

SENIOR REPORTER

VOLUME 43, NUMBER 12

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DECEMBER 2017

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

Rod Stewart

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about – but at the end of the
day it's all about family."*

—Rod Stewart



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The Senior Pause

By Jim McDevitt

The Senior Pause is not a new dance. It's a description I came up with to explain what happens when seniors get on in their later senior years. It usually doesn't happen to the kids who are under 65 years of age. From what I and my friends have experienced it shows up in your 70s. I'll try now to explain what happens when I do a *Senior Pause*.

I'll be working on something in the house and I realize I need a tool from the basement storage area to complete the job. I walk down the stairs to the basement and go to the storage area and realize I can't remember where I stored the tool. I pause. This is my first *Senior Pause*. Then I start searching when I am distracted by something and suddenly realize I have forgotten what tool I was searching for. This causes *Senior Pause* two to happen because I have to stop and try to remember.

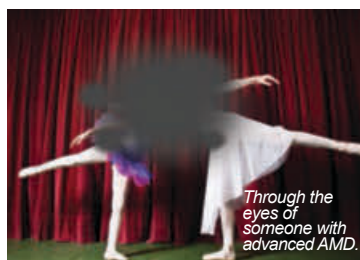
Or sometimes I just walk into another room to get something and by the time I get into the other room I have forgotten what I was going to get. I pause and try hard to remember and usually I have to go back to the other room and resume what I was doing until I remember what I needed in the

first place. At other times my wife and I are looking for our favorite television show to record but neither of us can remember the day it's on or even the channel. This results in another *Senior Pause* until we start surfing the program guide to try and locate the show.

To combat all these *Senior Pauses* I now create a To Do List that I make out the day before I am going to do these chores. This list does eliminate many *Senior Pause* stops but not all of them. Some *Senior Pause* stops are prevented by my Lab named Toby. When he has to go out and take care of business he comes up to me and stares directly at me wagging his tail so hard I sometimes think his rear end will lift off like a helicopter. When I ask him if he has to go out he puts his two front legs flat on the floor, bows and says something that sounds like "yes" to me.

I did learn a long time ago to

put my daily pills in a seven day pill organizer.



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2017 SCHEDULE OF EVENTS

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

| MONTH | DATE | EVENT |
|-----------|------|---|
| JANUARY | 7 | Living History Flying Day featuring the: Curtiss P-40 Warhawk * The United States Postal Service will hold a First-Day-of-Issue Stamp Dedication Ceremony for the NEW LOVE Skywriting Stamp! |
| FEBRUARY | 4 | Living History Flying Day featuring the: Lockheed P-38 Lightning |
| MARCH | 4 | Living History Flying Day featuring the: North American P-51 Mustang |
| MARCH | 11 | 3rd Annual Hangar Dance with Big Band Orchestra |
| APRIL | 1 | Living History Flying Day featuring the: North American B-25 Mitchell |
| MAY | 6-7 | Planes of Fame Air Show May 6-7 2017, Chino Airport |
| MAY | 14 | Mother's Day - Moms Admitted FREE! |
| JUNE | 3 | Living History Flying Day featuring the: North American F-86 Sabre |
| JUNE | 18 | Father's Day - Dads Admitted FREE! |
| JULY | 1 | Living History Flying Day featuring the: Republic P-47 Thunderbolt |
| JULY | 22 | World War I and Early Aircraft (Special Presentation) |
| AUGUST | 5 | Living History Flying Day featuring the: Vought F4U-1A Corsair |
| AUGUST | 19 | 101st Airborne - "Screaming Eagles" (Special Presentation) |
| SEPTEMBER | 2 | Living History Flying Day featuring the: Douglas AD-4 Skyraider |
| SEPTEMBER | 16 | Strategic Bombing During WWII (Special Presentation) |
| OCTOBER | 7 | Living History Flying Day featuring the: Douglas SBD-5 Dauntless |
| NOVEMBER | 4 | Living History Flying Day featuring the: Northrop N9MB Flying Wing |
| NOVEMBER | 11 | Veterans Day - Veterans Admitted FREE! |
| NOVEMBER | 18 | 11th Annual "Taste of Flight" Gala |
| DECEMBER | 2 | Living History Flying Day featuring the: Mitsubishi A6M5 Zero |

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

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

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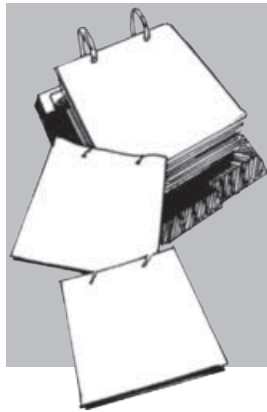
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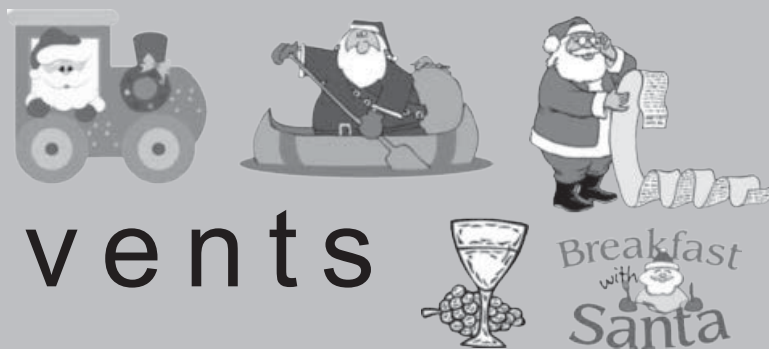


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December Calendar of Events



It's the end of the year but that doesn't mean things have slowed down in the Southland. There are all kinds of things to do and see between now and Dec. 31. Be sure you get out in between shopping and celebrating the holiday season before it's officially 2018.

Laguna Cliffs Marriott Resort & Spa Vue Restaurant presents: Duckhorn Winery Wine Pairing Dinner Menu Dec. 2

6 p.m. to 9 p.m.

Enjoy a night hosted by Executive Chef Salvatore Giuliano and Duckhorn's own Advanced Sommelier as they guide you through an expertly paired five course meal. Based upon availability. Reservations required. Must be 21 or older to consumer alcoholic beverages. Cost is per person. Space is limited. \$95.00 per person, Discounted valet. *Price does not include tax and gratuity. At 25135 Park Lantern, Dana Point. Contact, concierge at 949-487-7577.

Moreno's Restaurant 6th Annual Christmas Boutique Orange • Dec. 3 10 a.m. to 4 p.m.

Shop for unique, hand-crafted gifts, décor and more from 25 of Southern California's most talented vendors while enjoying Moreno's holiday atmosphere and tasty treats. Find something for everyone on your list while supporting a great community organization, Lestonnac Free Clinic. Moreno's Restaurant will donate all proceeds from boutique to Lestonnac Free Clinic. At, Moreno's Restaurant Banquet Hall, 4328 E. Chapman Ave., Orange. Call, Linda Moreno-Magarro at 714-313-1319.

Irvine Park Railroad Annual Christmas Train to Meet Santa Claus Opens December

Take an enchanting night ride through historic Irvine Regional Park to meet and have your picture taken with Santa Claus. In addition to riding the Irvine Park Railroad, activities include story time with Mrs. Claus, Christmas cookie decorating, a Santa Claus moon bounce, Christmas coloring corner, carnival games, picture stands and more. Hot food and snacks are available for purchase. Children younger than 24 months ride free. Prices for activities vary. For directions, costs and additional information or to purchase

tickets, visit online at www.irvineparkrailroad.com. At, Irvine Park Railroad, 1 Irvine Park Road, Orange. Call, 714-997-3968.

Breakfast with Santa December

Santa Claus is coming to Catal Restaurant in Downtown Disney! Join Santa and his elves for a fun-filled, family event including a delectable family-style breakfast, carolers, and hot cocoa station, activities for the children, elves, personalized stockings, and Santa! At Catal Restaurant, 1580 Disneyland Dr., Anaheim. Call, 714-333-9924.

Annual Newport Beach Christmas Boat Parade Newport Beach/ Newport Bay Dec. 13-17

FREE to the public. The boat parade will light up the harbor for five consecutive nights. The parade starts at Collins Island at 6:30 p.m. and will last approximately three and a half hours over 250 ships participate in the parade along with hundreds of water front estates. Providing the backdrop for the parade is the Ring of Lights waterfront home and business decorating competition. FREE for spectators, en-

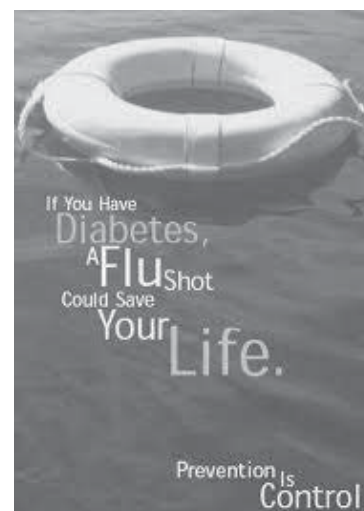
try fee for participating boats. Over million and half people view the parade each year. For those who want be in parade Newport Landing and Davey's Locker will offer 3 general admission cruises nightly every night of the parade that are a part of the actual parade. Viewing the parade from a ship means that you see all of the parade and homes in full decor that line the waterfront. General admission tickets can be reserved over the phone. LOCATIONS FOR CRUISES: Dec. 1-31. Offered three times nightly; Newport Landing, 309 Palm - Suite A, Newport Beach, Davey's Locker, 400 Main St., Newport Beach. Call, 949-675-0551.

Discovery Cube Presents: Science of Gingerbread Santa Ana Through Dec. 31

Watch and learn as heat, math,

engineering and other important components in order to bake and create the confections everyone enjoys. Build a candy car out of holiday treats and then compete, sweet-to-sweet in the Gingerbread Derby, Santa Claus will make special appearances, and other festive activities are on the schedule. At, Discovery Cube, 2500 N. Main St., Santa Ana. Call, 714-542-2823.

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How To Protect Your Data

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The technology you use every day—computers at work or home, printers and your mobile phone—needs to be protected. By 2020 there are projected to be 20.8 billion Internet-connected things—and they'll all need protection.



Fortunately, however, you can go a long way toward protecting your data with seven simple steps.

1. Back up all critical data saved on your personal machines.
2. Keep dynamic and different passwords across applications; consider using a password manager.
3. Be very diligent whenever

clicking on a link or attachment in any e-mail—don't get phished.

4. Be very cautious about entering data into a pop-up window.

5. Review your privacy settings on all social media tools.

6. Shred your bills, medical records and the like before discarding them. You can also have them shredded at a trusted retailer such as Staples.

7. Get your electronic devices professionally reviewed and updated. Simply drop off your PC at Staples or bring it in and while you wait the tech-savvy associates there will review the device for security issues or update your PC/Desktop Network Security plan, make

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Rod Stewart

By Les Goldberg

While attending a trade show in Atlanta a few years back, I heard through loudspeakers that a musical concert would be held outside the convention hall after the first day activities ended. I figured it would be a local band or other unknown performers hired to entertain the tired event-goers.

What we found instead was the one and only Rod Stewart! The iconic Rock 'N Roll star appeared dressed in a white suit with white tie and shoes on an all-white stage under blazing white lights. He even had a white microphone. It was, as they say, a sight to behold. Seeing him in person was more exciting than I could have imagined.

style and persona, Stewart's raspy vocals and unique style have managed to endear him to millions of fans worldwide – to this day.

Gravedigger?

He was born Roderick David Stewart on Jan. 10, 1945, in London, into a working-class family. He was the youngest of Scottish-born Robert and Elsie Stewart's five children. By the age of 12, he had taught himself to play the guitar and as a teen he was inspired by the music of Lonnie Donegan and began playing in local bands.

Before his singing career took off in the early 1960s, he played and excelled in soccer, and worked a series of odd jobs, including grave digging.

A Prelude to Fame

Apparently, I wasn't alone in that feeling since the audience was going into a fanatic frenzy as soon as he began singing Maggie May, probably his best-known song based on an actual affair he had in 1971 with an older woman when he was a teenager. Despite his admittedly wild and free life-

His early musical career included touring Europe with Wizz Jones, a Folk singer, and singing with several short-lived British R&B and Blues-Rock bands. But his first taste of stardom came as lead singer of the Jeff Beck Group, named after the band's guitarist, formerly of the mid-1960s British Blues-Rock band the Yardbirds. Stewart's wildly emotional vocals fit well with Beck's heavy, dramatic guitar work. Together they helped establish the pre-heavy Metal Rock sound that made Jimi Hendrix, Cream and Led Zepelin famous.

