

SENIOR REPORTER

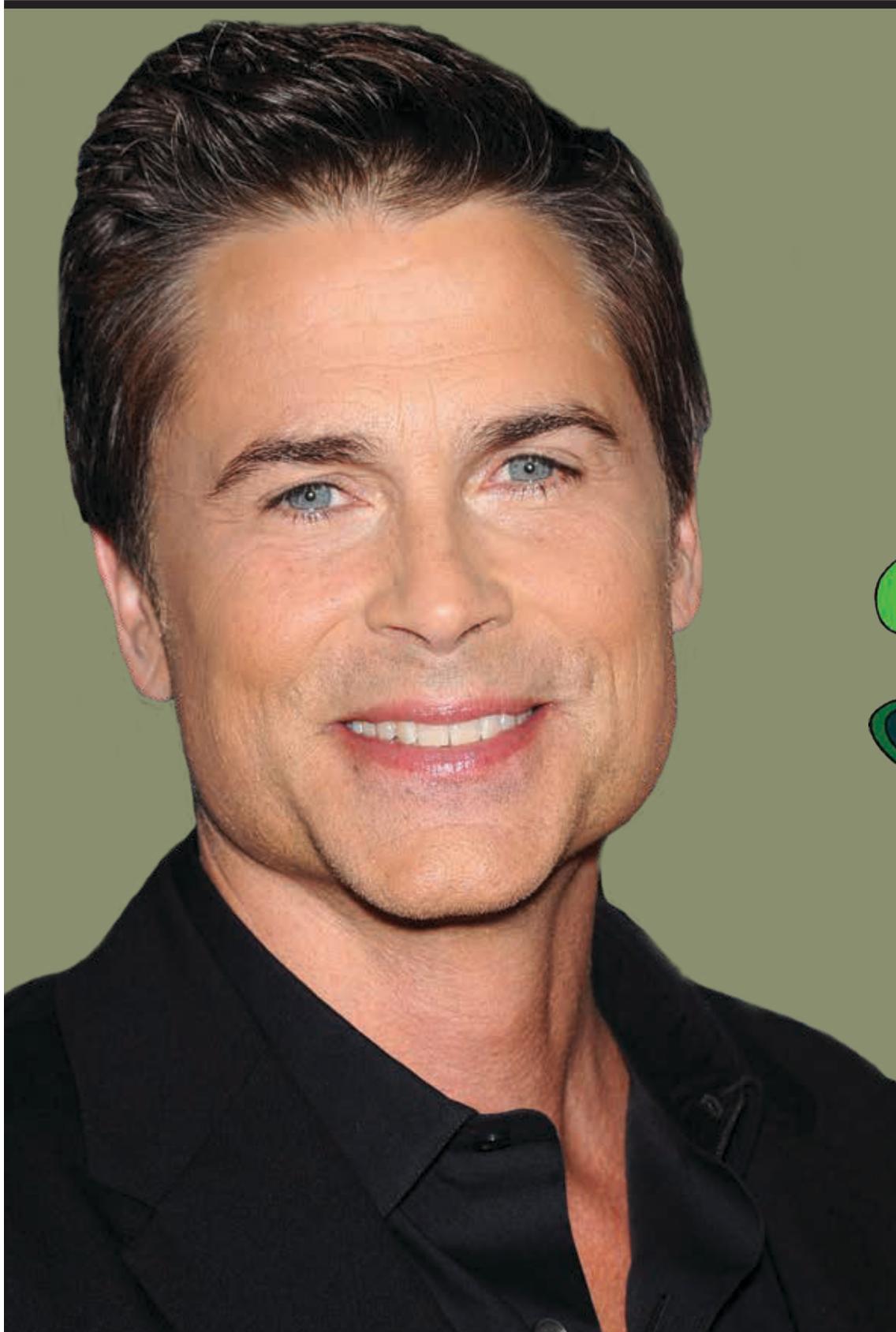
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MARCH 2020

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



Rob Lowe

"I don't like to let my celebrity interfere with me living my life. I like to meet people. I like to talk to people."

—Rob Lowe



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McDevitt's Believe It or Not

By Jim McDevitt

I am sure many times over the years many people have wondered if I needed psychiatric care because of the way I sometimes interpret things or look at things. So far, I have been able to outwit everyone by keeping some sense of normalcy in my life and not talking to imaginary people. Sure, I talk to my dogs. But who among us has a dog and doesn't talk to them? If you love your dog, you are going to talk to him or her and pet them, play with them and maybe even give them lots of kisses and hugs.

My story today involves my German shepherd named Dakota. She's a rescue from the county shelter who we adopted when she was thought to be one year of age. I think she really appreciates having a good home because she is very protective of my wife around big men and or large dogs. We experienced this protective instinct when we walked her in the neighborhood and a tall man with a large dog approached my wife. Dakota jumped, twisted, barked, growled and attempted to get free as the man and his dog approached.

At the time we were concerned but not too concerned because she was wonderful with our other dog, an English Yellow Lab and she was gentle with our grandchildren when they visited. There came a time when our neighbor who has two small dogs had her adult grandson visit with a Pit Bull. This Pit Bull was not friendly and Dakota wanted to jump the fence and get into it with him. To prevent that, we kept her in the house anytime the dog visited next door.

One Saturday we had to run out to a local store about 5 minutes away for something and because the grandson was visiting with the Pit Bull at the house next door, we kept Dako-

ta in the house. When we returned having been gone at the most 20 minutes, the Pit Bull was in the yard barking. We thought nothing of it until we entered our dining room. In our absence, Dakota had torn off a piece of the door frame; actually, it was the entire left side of the door frame from the wall next to the door leading to the deck. Somehow, she grabbed hold of the wood which measures about 1 inch by 5 inches by about 7 feet and was nailed solidly to wall studs and ripped it from the wall. Then she took two bites out of the sheetrock trying to get through the wall and at the Pit Bull.

This led to my wife do-

Continued on page 9

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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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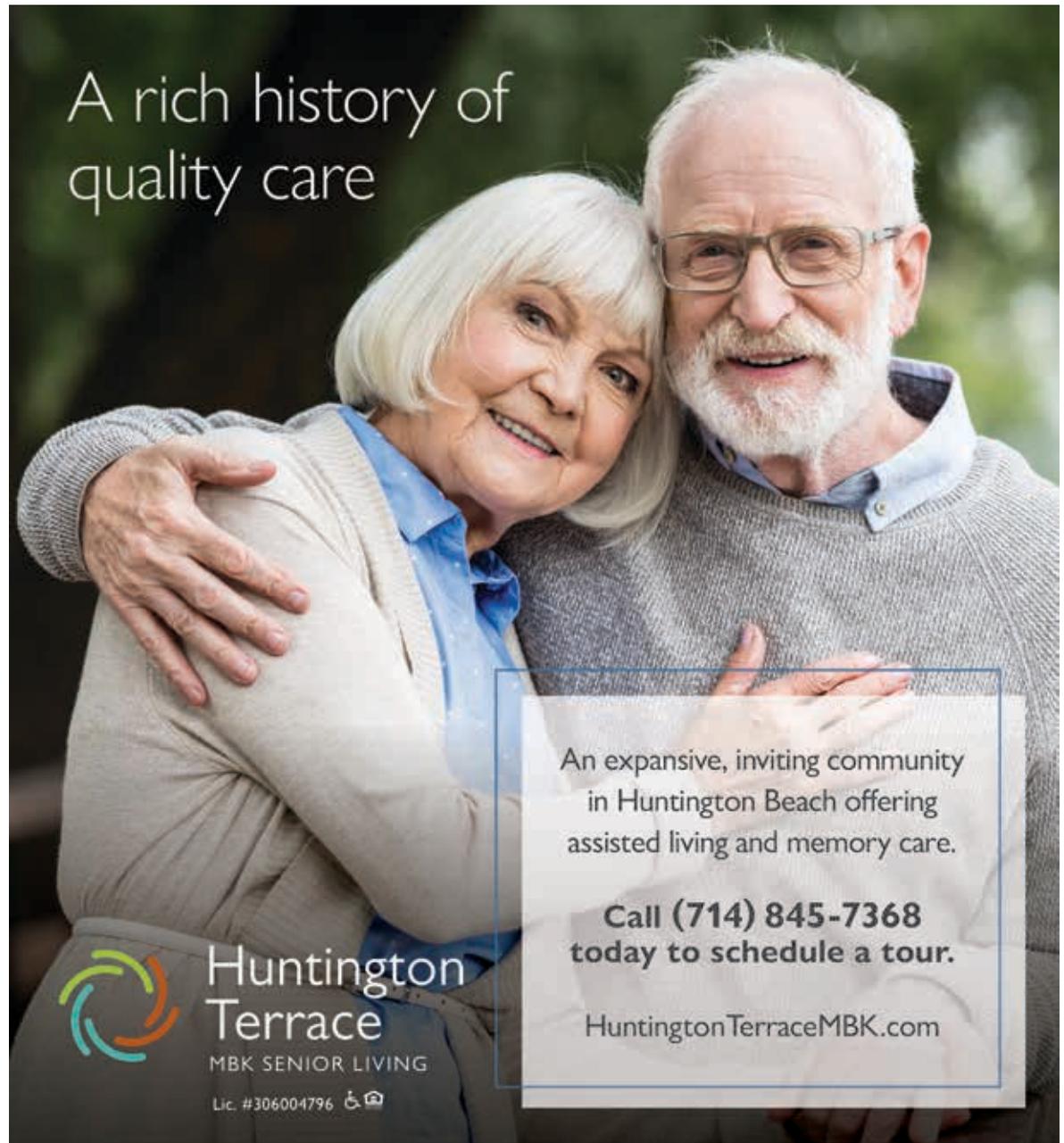
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Spring is around the corner but you don't have to wait to get out and do things. There's plenty happening around the area to keep busy and have some fun.

Littlest Angel Guild's Pursesally Yours Anaheim March 7

10 a.m. to 3 p.m.

Join the Littlest Angel Guild as they "Fly Away to Neverland Island where "buying designer purses never gets old. Enjoy a day bidding on one-of-a-kind designer purses and auction items to raise funds for the kids and families of CHOC Children's.

New and vintage handbags for sale. Activities also include live and silent auctions and a gourmet luncheon. At, Disney Grand California Hotel & Spa, 1600 S. Disneyland Dr., Anaheim.

Festival of Whales Dana Point

March 7 & 8 and 14 & 15

The annual Dana Point Festival of Whales celebrates the return of the once-endangered California Gray Whale big event. In addition to whale watching at the height of whale watching season, festival in-

cludes a kick-off parade, sand sculpting, Ocean Awareness Day, musical entertainment, on-the-water concert, Whale of a Block Party, art shows, pancake breakfast, classic car exhibits, lectures/seminars at multiple venues including the Ocean Institute and much more. At Dana Point Harbor. Festival info call 949-472-7888 or 1-888-440-4309.

Cherry Blossom Festival March 13-15

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

A free day of fun for all with Japanese food, music, dance, cultural performances, and games and crafts for kids. This festival is in support of the over 30-year student exchange relationship Huntington Beach shares with its sister city of Anjo, Japan. At, Central Park Bandstand, 7111 Talbert, Huntington Beach.

El Presidente Ball San Juan Capistrano

March 14

6 p.m. to 10 p.m.

Journey to the late 1800s of early California and let the Fiesta Association show you how "the West was fun" at this Western style dinner dance. Good food and old-fashioned fun while dancing under the stars (weather permitting) to

live Country-Western style music. At, El Adobe de Capistrano, 31891 Camino Capistrano, San Juan Capistrano. Call, 949-493-1976.

Swallows Day Fiesta Grande

San Juan Capistrano

March 18

6 p.m. to 9 p.m.

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

Saint Joseph's Day at the Mission

San Juan Capistrano

March 19

Live mariachi music, community presentations, special guest 'Swallows Speakers,' Mission Basilica School performances, ringing of the historic bells and History of St.

Joseph's Day and Swallows Legend. Included with entry into the Mission. Free for Mission members. At, Mission San Juan Capistrano, Ortega Hwy. Call, 949-234-1300.

Swallows Day Parade and Mercado

San Juan Capistrano

March 21

The parade takes place in downtown San Juan Capistrano and is the nation's largest non-motorized. Organized and presented by the San Juan Capistrano Fiesta Association. Arrive early; most street closures are by 10 a.m. The parade begins promptly at 11 a.m. The Mercado is a Street Fair and Market Place where you can eat, drink, and shop at more than 100 booths. After the parade come listen and dance to the music of The Working Cowboy Band, a traditional Country music band. At, downtown San Juan Capistrano. Call, 949-493-1976.

Glitterfest Fullerton

Fullerton

March 29

This event features a collection of creative people who express their talent through mixed media art. It includes handmade jewelry, sculpture, primitive dolls, paper whimsy and more. At, Spring Field Banquet & Conference Center, 501 N. Harbor Blvd., Fullerton.

History of St. Patrick's Day



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

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

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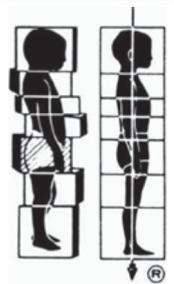
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"Sock it to me!"
"Here come de judge!"
"You bet your sweet bippy!"
"Look that up in your Funk and Wagnalls!"

At one time, it was virtually impossible to get through a day without hearing a few of these silly statements, thanks to the astounding success and widespread influence of "Rowan and Martin's Laugh-In."

Just called "Laugh-In" by most viewers, the show premiered as a groundbreaking NBC-TV special in September 1967. It proved to be such a surprise ratings hit that NBC added it to its regular weekly schedule beginning the following January.

"At the time, nobody was doing pure comedy," reflected creator, George Schlatter. "All variety shows were the same. I wanted something that reflected my own minimal attention span and love of comedy."

"Laugh-In" was basically an hour of modern-age vaudeville. Viewers were witness to cockeyed sight gags, irreverent one-liners, off-color sketches, social-issue playlets, and absurdly satirical newscasts. Performers fell through trap doors, tipped over on tricycles, and endured buckets of water and cream pies in the face. Fleeting celebrity cameo appearances featured such disparate stars as ukulele maven Tiny Tim, movie icon John

Wayne and straight-arrow politician Richard Nixon ("Sock it to me?").

Everything flashed by at a furious pace, with one clever critic declaring the Monday night bash "like an 'Ed Sullivan Show' on an LSD trip."

Laugh-In featured hosts Dick Martin and Dan Rowan, an ex-Las Vegas lounge act whose efforts went unnoticed before pop-culture stardom. On the show, Martin played the urbane sophisticate to Rowan's earthy--and rather dim--party animal, who was constantly focused on onstage action that included luscious go-go dancers and a wild and crazy cocktail gathering.

