

# SENIOR REPORTER

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DECEMBER 2019

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## Sheryl Crow

*"People don't realize that I'm really funny and I'm an excellent bridge player."*

—Sheryl Crow



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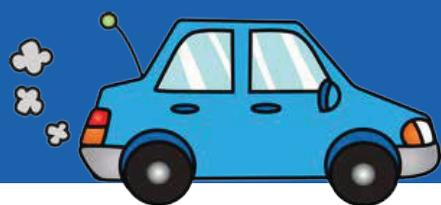
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# Intuition

By Jim McDevitt

I have a 2016 Subaru that I just finished paying for in monthly payments. About two months ago, I had to bring it into the dealer for repairs as the car started shaking and shuddering like I do when I get a letter from the Internal Revenue Service.

However, this problem occurred after I stopped at a stop sign and started up again. Both my wife and I drive this car and both of us had the same complaint. The repairs cost over \$300 to clear and clean something or other. I am not mechanically inclined and the repairs that were explained to me were beyond my ability to understand. Remember, I am a man and come with limited abilities.

Even after the repairs the car never seemed to have fully recovered. Sure, it stopped shaking and shuddering but it was not acting like it was sure it wanted to go forward when I hit the gas pedal. It was like; it was deciding whether to go. Soon it was back to shaking and shuddering when I started it up from a stop sign. It was driving my wife and me crazy. Your nerves get a little raw when this happens, time and time again

during a trip. I decided at my wife's suggestion to bring the car back to the dealer again. My wife told me to make sure the dealer checked the transmission. The car has a 60,000-mile warranty on the transmission and we had almost 58,000 miles on it. If nothing else, I have learned as a husband to do what my wife says.

I brought in the car to the dealer and explained my problem. I also told them to check the transmission this time. The estimate was \$139. They gave me a 2019 loaner car which I quickly put lots of mileage on making visits to my doctors which are a good distance from where we live over the next few days. Then while I was off the mountain on errands, my wife got a call from the dealer who said it was the transmission and that I could keep the car another week.

After only three days the dealer called to say that they had put in a new transmission and I could pick up our car. Of course, by then I had put on over 300 miles on the 2019 loaner car. The next day I drove to the dealer to pick up the car. When I picked up the car the deal-

er told me that the new transmission came with a new 100,000-mile warranty and my charges were zero. I almost hugged the attendant, who gave me this news, I was so happy. In fact, I even might have had I not thought of the Me-Too movement which stopped me cold. I drove home and shared the good news with my wife. My wife's intuition had paid off. Two thousand more miles and I would have had to pay for a new transmission.

My next move is to ask my wife to pick the Lottery numbers that I should play in the next Super Lotto. If you hear that the winner is in Southern California and is jumping up and down even though he is an old man, you will know it's me.



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The museum collection spans the history of manned flight from

*Continued on page 16*

## CHINO, CA VALLE, AZ PLANES OF FAME AIR MUSEUM 2019 SCHEDULE OF EVENTS

(See our website [www.planesoffame.org](http://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 A6M5 Zero

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

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

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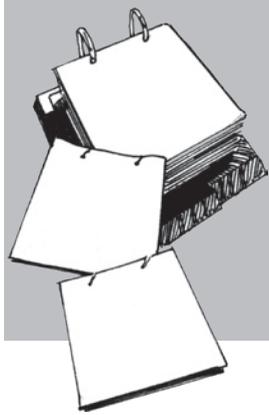
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# December Calendar of Events

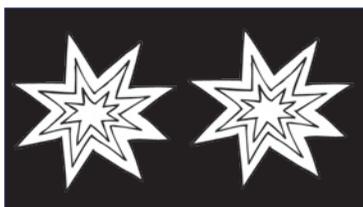


This is the last month of 2019 so get out and attend some of these exciting events in and around the area before you get bogged down by the chaos of the holiday season.

## Holiday Trains at the Nixon Library

Yorba Linda  
Through Jan. 5, 2020

This popular annual Christmas celebration will feature displays of whistling miniature model trains and annual Pat Nixon White House Gingerbread House. Guests to the Nixon Library will enjoy the popular special exhibit "Apollo 11: One Giant Leap for Mankind" and tour a whistling wonderland of TRAINS, featuring a dozen bustling tracks, 500 square feet of hand-crafted model scenery, and five expertly-designed layouts including the all-new Rocket Railroad space-themed layout, celebrating the 50th anniversary of the Apollo 11 moon landing. At, Richard Nixon Presidential Library and Museum, 18001 Yorba Linda Blvd. Call, Yorba Linda. 714-993-5075.



## Chance Theater Presents: A Charlie Brown Christmas Anaheim

Dec. 6-29

Join Charlie Brown, Snoopy, Lucy, Linus, and the whole Peanuts gang as they produce their own Christmas play and ultimately learn the true meaning of the season. A Charlie Brown Christmas is a present the whole family can enjoy. Adapted from Charles M. Schulz's timeless story, this holiday treat features the unforgettable music of Vince Guaraldi, as well as holiday carols performed by the Peanuts characters. *Recommendation: Wonderful for the entire family, ages 4 and up.* Chance Theater @ Bette Aitken theater arts Center, 5522 E. La Palma Ave. Anaheim. 20% off tickets. **Limited availability. Use code "FOOTBALL20."**

## Snow Day with Critters Santa Ana Zoo

11 a.m. to 2 p.m.

An all zoo celebration featuring stations focusing on winter and snow at the Santa Ana Zoo. Come watch animals receive treats, listen to holiday music, enjoy the winter decorations, play educational games, create crafts and listen to fun winter stories. General public - free with the price of

admission; FOSAZ members are FREE and Santa Ana residents are FREE on Dec. 15. At, Santa Ana Zoo, 1801 E Chestnut Ave., Santa Ana.

## Christmas and Nativity Play

Huntington Beach

Dec. 15

6 to 8 p.m.

Celebrating The True Spirit of Christmas ... Each year Old World Village plays host to the International Celebration of Christmas bringing together a diverse group of churches, singers and dancers for a celebration highlighting the true meaning of the holiday season. FREE Admission. At, Old World Village Festival Hall, 7561 Center Ave. No. 49, Huntington Beach.

## Annual Newport Beach Christmas Boat Parade

Newport Beach/  
Newport Bay

Dec. 18 - 22

FREE to the public. The boat parade will light up the harbor for five nights in a row. The parade starts at Collins Island at 6:30 p.m. and will last around three and a half hours over 250 ships participate in the parade along with hundreds of waterfront estates. Providing the backdrop for the parade is the Ring of Lights

waterfront home and business decorating competition. FREE for spectators, entry fee for participating boats. Over a million and half people view the parade each year. For those of you that would like to be in parade both Newport Landing and Davey's Locker will offer 3 general admission cruises nightly every night of the parade that is a part of the actual parade. Viewing the parade from a ship means that you see all the parade and homes in full decor that line the waterfront. General admission tickets can be reserved over the phone. Dec. 1-31. Call, 49-675-0551. Offered three times nightly (check websites for times): Newport Landing at 309 Palm, Suite A, Newport Beach, and Davey's Locker at 400 Main St., Newport Beach.

## Discovery Cube Presents: Science of Gingerbread

Santa Ana  
Through Jan 6, 2020

Aprons on, scientists! You'll head into the world of the classic holiday dessert and find out how science plays a crucial role in the kitchen. Our favorite goodies don't come together magically though. We use heat, math, engineering, and other important components in order to bake and create the

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

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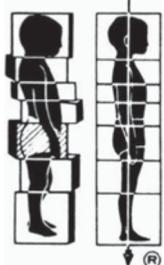
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## Fifties Flashback

By Randal C. Hill

### 'Who's Afraid of the Big Bad Ants?'

Remember those dreaded "duck and cover" school drills that (supposedly) prepared us for surviving an atomic bomb attack? If you do, you probably also recall one particular movie that reflected what so many of us worried about — "Them!"

The 1950s were the golden years of teen-oriented horror films, and one popular sub-genre in that decade featured dangerous, oversized creatures running amok and wreaking havoc while chewing up hapless humans along the way. The first of such offbeat offerings was the now-classic 1954 giant-ant thriller, its existence being owed in large part to Ted Sherdeman.

After two Japanese cities were annihilated by American atomic bombs in 1945, Sherdeman adopted a lifelong hatred of all nuclear weapons. After serving in World War II, he became a staff producer at Warner Bros. One day, a studio worker pitched Sherdeman a science-fiction story idea about gigantic, destructive, irradiated ants. "The idea appealed to me very much," Sherdeman told the horror/fantasy/sci-fi periodical "Cinefantastique" years later. "Aside from man, ants are the only creatures in the world that plan to wage war." [Since he uttered that statement, however, it has been

shown that certain chimpanzee "gangs" also share this unfortunate trait with humans.]

Sherdeman's script promoted his anti-nuke philosophy by having a savvy old scientist (played by Edmund Gwenn) declare that the ants' mutations were probably caused by lingering radiation from the first atomic bomb. He also grimly quotes the Bible: "And there shall be destruction and darkness come up in creation, and the beasts shall reign over the Earth."

The movie's deadly creatures appeared onscreen via a combination of puppetry and animatronics (lifelike robots or puppets used in films decades ago). For "Them!," two fully operational mechanical ants were constructed, the first being a 12-foot behemoth outfitted with gears, levers, motors, and pulleys. The big bug appeared mainly in long shots. For close-ups, the front three-quarters of a large-scale ant was built and mounted on a camera crane. Smaller, non-motorized models were used when a scene called for ant swarms.

"Them!" was originally to be shot in color and 3D; however, the bean counters at Warner Bros. nixed the extra expense, so the film was released as a two-dimensional, black and

white "B" movie. To Warner Bros.' surprise, "Them!" raked in \$2.2 million — about \$20 million today.

Two famous actors owed their spectacular careers to "Them!." In 1954, Walt Disney was developing a series for ABC-TV based on frontier legend Davy Crockett. James Arness (who played an FBI agent in "Them!") was on Disney's shortlist of candidates for the starring role. However, a young Texan in "Them!" named Fess Parker also attracted Disney's attention. When Parker appeared briefly on the screen as a pajama-clad pilot locked in a psych ward, Uncle Walt knew right then that he had found his leading man.

The next year, Parker, as Davy Crockett, became an international television star (and helped to sell 10 million coon-skin caps), while Arness became gruff marshal Matt Dillon on CBS-TV's 20-year-running "Gunsmoke."

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# Gift Yourself A Very Merry Holiday

Best-ever holiday? It's on. From friends & family gatherings to cocktail parties and holiday potlucks, there's no shortage of unforgettably beautiful holiday moments worth celebrating (even the unfiltered, messy, probably embarrassing, and slightly dramatic ones). And you can find all the go-to styles to give and gift yourself for every merry occasion at your nearest maurices store or online. Here are some of the season's hottest fashion gifts for others or yourself!

## Gifts to give & get from under \$25

From stocking stuffers such as lip gloss and travel-size fragrance to super-soft slippers and socks, plaid wallets, jewelry sets and limited-edition holiday graphic tees, you'll spread extra cheer no matter what you choose. And, if you still can't decide on the perfect present, a gift card can always fit her style, her personality, her size, and your budget.

## Cozy up to oh-so-soft sherpas

Get into all things warm and fuzzy this season with sherpa vests, jackets and slippers that feel like a hug. One for a friend, one for you. It may be the softest thing you'll wear all winter along. Best of all, you get twice the style with reversible vests that are cozy on one side, and quilted on the other. Layer over a thermal tee, plaid or blouse



*Soft, stylish sweaters will be warmly received this holiday season*

for endless winter outfits—and compliments.

## Bundle up in sweaters & sweatshirts

There are few things better than wrapping yourself up in cozy sweaters and sweatshirts. From cardi dusters and trend-worthy colorblock pullovers to sweatshirts with fun pops of buffalo plaid, you won't run out of cozy styles to add to your list. Pair with supersoft (and super comfy) jeggings for a laid back cookie exchange with your girlfriends or take it up a notch with a skirt and tall boots for happy hour or date night.

## Mix it up with fun plaids

It's the season's hottest fashion trend to give, get and style. Create a touch of drama with a plaid ruana over skinny jeans or polished bengaline pants for an instant party-ready look. Layer a plaid top with leggings or jeggings for a casual gift exchange, or dress it up with dark denim for a fun night on the town. And don't forget a plaid blanket scarf—

it's a great way to wrap up any holiday outfit on the go.

## Do-it-all denim

Treat yourself to jeans that feel as amazing as they look. Dress them up for a holiday party or dress them down for whenever. Now with more sizes, rises, washes, colors, and fits than ever before in sizes 0-24, you can find a pair you'll want to wear again and again. For example, there's maurices' super-slimming Everflex jeans that feel so amazing on, you may never want to take them off—especially when they're paired with a rockin'-around-the-tree top.



*Denim can be a delightful way to look festive while trimming the tree.*

## Finish it all off with best-selling duck boots

Can't decide between comfort and style? You don't have to. Duck boots are an excellent way to finish your look without compromising on style. And with a fun pop of buffalo plaid

*Continued on page 25*

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# Sheryl Crow

By Les Goldberg

Did you watch the Country Music Awards last month? If so, you would have seen one of the main highlights of the show – a performance by Sheryl Crow, a legitimate superstar of the genre.

At 57, the singer, songwriter, musician, and actress is still bringing down the house as an entertainer, and it was vividly on display at the CMAs in Nashville. In a tribute to legendary Kris Kristofferson, Crow teamed with fellow country music stars Dierks Bentley, Chris Janson, John Osborne and Joe Walsh in a rendition of “*Me and Bobby McGee*.”



Known for her multiple Grammy Award-winning hit songs like “*All I Wanna Do*”, “*Sweet Child of Mine*”, “*Everyday is a Winding Road*” and others, she is not so well-known for her pre-stardom days.

You could say that her musical talent was inherited from her parents: her father Wendell Wyatt Crow was a lawyer and trumpet player and her mother, Bernice, taught piano. You could also say that her political



activism might be a trait from her great-grandfather, U.S. congressman Charles A. Crow (1873-1938).

Not many folks know that Crow, while in her hometown high school in Kennett, Mo., was a majorette, an all-state track star, a member of the National Honor Society and winner of a local beauty contest. She then went to the University of Missouri where she earned a Bachelor’s degree in music composition, performance, and education while a member of two sororities, including Sigma Alpha Iota, an international music fraternity for women, and singing in a local band, Cashmere.



After graduating college, Crow worked as a music teacher at Kellison Elementary School in Fenton, Mo. Teaching during the day gave her the opportunity to sing in bands on the weekends. She was later introduced to local musician and record producer Jay Oliver.

He had a studio in the basement of his parents’ home in St. Louis and helped her by using her in advertising jingles. Her first jingle was a ‘back to school’ spot for the St. Louis department store Famous-Barr. Soon after she sang in commercial jingles for McDonald’s and Toyota.



