

SENIOR REPORTER

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MAY 2018

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



Melissa Leo

"To get the hippie out of certain characters is probably the most difficult thing for me. I was not a hippie by choice but by birth."

—Melissa Leo

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IN YOUR LIFE
THAN YOU THINK



A Whale of a Story

By Jim McDevitt

OK, let me get to the heart of this story. It's the second day of our six-day trip. We are crossing the desert on a two-lane highway called Mexico 1. We are without phone service or any service of any kind in this hilly desert area between Catavina and Guerrero Negro. Our bus driver has just narrowly avoided a head-on collision with a tractor trailer as the front axle on our bus broke in two. Somehow our driver managed to keep control and pull the bus safely off the road. How he did it, I do not know.



Mexico Highway 1 looks like a war-torn road in Europe at the end of World War II. Since we left the populated area our driver has been swerving the bus back and forth on the highway trying to avoid these potholes. When I say potholes, I mean jagged holes in the roadway close to each other measuring about 8 inches deep and 24 inches in diameter. This is why we ended up with a busted front axle. There are so many holes in the roadway that the driver just

couldn't avoid some. The bus has 34 people on this tour, plus the driver and two tour guides. One of the guides has been out on the roadway hoping to stop a vehicle and get a ride back to where we had lunch which is about a 40-minute drive.

After waiting about 10 minutes a car stopped and the guide got in and headed back toward where we came from. The other guide explains that the plan is to get some cars to come out and get us back to the hotel where we had lunch while another bus is called for. This hotel has telephone service. It's been about 40 minutes now since our

guide was picked up and so far, the 28 women and 6 men, myself included, on this trip have been behaving quite well. It's not too hot. Our biggest worry is for the

driver who has jacked up the



bus and slid underneath to look at the broken axle. If an earthquake hit and the bus toppled, I doubt 28 women and six men would be able to lift it off the driver. The trip we were told would cover 1,184 miles with 27 ½ hours on the bus over six days. Now we will have to add more miles to the trip.

A car has arrived, and six women get in to head back to the hotel. Our driver has now taken off the front wheel that had collapsed. We still worry about him because he has crawled into that opening and is now working on the axle. Now two more cars arrive. They are people from the hotel with their own cars. Once

Continued on page 41

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 2018 SCHEDULE OF EVENTS 

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

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

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

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

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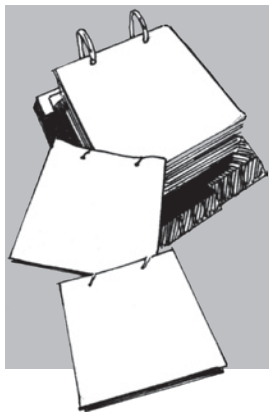
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May Calendar of Events



Besides May being the month to celebrate your mom, there are all kinds of exciting events to check out. Be sure to mark your calendars with one or all these events from fairs to a strawberry fest and have some fun!

Spring Citrus Fair

La Habra

May 4-6

The La Habra Chamber of Commerce brings its Annual Spring Citrus Fair once again showcasing the history of the La Habra Valley. The event will include entertainment, carnival rides, local food, exhibits and character mascots. Free admission. At, La Habra Boulevard between Euclid and Cypress streets. Call, 562-697-1704.

Golden West College

Theater Presents:

EVITA the Musical

Huntington Beach

May 3-5

7:30 p.m.

May 6 at 2 p.m.

A starlet at 22, the president's mistress at 24, First Lady at 27, and dead at 33. Driven by ambition and blessed with charisma, Eva Peron was a saint to the working class yet reviled by the aristocracy and mistrusted by the military. She was

destined to leave a beguiling political legacy unique in the 20th century. Argentina's controversial First Lady is the subject of this Tony Award-winning musical by Andrew Lloyd Webber and Tim Rice. Told through a compelling musical score with Latin, Pop and Jazz influences, EVITA creates a fascinating theatrical portrait as complex as the woman. Ticket prices: \$23 general admission; \$21 seniors, veterans, and students. NOTE: This production contains adult language and situations and is intended for mature audiences. At, Golden West College Theater, 15751 Gothard St., Huntington Beach. Call, 714-895-8150.

Wild West Steamfest

Santa Ana

May 5

10 a.m. to 6 p.m.

Wild West Steam Fest celebrates two worlds merged - The Old West & Steampunk. This concert event offers a beer garden and vendors, panels, Faro, tea dueling blacksmith, costume contest, gold mining and living history tours. At, Heritage Museum of Orange County, 3101 W. Harvard St., Santa Ana.

Annual Cinco de

Mayo Fiesta

San Clemente

May 5

2 to 6 p.m.

2018 marks the 28th year of celebrating Mexican culture in San Clemente's Spanish Village by the Sea. The Annual Cinco de Mayo Celebration showcases live entertainment featuring traditional Mariachi's and Ballet Folklorico to Cumbias, Tex Mex, and Salsa dancers. Community groups will be serving authentic Mexican food fare and other activities. At, Max Berg Plaza Park, 1100 Calle Puente, San Clemente. Call, 949-361-8264.

Soka University's Annual International Festival

Aliso Viejo

May 5

More than 900 musicians and dancers performing on three stages and more than 250 non-profit, craft and business exhibitors will be at the event. There will be international food, exhibitors, games and activities, art exhibitions, ceramic sales and more. Admission is FREE for everyone. Parking is \$10 cash on campus. At, Soka University, 1 University Dr., Aliso Viejo. Call, 949-480-4081.

OC MARATHON

Newport Beach

May 5-6

Join thousands of other community-minded runners and walkers at the OC Marathon, beginning at Newport Beach Marriott Hotel & Spa south of Santa Barbara Drive. Pledges to benefit 11 local children's charities through Run for Orange County Kids (ROCK). Call, 949-222-3327.

Dachshund Races

Huntington Beach

May 6

3 p.m. (doors open at 2 p.m.)

Come see these short-legged but swift 'wiener dogs' race to the finish line once a month at Old World Village. Arrive early and stay for lunch on their dog friendly patio. \$3 admission fee for adults, \$2 for kids. Under 21 you must be accompanied by your parents. At,

Old World Village, 7561 Center Ave., Huntington Beach.

ACES Hot Rod Resurrection Car Show

Huntington Beach

May 9

10 a.m. to 3 p.m.

ACES Car Club to host Resurrection 12 in Huntington Beach, Old World. This event is open to pre '65 traditional hot rods, customs and vintage/classic bikes only, and being held in Huntington Beach, Old World in Orange County. AD-MISSION: Spectator's admission and parking are free. At, Old World Village, 7561 Center Ave., Huntington Beach. Call, 949-547-7269 and to RSVP, or visit www.acescarclub.com.

Continued on page 8

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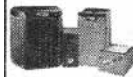
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Fifties Flashback

By Randal C. Hill

'It's My Party'

In 1946 a Massachusetts DuPont chemist-inventor named Earl Tupper introduced *Poly-T Wonder Bowls*. They were polyethylene food-storage containers that varied in size and came in unusual pastel hues. His products—called Tupperware—offered a unique new feature: An airtight cover that Tupper had based on the design of a paint-can lid. But Tupperware retail sales proved middling at best, as shoppers often failed to understand or appreciate the lid design.

Enter savvy Brownie Wise, a Georgia-based single mother who reigned as the top salesperson for Stanley House Products. Her success derived from the home parties she had created and hosted to sell Stanley's products. Wise envisioned greater earnings for herself—and perhaps an executive position—with Tupperware. In 1950 she hired on with Earl Tupper, moved to his Orlando home base and developed a home-party approach that would bring the company a fortune.

Wise convinced Tupper to abandon the retail market and focus exclusively on home parties. A Brownie bash meant women inviting others over for an evening of fun and games—and lots of purchases. At her parties Wise, who kept the mood light but always focused on the products, would

sometimes toss a juice-filled Tupperware bowl across a room to demonstrate the security of the vacuum-sealed lid.

In 1951, after witnessing Brownie's record-setting sales, Tupper promoted Wise to vice president of Tupperware Home Parties. She eventually trained thousands of women to become party hosts themselves. Under her guidance they could each earn up to \$100 a week, much more than a mid-1950s secretary, nurse or teacher could make.

Wise kept sales-force motivation high by offering exciting (and often unusual) incentives. Each year she hosted a Homecoming Jubilee at the company's Florida headquarters. Festivities included treasure hunts with prizes such as furs—and reportedly even cars—hidden on the company grounds. Top sales ladies were awarded such high-end items as speedboats, appliances and vacations. Lavish parties, extravagant shows and adrenaline-fueled pep talks were always part of the four days of fun.

Brownie's success led her to become a household name. She showed up frequently on TV and in magazine and newspaper articles. In 1954 she appeared on the cover of *Business Week*, the first woman ever to do so. That same year Tupperware enjoyed record

sales of \$25 million—about \$250 million in today's money.

But storm clouds were gathering at company headquarters. To Earl Tupper's way of thinking, Brownie's widespread fame had shifted attention away from his Tupperware products themselves. In 1958 Tupper solved his "problem" by firing Wise—the very person responsible for Tupperware's runaway success. Since she owned no stock, Wise was left with only a severance package of one year's salary: \$30,000. Tupper then proceeded to expunge her name from every bit of Tupperware company literature.

Wise later began an ill-fated party-plan cosmetics company called Cinderella and eventually faded into obscurity. But her influence lives on to this day; Tupperware remains a billion-dollar industry, with a fun-filled Brownie-style party starting somewhere worldwide every 1.4 seconds.

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MAY CALENDAR

Continued from page 5

3rd Annual Like Totally 80s Festival Huntington Beach May 12

12 to 9 p.m.

Event features national 80s bands. With retail vendors for shopping, food trucks, a full bar, celebrity impersonators and more. Bringing 80s music, style and memories to the beach. Featuring full sets from: The Human League, The Alarm, Dramarama, Martha Davis & The Motels, Jay Aston's Gene Loves Jezebel, Bell, Tiffany, The Untouchables. At, Huntington State Beach, 21899 Coast Hwy., Huntington Beach, at PCH and Newland Street.

Discovery Cube's Annual Rocket Launch Huntington Beach May 12

9 a.m. to 2 p.m.

Located on campus at The Boeing Co. in Huntington Beach, this event is for all ages and includes a competition where you'll design, build and launch your own 2-liter bottle rocket with pressurized air and water. Rockets with the longest "hang time" will be awarded prizes. Rocket Launch is a free community event available to science, rocket and engineer enthusiasts of all ages. At, The Boeing Co., 5301 Bolsa Ave., Huntington Beach.

Open Garden Day Santa Ana

May 12

10 a.m. to 4 p.m.

Experience the inviting neighborhoods of West Floral Park and Jack Fisher Park in North Santa Ana. You are invited to stroll through a variety of gardens throughout the day. Tranquil spaces, unique planting ideas and inspiring yard designs are open for your viewing. This one-day community event offers an array of activities: lovely gardens to tour, water-wise front yard sidewalk tour, garden expert talks and demonstrations, vintage cars, vendors selling unique garden treasures, and gourmet food trucks. \$15 Presale Tickets/Person. Presale tickets can be purchased online at www.opengardenday.com. At, Neighborhoods of West Floral Park and Jack Fisher Park in North Santa Ana. Call, 714-836-9777.

Mariachi Festival San Juan Capistrano May 12

11 a.m. to 4 p.m.

The festival will include entertainment "Battle of the Mariachis" and authentic Mexican food. Mariachi performers will compete for cash prizes. At, Mission San Juan Capistrano, El Camino Real/Ortega Hwy., San Juan Capistrano. Call, 949-234-1321.

Tustin LobsterFest Tustin May 19

An afternoon of FUN for the family - enjoy entertainment, games, music and prizes. The Tustin Lobsterfest is an annual

Continued on page 18



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SENIORS ARE SPECIAL TO US

Melissa Leo

By Les Goldberg

It isn't often that an actress' fame is gained equally from television and film, but that is the story of this month's cover celebrity – Melissa Leo.

In fact, Leo boasts nearly as many Emmy awards as Academy Awards for her work as a leading lady and supporting actress in some of America's most iconic TV and movie productions.

For the 57-years-young Leo, acting seemingly was her destiny. After spending her childhood in the lower east side of Manhattan, she began performing with the Bread and Puppet Theater Co. and moved to London where she studied acting at the Mountview Academy of Theatre Arts. Deciding to forego graduation, she moved back to New York City to begin auditioning for acting jobs.

Leo's acting debut came in 1984 in TV's soap series *All My Children*. She earned her first major recognition as an actress by being nominated for a Day-



time Emmy for Outstanding Ingenue/Woman in a Drama Series.

Her newly found acclaim soon led to several film roles, including the lead as a strait-laced girl named Cookie who succumbed to prostitution in *Streetwalkin*, *A Time of Destiny*, *Last Summer in the Hamptons*, and *Venice/Venice*.

She also had several appearances on television, most notably her role as Det. Sgt. Kay Howard on *Homicide: Life on the Street* until 1997. Three years later she reprised her role in the television movie, *Homicide: The Movie*.

After a brief hiatus from acting, Leo's breakthrough came three years later in the Alejandro González Iñárritu film, *21 Grams* where she appeared in a supporting role alongside Sean Penn, Naomi Watts, Benicio del Toro and Clea DuVall. Leo shared a Best Ensemble Acting award from the Phoenix Film

Critics Society in 2003 and the runner-up for the Los Angeles Film Critics Association for Best Supporting Actress.

Leo appeared in supporting roles throughout the 2000s including the film *Hide and Seek*, the independent film *American Gun*, both in 2005, and a minor role in the comedy *Mr. Woodcock*. In 2006, she won the Bronze Wrangler at the Western Heritage Awards for Outstanding Theatrical Motion Picture for *The Three Burials of Melquiades Estrada* shared with Tommy Lee Jones who also produced the film. In 2008, she won the Maverick Actor Award and also the Best Actress award at the Method Fest for *Lullaby*.