The show gave rise to a line of products that included coffee mugs, T-shirts, jogging outfits, fortune cookies, a comic strip, a magazine, and graffitied wallpaper. Baskin-Robbins even created a new flavor — Here Comes the Fudge.

A vast repertoire of celebrities also emerged from the show, including Arte Johnson, Ruth Buzzi, Henry Gibson, Jo Anne Worley, Flip Wilson, Judy Carne, Alan Sues, and Gary Owens. Rising above all these temporary stars, though, were two women who would go on to entertainment renown.

Perky Goldie Hawn found fame as a bumbling, giggling, bikini-clad blonde babe with

silly sayings painted on her skin.

Lily Tomlin's star turn came as Ernestine, a sardonic telephone operator who immortalized such lines as "Is this the party to whom I am speaking?" When she dialed the phone during her skits, Schlatter ordered her to use her middle finger as a gentle poke at the world out there.

Although "Laugh-In" loped along until 1973, the show had actually been on life support since the end of the 1960s. But NBC would soon return to the satire game, thanks to a former "Laugh-In" writer, Lorne Michaels, who created "Saturday Night Live" for a welcoming mid-1970s "Laugh-In" audience.

When asked about his show's legacy, Schlatter replied, "Break the rules. Once something becomes a rule, it's made to be broken."

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How To Save Time And Money This Tax Season

Tax season is upon us, and you should have received all the documents needed to file your taxes and (hopefully) get a refund. To help reduce the stress that comes with filing taxes, Glinda Bridgforth, a leading financial expert who explores the emotional and cultural factors that block financial success, identifies a few ways to save time and money this tax season:



Financial expert Glinda Bridgforth suggests five steps toward a better tax season.

1. Get organized. Whether you visit a tax professional or do it yourself, gather all documents ahead of time, such as your employer W-2s and any 1099 forms you may receive for interest income, retirement plans, or gig work such as driving for Uber. Don't forget to check your online accounts where you might need to download tax documents.

"Avoid the panic and stress that comes from disorganization," says Bridgforth. "Also, look at last year's return, which can serve as a good guide."

2. Start (and finish) early. Don't wait until April. Starting the process early will let you get organized, and have more time if you need it. Filing early will not only help you get your refund faster, it may also help you avoid tax-related identity theft since you will already have filed using your own Social Security number before someone else tries to. Speaking of identity theft...

3. Watch out for scams. Where there's money there's a con, and criminals have become very good at exploiting tax season. Be wary of threatening phone calls from "IRS agents" and phishing e-mails "from the IRS" seeking your personal information. Also, while all tax preparers and DIY websites aim to minimize taxes and maximize refunds, beware of promises for more than your fair share. Unscrupulous "tax preparers" entice unsuspecting taxpayers with hopes of a high refund, only for them to lose it all. The IRS just launched "Identity Theft Central" (IRS.gov/identitytheft) to help taxpayers report identity theft and learn how to protect themselves against crimes.

4. Get all your tax breaks. Did you get married? Have children? Change jobs? Take all the deductions you deserve.

"Even if nothing has changed in your life, you may have missed credits in the past that you're entitled to," notes

Bridgforth. "For example, according to the IRS, one in every five eligible workers fails to claim the Earned Income Tax Credit (EITC)."

If you find out you qualify for the EITC this year and didn't claim it in the past, you can even file amended returns for 2016, 2017, or 2018. The IRS provides a wealth of this type of information online at IRS.gov/eitc.

5. Look for tax prep discounts and promotions, then use direct deposit. The full service tax prep companies, as well as the DIY websites, are competing for your business, so be sure to shop around and look for coupons or rebates to find the best deal. Many free options are also available to those who qualify. Just go to IRS.gov/freefile to check eligibility.

And for the fastest and most secure delivery of your tax refund, opt for direct deposit instead of a check.

"If you don't have or don't qualify for a traditional branch bank account, there are new digital options to consider," says Bridgforth. "Several FDIC-insured digital bank accounts and prepaid debit cards are available to open online or on your mobile

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McDevitt

Continued from page 3

ing Internet research and a referral from our vet to a dog behaviorist in a city 80 miles away. In other words, my dog had to see a shrink and for \$400 the shrink recommended Prozac. I took the prescription to a pharmacy and the young lady who I handed the prescription looked at it and at me:

"Are you sure the doctor meant you to take three 20 milligrams tablets daily?"

I explained it wasn't for me but my dog. The pharmacist told me that most people take only one 20 milligram tablet. So, this is my story, my dog is seeing a psychiatrist and is on Prozac.

Rob Lowe

By Les Goldberg

For actor, director and producer Rob Lowe, this St. Patrick's Day is more than an Irish holiday. It will be his 56th birthday, and his life in show business has been a celebration of charisma from the moment he set foot in front of movie and TV cameras.

He actually does have Irish blood in him, along with his German, Welsh, English, and Scottish ancestry, which he inherited from his parents – Barbara Lynn, a schoolteacher, and Charles Davis Lowe, a trial lawyer.

Globe Award nomination for Best Supporting Actor in a Series, Miniseries, or Television Film. He also appeared in the music video for The Go-Go's song, "Turn to You."

His breakthrough role was his big-screen debut in 1983 when he and Emilio Estevez were cast in Francis Ford Coppola's "The Outsiders." Lowe played the role of Sodapop Curtis, the brother of the main character Ponyboy Curtis (C. Thomas Howell) and Darrel Curtis (Patrick Swayze).

Lowe and Estevez reunited in "St. Elmo's Fire," making them the two more prominent actors from the group known as the Brat Pack.

"About Last Night" followed with Demi Moore, who had starred alongside Lowe in "St. Elmo's Fire."

He then received his second Golden Globe Award nomination for Best Supporting Actor for his role as the mentally disabled Rory in "Square Dance" (1987) and that same year he performed on stage, playing Baron Tusenbach in Chekov's "The Three Sisters" at The

Lowe's family moved from Charlottesville, Va., his birthplace, to Dayton, Ohio, where he was raised in a "traditional American setting," attending Oakwood Junior High School. Following his parent's divorce, he moved to the Point Dume area of Malibu, Calif. with his mother and brother. In California, he attended Santa Monica High School, where he met Charlie Sheen.

One of Lowe's earliest roles came in the 1983 TV film "Thursday's Child," for which he received his first Golden

Williamstown Theatre Festival. It was there he met Paul Newman who encouraged him to "Suddenly, Last Summer" with Maggie Smith and Natasha Richardson.

The accolades continued when Lowe played Sam Seaborn in the television series "The West Wing" from 1999 to 2003 (and briefly in 2006). His performance earned a Primetime Emmy Award nomination and two Golden Globe Award nominations for Best Actor in a Drama Series.

Lowe was drawn to the role because of his personal love of politics, and his longstanding personal relationship with Martin Sheen, who was cast as the President.

During the final season of "The West Wing," Lowe appeared in two of the final four episodes.

The 2000s

After leaving the show, Lowe

was the star and executive producer of two failed NBC dramas, "The Lyon's Den" in 2003 and "Dr. Vegas" in 2004. A year later he starred as Lt. Daniel Kaffee in a London West End theatre production of "A Few Good Men."

Despite his two canceled TV series, Lowe found success in the TV miniseries genre. During the decade he appeared in "The Stand," the miniseries "Salem's Lot" and "Beach Girls" and "Thank You for Smoking."

In 2006 he filmed "The Perfect Day" for TNT, in which he took a pay cut to film in New Orleans in order to help the hurricane-ravaged area. That same year, Lowe filmed "Stir of Echoes: The Homecoming," the sequel to the 1999 Kevin Bacon thriller "Stir of Echoes."

That same year he joined the cast of "Brothers & Sisters" and his initial appearance brought the best ratings and

demographic showing for the show since its premiere. He continued to appear in the series until the end of the 2009–10 season.

In addition to appearances as a guest host and in various political advertisements, Lowe began the 2010s by being a guest on "The Tonight Show with Conan O'Brien" and various TV roles in such shows as "Young Justice," "Parks and Recreation" and "Californication."

In 2011, Lowe wrote a memoir titled "Stories I Only Tell My Friends," his second book, titled "Love Life," was released in 2014 and included stories and observations from his life in a poignant and humorous series of true tales about men and women, art and commerce,

Continued on page 14

Clinical Trials



People who participate in clinical trials can help improve health care for themselves—and many others.

Clinical trials are at the heart of advances in health and medicine. They seek to discover better ways to prevent, detect and treat disease to improve the health of current and future generations. By volunteering in a clinical trial, you can help advance human health—for yourself and others.

Clinical trials rely on volunteers with certain diseases and medical conditions, but some studies also need healthy people to participate. Why? Because volunteers in clinical trials must represent a wide range of people—by race, ethnicity, age, gender, physical sizes and abilities. By participating in a clinical trial, you might get an early opportunity to try a new and potentially beneficial treatment, and you might have access to expert medical care at leading institutions. You'd also have the opportunity to help advance innovations in health and medicine.

Many groundbreaking scientific advances have been achieved because of volunteers. For example, a recent study funded by the National Institute of Diabetes and Di-

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The Gadget Geezer

By Les Goldberg

A Healthy Dose of Tech

Any one of the thousands who attended this year's consumer electronics extravaganza, aka CES, could not help but notice the many health-related products throughout the exhibit halls. We will be highlighting them from time to time in this column. Here are three that earned most of the attention:

IrisVision



Wearable headsets were ubiquitous at the show, but IrisVision claims it has developed a breakthrough in the category

of vision improvement, especially for those suffering from macular degeneration.

The company states that the product "is the only affordable and comfortable low-vision headset that allows the visually impaired to see better in nearly every setting – at home, school or work; at the store or library, at a museum, concert or sporting event, or even in the forest, hundreds of miles from civilization."

Developed by leading vision scientists in the U.S., including a grant from the National Eye Institute, the IrisVision headset combines the latest mobile virtual reality system and a customized

smartphone to provide an industry-best 70-degree field of view with an adjustable magnified IrisBubble view. Price: \$3,000.

MyEye 2



Another product that caught our eye (pardon the pun) is the MyEye 2 from OrCam Technologies.

According to company spokespersons, the tiny camera attaches to your regular eyeglasses, transforming text and visual images into sound.

They explained: "you can raise your index finger and tell the device you want it to read to you. If you put it on your palm, it will stop, and you can raise your wrist if you want it to tell time."

In addition to reading written words aloud, MyEye 2 can read faces and allow you to record a name to go with them.

"It is a lot faster to go through documents that used to take me a lot longer to get through, so more productive and faster at my job," said Rick Sullivan, an employee of a non-profit



that serves the blind and visually impaired. His daughter tried it and is "just blown away by it."

Efforts are underway to convince the government and insurance companies to cover such assistive technology devices like MyEye 2, which is priced at \$4,000.

To most of the people who are using the product, however, "it is priceless – it allows us to shop, travel, dine out and more with independence."

The company points out that MyEye 2's facial recognition technology is totally secure and can't be downloaded to the Internet.

Y-Brush

While we're talking about above-the-shoulders health, let me tell you about a product introduced at the show by FasteesH, a French company, called the Y-Brush.



First, this product doesn't look anything like a normal toothbrush. Instead, it resembles a

small mouthguard for sports. Designed to reduce your total recommended daily brushing time from four minutes per day (according to the American Dental Association) to just 10 seconds twice daily.

In fact, the Y-Brush is nicknamed the "10-second toothbrush" and it consists of a tray lined with nylon bristles positioned at 45-degree angles – the same angle the ADA recommends for holding a normal toothbrush against your gums. There are four different sized trays for kids, teens, and adults.

On the front of the brush tray is a small handle with a large trapezoid-shaped motor that vibrates to clean your teeth with three different vibration settings. To use it, you add toothpaste, position the Y-Brush in your mouth and turn on the motor.

As the brushes vibrate, you make a chewing motion for five seconds, then remove it, flip it and repeat the process for another five seconds.

The product currently is undergoing clinical trials and is expected to cost \$125 when released for sale later this year. It will include a handle, a brush, a charging station, a storage pod, and a toothpaste applicator.

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Get Help Getting Into The Workforce

For many Americans—maybe you or someone you care about—2020 could be a milestone year.

That's because it could be the year of your ticket to financial independence. Here's why: For 20 years, Social Security's Ticket to Work (Ticket) program has helped people find their path to empowerment through work. Through the Ticket program, people ages 18 through 64 who receive Social Security disability benefits (SSDI/SSI) can work with authorized service providers called Employment Networks or their State Vocational Rehabilitation (VR) agencies to prepare for the workforce,



People with disability benefits can get help getting work and keeping those benefits

find a job, or progress in their career.

Individualized services are designed to help people along the path to financial independence through work—a path that Social Security knows is different for everyone. But every step along that path is reason to celebrate.

For people like Chris, who experiences paralysis in 80 percent of his body as a result of a car accident, that path includes understanding how work affects disability benefits and knowing about the supports available.

After the accident, Chris began getting Social Security disability benefits while he took time to focus on adapting to life with quadriplegia. "My hands no longer worked. My legs, abs, back, and chest were no longer machines to make my future free and fun and full of opportunity," he recalls.

Learning to navigate in this

new reality was hard work but the experience helped Chris approach obstacles as puzzles to solve. These skills served him well as he pursued his college education and work experiences where he cultivated the attributes employers look for in their best employees.

Still, Chris had questions about how work and earning income would affect his benefits. When information about the Ticket program arrived in the mail, he called the Ticket to Work Help Line and connected with a trained representative who told him about Social Security Work Incentives. Work Incentives

are rules that make it easier for adults with disabilities to work while maintaining access to their benefits.

This information helped Chris find the confidence he needed to continue pursuing work. Chris now works on a contract with the Internal Revenue Service (IRS) where he trains customer service representatives. He's looking forward to increasing his hours and responsibilities.

If you're eligible for the Ticket program and want to learn more about the free services and supports available to you, call the Ticket to Work Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY), Monday through Friday, 8 a.m. to 8 p.m. ET. Or visit <https://choose.work.ssa.gov>.

Fabulous Finds

By Debbie L. Sklar

Here are some great pre-spring Fab finds to help you look your best from perfect nails to eye-rollers to get rid of black circles and a lot more.

