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FEBRUARY 2020

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

Nicole Kidman

*"Whatever you do in life, don't give
up on your own dreams."*

—Nicole Kidman

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Traveling Time

By Jim McDevitt

It's that time of year again when my wife and I throw away our sanity and get on a plane to fly from LAX to BWI. Our flight leaves at 7 a.m. so you can imagine the condition I was in after getting up at an hour I can't repeat, rushing to the airport and going through security. I must fit the profile of a terrorist because I had to empty my pockets which included a dirty handkerchief as well as my wallet. Then my body goes through this machine that apparently checks me internally.

Even with a 7 a.m. take-off, I am amazed that we are 100 percent filled with every seat taken as we taxi on the runway. You would think with all these people, I believe the number is about 180, you would think someone would oversleep or get stuck in traffic. No way though, somehow everyone got to the plane. The price of the ticket these days could make some people become bank robbers. Just when I think prices have peaked, they get higher and higher.

Because of the long flight,

it is vital that a man my age be able to reach the bathroom when it is empty on a 100 percent full flight. One bathroom is in the front of the plane and two in the rear. Because of terrorism, no one can stand in front of the plane and wait to use the bathroom. We were in the front of the plane flying to BWI and I had an aisle seat five rows from the bathroom. This gave me a little edge on getting there when someone exited the bathroom. If you are over 4 feet, you cannot stand up in the bathroom in front of the plane.

The engineers designed the plane so that if you do stand up and are over 4 feet, you must put your head through the plane's fuselage. Who wants to do that? Not me. Of course, you also don't want to sit on the seat for the bathroom because often, it is wet. In California, the restrooms all have paper seats to place over the toilet in public places but in the sky where everything is cramped and accidents could happen when you hit an air pocket, there is nothing to protect the seat.

Real food on a plane these days does not exist. Yes, I did get a 2-ounce bag

of pretzels and a 3-ounce drink of soda. I also got a 3-ounce cup of water before we landed which prepared me to rush off the plane to find a bathroom when we landed. The announcement over the public address system when your board tells you to put one of your two carry-ons under the seat in front of you where your legs should go. That may be OK if you are 2 feet and you don't have legs that reach that far but it wasn't a choice for me.

I must confess that I am a lowlife person who puts his two carryons in the compartment over his head. This may place me on the '10 Least Wanted Passengers List' of people for a flight if the airlines were to keep one. The good news is that none of the toilets broke during the flight and no lines were allowed in the front of the plane. This, of course, means that 50 people jump up out of their seats when someone comes out of the bathroom and race for the door.



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The museum collection spans the history of manned flight from

Continued on page 16

CHINO, CA VALLE, AZ

PLANES OF FAME AIR MUSEUM

2020 SCHEDULE OF EVENTS

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

JANUARY	4	Living History Flying Day featuring: the Focke-Wulf Fw-190 Germany's 'Butcher Bird', Student Art Contest Awards
FEBRUARY	1	Living History Flying Day featuring: the F4U-1A Corsair
FEBRUARY	15	Special Presentation: The Strategic Bombing of Europe During World War II: A Look at the 91st Bomb Group
MARCH	7	Living History Flying Day featuring: the P-38 Lightning, presentation by Francis Gary Powers Jr.
MARCH	21	6th Annual Hangar Dance with Big Band Orchestra
APRIL	4	Living History Flying Day featuring: the B-25 Mitchell, presentation by Jonna Doolittle Hoppes
APRIL	18	Special Presentation: The Incredible True Story of Douglas "Wrong Way" Corrigan
MAY	2	Planes of Fame Air Show May 2-3 2020, Chino Airport
MAY	10	Mother's Day - Moms Admitted FREE!
JUNE	6	Living History Flying Day featuring: the P-47 Thunderbolt, D-Day presentation
JUNE	20	Special Presentation: The Story of Edwards AFB, To Push the Outside of the Envelope
JUNE	21	Father's Day - Dads Admitted FREE!
JULY	4	Living History Flying Day featuring: the Curtiss P-40 Warhawk
AUGUST	1	Living History Flying Day featuring: the North American P-51 Mustang
AUGUST	15	Special Presentation: Blazing New Trails: Diversity in Aviation
SEPTEMBER	5	Living History Flying Day featuring: the Douglas AD-4 Skyraider
OCTOBER	3	Living History Flying Day featuring: the F-86 Sabre, Junior Aviator's Day: Kids Get in Free!
OCTOBER		13th Annual 'Taste of Flight' Gala (Date TBD)
NOVEMBER	7	Living History Flying Day featuring: World War One, presentation by Christina Olds
NOVEMBER	11	Veterans Day - Veterans Admitted FREE!
DECEMBER	5	Living History Flying Day featuring: the Mitsubishi A6M Zero
DECEMBER	5	Pearl Harbor Hangar Dance with Big Band Orchestra

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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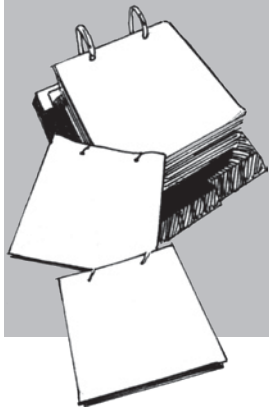
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February Calendar of Events



If you're looking for some fun events in and around the area, you're in luck. In February there is a variety of happenings from great theater options to an art crawl.

UCI Illuminations presents "Macbeth: A Lecture Demonstration by Tang Shu-wing Theatre, Hong Kong"

Feb. 4

6 p.m.

In 2012, Tang Shu-wing Theatre Studio was invited to present its landmark production of "Macbeth" at London's Globe to Globe Shakespeare Festival, at the Globe Theatre. In the lecture-demonstration, artistic director Tang Shu-wing will discuss the physical theatre production of Shakespeare's Scottish play, and members of the Studio will present several scenes. Inspired by the Eastern and Western traditions of physical theatre, this version of "Macbeth" transmits the spirit of the play through a succession of images, where body expression, physical movements and live accompaniment show the characters' relationship, as well as the director's vision of time and space.

This event is the 2020 Kirk Davis Jr. Public Shakespeare Lecture. Additional support from UCI Shakespeare Center donors and UCI's Center for Asian Studies. Free admission. The public is welcome. At, Irvine Barclay Theatre & Cheng Hall, 4242 Campus Drive, Irvine.

Laguna Beach Music Festival

Laguna Beach

Feb. 5-8

This festival is dedicated to artistic excellence and innovation, featuring an internationally acclaimed mentor musician or ensemble along with other talented artists in a week-long array of performances and education. At, Laguna Beach.

Taste of San Juan San Juan Capistrano

Feb. 6

6 to 9 p.m.

Come join and launch the kick-off celebration of the Fiesta de las Golondrinas at A Stone's Throw Winery. The event brings together some of San Juan's restaurants under one roof to explore 'tastes' of the various fare. Includes live music. Tickets are \$40 for general admission. At, Stones Throw Winery, San Juan Capistrano. Call, 949-493-1976.

Timberwolf 5 K Run/Walk

Irvine

Feb. 8

The Timberwolf 5K Run/Walk, and the 1K Fun Run, features views, food, event T-shirts and hundreds of fitness enthusiasts. Proceeds from registration and sponsorships benefit Northwood High School and Families Forward, a local non-profit providing supported housing programs, counseling, food, referrals, school supplies, career coaching, and other services for families in crisis. At, Northwood High School, 4515 Portola Pkwy. Irvine.

Art Crawl Experience Anaheim

Feb. 9

Art Crawl Experience aka "ACE," is an auditory art walk and arts festival that has been acclaimed by local artisans as the Downtown Anaheim Arts District. During the evening of an "ACE," attendees stroll amongst outdoor permanent art fixtures, such as Peter Shire's illuminated birdhouse sculptures, to discover artists demonstrating their creative process. The crawl stretches from Anaheim Boulevard to Harbor Boulevard and along Center Street Promenade. Art lovers may walk, crawl or

climb aboard the Anaheim Resort Transit (ART) for complimentary rides throughout Anaheim's Art Crawl Experience. Call, 714-956-3586.

Chance Theater Family Series presents: "A Wrinkle in Time"

Feb. 14 - March 1

One dark and stormy night, the eccentric Mrs. Whatsit arrives at the home of Meg Murry, a young teen who doesn't fit in at her New England high school. Meg's scientist father vanished over two years ago, under mysterious circumstances. Aided by Mrs. Whatsit and her friends, Meg, her gifted brother Charles Wallace, and her friend Calvin are transported through time and space on a mission to rescue their father from the evil forces that hold him prisoner on another planet. This is a theatrical adaptation bringing Madeleine L'Engle's acclaimed story to life. Recommendation: Ages 4 and up; good for the entire family. 20 percent off tickets. Limited availability. Use code "Tesser20." At, Chance Theater @ Bette Aitken Theater Arts Center, 5522 E. La Palma Ave., Anaheim. Tickets and information at ChanceTheater.com/wrinkle.

The Kid's Pet Parade Feb. 15; rain date Feb. 22

Part of the annual Fiesta de las Golondrinas celebration. Kids between the ages of 5 to 12 can enter their favorite animals in a contest for, "The Cutest," "Most Unusual," "Best Team Costume" (owner and pet), "Funniest & Most Obedient" (pet, not child). At, Los Rios Park, 31747 Los Rios St., San Juan Capistrano. Call, 949-493-1976.

Los Alamitos "Race on the Base"

Los Alamitos

Feb. 21-22

The yearly event provides a forum for local avid runners and walkers but also instills a sense of pride and teamwork between the Los Alamitos City Council, the citizens of Los Alamitos, the Rossmoor Community Services District, and the local business community. The race is held on the runways at the Joint Forces Training Base in Los Alamitos and features helicopters, planes and military vehicles with music throughout the course. Events and activities for all. Call, 562-430-1073.

Irvine Park Railroad Anniversary Celebration

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‘It’s Just a Game!’ (Or Is It?)’

By Randal C. Hill

On Nov. 25, 2019, three months before Super Bowl LIV was to be played on Feb. 2, 2020, Fox TV announced that the game at Miami’s Hard Rock Stadium was sold out of available advertising spots. Companies that hadn’t already ponied up \$5.5 million per 30-second message were out of luck.

The Super Bowl has become a spectacular yearly advertising and entertainment event ... and there’s even a football game thrown in for good measure! Tickets for those who want to witness the event for themselves now cost an average of \$2,500 to \$3,500 per seat.

Over the years, numerous music icons have brought a true ‘wow’ factor to the halftime performances and included Motown superstars (Michael Jackson, Diana Ross, Stevie Wonder, Smokey Robinson), several iconic hitmakers (Bruce Springsteen, Madonna, Aerosmith, Lady Gaga, Prince, Katy Perry, Beyoncé) and some legendary UK entertainers (Phil Collins, U2, the Rolling Stones, Sir Paul McCartney).

Today’s Super Bowl draws a viewing audience of about 100 million. It’s America’s biggest annual sporting competition (although the World

Cup soccer games draw more viewers worldwide). But, for many Americans, it’s more a boisterous afternoon of fun and friendship than a sports contest. More food — and presumably more drink — is consumed on Super Bowl Sunday than any other day of the year except Thanksgiving.

It wasn’t always this way. The first such game wasn’t even called the Super Bowl. Played on Jan. 15, 1967, it was officially termed the AFL – NFL World Championship Game. But NFL commissioner Pete Rozelle wanted something a bit punchier, something easy to remember. The Pro Bowl, perhaps, or maybe even The Big One.

The name by which it later became known originated with Lamar Hunt, the owner of the Kansas City Chiefs. He had seen his young daughter play with a bouncing toy called a Super Ball, and Hunt was inspired to propose the name Super Bowl for the contest. Rosella declared the term too informal, but it didn’t take long for Hunt’s recommendation to take hold with the public.

That first game was far from being a sellout. By kickoff time, about one-third of the seats at the 94,000-seat Los Angeles Memorial Coliseum remained unsold, as many peo-

ple grumbled that the \$12 ticket price (about \$92 in today’s money) was excessive and refused to cough up the required funds.

And just how impressive was that first halftime show compared to the budget-busting, jaw-dropping extravaganzas we have come to expect now?

Judge for yourself. Two men, who each wore hydrogen-peroxide-propelled jetpacks (technically termed ‘rocket belts’) flew around the field — barely off the ground — to show what future travel could look like someday. Two college marching bands paraded. Trumpeter Al Hirt performed. Ten thousand balloons went airborne. So did 300 pigeons, one of which left a deposit on the typewriter of young sportscaster Brent Musburger.

In that initial contest, by the way, the NFL’s Green Bay Packers walloped the AFL’s Kansas City Chiefs 35-10, and Green Bay quarterback legend Bart Starr was named MVP.

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Health And Well-Being

Healthy Eating And Physical Activity For Life

No matter what stage of life you're in—whether you're an adult, an older person, a pregnant woman or a parent—consuming healthy foods and beverages, combined with getting regular physical activity, stress relief and adequate sleep, may help you or your children stay healthy for life!

The recently updated National Institute of Diabetes and Digestive and Kidney Diseases' (NIDDK) Healthy Eating & Physical Activity for Life series offers tips for developing and maintaining healthy habits for many stages of life.

Health Tips for Adults

Reaching and maintaining a healthy body weight as an adult may help prevent future health problems. Some tips to follow include making healthier food choices, being aware of food portions and the kinds of foods and beverages you consume, and how often you have them.

It's also important to engage in regular physical activity. Try to get at least 150 minutes a week of moderate-intensity aerobic activity, such as biking or brisk walking. Aim for at least two days a week of muscle-strengthening activities, such as heavy gardening. If your time is limited, work in small amounts of activity throughout your day.

Finally, get enough sleep and manage your stress to stay on track with improving your health.

Health Tips for Older Persons

As you grow older, good nutrition and staying active are as important as ever. Your lifestyle choices may prevent some health problems, such as diabetes, heart disease and some cancers. For example, focus on eating nutrient-dense foods and drinking fluids throughout the day, including those with added vitamin D and calcium.

As you get older, it's also important to engage in physical activities you enjoy—either on your own or with a friend. Ask your healthcare professional about whether and how you can safely become active or increase your physical activity. Also talk with your healthcare professional if you feel that changes in your home life, health, medicines, income, mobility or sense of smell and taste are affecting your interest in consuming healthy foods and drinks and engaging in physical activity.

