus may center around not being a burden to your loved ones. In fact, 81% of mid-dle-income Boomers have made at least one formal preparation for when they pass away¹. However, despite preparing for these expenses, your retirement plan is far from complete.

There is one cost that many avoid planning for—retirement care.

Just one major expense can shatter your retirement nest egg

Retirement care—whether at home or in a facility, due to injury, chronic illness or decline in physical or cognitive function—is an urgent issue that must be addressed.

Many factors will impact the amount you should save for retirement care such as age, health care needs and cost of living.

This week, it's National Retirement Planning Week, a great time to develop a plan for retirement that includes retirement care. Bankers Life President Scott Goldberg shares three steps to help prepare for retirement care.

1. Increase your knowledge. Whether you plan to pay for retirement care with personal savings or government assistance, it's important to be

aware of the costs and the ways to pay for care. For example, while Medicare does not pay for ongoing long-term care, Medicaid may pay for some retirement care expenses depending on your eligibility.

2. Develop a plan. Ideally, your retirement and how much money you should save is something you have thought about years before you retire. Having a realistic financial plan can help you live within your means in this new stage of your life. Considering retirement options can be over-whelming so seeking help from a financial planner can help ease that burden.

3. Communicate your preferences. The time to prepare for retirement care is before you or a loved one becomes ill. It's important to communicate your preferences to family members about how you would like to receive care in retirement. It's helpful to include a financial planner in these conversations to provide an unbiased answer to your family's questions. By sharing your plans, your loved ones will be as financially and emotionally prepared as possible should you need retirement care.

It's never too late to seek help and to better understand your financial plan and current health care coverage to anticipate unforeseen situations in the future.

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Busy Boomers

By Les Goldberg

From ballerina wannabe to PI

When Lynda J. Bergh, now 60 years young and now living in Coto de Caza, was a child, her primary dream was to become a ballerina. In her case, however, that dream almost came true when, at 18, the former Little Miss Yorba Linda accepted a coveted position with the New York City Ballet.

The operative word here is “almost.”

As fate would have it, just before she was to fly to the Big Apple from her Orange County home to fulfill her dream, she injured her knee. For Lynda, however, her career path took an unusual turn, ironically because of a secondary childhood dream of becoming an investigative reporter.

Combine her untimely knee injury and her alternate dream with a clerical job she held with her local police department to have a “regular income and benefits,” and Lynda was on her way to becoming one of the country’s pioneer female private investigators.

“I worked in law enforcement for four and a half years, attended a police academy and over the years have received training in narcotics, missing persons, traffic accident reconstruction and background investigations,” she said.

Her baptism into being a private investigator was coincidental, she adds. In 1982, she started a home-based typing and transcription business and some of her clients were private investigators.

“One day, while dropping off some work, an emergency call came in and my client’s investigators were already out in the field. She asked me to take it and I did. I worked for that company, Helios Investigations, until 1996 when I obtained by license from the State of California and started my own company, LBJ Investments.”

Lynda said that when she took her PI exam, she was one of only three women among 150 applicants. The percentage of female investigators has grown since then from 5 percent to about 18 to 20 percent nationwide.

She said that during her first 14 years as an investigator for Helios, her assignments were to investigate worker’s compensation defense cases.

“Very early on I found myself in one of the scariest situations in my career, investigating the death of an ironworker on the job.

“Everyone thought it was an accident. Due to the ‘rush’ na-

ture of a death investigation, I found myself in south central Los Angeles at a witness’ home at 10 p.m. on the night of the incident. As I interviewed him, he calmly told me he had pushed that (expletive deleted) off the scaffolding due to a drug deal gone wrong.

“I was writing down his statement and, once completed, I had him read it, initial each page and sign the last page.

“I thought I was not going to make it out of his house alive. However, he scanned the statement, initialed and signed it appropriately and bid me a good night,” she continued.

“I have never driven as fast as I did away from his house and to the local police department. The ‘witness’ was later convicted of murder, mostly based on the signed handwritten statement and court testimony.”

She added that one of her most challenging cases is happening right now.

“I am volunteering on the missing child case of Karlie Guse, who disappeared from her father and stepmother’s home,” she explained.

The case, heavily followed on social media, has been hampered by personal attacks on



“I currently have Stage 3 colon cancer, which I have been fighting for almost two and a half years – without insurance,” she adds. “The cancer is not fun to deal with, obviously, but not something that I let slow me down much. My treatment is experimental and working, just very slowly.”

Thanks to her fighting spirit, determination and friend-sponsored fundraisers, Lynda Bergh is winning the battle on all fronts.