Nails.INC Crystals Made Me Do It



It's time to make your manicure part of your daily meditation routine. This feel-good duo is the perfect partner in shine features Nails.INC's best-selling 45-second topcoat with real amethyst crystals radiating good vibes and positive energy, alongside a crushed rose quartz crystal pink shimmer shade. 100 percent vegan, cruelty-free, sustainably-sourced crystals. **Price:** \$15; available at Sephora/.com and NailsInc.com

INC.Redible Need A Wakeup Call

Introducing a super-charged cooling and healing real jade crystal under eye-roller. The formulation is powered by enriching antioxidants with a slight hint of radiance reflective pearl,



which works to brighten dark circles and reduce signs of fatigue throughout the day – the quickest giveaway to a tired human. The addictive cooling sensation will keep you rollin' all day long to refresh, reboot and re-hydrated to your under eyes. **Price:** \$15; available at Sephora/.com and NailsInc.com

INC.Redible Jammy Lips Sheer Lacquer Lip Tint

A new kind of tint for lips – this high shine gloss is enriched with natural actives that help hydrate and protect all day love. The payoff is rich and juicy with an easy application. Available in four shades: Squeeze Me (coral), Slow Jamz (berry red), When Life Gives You Fruit (apricot), and Fruity Feels (dusky pink). 100 percent vegan, 100 percent cruelty-free. **Price:** \$12; available at Sephora/.com and NailsInc.com

Nails.INC Keep It Tonal Collection



Taking inspiration from nude on nude trends, Nails.INC has bottled four warm complementary tones. Each with fully pigmented, full-color pay-off and designed to be worn together for the latest ombre manicure

look. Available in four shades: Beech Gardens (khaki), Camomile Street (mocha brown), French Ordinary Court (nude), Mansion House Street (mushroom). **Price:** \$22; available at NailsInc.com

Terrific Topcoat



No manicure is complete without a topcoat. Newly enriched with retinol, this bestselling topcoat has had an overhaul specifically formulated for anyone who demands stronger, healthier nails. The retinol builds a chip-proof shelf locking in the color and sealing it with a glossy, professional finish in just 45 seconds for a touch dry result. 100 vegan, 100 percent cruelty-free, alcohol-free and up to 14 days wear claim. **Price:** \$15; available at Sephora/.com and NailsInc.com

Nails.INC What the Shell? Collection

Swatched from the beach, this four-piece trend collection features soft, pearlescent hues each with a color flip sandy shimmer. Expect long-lasting pigment and silky application



inspired by all things shell. Available in four shades: Call Me On Your Shell Phone (bronze), World's Your Oyster Babe (silver pearl), Shells Aloud (pink shine), Let's Take A Shelfie (mother of pearl lilac). **Price:** \$11 each, available at NailsInc.com

Rob Lowe

Continued from page 10

fathers and sons, addiction and recovery, and sex and love.

Since November 2015, Lowe has been the voice of Simba in the Disney movie and series *"The Lion Guard,"* has been honored with a star on the Hollywood Walk of Fame and launched a men's skincare product line.



After being roasted on TV's Central Command Roast in early 2017, he began a real-

ity series with his two sons, 24-year-old Matthew and 22-year-old Jon Owen, on A&E titled *"The Lowe Files."* The series features 30-minute road trips with the Lowe boys, investigating common urban myths and legends that Rob has loved since he was a young boy and has shared with his boys throughout their growth. Some of the topics explored were Bigfoot/Sasquatch, alien abduction and ghosts.

On Jan. 3, 2018, Atkins Nutritionals announced Lowe as a new brand spokesperson. Due to his "low-carb lifestyle," Lowe was selected for a series of multimedia ads that were still airing throughout 2019.

Lowe continues to live with his wife of 29 years, Sheryl Berkoff, in Montecito, Calif. where he is a founder of the Homeowner's Defense Fund, a Santa Barbara County non-profit, non-partisan organization dedicated to local control of land-use planning and transparency in government.

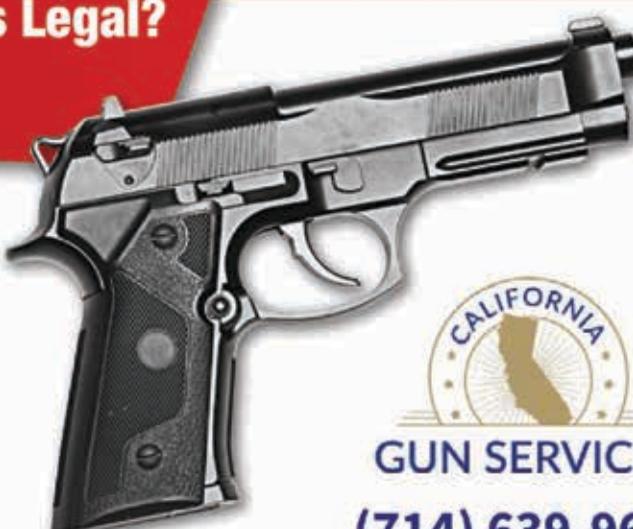


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The last few years have seen a substantial increase in the number of products containing microbes in the market. Microbes are living organisms, such as bacteria or fungi, that are too small for the naked eye. They are found all around us and present rich opportunities to advance our lives.



These tiny living beings are increasingly being found in another place important to our livelihoods: on the farm. While microorganisms occur naturally in the soil (in fact, the USDA's Natural Resources Conservation Service reports there are more microorganisms in a teaspoon of soil than people on Earth!), America's

farmers are adding microbes to crops to grow healthier plants.

While other seed treatments may protect against diseases and fungi, biological products protect against environmental stressors, such as nutrient or moisture deficiency. Powered by microbes, these products live in symbiosis with the plant's roots to help increase nutrient availability and uptake. These products are also vital to help protect plants from moisture scarcity in a

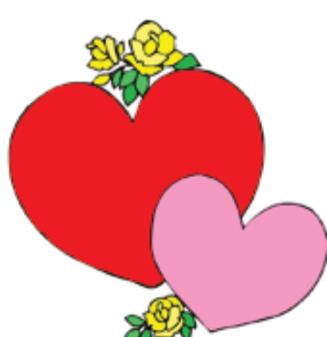
drought situation or over-abundance following a flood.

The Acceleron® brand, providing products developed by a leading agriculture science company, delivers biological products — also known as bio-enhancers — on corn, soybean and cotton seeds. Acceleron brand helps crops the moment farmers plant them by increasing the nutrient uptake. By combining biological products with the power of fungicides, insecticides and nematicides, Acceleron brand provides relief on multiple fronts for farmers and their crops.

From solutions in farm fields

to products found in our daily lives, science-driven companies are just beginning to tap the potential found in microbes. The takeaway is clear though: Microbes are a valuable tool for those throughout our ecosystem.

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Saving Time & Money This Tax Season

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American Heart Association



'Bridge Over Troubled Water' Simon and Garfunkel

By Randal C. Hill

*"When you're down and out,
When you're on the street
When evening falls so hard,
I will comfort you"*

Paul Simon's inspiration for his masterpiece creation of "Bridge Over Troubled Water" came from a Civil War-era spiritual called "Mary, Don't You Weep," which contained the line "I'll be your bridge over deep water if you trust in My name." To Simon, though, the words of the spiritual represented more about friendship—and its attendant bonds and responsibilities—than it did about religion.

His future classic began as an understated two-verse tune, which he composed first on his guitar, then switched to a piano in order to better realize a gospel influence. On completion of the first draft of "Bridge Over Troubled Water," Simon was so affected, he says, that he burst into tears.

When asked later about the enigmatic lyric of "Sail on, silver girl," he admitted to it being an inside joke between him and his wife, Peggy Harper. "She was upset one day," Simon explains, "when she had found two or three gray hairs on her head."

Simon imagined the tune being a perfect fit for Garfunkel's soaring tenor voice. Gar-

funkel, though, argued to the contrary and said that, to him, it was Simon's voice that was more suitable for the lead vocal. Garfunkel also felt that the song was too short and needed a dynamic conclusion to really bring home the majesty of the composition.

Simon grumbled but eventually did add a final verse and even okayed a crashing drum finale. He did, however, convince Garfunkel to take the primary vocal on what would become one of pop music's most spiritually oriented secular works.

Simon and Garfunkel's track record of 1960s chart success almost guaranteed that "Bridge Over Troubled Water" would be welcomed by S & G fans; however, the pair had never issued a single that ran so long—it was nearly five minutes in length—and Simon worried it would be too prolonged for tightly controlled AM radio.

It sold six million copies worldwide.

The single—and the album of the same name—became the duo's grandest success. Each reached Number One on their respective charts and paved the way for Simon and Garfunkel to garner six Grammy Awards—for Record of the

Year, Album of the Year, Song of the Year, Best Contemporary Song, Best Instrumental Arrangement and Best Engineered Recording.

It was a fitting way to end a brilliant career for the two artists from Queens, New York. Pals since the sixth grade, they had begun singing together as teenagers by imitating the Everly Brothers and calling themselves Tom and Jerry. (Their 1957 minor hit of "Hey, Schoolgirl!" had first put them on the charts.)

From 1966, when they began using their real names, to 1970, when they called it quits as professional artists, Simon and Garfunkel recorded six best-selling Columbia Records LPs, as well as 12 Top 40 Columbia singles, three of which hit Number One on the *Billboard* Hot 100.

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Clinical Trials

Continued from page 11

gestive and Kidney Diseases (NIDDK), a part of the National Institutes of Health (NIH), found that pregnant women with even modestly elevated blood glucose, also known as blood sugar, had increased risk of complications for the baby before and shortly after birth. A follow-up study is showing that such women are more likely to develop type 2 diabetes years later, and their children are more likely to have obesity.

Another NIDDK-funded study found major improvements in weight, heart health, prediabetes, type 2 diabetes, high blood pressure, high blood cholesterol and abnormal kidney function 3 years after weight-loss (bariatric) surgery in teens who had severe obesity. Researchers also found that those who have the surgery earlier may have greater benefits compared with waiting until later in life. They are continuing to study the longer-term benefits and risks from the surgery.

As a volunteer, you can make a difference. Clinical research helps us gain insights and answers about the safety and effectiveness of treatments and procedures.

Volunteer safety is also important. Guidelines and a review board are in place to make sure studies are safe. You won't be given a sugar pill ("placebo") if you would be put at risk by not receiving an effective treatment. You will be told if

placebos are used in the study before entering a trial.

Talk with your health care professional to learn more about clinical trials and to find out if a clinical trial is right for you. Ask whether you are eligible to take part in a trial, how your safety will be protected and how long any specific trial will last. Learn about the different types of clinical trials, the different trial phases and the potential benefits and risks.

For more information about clinical trials, visit the NIDDK website. It includes a video where NIDDK Director Dr. Griffin Rodgers explains the role of clinical trial volunteers.



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Health And Well-Being

If You're Feeling Down, You're Not Alone. It's That Time of Year

You may have heard the terms—winter blues, Seasonal Affective Disorder (SAD), Depressive Disorder with a Seasonal Pattern. No matter what you call it, with approximately 17.3 million adults in the U.S. experiencing seasonal depression, according to the National Institute of Mental Health, feeling gloomy this time of year isn't uncommon—but it can be overcome.

The Problem

Depressive Disorder with a Seasonal Pattern (formerly called SAD) can affect anyone of any age. Whether you're a student returning to class, a busy working professional who's always playing catchup, or even newly retired with found time on your hands, the excitement of the holidays is long over and wintry dark days are here. While January and February are the typical peak months for the disorder, symptoms can persist through April, according to Mental Health America.

Doctor's Advice

When that feeling of sadness persists for several weeks, it's time to take action, according to Dr. Desreen Dudley, a licensed Clinical Psychologist and Behavioral Health Provider of Therapeutic Services for Teladoc Health. But, she points out, often the



You don't have to let the dark days of winter get you down. Learn how to beat the blues and when to recognize it's time to seek help.

toughest thing for many is how to discern whether what they feel is temporary or something more serious.

"If someone has a few days of feeling low, that's normal and typically nothing to worry about. It's when the feeling lingers for weeks and people lose interest in daily activities and suffer persistent negative thoughts, that lend a stronger basis for Depressive Disorder with a Seasonal Affective Pattern diagnosis," she says.

What To Watch For

Other symptoms she warns about are:

- Change in appetite
- Change in sleep pattern
- Decreased energy
- Decreased concentration
- Feelings of worthlessness or guilt
- An inability to think, concentrate, or finish tasks at work or school
- Thinking about suicide, self-harm, or death

Dr. Dudley contends individuals already struggling

with depressive disorders are susceptible to SAD patterns. For older Americans,

a Vitamin D deficiency can exacerbate low moods. On the other end of the spectrum, she has worked with newly independent college students who find SAD a heavy burden and say their new responsibilities of classes, exams and jobs can compound their depression. For some, not rising as early for classes as they did in high school means sleeping in more and further limiting their exposure to sunlight.

What To Do

In addition to considering therapy, such as virtual care, which is available on your terms and from any location you choose, Dr. Dudley recommends:

- Avoiding or cutting back on alcohol and other addictive substances
- Eating healthfully—more lean proteins, fruits and vegetables, and eliminating sugar
- Daily exercise at least 30 minute a day (walking counts)
- Yoga or meditation
- Learning about and trying light therapy
- Regularly surrounding yourself with those you enjoy being around.

When To Seek Help

According to a recent global study conducted by Ipsos MORI for Teladoc Health, individuals often recognize when they're struggling, but even so, over a third of the respondents who have had one mental health episode admitted to not seeking professional help. The reason? For many, it's often the difficulty in finding mental health care.

"Thankfully, virtual care is becoming increasingly available as a source of convenient mental health care," Dr. Dudley says. "It eliminates the traditional obstacles of in-person visits and has opened up access for anyone with a busy schedule, individuals who may have difficulty getting out of the house and students who may fear the stigma of walking into the campus mental health clinic."

Learn More

For further information, visit www.Teladoc.com/therapy.

“I’VE NEVER UNDERSTOOD WHY MY HUMAN WON’T LEAVE THE HOUSE WITHOUT HER LEASH. I THINK SHE’S AFRAID OF GETTING LOST. BUT IT’S OK, I KIND OF LIKE SHOWING HER AROUND.”

—HARPER adopted 08-18-09

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Facial Shrubbery

By Robert E. Horseman, DDS

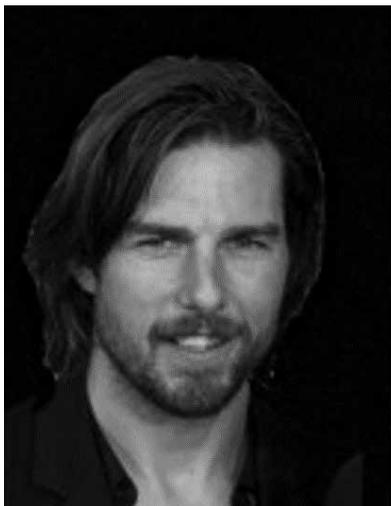


By my ninth decade I should have accumulated a vast store of understanding and wisdom based on experience and observation. If that were true, I would then be in a Yoda-like position to dispense this knowledge on *Jeopardy*, winning the Dailey Double and all the marbles.