Health Tips for Pregnant Women

Whether you're ready to try for a baby or are already pregnant, you may be inspired to get healthy. Developing and



Enjoy a family walk. Physical activity provides health benefits across your life span

following a healthier eating plan may help you have a safe pregnancy and delivery and a healthy baby.

Think about new, healthful foods and beverages you can try—such as berries or a banana with hot or cold cereal for breakfast; a salad with beans, tofu or other non-meat protein for lunch; and a lean serving of meat, chicken, turkey or fish and steamed vegetables for dinner.

It's also important to engage in physical activities while pregnant. Most women need the same amount of physical activity as they did before they became pregnant.

Helping Your Child: Tips for Parents

As a parent, it's important to share tips with your children on what to eat and drink to fuel their bodies and get them moving. Healthy habits may help children grow, learn and build strong bones and muscles while maintaining a healthy weight. Work together as a family to form healthy

Continued on page 42

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Nicole Kidman

By Les Goldberg

At 52, the Australian-American superstar actress is not slowing down, not by a long-shot. The bright lights of Hollywood continue to shine on Nicole Kidman, whose fame was gained not only from the movies she has appeared in, but also from her two marriages, first to Tom Cruise and currently to star singer and guitarist Keith Urban.

Her name is in the news lately for a drama that she wishes she had no part in – the Australian wildfires. During her appearance on the Red Carpet for the 2020 Critics' Choice Awards, she revealed that her home was close to the destruction.

"Our home is OK," she said. "It's been under threat, though. It's been under enormous threat, and the surrounding areas have been very, very badly burned."

She added that she and Urban, also an Australian citizen, are donating \$500,000 to relief efforts and encouraged others to give what they can.

It was not the usual Red-Carpet

conversation for the winner of an Oscar, two Emmy Awards and five Golden Globes. After all, her 37-year career has earned her a ranking as one of the highest-paid actresses in the world. And "Time" magazine twice named her one of the 100 most influential people in the world.

"Heavenly Star"

Kidman's long journey from Australia to Hollywood began in Hawaii, where she was born on June 20, 1967. At the time, her mother, Janelle Ann, was a nursing instructor who edited her husband's books and was a member of the Women Electoral Lobby. Her father, Antony Kidman, was a biochemist, clinical psychologist, and author.

While in Hawaii, she was given the Hawaiian name "Hoku-

lani," meaning "Heavenly Star." The inspiration came from a baby elephant born around the same time as Kidman at the Honolulu Zoo.

Her family returned to Australia when she was four. She grew up in Sydney where, while in high school, she enrolled in ballet and displayed a natural talent for acting, inspired by Margaret Hamilton's performance as the Wicked Witch of the West in "The Wizard of Oz."

As a child, however, Kidman admitted that she was timid. "I am very shy – really shy," she said. "I even had a stutter as a kid, which I slowly got over, but I still regress into that shyness. So, I don't like walking into a crowded restaurant by myself. I don't like going to a party by myself."

In Sydney, she initially studied acting at the Phillip Street Theatre alongside Naomi Watts who had attended the same high school. She also attended the Australian Theatre for Young People, studying drama, mime and finding acting to be a refuge. It was there

that she was convinced that she wanted to pursue acting full-time.

Her film debut came at age 16 in the remake of the Australian holiday season favorite, "Bush Christmas." By the end of 1983, she had a supporting role in the TV series "Five Mile Creek." She began gaining popularity in the mid-1980s after appearing in several film roles, including "BMX Bandits," "Watch the Shadows Dance" and "Windrider," a romantic comedy that earned her attention due to her racy scenes.

After working as a lead and supporting actress in several Australian films, Kidman made her American film debut in "Days of Thunder," the auto racing movie starring her then-boyfriend and future husband, Cruise. It was among the highest-grossing films of 1990.

Since then, the name Nicole Kidman has become a household name among movie fans across the globe. Her credits and co-stars include: "Billy Bathgate," in which she earned her first Golden Globe

Award nomination as Best Supporting Actress; "Far and Away" with Cruise; "Malice" with Alex Baldwin; "My Life" with Michael Keaton; "Batman Forever" with Val Kilmer; "The Peacemaker" with George Clooney, and the list goes on.

Later, as the 20th century turned, she was named the World's Most Beautiful Person by "People Magazine," after winning more nominations from the film industry award programs in the Best Actress category.

In conjunction with her movie stardom, Kidman became the face of the Chanel No. 5 perfume brand, earning a record \$12 million for appearing in a three-minute ad.

In 2016's "Lion," Kidman

Continued on page 14

Good Health Reset



Good-tasting food can be good for you, too.

A good health reset can happen any time of the year. It simply takes a commitment to making small, sustainable changes that add up to impactful, healthy habits. Dr. Samara Sterling with The Peanut Institute says it's best to begin by concentrating on the good habits you already follow.

"Set yourself up for success by building on the healthy things you like to do," says Sterling. "For example, if you typically eat one serving of fruit a day, figure out a way to increase that to two servings."

Over time, as you amp up your healthy habits, the detrimental ones tend to fade away more easily.

As part of a good health reset, Dr. Sterling recommends incorporating more protein, especially plant-based proteins, into a daily diet.

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The Gadget Geezer

By Les Goldberg

Cool Tech Reigns Supreme at CES

In the tech world, welcoming the new year is celebrated more by making the annual trek to Las Vegas for the Consumer Electronics Show, or CES, than watching the big glitterball drop in Times Square or guzzling the bubbly.

Evidence of that was on display last month when about 170,000 attendees from all over the world converged on the place dubbed “Sin City.” The literal miles and miles of aisles in the convention center and hotel conference rooms and suites were filled with more than 20,000 new products and future innovations representing 4,400 exhibitors.

“The innovation unveiled

will reshape industries, create jobs, fuel the global economy and improve lives around the world,” said Gary Shapiro, president, and CEO of the Consumer Technology Association which produces CES.

The show highlighted several major categories of technology, including artificial intelligence (AI), 5G and mobile connectivity, digital health and fitness, travel and tourism, transportation and vehicle tech, entertainment and music.

Keynote speakers represented many of the most prominent international firms, like Mercedes-Benz, Delta Air Lines, NBCUniversal, Quibi and Samsung.



Beginning with this month’s issue of “*Senior Reporter*,” we will let you know about some of what you missed if you didn’t attend CES 2020. I will start with these:

OrCam Hear

According to its inventors, OrCam Hear is the “world’s first AI-driven, wearable assistive technology device for people with hearing impairment. It makes hearing aids smart by identifying and isolating a speaker’s voice – from among multiple speakers – and then relaying the clear speech to Bluetooth hearing aids, in real-time, thereby solving the ‘cocktail party effect.’”

How does it work? It is an add-on that augments and integrates with your hearing aids. It combines lip reading with simultaneous voice source separation, intuitively switching between speakers who you choose to hear.

Discreet, easy to wear and lightweight, OrCam operates completely offline – ensuring data privacy – with low power consumption in a very small form factor.



Flat-to-Curved TV



The latest in television tech was on display at the LG Display booth where you could see a 65-inch flatscreen TV or foldable laptop and tablet turn into a curved screen – at the press of a button.

Laptop-to-Sketch Tablet



Do you like to draw or doodle? Whether for business or pleasure, the designers of the new Acer ConceptD 7 Ezel had you in mind when they created this power laptop that flips into a giant sketch tablet.

Home Robotics

Samsung showed off its new



Ballie Robot, a very small (the size of a tennis ball) yellow spherical robot designed to patrol your home, act as a fitness assistant and record special moments.

Last Gadgets Standing

For the past two decades, one of the highlights of the CES – and probably the most fun events of the show – has been Last Gadget Standing, founded by long-time tech industry veteran Robin Raskin. This year’s winners were the Ambassador Interpreter and the MedWand.

On-the-Spot Translation

Imagine being able to understand 20 different languages without picking up a copy of Rosetta Stone or sitting through a single foreign language class. Until now, that

Continued on page 20

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Our Hidden Heroes

Hollywood Legends Recruit Military Caregiver Champions

Academy Award winner Tom Hanks is rallying the nation behind America's military caregivers with help from the legacy of a legend, Bob Hope. Hanks launched the Military Caregiver Champion program with the Elizabeth Dole Foundation to fund resources for the 5.5 million Americans voluntarily caring for a loved one who was wounded, made ill or injured through military service. Hope's daughter, Linda Hope, was the first to join the campaign, donating \$1 million on behalf of the Bob and Dolores Hope Foundation.



Tom Hanks, Linda Hope and Senator Elizabeth Dole want to help honor the people who care for ill or injured veterans. You can, too.

members of our military to the nation they served and their loved ones waiting at home. He would be so proud to join another passionate entertainer like Tom Hanks in making that same connection between America's military caregivers and the country that owes them such a debt of gratitude and support," said Hope.

Military caregivers provide \$14 billion of unpaid care to veterans every year. They devote their lives to their loved ones, often sacrificing their own health, jobs and financial security.

"As Senator Elizabeth Dole says, our military caregivers are hidden heroes and I am honored to have the spirit of Bob Hope helping us support them," said Hanks. "There has never been, nor will there ever be, a greater ambassador between the military community and us Americans than Bob Hope."

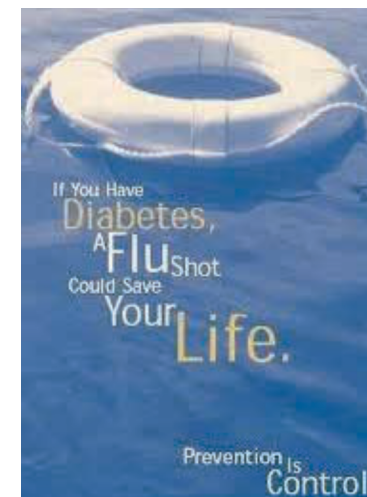
All Americans are invited to become Caregiver Champions.

Supporters will receive a Caring Tag, which reimagines the honored symbol of the military dog tag and includes the name and story of a military caregiver.

All administrative costs have been sponsored. One hundred percent of donations will support the Elizabeth Dole Foundation's resources for caregivers.

"We cannot take away the injuries or the illnesses but we can ensure our caregivers do not walk this difficult journey alone," said Hanks.

To become a Caregiver Champion, visit www.hiddenheroes.org/champion.



Fabulous Finds

By Debbie L. Sklar

In between celebrating Valentine's Day with your significant other be sure to take good care of yourself with these new Fab Finds. There's a great overnight peel to brighten your skin while you rest and even a hemp extract to be used as a boost in your coffee, tea, or favorite beverage.

goop GOOPGLOW 15% Glycolic Acid + Fruit Extracts Overnight Glow Peel



This intense, exfoliating overnight acid peel refines, re-texturizes, and brightens skin while you sleep. Powerful levels (15%) of glycolic acid plus potent fruit extracts (mango, banana, yellow mombin, and Australian Kakadu plum) work together with naturally moisturizing hyaluronic acid so you wake up with fresh, soft, smooth, beautifully glowing skin. **The GOOPGLOW Glycolic Acid Peel** is inspired by professional chemical peels, so it's made with 15% glycolic acid for powerful, clinically proven noticeable results. The peel leverages a new, dual-textured pad that slips over your fingers — a decidedly more luxurious experience. **Price:** \$45/\$125; 4 pack/ 12 pack. **Available:** at goop.com

goop G.Tox Travel Kit



Make the most out of your travel experience with **goop's G.Tox Travel Kit**. This kit features everything you need to transform your shower or bath into a nursing, detoxifying experience. Harness the power of clean ingredients meant to purify and pamper from head to toe. Perfect for anyone on your gift list, this kit includes:

- **G.Tox Detox 5 Salt Bath Soak:** An activated-charcoal-and-coriander bath soak to cleanse the body and spirit.
- **G.Tox Himalayan Salt Scalp Scrub Shampoo:** A whipped shampoo made of exfoliating Himalayan salt and hydrating moringa oil to cleanse and moisturize hair.
- **G.Tox Glacial Marine Clay Body Cleanser:** A luxuriously creamy body wash made with essential minerals that leave skin super soft.
- **G.Tox 5 Salt Detox Body Scrub:** A body scrub made with hydrating oils that leave skin both polished and super-moisturized genius. **Price:** \$40. **Available:** at goop.com



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Toast Spiked Pumpkin Full Spectrum Hemp Extract is an all-natural, full-spectrum hemp extract with cannabidiol made with naturally grown hemp extract, organic fractionated coconut oil, organic pumpkin seed oil, organic cinnamon, organic nutmeg, and organic ginger. For a dash of fall flavor, simply add **Toast Spiked Pumpkin Full Spectrum Hemp Extract** to your coffee, tea, smoothie, or cocktail as a drink-booster or directly under your tongue. **Price:** \$55 (250 MG CBD) \$100 (500 MG CBD). **Available:** at ToastWellness.com

Toast Emerald Slices



Toast Emerald Slices are 100% hemp, CBD pre-rolls without tobacco. Compared to other ways to ingest CBD, smoking CBD has one of the highest bioavailability rates, which is the time it takes to enter your system. To ensure the highest quality of hemp used in the Toast Emerald line, Toast voluntarily applies California category 3 testing standards. These are the strictest compliance standards in the industry,

and Toast Emerald is the first line of CBD pre-rolls on the market to adhere to this testing and display the results on the packaging. **Price:** \$18 (2-pack, 1.4g), \$44 (5-pack, 3.5g), \$84 (10-pack, 7g). **Available:** nationwide shipping; available at ToastWellness.com

Naturally Serious Skin Warrior Squad



Give your skin a winter boost with the **Naturally Serious Skin Warrior Collection**. This collection shields you from environmental skin damage, helping to reset your skin to a healthy, youthful, glowing state - which we all need during the cold winter months. This mighty trio of best sellers delivers unparalleled results when used together. The collection includes:

- Major Moisture Gentle Cleanser
- Mask-Imum Revival Hydra-Plumping Masque
- Skin Warrior Anti-Pollution Repair Cream

Price: \$46. **Available:** at NaturallySeriousSkin.com, Sephora.com and select Sephora stores

Nicole Kidman

Continued from page 10

portrayed Sue, the adoptive mother of an Indian boy who was separated from his birth family, a role she felt connected to as she herself is the mother of adopted children. As a result, she earned critical acclaim and nominations for the Oscars and Golden Globes as Best Supporting Actress.



