

SENIOR REPORTER

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FEBRUARY 2019

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



Willie Nelson

*"There is only one map in the journey
of life, and it lives within your heart."*

—Willie Nelson

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Tips For Finding Good Nutrition

According to the U.S. Department of Agriculture, one out of every eight U.S. households experiences food insecurity. Access to healthy food is an important factor in your health, and for millions of Americans, it remains elusive.

“An inability to access healthy food, and the important nutrients they contain, can cause both immediate and long-term health problems, especially for children. For many Americans of lesser means, this problem can stem from a lack of healthy food sources in their neighborhood and means of transportation to access sources in other communities,” said Dr. Andrea Gelzer, senior vice president of medical affairs for AmeriHealth Caritas, a national leader in Medicaid managed care and other health care solutions for those most in need. “As a Medicaid managed care organization (MCO), we are placing an increasing emphasis on helping our members find and access sources of fresh produce, grains and other nutritious foods.”

Resources that Americans most in need can turn to for finding and obtaining healthy food include:

Grocery Store Programs

An increasing number of grocery stores have nutritionists on staff. They meet with customers, explain how to make their diets healthier, and even teach them how to find healthy foods. Some grocery stores



There are many ways to get any help you need to be sure you have enough nutritious food.

also offer cooking demonstrations. Some supermarket companies specialize in offering products, programs and services that better meet the needs of people with limited financial resources. At the very least, large grocery stores offer a much wider variety of fresh produce, whole grains and other healthy foods than are often available in small neighborhood stores.

Many low-income communities lack such grocery stores, and people without their own transportation may have difficulty accessing healthy food sources. Medicaid enrollees who are eligible for home and community-based services (HCBS) can get transportation for nonmedical services such as grocery shopping. Senior citizens may also be able to access paratransit services. Medicaid enrollees who are covered by a managed care plan but don't qualify for HCBS or senior citizen services can check with their health plan to see what resources might be available.

Organizations in the Community

If your challenge is less about finding sources of healthy food than getting to them, there are options that can help you shop for groceries, or even do it completely on your behalf. There are also food banks, some of which have off-site distributions, even in rural areas. If you are a senior citizen, you can find out about them by contacting your area agency on aging.

Look for Faith-Based Groups

Religious institutions of all faiths generally have it in their mission to provide aid to those in need. Some organize food drives or even prepare meals for the neediest. They may also help find other organizations that provide such services.

AmeriHealth Caritas is part of the Independence Health Group in partnership with Blue Cross Blue Shield of Michigan. AmeriHealth Caritas is one of the nation's leaders in health care solutions for those most in need.

Learn More

For further information, visit www.amerihealthcaritas.com.





Problem Solving

By Jim McDevitt

I know all seniors my age have their aches and pains. These years are, after all, the Golden Years for doctors. At night I was waking up with pain in my hip when I slept on my side. So, I did what all men do, I complained to my wife. She is the problem solver in our family. She gets on her computer and finds a solution. She convinced me I could solve my problem by buying a ComfiLife pillow online for sciatica pain relief. It seems all you have to do when you sleep on your side is wedge it in between your thighs.

I felt I was competent enough to do this. The pillow arrived a few days later and I started using it right away. It was great. I woke up with no pain. After a few weeks I noticed that the cover on this foam rubber pillow was getting dirty. I took the pillow in my hands and discovered a small 2-inch zipper. I would have to unzip this and try and pry the cover off the pillow. I tried to pull this pillow through this small 2-inch opening. No matter how hard I tried I could not do it. Maybe if I were a guerrilla I could do it, but my guerrilla genes no longer exist in my body.

I like to apply American ingenuity to solve a problem. Without consulting my wife for advice, I decided to wash the whole darn pillow in the washing machine. It only

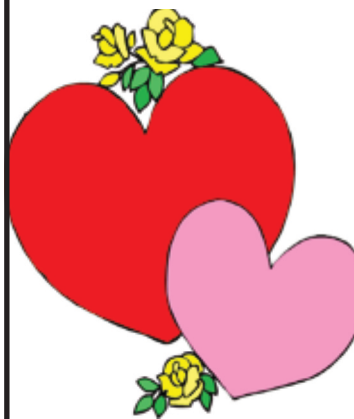
weighed about a pound and I figured that what the spin cycle didn't get out I would wring out with my guerrilla type hands. Thirty minutes later the washing machine had stopped. I removed the pillow and instead of it weighing a pound it felt like it weighed 20 or more pounds with all the water saturating it. I tried strangling it with my hands to get more water out, but the pillow wasn't about to give up an ounce of water even.

I put it back in the washing machine on just the spin cycle. About 20 minutes later I removed the pillow and it was just as heavy. I then took it to the bathroom and using my best guerrilla imitation tried to squeeze it in the sink, pushing and turning it to try and remove the water. I think if I was able to do this in the desert for 2 years, I might get a little water out of it. The pillow just hung on to that water like it was a camel in the desert. I thought of taking the pillow outside and driving over it with the car but that would have made it dirty again and defeated the whole purpose for washing it.