As Beck recovered from a car accident in 1971, Stewart and Beck's bass player, Ron Wood, left the band. Together, they recorded Stewart's acclaimed solo debut, *The Rod Stewart Album* which combined R&B, Rock and Stewart's vocals to create a semi-acoustic Rock 'N Roll sound. They soon joined the Small Faces band, which established them as a fun group with a Rolling Stones influence.



Maggie May Did It

The Stewart-Wood collaboration peaked in 1971 with Stewart's solo album *Every Picture Tells A Story* hitting number one in America and Britain. It made Stewart famous, primarily due to the song *Maggie May*.

The success of Stewart's solo career began to create tension in the Faces as they toured in early 1972. Despite a couple of hit albums, The Faces band members quarreled during a difficult tour of the United States, officially split up with Wood later joining The Rolling Stones.

In 1975, Stewart began a romance with Britt Ekland, a Swedish actress. He also decided to move to the United States because of a dispute

with the British government over his taxes. As Stewart became famous in the mid-1970s for his wild lifestyle and many actress and model girlfriends, his album titles turned cheeky, playing up his playboy image. However, albums such as *Foot Loose & Fancy Free* and *Blondes Have More Fun*, sold millions of copies. On the latter, Stewart embraced Disco. Critics reacted badly, especially hating the single *Da Ya Think I'm Sexy?*—but it became one of Stewart's biggest Pop hits.

Ups and Downs

Around this time, he married model Alana Hamilton; they went on to have two children, Kimberly and Sean.

In 1981, on *Tonight I'm Yours*, Stewart updated his sound with then-popular New Wave and Synth Pop styles. But his career took a downturn soon after, both in record sales and musical quality. He released a few singles during the 1980s, such as *Lost in You* and a cover of Dylan's *Forever Young*, that hit the Pop charts but disappointed old fans.

A 1984 profile in *People* found

Continued on page 18

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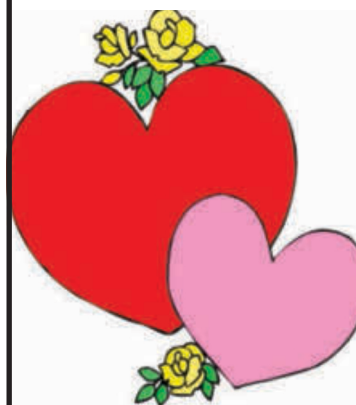
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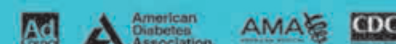
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Happy Holidays



The Gadget Geezer

By Les Goldberg

Attention Holiday Shoppers!

Don't look now, but the actual gift-opening part of the holidays are just days away – Hanukah starts on the Dec. 12, Christmas is on the Dec. 25 and Kwanzaa Dec. 26. Not that you need to be reminded, but your shopping days are dwindling along with the time it takes for your online order to be delivered and wrapped.



Along with the gift ideas we presented in the last issue of Senior Reporter, here are a few more to help you answer the burning question: *What am I going to get for (fill in the blanks)?*

SonicCloud

If you have moderate to profound hearing loss (as I do), SonicCloud recently intro-

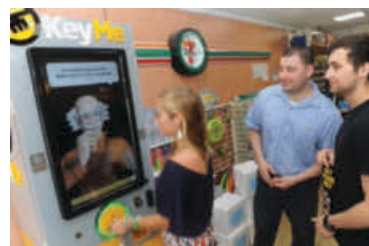
duced an App than enhances your ability to hear phone calls more clearly. Using cloud technology and a pair of ear-plugs, the App features the technology of today's newest hearing aids and builds it into your Smartphone.

Here is how it works: Users take a quick hearing assessment, which allows them to set

custom levels for right and left ears. Each user gets their own personal Hearing Fingerprint that provides an accurate hearing profile.

My favorite feature is "situational tuning." While on a call, you can adjust the App for individual voices (high, low) or environments (noisy restaurants, for instance). Cost: Free to download; users pay \$9.99 per month to use the cloud calling service and make unlimited calls.

KeyMe



By the end of this year, KeyMe kiosks will be popping up at malls across America, including the

Los Angeles/Orange County area. They are designed to take locksmithing to the next digital level.

You will be able to copy any type of key (key fob, car key, transponder keys for as little as \$2.99 and spend a few cents more for custom designer keys such as sports teams, movie characters, bottle openers, etc. Car keys, transponder keys

and key fobs are priced from \$70 to \$90.

Each key is stored digitally for free in the cloud using a free iOS or Android App. To access the key, you press the "share" button on your "digital keychain," type in your email or telephone number to get an email confirmation and an email of recipient acceptance. More information is at www.typeamarketing.com.

Bluetooth Remote



The DIGIT III Multifunction Bluetooth Remote Control, now available from AirTurn, Inc., is the perfect gift for the person in your family who loves their electronic devices such as computers, tablets, cameras and home theater equipment.

Retailing for \$39 at www.airturn.com, the product allows easy access and control

of presentations, photo-taking, lights, electronic window treatment, surveillance cameras and other applications.

The DIGIT III is rechargeable, can be connected to a strap or lanyard and is customizable for special control situations using an iOS app and soon an Android App.

Don't Forget Fido



If you love your pets as much as I do, you always want them to be well-groomed. That is why the Multi-Functional Dog Shower should be on your holiday shopping list. With this single handy hand tool, you can give your pooch a massage, shampoo and rinse easily – indoors and outdoors.

For \$16.99, this product from MIU Pet comes with two sprayer adapters to fit any indoor or outdoor faucets, a Stainless Steel hose and a six-month unconditional warranty. It also is ergonomically-designed and environmentally efficient. You get free two-day shipping through Amazon Prime.

What About Kitty?

A company appropriately

Continued on page 14

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Valor Fall Prevention Products of Newton, Massachusetts *invites you to test the* **M-O Stability Stick (MOSS)**



Valor Fall Prevention Products of Newton, Massachusetts has patented a simple indoor-outdoor walking aid that can help solve the horrendous statistics involving falls which mainly involve seniors. The CEO of Valor, Dr. Martin Osman, has chosen California as a starting location for a nationwide program.

After two years of trials, Dr. Osman is convinced that his product can make an impact on the problem. During this month, he is distributing his invention to California residents free of charge. His walking aid is called the MOSS (MO Safety Stick). The invention makes use of a dual mode functionality which allows it to be used in the following manner. If the MOSS is held like a vertical pole, it gives the user stability against imbalance with very little need for hand strength. This makes the MOSS particularly useful to persons having balance problems. Tipping the MOSS downwards and holding it like the railing of a down staircase, it provides those users who have challenged vision problems a forward-searching capability which alerts the user to hazardous walking conditions before she gets to them.

Valor Company's research indicates that most people fall where they move about most. For example, nighttime excursions between bed and bathroom. A second fall-prone area is the walking path between a drop-off vehicle and routine shopping or medical appointments, or visits to friends. In recognition of these observations, it is Dr. Osman's plan to have one of his walking aids folded and at the ready under the car seat of the drop-off vehicle. He suggests the first danger location should be provided with a bed to bathroom buttress against falls with his product standing between night stand and bed immediately available. Valor's primary purpose is to get the Safety Stick into the hands of seniors as rapidly as possible. He reiterates the horrendous statistic of 3 falls per hour ending in death and is putting the capital sources of his firm behind the free distribution program. This capital source is limited and at a point in time may require initiation of sales. In the meantime, get the free Fall Preventer by sending the ship-to location to: martyosman@aol.com

**For more detailed information about fall prevention with
the MOSS, email:**

**Marty Osman, PHD & CEO,
Valor Fall Prevention Products at
martyosman@aol.com**

**To receive your test prototype, send your mailing address to:
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**The MOSS is red in color.
If you are legally blind, ask for white.**

The Gadget Geezer

Continued from page 12



called Litter Kwitter now offers the Litter Kwitter Toilet Training System. That's right. Now you can train your cat to use a human toilet in eight weeks or less.

According to the company, the system includes a standard white seat that fits most standard toilet seats. It claims the training is easy for cat owners to understand and use. It says that using the system results in "no more mess, no more germs, no more smells and no more hassle."

Sound too good to be true? Well, Litter Kwitter said the product was developed with the help of animal behaviorists, vets and cat breeders to make sure it works with a cat's natural instincts. But one thing is for sure, my cats weren't part of the testing program.

Anyway, it might be worth the \$49.95 retail price and free shipping to find out if it works on your feline friends.

Goodbye Mechanic Scam

Have you ever gone into an auto repair shop for an oil change, only to have the me-

chanic say you need a new transmission? Can you imagine how many men and women, especially unsuspecting seniors, have fallen victim to this widespread fraud?

Two engineers based in Atlanta were tired of seeing their friends and family get taken advantage of at auto shops, so they decided to do something about it. With their company, FIXD, they created a new affordable device that plugs into the car's on-board diagnostic port (OBD) – the same port mechanics use to figure out what's wrong with your car.



Once the device is plugged in, it automatically synchronizes with your Smartphone using a free App available on Android and iOS. Your car's health updates appear immediately along with a status report and what needs to be fixed – all in terms understood by most people, not just mechanics. Based on your car's make, model and year (1996 on), FIXD sends your phone notifications about upcoming oil changes, scheduled maintenance needs and more.

Price: \$63.58 with shipping and handling. If you buy more than one, you will get a discount and free shipping. It is available at Amazon.com.

Car Maintenance Tips For Holiday Road Trips



Proper car maintenance promotes reliability, making it important to perform proper vehicle check-ups before heading out on holiday road trips. Tackle this basic care routine to maintain the value of your car and avoid road trip headaches by addressing minor issues before they become costly repairs.

Replace the Filter

Experts recommend changing your car's engine filter every 12 months. Check your owner's manual to locate it in your vehicle, open the case and review how it is positioned inside. Remove the old air filter and insert the new one at exactly the same position. Finish by closing the metal clips on the case.

Lubricate the Grille, Hinges, Nuts and Bolts

Wipe the hinges and latches on the hood and doors with a clean rag and spray them with a multi-purpose lubricant to prevent squeaks and corrosion. Use WD-40 EZ-REACH™ to make your life a whole lot eas-

Continued on page 16

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Judy in Disguise (with Glasses)

John Fred and His Playboy Band

December 1967

By Randal C. Hill

When John Fred misheard the *Sergeant Pepper* album track of *Lucy in the Sky with Diamonds*—he thought Paul McCartney was singing “Lucy in disguise with diamonds”—he decided to create a send-up of the Fab Four’s work. Before long he and fellow musician pal Andrew Bernard were filling notebooks with such pseudo-psychedelic lyrics as “Cantaloupe eyes come to me tonight” and “Lemonade pies with a brand new car” and “Cross your heart with your living bra.” (Thank you, Playtex, for that last inspiration.)

John Fred Gourrier was born in 1941 in Baton Rouge, Louisiana. The son of one-time Detroit Tigers third baseman Fred Gourrier, young Fred was a standout athlete at Catholic High School. He also loved southern R & B—rhythm and blues—music and, at age fifteen, formed a blue-eyed soul group with several classmates. They called themselves John Fred and the Playboys, named after Hugh Hefner’s popular magazine.

Late in 1958, they cut a bouncy single called *Shirley* with Fats Domino’s band in New Orleans. Issued on Baton Rouge’s Montel Records label, *Shirley* began receiving airplay throughout the South, and the teenage Playboys toured whenever their school schedule permitted. But when Dick Clark invited the lads

onto *American Bandstand*, leader Fred declined the offer. Why turn down such a golden opportunity?

Fred had a basketball game scheduled at school that day.

After *Shirley* failed to break nationally, the Playboys disbanded to concentrate on their schoolwork. Fred eventually earned an education degree from Louisiana State College but soon found that the music world held more interest for him than did the classroom. He reformed John Fred and the Playboys and signed onto the Paula Records label in Shreveport. However, when California’s Gary Lewis and the Playboys burst onto the music scene, the Louisiana fellows became John Fred and His Playboy Band.

Eventually Fred brought *Judy in Disguise (with Glasses)* to his band, only to find that most of the members hated it. After all, they groused, theirs was a respectable R & B outfit and above such nonsense. But Fred prevailed, assuring his skeptical pals that they were sitting on a potential smash, that “Judy” offered a ticket to the Big Time.

Despite the Playboys’ objections, *Judy in Disguise (with Glasses)* was recorded. It featured a cacophony of brass, strings, piano, sitar, bass, drums and guitar. And gasps

and moans. And ascending strings that matched the Beatles’ *A Day in the Life*. Coincidentally, it was John Fred and His Playboy Band’s goofy novelty that knocked the Fab Four’s *Hello Goodbye* out of first place on the *Billboard* chart.