A year later, Kidman returned to television for *"Big Little Lies,"* a drama series on HBO in which she produced and shared director duties with her co-star Reese Witherspoon and John-Marc Vallee. Critics said: "Kidman belongs in the pantheon of great actresses" after her "career-defining performance."



During the Critic's Choice Awards last month, she teased the "possibility" for the story to continue for a third season.

So, no, there's no slowing down for this American icon.

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When you're looking for a healthy, tasty way to jumpstart your day, try this breakfast bowl. In addition to the usual fruits and nuts, it features a secret ingredient: California sweetpotatoes. With more than 80 nutrients, sweetpotatoes are high in vitamin B6, vitamin A, carotene and potassium. Plus, sweetpotatoes are rich in antioxidants and a great source of manganese and dietary fiber.

Easy Sweetpotato, Apple and Cinnamon Breakfast Bowl

Serves 2

1 small or ½ large apple, shredded

1 c shredded sweetpotatoes

⅔ c old-fashioned oats

½ tsp cinnamon

¼ tsp salt

2 Tbsp chopped nuts, such as walnuts, pecans, or almonds

Continued on page 16

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WHEN I WAS SIX

NBA All-Star Paul George

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Planes of Fame Air Museum

Continued from page 3

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Sweet Potato Breakfast Bowl

Continued from page 15

Milk or milk alternative, for serving

Sweetener, such as honey, maple syrup, or agave, for serving

Set aside about 2 Tbsp apple. In a medium saucepan over medium heat, combine remaining apple, sweetpotatoes, oats, cinnamon, salt and 1 ½ cups water. Bring to a boil, reduce to a simmer and cook, stirring occasionally, until done, 5 to 10 minutes depending on brand. (Alternatively, combine ingredients in a large microwaveable bowl and microwave on high 2 to 3 minutes, depending on brand.) Divide mixture between two bowls. Top with nuts and reserved apple. Serve with milk and sweetener alongside.

Note: If you have some cooked grains on hand-quinoa, farro or barley, for example-toss in up to ½ cup during the last few minutes of cooking. You can also add chopped dried fruit, coconut or both.

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‘Rainy Night in Georgia’ Brook Benton

By Randal C. Hill

“Rainy Night in Georgia” was a comeback hit for singer Brook Benton. Born Benjamin Franklin Peay in South Carolina in 1931, Benton cut his gospel chops in the local Methodist church, where his father was the choirmaster. Later, Benton’s deep, mellifluous voice powered nearly two dozen Mercury Records 45s into the Top 40 between 1959 and 1964. Then, overnight, Beatlemania swept many an American artist — including Benton — off the charts.

By the late 1960s, he was recording for Cotillion, a subsidiary of Atlantic Records. It was there that he cut “Rainy Night in Georgia,” arguably the best-remembered song of his career. When Benton’s producer had played Brook the original 1968 version by Tony Joe White, Benton thought that White’s unpolished “Rainy Night in Georgia” was merely a demo (demonstration) record rather than a finished product. Benton realized that this was a good song that could become great, if done right.

And it was. Released just after the onset of the 1970s, Benton’s haunting, melancholy “Rainy Night in Georgia” became a mainstay on Top 40 radio. It painted a dreary, poignant picture of a man — we assumed he was homeless — both alone and lonely in a train

rumbling through a rain-swept night. For a moment of comfort, the man held a lady’s photograph against his chest. Perhaps, in his mind, they were together again, briefly...

White was never pleased with his own version but, once he heard Benton’s, White knew that the newly released soulful rendition would be the one to find success.

Benton’s “Rainy Night in Georgia” reached No. 4 on the Pop charts and No. 1 on the Soul lists. Other versions followed by country icons (Conway Twitty, Hank Williams, Jr.) and Soul superstars (Ray Charles, Sam Moore of Sam and Dave).

Although Benton released five Cotillion albums and 14 more singles, he never had another hit.

One thing Tony Joe White knew about was about rainy nights. “When I got out of high school, I went to Marietta, Georgia. I had a sister living there,” he said in a 2014 interview with music journalist Ray Sasho. “I drove a dump truck for the highway department. When it would rain, you didn’t have to go to work. You could stay home and play your guitar ... I spent a lot of rainy nights in Marietta, Georgia.”

White signed with Tennessee’s Monument Records and found one special groove that would bring him some recognition. In his only solo success — “Polk Salad Annie” — the deep-voiced White described a tough-as-nails girl named Annie out picking an edible plant called pokeweed, which grows in southern woods and fields.

Many thought Polk Salad was code for something else. “A lot of the hippie festivals, flower children and everybody, they would bring deep bags of grass (marijuana) back to the dressing room or back to my tent,” White recalled, undoubtedly with a chuckle and an eyeroll. “And they said, ‘We brought you a little Polk.’ And I was like, ‘That’s not the kind I’m talking about.’”

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<https://www.en.wikipedia.org>. *Print-outs: Brook Benton, Polk Salad Annie, Rainy Night in Georgia (the first quote is from here), Tony Joe White “Rainy Night in Georgia.”* <https://www.songfacts.com>. *The second quote is from here.*

“Tony Joe White, ‘Swamp Rock’ Singer and Songwriter, Dies at 75.” <https://www.nytimes.com>.



Good Health

Continued from page 11

“Proteins and healthy fats make you feel fuller for longer and can help eliminate the urge to snack and consume empty calories,” explains Sterling.

Peanuts are an example of a powerful plant protein. Just one serving of peanuts delivers seven grams of protein, 19 vitamins and minerals and heart-healthy fats.

“Peanuts are categorized as a superfood because they’re nutrient-dense and deliver superior health benefits in a very small serving,” says Dr. Sterling. “If you combine superfoods, like kale and peanuts or quinoa and peanuts, you’re really maximizing your nutritional intake.”

There’s more good news because peanut butter also packs protein.

“Research has shown that the consumption of small amounts of peanuts or peanut butter has been associated with a reduced risk of cancer, heart disease and diabetes,” says Sterling. “It’s easy to incorporate peanuts and peanut butter into breakfast, lunch or dinner.”

Mediterranean Grain Medley with Peanuts

- 3 Tbsp. peanut oil
- 2 garlic cloves, minced
- ½ tsp. hot pepper flakes
- ½ red bell pepper, diced
- 1 yellow squash, diced
- 8 oz. snap peas
- 2 cups beluga lentils or brown lentils, pre-cooked
- 1 cup jasmine rice, pre-cooked

2-inch piece of ginger, grated
1 cup peanuts, plain, roasted
1 bunch green onions, chopped
Salt to taste
Lime juice to taste
Cilantro as garnish

Heat a sauté pan and add peanut oil. Add garlic and pepper flakes, cook for 30 seconds. Add bell pepper and squash, sauté for 3–4 minutes. Add snap peas, cook for an additional minute. Add lentils, rice, ginger, lime juice and salt, mix well. Heat the grains for 1 minute then toss in the peanuts and green onions. Serve warm, enjoy!

February Calendar

Continued from page 5

Feb. 29 to March 1

To celebrate its 24th year in business and to offer its appreciation to its loyal customers Irvine Park is rolling back to its original 1996 prices during its anniversary weekend including \$2 train rides. The anniversary celebration will also feature other \$2-\$4 activities and concessions including carnival games, hot dogs, sodas, ice creams, popcorn, Bounce House tickets, and cotton candy. At, Irvine Regional Park 1 Irvine Park Road, Orange. Call, 714-997-3968.



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Removing The Mystery From A Prostate Cancer Diagnosis

According to the American Cancer Society, about one in nine American men will be diagnosed with prostate cancer. A leading cause of cancer in men, more than 173,000 new diagnoses are expected in the U.S. this year. Fortunately, this disease can be treated successfully, especially if caught early.



Learning about prostate cancer early can save your life—and can be easier than many men realize.

Why Do Some Men Resist Routine Screenings?

Many men are embarrassed by the digital rectal exam, concerned about treatment or fear they can't afford it.

Some Answers

Testing: Since the 1980s, prostate cancer was being diagnosed with a simple blood test, the PSA. It checks the level of prostate-specific antigen in your blood.

In the past, there was controversy about whether having a prostate cancer screening done was beneficial or if it produced more harmful effects due to complications from over-testing. PSA testing was the best thing available for a long time.

New tools now exist that provide much more information, giving predictability about the aggressiveness of the cancer and data to help urologists safely manage their patients' disease. With this information, urologists have higher numbers of appropriate candidates

on active surveillance regimens. Using tests such as the Gleason grade score, overall patient health and risk factors—age, race, ethnicity, family history and exposure to Agent Orange—urologists can determine with confidence how aggressive the cancer is and which patients will do well on active surveillance. They will also know which therapy options will be the optimal for the patient.

Making it easier for doctors and their patients to do this testing is the full-range of diagnostic equipment and supplies available through the trusted advisors at Henry Schein Medical, a provider of medical and surgical supplies to health care professionals.

Treatments: There are many ways to treat prostate cancer, including hormone therapy, surgery, chemotherapy, radiation and cryoablation. The newest innovation being successfully utilized is immunotherapy, which uses your own immune system to identify, target and destroy the cancer cells without harming the body's own “good cells.” Your doctor can help you decide what's best for you.

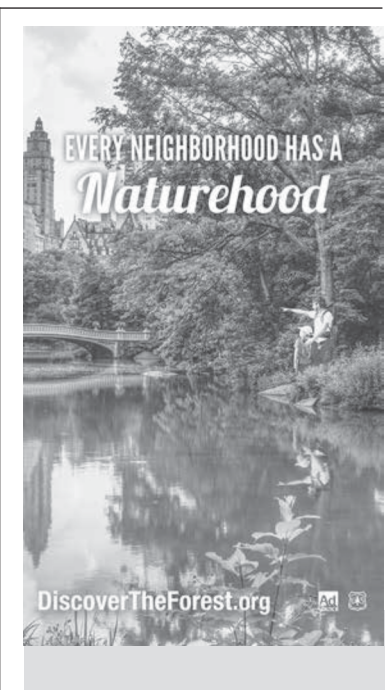
It is important to remember that you have the most options available when prostate cancer is diagnosed early and is in the

most treatable stage. It is important for men to be vigilant with their routine screenings.

Paying: Many insurance policies will pay for diagnostic tests and in some places, such as New York State, there's no co-pay or co-insurance cost sharing responsibility for diagnostic prostate cancer screenings (with such policies). This puts PSAs on the same level as mammograms, thanks to efforts of advocates and doctors such as those at Advanced Urology Centers of New York, one of the largest urology group practices in the country.

Learn More

For further facts, visit the American Cancer Society at www.cancer.org and Integrated Medical Foundation (IMF) <https://imfcares.org/>. IMF provides screenings, education and support services FREE.



Pill Poppers

By Robert E. Horseman, DDS

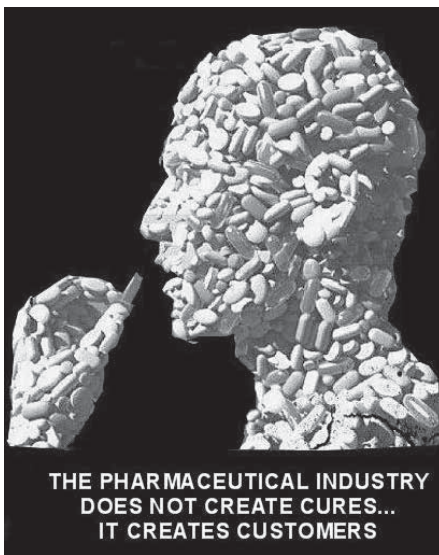


One of the first duties of a physician is to educate the masses not to take medicine.....William Osler (1848-1919)

Sorry, Doc, but the first duty of the masses is to seek solace, health, euphoria and recreation in as much medicine as they can get their hands on. When Sir William Osler, the best-known physician in the English-speaking world at the turn of the century, died in 1919, the average family's medicine cabinet contained little more than aspirin, mustard plasters and *Lydia Pinkham's Pink Pills For Pale People*. Today, those people are dedicated pill poppers. Obviously, we needed more medications and the pharmaceutical industry has not failed to deliver after due deliberation by the FDA (Motto: We'll Think About It).

Confronted with today's 40 lb issue of the *Physicians' Desk Reference* and its detailed description of every pill, capsule, extract and elixir known to mankind, Sir William would have plotzed. His advice to physicians to educate the masses not to take medicine, if taken literally, would have plunged the nation into economic chaos.

The Federal Budget for 2018 is said to be \$1,000,000,000,000 (trillion) dollars. The budget of *Centers for Medicare*



and *Medicaid Services* is \$582,000,000,000 (billion) in 2018---that's 14% of the federal budget and 2nd only to Social Security. When the federal government spends \$528 billion on HealthCare, various somebodys are receiving the same amount. Not you and me, of course, a lot of us are awaiting our Social Security checks each month so we can go to the market, but obviously there is big money in sickness. A nation of well people would be disastrous to our economic wellness. I didn't make that up. As Johnson & Johnson, Merck et al goes, so goes the country.

The moment you start receiving those comical "Over-the-Hill" birthday cards with the black border, you are but moments away from the strangely satisfying Saturday night ritual of restocking the little 7-day compartmented boxes with your "meds" for the coming week. As a nonagenarian who has been over more hills

than Lewis and Clark, may I suggest that peer group discussions of one's meds is right up there with the equally fascinating comparisons of ailments the medicines are intended to alleviate.

Lining up the assorted bottles filled with the variously colored, multi-shaped tablets and capsules in front of me, I am self-righteous as a new non-smoker. Plink, plink, plink go the meds as they drop into their Sunday-through-Saturday compartments. Several of them are prescription drugs, the rest assorted vitamins and minerals. All are washed down with blind faith, tainted slightly by the realization that, unless I am addicted to a mashed potato/gravy diet, the vitamins are probably a waste of money. The glucosamine/chondroitin tablet is roughly the size of a medication administered by veterinarians to ailing horses. It has resulted in no appreciable increase in my ability to climb and descend stairs or gallop a couple of furlongs even though I have sluiced down enough tablets to sink the QE2. Which, by the way, has a shipboard population weighted heavily in the mature age category, i.e. those with the platinum plastic to satisfy the fare. Should the ship ever be

Continued on page 26

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The Gadget Geezer

Continued from page 12



thought was impossible for the average person. Then, along came the Ambassador Interpreter.