I'm still waiting, which is probably just as well because sooner or later somebody would ask me to explain women. The man who admits he doesn't understand women must have had considerable experience with them. You can ogle them, but you can't Google them.

Blessed with a wife, two daughters and two granddaughters and four great-grandsons, I am overqualified in the experience department, but woefully lacking in comprehension and insight. Like many, if not all men, I am frequently maddened by a dark, neurotic compulsion to say the wrong thing at the wrong time. Even the family dog (female, of course) concurs when I can't differentiate in an instant her demand to go out versus an impassioned request for dinner.

Early in our union, my dear wife complimented me on my clearheadedness. Eventually, when Webster confirmed there was no such word, I came to understand that this approba-

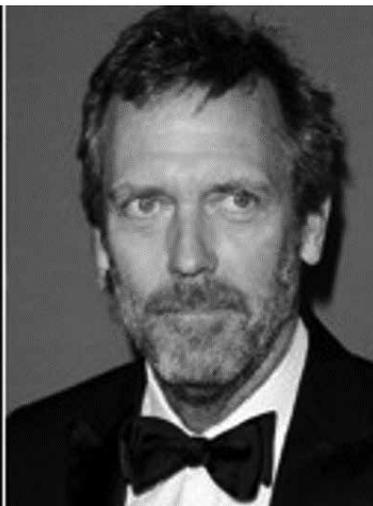


Popular Combo—Face Teeth and Hair

tion simply meant she could see right through me. Never mind—at least by virtue of being one, I thought I could understand my own gender.

Deep inside the brain of every boy is a small structure called the hypothalamus. The brain of a preadolescent is very small; the hypothalamus is even tinier. At some point—possibly a Friday afternoon—the hypothalamus begins producing without a signed release from the thinking part of the brain, a gonadotropin-releasing hormone (GnRH, pronounced *gun-arch*).

This hormone is about the size of a small pea and is said to taste somewhat like orange Kool-Aid. Upon release, it assumes an unwarranted stature and commands the nearby pituitary gland in an international code to which only endocrinologists are privy, to release a follicle-stimulating hormone.



Conservative Tie and Face Only—No Comb

The pituitary, not conversant with the term “follicle” and failing to see why one would need stimulating anyway, promptly dumps it into the bloodstream.

The over-burdened bloodstream, already pulsing with platelets, antigens and algorithms, feels the same and shunts the GnRH off to the testes. This is a big mistake, because the testes are infamous troublemakers. They begin to enthusiastically produce testosterone, a high-octane unstable substance in accordance with a covert agreement arrived at earlier with the wrong side of the brain. Production of testosterone can remain in effect well into the 90s in some men, becoming a source of annoyance to everybody.

Until the onset of puberty, a man's mother is responsible for keeping him presentable

Continued on page 26

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Explore Work With Confidence

With unemployment at a 50-year low, companies are eager to draw talent from a diverse pool of job seekers, and organizations have recognized the inherent value in a diverse workforce that includes qualified employees with disabilities.

Yet, for many who rely on Social Security disability benefits for income and Medicare or Medicaid, work seems like a gamble. What most people don't know is that there are free services and supports available for those who qualify.

Social Security's Ticket to Work (Ticket) program and other Work Incentives can help take the guesswork out of finding or returning to work. More than 20 Work Incentives are designed to help individuals who receive Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) due to a disability, transition to the workplace without immediately losing those benefits. Because each person's circumstances are different, job seekers are encouraged to consult a certified Benefits Counselor, who can help them make informed decisions about employment and benefits.

Through the Ticket program, people ages 18 through 64 who receive SSDI or SSI can receive free job-related services and supports. Whether they work with their state's Vocational Rehabilitation (VR) agency or with authorized ser-



Good news for people with disabilities: You can join the workforce without losing your benefits.

vice providers called Employment Networks (EN), people can find the resources they need to prepare for, find and maintain employment.

For individuals such as Shirley, this can mean exploring work with confidence. When Shirley was diagnosed with narcolepsy, her doctors advised her stop working.

"It was distressing to lose that sense of control over my life," she recalls. "...[and] stressful making ends meet on an SSDI check."

It took several years to find effective treatment, but Shirley was determined to regain her well-being and that feeling of self-determination she had lost. "Narcolepsy is not something that just goes away," she says. "But I've learned to make adjustments...[and] work around the disability."

Once she felt ready, Shirley attended a job fair where she learned about the Ticket program and connected with an EN. With their help and encouragement, Shirley found work in her State's General Services Administration, where she helps ensure small businesses are represented on state contracts.

"I'm grateful for the help I received through Ticket to Work," she reflects. "It feels wonderful to have my independence back! I feel like I can rely on myself again."

To learn more, call the Ticket to Work Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY). Or visit www.choose-work.ssa.gov.

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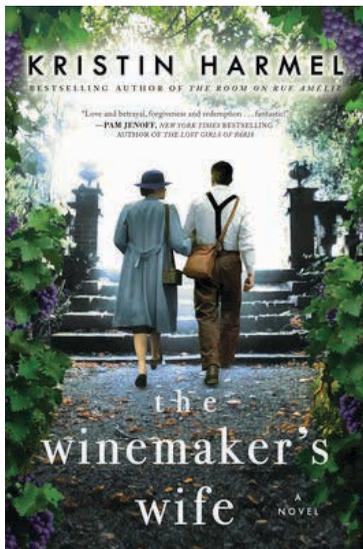


March Book Club

There are some great new books to pick up at your local bookstore or download on your electronic reader this month. Spring is in the air and it's the perfect time to sit outside and enjoy your surroundings while immersed in a good read.

The Winemaker's Wife

By Kristin Harmel



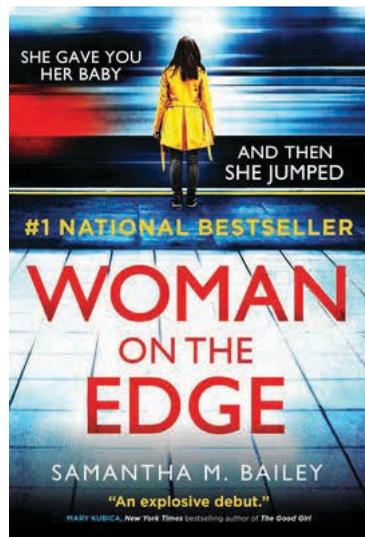
“Champagne, 1940: Inès has just married Michel, the owner of storied champagne house Maison Chauveau when the Germans invade. As the danger mounts, Michel turns his back on his marriage to begin hiding munitions for the *Résistance*. Inès fears they'll be exposed, but for Céline, half-Jewish wife of Chauveau's *chef de cave*, the risk is even greater — rumors abound of Jews being shipped east to an unspeakable fate.

“When Céline recklessly follows her heart in one desperate bid for happiness, and Inès makes a dangerous mistake with a Nazi collaborator, they risk the lives of those they love — and the champagne house that ties them together.

“New York, 2019: Liv Kent has just lost everything when her eccentric French grandmother shows up unannounced, insisting on a trip to France. But the older woman has an ulterior motive — and a tragic, decades-old story to share. When past and present finally collide, Liv finds herself on a road to salvation that leads right to the caves of the Maison Chauveau,” according to Publisher Gallery Books.

Woman on the Edge

By Samantha M. Bailey



“A total stranger on the subway platform whispers, ‘Take my baby.’

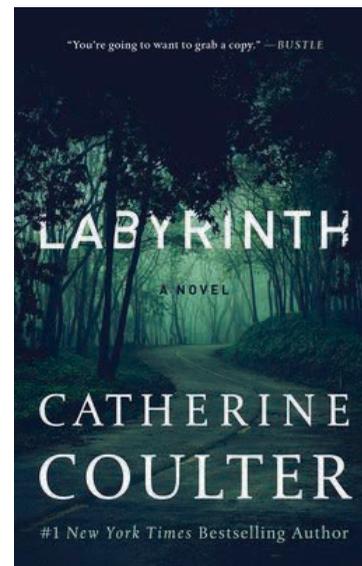
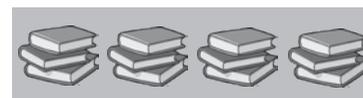
She places her child in your arms. She says your name. Then she jumps ...

“In a split second, Morgan Kincaid's life changes forever. She's on her way home from work when a mother begs her to take her baby, then places the infant in her arms. Before Morgan can stop her, the distraught mother jumps in front of an oncoming train.

“Morgan has never seen this woman before, and she can't understand what would cause a person to give away her child and take her own life. She also can't understand how this woman knew her name.

“The police take Morgan in for questioning. She soon learns that the woman who jumped was Nicole Markham, prominent CEO of the athletic brand Breathe. She also learns that no witness can corroborate her version of events, which means she's just become a murder suspect.

“To prove her innocence, Morgan frantically retraces the last days of Nicole's life. Was Nicole a new mother struggling with paranoia or was she in danger? When strange things start happening to Morgan, she suddenly realizes she might be in danger, too,” according to Publisher Simon & Schuster.



Labyrinth

Book No. 23 of An FBI Thriller

By Catherine Coulter

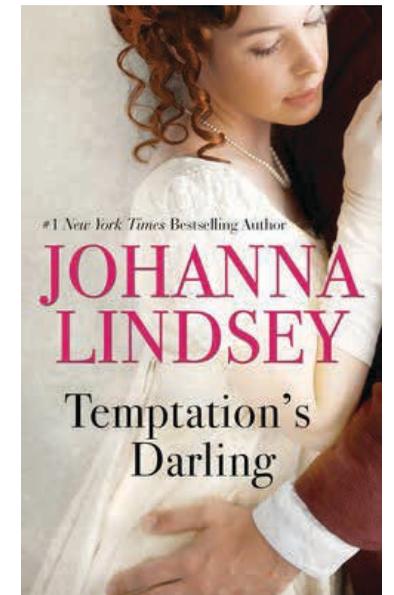
“On a Tuesday afternoon, Agent Sherlock is driving in downtown Washington when her Volvo is suddenly T-boned at an intersection. As her car spins out of control, a man's body slams against her windshield and then — blackness. When she finally regains consciousness in the hospital, she's told about the accident and the man she struck. No one knows yet who he is or where he is because he ran away. From DNA, they discover his name is Justice Cummings and he's a CIA analyst at Langley ... and he's still missing.

“Meanwhile, in the small town of Gaffer's Ridge, Virginia, Special Agent Griffin Hammersmith rescues a kidnapped woman claiming her captor had probably murdered three missing teenage girls. However, the man she accuses is the local sheriff's nephew and

a member of a very powerful family, reputed to have psychic powers. When the sheriff arrests Griffin and the rescued woman, Carson DaSilva, he calls Savich for help. Together they must weave their way through a labyrinth of lies to find the truth of a terrible secret,” according to Publisher Gallery Books.

Temptation's Darling

By Johanna Lindsey



Threatened by powerful enemies, William Blackburn, Earl of Ketterham, lives in exile in the Scottish Highlands with his daughter Vanessa. When she comes of age, William urges her to return to her mother in England to make her society debut. Raised with all the advantages and freedom a boy would have, Vanessa doubts she can fit into the world of ball gowns, parties, and high society. Nonetheless, she agrees to return to England, determined to end the vendetta against her

Continued on page 25

Catalina Sways to Island Time

Story by Ronnie Greenberg • Photos by Joe Hilbers

An early morning mist ambles over the sparkling Pacific as a flock of seagulls take to the air and dolphins frolic below. Onboard the luxurious Catalina Express, leaving from Long Beach to Avalon you're on your way to a mix of the gentle pace and excitement of Catalina Island.

Catalina came to be when the Island Co. was founded in 1894 by the Banning Brothers. In 1919 it was purchased by William Wrigley Jr. whose dream was to turn it into a world-class resort. Descendants of the Wrigley family still own the Island Co. keeping up the vision of Wrigley.

The Island lures visitors to its perfect climate of golden sunshine and cool evenings. Its busy harbor bustles with activity year-round, attracting lovers of the outdoors, avid fishermen who come to hook a tuna or marlin, and cruisers whose ships dock here for a few hours. Located 22 miles off Southern California, there are two distinct experiences on



Lobby of Atwater Hotel

Catalina. Historic and charming Avalon on the east, and the more remote rustic Two Harbors on the west end. It's outdoor activities and natural discoveries are punctuated with relaxation.

Where to Stay

A two-minute walk from the pier brings you to the **Atwater Hotel**, an elegant home base in the heart of Avalon. Newly refurbished and beginning from its welcoming lobby it gloriously incorporates the comfy plush furnishings, chandeliers and paintings of the Art Deco era along with all modern luxury accouterments. It was

named after Helen Atwater Wrigley, wife of Philip Knight Wrigley, who loved to play the harp and piano. Her harp still sits in the lobby. When it opened in 1920 it was a favorite with the Hollywood elite.

Today it features one-bedroom suites, some that look over the city and others with mountain views. Each suite has a mini-fridge, Smart TV, top of the line linens and high-end fixtures throughout. There is an evening wine and cheese reception, and breakfast is complimentary* Located at 423 Crescent Ave. in Avalon, phone (877)-778-8322 for reservations.

Life on the Island

For those who prefer the beach, the water is calm and protected by the harbor so it's safe to swim and play. Steps from the beach and close to attractions there's a myriad of activities. Kayak through the crystal-clear waters that surround Catalina Island and paddle into secluded coves and

reefs teeming with marine life or enjoy a round of miniature golf at Avalon's Golf Gardens.

Nature lovers will appreciate the Island's conservancy that has babied the flora and fauna, returning it to mint conditions. Some of the native plants are Lemonade Berry, Catalina Currant, Coastal Prickly Pear Cactus, Toyon Holly, and St. Catherine's Lace. Home to a

ing, exploring charming shops and galleries, visiting the museum, or going on a sightseeing tour.

Activities

The exciting narrated journey along the scenic "Skyline Drive" takes you 10 miles into Santa Catalina Island's protected wilderness area. Along the trip, you'll see spectacular vistas, deep canyons, quiet



Catalina Skyport

staggering amount of wildlife in such a small area, it's a favorite haunt for Bald Eagles who soar freely in Catalina's unspoiled reserve and countryside, and buffalo that roam its rolling hills. Hiking gets you to see the backcountry where you can catch sight of deer, fox, wild pigs, razorback boar, and mountain goats.

coves and endless blue ocean. Keep your eyes open for the Island's wildlife before you visit the Catalina Nature Center at the Airport in the Sky. The airport's DC3 Gifts & Grill offers a quick bite and its famous "killer cookies." This is one of the highest points on the Island and features a small historical photos museum about aviation.