When *Judy in Disguise (with Glasses)* hit worldwide, John Fred and His Playboy Band toured both America and the UK. In England, they met Paul McCartney and John Lennon, who both loved the parody. Wordplay-loving Lennon even joked that, when he went home that day, he was going to sit down and write a similar fun song.

He said he would call it “Froggy in a Pond with Spectacles.”

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Three Easy Ways To Improve Your Life



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2. Those ready to retire can avoid financial strife with the Amazon.com-listed book “20 Retirement Decisions You Need to Make Right Now.” It covers key financial decisions for the critical period transitioning from work to retirement. These decisions—many permanent—will affect your financial security for decades.

3. Excessive sweating—a serious medical condition called hyperhidrosis—affects approximately 4.8 percent of the population and can lead to serious practical, social and

emotional consequences. The International Hyperhidrosis Society provides support, resources and expert perspective to those struggling with this condition and others who hate to sweat. Its website, www.SweatHelp.org, offers education; treatment, insurance, and clinical trial information; a physician finder; a useful award-winning blog; and sweat-management product discounts.

Car Maintenance Tips

Continued from page 15

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at your fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games— you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time you took part? Call now, and you'll

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Rod Stewart

Continued from page 10

ing with *It Had to Be You* and continuing through three more albums, Stewart recorded versions of classics from the *Great American Songbook*, a term for the best American Pop music of the first half of the 20th century, including the work of such acclaimed songwriters as George Gershwin and Cole Porter.



A Voice for the Ages

The albums, released between 2002 and 2005, became hits on Adult Contemporary charts. Stewart had not expected their commercial success. "It was meant to be a labor of love, something I was doing for a laugh," he told the press, "and here we are going Double Platinum."



In March 2005, at 60, he proposed to Penny Lancaster, now 34, while they were in Paris. A year later, Lancaster gave birth to Stewart's sixth child, Alastair. The couple would get divorced 7 years later.



Stewart's career took another new turn in 2006. He encouraged celebrity Paris Hilton to record his song *Da Ya Think I'm Sexy* for her first album, and she did. He also announced the release of a new album, *Still the Same ... Great Rock Classics of Our Time*, which includes Rock ballads such as Dylan's *If Not For You*, Creedence Clearwater Revival's *Have You Ever Seen the Rain*, and the title track, Bob Seger's *Still the Same*.

In May 2013, Stewart released *Time*, a Rock album of his own original material. It marked a return to songwriting after what Stewart termed "a dark period of 20 years"; he said that writing his autobiography gave him the impetus to write music again. The album topped the UK Albums Chart at No. 1, setting a new British record for the longest gap between chart-topping albums by an artist.

In recent years, Stewart presented his close friend Elton John with the first Brits Icon award in a special show at the London Palladium where the two performed a duet on stage, and he announced the release of the album *Another Country*.

Did You Know?

Stewart is a model railway enthusiast. His train layout in his Los Angeles home is modelled after the New York Central and the Pennsylvania Railroads during the 1940s. It has been featured several times in *Model Railroader* magazine. He has a smaller layout at his UK home, based on Britain's East Coast Main Line.



He also is an auto collector and owns one of the 400 Ferrari Enzos.

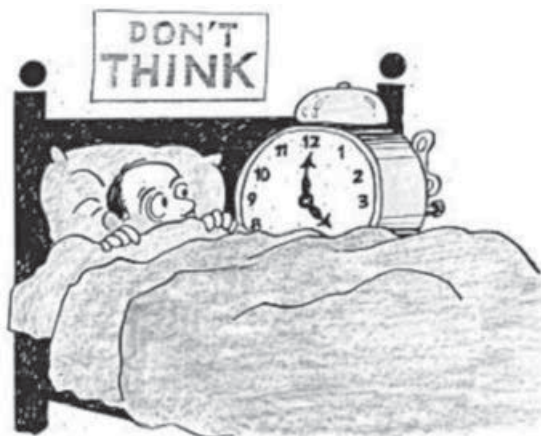
Rod Stewart was appointed Commander of the Order of the British Empire (CBE) in the 2007 New Year Honours for services to music. According to a British newspaper, he is one of the 20 wealthiest people in the British music industry.

Mark my word; we haven't heard the last of Mr. Stewart.

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Up and At 'Em

By Robert E. Horseman, DDS



I do most of my thinking from 4 to 6 in the morning. I'm not an insomniac, far from it.

In fact, I suspect I may be a victim of narcolepsy so easily do I lose consciousness at odd moments during the day. But at 4 a.m. my mind insists, "Socks up, boss. Up and at 'em!" and my mind responds with something unprintable here. So the stand-off leaves me with a couple of hours to ruminate.

Nothing ever comes from this type of thinking because it is largely unstructured. I compare it to a pinball machine where the thoughts represent random ideas. Somebody or something keeps sending in a new ball every 3 or 4 seconds, so there are a lot of thoughts ricocheting off the pins and it is impossible to follow one through to conclusion.

I've tried all sorts of dodges to select only the pleasant thoughts and let the doomsday stuff slide by, but my mind will apparently only accept bona fide worries during the 4 to 6 shift and any attempt to alter this pattern are unsuccessful.

In a way, it's just as well because the rest of the day is then free for me to think about whatever I like, or what is more usual, to not think of anything at all.

Not thinking of anything at all is not easy, but through years of practice I believe I have developed it to a fine art. An even more difficult feat is managing to give the impression of thinking about something with fierce concentration while really freewheeling.

In our society if you are not worrying about something at any given moment, you are considered irresponsible or worse yet, an ignorant bozo who simply doesn't know what's going on.

This used to drive my wife crazy. She'd catch me staring off into space and fearing there was something wrong with me, her, or our marriage, she'd ask me what I was thinking. I'd have to tell her, "Nothing. I wasn't thinking of anything."

"No, really," she'd protest, "tell me what's bothering you. I want to know."

If I continued to deny thinking of anything, the hurt silence

between us became palpable. I finally had to make up something on the spot or risk losing a perfectly good mate.

"I was thinking of Millard Fillmore," I told her

once. "I was wondering how long it would be before history would finally realize what a great president he really was before anti-statue enthusiasts got around to knocking down his memorials here and there." Another time I answered that I was thinking about Opie and how cute he was compared to Deputy Fife. She finally stopped asking me, but not before I realized I was spending too much of my non-thinking time thinking about this problem.

What the early morning thinking is best for is questioning the quality of my health. If any organ is going to malfunction, it will be doing so with a vengeance by 4 a.m. probably in chorus with a half dozen related or unrelated symptoms.

It's too late to take a sleeping pill, but what about Alka-Seltzer? Are those ectopic beats, or is the heart going to stop al-

Continued on page 26

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D-Day Reenactment

Professor Denis Jana, dressed in authentic Ike uniform, re-enacts D-Day, June 6, 1944 to professional, military, college assemblies and to seniors at assisted living apartments in Orange and San Diego Counties.



The presentation, approximately 35 minutes, re-enacts the battle plans and tactics of D-Day with a map from Nor-

mandy, France. Following his visit and research at the landing sites of Normandy he decided to write a play entitled ONE MAN'S DECISION based on General Eisenhower's decision to liberate Europe from the Nazis. That decisive command gave us freedom which we continue to enjoy today.



The presentation is even more special when members of the THE GREATEST GENERATION, heroes of our country, are present—men and women who lived through and even fought in WW II. After the presentation Professor Jana takes

time to talk with the residents giving them an opportunity to tell their stories from that time.

Before we begin the presentation, I take them back in time to June 6, 1944 to witness Ike's battle plans and command decision to go on Operation Overlord. "You lived through this war and made history. So you are like the fly on the wall listening in to the greatest decision of WWII. And so for this short time let's forget if we can any problems, concerns, situations and relive that part of your history."



Denis currently teaches college history classes to US Marines at Camp Pendleton. Please feel free to contact if you are interested in

having this IKE visit for your residents.

Semper Fi,
Denis (aka IKE)
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Finding Resources For Older Adults



If you or someone you care about is an older adult, you should know about the Eldercare Locator. The Eldercare Locator, a public service of the Administration on Aging, an agency of the U.S. Administration for Community Living is a nationwide service that connects older adults and their caregivers with information on aging services.

Callers to the Eldercare Locator receive information about federal, state and local services such as transportation, in-home supportive services, and health and wellness programs. Information Specialists are there to help guide callers to the correct resources.

You can call the Eldercare Locator at (800) 677-1116 Monday through Friday, 9:00 am to 8:00 pm ET to speak with a knowledgeable Information Specialist, or you can visit the website, www.eldercare.gov to find local resources on a broad range of topics.

Pacifica, California

Story by Ronnie Greenberg • Photos by Joe Hilbers

Perfectly positioned for exploring, Pacifica is the most panoramic coastal town in the Bay area, just 15 minutes south of San Francisco. Celebrating 60 years of uniquely blending the charm of a beach-front town, and the sophistication of a small city, Pacifica stands above the rest with its history and culture.

Pacifica's ethereal beauty is enhanced by its star-infused skies, and Mediterranean style weather that encompasses the glorious outdoors as a surfer's paradise, the scenic beauty, the beaches, boating, paragliding, birding, cycling, golf, tennis, archery, horseback riding, hiking trails, Redwoods, lagoons and flora and fauna. You'll also delight at the chance to mingle with the locals who sport the friendliest attitude that never fails to delight.



View from Best Western Lighthouse Hotel

Where to Stay

Best Western Plus Lighthouse Hotel, with 97 guest rooms, is a full service hotel situated on Rockaway Beach with spacious accommodations, complimentary WiFi, Cable TV with HBO, beautiful ocean or pool views, a swimming pool, and their signature delicious chocolate chip cookies available every afternoon in the lobby.

At the onsite upscale Moonraker restaurant, make sure to book a table with a spectacular, panoramic view for the sunset and dinner here at the beachfront dining venue. Specialties here include an oyster bar; oyster shooters; prawn cocktail; cracked 1/2 Dungeness crab and a grand platter of seafood. www.moonrakerpacifica.com

Best Western Plus Lighthouse Hotel is located at 105 Rockaway Beach Ave., Pacifica 94044, (650) 355-6300 ; (800) 832-4777 www.bestwesternlighthouse.com

What's Cooking

Start out enjoying a hearty breakfast, brunch or lunch at the **Breakers**. Personable owner Steve delights in presenting his menu and chatting with all his guests. In addition to his breakfast classics he features Frittatas with your choice of crab, veggie, ham, salmon, and

Italian sausage; pancakes; French toast; crepes (anywhere from fruit to turkey dill); Crab cake Benedict; eggs Florentine; eggs Louis; huevos rancheros, lox and bagel and breakfast burrito. Triple decker and grilled panini sandwiches, burgers and salads are also available.

Located at: 145 Rockaway Beach Ave., Pacifica 94044 (650)557-1274 or www.ilovebreakers.com

potato cake infused with lime and Aji amarillo; beef, poultry and vegetarian entrees; Anticuchos, flame grilled Peruvian street style skewers with crispy yucca, grilled corn, and Aji sauce; fish & seafood entrees; small plates including Empanadas de carne, with sirloin beef picadillo, olive, hardboiled egg, raisins, aju verdi aioli, and a variety of salads. Sumptuous side dishes camote fritos sweet potato fries with rocoto aioli; plantain chips, and arroz



Nicks Restaurant

Puerto 27, a new **Peruvian Kitchen and Pisco Bar** has Chef/Owner Julio Calvo-Perez at the helm. Popular with locals and with a definite party beat, Puerto 27 is where it's at!

Showcasing Cevicheria—the freshest fish and shellfish marinated in “Leche de Tigre,” a flavorful blend of lime juice and Peruvian chilies; Causas, yellow

blanco—Jasmine white rice.

Located at 525 Crespi Drive, Pacifica 94044 (650) 733-7343 or www.puerto27.com

Nick's Restaurant a landmark and a staple since 1927 is known far and wide across Pacifica. When Stalios Karagianis came from Greece to open a restaurant, he was told to change



Puerto 27 Peruvian Kitchen and Pisco Bar

Pacifica, California

continued



Pacifica Coastside Museum

his name as people couldn't pronounce it, and so he became Charles (Charlie) Gust. His gracious hospitality and the utmost in fine dining is still maintained by Charlie's family in the tradition he originated many years ago at Nick's. Specialties: Start out with Nick's famous garlic bread on Wedemeyer sourdough. Be sure to order the signature grilled crab sandwich that diner's flock for, or one of the hand-cut steaks that include filet mignon New York or Nick's favorite pepper steak. Other sumptuous delights include: Coquille St. Jacques, scallops with mushroom, sauteed in a white wine hollandaise sauce with mashed potato and veggies; Surf 'N turf- New York steak or prime rib and lobster tail; red wine braised short ribs and roasted rack of lamb.