That same year Leo earned critical praise for her performance in the film *Frozen River*, including Best Actress award from the Independent Spirit Awards, the Spotlight award from the National Board of Review and Best Actress nominations from the Screen Actors Guild, Broadcast Film

Critics Association and Academy Awards.

Critic Roger Ebert backed her for a win, stating, "Best



Actress: Melissa Leo. What a complete performance, evoking a woman's life in a time of economic hardship..."

Following *Frozen River*, Leo continued to appear in several independent films and had a minor role in the 2008 film *Righteous Kill* with Al Pacino and her *Hide and Seek* co-star, Robert De Niro. Leo appeared in a series of films throughout 2009, including *According to Greta*, the title character in *Stephanie's Image*, *True Adolescents* and *Veronika Decides to Die*.

In 2010, Leo received fame for her role in David O. Russell's *The Fighter*, co-starring with Mark Wahlberg, Christian Bale and Amy Adams. For her performance Leo received several awards, including the



Golden Globe and Screen Actors Guild awards and Academy Award for Best Supporting Actress.

Following her Oscar win, she won another Emmy for her role in the HBO miniseries *Mildred Pierce* alongside Kate Winslet, Evan Rachel Wood and Guy Pearce. Her next projects include the satirical horror film *Red State*, the independent comedy *Predisposed* with Jesse Eisenberg currently in pre-production and the crime thriller *The Dead Circus* based on the novel by John Kaye with Michael C. Hall and James Marsden currently in development.



Yet another Emmy was awarded to her for a guest appearance in an episode of the hit FX comedy *Louie*. She also appeared in the action-thriller *Olympus Has Fallen* as the Secretary of Defense held hostage by terrorists in the White House.

Leo can be seen in a major role in *Prisoners* and in a minor role in *The Equalizer*. Leo can also be seen on the Fox series *Wayward Pines* as Nurse Pam.

Leo lives in Stone Ridge, N.Y. and has a son with actor and former boyfriend John Heard.



First North American Tour of Tony Award-Winning Broadway Revival of The Color Purple comes to Segerstrom Center for the Arts

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The critically acclaimed new production of THE COLOR PURPLE comes to Segerstrom Center for the Arts June 19-24, 2018. Producers of this first North American tour have just announced full casting of this Tony Award®-winning Broadway revival. The cast is led by members from the 2016 Broadway revival, including Adrianna Hicks (Aladdin - Broadway, Sister Act - Germany) as Celie, Carla R. Stewart (Ghost - National Tour, Rent - Regional) as Shug Avery and Carrie Compere (Holler If You Hear Me, Shrek the Musical - National Tour) as Sofia.



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The Gadget Geezer

By Les Goldberg

Modern Gardening Ideas Take Root

Now that spring has sprung and summer is right around the corner, many of us will be putting our green thumbs in action after a long winter in hibernation. With that in mind, here are a few new tools designed to help you plan your plantings while making it a little easier to dig, prune, trim, cut and watch your garden grow:

The Parrot Flower

This is a wireless sensor that monitors your plants. Moisture, temperature, light and fertilizer levels are automatically recorded and relayed to your Smartphone or other device via Bluetooth technology. \$60 at Amazon.

Brinno Cam

The Brinno GardenWatch



Cam, \$230 at Amazon, is a time-lapse camera that you stick into your flower bed and can be set to snap photos of your flower garden at intervals from one minute to 24 hours.

Bosch Visio

When it comes to trimming your hedges or shrubs, the Bosch Isio handheld shear is just what the garden doctor ordered. The lightweight design incorporates a lithium-ion battery that allows almost an hour of work on one charge. A reciprocating motion lets



the tool keep cutting through where others would stall. \$62 at Amazon.

Garden Plan Pro App



The Smartphone App acts as a visual aid in laying out your garden patch. It also provides weather station data, gives advice on the best plants for your region, and offers information on more than 140 different species of flowers and vegetables.

Cordless Pole Saw



The GreenWorks G-Max Pole Saw is ideal for trimming high

tree branches or harvesting high-hanging fruit. It features an eight-inch bar that extends from 5 to 8 feet and is powered by a lithium-ion battery that retains memory after power is depleted. \$170 at Amazon.

Bring Back the Bees

Do you want a 30 percent increase in your garden's production? That's what the VegiBee Sonic Garden Pollinator promises to deliver with the \$29 device. Available at Amazon, the gadget imitates the high-frequency vibrations of a bee's wings during pollination. These vibrations release pollen onto a spoon, which you – or your gardener – can then use to hand-pollinate other plants.

Netatmo Weather Station



This nifty personal weather station monitors indoor and outdoor environments, including indoor CO2 concentration. It provides the local Air Quality Index report in real-time, and links the information to your Smartphone, keeping track of what is best for you,

your plants and your entire garden. \$149 at Amazon.



The Garden Owl

Scarecrows beware – your days are numbered. You are entering extinction with innovations like the new Garden

tions like the new Garden

Defense Electronic Owl

Not only does it look like a great horned owl, but when its sensors detect that garden pests are near, it will turn its head in that direction and hoot, scaring any intruding critters away. \$45 at Amazon.

Automatic Sprinklers



Let's face it – old-fashioned sprinkler systems are, well, old-fashioned. It may be time for you to consider installing the new Rachio system that allows you to control the water output from your smartphone or the Alexa. For about \$200 at Amazon, you can, according to the manufacturer, reduce your water bill by as much as 50 percent. The device and App senses the soil type, plant type and sun exposure and sets up the appropriate watering schedules for your lawn and garden.

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Fabulous Finds

By Debbie L. Sklar

Enjoy these fun May Fab Finds from foaming cleansers to great new nail colors inspired by a famous European city to get you ready for spring time!

Garnier SkinActive Micellar Foaming Cleanser

This all-in-one **Garnier SkinActive Micellar Foaming Cleanser** is powerful, yet gentle to skin. Like a magnet, micelles capture and lift away dirt, oil, and makeup without harsh rubbing or over-drying. Ultra-gentle, fragrance-free formula is suitable for all skin types, even sensitive. In one easy step, it gently foams to remove makeup and impurities leaving skin perfectly cleansed and refreshed. Rinses clean with no harsh rubbing.

Price: \$8.99, Available on GarnierUSA.com and nationwide at drug, food and mass market retailers

Garnier SkinActive All-in-One Mattifying Micellar Cleansing Water

Developed with additional mattifying properties for oily skin types, this **Micellar Cleansing Water** boasts all the same makeup-removing and cleansing benefits of the original. Surprisingly powerful, yet gentle even on sen-

sitive skin, the micelle technology actively captures and lifts away dirt and impurities like a magnet. Skin is left refreshed, soothed and perfectly cleansed. No rinse, no harsh rubbing. **Price:** \$8.99, Available at drugstores nationwide and GarnierUSA.com

Garnier SkinActive Micellar Makeup Removing Towelettes



These **Garnier SkinActive Micellar Makeup Removing Towelettes** are all-in-1 makeup removing & cleansing wipes that use micellar water technology in an ultra-soft, ultra-convenient pack of 25 towelettes. Soft on skin, the towelette with 5 percent silk fibers removes even water-proof makeup without harsh rubbing.

Price: \$6.99, Available at drugstores nationwide and GarnierUSA.com

Special Shirt for Men



There are many reasons that everyday tasks can become difficult as we get old-

er. Regardless of the reason not being able to open a jar, grip a button or read tiny print is annoying. To overcome these challenges, the house fills up with reading glasses, magnifiers and gadgets to make tasks easier. But, most clothing still has zippers or buttons somewhere on them that can be hard to maneuver.

MagnaReady shirts are great for men of all ages including grandpas who have some difficulty with hand and finger movements. The shirts look like normal dress shirts or polos, but the buttons on them never require buttoning. They look like normal little white buttons but really, they are magnets. Grandpa just must line up the front of his shirt and with a click, it will "button" itself. Visit

GO SMiLE Stain Erasers



Don't shy away from red wine due to fear of purple teeth. These **GO**

SMiLE stain erasers, which fit perfectly into a purse/pocket, erase daily stains from eating, drinking (coffee/tea, red wine, etc.), and smoking and prevent them from setting on teeth for a sparkling smile. Just flip, pop, and whiten!

Price: \$14 for 14 stain eras-

ers/\$25 for 28 stain erasers, Available at Ulta.com

L'Oréal Paris Age Perfect Rosy Tone Mask



As skin matures, its ability to renew surface cells slows down and causes a buildup of dead cells on the surface. As a result, the natural pink tone is hidden, and complexion becomes dull. Age Perfect Rosy Tone Mask is L'Oréal Paris' first glow-activating mask designed to instantly renew skin's youthful rosiness in a fresh, cooling experience. Formulated with imperial peony and LHA, the mask gently exfoliates dull skin and stimulates surface cell renewal.

Price: \$24.99, Available at lorealparisusa.com



OPI Lisbon Collection

These nail colors from OPI's Lisbon Collection get their inspiration from one of Europe's most colorful and enchanting cities, yep, Lisbon. Known for its infamous "Pink Street," the Lisbon Collection offers a refreshing range of pinks and reds for all date-night plans.

Price: \$12.50 in Infinite Shine and \$10.50 in Nail Lacquer, Available at Ulta.com

Freedom Committee Honors Memorial Day May 28



One of the most colorful, moving and important events on the Memorial Day calendar is the annual Freedom Committee of Orange County ceremony.

The observance, to be held at 11 a.m. May 28 at Harbor Lawn-Mt. Olive Memorial Park, 1625 Gisler Ave. in Costa Mesa, will honor all men and women who fought and sacrificed to protect America's freedoms.

Highlights of the event include a wreath laying ceremony, an Air Force C-310J aerial fly-over, music by the 3rd Marine Aircraft Wing Band and a display of static military vehicles. Both the event and lunch are free to all attendees.

The Freedom Committee of Orange County meets each month in Costa Mesa to honor and preserve this country's military history. Members include surviving POWs, D-Day and Battle of the Bulge combat soldiers, Korean War and Vietnam vets, and those who recently were part of the War on Terrorism conflicts in the Middle East.



How To House-train Your Dog



If you're a pet parent to any of the country's estimated 78 million dogs, here's how to make house-training easier for both you and your pet.

1. Take your dog to the "bathroom" every one to three hours, as well as after he first wakes up in the morning or after a nap, after each meal, after being left alone for a stretch of time, and before going to bed.

2. According to that schedule or when your dog's behavior indicates he has to relieve himself, ask him if he has to go with a simple phrase, such as "Go potty?" This phrase should be unique to house-training to avoid confusion.

3. Take him on a leash outside and down the same path to your designated potty spot.

4. When you arrive, repeat the designated phrase and stay in that specific area for at least 15 minutes.

Continued on page 16

California Avocados Take Center Stage In Iconic California Cuisine

Springtime in California brings with it the season's bounty of fresh, local produce that inspires home and professional chefs alike. From salads to sandwiches, pastas to soups, it's pretty much a given that when a dish has "California" in its name, it's likely a dish made even better with delicious avocados.

With premium California avocados at their peak, now is the perfect time to incorporate this delicious and nourishing fruit into any cuisine to give it that classic taste of the Golden State.

To kick off California avocado season, which runs spring through fall, two-star Michelin chef Josiah Citrin, of Los Angeles' lauded Melisse and Charcoal Venice, elevated a simple pasta pesto dish with the use of the creamy fruit in his Linguine with California Avocado Pesto and Cherry Tomatoes.

"California avocados are one of the most versatile ingredients you can work with," says Citrin. "Here, I have blended it seamlessly into a pasta sauce to add a velvety texture. Regardless of its shape or form, the California avocado brings vivacity to all the ingredients that surround it."

California avocado lovers everywhere can get these seasonal recipes and more at www.CaliforniaAvocado.com.



Linguine with California Avocado Pesto and Cherry Tomatoes

Serves: 4

Prep time: 25 minutes

Cook time: 10 minutes

Total time: 35 minutes

Ingredients:

1 lb. linguine, cooked al dente, reserving 1 cup of pasta water

2 ripe, Fresh California Avocados, seeded and peeled

1 cup baby arugula leaves

1 cup baby spinach leaves

1 cup fresh basil leaves, packed

¼ cup toasted pumpkin seeds

¼ cup toasted cashews

2 cloves garlic, peeled and smashed

3 Tbsp. lemon juice

3 Tbsp. extra virgin olive oil

1 tsp. sea salt

2 tsp. freshly ground black pepper

1 cup grated Parmesan cheese

1 cup halved cherry tomatoes

2 Tbsp. julienned basil leaves, for serving

Instructions:

1. Place cooked linguine and reserved pasta water to the side.

2. Add the halved avocados, baby arugula, baby spinach, basil leaves, pumpkin seeds, cashews, garlic, lemon juice, extra virgin olive oil, sea salt and pepper to a blender or food processor and then blend until smooth.

3. Once the pesto is smooth, add the grated Parmesan and pulse a few more times to combine.

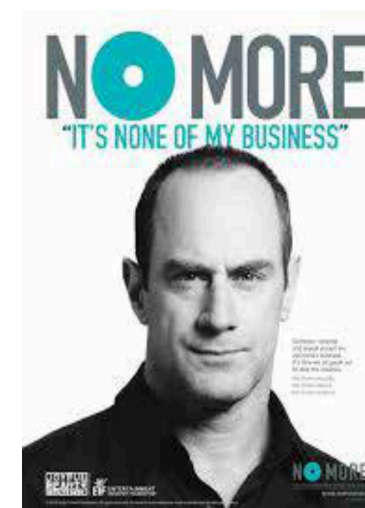
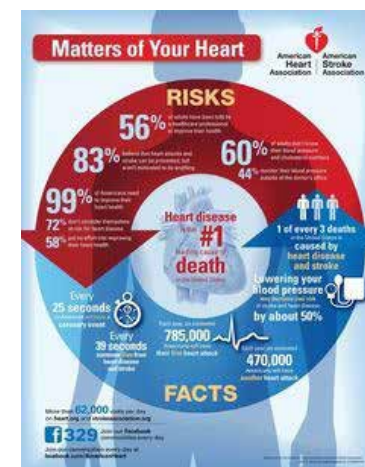
4. Place the pasta in a large serving bowl and top with the California Avocado Pesto.