Sean serving Mum in The Atwater Hotel

For others, it's horseback rid-

Continued on page 23

Catalina Sways to Island Time continued



Catalina Express

Be on the lookout for bison as they travel along the same path as the tour bus. The tour lasts 2 hours and 15 minutes and can be booked along with an array of different tours at any Catalina Island Co. ticket booth or phone (800) 626-1496 or go to VisitCatalinaIsland.com

Glass bottom boat trips let you explore the underwater world in the clear waters of the Marine Sanctuary highlighted with Island plants and animals and endless bright orange garibaldi, baitfish and barracudas, and night tours view the famous flying fish. You can

feed the fish through specially designed tubes as they engage in feeding frenzies in beautiful underwater gardens.

Famous Landmark

The excitement of a romantic past comes to life in the crescent cove harbor of **Avalon**. Waves rock the small boats and yachts moored in the marina in California's only resort city. Rising from its perch on the edge of the sea, the **Casino Building** (a place of entertainment) has become Catalina Island's most recognizable landmark. The round Art Deco structure played host to the

dozens of Big Bands that filled the dance floor with swinging jitterbugs and lindy-hoppers through the 1930s and 1940s.



Rolling Hill of Catalina

Where to Dine

Avalon Grille presenting urban chic and Island casual features Angus-beef and line-caught local fish, artfully crafted into a variety of original dishes and regional favorites. The spectacular central bar serves fine wines, micro-brews and signature cocktails. A wall of windows opens to create an *al fresco* dining experience steps from Avalon Bay.* The Atwater Hotel guests have their hosted breakfast here. Located at 423 Crescent Ave. in Avalon. Call, (310) 510-7494.

How to Get Around

The town of Avalon is only one square mile and easy to navigate on foot, shuttle bus, bicycle, taxi or electric golf carts.

How to Get There

Catalina Express offers dai-

ly departures for a smooth one-hour boat ride from Long Beach's Downtown Landing, to Avalon Harbor in Santa

Catalina Island. For information and reservations call, (800) 995-4386 or visit www.catalinaexpress.com. Other locations are San Pedro and Dana Point. All are handicap friendly.



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Health Bulletin

Cracking The Code To Society's Most Feared Disease



For further facts and figures about NervGen Pharma, go to www.nervgen.com.

Even more than cancer, there's one disease most people fear. The thought of falling prey to Alzheimer's disease and to the inevitable desecration of the mind is something that can make even the bravest shudder.

After all, if you're robbed of your sense of who you really are, you're doomed to live your last days without the dignity that defines you and that you hold dear. Perhaps the ultimate horror of Alzheimer's disease is that it is as indiscriminate, merciless, and devastating as a wind-swept wildfire.

As a result, a disease-modifying treatment for Alzheimer's disease has become a Holy Grail of sorts in the biotech industry. The disease is so ubiquitous, it casts a shadow over just about everyone's family. At the same time, it exacts a devastating financial toll on society—perhaps even greater than cancer—with Alzheimer's disease patients needing 24-hour care for an average of eight years and sometimes as many as 20 years.

The estimated cost for caring for Americans with Alzheimer's disease and other dementias is well in excess of a quarter of a trillion dollars per annum. This doesn't even include unpaid caregiving. Also, Alzheimer's disease is ranked as the third leading cause of

death of seniors in the United States, surpassed only by heart disease and cancer. Approximately 6 million Americans have become its victims, and this number rises each year as lifespans increase due to advancements in medical science.

Progress From Pharmaceuticals

Fortunately, a few pharmaceutical companies, including Biogen, AC Immune SA and NervGen Pharma, have come up with ways to potentially treat the condition and perhaps slow it down. NervGen's medical researchers are working on what may become an important breakthrough for Alzheimer's and other afflictions that are defined by nerve damage.

Could This Be Modern Medicine's Holy Grail?

Until recently, NervGen's focus has mostly been on developing nerve regeneration for the treatment of spinal cord injuries. In fact, some remarkable results have been achieved in preclinical trials, including one where the treated rodents regained substantial functionality in their legs after sustaining severe spinal cord damage.

Assuming it also works in humans, the medical science world will be paying very close attention because there

are no known therapies that can stimulate human nerve regeneration now.

In addition, NervGen intends to commence a Phase 2 clinical trial for treating multiple sclerosis. The company's drug candidate is expected to treat many of such debilitating symptoms as numbness, loss of sensation, chronic and debilitating pain, partial loss of movement, paralysis, and even incontinence due to additional mechanisms of action called "remyelination" and "plasticity."

The research team also believes that the same nerve-rejuvenating biotechnology can be adapted to treat Alzheimer's disease, not just mitigate its symptoms due to its truly novel and innovative approach.

The essence of this technology is that it unlocks a damaged nervous system's natural ability to repair itself. Proprietary molecules "unstick" nerves and prevent new ones from getting stuck by interfering with synaptic-like connections

Continued on page 25

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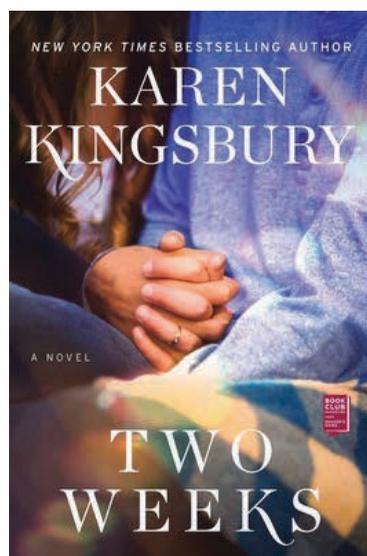
Continued from page 21

father, never imagining the high price she will have to pay. “Lord Montgomery Townsend enjoys living on the edge, courting danger as he fixes potentially scandalous problems for the Prince Regent. While hiding out at the home of the Countess of Ketterham, Monty watches a disaster-in-the-making as his hostess tries to prepare her estranged daughter for a match with the pompous son of a powerful family. Puzzled as to why the fiercely independent Vanessa submits to being turned into a puppet and offered up to the arrogant rogue, Monty nonetheless steps in to make her dreams come true. But no good deed goes unpunished and soon he faces more pressing problems, including the temptation to upend Vanessa’s wedding plans so he can marry her himself,” according to Publisher Pocket Books.

Two Weeks

A Novel

By Karen Kingsbury



“Cole Blake, son of Landon

and Ashley Baxter Blake, is months away from going off to college to kickstart the great plan he has been dreaming about for years — a career in medicine. But as he starts his final semester of school, he meets Elise, a mysterious new girl who captures his attention — and heart — from day one.

“Elise has her heart set on mending her wild ways and becoming the good girl she used to be. But not long after the semester starts, she discovers she’s pregnant. Eighteen and alone, she shares her secret with Cole. Undaunted by the news, and in love for the first time in his life, Cole is determined to support Elise — even if it means skipping college so he can marry her and raise another man’s baby.

“When Elise decides to give the baby up for adoption, she is matched with Aaron and Lucy Williams, who moved to Bloomington, Indiana, in the hope of escaping the loss and emptiness that seven painful years of trying to start a family has brought them.

“But as her due date draws near, Elise becomes more and more torn. She knows she has two weeks after the birth of her daughter to change her mind. With Cole keeping vigil and Lucy and Aaron waiting to welcome their new baby, Elise makes an unexpected decision — one that changes everyone’s plans,” according to Publisher Atria Books.



Cracking The Code

Continued from page 24

so the nerves can regrow in places that are normally highly inhibited by scar tissue.

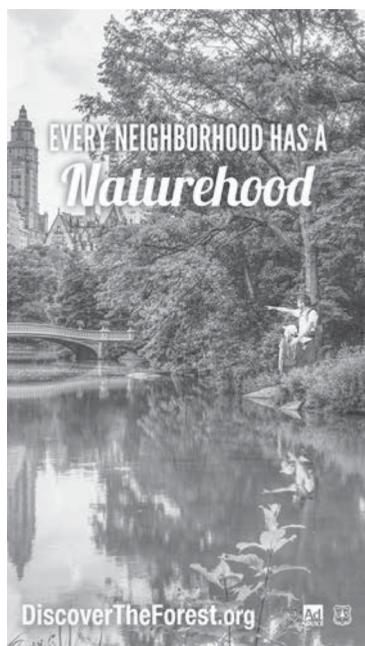
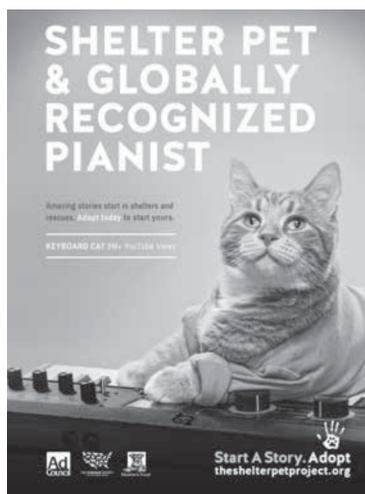
The co-inventor of NervGen’s technology, Dr. Jerry Silver, is one of the world’s most foremost neuroscience researchers of spinal cord injury. Dr. Silver, who is also Professor of Neurosciences at Cleveland’s Case Western Reserve University’s School of Medicine, has been working this unique approach to nerve rejuvenation biotechnology since the early ’90s by focusing on a protein called CSPG that inhibits the body’s natural ability to grow and regenerate.

Heretofore, no drugs have been approved anywhere in the world for nerve regeneration and remyelination, as well as improved plasticity in damaged nerves. Additionally, existing treatments are not considered very effective. So, the stakes are especially high for NervGen to create a blockbuster drug candidate that promises to even outshine any other Alzheimer’s disease drug. This is a wonderful opportunity to pioneer nerve repairing drug therapies that target some of the most devastating and pervasive diseases known to humankind.

Learn More

For further facts and figures about NervGen Pharma, go to www.nervgen.com.





Facial Shrubbery

Continued from page 16

and his baser instincts subdued to a level where they won't reflect badly on her whenever she is forced to take the compliant kid out in public. Eventually, the boy asserts himself thanks to the new gift of testosterone. He insists on his individualism in terms of trying to copy all the other guys in dress, demeanor and language. Failing this, he might as well enroll in Mrs. Bleisteft's ballet class or compete in intramural girls' volleyball.

The other kids, of course, are expressing their own uniqueness by replicating their peer's couture and the net result is what you see at recess in middle schools today and exacerbated in high school to a level of retro-hippie. The aggrieved parents—even if they had been participating themselves at Woodstock or Haight-Ashbury—are not necessarily thrilled at this resurrection.

Considering all this circulatory activity, small wonder boys are restive. Girls are acting strangely, too, but I have already denied any knowledge of what they are up to. If you want to know more about this, you will have to ask another woman.

A boy now enters a turbulent era worse than the Terrible Twos, because it lasts 15 years or longer. He has discovered HAIR that has been under the aegis of his mother up until now. She's toast. From now on the hair disappears of its own volition starting about the age of thirty even on future kings and titans of industry. A new girlfriend who might prefer smooth cheeks to those with the texture of Astro-Turf wields enough power to influence him. His wife is too busy agonizing over her own hair, its arrangement, color and style.

What is all this mania about hair? Opening on Broadway in 1969 was a smash hit lovingly called *Hair—the American Tribal Love-Rock Musical*. Things have never been the same. If you favored the clean-cut look for males, you were an endangered species. Females of all ages who could have pulled the plug easily at the time, *loved* hair, the more, the better.

Unfortunately for males, cranial hair finally vanishes forever after the owner gives up trying to arrange a few stragglers into a sad concept called the “comb-over.” At this point, he may opt for a hairpiece replacement

that resembles roadkill, or a more expensive version that, on close observation, seldom fools anyone closer than 100 yards. Paradoxically, facial hair is another story and not a pretty one. Boys awkwardly plunging into manhood, start a sanguine experiment with shaving or trying to cultivate beards, mustaches and pathetic little wisps of hair below their lower lips called “soul patches.” This is usually an unwise Bieberesque attempt at maturity without having to act accordingly. Again, women, the enigmatic gender, could have effectively vetoed the idea, but were selfishly rearranging their eyebrows and increasing the net worth of Revlon and Cover Girl, Inc.

A man can't kill facial hair with anything short of electrolysis. Shave it off in the morning and it is well on its way back by 5 p.m. If he should survive to a 105, it will still be there, having recruited new follicles in his ears as a bonus. That is why today we are faced with the largest contingent of unkempt men since the Stone Age.

And that's why I no longer understand my own sex. Because hair maintenance is such a drag, many men, even those guys who have a plentiful supply, opt to shave it all off right down to the bone. The comparison to Humpty Dumpty is apt, if not complimentary. Clean, yes; shiny, indeed, but the only women I have ever heard of who did this on purpose would never, ever get an invite to the Senior Prom, let alone Bingo

Night at the Home.