Lynda’s “character, ethics, integrity, experience, etc., and on her PI colleague by someone who claims to be a journalist.”

“The case has been a nightmare, but I will not back away from it until we find out what happened to Karlie Guse,” she said.

Lynda’s work as a PI is linked in part to her dedication to raising awareness of sex and human trafficking, and her involvement in the rescue and recovery of trafficked kids.

“I’m seeking opportunities to speak with parent groups, PTAs, church groups and others on how to help safeguard children from perpetrators, both online and in person,” she said.

Her biggest challenge, however, has nothing to do with her professional career; it has everything to do with her life.





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My Dental Wig Is “The Next Major Disruptor to the Dental Industry

(Think Smile Direct Club)”: Dr. Kirsten Roling DDS (Dentist)

My Dental Wig becoming a Virtual Dental Expo Exhibitor

My Dental Wig, a Los Angeles County company with its Head Quarter located in Beverly Hills, California, represented by its Founder LydieLivolsi, is excited to announce today that of July 25, 2019, it entered an agreement to hire Virtual Dental Expo Inc. located at 1846 E. Innovation Park Drive, Suite 100, Oro Valley, AZ, 85775 represented by its CEO, Kirsten Roling, DDS (dentist), graduated from University of San Francisco to sell its Licensing. The customer is Licensee for the Licensing, and EB5 Visa Investor for the Standalone EB5 Visa Investment.

It's important to mention that, there is no money transaction between Virtual Dental Expo, its CEO Kirsten Roling and any Licensee or EB5 Visa Investor. Virtual Dental Expo Inc. is a Sales Representative for My Dental Wig and does not accept any payment. All money transactions happen between My Dental Wig and its Licensees and its Eb5 Visa investors.

The acceptance of having My Dental Wig as an Exhibitor among the Virtual Dental Expoexhibitors represents the company's first highest and public endorsement.

In her introduction message on LinkedIn to Lydie, Kirsten



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wrote “.... I treat the underserved populations, who cannot afford the expense of many dental procedures including dentures. I ran a large mobile dental practice for the geriatric patients.... I am also the former Chief Office of Oral Health, Maricopa County Public Health Department and administered the nation's largest oral health prevention programs in the nation. I like your product because it is disruptive, what is needed in dentistry. So are my companies, they are shaking up the industry. One of my companies, www.virtualDentalExpo.com is the first Virtual Dental Conference.”

Later, on the company's recent LinkedIn introduction message to a potential influential and wealthy EB5 Visa foreign investor in India, Virtual Dental Expo CEO Kirsten Roling said “HelloMr.... I would like to introduce you to Ms. LydieLivolsi, French investor here in U.S. and inventor, founder, and CEO of www.mydentalwig.com. As a dentist, I can tell you her opportunity is the next major disruptor to the dental industry. (Think Smile Direct Club). She has announced an EB5 Visa opportunity for qualified foreign investors.” Dr. Kirsten Roling

Continued on page 34



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My Dental Wig

Continued from page 33

These 2 paragraphs above demonstrate that, the agreement is a big leverage for My Dental Wig, and what Kirsten has been looking for to fulfill the need of the niche of populations with missing teeth seeking reliable, healthy, affordable and convenient solutions.

My Dental Wig business model with its Licensing and EB5 Visa Investment opportunities offers the ultimate solutions for improving people's life by solving their missing teeth, enabling earning descent income and creating more jobs.

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email:

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Anabella

Company Location: We are mobile, we will come to you.

Read our full Press release:

<http://www.sbwire.com/press-releases/my-dental-wig-receives-new-orange-county-sales-manager-1248776.htm>

Are You Seeking a Care Facility For Your Loved One?



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

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

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

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

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

Veterans resources, Adult Protective Services and Social Services.

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

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

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

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

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

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

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

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

SR: What is the cost of using RCPS services?

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

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

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

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

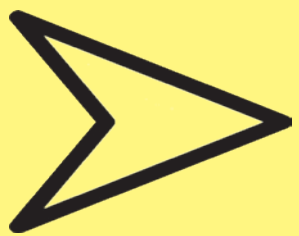
"Thanks for your help. Those we serve found a window of hope."

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

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

*See our ad
on the back cover*





In The Spotlight

Senior Citizen Climbs Kilimanjaro for Global Health

Dr. Majid Sadigh a 71-year-old infectious disease physician and director of the Global Health Program, Nuvance Health, recently climbed Mt. Kilimanjaro with his daughters to raise money for a nursing program that will help bring high quality health care to patients around the world. Here is more about this adventurous and interesting man who has climbed the famous mountain on more than one occasion.