Crow toured with Michael Jackson as a backing vocalist during his Bad tour 1987–1989, and often performed with Jackson on “*I Just Can’t Stop Loving You*.” She also recorded background vocals for Stevie Wonder, Belinda Carlisle, and Don Henley.

Crow also sang in the short-lived Steven Bochco drama “*Cop Rock*” in 1990 and her song “*Heal Somebody*” appeared in the film “*Bright Angel*.” In 1991 her recording of



“*Welcome to the Real Life*” featured on the soundtrack to the Brian Bosworth action film, “*Stone Cold*.”

Later that year her performance of “*Hundreds of Tears*” was included in the “*Point Break*” soundtrack and she sang a duet with Kenny Loggins on the track “*I Would Do Anything*”, from his album “*Leap of Faith*.”

In 1992, Crow recorded her first attempt at a debut album with Sting’s record producer Hugh Padgham. The self-titled debut album was due to be released in September 1992, but Crow and her label mutually decided that the album did not merit release. However, her songs were widely dispersed via file-sharing networks and fan trading and many were recorded by major artists such as



Celine Dion, Tina Turner, and Wynonna Judd.

## Global Success

She then began dating Kevin Gilbert and joined him in an ad hoc group of musicians known to themselves as the “Tuesday Music Club.” The group existed as a casual songwriting collective prior to its association with Crow but rapidly developed into a vehicle for her debut album after her arrival.



Crow appeared in the “*New Faces*” section of Rolling Stone in 1994. Later that year her song, “*All I Wanna Do*” became an unexpected smash hit and the decade of the 90s turned out to be a launching pad for her rise to stardom. Her singles, “*Strong Enough*” and “*Can’t Cry Anymore*” both made the Top 40. She won three Grammy Awards for Record of the Year, Best New Artist and Best Female Vocal Performance.

In 1996, Crow released her self-titled second album in which the song, “*If It Makes*

*Continued on page 11*

## Sheryl Crow

Continued from page 10

*You Happy,*” became a radio success and netted her two Grammy awards for Best Female Rock Vocal Performance and Best Rock Album. Other singles included “*A Change Would Do You Good*,” “*Home*” and “*Everyday Is a Winding Road.*”

In 1997, Crow contributed the theme song to the James Bond film “*Tomorrow Never Dies.*” Her song “*Tomorrow Never Dies*” was nominated for a Grammy Award and Best Original Song Golden Globe.

### A New Century

In February 2000, Crow, who just returned from a year-long tour in Europe and the U.S., won another Grammy as Best Female Rock Vocal Performance for her rendition of

the Guns ‘n Roses hit “*Sweet Child o’ Mine.*”

While the hits continued to bring joy to the Crow career, the decade began on a sad note when she was diagnosed with breast cancer. Fortunately, the cancer was caught in the early stages. She had a temporary lumpectomy and underwent seven weeks of radiation. After completing her treatment, she bought a horse farm near Nashville, fulfilling a childhood dream.

After hitting the road again in 2007, she performed at the Live Earth concerts, pursuing another dream of becoming a mother. She adopted her son Wyatt that year.

A year later, she released her sixth studio album, “*Detours,*” which *Entertainment Weekly* magazine called “her best-sounding work in nearly a decade.”

In 2008 she performed at the Democratic National Convention and two years later released her seventh album,

“*100 Miles From Memphis.*” And, in 2013 she released “*Feels Like Home,*” her first Country music project, which successfully debuted in the Top 10 on the Billboard 200 chart.

### Winding Down

For most of this decade, Crow continues to record in the Country mode, but she’s spending a lot of time collaborating with such stars as Kristofferson, Stevie Nicks, Bonnie Raitt, Emmylou Harris, Carrie Underwood, Bob Dylan, James Taylor and more.

On June 25 of this year, *The New York Times Magazine* listed Crow among hundreds of artists whose material was reportedly destroyed in the 2008 Universal fire. She was not informed about the loss of her first seven albums’ masters and backups until she read the *Times*’ report. She’s also being monitored for a benign form of brain cancer.





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# The Gadget Geezer

By Les Goldberg

## Last-minute Gift Ideas

Although the clock is ticking and Santa's reindeer are ready to fly from home to home on Christmas Day, there is still time to make sure your stockings are stuffed with the coolest gifts you can find. And to help you decide which gift is best for your holiday list, or if anyone asks you what you would like to find under the tree, here are a few ideas to consider:

### No Ordinary Sunglasses



The Bose Frames Rondo audio sunglasses have the look of premium shades, but in fact, are wireless headsets with voice command. Wearers can

stream music, make calls and access virtual assistants (Echo, etc.).

Your privacy is assured, according to Bose, because the sound travels through wafer-thin speakers directly toward the ears, not blasted out where anyone can hear. Price: \$199 at Amazon.

### Fitness First



Regardless of age, fitness has become a priority for most Americans and a medical necessity for many seniors. That

is why the Active5 was introduced to the market. It is a smart, portable fitness device that is designed to provide isometric strength training while tracking your total body strength.

Used with the Activ5 app, you can calibrate the device to your own strength level and choose from among 100 workouts that suit your fitness needs. You don't need a special designated fitness area in your home, and you can take it with you wherever you go, the company said. Price: 129.99.

### Picture Perfect



The days of flipping through photo albums and watching your favorite family memories come unglued from the pages are over – if you have the latest digital photo frame, like the one from Sungale, a manufacturer of consumer electronic equipment.

The company's newest products are the Alpha Cloud Frames (KS782 and KS1016 models), designed with a simplified interface so anyone can easily navigate and enjoy their photos at home or away. One of the improvements made in the new models is extended battery time – up to four hours on a single charge. Price: \$189.99 and under.



### Smart Security

Everybody is security conscious today, right? But not everybody can shell out hundreds of dollars for sophisticated security equipment.

Enter the Wyze Cam that costs only \$20. Designed for indoor security, the camera has a static base that can be manually raised and lowered to capture your desired angle of view. It also comes with free person alerts, free 14-day event-based cloud storage and a microSD card slot for continuous local recording.

### All Charged



One of the most useful utilities in today's digital world is the plain ordinary electrical device wall charger. There are a zillion manufacturers to choose from, and each one claims to have the "new and improved" solution. Such is the case with the latest offer from Aukey. Its USB wall charger is an ultra-compact, dual port

2.4A output and foldable plug device compatible with most Apple and Android phones. Price: \$9.99.

### Stylish Backpack



For anyone on your list who rides a motorcycle or bike, the RoadwareZ Smart Backpack is sure to be a welcome gift. Along with the app, it offers safety features like continuous day and night digital lighting, automated visual digital turn signals and brake lights and GPS tracking and navigation.

In addition, the backpack has an automated emergency notification system, built-in microphone for hands-free voice control and Bluetooth connectivity. Price: \$249.99.

### USB Rechargeable Smart Batteries

I have been covering technology for more than 40 years and during that time, hundreds of new innovations and products have been introduced to save time, make life easier for the user and be more economical. The only area of the consumer tech boon that has been sorely

*Continued on page 15*

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## Talking Turkey

### Better Basting For A More Beautiful Bird

This holiday season, making a marvelous meal for friends and family can be easier than ever with clever new cookware: a roasting pan with a concave bottom that naturally lets the juices pool to either side for safer, faster basting.



*A new, innovative roasting pan lets you baste that turkey faster, better and more easily.*

#### How It Works

There's no need to lift and tilt the pan to force cooking juices to pool to one side for basting and the nonstick roasting rack is shorter than standard racks so there's enough space for a basting spoon to fit. Because of this unique design, you don't have to wait too long for the basting juices to start pooling.

Within 30 minutes of popping your turkey in the oven, you can start basting and making a beautiful, golden bird.

The rack also has folding handles, so it's easy to transfer food to a cutting board or serving platter. This 17" x 12" Quick-Baste Roaster from GoodCook brand of

kitchenware is made of durable carbon steel with an easy-to-clean nonstick coating.

#### Delicious Side Dishes

To keep that terrific turkey company, try this trio of sweet and savory sides.

#### Maple Marshmallow Sweet Potatoes

2 (29 oz) can cut sweet potatoes  
2 eggs  
½ cup pure maple syrup  
½ cup melted butter  
1 ½ cups marshmallow fluff  
Pecans (optional)

#### Sausage Cornbread Stuffing

½ cup ground sausage

⅔ cup diced celery  
¼ cup dried cranberries  
6 oz cornbread stuffing  
1–1 ¾ cup chicken broth, boiling

#### Parmesan Rosemary Mashed Potatoes

8 medium red potatoes, boiled  
1 egg  
¾ cup shredded Parmesan  
1 Tbsp garlic puree  
⅔–1 cup heavy cream or half-and-half (to desired texture)  
Pinch salt  
1 teaspoon dried rosemary

Heat oven to 350° F. In a large bowl, mash together sweet potatoes, eggs, maple syrup and butter. Swirl in marshmallow fluff. If desired, top with pecans. Spoon mixture into 8 of the muffin

cups in an oversized muffin pan. In a large skillet, brown sausage, with celery and cranberries. Transfer to a large bowl. Add stuffing and stir in broth, adding just enough broth until desired stuffing texture is reached. Spoon into 8 more of the muffin cups. For the mashed potatoes: mash all ingredients together. Spoon into 8 remaining muffin cups. Bake for 30–40 minutes, or until marshmallow fluff is browned and mashed potatoes begin to turn golden around the edges. Let cool slightly before scooping from the muffin tin and serving.

#### Learn More

The GoodCook Quick Baste Roaster is available at <https://tinyurl.com/GCroaster>.

# Fabulous Finds

By Debbie L. Sklar

End the year on a high note with some of these great new **Fab Finds** that will make you look and feel great after some busy weeks of preparing for the holidays. After all, you deserve it!

## Bliss Renew & Smooth Glycolic + Polyhydroxy Acid Night Serum

This resurfacing **Bliss Renew & Smooth Glycolic + Polyhydroxy Acid Night Serum** transforms dull skin to visibly brighter and smoother overnight. A unique triple-acid blend combines powerful glycolic acid with gentler polyhydroxy and fruit acids for dramatic results overnight without



irritation. The acids work as a dream team to gradually dissolve dead skin cells while promoting healthy cell turnover to reveal super-smooth, refined skin. Price: \$22.99, available at [Target/Target.com](https://www.target.com)

## Kérastase Nutritive 8-Hour Magic Serum

Introducing Kérastase's latest – **Nutritive 8-Hour Magic Night Serum** – the first beauty sleep serum with an evolving

fragrance for hair that turns professional, luxurious hair-care into an effortless bedtime ritual. The Nutritive 8HR Magic Night Serum is the first of its kind, with a powerful fusion of Vitamin B complex and Iris Root Extract that penetrates the hair and completely disappears by morning. Price: \$55, available at [Kerastase-USA.com](https://www.kerastase-usa.com) and [Kérastase Salons](https://www.kerastase.com)

## Lano Face Base The Aussie Flyer Leave-On Recovery Mask

Perfect for overnight, this **Lano Face Base The Aussie Flyer Leave-On Recovery Mask** reboots dull, dry skin and brings back moisture, glow, and radiance. Formulated with a solid hit of lanolin plus a punch of mint and coffee to wake, hydrate, and re-condition weary skin. Slather on a nice thick layer and leave on for skin cells to drink up. After 10 minutes, wipe off any excess left (if any) with a towel – no need for rinsing. Price: \$24, available at [Ulta/Ulta.com](https://www.ulta.com)

## Naturally Serious After Dark Natural Peptide Sleeping Cream

Maximize your extra hour of sleep with this **Naturally Se-**

**rious After Dark Natural Peptide Sleeping Cream** that transforms the skin overnight for a firmer, hydrated, younger appearance. 3% flaxseed peptide helps to rebound – energizing and lifting skin's appearance and reducing the look of fine lines and wrinkles. Celery extract, rich in vitamins A and C, helps fight against photoaging and improves the look of skin health. 5% apple extract hydrates skin and pulls in moisture. Price: \$52, available on [NaturallySeriousSkin.com](https://www.naturallyserious.com), [Sephora.com](https://www.sephora.com) and select [Sephora stores](https://www.sephora.com)

## Peter Thomas Roth Green Releaf Therapeutic Sleep Cream

A calming, soothing moisturizer containing hemp-derived Cannabis Sativa seed oil and powerful green botanicals. This **Peter Thomas Roth Green Releaf Therapeutic Sleep Cream** has 2% Retinoid that gently smooths the look of fine lines, wrinkles, uneven skin tone, and texture and topical Melatonin follows a day-to-night circadian rhythm to help revitalize skin's appearance while you sleep. For all skin types including sensitive and compromised skin. Price: \$65, available at [Sephora/Sephora.com](https://www.sephora.com)

## Rodial CBD Sleep Drops

A targeted treatment containing CBD, **Rodial CBD Sleep**

**Drops** offers a soothing and balancing act with anti-inflammatory properties, helping to calm the skin and reduce the appearance of redness. The hydrating properties of CBD and Squalane help to rehydrate dry and tired-looking skin, preventing visible signs of aging and giving a glow to the skin. Price: \$98, available at [Blue-mercury/bluemercury.com](https://www.bluemercury.com) and [Rodial.co.uk](https://www.rodial.co.uk)

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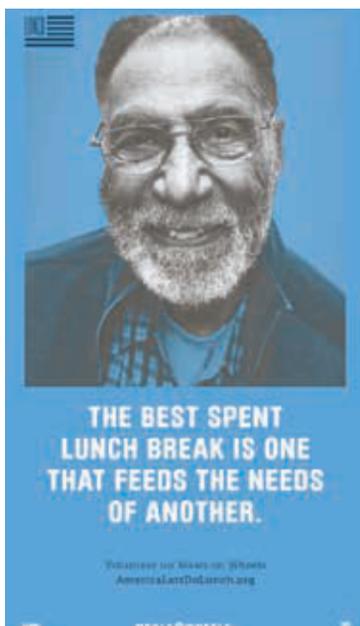
Continued from page 12

lacking is in the world of batteries.

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This is the time of year when you surround yourself with family and friends and, hopefully, your stress level is reduced along with your blood pressure. I hope you find what you are looking for and enjoy the holidays to the fullest.



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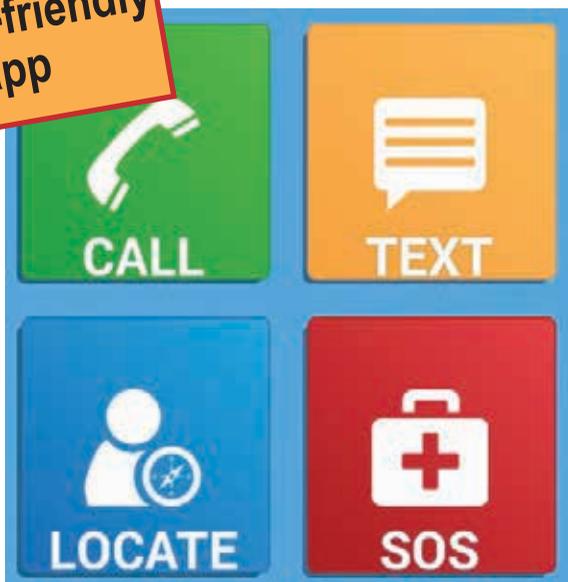
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*Continued from page 3*

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*By Randal C. Hill*

## 'Whole Lotta Love'

Led Zeppelin

December 1969

Did you ever wonder how Led Zeppelin came up with such a weird name for their band?