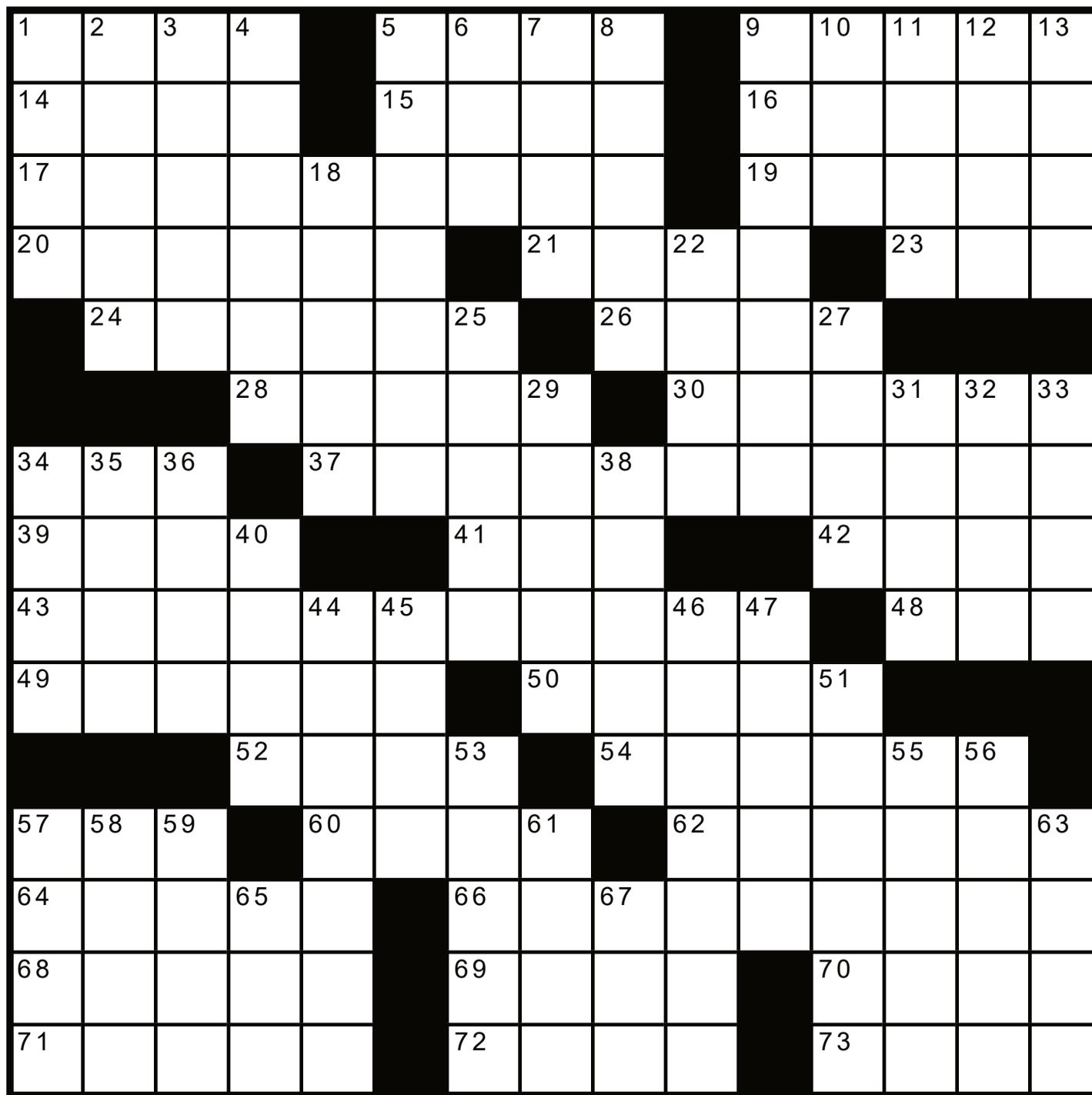
In stark contrast is the Scruffy Look that is well-past its use-by date. Unknown is the first gentleman who thought a perpetual five-day growth of beard entitled him to attend formal weddings, display himself in HD on national television and eat at restaurants featuring linen napkins. He might have been British actor Hugh Laurie who starred in the eight year TV series **House** that centered on his role of a diagnostic wizard physician in a very sterile hospital environment. Dr. House looked in every episode as if he had just logged in after a terrible bout with insomnia under a local viaduct. Oddly, his beard never progressed beyond the popular five-day length for the whole eight-year run.

The usual companion to permanent facial shrubbery is the carefully tossed combless bed hair if one can afford one's own hairstylist. Anyone else would have been offered a complimentary comb, shave and a haircut at the Midnight Mission. Hard to fathom is the fact that a trendy guy wearing an Armani suit, driving a rag-top Bentley and has embraced the shaved dome as well, will be welcomed everywhere. Should he ever stop by home, his mother, demanding, “Aren't you embarrassed?” would put things right in a hurry. Until then, I predict the Clean Cut Look will make a comeback, possibly by the end of this century when women tire of 5-inch heels and the universal acceptance of dark roots.

March Crossword Puzzle

Across

1. Look ____, I'm Sandra Dee
 5. Apply powder to oneself
 9. Flying Pan
 14. The Tower of Pisa does this
 15. Watched intently
 16. Winged
 17. Shoulder belt for cartridges
 19. Kyoto's country
 20. Ring of color
 21. Caribbean dance music
 23. "Evil Woman" band
 24. Try hard
 26. May honorees
 28. Walled Spanish city
 30. Rum cocktail
 34. Therapists' org.
 37. Eternal
 39. First name in jeans
 41. Opposite of paleo-
 42. Cubic Rubik
 43. Preeminent
 48. Musical aptitude
 49. Moon of Jupiter
 50. End of ____
 52. Not of the cloth
 54. Mariner
 57. Frosty
 60. Thick-soled shoe
 62. Followed
 64. Supermodel Campbell
 66. Small shell-shaped cake
 68. Bowling lane button



69. Lows
 70. Short letter
 71. Doorway
 72. Many
 73. Flat sound
5. City in W central Israel
 6. Yes
 7. Bottom of the barrel
 8. PC storage medium
 9. Nightclothes
 10. Guido's high note
 11. Record
 12. List ender
 13. City near Sparks
 18. Antipasto morsel
 22. Deep sleep
25. Nicholas Gage book
 27. Word that can succeed
 29. Where the action is
 31. Air-filled rubber hoop, become fatigued
 32. Ballerina Pavlova
 33. Frankenstein's assistant
 34. Mont Blanc, par excellence
 35. Andean country
 36. Alleged as fact
38. Bank offerings
 40. Matinee ____
 44. Non-transparency
 45. Letters, e.g.
 46. Most tidy
 47. Experiment
 51. They're out of this world
 53. Punctuation mark
 55. Miscellanies
 56. Leases
 57. Memo starter
58. Capital of Calvados, in NW France
 59. Baseball's "Walking Man" Eddie
 61. London jail
 63. Barely passing grades
 65. Sea, to Cousteau
 67. Scooby-____

Answers on Page 38

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The Public Health Threat No One Talks About: Loneliness

There is a public health threat looming across the United States that's not visible to most but affects nearly half of all Americans daily: loneliness. Social isolation is as bad for your health as smoking 15 cigarettes a day and is twice as harmful as obesity. Worst of all, loneliness is a contributing factor in senior suicides, which are rising in the U.S. While it is not something people like to think about, now more than ever, Americans must remove the stigma around mental health and spread awareness to better combat loneliness.

Many of the 12 million Americans over age 65 who live alone are entering the time of year where that lack of companionship and isolation is most palpable: winter. Whether physical or travel challenges keep seniors from attending family gatherings or the harsh weather deters them from venturing out for a social event, seniors can suffer from prolonged loneliness that can quickly manifest into more serious issues.

Loneliness does not have to be synonymous with getting older or with aging in place. Here are tips on how to help keep loneliness—and its negative health effects—at bay:

- Intervene early: Spotting loneliness in yourself or someone you love can be difficult. The most common physical



Too much time alone can be bad for your health but modern technology can help keep you connected.

and behavioral signs of loneliness include persistent sadness, impaired cognitive performance, lower self-esteem, or lack of motivation and energy. Early intervention can positively affect one's quality of life, so it's important to address these symptoms as soon as possible before they become overwhelming.

- Leverage technology: Technology can play a key role in reducing loneliness, ensuring seniors are always connected to loved ones and care teams who can monitor and interact with them. For example, Philips Cares is a mobile application that helps connect seniors who are subscribers to Philips Lifeline service with their family and friends, helping to enable these caregivers to be there for their aging loved ones, easing and enriching their aging journey.

- Make a connection: Connecting with people, purpose and passions will help eliminate feelings of isolation. Consider organizing a reoccurring social gathering, such as a book club or a group fitness class. Explore local activities organized by a senior community center or find a National Council of Aging program through www.ncoa.org/ncoa-map.

Learn More

For further facts about the latest technology to help seniors stay connected with their care circle, visit <https://philips.to/2MGDqLm> or call (855) 223-7395..

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Movie Preview

'The Way Back'

By Randal C. Hill

Blending a classic sports story with a tale of a midlife crisis, Warner Brothers' *"The Way Back"* isn't a predictable Disney-type sports drama or an updated *"Hoosiers"* but an unflinching study of life's pitfalls that can bring down the best and brightest of us.

In high school, he had been a superstar. Handsome, whip-smart, popular. And on the basketball court, nobody could match the jaw-dropping skills of Jack Cunningham (Ben Affleck). By graduation, Jack had earned a full university scholarship and a potential ticket to a 24-karat dream life.

Then, suddenly, he walked away from his beloved sport and forfeited his future.

From an early age, Cunningham liked to drink. A lot. His imbibing morphed from adolescent *"Animal House-type"* partying to quiet, full-blown alcoholism. As a result, he experienced a fall from grace that would devastate his marriage (which included a life-altering tragedy) and any hopes for a successful, or even satisfactory, life.

Since Jack's glory days more than 20 years previously, the basketball team at his alma mater has fallen with a thud. Then a possible break materi-

alizes: The current coach has suffered a heart attack, and Jack — now a middle-aged, chain-smoking construction worker who has never left town — is offered a shot at redemption: coaching a motley team of troubled, undisciplined losers. Cunningham reluctantly accepts the task, surprising everyone, including himself. As it turns out, he has just as much to learn as his players do, but, over time, the boys start to come together as a team and even begin to win some games.

Will his new-found success give Jack the ability to finally conquer the demons that have plagued him for much of his life? Will these high-school victories be enough to heal the deep wounds in the former sports legend? Or is this merely a fleeting respite from his inexorable slide into oblivion? Comedian Al Madrigal portrays Dan, the school's assistant coach who believes in Cunningham and offers him unconditional support.

For Affleck, this movie must hit awfully close to home. The son of an alcoholic, he had become a problem drinker as an adolescent, enrolling for treatment for the first time at age 18. Over the years, Ben has candidly discussed his addiction, which he struggles with to this day.

"So proud of this one and the incredible team behind it," said Affleck, the holder of two Academy Awards and three Golden Globes.

"The Way Back" is directed by Gavin O'Connor, who last worked with Affleck on 2016's *"The Accountant."* The script is by Brad Ingelsby.

The movie opens on March 6.



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Driving a car means maintaining independence for many older adults. Driving allows you to shop, see friends and family, keep up with medical appointments, and avoid social isolation. But sometimes staying safe behind the wheel as you age can be a challenge.

Age-related physical and mental changes can affect your ability to drive safely. If you're alert to these changes and manage them carefully, you may be able to continue driving safely for some time.

To keep your skills as sharp as possible, consider following these suggestions from experts at the American Geriatrics Society (AGS), health-care professionals dedicated to improving the health, independence, and quality of life of older people:

Check your eyesight to keep it as sharp as possible by getting a complete annual eye exam once you turn 60. Test yourself to monitor your vision:

- Do you have problems reading street signs?
- Are you having difficulty seeing road or pavement markings, curbs, or other vehicles or pedestrians, especially at dawn, dusk, and nighttime?
- Is glare from oncoming headlights making it hard to see when driving at night?



Assess your physical fitness to drive by asking yourself:

- Can I comfortably turn my neck to see over my shoulder when I change lanes?
- Can I easily move my foot from the gas pedal to the brake? Can I easily turn the steering wheel?
- During the past year, have I fallen one or more times?
- Do I regularly walk more than a block a day?
- Can I raise my arms above my shoulders?

Perform a reality check on your attention span and reaction time:

- Are you overwhelmed by signs, traffic signals, and car and pedestrian traffic, especially at busy intersections?
- Does it seem harder to merge into traffic on the highway?
- Do you take any medications that make you sleepy, dizzy, or confused?
- Do you feel less confident

Continued on page 33



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U.N. Declares 2020 As The International Year Of Plant Health

Can you imagine a world without fruit or flowers? Without farms or forests? It sounds extreme, but it could happen. Plants are under attack and the culprit is invasive pests. Some are so small, you can't see them with your eyes. But they are there, and it's time that everyone takes notice. That's why the United Nations (U.N.) has declared 2020 as the International Year of Plant Health. It's calling on individuals, organizations, industries, scientists and governments at all levels to work together to protect plants against the introduction and spread of invasive pests.



Healthy Plants = Human Survival

Plants are the foundation of all life on Earth. They make the oxygen we breathe and give us 80 percent of the food we eat. They sustain our livestock, provide habitat for wildlife and help our world to thrive. And plants add beauty and joy to people's lives.

According to the U.N., invasive pests destroy up to 40 percent of food crops globally

and cause \$220 billion in trade losses each year. This trade, worth nearly \$1.7 trillion annually, has become crucial for human survival and economic growth in rural areas.

To feed the world's growing population, the U.N. estimates that agricultural production must increase by about 60 percent by 2050. That means we must do everything we can now to protect plant health from destructive invasive pests.

What You Can Do

The good news is that there are simple steps anyone can take to protect plants. It just takes one person to make a

difference. For example, a hospital groundskeeper in Boston was the first to notice a strange-looking, dime-sized hole in a tree. Her call provided an early warning and jump-started the U.S. Department of Agriculture's (USDA) control effort, which quickly eliminated the destructive Asian longhorned beetle from that city.

Here are ways you can help:

- Look for and report unusual signs of pests or diseases in trees and plants.
- Don't move untreated firewood. Instead, buy heat-treated firewood or responsibly gather wood where you will burn it to ensure tree-killing

beetles hiding inside can't spread to new areas.

- When returning from international travel, always declare any food, plants or other agricultural items to U.S. Customs and Border Protection, so its experts can ensure they are pest-free.
- Before buying seeds or plants online from other countries, contact USDA to find out if the items need to be inspected and certified as pest-free or meet other conditions before you can legally bring them into this country.

Learn More

Locate a USDA office and find more tips on www.HungryPests.com.

Busy Boomers

By Les Goldberg

Is the King of Hobbies Dying?

Not quite yet, say the die-hard followers of stamp collecting.

While many collectors – officially known as philatelists – are like me (their stamps were collected when they were children and now dwell in the dark crevices of attics, closets and storage units), there are those who avidly enjoy the hobby to this day.

It is generally perceived that the hobby is dying, but according to the experts at the American and Royal philatelic societies, “reports of its death are greatly exaggerated.” However, they explain, it is not the hobby of choice for younger generations.



“The average age of a stamp collector is about 60-plus, and there doesn’t appear to be a shortage of people who, when they reach their later years, turn to philately as a hobby,” said Tony Lester, who runs a stamp auction firm in the United Kingdom.

This fact is evidenced by the sustained membership in the stamp collecting clubs across America, including those in Orange County and Los Angeles.

Boomers rejoice!

What attracts our generation to the hobby? According to Lester, philatelists pride themselves on their knowledge of the hobby, which requires a keen interest in social and political history, and the need to share their interest with like-minded hobbyists.

“The pleasure is in the collecting, not in any money-making venture you might think about,” he said. “The value of stamps is not what it used to be and unless you have some extremely rare items then you not likely to get rich.”

Most collectors dabble in various aspects of the hobby. For instance, some collect only U.S. stamps while others enjoy the international stamps or focus on one country like Luxembourg which has some of the most beautiful stamps in the world and, in fact, considers them a major economic resource.

The History

The very first postage stamp was issued by Great Britain in 1840. Until then, the idea of a standardized “label” to represent pre-paid postage had been out of the question, according to the “History of Stamps” book, because carrying a letter – especially over long distanc-



es or between countries – had been a long and involved accounting matter. It required careful record keeping of the individual payments to everyone who handled the letter along its route. Mail rates were based on the distance and the amount of payment demanded by each person handling the letter or parcel.

The world’s first adhesive postage stamp was the “Penny Black” in England, featuring a portrait of a young Queen Victoria. These early stamps had to be separated with scissors – the perforated kind didn’t appear for several years later.