Developed by Waverly Labs and currently available on Indiegogo, this latest innovation is a wearable device that is placed over the ear like headphones and pairs with your phone to allow natural and seamless translation.

All you have to do, according to the company, is pair two devices – one for you and one for the person you are speaking with – and begin talking. It uses a far-field microphone that picks up speech and feeds

it into a special cloud-based network that produces instant translation for both parties.

To use the device, you first need to download the accompanying app and select one of three translation settings – listen, lecture or converse. Listen is the most basic, and will direct the device to listen to any incoming speech and then translate it in your ear. For casual conversation the converse setting allows both parties to talk to each other regardless of language.

MedWand



A long-standing challenge in the medical world has been the ability to treat patients in rural areas, miles away from advanced medical facilities. The MedWand goes a long way to alleviate that problem.

It allows doctors to examine patients remotely anywhere in the world. According to its inventor, Dr. Samir Qamar, the device, which is held in the palm of the hand, incorporates 10 of the most commonly used medical diagnostic systems in a single small device.

“It can be used to diagnose thousands of medical conditions ... and your doctor can examine you anywhere on the planet over the Internet with the MedWand,” he said.

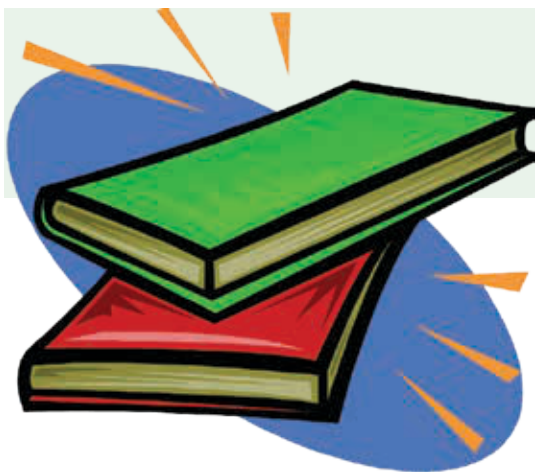


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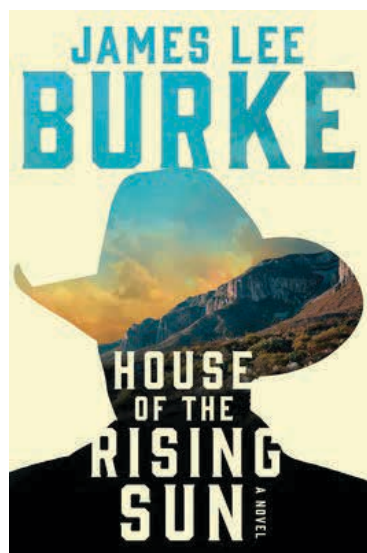
February Book Club

While February is best known for the month to celebrate Valentine's Day it's also a good time to snuggle in with a good book. Whether that's side-by-side with your beloved or during some solitary time there are some new books to explore from thrillers to sagas.

House of the Rising Sun A Novel

Part of A Holland Family Novel

By James Lee Burke



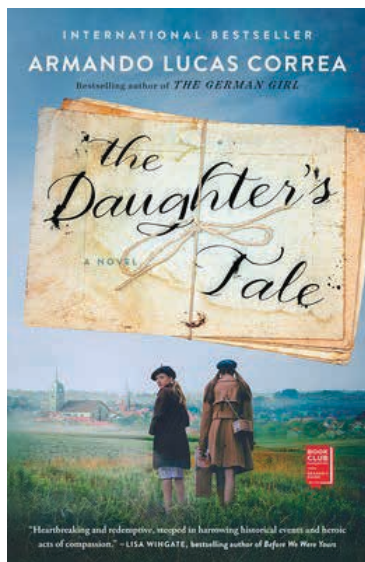
"After a violent encounter that leaves four Mexican soldiers dead, Texas Ranger Hackberry Holland escapes the country in possession of a stolen artifact believed to be the mythic cup of Christ, earning the ire of a bloodthirsty Austrian arms dealer who places Hack's son, Ishmael, squarely in the cross

hairs of a plot to recapture his prize.

"On the journey from revolutionary Mexico in 1918 to the saloons of San Antonio during the Hole in the Wall Gang's reign, we meet three extraordinary women: the Danish immigrant who is Ishmael's mother and Hackberry's one true love; a brothel madam descended from the Crusader knight who brought the Shroud of Turin back from the Holy Land; and a one-time lover of the Sundance Kid, whose wiles rival those of Lady Macbeth. In her own way, each woman will aid Hack in his quest to reconcile with Ishmael, to vanquish their enemies, and to return the Grail to its rightful place ..." according to Publisher Simon and Schuster.

The Daughter's Tale A Novel

By Armando Lucas Correa



"Seven decades of secrets unravel with the arrival of a box of letters from the distant past, taking readers on a harrowing journey from Nazi-occupied Berlin, to the South of France, to modern-day New York City.

"Berlin, 1939. The dreams that Amanda Sternberg and her husband, Julius, had for their daughters are shattered when the Nazis descend on Berlin, burning down their beloved family bookshop and sending Julius to a concentration camp. Desperate to save her children, Amanda flees toward the South of France. Along the way, a refugee ship headed for Cuba offers another chance at escape and there, at the dock, Amanda is forced to make an impossible choice that will haunt her for the rest of her life. Once in Haute-Vienne, her brief respite is interrupted by the arrival of Nazi forces, and Amanda finds herself in a labor camp where she must once again make a heroic sacrifice.

"New York, 2015. Eighty-year-old Elise Duval receives a call from a woman bearing messages from a time and country that she forced herself to forget. A French Catholic who arrived in New York after World War II, Elise is shocked to discover that the letters were from her mother, written in German during the war. Her mother's words unlock a floodgate of memories, a lifetime of loss un-grieved,

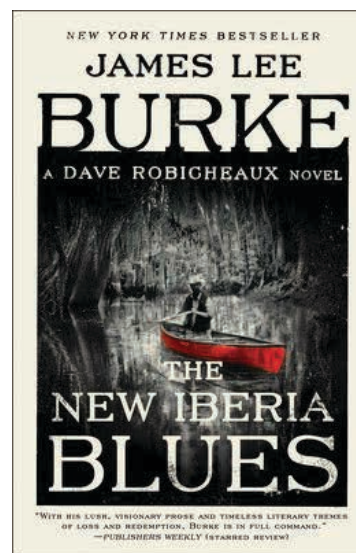
and a chance — at last — for closure.

"Based on true events and 'breathtakingly threaded together from start to finish with the sound of a beating heart' (The New York Times Book Review), 'The Daughter's Tale' is an unforgettable family saga of love, survival, and redemption," according to Publisher Washington Square Press.

The New Iberia Blues A Dave Robicheaux Novel

Part of Dave Robicheaux

By James Lee Burke



"Detective Dave Robicheaux's world isn't filled with too many happy stories, but Desmond Cormier's rags-to-riches tale is certainly one of them. Robicheaux first met Cormier on the streets of New Orleans, when the young, undersized boy had foolish dreams of becoming a Hollywood director.

"Twenty-five years later, when Robicheaux knocks on Cormier's door, it isn't to congratulate him on his Golden Globe and Academy Award nominations. Robicheaux has discovered the body of a young woman who's been crucified, wearing only a small chain on her ankle. She disappeared near Cormier's Cympemort Point estate, and Robicheaux, along with young deputy, Sean McClain, is looking for answers. Neither Cormier nor his enigmatic actor friend Antoine Butterworth are saying much, but Robicheaux knows better.

"As always, Clete Purcel and Davie's daughter, Alafair, have Robicheaux's back. Clete witnesses the escape of Texas inmate, Hugo Tillinger, who may hold the key to Robicheaux's case. As they wade further into the investigation, they end up in the crosshairs of the mob, the deranged Chester Wimple, and the dark ghosts Robicheaux has been running from for years. Ultimately, it's up to Robicheaux to stop them all, but he'll have to summon a light he's never seen or felt to save himself, and those he loves," according to Publisher Simon and Schuster.

Trial by Fire A Novel of Suspense

By J.A. Jance
"When a subdivision-in-the-making goes up in flames, everyone

Continued on page 25

Fill your Heart with Vancouver's Sights and Sounds

Story by Ronnie Greenberg • Photos by Joe Hilbers

Vancouver, spectacular by nature, and Canada's portal to the Pacific Rim, is often touted as earth's nearest approach to paradise. A bustling West Coast seaport in British Columbia it is a vibrant, multicultural sophisticated city dramatically nestled between the scenic wonders of majestic fjord-cut mountains and the sea.

Here at a leisurely pace in this mild and gentle climate, you can easily enjoy the sights and attractions that are Vancouver.

Places to Go

Gastown the birthplace of the city, is where Vancouver's history is written. Along the cobblestone streets and late Victorian architecture, are upscale restaurants, funky shops, and the famous two-ton steam clock that whistles Westminster chimes on the hour.

Chinatown, adjacent to Gastown, boasts the third-largest Chinese community in North America. A bustling, colorful neighborhood with ornamental curved roof tiles, and shapes, it



Granville Island entrance

was settled by Chinese railway workers in the 1880s. Among the area's many attractions is the buzzing food scene, and the Dr. Sun Yat-Sen Classical Chinese Garden, a recreated Ming Dynasty garden, the first of its kind to be built outside China. The quirky Sam Kee office building, just six and a half feet wide, is the thinnest in the world.

Join in with seasoned Vancouverites as well as visitors enjoying Granville Island a peninsula that juts into an inlet called False Creek and is a unique waterfront development known as the people's

place. Walking the historic bustling and fragrant Granville Island is one of Vancouver's finest pleasures. Indulge in the eateries, browse in the shops, and boutiques that were once corrugated metal buildings that housed the ironworks. Marvel at the public markets laden with fresh farm picked produce, maple syrup, exotic coffee and teas, rich chocolates, creamy ice-cream and yogurt, and home of the celebrated smoked salmon.

On to **Lonsdale Quay** by Sea-Bus or Sky Train for a trip across Vancouver's inner harbor. Feast your eyes on the bustling public market, sidewalk cafes, chic boutiques and art galleries in this spectacular waterfront setting.

Enjoy a long stroll around **Stanley Park** a breathtaking 1,000-acre evergreen peninsula of woodlands, hiking and biking trails, beaches, lakes and gardens, with views of English Bay, Coal Harbour, Vancouver Harbour,

Howe Sound, and the North Shore mountains. Hop onto an old-fashioned horse-drawn tram for a leisurely park tour taking in Deadman's Island, the Girl in a Wetsuit sculpture, the rose gardens, landmark totem poles, and the Vancouver Aquarium, tennis courts and the locals themselves enjoying their games of lawn bowling.

Museums and Culture

The Vancouver Art Gallery highlighting paintings by the British Columbia artists as well as traveling exhibits; **The Canadian Craft Museum** that showcases craftsmanship designs from across Canada;

multitude of birds from parrots to quails who live in this paradise, adding to the enjoyment of your visit here.

FlyOverCanada located downtown is a half-hour ride where guests are strapped in and lifted in front of a gigantic screen "soaring" coast-to-coast across Canada on a breathtaking aerial journey using the latest in virtual flight technology. The fully immersive experience includes wind, mist, and even scents. Visit www.flyovercanada.com

Shopping

Get to stroll **Robson Street**,



Stanley Park Lawn Bowling Club

Museum of Anthropology displaying one of the world's finest exhibits of First Nation's art and cultural heritage; **Vancouver Museum** and **Vancouver Maritime Museum**.

Queen Elizabeth Park houses the **Bloedel Conservatory** with surrounding plazas, lighted fountains, covered walkways, exotic plants and flowers, and is inhabited by a

stretching from Denman and Hornby as Vancouver's answer to a combination of Los Angeles's Rodeo Drive and Melrose Avenue.

Nearby Attractions

Drive out a short distance to see **Grouse Mountain** the peak of Vancouver, where a Gondola Skyride aerial tram glides you to the top of the mountain for

Continued on page 23



Chinatown

Fill your Heart with Vancouver's Sights and Sounds continued



The Sutton Place Hotel

brehtaking panoramic views and fine dining. A spectacular ski area in winter.

Venture across the world-renowned **Capilano Suspension Bridge** in the district of North Vancouver. It is Vancouver's most popular tourist attraction built in 1889 and sits 230 feet above the raging Capilano River. It's fun to walk across its 450-foot span even though it is only 4 feet wide. One of the newest attractions is the Cantilevered walkway clinging to the granite cliff high above the Capilano Canyon. There are also views of the rain forest, and history chronicling artifacts and photo murals.

Unpack Your Bags

Sutton Place Hotel is a boutique hotel with European elegance, charm and hospitality that brings a taste of the fine

life to the heart of Vancouver. Showcasing luxurious rooms and 1-bedroom suites featuring traditional high-end furnishings and decor and some suites offering retro mid-century modern decor, furnished balconies, fireplaces, espresso machines, and full kitchens. Its prime location in the heart of downtown Vancouver is just steps from Canada's most fashionable

shopping areas, and the city's art and entertainment districts. Personalized attention reaches its peak at the spa, offering full aesthetic services, an indoor pool and Jacuzzi, outdoor sun-deck, sauna, steam room, and workout area.

A passion for food and wine is exemplified in the award-winning on-site international **Boulevard Oyster Bar Kitchen** offering playful approaches to cuisine fashioned from the fin-

est seasonal Pacific Northwest products, service and style. **The Gerard Lounge** in the setting of an old English Club, with tapestries, leather chairs, and fireplaces, offers light bistro cuisine and is a popular meeting place for the film and entertainment industry. A wine bar is also offered. For reservations visit www.suttonplace.com

Four Seasons Hotel, an elegant, residential ambiance, at the hub of the city, with spacious guest rooms and suites, and world-famous Four Season amenities. For your indulgence, there is a health club with an expansive all-season pool and sunning terrace.