I decided the only thing to do was put the pillow in the dryer for an hour. It was thumping hard as I left and went upstairs. An hour later I came back downstairs and opened the dryer door. It was still full of water. What was going on? I put the pillow back in

the dryer and turned it back on, but the dryer wouldn't turn. It seems the pillow pounding in the dryer broke the axle. My wife solved that problem also. For \$618 we now have a new electric dryer and for another \$27 I have a new ComfiLife pillow. I probably will never live this story down.

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2019 SCHEDULE OF EVENTS

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

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

FREE ADMISSION TO MEMBERS!



Overcoming Life's Messes

You don't have to live with clutter and chaos; a professional organizer can help

Each January, people set resolutions for the New Year, but according to U.S. News & World Report, approximately 80 percent of resolutions fail by the second week of February. If organizing is your Achilles' heel, the solution is to tap into local professionals to help guide you through the process and give you the tools necessary to sustain order. Whether you commit to downsizing a storage unit of inherited items, want to find more family time, or desire to design a more peaceful living space, a Professional Organizer or Productivity Consultant can help you tackle these tasks when you don't know where to begin.

"Studies prove that a decluttered environment contributes to productivity and happiness, so getting organized should be at the top of your list of resolutions," explains Ellen Delap, CPO®, president of the National Association of Productivity & Organizing Professionals (NAPO). "Finding and hiring a productivity professional is no different than choosing an accountant, personal trainer, or doctor. You'll want to work with someone who takes the time to get to know you, understands your needs, and has the expertise to advise you and help you achieve your goals."

January is Get Organized & Be Productive (GO) Month, an annual initiative sponsored



by the National Association of Productivity & Organizing Professionals. To help, Delap offers this advice on how to get organized with the help of a Professional Organizer or Productivity Consultant:

Get specific about your needs. Professionals offer a wide range of residential and business services, so make a list of what you want to accomplish. Are you just clearing out years of clutter or do you need someone experienced in dealing with a mental health or traumatic situation? Do you need help organizing your office or guidance on how to manage your time more effectively?

Make a connection, interview candidates and be honest. It is in your best interest to be as candid as possible about your needs and goals. You will be inviting this person into your home or workplace so it is critical to have a good rapport. An experienced professional will ask questions about you and your needs and dig into the issues that thwarted your past attempts to move forward.

Set a budget. As with most

professions, fees vary widely based on experience, geographic location, and the type of services rendered. Some professionals may charge by the hour or project, while others offer packages of services. Avoid selecting someone strictly on price.

Investing in a consultant with the personality and skill set that match your needs will offer greater, and faster, returns.

Identify an expert. We all have friends and neighbors who pride themselves on being organized but this isn't a job for your mom! Hiring a certified professional or one who has aligned him- or herself with a professional organization that has a code of ethics offers an added level of security.

Applaud yourself for taking the first step! Your choice is not irreversible. If you begin working with an organizing or productivity professional and are not happy with responding to his or her style, speak up. You are rarely under obligation to continue the relationship. More than likely, he or she will be happy to recommend a colleague.

When you are ready to find a professional, you can check out the NAPO Professional Organizer and Productivity Consultant Search Tool at www.NAPO.net.



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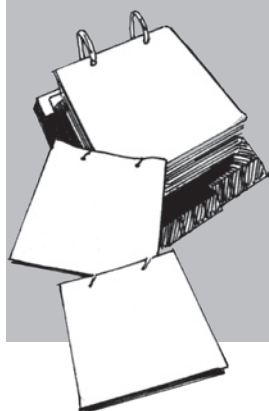
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February Calendar of Events



Besides Valentines' Day there are plenty of events, races and more to attend in and around the area this month. Mark your calendars now!

Annual Monarch Butterfly Day Fountain Valley Feb. 2

10 a.m. to 2 p.m.

OC Parks invites the family to learn about Monarch butterflies and their natural habitat with an up-close look at the 10th annual Monarch Butterfly Day. Activities will include interpretive presentations, children's crafts, face painting and a balloon artist. This event is recommended for ages 4 to 12. Event and parking are free. At Mile Square Regional Park, Forest Shelter near parking lot C, 16801 Euclid St., Fountain Valley. Call, (714) 973-6600.

Rotary/CARE Car Show to Benefit Rotary charities Feb. 2

7:30 a.m. to 2 p.m.

The Car Show promises a fabulous display of more than 400 antique and classic cars and trucks. The return of the popular New-Car Row will show the latest models from local dealers. Come and see the impressive rows of cars

and trucks, shop the vendor's booths and enjoy delicious food. Well-behaved dogs on leashes are welcome. At, San Juan Capistrano Community Center/Sports Park.

D. Yoder Family Sundays San Clemente Feb. 3

10 a.m. and 2 p.m.

D. Yoder Family Sundays are held on the first Sunday of each month for activities and a program thematically based on Casa Romantica's Casa Captivating programs for all ages. Free admission. At, Casa Romantica, 415 Avenida Granada, San Clemente.

