

SENIOR REPORTER

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Contributing Writers:

Howard Erman
Les Goldberg
Ronnie Greenberg
Dr. Robert Horseman
Judith Rogow
Debbie L. Sklar
Nick Thomas

JUNE 2019

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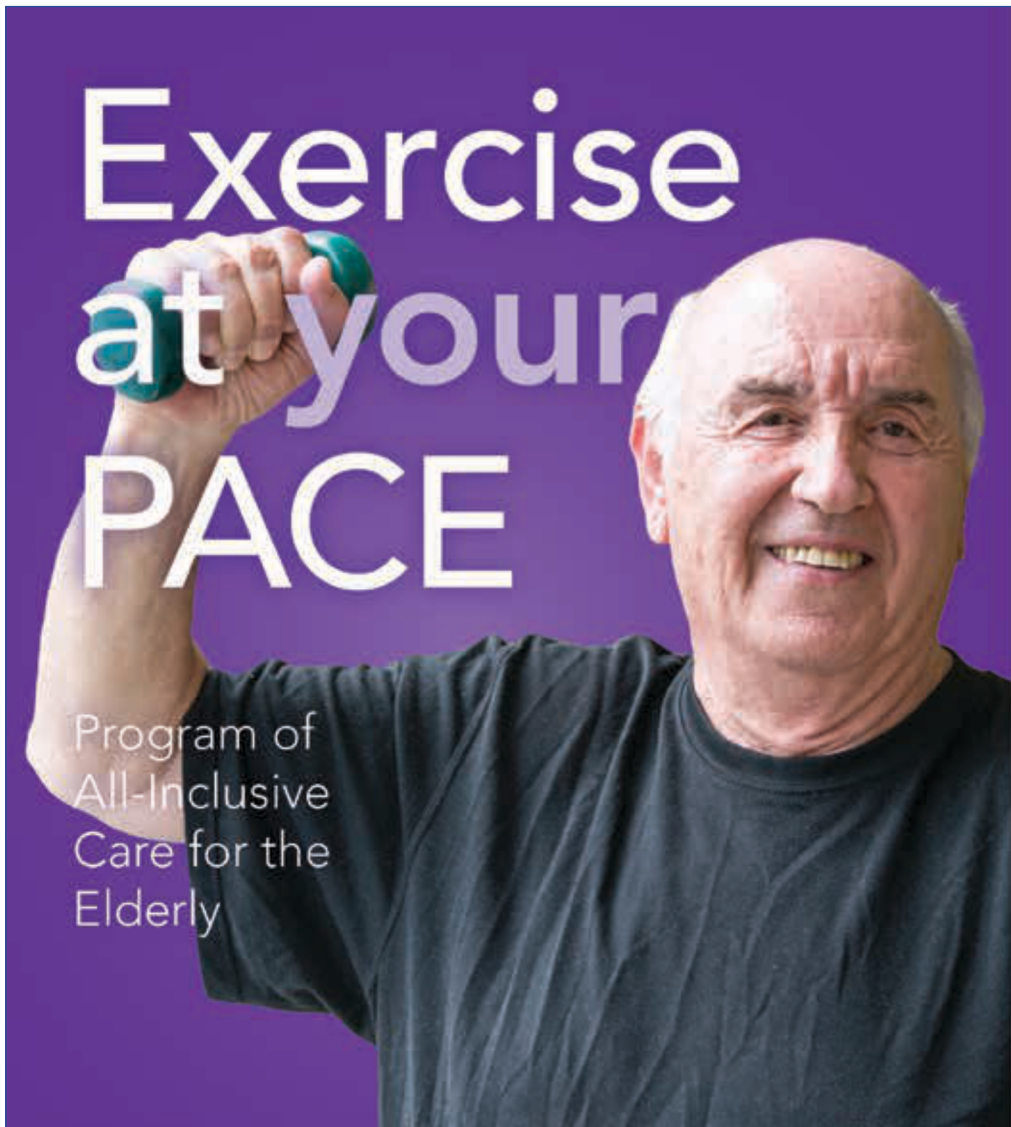
Ron Howard

"If I had to choose between a great acting job and a good directing job, I'd choose the directing job."

– Ron Howard.

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The Stress of Flying

By Jim McDevitt

The flight out of Burbank was at 9:15 a.m. We live in a rural mountain area 73 miles away. We had given our house key to the dog sitter and our alarm clock was set for 4:45 a.m. At 4:35 a.m. our alarm clock went off and gave us a little head start to be on the road by 5:45 a.m. The plan was to drop our car off at our son's house in Northridge and call a Yellow Cab to pick us up for the 10-minute drive to the airport. That would save us some big bucks for parking the car at the airport. As we headed along Interstate 5 traffic was light until we came near the 210 but then as quickly as it slowed down, it picked up again. Life was good. We were moving along, and I was in the automatic mode southbound on the I-5 as I turned onto the I-405. I must have been brain dead when I did this because now, I was heading toward LAX. Of course, the hair on my head stood straight up as I realized what I had done.

Now it's 10 minutes to 7 o'clock. Time to panic! In my best panic mode, I took the first exit off the I-405. Good thing I allowed extra time I thought to myself. Soon we were back on the I-405 eastbound but it was then that I realized that I could only go north on the I-5. There was no southbound exit. Now I was in the lunatic driving mode. After another mile or so on the northbound I-5 I found the exit and made



my way back on the I-5 southbound. I gave the I-405 a dirty look as I successfully passed it by. As we approached the 170 to take to our son's house traffic slowed again. It was now 7:10 a.m. We were cutting it close.

We made it to the 170 and traffic opened again. Our son's exit was Victory Boulevard and I made sure not to miss it by staying in the right lane. I had the Yellow Cab Co.'s phone number on a piece of paper in my shirt pocket and I handed it to my wife to call them while I exited the 170 and drove to my son's house. My wife was on her cell phone talking to the cab company as I pulled up to our son's house. It was 7:15 a.m. We still had a small cushion of time to get to the airport, go through security and get breakfast at a food place in the terminal.

My wife got off the phone with a look of concern: "They said it would be 10 or 20 minutes." This wasn't good but we had little choice. If I went to the airport now, I would only have time to park in short term parking. You can imagine what

that would cost for 10 days. It would be a fortune! I jumped out of the car, opened the trunk and started pulling out the luggage. We each had a large bag to check just under the legal weight. These bags take two arms to lift out of the trunk. Then I pulled out the two carry on's we each had in the back seat. I assembled it all by the curb and looked desperately for a cab.

We waited. Ten minutes went by, then 20. My wife called the cab company again. They said it would be another 10 or 20 minutes. "We will miss our flight," she told the person on the other end. "Do you want to cancel?" "No, please see if you can get someone here earlier." My wife hung up. "We better drive to the airport," she said. It was now 7:55 a.m. I went into the extreme lunatic mode. I threw the luggage back in the trunk, put the carry on's in the back seats and with screeching tires pulled away from my son's house, headed to the airport while the GPS and my wife shouted directions to me.

We made several turns on streets to get on the right street headed toward Burbank Airport. We were about halfway there when my wife's cell phone rang. It was the cab. They were in front of my son's house. I made a violent U

Continued on page 25

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The museum collection spans the history of manned flight from

Continued on page 16

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PLANES OF FAME AIR MUSEUM

2019 SCHEDULE OF EVENTS

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

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

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

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

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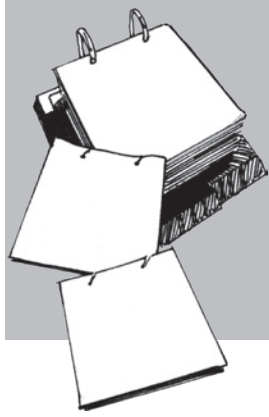
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June Calendar of Events



Summer officially arrives on June 21 but there are all kinds of great events to enjoy from chili cook-offs to festivals and more. Check out these dates below and mark your calendars now!

Tustin Street Fair & Cook-Off

Tustin

June 2

11 a.m. to 6 p.m.

The event features a one-day Chili Cook-Off, salsa competitions, craft booths, non-profit food vendors, commercial vendors, entertainment, kids area, music, family-friendly contests, wine and beer booths, family plaza and carnival attractions. Admission is free. At, Old Town Tustin, El Camino Real and Main streets. Call, (714) 573-3326.

Celebration of the Arts

Yorba Linda

June 2

11 a.m. to 4 p.m.

Dozens of artist exhibits and sales, including paintings, photography, ceramics, mosaics, jewelry, sculptures, wood carving, glass art, mixed media and other cultural activities. Family-friendly event offering free activities for all ages. Free parking and admission. At, two locations: Thomas Laso-

rda Jr. Memorial Field House and Hurless Barton Park. Call, (714) 996-1960.

Annual Pier Swim

Huntington Beach

June 8

7 a.m.

Get yourself in shape, practice your favorite swimming stroke, learn the motions of the waves and you'll be in good company when the Annual HB Pier Swim comes around. Join or watch the annual tradition as groups of swimmers from 12 years old and up swim about a 1/2 mile around the Huntington Beach Pier. \$25 entry fee. At, Huntington Beach Pier, 1 Main St., Huntington Beach. Call, Huntington Beach Community Services Department, (714) 960-8870.

Chili at the Beach

Huntington Beach

June 15

11 a.m. to 5 p.m.

Chili Cook-Off and salsa tasting Contest. In addition, there will be children's activities with kid's games and entertainment, all benefiting the Boys and Girls Club of Huntington Valley. At, Main St. and Pacific Coast Highway, Huntington Beach.

Call, (714) 536-8300.



Summer of Mud Run

June 15

9 a.m.

Celebrate summer by running the approximate +5K course beginning and ending at Irvine Lake. The course is partially on the road and partially on trails and includes hills, water, professionally built obstacles, and more than a dozen mud pits. You will get wet and muddy. Be sure to bring towels and a change of clothing. At, Oak Canyon Park, 5305 Santiago Canyon Road, Silverado.

Summer Solstice Garden Gala

Fullerton

June 15

Guests will enjoy an evening "under the stars" with food, fine wines, and moonlight dancing in the beautiful gardens of the Arboretum at California State University, Fullerton. The annual event raises vital support for the living and historical collections of the Fullerton Arboretum. At, Fullerton Arboretum, 1900 Associated Road, on the CSUF campus. Call, (714) 278-4792.

Summerfest

Fountain Valley

June 20-23

Carnival rides, vendors, food booths and the famous FV Classic Car Show, entertain-

ment, and beer garden. At, The Recreation Center and Sports Park, 16400 Brookhurst St., Fountain Valley. Call, (714) 649-2760.

Make Music Day

Buena Park

June 21

5 to 9 p.m.

Make Music Buena Park is part of the worldwide music celebration of Make Music Day, that takes place on the Summer Solstice each year and brings people of all ages and skill levels out to make music. At, The Source OC, 1st Floor Main Plaza, 6940 Beach Boulevard, Buena Park.

Day of Music

Fullerton

June 21

Day of Music Fullerton is a unique festival of 150+ FREE concerts in more than 40 venues throughout the city of Fullerton on June 21, during the Summer Solstice. DoMF takes place simultaneously with similar festivities, currently in more than 700 cities globally in alliance with the internationally renowned Fête de la Musique — the music festival heard around the world. At, multiple venues throughout the city.



Summer Suds Brewfest

Fountain Valley

June 22

2 to 6 p.m.

Enjoy 40+ craft breweries with more than 70 beers to taste. Festival will include live performances from The Microphone Doctors, Outerwave, & Casey Sullivan and Friends. Visit the giant party game arena for friendly competition and eat some of Southern California's best food vendors' cuisine. At Mile Square Sports Park, Fountain Valley.

Baroque Music Festival

Corona del Mar

June 23-30

Founded in 1981, this annual festival presents five concerts over eight days in late June. The festival provides wealth and diversity of the Baroque era in a wide variety of ways. Large-scale works, with and without singers, are offered during Sunday concerts, while three mid-week programs give the chance to enjoy solo recitals and chamber music, all performed by the finest musicians in the historically informed Baroque field. At, Saint Michael and All Angels Episcopal Church, 3233 Pacific View Drive, Corona del Mar.

Continued on page 26

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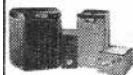
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Fifties Flashback

By Randal C. Hill

“Spinning Plastic into Gold”

“Frisbie!”

At one time, this was a shout heard often across the manicured lawns of Yale University in New Haven, Conn. The word was yelled as a courtesy warning to those strolling the grounds that a just-tossed pie tin might be coming their way, and to be alert.

Kids in nearby Bridgeport had first taken to sailing empty pie tins that came from the Frisbie Baking Co., a mom-and-pop business in operation since 1871. In time, many Yale students took up the Bridgeport activity as a fun way to relax and, temporarily at least, slough off academic concerns between classes.