Q: What inspired your first hike of Mt. Kilimanjaro and what inspired the latest?

A: My first climb up Kilimanjaro in 2002 was driven by a desire to experience walking into thin air, seeing the 22,000-year-old glaciers, and appreciating the diversity of life and ecosystems on the roof of Africa. Though the inspiration behind my two most recent climbs has been to gather money and build awareness about global health issues - with last year's hike raising funds for a microbiology lab in rural Uganda, and this year's for the global health training of nurses - my time on the mountain is deeply personal. The mountain puts me through trials of bitter cold and restless sleep, pushing me to my last ounce of strength, but it also builds me up. Whatever internal struggles surface, I am able to construct a sense of purpose and preserve it with layers of

courage that allow it to survive when I return to reality and away from this life force.

Q: It's inspiration correct?

A: Yes, the inspiration for every ascent that carries me through to the next climb is the spiritual experience of, along with each step, looking up at the line of headlamps lighting the path like candles to a sacred temple; the tacit solidarity of each individual blending into the group as it makes the pilgrimage to the peak as one unified organism.

Q: How did your body respond to the first hike versus this latest hike?

A: Climbing Kilimanjaro is akin to a mother who, after undergoing difficult labor, vows to never give birth again. But as soon as she rocks the baby in her arms, she forgets about the pain. She sees only beauty. During my first climb, I came down with dysentery - fever

and diarrhea - acquired from poor sanitation in the camp sites. I thought I would need to descend, but my condition improved substantially after taking antibiotics. I knew the climb was difficult and cold, but the mountain's beauty was all I remembered, such that I decided to climb several times more. I experienced claustrophobia and panic attacks from low oxygen during a few of my subsequent climbs, but I didn't have that problem this time. Though I am now 17 years older than I was at the time of my first ascent, I don't think my body responded differently to elevation beyond hiking more slowly, carefully, and thoughtfully. Descending, however, was harder on me because of an injury in my medial meniscus in both knees from years of running.

Q: At 71 years old, many folks are coasting through retirement and relaxing. Where do you get your energy and motivation?

A: "Without work, all life goes rotten. But when work is soulless, life is stifled and dies." - Albert Camus

My life mission is to be at the service of the underserved. I am fortunate to have the perfect job that renders my work objective parallel to my life objective. I wanted to be a

doctor from a young age, and spent my childhood riding a donkey from village to village dispensing medication. Now I am a teacher who travels around the world to learn from people and do my part in forming meaningful collaborations. I strongly believe that life and work should be conjoined, such that life and work objectives can enrich each other.

Though I hope to retire soon, I do not intend to stay home and 'coast.' Rather, I plan on continuing my work but on my own, in an independent fashion. As an example, I am working with my family toward starting a nonprofit organization to sponsor academically promising orphan girls around the world.

Q: What was it like having your daughters with you on this latest hike?

A: Having my daughters with me on this climb meant that I was more careful as a father, an experienced Kilimanjaro climber, and doctor who knows about potential illnesses on the mountain. Though our guides are incredibly knowledgeable and reliable, I couldn't help but be concerned about Katrina's Reynaud's condition and Mitra's history of mountain sickness. I was grateful for the quality time we were able to spend together, experiencing

the mountain while learning new things about each other. It is a truly unique experience to share together as a family.

Q: What advice do you give to people who are in their 60s or 70s and want to remain active?

A: Though many view climbing a mountain as requiring physical prowess, neither age nor weight impact one's ability to ascend Mt. Kilimanjaro. Children as young as seven and elderly as old as 89 have accomplished this feat. Motivation, mental drive, perseverance, and pacing are much more important than anything. The challenge is mainly in dealing with elevation and mountain sickness, which is out of anyone's control and can occur regardless of physical shape.

My advice to people who want to remain active is to take initiative in building a healthy life by discovering what you love. I enjoy the mountain because of the social aspect of connecting with people and delving into learning about its ecosystemic and geological history. Try to integrate the same concept into your day-to-day: Find an activity you care about, learn everything you can about it to motivate you through your pursuit, and share it with your friends and family. There is an endlessly beautiful world to explore within and outside oneself, and nobody can make the decision to do so other than you.

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Credit Union Awards a \$10,000 Prize to One Lucky Saver

American First Credit

Union awarded their second quarterly \$10,000 prize to winner Natalie R. of Rowland Heights, CA.

The prize is part of the innovative new Big Prize Savings account initiative, which rewards accountholders for maintaining and increasing their savings balance.