Enjoy the premier dining experience at the **Yew Seafood**, featuring sustainable menus with seasonal twists. Enjoy the ambiance under the high lofty ceilings above the warm wood paneling. Communal tables are available for socializing. Visit for reservations www.fourseasons.com/Vancouver



Directions



Granville Island Fish Market

Metropolitan Hotel, is an intimate refuge at the very heart of downtown, built with elegantly appointed guestrooms and suites. Wind down at the hotel's health club, pool, and squash court. A stay at the hotel guarantees you a reservation in its award-winning restaurant Diva at the Met, one of Vancouver's best restaurants featuring inventive international cuisine firmly rooted in the bounty of the Northwest, and a superlative wine cellar including their incredible ice wine. Signature dishes include hazelnut seared halibut cheeks with risotto. For reservations visit www.metropolitan.com/Vancouver

Dining Around

Vancouver, flavored with the city's rich ethnic and cultural diversity, is a haven for great food.

CinCin, meaning a toast to the pleasure of fine food and wine, is the place for classic Italian dishes prepared in their wood-fired open oven, rotisserie,

and grill, all accompanied by a great selection of wine. For reservations visit www.cincin.net

The "in" places also include Century Grill, Alibi Room, and Japanese-Kamei Royal. Vancouver has it all.

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Managing Your Money

These Behaviors Make You A Scam Target

If you spend a lot of time on social media sites or looking for great online deals, you may wear a bullseye when it comes to scammers hunting for prey, according to groundbreaking fraud research from the FINRA Investor Education Foundation, BBB Institute for Marketplace Trust and the Stanford Center on Longevity.

Researchers surveyed more than 1,400 Americans and Canadians who were targeted by scammers and reported the fraud to the Better Business Bureau (BBB), which tracks scams. Nearly half of those surveyed did not engage with the fraudster. However, 30 percent engaged to some degree but ultimately did not lose money, while 23 percent engaged with the fraudster or offer and lost money.

What separates victims from non-victims?

“The path to victimization begins with engagement,” said FINRA Foundation President Gerri Walsh. “Social media and website scams are flourishing. Every time you respond to a friend request from someone you don’t know or click through to an unfamiliar website, you run the risk of being exposed to a scam.”

Your chance of falling victim to a scam varies by type—for instance, online purchase scams, tech support ploys, fake check or sweepstakes frauds—and by the method in



A recent study found nearly half of America is likely to interact with fraudsters-but you can protect yourself.

which you are exposed to the offer. For those exposed to a scam through social media or a website, the numbers are chilling. When exposed to a scam on social media, 91 percent engaged and 53 percent lost money. The odds of losing money to website scams were only slightly lower: 81 percent of consumers in the study who were exposed to a fraud via a website said they engaged—and 50 percent lost money.

Other factors heighten the likelihood of falling for a fraud. Consumers were more likely to be victimized if they were isolated and didn’t have anyone to discuss the offer with, according to the study. Consequently, those who engaged scammers and lost money were less likely to be married and more likely to be widowed or divorced. “Sadly, loneliness and fraud victimization seem to go hand in hand,” noted Walsh.

You’re also more likely to engage and lose money if you’re feeling financial strain, or have low levels of financial literacy, the study found.

Protect Yourself

Take these steps to protect yourself from fraud:

- **Ask for input from others.** Scammers try to isolate their victims. Don’t be afraid to contact a friend, or a company or organization you trust for advice. It also helps to do additional research before sending any money. One easy action: Do an Internet search to see if the website or pitch has been flagged as fraudulent or potentially fraudulent by news organizations or members of the public.

- **Focus on your financial health and literacy.** Individuals under financial strain and those with lower levels of financial literacy may be more susceptible to scammers.

- **Knowledge is power.** Knowing about scams and scammer tactics can be your best defense in successfully reducing the effect of scams. Keep up with the latest frauds by subscribing to consumer newsletters and seeking out information on current scams.

One-third of consumers who were targeted by a scammer, but did not engage with the offer, already knew about the specific type of scam. In addition, consumers who understood the tactics and behaviors of scammers tended not to engage with fraudsters.

To learn more about how to protect your money, visit www.FINRA.org/LearnMore.

February Book Club

Continued from page 21



hopes that the unfinished, unoccupied homes will yield no victims. But when an unidentified woman is found barely alive and burned beyond recognition, she is immediately taken to the ER, where she lies for months in a medically induced coma. When she finally emerges from her coma, she is met with a bleak and lonely existence.

“Badly disfigured and suffering from amnesia, her recovery is further shattered by a cancer diagnosis. Now with sudden desperation, there are two crucial things she is desperate to discover: who saved her life, and who tried to kill her in the first place. And Ali Reynolds is the only person she trusts to beat the clock,” according to Publisher Pocket Books.



Financial Management

New Survey Shows How Debt Impacts Financial Habits

At a time when Americans hold a record \$14 trillion of debt, including mortgages, credit card and student loan debt, according to the New York Federal Reserve, Americans may still be doing better than they realize when it comes to debt.

A new survey from New York Life Insurance Company suggests that although debt is growing, the challenge of paying it off is not insurmountable. In fact, slightly more than a third of respondents (35 percent) say they’ve never had more than \$5,000 in debt. Moreover, nearly two-thirds (62 percent) of Millennials say they’ve never had more than \$10k in debt, and a majority of respondents overall have either paid off all or more than half of their debt (35 percent and 27 percent, respectively). Among those who have the highest amounts of debt—\$75k or more—over half (55 percent) have paid off all or more than half.

“Debt can be an enormous stressor for the household, with many Americans feeling like any amount of debt is a roadblock to achieving all other financial milestones,” says Brian Madgett, Head of Consumer Education at New York Life. “However, this data paints a more optimistic picture and suggests that those



Paying debt requires discipline—a habit that can extend to other money matters

struggling with debt today can overcome it by following some key steps.”

Paying debt requires discipline—A habit that has extended to other money matters Managing debt effectively requires attention to detail and thoughtful planning. Given that a significant number of respondents have paid off all or some of their debt, the data suggests Americans are strengthening their financial muscles through a variety of good habits. For example, 37 percent of respondents say following a personal budget was most important to them when their debt was at its highest level. Almost half (46 percent) say they would contribute to a long-term savings/emergency fund if they had no debt at all. Of those who have had the greatest debt burdens (\$75k or more) and have completely paid it off, 46 percent follow a personal financial budget and 32 percent are contributing to a retirement fund—figures that

are higher than the habits reported by the general survey population.

Help wanted

Getting out of debt is challenging, and according to the survey data, many adults are “going it alone.” More than one third (35 percent) say they did not have help paying down their debt when it was at its highest level. When breaking down the data according to various debt levels, this lack of support becomes even more evident, with at least 42 percent of people with \$5,000—75,000 in debt saying they didn’t have any help. Only about one in four respondents (23 percent) say they either currently or previously worked with a financial professional, and another one in five respondents (21 percent) say that they have not but would like to do so. These findings suggest respondents may not fully realize the accessibility or usefulness of a professional as a resource to help get their money habits on track.

The top choices among respondents who said they have not worked with a financial professional, but would like to in the future, indicated they would work with a professional when they have more money saved (34%), they are mak-

ing more money (32%) or they find a financial professional they trust (27%).

“It’s a savvy move to ask for help when it comes to money, whether you’re looking to get out of a rut or start accumulating wealth,” notes Madgett. “There are many resources right in your community that can offer the affordable advice and human guidance you need to achieve your financial goals.”

To learn more about the survey or connect with a financial professional, visit NewYorkLife.com.

Survey methodology: This poll was conducted between November 13-November 17, 2019 among a national sample of 2201 Adults. The interviews were conducted online and the data were weighted to approximate a target sample of Adults based on age, educational attainment, gender, race, and region. Results from the full survey have a margin of error of plus or minus 2 percentage points.



Self-Care Tips For The New Year And Beyond

The New Year is a time when many people make a choice to take better care of themselves. But often, even with good intentions, people tend to fall back into familiar habits. Reframing a New Year's resolution into something that can be obtained on an ongoing basis, such as acts of self-care, can help create sustainable emotional wellness.

Regular self-care can have a strong impact on mental health, preventing burnout, reducing the negative effects of stress and helping you to refocus.

Self-care is less about "treating yourself" as popularized in pop culture and has more to do with creating sustainable and attainable wellness for your whole self. Taking the time to intentionally care for your whole self—body, mind and soul—can keep you energized and can improve your mental health. And when you care for yourself, you can offer more to others and can help create wellness for the community around you.

Here are five ways to take care of your whole self to improve your emotional well-being over the course of the new year and beyond.

1. Practice Self-Compassion: Self-compassion is about giving yourself room to be human and not letting mistakes define you. It's the ability to turn kindness, understanding and acceptance inward. Self-com-



Spending time with people and activities you enjoy can go a long way toward helping you make the most of life's journey.

passion has also been shown to correlate with less anxiety, depression, shame and fear of failure. Think of the way you would treat a good friend, or even a beloved pet, and then begin treating yourself accordingly.

2. Reach Out to Others: Fostering connections with the people around you also is self-care. Take opportunities to connect more deeply with the people you care about. Loving and supportive relationships are perhaps the single most powerful thing to help people grow and thrive. Showing kindness toward others increases the production of the hormone oxytocin (which is associated with feelings of attachment and love) and the neurotransmitter serotonin (which is involved in good sleep and feelings of happiness).

3. Practice Mindfulness and Meditation: Research links mindfulness to better health, lower anxiety and more resilience to stress. The practice of mindful meditation involves sitting comfortably, focusing on your breathing and bringing your mind's attention to the present without drifting

into concerns about the past or future. Meditation not only leads to lower levels of stress and anxiety, it physiologically nurtures parts of the brain that contribute to well-being.

4. Enjoy Nature: Nature and sunlight can improve your mood, restore your spirit and enhance focus and clarity, helping you feel better overall. Good self-care includes making an extra effort to find ways to spend time in nature and get the benefit of natural light. Enjoy your morning coffee or tea outdoors, go for a walk during lunch, check out a new park, invest in indoor plants, take a weekend hike or just open up the blinds to let in the sunshine.

5. Enjoy the Journey: Life is a messy, beautiful journey of ups and downs. But sometimes the pressure for everything to be perfect can get in the way of simply enjoying the things you look forward to.

Try these tips:

- Accept that perfection is unattainable.
- Spend time participating in activities, and with people you enjoy.
- Prioritize activities that make you happy.

So enjoy the journey this year as you engage in meaningful self-care practices and visit www.eachmindmatters.org for more information about self-care and mental health.

Each Mind Matters (EMM) is California's Mental Health

Movement, with a focus on ending stigma and uniting a community of people where mental health is a priority and each mind truly matters.

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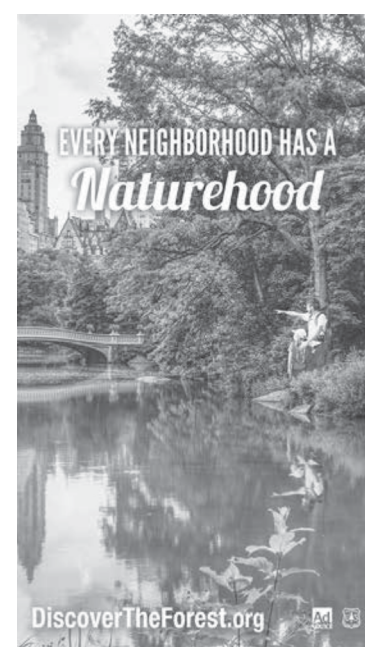
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DiscoverTheForest.org

Pill Poppers

Continued from page 19

in danger of sinking, deep-sixing the old folk's medications would be the first act in saving the vessel.

But we have faith, we older citizens, along with our fond memories of Glenn Miller and paid-for automobiles. The pharmaceutical industry has never let us down except in a few cases settled out of court or where litigation is pending and the autopsies are inconclusive. Should their R & D division come up with a cure for which there is yet no known disease, count us in to take it. Nothing is more reassuring to a veteran pill-popper than the parting words of a primary care server who has been gifted with a new drug by a pharmaceutical rep, "Here, try this."

Elbert Hubbard, American philosopher, writer and publisher (1856-1915) accurately noted long ago, "The worst thing about medicine is that one kind makes another necessary." The pharmaceutical industry begs to differ: "The best thing about medicine is that one kind makes another necessary." Perhaps H.L. Mencken sums it best: "One of the chief objects of medicine is to save us from the natural consequences of our vices and follies."

In the meanwhile, Sir William, rest easy. Life expectancy is up 23% from your day and assisted living facilities are making money hand over fist.

February Crossword Puzzle

Across

1. Dog-powered snow vehicle
5. Mends a shoe
10. Not new
14. Like the White Rabbit
15. Turn aside
16. "A Doll's House" heroine
17. Model married to David Bowie
18. "Lovergirl" singer ____ Marie
19. Actor Kristofferson
20. Communications satellite
22. Strain
24. Electrically charged atom
25. Cartesian conclusion
26. Republic in central Europe
30. Garnish
34. Inwardly
35. Headgear of a monarch
37. Dixie Chicks, e.g.
38. Nipper's co.
39. Month after avril
40. ____ the land of the free...
41. Puts away
43. False
45. Suffix with exist
46. Apparition
48. Braided
50. Louis XIV, e.g.
51. Summer Games org.
52. Go along with
56. Punishment
60. Feline line
61. Driver's invitation
63. Prepare to be shot
64. Famous last words
65. Perform or portray
66. Airline to Tel Aviv
67. Coarse file, angry tone of voice
68. Prepares for billiards
69. 1994 Costner role

Down

1. Split
2. Gammy
3. Bibliography abbr.
4. Compactness
5. Diabolical
6. In excess of
7. Shelter
8. Sea eagles
9. Stopping place
10. Disheveled
11. Rifle (through)
12. Actor Stoltz
13. Morse element
21. Rocky peak
23. Dr. Dre's genre
26. Buenos ____
27. Remove a covering
28. Roofing stone
29. Defense covering
30. Intertwine
31. Golf clubs
32. One who cries "uncle"
33. Pierced with horns
42. Foul-up
43. Nor's partner
44. Sets straight
45. One on the run
47. Water tester
49. Great length of time
52. From the U.S.
53. "____ grip!"
54. Goes bad
55. The last Mrs. Chaplin
56. Select
57. "Damn Yankees" role
58. Boris Godunov, for one
59. Quick sharp bark
62. Lobbying org.