The first U.S. stamps were issued on July 1, 1847, in denominations of five and 10 cents. It wasn’t too long after stamps were introduced that people began collecting them

and, of course, the activity received a more formal, scientific name – philately.

As the number of stamp collectors, and stamp dealers, continued to grow, the first organizations for

collectors started. The Royal Philatelic Society of London, founded in 1869, is the oldest.

Some have called it “The Hobby of Kings,” based on the great number of rulers who have been stamp collectors. Sometimes it has been called “The World’s Greatest Hobby,” based not only on the huge number of collectors but also on the fact that stamp collecting is accessible to everyone from the poor to the wealthy.

So, what is appealing about the hobby that it attracts so many?



Aside from the fact that it’s easy and inexpensive to start, stamps are both beautiful and educational. I, for one, found the hobby to be a major reason why I excelled in geography in school. It also gave me a picturesque window in different countries’ local culture and history.

Through the years, the stamp collecting hobby boomed with more collectors and higher prices paid for rare or unusual stamps. But it all came crashing down just before and during the introduction of – you guessed it – Email!

However, just as society began a new way of communicating, using the fast-moving technology of electronic mail and text messaging, a new phenomenon was developing as the 21 century began:

The Boomer generation started rediscovering the hobby as it found more time to go through their collections that began when they were in their childhoods. And even as technology continues to grow, there has also been a bit of a rebirth in the popularity of actual letter writing – by hand.

Oddly enough, the Internet has helped, rather than hindered, this trend, as “pen pal” web sites have sprung up in considerable numbers, and postcard

Continued on page 33



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Busy Boomers

Continued from page 31

exchange sites like Post Crossing have made it possible for people to connect and send each other millions of pieces of handwritten mail – something those who feared email would kill stamp collecting never foresaw.

Technology has also helped bring the world closer together. As new markets in developing parts of Africa and Asia have become more open and accessible, there has been explosive growth in the popularity of stamp collecting in places like India and China.

The demand for stamps and stamp collecting from these new economies is also helping to fuel a growing interest in collecting throughout the world.

If you want to explore – or revive your interest – in stamp collecting, here's a good place to start:

Join the Orange County Philatelic Society chapter which meets monthly at the Villa Park City Council chambers at 17855 Santiago Blvd. or attend one of many stamp expos scheduled each month at The Hotel Fullerton, 1500 Raymond Drive. For more information, visit www.stamp-showsteve.com.



Protecting Your Ability

Continued from page 29

about driving at highway speeds?

- Do you react slowly to cars entering your roadway, or to cars that have slowed or stopped in front of you?

Pay attention to changes and warnings:

- Have friends or family members expressed worries about your driving?

- Have you ever gotten lost on familiar routes or forgotten how to get to familiar destinations?

- Has a police officer pulled you over to warn you about your driving?

- Have you been ticketed for your driving, had a near miss, or a crash in the last three years?

- Has your healthcare provider warned you to restrict or stop driving?

Consider Getting a Professional Driving Assessment

If you've experienced driving problems like these or are worried about your ability to be a safe driver, consider getting a professional assessment of your skills.

Occupational therapists trained as driving rehabilitation specialists can evaluate your driving skills and strengths, as well as any physical, visual, and

cognitive challenges you may face. They can also evaluate your ability to operate a vehicle safely and, if needed, recommend ways to reduce your risks.

Driving rehabilitation specialists are trained to evaluate older drivers for:

- Muscle strength, flexibility, and range of motion

- Coordination and reaction time

- Judgment and decision-making skills

- Ability to drive with special devices that adapt your vehicle to your needs

The specialist may recommend ways for you to drive more safely after the evaluation. Suggestions may include getting special equipment for your car or helping you sharpen your skills.

Not sure how to find a driving rehabilitation specialist? Talk to your healthcare provider or contact the American Occupational Therapy Association for a directory. You can also visit the AGS's public education website, <https://www.healthnaging.org/driving-safety>, for more safe driving resources for older adults and caregivers.



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

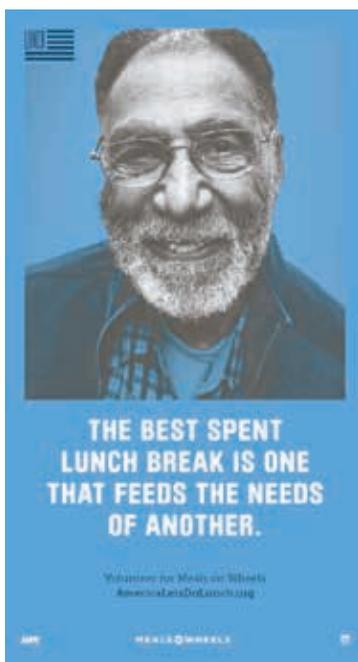
At Age Well Senior Services, our vital Meals on Wheels program delivered nearly 500,000 meals to seniors in need last year. We're a nonprofit organization that relies on donations to provide services, and we need your help to avoid having to turn away requests for meals from homebound seniors. Curtailing 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.

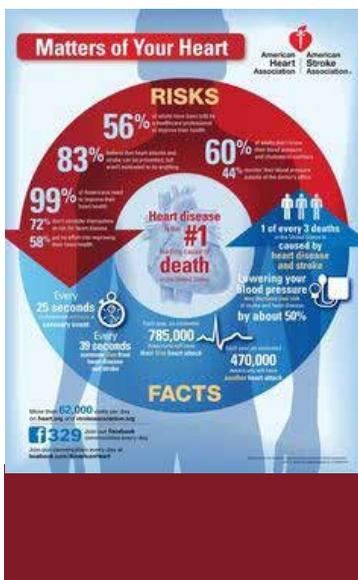
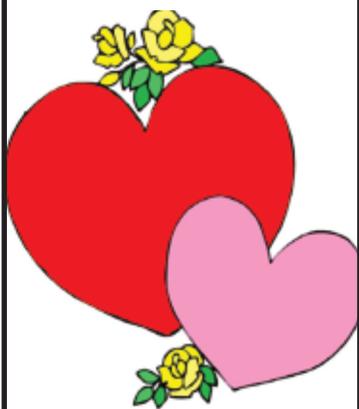
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Matt Posselt, owner of Ivy Glenn Terrace; Melissa Schusler, Residence Care Placement Specialist; Ily Ambrose, care facility resident, and Pia the caretaker

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:

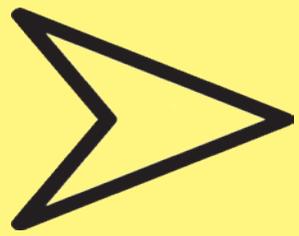
“Thanks for your help. Those we serve found a window of hope.”

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

Lisa Greene-Lewis: TurboTax CPA and Tax Expert Offers Tax Tips for Seniors

It's tax season again but don't fret Lisa Greene-Lewis, TurboTax CPA and tax expert offers some great tips for you to do your taxes on your own.

For instance, she tells *Senior Reporter* there's a New Form(1040-SR) for seniors: "Although TurboTax doesn't make you know forms, there's a new form especially for seniors 65+ for the tax year 2019," she said.

- The new 1040-SR is like the 1040-EZ minus the restrictions that were on the 1040-EZ and makes it easier for seniors to file featuring larger print and a standard deduction chart

- There were restrictions based on filing status, whether you claimed dependents and income.

- Now the Form 1040-SR allows seniors to report income more common to them like investment income, social security, and distributions from qualified plans.

- Form 1040-SR can also be used whether you claim the standard deduction or Itemize.

- TurboTax doesn't make you know how to fill out forms so it will automatically fill out Form 1040-SR if you are eligible to file the form based on your answers to simple questions about you.



Q: What about Form 1040 and Schedules?

A: The Tax year 2018 was the year the IRS introduced a new 1040 form that consolidated the three versions of 1040 into one form. In addition to shortening Form 1040, the changes eliminated Forms 1040EZ and 1040A and increased the number of tax schedules supporting Form 1040 by six additional forms. For this tax season, there haven't been many changes. There is still a shortened Form 1040, but the IRS reduced the schedules from 6 to 3.

Q: Should you factor in all sources of income?

A: One of the first things I make sure to tell people about tax planning in retirement is that it's important to look at your other income outside of Social Security — like pension, savings, other income, and even income from side gigs — because those additional streams of income can make your Social Security taxable.

Not everyone has to pay taxes on their Social Security benefits. To see if your Social Security will be taxed, you must look at your combined income and your marital status. "Combined income" in relation to social security income is Adjusted Gross Income plus nontaxable interest plus 1/2 of social security benefits. Don't worry about figuring out the calculation, TurboTax figures out the taxable portion, if any, on the back end.

Combined income totaling \$25,000 to \$34,000 for single filers and \$32,000 to \$44,000 for those married filing jointly means that 50% of your Social Security payments can be taxable, and if your earned income is above \$34,000 for single filers or \$44,000 for married filing jointly, then 85% can be taxed.

Q: Should you remember the required minimum distribution?

A: If you have retirement accounts, like Individual Retirement Accounts (IRAs), 401(k)s, and 403(b)s, you are required to take minimum distributions by a certain deadline based on your age. The Secure Act, recently passed in December 2019, made major changes to the RMD rules. If you reached the age of 70½ in 2019 the pri-

or rule applies, and you must take your first RMD by April 1, 2020. If you reach age 70½ in 2020 or later you must take your first RMD by April 1 of the year after you reach 72. There's also a penalty of 50% of the amount that should've been withdrawn if you fail to take the RMD, and the RMDs grow as you get older.

Q: What about Qualified Charitable Distributions(QCDs) for Senior Taxpayers?

A: Taxpayers 70-1/2 and over can make what is called a Qualified Charitable Distributions — a direct donation from an individual retirement account to an eligible charity even if they don't itemize their tax deductions. There are multiple benefits to the Qualified Charitable Distributions since donations, up to \$100,000 annually, are not included in their taxable income but count toward the prescribed amount they must take out each year called a required minimum distribution and since many senior taxpayers have paid off their homes and don't have the benefit of claiming itemized deductions they can still reap the benefits of huge tax savings.

Q: How about overlooking deductions?

A: Some of the deductions you

are eligible for may change in retirement. There are a few key deductions and credits to be aware of:

Medical: One important retirement tax strategy is to track medical expenses, because you may be able to deduct your medical expenses that exceed 7.5% of your adjusted gross income if you can itemize your tax deductions.

Home improvement: Another area you shouldn't overlook come tax time is potential home improvement deductions. For example, if you made doctor-authorized changes to your home, like a wheelchair ramp or swimming pool for certain conditions, you may be able to deduct those costs if you can itemize your tax deductions.

Dependents: If you provide more than half of a grandchild's support, you may be able to claim grandchildren as dependents, and could potentially claim the Child Tax Credit which increased to \$2,000 under the new tax law and other tax benefits for dependents.

Don't worry about memorizing these tax benefits. TurboTax has you covered and will

Continued on page 40

News For Older Americans

Protect Yourself From Social Security Scams

Calls and e-mails from scammers pretending to be government employees are widespread. Social Security phone scams are the #1 scam reported to the Federal Trade Commission. Chances are you, a friend, or a family member have received a call like this.

You don't have to be receiving benefits to become a victim. You may get a call saying there is a problem with your Social Security number or account. Everyone, regardless of age, income, and geography, is at risk. Scammers will try to scare and trick you into giving them your personal information or money.

Is It A Scam?

The best way to protect yourself and your money is to recognize a scam. Scammers use intimidating language and often offer a "solution" to fix what they say is a serious problem with your Social Security number or account. How can you tell when it's a scam? Social Security will not:

- Say your Social Security number has been suspended.
- Promise a Social Security benefit approval or increase in exchange for information.
- Call to demand an immediate payment.



links or download any attachments. Even if the e-mail or an attachment contains Social Security's seal or names of real people, ignore it. Then, report the scam.

- Insist you pay a debt without the ability to appeal the amount you owe.

- Require payment by retail gift card, pre-paid debit card, Internet currency, wire transfer, or by mailing cash.

- Ask for your personal information.

Scammers prey on your fears. The stories they tell you would scare anyone. No matter how horrible the story, if they do anything above, it's a scam.

What Should You Do?

If you receive a suspicious call, the safest thing for you to do is:

1. Hang up!
2. Don't share personal information or make a payment.
3. Report the scam to the Social Security Administration's Office of the Inspector General at <https://oig.ssa.gov>.

And, if you receive such threats via e-mail, delete the e-mail and do not click on any

Other Tips

How about if Social Security needs to contact you? Generally, they will mail you a letter and only contact you by phone if you have requested a call or have ongoing business with them.

Usually, Social Security will mail you a letter that contains telephone numbers for contacting them. You can also contact Social Security by calling 1-800-772-1213 or visiting [SSA.gov](https://ssa.gov).

Scammers are always looking for the next way to trick someone. No matter how someone might try to scam you, learning the warning signs shared here can go a long way to protecting yourself and someone you care about from identify theft and financial loss.

If you think you have been scammed, don't be embarrassed. Report the scam to Social Security's Office of the Inspector General at <https://oig.ssa.gov> and share this important information with your family and friends.

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Planning For Your Future

Seven Myths You May Mistakenly Believe About Long-Term Care

As you develop your retirement plans and think about how a potential need for long-term care may impact those plans and your loved ones, certain misconceptions may prevent you from taking action.

So—let's dispel these seven common long-term care myths:

Myth #1: I'll never need long-term care.

According to the U.S. Department of Health and Human Services, almost 70 percent of Americans turning 65 today will need some type of long-term care in their remaining years.¹

Myth #2: Government programs will cover all of my long-term care expenses.

Medicare pays for nursing home care, but only a portion of the costs for a maximum of 100 days and only if the three-day hospital stay requirement has been met. And, while Medicaid covers certain long-term care costs, it's intended to be a safety net for those with limited or minimal income and assets. To qualify for benefits, you must spend nearly all of your savings and reduce most of your assets before the government will step in to help.

Myth #3: My family will take care of me.



Preparing for a pleasant retirement should include considering a long-term care planning solution.

The financial, physical, and emotional stress that full-time caregiving may place on families can be overwhelming. Sometimes the best way to take care of a loved one needing long-term care is to ensure they have access to professional care. With advances in home care services, many people needing long-term care are actually able to stay at home, with or near family, and still receive the professional care they need.

Myth #4: I can pay for my long-term care out-of-pocket.

In 2018, nursing home costs averaged more than \$91,000 a year nationally.² The majority of Americans would quickly deplete their retirement savings if they needed care for an extended period of time. Even if you can afford to cover long-term care services out-of-pocket, consider the benefits of sharing the risk and costs using a long-term care planning solution such as insurance.

Myth #5: I am better off waiting until I am closer to retirement to obtain long-term care coverage.