At the check presentation Natalie remarked, "Big Prize Savings is a big motivator to keep saving, and with this money I actually want to keep saving! This credit union is so different from any other bank. Literally everyone treats you like family!"



Winner of \$10,000 Natalie R. and branch team at La Habra, CA office.

Prizes offered include a \$1,000 cash prize every month, four \$10,000 prizes per year, and a \$50,000 annual grand prize at the year's end. American First makes Big Prize Savings accounts available to their members and to individuals in Southern California. Others who qualify for credit union membership through family, their employer, or a community group are also eligible to participate. The Big Prize Savings account has no fees and pays interest on qualified balances.



Recent winner of American First Credit Union \$10,000 Big Prize Savings cash award.

At the end of each month, Big Prize Savings accountholders who maintain an average monthly daily savings balance of just \$500 or more receive one entry for every \$25 saved, so savers who add more to their account earn more chances to win. For example, a saver with a daily average of \$500 saved in a month will receive 20 entries whereas someone who saves \$525 will receive 21 entries for the cash prize drawings.

"Big Prize Savings was started for people like Natalie, and that's why we're so excited to award the saving incentive prize to her. Natalie is an example of how saving money can lead to great opportunities," said Jon Shigematsu, CEO/President of American First Credit Union. "This saving incentive program aligns perfectly with our mission to help people in our community and encourage a good savings habit."

Continued on page 37

Credit Union

Continued from page 36

Based on research conducted by the Harvard Business School and changes in state legislation permitting prize-linked savings accounts, programs like Big Prize Savings help to promote healthy money-saving habits by offering cash incentives to savers who display consistent saving activity.

To find out how you can open a Big Prize Savings account, go to bigprizesavings.com or call American First Credit Union at (800) 290-1112. Or, visit a local branch office in Buena Park, Orange, and La Habra open Monday through Thursday from 9AM to 5PM, and Friday until 6PM.

About American First

American First Credit Union is based in Orange County, California. We provide competitive savings and financing services for individuals and businesses alike. Since 1952, our credit union has operated under a “people helping people” philosophy, prioritizing community involvement through volunteer hours, cooperation with numerous charitable causes and financial initiatives that help broaden opportunities so that all can prosper. To learn more about us, visit amerfirst.org.

CONTACT:

Jon Shigematsu
CEO/President
562.237.5087
marketing@amerfirst.org

Buying A Once-Wrecked Car



When it comes to used cars, safety is no accident. But an accident shouldn't keep you from buying a used car you love. In fact, you may drive away with a bargain.

The Problem

There are plenty of previously damaged cars out there. In the U.S., car crashes happen about every 60 seconds—and one in six used cars being sold has been in an accident. The key is to know what you're buying.

An Answer

You can start your used car search at the new Carfax.com. Every car for sale comes with a free Carfax Report that includes any reported accidents. It'll help you tell things like how severe the accident was, what areas of the car were damaged and if the air bags deployed. Next, get a mechanic to help you determine if the car was repaired properly.

Following these steps can help you find a swan where others see only an ugly duckling.

Learn More

You can get more information and shop for great used cars at the new www.carfax.com.

Before buying a used car, check if any damage it sustained in an accident was properly repaired.



Macular Degeneration Association



Macular degeneration is reaching epidemic proportions.

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

—COLBY
adopted 06-18-11

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—COLBY
adopted 06-18-11

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

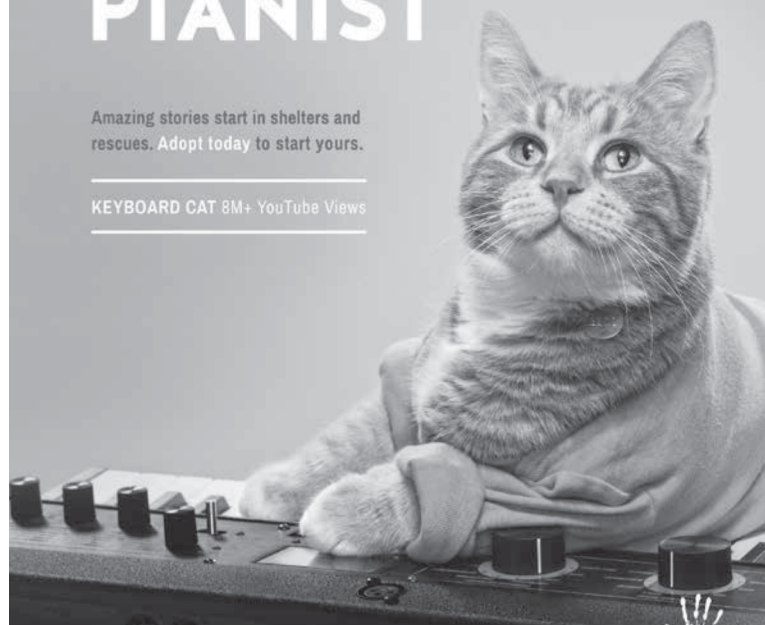
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Crossword Puzzle Answers from page 27