The group had their roots in the Yardbirds, the blues-based mid-'60s UK outfit whose members included, at various times, Eric Clapton, Jeff Beck, and Jimmy Page. In 1968, with their popularity fading fast, they became the harder-edged New Yardbirds and, later that year, Led Zeppelin — after Who members Keith Moon and John Entwistle teased the New Yardbirds that they would go over “like a lead balloon.”

Proving the Who members wrong, Led Zeppelin soon became concert headliners. They eventually dispensed with opening acts and instead offered fans three hours of high-decibel, mind-numbing rock, with blues shouter Robert Plant and guitar wizard Page radiating ultimate coolness from the front of the stage. Everything about the band seemed larger than life, and Led Zeppelin became the first rock group to become fully realized heavy-metal gods.

The band's first hit song would knock the standard Rock 'N Roll world back on its heels. “I came up with the guitar riff for ‘Whole Lotta Love’ in the summer of 1968,” Jimmy Page explains. “I suppose my early love for big intros by

rockabilly guitarists was an inspiration, but as soon as I developed the riff, I knew it was strong enough to drive the entire song, not just open it.”

The song was recorded in one afternoon. Page recalls the watershed moment. “[Robert] kept gaining confidence during the session and gave it everything he had. His vocals, like my [guitar] solos, were about performance. He was pushing to see what he could get out of himself. We were performing for each other, almost competitively.”

Led Zeppelin abhorred the thought of having their extensive album tracks become abbreviated 45s for the AM radio audience; however, Atlantic Records did exactly that in order to bring “Whole Lotta Love” to listeners who had yet to embrace the FM rock world. The tune ran 5:33, which was acceptable for an album track but too long for an AM-radio-oriented single. Over Led Zeppelin's protestations, Atlantic trimmed the song to a running time of 3:12. As with the other band members, Page was livid. “Weeks before its release, [Atlantic] sent me an acetate of the edit. I played it once, hated it, and never listened to the short version again.”

But Atlantic's decision turned

out to be a good one; the shortened “Whole Lotta Love” shot to Number Four on *Billboard's* Hot 100 singles chart.

The story has a postscript. In 1985, blues guru Willie Dixon brought legal action against Atlantic Records, since much of “Whole Lotta Love” had been gleaned from Dixon's obscure 1962 Chess Records 45 of “You Need Love.” (A YouTube comparison bears this out.) The writing credits on “Whole Lotta Love” always listed the four Led Zeppelin members — Plant, Page, John Bonham, and John Paul Jones — as the creators of the tune. Atlantic, though, gave Dixon a one-time payment and writing credit on subsequent releases of “Whole Lotta Love.”

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## Enjoying The Holidays With Family

# Home For The Holidays

With today's technology, staying in touch with loved ones around the country—and the world—is easier than it's ever been. We are connected to each other virtually day and night—from cell phones and video calls to social media, texting and e-mail. While we may rely on this technological closeness throughout the year, the holidays offer a unique opportunity to sit and spend time with family members, particularly older family members, whom we don't see on a regular basis. This face-to-face time provides a chance to connect, catch up, and observe behaviors that may go undetected over the phone or through e-mail. Certain changes in these behaviors from year to year may indicate a need for long-term care.

While each passing year will show some changes in an older family member's capabilities and function, the list below provides common changes in behavior to watch for to get a better idea of where your loved ones stand functionally. It's important not to focus on the behavior itself, but rather the change in that behavior compared to what is considered normal for that person. For example, someone who has always been quiet and somewhat introverted would be held to a different standard than someone who is usually very outgoing and conversational, but now seems with-

drawn and isolated. Based on the information you gather, it may be time to start thinking about your family's plan for long-term care.

### The time to plan is now

Millions of Americans require long-term care at some point during their lifetime. This type of care includes assistance with everyday activities, like bathing, dressing and eating, or supervision due to a severe cognitive impairment, like Alzheimer's disease. Surprisingly, the type of care needed to provide assistance with these activities can be expensive and is generally not covered by traditional health plans or Medicare. In many cases, taking care of an older relative often falls on family members or friends. However, depending on the location of family members and friends, this support is often not available or may be a bigger challenge than many expect or are willing to take on.

### Take a closer look

By paying attention to some common behaviors, you can begin to determine whether a loved one is having difficulty performing everyday activities. Noticing changes in behavior that may be due to an emerging physical or cognitive impairment is an important first step.

Based on what you observe, the Federal Long Term Care



*The next time you visit older relatives, take a good look at their lifestyle to determine whether they need help to stay healthy and independent.*

Insurance Program (FLTCIP) may be worth considering when developing your family's plan for long-term care.

### Cleanliness of the home:

Is there clutter in the hallways, stacked mail, uncleaned dishes, etc.?

### Social interaction:

Are they engaged with friends and family, getting out and about, and continuing social interaction at their normal level?

### Personal hygiene and care:

Are activities like regular bathing, laundry, grooming, etc., taking place?

### Level of independence:

Has the level of reliance on a spouse or guest for various things increased (e.g., getting a glass of water, answering the phone or doorbell, etc.)?

### Financial health:

Are bills piling up, being paid on time, etc.?

### Mental sharpness:

Is your loved one participating in conversations, staying up-to-date with the news or favorite sports team, etc.?

### Nutritional balance:

Maintaining normal eating habits, food within "best by" ranges, cupboards stocked, etc.?

How did you answer?

Mostly unchanged

The best time for you and your family members to consider long-term care insurance is long before it's needed. Because the FLTCIP is medically underwritten, it's important to apply while you're still in good health to avoid the risk that a future illness or medical condition may prevent you from obtaining coverage later. Also, premiums are directly related to age. This means that premiums tend to be lower for younger applicants.

### Recognized changes

If you're already a FLTCIP enrollee and recognize some of these behavioral changes in a loved one, contact a FLTCIP care coordinator at the phone number provided below to gather important information about the different care options that may be available. A call to one of their licensed health care practitioners can provide valuable information such as an assessment of need, direction on developing a plan for long-term care services, and access to discounted services and providers, where

available. The FLTCIP, unlike most long-term care insurance plans, provides certain care coordination services to qualified relatives of enrollees at no cost.

### FLTCIP eligibility

Many members of the federal family are eligible to apply for coverage under the FLTCIP, including federal and U.S. Postal Service employees and annuitants, as well as active and retired members of the uniformed services. Qualified relatives such as spouses, domestic partners, parents and parents-in-law, and adult children are also eligible to apply. For a complete eligibility list, visit [www.LTCFEDS.com/eligibility](http://www.LTCFEDS.com/eligibility).

To learn more about the FLTCIP, visit [www.LTCFEDS.com](http://www.LTCFEDS.com). For personalized assistance, call 1-800-LTC-FEDS (1-800-582-3337) / TTY 1-800-843-3557 to speak with a program consultant. Consultants are available to answer any questions you may have and can walk you step by step through the plan design and application process.

"Certain behavior changes in an older relative may indicate a need for long-term care. If you're an FLTCIP enrollee, contact an FLTCIP care coordinator for information about care options. <http://bit.ly/2pRV1bz>"



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## Veterans Commemorate 50th Anniversary Of Vietnam War With 'Alive Day' Stories

Army veteran Ron Hope was piloting a helicopter in Vietnam to extract a company of soldiers, when he was shot down. His left brachial plexus—the network of nerves that sends signals from the spinal cord to the arm and hand—was crushed. He also broke both legs, suffered compound fractures in six vertebrae and had third-degree burns covering 55 percent of his body.

The Texas native was honorably discharged from the Army and turned his focus to recovery. He went on to enroll at Tarleton State University and dedicated 40 years to serving his fellow veterans. Each year on July 15, Hope hosts what he calls a “celebration of life” gathering to mark his Alive Day and remember the battle buddies he lost. “I met a lot of good people in Vietnam. Unfortunately, I don’t have many of them left, but I still remember them and those we left behind.”

Alive Days are now common among veterans who have survived catastrophic wartime injuries, whether visible or invisible. These special days mark the anniversary when they almost died serving their country. Many Vietnam-era veterans have reached 50 years’ worth of Alive Days. DAV (Disabled American Veterans), a nonprofit charity that helps veterans get their benefits and services, honors those milestones through a new online



Marine veteran Bobby Barrera was severely injured in Vietnam but 50 years later, he celebrates being alive and with his family.

series of articles and podcasts featuring Vietnam heroes.

For example, Marine veteran Bobby Barrera had been in Vietnam for only six weeks when a massive explosion rocked his vehicle, causing severe burns over 40 percent of his body and leaving him without a right hand or left arm. While his family marks the anniversary of the day—Sept. 16, 1969—every year, Barrera says, “My real Alive Day was when I married my wife, who gave me a renewed reason to live.” With her support, he went back to school and they started a family. He also found meaningful work with DAV, helping other veterans and their families.

Another Vietnam veteran, Jim Sursely, thought only of sports as a teenager—football, baseball and basketball. But while driving down the street in his Minnesota hometown, he saw a sign that read, “Uncle Sam Needs You.” Sursely went to see an Army recruiter and three months later, was inducted into the military. A year

into his service, Sursely stepped on a landmine, immediately losing both his legs and left arm.

After accepting and adjusting to life as a triple amputee, Sursely moved to Florida, where the new construction business brought more accessibility and opportunities in real estate. Today, he and his wife run their family business and he is one of the top real estate professionals in the area. Sursely is proud to say that he enjoys life with his four children, 12 grandchildren, and three great-grandchildren. And he continues to honor his Alive Day and looks forward to celebrating his 51st next year.

To read more about these and other Alive Day stories and learn about the support available to veterans of all generations, go to [www.DAV.org](http://www.DAV.org).

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# The Saga of the Missing Tailhook

By Robert E. Horseman, DDS



There are eight of us, all 2nd Lieutenants, USMCR, fresh out of flight school with our untarnished Wings of Gold. All of us in our early 20s are as full of vim and vigor as we are ever destined to be. We are in four 2-plane elements flying *FM-2 Wildcats*, an improved version of the original *Grumman F4F*. It features a 1,350 horsepower Wright R-1820 "Cyclone" radial engine, a taller vertical tail and improved maneuverability. In the eyes of a young male, it beats the heck out of his father's Oldsmobile that doesn't even have four 50 cal. machine guns as an optional extra. The *FM-2* is designed to operate from *CVEs*, the so-called "baby flattops" with the notoriously lively (in terms of pitch and roll) flight decks.

That's what we are searching for now on this bright June day in 1945 off the coast of Jacksonville, Florida. We had finished field carrier qualifications earlier on dry land where we learned to hang in the air just above the speed of stalling and to obey every signal of the landing signal officer (LSO) without question. We are now supposedly ready for the "real thing."

The real thing in our case is the *CVE USS Guadalcanal* (code name "Fuzzy") steaming south in the Atlantic Ocean about 60 miles offshore according to the instructions given us prior to leaving our base at NAS Green Cove Springs, Florida. The *Guadalcanal* had achieved a measure of fame recently. The carrier and its crew distinguished themselves by capturing a disabled German submarine and towing it intact back to a U.S. port. Not only do we want to land successfully on *Fuzzy*, we are curious to see this victorious carrier.

Florida in June is hot, muggy with 100% humidity. Guaranteed afternoon thundershowers start promptly at 2 PM every day. We are happy to be at 6,000 feet above the heat and humidity, but growing increasingly apprehensive because after flying for over an hour, *Fuzzy* is nowhere in sight. "Knobby" Norrbom has the lead and I am on his wing. Normally, Knobby and I pride ourselves on flying within inches of each other and holding the position with precision born of having 20 year-old egos with no concept of our limitations. Today, however, we are holding a looser formation to facilitate the carrier search.

This gives me a little space to reflect on the irony of the situation. It was one of my firm-

est beliefs prior to graduating from NATS Corpus Christi, Texas that Marines did not operate their aircraft off of carriers. Marine aviators' *raison d'être* was the support of ground troops. Pilots had the definite advantage, I believed, of knowing their base was a stable land-based facility that could be counted on to always be in the same place, level and as spacious as needed.

It was a considerable shock, then, to discover that the USMC not only DID operate off carriers, but expected me to do the same and to do it off of a converted Liberty ship not much longer than a basketball court. Not only that, but being wartime, officers weren't even given the privilege of wearing those spiffy dress blues with the red stripe down the pants, a uniform guaranteed to generate giddiness in any female within the continental United States and possibly Western Europe.

The slate-colored Atlantic stretches away interminably. The slate-colored flight deck of the carrier with only its wake to indicate its presence appears to have been swallowed up, having wandered inexplicably into the Bermuda Triangle perhaps. In any case, Knobby taps his helmet and points to me. I pretend not to

*Continued on page 26*

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*Before*

I am Ron Vogler and I am 86 years old. I was diagnosed with demintia 4 years ago, and I have been seeing my neurologist every 3 months.

Every visit she would tell me I was getting a little worse, that I'd lost another marble. I started the gel on November 10th. My wife and I have been very diligent about my diet and keeping me physically and mentally active.

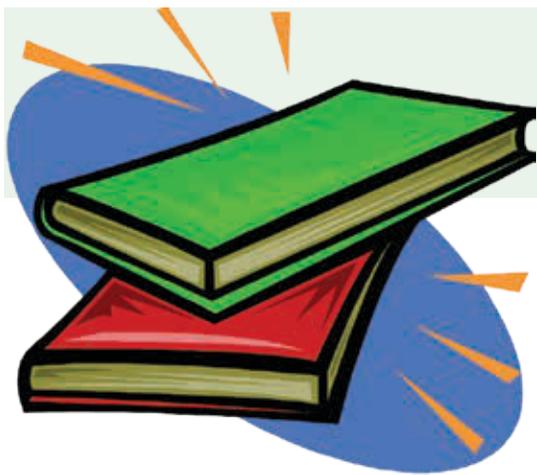


*After*

One thing we have done is play cards for a couple of hours every day. I ride my 3 wheel bike, (but not alone) as I tend to get lost or confused.

Slowly I have been feeling more clear and focused; I have even been beating my wife at cards lately. I'm back to doing some of my chores, and can go for a 15 or 20 minute bike ride and not get turned around. I'm still having trouble using my phone. I also do not always remember names and people's faces and/or their relationship to me or my wife. But I feel less confused and I know I'm not going off the gel.