5. Toss the pasta together with the pesto until coated.

6. Add the halved cherry tomatoes.

7. A small amount of reserved pasta water can be added to the pasta, as needed, to create a loose, silky pesto that coats the linguine evenly.

8. Sprinkle pasta with the julienned basil leaves and serve.



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'Lady Madonna'

The Beatles

May 1968

By Randal C. Hill

In 1965 Fats Domino and the Beatles were introduced in New Orleans. When Domino was asked later about meeting the world's biggest rock band, he grinned and answered, "No, they got to meet me."

From their earliest days of international stardom, the Fab Four never failed to acknowledge the early influences of America's greatest rock pioneers—Elvis Presley, Chuck Berry, Carl Perkins, Little Richard, Buddy Holly. However, one of the recording superstars often overlooked during interviews was Antoine "Fats" Domino.

There's no doubt that the New Orleans legend once influenced the nascent quartet. George Harrison recalled Domino's *I'm in Love Again* as being the first Rock 'N Roll song he ever heard. *Ain't That a Shame* became the first tune that John Lennon learned on the guitar. The Beatles sometimes performed Fats's songs during their bar-band nights in Germany. They also used his version of *The Sheik of Araby* when they auditioned—unsuccessfully—for Decca Records in January 1962.

In *Many Years from Now*, Paul McCartney recalled sitting at his piano in early 1968 and creating a bluesy boogie-woogie tune that eventually morphed into *Lady Madonna*. "It reminded me of Fats Domino for some reason, so I started singing a Domino impression," he

said. "It took my other voice to a very odd place."

Among Domino's 11 Top 10 winners—mainly released on the Imperial Records label—was *Blue Monday*, a million-seller from early 1957; it became the eventual inspiration for *Lady Madonna*.

The *Blue Monday* lyrics throbbed with the drudgery of a workingman's life as Domino recounted a litany of activities during the seven days of the week; McCartney's *Lady Madonna* echoed *Blue Monday* in structure when Paul wove his own story of a put-upon woman during her bleak six-day week. (McCartney later admitted that he forgot to include Sundays.)

Apart from the *Blue Monday* influence, Paul, writing in a pre-feminist state of mind, lamented the lot in life of many women, wondering how they managed never-ending chores and responsibilities while at the same time often toiling merely to survive in a tough world.

Over the years McCartney has given differing answers when asked about the genesis of *Lady Madonna*. He used to claim that he was first thinking of the Virgin Mary, later changing his story to involve working-class women in Liverpool (his Catholic mother, Mary, had been a nurse), and, finally, mothers everywhere. He eventually cited a *National Geographic* photograph of

a Polynesian woman with a child at her breast (the caption read *Mountain Madonna*) as being part of the inspiration for *Lady Madonna*, which, as an upbeat Fats-influenced tune, became the Beatles' 25th Top Ten single and heralded a brief return to 1950s-style rock for the band.

The final charting single for Domino occurred in 1968 when his own rendition of *Lady Madonna* reached the bottom of the Billboard Hot 100 chart. The tune was recorded in Fats's trademark rollicking style—and not for one moment was he trying to sound like Paul McCartney!

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House-train Your Dog

Continued from page 15

5. Once your dog has finished, praise him or give him a treat right away. Giving your dog immediate positive reinforcement is most effective; waiting until you're back home can be confusing.

6. If your dog hasn't successfully done his business, bring him back to the house and keep an eye on him for 15 minutes. If he starts to go, you will be right there to get him outside quickly. Otherwise, bring him outside after those 15 minutes.

7. Keep your dog on a consistent feeding schedule to make his elimination schedule more predictable.

8. Supplement your training with dog pads. They are a great way to reinforce the specific areas that are designated for potty. Dog pads are also useful for those rainy days when your dog may not want to go outside.

Veterinarian's Advice

"Don't reprimand your dog when he has an accident," advises Georgette Wilson, Doctor of Veterinary Medicine. "This usually confuses him and slows the house-training process. Positive reinforcement is much more effective for successful housebreaking."

"Until training is completed," Dr. Wilson says, "dog pads are a good idea. They're also handy for dogs that have incontinence problems due to

age or illness, for small dogs that can't go out due to predators, for dogs stuck inside during bad weather, and for use while traveling."

A new kind of dog pad from America's No. 1 dog pad brand (IRI) features highly absorbent quilted pockets with unique printed-dot embossing that traps wetness in the center to prevent spreading and leaking; unlike dog pads with standard quilting, which causes wetness to spread. The innovative feature means a smaller spot and less potential for leaks and tracking. Each of these Hartz® Home Protection™ Quilted Plus™ Dog Pads uses unique FlashDry® Gel Technology that turns liquid into gel, and odor-neutralizing fragrance technology with a Clean Powder scent.

Learn More

For further facts and tips, visit www.quiltedplus.com.

Creatures of habit and instinctively clean, puppies and older dogs can be house-trained in a matter of weeks. The more consistent you are in following basic rules, the faster your dog will learn the proper behavior.



How American Farmers Feed The World

According to the Census Bureau, there are 3.2 million farmers operating 2.1 million farms covering 915 million acres. Each U.S. farmer, reports the Farm Journal Foundation, produces enough food to feed 155 people and is the leading producer of more than 50 foods of importance to diets throughout the world.

How They Do It

Fortunately, farmers don't have to do it all alone. They get big help in this from sophisticated technologies such as robots, temperature and moisture sensors, aerial images, and GPS technology. These advanced devices and precision agriculture and robotic systems let farmers be more profitable, efficient, safer, and more environmentally friendly.

For example, as the Department of Agriculture reports, farmers no longer have to apply water, fertilizers and pesticides uniformly across entire fields. Instead, they can use the minimum quantities required and target very specific areas, or even treat individual plants differently. Benefits include:

- Higher crop productivity
- Decreased use of water, fertilizer and pesticides, which in turn keeps food prices down
- Reduced impact on natural ecosystems
- Less runoff of chemicals into rivers and groundwater
- Increased worker safety.

Robotic technologies enable more reliable monitoring and management of natural re-



sources, such as air and water quality. They also mean more control over plant and animal production, processing, distribution and storage, which results in:

- Greater efficiencies and lower prices
- Safer growing conditions and safer foods
- Reduced environmental and ecological impact.

Utility vehicles are a popular tool on the farm due to the efficiency, ease of maintenance and maneuverability they offer. To make farm life (as well as hunting and recreation) even better, there is now a new and improved version of the best-selling utility side-by-side (SxS) of all time. More than 100 owner-inspired innovations make the new RANGER XP 1000 the hardest-working, smoothest-riding version ever built.

A powerful ProStar 1000 engine and 82 horsepower provide unmatched power and more towing capacity for an industry-leading 2,500 lbs. (1,134 kgs) to power through the toughest farm tasks.

A massive front bumper and full-body skid plate give it added protection, whether in the barn, out in the brush or traversing tough trails. An all-new dumping cargo box car-

ries 11.5 percent more volume and has welded steel corners for increased stiffness to get the job done quicker and faster. For precision handling, the vehicle has a reduced steering ratio and provides a tighter turning radius, making it ideal for traversing fields or maneuvering in tight spaces. Meanwhile, the Polaris engine braking system (EBS) ensures smooth, controlled descents on steep inclines with or without a load.

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SCR

MAY CALENDAR

Continued from page 8

fundraiser event that provides financial support for the programs and services sponsored by the Tustin / Santa Ana Rotary Club. All net proceeds from this event help pay for local Rotary programs throughout Tustin and Santa Ana. At, Peppertree Park – corner of First and C streets, Tustin.

Annual Muckenthaler Motorcar Festival Fullerton

May 19-20

A one-of-a-kind automotive cultural event. Featuring car rally, motor movies and Concours d' Elegance and horseless carriage tour. Live performances in the outdoor amphitheater by The Pleasure Tones on Saturday and Janet Klein and Her Parlor Boys on Sunday. Proceeds benefit youth arts education and outreach programs. At, Muckenthaler Cultural Center, 1201 W. Malvern Ave., Fullerton. Call, 714-738-6595.

Doheny Blues Festival Dana Point

May 19-20

The annual Blues Festival kicks off summer with a week-end of music, vendors and an international food court. Come down to Doheny State Beach and celebrate the beginning of summer with Orange County's most anticipated annual summer festival. At, Doheny State Beach, Dana Point. Ticket sales and info: 949-360-7800.

Balboa Island Art- Walk

Balboa

May 20

9 a.m. to 5 p.m.

The Balboa Island ArtWalk showcases talented local artists and marks the start of Balboa Island's summer season. This fine art show features 100 artists exhibiting paintings, fine jewelry, blown glass, sculpture, and photography. Spectators will enjoy live music throughout the day. At, Balboa Island.

Brewer Brothers Model Kit & Hobby Expo

Huntington Beach

May 20

9 a.m. to 3 p.m.

For model kit and hobby enthusiasts, Old World Village will have vendors, many showcasing their own collections: multiple model kit vendors (Cars, Ships, Planes, Helicopters, Tanks, and Armored Vehicles), 1/6 scale figure and armor vendors, toy soldier vendors, miniature, and more. Expo starts at 9 a.m. at the Old-World Banquet Hall. Tickets are \$6 at the door and children under 12 are FREE. Parking is FREE. At, Old World Huntington Beach, 7561 Center Ave., #49, Huntington Beach.

Taste of Brea and Business Expo

May 24

5 to 9 p.m.

The Brea Chamber's annual family-friendly festival regularly attracts more than 2,500 visitors and showcases the business community. Visitors

may enjoy dancing to live music featuring Cold Duck. A DJ will be present. At, Downtown Birch Street promenade.

Strawberry Festival Garden Grove

May 25-28

The festival is a parade and carnival celebrating the city's strawberry-growing history. Free admission. At, Euclid and Main streets, Garden Grove. Call, 714-638-0981.

Scottish Fest Costa Mesa

May 26-27

The event features hundreds of bagpipers and drummers, Scottish and Irish food and vendors, Scottish clans, Highland dancing and traditional Scottish feats of strength like the hammer throw, putting the stone and caber toss. Part of the United Scottish Society, the festival was established in 1932 and was called a Highland Games in the tradition of Scottish heritage. At, OC Fair and Event Center, 88 Fair Dr., Costa Mesa.

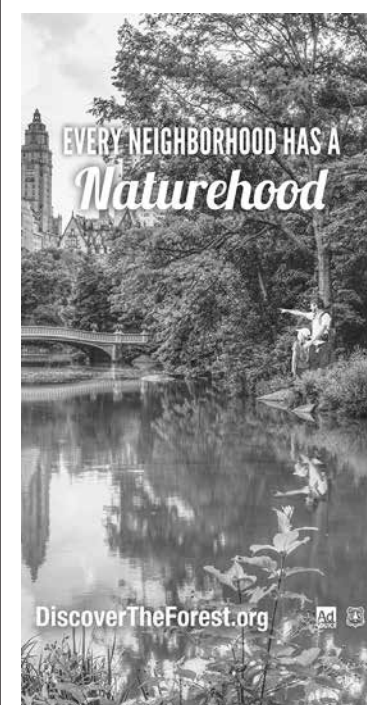
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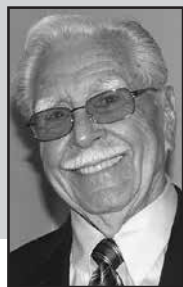
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Apostrophe Now

By Robert E. Horseman, DDS



After The Big Bang occurred, nothing much happened for years while unrecorded history was getting underway. Even though there must have been a frightful racket, no formal protests or inquiries were lodged at the time. Eventually, Man drifted down from Cosmic Dust or crept up out of Primordial Ooze and exclaimed, "What the heck was *that*?" No, actually he said nothing because there was no language, plus he didn't remember anything so riveting to date worth mentioning. It would have been a perfect time to have posed an original hypothesis of: *If a Big Bang blows up the Universe and nobody hears it, does it make a noise?*

Early Man articulated only a series of grunts, because vowels were not discovered until the beginning of First Ice Age (November, 97,576 B.C.). Grunts, displays of teeth and furrowed brows were the basic tools of primitive communication. Bon mots and scintillating repartee were to come later along with the Morse Code during what anthropologists term the *Me Tarzan, You Jane Era*.

The discovery of the "period" that mandated a full stop if employed was a serendipitous addition to the early development of language. The mounting intensity of monosyllabic grunts, reminiscent of present

day dialogue with teenagers, could quickly escalate a benign encounter to a spear-in-the-brisket dust-up, or at the very least, a Time Out in your cave.

As language, in terms of verbal expressions gained popularity, it became clear that a permanent record of things as diverse as Cave Owners Association meetings, scissors-paper-rock disputes and cease and desist orders would be essential.

At a Summit Meeting called to rectify this omission, all parties agreed that it would be a consummately idiotic thing if all developing tribes spoke the same language. They realized that a dilution of their culture at the very least, or a threat to their security at worst, would be forthcoming if tourists and other pillagers and plunderers understood posted street signs and menus. Furthermore, it would be infinitely more difficult to insult each other with impunity if the offensive exchanges were transparent.

Some groups indicated that their written language would

consist of oddly shaped ideographs with no clue offered how to pronounce them. The inhabitants of a group of islands (pronounced UK) off the coast of what would come to be termed "Europe," developed their own quaint written language that was quickly adopted by poets and early politicians with no other useful skills. Today--if English teachers insist on it--their durable works can be appreciated with the generous aid of footnotes.

Europe became the nesting place of many different tribes such as Visigoths, Der Huns, El Raiders, Le Fighting Francos and Duh Uncouths. They agreed to disagree on everything except an alphabet and even that was deemed suitable to the Eastern Europeans only after reversing some of the letters and inventing a few new ones they called *Cryillic*. Occasionally, it became necessary during incendiary negotiations over border disputes for opposing sides to yell at each other during a sulfurous discourse by using the other's native idioms. They did this by adopting comical accents that successfully lowered expectations on both sides.