In 1937, in Los Angeles and unaware of the activity back in Connecticut, 17-year-old Fred Morrison started spinning a popcorn-container lid back and forth with his girlfriend. Eventually, they switched to sailing tin cake pans, which glided better. One year later, the two were throwing a cake pan on the beach at nearby Santa Monica when a stranger approached them with an offer of 0.25 cents for the item. “That got the wheels turning,” Morrison said later, “because you could buy a cake pan for 0.5 cents, and if people on the beach were willing to pay a quarter for it—well, there was a business.”

Morrison spent his military years flying P-47 Thunderbolts when World War II intervened. After the war, he was able to use some of the knowledge of aerodynamics that he’d accrued during his service time. The enterprising inventor (his father had created the sealed-beam headlight) worked as a carpenter during the week and, in his spare time, designed and created a flexible plastic platter that he sold at weekend fairs and carnivals. Over the years, Morrison called his constantly evolving toy the Whirlo-Way, the Flyin’ Saucer, and, by the mid-1950s, the Pluto Platter, considered the archetype of all such discs available today.

Morrison’s creation caught the eye of a California toy company called Wham-O in 1957, and the owners quickly snapped up exclusive rights to the Pluto Platter in exchange for lifetime royalties for Morrison. Before long, though, the Wham-O folks learned that many New Englanders still yelled “Frisbie” even though they now sailed Wham-O’s Pluto Platters. The toymakers then began calling their disc the Frisbee, which they purposely misspelled to avoid any trademark issues.

Since 1957, more than 200 million of the plastic discs have been sold on every continent except Antarctica. The first professional model Fris-

bee appeared in 1964 and featured raised ridges that were claimed to stabilize flight. Now worldwide competitions exist in Ultimate Frisbee (a cross between football, soccer and basketball), Frisbee Golf (where players sail discs into metal baskets) and Freestyle Frisbee (which features choreographed routines set to music and multiple discs in play). Official statistics are kept by the World Flying Disc Federation, which show that the record for a Frisbee time aloft is currently 16.72 seconds and for distance sailed is 1,109 feet.

One has to wonder: Did those record-holding athletes ever yell “Frisbie” when they tossed their discs?

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Fighting the opioid epidemic in our communities goes beyond educating the health care

Continued on page 16



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Ron Howard

By Les Goldberg

There is no disputing the 65-year-old actor/director's talent in either role. For those of us who grew up in the "Baby Boomer" era, how can we forget the little boy named Opie who played the son of Sheriff Andy Taylor in the *"Andy Griffith Show,"* or the precocious teen in *"Happy Days"*?

Ron Howard, who is the epitome of the coming of age stories he portrayed, including the iconic film, *"American Graffiti,"* is unlike most of the actors who gained fame at an early age and quickly faded as they matured.



A sign of what was to come in Howard's career appeared in the early 70s when, in between his acting roles in *"American Graffiti,"* *"Happy Days"* and *"The Shootist"* western with John Wayne, he found himself directing for the first time on the comedy film *"Grand Theft Auto."*

This came after cutting a deal with Roger Corman, wherein Corman let Howard direct a film in exchange for Howard starring in *"Eat My Dust!"* The young Hollywood phen-



om went on to direct several TV movies. His big theatrical break came in 1982, with *"Night Shift,"* featuring Michael Keaton, Shelley Long, and Henry Winkler, who played "The Fonz" in *"Happy Days."*

He has since directed a number of high-visibility films, including *"Splash,"* *"Cocoon,"* *"Willow,"* *"Parenthood,"* *"Backdraft,"* *"Apollo 13,"* *"How the Grinch Stole Christmas,"* *"A Beautiful Mind"* (for which he won the Academy Award for Best Director), *"Cinderella Man,"* *"The Da Vinci Code,"* *"Angels & Demons,"* *"Rush,"* *"In the Heart of the Sea"* and *"Inferno."*



Since 2003, Howard has narrated the Fox (later Netflix) comedy series *"Arrested Development,"* on which he also served as an executive producer and played a semi-fictionalized version of himself.

Howard directed and produced *"Cinderella Man"* (2005) starring Oscar winner Russell Crowe, with whom he previously collaborated on *"A Beautiful Mind,"* for which Howard earned an Oscar for Best Director and which also won awards for Best Picture, Best Screenplay and Best Supporting Actress.



The film garnered four Golden Globes as well, including the award for Best Motion Picture Drama. Additionally, Howard won Best Director of the Year from the Directors Guild of America. Howard and producer Brian Grazer received the first annual Awareness Award from the National Mental Health Awareness Campaign for their work on the film.

Howard was honored by the Museum of Moving Images in December 2005, and by the American Cinema Editors in February 2006. Howard and his creative partner Grazer were honored by the Producers Guild of America with the Milestone Award in January 2009, NYU's Tisch School of Cinematic Arts with the Big Apple Award in November 2009 and by the Simon Wiesenthal Center with its

Humanitarian Award in May 2010.



In June 2010, Howard was honored by the Chicago Film Festival with the Gold Hugo - Career Achievement Award and in March 2013, he was inducted into the Television Hall of Fame. In December 2015, Howard was honored with a star in the Motion Pictures category, making him one of the very few to have been recognized with two stars on the Hollywood Walk of Fame.

Howard also produced and directed the film adaptation of Peter Morgan's critically acclaimed play *"Frost/Nixon"* (2008). The film was nominated for five Academy Awards



including Best Picture, and was also nominated for The Darryl F. Zanuck Producer of the Year Award in Theatrical Motion Pictures by the PGA.

Howard has also served as an executive producer on a number of award-winning films and television shows, such as the HBO miniseries *"From the Earth to the Moon"* (1998), Fox's Emmy Award winner for Best Comedy, *"Arrested Development"* (2003), a series which he also narrated, Netflix's release of new episodes of *"Arrested Development,"* and NBC's *"Parenthood."*

Howard's recent films include the critically acclaimed drama *"Rush"* (2013) and *"Made in America"* (2013), a music documentary he directed starring Jay Z for Showtime.



He also directed *"Inferno"* (2016), the third installment of Dan Brown's Robert Langdon franchise and *"The Beatles: Eight Days a Week - The Touring Years,"* (2016), a documentary about the Rock legends The Beatles. He also produced the second season of *"Breakthrough"* (2015), *"Mars"* (2016), and directed

Continued on page 11

Ron Howard

Continued from page 10

the first episode of “Genius,” (2017), based on the life of Albert Einstein, all for NatGeo.

Howard took over directing duties on “Solo: A Star Wars Story,” a film featuring “Star Wars” character Han Solo in his younger years. The film was released on May 23, 2018. Howard officially replaced directors Phil Lord and Christopher Miller on June 22, 2017; they were let go from their position two days earlier, reportedly due to a dispute with Lucasfilm over the direction of the film.



At the time, the film was nearly completed, with three and a half weeks left to film and another five weeks of reshoots scheduled. Howard posted on Twitter: “I’m beyond grateful to add my voice to the ‘Star Wars’ universe after being a fan since 5/25/77. I hope to honor the great work already done and help deliver on the promise of a Han Solo film.”

On a Personal Note:

Howard married writer Cheryl Alley, 66, on June 7, 1975. The couple has four children: daughters Bryce Dallas Howard, twins Jocelyn Carlyle and



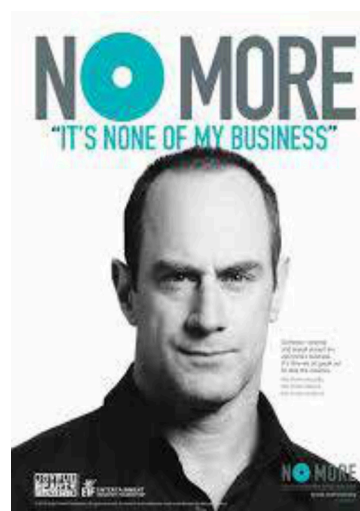
Paige Howard, all actors, and son Reed Cross.

Career Reflections

On working with Bette Davis: “She didn’t much like that there was this 25-year-old from a sitcom that was directing her. I was talking to her on the phone and I said: ‘Well, Ms. Davis, I’ll protect you as the director and make sure you’re prepared and that your performance will not suffer,’ and she said: ‘I disagree, Mr. Howard.’ I said: ‘Ms. Davis, just call me Ron,’ and she said: ‘No, I will call you Mr. Howard until I decide whether I like you or not.’ And then [on the set] I gave her a note. And she tried it, and it worked for her. She said: ‘You’re right, that works much better. Let’s shoot.’ And at the end of the whole thing, I said: ‘Well, Ms. Davis, great first day. I’ll see you tomorrow.’ She said: ‘Okay, Ron, see you tomorrow’ and she patted me on the ass.”

On the Andy Griffith/Don Knotts relationship: “Andy was the world’s greatest audience for Don. Don had Andy literally in tears once a week. I learned about the spirit of collaboration, which I’ve carried with me forever.”

On the current state of cinema: “I really think the creative process is more exciting than ever. There are more and more people doing great work.”



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The Gadget Geezer

By Les Goldberg

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when they get loose. It features GPS capabilities, which beams a signal so that you can easily track your dog using your smartphone's maps app. No more lost dog worries and stress. You can even get text and email alerts so you know right away when they're off the grid. Price: \$89.95

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This ball fetcher from GoDogGo will keep your dog busy for as long as they want to be. It doesn't take long for a dog to wear out its master with a game of fetch, but this fetch

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The dual dog leash by Wigzi makes it so you won't have to deal with a tangled leash ever again when walking two dogs at the same time. The solution comes from the way it is designed, so that neither leash can cross over the other, causing the dreaded tangle. Price: \$34.50

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Pet Cube



The Pet Cube lets you interact with your pet while you are away, and even play games

with them using a laser pointer. You can keep your pet company even when you are not at home, just by using your Smartphone. It also let you give your pet some encouraging words, or even scold them for getting into the trash. Price: \$199

Pet Chatz

Pet Chatz lets you have a video conference with your pooch, just by using your smartphone connected to their video monitor display. This makes it so you can check in on them from time to time while you are at work, or otherwise out of the house. You can even give them treats using the device, so your dog knows you're still thinking of them. Price: \$320

Pavlovian Puppy Potty Trainer

This potty trainer uses Pavlovian methods to train your puppy to go outside when they feel the urge. This will help prevent accidents and also strengthen your bond with them because you won't have to get upset when they do their business inside or on your favorite rug. Price: \$99

The Canine Shower Stall

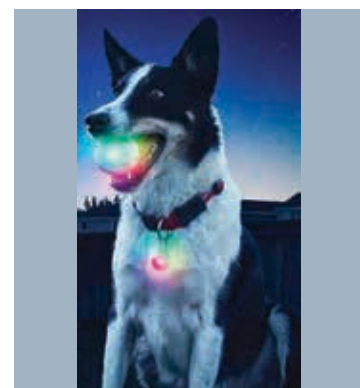
Let's face it: for those of you who will go to any expense to express your love of pets, this pricey product is a must-have. The Canine Shower Stall is specially designed so your dog doesn't need to use

the family bathtub, or so you can avoid the backyard hose hassles. It keeps the dog contained, and makes it much easier to get them all cleaned up. Turns bath time from a task to a breeze. Price: \$1,250

Dart Automatic Laser Pet Toy

This laser toy lets you have playtime the easy way by simply turning on the toy and letting it do its job. It will keep your dog entertained with a laser beam that moves around in random ways that your dog won't figure out, and won't get tired of. Price: \$27.95

Nite Ize Light Up Ball



The Night Ize light up ball lets you play fetch with your dog even when the sun goes down. Dogs love it because they want to play at any time of day, and night time is no reason to stop playing just because it got dark. Just be sure you are playing in an area that is clear of any objects so your dog doesn't get hurt. Price: \$29.97

Continued on page 14

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- Put away clean clothes in closets and drawers right after washing.
- Pick up the miscellaneous

items left on nightstands every day.

Living Room

- When the central room of your home is organized, it does wonders for the rest of the house. Fold blankets, fluff pillows and stack magazines. Hide the remaining clutter in baskets—they look decorative but hide clutter.
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Kitchen

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- Clean countertops with a mix of equal parts water and apple cider vinegar every evening.
- Place a lemon peel in your garbage disposal and run it for a fresh scent.



Bathrooms

- Wipe down sinks, mirrors, shower doors and counters for an instant upgrade every week.
- Cover the showerhead and faucets with a plastic bag filled with vinegar to remove mineral deposits as needed.

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Fabulous Finds

By Debbie L. Sklar

Ah, summertime and the living is more than easy. It's also a great time to look your best from top to bottom during the warmer months when you will be outside a lot. Check out some of these new Fab Finds you can try for a new look or to just refresh what you're already doing to look simply fab.