1	2	3	4		5	6	7	8	9		10	11	12	13
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67					68						69			

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What You Should Know About Pancreatic Cancer

If you or someone you love is ever among the more than 57,000 Americans expected to be diagnosed with pancreatic cancer this year, knowing a few facts may help improve your outcomes.

What It Is

The pancreas is an organ of the digestive system located deep in the upper part of the abdomen, behind the stomach and in front of the spine. Pancreatic cancer has a five-year survival rate in just the single digits and has no early detection tests and no effective long-term treatments. Unless the cancer is surgically removed in its earliest stages, there is no cure, though scientists say doctors may soon have access to a blood test that can detect this and several other kinds of cancer.

There are, however, certain symptoms to be aware of such as loss of appetite, abdominal pain that radiates to the back, new-onset diabetes in someone over 50, jaundice, and itchy skin. Any of these symptoms should be discussed with your doctor or medical team.

What Treatments Are Available

Surgery is the most effective way to achieve long-term survival and has improved significantly over the past two decades. Other treatment options include chemotherapy and radiation, and in many cases, these treatments are now be-



Photo Credit: Diana Davis Creative

ing administered to patients prior to surgery to help shrink the tumor so that the patient then becomes a surgical candidate. There are also several ongoing clinical trials that are putting new treatment options on the horizon. These trials involve immunotherapy, which uses the body's own immune system to help fight cancer, and targeted therapy, which is aimed at the changes in cancer cells that help them grow, divide and spread. There is also ongoing research to determine if therapies used to treat other cancers will be effective in treating pancreatic cancer.

What's Being Done

The Lustgarten Foundation, the world's largest private funder of pancreatic cancer research, is dedicated to curing this devastating disease by funding scientific and clinical research related to the diagnosis, treatment and prevention of pancreatic cancer; providing research information and clinical support services to patients, caregivers and individuals at high risk; and increasing public awareness and hope for those dealing with this disease.

From basic science to the clinic, Lustgarten-funded re-

searchers are at the forefront of the most promising breakthroughs. "Our researchers are achieving significant milestones in understanding and treating this disease and in detecting it earlier—advancements that are already

improving patient outcomes and enabling some patients to live longer," said Kerri Kaplan, President and CEO of the Lustgarten Foundation. The Lustgarten Foundation is the only non-profit in the world to have four labs dedicated completely to pancreatic cancer research, which means more resources, time and talent are being put toward this disease, where they are urgently needed.

How You Can Get Involved

Join one of the nearly 300 events throughout local communities that are held annually or register to participate in one of the Lustgarten Foundation's Pancreatic Cancer Research Walks taking place in more than 30 locations across the country. Thanks to separate funding to support administrative expenses, 100 percent of every donation goes directly to pancreatic cancer research.

Where To Learn More

To learn more about the Lustgarten Foundation's research program, as well as treatment options and patient resources, or to donate or get involved, visit www.lustgarten.org or call toll-free 866-789-1000.



ADMIT
ONE

Movie Preview

'The Call of the Wild'

By Randal C. Hill

"I came up here because I didn't want to be around anyone ... and then I met Buck."

—John Thornton (Harrison Ford)

After five years of writing — and receiving (by his own account) a stack of rejection letters four feet high — Jack London fled the slums of Oakland, CA, to join thousands of others headed to the Klondike Gold Rush. He returned home as penniless as when he left, but this time with a wealth of new material. In 1903, his short novel *"The Call of the Wild"* became a runaway success, and London soon became the highest-paid author of his time.

Adapted now from London's beloved classic, 20th Century Fox's *"The Call of the Wild"* brings to the screen the story of Buck, a powerful St. Bernard/sheep dog mix who revels in a pampered domestic life in California until his world is upended. He is stolen from his home by the family gardener, who is deep in debt from his gambling addiction, and is sold and transplanted to the Yukon to become a sled dog. There Buck learns to adapt to his harsh new environment as he passes through the hands of several cruel and bumbling owners. The once-gentle pet is starved and abused but refus-

es to concede his spirit to any man.

Buck eventually meets gold prospector John Thornton, a dour, grizzled outdoorsman who immediately bonds with the animal. Eventually, Buck saves Thornton from drowning, and later Buck helps Thornton win a \$1,600 bet when Buck, against all imaginable odds, manages to pull a 1,000-pound sled-load through ice and snow.

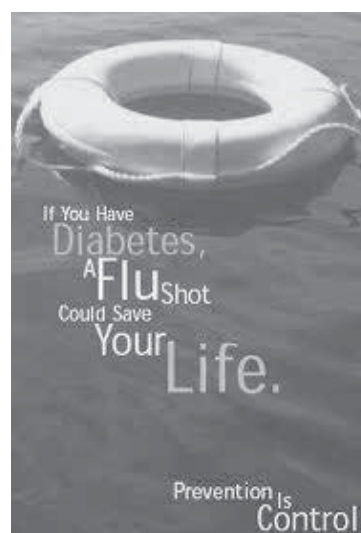
Over time, the dog feels a primal stirring that he innately senses are being passed on through his ancestors. He begins to make excursions away from his beloved John Thornton until eventually he is set completely free to answer the clarion call emanating from the woods.

As a live action/computer-generated imagery (CGI) hybrid, *"The Call of the Wild"* employs state-of-the-art visual effects, and viewers will easily find the animals here to be believable characters. London purists, though, will undoubtedly grumble, as the story line sometimes deviates from the classic original.

Harrison Ford, at 77 still capable of performing demanding action sequences, stars as

Thornton. The supporting cast also includes Dan Stevens (*"Beauty and the Beast"*), Omar Sy (*"X-Men,"*) Karen Gillan (*"Guardians of the Galaxy, Vol. 2"*) and Bradley Whitford (*"Get Out"*). The screenplay is by Michael Green (*"Murder on the Orient Express"*), and the film is directed by Chris Sanders (*"How to Train Your Dragon"*).

"The Call of the Wild" opens nationwide on Feb. 21.



Debunking Common Medicare Part D Myths

It's important to evaluate your Medicare Prescription Drug Plan every year. Your plan benefits can change, including your prescription drug coverage, premiums, deductibles and pharmacy benefits. As you do your research, you may run into a few misconceptions. Walgreens vice president of specialty and retail pharmacy operations Rina Shah debunks five common myths about Medicare Part D.



Myth 4: It's a good idea to pick a plan that a friend recommends.

Fact: While your friends may have good recommendations, their prescriptions and doctors are likely different from yours. Because copays for drugs are an important part of the overall Medicare costs, what works for your friend may not be the right choice for you.

Myth 5: Changing your plan means you must change your pharmacy.

Fact: Getting a new plan doesn't always result in having to use a new pharmacy. When evaluating your plan options, always consider your preferred pharmacy as an important part of your evaluation.

When you start to research coverage, make sure your pharmacy of choice is in your plan's preferred network. Walgreens is a preferred network pharmacy with many plans nationwide, which means you can save money on your copays.

For more information on tools to make prescription management easier, visit Walgreens.com/Medicare.

Myth 1: Your Medicare prescriptions cost the same at all pharmacies.

Fact: You often pay less on copays when you fill a Medicare Part D-covered prescription at a preferred pharmacy in your plan's network. These savings can quickly add up.

Myth 2: Medicare Part D and Medicare Advantage plans can require you to fill prescriptions by mail.

Fact: Medicare prevents plans from requiring patients to use a mail-order pharmacy exclusively.

Myth 3: Once you pick a plan, you don't need to review it each year.

Fact: Changes in the prescriptions you take, plan design and coverage may cause your existing plan to no longer be right for you. Your insurance provider sends a letter that describes any changes to your plan. It is important to review these changes as they could impact your total cost.

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Trees Not Tombstones: New Options For End-of-Life

The vast majority of Americans have not completed their end-of-life planning. In fact, over half of those age 45-plus have done no end-of-life planning at all, according to a recent survey conducted by Better Place Forests, the country's first sustainable alternative to cemeteries for families that choose cremation.

Better Place Forests hopes the idea of a beautiful, sustainable final resting place will encourage people to create those plans. Instead of tombstones, the company incorporates ashes into the base of beautiful trees in permanently protected forests. The company performs spreading ceremonies in the forest, where families can gather to say goodbye. Currently, there are two forests in California, in Point Arena in Mendocino County and in Santa Cruz, and the company plans to open more across the country.

There is a growing trend toward greener burial options in the United States. According to the National Funeral Directors Association, nearly 54 percent of Americans are considering a green burial and 72 percent of cemeteries report an increased demand for green burials. Thousands of people have already reserved trees for themselves.

"Making plans and establishing guidelines for the end of your life means that loved



ones don't have to guess about your wishes and you can give them the experience you'd like them to have when you pass," explained Sandy Gibson, CEO of Better Place Forests. "At Better Place Forests, we talk to people every day who find peace in knowing they have created a beautiful experience for their loved ones by selecting a family tree."

Beyond providing a more beautiful final resting place, choosing a tree in one of these memorial forests means you are leaving a legacy of conservation. The company performs spreading ceremonies in the forest, where families can gather to say goodbye and continue to visit—a feature current cremation options can't provide. The trusts also actively manage the land to ensure that it's less susceptible to forest fires. They hire forestry experts to keep the trees healthy and the forests free of invasive species. In addition, more trees are planted in areas in need for every tree a customer chooses. Thousands of trees have already been planted in forests devastated by the California wildfires.

Learn More

For further facts, visit www.betterplaceforests.com.

Busy Boomers

By Les Goldberg

Military Vets Get Love in a Blanket

Deanna Johnson of Harbor City does it to give back to her country's heroes, "our precious veterans."

Jane Lamar of Long Beach does it for a cause while enjoying the social connections with people with similar interests in sewing.



Jane Prey of Bellflower does it for the same reasons as the other members of the unique group.

What do they do?

They are among hundreds of women across the country who dedicate their time and stitching talents to a local chapter of the national Quilts of Valor organization, a non-profit



foundation whose goal is to "cover all physically or psychologically wounded service members with a freedom quilt, honoring them for their sacrifices."



According to Barbara Winkler, the Southern California coordinator of the group and leader of the Long Beach area chapter, the idea for the organization came to Catherine Roberts of Delaware in 2003 while visiting her wounded son at Walter Reed Army Medical Center.

So far, the local women, who purchase most of the materials out of their own pocket, have awarded veterans more than 5,600 quilts – the 588 made last year were above the national average, she said. Of course, donations are accepted.

Winkler said she got involved with a Long Beach Unified School District program for students who needed to perform community service.

"They would learn to sew and quilt for veterans, and many of them had family and friends who were veterans. The idea just grew, and now we have a regular location at the Bellflower Community Center with an average of about 20 volunteers that attend each Thursday," she added.

More volunteers are welcomed, she said. "We have chapters here in the Long Beach area, in Los Angeles, Ontario, San Diego and a new one in Orange County."

Winkler invites anyone interested in applying their sewing and quilting talents to the group to visit the national



QOV website, www.qovf.org. There you will find the parameters for making quilts for veterans. For instance:

- Most Quilts of Valor are made from some combination of red, white and blue fabrics, although this is not a requirement.
- Minimum size: 50 by 60 inches; maximum: 72 by 87 inches.
- All fabric must be 100 percent cotton.
- All quilts must be quilted, not tied.
- They must have the binding sewn on and securely stitched.
- They must be laundered and clean.



- All quilts must have a label stitched to the backside, and a submission form secured with a pin.
- Each quilt must be contained in a presentation case (matching pillowcase).
- And each quilt must have a letter from the group for the veteran to read and keep.

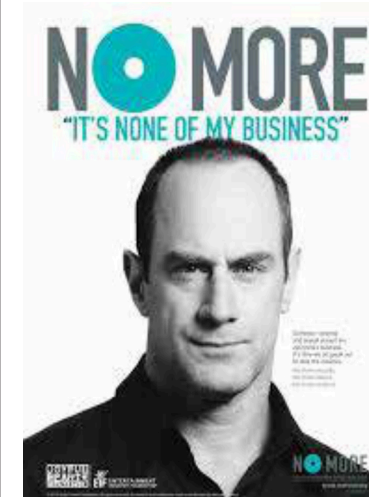
The Quilts of Valor website offers information on the steps for making the label and suggestions for what to include the journal, how to test to see if your fabric is suitable, a video on how to make a presentation case and more.

Requests for the group's quilts are received primarily from referrals from the Veteran's Administration, Sons of the American Revolution and several other veterans organizations throughout the country.

Winkler cited statistics that show more than 25 percent of veterans returning from overseas war zones suffer from some type of trauma.

"We have plenty of work to do to show our gratitude. Now is the time to get involved and give back to our combat warriors/veterans," Winkler said.

If you want to join the Quilts of Valor, contact Winkler at (562) 682-9873 for more information and she will refer you to the chapter near you.





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Give Your Keto Diet A Kick Four Ways

When you're looking to add some excitement and variety to your Keto routine, Lindsay Olives are the answer. Loaded with antioxidants, healthful fats and important phytonutrients, olives add a nutritious boost and savory goodness to just about anything.

You can change up your meal routine with these olive-rich, Keto-friendly ideas:

1. Enjoy a portable afternoon snack:

Pack a handful of pistachios or almonds in a snack bag and grab a Lindsay Snack and Go! olive cup. Olives—such as Black Ripe or Pimento Stuffed—are great for satisfying hunger.

2. Create a crowd-worthy appetizer:

Thread mozzarella balls, salami, prosciutto and black and green olives on bamboo skewers for a salty and delicious appetizer.

3. Work up a wonderful weekday breakfast or weekend brunch:

Scramble two eggs in Lindsay EVOO and mix in a teaspoon or two of sliced or chopped olives and a handful of shredded cheddar cheese. When finished, garnish with chopped chives.

4. Prepare a phenomenal dinner (with leftovers for lunch):

Try this recipe:

Taco-Stuffed Spaghetti



Squash stuffed with chicken, olives and veggies make for a hearty, delicious dinner that's also Keto-friendly.