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JUST JUDITH

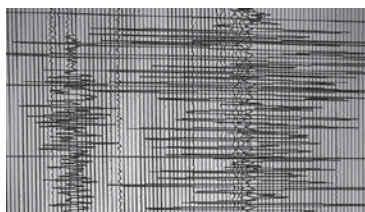
By Judith A. Rogow

Aftermath

This article is personal experience, our household does not include children.

If you've never been through an earthquake, much less a trio of major ones over slightly less than two days - plus more than 9,000 aftershocks as of the month's end - it's hard to imagine the damage Mother Nature can cause.

The big things, roads torn apart by 8 feet, or buildings destroyed, are the spectacular images seen in the media, but it's the smaller damage that sometimes hurts the most.



Once the shaking stops, you need to take certain steps. First, if possible, check your neighborhood for anyone who needs immediate assistance. Since the phone and Internet systems will probably be down, Amateur Radio (HAMS) can get messages out. It's wise to know who in the area is a HAM operator if you aren't one yourself.

After you've checked with your neighbors, it's time to face the damage in your own home.



Imagine your kitchen with all the cupboards, shelves and pantry, and picture everything there in a messy heap on the floor. Broken jars of jam and bottles of olive oil or wine covering shards of china and glassware. And that's just the beginning of the mess! Books, family photographs and tchotchkes fallen from their usual place, priceless mementos broken. Bathroom medicine cabinets and shelves have spilled their contents and closets ... Oy!

If you have a workshop or office, nothing will be in its former place, with what you most need on the bottom of the heap. All the things you used to get organized are now *disorganized*.

Gravity is a law that must be obeyed!

At first you prioritize. Not knowing when the electricity will be back, you do as much as possible during daylight. Food, rest and clothing are musts. Clear a path to the bed and change the linens, fill garbage bags with as much mess as possible from the kitchen and bathroom floors, pile clothing in a heap in the laundry room.

Once the power is back on, and you see the extent of the damage, I suspect each of us will have the same thought ... *We have too much stuff!*

Household pets need lots of cuddling and reassurance that the floors and their favorite napping spots are not going to start bouncing up and down again.

Don't forget that you've been through a lot, too. Jumping at aftershocks and feeling shaken will be 'normal' for quite a while.

One of the hardest things about the event is realizing that others have it much worse.

You decide to go out to your favorite little café, but it's closed. So are the coffee shop, and the sandwich place. You were wise to never let the gas go below half full in your car and feel a bit smug as you pass the line of vehicles at the only open station. They need the exact amount in cash as the connection to the banks has gone down. Walmart might be open; we can get more cleaning supplies and then head to the grocery for sandwich fixings. Alas, both those places are closed, too. Bagels and peanut butter sound good for the next two meals. The cats will eat better than us for a few days.

Continued on page 42

The Benefits Of Hemp, Krill And Salmon Oil

If yours is among the nearly seven in 10 U.S. households with pets, you may be glad to learn of a good way to keep them healthy. Hemp seed, krill and salmon oil are some of nature's best sources of natural essential fatty acids: omega-3 and omega-6 (EPA and DHA).



A unique combination of hemp seed, krill and salmon oil has significant health benefits for pets both internally and externally.

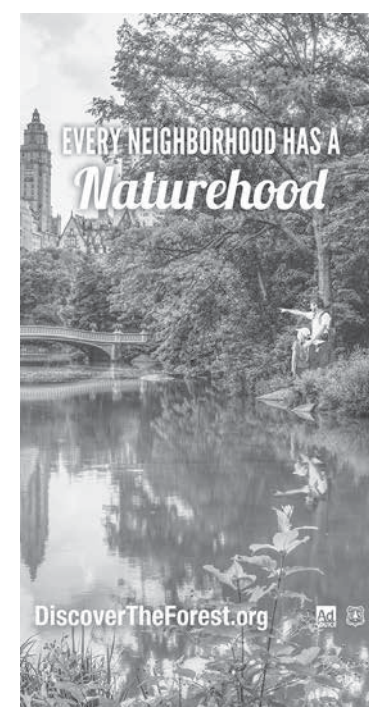
Why Pets Need Them

Essential fatty acids cannot be produced in the body and must be supplied by other sources to help ensure optimal health and wellness for your pet from the inside out. In addition to fatty acids, hemp seed oil contains phytonutrients and antioxidants. Krill oil also contains phospholipids, astaxanthin and high amounts of natural antioxidants, all of which work with salmon oil to support overall health and wellness. In addition, the unique combination of the oils helps support healthy joint function and helps to maintain proper skin moisture and respiratory health for occasional or seasonal allergies.