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Liquid Lipstick

Introducing **Lip Blaze** a uniquely universal shade selection of 12 nude liquid lipsticks infused with top-shelf cannabis sativa seed oil. A never-sticky, creamy texture that delivers ultimate moisture, Lip Blaze can be worn as is for the most naked lip or paired on top of a lip liner for color that never fades. It also features an intoxicating, nostalgic lipstick scent with notes of rose and violet. There's a uniquely universal range of different hues to represent the entire nude-icorn rainbow. This Lip Blaze Cream Liquid Lipstick has everyone feeling good with the perfect hybrid of creamy goodness and shine. Take a small dab and roll it all over lips for primo moisture. Available in 12 shades. Price \$20; Available on LimeCrime.com, Ulta/Ulta.com.



Garnier Fructis Pure Clean

Pure Clean's 94% biodegradable formula is infused with fruit and plant-derived extracts, including Aloe extract, to refresh and replenish hair with optimal moisture and is free of silicones and parabens. Not only is the formula good for you and the earth, but the packaging too – the complete collection, which include **Pure Clean Shampoo, Conditioner, Detangler + Air Dry, and Dry Shampoo**, is packaged with 50% Post-Consumer Recycled materials. Price: \$4.49-5.99; Available at drugstores and at garnierusa.com



Snow Fox Makeup Blender



Snow Fox Skincare, a certified-organic, natural and plant-based vegan skincare line recently expanded its line for Earth Day. This eco-friendly, hygienic **makeup blender** is ultra-soft, easy to use and most importantly, easily replaceable. Most makeup sponges hoard a lot of bacteria if they aren't cleaned properly, which can potentially cause break outs and other infections,

but sponge is an-all-in-one solution for sensitive skin, made from 100% high quality hydrophilic polyurethane, also making it biodegradable for when it needs to be replaced. Price \$12; Available at SnowFoxSkincare.com

Bliss Mint Chip Mania Cooling & Soothing Ice Cream-Textured Mask



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The Gadget Geezer

Continued from page 12

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Opioid Epidemic

Continued from page 9

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Continued from page 15

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By Randal C. Hill

'Oh Happy Day'

The Edwin Hawkins Singers

"I had been singing at my Pentecostal church in Richmond, Calif., and at local R & B clubs —secretly, because the church would have frowned on that," admits Dorothy Morrison, the booming lead voice behind the majestic gospel hit single "*Oh Happy Day*."

There was another issue that Morrison faced on the day of the recording. "The lyrics were simple and they rhymed, but they were a lot to remember. I wrote two sections on my palms with a pen. The third section I memorized. During the recording, I put up my hands, with my palms facing me. Everyone thought I was feeling the spirit. I was — but I was also reading the lyrics. I ad-libbed on '*When Jesus washed, oh, when he washed my sins away*,' and I threw in a James Brown '*good God!*' toward the end."

Edwin Hawkins was the driving force behind the now-classic song. Growing up in the Bay Area, he played the piano at Berkeley's Ephesian Church of God in Christ. It was at his church in May 1967 that Hawkins formed the Northern California State Youth Choir, which was comprised of people 17 to 25 who had been recruited from other nearby Pentecostal churches.

In 1968, Hawkins brought in

Dorothy Morrison, then contracted with a local label — Century Records — to create an album of songs by the choir to use as a church fundraiser. Hawkins said: "One of the eight songs I wrote and arranged for the album was '*Oh Happy Day*,' based on '*O Happy Day, That Fixed My Choice*.'" Composed as a Protestant hymn in 1755, the lyrics were based on Acts 8:35.

The LP was recorded at Hawkins's church on a two-track tape machine. Hawkins, who titled the album "*Let Us Go into the House of the Lord*," had Century Records press up 500 copies.

Then, something unexpected — and delightful — happened. The album track of "*Oh Happy Day*" found its way into heavy rotation on San Francisco's hip KSAN-FM radio station. Soon Hawkins's phone was ringing nonstop with offers from several major record labels, including Buddah Records, with whom they eventually signed.

Not all went smoothly, though. "The church thought what we were doing was sacrilegious and insisted we remove the choir's name from the record," Hawkins said, "so Buddah renamed the choir the Edwin Hawkins Singers."

In early 1969, "*Oh Happy*

Day" was released on Pavilion Records, a Buddah label established as a Gospel music outlet. By May, the tune had rocketed to No. 4 on *Billboard's* Hot 100. The following year, the Edwin Hawkins Singers won a Grammy for Best Soul Gospel Performance.

More Gospel-influenced singles soon found their way onto the radio airwaves, including Simon and Garfunkel's "*Bridge Over Troubled Water*" and Melanie's "*Lay Down (Candles in the Rain)*." And while ex-Beatle George Harrison was often vilified for stealing the melody to the Chiffons' "*He's So Fine*" for "*My Sweet Lord*," he eventually admitted that "*Oh Happy Day*" had been his main influence.

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Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world

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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Eye on Health

Is It Seasonal Allergies Or Dry Eye?

Two of the more common eye-related problems are dry eyes and eye allergies. While the symptoms are similar, there are differences between the two conditions. Sometimes they can occur at the same time, compounding the problem.

That's why it's important to have a medical eye exam to determine the cause of your symptoms so you can get the appropriate treatment. If you're concerned about the cost of the exam, the American Academy of Ophthalmology's EyeCare America program may be able to help.

Understanding Allergies

Seasonal eye allergy symptoms are like dry eye, but itchiness is more common. When you're sensitive to an allergen such as molds, pollen, dust or grass, histamine is released, causing itchy, red eyes that tear or burn. Over-the-counter medications are often effective. You can also take the following steps for relief:

- Limit exposure to the outdoors on high-pollen count days.
- Wash your face and hands after being outside to reduce the amount of pollen on the skin.
- Don't rub your eyes; it may increase the irritants and make symptoms worse.

Examining Dry Eye

Dry eye is a complex disease



If your dry, itchy eyes are not relieved by over-the-counter products, you should see an ophthalmologist.

that has many causes that often overlap and interact. Dry eye can happen when the eye doesn't produce enough tears or when the quality of the tears can't keep the surface of the eye adequately lubricated. It frequently occurs with other health conditions.

People tend to make fewer tears as they get older due to hormonal changes. Both men and women can get dry eye. However, it is more common in women—especially after menopause.

Common symptoms of dry eye disease may include sensitivity to light, dryness and itchiness, the feeling that something is in the eye, fluctuating vision, eye fatigue and excess eye watering.

Ophthalmologists—physicians specializing in medical and surgical eye care—will prescribe a variety of treatments based on the cause of the dry eye. For many people, though, a few simple lifestyle changes can resolve the problem:

- Try adding moisture to the air with a humidifier.
- Protect your eyes from drying wind by wearing wrap-around glasses outside.
- Add omega-3 fatty acids to your diet for dry eye relief. These are in oily fish (such as salmon, sardines, tuna, trout and anchovies) and in flaxseeds.
- Use artificial tear ointment or thick eyedrops just before you go to bed.

If your eyes remain red and irritated after trying these tips, see your ophthalmologist.

About EyeCare America

EyeCare America is a national public service program that provides eye care through volunteer ophthalmologists for seniors 65 and older, and those at increased risk for eye disease. To see if you or your loved ones are eligible, visit www.aao.org/eyecareamerica.

Since 1985, EyeCare America has helped more than 2 million people with sight-saving eye care and resources, and more than 90 percent of the care provided is at no out-of-pocket cost to the patient. The program is co-sponsored by the Knights Templar Eye Foundation, Inc., with additional support provided by Alcon and Regeneron.



Until Every One Comes Home®

Screening800 Dentist

By Robert E. Horseman, DDS



I discovered that if you recline your lounge chair just right and make a “V” with your feet, you can see your TV screen perfectly. This will hold true up to a 27 inch screen at a distance of 15 feet. If you have one of those monster 60 inch screens and your viewing room is about the size of a Motel Six, forget it, you’ll pop out your knees trying to accommodate.

Recently, I was in the above optimal position when that Nice Lady from the dental referral service came on. I have always admired this person. She seems genuinely concerned about the plight of thousands of people whom she perceives to have no dentist of their own and are forced to wander about willy-nilly without a clue of how to connect with a professional tooth person. What are these people to do, she worries, twin furrows appearing between her brows. She is not actually wringing her hands, but you can tell she’s close to tears.

Before the impact of her agitation can upset viewers to the point of doubling their medication, she quickly beams this message to unfortunates out there bereft of a DDS or DMD they can call their own: Why take a chance picking a strange dentist from the Yellow Pages? If you’ve flipped through the Yellow Pages recently, you can



appreciate the odds of getting a strange one are excellent. He could be buying his supplies from Earle’s House of Toxic Materials or secretly using ordinary tap water for rinses for all you know.

Would you choose a brain surgeon in this manner or a blind date unless you’re really, really hard up? What do we really KNOW about this professional other than the fact that the bigger and more garish the ad, the more it’s costing him a month---a nut that’s bound to be reflected in his fees, if you get her drift.

As far as asking a recommendation from a neighbor who is insensitive enough to have a non-stop barking beagle and leaves the emptied trash barrels out front for two days, forget it! Also, none of your friends’ teeth, upon close inspection, look all that good, so what do they know about dentists, anyway?

Well, stop worrying, she comforts those few who haven’t developed an aversion to talking heads and clicked off to

another channel; we have carefully and thoroughly screened--YES! screened carefully and thoroughly a select few dentists in *your* area that meet our rigorous criteria. We know everything about them from where they went to school to what, if any, their specialty is and whether they played any significant part in Bruce’s makeover.

Watching this, I am devastated. Much as I would like to belong to this elite group of carefully screened dentists, I know I would never survive the investigation. That time I was caught sleeping in the pharmacology lecture during my junior year and that ugly episode with the spilled rinse water in a patient’s lap would certainly be unearthed in even the most superficial screening.

This referral message repeated nightly over the years, has left me depressed—on the outside, looking in. I feel that my patients have found me quite by accident and at the first chance of learning details of a more qualified provider, will desert me in a heartbeat.

But wait! The tone of tonight’s referral commercial has taken on an urgent imperative vying with the daily tsunami of attorneys’ pleas for you to seek

Continued on page 26

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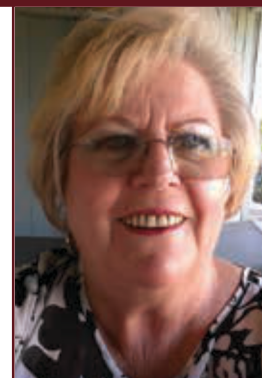


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American Heart Association





June Book Club

diana, Illinois, Michigan, and Wisconsin.

“A Massachusetts minister named Manasseh Cutler

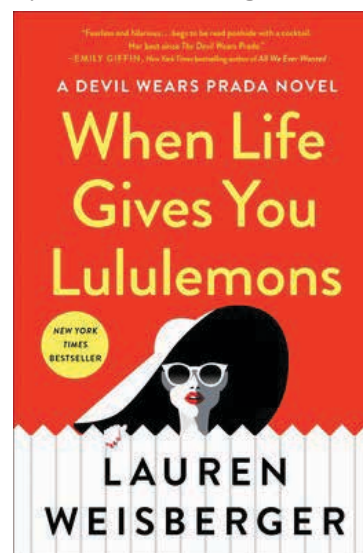
was instrumental in opening this vast territory to veterans of the Revolutionary War and their families for settlement. Included in the Northwest Ordinance were three remarkable conditions: freedom of religion, free universal education, and most importantly, the prohibition of slavery. In 1788 the first band of pioneers set out from New England for the Northwest Territory under the leadership of Revolutionary War veteran General Rufus Putnam. They settled in what is now Marietta on the banks of the Ohio River.

“McCullough tells the story through five major characters: Cutler and Putnam; Cutler’s son Ephraim; and two other men, one a carpenter turned architect, and the other a physician who became a prominent pioneer in American science. They and their families created a town in a primeval wilderness, while coping with such frontier realities as floods, fires, wolves and bears, no roads or bridges, no guarantees of any sort, all the while negotiating a contentious and sometimes hostile relationship with the native people. Like so many of McCullough’s subjects, they let no obstacle deter or defeat them.

“Drawn in great part from a rare and all-but-unknown collection of diaries and letters by the key figures, *The Pioneers* is a uniquely American story of people whose ambition and courage led them to remarkable accomplishments. This is a revelatory and quintessentially American story, written with David McCullough’s signature narrative energy,” according to Publisher Simon & Schuster.

When Life Gives You Lululemons

By Lauren Weisberger



“Welcome to Greenwich, Connecticut, where the lawns and the women are perfectly manicured, the Tito’s and sodas are extra strong, and *everyone* has something to say about the infamous new neighbor.