Laguna Beach Music Festival Laguna Beach Feb. 6 - 10

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

Tet Festival Costa Mesa Feb. 8-10

Helping preserve Vietnamese culture, the Tet Festival attracts

more than 100,000+ and hundreds of booths in a span of a three-day weekend event. Visitors are immersed with a vibrant array of traditional foods, live entertainment, festive games, and customs celebrating the Vietnamese Lunar New Year. At, OC Fair & Event Center, Costa Mesa.

Timberwolf 5 K Run/Walk Irvine Feb. 9

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

Art Crawl Experience Anaheim Feb. 10

Art Crawl Experience or "ACE," is an auditory explosive art walk and arts festival and been acclaimed by local artisans as the Downtown Anaheim Arts District. During the evening of an ACE, attendees stroll among outdoor

permanent art fixtures to discover artists demonstrating their creative process live for curious onlookers. At, the crawl stretches from Anaheim Blvd., to Harbor Blvd. and along Center Street Promenade. Art lovers can walk, crawl or climb aboard the Anaheim Resort Transit (ART) for complimentary rides throughout Anaheim's Art Crawl Experience. Call, (714) 956 3586.

Los Alamitos 'Race on the Base' Los Alamitos Feb. 22 & 23

The yearly event provides not only a forum for local avid runners and walkers but has also instills a sense of pride and teamwork between the Los Alamitos City Council, the citizens of Los Alamitos, the Rossmoor Community Services District, and the local business community. The race is held on the run ways at the Joint Forces Training Base in Los Alamitos and features helicopters, planes and military vehicles with music throughout the course. Events and activities for all. Call, (562)-430-1073.

Irvine Park Railroad

Anniversary Celebration Feb. 23-24

10 a.m. to 4 p.m.

To celebrate its 21st year of business and to show appreciation to all its loyal customers Irvine Park is rolling back to its original 1996 prices during its anniversary weekend ... including \$2.00 train rides. The anniversary celebration will also feature other \$2.00 activities and concessions including carnival games, hot dogs, sodas, ice creams, popcorn, Bounce House tickets and cotton candy. Face painting and panning for gold (gold panning requires two \$2.00 tickets). FREE giveaways include Irvine Park Railroad balloons. At, Irvine Regional Park, 1 Irvine Park Road, Orange. Call, (714) 997-3968.



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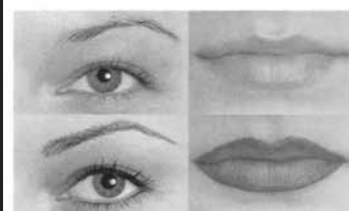
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Fifties Flashback

By Randal C. Hill

“Boom Times in the Bronx”

Can you possibly listen to “*Sh-Boom*” without smiling? The classic ‘50s hit opens *a capella*, with five unpolished voices united in razor-sharp harmony, promising that “*Life could be a dream*” before launching into teen-romance lyrics punctuated by nonsense syllables. Silly but fun, and one of the most enduring of Rock’s early Doo-Wop anthems, “*Sh-Boom*” emerged just as black music was beginning to weave itself into the fabric of early (mainly white) Rock ‘n Roll.

Yet this iconic ditty and the group who created it almost never found fame.

The Chords, who formed in 1951, had all attended Morris High School in the Bronx. They often met after school on street corners to practice their collective composition. (All five members are listed as the writers.)

Much of the ditty was based on local slang, part of which may have been influenced by Cold War concerns of the time concerning Russia dropping an atom bomb on us. Chord Buddy McRae once said: “When [the kids on the block] talked to each other, they’d say, ‘*Hey, man, boom, how ya doin’?*’”

Fellow member Jimmy Keyes added: “‘Boom’ was the slang word ... We would take the

‘boom’ and make it sound like a bomb: ‘shhh-BOOM!’”

The lads employed scat singing and tossed numerous nonsense syllables into the lyrical stew, including such deathless phrases as “hey nonnie ding dong,” “a flip a dooba dip” and “a lang a lang a lang.” (Eat your heart out, Bob Dylan!)

A talent agent discovered the Chords singing while using the echoey acoustics of a subway station to enhance their vocalizing, and the group eventually found their way to a recording session at Atlantic Records. Atlantic, however, opted to promote the young men doing a cover version — a perfectly legal business maneuver at the time — of Patti Page’s recent smash “*Cross Over the Bridge*” and relegated “*Sh-Boom*” to the typically ignored B side of the single. But hip DJs soon “flipped” the disc and sent “*Sh-Boom*” into the stratosphere.

Taking advantage of the song’s soaring popularity, Mercury Records brought Toronto’s Crew-Cuts into their Chicago studio, where orchestra leader David Carroll created a peppy but bland arrangement that bleached out the rawness of the Chords’ original. Even the Crew-Cuts’ spoken bridge in the middle became a pop throwaway reading compared

to the Chords’ playful but obviously erotic narrative:

Every time I look at you, something is on my mind

If you’d do what I want you to, Baby, we’d be so fine

In the summer of 1954, the Crew-Cuts’ cover shot to No. 1 and stayed there for nine weeks, while the Chords’ superior original followed closely behind and reached No. 5.

Thankfully, the Crew-Cuts’ version has since faded into the mists of time, but the Chords’ offering was given new life when it was featured in the Disney Pixar’s “*Cars*.” Perhaps more important is the fact that the Chords’ “*Sh-Boom*” became the first Top 10 hit by a black harmony group and helped lay the foundation of mainstream Rock ‘n Roll.