Generally, it is best to plan for long-term care in your 40s or 50s when you are younger and more likely to be healthier and insurable (underwriting is required). Also: premiums are generally lower when you are younger. Your insurability can change any time and a need for care can arise at any age, so purchasing coverage earlier can be a wise decision.

Myth #6: Long-term care coverage is just too expensive.

Long-term care coverage options have evolved to meet most any need, with some options starting at \$100-\$150 per month per person. Plans can be personalized to suit your budget and discounts may be available to partners and spouses. Even a small policy can help reduce the financial and emotional burden of a long-term care event and provide access to valuable benefits.

Myth #7: Long-term care policies only cover nursing homes.

Long-term care solutions may offer valuable benefits that allow you to stay in your home for as long as possible. Some even reimburse family mem-

bers for providing care. Long-term care solutions can also help cover the cost of adult day care centers, assisted living facilities, and nursing homes as care needs evolve.

Some of these misconceptions may have prevented you or a loved one from creating a plan to address future long-term care needs. It's important to take a step back, consider your financial plan and desired future care, and how you want to address it with you and your loved ones in mind.

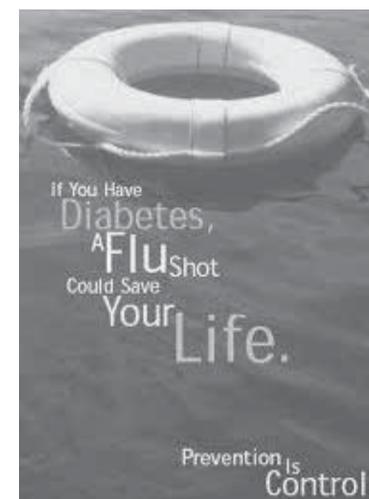
*1 U.S. Department of Health and Human Services, October 10, 2017.
2 2018 New York Life Cost of Care Study.*

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

—COLBY
adopted 06-18-11

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Crossword Puzzle Answers from page 27

1	A	2	T	3	M	4	E		5	T	6	A	7	L	8	C		9	P	10	E	11	T	12	E	13	R
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JUST JUDITH

By Judith A. Rogow

The Good, The Bad, and The Really Ugly

The Good is, of course, that spring is finally here. From Mardi Gras to Easter and Purim to Passover there are celebrations and solemn services, weddings and new graduates.

From colts walking on spindly legs to puppies and kittens making people's lives joyful, and blooming flowers and fields, spring is a season of new beginnings, full of hope and promise.

Like a symphony that starts slowly and builds to a Crescendo of beauty, the season lurks at the edge of your mind until you realize that Mother Nature has once again smiled on the earth.

The rains that made our Southern California version of winter so miserable become welcome showers, even our winds seen softer.



Gardens, from fields to small pots of flowers and herbs on a windowsill, new buds on trees, new blooms on rose bushes, spring is pregnant with promise . . . Spring is firmly in the Good column!

Unfortunately, this happy season brings out those who see us as potential targets for scams of all types. Homeowners are bombarded with offers for 'free inspections' of roofing, plumbing and other vital components of your structure. Helpful phone calls offering to help you 'reassess' your medical insurance or your automobile policy abound. The odds that these helpful companies won't manage to find something that must be repaired, refinanced, or replaced is roughly equivalent to winning the MegaMillions without buying a ticket.

Which brings me to the Bad. We, seniors, are a favorite target for scammers of all types. We were raised to be trusting and to step up when others are in need. We tend to believe in the goodness of others and to want to help where we can, unfortunately not everyone has the same background and ethics. blog.ssa.gov, an excellent resource from Social Security, keeps a list of current scams and ways to combat them. Several phone companies are now warning of possible scams. If you see a 'scam' or 'unknown number' call alert on your iPhone simply don't answer. Several telephone companies are actively pursuing known offenders, and most Internet apps are now giving the option to forbid they are selling your

personal information. Unfortunately, the information is, in most cases, already out there to be 'scooped' by anyone who has an Instagram or Facebook account.

And, now, to the *Really Ugly* . . . the 'Political Process', which seems less a process than a bunch



of spoiled children fighting over who is the greatest cinema action hero, or which team will win a coveted trophy. Lately, it seems to be the chief topic in most minds. The 'he said' no 'he said,' braggadocio and temper tantrums fill the electronic and print media to the point that there's no escaping the onslaught of innuendo and insanity.

Our Founding Fathers would be horrified to see how the Constitution is being misinterpreted, maligned and torn apart. They may have been 'elitist,' but they had the background and education to create a country and document the framework to ensure it survived. Now, it is being torn

Continued on page 40

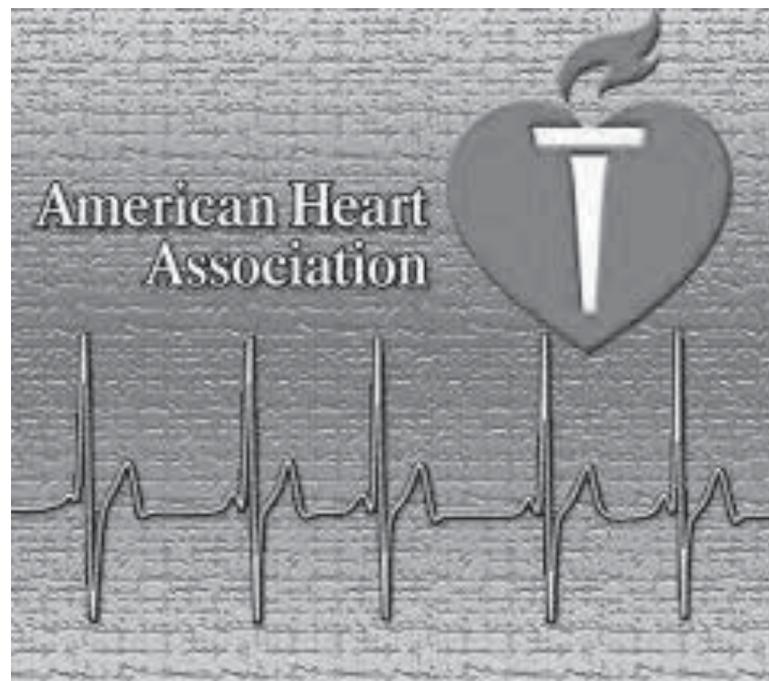
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JUST JUDITH

Continued from page 39

apart by those who are the main goal appears to be fame and fortune rather than sane stewardship.

Voting is a right and a privilege, and the Primaries do matter. Make your voice heard!

In The Spotlight

Continued from page 35

ask you simple questions and give you the tax deductions and credits you're eligible for based on your answers. If you still have questions, you can connect live via one-way video to a TurboTax Live CPA or Enrolled Agent with an average 15 years' experience to get your tax questions answered. TurboTax Live CPAs and Enrolled Agents are available in English and Spanish, year-round and can also review, sign, and file your tax return.



Fabulous Fruit

Frozen Strawberries: Just As Nutritious And Tasty As Fresh

There's nothing quite like the taste of fresh strawberries—every sweet, delicious bite conjures warm memories of spring and summertime. But did you know that same fresh strawberry taste—and the health benefits—can be enjoyed during the chilly months when you select frozen strawberries?

Strawberries are harvested at their peak of freshness in California, hand-picked from the fields and immediately frozen—capturing all of their nutritious benefits.

“When it comes to strawberries, science shows no significant differences in vitamins, minerals, fiber, or antioxidants between fresh and frozen strawberries*,” says registered dietitian Colleen Wysocki. “People can feel good about having affordable, nutritious frozen strawberries with a longer shelf-life all year long.”

Just 8 a Day

Strawberries are not only low in sugar and calories, they also provide a unique combination of essential nutrients, dietary fiber and phytochemicals. Eight medium strawberries, which is a one-cup serving, has more vitamin C than an orange and is packed with beneficial antioxidants and nutrients including potassium,



This sweet strawberry crisp can easily be made at any time of year with frozen strawberries

folate and fiber. Clinical research suggests that eating just one serving of eight strawberries a day may improve heart health, help manage diabetes, support brain health, and reduce the risk of some cancers.

Ways to Use Frozen Strawberries

Choosing frozen is a great way to enjoy delicious strawberry goodness all year long. Frozen strawberries are the perfect ingredient for making sauces for dessert toppings, adding to smoothies, and making jams or jellies. Frozen strawberries can be used to make festive cocktails, and even savory appetizers like salsa or gazpacho.

For more information and recipe ideas, visit: californiastrawberries.com.

Entertaining soon? This Strawberry Crisp is the perfect dessert to feed a large group for the holidays! Top it off with vanilla ice cream or frozen yogurt.

Strawberry Crisp

Prep Time 15 minutes
Cook Time 45 minutes
Total Time 1 hour
Servings 8

Ingredients

For topping:

⅔ cup old fashioned oats
⅔ cup flour of choice
6 Tbsp cold butter (or coconut oil)
2 Tbsp granulated sugar
2 Tbsp brown sugar
¼ tsp ground cinnamon
½ cup walnuts, chopped

For filling:

4 ½ cups frozen unsweetened whole strawberries, thawed and chopped
3 Tbsp cornstarch
¼ cup maple syrup
1 Tbsp lemon juice
1 tsp vanilla extract

Instructions

- Preheat the oven to 375° F.
- Add the dry topping ingredients to a large bowl and mix well.
- Use forks or a pastry cutter to mix in the butter, mixing until clumps form. Place the topping mixture in the refrigerator while making the filling.
- In a large bowl, mix together the thawed and chopped strawberries, cornstarch, maple syrup, lemon juice, and vanilla.

Stir until they are well combined.

- Place the filling into a 9x9 baking dish or a skillet.
- Sprinkle the topping evenly over the strawberries.
- Bake the crisp for about 40-50 minutes, or until the topping is golden brown and the fruit is bubbling.
- Remove from the oven and let cool.



Tinseltown Talks

By Nick Thomas

Pat Priest's 'Munster' Memories

When Universal Pictures assembled the cast of the popular TV series "The Munsters" for the big screen adaption in the 1966 film "Munster, Go Home!" another actress replaced Pat Priest as Marilyn Munster.



Pat Priest, 60s publicity photo

"I was devastated not to be in the film," said Priest from her home near Boise, Idaho. "We were on the set filming the end of the season and the producers sent one of their guys down to tell me. I was 29 and my contract was up for renewal, so I think they wanted a younger actress and didn't want to pay me more."

I could learn my three or four lines on the freeway on my way to the studio!"

Nevertheless, Priest still has fond memories of working on the show, although there was a brief early encounter with Yvonne De Carlo (Lily Munster).

Priest said fellow cast members Fred Gwynne (Herman Munster) and Al Lewis (Grandpa) "went to bat for me" but "that's just the way it goes in this business."



Cast of The Munsters, black and white, Pat Priest at right

While her role throughout "The Munsters" series was often small, Priest has always been upbeat about the experience.

"Occasionally, there was a show built around me, but I usually didn't have a lot of lines and I just accepted that," she said. "On a positive note,

said it was clear that the pair had on-screen chemistry.

"They played off one another so beautifully, were best friends, and their families were all very close," she said. "But interestingly, while the rest of us would later meet at TV conventions and autograph shows, Fred didn't want anything to do with 'The Munsters.' He preferred to be known as a fine actor, not just identified with the Munster character, and would never sign autographs or be interviewed about the show. He wouldn't even stand beside Al to have his picture taken even though they remained good friends."



Cast of The Munsters. Fred Gwynne, Yvonne De Carlo, Butch Patrick, Al Lewis and Pat Priest

After "The Munsters," Priest continued in commercials and took on mostly small acting roles, but she looks back on her acting career as a wonderful experience.

"I've done everything I wanted to do and gone everywhere I wanted to go," she said. "I'm 83 now and whatever happens in the future is all just pluses."

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

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

- COLBY adopted 06-18-11

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Life in Long Beach

By Lyn Jensen

Nostalgia Trips

Take a trip among antiques and savor nostalgia for your mother's kitchenware, or father's desk, or that favorite hangout's soft-drink cooler. Maybe you remember something you had decades ago, and you wonder if you can find anything just like it now. Maybe you're missing a piece from that mid-century modern set. Maybe you'll find it on a trip to the Long Beach Antique Mall.

Even the location is nostalgic, in the Historical Long Beach Plywood & Lumber Building, half a block north of Pacific Coast Highway roughly where the boundaries of Long Beach and Signal Hill meet. Inside you'll find spaces crammed with a veritable universe of old-time treasures and oddities from about 60 dealers, jammed into 13,000 square feet. If you prefer to do your browsing online, there is a website, but making the trip in person will make you feel like you've stepped back in time.

Andrew Jurkiewicz and Linda Aihara have been operating this business site since 2011. For many years there was a sister store on the south side of Pacific Coast Highway, but it closed four years ago. Aihara says the mall doesn't do appraisals or buy items for sale. She or Jurkiewicz will gladly provide information about where to find an appraiser or estate sales service.

Address: 1851 Freeman Ave.,

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Web: <https://longbeachantique-mall.com/>



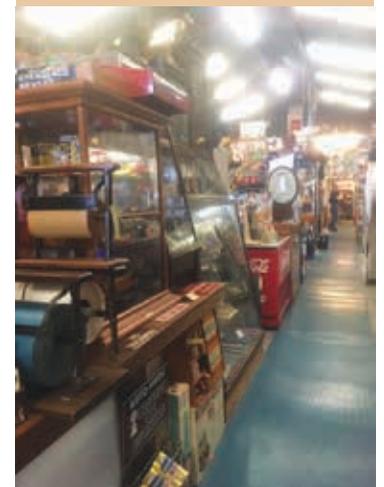
Things can bring on a nostalgia trip, but so can food. California is the birthplace of the fast-food industry, with many of the major chains originating here. If you're hankering for an old-fashioned hot dog to complement your trip to the Long Beach Antique Mall, drive Pacific Coast Highway west to Wilmington, 900 W. Pacific Coast Highway, to be exact, and you'll find the world's oldest Der Weinerschnitzel (or simply Weinerschitzel, depending on the company's marketing). Watch carefully on the south side of the highway, because the sign with the company's "W" logo is almost bigger than this little blink-and-you-miss-it drive-through roadside stand, dwarfed by the nearby billboards and storefronts. The company's distinctive A-frame restaurants came later. The place is so small parking and (outdoor only) seating is very limited, just like old times.



Address: 900 W. Pacific Coast Highway, Wilmington, CA

Phone: 310-835-1605

Web: <https://www.wienerschnitzel.com/location/1-pacific-coast-hwy-n-gulf-ave-wilmington-900-w-pacific-coast-hwy-wilmington-ca-90744/>



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—Dana S., Texas

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The Zinger folds to a mere 10 inches.

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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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