“Let’s be clear: Emily Charlton does *not* do the suburbs. After leaving Miranda Priestly, she’s been working in Hollywood as an image consultant to the stars, but recently, Emily’s lost a few clients. She’s hopeless

with social media. The new guard is nipping at her heels. She needs a big opportunity, and she needs it now.

“When Karolina Hartwell, a gorgeous former supermodel, is arrested for a DUI, her fall from grace is merciless. Her senator-husband leaves her, her Beltway friends disappear, and the tabloids pounce.

“In Karolina, Emily finds her comeback opportunity. But she quickly learns Greenwich is a world apart and that this comeback needs a team approach.

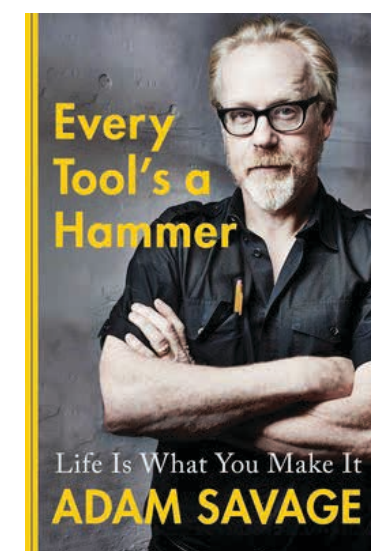
“So it is that Emily, the scorned Karolina, and their mutual friend Miriam, a powerful attorney turned stay-at-home suburban mom, band together to not only navigate the social land mines of suburban Greenwich but win back the hearts of the American public. Along the way, an indispensable ally emerges in one Miranda Priestly.

“With her signature wit, Lauren Weisberger offers an alluring look into a sexy, over-the-top world—and proves it’s style and substance *together* that gets the job done,” according to Publisher Simon & Schuster.



Every Tool’s a Hammer *Life Is What You Make It*

By Adam Savage



“*Every Tool’s a Hammer* is a chronicle of my life as a maker. It’s an exploration of making and of my own productive obsessions, but it’s also a permission slip of sorts from me to you. Permission to grab hold of the things you’re interested in, that fascinate you, and to dive deeper into them to see where they lead you.

“Through stories from forty-plus years of making and molding, building and breaking, along with the lessons I learned along the way, this book is meant to be a toolbox of problem solving, complete with a shop’s worth of notes on the tools, techniques, and materials that I use most often. Things like: **In Every Tool There Is a Hammer**—don’t wait until everything is perfect to begin a project, and

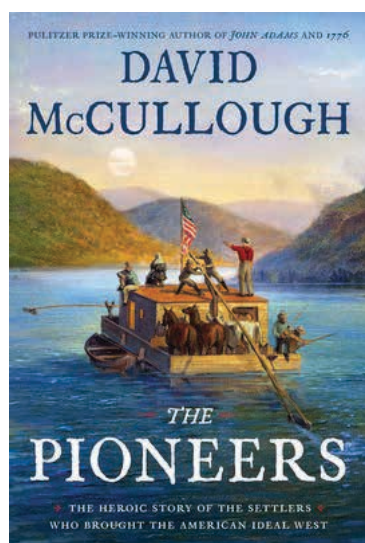
Continued on page 30

There isn’t a better season than summertime to step outside and read a juicy novel, intriguing mystery or anything else you would like to stick your nose into. Here are some new books to check out to take the beach, sit by the pool with or enjoy in an air-conditioned sunroom.

The Pioneers

The Heroic Story of the Settlers Who Brought the American Ideal West

By David McCullough



“As part of the Treaty of Paris, in which Great Britain recognized the new United States of America, Britain ceded the land that comprised the immense Northwest Territory, a wilderness empire northwest of the Ohio River containing the future states of Ohio, In-

Jewel-toned Palm Springs with Preferred Small Luxury Hotels

Blessed with glorious weather making it's a mecca for sun worshippers, Palm Springs is equally famous as the golf and tennis capital of the world, and for the mineral hot spring spas. Its sun-kissed village atmosphere has been preserved and embellished over the years. The downtown area with its quaint lampposts, benches and Mexican tile-paved enclaves, invites strolling among the shops and galleries, lingering over a latte or espresso at a sidewalk café or savoring a glass of port. Blending the eclectic with the exotic, artists, architects, naturalists and naturalists all call this fabled city home.

Set in a dramatic desert landscape at the base of the San Jacinto mountains, Palm Springs is the ancestral home of the Agua



Westcott Hotel

Railroad came through the desert bringing the pioneers who would create their own oasis.

By the time it was incorporated in 1938 the Village of Palm Springs had become world famous as a winter sandy backyard to the elite of Hollywood, luring the likes of Sophie Tucker, Lena Horn,

in "The Springs" have made indelible contributions, including Frank Sinatra, Dinah Shore, Sonny Bono, Bob Hope, Lucille Ball, Kirk Douglas, Ambassador Walter Annenberg, and so many more.

Palm Springs still has star power as a new generation of Hollywood hit-makers has succumbed to the lure of the desert. This new breed of star prefers the quiet of the desert and walled estates, as opposed to the public nightlife the early pioneers enjoyed. European royalty and business tycoons also come to enjoy the serenity of the desert.

Where to unpack:

Nostalgic souls will enjoy the blend of retro and new at the romantic all adult Westcott Hotel in this desert oasis. Part of the Preferred Small Luxury Hotel with manager Michael Skinner and host/owner Matthew Westcott waiting to greet you, it was originally built in the 1930s and recently updated.

Peggy Lee, Clark Gable, Greta Garbo, Jack Benny, the Marx Brothers, Marlene Dietrich, Loretta Young and Janet Gaynor.

Many luminaries who settled

Story by Ronnie Greenberg • Photos by Joe Hilbers

The architecture is typical of Palm Springs with a Bermuda style roof around a quadrangle courtyard. The new look includes 10, 1950s themed rooms each decorated with fun, nostalgic memorabilia of that era, along with all modern amenities. There is a fridge, comfy beds dressed in fine sheets and comforters, AC and heat in every room, Keurig coffee maker, fridge, microwave and WiFi. Suites include kitchens along with sitting and dining space. Wake up to a complimentary breakfast each morning from 8:30 to 10

Delectable Palm Springs

Enhancing your experience with Palm Springs Preferred Small Hotels, restaurants are a mix of some of the grand oldies with many of the new, as Palm Springs is bursting with dining diversity.

Eight4Nine Restaurant & Lounge is an eclectic flowing and glowing hot spot featuring West Coast modern cuisine where you can indulge in a multicourse dinner, as well as a prix fixe menu in the dining rooms, relish the small plates in the buzzing lounge,



Purple Room Supper Club

a.m. replete with cold and hot baked goodies and specialty coffee and tea. Daily cocktail hour from 5:30 to 6:30 p.m. includes cocktails, wine and beer, along with snacks and finger food. Located at 539 E. Mel Ave., Palm Springs 92262: phone (760) 992-5420 or www.thewestcotthotel.com

For additional information on Preferred Small Hotels visit <https://www.palmspringspreferredsmallhotels.com/>

lunch and brunch on the patio or sip signature cocktails at the white onyx bar.

Chef Israel Jimenez changes his menu seasonally. His mouthwatering selections include roasted beets with baby kale, toasted cumin and goat cheese, honey vinaigrette with Turnbull Napa Sauvignon Blanc; filet of beef sipping Alexander Valley Cabernet Sauvignon; grilled Scottish steelhead trout with fennel, orange,



Celebrity Tours

Caliente Band of Cahuilla Indians who remain as a major source of the cultural and economic enrichment of the area. Back in the late 1800s this remote area was just a sleepy village until the Southern Pacific

Jewel-toned Palm Springs Continued



Mount San Jacinto Park

and basil on a crispy rice cake with Arbequina, olive oil. The wide array of selections are yours to choose from. Located at 849 Palm Canyon Drive, (760) 325-8490 www.Eight-4Nine.com

Mr. Lyons Steakhouse is an updated image of Lyons English Grille, a version of a “new classic!” The upbeat dining experience, service and attention transports you back to a bygone era that makes you feel very special.

At a wine and food pairing Chef Eddie Moran included small local fare with wines paired by wine expert Jessie Casanova. There was radishes and blue cheese with fine herbs paired with Marco Felluga Mongris Pinot Grigio; black cod Escabeche with dill-creme Fraiche, celery and potato confit paired with La Follett Los Pimeros Pinot Noir; and Berkshire pork belly with rhubarb fennel aperol paired with Margerum M5 red blend. Located at 233 E. Palm Canyon Drive, Palm Springs,

(877) 279-4080 www.mrlyon-sps.com

Purple Room Supper Club is a double treat. The sophistication and glamour of the Rat Pack era comes alive at Michael Holmes’ Purple Room. Tucked away in the Club Trinidad Hotel, the Purple Room is where Frank, Sammy. Dean and their pals cavorted on and off the stage in the swinging 50s. Here you will be transported back to the elegance of the era, an intimate and inviting room serving classic cocktails with a modern twist, world-class cuisine and swinging and listening to Michael

and his acclaimed duet. You will delight in the wide variety of mouthwatering food starting the outstanding short ribs, as well as the drinks being offered here. Located at 1900 E. Palm Canyon Drive, Palm Springs 92264 (760) 322-4422 www.purpleroompalmsprings.com

Melvyn’s Restaurant located right on the premises of the famous Ingleside Inn, is elegantly upbeat with a fully restored 1895 carved oak and mahogany bar, numerous antiques, waiters in linen jackets, and treasures that define an era. The extensive Continental menu includes the famous Melvyn’s Cobb salad. For a touch of romance, you can dance away the evening with nightly live entertainment in the chic Casablanca Lounge. Located at 200 W. Ramon Road, www.inglesideinn.com

Sites to see

Palm Spring Aerial Tramway, a rotating car holding 75 passengers takes you on a spectacular and breathtaking 15-minute

tram ride. The 8,500 foot vertical ascent goes from the desert floor to the rugged Mount Jacinto Wilderness State Park, and offers access to hiking and camping. For tickets go to www.viator.com

Palm Springs Air Museum is dedicated to the restoration and preservation of American’s legendary fighters and bombers. It contains the largest collection of flying World War II airplanes. Also on view are related artifacts, artwork and library sources to help perpetuate American history. Located at 745 North Gene Autry Trail, (760) 778-6262 www.palmspringsairmuseum.org



Palm Springs Cultural Center

Palm Springs Art Museum, a split-level cantilevered structure made of red volcanic stone is a cultural, art and natural science facility that blends right into the desert and the San Jacinto Mountains. Besides the two 50 feet dioramas dramatizing desert life forms, there’s a sculpture garden and 450-seat Annenberg Theatre for the performing arts. It also showcases a major collection

of American Indian artifacts. Located at 101 North Museum Drive (760) 322-4800 www.psmuseum.org

Luxury Chartered Celebrity Bus Tours takes you on an award-winning tour of the celebrity houses throughout Palm Springs once known as “Hollywood’s Playground. Enjoy seeing and learning about the homes claimed by the legendary stars such as Frank Sinatra, Elizabeth Taylor, Marilyn Monroe, Elvis Presley and more. Call for information and reservations (760) 895-8005 or www.palmspringscelebrity-tours.com

Palm Springs Cultural Center is the place to learn about the history of Palm Springs and the Agua Caliente Band of Cahuilla Indians, as well as what is happening now. Located at 2100 Tahquitz Canyon Way, Palm Springs 92262. www.palmspringsculturalcenter.org



Palm Springs Air Museum

Continued on page 26

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Informed Delivery allows you to see digital images of incoming mail. It lets you automatically track packages you are expecting through email and text alerts so you don't need to enter any tracking numbers. The feature allows you to enter delivery instructions for your mail carrier as well.

How It Works

The United States Postal Service digitally images the front of letters that run through its automation equipment. Using those images, it can send you digital notification of your mail every morning, before it is delivered to your home or office. That lets you take any necessary action even before important items reach the mailbox—and makes sure you know what is supposed to be in your mailbox after delivery.

What You Get

The notifications you receive are of images of the address side of incoming letters. The images are also accessible on the Informed Delivery dash-

board at <https://informedelivery.usps.com>. For items with USPS Tracking, users will be able to view delivery status of packages, provide USPS delivery instructions, manage their notifications, and schedule redelivery from the dashboard. Most USPS domestic packages tied to the address associated with a USPS account will be automatically available on the Informed Delivery dashboard. You can also get USPS Tracking updates for incoming packages via separate email or text notifications. The dashboard displays mail piece images for seven days, while package information will display for 15 days after each package has been delivered. You can opt in for email or text notifications with status updates for incoming packages, too.