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Willie 'On the Road Again' Nelson

By Les Goldberg

It seems that whenever I get behind the wheel of my car and take off on a weekend road trip with my family, my mind goes into overdrive with one song, and one song only, forcing me to sing loudly in chorus most off tune. That tune? "*On the Road Again*" by the one and only Willie Nelson.

Now 85, you could say that this true Country-Pop music legend or, as he is referred to in the Country Music Hall of Fame, is a national treasure. His contributions to American culture are forever inscribed into folklore as a singer, songwriter, author, poet, actor and activist.



The critical successes of his "*Shotgun Willie*" (1973), "*Red Headed Stranger*" (1975) and "*Stardust*" (1978) albums made Nelson one of the most recognized artists in Country music. He was one of the main figures of outlaw country, a subgenre of Country music that developed in the late 1960s as a reaction to the conservative restrictions of the Nashville sound. Nelson has acted in more than 30 films,



co-authored several books, and has been involved in activism for the use of biofuels and the legalization of marijuana.

Music and the Child

Born during the Great Depression and raised by his grandparents who were musical and taught Willie the guitar at an early age. Nelson traces his genealogy to the American Revolutionary War, in which his ancestor John Nelson served as a major.

He wrote his first song at age seven and joined his first band at 10. During high school, he toured locally with the Bohe-



mian Polka as its lead singer and guitar player. After graduating from high school in 1950, he joined the US Air Force but was later discharged due to back problems.

After his return, Nelson attended Baylor University for two years but dropped out because he was succeeding in music. During this time, he worked as a disc jockey in Texas radio stations and a singer in honky-tonks. Nelson moved to Vancouver, Wash., where he wrote "*Family Bible*" and recorded the song "*Lumberjack*" in 1956.



He also worked as a disc jockey at various radio stations in Vancouver and nearby Portland. In 1958, he moved to Houston after signing a contract with D Records. He sang at the Esquire Ballroom weekly and he worked as a DJ. During that time, he wrote songs that would become Country standards, including: "*Funny How Time Slips Away*," "*Hello Walls*," "*Pretty Paper*," and "*Crazy*" that was recorded by Patsy Cline and became the biggest jukebox hit of all time.



In 1960 he moved to Nashville and later signed a publishing contract with Pamper Music which allowed him to join Ray Price's band. Two years later he recorded his first album, "*...And Then I Wrote*." Due to this success, Nelson signed in 1964 with RCA Victor and joined the Grand Ole Opry the following year. After mid-chart hits in the late 1960s and the early 1970s, Nelson retired in 1972 at age 39 and moved to Austin. The ongoing music scene of Austin motivated Nelson to return from retirement, performing frequently at the Armadillo World Headquarters.



In 1973, after signing with Atlantic Records, Nelson turned to outlaw Country, including albums such as "*Shotgun Wil-*

lie and Phases and Stages." In 1975, he switched to Columbia Records, where he recorded the critically acclaimed album "*Red Headed Stranger*." The same year, he recorded another outlaw Country album, *Wanted! The Outlaws*, along with Waylon Jennings, Jessi Colter, and Tompall Glaser.



During the mid-1980s, while creating hit albums like "*Honeysuckle Rose*" and recording hit songs like "*On the Road Again*," "*To All the Girls I've Loved Before*," and "*Pancho and Lefty*," he joined the Country supergroup The Highwaymen, along with fellow singers Johnny Cash, Waylon Jennings and Kris Kristofferson.

Assets Seized

In 1990, Nelson's assets were seized by the Internal Revenue Service, which claimed that he owed \$32 million. The difficulty of paying his outstanding debt was aggravated by

Continued on page 30

Announcing a change in the lineup for Irvine Barclay Theatre's 18-19 Broadway Cabaret Series

Irvine Barclay Theatre was recently informed that Bebe Neuwirth is withdrawing from her concert engagement at Irvine Barclay Theatre on March 16th. Scheduling conflicts will preclude her from being able to perform at the Barclay as planned.

In her stead, the Barclay is announcing a performance on the same date, **March 16, 2019 at 8pm**, of **4 GIRLS 4** featuring four legendary Broadway singers and actresses.

• **MAUREEN McGOVERN** - multiple GRAMMY® nominations; Drama Desk nomination *Little Women* on Broadway; and #1 Gold record "The Morning After"

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• **FAITH PRINCE** - TONY® winner *Guys & Dolls*; leading role in *Bells Are Ringing* on Broadway and TV's "Drop Dead Diva"

• **LILLIAS WHITE** - TONY® winner *The Life*; leading Broadway roles in *Fela!*, *Dreamgirls*

These four dynamic ladies have appeared in some of Broadway's favorite musicals, as well as numerous film and television appearances. Each one is a headliner in her own right, but together they com-

bine to create an unforgettable evening of music, laughter and memories of the Great White Way. The evening is under the musical direction of New York's premier singer/pianist, **Billy Stritch**, also known for his work with Liza Minnelli and Tony Bennett.