Slowly, vocabularies expanded to encompass two-syllable words and lengthy four and five

Continued on page 21

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Apostrophe Now

Continued from page 19

word sentences that presented the next big hurdle to written communication—punctuation. Like spelling that has never attained any degree of relevancy to electronic-bonded Generation Xers, much of punctuation remains a mystery today.

The use of the period was readily adopted. This gave writers a chance to ponder briefly before scribing the next thought unless it was in the same vein, then they would hazard the use of the semi-colon, a common device used in abdominal surgery. Unfortunately, the period never caught on with verbal communication. Some speakers continue to blather on for ages without a pause until struck by a blunt object.

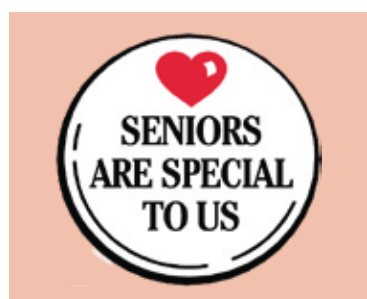
The written question mark, however, representing the raised eyebrow and the exclamation mark designed to exhibit anger or surprise were accepted without resistance. In fact, Hispanic scribes went one step farther by placing them inverted at the beginning of a sentence as well as the finish. ¿Was this thoughtful assistance to offer the reader sufficient time to prepare for the writer's expected response? It did if the reader was adept at Spanish, otherwise it was regarded only as a quirky, but memorable part of Victor Borge's phonetic punctuation routine.

Which brings us to the apostrophe, a punctuation mark so sorely abused that it has the

appearance of a badly managed comma. Why anything so unassuming should generate so much apprehension and mistreatment is odd, but there it is. Some have placated their anxious neurons by never allowing an "ess" at the end of a word—any word—to be unaccompanied by an apostrophe on its left. Or *it's* left if the portent of omitting the mark distends the nostrils dangerously. Thus we encounter a sentence like *"It's a shame the car's were late so ten's of thousand's of owner's never got Je's's bad new's."* Possessive case—no problem; plurals and contractions—no problem. *It's always wise to apostrophize* is their motto.

Those stalwarts not intimidated by such nit-picking niceties of punctuation aver that letting "esses" fall where they may—preferably by the wayside along with preferential spelling—is the sensible way to go. Obeying no bidding but their own whim in a society already swamped by rules and regulations not of their making, the Tweeters and Texters may well herald the rebirth of the *Me Tarzan, You Jane Era*.

Their knuckle-dragging ancestors would have agreed that apostrophes or not, life among the hominoids could frequently be a pain in the ess.



Life in Long Beach

By Lyn Jensen

Share a Little Tea With Elise

Tea parties and Mother's Day are traditions that go together well. Mother's Day is Sunday, May 13, and Elise's Tea Room will be glad to supply the tea party—just be sure you make reservations because they're necessary for Sunday and especially for Mother's Day.

Owner and executive chef, Elise Benavidez, is a mother herself, and she's spent nearly 23 years replicating English tea service at her elegant little restaurant at 3924 Atlantic Ave., Long Beach.

She serves made-from-scratch soups, salads, and baked goods along with her special blends of tea.



She says she opened the tea room because, when she was a child, she loved having tea with her English grandmother, going to English tea rooms in nearby cities. She decided Long Beach could use an English tea room, so she started one.

She began with her grandmother's recipes but has developed her own specialties over



the years. She blends her own teas—about 50 flavors including five different Earl Greys. She also makes her own soups and bakes her own pastries—her lemon scones are made with lemons off her own tree. "No spray," she assures us.

Through the years Benavidez has managed the restaurant while raising a family and earning her certificate in Hotel Restaurant & Institutional Cooking and Baking & Chocolate from the Long Beach Culinary institute. She's written a book, *Elise's Tea Room and Recipes: Where Tea Warms the Heart* that includes a history of tea along with her reci-



pes. It's for sale at the tea room and on Amazon.

At Elise's Tea Room, tea parties are always happening. Benavidez says workers from nearby businesses often stop in for lunch, and her restaurant is a popular spot for bridal showers, baby showers, and Red Hat Society gatherings.

After Mother's Day, Elise's Tea Room will host another special event. When Megan Markle marries Prince Henry on Saturday, May 19, it'll be televised live at 4 a.m. here in Long Beach.



Benavidez will open her tea room early so guests may watch the wedding while dining on tea and wedding cake. Despite the hour, breakfast won't be served, she says, explaining, "It's not a breakfast, it's a tea."

Address: 3924 Atlantic Ave., Long Beach, CA 90807
Phone: 562-424-2134
Web: www.ElisesTeaRoom.com

Hours: Tuesday through Friday 11 a.m. to 5 p.m., reservations needed on weekends.



Make a Great Trip Greater Take Amtrak to Solvang on a Car-Free Journey

Story by Ronnie Greenberg • Photos by Joe Hilbers

Board Amtrak Pacific Surfliner at the Chatsworth* station, sit back, relax, and feast your eyes on the ever-changing landscape on the way to Santa Barbara. On arrival at the historic Santa Barbara station be whisked onto a connecting Amtrak Thruway bus straight to downtown Solvang.

Off the bus stroll across the Square to the **Solvang Visitors Center** where you will be greeted with a promotional welcome bag (good throughout 2018) packed with information that includes, free 2018 Destination Guide, audio ear buds, detailed maps, the Solvang Heritage Walking tour app which you can download at www.solvangusa.com/experience-solvang-mobile-app and special discounts on participating hotels, restaurants, wine tasting, muse-



Mirabelle Inn

ums and activities when you show your ticket. From here you are ready to start your adventure. **

Straight out of a Hans Christian Anderson fairytale, Solvang cuddles at the crossroads of California's southern central coast, in the heart of Santa Barbara's wine country. Sunshine and Robin Blue skies embrace this Danish-American town that perpetuates the

spirit of their beloved storyteller. Magic prevails in its quaint painted streets, tiled curio shops, and window-sill flower boxes. Fantasies appear from fanciful old-world chimneys adorned with storks, thatch and weathered copper roofs, domes and spires. A sprinkling of creaking of the five country-style windmills, the beguiling Little Mermaid statue (the original is by the water's edge in Copenhagen), Round Tower, the giant red clog, and the twinkling gaslight street lights that illuminate the town complete the enchantment.

Check into the magic of classic European elegance at the **Mirabelle Inn** set in the heart of town. Offering a rare retreat in time, there are 11 individually decorated guest rooms and suites, all featuring antiques, fireplaces and art. Comfy beds

are dressed in luxurious featherbeds, down duvets and plump pillows for the ultimate in sleeping comfort. On the more modern side a bottle of Ciquelicot Sangiovese is yours to enjoy along with complimentary Wi-Fi, 40-inch Flat Screen TV with premium channels and iPod dock. Guests are treated to a delicious gourmet breakfast that might include blueberry scones, fresh cut-up fruit, traditional oatmeal with apple compote; or specialty omelets with sausage. Owner Jonathan Rosenson and manager Kelly will do all to make your stay delightfully memorable.

menu inspired by local fresh produce and ingredients. Hours are 5:30 to 8:45 p.m. Located at 409 First Street (800)786-7925) or www.mirabelleinn.com

All Around the Town
Elverhoj Danish Heritage and Fine Arts Museum is devoted to the cultural heritage of Solvang and its early history. Located at 1621 Elverhoy Way, call (805) 686-1211; visitwww.Elverhoj.org. **Hans Christian Andersen Museum** features a large collection of the author's books and art, with hundreds of first editions. Located at 1680 Mission Dr., (805) 688-2052. **Old**



Solvang Visitors Center



Solvang Landmark

First & Oak, at the **Mirabelle** is where Executive Chef Steve Snook oversees his exquisite modern European, California, Contemporary and French/American cuisine. Choose your own personalized tasting

Mission Santa Ines, a National Historic Landmark, was dedicated in 1804 as the 19th in the chain of California Missions. Located at 1760 Mission Dr., (805) 688-4815; visit www.missionsantaines.org

Make a Great Trip Greater Take Amtrak to Solvang on a Car-Free Journey

continued



Ron Paaski owner of The Solvang Restaurant

Wilding Museum of Art & Nature is located at 1511-B Mission Dr., call, (805)688-1082; visit www.wildingmuseum.org. **The Copenhagen House** featuring the best designs from Denmark, is exhibiting the Amber Museum with amber from around the world, and the Great Hall of Danes, a 6-foot tall Danish Village. Located at 1660 Copenhagen Dr., call, (805) 693-5000; visit www.thecopenhaghenhouse.com.

Dining

There are more than 35 restaurants around the village serving international and wine country cuisine.

The Solvang Restaurant is owned by the personable Jeffrey Paaski, a member of the fourth generation of Solvang's founding family. The decor is traditionally Danish with murals of Hans Christian Anderson's fairy tales

and works by local artists. Booths are embossed with authentic crests of Danish villages. The restaurant was featured in one of the scenes of the movie *Sideways* and diners still ask to sit in the film's famous booth. In addition to a menu featuring American hearty food, salads and specialty Danish dishes, Jeff is especially proud to be the home of Arne's famous Aebleskiver served with powdered sugar and raspberry jam, a sought after Danish delicacy. Open weekdays from 6 a.m. to 3 p.m. and 6 a.m. to 5 p.m. weekends. Located at 1672 Copenhagen Dr. call, (805) 688-4645; visit www.solvangrestaurant.com.

Mad & Vin is the signature restaurant of **The Landsby**, a stunning 50-room boutique hotel. The restaurant's lovely contemporary design with Scandinavian elements is inspired by the town's Danish routes. It overlooks the lovely courtyard garden of the hotel, with access to the warm and welcoming lobby bar, all looked after by Barry Prescott, general manager. Dining at Mad & Vin with Executive Chef Beto Huiitzen includes cuisine with specialized flavors from around the world and blending into foods native to the area. Dinner is served Tuesday through Sunday, in addition to daily breakfast. The lobby bar offers craft cocktails and beer, an extensive offering of local wines and a variety of shrubs made in-house by Chef Beto with spices and fruits such as mango, fig, blood orange and grapefruit. Daily Happy Hour from 4 p.m. to 6



Kim Jensen in his Ingleborg's Danish Chocolate Shop



Mad & Vin at the Landsby

p.m. has a menu including duck fat fries, Salumi with grilled cheese, calamari and Santa Ynez sliders. Located at 1576 Mission Dr., call, (805) 688-3121; visit www.thelandsby.com.

Cecco Ristorante is a warm Italian cafe and patio where Chef/owner David Cecchini is famous for his thin crust pizza, pastas, and classic menu. Located at 475 1st Street No. 9, call, (805) 688-8880; visit www.cccoristorante.com.

Fresco Valley Cafe has Chef Matthew Raab showcasing American food with soups, quiche salads and sandwiches, alongside craft beer and wine. Call, (805) 688-

8857 or visit www.frescovalleycafe.com.

CHOMP owned by Aaron Petersen is a great place for burgers, fries and shakes. Located at 1693 Mission Dr., call, (805) 688-7733; visit www.chompsolvang.com. **Root 246 at Hotel Corque** with Scott Gold general manager at the helm, is sought after by locals and visitors alike for delicious gourmet culinary delights. Located at 420 Alisal Road, call, (805) 686-8681; visit www.root246.com.

Savor the aromas of the mouthwatering Danish pastries and sweets from these village bakeries: Olsen's Danish Village Bakery, Danish Mill Bakery, Birkholm's Bakery & Cafe, The Solvang Bakers, Mortensen's Danish Bakery.

Continued on page 26



Catching Up on Retirement Saving

If you are starting at or near 50, consider these ideas

Provided by Howard Erman, CFP®

Do you fear you are saving for retirement too late? Plan to address that anxiety with some positive financial moves. If you have little saved for retirement at age 50 (or thereabouts), there is still much you can do to generate a fund for your future and to sustain your retirement prospects.

Contribute and play catch-up. This year's standard contribution limit for an IRA (Roth or traditional) is \$5,500; common employer-sponsored retirement plans have a 2018 contribution limit of \$18,500. You should try, if at all possible, to meet those limits. In fact, starting in the year you turn 50, you have a chance to contribute even more: for you, the ceiling for annual IRA contributions is \$6,500; the limit on yearly contributions to workplace retirement plans, \$24,500. ¹

Look for low-fee options. Lower fees on your retirement savings accounts mean less of your invested assets going to management expenses. An account returning 6% per year over 25 years with an annual expense ratio of 0.5% could leave you with \$30,000 more

in savings than an account under similar conditions and time frame charging a 2.0% annual fee. ²

Focus on determining the retirement income you will need. If you are behind on saving, you may be tempted to place your money into extremely risky and speculative investments - anything to make up for lost time. That may not work out well. Rather than risk big losses you have little time to recover from, save reasonably and talk to a financial professional about income investing. What investments could potentially produce recurring income to supplement your Social Security payments?

Consider where you could retire cheaply. When your retirement savings are less than you would prefer, this implies a compromise. Not necessarily a compromise of your dreams, but of your lifestyle. There are many areas of the country and the world that may allow you to retire with less financial pressure.

Think about retiring later. Every additional year you work is one less year of retirement to fund. Each year you

refrain from drawing down your retirement accounts, you give them another year of potential growth and compounding - and compounding becomes more significant as those accounts grow larger. Working longer also lets you claim Social Security later, and that means bigger monthly retirement benefits for you.

Most members of Generation X need to save more for their futures. The median retirement savings balance for a Gen Xer, according to research from Allianz, is about \$35,000. A recent survey from Comet Financial Intelligence found that 41% of Gen Xers had not yet begun to build their retirement funds. So, if you have not started or progressed much, you have company. Now is the time to plan your progress and follow through. ^{3,4}

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

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Citations.