Located at 100 Rockaway

Beach Ave., Pacific 94044 (650) 359-3900 or www.nicksrestaurant.net

Have a pre-dinner glass of wine, complemented by live music at **A Grape in the Fog**. This friendly wine bar owned by Beth Lamke, and one block from Rockaway Beach. Happy Hour is everyday, and very popular with the locals and visitors alike.

Located 400 Old Country Road, Pacifica 94044 (650) 735-5854 www.agitf.com

Outdoor Activities
Whale watching adventure. Capturing the south-bound journey of migrating gray whales, Pacifica sets the stage as an ideal viewing post for whale watching because of the many ocean inlets and its close proximity to the route and "playground" of these magnifi-

cent creatures. The voyage starts in October when the Gray whales start swimming south from Alaska, passing the California Coast from December to January when they are closest to the shore. Some of the best Pacifica viewing platforms are from the coastal bluffs of Mori Point, Rockaway Beach Trail, Linda Mar State Beach, the Pacifica Pier and Devil's slide walking trail. You might get lucky not only seeing the whales spouting but also seeing porpoises and dolphins playing just off shore as well. The National Marine Sanctuaries of the West Coast, rates Pacifica to be the fourth richest area in the world for marine mammal life.

Take a guided Silicon Segway tour around the town and along the ocean bluffs to fully get your bear-



Sanchez Adobe Art Center

ings and background of the area.

Head out to the Pacifica Pier with fishing gear, crab trap, tackle and bait which are all available for rent at Coastside Bait & Tackle. They also provide instruction about setup to catch fish and crab (in season). As a public pier, a fishing license isn't required.

Hike up Mori Point that

takes you right along the levy of the Sharp Park Golf Course on one side and the Pacific Ocean on the other—venture up to the top of Mori Point for a feeling that you're "on-top-of-the-world."

Area Highlights

Little Brown Church and Museum. Paul Slavers, historian and Kathleen Manning executive director of the museum led a fascinating tour of what is now a museum.

Built in 1910, close by to the railroad station that was a stop on the Ocean Shore Railroad Line that extended along the coast from San Francisco to Santa Cruz. In the oncoming years the Little Brown Church has gone from having active services to community center,



Sam's Castle

Continued on page 25



Minimizing Probate When Setting Up Your Estate

What can you do to lessen its impact for your heirs?

Provided by Howard Erman, CFP®

Probate subtly reduces the value of many estates. It can take more than a year in some cases, and attorney's fees, appraiser's fees, and court costs may eat up as much as 5% of a decedent's accumulated assets. 1

What do those fees pay for? In many cases, routine clerical work. Few estates require more than that. Heirs of small, five-figure estates may be allowed to claim property through affidavit, but this convenience isn't extended for larger estates.

So, how you can exempt more of your assets from probate and its costs? Here are some ideas.

Joint accounts. Married couples may hold property as a joint tenancy. Jointly titled property includes a right of survivorship and is not subject to probate. It simply goes to the surviving spouse when one spouse passes. Some states allow a variation called tenancy by the entirety, in which married spouses each own an undivided interest in property with the right of survivorship (they need consent from the other spouse to transfer their ownership interest in the property). A few states allow community property with right of survivorship; assets titled in this way also skip the probate process. 2,3

Joint accounts can still face legal challenges. A potential heir to assets in a jointly held bank account may claim that it is not a "true" joint account, but a "convenience account" where a second accountholder was added just for financial expediency (an adult child able to make deposits and pay bills for a mom or dad with dementia, for example). Also, a joint account with right of survivorship may be found inconsistent with language in a will. 4

POD & TOD accounts. Payable-on-death and transfer-on-death forms are used to permit easy transfer of bank accounts and securities (and even motor vehicles, in a few states). As long as the original owner lives, the named beneficiary has no rights to claim the account funds or the security. When the original owner passes away, all the named beneficiary has to do is bring his or her I.D. and valid proof of the original owner's death to claim the assets or securities. 5

Gifts. For 2017, the I.R.S. allows you to give up to \$14,000 each to as many different people as you like, tax free. By doing so, you reduce the size of your taxable estate. Gifts over \$14,000 may be subject to federal gift tax (which tops out at 40%) and count against the lifetime gift tax exclusion. The lifetime gift tax exclusion is currently set at \$5.49 mil-

lion per individual (and correspondingly, \$10.98 million per married couple). 6

Revocable living trusts. In a sense, these estate planning vehicles allow people to do much of their own probate while living. The grantor - the person who establishes the trust - funds it while alive with up to 100% of his or her assets, designating the beneficiaries of those assets at his or her death. (A pour-over will can be used to add subsequently accumulated assets to the trust at your death; yet, those assets "poured into" the trust at that time will still be probated.) 7

The trust owns assets that the grantor once did, yet the grantor can invest, spend, and manage these assets while living. When the grantor dies, the trust lives on - it becomes irrevocable, and its assets should be able to be distributed by a successor trustee without having to be probated. The distribution is private (as opposed to the completely public process of probate) and it can save heirs court costs and time. 7

Are there assets probate doesn't touch? Yes, there are all kinds of non-probate assets. The common denominator of a non-probate asset is a beneficiary designation. By law, these assets must pass either to a designated beneficiary or a joint tenant, regardless of what a will states. Examples: jointly titled real property, jointly held bank accounts with right of survivorship, POD and "in trust for" accounts, life insur-



ance policies, and IRA, 401(k), and 403(b) accounts. 8

Make sure to list/update retirement account beneficiaries. When you open a retirement savings account (such as an IRA), you are asked to designate eventual beneficiaries of that account on a form. This beneficiary form stipulates where these assets will go when you die. A beneficiary form commonly takes precedence over a will. 9

Your beneficiary designations need to be reviewed, and they may need to be updated. You don't want your IRA assets, for example, going to someone you no longer trust or love.

If you are married and have a workplace retirement plan account, your spouse is the default beneficiary of the account under federal law, unless he or she declines to be in writing. Your spouse is automatically entitled to receive 50% of the account assets should you die, even if you designate another person as the account's primary beneficiary. In contrast, a married IRA owner may name anyone as a primary or secondary beneficiary, without spousal consent. 10

To learn more about strategies to avoid probate, consult an

attorney or a financial professional with solid knowledge of estate planning.

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

Citations.

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Pacifica

Continued from page 23

school, theater and now as Pacifica Community Museum Center. The museum has fascinating artifacts, memorabilia and a short film telling its history. The gift shop in addition to selling souvenirs (many of them handmade), is the headquarters for freshly made Monterey Jack cheese.

Located at 1850 Francisco Blvd. @ Salada (650) 359-5452 www.pacificahistory.org

Sam's Castle—"Once upon a time "came to be in the

real life fairy tale castle that certainly could have housed royalty. It was built in 1908 by San Francisco magnate Henry Harrison McCloskey, who duplicated the castle his Scottish wife was born in. Throughout the years it had many fascinating reincarnations including a speakeasy during Prohibition, a brothel, an abortion clinic, and Coast Guard barracks. In 1959 Sam Mazza purchased the property that sits atop of one of the highest points in Pacifica, and filled it with a mix of grand and glorious paintings, crystal chandeliers, marble structures, artifacts from his career at 20th Century Fox and some funky

things he acquired at garage sales.

Relating the history was Jeanette Cool, executive director of the Mazza Foundation and Scott Cunningham of Cunningham Design who led the tour of the renovated castle.

Located at 900 Mirador Terrace in Pacifica www.sammazzafoundation.org

Sanchez Adobe Art Center—Cindy Abbott led us around the art center which was once an elementary school that was abandoned when the students were sent to different schools. With great imagination it became

an art center housing ongoing art exhibits and classes, and workshops for artists of different media. www.sanchezartcenter.org **The Mildred Owen Concert Hall** also located on the property presents everything from opera to tango. www.pacificaperformances.org

Located at 1220 Linda Mar Blvd. in Pacifica.

Facts About Pacifica

Visitors can find Pacifica 15-20 degrees cooler than the Central Coast, drawing visitors to its shoreline to cool off during the summer. Likewise Pacifica's equally appealing for winter travel, providing a dramatic setting

for off-season values and romantic departure.

It is the perfect 3-day mid week destination to unplug, relax and rejuvenate.

Stop in at the **Pacifica Chamber of Commerce** for a list of updated events. Jamie Monozon, chief executive officer and the rest of the knowledgeable staff will be delighted to help. Located at 225 Rockaway Beach Ave., Suite 1, phone (650) 355-4122 www.Pacifica-Chamber.com.

For more information contact www.visitPacifica.com



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Up and At 'Em

Continued from page 19

together? What's that burning in the back of my throat? If the paramedics come, will they take me to the hospital of my choice or one the ambulance people have a contract with?

How come I've been lying here with this shotput behind my sternum for an hour and the clock has only moved 3 minutes? I've got to lose some weight. Maybe a couple of calcium tablets will stop those twitches in my leg. And why only that leg? What's the problem with that one and not the other one?

These are heavy questions before dawn. Most of them will disappear with the darkness and a cup of coffee, only to return tomorrow. But try telling that to yourself at 5 a.m..

If you happen to be a Night Person, the 4 to 6 period holds no terror for you. You could be declared legally dead until about 8 a.m. Night people generally do their frantic thinking about 1 to 3 a.m. while reviewing their entire lives and uncertain futures.

It is said that Thomas Edison required only a couple hours sleep a night. He may have been that *rare avis*, the combo night/morning person who finally said the hell with it, got up and invented the phonograph and the electric light to see it with. It is not recorded what Mrs. Edison had to say about this, but you can bet Tom was probably glad he was deaf.

Why night people invariably mate with morning people is not clearly understood. Mendel believed it probably had something to do with polar magnetism and the attraction of opposites, but he was dealing with fruit flies and it was difficult to tell who was mating with whom even when he caught them at it.

I am working right now on a system to render my mind as blank during the night as it is a good part of the day. It involves sensory deprivation tanks, respiration by proxy and other esoteric devices too complex to discuss here. If there is a breakthrough, scientific journals such as *Cosmopolitan* or *Readers Digest* will publish it first before it's released to the public. Rest now.

Don't Let Cost Be The Reason You Go Blind



Why would someone see an eye doctor when they have no symptoms? The truth is, some of the diseases that can rob you of your sight don't show symptoms until you've already lost vision.

The good news is that an eye exam by an ophthalmologist—a physician who specializes in medical and surgical eye

care—can catch the early signs of disease before you lose vision.

To help seniors who haven't seen an ophthalmologist in three or more years, the American Academy of Ophthalmology's EyeCare America® program may be able to help.

"As an ophthalmologist, I grew tired of seeing so many older patients too late to stop the progression of vision loss," said Thomas Hutchinson, MD, founder of EyeCare America. "This is why the American Academy of Ophthalmology's EyeCare America program exists—to catch eye disease and provide access to eye care to older Americans in need."

EyeCare America has helped more than 1.8 million people since it started in 1985. The program has been credited with saving not just vision, but lives.

Michael R. Feilmeier MD, an ophthalmologist and EyeCare America volunteer, likely saved an elderly man's life when he came to him with complaints of partial vision loss. Following a comprehensive eye examination, Dr. Feilmeier detected troubling signs of a blood clot and immediately sent him to a specialist for an ultrasound, which revealed a large clot obstructing 95 percent of the patient's left carotid artery.

"Had this condition not been quickly diagnosed and treated, the patient could have certainly had a major stroke," said Feilmeier.