Tickets for the March 16th concert will automatically be transferred to *4 Girls 4*. Patrons who wish, may have their tickets exchanged into a different show or have their tickets refunded. Ticket holders should contact the box office at (949) 854-4646.

Other concerts in the series are not affected.

Jan 12 *Jerry Herman Legacy Concert*

Jan 27 Krysta Rodriguez & Scott Barnhardt in *Coming Home*

Apr 13 Sutton Foster

For more information contact:
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- *Los Angeles Times*

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The Gadget Geezer

By Les Goldberg

Forget Olds, Buicks & Pontiacs

My father, like so many Americans of his post World War II era, loved cars. And, as was the trend in the 50s through the 80s, he became a fan of the large family sedans. In his case it was the Buick. I remember him taking me to the annual auto show at the Pan Pacific Auditorium in L.A. and admiring the newest models. A few weeks later, he was showing off his new Buick to our neighbors.



Nissan Rogue Interior

I can only imagine what his reaction would be today to what has happened to the auto industry. Cars from all over the



Subaru Forester

world – Japan, Korea, Germany, Sweden, Italy – dominate the market, giving consumers choices they never had before. Most American vehicles are a composite of internationally made parts, are more cost-efficient, safer, and many are running on gas, electricity or both (hybrid). In fact, if you tried

to buy a new Buick, Oldsmobile or Pontiac, you would be out of luck. They no longer exist.

While senior car buyers in particular continue to lean towards their

favorite brands, they are now doing more than kicking the tires, looking under the hood and selecting exterior and interior colors.

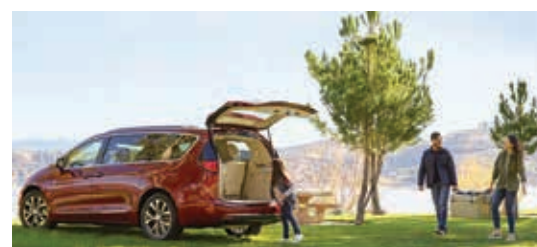
According to Consumer Reports, the leading watchdog publication for prospective buyers of goods and services, senior drivers and others with limited mobility need a car



Toyota Highlander

that is “easy to get into and out of, with controls that are easy to reach and intuitive to use.”

The publication has published a list of the Top 25 New Cars that meet those criteria, including front-seat access, visibility, controls, headlights, forward-collision warning (FCW), automatic emergency braking



2019 Chrysler Pacifica

(AEB) and blind-spot warning (BSW). They are ranked here:

- Subaru Forester
- Subaru Outback
- Kia Soul
- Chrysler Pacifica
- Subaru Legacy
- Kia Sportage
- Toyota Highlander
- Toyota RAV4
- Honda Odyssey
- Nissan Rogue
- Ford C-Max
- Toyota Sienna
- Honda Pilot
- Honda CR-V
- Kia Forte
- Hyundai Sonata
- Ford Escape
- Toyota Corolla
- Subaru Crosstrek
- Honda HR-V
- Kia Sorento
- Hyundai Santa Fe
- Kia Cadenza
- Audi Q7
- Hyundai Santa Fe Sport



2019 Kia Soul

The magazine reports that while the list includes the needs for senior drivers, “they are comfortable and safe choices

for anyone looking to buy a car.” It also adds that “there’s really no substitute for test driving a car to ensure it’s right for you.”

Isn’t that the best part of car shopping?



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Laguna Beach Arts Alliance Names Recipient of the Lifetime Achievement Award for the 13th Annual Art Star Awards

Artist Scott Moore will be the recipient of 2019 LBAA (Laguna Beach Arts Alliance) Lifetime Achievement Award, which will be presented during the 13th Annual Art Star Awards on April 7, 2019.



Scott Moore grew up in Bellflower, California, playing baseball, delivering newspapers and drawing in his spare time. His father, Carl, was a watercolorist and graphic designer for an advertising agency in Los Angeles. Working with art materials brought home by his father, Scott developed a skill for drawing. Scott was an illustrator for the United States

Marine Corps at the age of 20, graphic designer at age 22, and full time artist/painter by the time he was 29. He was stationed in Hawaii during his stint as Official Artist for the United States Marine Corp where he designed publicity posters, created illustrations and graphics for servicemen's books and made décor for

Marine Corp balls held at Hilton Hotels. Scott also did graphic design for the Festival of Arts.

Scott painted traditional watercolors up until 1985, receiving numerous awards on a national level. Around that time, while showing at the Festival of Arts, he not only added oil painting to his skills, but began transitioning into the world of surrealism. He has been featured in numerous publications. Scott has been a Festival of Arts exhibitor for 39 years and a Sawdust Art Festival Exhibitor for 30 years.

"With artistic creativity,

technical skill and a clever sense of humor, Scott boldly ventured into the world of surrealism from traditional art. His art has a mystical quality that captures viewers and draws them into the scene itself to enjoy a rare adventure in art." said Wayne Baglin Laguna Beach Festival of Arts and Arts Alliance Director.