- 1 - [irs.gov/newsroom/irs-announces-2018-pension-plan-limitations-401k-contribution-limit-increases-to-18500-for-2018](https://www.irs.gov/newsroom/irs-announces-2018-pension-plan-limitations-401k-contribution-limit-increases-to-18500-for-2018) [10/25/18]
- 2 - [businessinsider.com/401k-fees-devastate-retirement-2017-5](https://www.businessinsider.com/401k-fees-devastate-retirement-2017-5) [5/10/17]
- 3 - fool.com/retirement/2018/02/07/heres-what-gen-xers-have-saved-for-retirement.aspx [2/7/18]
- 4 - [entrepreneur.com/article/309746](https://www.entrepreneur.com/article/309746) [3/2/18]

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Spread The Word, Not The Flu

Here's good news about health: Flu vaccines are already available at doctor's offices, retail stores, pharmacies and flu clinics. In fact, Sanofi Pasteur, the largest provider of influenza vaccine to the U.S., sent its first vaccine shipment last month.

You hear it all the time: "It's just the flu." But the flu can take on a serious and potentially life-threatening meaning, especially for vulnerable populations, including the elderly, young children and those with compromised immune systems.¹ In the spirit of National Immunization Awareness Month, let's look at how flu impacts the U.S. and why it's important to help protect yourself and those around you by getting immunized annually.

The flu shouldn't be taken lightly. Influenza, combined with pneumonia, is one of the top 10 leading causes of death in older adults, says the Centers for Disease Control and Prevention (CDC).² Every 4 minutes, someone 65 years of age and older is hospitalized due to the flu or flu-related complications, and every 12 minutes, someone dies from complications related to the flu, adds the CDC.^{2,3} During the 2015-2016 influenza season, 1.7 million estimated illnesses and 153,349 hospitalizations occurred among adults age 65 years and older.

The flu also causes more hospitalizations among young children than any other vac-



cine-preventable disease.⁴ Since 2010, flu-related hospitalizations among children younger than 5 years old ranged from 7,000 to 26,000 per season.⁵ Although the flu is especially harmful in these vulnerable populations, it can impact everyone. Even as a healthy adult, it is important to help protect yourself from this potentially debilitating disease.

The single best way to help prevent influenza is to get an annual vaccination, which can help reduce the risk of getting sick with seasonal flu and spreading it to others.¹ Certain vaccines are developed specifically to address the age-related weakening of the immune system, so adults ages 65 years and older should talk to their doctors about flu vaccines available for them.

Even though seasonal influenza activity typically occurs between October and May, the CDC recommends that people get vaccinated before influenza begins spreading in their community. This is important because it takes about two weeks after vaccination for antibodies to develop in the body that help protect against influenza.⁶

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Solvang

Continued from page 23

Stop in for mouthwatering world-famous hand-made chocolate candy, marzipan, and an amazing assortment of ice cream and sorbets made before your eyes at **Ingeborg's Danish Chocolate Shop**. Personable owner Kim Jensen will be delighted to offer you samples. These awesome delicacies can be mailed and ship everywhere. Located at 1679 Copenhagen Dr., call, (805) 688-5612; visit www.ingeborgs.com.

Sample wine and beer at 20 downtown tasting rooms (125+ area vineyards).

The local **Farmers Market** takes place every Wednesday.

If you have not been to Solvang for a while prepare to bring your memories of the expected, right alongside the charm of the unexpected.

* Local stations on the way to Santa Barbara are Moorpark Carpinteria, Camarillo, Oxnard and Ventura.

For general information contact: **Solvang Visitors Bureau at 1639 Copenhagen Dr., call, (805) 688-6144; visit www.solvangusa.com open 9 a.m. to 5 p.m.

For car free information visit www.solvangusa.com/getting-to-solvang/car-free-solvang

May Crossword Puzzle

Across

1. Young cow
5. Clear the board
10. Spy
14. Cameo shape
15. Second king of Israel
16. In a bad way
17. Soup with sushi
18. Cabinet department
19. Cartoonist Silverstein
20. Abroad
22. Aboriginal
24. Sick
25. ____ extra cost
26. Some sculptures
29. Postal carrier's tote
33. Role for Clark
34. Fail to include
36. Compass dir.
37. Musical ability
38. Look happy
39. From ____ Z
40. Altar constellation
41. River to the Ubangi
42. Church council
44. Converting to leather
47. Zero
48. South American Indian
49. CPR expert
50. Place of contentment
53. Most lucid
58. Monumental
59. Swift
61. ____-Tass (Russian news agency)
62. Don't look at me!
63. Related on the mother's side
64. Magazine founder Eric
65. Slippery ____ eel
66. Gave a measured amount
67. Church service

Down

1. Singer Perry
2. Tel ____
3. Emit coherent light
4. Retailer of flowers
5. Ford flops
6. Pro ____
7. Gardner and others
8. Join a poker game
9. Toothless
10. Firearm
11. K through 12
12. Mtn. stat

13. "South Park" kid
21. Type of machine found in Las Vegas
23. Black cuckoo
25. Miss by ____
26. Rare delight
27. Scarlett of fiction
28. Aired again
30. Game of chance
31. Composer Bruckner
32. Crystal-lined rock

34. Last letter of the Greek alphabet
35. Wire measure
38. Preserved by exposure to the sun
42. Body of an organism
43. Rare metallic element
45. Nicotinic acid
46. Not Rep. or Dem.
47. Required
50. Lucy Lawless role

51. Mil. addresses
52. Actress Talbot
53. Tax experts: Abbr.
54. Lo-cal
55. Jazz singer James
56. Without
57. Very, in Versailles
60. Year abroad

Answers on Page 38

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Spread The Word

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This flu season, spread the word about the impact of the flu and the importance of annual vaccination. You can learn more about influenza at <http://sanofipasteurus.media-room.com/influenza-press-kit> and find out how to inform others on the importance of vaccination at www.nphic.org/niam-10things.

Remember, vaccination remains the best method to help prevent influenza and its potentially severe complications, and it is one of the most important things you can do to help prevent the spread of this potentially life-threatening illness to friends and loved ones.¹

1U.S. Centers for Disease Control and Prevention (CDC). Key Facts about Influenza (Flu). <http://www.cdc.gov/flu/key-facts.htm>. Accessed on August 7, 2017.

2CDC. National Vital Statistics Report. Deaths: Final Data for 2014. https://www.cdc.gov/nchs/data/nvsr/nvsr65/nvsr65_04.pdf. Accessed August 7, 2017.

3CDC. Estimated Influenza Illnesses, Medical Visits, Hospitalizations, and Deaths Averted by Vaccination in the United States. <https://www.cdc.gov/flu/about/disease/2015-16.htm>. Accessed August 7, 2017.

4CDC. Information for Schools & Child-care Providers. <http://www.cdc.gov/flu/school/>. Accessed on August 7, 2017.

5CDC. Children, the Flu, and the Flu Vaccine. <https://www.cdc.gov/flu/protect/children.htm>. Accessed on August 7, 2017.

6CDC. Key Facts About Seasonal Flu Vaccine. <https://www.cdc.gov/flu/protect/keyfacts.htm>. Accessed August 7, 2017

The best way to help protect yourself from the flu is to get an annual flu vaccination.

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Social Experiment Finds How To Put More Joy Into A Party

In the U.S., 74 percent of people order carry-out or delivery pizza at least once a month. However, many people don't realize that ordering carryout or delivery pizza may be compromising the moods of themselves and those around them.



The Social Experiment

In an effort to determine which pizza makes for happier gatherings—delivery or fresh—baked from the oven—a social experiment used facial recognition software to measure the effect on the moods of partygoers.

At a series of six pizza parties, the room was set up with more than 20 high-resolution hidden cameras to capture footage of guests while DIGIORNO® pizza baked in the oven and when delivery was ordered from national chains. The footage was later analyzed to identify patterns in emotion, such as smiles and frown lines, determining which pizza generated a more positive result.

The Results

There was more joy observed at pizza parties when pizza was baking in the oven than at those that ordered carryout or delivery.

That may explain why nearly 80 percent of all online posts about carryout and delivery pizza last year were not posi-

tive*. That's hundreds of thousands of pizza mishaps reflecting poor service, late arrival, cold pizza and wrong toppings from national chains.

The Reasons

Since DIGIORNO pizza is fresh-baked from the oven it doesn't encounter the same issues as delivery. At the parties that baked up the pizza, joy increased by an average of 27 percent. In comparison, at parties that ordered delivery, joy decreased by an average of 20 percent—and when delivery pizza was ordered by phone or online, it made partygoers 24 percent less joyful.

Plus, the social experiment showed that partygoers were 17 percent more joyful when the smell of pizza filled the room and the oven timer rang. The arrival of delivery pizza at the door couldn't compete as average joy increased only 2 percent.

Learn More

For further information, visit www.digiorno.com/power-of-pizza. To watch the experiment, go to www.youtube.com/digiorno.

The ABCs Of IBD Treatments

Every year, some 70,000 Americans are diagnosed with an inflammatory bowel disease (IBD), such as Crohn's disease and ulcerative colitis. They're characterized by ongoing inflammation in the intestine and symptoms include:

- persistent diarrhea
- abdominal pain or cramps
- rectal bleeding
- fever and weight loss
- fatigue
- joint, skin or eye irritations
- delayed growth in children.

There's no known cure but there are treatments. Medical treatment has three main goals:

- Achieving remission (the absence of symptoms)
- Maintaining remission (prevention of symptoms or flare-ups)
- Improving quality of life.

To accomplish these, treatment is aimed at controlling the inflammation and your doctor will work with you to find the right medications for you. Managing Crohn's disease and ulcerative colitis involves dedication to taking your medications as prescribed and open communication with your doctor so you can work as a team toward the goal of remission.

IBD medications generally fall into five categories:

1. Aminosalicylates limit inflammation in the digestive (or gastrointestinal) tract. They

can be pills, liquids or suppositories.

2. Corticosteroids work by lowering the activity of your immune system and limiting inflammation. They're mostly used for short-term treatments as they reduce inflammation in a few days to a few months but have a high potential of side effects. Corticosteroids can be taken orally, rectally or injected.

3. Immunomodulators are often used as a long-term treatment to calm your immune system over time. Since it may take several months before their effect is seen, immunomodulators are often started at the same time as faster-acting corticosteroids with the idea that you'll stop taking steroids once the immunomodulators take effect. These medications can be injected or taken in pill form.

4. Antibiotics are used to treat the infections that arise unexpectedly or for IBD patients who encounter certain complications including abscesses (pockets of pus) and fistulas, which are abnormal connections of the intestine to other parts of the body. Clostridium difficile (or C. diff) is a common bacterial infection that also requires antibiotic treatment. If an IBD patient has surgery, antibiotics will likely be used afterward. They can be taken orally or through an intravenous infusion.

5. Biologic therapies (also known as biologics) are pro-

teins that block specific molecules in the body that cause inflammation. These medications are for people with moderate to severe active IBD who have not responded well to other types of medications, or for those at high risk of complications. Biologics can be delivered through injection or taken intravenously.

It's Important To Take Medications As Prescribed
Living with Crohn's disease and ulcerative colitis can be challenging as you face symptoms and cope with the effects on your daily living. You should know, however, that you have a major role in keeping your symptoms and inflammation under control.

Medications work best when taken consistently and as prescribed. That can help prevent complications such as surgery, hospitalization, flare-ups, and risk of cancer due to uncontrolled inflammation. Sometimes, a medication may not seem to be working, or new symptoms or complications may arise. What works at one stage of your disease may not work at another. If you experience symptoms while on treatment, tell your doctor. Discuss other available options, their benefits and risks. To help, the Crohn's & Colitis Foundation offers online tools that explain the pros, cons and trade-offs of various treatments.



Learn More

For further information, call Crohn's & Colitis Foundation's IBD Help Center at 888-MY-GUT-PAIN (888-694-8872) or visit www.crohnscolitisfoundation.org.

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The AMD Effect: Ruining Your Granddaughter's Ballet Recital

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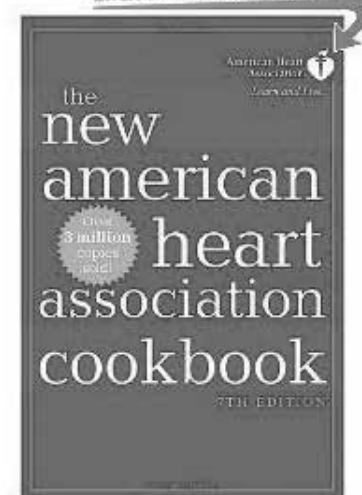
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Busy Boomers

By Les Goldberg

Galloping The Galapagos!

If you haven't yet decided on where or when you are going on a vacation this year, you might want to set your sights on the southern hemisphere where the sun shines bright and giant sea turtles, iguanas and blue-footed boobies roam.

We're specifically talking about the Galapagos islands and the ancient Incan cities in Ecuador and Peru. And to help you decide whether this is the "trip of a lifetime" for you, let me introduce you to long-time Southern California residents, Hilary Kaye and Layne Ballard, who will give you a "birds-eye" view of the adventure into a world many only experience in TV and books.

The couple recently returned to their North Tustin home from a three-week journey which they said was on their bucket lists for decades. "As we've gotten older, we've begun to realize we had better take the more active trips while our health is still good," says Hilary.

So off they went in March



of this year after nearly six months of planning with the help of the Internet and a travel agent.

SR: Why the Galapagos and Machu Picchu?

HK: I have always wanted to visit the Galapagos Islands for as long as I can remember – probably since I first read about them in school. My husband's bucket list included Machu Picchu in the Andes Mountains of Peru, home of the ancient Spanish and Inca ruins.

Anyone who knows me at all knows I am a serious animal lover. So, first and foremost, this trip was a chance to see so many animals – up close in their native habitats. Also, I have always been intrigued by the evolutionary aspect of Darwin's work. Visiting the islands and seeing the animals Darwin wrote about when he formed his evolution-

ary theories was too good to pass up.

SR: How did you plan the trip?

HK: We planned most of it ourselves and used an agent only to help us figure out which boat in the Galapagos to select. That part was helpful. For the rest of the trip, we mostly used Trip Advisor and other online sites, picking mostly smaller boutique hotels which was a great decision.