Squash

2 lb. spaghetti squash
2 Tablespoons Lindsay Extra Virgin Olive Oil, separated
1 cup diced red onion
3 cloves garlic
1 lb. ground chicken
1 14 oz. can diced tomatoes
1 teaspoon cumin
2 teaspoon chili powder
1 teaspoon salt
1 2.25 oz. can Lindsay California Black Sliced Olives
1 lime
1 1/2 cup Monterey jack cheese
1 avocado, diced
1 large tomato, diced
1 jalapeño, sliced
1/2 cup Lindsay California Black Medium Olives
1 lime, wedged

Preheat oven to 400 degrees.

Place whole squash into microwave and cook for 3 minutes. This makes it easier to cut in half. When done, cut in half and scrape out the seeds. Drizzle 1 teaspoon oil over each half and rub it around until the whole inside is coated. Sprinkle with salt and pepper.

Then place squash halves on a parchment-lined baking sheet center down, so it lays flat. Bake for 50 minutes.

Meanwhile, dice onion and mince the jalapeño and garlic. Heat a large sauté pan over medium-high heat. Pour 2 teaspoons of oil into the pan, then add the chicken, 3/4 cup onion and garlic. Cook until chicken is cooked through.

Add tomatoes, cumin, chili powder and salt to chicken mixture. Stir to combine, bringing mixture to a boil. Cook uncovered for 15 minutes to reduce the liquid, stirring occasionally.

Remove from heat. Stir in the olives and juice from the lime. When the squash is done, scrape the inside with a fork to release from edge, creating a little nest in each half. Put 1/4 of the chicken mixture in each half. Put 1/2 cup cheese over the top of each half, then place back into the oven for 5 minutes or until cheese is melted. Top with sliced avocado, diced tomatoes, onions, jalapeño, whole olives and a lime wedge.

Learn More

For other facts, tips and delicious recipes, go to www.ilovelindsay.com/recipes. Type in "Keto" for fine flavors and meal inspirations that are Keto-friendly.



Don't let a homebound senior go hungry. Make a lifesaving difference.

At Age Well Senior Services, our vital Meals on Wheels program delivered nearly 500,000 meals to seniors in need last year. We're a nonprofit organization that relies on donations to provide services, and we need your help to avoid having to turn away requests for meals from homebound seniors. Curtailing service would be a tragedy on several levels, including overall wellness, as visits from our volunteer drivers are often the only social contact some seniors have.

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

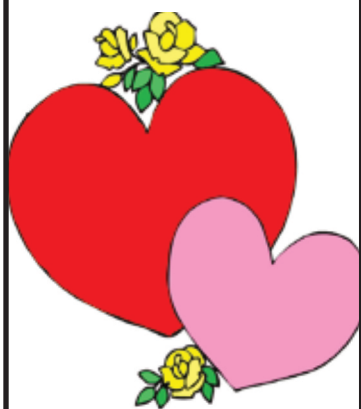
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Are You Seeking a Care Facility For Your Loved One?



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

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

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

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

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

Veterans resources, Adult Protective Services and Social Services.

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

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

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

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

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

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

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

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

SR: What is the cost of using RCPS services?

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

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

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

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

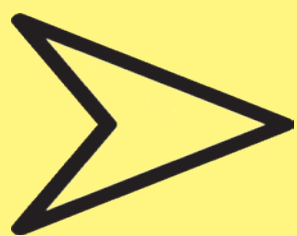
“Thanks for your help. Those we serve found a window of hope.”

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

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

See our ad
on the back cover





In The Spotlight

Wilma Cimino: Mentor for CA's Senior Community

A 101st birthday celebration at a California senior care facility was no run-of-the-mill, ordinary 101st birthday.

The specialness of the event was not because Ludmila (Mila) Davis' 101st birthday happened to be on Christmas day either. The 101st birthday celebration is special because it serves as a reminder of how important it is to mentor our younger generation.

Over 60 years ago, Mila's willingness to mentor a young Italian immigrant is the reason a family business is providing loving care to Mila today. The young woman mentored was CiminoCare's founder, Wilma Cimino.

While today Wilma is still considered a "spring chicken" at 80 years of age, still leading her family's senior living business, the special relationship between Mila and Wilma started in 1958. They first met at church — Mila, a highly regarded nurse manager at area hospitals—Wilma, then, a recent immigrant who couldn't speak a word of English but possessed a very strong work ethic.

In time Mila took Wilma under her wings and mentored her and her family.



Wilma Cimino (left) and Ludmila (Mila) Davis (right) eating her birthday cake.

Fast forward 61 years and picture Wilma and her compassionate team caring for Mila. Yes, this relationship has come full circle, and so celebrating this 101st birthday at has a deep and special meaning to Mila and Wilma.

Wilma's reputation for caring for others in the church and throughout her neighborhood has grown over the years. When she and her family set up their first official Board and Care home, it was Mila who wrote the required recommendation letter to receive licensure from the state in 1988, launching what is today CiminoCare.

Here's more about Wilma who will be 81 in March and still going strong.

Q: Where were you born and raised?

A: Florence, Italy

Q: Your educational background?

A: Growing up during WWII, we had to work as children, I went to school for 6 years, then at age 13 went to trade school to be a seamstress.

Q: When did you decide you wanted to have a career helping people?

A: My aunt was a nursing assistant and I admired her and her work. So, from an early age.

Q: What about your family life?

A: Early life: Due to rebuilding after the war, there was no time for luxuries such as vacations. We mostly worked. Our family loved music and art, so we occasionally got tickets for the balcony seats at the opera. My sister formally studied music and my brother is a professional concert pianist in Italy and taught at the Florence Conservatory of Music.

Family life in the USA: We had five children, and early on only had a two-bedroom house, so all five children lived in one bedroom for a while. We all worked hard together to remodel the family home to

be a two-story, five-bedroom home. All the children were involved with music and arts.

Q: What makes your relationship with Mila special in your own words?

A: I had admired her for her professional career as an important nurse manager at hospitals. Also, I admired the way she carried herself and always presented as a highly polished and educated woman. Someone to look up to and emulate.

Q: How do you feel about her turning 101?

A: Yes, I am continually impressed with her resilience. This is a testament to how strong of a woman she has been and continues to be.

Q: What makes her truly special to you?

A: She is one of my 'inner circle' of friends that I feel comfortable confiding in. She supported me through not only our business challenges but personal challenges. She always had a listening ear and always gave support and solid advice.

Q: How has her story changed and/or changed your own life?

A: She provided vital affirmation and guidance at critical challenges in my life.

Q: What are you grateful for?

A: For the many, many blessings I have received over the years, for the family I have, and the health I still have that allows me to still do the work I love at age 80!

Q: What do you think is the key to a long, healthy life as you age?

A: Not to get upset about things that don't work out the way you want, but dwell on the blessings and look forward. Keep active. For example, I continue to work and I also attempt to go to the gym five days per week! Lastly, I also think it's important to keep helping others, as it keeps the focus on giving and receiving blessings instead of just entertaining myself.

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How People With Low Vision Can Stay Safe And Independent

People with low vision have blind spots that can make it difficult or impossible to drive, read or see faces. These impairments cannot be corrected by surgery or glasses. What's more, too many are blind to the realization that much can be done to improve their quality of life.

What Can Be Done

In fact, low vision rehabilitation services help people make the most of the vision they have. The first step is to get an eye exam by an ophthalmologist, a physician who specializes in medical and surgical eye care.

Who Can Help

An ophthalmologist can determine the full extent of vision loss and exact location of blind spots. Either the ophthalmologist or a low vision specialist can then determine the best techniques and devices that can help you get around your individual challenges.

Where EyeCare America Comes In

If you're concerned about the cost of the exam, the American Academy of Ophthalmology's EyeCare America program may be able to help. This national public service program provides eye care through volunteer ophthalmologists for eligible seniors 65 and older; and those at increased risk for eye disease. As one EyeCare America patient said, "I'm a senior living on a low income. It had been 30 years since I'd



had an eye exam. It was a true blessing to receive this service."

Low Vision Services Offer Hope

The field of vision rehabilitation has advanced significantly over the years, offering more effective technologies and strategies. Today, ophthalmologists' solutions range from simple, portable video magnifiers to enlarge text and objects to high-tech glasses with cameras that let people read text and see faces.

In addition, there are many simple changes people can make on their own to help them live better:

- **Improve contrast.** Contrasting colors can make it easier to accomplish household tasks and improve safety. Put dark place mats under white place settings, get area rugs that are a contrasting color with the floor and kitchen towels and cutting boards that contrast with the counter top. Use contrasting colored tape along the edges of rugs, stair steps and lamp shades.

- **Improve lighting.** Every year, about three million older Americans are treated for injuries from falls, according to the Centers for Disease Con-

trol and Prevention. Many of these falls are caused by low vision. Add lighting to staircases and dark hallways. Remove rugs from hallways to prevent tripping. Task lighting in the kitchen can make food preparation safer and easier.

- **Reduce clutter and organize.** A cluttered house is more difficult to navigate and can contribute to falls and frustration. When each item has a specific place and is identified with a high-contrast label, it's easier to locate items needed for everyday living.

- **Embrace technology.** Books on tape and personal voice-activated assistants, such as Google Home or Amazon's Alexa, can be enormously helpful for people who can no longer see well enough to read, dial a phone or set a thermostat. With a simple voice command, these can phone dial a friend for you while the thermostat dials up the heat.

While there isn't one strategy or tool that works for every person, vision rehabilitation offers hope for many and can help people stay in their homes and continue doing the things they love.

Learn More

For further facts and tips, visit www.eyecareamerica.org. To see if you or someone you care for is eligible for the EyeCare America program, visit www.aao.org/eyecareamerica.



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The individuals pictured above are models and are not actual therapist and patient.

Giving The Gift Of Love

Most people would agree, the best gift during the holidays—and all year round—is the gift of love. For thousands of families, that means welcoming a puppy into their home. For those considering getting a new best friend for themselves or someone else, remember that choosing a puppy is a big decision. It's also one you should think about carefully—for both your sake and the dog's.

Consumer groups report receiving nearly 10,000 complaints about puppy/dog businesses in just the last three years, with 60 percent of consumers indicating they never got the pets they purchased, received pets that had health or genetic problems, or got no documentation for their pet. Just as concerning, most people don't know how to make sure they are getting their pet from a reputable breeder and not an inhumane and substandard puppy mill. While everyone is encouraged to look to their local shelters and rescues, roughly a quarter of new pet parents obtain their puppies from breeders, whether because of allergies, size or temperament, or just because they have their hearts set on a particular breed of dog.

Whatever your motivation, you should make sure you know that the organization you use to find your new best friend is legitimate and will secure you a happy, healthy and responsibly bred pet.



You can enjoy the love of a good dog for years to come, if you're careful to avoid scammers when you get your puppy.

To help you avoid scams and find properly raised puppies, here are some important tips from the experts at American Humane—the country's first national humane organization and the largest certifier of animal welfare in the world—and PuppySpot, a placement service committed to helping responsible breeders place healthy, happy puppies with caring individuals and families:

• **INTEGRITY:** Find a source you can trust.

• **SUSPICIOUS PHOTOS:** Don't be swayed by a fancy website or puppy photos that look like stock photos that are perfectly posed, don't look real, or are found on multiple websites.

• **PRICING:** If the price looks too good to be true, it generally is. People should avoid buying from a company that says it will transport a dog by air if the full purchase price seems to be less than or similar to the price of a flight.

• **WIRING MONEY:** Never

wire money to anyone you have met only online and avoid major money wiring companies and mobile payment service apps.

• **BAD GRAMMAR OR MISSPELLINGS:** Be sensitive to strange language choices in puppy listings or communications. The vast majority of scammers are from foreign countries.

• **BOGUS STORIES/EXCUSES:** Scammers often come up with complicated reasons they need immediate wire transfers or can't deliver the puppy to you based on current events. Be on alert for bogus stories or excuses for why more money is requested after initial payment.

• **REFUSAL TO SUPPLY DOCUMENTATION:** A responsible breeder, shelter or rescue organization will provide registration, vaccination and veterinary health records on request. Refusal to supply medical records or pedigree documentation is a red flag.

Bringing a new best friend into your home should be a positive and joyous experience. By following these guidelines and using diligence and common sense, you and your family may avoid unnecessary heartache and find the healthy, happy puppy of your dreams.

Learn More

For further information, please visit www.AmericanHumane.org and www.PuppySpot.com.

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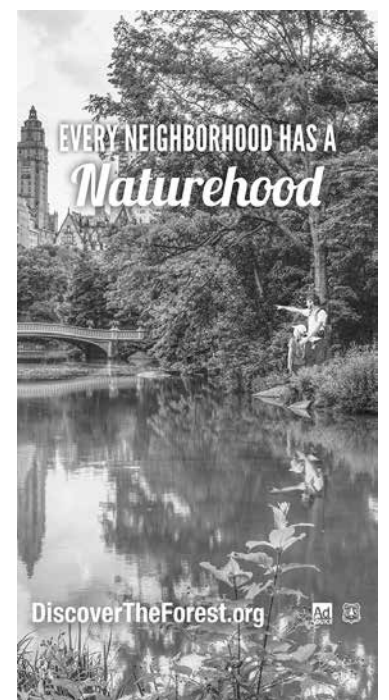


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Crossword Puzzle Answers from page 27

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JUST JUDITH

By Judith A. Rogow

Comments on the ADA

Every year CES (the Consumer Electronics Show), the largest technological trade show in the world where virtually millions of products are shown, many for the first time, takes place in Las Vegas.

While the 'Gadget Geezer' will be showcasing many new products in his columns, I'll share a few observations about the show, and travel in general.

As we age many of us 'pay' for overactive younger years with bad backs or knees that make using canes, crutches, wheelchairs or scooters a must. While I only use a scooter to get around when covering a huge event like CES, a week spent sitting or hobbling on my cane has reminded me that the ADA (Americans with Disabilities Act) still has work to do.

One chief complaint heard in the media rooms is that many older buildings, ones built prior to 1990, are almost impassable for those of us who need assistance. Restrooms are retrofitted with stalls at the end thus requiring backing out of the always crowded area. Elevators are another hazard and we often end up in a less than pristine freight lift.