As a past president of the Festival of Arts, and while on the board in 2002, Scott helped create a 40-year lease with the city of Laguna Beach. Scott is currently the president of the FOA Foundation, a non-profit organization created in 1989 by the Festival of Arts. The

FOA Foundation has awarded over \$2.7 million in grants to the art related non-profit organizations in and around the community of Laguna Beach. Scott and his wife Carol have resided in Laguna Beach for the past 39 years. He is currently the vice-president of the Festival of Arts.

"I am very honored to receive this award from the Laguna Beach Arts Alliance. The members of the Laguna Beach Arts Alliance make up the cultural glue of this amazing arts community, and it makes me proud to be chosen by such

Continued on page 14

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Fabulous Finds

By Debbie L. Sklar

This is the month to get yourself in fine shape for your Valentine and if you don't have one, do it for yourself. Some of this month's great Fab Finds include terrific hair products, as well as some neat Chinos to sport around.

Cool Chinos



Standard, off-the-rack chinos and dress pants offer the classic styling many men want

for office wear, dinner and other dress-up events, but the design of these pants can become difficult to wear as we age. Arthritic fingers and other medical conditions like stroke, Parkinson's disease, etc. can make it impossible for men to grip and maneuver buttons, zippers and snaps that close the fly on most pants. **MagnaReady** has created a line of chino pants for men with hidden magnetic closures that hold the fly securely closed while sitting, standing and moving about, but is easy to open with limited finger and hand mobility. Customers have said they like wearing them because it makes going to the bathroom in public easier, and no one can tell you are wearing adaptive clothing because of the high-quality of the pants and the inconspicuous design. Visit MagnaReady.com.

Great DVD Classics



This Valentine's Day give the special people in your life a gift they're sure to love: film collections featuring their favorite movie stars. The new *Audrey Hepburn 7-Movie DVD Collection* features the luminous actress in beloved classics including "Breakfast At Tiffany's," "My Fair Lady," "Funny Face," "Roman Holiday," "Sabrina," "Paris When It Sizzles" and "War and Peace." With a suggested retail price around \$23, this is a sensationally affordable gift that sparkles like diamonds. Then there's the new *Paul Newman 6-Movie DVD Collection* boasts classic films highlighted by Newman's Oscar-nominated performance in "Hud." The collection also includes dramas "Road to Perdition" and "Fat Man and Little Boy," the comedy/drama "Nobody's Fool," the romantic comedy "A New Kind of Love," and the acclaimed whodunit "Twilight." The collection has a suggested retail price of just \$23. The *Mark Wahlberg 5-Film DVD Collection* celebrates the charisma and range of one of today's biggest stars. Featuring action-packed thrills, dark comedy and drama, the collection includes "Shooter," "Pain & Gain," "The Fighter," "The Italian Job" and "The Gambler"

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nourish while soothing the scalp. Cruelty-free and free of parabens, phthalates, sulfates and mineral oil. **Price:** \$24; travel size: \$12; available at Glamsquad.com.

13th Annual Art Star Awards

Continued from page 13

a prestigious organization," said Scott Moore.

To purchase tickets to attend the 13th Annual Art Star Awards, please contact: info@lagunabeacharts.org. Tickets are \$100 each and include dinner as well as all the festivities.



The Laguna Beach Arts Alliance was established in 2002 as the result of an exciting partnership among more than 20 Laguna Beach organizations. The mission is to serve as an advocate for the arts, promote collaboration and networking among the arts organizations of Laguna Beach, and to serve as a united voice for the arts in the city. Members of the Arts Alliance include City of Laguna Beach Arts Commission, Blue Water Green Earth, Community Art Project, Festival of Arts, First Thursdays Art Walk, KX 93.5 Radio, Laguna Art-A-Fair Festival, Laguna Art Museum, Laguna Beach Craft Guild, Laguna Beach Live!, Laguna Beach Sister Cities Association, Laguna College of Art & Design, Laguna Concert Band, Laguna Dance Festival, LOCA Arts Education, Laguna Playhouse, Laguna Plein Air Painters Association, Lagunatunes Community Chorus, No Square Theatre, Sawdust Art Festival, [seven-degrees], and Visit Laguna Beach.



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1 lb ground beef, turkey, chicken or pork

Salt and pepper

1 onion, diced

1 red bell pepper, diced

3 cloves garlic, minced

2 T chili powder

1 T smoked paprika

1 tsp ground coriander

1 tsp ground cumin

1 tsp dried oregano

¼ tsp ground cayenne pepper

¼ tsp ground cinnamon

2 14.5-oz cans diced tomatoes

2 c low-sodium chicken or vegetable broth

Continued on page 16

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Sweet Potato Chili

Continued from page 15

2 15-oz cans kidney or pinto beans (with their juices)

1½ lb orange- or yellow-fleshed sweet potatoes, or a combination, diced

In large saucepan or small stockpot over medium-high, warm 1 T oil. Add meat and pepper, transfer to bowl, set aside. Return to medium-high. Add 1 T oil. Add onion and bell pepper, cook until crisp-tender, 2 minutes. Add garlic, spices, and 1 tsp salt and cook, stirring, 1 minute. Add remaining ingredients. Bring to a boil. Reduce heat. Simmer until sweet potatoes are tender, 25 to 30 minutes.