SR: What were your goals for the trip?

HK: We wanted to experience as much as we could and not hold each other back. Layne is a serious scuba diver and wanted to make sure he dove in the islands. I'm a so-so diver and just wanted to snorkel. Another example occurred in the last leg of our trip in Quito,



Ecuador. We expected it to be a "chill out" time there, but we accidentally found an amazing guide who spent the two days with us.



It was anything but chill for me. While Layne did his own thing, I had a blast ziplining in the cloud forest – through the canopy trees and light rain.

SR: Did you use native guides?

HK: While we usually like to wander around on our own, we realized that we would do best by truly understanding the Inca civilization and what we were seeing with the ruins. In Galapagos, there is no way to go without a guide, or naturalist. We booked a "superior" class boat with superb guides.

SR: What did you enjoy most about the Galapagos?

HK: I can't even begin to mention all the highlights, but here are a few: snorkeling with sea lion pups who just wanted to play with us; watching big sea turtles who just floated beneath the surface and came up for air, poking their heads above water; hiking on islands while watching colorful large red, yellow or green iguanas crawl on lava

rocks, and witnessing the colorful birds – like blue-footed boobies and frigates with inflated big red pouches to attract mates. And they had no reluctance to mate, nurse, fight or sleep just inches away from us as we walked along the islands.

Another highlight was watching the huge tortoises (some 100 years old) crawl slowly by at our hotel on Santa Cruz island. This is their natural habitat and no one "owns" them. They just exist there and are fun to watch. One of them munched on a banana right in front of me and barely noticed I was there.



And then there was our hike to the top of Machu Picchu at 9,000 feet, and our stay in Sacred Valley in the small Peruvian town of Urubamba. Our boutique hotel, the InTinián, is owned by an elderly retired couple who treated us like family. Neither spoke much English, and my Spanish is so-so, but somehow we got along great.

Continued on page 32



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More on Depression

Depression is the most common disorder that brings an individual into therapy. Many individual's wait until they are truly desperate before they seek professional help. Unless you have experienced the depths of depression, it is difficult to imagine what an individual will do. Most patients are so immobilized by this illness and they do not have the energy to try some of the helpful interventions I discussed in my first article (Senior Blues).

First of all, you need to believe that you are going to get better. It is your thought process that is keeping you in this pit. You are probably distorting many of your thoughts, making it worse in your mind than the situation presents. Start by forcing yourself to get up every morning with an activity (for instance, a brisk walk and positive affirmations). If you have mobility problems, do some chair exercises, along with the positive affirmations. Rather than dwelling on the negative, practice reframing your thoughts

Think of something that would

bring joy into your life and make it a priority. Don't let the depression envelope you and keep you stuck. It takes some effort to get out of this pit, and you are the only one capable of going down this positive path.

Utilize your social network. Call a friend or family member and meet for lunch or some enjoyable activity. If you feel isolated without social contacts, make it a priority to create a network. Start with a Senior Center, they have many classes and activities to get you involved with others.

Make it a point of showering and getting dressed. I know it sometimes takes much effort but you will feel better after taking care of your personal hygiene. Remind yourself that you control how you think and you can make this a good day.

Have a healthy breakfast and think about how these nutrients fuel your body for a good start. Think about making every day a joy and an opportunity to learn more about your ability to be happy.

I often recommend one of two workbooks to my patients, to help teach them the reframing process. Ten Days to Self Esteem by David Burns, M.D. is a good one. Another workbook equally helpful, is Mind over Mood by Greenberger and Padesky. The two books are similar and point out some of the common distortions in thinking, as well as giving readers a chance to practice reframing their thoughts. When you're really feeling down or anxious, review some of these distortions. It often will help you put it in to a more realistic perspective.

Busy Boomers

Continued from page 30

SR: What tips do you have for anyone planning such a trip?

HK: Allow as much time as possible to make certain your passports are up-to-date. I would suggest at least six months. Might as well be prepared for an international trip at any time. You never know when a great opportunity might pop up. We did not need



any inoculations for that part of the world, so that part was easy. Other considerations are the weather patterns at certain times of the year. There are



pros and cons to each season. When it is warmer there is more rain. In the dry seasons, the air and water are cooler. We decided to travel when the water is warmer and there are less people.

Also, know your physical limitations. For example, if my husband and I were younger and didn't have any back or joint pain, we could have gone on the four-day Inca Trail in Peru. But we knew we couldn't, so we were content to just climb up the ruins and absorb the Inca experience that way. Climbing some steps is necessary, but not too difficult. You can go at your own pace. People with lung conditions must consider the challenges of breathing in the high altitudes.

If you have basic mobility, however, and a sense of adventure, you should go for it. You will do very well.

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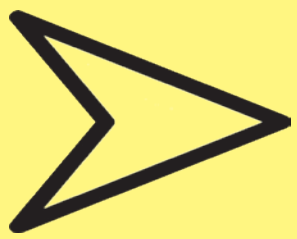


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In The Spotlight

By Debbie L. Sklar

Pop Artist Peter Max Shares How to Stay Active After Turning 80

It used to be that when you thought of an 80 year-old-man, you'd think of an inactive grandpa sitting in his favorite chair. Wrong, – that ain't always the case anymore!

Enter iconic pop artist, Peter Max, who turned 80 recently, and is still making art, exercising, visiting with fans at his gallery shows and practicing yoga.

Baby Boomers nowadays are putting their focus on keeping active and staying healthy in attempts to hold on to their youthful energy if possible. As older Americans are living longer, Boomers could have another 20 years in front of them. Why not spend those years in a healthy, positive state of mind?

“To stay moving, flexible and energetic I like to walk, practice Hatha yoga and lately do some ball room dancing. I even try to sneak in some arm and leg exercises while I'm riding in an elevator,” Max said. “My greatest tool for keeping myself in a ‘flow’ situation and avoid tension and stress is to paint. I paint while standing and I use the movement of my entire body. It's what I learned as a child growing up in Shanghai and watching Buddhist monks paint gi-



@Peter Max 2018

ant calligraphy figures on large sheets of rice paper with large bamboo brushes, using Tai chi-like movements. Painting helps keeps me feeling young and flexible.”

Getting older doesn't mean life stops. With proper diet, exercise, and emotional support from friends and family, the quality of life for a Boomer can be just as fulfilling as when they were younger. Max has great insight to living your best life as you age. He recently shared his thoughts with Senior Reporter.

Q: Where do you reside?

A: I live on the Upper West Side of Manhattan, NYC and have for a long time. I love

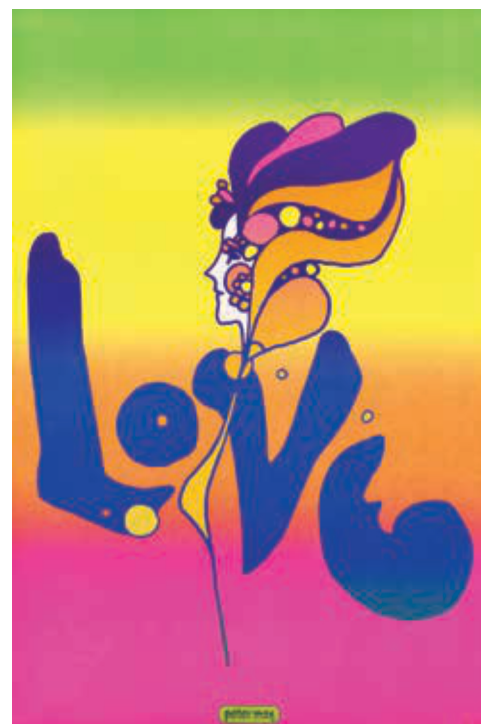
looking out at the Hudson River when I paint and draw at home.

Q: How often do you paint these days?

A: I paint and draw nearly every day for several hours a day.

Q: Is keeping healthy as important as your painting these days?

A: Painting and drawing help to keep me feeling healthy and young. Painting energizes and motivates me, and that's healthy. I paint while standing and I use the movement of my entire body. It's what I learned as a child growing up in Shanghai and



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watching Buddhist monks paint giant calligraphy figures on large sheets of rice paper with large bamboo brushes, using Tai Chi-like movements.

Painting helps to keep me feeling young and engaged as does listening to music, walking, yoga and being with my fans, friends and family.

Q: How do you keep healthy, fit?

A: My studio is about a mile from my apartment, so I walk to and from the studio on most days. I love walking around New York City. I do yoga and meditation and have for decades. And lately I've been taking ball room dancing and loving it.

Q: What's your advice for someone over 60 in terms of keeping their mind, active, alert and healthy?

A: Try to avoid stress if possible. If stress

comes, find a quick easy way to release it. I meditate and do pranayama, regulated breathing. Listening to my

favorite music really motivates me and brings back so many great memories for me. I think music keeps the mind energized and speaks to memory. Practice things that you love doing like cooking, dancing, walking, playing music, drawing, swimming, knitting, or anything where you're thinking and moving.

I also believe one should work as long as they can. My father worked into his 90s. Creating and working on my art helps to keep my mind active and engaged. Try to work on something that you love if you're retired; a special project, a hobby or goal.

Q: Do you still show your paintings?

A: Yes, I have gallery shows nearly every weekend. Throughout the year, I also have private exhibitions at my studio. My gallery shows are announced and listed on my website and social media: www.petermax.com; Face-

Continued on page 43

Are You Seeking a Care Facility For Your Loved One?



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

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

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

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

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

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

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

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

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

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

work with the family budget to ensure appropriate placement.

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

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

SR: What is the cost of using RCPS services?

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

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

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

And the vice president of development for the Alzheimer's

Association said this about RCSP:

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

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

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

See our ad on the back cover.

Sound The Alarm: Help Save Lives



Every 45 minutes, someone in this country is injured in a home fire, mostly in places without working smoke alarms—but you can help reduce such statistics.

Three Steps Toward A Solution

1. Check that you have working smoke alarms on every

floor, in cooking areas and in every bedroom of your house.

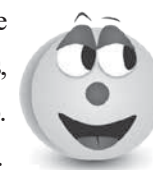
2. Volunteer to help the American Red Cross. It's calling for thousands of volunteers to join Sound the Alarm events across the country as part of its Home Fire Campaign. During these events, volunteers and partners install smoke alarms, replace batteries in existing alarms and help families create escape plans. As of March, the campaign is credited with saving 381 lives.

More than 1.1 million smoke alarms have been installed during Sound the Alarm home fire safety and smoke alarm installation events and volunteers are needed to help with upcoming events.

3. Donate to the American Red Cross. The money will help educate families on fire safety; install free smoke alarms nationwide; and provide food, comfort and aid to those who have been affected by a home fire. You'll be joining thousands of other Americans and generous organizations including Almost Family, Delta Air Lines, and FEMA through its Assistance to Firefighters Grant Program.

Learn More

To find out how to volunteer or to donate, go to www.SoundTheAlarm.org. To see how a smoke alarm saves lives, go to <https://vimeo.com/259007277>.



May Book Club

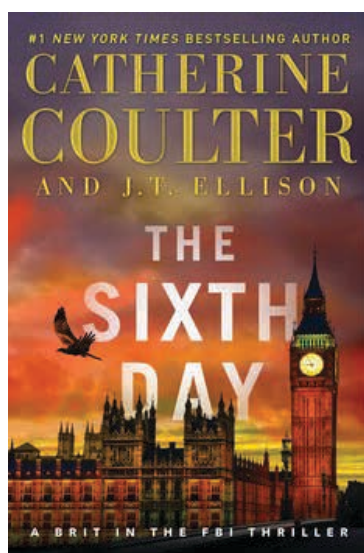
By Debbie L. Sklar



If there was ever a time to get out and enjoy the sunshine, it's now. While soaking up some rays, do take a moment to check out our May Book Club for some great reading. There's something for every reader to get immersed in.

The Sixth Day (Book #5 of *A Brit in the FBI*)

By Catherine Coulter and J.T. Ellison



“Special agents Nicholas Drummond and Michaela Caine take on a ruthless mastermind in the fifth highly anticipated thriller in the *New York Times* bestselling *A Brit in the FBI* series.

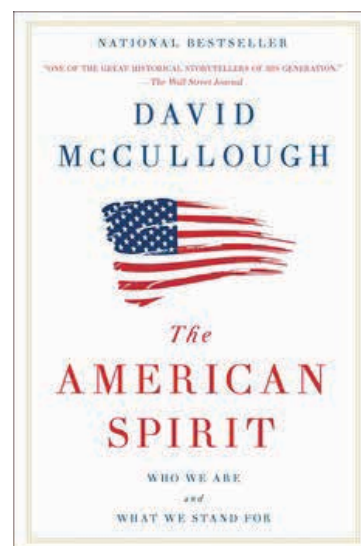
“When several major political figures die mysteriously, officials declare the deaths are

from natural causes. Then the German Vice-Chancellor dies on the steps of 10 Downing Street, and a drone is spotted hovering over the scene. The truth becomes clear—these high-profile deaths are well-constructed assassinations, and the Covert Eyes team is tasked to investigate.

“With the help of Dr. Isabella Marin, a young expert in the enigmatic Voynich Manuscript and cryptophasia (twin language), Nicholas and Michaela home in on Roman Ardelean, a wealthy cybersecurity genius and a descendant of 15th century Romanian Vlad the Impaler—often romanticized as Dracula. Ardelean believes the Voynich Manuscript will unlock the secret to curing his severely ill twin brother’s blood disorder and is willing to murder anyone who gets in his way, including Nicholas and Michaela,” according to the new releases from Publisher Gallery Books.