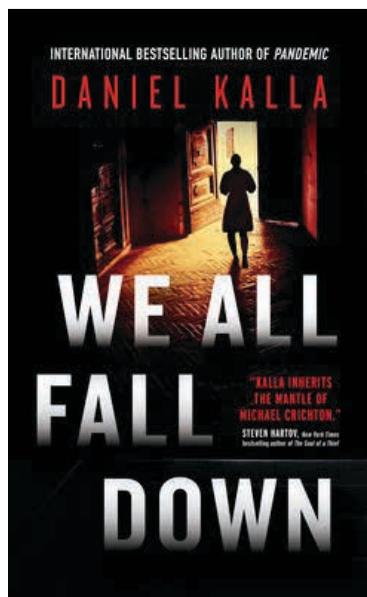




# December Book Club

It's the last month of the year and time to snuggle in with a good read. In between baking, cooking and entertaining for the holidays do take time to relax. These books might be just the answer to set your mind at ease and give you a reprieve from the chaos.

## *We All Fall Down* By Daniel Kalla



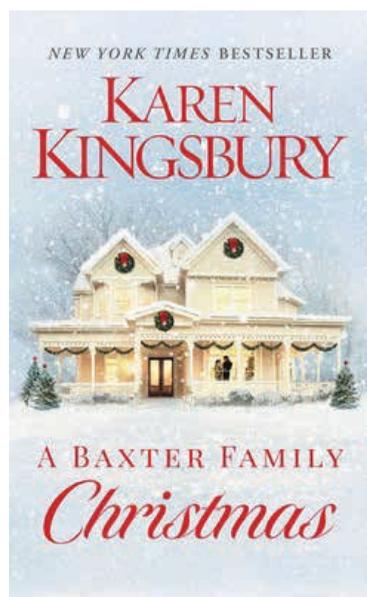
“Alana Vaughn, an infectious diseases expert with NATO, is urgently summoned to Genoa by an ex-lover to examine a critically ill patient. She’s stunned to discover that the illness is a recurrence of the Black Death.

“Alana soon suspects bioterrorism, but her WHO counterpart, Byron Menke, disagrees.

In their desperate hunt to track down Patient Zero, they stumble across an 800-year-old monastery and a medieval journal that might hold the secret to the present-day outbreak.

“With the lethal disease spreading fast and no end in sight, it’s a race against time to uncover the truth before millions die,” according to Publisher Simon and Schuster.

## *A Baxter Family Christmas* Part of The Baxter Family By Karen Kingsbury



“Two years after the car accident that took Erin Baxter’s life, her father, John Baxter, still lives in constant grief. John’s heartbreak prompts him to invite Kendra Bryant, the transplant recipient who now has Erin’s heart, to Christmas Eve dinner despite protests

from his remaining children. Ashley and Luke want to protect their 10-year-old niece—who is the only surviving child of Erin’s, but John remains determined and believes that meeting this woman is something his deceased daughter would want.

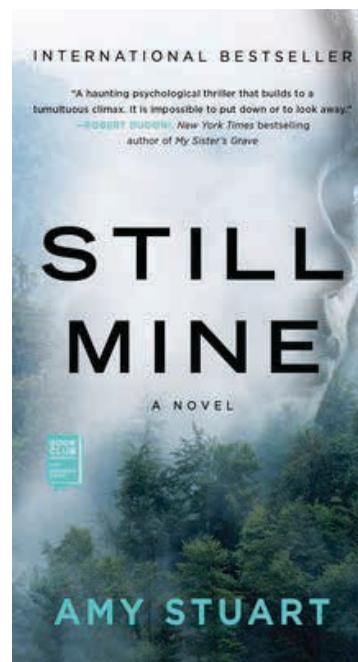
“Meanwhile, Kendra Bryant is struggling to come to terms with the tragedy that gave her a second chance. It is only when she witnesses the Baxter’s unwavering faith in God that she begins to heal and allow peace and happiness back into her life.

“At the same time, Maddie West, the 18-year-old daughter of Brooke Baxter West, continues to pray for meaning this Christmas. When she discovers a newfound friendship with a boy she never expected to see again, she begins to believe in miracles, especially around Christmastime.

“*A Baxter Family Christmas* is a heartwarming story that brings together two families in the midst of tragedy and loss, all with the help one very special child,” according to Publisher Pocket Books.

## *Still Mine* By Amy Stuart

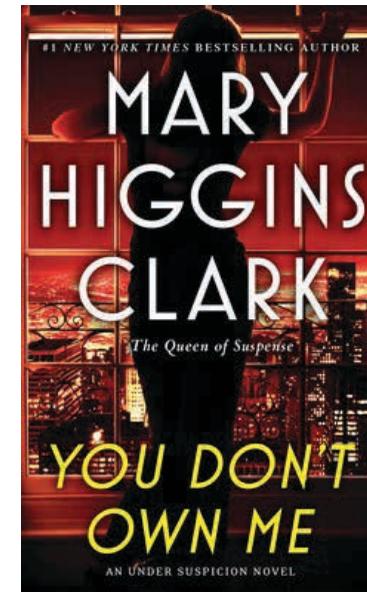
“What happens when you vanish from your life and leave no story behind? Someone makes one up for you.



“Clare is on the run. From her past, from her husband, and from her own secrets. When she turns up alone in the remote mining town of Blackmore asking questions about Shayna Fowles, a young woman who has gone missing, everyone wants to know who Clare really is and what she’s hiding. Because everyone in this place has secrets — Jared, Shayna’s mysterious ex-husband; Charlie, the charming drug pusher; Derek, Shayna’s overly involved family doctor; and Louise and Wilfred, her distraught parents.

“As Clare unravels the mysteries surrounding Shayna’s disappearance, Clare must confront her own demons, as she moves deeper and deeper into her elaborate web of lies. But what is she really running from?” according to Publisher Pocket Books.

## *You Don't Own Me* Part of An Under Suspicion Novel By Mary Higgins Clark and Alafair Burke



“Television producer Laurie Moran recently became engaged to her investigative television show’s former host, Alex Buckley, and since then, the two have been happily planning a summer wedding, preparing for Alex’s confirmation to a federal judicial appointment, and searching for the perfect New York City home for their new life together.

“But then Laurie is approached by Robert and Cynthia Bell, parents of Dr. Martin Bell, a physician who was shot dead as he pulled into the driveway of his Greenwich Village carriage house five years ago. The Bells are sure that Martin’s disgraced and erratic wife, Kendra, carried out the

*Continued on page 25*

# Oregon's Art-filled Central Coast

The cities of Oregon's Central Coast are strung like a necklace of pearls along 50 miles of Highway 101. They are blessed with rugged seascapes, isolated coves, untouched tidepools, long sandy beaches, picturesque lighthouses, and magnificent arched bridges. The passion, magic, and vitality of each locale's culture, dazzling art, seafaring quests, and gastronomic riches, is wide open for discovery.

## Lincoln City

Visitors flock to this charming resort town where fishermen fish and artists create. There are seven miles of beautiful sandy beaches ideal for building sandcastles and hunting for driftwood, agates and shells. The visual arts community here, though local in its roots, is internationally renowned.



*Shucking oysters at Oregon Oyster Farms*

Wonderful galleries, each with its own soul and spirit, keep you enthralled. Roll up your sleeves and head over to the **Jennifer Sears Glass Art Studio**, where guided by an expert glassblower, you'll have the awesome experience of mak-



*Artists at work at Sitka Center for art & ecology*

ing a beautiful glass float. Located on the corner of SW48 on Highway 101. Call, (541) 996-2569 or visit [www.jennifersearsart.com](http://www.jennifersearsart.com)

Learn how to prepare the best of Pacific Northwest cuisine presented by local award-winning chefs at **Center for the Culinary Arts** that focuses on the abundant foods and

culinary heritage of the Pacific Northwest. Located at 801 SW Highway, 4th floor. Check schedules at [www.oregonculinaryinstitute.com](http://www.oregonculinaryinstitute.com)

To change the pace, check in to the beautiful **Chinook Winds**

**Resort Casino** on the beach. This modern beachfront hotel located at 1777 NW 40th Place, has 227 ocean view rooms including 61 fireplace suites with balconies, an indoor swimming pool, spa, and sauna. Just a few steps from the surf, the resort's five restaurants offer Pacific fresh seafood, prime cuts of meat, big salads, and delectable desserts. Beat the odds and win a bundle with the Las Vegas-style gaming offered at **Chinook Winds Casino** with over 1,000 video slots of every denomination and tables offering Blackjack, Roulette, PaiGow Poker, and more. For more information call, (888) 244-6665 or visit [www.chinookwindscasino.com](http://www.chinookwindscasino.com)

## Depoe Bay

Carved and shaped by powerful forces, Depoe's Bay rugged rocky coastline and snug harbor teems with marine life. The site of the world's smallest navigable harbor just 6 square acres, allows charter fishing boats and whale-watching

Story by Ronnie Greenberg • Photos by Joe Hilbers

boats to be on the open sea in just minutes. You're just seconds from the big one with **Dockside Charters** whose fishing trips target Ling Cod, Rockfish, trophy Chinook and Coho salmon, halibut, Albacore tuna, and Dungeness crab during the season. Visit [www.docksidebay.com](http://www.docksidebay.com)

If gallery hopping is more your style, you'll enjoy a visit to **The Silver Heron Gallery** that exhibits an eclectic mix of more than 75 one-of-a-kind internationally recognized arts, visit [www.silverherongallery.com](http://www.silverherongallery.com)



*Yakina Bay Lighthouse*

**The Alder House III**, Oregon's oldest glassblowing studio is where you can watch the 2,000-year-old craft of turning molten glass into wonderful goblets, vases, bowls, and other forms. Visit [www.alderhouse.com](http://www.alderhouse.com)

**The Mossy Creek Pottery Studio and Gallery** that borders the lush Siletz Bay wildlife refuge showcases a

collection of over 40 of the Northwest's finest potters. Visit [www.mossycreekpottery.com](http://www.mossycreekpottery.com)

Have a delightful overnight at **Salishan Spa & Golf Resort**, a premier hotel with 205 beautiful guestrooms set on 175 forested acres. Guests can enjoy the 18-hole Peter Jacobsen re-designed golf course, luxurious full-service spa, access to a private beach and miles of hiking trails. A variety of dining experiences are yours for the tasting from classic Pacific Northwest cuisine to one of the largest wine cellars on the

West Coast. Located at 7760 Highway 101 in Gleneden Beach. For reservations, call, (800) 452-2300 or visit [www.salishan.com](http://www.salishan.com)

## Newport

The largest Oregon coast port is renowned for sport fishing, a year-round population of great gray whales, and one of

*Continued on page 23*

# Oregon's Art-filled Central Coast continued



*glass floats on beaches of Lincoln City*

the largest commercial fishing fleets. Along the historic bayfront antique shops and art galleries are working canneries and tackle shops. Attractions here include **Mark O. Hatfield Marine Science Center**, a working laboratory dedicated to marine life all over the world. The center's exhibits include a "touch" tank of tidal animals and a live octopus. Located at 2030 Marine Science Drive. Visit [www.oregonstate.edu](http://www.oregonstate.edu)

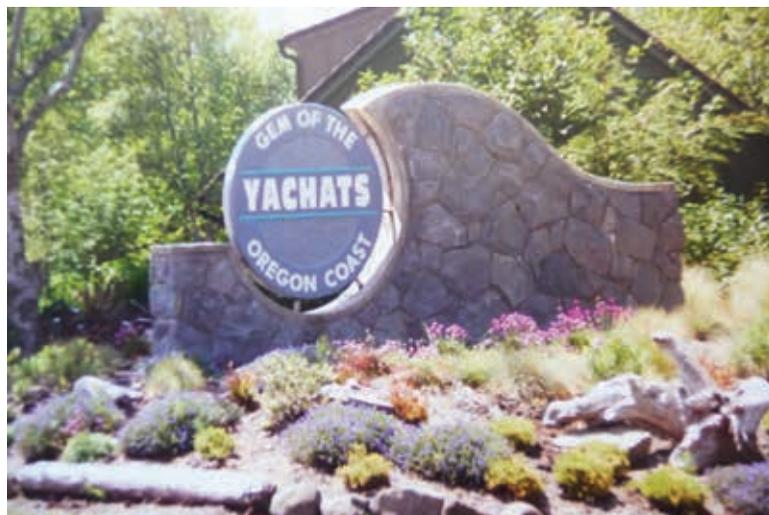
**Marine Discovery Tours** offers the **Oregon Sea Life Cruise** onboard the **Discovery**. Fun activities range from pulling crab pots, navigating in the wheelhouse, or looking for a school of salmon. Visit [www.MarineDiscovery.com](http://www.MarineDiscovery.com)

The **Oregon Coast Aquarium**, a place of wonder lets you watch sea otters, harbor seals and California sea lions that play along the aquarium's rocky shores. Watch the comical tufted puffins and graceful pigeon guillemots frolic in one

of the largest outdoor seabird aviaries in North America. Located at 2820 SE Ferry Slip Road. Visit [www.aquarium.org](http://www.aquarium.org)

The restored **Yaquina Bay Lighthouse** one of the few built with light keeper's living quarters in the same building as the tower was active from 1871-1874. It was re-lighted in 1957 and is now open as a museum. **Yaquina Head Lighthouse** built in 1872 with a 93-foot tower, is here, too. Visit [www.yaquinelight.org](http://www.yaquinelight.org)

Check out the **Oregon Oyster Farms** to see how oysters are



*Yachats on Oregon Coast*

grown and harvested, as well as sampling some of the delicacies. Located 6 miles up the Yaquina Bay Road from Newport. Visit [www.oregonoyster.com](http://www.oregonoyster.com)

## Otter Rock

Pollack Beach is a long wide beach area and a favorite for fossil hunting and watersports. Enjoy wine tasting at the Oregon coast's only working winery, the **Flying Dutchman Winery**, and see for yourself what the salt air can do for fine wines. Each of its wines is made in small lots and hand-crafted to bring out the best the grapes have to offer. Visit [www.dutchmanwinery.com](http://www.dutchmanwinery.com)

## Waldport

Set on Alsea Bay, Waldport is the gateway to a fishing paradise with wonderful beaches, boating facilities, and private parks. Visit the **Alsea Bay Interpretive Center** to learn about the transportation history of the Oregon coast, via interactive, hands-on exhibits; visit [www.oregonstateparks.org](http://www.oregonstateparks.org) and the **Waldport Her-**

**itage Museum** on the corner of Grant and Broadway in old town, for insight into Waldport's history. Visit [www.waldportchamber.com](http://www.waldportchamber.com)

is home to **Gallery Michael Gibbons**, an intimate studio and gallery that showcases the artist's paintings in oil of Pacific Northwest and Southwest



*Art Gallery on Oregon coast*

## Yachats

Known as the "Gem of the Oregon coast," has uncrowded beaches and rocky promontories that offer dramatic surf action when seas whip up. To the south of town 800-foot-high Cape Perpetua is the highest point on the Oregon coast. The viewpoints and surrounding trails are open year-round. The area is also home to a diversity of art from collectibles to whimsical.