Learn more at www.casweetpotatoes.com.



By Randal C. Hill

'Proud Mary'

Creedence Clearwater Revival

Creedence Clearwater Revival lead singer John Fogerty once recalled seeing a Will Rogers movie about old-time paddle-wheelers: "I believe at one point they actually sing 'Rolling on the river,'" Fogerty says. "I know that buried deep inside of me are all these little bits and pieces of Americana. It's deep in my heart, deep in my soul. As I learned in English 101, write about what you know."

Starting in the late 1960s, Fogerty's band brought images of rural America to the world with a unique musical style dubbed "Swamp Rock," which featured Southern Country music, gritty blues and a heavy, danceable beat.

CCR hailed from California, and none of its members had never been to the South before fame came their way. The Bay Area quartet had started as the Blue Velvets, then became the Golliwogs before military obligations caused a temporary breakup. When the band members came together again, they gleaned a new name from three sources: **Creedence** from mutual pal Credence Newball, **Clearwater** from a TV beer commercial that promoted the brew as coming "from the land of sky-blue waters," and **Revival** for the band members' commitment to their reformation.

The group's debut album — "*Creedence Clearwater Revival*" — featured the minor swamp-rock hit "*Susie-Q*," a tune first recorded by Louisianan Dale Hawkins in 1957. Music fans hailed CCR's music as a refreshing breakthrough, and many were convinced — erroneously — that the band must have come from the South, so authentic was their sound.

Fogerty had a small notebook in which he scribbled song-tittle ideas: "My first entry was '*Proud Mary*,'" he says. "I didn't know what those two words meant, but I liked how they sounded together."

Fogerty took his guitar and began playing a song introduction he had been working on, the chord riff based on the opening to Beethoven's "*Fifth Symphony*." "I didn't like how Beethoven had composed it. I preferred hitting the first chord hard for emphasis, not the fourth ... When I added rhythm to the chords, the song had the motion of a boat. I had always loved Mark Twain's writing and the music of Stephen Foster, so I wrote lyrics about a riverboat ... I finished most of the song in two hours. Then I opened my notebook for a song title. There was '*Proud Mary*.' "

Not happy with the way the tune sounded when his band

recorded it, Fogerty stayed behind that day and overdubbed all the background vocal parts himself after the other members had left the studio. A long-time fan of black music, he sought a more authentic feel and claimed to channel Rhythm-and-Blues icons Wilson Pickett and Howlin' Wolf for the re-recording. It was Wolf's bluesy influence that led Fogerty to pronounce *turnin'* as *toinin'* and *burnin'* as *boinin'*.

"*Proud Mary*" — a *Billboard* No. 2 chart hit — came from CCR's second album, "*Bayou Country*," a million-seller which fed the music-from-the-South rumor even more.

For Ike and Tina Turner, their sizzling 1971 remake became a million-seller — and their biggest single ever.

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Drink To Your Health

If you're like 64 percent of Americans, you drink a cup of coffee every day.

While many coffee drinkers still prefer their coffee black in its most natural form, coffee tastes have evolved over the years. Today, the market offers many caffeinated beverages formulated with sugar and fat that add calories and can offset the inherent benefits of caffeine, such as alertness and a feeling of increased energy.

Health-conscious consumers, however, are making dramatic changes to their diet and choosing food and beverages that not only taste good but offer nutritional benefits as well. There is an almost endless number of new drink products that provide more than great taste—they help people reduce calorie intake and fuel their day. Recently, the coffee category has started growing with novel alternatives to sugary coffeehouse beverages with healthy ways to start the day or provide an afternoon pick-me-up.

While people drink coffee throughout the day, they are, increasingly, seeking something more than a caffeine pick-me-up. Alternatives are available that are great tasting, low fat, packed with protein and deliver a feeling of energy all in one. Coffee drinkers who want alternatives to sugary drinks, as well as something that offers nutritional benefits, are turning to Herbalife Nutrition High Protein Iced Coffee.



You can enjoy a refreshing pick-me-up without drinking something loaded with fat and sugar

It contains two grams of sugar and no artificial flavors or added colors. The 100-calorie drink mix is big on taste and provides 15 grams of protein and 80 mg of caffeine per serving.

"Everyone loves the refreshing taste of iced coffee but not the calories and sugar that come with many coffeehouse options," said Susan Bowerman, MS, RD, CSSD, CSOWM, FAND, Senior Director of Worldwide Nutrition Education and Training at Herbalife Nutrition. "Our high-protein iced coffee is the perfect healthy snack and is a great alternative that can be enjoyed at home or on the go."

Bowerman offered some additional delicious and nutritious beverage suggestions:

Digestive Health

Gut health is a hot topic as people try to find new ways to keep the body in balance by consuming foods and beverages that support a healthy digestive system. Kombucha, vinegar and probiotic-enhanced drinks continue to garner a lot

of interest to support a healthy gut. However, many probiotic drinks are filled with sugar to counter the taste of yogurt. A healthy, old-fashioned option to aid digestion is to keep hydrated by drinking a lot of water. Drinking too little water slows down the digestive system. Perhaps best of all—water has zero calories.