Continued on page 29

December Crossword Puzzle

Across

1. Pet plant
5. Traditional prayer ending
9. Uttered
13. Pound part
15. Dole (out)
16. Neighbor of Sask.
17. Valuable violin
18. Shoppe sign word
19. Robin's digs
20. Vietnamese holiday
21. Hardware fastener
23. Teaching of the Buddha
25. Son of Odin
26. Soap ingredient
27. Book of the New Testament
30. Actress Arthur
31. Bellowing
32. Uneasy
37. Coil
38. Green-lights
40. Varieties
41. Abandoned
43. Sheep cry
44. Shortened version of actor Stallone's first name
45. Dramatic dances
47. Trojan War hero
50. Busy as ____
51. Kiss
52. Agricultural implement
53. Large container
56. Emcee
57. Change for a five
59. "Goodnight" girl
61. Great lake
62. Small plateau
63. Spud
64. Reading rooms
65. Tiny particle
66. Large village
2. Actor Cronyn
3. ____ the finish
4. Do something
5. Love affairs
6. Dissolve
7. LAX posting
8. Unnecessary
9. Capital city of Yemen
10. Tip off
11. "Who's there?" respo
12. Computer input

Down

1. Paint layer
14. One or the other
22. Without delay
24. Warmth
25. Snares
26. Follow orders
27. 50%
28. Switch ending
29. Rude dude
32. Sought office
33. French textile city
34. Gen. Robert ____
34. Gen. Robert ____
35. Three-player card game
36. Fast fliers
38. State of USA
39. Lock openers
42. Wait ____!
43. Edible pale-bluish mushroom
45. Aromatic ointment
46. Blood letters
47. Love, Italian-style

| | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | | | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 |
| 13 | | | | 14 | | 15 | | | | | 16 | | | |
| 17 | | | | | | 18 | | | | | 19 | | | |
| 20 | | | | | 21 | 22 | | | | 23 | 24 | | | |
| | | | 25 | | | | | 26 | | | | | | |
| 27 | 28 | 29 | | | | | | 30 | | | | | | |
| 31 | | | | | | | 32 | | | | 33 | 34 | 35 | 36 |
| 37 | | | | | | 38 | 39 | | | | 40 | | | |
| 41 | | | | 42 | | | | | | 43 | | | | |
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| 51 | | | | | | | 52 | | | | | 53 | 54 | 55 |
| 56 | | | | | | 57 | 58 | | | | 59 | 60 | | |
| 61 | | | | | | 62 | | | | | 63 | | | |
| 64 | | | | | | 65 | | | | | 66 | | | |

46. Blood letters
60. Rodent, betrayer
47. Love, Italian-style
48. Red fluorescent dye
49. Short letters
51. Storage shelter
52. Cancun coin
53. Rejection power
54. Once again
55. Small gull
58. Hockey goal part

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JUST JUDITH

By Judith A. Rogow

Thoughts to End the Year 2018

With so many sad and scary things going on it's hard to keep events straight, and I'm just not in the mood to recap what has been endlessly available in mainstream news, as well as "Social" media during the *annus horribilis* that just ended.

Besides, there are many frustrations and annoyances that only people of our generation would notice, or even care about.

For instance, when did baby names become so non-traditional?



It used to be that Robert, Joseph, Adam and Mark were among the usual names for boys while Jane, Elizabeth, Mary or Cynthia worked well for girls.

Nowadays it's Cade, Marq, Sir, Hayes and such modernity for boys with Tia, L'Wren, Maji and Jassi among names for girls.

Some are gender fluid, Blake, Aspen, Dylan, Sage, Justice and Zion are among the many

that cause confusion and make it difficult to buy shower or christening gifts.

Then, there's modern dress (or lack thereof).



I cannot understand the reasoning behind winter boots with open toes—or for that matter, "bare shoulder" style sweaters. Even in our comparatively mild cold season these seem silly, can you imagine what it would be like to wear them back East? People in Boston and New York must be immune to illnesses and frozen feet. Let's not even mention torn jeans, will they *please* go out of style?

Speaking of style, what's with the hardly-there evening gowns covered with a cape of some see through sparkly ma-

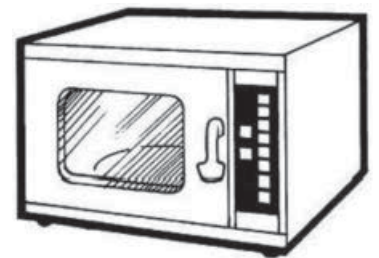


terial? And the prices for the show-off glamour ... the less the material the more the cost!

Oh, hair and makeup!

While purple hair, sparkly bright green lipstick and neon nails are somewhat less weird than those of both sexes with pierced lips, tongues (ouch!), noses, eyebrows and places that – thankfully – are not openly obvious, the rooster and "man bun" styles on young men are so silly they will probably be out of vogue by the time you read this. Hopefully, Technicolor hair will follow soon after.

Of course, we can't forget the Joy of (modern) Cooking.



Wouldn't we have laughed at pre-cooked bacon, microwave meals and Caesar salad in a bag. Cake mixes that are "baked" in the microwave in an actual cup and boxed pre-boiled pasta (dreadful stuff!) are fodder for apartment dwellers, and they pay dearly for the convenience.

But, what can you expect from people who buy frozen mashed potatoes, are the 'instant' ones, too complicated to prepare?

Continued on page 29

JUST JUDITH

continued from page 28

ArrgggH, I've become my grandmother!

Language and manners have changed, too. The new slang is incomprehensible to anyone over 25, and frankly that's not a bad thing.

Shake my hand, please, don't bump my fist. And I won't be insulted if you call me "Ma'am," in fact it would be delightful.

Websites and blogs that are done with voice to text make me reach for my trusty red pen.

Editing errors like misuse of the terms me and I, not knowing the difference or correct usage of reign and rain, not proofreading (or not caring) that road and rode are incorrectly placed are almost as bad as the term "gifting" instead of giving. It's enough to make an editor cry.

And what about book classifications that mash up genres ... would you actually read a mystery advertised as a Historical/Fantasy/Paranormal/Romance? I tried to edit one such monstrosity once, it gave me a migraine!

I may be "terminally Prep," old fashioned and not "with it," but that's not exactly bad these days.

Here's hoping that 2018 will be a better year for us all and a semblance of sanity will return to the world.

Tips For Keeping Your Home And Family Safe

The holiday season is a joyous time of year for millions of Americans across the country. Within the next month, online orders will be made, packages will arrive on doorsteps, and families will leave town to visit relatives or take a holiday vacation. While these may seem innocuous, criminals may see the holiday season as a time to capitalize on gift-giving and holiday vacations.

Daniel Barry, University of Phoenix Las Vegas Campus chair for security & criminal justice programs and a retired Las Vegas Metro police captain, says Americans need to be on higher guard this time of year when criminals can be more active. There are simple ways families can protect themselves and their loved ones, he says.

"While the holidays are a special time for celebration and reflection, it is important to remain alert to the fact that criminals are aware that presents are being purchased and sent and families are leaving their homes unattended," Barry said. "The best way to ensure your family and your home are secure is by taking precautions to remove any openings for criminals to exploit."

Barry provides the following security tips for a safe, merry and bright holiday season:

1. Avoid scheduling package deliveries when you're out of town. Going away for the holidays means you and your



home are more vulnerable to theft, particularly if packages start piling up on your doorstep. If you're planning to be away, consider having your packages delivered to a nearby retail store, P.O. box or friend's house. Make sure family members know not to send presents when you're not home.

2. Sign up for tracking numbers, package notifications and delivery signatures.

Tracking numbers and text message or e-mail delivery notifications can help you stay up-to-date on when your packages will arrive so you'll know if something has happened to them. Similarly, opting to require signatures on your packages will ensure that packages aren't delivered unless someone is home.

3. Set holiday lights on a timer. If you're heading out for a long night of holiday parties, protect your home from possible invasion by creating the appearance that someone is still there. Have your holiday lights on a timer and keep a TV on in your living room. If your family isn't keen on holiday decorations, consider putting lamps near windows on timers instead.

4. Put a video security system

on your holiday wish list.

Video security systems are the best option for defending your home while you're away or even inside. Ask your

friends and family to consider gifting you the latest system, but be sure to suggest one with a corresponding mobile app.

5. Do not place empty boxes or packaging on the curb or outside your home. This is an unknowing way of advertising to thieves that you have a new computer, television or gaming station in your home. Always destroy your boxes and place in a garbage bag for pickup.

If you're interested in taking the next step to learn more about a criminal justice degree, University of Phoenix offers degrees and certificates that focus on security, public administration and criminal justice that teach the necessary hard and soft skills to pursue a career in criminal justice. Students learn how to make a difference in their communities, protect people and contribute to improving society.

Blind

continued from page 26

Many diseases, from high blood pressure to some cancers, can be diagnosed early through a medical eye exam. Because the eye is an important part of our nervous system, abnormalities can be detected in the fine blood vessels at the

back of the eye before they are seen in other parts of the body.

If you are concerned about the cost of a medical eye exam, EyeCare America may be able to help.

To be eligible for the Seniors program, you:

- Are a U.S. citizen or legal resident
- Are age 65 or older
- Do not belong to an HMO or have eye care benefits through the VA
- Have not seen an ophthalmologist in three or more years.

If you are not eligible for the Seniors program you may become eligible for the Glaucoma program, which provides a glaucoma eye exam at no cost to those who are uninsured.

To be eligible for the Glaucoma program, you:

- Are a U.S. citizen or legal resident
- Do not belong to an HMO or have eye care benefits through the VA
- Have not had an eye exam in 12 months or more
- Are at increased risk for glaucoma, determined by your age, race and family history of glaucoma.

More than 90 percent of care is provided, often at no out-of-pocket cost to patients. Visit www.aao.org/eyecareamerica to see if you or someone you know qualifies to meet with an ophthalmologist, an EyeCare America volunteer.

EyeCare America is co-sponsored by the Knights Templar Eye Foundation, Inc., with additional support provided by Alcon.

Certain older Americans can get low- or no-cost eye exams.

Busy Boomers

By Les Goldberg

Cancer Survivors Paddle to Recovery

There is no escaping the initial shock, despair, anger and downright fear one feels when diagnosed with cancer. Every emotion of negativity pours through the hearts and minds of those facing the ugly disease plaguing millions of Americans every day. As a cancer survivor myself, I can tell you: I've been there, done that.

For a growing number of cancer victims, however, those feelings quickly get pushed aside by climbing into dragon boats as they let the spray of ocean, river or lake water refresh their souls and renew mental and physical energy while paddling their way to team racing victories and personal recovery.

Dragon boat racing is an amateur watersport which has its roots in an ancient folk ritual held over the past 2,000 years throughout southern China. While "competition" has taken place annually for more than 20 centuries as part of religious ceremonies and folk customs, dragon boat racing



Donna & Dragon

has emerged in modern times as an international sport.

In addition to the athleticism and competitiveness of the sport, Dragon Boat Racing became more popular in the last 20 years when a Canadian sports doctor determined that breast cancer patients could overcome post-treat

ment weakness, fatigue and psychological effects through a rigorous exercise program which paddling offers. Today, the sport is strongly supported by physicians throughout North America for all cancer

patients, both men and women of all ages.

In Southern California, one of its biggest fans is 52-year-old Donna St. Jean Conti of

Mission Viejo, who 17 years ago underwent a mastectomy and the removal of 15 or so lymph nodes from her right armpit, half of which were cancerous. I am happy to report that her doctors have assured her

that, as of last May, she is completely cancer-free. Imagine her relief.

"Imagine being a 34-year-old mother of a four and 2-year-old and being told you have breast cancer, that you must get a full mastectomy as soon as possible," said the public relations agency owner. "I was told to never pick up or hold my children again. The prevailing medical opinion at the time was that doing so would increase my risk of lymphedema. 'I wasn't having it,' she vowed. 'It didn't sound right ... or feasible.'"

"Not long after I was diagnosed, I decided to reach out for help and contacted the American Cancer Society in Orange County."

She added that during one of the ACS programs, "Reach to Recovery," she met Bar-



Dragon Boat - Getting Ready for Long Beach 2017

bara Singleton, a volunteer who became her "buddy" and who had already gone through breast and throat cancer treatment and was on a dragon boat team.

Donna immediately was excited at the idea of dragon boat racing, but among her first reactions was that: "It is so much tougher than it looks!" But despite the strenuous cardio workout of her entire body during practices, she said, "I was hooked from the beginning! I loved it!"



Dragon Boats in Action

Asked what gives her the most satisfaction from dragon boat racing, she said:

"Personally, what gives me the most satisfaction is pushing myself physically and doing my best to keep in time with my teammates, so we can be competitive." And, she added, "I like that it's a sport in which middle-aged and senior enthusiasts can be competitive,

and I like that a wide range of age groups is represented at dragon boat festivals. I enjoy the camaraderie of the team – on and off the water."

Among her many favorite moments during her racing career was during a ceremony honoring all cancer survivors and those who have succumbed to the dreaded disease.

"It was the first time my daughter attended a San Diego race with me ... and she joined the teams as they were led in song. By the end of it all, people were hugging, laughing, crying and just celebrating life. It was beautiful to share that with my daughter."

She also recalled: "The time I was seated next to a fellow breast cancer survivor

who was still feeling the fatigue of her final treatments and was racing for the first time. I was able to encourage her to keep going."