## Toledo

Bring your camera or your easel to the picturesque mill town of Toledo, nestled among the forested hillsides surrounding the Yaquina River. Main Street is Americana, accented by creations from the local artists that you can watch painting on Yaquina Bay Road, and see the largest outdoor mural in the Northwest. **The Art District**

landscapes. Visit [www.michaelgibbons.net](http://www.michaelgibbons.net)

Other area studios are **Ivan Kelly Fine Arts** [www.ivan-kelly.com](http://www.ivan-kelly.com); **Larry Sommer Glassblower**, and the incredible metal sculptures at **the Briseno Gallery**.

The Yaquina **Pacific Railroad Historical Society** on Northwest 1st St. is the site of "One Spot," the 1922 Baldwin Steam Engine which logged in the county until 1950, an RPO mail car, and a 1907 caboose. Visit [www.yaquinapacificrr.org](http://www.yaquinapacificrr.org)

Visit the **Toledo History Center** on Main Street that explains the area in photographs and artifacts [www.toledohistorymuseum.org](http://www.toledohistorymuseum.org)

*Continued on page 25*

# How People With Low Vision Can Stay Safe And Independent

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

## What Can Be Done

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

## Who Can Help

An ophthalmologist can determine the full extent of vision loss and exact location of blind spots. Either the ophthalmologist or a low vision specialist can then determine the best techniques and devices that



*If you or someone you care about has low vision, see the eye doctor. If cost is a concern, EyeCare America may be able to help.*

can help you get around your individual challenges.

## Where EyeCare America Comes In

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

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

## Low Vision Services Offer Hope

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

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

- **Improve contrast.** Contrasting colors can make it easier to accomplish household tasks and improve safety. Put dark place mats under white place settings, get area rugs that are a contrasting color with the

floor and kitchen towels and cutting boards that contrast with the counter top. Use contrasting colored tape along the edges of rugs, stair steps and lamp shades.

- **Improve lighting.** Every year, about three million older Americans are treated for injuries from falls, according to the Centers for Disease Control and Prevention. Many of these falls are caused by low vision. Add lighting to staircases and dark hallways. Remove rugs from hallways to prevent tripping. Task lighting in the kitchen can make food preparation safer and easier.

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

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

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

## Learn More

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



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## Brick Homes Fight Fires The Longest

Firefighters report that it takes about an hour and a half for a fire to breach a brick home—as compared to fiber cement in under an hour and vinyl siding in just minutes.

Choosing brick exteriors to protect their own firehouses, firefighters say brick homes help slow the spread, offering the extra few minutes to help save lives and property as this brief video shows.

While the International Residential Code (IRC) does not require cladding on single-family homes to have a fire rating, the International Building Code (IBC) acknowledges that fired-clay brick has tested to provide a minimum one-hour fire resistance rating alone, regardless of backing material. This is something that synthetic materials—such as fiber cement—cannot claim.

Primarily made of clay, brick is classified as a noncombustible material that will not burn, melt or combust.

In a one-hour severe fire test conducted independently for the Brick Industry Association (BIA), vinyl siding burned after only 18 minutes, fiber cement failed within one hour and fired-clay brick withstood the flames after one hour. The test was conducted in accordance with ASTM E119, the Standard Test Methods for Fire Tests of Building Construction and Materials.



*Building your house of brick is a good way to protect your home and family from fire.*

### Learn More

BIA is the nationally recognized authority on clay brick construction representing the nation's distributors and manufacturers of clay brick and suppliers of related products. To learn more, go to Fire Prevention at [www.gobrick.com](http://www.gobrick.com).

## Yolo County

*Continued from page 23*

### Seal Rock

An early coastal town that has shops and attractions including Sea Gulch with life-sized chainsaw carvings. The **Triad Gallery** at N.W. Pacific Coast Highway is noted for its architecture and features monthly shows in a variety of media from Pacific Northwest national and international artists. Visit [www.ohwy.com](http://www.ohwy.com)

**Reedsport and Winchester Bay** four miles inland have its coastal activity centered at Winchester Bay and Salmon Harbor, one of the Oregon coast's largest sports charter fishing fleets.

For more information contact: Central Oregon Coast Association, (800) 767-2064 or visit [www.visittheoregoncoast.com](http://www.visittheoregoncoast.com)

## December Book Club

*Continued from page 21*

wife, Kendra, carried out the murder. Determined to prove Kendra's guilt and win custody over their grandchildren, they plead with Laurie to feature their son's case on *Under Suspicion*, ensuring her that Kendra is willing to cooperate.

"As Laurie dives into the case, she learns that Martin wasn't the picture-perfect husband, father, and doctor he appeared to be and was carrying secrets of his own. And what does the web of lies ensnaring the Bell family have to do with a dangerous stranger, who gazes at Laurie from afar and thinks, *She is actually quite a lovely girl, I'm sure she's going to be missed ... ?*

"*You Don't Own Me* is the perfect, exhilarating follow up to the bestselling *Every Breath You Take*. The 'Queen of Suspense' Mary Higgins Clark and her dazzling partner-in-crime Alafair Burke have devised another riveting page-turner," according to Publisher Pocket Books.

## Gift Yourself

*Continued from page 9*

They're all available at maurices stores and online at [www.maurices.com](http://www.maurices.com).

### Feeling extra merry and bright?

Visit a maurices store for a Holiday Party Nov. 21 from 3 pm to close to treat yourself to a FREE scarf (a \$24 value) with a \$60 purchase, styling sessions, sips, snacks, and more.

## Tailhook

Continued from page 19

understand, tapping my own helmet and pointing back to him. No way do I want the lead for this misadventure, having to radio the base and ask for permission to return.

“Green Base, this is China flight at angels 4, 10 miles southeast request pancake for 8 chicks.” The CO is not pleased with our performance. Apparently, no credit is to be given for successfully finding the base. Even taking into consideration that 2nd Lieutenants are as irresponsible as pre-schoolers and cannot be trusted to do anything correctly unless personally directed by a master sergeant, our chewing out is classic. It is clear that our navigation is not even on a par with the contemptible “railroad track” version of the Army Air Corps. We are, in short, a disgrace to a proud and noble Service, but tomorrow we can attempt to vindicate ourselves, he says, by trying again before the Army finds out. Semper Stupido. Dismissed!



24 hours later: same incompetents, cockiness somewhat dampened, same ocean, different day. Daedalus, or whatever god is the patron saint of aviators, is with us today. Below is *Fuzzy*, even smaller than I had imagined.

Cut a postage stamp in two, stand atop the Empire State Building and look down on it—that’s the *Guadalcanal* from our vantage point. Not a confidence-building view.

No matter, *Fuzzy* is ready for us, so assuming the echelon formation required in such procedures, we begin our carefully rehearsed landing sequence. This means a plane is to be landed every 28 seconds, moved out of harm’s way and a new arrival “trapped.” Fourteen successful landings constitute qualification. Observed from the relative safety of the bridge, this is a marvelously choreographed event. Observed from the cockpit, it is a form of structured insanity with deck personnel, planes and landing signal officers’ instructions arriving in a kaleidoscope of activity.

Fortunately, the FM-2, in spite of its narrow quirky landing gear, is a good platform to learn on. Unlike the F4U Corsair, the SB2C Helldiver and the F6F Hellcat, all heavier planes with higher landing speeds, the Wildcat saunters up to the fantail of the carrier in a leisurely fashion. *Fuzzy* is now steaming into the wind with 26 knots down the deck, the LSO is at his station on the stern indicating he is ready to take on all comers.

Knobby, 28 seconds ahead of me, seems to have acquired the deck successfully in terms of not crashing, and is rapidly being moved into position for takeoff as I continue my approach.



Unaccountably, I am concentrating so fiercely, I forget to be frightened out of my mind as all dictates of common sense would suggest. By my estimate, my first landing went rather well. I am still upright, my viscera has almost returned to normal after the 2 second deceleration to zero and suddenly, I am airborne again. One down, thirteen to go.

Two, three, five, seven---I’m a carrier pilot! A successful landing, defined as one you can walk away from, seems to be a piece of cake. Approach #8 seems routine until inexplicably the LSO is giving me a frantic wave off, the obligatory signal to shove on full power and go around again. Another officer is making a hand signal I don’t comprehend as I roar by a few feet from his head. No, not THAT one—he’s trying to indicate what’s wrong. Over the radio a tired voice obviously used to speaking to 2nd Lieutenants, informs me I forgot to put my hook down. No hook, no wire, no landing—simple, Lieutenant! Implied, if not spoken, is the term “moron.” So I go around again for approach #9 and receive the same sequence—wave off and the “no hook” signal. This time the radio message is for me to get out of the landing pattern, see what’s wrong with

my hook release and if it is inoperative, to return to base.

So the hook won’t release. I’m in the air, out in the middle of the damn ocean--no hook, no landing, return to base. The base is...where, exactly? Somewhere West of the Atlantic Ocean, I presume. It’s one thing to be lost with seven other guys, being lost by myself is not an option. Fortunately I am given a vector to Green Cove Springs and arrive, chopfallen, but intact.



“Whaja do to it, Lieutenant?” the line chief demands. It’s always pilot error as far as line chiefs are concerned, especially if the pilot is a 2nd Looie.

“Nothing,” I counter, my one gold bar gleaming in the late afternoon sun. “The connecting cable broke. Or something.” I was never too sure just what activated the hook in the first place. Sometimes these things were explained while I was taking a nap.

“Or something,” he repeats, sighing.



Being a stickler for minor details, the brass isn’t going to allow me to claim to be a carrier pilot until I complete the

whole 14 landings. So I find the carrier all by myself a day or two later and finish the other 7 traps without mishap. This triumph is somewhat diminished by having to sit through a debriefing with the other pilots while listening to a critique of each landing before we are allowed to return to base.

Down in the ready room, each fledgling watches his landings projected onto a movie screen while the LSO remarks that he is lucky to be alive. If the war is ever concluded successfully, he adds, it will be in spite of the contributions of this sorry lot. There are still opportunities to transfer to Cooks and Bakers School we are reminded and he strongly suggests we give it serious thought.

We did win the war, I understand, but I never landed an airplane on a carrier again. And I can’t cook either.



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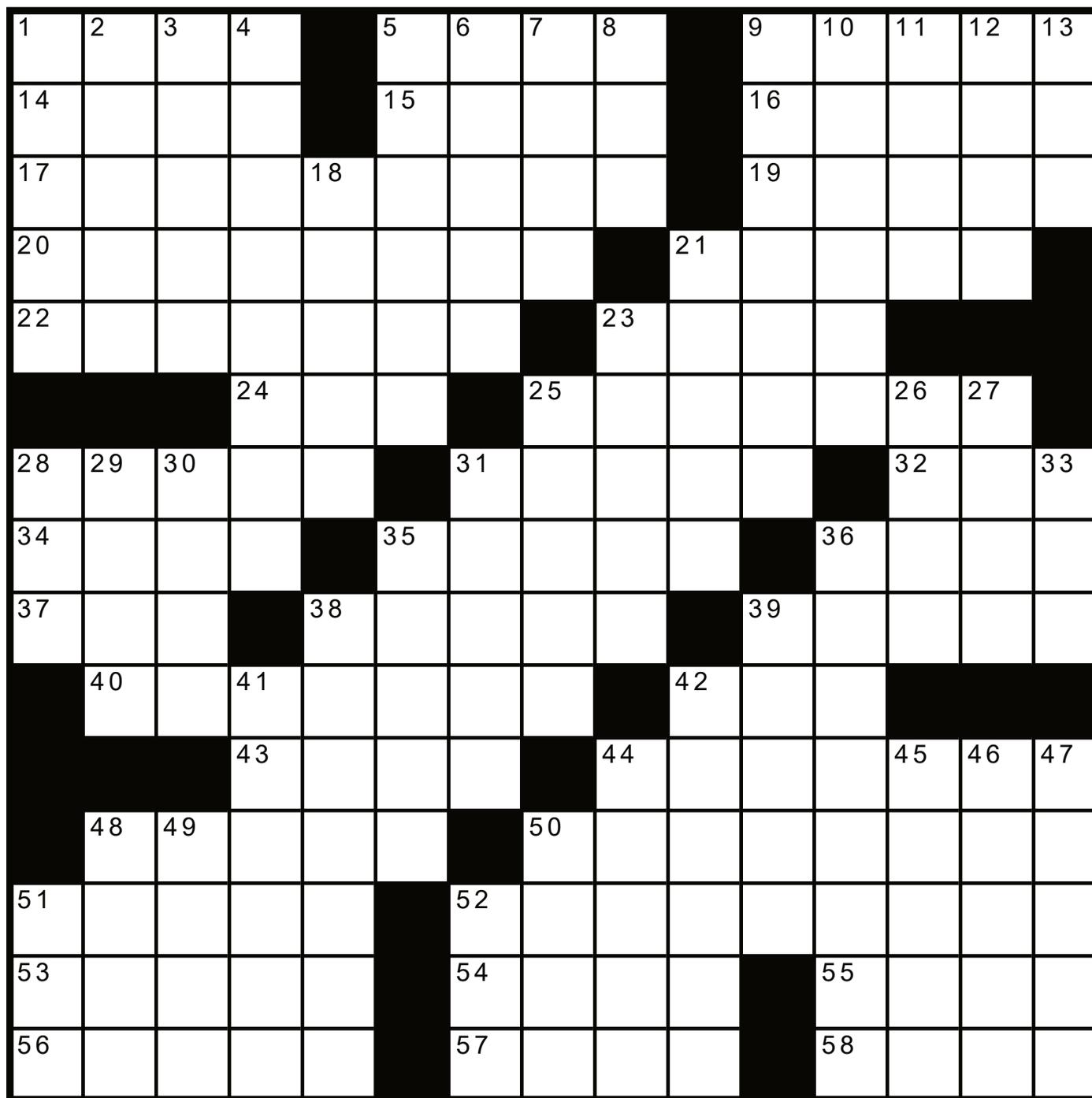
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# December Crossword Puzzle

## Across

1. \_\_\_ avis  
 5. Kodak rival  
 9. Religion founded in Iran  
 14. Shrinking sea  
 15. Paint crudely  
 16. Paradises  
 17. Chinese temple  
 19. Kofi Annan's home  
 20. Amazes  
 21. Minotaur's home  
 22. Rumor  
 23. "Aquarius" musical  
 24. \_\_\_ see it...  
 25. Article of clothing  
 28. Salty  
 31. Big  
 32. Sigh of satisfaction  
 34. Electric fish  
 35. Walk-on role  
 36. Perry's creator  
 37. Levi's rival  
 38. Single piece of information  
 39. Elegance  
 40. Dearth  
 42. Dashboard letters  
 43. Waiting for the Robert \_\_\_  
 44. Precede  
 48. Was able  
 50. Guide  
 51. Insect stage  
 52. New England expression  
 53. Astrologer Sydney  
 54. Genesis twin  
 55. Away from the wind  
 56. Yielded  
 57. Assist  
 58. Vega's constellation



## Down

1. Indian chief  
 2. Levitated  
 3. Dreadlocks wearer  
 4. Losers  
 5. Title of reverence for God

6. Garish  
 7. Needless bustle  
 8. Tad's dad  
 9. To smudge  
 10. Stick  
 11. Qualifying race  
 12. Actress Heche  
 13. This \_\_\_ test...  
 18. Impudent girl  
 21. Freight  
 23. Seraglio  
 25. Entire range  
 26. \_\_\_ a one  
 27. Hard to believe  
 28. Unit of power ratio  
 29. Marsh plant  
 30. Robert of "The Sopranos"  
 31. Shaping tool  
 33. \_\_\_ Haw  
 35. Behind bars

35. Behind bars  
 36. Celestial  
 38. Insensitive person  
 39. Bender  
 41. Body of work  
 42. Test model  
 44. Last  
 45. Turbulent  
 46. Big name at Indy  
 47. Where Hercules

- slew the lion  
 48. Showed up  
 49. Toward the mouth  
 50. Matter for Holmes  
 51. Rapper Tone \_\_\_  
 52. Slangy assent

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# Frozen Strawberries: Just As Nutritious And Tasty As Fresh

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

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

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

### Just 8 a Day

Strawberries are not only low in sugar and calories, they also provide a unique combination of essential nutrients, dietary fiber and phytochemicals. Eight medium strawberries, which is a one-cup serving, has more vitamin C than an orange and is packed with beneficial antioxidants and nutrients including potassium, folate and fiber. Clinical research suggests that eating just one serving of eight strawberries a day may improve heart



health, help manage diabetes, support brain health, and reduce the risk of some cancers.