Learn More

For further information and to sign up, go to informedelivery.usps.com.



The Stress of Flying

Continued from page 3

turn crossing two solid yellow lines. Now I was lost but my wife reset the GPS to my son's house. With tires screeching, I turned back on to my son's street and blew my horn so the Yellow Cab wouldn't pull away. I pulled up behind the cab and blew my horn again so the driver would pull up and I could park my car. The driver gave new meaning to the term slow.

He finally pulled out and I was able to park the car. My wife got out and talked to the driver while I popped open the trunk and pulled the luggage out. The driver, grumbling, took the luggage and put it in the trunk of the cab. I pulled out our carry on's from the back seat and put them in the trunk. We told the driver: "Southwest Airlines, Burbank Airport."

"How do you get there? What street do I take," he asked?

"You don't know?" We both replied in alarm. It was now 8:15 a.m. Our boarding time was 8:45 a.m. and take off was at 9:15 a.m.

"I know how to get there," he said, and I resisted the urge to choke him. He was the snarliest driver of a cab; I have ever had. The only reason he got a generous tip was because I had nothing less than a \$20 to pay him with and I wanted to check my luggage as quickly as possible with the Red Cap at

the curb. There were no spaces in front of Southwest, and he blew his horn and wouldn't let us get out until someone moved. He kept shouting at the Uber drivers and wouldn't let us unload in a double-parked position. Finally, someone moved, and Mr. Slow got out of the cab and went to the rear to get our luggage.

We checked our bags and rushed toward the security checkpoint line. I had our boarding passes in my hand. It was 8:30 a.m. when we made it to the security checkpoint. It was 15 minutes to boarding time and there were at least 50 people ahead of us on line. We got through security and now we were dashing the 200 yards or so to our gate. We arrived at our gate at 8:45 a.m. just as they announced the start of boarding.

The flight across the country was 100 percent full but it was serene compared to what we had gone through to catch the flight. Sure, there was a tornado warning in Baltimore as we approached our airport and our plane had to circle around a few times before we were able to land but even the bumpy ride was nothing compared to my drive to the airport. As we landed and went to the gate, our daughter texted us that she was at the airport, but our flight wasn't listed. Because of the grounding of the Max 8 planes, our flight information had been changed and I forgot to send that new information to our daughter. Our arrival time was the same but a different flight number.


As we stood in the aisle waiting to exit, my wife texted our daughter back that our flight had been changed and we had just landed in (and instead of hitting the word Baltimore, Beijing popped up in the message which was sent to her. I can't fully explain the shock when my daughter who was at BWI looking for our flight got the message that we just landed in Beijing. Of course, it was corrected, and we all had a good laugh.

Did You Know?

- Researchers say houseplants naturally clean indoor air. The ones from Hawaii are beautiful and hard to kill for lower maintenance and replacement costs. See Hawaiian plants and learn about them from the Hawaiian Export Nursery Association at www.hena.org.

- University of Phoenix Executive Dean Dennis Bonilla said the first step in reducing one's digital footprint is to research what personal information is available online and take steps to remove that data. Deleting unused social media sites and removing mobile apps from smartphones are also helpful.

- To protect your home and family from fire, use noncombustible building materials, such as Rockwool Safe 'n' Sound insulation. Because of its ability to resist fire up to 1,777°F it stays in place to protect escape routes and buy you extra time. Learn more at www.rockwool.com/products/safensound.



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Screening800 Dentist

Continued from page 19

redress from anybody who has offended you and promising to fight for you because you deserve it.

The announcer is visibly upset. Her facial expression is what you'd expect to see if she had just been informed that the entire population of her aquarium had succumbed to fin rot. Oh, she tries to hide it beneath some of the same references to the cream-of-the-crop professionals she has painstakingly researched, but no mistake, there's a new urgency to the message.

It seems that some of you viewers—you know who you are, she gently accuses--have not called this 800 number that has been thoughtfully flashed on the screen 50 times during this 30 *second* public announcement. There's no doubt she is hurt and disappointed. I feel wretched. I'm acutely aware of the fact that, because I could never pass the rigorous screening to achieve a position on this Alpha list, she doesn't know I exist, but that doesn't mean I don't have empathy for a person giving her all for the advancement of dentistry.

She has asked politely for us to call for the referral service, liquid eyes threatening her mascara, voice choking. Perhaps some of us called, but obviously not enough. These TV spots cost a bundle and the participating dentists who shell out an appreciable sti-

pend per month for the service grow restive without tangible results.

She chides us, giving us one more chance to do the right thing. There's a clear impatience that if we don't lift the phone forthwith, the buttons are coming off the foils and we are going to witness a hard sell the likes we haven't seen since Bill Clinton tried to define some common terms as he understands them.

I've grown fond of our benefactress and don't want to see this happen. I want you and your friends to call that 800 number *right now* and get the name of a dentist. If you already have a dentist, get another one--get two or three--otherwise we may well be seeing the beginning of the end for public-spirited broadcasts such as this one and the Nice Lady will have to go back to selling Time Shares in the Aleutians.



June Calendar

Continued from page 5

A Taste of Greece

June 28-30

This is a fun-filled festival for all with pastries, dancing, carnival, boutique and delicious Greek food including a wine taverna. There will also be cooking demonstrations, Greek Folk dancing lessons, church tours and opportunity drawings. At, Saint Paul's Greek Orthodox Church, 4949 Alton Pkwy., Irvine.



Sawdust Festival

Laguna Beach

June 28 through Sept. 1

Outdoor arts and crafts festival where you can watch artists create their work and buy directly from them while enjoying the pleasant atmosphere. At, 935 Laguna Canyon Road, Laguna Beach. Call, (949) 494-3030.



Palm Springs

Continued from page 23

Shopping

Historic Palm Canyon Drive has boutiques that border glitzy to designer resort apparel, fine jewelry, art galleries, Indian craft and silver and turquoise shops. In the evening lighted palm trees add to the glamour and ambiance.



June Crossword Puzzle

Across

- 1. Those, to Juan
- 5. Some DVD players
- 9. Ships' officers
- 14. Sleeveless garment
- 15. Apiece
- 16. Rub out
- 17. Explain
- 19. Starbucks order
- 20. Worn around the neck
- 21. Now you ____...
- 23. Canopy site
- 25. NFL scores
- 26. Finance deg.
- 29. Mediterranean isl.
- 30. Eternal
- 33. Grenoble's river
- 34. Rum cocktail
- 35. Rescue, with "out"
- 38. Wrap up
- 40. Dresden denial
- 41. Comes to terms
- 44. Causing goose bumps
- 47. Standard size clothing
- 49. PIN requester
- 52. SAT takers
- 53. Antiquity, old-style
- 54. Monetary unit of Egypt
- 56. Woodwind section members
- 58. Condition
- 59. Insect stage
- 62. Organizations
- 64. Ryan or Tatum
- 65. Spahn teammate
- 66. Gaelic tongue
- 67. Ring-shaped island
- 68. Take down ____
- 69. Hardens

Down

- 1. Expels
- 2. Lady of la casa
- 3. Stableman
- 4. Inscribed pillar

- 5. Censure
- 6. Teen's desire
- 7. Breezes through
- 8. "Fiddler on the Roof" setting
- 9. Singer Etheridge
- 10. Smell ____
- 11. Rat-a-____
- 12. Guinness Book suffix
- 13. This is what eyes do
- 18. Taxes, e.g.
- 22. Cheese

- 24. Dijon dad
- 26. Microscopic arachnid
- 27. ____ B'rith
- 28. Not fer
- 31. Freshen
- 32. Trident prong
- 33. ____ Three Lives
- 35. Obstructs
- 36. Antiquing agent
- 37. 401(k) cousins
- 39. Like an abyss

- 42. Examine closely
- 43. Normandy town
- 45. Elevating
- 46. Furious
- 48. Ukraine port
- 49. Clothes
- 50. Most loyal
- 51. Untidy states
- 55. Satisfies
- 56. Track shape
- 57. Motel freebie

- 59. Mauna ____
- 60. Aardvark snack
- 61. Antique auto
- 63. Ltd., in Paris

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

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Five Tips For Financial Stability In Retirement Years

Most people have a vision of their golden years that includes a comfortable retirement in which they can spend their time doing the things they enjoy. That dream doesn't require a substantial amount of wealth, but it is a lot more attainable if you have some financial stability.

Unfortunately, just 17 percent of older Americans are "financially healthy" and four in five low- and moderate-income Americans over the age of 50 are struggling with at least some aspect of their financial lives, according to a 2019 study funded by AARP Foundation.

Here are five tips for increasing financial stability during your retirement years:

1. Stay out of debt. Debt can be destabilizing because it robs seniors of some of their free cash flow and reduces the amount of money they can spend each month. Credit card spending is especially dangerous for retirees, so consider a pay-as-you-go habit for new purchases.

2. Be a smart investor. Whether you have a small retirement savings or a large investment portfolio, a diversified low-cost investment strategy can deliver additional income for spending and help you stay ahead of inflation. Choose a mix of stocks, bonds and cash that helps you sleep soundly at night,

according to The Vanguard Group.

3. Consider downsizing. Many retirees are hesitant to move out of the home where they raised their children, which is understandable for both emotional and practical reasons. But it might improve your financial stability to sell your current home and buy a less expensive one for retirement, pocketing the difference and investing it wisely.

4. Delay Social Security. For retirees who have not yet signed up to collect their Social Security benefits, it may be advisable to delay that start date as long as possible. This may sound counterintuitive if you are searching for financial stability, but research has found that most seniors will benefit from the higher payouts they will receive by deferring to age 70, if possible.

5. Increase cash flow. One way to raise the amount of cash available for funding your retirement is to work part-time, an option that is more available to seniors than ever before. Another possibility is to unlock cash tied up in assets that you might not even realize can be sold. For example, a life insurance policy is considered your personal property and—as such—you have the right to sell that policy anytime you like. When a



consumer sells a policy in a "life settlement" transaction, the policy owner gets a cash payment and the purchaser of the policy assumes all future premium payments, then receives the death benefit when the original policyholder passes away. Candidates for life settlements are typically aged 70 years or older, with a life insurance policy that has a death benefit of at least \$100,000.

A comfortable retirement is possible without an enormous nest egg, but it is very difficult without at least some degree of financial stability. By staying out of debt, practicing smart personal finance and maximizing cash flow, the vision you had of your golden years could be within reach.

To learn more about how to generate cash from a life settlement, visit www.LISA.org or call the LISA office at (202) 580-6188.



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By Randal C. Hill

Movie Preview

"The Last Black Man in San Francisco"

Four years ago, two Bay Area best friends — Jimmie Fails and Joe Talbot — released a demo trailer for a movie called *"The Last Black Man in San Francisco,"* the script loosely based on a part of Fails' life. The trailer quickly went viral and led to the financial help needed to bring the pair's film to fruition.

The Last Black Man in San Francisco tells of a young African-American who refuses to give up a long-held dream of returning to his childhood home. The problem he faces is that the area it's in has been gentrified, and the two-story Victorian built by his grandfather, now worth \$4 million, is owned (not surprisingly) by a wealthy white couple.

Back in the 1940s, when Jimmie's grandfather moved into San Francisco's Fillmore District, he shared the neighborhood with Japanese-American families. The latter were shipped off to internment camps during World War II, and the remaining black residents came to take a special pride in the ghetto area, dubbing it *"the Harlem of the West."*

Fails (played by real-life Jimmie Fails) spent his childhood in the home built by his grandfather, who local lore claimed

had been the first black man in San Francisco. Eventually, the family unit fell apart, the house was sold, and people moved elsewhere.

When not skateboarding aimlessly around town, Fails fantasizes about returning to the house of his youth. He has been living in cramped quarters with his taciturn-but-always simmering best friend Montgomery Allen (Jonathan Majors) and Montgomery's burned-out, invalid father, Papa Allen (Danny Glover). Fails works as a part-time hospice nurse, while Allen toils as a fishmonger.

Every week, if the owners are away, the two buddies sneak onto the hallowed property and do touch-up painting and tend the garden, with Fails always wondering what life would have been like if nothing had changed.

One day, the house becomes vacant. Bringing along Allen, Fails boldly becomes a squatter in the mansion, fills the rooms with his aunt's old stored furniture and has the gas company account switched to his name. It becomes obvious that the young man's unrealistic utopia can't possibly last, but we're always hoping against hope that somehow it will.

"The Last Black Man in San Francisco" is a powerful testimony to the power of friendship and the elusiveness of stability.

Joe Talbot co-produced, co-scripted and directed the final product. The diverse supporting cast includes Thora Birch (*"American Beauty"*) and Jello Biafra (leader of the punk band Dead Kennedys).

A24, Longstreet Features and Plan B Distribution release the movie June 14.