Who's the Crew?

The crew of a standard dragon boat is typically 22, comprising 20 paddlers in pairs facing toward the bow of the boat, one drummer or caller at the



Dragon Boat Racing

Continued on page 31

Busy Boomers

Continued from page 30

bow facing toward the paddlers, and a sweep or steer person standing aft. Dragon boats vary in length and the crew size will change accordingly, from small dragon boats with 10 paddlers up to the traditional boats which have upward of 50 paddlers.

Race Locations

For Southern California dragon boat racing fans, the places to go include the shores of Newport Beach, Long Beach and San Diego. Donna and her teammates practice in Newport Beach and compete at Marine Stadium on Naples Island in Long Beach, which also is

headquarters of the Southern California Dragon Boat Club and various festivals and local, regional, national and world championships.

Check It Out?

To become a member of the Newport Aquatic Center Dragon Boat Racing team, you can try it out up to three different times for free. If you decide to join the team, there's a one-time \$200 fee, and all members are required to join the Newport Aquatic Center, which offers monthly and annual rate options. The team fee includes two race jerseys. You can use loaner paddles and life vests

but most people opt to buy their own equipment, she said.

If you are interested in finding out more about this sport and its remedial benefits, Barbara Singleton is the person to contact at barbaras03@cox.net or (949) 855-9456.

A Final Note

Donna said she wants to see more cancer survivors involved in the sport. For her, who suffered from breast cancer, she could see first-hand how dragon boat racing can effectively reduce the risk of lymphedema and even prevent it. And in case you are wondering, she always continued to pick up and hold her children. She's now looking forward to the day when she can pick and hold her grandchildren.



“AT FIRST I WAS EMBARRASSED. ME, A CAT, LIVING WITH A SINGLE GUY. BUT WHEN I WATCH HIM PICK SOMETHING UP WITH HIS HANDS AND EAT IT, I CAN'T HELP BUT LOVE HIM.”

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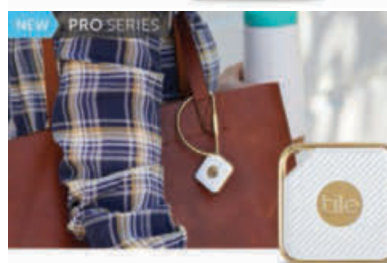


Fabulous Finds

By Debbie L. Sklar

Have you finished your holiday shopping list? Addressed and purchased for everyone who has been naughty or nice? If you need anything last minute here are a few ideas that you might want to check out. In any event, remember the season isn't just about gift-giving; it's also about spending time with friends, family, and loved ones. Happy Holidays!

Where's My ...?



Young or old, we're always forgetting where we last had our keys, phone, wallet ... It's easily done — and thanks to **Tile** — easily solved! Tile is a small Bluetooth device that you can attach to all the things you want to keep track of. Can't find your keys? With a Tile attached to your keychain, you'll be able to use the simple Tile app to see where you last had them, or make them ring until you track them down. At just \$35 Tile Style makes for the perfect gift. And, for the more active members of your group — check out the Tile Sport. Price: \$35 each/\$60 for Style/Sport combo pack Avail-

able: TheTileApp.com, Best Buy, Target, Apple T-mobile, Verizon, Lowe's, and Amazon.

Easy to Wear Dress Shirts



Grandparents and older family members and friends can be some of the hardest people to shop for because they often already own so much or have downsized beyond the point of needing 'stuff'. Enter **MagnaReady dress shirts**. Available for men and women they are a unique option for holiday gifts because they solve a problem many seniors face: —Stiffness in their hands and fingers that make buttons and zippers difficult to maneuver. MagnaReady dress shirts have hidden magnets that look like buttons so getting dressed simply requires slipping your arms into the shirt sleeves and pressing the front of the shirt and cuffs together. Visit <http://www.magnaready.com/shop/home.php> for more ordering, details, and costs.



Refresh the Face

Face looking a little tired or worse for wear over this busy holiday season? Have no

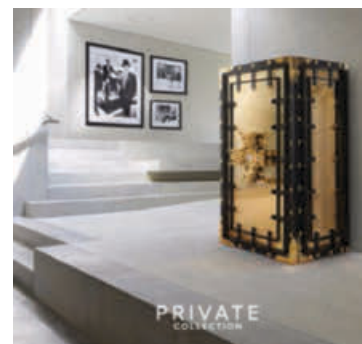
fear, help is here.

StriVectin Glycolic Skin Reset Mask is a potent, yet gentle, retexturizer that combines the powerful effects of NIA-114 and Glycolic Acid for an instantly

renewed complexion. Slow-release encapsulated Glycolic Acid, with its prolonged action time and water-binding ability, exfoliates with minimal irritation. Caffeine, Cherry Blossom extract and Evening Primrose Oil provide moisture as well as antioxidant protection and age-fighting benefits. Price: Available for \$59 at StriVectin.com. There is also the **StriVectin Advanced Acids RE-HYDARTE + REPLUMP: Hyaluronic Dual-Response Serum**. StriVectin Hyaluronic Dual-Response Serum is a dual-chamber, dual-action serum that combines the powerful effects of NIA-114 and Hyaluronic Acid to intensely rehydrate and visibly replump skin. Chamber 1 contains 6 unique forms of Hyaluronic Acid to visibly plump skin with immediate and sustained hydration. Chamber 2 combines NIA-114 and ceramides to lock in moisture and prevent water loss. At

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can now approach fat reduction in a whole new way with a nonsurgical, in-office body sculpting treatment.

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Called truSculpt 3D and created by Cutera, this system uses a radio frequency technology to deliver targeted, uniform heating of the underlying fat tissue, offering dramatic results in the shortest possible treatment time. Focusing on three specific characteristics—dimension, definition and depth—it offers an optimized and customizable approach to body sculpting for small or larger areas in nearly all body types.

Targeting a single treatment zone takes only 15 minutes. To achieve a true body transformation, four zones should be treated in a one-hour session. Patients can expect to see visible results in as few as eight weeks, with optimum results seen at 12 weeks, and with an average fat reduction of up to 24 percent.

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For further facts and to see the results of this treatment on actual patients, go to www.tru3d-body.com.





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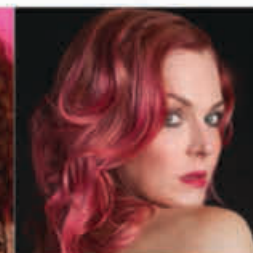
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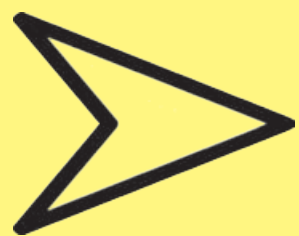


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In The Spotlight

By Debbie L. Sklar

It's Never Too Late for California Seniors to Begin Their Health Journeys

When it comes to seniors and health, Dr. Jeffrey McManus, medical director for Humana in California definitely knows a thing or two.

As a physician, he's been a part of many crucial conversations with patients, literally "do or die" moments where the patient ultimately decides the path forward. Despite his strong will and commitment to make health a priority for patients, in the end, he says it's their decision to start living a healthier life.

McManus says as an aging adult, there are things you can do to achieve your best health. Start with a visit to your doctor. Prepare a list of questions before you go and a list of all the medications – both over the counter and prescription – that you take. During this visit, have an authentic conversation about your current health, medications and treatments. Set goals together for your weight, sugar and sodium intake, quit risky habits like smoking or anything your doctor feels will improve your health.

He says take time to become more engaged in your health. Build a stronger relationship with your physician and, make health a priority in your life. Maybe you will be one of the more than 500 California ath-



Jeffrey McManus, M.D., medical director for Humana in California

letes competing in the next National Senior Games! You can be the inspiration for yourself, family and friends.

Here is more about McManus:

Q: How did you find yourself as the Medical Director for Humana in California?

A: Previously, I was Chief Medical Officer of Arcadian Management Services, a Medicare Advantage plan in 15 states including California. Humana purchased Arcadian in 2012, and I became a part of the team thereafter.

Q: What is your background in medicine? Where did you receive your education?

A: I completed my Bio-Electrical Engineering Degree at Loyola Marymount University

in Los Angeles and my Medical Degree at the University of California, Irvine. I received my medical training at Kaiser Hospital in Los Angeles and I am certified by the American Board of Internal Medicine.

Q: Why did you decide to pursue a career in medicine?

A: I always saw myself in medicine one way or another. Although, in college I wasn't sure I would get into medical school, so I built my own major consisting of biology and electrical engineering with the idea that if I didn't get into medical school, I would get my PhD in bio-electrical engineering. To my delight, I did get into medical school! As an engineer and caring for seniors, I became fascinated with looking at data sets (or symptoms) to then develop a conclusion that guided a treatment plan for an older population, who I loved. Using both of these strengths to problem solve for the greater good of an aging population's health became my niche — and my passion.

Q: What is a typical day for you like at your job?

A: There are no 'typical days' in my job. In general, I can tell you that I have a lot of interaction with the nursing staff who are interacting with our Humana members every day.

They contact members, especially if they are just getting out of a hospital stay, to ensure they are getting the appropriate care and access to services they may need, such as healthy meals. On the business operations side, I work with our health care providers and physician partners to ensure our members are getting the care they need, as well as their annual screenings. This involves reviewing data and patient information regularly — and that's where the bio-engineering comes in handy!

Q: What is your favorite thing about your job?

A: My favorite thing is looking at the outcomes. Looking at how we're able to positively impact our people with Medicare. For many people, navigating our complex health system is a struggle as they age. In our Humana Medicare Advantage program, we're there with them: Guiding them and helping break down the barriers to access, barriers to quality care, and barriers to their health. That's what we do. That's what gets me up in the morning every day, because it just means so much to me.

Q: Do you have any tips to help people with Medicare stay healthy as they age?

A: The biggest tip I have is MOVE. Stay mobile, keep

moving, get out and exercise, engage, stay social, find senior groups. Many Medicare Advantage plans offer a fitness benefit which is designed to keep people in shape as they age with fitness center memberships and access to activities, like yoga, Tai Chi and walking groups at local parks.

Q: Are you married or do you have any children?

A: I am married to Julie — my amazing wife of 22 years. We have five grown children and one grandson, who is a little spitfire.

Q: What do you like to do in your spare time?

A: I enjoy the outdoors, golfing, swimming and spending time with my grandson.



Happy Holidays

from the

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Orange, CA 92867

Orange

Mon., December 4th
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Orange, CA 92866

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December Book Club

By Debbie L. Sklar

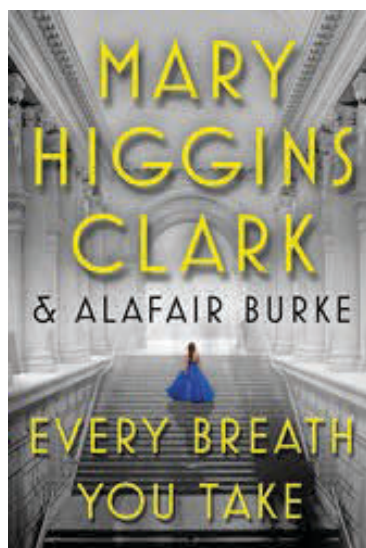
left her with on-air talent she can't stand — Ryan Nichols—and a sense of loneliness, despite her loving family.

In between shopping and entertaining this holiday season, you might want to take a break and read a good book. Whatever your preference might be — mysteries or just a good ol' holiday story — here are a few to check out.

Every Breath You Take

(Part of An Under Suspicion Novel)

By Mary Higgins Clark and Alafair Burke



“Laurie Moran’s professional life is a success—her television show Under Suspicion is a hit, both in the ratings and its record of solving cold cases. But her romantic break from former host Alex Buckley has

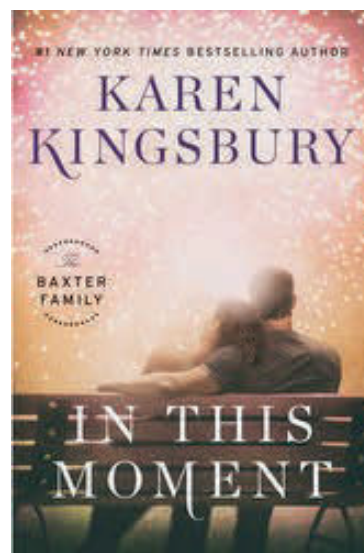
“Now Ryan has suggested a new case. Three years ago, Virginia Wakeling, a member of the Board of Trustees of the Metropolitan Museum of Art and one of the museum’s most generous donors, was found in the snow, after being thrown from the museum’s roof on the night of its most celebrated fundraiser, the Met Gala. The leading suspect then and now is her much younger boyfriend and personal trainer, Ivan Gray.