Hemp seed oil is nonpsychoactive and cannot get your pet high. You can find the three oils in a tasty (to pets) supplement available from NaturVet.

Learn More

For further facts on pet care and Hemp for Health products, visit www.NaturVet.com or call (888) 628-8783.



American Heart Association



How To Never Miss A Day Of Your Medication

Most people can't go a day without a cup of coffee or checking their e-mail. But with the demands of everyday life it's not surprising that about 50 percent of patients sometimes fail to take their daily medications as prescribed.

According to a new survey by WebMD, over the past six months one-third of respondents either sometimes or most of the time missed taking their medication as prescribed even though 76 percent know it can cause their condition to worsen or symptoms to return.

When asked why they'd missed a dose, 66 percent of survey respondents said that they forgot, 38 percent said they experienced side effects, and 26 percent weren't able to get to the pharmacy to refill their prescription on time.

"Not following a prescription correctly can seriously impact your health," said Jamal Downer, a Walgreens pharmacist. "Your local pharmacist is an expert who can help you understand your medications and provide tips on how to use tools like smartphone apps that make it easier and more convenient to stay on track."

Steps to help you take your medications include services online, through apps and in store:

• **Getting help whenever you need it:** A pharmacist is



Your pharmacist can help you make sure you take your medicine on time.

an integral part of your support team, and now they are available anytime via phone. Walgreens Pharmacy Chat service provides 24/7 access to pharmacists who can answer questions to help you better understand your medications, including side effects and how the other medicines you take and food you eat may interact with another drug.

• **Setting reminders:** Whether you need a quick prompt to take your pill or a text alert that your refill is available, calendar notifications and free tools like a pill reminder can help ensure you always have your medication on hand.

• **Simplifying your refills:** Pharmacists can also coordinate your prescription refills to a single pickup date with the Save a Trip Refills® program for free. Refilling your prescription can be made more convenient by switching to a

90-day supply or setting up automatic refills.

• **Making refills convenient:** Just like you can order purchases online from your phone, you can have refills shipped directly to your home. With Walgreens Express™, patients can prepay and pick up prescriptions in a dedicated line or get their eligible medications delivered.

From pill reminders to tools for conveniently managing your condition, the answer to improved health and saving money could be in the palm of your hand. Download the Walgreens app or ask your local pharmacist how they can help you stay on track with your medications.

For further information, go to <http://bit.ly/redphone-wakeup>.

MOMENTS LIKE THESE ARE PRECIOUS. DON'T LET THEM FADE AWAY.

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

Protect your vision from fading away. Call the **Foundation Fighting Blindness** today for a free info packet about preventing and managing AMD. There is hope.

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FightBlindness.org

FOUNDATION FIGHTING BLINDNESS

Houseplants Are Hot For Today's Home



Plants are having a moment-and 1-800-Flowers.com is embracing it with their newly expanded Plant Shop. Offering some of the most sought-after greenery for home décor enthusiasts, gift-givers and plant lovers alike, the Plant Shop now offers nearly 150 plants, including houseplants, blooming plants, succulents, bonsai, bamboo and more. Customers can also get expert tips and how-tos on selecting and caring for their plants with a newly created Gift Guide.

Ready for Their Insta Close-Up: House Plants

Ready to bring style into any space, these in-demand green plants come in a variety of sizes, prices and include some lesser-known but sure-to-be-loved varieties, including the majesty palm, fiddle leaf fig, money tree and the snake plant, just to name a few.

From Cacti to Jade: Decorative and Delightful Succulents

Of course, no Plant Shop would be complete without easy-to-care-for succulents (an at-home gardener's dream). Already boasting a robust assortment, the brand has added some unique new designs, including a charming collection of safari animal succulents and a succulent terrarium displayed in a stylish glass container.

Expert Plant Advice in Just a Few Clicks

Adding to the excitement of the brand's launch is the intro-

duction of a Plant Gift Guide, a dedicated resource designed to help beginners and green thumbs alike select and care for their plants, including shopping by plant type and best sellers. A newly launched Plant The new Plant Corner is a destination for all things plants, serving as a resource where customers can get answers to all their plant questions.