The American Spirit ***Who We Are and What We Stand For*** By David McCullough

“A timely collection of speeches by David McCullough, the most honored historian in the United States—winner of two Pulitzer Prizes, two National Book Awards, and the Presidential Medal of Freedom,

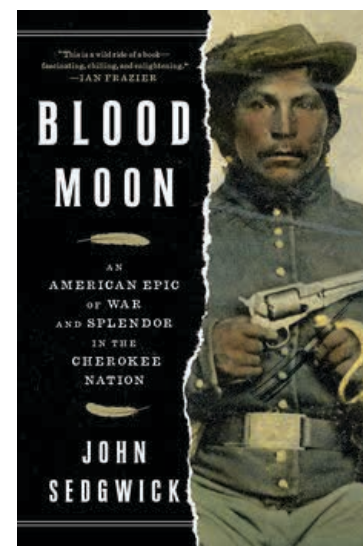


among many others—that reminds us of fundamental American principles.

“*The American Spirit* is as inspirational as it is brilliant, as simple as it is sophisticated” (*Buffalo News*). McCullough reminds us of the core American values that define us, regardless of which region we live in, which political party we identify with, or our ethnic background. This is a book about America for all Americans that reminds us who we are and helps to guide us as we find our way forward,” according to the new releases from Publisher Simon & Schuster.

Blood Moon ***An American Epic of War and Splendor in the Cherokee Nation*** By John Sedgwick

“An astonishing untold story from America’s past—a sweeping, powerful, and necessary work of history that reads like *Gone with the Wind* for the Cherokee.

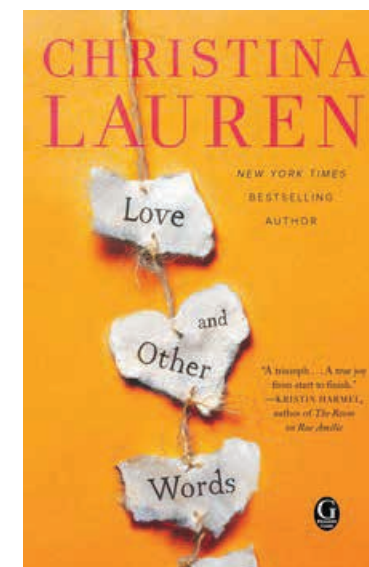


“*Blood Moon* is the story of the century-long blood feud between two rival Cherokee chiefs from the early years of the United States through the infamous Trail of Tears and into the Civil War. The two men’s mutual hatred, while little remembered today, shaped the tragic history of the tribe far more than anyone, even the reviled President Andrew Jackson, ever did. Their enmity would lead to war, forced removal from their homeland, and the devastation of a once-proud nation.

“It begins in the years after America wins its independence, when the Cherokee rule expansive lands of the Southeast that encompass eight present-day states. With its own government, language, newspapers, and religious traditions, it is one of the most culturally and socially advanced Native American tribes in history. But over time this harmony is disrupted by white settlers who grow more inva-

sive in both number and attitude...” according to the new releases from Publisher Simon and Schuster.

Love and Other Words By Christina Lauren



“The story of the heart can never be unwritten.

“Macy Sorensen is settling into an ambitious if emotionally tepid routine: work hard as a new pediatrics resident, plan her wedding to an older, financially secure man, keep her head down and heart tucked away.

“But when she runs into Elliot Petropoulos—the first and only love of her life—the careful bubble she’s constructed begins to dissolve. Once upon a time, Elliot was Macy’s entire world—growing from her gangly bookish friend into the man who coaxed her heart open again after the loss of her mother...only to break it on the very night he declared his love for her.

Continued on page 37

What's This Bump On My Foot?

by Dr. Michael Coyer, DPM, AACFAS

Bumps on feet can signal serious or nonserious conditions, so it's best to have all bumps properly examined by a foot and ankle surgeon.

The most common type of foot bump, ganglionic cysts, are soft, harmless, fluid-filled sacs found on the tendons and joints of the foot. Ganglionic cysts can be caused by a leaking of jellylike fluid from the "capsule" surrounding the joint or tendon and may be on the top of the foot, near the ankle joint or even on the side of the foot. The cyst won't disappear on its own and the best way to prevent reoccurrence is to have it surgically removed by a foot and ankle surgeon.

Plantar fibromas are another type of harmless bump found on the foot. Plantar fibromas are fibrous, hard bumps found within the ligament of the foot and are common in the arch area on the bottom of the foot. Nonsurgical treatments, such as steroid injections or orthotic devices, may relieve symptoms. Surgical removal is an option for people who still have pain after trying nonsurgical approaches.

Foot bumps suspected of being something more serious are biopsied for proper diagnosis. If it is cancer, the foot and ankle surgeon will remove the mass working with an oncologist for further treatment.

Foot bumps don't go away on

their own. The sooner a bump is properly evaluated, you can have peace of mind, move forward with treatment and resume everyday activity.

For more information on foot bumps or to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the American College of Foot and Ankle Surgeons' patient education website.

- Dr. Coyer is a foot and ankle surgeon and an Associate Member of the American College of Foot and Ankle Surgeons.

May Book Club

Continued from page 36

"Told in alternating timelines between Then and Now, teenage Elliot and Macy grow from friends to much more—spending weekends and lazy summers together in a house outside of San Francisco devouring books, sharing favorite words, and talking through their growing pains and triumphs. As adults, they have become strangers to one another until their chance reunion. Although their memories are obscured by the agony of what happened that night so many years ago, Elliot will come to understand the truth behind Macy's decade-long silence and will have to overcome the past and himself to revive her faith in the possibility of an all-consuming love," according to the new releases from Publisher Gallery Books.



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HIS FACE FURHERS
FUN LIKE THAT.”

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IS THE BEST
THING TO HAPPEN
TO A SHELTER PET

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Crossword Puzzle Answers from page 27

1	C	2	A	3	L	4	F	5	E	6	R	7	A	8	S	9	E	10	P	11	E	12	E	13	K
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Fire Prevention Tips And Technology

They look like mall, plastic boxes, round or square, stuck up on the wall or the ceiling—but they could save your life. They're smoke alarms and carbon monoxide detectors.



Facts And Figures

On average, eight people die in a home fire each day in the U.S.—almost 3,000 people every year. While working smoke alarms cut the chance of dying in a fire nearly in half, roughly two-thirds of all home fire deaths occur in homes without working smoke alarms, according to the National Fire Protection Association.

As for carbon monoxide detectors, more than 200 people die from carbon monoxide (CO) poisoning in the U.S. annually. Several thousand more are treated in hospital emergency rooms for CO poisoning. Yet an estimated 70 percent of U.S. homes are not protected by a working CO alarm. CO is created when common fuels such as natural gas, oil, wood or coal burn incompletely. This odorless, colorless, tasteless gas is often called the “silent killer” because it is virtually undetectable without the use of proper technology. You can be poisoned by a small amount of CO over a longer time as well as by a large amount over a shorter time.

What You Need To Know

For the best protection, smoke

alarms should be interconnected, so that they all sound if one sounds. Manufacturers are now producing battery-operated alarms that are interconnected by wireless technology.

Combination smoke alarms that include both ionization and photoelectric alarms offer the most comprehensive protection. An ionization alarm is more responsive to flames, while a photoelectric alarm is more responsive to a smoldering fire.

Hardwired smoke alarms with battery backups are considered to be more reliable than those operated solely by batteries.

What You Need To Do

- Install smoke alarms in every bedroom, outside each sleeping area, and on every level of the home including in hallways and the basement.
- Choose alarms that bear the label of a nationally recognized testing laboratory.
- Install smoke alarms at least 10 feet from cooking appliances.

Continued on page 40

Staying Safe, Part Two

As mentioned last month, there are those who think seniors are easy targets. There are more ways to avoid many of the traps and tricks.

EMAIL—Again, common sense is the key. *If it's too good to be true, it is a scam.* No one wants to send you huge amounts of cash for “safekeeping” and no, you haven't won a fabulous vacation that only requires a “deposit” to hold your space. If you get what looks like a legitimate request from your bank or credit card for “verification” of your name and password, call the bank or credit card and customer service will reassure you that it's a trick. Legitimate businesses don't request such information by email or on the phone.

PHONE—the IRS, local law enforcement *does not* call your phone and threaten to come to arrest you. If you are in trouble with those institutions, you will either receive official mail or a uniformed officer will talk to you in person. Oh, and if someone with a heavy accent calls to tell you that they need to fix your computer, yes, they do plan to “fix” it . . . and download private information before “fixing” it beyond repair. When in doubt, **HANG UP!**

FACEBOOK—Remember,

the more you share about yourself, the more information is available for scammers and thieves to use. For instance, a phone call that might seem like a wonderful chance to catch up with an old friend who is telling you that they are in town and would love to meet for lunch or coffee could be a trap. Verify before going out in a hurry and leaving your home vulnerable, a thief might have gotten the name from your Facebook page. Mentioning that you take a walk with your dog every morning is asking for trouble, and your pet could be stunned before he can try to protect you. That photo of you in your new car might attract someone who asks if you'd give them a ride for what sounds like a good reason. While you are letting them in, someone hiding nearby could hijack your vehicle, and possibly harm you.

PROTECTION—There are products you can use to protect yourself, many are inexpensive. Amazon offers a wide array of personal safety devices. The keychain personal safety alarms are recommended, the higher the dB the louder they are, and the more attention will be pointed to your attacker. Thieves and thugs don't appreciate attention given to their attempts to rob or harm. Keep one on your purse and one in your pocket, and one by the front door. Amazon, and other



outlets also offer stun guns and pepper spray. I'd recommend buying those at hardware or gun shops as they know what is legal in your area.

HOME PROTECTION—depending on your circumstance, you may be in an apartment or condo with adequate security and video cameras, however, adding a doorbell camera might be an option. In a single-family home, it's almost a necessity. Knowing – and videotaping – everyone who comes to your door could save your life, and perhaps deter anyone from stealing packages left on your doorstep. There are also devices to alert you if a window has been opened, both above are affordable and installing as a do-it-yourself project. If finances allow, more sophisticated setups installed by professionals are a wise investment, just do some research before deciding what you need.

Remember—*Being alert and always knowing what is around you, is the best protection.*

Cherish Your Hearing For Life

by Jennifer Gehlen, Au.D.

One out of every six people lives with some degree of hearing loss, and the earlier you have your hearing evaluated and treated by a professional, the better your outcome. These facts and hints can help:

What Is Hearing Loss?

Experts have identified multiple potential causes of hearing loss, including aging, noise exposure, head or ear injuries, infections and chronic illnesses. If you experience any of these symptoms, have your hearing checked:

- Decreased attention
- Trouble communicating with others
- Irritability, stress, depression
- Withdrawal from social life
- Memory loss
- Reluctance to try new things or visit unfamiliar places
- Declining performance at work.

Other signs include needing to raise the volume on audio sources (especially if others complain the sound is already turned up too high), thinking that people are always mumbling or talking too softly, and frequently asking others to repeat themselves.

Addressing Hearing Loss Relieves Mental Exhaustion

Wherever there's a high level of ambient noise, holding a conversation requires concentration and effort. If you have unaddressed hearing loss, it can be downright exhausting. You cannot keep up with mul-



tiples conversations going on around you without exerting significant effort to listen and understand. Trying to actively participate eventually leaves you so weary you might start to avoid socializing altogether.

Rather than missing out, consider what hearing aids can do. Current models include technology that continuously monitors your listening environment and singles out the dominant speaker while reducing background noise. Some people find they can actually hear better than their companions with "normal" hearing in very loud surroundings.

Enjoy The Great Outdoors Again

Wind and other environmental sounds make it difficult to understand what others are saying outside. Hearing aids today can help you hear every word clearly by singling out speech while suppressing interference. Some devices use motion sensors from an iPhone to adjust their focus to a friend's voice, while still helping you hear sounds vital to safety, such as an oncoming car.

No More Echo

Sounds reflecting off hard surfaces create reverberation—echoes that can interfere with understanding speech. Auto-

matic programs can all but eliminate irritating echoes, delivering cleaner, clearer and easier-to-understand speech.

Enjoy Music

Modern hearing aids are expertly configured to enable enjoyment of music to the fullest whether you're listening to a concert, home stereo system or even onstage yourself. Hearing aids with high-definition music programs can deliver the ideal acoustic balance to your ears in each situation with quality and completeness.

Telephonophobia Or Hearing Loss?

In previous generations, hearing aid wearers didn't like using phones because their devices would emit a high-pitched whine when next to a phone receiver. Plus, older devices often failed to provide enough voice clarity to significantly improve phone conversations.

Advances in wireless connectivity options have all but eliminated this. Now you can stream phone calls directly into both ears, in stereo, using Bluetooth technology.

The Choice Is Yours

There's no "one size fits all" answer to hearing loss because every person is uniquely affected. Fortunately, a wide range of hearing aids is available that can be tailored to your individual degree of hearing loss, specific ear anatomy, and personal lifestyle.

Your first move upon acknowledging you might have hearing loss should be to contact a hearing care professional and arrange to have your hearing tested and formally diagnosed.

Learn More

For further facts on preventing hearing loss, go to www.signia-usa.com.

• *Dr. Gehlen is an Educational Specialist at Signia. She provides training to customers and staff on company technology, products and software from face-to-face meetings to virtual sessions.*

To enjoy the sounds of life for as long as possible, it's important to recognize any indications of hearing loss and address them immediately.

Fire Prevention

Continued from page 39

es to reduce the possibility of false alarms.

• If possible, alarms should be mounted in the center of a ceiling. If mounted on a wall, they should be six to 12 inches below the ceiling.

• Avoid locating alarms near bathrooms, heating appliances, windows or ceiling fans.

• Test your alarms every month by pressing the TEST button.

• Replace the batteries at least once a year. If an alarm "chirps" or "beeps" to indicate low batteries, replace them immediately.

• Occasionally dust or lightly vacuum the exterior of the alarm.

• Replace the alarms in accordance with the manufacturer's instructions, but at least every 10 years.

• Never paint over an alarm.

• If you have difficulty hearing, you can get alarms with low-pitched sounds or vibrations.

Learn More

For further facts and tips on how to stay safe from fire, by the experts at Electrical Safety Foundation International, the premier nonprofit organization dedicated exclusively to promoting electrical safety at home and in the workplace, visit www.esfi.org.