“Ivan runs a trendy, successful boutique gym called Punch—a business funded in no small part by the late Virginia — which happens to be the gym Ryan frequents. Laurie’s skepticism about the case is upended by a tip from her father’s NYPD connection, and soon Laurie realizes there are a bevy of suspects — including Virginia’s trusted inner circle.

“As the Under Suspicion crew pries into the lives of a super wealthy real estate family with secrets to hide, danger mounts for several witnesses — and for Laurie,” according to Publisher Simon & Schuster.

In This Moment A Novel

By Karen Kingsbury



“Hamilton High Principal Wendell Quinn is tired of the violence, drug abuse, teen pregnancies, and low expectations at his Indianapolis school. A single father of four, Quinn is a Christian and a family man. He wants to see change in his community, so he starts a voluntary after-school Bible Study and prayer program. He knows he is risking his job by leading the program, but the high turnout at every meeting encourages him.

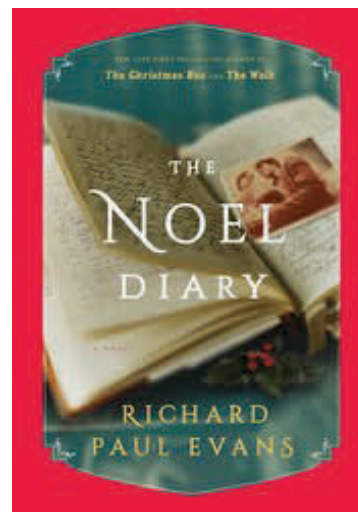
“A year later, violence and gang activity are down, test scores are up, and drug use and teen pregnancy have plummeted. The program is clearly working — until one parent calls the press. Now Quinn faces a lawsuit that could ruin everything.

“With a storm of national attention and criticism, Quinn is at a crossroads — he must

choose whether to cave in and shut down the program or stand up for himself and his students. The battle comes with a high cost, and Quinn wants just one attorney on his side for this fight: Luke Baxter. In This Moment is an inspiring, relevant story about the nuances of religious freedom and how a group of determined people just might restore the meaning of faith in today’s culture,” according to Publisher Howard Books.

The Noel Diary A Novel

By Richard Paul Evans



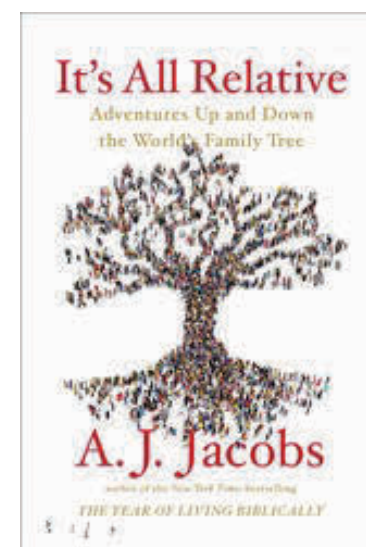
“In this new holiday-themed novel from the No. 1 New York Times bestselling author of The Mistletoe Promise and The Walk, a man receives the best Christmas present he could ask for: The chance to re-write the past.

“Bestselling romance author Jacob Churcher hasn’t been home for almost 20 years-- not since his mentally ill mother kicked him out of the house

when he was just 16. When a lawyer calls, days before Christmas, to inform him that his estranged mother has passed away and left her house to him, Jacob returns not just to settle the estate but to try and reconcile with the past and the pain and abuse he experienced as a child. Also, maybe cleaning out her house will be slightly less depressing than spending the holidays alone, watching re-runs of Christmas classics. But as it turns out, the house holds more than just difficult memories, Jacob’s mother had become a hoarder and he must excavate through two decades worth of clutter,” according to Publisher Simon and Schuster.

It’s All Relative Adventures Up and Down the World’s Family Tree

By A. J. Jacobs



“A.J. Jacobs has received some strange emails over the years, but this note was per-

Continued on page 37

Give Something Special This Year

This holiday season, remember, the more thought you put into the gifts and greetings cards you choose, the happier the recipient may be.



"Christmas Snowfall" by Natalina Marcantoni is one of this year's offerings.

First, take your time by planning ahead. Is the purchase for a man or woman? Consider the recipient's personality and interests. Does the person do jigsaw puzzles or love books? Make the effort to ensure the gift you choose is presented as attractively as possible. Give thought to the words you write on the gift tag. Consider adding a photo to the card and a heartfelt, handwritten message.



Mariam Paré painting "The Gift."

Second, choose a gift or card that's a bit different, such as those created by the talented artists who belong to Mouth and Foot Painting Artists (MFPA).

This year, the MFPA cele-

brates its 60th anniversary since its formation by Erich Stegmann, who painted by mouth from childhood, due to polio. His vision was to form a unique, international self-help group of disabled artists (those without the use of their hands),

seeking financial independence and a fulfilling life through art. Selling reproductions of their mouth- or foot-painted images in the form of Christmas greetings cards, cal-

endars and a range of other products, the artists' motto is "Self-Help, Not Charity."

One of these talented painters is Chicagoan Mariam Paré. She became a quadriplegic at age 20, when, already an art student, she innocently took a stray bullet to the back in gang cross fire. She then retaught herself to paint by holding a brush in her mouth.

Today, her paintings reflect her

love of art and the freedom of expression it brings her. Many of her images have been exhibited in galleries across the U.S. and in Europe. Paré's greetings card im-

ages are popular around the world and her talent has brought her a number of high-profile gigs, including appearing on "The Today Show" with Hoda and Kathie Lee and a visit to the Malibu home of actor and keen artist Pierce Brosnan.

How To Purchase

In early October, selected households across America will receive, through the mail, a collection of greetings cards and calendars for purchase. These items and other seasonal products are also available online at www.mfpausa.com and at (877) MFPA-USA.

A Smart Thermostat Can Be A Smart Investment

Smart thermostats have become a hot item in many American homes. Smart thermostats are Wi-Fi-enabled devices that can automatically adjust heating and cooling temperature settings for optimal climate control in your home. What makes them a smart investment is that you can get energy savings along with optimal performance. With the average American household spending almost \$900 a year on heating and cooling costs, investing in the right smart thermostat can pay dividends for years to come.

Cool Idea For A More Comfortable Home

Smart thermostats provide convenience, insight and control. While system designs vary, the three most common features are:

1. The ability to learn the temperature that you like and establish a schedule that automatically adjusts to energy-saving temperatures when you're asleep or away
2. Providing home energy use data that you can track and manage

ENERGY STAR SMART THERMOSTATS

Smart thermostats that earn the ENERGY STAR label are independently certified to deliver reliable performance and energy savings.

FEATURES

- Learn your temperature preferences and establish a schedule that adjusts to energy-saving temperatures when you're asleep or away.
- Provide home energy use data that you can track and manage.
- Give you control of home heating and cooling remotely through your smartphone.

CERTIFIED

ENERGY STAR smart thermostats are independently certified to deliver the following:

- Track and report equipment use and temperature data to the homeowner.
- Quickly enter a new power schedule ready when you're home.
- Save energy based on field data collected from over one thousand homes over an entire year.

SAVINGS

ENERGY STAR certified smart thermostats enhance comfort and energy savings.

If everyone used an ENERGY STAR certified smart thermostat, savings would grow to:

- 56** TRILLION kWh of energy savings annually
- 740** TRILLION kWh of energy savings annually
- 13** BILLION pounds of annual greenhouse gas emissions offsetting annually

Save Even More with Utility Rebates:

Utilities or efficiency programs in your area may offer rebates that support reliable power for thermostats, and save financial rewards for it.

THE SMART CHOICE Made Simple

Learn more at energystar.gov/smartthermostats

Smart Way To Save Energy

Smart thermostats that are ENERGY STAR certified provide enhanced comfort in your home by letting you control temperatures based on your preferences and lifestyle—and still save energy. Saving energy is good for you and the environment. If everyone used an ENERGY STAR certified smart thermostat, savings would grow to 56 trillion BTUs of energy and \$740 million per year, offsetting 13 billion pounds of annual greenhouse gas emissions.

Learn More

For further facts and stats, see www.energystar.gov/smart-thermostats

December Book Club

Continued from page 36

haps the strangest: 'You don't know me, but I'm your eighth cousin. And we have more than 80,000 relatives of yours in our database.'

"That's enough family members to fill Madison Square Garden four times over. Who are these people, A.J. wondered, and how do I find them? So began Jacobs's 3-year adventure to help build the biggest family tree in history," according to Publisher Simon



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Crossword Puzzle Answers from page 27

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Give The Gift Of Music For The Present Of A Lifetime

This year, you can make singing holiday songs extra special—when you bring the joy of music home by purchasing a piano.

Here are four reasons having a piano in your home is a gift that keeps on giving.

1. Playing music is good for your health. Even though you're sitting down, playing the piano is a workout all its own, and offers different physical and physiological advantages to players of all ages. For instance, regular piano playing sharpens fine motor skills and improves hand-eye coordination. Research suggests that piano lessons for older adults have an effect on increased levels of human growth hormone, which slows the adverse effects of aging. Bringing music into your life can also reduce heart and respiratory rates, cardiac complications and blood pressure and increase your immune response. Studying piano has even been shown to amazingly improve memory—particularly verbal memory—and build good habits such as focus and perseverance, diligence and creativity.

2. Playing music can be good for your career. Music has been an important part of the lives of many highly successful people, from former Secretary of State Condoleezza Rice to hedge fund billionaire Bruce Kovner to filmmaker Steven Spielberg. A number of such high achievers say music opened up the pathways to creative thinking and sharpened their qualities of collaboration.



It improved their ability to listen and gave them a way of thinking that weaves together disparate ideas with the power to focus on the present and the future simultaneously.

3. Playing piano can make you happy. The piano has been an unparalleled outlet for those seeking to decompress, express their creativity and simply have fun. Plus, studies show that people who make music experience less anxiety, loneliness and depression. In many adults, playing the piano was the most effective activity for reducing cortisol levels related to stress.

4. Playing music is good for your family. For 200 years, the piano has been considered a part of the heart of a home, bringing together family and friends, and strengthening communities with the joy of music. It's something the whole family can cherish together, at any age and any season.

To help you bring music into your home, you can download the Steinway & Sons Piano Buyer's Guide at www.steinway.com/buyersguide. It shows how to select the size and style of piano that's right for you—from new to certified pre-owned to suit just about any budget—and how to locate an authorized dealer.

Life in Long Beach

By Lyn Jensen

If You're In North Long Beach, Your Congress Member Is Barragan

With an election year dawning, knowing your congressional district is necessary to being an informed voter. Most of Long Beach is in California's 47th Congressional District, represented by former Long Beach City Councilman Alan Lowenthal.

However, if you live in North Long Beach, a neighborhood that stretches between Bixby Knolls and Paramount, west of Lakewood Boulevard, you'd better check the map of the 44th Congressional District, because you're likely gerrymandered into it. If you are, your Congress member is Nannette Barragan.

Steven Neal, who for a time represented North Long Beach on the City Council, complained in a 2014 interview how his district lacked the socio-economic infrastructure to support such businesses as, for example, Starbucks. Such working-class identity may help explain why North Long Beach was drawn into a district that includes scrappy industrial neighbors Carson and Compton, rather than the thriving commerce of greater Long Beach.

The heart of the 44th District was for decades a power base for a succession of African-American politicians. An exception was Janice Hahn,



daughter of the late Los Angeles County Supervisor Kenneth Hahn. She represented the District in Congress, 2011-2016, with considerable support from the black community. When she decided to follow her father's example and run for the County Board of Supervisors in 2016, many Democrats turned to an up-and-coming African-American politician, State Senator Isadore Hall III.

Barragan, a Hermosa Beach City Council Member, declared her candidacy, too. According to her official bio, she was born in Harbor City, CA and grew up in Carson. As the youngest of 11 children raised by immigrants from Mexico, she put herself through UCLA and USC Law School.

Her campaign proved very attractive for many young and ethnically diverse voters who also supported Bernie Sanders for president. Sanders en-

dorsed her candidacy, as did several Hispanic members of Congress. Her Mexican heritage appealed to the District's shifting demographics.

What had once been a solidly African-American district had become nearly 50 percent Hispanic. Despite such efforts, Barragan trailed in the polls until, days before the election, her campaign mailed out a photo-shopped image of Hall next to Donald Trump—who he had absolutely no connection to. She won.