Newer construction has solved a lot of the problems, although in some cases it has created



others. The required pneumatic fire-safe doors in hotels are larger, but they are also much heavier. Trying to get through one without assistance is difficult and dangerous. I've got the bruises to prove that!

Another difficulty is getting in or out of a building that has a ramp. The width and angle are often not properly spaced for a larger wheelchair or a scooter. At my hotel, the best way to enter was through the door used by the bellman, not the cleanest area. It would make sense to have someone in a large scooter try to navigate a mockup of a projected ramp before concrete is poured and tiles cemented in place.

Restaurants in hotels, as well as banquet rooms, are usually built to provide for the largest number of diners possible, and they really pack people in during huge events. Having to move a table to accommodate a chair or scooter or find a place to stow one while the user is enjoying a nice meal is practically an insult to a waiter



or maître d', even though you explained when making reservations.

Then, there's the show itself. Hundreds of thousands of attendees will be crowding the aisles, all looking anywhere but down. Alas, down is where we usually are, and being run into -or over - is a constant problem. Unfortunately, apologies are few and far between and being berated in some foreign language is disheartening.

I have asked several times over the years why we cannot have a flag or other indication that there's someone to watch out for, but it apparently would be a 'safety hazard.'

This year, I have asked that, in future, a notice be placed on the entrance doors to watch out for us, a reminder that those walking can get out of our way four times faster than we can maneuver to avoid them. Hopefully, someone will adopt it as their own bright idea and see it actually happens.

As a new, incredibly enormous, event center is being

Continued on page 42



The AMD Effect: Ruining Your Granddaughter's Ballet Recital

Age-related macular degeneration (AMD) is the leading cause of blindness in people 55 and older, and early detection is key to saving your sight.

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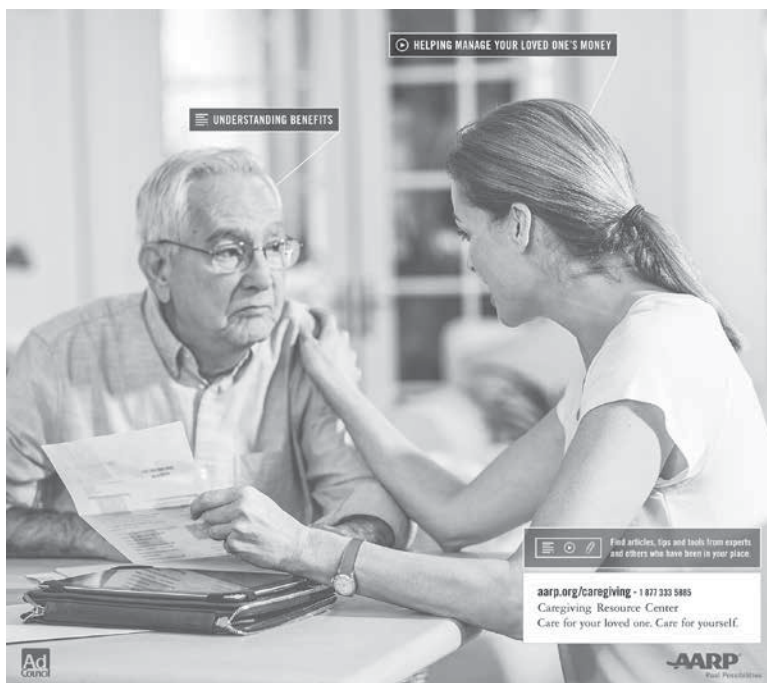
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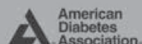




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Home Improvements For Safety

Research shows that most older adults want to live in their homes and communities for as long as possible. Most homes, however, were not built to support the mobility, sensory and cognitive changes that often accompany aging.

Fortunately, older adults and caregivers can make simple updates such as clearing clutter from the floor, improving lighting and removing rugs to help prevent falls—all of which can make homes meet the changing mobility, sensory and cognitive needs of the older adults who live in them. Other changes such as installing a stair lift or renovating a bathroom are more complex and require outside assistance.

Many older adults who need to modify their homes don't know where to turn for advice or assistance—or even what modifications they may need. That's where the Eldercare Locator, a public service of the U.S. Administration for Community Living, comes in. It connects older adults and caregivers across the country to Area Agencies on Aging and other resources—that can help determine what needs to be done, how to find a contractor to do it and look for ways to pay for it all—that can help ensure their homes meet their evolving needs.

To that end, the Eldercare locator created a brochure, “Modi-



One call to the Eldercare locator can connect older adults to local resources that can help them modify their homes so they can live there safely for many years to come.

fyng Your Home for Healthy Aging.” For a free copy and further advice, call (800) 677-1116 or visit the Eldercare Locator at eldercare.acl.gov.

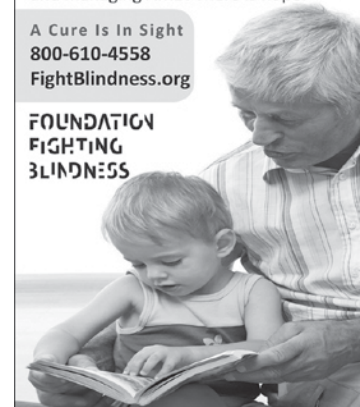
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Until Every One Comes Home®

Valentine's Day

Many people around the world celebrate Valentine's Day by showing appreciation for the people they love or adore. Some people take their loved ones for a romantic dinner at a restaurant while others may choose this day to propose or get married. Many people give greeting cards, chocolates, jewelry or flowers, particularly roses, to their partners or admirers on Valentine's Day.

It is also a time to appreciate friends in some social circles and cultures. For example, Valentine's Day in Finland refers to “Friend's day”, which is more about remembering all friends rather than focusing solely on romance. Valentine's Day in Guatemala is known as Day of Love and Friendship). It is similar to Valentine's Day customs and traditions countries such as the United States but it is also a time for many to show their appreciation for their friends.

Tinseltown Talks

By Nick Thomas

James Drury Remembers ‘The Virginian’ Co-stars

Originally airing on NBC from 1962 to 1971 and currently re-running on several cable networks (INSP and Starz), the enduring popularity of the “The Virginian” doesn’t surprise 85-year-old James Drury who starred throughout the series in the title role (see www.thevirginian.net).

“It still holds up,” said Drury from his home in Houston. “The old westerns were morality plays that showed the triumph of good over evil and I think that’s important for young people to see on screen these days because it will inspire them to live their lives that way.”



Cast of The Virginian during the early sessions. James Drury back row, left - NBC publicity photo.

As foreman of the show’s Shiloh Ranch set in Medicine Bow, Wy., Drury’s character answered to the ranch’s owner, played by several actors throughout the series beginning with Lee J. Cobb.



Doug McClure and James Drury in The Virginian - NBC publicity.

“He was making a ton of money from the series, then just quit,” Drury recalled. “He did an interview saying he thought the show was terrible and wished he could buy up all the film and turn it into banjo picks!”

Cobb was replaced by veteran film actor Charles Bickford.

“We had John Dehner for a short time then Charles came along and he did just a wonderful job,” Drury said. “He loved the show and told me he wished he had been on from the beginning. But he died unexpectedly (during season 6). We finished the show on a Friday night about midnight and it was a bitterly cold evening. He wasn’t well and everybody wanted him to go home but he insisted on finishing his part and staying around. It turned into pneumonia and he died Sunday morning.”

Well-admired character actor John McIntire was hired to complete the sixth season.

“John was perfect in every scene I ever saw him do.”

The final (9th) season saw major overhauls including a new name and theme with Stewart Granger being brought in.

“He was a disaster and I couldn’t stand him,” Drury admitted. “He wanted everything changed to make him the star of the show. But guess what – the name of the show is ‘The Virginian’!”

And then there was Doug McClure, playing fellow ranch hand Trampas. A villain in the original 1902 Owen Wister novel the show was based on, the writers transformed him into a high-spirited and often



Lee J. Cobb and James Drury in The Virginian - NBC publicity photo.

comedic character in the series.

“Off-screen Doug was quite like his character and you couldn’t help but smile when he walked into a room because he was full of good humor and

Continued on page 42



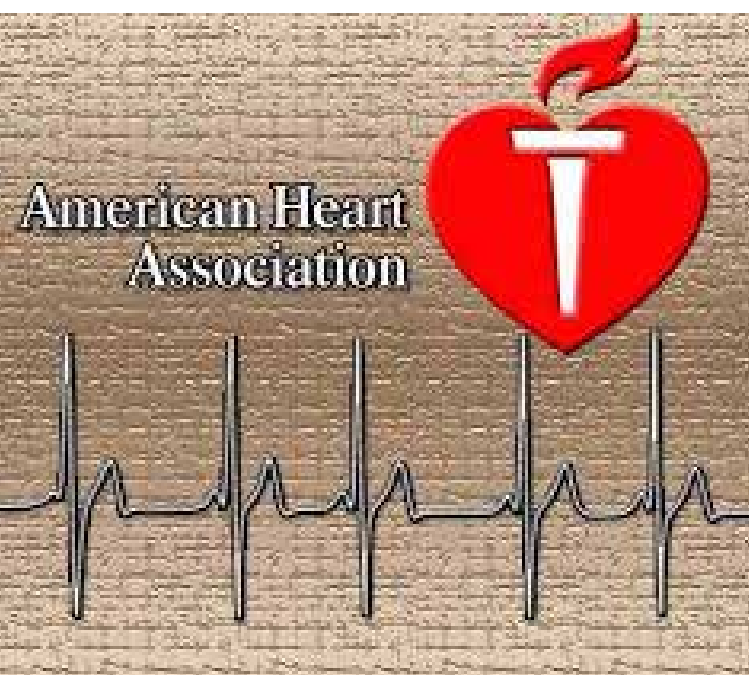
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JUST JUDITH

Continued from page 39

erected and is planned for next year's event, many of these problems will, hopefully, be solved.

One thing CES does - that is much appreciated to those of us with mobility issues - is to provide bus service that takes us and our chair from our hotel to the event centers and back in the evening. At the end of a busy day, this is perhaps the best of all ADA benefits!

Tinseltown Talks

Continued from page 41

good spirits all the time," Drury recalled. "He became my best friend and I still miss him terribly."

Drury says he especially enjoys hearing from fans and their love for the series.

"People now tell me about their grandkids who discover the show on cable and start watching it," he said. "It's a wonderful feeling to know the show is still viable after all these years."

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



Healthy Eating

Continued from page 9

habits—such as consuming healthful foods and beverages, doing regular physical activity, getting adequate sleep and limiting screen time. You can set a good example by going for a walk or riding a bike. Or find an activity that you enjoy and can do together.

Learn More

To find more tips and resources for weight management and healthy living at whatever life stage you're in, or to access the Healthy Eating & Physical Activity for Life series, visit the NIDDK website at <https://www.niddk.nih.gov>.



Life in Long Beach

By Lyn Jensen

Mathews Challenges Lowenthal

Professor and author Peter Mathews wants to take his fight against what he calls "dollar democracy" to Congress. He's challenging Long Beach Congressman Alan Lowenthal to represent the 47th Congressional District, which includes most of Long Beach except for the northwestern corner, along with Signal Hill, Lakewood, Catalina, and several Orange County communities.

Both candidates are Democrats, but Lowenthal is an insider to the party establishment, having served in Congress since 2013. He previously served in the California State Senate for eight years and the assembly for six years, giving him many strong ties to local interests and communities.

His ex-wife Bonnie and ex-daughter-in-law Suja are also prominent Democratic politicians who have long served Long Beach.

In contrast, Mathews has long been involved with the Democrats' more progressive and anti-establishment wing. He compares his views to Presidential candidate Bernie Sanders and firebrand freshman Congressmember Alexandria Ocasio-Cortez.

You may have seen Mathews doing political commentary on CNN and KTLA. He's been a political science professor at Cypress Col-

lege for 34 years, a Long Beach resident for 29 years.

He's written two books, "*Dollar Democracy: With Liberty and Justice for Some*" and "*Dollar Democracy on Steroids*," both of which attack the influence of corporate dollars on American politics.

He's running on a left-leaning progressive platform that supports Medicare for All (sometimes called Medicare Part E for everyone), the Green New Deal that addresses climate change and income inequality in a single legislative package, and tuition-free higher education.

"Will Lowenthal lead on this?" Mathews asks. "He's done a decent job for four decades, but we need new energy."

California law states that the two candidates for Congress who receive the most votes in the Primary, regardless of party, are advanced to the General Election. If Mathews and Lowenthal get the most votes during the March 3 Primary, voters will be asked to choose between two Democrats, an incumbent insider, and a progressive outsider, during the Nov. 3 General Election. Los Angeles County has recently changed its voting system, so now Long Beach residents may vote at designated "voting centers" anytime between Feb. 22 and March 3. People who want to register to vote, or change their registration,



find a vote center, or have other voting-related questions, may contact their county Registrar of Voters. The deadline to register to vote is Feb. 18.



The Invention of the Year

The world's lightest and most portable mobility device

Once in a lifetime, a product comes along that truly moves people. Introducing the future of personal transportation... The Zinger.

Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough... a personal electric vehicle. It's called the **Zinger**, and there is nothing out there quite like it.

"I can now go places and do things that I wasn't able to go or do before. It has given me a new lease on life and I am so happy I found it!"

—Dana S., Texas

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. It's sleek, lightweight yet durable frame is made with aircraft grade aluminum. It weighs only 47.2 lbs but can handle a passenger that's up to 275 lbs! It features one-touch folding and unfolding—when folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact



Available in Green, Black and Blue (shown)



The Zinger folds to a mere 10 inches.

yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life. You can even gate check it at the airport like a stroller.

Why take our word for it. You can try the **Zinger** out for yourself with our exclusive home trial. Call now, and find out how you can try out a **Zinger** of your very own.

Zinger Chair®

Call now and receive a utility basket absolutely FREE with your order.

1-888-368-0269

Please mention code 112659 when ordering.



Just think of the places you can go: • Shopping • Air Travel • Bus Tours • Restaurants— ride right up to the table!

The Zinger Chair is a personal electric vehicle and is not a medical device nor a wheelchair. Zinger is not intended for medical purposes to provide mobility to persons restricted to a sitting position. It is not covered by Medicare nor Medicaid. © 2020 firstSTREET for Boomers and Beyond, Inc.

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