Plants Are Growing on Everyone

"Not only are plants experiencing growth as a category, but they are enjoying increased popularity among new audiences seeking their urban design aesthetic and wellness benefits," said Alfred Palomares, Vice President, Merchandising, 1-800-Flowers.com. "The expansion of the Plant Shop at 1-800-Flowers.com provides a destination to discover what's trending among plant parents today and builds on our commitment to provide customers with ongoing newness in our assortment, innovative products and on-trend offerings."

Have a plant you just can't help but show off? Join the conversation with 1-800-Flowers.com on Facebook, Twitter and Instagram, using #MadeMeSmile.

Tinseltown Talks

By Nick Thomas

Bob Newhart Turns 90

Known for his gentle satire, Basset Hound eyes, and witty routines, former Chicago accountant-turned-comedian Bob Newhart turns 90 this month (Sept. 5). This year is also the 60th anniversary of Newhart's show business career – he signed with Warner Bros. Records in 1959.

In 2008, I interviewed Newhart along with fellow entertainers willing to share some thoughts on the beloved comedian's career.

Newhart said he suspected he lacked the temperament to remain in the accounting profession back in the mid-1950s when his attitude toward taxation arithmetic could be summed up in three words: "That's close enough!" So, he and a friend began writing humorous routines based on telephone conversations which they sold to radio stations.

Those one-sided phone conversations have remained throughout his radio, recording, television, and stand-up career. They are as much his trademark as the straight-faced delivery and slightly forced stammer. Why keep the stammer all through his career?

"I got my home in Beverly Hills because of that stammer, so I'm not about to drop it now!" he explained.

Newhart stormed onto the comedy scene in the 1960s when *"The Button-Down Mind of Bob Newhart"* became the first comedy record to win a Grammy for Album of the Year with its now classic routines such as *"Abe Lincoln vs. Madison Avenue."*

He wrote the routine in Chicago when Bill Daily (1927-2018) asked the unknown local comedian to come up with a piece about press agents. Remembered for his sidekick role in the 60s sitcom *"I Dream of Jeannie,"* Daily went on to co-star with Newhart and actress Suzanne Pleshette a decade later for five seasons of *"The Bob Newhart Show"* making famous his trademark greeting "Hi Bob!"

"I couldn't believe it when I got to work with Bob and Suzanne," Daily told me from



Bob Newhart

his home in Albuquerque in 2008. "Bob is one of the nicest men who ever lived and he's beyond talented – a comic genius. And what's amazing is that Bob wasn't acting on the show – that really was Bob!"

Comedian Elayne Boosler came away with the same impression when she first met Newhart after a show in Las Vegas in the late 90s. And at a time when in-your-face, crude comedy is now everywhere, it's tempting to suggest Newhart's gentler style of humor is obsolete. But Boosler doesn't think so.

"That would be like saying Mozart is outdated," she said. "Classics survive. When something has a solid foundation and is so unique and perfect, I don't think it can ever be outdated. And when you're the best at something, it just doesn't go out of style."

Bob Newhart makes no apologies for his clean humor, al-

though he said he can still appreciate more bawdy comedians such as the late Richard Pryor.

"I even know most of the words he used!" he said. "It's just my choice to work the way I do."

The list of professional comedians who count themselves as Newhart fans is a long one and includes Carol Burnett, Don Rickles (1926-2017), and Dom DeLuise (1933-2009).

"He's as nice as he is funny," Burnett wrote in an email message.



Bob Newhart's breakout album, from the author's collection

Don Rickles was a longtime friend and Newhart delighted in recounting his first encounter with Rickles in the late 1960s in Las Vegas. The two comedians and their wives met in a cafeteria and Rickles, the perfect gentleman, invited Bob and wife Ginnie to his show.

"Don steps out on stage and the first thing out of his mouth is 'the stammering idiot from Chicago is in the audience



Cast of *The Bob Newhart Show*

today, along with his hooker wife from New Jersey," Newhart told me.

But the two families became fast friends and would eventually travel the world together on vacations.

"People would ask me how I could go on vacation with Rickles," Newhart said. "Well, it's like elevator music in the background, you just don't hear it. But we always had fun together – everyone should have a friend like that."

"Bob and I are like apples and oranges in terms of our comedy," Rickles told me in an interview I did for the *Malibu Times* in 2008. "But we share the same family values, make each other laugh, and enjoy each other tremendously – he's brilliant at what he does."

Dom DeLuise recalled working with Newhart in 1964 on the long-forgotten CBS variety show, *"The Entertainers."*

"It was my first show," DeLu-

Cast of *The Bob Newhart Show*

"I eventually dropped the partner, but kept the telephone in the act," he said.