Washington Office: 1320 Longworth House Office Building, Washington, DC 20515

District Office: 302 W. Fifth St., Suite 201, San Pedro, CA 90731

Phone: 310-831-1799, 202-225-8220

Website: <https://barragan.house.gov/>



Have A Deliciously Healthy Holiday Season

A delicious holiday season can be healthy, too. One key: Find small, simple ways to incorporate more nutritious foods, without losing the flavors you love. Blueberries can help.

“Blueberries are a small, tasty package with big health benefits,” advised registered dietitian and spokesperson for the U.S. Highbush Blueberry Council Patricia Bannan. “They’re sweet, tart and delicious but, at only 80 calories per cup, they make a nutritious addition to a holiday dish or an easy, on-the-go snack. Just rinse and go. Blueberries are also an excellent source of vitamin C, which can give the immune system a boost.”

Blueberries are low in sodium with virtually no fat. They’re a good source of dietary fiber (3.6 grams per serving), which aids digestion, keep you feeling fuller longer, and help you resist some of those tempting seasonal treats.

Blueberries complement different flavors and cuisines and add depth to sweet and savory dishes alike. For a festive twist, add them to favorite holiday recipes such as this:

Blueberry Ginger Jam-Filled Scones

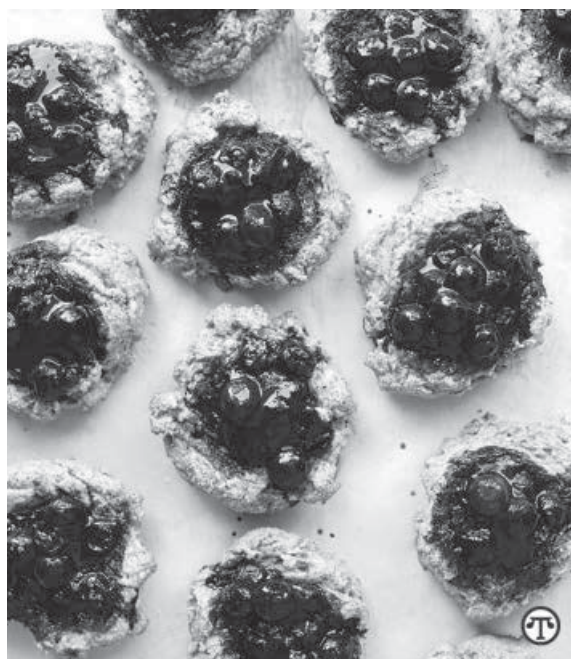
Makes 16, 3-inch scones

Blueberry Ginger Jam:

3½ cups fresh (or frozen) blueberries

¼ cup maple syrup

3-inch piece fresh ginger (about 2 tablespoons finely grated)



1 tablespoon lemon juice
Scones:

¾ cup toasted pecans, ground into flour

1½ cups all-purpose flour

1 cup whole-grain spelt flour

2 tablespoons sugar, plus 1 tablespoon for topping

4 teaspoons baking powder

1 teaspoon cinnamon

1 teaspoon kosher salt

¾ cup cold low-fat buttermilk

¼ cup cold unsweetened applesauce

⅓ cup cold unsalted butter, cut into ½-inch cubes

1 egg, for egg wash

To a medium saucepan, add 2 cups of blueberries and maple syrup and cook over medium-high heat. Grate the ginger into the mixture. Cook for 8 minutes, letting the mixture come to a light boil. Once the fruit has cooked down and the jam has thickened, add the remaining 1½ cups blueberries and stir in the lemon juice. Remove from heat and transfer to a bowl. Chill covered in refrigerator until ready to use.

In a large bowl, whisk the ground pecans, flours, sugar, baking powder, cinnamon and salt. Set aside. In a medium bowl, combine the buttermilk and applesauce and whisk until smooth. Set aside. Add the cubed butter to the dry mixture. Using

your hands, gently rub the butter into the flour until pea-sized pieces form. Pour half of the wet mixture over the dry mixture and gently combine, incorporating more of the wet mixture with the second addition. Pat the dough to quickly flatten and then gather it back into a mound and repeat. After two or three repetitions, the dough should be well formed. Form each scone by packing 4 tablespoons of dough, spoonful by spoonful, to form 16 balls. Transfer to two large plates. Dip the back of a 1-tablespoon measuring spoon in flour and press into each ball to form a well for the jam. Scoop 2 heaping tablespoons of the jam into each well. Freeze the prepared scones for at least two hours before baking to let the pastries set.

Preheat the oven to 375° F and line two large baking sheets with parchment paper. For the egg wash, beat an egg with a splash of water in a small bowl and set aside. Remove the

scones from the freezer and evenly space them over the sheet pans, at least 2-inches apart. Brush the outer rims of the dough with the egg wash and sprinkle with the remaining tablespoon of sugar. Bake from frozen until cooked and lightly browned, about 30 minutes.

Learn More

Find other great recipes at www.blueberrycouncil.org.

How Some Of The Toughest Guys On The Planet Can Get Help Caring For The Ones They Love



Taking care of a family member who is aging or ill can be tough—but you don’t have to do it alone. Just ask actor Danny Trejo, who stars in a new PSA (public service advertisements) campaign supporting male caregivers.

“I’ve helped care for a friend of mine who had cancer, so I know how hard it can be,” explained Trejo.

The Facts: Men Are Providing Care, Too

Men represent 40 percent of the more than 40 million unpaid family caregivers in the U.S., representing 16 million

sons, husbands and friends caring for an adult loved one in need.

Men are doing more than just managing finances or running errands. Sixty-three percent of male caregivers are the primary caregiver for their loved one, according to AARP, the nation’s largest nonprofit, nonpartisan organization dedicated to empowering Americans age 50 and older. Many of these male caregivers help their loved ones with personal care such as eating, bathing and dressing, as well as medical and nursing tasks. More than half find it difficult to help loved ones with these intimate care needs and feel unprepared.

To help family caregivers, AARP and the Ad Council launched the Caregiver Assistance Campaign, directing people to free caregiving resources at aarp.org/caregiving. The latest PSAs are specifically targeted to men, because they are less likely to see themselves as caregivers or to reach out for help.

Celebrating the inner strength of caregivers, the TV ads feature Danny Trejo, an actor known for his “tough guy” persona. While Trejo performs feats of strength and daring, a caregiver performs acts of care for his father, such as preparing dinner and helping him shave. In a twist, Trejo praises the caregiver as “the toughest guy on the planet.” The PSAs feature the tagline “caregiving is tougher than tough” and re-

Continued on page 41

Help Caring For The Ones They Love

mind caregivers that they can find help and support.

“Caring for someone else is one of the toughest jobs there is,” said Danny Trejo. “There’s no shame in getting some help if that’s what you need to stay strong.”

Tips for Caregivers

The majority of caregivers (60 percent) juggle their caregiving responsibilities with a full- or part-time job, and that percentage is even higher for men. Juggling work and caregiving responsibilities can be highly stressful, putting caregivers at risk for depression, anxiety, and heart disease. A few quick tips to help caregivers in this role include:

- Falling victim to a scam could be a sign that a loved one needs support. Help them sort mail and throw out obvious scam threats.
- Create a daily caregiving checklist and check off items daily. You’ll stay on-task and communicate more easily with others involved in your loved one’s care.
- To ease stress and save time, do caregiving prep like selecting clothes or preparing food and medicines the night before.
- Caregiving brings many challenges but also many joys. Take time to savor the joyful, rewarding moments.

Learn More

For free caregiving resources, including practical Care Guides tailored to specific top-

ics and challenges, visit www.aarp.org/caregiving or call (877) 333-5885.

As men continue to take on caregiving roles, they are looking for practical information and support tailored to their needs.

Easy, Tasty Weeknight Pasta

According to the National Pasta Association, there are more than 600 pasta shapes. Factor in the umpteen different ways to sauce, dress and garnish the pasta and the possibilities are nearly endless.

With just a few ingredients, many of which you probably have handy in your pantry, it’s easy to whip up a delicious pasta meal in less than 30 minutes. Add a green salad, some toasted garlic bread, and presto-you have dinner done.

One way to wow your friends and family is with this tasty dish:

Pepper Olive Shrimp Linguine

- 1 lb. fresh linguine pasta
- 2 tablespoons olive oil
- 1 teaspoon minced garlic
- 2 teaspoons chopped fresh parsley
- 2 teaspoons chopped fresh chives
- ½ teaspoon crushed red pepper flakes
- 2 cups sliced fresh mushrooms
- 2 teaspoons Worcestershire sauce
- 1 (12-oz.) jar drained Lindsay® Red Roasted Peppers (about 1 ¾ cups), cut into strips
- 1 (6-oz.) can Lindsay® Sliced Olives, drained

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Tinseltown Talks

By Nick Thomas

The Roller Coaster Life of Connie Francis

The tragedies that befell singer Connie Francis throughout her life would challenge the most resilient of souls. Nevertheless, she navigated each dark, engulfing personal tunnel with unwavering tenacity, always eventually emerging aided by her sense of humor.

“It never failed me and kept me going,” she said from her home in Parkland, Fla. “From the age of 10, I worked on TV with many comedians like Don Rickles and developed a sense of humor.”



Connie at home today in Florida, provided by Connie Francis

Along the way, there was also a miscarriage and four failed marriages.

“I tried to see humor in everything, even when I was in a mental institution. But I have to say the support of the public has also been incredibly uplifting. They saw me through the best and worst of times and never stopped writing from around the world to encourage me.”



Connie Francis, left, Delores Hart, Yvette Mimieux, and Paula Prentiss on the set of *Where the Boys Are*, 1960 - MGM

While her professional breakthrough came in the late 1950s, it was soon tempered in the early 1960s when her father thwarted any chance of a lasting relationship with the love of her life, singer Bobby Darin. But the 1970s and 1980s were especially devastating. Her brother was killed by mob hitmen, she was raped, she lost her voice requiring years to recuperate, and she was diagnosed with manic depression.

The ups and downs of her life are detailed in a new autobiog-



Connie Francis made many appearances on *Ed Sullivan Show*. Seen here with Bobby Darin with whom she only performed in public a few times - provided by Connie Francis

raphy, *Among my Souvenirs: THE REAL STORY, Volume 1*, due for release on Dec. 12 – her 80th birthday, see www.conniefrancis.com (some sources give her birth date as 1938 but, she states emphatically, “I was born in 1937”).

She said writing the book “was an enormous amount of work – a real roller coaster ride. One day I’d be laughing hysterically and the next be hysterical with tears.”

After making a series of unsuccessful singles in the 1950s, she recorded *Who’s Sorry*



Connie Francis and the love of her life, Bobby Darin - provided by Connie Francis

Now? a song her father had nagged her to record. The song rocketed up the charts and by the end of 1958, *Billboard* and others named Francis the No. 1 female vocalist in the country. A string of hits followed into the early 1960s including *Everybody’s Somebody’s Fool*,



Cover of Connie Francis’s upcoming autobiography, *Among My Souvenirs The Real Story, Volume 1* - provided by Connie Francis

Lipstick on Your Collar, and *Heartaches by the Number*.

A pop sensation, Hollywood soon came calling to cash in on her fame. MGM placed her in 1960s *Where the Boys Are*, also singing the hit title song. But Francis never caught the acting bug. “I just didn’t feel comfortable, as though I didn’t belong there,” she admitted.

By 1965, her final film, *When the Boys Meet the Girls*, was released. “I was so pleased it was my last one.”

Battling back from the tragedies of her life established Francis as a true hero to her fans. But she also has since found time to support many worthwhile causes and campaigned for mental health awareness and for victims of violent crime. And since her 1967 trip to Vietnam entertain the troops has remained especially close to the military veteran she calls “the real heroes.”

Happily living now in Florida for some 20 years (her home was spared damage from devastating hurricane Irma), she is now retired from performing. “I no longer do concerts because I just can’t sing as well as I used to,” she says. “I would never want to disappoint the fans who have been so good to me throughout my life.”

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

Easy, Tasty Weeknight Pasta

Continued from page 41

1 lb. uncooked peeled and deveined shrimp
½ cup grated Parmesan cheese
Salt and pepper to taste (optional)

Cook pasta according to package directions. Meanwhile, heat oil in a large skillet over medium-high heat. Add garlic, parsley, chives and crushed red pepper; sauté 1 minute. Add mushrooms and Worcestershire sauce; sauté until mushrooms are tender, about 5 minutes. Stir in red peppers and olives; heat through. Stir in shrimp; sauté until shrimp are opaque. Drain pasta; return to same pot. Add olive mixture and Parmesan cheese to pasta; toss well. Serve family style in a large bowl with tongs or serving utensils.

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