### Ways to Use Frozen Strawberries

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

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

### Strawberry Crisp

Prep Time 15 minutes

Cook Time 45 minutes

Total Time 1 hour

Servings 8

### Ingredients

For topping:

2/3 cup old fashioned oats

2/3 cup flour of choice

6 Tbsp cold butter (or coconut oil)

2 Tbsp granulated sugar  
2 Tbsp brown sugar  
1/4 tsp ground cinnamon  
1/2 cup walnuts, chopped

### For filling:

4 1/2 cups frozen unsweetened whole strawberries, thawed and chopped

3 Tbsp cornstarch

1/4 cup maple syrup

1 Tbsp lemon juice

1 tsp vanilla extract

### Instructions

- Preheat the oven to 375° F.
- Add the dry topping ingredients to a large bowl and mix well.
- Use forks or a pastry cutter to mix in the butter, mixing until clumps form. Place the topping mixture in the refrigerator while making the filling.
- In a large bowl, mix together the thawed and chopped strawberries, cornstarch, maple syrup, lemon juice, and vanilla. Stir until they are well combined.
- Place the filling into a 9x9 baking dish or a skillet.
- Sprinkle the topping evenly over the strawberries.
- Bake the crisp for about 40-50 minutes, or until the topping is golden brown and the fruit is bubbling.
- Remove from the oven and let cool.
- Serve with vanilla ice cream or frozen yogurt and enjoy!

For more information and recipe ideas, visit: [californiastrawberries.com](http://californiastrawberries.com).



ADMIT  
ONE

# Movie Preview

## 'A Holiday Guide'

By Randal C. Hill

Thinking of treating those close to you to a Christmas-month film? This festive season offers several family-friendly movies for your consideration. Two of them are sure-to-be Oscar-buzz blockbusters, while two others could become unexpected winners.

### Cats

"Cats" was born as a 1981 musical composed by Andrew Lloyd Webber, who based it on T. S. Eliot's "Old Possum's Book of Practical Cats." Webber's opera/ballet plotline revolves around the Jellicles, a tribe of felines that meets to find out which one will die and be reborn as a whole new cat. In the big-screen adaptation of the iconic Broadway success, much of the story involves meeting the many oddball creatures who hope to qualify for immortality. Onscreen cats, who appear via cutting-edge visual effects, are portrayed by a diverse cast that includes — ready for this? — Dame Judi Dench, Taylor Swift, Idris Elba, Jennifer Hudson, James Corden, Ian McKellen, and Rebel Wilson. Think of Tom Hooper's "Memory"-driven big-budget romp as "The Secret Life of Pets" meets "Avatar." In theaters Dec. 20.

### Little Women

Louisa May Alcott's com-

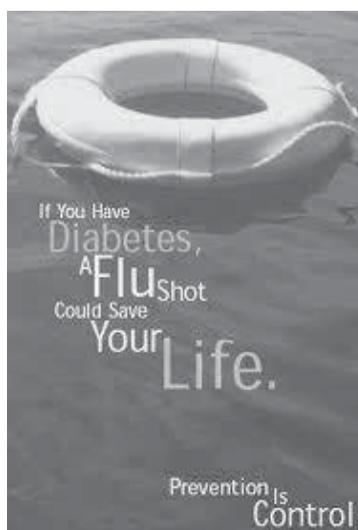
ing-of-age masterpiece novel, originally published in 1868, follows the lives of the four irrepressible March sisters as they individually navigate from childhood to womanhood, all the while struggling against poverty and social expectations in Civil War-era Boston. Director Greta Gerwig offers us a heartwarming adaptation here, with the sisters portrayed to perfection by a top-flight cast that includes Saoirse Ronan as Jo, Emma Watson as Meg, Florence Pugh as Amy and Eliza Scanlen as Beth. Laura Dern and Meryl Streep oversee the girls' lives as mother Marmee March and Aunt March, respectively. In theaters Dec. 25.

### The Aeronauts

In 1862, daredevil hot-air balloon pilot Amelia Wren (Felicity Jones) teamed up with meteorologist James Glaisher (Eddie Redmayne) to fly higher than anyone in history and gain greater knowledge of the weather. Along the way, they confronted physical and emotional challenges as their harrowing ascent became a fight for survival. The visually wondrous British film, inspired by true events, unspools a compelling, action-saturated yarn of two very different aviators who explore unexplored areas of the scientific world. In theaters Dec. 6.

### A Shaun the Sheep Movie; Farmageddon

Shaun the Sheep welcomes a new friend when an alien with strange powers crash-lands near Mossy Bottom Farm. Together the quirky pair must flee from a ruthless organization that seeks to capture the intergalactic visitor. This is the latest high-chuckle-quotient offering from the UK's Aardman Animators, stop-motion masters of clay animation who have been delighting audiences with such kooky but irresistible flicks as "Chicken Run," "Wallace and Gromit – The Curse of the Were-Rabbit" and the first "Shaun the Sheep Movie." In theaters Dec. 13.



## Four Personalized Gift Ideas for Some of the Hardest People on Your Shopping List

If you're like many people, you're sometimes stumped by what to give certain special folks on your list: your grandma, your mother-in-law or a cousin you rarely see.



This holiday season, you can dazzle everyone with personalized gifts that show you're thinking of them

Fortunately, when in doubt, you can still give a gift that's personal. There are lots of creative solutions for everyone—especially those hard to shop for—at Zazzle, the world's destination for customization.

### For In-Laws

Make their day with a comfy cozy, personalized fleece blanket, adorned with a photo collage, funny saying or a nod to a favorite vacation destination. If you're planning to bond over a mutual love of "wine time," consider a reusable wine tote bag paired with a bottle of their favorite varietal.

### For Nieces, Nephews, Cousins, and Grandkids

Don't be befuddled by gifts for the kids. Inspire their imaginations with a gift that features a favorite character from Disney, Sesame Street or Harry Potter such as a personalized Elsa t-shirt or Gryffindor notebook.

### For Grandparents, Godparents and Great-Grandparents

Grandparents and the like have probably accumulated a considerable number of possessions in their time, so it's important that their gifts have special meaning. Remind them

that you're always with them, even between visits, with a custom family photo acrylic block. immortalize last year's holiday gathering, a birthday party or your special Sunday traditions with a photo block that brings those memories to life. Pair this lovely photo gift with a personalized mug that showcases their favorite Star Wars character or phrase.

### For Neighbors and Casual Acquaintances

Though they might not be at the top of your list, don't forget your neighbors, the mail carrier and other distant friends this year. Go in the handmade direction for these recipients and cook up a batch of cookies or sauce, packaged up with a custom gift tag and sticker. The kindness and thoughtful nature of this gift offers a sentiment that will last far past Christmas.

When you tackle holiday shopping on Zazzle, yours can be the most personal gifts under the tree.

### Learn More

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Every Fall, the U.S. Environmental Protection Agency (EPA) celebrates ENERGY STAR Day to raise awareness about the benefits of saving energy today, tomorrow, and for good.

The typical household spends about \$2,000 a year on energy bills. American consumers interested in saving money on their utility bills can look for the blue ENERGY STAR label to identify products—in categories such as electronics, appliances, smart thermostats, and lighting—that have been independently certified to use less energy. According to the EPA, outfitting your home with these products could save you 30 percent—or about \$575—on your household energy bills, while avoiding more than 5,500 pounds of greenhouse gas emissions that contribute to climate change.

Utilities, product manufacturers, and retailers around the country join the celebration and offer special deals that help make energy efficiency accessible and affordable for everyone. In some communi-

*Continued on page 35*



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# Busy Boomers

By Les Goldberg

## Finding OC's Treasures Just Got Easier

When I lived in Los Angeles, I ran into folks who had never been to the beach, or the Griffith Park Observatory, or the La Brea Tar Pits! Similarly, when I moved to Orange County, I was shocked by how many of my neighbors and friends were unaware of -- or never stepped foot into -- the San Juan Capistrano Mission, the Marconi Auto Museum or Duke's Restaurant.

This phenomenon became immediately evident to Robin Rockey who arrived in the OC 12 years ago from her native Wisconsin.



The Mission Viejo resident, public relations professional, experienced travel writer and now author recently introduced her new book, "100 Things to Do in Orange County Before You Die," to hopefully alleviate the need to find answers to questions like, 'What I can I do today for fun?' or 'Where can I find really good Mexican food?' And, let's admit, there are so many others.

"When I first moved to California, I incessantly quizzed everyone from my coworkers



to the cashiers at Trader Joe's about their favorite things to do in Orange County and spent every weekend exploring," she said.

"It was amazing because everyone was so open to sharing their recommendations and earnestly proud to share the beauty of Orange County, their home, with me. That's one of the reasons I wanted to write this book," she added, "to pay it forward and encourage others to explore their own backyards."

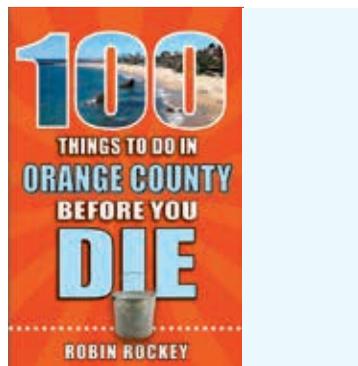
Not lost on Rockey is the large population of Baby Boomers and seniors in the area.

"I kept the seniors in mind when writing this book," she added. "I included lots of history and interesting facts that even longtime locals might not know. My hope is that even if folks aren't able to visit every single place in the book, it will spark some happy memories of good times gone by."

As you read the book, you can't help but be amazed at the history and interesting facts

she refers to. For example, did you know that in 1897 a man named Edward L. Doheny drilled down 806 feet to construct the first well in the Olinda oil field?

"You can still witness 'Olinda No. 1' slowly pumping black gold today," she writes about the well in the city that is now Brea. A 12-acre Olinda Oil Museum and Trail awaits explorers who can see a little of what life was like in the industry's early days.



Rockey encourages us to "travel back to the days when grizzly bears roamed and cattle grazed on massive ranchos, swaths of land deeded to Spanish soldiers and later prominent Mexican men at Heritage Hill Historical Park" in Lake Forest.

"The 4.1-acre park sits on the former site of the Don Jose Serrano and Maria Petra Avila's 10,668-acre Rancho Canada de los Alisos, or "Little Canyon of the Sycamores," she writes. Today you can find three original buildings, in-



cluding a church, ranch house, and schoolhouse, in the city now called El Toro.

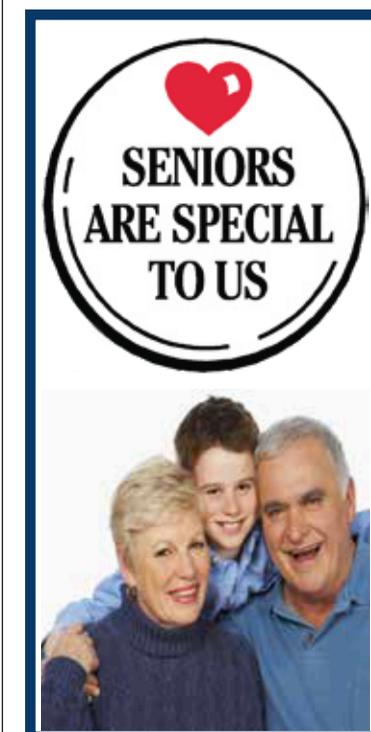
A must-see for history buffs is the Sherman Library and Gardens in Corona del Mar, site of a research library featuring a 15,000-volume collection of books, photos, maps, newspapers and impressionist art about the Pacific Southwest.

As Rockey describes this 2.2-acre oasis near the sea, you can "inhale the scent of exotic plants as you stroll past fountains, a Koi pond and a 1930s adobe home along quaint brick pathways connecting rooms of fragrant roses, tropical gingers and orchids, California-native succulents and fresh-smelling herbs."

Now doesn't that make you want to get out and see what lies beyond your doorstep? Robin Rockey, you have my attention!

Her paperback book is available wherever books are sold for \$16. Or, you can buy the book and get it autographed by Rockey at one of her upcoming appearances Dec. 21 at the

4th Street Market in Santa Ana or Jan. 25 at the OC Public Library in Costa Mesa. She will be hosting a trivia contest based on information in the book and, take it from me, you will be amazed at what you don't know about Orange County.





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# Meals on Wheels Orange County's Senior Care Hero Awards Honors Unsung Heroes and Raises \$278K

Meals on Wheels Orange County (formerly SeniorServ) held its 9th Senior Care Hero Awards™ on Saturday, October 19 at the City National Grove of Anaheim. Considered the largest senior care recognition program in the county, the awards program honored numerous senior care industry and community advocates and generated approximately \$278K for programs to enrich the lives of at-risk adults. The new name was unveiled at the event to over 620 attendees.



*Volunteer Hero Mary Chun Lum accepts her Award with Darla Olson looking on*

Often referred to as the 'Academy Awards' of senior care, the black-tie gala is the sole fundraising event for Meals on Wheels Orange County, the largest nonprofit provider of nutrition and supportive services for the county's at-risk older adults. For more than 50 years, the organization has been committed to erasing hunger and loneliness for at-risk older adults through nutritious meals, friendly visits and safety checks, and keeping families together through day services.