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Email: jcampos@seniorreporterofoc.com

Telephone
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Fax
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Four Ideas For Health Care Planning In Retirement

The Employee Benefit Research Institute estimates that a typical 65-year-old couple will spend a total of \$265,000 in health care costs over the remainder of their lives. This staggering amount of money has the potential to derail even the best-laid retirement plans. Vanguard and Mercer recently developed a new framework, "Planning for Health Care Costs in Retirement," that identifies practical tips for forecasting your health care expenses. Here are four top ideas:

1. Personalize health care costs. Start by understanding how your health history and current health status will influence expenses. Even your geographic location, marital status and age at retirement will impact your forecasts.

2. Plan for long-term care. This is a tough one to assess because half of retirees won't even incur these costs, but on the other end of the spectrum, 15 percent of retirees will spend more than \$250,000. Consider potential long-term care options, such as unpaid care from family and less-expensive available facilities.

3. Create a hedge in your budget for other expenses. Research shows that retirement spending in virtually all categories other than health care tends to decline with age. By forecasting steady spending in other expense areas, you may



You may be able to ensure better health for yourself and your family by selling your life insurance policy.

create a buffer in your budget to deal with rising health care expenses.

4. Forecast costs in annual spending. There are so many variables involved in estimating health care costs in retirement that trying to plan around a total lifetime budget can be overwhelming. Experts recommend that you focus on annual spending plans instead, provided that you understand costs will rise as you age.

For seniors who are struggling to find cash in their retirement budgets to offset unexpected health care expenses, it may be a good idea to take stock right now of all your assets. Many seniors are surprised to learn that one potential asset for generating immediate cash is a life insurance policy.

You should review your life insurance policy from time to time and determine whether or not it's still needed. A life insurance policy is considered your personal property, so you have the right to sell it anytime you like. When a con-

Continued on page 34

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June Book Club

Continued from page 21

credible makers and creators, including: Jamie Hyneman, Nick Offerman, Pixar Director Andrew Stanton, Oscar-winner Guillermo del Toro, artist Tom Sachs, and Chef Traci Des Jardins. And if everything goes well, we will hopefully save you a few mistakes (and maybe fingers) as well as help you turn your curiosities into creations," according to Publisher Simon & Schuster.

The Daughter's Tale

A Novel

By Armando Lucas Correa



"BERLIN, 1939. The dreams that Amanda Sternberg and her husband, Julius, had for their daughters are shattered when the Nazis descend on Berlin, burning down their beloved family bookshop and sending Julius to a concentration camp. Desperate to save her children, Amanda flees toward the south of France, where the widow of an old friend of her husband's has agreed to take her in. Along the way, a refugee ship headed for Cuba offers

another chance at escape and there, at the dock, Amanda is forced to make an impossible choice that will haunt her for the rest of her life. Once in Haute-Vienne, her brief respite is interrupted by the arrival of Nazi forces, and Amanda finds herself in a labor camp where she must once again make a heroic sacrifice.

"NEW YORK, 2015. Eighty-year-old Elise Duval receives a call from a woman bearing messages from a time and country that she forced herself to forget. A French Catholic who arrived in New York after World War II, Elise is shocked to discover that the letters were from her mother, written in German during the war. Despite Elise's best efforts to stave off her past, seven decades of secrets begin to unravel.

"Based on true events, *The Daughter's Tale* chronicles one of the most harrowing atrocities perpetrated by the Nazis during the war. Heart-breaking and immersive, it is a beautifully crafted family saga of love, survival, and redemption," according to Publisher Atria Books

American Heart Association



Busy Boomers

By Les Goldberg

London Beckons the Douglas Family

Choosing a vacation destination normally requires days, weeks, even months of research and agreement among all family travelers. If your dream is to spend your precious holiday time on a tropical island while your kids would rather climb the Himalayas, then you can expect some serious negotiations to ensue.

In the case of the Cathi and Les Douglas of Santa Ana, there were no lengthy debates about where they would end up this year. Why? “We chose to visit London because our daughter Emma is wrapping up her college years at Fullerton College with a semester abroad, studying English literature at the University of London.”



As it turns out, the United Kingdom has always been a favorite destination for hubby Les (the couple visited there in 2014) and for Cathi who first went there during her high school years.

Although Cathi carries a passion for travelling, the daily



chores of life and tight budgeting prevented extensive trips to faraway lands. Last summer's vacation in Cabo San Lucas notwithstanding, thoughts of going abroad to places like Europe remained back of mind – until this past Spring.

The timing was perfect, said Cathi, who was looking forward to a break from her independent communications agency. “Les just retired from 32 years as a college history professor at Orange Coast and Fullerton colleges, and was not ready to travel with me.”

Once they decided to go to London, Cathi dove into research mode, looking for the ideal flights and hotels. She asked one of her friends and colleagues for recommendations and checked all the usual places.

“I soon realized that the entire process was taking up too much of my time and making me crazy,” she said. “So, I ended up making our travel arrangements through one of the Auto Club's travel agents

in Tustin – Jeanine Battaglia. My advice to anyone thinking about making a similar trip is to get a travel agent who knows what you want and can afford so you can be matched with the right lodging and logistics.”

After a pleasant flight from LAX on a Sunday night and landing at Heathrow Airport Monday afternoon, the couple shuttled to the Hotel Xenia, conveniently located between two underground train stations that made getting around the city super easy.

“I also recommend getting the London Pass and the Oyster travel card in advance and loading them with the days/amounts you think you'll need during your whole trip,” she said, adding that “this saves a lot of time and money when you visit lots of different venues.



Shakespeare's Birthplace

“I loaded our Oyster cards with 40 pounds, or about \$50, and they lasted for seven days of heavy use on the underground. They also are good for trains and buses.

“The daily London Pass is good for entry into places like Windsor Castle, Shakespeare's birthplace in Stratford-On-Avon, the hop-on/hop-off buses, the home of Sherlock Holmes and pretty much anywhere you want to go in London.”



Kensington Palace

One of the highlights of the Douglas family holiday was a visit to historic Kensington Palace. Using information found in the London Card's accompanying book, Cathi arranged to have high tea with her daughter in the terrace that is next door to the palace, now the residence of the Duke and Duchess of Cambridge -- Prince William, Kate Middleton and their children, and former home of Prince Charles and Princess Diana.

“The terrace overlooks the formal palace gardens and Hyde Park beyond, and it was a brilliantly sunny, warm spring afternoon,” Cathi added. “I found myself catching my breath and thinking, I will remember this moment for my whole life!”

Another highlight was their tour of the medieval Warwick Castle which included visits to



Warwick Castle

Oxford, Stratford and the Cotswolds and the abundance of “beautiful rolling hills, sheep farms and rapeseed fields (producers of canola oil) thrown in for good measure. It was one beautiful sight after another.”

Warwick Castle, originally built in 1068 by William the Conqueror on a bend of the River Avon, survived the Hundred Years War, and is one of the most recognizable examples of 14th-century military architecture. It was used as a stronghold until the early 17th century, when it was granted to Sir Fulke Greville by King James I in 1604.

Greville converted it to a country house and it was owned by the Greville family, who became Earls of Warwick in 1759, until 1978 when it was bought by the Tussauds Group, the same company that operates Madame Tussaud's wax emporia.

“Some people might find Warwick Castle too commercialized (it is now a popular tourist attraction) but it was amazing to learn about how people really lived back then. The Great

Continued on page 33

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Medicare Advantage Plans Offer A Broader Mix Of Benefits



Many Medicare Advantage plans offer a surprising array of new benefits.

Whether you're new to Medicare or an established beneficiary, take a close look at Medicare Advantage plans during this year's open enrollment period. Those policies may offer the best mix of benefits to meet your health needs.

Medicare Advantage plans provide Medicare benefits through private health insurance companies. These plans, which currently cover approximately 21 million people, typically include extra benefits and services not available on original Medicare.

Medicare.com, a popular non-government health insurance resource, looked at benefits offered by more than 2,500 Medicare Advantage plans available through Medicare.com for 2019. Here are some key benefits available and the percentage of Medicare Advantage plans offering them:

- \$0 monthly premiums: 45 percent of all plans;
- Dental: 88 percent of plans;
- Vision exam: 98 percent of plans;

Continued on page 33

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Busy Boomers

Continued from page 31

Room is decorated with all kinds of weapons, including suits of armor and the stories behind them.

“Outside the castle grounds were the old mill, an old bridge that fell into ruins and is now covered with trees and grass, exhibits and people in period dress mingling for photos and information.



Windsor Castle

“In addition to Warwick Castle, it’s worth it to rise early and remain late on a tour bus to Windsor Castle,” she said. Windsor Castle is the oldest and largest occupied castle in the world. It also was founded by William the Conqueror in the 11th century, and has since been the home of 39 monarchs. Today, the Queen spends most of her private weekends at Windsor.

“Our tour included visits to Stonehenge and Bath, including the Roman Baths, the charming little town itself and the English villages with some buildings dating back to the 1400s,” she said.

One of the most famous landmarks in the UK, Stonehenge is regarded as a British cultural icon and is one of UNESCO’s



Stonehenge

World Heritage Sites. Owned by the Crown and managed by English Heritage, Stonehenge is shrouded in mystery. It is believed to be an ancient burial ground with deposits containing human bone dating from as early as 3000 BC, when the ditch and bank were first dug.

For anyone contemplating a similar royal experience, Cathi offers the following advice:

“If you are on a tight budget, London offers many sights, like Regents and Hyde Parks, the Monument, Wellington Arch, Hempstead Heath, the Churchill War Rooms and the homes of both Charles Dickens and Benjamin Franklin.

“As for museums and galleries, London can’t be beat. You could spend a week in the British Museum and not see everything. We concentrated on the Rosetta Stone and the Egyptian and Greek artifacts.”

Finally, Cathi suggests that while travelling, wear your “friendly face” because people will reciprocate with some helpful advice of their own, maybe even upgrades, including recommendations on places to see and dine.



Medicare Advantage Plans

Continued from page 32

- Vision glasses: 84 percent of plans;
- Hearing: 90 percent of plans;
- Fitness: 99 percent of plans;
- Routine transportation: 37 percent of plans; and
- Meals: 50 percent of plans.

Early in 2018, the government paved the way for Medicare Advantage plans to offer even more benefits, including adult day care services, respite care for caregivers, and in-home assistance with activities such as dressing, bathing and managing medications. Health insurers will also be able to provide safety devices to help prevent injuries in the home, including stair rails, grab bars and temporary mobility ramps.

Although most insurers won’t offer the next wave of benefits until 2020, some of the services may be available during this year’s open enrollment period, which runs through December 7, 2018.

It’s important to look at costs when shopping for Medicare Advantage plans too. That’s true even if you already have Medicare Advantage, since premiums, deductibles and co-pays change from year to year. Insurance companies often tweak their list of covered drug and prices, too, for Medicare Advantage plans that cover prescription drugs, and that can mean higher out-of-pocket expenses for you.

Learn More

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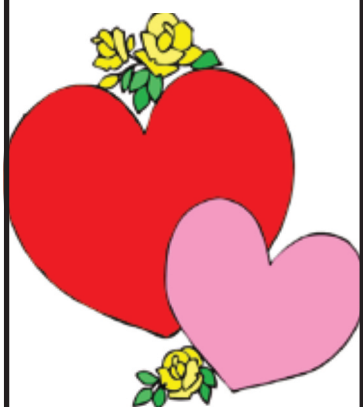
Continued from page 29

sumer sells a policy—something called a “life settlement” transaction—the policy owner receives a cash payment and the purchaser of the policy assumes all future premium payments, then receives the death benefit upon the death of the insured. Candidates for life settlements are typically aged 70 years or older, with a life insurance policy that has a death benefit of at least \$100,000.

If you own a life insurance policy you no longer need or can afford, you may be able to generate immediate cash to pay your health care expenses by selling that policy for immediate cash.

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Seniors**



Are You Seeking a Care Facility For Your Loved One?



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

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

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

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

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

Veterans resources, Adult Protective Services and Social Services.

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

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

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

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

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

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

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

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

SR: What is the cost of using RCPS services?

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

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

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

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

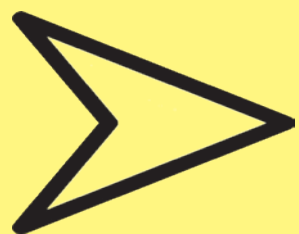
“Thanks for your help. Those we serve found a window of hope.”

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

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

**See our ad
on the back cover**





In The Spotlight

Sadie B. Sacks: president, MOMS Orange County

Sadie B. Sacks has accomplished many things in her lifetime and is far from slowing down. The 44-year Los Alamitos resident currently serves as president of the board of Santa Ana-based MOMS Orange County, the region's largest nonprofit dedicated solely to newborn and pregnancy health.