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A Whale of a Story

Continued from page 3

away from land. We all are required to wear life preservers. We reach the area where the mother whales are with their babies. Now when a gray whale is born they weigh 14 to 16 tons. Mom weighs 40 to 50 tons. The sea is choppy and because I am stupid, and pig headed I did not take the pills my wife offered for sea sickness. Of course, I have the motion of the boat up and down with the good size waves and I am ghost white with seasickness. All the women are fine and the other man in our boat is fine.

Some of the women are tipping the boat a good bit in addition to the waves by getting to the edge of the boat and leaning over calling to the whales who believe it or not come over to the boat. Women are now petting or scratching the baby whale's bellies and the mom is close by watching us. I guess mom got an itch and went under our boat and lifted it a little out of the water as she scratched her barnacles against the boat frame. She wasn't trying to dump us but just scratching herself is my guess. I have included some photos of the whales being petted. The life preserver helped calm me down and prevent me from screaming when the boat tilted to the side with the woman and was about in inch out of the water.

On Day 4 we are at San Ignacio Lagoon prepared for our



second day of whale petting. I have learned my lesson and taken my pills for seasickness. I am prepared and game. We motor out in the lagoon to see the whales. The water is calmer today, like me. Soon, with the ladies calling to the whales they are coming over to our Panga and we all are reaching over the edge of the boat to pet them, even me. My wife catches a few photos of me doing this and the arm in the red coat is mine petting the baby whale. Everyone is in good spirits. My wife later told me that on this 6-day trip she took more than 900 photos. If you add 27 more women taking photos you probably have enough photos to keep a printing company in business for a year. It's a long day and we don't get to our next hotel till late. It's 10 p.m. when we get to our room.

As my luck would have it we discover another broken toilet after we have unpacked. The front desk is notified by our guide who we catch in the hall. The guide comes back and tells us we must move to another room because no one is available to fix it tonight. We repack and move. Day 5 brings us to another lagoon

and more whale petting. It's a good day, the water is calm, and I am calm. Lots of photos are taken of people petting the

baby whales and sometimes the mama whale. However, in the beginning of the day none of the whales were coming near us

until the women on the Panga started singing, "You are my sunshine," etc. I am convinced their singing brought the whales over to our Panga. Day 6 was spent mostly traveling back toward San Diego. On Day 7 breakfast was at 7 a.m. and our luggage was to be outside our room to be picked up and loaded on the bus for our 8 a.m. departure.



I enjoyed breakfast as my wife left early to get something out of her luggage that we put in the hall to be picked up. I was just finishing up when I got a twinge in my stomach. I excused myself and headed quickly back toward our room. I was about halfway there when I saw a public restroom which was my best chance to avoid embarrassment. Montezuma's Revenge was knocking on my door. I reached the bathroom to discover the lone toilet was occupied. Of course, you can't break the door down and drag someone out, so I had

to continue toward my room though it crossed my mind for a second to do it. It was then that Montezuma caught up to me. I prayed my best prayers that my luggage hadn't been picked up yet because I very definitely had to change my clothes.

As my room came into view I saw my wife bent over the open luggage retrieving something. I explained my emergency and darted into our room and then the bathroom. My wife brought my luggage back in, opened it and passed clean clothes to me through the little opening I made in the doorway. By some miracle, we were able to arrive pulling our luggage at 8 a.m. to the bus and the driver quickly loaded

our bags. We had not delayed the bus, so no attention was brought to us. Fortunately, before we left for the bus, my wife had some medicine that worked

100 percent and Montezuma made no more attacks. We arrived in San Diego, went through the check point producing our passports and luggage with no problems. Yes, this was an adventure I just had to write about. Would I have still done it if I knew what was going to happen? Yes, without question. Petting a whale is a once in a life time experience and the people of Mexico could not have been nicer.



Ten Tips For Drivers

According to the National Highway Traffic Safety Administration, there are 5.25 million driving accidents a year in the U.S.—but they needn't happen to you.

What You Can Do

- Don't use your smartphone while driving. Drivers talking on phones, hand-held or hands-free, can miss seeing up to half of their surroundings, such as pedestrians, bicyclists, motorcyclists or other drivers.

- Drive "defensively." Be aware of what drivers around you are doing.

- Keep your eyes moving while you drive. Check all mirrors.

- Leave at least two to four car lengths between your car and the one ahead, six or eight at night or in bad weather.

- Obey all speed limits and signs.

- Never drive under the influence of alcohol or drugs, or if you are fatigued.

- Always wear your seat belt.

- Adjust all mirrors and seats properly before starting the car.

- Use turn signals, and ensure your lights are on at night and in bad weather. Make yourself visible with horn, lights and signals.

Continued on page 42

Tinseltown Talks

By Nick Thomas

Marion Ross Writes of 'Happy Days' and More in New Memoir

From 1974 to 1984, TV audiences knew Marion Ross as the sitcom mom dispensing patience and wisdom during the 11-season run of the ABC hit series *Happy Days*. But Marion's days were not entirely happy.

In her March memoir, *My Days: Happy and Otherwise*, her 'otherwise' reminiscences include a bad first marriage and the challenges confronting an actress and single working mother.

Even her early years on *Happy Days* weren't always cheery thanks to TV hubby Tom Bosley.

"Tom didn't particularly want me to play his wife, so he was tough on me for a while," recalled Ross from her home in Woodland Hills, CA.

She says the rough treatment lasted the first few seasons. "Eventually, I won Tom over and learned to love and admire him even though he had picked on me. That wasn't really who he was, and I came to realize he was a fine man."

The entire cast soon developed



Marion Ross and cast of *Happy Days*
- ABC publicity photo



Recent Marion Ross photo - provided by publicist

a bond that lasts to this day. "We really were like a family growing together. I saw the kids grow up, get married, and have their own babies. We've all remained close."

Raised in Minnesota (Watertown, Albert Lea, and Minneapolis), Ross was determined to act from an early age.

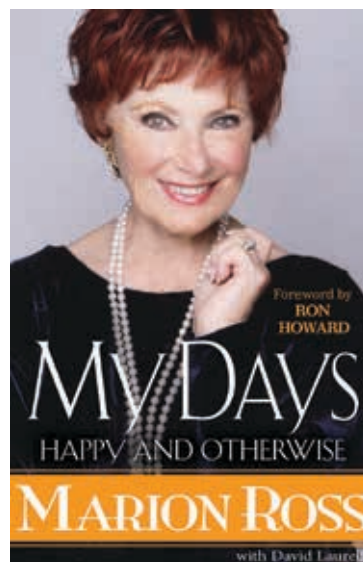
"I was a middle child and my brother was very sickly, so I didn't get all the attention. I secretly decided I'd better become rich and famous!" she laughed. "I read all the arts and theater magazines and saw acting as a way to achieve that. At the library, I'd look up famous actors in books like *'Who's Who?'* I wanted to learn how they became successful."

She recalls reading *Present Indicative*, the first volume of Noël Coward's autobiography.

"He began on the stage as a child, so by 13, I was planning to be successful too," said Ross, whose family moved 3 years later to California where she graduated college and began to realize her dream in theater. But it soon evolved into film and television.

"At 25, I landed a role in the TV version of Noël Coward's *Blithe Spirit* and actually got to work with Noël Coward!" she recalled about the 1956 production.

"The first reading of the script was at Humphrey Bogart's house because Lauren Bacall (his wife) was in the production. Can you imagine being a young actress doing that on a Sunday? I just loved it!"



Cover of Marion Ross's book *My Days Happy and Otherwise*, published March 27, 2018

Ross's film career began with Paramount, 3 years earlier with Ginger Rogers in *Forever Female*. She would later work with other movie legends including Clark Gable in *Teacher's Pet*.

"Some actors just have an aura and Gable did. It was Easter, so I colored some eggs and on one wrote *'M.R. loves C.G.'* I gave it to his assistant, a suave fellow who protected Gable from everyone. Gable eventually just said *'Thank you very much'* to me.

It was, says Ross, a great time to be an actor.

"All the stars ate in the studio's dining room. Marlene Dietrich would come swooping into the room and a hush would fall over the place. Those early days in Hollywood were just so thrilling, almost more than I could bear."

Though she has no future acting plans, she says working on the book brought back many memories.

"I had to be talked into writing the book by my family but now I'm having fun discussing it," says Ross who turns 90 in October and is planning some book signings in the Los Angeles and New York areas. "I've certainly had more happy days than 'otherwise.'"

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

Tips For Drivers

Continued from page 41

- Look out for the truck and bus "No-Zone." Those drivers have big blind spots. If you can't see the drivers in their rearview mirrors, they can't see you.

What Others Are Doing

Many of the professionals who drive trucks, taxis, limousines and buses are recognized for their attention to safety. For example, the 127,000 small-package drivers at UPS are among the safest on the roads, logging more than 3 billion miles per year and delivering nearly 5 billion packages annually.

In fact, the company recently inducted 1,582 drivers into its elite "Circle of Honor," raising to 10,503 the number of drivers who haven't had a preventable accident for 25 years or more.

Collectively, these drivers logged 14 billion miles and achieved more than 257,195 years of safe driving throughout their careers. That's enough to circle the equator 547,000 times, or make 206 round-trips to Mars.

Before ever making a delivery, all UPS drivers are taught safe driving methods through the company's defensive driving platform. The training continues throughout their careers. The company's UPS Integrad training school for delivery

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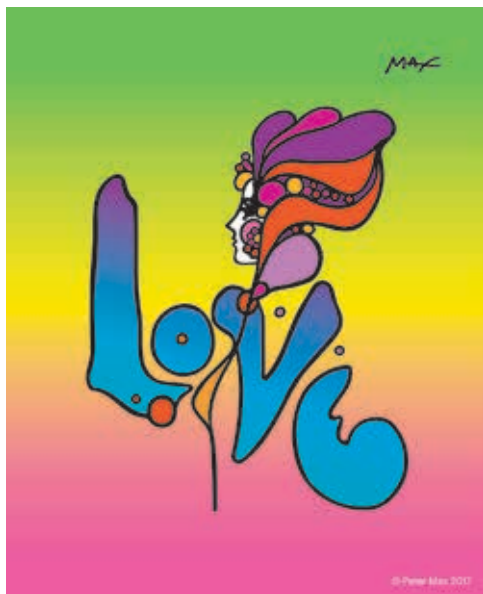


➤ In The Spotlight

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book: @artofpetermax; Instagram: @petermaxart; and Twitter: @Peter_Max

Q: What has been one of the greatest moments of your life?
A: I've been fortunate to have



@Peter Max 2018

had so many, it's hard to choose. But seeing my face on the cover of *Life Magazine* was one of my greatest thrills. Growing up in Shanghai, China, I saw *Life* covers with Five-Star Generals, and baseball, and movie stars. I could have never imagined that one day it would be me on the cover.

Q: What has been the most challenging?

A: Hmmm, that's hard to choose too, as I have also had so many. A challenge that comes to mind happened in 1981, after I had painted six, 8-foot high paintings for President Ronald Reagan and First Lady Nancy, at the White House July 4th celebration.

This honor had commemorated the sixth year of my Liberty painting tradition. It was later brought to my attention that the actual statue was in a state of disrepair and in dire need of renovation. I wanted to do something about it. So, I called all my friends in advertising and PR, and asked them who I should approach to help fund such an undertaking.

Leo Kelmenson, president of Kenyon & Eckhart advertising, said he would ask his client, Lee Iacocca, chairman of Chrysler. Mr. Iacocca loved the idea and took it on, becoming Chairman of the Liberty Renovation

Project. Upon the completion of Lady Liberty's renovation, Mr. Iacocca said that I was 'the spark that lit the torch that ignited the Statute of Liberty renovation.'

Q: If you could change anything what would it be?

A: I think when we all look back we think that there are a lot of things that we would have done differently now, but I don't think I would change



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any one thing; they were all meant to be.

Q: If you could meet anyone dead or alive, who would it be and why?

A: I would love to have met Picasso and just watch him draw and paint. He has been a great influence on me.

Q: What are five of your favorite things?

A: Art, of course, and color. Jazz and Rock music, my relationship with my fans, yoga and meditation, delicious macrobiotic and vegan food, and my friends and family.

Q: What legacy do you hope to leave?

A: I hope to leave people with happiness from my art. I hope

that my life, my art and the projects that I have been involved with have added peace, joy and most of all happiness to our planet and its people.

Q: Are you married? Kids? Pets?

A: I'm married to my lovely wife Mary and we have five cats. We are animal lovers. I still love my former wife Liz. I have two adult children, my son, Adam, and my daughter, Libra.

Q: Spare time, hobbies?

A: I love making art of course and music, yoga, walking, reading about space exploration and amazing things that people are doing.

Q: Message to people as they age and worry about their health?

A: Try to relax and accept what is and take things in stride while doing your best to take care of yourself with some exercise, healthy eating and keeping your mind engaged with activity. Meditation, some yoga and prayers help, too.

Tips For Drivers

Continued from page 42

drivers, and Driver Trainer School (DTS) for tractor-trailer instructors, boast some of the industry's most rigorous safety training, with the most up-to-date technology, including virtual reality devices.

The company even helps those it shares the road with stay safe, through its UPS Road Code training for teens.

Learn More

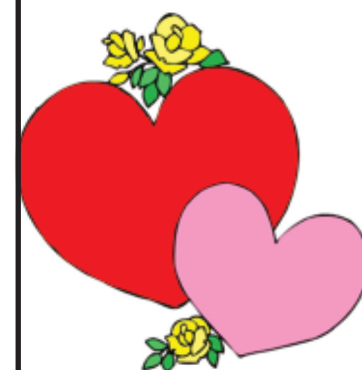
For further facts about safe driving, go to <https://sustainability.ups.com/committed-to-more/employee-safety/>.



Mother's Day: Founding by Anna Jarvis

The official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children. After gaining financial backing from a Philadelphia department store owner named John Wanamaker, in May 1908 she organized the first official Mother's Day celebration at a Methodist church in Grafton, West Virginia. That same day also saw thousands of people attend a Mother's Day event at one of Wanamaker's retail stores in Philadelphia.

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