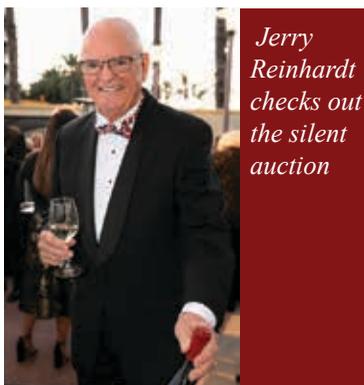
Ed Schrum was recognized



*Khyla Hislop, Brent Rodriguez, Tracy Greenberg and Jodi Schaeffers*

at the gala as the 2019 Humanitarian Honoree, while Rosa Garza was named Family Member Hero, Lieutenant Colonel Sam Sachs received the Veteran Hero Award and Mary Chun Lum was named Volunteer Hero.

An Academy of Leaders, comprised of highly regarded leaders in the field of senior care, selected the awardees among industry finalists including: Jose Chavez as Outstanding Caregiver; John Alexander, LCSW as Outstanding Social Worker; Cheryl Villasenor, NP as Outstanding Nurse; Michael Tehrani, MD as Outstanding Physician; Sadie Harness, RCFE, LNHA, CDAL as Outstanding Executive Director; and Michael Bender as Out-



*Jerry Reinhardt checks out the silent auction*

standing Senior Care Professional.

The glamorous black-tie evening featured an expansive silent auction, wine pull and cocktails during the outdoor reception. The program theme 'This is Me' was tied into the program featuring live musical entertainment by the Dave Stephens Band, videos, dinner, awards program and live auction with auctioneer Jim Nye.



*Meals on Wheels Orange County CEO Holly Hagler making the name change announcement*

Holly Hagler, President and CEO of Meals on Wheels Orange County concluded the evening saying, "We are proud to become Meals on Wheels Orange County to increase the public's awareness of our cause – nourishing at-risk older adults – by more closely aligning ourselves with the highly recognized brand of our national association, Meals on Wheels America."

Alignment Healthcare returned for the fourth year as Platinum sponsor and other major sponsors included CareCHOICES, Kaiser Permanente and Fairhaven Memorial Services.

*Continued on page 34*



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

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

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

visit [www.MyAgeWell.org](http://www.MyAgeWell.org)  
or call (949) 855-8033

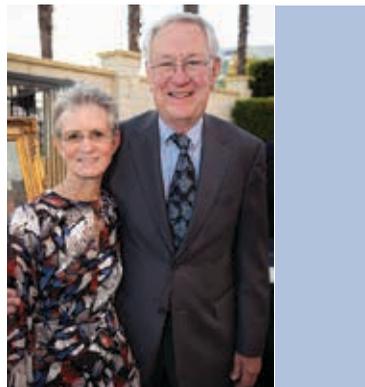
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## Meals on Wheels

Continued from page 33

Visit [www.SeniorCare-HeroAwards.org](http://www.SeniorCare-HeroAwards.org) or call 714.229.5284 for more information



Lynn and Don Dacher (Lynn is past Director of California Department of Aging)

### About Meals on Wheels Orange County

Meals on Wheels Orange County (formerly SeniorServ) is the largest nonprofit provider of nutrition and supportive services for at-risk older adults. It is committed to erasing hunger and loneliness for at-risk older adults through nutritious meals, friendly visits and safety checks, and keeping families together through day services. Through its critical services, the organization delivers nearly 1 million meals to more than 10,000 at-risk older adults each year throughout 20 Orange County cities. Meals on Wheels Orange County is a dba of Community SeniorServ, Inc.

For more information on programs and services, or to request Meals on Wheels, visit [www.mealsonwheelsoc.org](http://www.mealsonwheelsoc.org).



# 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:

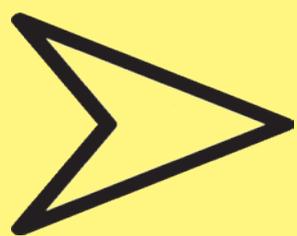
“Thanks for your help. Those we serve found a window of hope.”

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](mailto:mel4seniors@cox.net).

*See our ad on the back cover*





# In The Spotlight

## County Music Icon Lorrie Morgan Writes Personal Cookbook

Grand Ole Opry star, Lorrie Morgan, is the first woman in her genre to begin her career with three consecutive Platinum albums. In her impressive career, she has sold more than 12 million albums.

At 60 the iconic singer/songwriter and Grand Ole Opry star has now released a special cookbook called, *"To Eat Or Not To Eat. That Is The Question."*

It's brimming with recipes and more, including never before seen photos, and engaging stories from Morgan's life and career on the road.

If you're not familiar with her, Morgan was born to make music. Barely a teenager when she made her first, and everlasting, impression on Country music fans, Morgan, daughter of legendary Opry star, George Morgan, became an Opry member herself at just 24 years old. She remains the youngest artist ever to become a member of the Grand Ole Opry.

She inked her first recording contract in 1988 and as a recording artist, made her mark with songs that have now become timeless country standards: *"Five Minutes," "Something In Red," "Watch Me"* and *"What Part Of No,"* among others.



Songs like these established her place as a true star a modern woman making music history. She has sold more than 6 million records, earned several Gold and Platinum-selling albums, and contributed to a CMA Album of the Year. She is a four-time winner of the TNN/Music City News Female Vocalist of the Year Award.

Recent albums include *"A Picture of Me: Greatest Hits & More"* (2016) and *"Lorrie Morgan Live"* (2017). The timeless artist maintains a vibrant touring schedule with an average of 75 dates each year.

Whether writing songs, dazzling audiences from the stage, or lovingly preparing a meal for family and friends, she remains true to herself — unshakable, creative, and always optimistic.

Here, she chats with us about food, cooking, and music.

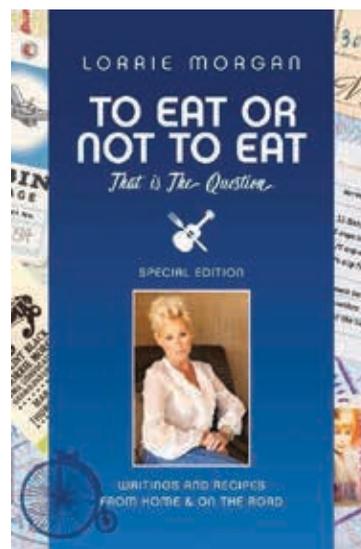
**Q: You and your siblings were very close to your moth-**

**er, Anna, (who passed in 2018). You've said that she learned to cook from her own mother-in-law. Did your dad ever dare say 'who made it best'?**

A: Not (with laughter). He wasn't that stupid.

Q: With three sisters and a brother, it must've been crowded in the kitchen growing up. Did all the kids take an interest in cooking?

A: Yes, we all did. We all learned to cook from both our mother and father and all still love to cook today.



Q: Your music career has taken you all over the world and you've even said you enjoyed lobster in North Dakota! Any other surprisingly good dishes in unusual places on the road?

A: Yes, I was surprised to discover some of the best green

chili I've ever experienced in a little dive bar somewhere in Texas.

Q: Where did you get your taste for spicy foods? Is anything too hot for you?

A: We got our love from spicy food from our father. It became a social event to gather around a spicy dish when friends and family would come to visit. Yes, I do have a threshold, believe it or not. At the Coop, [Lorrie's restaurant in Panama City Beach, Fla.] we have an Explosion challenge and I have very successfully failed ... But I'll try anything once!

Q: Some of the cookbook is a printed version of your own handwritten food journal. Why did you decide to publish in this very personal style?

A: For just that reason, it's very personal to me and these are my own personal opinions and first-hand experiences. I wanted it to be in my handwriting.

Q: You've called food and cooking your 'love language.' How is communicating with food different than sharing songs with others?

A: The feeling it gives me is not much different. Cooking for people is an expression of love for those you are serving

and appreciation for the food God gave us. It is an expression of love. To dine with someone is nice, but to create the meal for them is even nicer.

Q: You've penned and recorded some great songs over the years. Are you still writing and what can we next expect from Lorrie Morgan?

A: Yes, I'm always writing and will never stop. I have some exciting upcoming projects and surprises are in the works now. Stay tuned to my website [www.lorrie.com](http://www.lorrie.com) for announcements and details.

### ENERGY STAR

*Continued from page 30*

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## When Getting Your Wisdom Teeth Out, You Can Ease Pain Without Opioids

“Will it hurt?” is often one of the first questions people ask when told they need a medical procedure.

One problem: the mere thought of pain can intensify its feeling. It's enough to make some people put off medical care—including minor dental surgery.

Doctors and dentists understand. They're healers by nature and don't want to inflict pain on their patients if they can help it.

Fortunately, dental pain management has come a long way in the past century. Novocain was formulated in 1905. And when highly effective painkillers such as hydrocodone, oxycodone, and acetaminophen with codeine became available, dental surgeons began prescribing them for pain relief from wisdom tooth extraction and similar procedures.

“Today, we know the danger that comes with opioids—and that absolutely anyone can become addicted,” says Gregory Theis, DDS. Dr. Theis is director of dental services for Delta Dental of Wisconsin, the state's largest dental plan.

“Tragically, that includes teens and young adults who were first introduced to opioid painkillers with a legitimate prescription, often following wisdom tooth extraction,” he adds.



According to the Centers for Disease Control, 45% of initial opioid exposure is linked to a dental procedure such as wisdom tooth removal or other oral surgery. For some, that exposure can lead to a lifetime of dependency and drug misuse.

A large study by Stanford University School of Medicine found that 6.8% of young people who got an initial opioid prescription from their dentists sought additional prescriptions for opioids after filling their first one. Just 12 months later, 5.8% of those individuals were diagnosed with opioid abuse. Among a comparable control group, only 0.4% of young people who didn't receive an opioid prescription were diagnosed with opioid abuse during the same period.

With a greater understanding of opioid dangers, dentists and their professional organizations such as the American Dental Association (ADA) are acting to combat abuse and limit unnecessary prescriptions.

Their campaigns are working. From 2012 to 2017, U.S. dentists have reduced their opioid prescriptions by nearly half a million.

“Educating dentists, our customers, and our members on the dangers of opioid abuse is a top priority right now,” says Dr. Theis. “We're teaching people that over-the-counter painkillers like naproxen and ibuprofen can be very effective for dental pain management.”

What if you're terrified of experiencing any pain—and your dentist says you need your wisdom teeth removed? According to Dr. Theis, that's one procedure you may be able to delay—or avoid entirely.

Dentists once routinely extracted wisdom teeth: the third molars that usually emerge between ages 17 and 24. But that practice is changing.

“Unless the wisdom teeth cause problems with the jaw or other teeth, or they become infected and are painful, patients may be able to delay the procedure a few years, until the teeth break through the gums,” explains Dr. Theis.

When the molars emerge from the gums, removal is often far less complicated and less painful. That means general anesthesia and strong painkillers can often be avoided.

And sometimes, he adds, you can just let those wisdom teeth erupt and function like other teeth. Or you may be one of the lucky 22% of the population who never develop wisdom teeth at all.

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

## Booktrib's Bookbites

# Christmas Dreams Come Early For Wife Of Work-Life Balance Expert

It could be said that everything Troy Amdahl learned to love he learned in kindergarten. No kidding. He met Kristen, his wife of 29 years, at age five, remained friends, took her to the senior prom, married and raised four children.

Recently, Amdahl had a post on his Facebook page go virile for an act of kindness for his wife that he never, in his wildest dreams, could have imagined.

Amdahl, along with Dave Braun, is one of the OolaGuys, and has co-authored several international bestselling Oola books on finding the proper work-life balance. With a simple message, "Live the life you deserve," they recently published their newest collaboration, "Oola for Christians: Find Balance and Grow."

A self-avowed "Christmas curmudgeon," for decades Amdahl approached the holiday season with a debate: when to put up the Christmas tree. Kristen, on the other hand, loves Christmas and everything about it—decorating the house, gatherings with their large family, making homemade gifts, the Hallmark movies and, most importantly, the meaning of the season. Yet, through it all, Troy tried to rein in the holiday cheer.

For all of Amdahl's lessons as



the Oola guy, he was about to walk the talk.

The couple had recently moved out of their home while renovations were being completed. That's when the idea hit him. He thought about how he wanted to try to give back some of the joy and happiness to this woman who has been by his side for his whole life.

Unbeknownst to Kristen, Amdahl put a call in to their decorators to fully decorate two stunning trees: one "blank canvas" for the many family ornaments the kids had made over the years, and another Pinterest-worthy tree to surprise his wife as she walked in the door.

He never expected the response he got when they returned to their home on Halloween. Their son was there to capture the magical moment when his mom saw the first tree and cried tears of joy. When she saw the "other" tree, she lost it. Jumping up and down and crying.

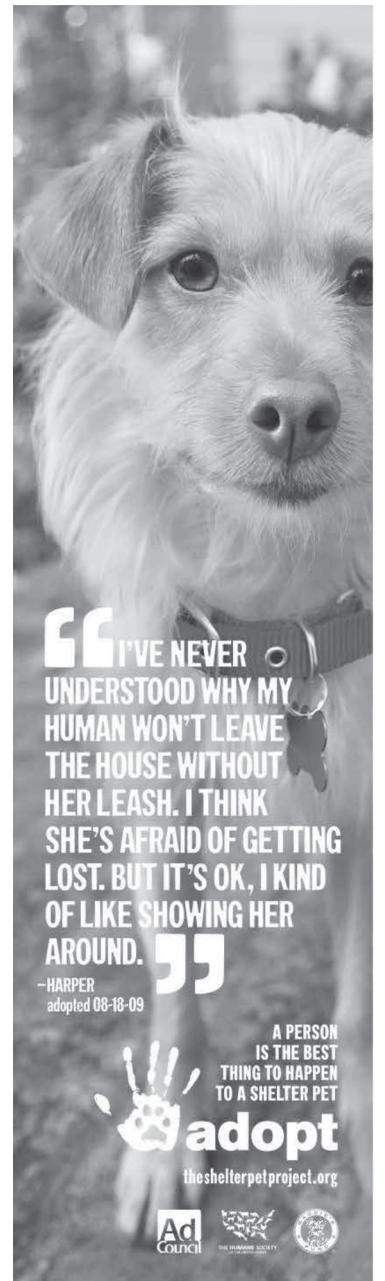
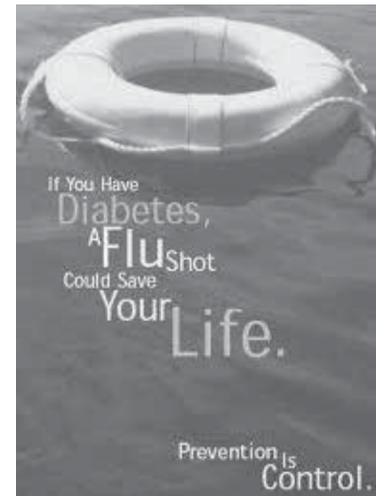
"Why did I put these restrictions around when, what and how," mused Amdahl, "when enjoying Christmas early gave my wife such joy?"

"Love well the people who love and support you," Amdahl says. "Invest in their dreams, even if they are different from your own." By his wife's reaction, he continues, "My only disappointment is that I didn't do this years ago. Heck, if it makes someone I love this much this happy, it can stay up all year as far as I'm concerned."