She retired 7 years ago from a fulfilling career in nursing where she developed and initiated school and community-based health education programs for consumers and providers. And for her extraordinary efforts in health care, she's received numerous academic and community honors.

Sacks is on the board of directors of her church where she also sings in two choirs and addresses social justice issues. She loves to travel (cruises in particular), read, garden and is part of an investment group. The loving mother of two and grandmother of four will celebrate her 50th anniversary with husband David later this year.

Here's more about this lovely lady who is a true force of nature:

Q: Can you talk about your career in nursing and why you entered the industry?



A: I was very fortunate to have a well-qualified and gifted high school chemistry teacher. With a graduating class of just 80 people, surprisingly there was an opportunity for advanced chemistry and math although I really loved chemistry and considered it for my college major. Soon after, the realization set in that I'd be better suited for a career with more people contact (versus working in a lab all day), so I decided to major in nursing and attended the wonderful College of Nursing program at the University of Kentucky.

Q: You have extensive background working with children and in education administra-

tion. Did your experience in nursing lead you to this work?

A: My career started in Intensive Care while caring for the sickest of the sick. It struck me at that time that most of the illnesses I encountered were preventable, so I made a move to school nursing where I taught science and health in a classroom setting. My further realization was that healthy living and disease prevention really starts much earlier in life. So, when my youngest child began high school, I entered a Master's program in nursing with a parent-child emphasis. My subsequent job allowed me to collaborate with hospital obstetric services, as well as perinatal nonprofits throughout Orange County which began my collaboration with MOMS Orange County.

Q: Tell us more about MOMS Orange County.

A: It offers the prevention piece that helps at-risk families have healthy babies. The work is critical in providing interventions that build resilience within families; services that address and modify some of the factors associated with poverty that would otherwise put parents and children at risk for negative physical, social and emotional outcomes.

Q: Why is the work of MOMS Orange County important to you?

A: MOMS Orange County makes significant physical, social and emotional difference in the lives of the thousands of individuals they serve each year. For example, its statistics on pre-term birth are better than the national average. Each day that an embryo grows in utero saves the healthcare industry significantly, not to mention the prevention of stress on families.

Assessing new mothers for maternal depression during regular home visits is an especially important service. For more than 26 years, MOMS' prevention model has helped to empower mothers leading to greater potential for healthy and productive lives.

Q: Is there something about you that someone might find surprising?

A: People might be surprised to know that I played the trombone in high school marching and concert band. On a more personal note, I'm a 15-year breast cancer survivor and started a survivor's group soon after. The inspiring group of 40 still meets regularly to this day.



Q: Anything else you want to share?

A: I'd just like to reiterate my commitment and passion for MOMS Orange County. The impact of its services supports families short-term and well into the future. In my mind, these positive effects are likened to ripples in a lake when a rock is introduced. First, the work helps a woman's pregnancy to be healthier; then both parents learn about infant care which results in a bond that creates a stronger family unit. The concentric circles just continue to the edge of the lake or, in the case of families, extend to family and friends, neighbors and ultimately into the world.

Q: How does someone learn more about MOMS Orange County?

A: Visit the website at www.momsorangecounty.org or call 714.972.2610. As a private, nonprofit organization, we are always in need of volunteers and financial support for our programs. Some groups also coordinate diaper drives and/or baby showers in conjunction which are greatly appreciated by the families served.

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Health Hints

Age Healthier With These Five Tips

As your wisdom grows with age, so can the number of pill bottles in your medicine cabinet. For those “young-at-heart” seniors, sticking to healthy habits is the key to aging well. With some simple steps, you can keep a healthy routine that also gives you more time to do the things you love. Joe Koren, pharmacy manager at Walgreens, shares his top five tips for managing your health with a busy schedule:



1. Consult the experts

You know to go for regular checkups with your general practitioner, but don't forget that pharmacists can also be accessible experts to answer questions about your health. In fact, your pharmacist is a licensed professional who provides different health care services including immunizations and can help you understand why and how to take your medications to support effective treatment. Some pharmacies offer extended hours, and 24-hour chat with pharmacy staff is available whenever you need it. Many locations also have health care clinics to treat minor injuries and illness, which can be a convenient and cost-efficient alternative to a doctor's visit.

2. Let your smartphone help you

With a packed list of to-dos, friends to meet and grandchil-

dren to watch, medication routines can easily slip the mind. Luckily, your mobile phone is a helpful tool to keep track of your medications, right in the palm of your hand. For example, the Walgreens app can help you set daily pill reminder notifications, so you never miss a dose. You can also find close-by health care providers and arrange a video call for a face-to-face consultation with a physician or specialist through the app. If using your smartphone comes with its challenges, ask one of the pharmacy staff or a family member to help set it up for you.

3. Simplify your prescription refills

Multiple prescriptions can mean multiple trips to the pharmacy each month. A trained pharmacist can recommend convenient refill options such as aligning multiple refill trips to one single date, switching to 90-day refills or having eligible prescriptions sent directly to your home. All these services can make it easier to stay

Continued on page 40

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Enjoy The Best Of Seasonal Spring Flavors With California Avocados

The Golden State and its farmers have garnered a delicious reputation for the fresh fruits and crisp vegetables they produce locally. Springtime is when many of those products reach the peak of their seasons, including the heart-healthy superfood California avocados, which are only available now through late summer.

The benefits of eating in season are bountiful. By selecting foods that are grown in abundance and locally sourced, you're getting produce that is freshly picked and at its best flavor, while also supporting local communities and minimizing the impact of long-distance transportation.

As part of the program, Chef Mike Fagnoni, executive chef and co-owner of Sacramento's Hawks Provisions and Public House, created two dishes bursting with fresh flavors that consumers can create at home.

"As a California chef, I try to craft my restaurants' menus around what's in season locally, as it ensures we're using the freshest and best-tasting ingredients," said Fagnoni. "Now that California avocados have arrived, I'll be incorporating them into a number of dishes because their creamy texture truly elevates any recipe."

California Avocado and Lemon Crème Fraîche Soup

Recipe created by Chef Mike



Fagnoni of Hawks Provisions and Public House for the California Avocado Commission
Serves: 8

Prep time: 3 hours and 30 minutes

Cook time: 10 minutes

Total time: 3 hours and 40 minutes

Ingredients:

- 1 cup English peas, shucked, plus extra for garnish
- 4 ripe, Fresh California Avocados, seeded, peeled and halved
- 1 cup half-and-half
- ½ cup extra virgin olive oil, divided
- ½ tsp. sea salt, or to taste
- 3 Tbsp. crème fraîche or sour cream
- 1 Tbsp. Preserved Lemon (make-ahead recipe below)

Instructions:

1. Place peas in a small pot of boiling water for about 2 minutes. Drain the peas, refresh them in a bowl of ice water and set aside.
2. Place avocados in a blender with the half-and-half and ¾ cup of the peas.
3. Puree on high speed, adding 6 Tbsp. of oil in a thin stream to emulsify.
4. Season with salt, pass the

mixture through a fine sieve and set aside.

5. Place the crème fraîche in a small mixing bowl with the preserved lemon and mix thoroughly.

6. Place the remaining ¼ cup of peas into another bowl and season with 1 Tbsp. oil.

7. Serve the soup in small soup bowls and top with crème fraîche mixture in the center. Sprinkle each bowl with peas for garnish and drizzle with remaining oil.

Preserved Lemon

Yields: ¼ cup

Ingredients:

- 1 medium lemon
- ½ Tbsp. sea salt
- ½ tsp. chili flakes
- ½ tsp. coriander seed

Preserved Lemon Instructions:

1. Wash the lemon with hot water, peel the skin and juice the lemon into a small mixing bowl.
2. Mix the lemon juice with salt, chili flakes and coriander seed.
3. Add the lemon peels into the mixing bowl and refrigerate for 3 hours, up to 5 days.
4. Upon serving, rinse the lemon peels once more and mince finely.



California Avocado and Roasted Beet Salad

Recipe created by Chef Mike Fagnoni of Hawks Provisions and Public House for the California Avocado Commission

Serves: 4

Prep time: 15 minutes

Cook time: 20 minutes

Total time: 35 minutes

Ingredients:

- 6 fresh baby beets
- ¼ cup extra virgin olive oil, divided
- 2 navel oranges
- ½ cup mixed olives (such as Kalamata, black, green and Picholine)
- 1 small clove garlic, peeled
- 3 ripe, Fresh California Avocados, seeded, peeled and quartered

Instructions:

1. Preheat oven to 425 degrees F and drizzle beets with 1 Tbsp. olive oil. Roast beets for 10–15 minutes, until fork tender. Remove the beets from the oven and slice into quarters.
2. Zest 1 orange and set zest aside. Peel and segment both oranges and reserve.
3. To make Olive Tapenade:

place olives, half the zest, 2 Tbsp. olive oil and garlic in a food processor and blend until mixture is finely chopped.

4. To serve, spoon Olive Tapenade evenly at the bottom of each dish. Arrange beets, avocados and oranges on the tapenade, then top salad with remaining olive oil and zest.

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—COLBY
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Crossword Puzzle Answers from page 27

1	E	S	O	S		5	R	C	A	S		9	M	A	T	E	S		
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JUST JUDITH

By Judith A. Rogow

The Play's the Thing

Shakespeare and his timeless plays — comedy and drama — not only appeal to our generation, but students of all ages.

Shakespeare and live theater are synonymous, but many — especially the younger generation — are bored sitting in a seat, dressed up, and being shushed when they try to make sense of the archaic language.

However, for those who would like to introduce children or grandchildren to the Bard's genius, the *Griffith Park Free Shakespeare Festival 2019*, presented by *The Independent Shakespeare Co.*, will enchant from June 29 to Sept. 1.

The first of two plays, *"Twelfth Night,"* is a comedy about Lola, a girl who survived a shipwreck, but thinking her twin, Sebastian, had died, disguised herself as a man, and created havoc in a nobleman's household.

The term, *"Twelfth Night"* refers to the twelfth night of celebration, Candlemas, for the end of the Christmas celebrations. Like many of the Bard's plays, there is much confusion and mistaken identity, but all turns out well in the end.

"Lend an ear for these lines,"
"If music be the food of love,
play on"

"Some are born great, some achieve greatness, and some have greatness thrust upon 'em"

"Better a witty fool than a foolish wit"

"Twelfth Night" plays from opening night on Saturday, July 6 through closing night on Sunday, Sept. 1.

"Pericles" is a Prince of Tyre who courts the beautiful daughter of King of Antioch. He must correctly answer a riddle in order to win her hand or be killed. Of course, he does, although his reply to the riddle causes the king to threaten his life.

Leaving the country, he learns of a famine in another land called Tarsus and sets sail to being food and aid.

Then he sets sail for home, but the ship he is on wrecks. He is rescued by fishermen and taken to Pentapolis where there's another king with another beautiful daughter.

This king is holding a tournament to win the heart of the lovely Thaisa. They wed and eventually must return to Tyre. There's another shipwreck, tragedy, young love and a happy ending.

Shakespeare fans often debate



whether *Pericles* is a comedy or a tragedy.

If you listen closely, you may recognize several quotes that are valid today.

"Opinion's but a fool"
"Who makes the fairest show,
means the most deceit"
"Tis time to fear, when tyrants
seem to kiss"

"Pericles" runs from July 27 and ends on Aug. 30.

Both productions play in repertory, offering a pair of plays that are performed on different dates during the season. This gives actors and audiences the chance to enjoy the works and is said to keep the plays fresh as changes may be made to cast members or set design as needed.

Festival dates are:
June 29 through Sept. 1, with performances on Wednesday through Sunday at 7 p.m. except for July 4, 24, 25, and 26.

The site is the Old Zoo at Griffith Park, ample free parking is near the merry-go-round, look for the pink signs. Parking lot

Continued on page 40

How To See Actual Government Documents

You may have been hearing a lot about the workings of your government and its official documents lately—but often they're much easier to see than most people realize.

That's because the Federal Depository Library Program of the U.S. Government Publishing Office partners with 1,150 nationwide federal depository libraries to provide the public with free access to U.S. government documents and informational resources, both current and historic.

There are federal depository libraries throughout the United States and its territories offering all sorts of U.S. government resources. Information is available on such subjects as science, history, health, careers, the military, statistics, travel, citizenship, environment, education, genealogy, and small business management, among others.

The libraries also provide access to official U.S. government documents from the Congress, federal agencies, the White House, and the U.S. courts.

They come in a variety of formats including databases, U.S. government websites, e-books, print books, maps, journals, periodicals, handbooks, pamphlets, charts and more.