Continued on page 42

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Tinseltown Talks

Continued from page 41

ise told me in 2008. “Bob would do his telephone sketches and create magical little stories that were hysterical and he’d hit a bulls-eye every time.”

DeLuise was one of the millions of viewers who watched the final 1990 episode of “*Newhart*,” Bob’s second TV series set in a Vermont inn.

“Bob woke up from a dream on the set of the original ‘*Bob Newhart Show*’ with his wife Suzanne Pleshette in bed next to him,” DeLuise recalled. “The entire second series had been a dream! That was just brilliant.”

“The whole idea for the ending was Ginnie’s,” noted Newhart, who passed it on to the writers to create the show’s finale. The episode remains a moment cherished in television history – the type of comic twist that the button-down mind of Bob Newhart has always relished.

When trying to sum up the comedy genius of Newhart, the words of the late comedi-

an Ed Wynn come to mind: “A comic says funny things; a comedian says things funny.”

Clearly, Bob Newhart is a master of both. Happy birthday Bob!

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 750 magazines and newspapers.

JUST JUDITH

Continued from page 39

Corporate-run businesses will be back up quickly, stocked with boxes, batteries, brooms, mops, paper goods, and other necessities. Sadly, small ‘Mom and Pop’ stores and local eateries may never be able to reopen.

Another mega quake is unlikely to occur in our lifetime but being prepared never hurts.



Life in Long Beach

By Lyn Jensen

Secluded Secret: Rancho Los Alamitos

One of Long Beach’s most secretive landmarks may be the secluded Rancho Los Alamitos Historic Ranch and Gardens, for guests may only enter at the Bixby Hill residential security gate at Anaheim Street and Palo Verde Avenue near CSU Long Beach. Tell the guard you’re going to the Rancho, and get a free parking permit. Go up the hill, turn left, and turn right into the Rancho’s parking lot. Parking and admission are free.



Rancho Los Alamitos is a Long Beach city landmark and is listed on the registry of historic places. It’s owned by the city of Long Beach and operated by Rancho Los Alamitos Foundation, a nonprofit organization, as a public-private cooperative effort under the auspices of the Department of Parks, Recreation, and Marine.

Human habitation of this coastal hilltop stretches back more than 1,500 years. The native Tongva people, more commonly known as the Gabrielino, had a large village, Puvungna, here.

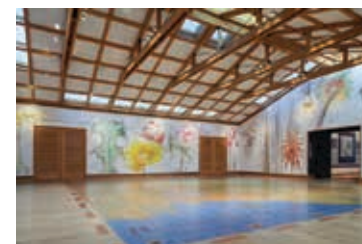
Today’s Rancho is a vestige of the original 300,000-acre Los Coyotes land grant given to Manuel Nieto in 1790 for his service on the Portolá expedition of 1769.



Rancho Los Alamitos was one of five ranchos carved out of Nieto’s land grant in 1833. The original four-room adobe was built between 1800 and 1833 by the Nieto family as a shelter for *vaqueros*. Subsequent owners included José Figueroa and Abel Stearns. Two generations of the Bixby family were the last private owners. In the 1920s and 1930s Florence Bixby developed four acres of nationally significant historic gardens adjoining the house. She called her gardens “outdoor rooms” away from the dust and heat of the surrounding agricultural and industrial endeavors.



You may support the rancho through becoming a member, donating, and/or volunteering. Besides the Bixby gardens, the adobe ranch house, and an interpretive center, the 7.5-acre site includes the restored barnyard of the early 20th century working ranch. While touring the house and gardens, you may also visit the farm animals (horses, ponies, sheep, goats, chickens, ducks and rabbits) housed in the barns.



A blacksmith demonstrates his work.

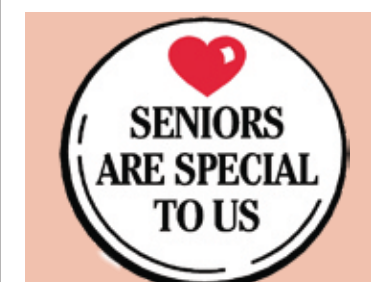
The Rancho is open Wednesday to Sunday, 1 to 5 p.m. Guided tours start every 30 minutes from the Rancho Center with the last at 4 p.m.

Address: 6400 E. Bixby Hill Road, Long Beach, CA 90815

Phone: 562-431-3541

Web: www.rancholosalamitos.org

Hours: Wednesday to Sunday 1 to 5 p.m.



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– Janet F.

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