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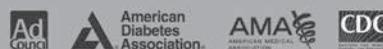
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—COLBY  
adopted 06-18-11

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### Crossword Puzzle Answers from page 27

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# JUST JUDITH

By Judith A. Rogow

## Buy, Buy, Buy

A much-adored uncle used to say: "If I had all the money I wanted, I'd buy you a circus." I don't believe in reincarnation, but – if I did - I'd think he had morphed into a PR person for every shop, store, and boutique in the known universe.



The holidays not only bring out visions of Sugar Plums but those of profit. Starting as soon as the Halloween costumes and candy hit the shelves - even before the 'Back-to-School' shopping ends - the push begins to build with the after New Years' sales as a finale.

Back in the days before everyone had a fist full of credit cards, and accounts with everyone from Amazon to Zappos, there were no pre-Black Friday sales, no Internet flogged 'deal of the day' offering 'fantastic prices' on anything left over from last holiday season and no 'insider Internet sales sites.

Oh, we'd get inserts in the Sunday newspaper and 'wish book' catalogs mailed from stores where we usually shopped, but the deluge of slick colorful booklets crammed in the mailbox or pushed in your hands as you entered a mall hadn't been absolutely everywhere.

Personal Shoppers weren't even a gleam in some market-

ing maven's imagination. You ventured forth with a list of names and an idea of the one gift you hoped to find for each. (Grandchildren were excused from the one-gift edict, of course, Santa could bring them as many as his sleigh could hold.)

Speaking of Santa, and his army of elves, he never appeared before Macys Thanksgiving Parade, and then returned to his North Pole workshop, Christmas Eve. Those were the rules and even those of us who lighted Menorahs instead of Christmas candles knew they were unbreakable.

Yes, there were sales, although 'Black Friday' was the ultimate one where finding – and holding onto – a prized item meant braving Gimbels, Saks, Macys, or Bergdorf Goodman.

Better writers than I have chronicled tales of the melee, with society ladies fighting over a treasure that had been 'specially priced.' The thought of well-known names quarreling over a handbag or gentleman's wallet while grabbing

for items they were considering, thus keeping them from other interested buyers, always brings a smile.

Of course, opening the gifts is only one part of the celebration, each Faith has its own special tradition. Be it a special Mass, caroling, Menorah lighting, children's services or Dreidel parties, it's a joyous season.

One tradition virtually every Faith and family observes is a meal. Be it 'Old Country,' basic American, Gluten-free, Kosher, Vegan or some mix of all the above, food is the universal reply to the question 'what do we do now?' once the gifts have been opened.



With a variety of traditions and a cornucopia of offerings from cooks whose talents vary from gourmet to 'interesting,' no one will go hungry.

Oddly enough, the treat so many consider a bad joke, has an equal number of fans. I'm talking about the much-maligned Fruit Cake, that confection concocted from someone's 'Old Family Recipe' or

*Continued on page 41*



**The AMD Effect: Ruining Your Granddaughter's Ballet Recital**

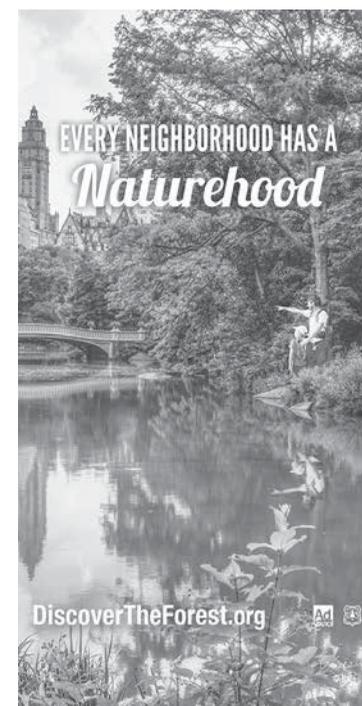
Age-related macular degeneration (AMD) is the leading cause of blindness in people 55 and older, and early detection is key to saving your sight.

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## Health Awareness

## Six Top Wellness Trends To Watch For

According to the National Institutes of Health, only about 20 percent of your life expectancy is dictated by your genes; the rest depends on your lifestyle. Increasingly, people look to improve the length and quality of their life through certain products and habits. Here's a look at six popular roads to wellness:

**1. Back to nature.** Dr. Chloe Evans of the Shetland, Scotland National Health Service says getting out into nature can help alleviate conditions ranging from high blood pressure to depression. "The benefits [of nature] are that it is free, easily accessible, allows increased connection with surroundings which hopefully leads to improved physical and mental health for individuals," she says.

**2. Personalize nutrition.** When it comes to maintaining a healthful weight and well-being, foods that are good or bad for one person may not be for another. Personalized diets can help.

**3. Dress for health success.** New technologies may let clothes correct your environment. Engineers from MIT created a "smart" jacket that automatically adjusts itself to suit your body temperature, the outside temperature and your movements.

**4. CBD is in.** No longer illegal under the Controlled



Natural supplements are increasingly popular ways to take health into your own hands, says Dr. Michael Murray, N.D.

Substances Act, cannabidiol (CBD)—which doesn't induce a psychoactive effect—is increasingly used to target specific ailments.

**5. Aromatherapy makes scents.** At the Cleveland Clinic's Innovations Lab, researchers came up with plant-based aromatherapeutic solutions to treat specific symptoms, such as pain, nausea and anxiety. Recent studies of people with knee replacements suggest the right scent can reduce pain and relieve anxiety.

**6. Be smart about supplements.** "High-quality supplements and vitamins, herbs and homeopathy, and sports nutrition products can be trusted partners in your natural wellness lifestyle," explains Michael Murray, N.D. Dr. Murray is considered one of the world's leading authorities on natural medicine. He has published more than 30 books including "The Textbook of Natural Medicine," used by hundreds of thousands of healthcare professionals the world over.

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For more information visit [www.iherb.com](http://www.iherb.com).



## Try This Treat

Here's an exotic twist that transforms everyday cheesecake into something sophisticated, elegant and worthy of your holiday table. Pureed sweetpotatoes, five spice powder and candied ginger star in a dessert that's easy to make and can be enjoyed year-round. The sweetpotatoes not only provide luscious texture and flavor, they prevent the cake from cracking—so it's deliciously decadent and practically foolproof. Give it a try.

## Sweetpotato Cheesecake with Gingered Whipped Cream

Serves 10 to 12

8 oz gingersnap cookies  
4 tbsp butter, melted, plus more for pan  
3 8-oz packages cream cheese  
1 ¼ c sugar  
2 tsp ground ginger  
½ tsp Chinese five-spice or pumpkin pie spice blend  
¾ tsp salt  
3 large eggs  
3 c orange-fleshed sweetpotato puree  
½ c sour cream  
1 tsp vanilla extract  
2 c whipped cream  
¼ c chopped candied ginger

Preheat oven to 350° F. Butter bottom and sides of 9-in springform pan. In food processor, pulse cookies until finely ground. Add butter and pulse until blended. Transfer to prepared pan and press into bottom. Bake 10 minutes. Set aside to cool. Use an elec-



This sweetpotato cheesecake with gingered whipped cream is a terrific treat for family and friends.

tric mixer to combine cream cheese, sugar, ground ginger, spice blend and salt, beating until smooth. Beat in eggs. Add sweetpotato puree, sour cream and vanilla, beating just until smooth. Pour mixture into cooled crust. Place springform pan inside larger pan and pour very hot tap water into larger pan, to reach 1 inch up springform pan. Bake until edges are set and center is slightly wobbly, 45 to 50 minutes. Remove springform pan from larger pan and cool to room temperature. Cover and refrigerate until thoroughly chilled. Fold candied ginger into whipped cream. Serve cheesecake with gingered whipped cream.

To learn more you can visit [www.casweetpotatoes.com](http://www.casweetpotatoes.com).



# Tinseltown Talks

By Nick Thomas

## A Lassie Christmas with Jon Provost

During the seven years Jon Provost starred as little Timmy Martin in the CBS TV series "Lassie" from 1957 to 1964, several end-of-year Christmas episodes aired. Most still stand out in Provost's mind for one reason.

"The crazy thing is we would be filming a Christmas episode during summer in Southern California where it was 90 degrees," said Provost from his home north of San Francisco. "We were all bundled up like it was 30 degrees and just dying from the heat. But of course, you kept acting and did what had to be done for the episode."



Jon Provost displays a copy of his autobiography with the help of a 4-legged friend

In the 1961 episode "Yochim's Christmas" where Timmy, Lassie, and a friend rescue a man trapped under an overturned sleigh, there was plenty of 'snow' used for the scene.

"It was fake, of course," Provost said. "For snow on the ground, a machine almost like a fire truck was used to spray soap suds all over the hillside. We would have to shoot scenes before the suds turned back to



Jon Provost, June Lockhart, Hugh Reilly, and Lassie pose for a Christmas photo

liquid. Knowing that, if you go back and look at the episode again, you'll notice it's not really behaving like real snow."

A different technique was employed for scenes depicting snowing. "They would use little shreds of white plastic dropped from above that would appear like snowflakes coming down or landing on our clothes. That was the magic of Hollywood before computer-generated images."

A frequent guest at autograph shows and classic film/TV events, Provost said he still gets asked the same questions about "Lassie."

"People have the perception that we had three or four dogs on the set at the same time to do different things, but that was not the case. Rudd Weatherwax, Lassie's owner, and trainer would only allow one real Lassie on the set at a time, although Lassie did have a double that was used for long shots like running, climbing, or swimming."

Provost worked with three different Lassies during his time on the show and all were males rather than the females portrayed in the series.

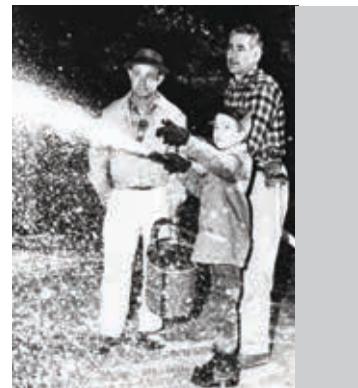
Then there's the running joke of Timmy falling down a well and being rescued by Lassie. It remains one of those Hollywood legends that just doesn't seem to die, even after Provost penned his 2009 memoir with its tongue-in-cheek title: "Timmy's in the Well: The Jon Provost Story" disproving the myth that his character ever disappeared down a well (see [www.jonprovost.com](http://www.jonprovost.com)).



Jon Provost and Lassie pose for a Christmas episode

"When I wrote my autobiography with my wife Laurie, I looked through the synopsis of all 249 half-hour episode scripts and there was no mention of Timmy ever falling into a well," he said, adding its origin remains a mystery. "But that one will follow me forever!"

Although it's been six decades since the series' first aired in



Jon Provost as Timmy Martin watches crew make artificial snow made on set for a Christmas episode

1954, reruns of the adventures of Lassie and Timmy still air in dozens of countries, including the U.S. on Cable. As for the Christmas episodes, stories typically tugged on viewers' heartstrings such as "The Christmas Story" from 1960 where Timmy helped a homeless family.

"People tell me all the time about growing up with 'Lassie' and the warm feeling they still have about the show," Provost said. "The stories had morals and values attached to all the episodes which are lacking in today's television. I think that's the reason it has retained its appeal."

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

### JUST JUDITH

Continued from page 39

purchased at Walmart. There are others, ranging from good to fantastic available at Trader Joe's, your local gourmet bakery or the shop in Texas with its heavenly hash of pecans, cherries, and other ingredients.

Then there are the traditional fish dishes ranging from fried calamari to lox, breads such as Panettone and Stollen, sweets flavored with peppermint and chocolate, cookies of all sorts and shapes and those wonderful little 'easy-peel' citrus that appeal to all ages.

Christmas is definitely not a time for dieting!

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# Life in Long Beach

By Lyn Jensen

## Historical Society Documents Cambodian Community

Cambodians arrived in large numbers in Long Beach starting in 1975 after the American military withdrawal from Southeast Asia. Many of the first wave of Cambodian refugees were processed through Camp Pendleton and resettled in the Long Beach area, where jobs and housing were readily available. Today a section of Anaheim Street, which Long Beach designated as a Business Improvement District in 2007, is officially called Cambodia Town. Here you'll find Cambodian restaurants and businesses, and the community celebrates Cambodian festivals such as the Khmer New Year.

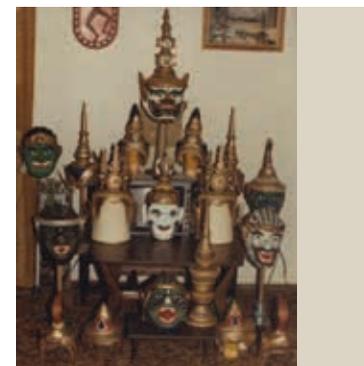


At the Historical Society of Long Beach, the CamCHAP Archive contains thousands of English and Khmer (Cambodian) newspapers, photos, and other documents. Access is on a by-appointment basis.

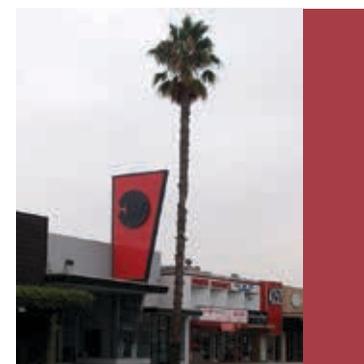


About the use of the term “*Khmer*,” Needham explains, “*Khmer* is the term Cambodians use for their ethnic group (*menuh Khmer*), their language (*piasa Khmer*), and informally for their country (*srok Khmer* – the formal name is *Kampuchea*). *Cambodia* is an Anglicization of *Cambodge*, the French term for the country. When writing about the community I use *Cambodian* to refer to the nationality of anyone from Cambodia (there are several non-Khmer minority groups) and I will use *Khmer* for the language and when referring to the ethnic group exclusively. When talking with Americans, Cambodians use *Cambodia* in part because most Americans do not recognize *Khmer* and we mispronounce it. In part, that’s why Cambodia

Town was chosen over Khmer Town for the name of the culture district.”



Besides the historical archive, the ongoing project includes a multilingual multimedia website that documents how Long Beach became home to the world’s largest Cambodian cultural community outside of Cambodia. The site situates the community’s growth within a larger context and shows how Cambodian immigrants and their descendants have contributed to life in Long Beach.



If you have documents or other information to contribute, please contact the Historical Society of Long Beach. Some relevant websites:

[www.hslb.org](http://www.hslb.org)  
<http://www.camchap.org/>  
<https://www.csudh.edu/anthropology/cambodian-community-history-archive-project>  
[https://en.wikipedia.org/wiki/Cambodia\\_Town,\\_Long\\_Beach,\\_California](https://en.wikipedia.org/wiki/Cambodia_Town,_Long_Beach,_California)



Susan Needham, CSU Dominguez Hills, and Karen Quintiliani, CSU Long Beach, have been conducting research on the Cambodian American community since 1988. They developed the Cambodian Community History and Archive Project (CamCHAP) to ensure Cambodian and Cambodian-American history is preserved, to create a research center and develop programs about the subject, and to build partnerships within the community.



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