In addition, federal depository librarians can provide expert

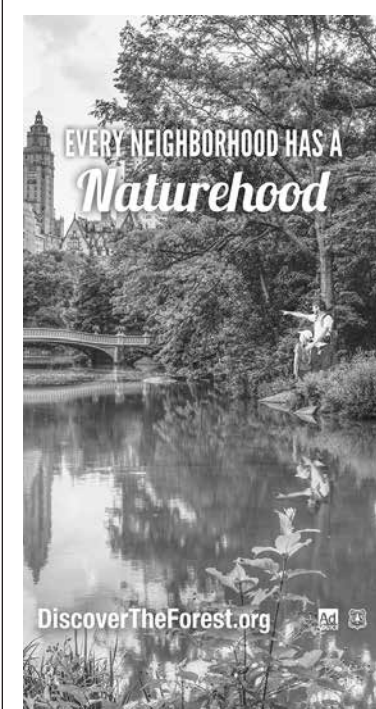


research assistance to help you make the most of these U.S. government information resources.

To find a nearby federal depository library, go to <http://catalog.gpo.gov/fdlpdir/public.jsp>.

To find a particular U.S. government document, search for it online using the Catalog of U.S. Government Publications. You can then locate a library that has your document or link to it if it's available online at <https://catalog.gpo.gov>.

You can explore all sorts of government resources online and in person.



Age Healthier

Continued from page 36

on your medication schedule and help save time.

4. Find perks in your Medicare D plan

So you've signed up for your Medicare Part D plan, but are you using it to save money? Fortunately, many prescription drug plans include Walgreens in their preferred pharmacy network, which could mean a convenient way to lower your co-pays. A little bit of research into the right combination of plan, provider and pharmacy can go a long way to help you save money. Walgreens pharmacies even conduct senior days, giving you extra advice on health care topics and special offers.

5. Maintain a healthy lifestyle

They say age is only a number, and when you're in control of your health, that's very true! With the time and money you'll save from these tips, think about how you can embark on and maintain an even healthier lifestyle. Why not challenge yourself to walk for at least 30 minutes a day, connect with friends and family, or take the time to prepare nutritious meals?

These five small steps can all contribute to a healthier life, and free up time and head space for the things you really love.

For additional information on tools to make medication management more convenient, visit www.walgreens.com/pharmacy.

Spotlight on Health

Atrial Fibrillation: When The Heart Skips A Beat

Every heart has a built-in pacemaker that ensures it beats regularly. When that natural pacemaker doesn't do its job, however, a person may experience an irregular heart rhythm, the most common and undertreated of which is atrial fibrillation (AF). This irregular heartbeat isn't always noticeable at first but can cause chaos over time.

Understanding AF

AF, which affects more than 33.5 million people worldwide, occurs when the upper chambers of the heart beat significantly faster than a normal heartbeat or quiver irregularly. Some people with AF have no symptoms, while others have chest discomfort or pain and experience fainting or light-headedness, as well as fatigue, shortness of breath or weakness.

"When I was young, my heart did funny things. It fluttered, it skipped a beat, but mostly it resolved by itself," said Sue Halpern, a lifelong AF patient. "When it didn't resolve by itself, I somehow learned how to make it stop. I began to notice in my 20s and early 30s that it was getting harder to make it stop, but I still didn't know anything was wrong with me."

Because the heart isn't pumping normally, blood can pool

in the heart and clot; these clots can also make their way through the bloodstream. If left untreated, people with AF have a much higher risk of stroke and an increased risk of heart failure.

AF is typically caused by damage to the heart from disease, an abnormality from birth, surgery or a heart attack. However, adopting healthy behaviors such as monitoring cholesterol and blood pressure, avoiding smoking and excessive caffeine, and not abusing alcohol can help prevent disease.

How To Tell If You Have AF

As with so many diseases, early detection of AF is important. Physicians may obtain an electrocardiogram (ECG) or stress test, or recommend short-term monitoring with a cardiac event recorder or Holter monitor. Unlike these short-term methods, a small insertable cardiac monitor (ICM) automatically detects and records abnormal heart rhythms for up to three years, while remaining barely detectable under the patient's skin. For example, the Medtronic Reveal LINQ ICM is approximately one-third the size of an AAA battery, yet it can accurately detect AF.

What To Do If You Have AF

Once diagnosed, living with AF doesn't have to be a bur-



den. While treatment options vary, many people respond well to medications. For those whose natural pacemaker needs an extra boost to keep the beat, treatment may include an implantable cardiac defibrillator (ICD) or a pacemaker that can respond to and reduce the duration of AF episodes. An ICD can also detect a dangerous and potentially life-threatening heart rhythm and send a lifesaving therapy to correct it.

Another treatment for paroxysmal (fleeting) atrial fibrillation (PAF) is cryoablation, a minimally invasive procedure that isolates the pulmonary veins, which are a source of erratic electrical signals that cause PAF. The device used in the procedure uses cold energy to interrupt these irregular electrical pathways in the heart.

In Halpern's case, cryoablation greatly reduced her PAF episodes and has given her a new outlook on life.

"For someone who was having episodes every seven to 10 days for eight to 12 hours at a time, I wouldn't have dreamed of having a life free of AF," Halpern said. "My advice is, if you feel something off with your heart, do something about it."

Learn More

Those who are living with or who suspect they may have AF can get further facts about therapies that may help get their heart back in sync and find a physician by visiting www.medtronic.com/us-en/patients/conditions/atrial-fibrillation-afib.html.

Atrial fibrillation, an irregular heartbeat, can cause chaos over time—but there are ways to treat it—just as Sue Halpern did.

JUST JUDITH

Continued from page 39

2 is closest but means a walk up the hill. If you have mobility challenges, please call 818-710-6306 to make arrangements.

There is no formal seating, bring a blanket or a low beach chair (legs 3" or less) or just sit on the grass.

Bring a picnic if you wish (alcohol is prohibited in L.A. parks) or enjoy snacks and beverages from the concession tent.

All events are free to the public; however, donations are gratefully accepted.

Further information is available at www.iscla.org

Tinseltown Talks

By Nick Thomas

Congratsamundo to Happy Days' Anson Williams for Saving Lives

All photos provided by Anson Williams

As one of the most popular television shows in the late 1970s to early 1980s, "Happy Days" helped propel many cast regulars into the production side of show business. Ron Howard, Henry Winkler, Don Most, and Anson Williams all achieved recognition behind the camera as producers, directors, and/or writers.



Anson Williams publicity shot from Happy Days

Williams played Potsie – the naïve, well-meaning friend to Ron Howard's Richie Cunningham character – and says the show was almost shelved when the pilot didn't sell and then aired by ABC for an episode of "Love, American Style."

"When 'American Graffiti' came out (in 1973) and was so popular, ABC re-shot another pilot more like 'Graffiti' and changed some of the cast," said Williams from Los Angeles.

The show became a hit and Williams partly credits the show's producer and writer for motivating the cast. "I had such an education because of Garry Marshall who inspired us to broaden our horizons."

Later becoming a successful TV director, himself, Williams also branched out into the business world selling dozens

of products on QVC. He recently launched BOGO (Buy One Get One) List, a web site to help consumers save money (see www.bogolist.com). "It's also important for seniors with limited incomes," he said. "Improving their lifestyle is paramount to BOGO List."

Williams is especially gratified with another business venture, Alert Drops, a simple spray he developed to prevent drowsy drivers from falling asleep behind the wheel. He notes that thousands of drowsy-driving related fatalities and many more injuries occur across the United States each year.



Dr. Henry Heimlich with Anson Williams

"It's a common but often neglected problem," he ex-

plained. "Just a spray of Alert Drops on the top of the tongue produces a reflex reaction that causes the body to release a burst of adrenaline and you're instantly awake."

Williams experienced the dangers of drowsy driving back in the late 1980s while working on the "Slap Maxwell" TV series.

"After a rough day directing in the hot Palmdale desert, I was driving home and suddenly found myself bouncing around in the car off the road. I'd fallen asleep and was extremely lucky I didn't kill myself. It scared the heck out of me."

He later recounted the incident to his 'uncle,' Dr. Henry Heimlich – yes, of the anti-choking Heimlich Maneuver fame.



Anson Williams, Marion Ross and Don Most from Happy Days in recent photo holding containers of Alert Drops

Heimlich, who was Williams' second cousin, suggested carrying slices of lemon in the car to counter drowsiness.

"I did that for years and it worked, but who wants to suck on messy lemons when driv-



Anson Williams Today

ing? I called Uncle Hank and asked if the same effect could be achieved by putting the lemon ingredients in a spray bottle. He said that was a brilliant idea. We're (now) saving lives every day, which is very satisfying" (see www.alertdrops.com).

While still appearing in "Happy Days" Williams was inspired to produce the TV movie, "Skyward," beginning the new phase of his career behind the camera. While he looks back on those early entertainment days with fondness, he's especially proud of his achievement away from the camera with Alert Drops.

"I left home when I was 18 with just \$100 and made it into show business. To get on a hit show like 'Happy Days,' then become a director, and to have an 'uncle' like Dr. Heimlich who inspired me to create a life-saving product – what are the chances of all that happening?"

Nick Thomas teaches at Au-

burn University at Montgomery, Ala, and has written features, columns, and interviews for over 700 newspapers and magazines.

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Smart Choices For A Smart Move

Every year, some 40 million Americans move into a new home. If you're one of them, two tips can help:

1. Pack a first-night box.

When you get to your new home, you won't want to hunt for must-have items like your toothbrush or device chargers.

2. Be prepared for a digital lifestyle.

If you're like most North Americans, you've got at least eight different digital devices in the home. They require a lot of bandwidth, especially when connecting simultaneously. So, for a truly 21st century digital lifestyle, you need seriously fast, reliable Internet to power your connected home.

From online shopping and food delivery to watching TV and staying in touch with friends and family, your Internet and Wi-Fi connections will keep you productive, entertained and informed.

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It's available from Internet service providers (ISPs) in most metropolitan areas across America, led by America's innovative cable companies.

Learn More

For further facts and tips, visit www.smartmove.us. Moving Tips.

Life in Long Beach

By Lyn Jensen

Volunteer Opportunities at Jewish Center

Have you ever wanted to help the police fight crime or the fire department fight fires? Would you like to cook at a homeless shelter? At the Alpert Jewish Community Center, you'll find the Retired and Senior Volunteer Program (RSVP), where seniors and retirees may match their experience, knowledge and life skills with community groups.

RSVP was launched nationally in 1971. RSVP of Greater Long Beach was started in 1973 and, since its beginning, has been locally sponsored and administered by the Alpert Jewish Community Center. The chapter has about 350 volunteers working at about 45 agencies.

Any individual, 55 years or older,



is eligible for membership. There are no minimum requirements regarding the frequency of work, or the number of hours. Benefits of being a member include mileage reimbursement, free liability and accident insurance protection while on the job, an annual recognition event, quarterly newsletters, and ongoing educational, informational, social, and recreational opportunities. There is no cost for membership.



Some of the fields to choose from include healthcare, education, public safety, youth development, conservation, community centers, museums, theaters, libraries, services for the homeless, crisis intervention at shelters and family services, and friendly visitors for homebound seniors.

Some of the organizations to choose from include the Red Cross, Meals on Wheels, American Cancer Society, the Long Beach police and fire departments, the LGBTQ Center of Long Beach, Women's Shelter Long Beach, Alpert Jewish Community Center, Long Beach Museum of Art, Aquarium of the Pacific, Long Beach Opera, Long Beach Rescue Mission, and Long Beach Performing Arts Center.

To sign up with the program, visit the Alpert Jewish Community Center, or phone Gayle Ehrenberg, RSVP director (see contact information below). You'll be asked to fill out a membership application. If the work you're

interested in, such as crisis intervention, requires special training, the center provides for it.

RSVP is a part of Se-

nior Corps, along with the Foster Grandparent and Senior Companion Programs. Senior Corps is administered by the Corporation for National and Community Service, the federal agency that improves lives, strengthens communities, and fosters civic engagement through service and volunteering.

Alpert Jewish Community Center
Gayle L. Ehrenberg, Retired & Senior Volunteer Program Director

3801 E. Willow St.

Long Beach, CA 90815

Phone: 562-426-7601, ext. 1013

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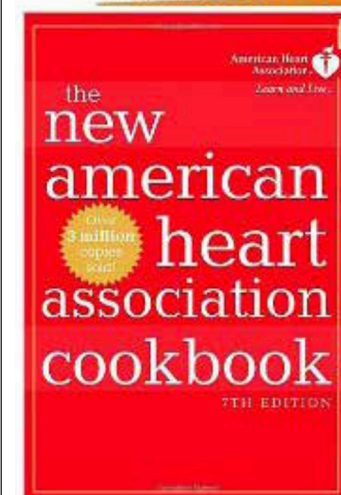
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