Sugar Reduction

Obesity rates in the U.S. continue to soar. Fortunately, it can be easy to cut sugary drinks out of the diet and swap with lower-calorie options. Instead of hitting the juice bar, consider replacing juice with fruit.

Learn More

For more facts and tips, go to www.herbalife.com.



Until Every One Comes Home®

Violence

By Robert E. Horseman, DDS



In an effort to stem the tide of violence so prevalent in our society today, there appears to be a movement to appeal to the bad guys directly instead of through their lawyers. I notice in my travels about town posted notices on some establishments stating "Bookkeeping materials only within", "The operator has only \$4.50 in change", "The manager does not have the combination to the safe. It is on a time lock that will not open until after the turn of the century."

Any perpetrator reading these discouraging messages will mutter "Dang!" then do his perpetrating elsewhere. At least that's the theory. A disappointed crook may well realize that crime is just too frustrating unless you're already rich and seek some other vocation such as CEO of a savings and loan association or a position in the government. On the other hand, those with short fuses may lay waste to the whole shebang, it's too difficult to call.

In planning for the future, which I understand lies ahead, it seems to me that dental offices need to do something more to beef up their security other than to sterilize everything in sight. A notice posted on the reception room door advising would-be hit men that all we've got is 500 patient records with outstanding bal-



ances and if you want to take a crack at collecting these accounts, good luck! is probably not going to suffice. If a belligerent person shows up at the window demanding something, standard procedure is to offer him an appointment next Thursday at 2:30. This gives him an opportunity to cool down, but experience has shown that your average crook is not going to take kindly to this ploy, nor will your offer to call 911 to see if he can be taken care of sooner elsewhere apt to placate him. If there is a large caliber gun involved in this discussion, chances are the person confronting you is not a patient. He is either a perpetrator or a salesman.

It is a well-known fact in criminal circles that dental offices have more gold stashed within than could be found at Fort Knox. Trying to convince a burglar that although we have a lot of polyvinyl impression material and a ton of green die stone, we're fresh out of

gold bullion, isn't going to be entirely acceptable. Offering him some nice zinc-free amalgam isn't going to wash either.

We used to collect a small amount of gold from patients who were undergoing extractions or replacement of old gold restorations. Hip patients nowadays demand even the dust generated from cutting out an old gold inlay in a bicuspid. "Paid \$50 for that back in 1934," they state. "It's mine and I want it!" Right! Now what am I going to do when an AK-47 is pointed at my bald spot and I haven't the bak-sheesh to buy him off? "Why don't you try my lab man?" seems kind of self-serving, but I haven't ruled it out.

I have rehearsed my reaction to this calamity many times and the best plan I have come up with is to grab my dental drill and snarl in my best Clint Eastwood imitation, "I've got an SS White 557 and I know how to use it, punk!" In my fantasy, the crook is always convulsed with laughter and although I am relieved to find he has a sense of humor, he doesn't seem to consider a sample of Fixodent and a new toothbrush as adequate compensation for his trouble. Little does he know that if I could just get him to stand still for

Continued on page 26

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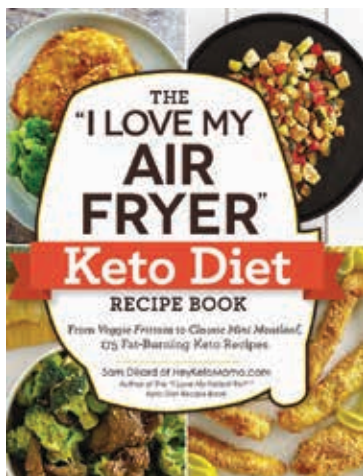
February Book Club

By Debbie L. Sklar

February is a great month to find a terrific book to curl up with and spend time reading be it on your eReader or an actual book. Check out these titles below for some of the newest titles out there!

The ‘I Love My Air Fryer’ Keto Diet Recipe Book

From Veggie Frittata to Classic Mini Meatloaf, 175 Fat-Burning Keto Recipes
By Sam Dillard
(Part of “I Love My” Series)



“While an appliance that promises a lower-fat cooking method like the air fryer may seem counterintuitive to the high-fat keto diet, you’ll be pleasantly surprised to learn that air fryers don’t remove fat from foods. Instead, they use the natural fats in the foods to cook them without adding additional fat or oil that comes

from traditional frying methods. An air fryer offers a healthy cooking option for keto dieters and is the perfect tool

to cook a wide range of keto-friendly foods from steak to tofu, bacon to vegetables, and even desserts. The “*I Love My Air Fryer Keto Diet Cookbook*” will introduce you to 175 tasty and easy keto meals you can make with your air fryer.

“Learn how to make satisfying, whole-food dishes for every meal from breakfast to dinner, appetizers, to side dishes and desserts, and of course, great snacks. With this guide, you’ll discover how perfectly the air-fryer fits into your keto diet!” according to Publisher Adams Media.

To the Moon and Back

A Novel
By Karen Kingsbury
(Part of *The Baxter Family*)

“Brady Bradshaw was a child when the Oklahoma City bombing killed his mother. Every year, Brady visits the memorial site on the anniversary to remember her. Eleven years ago, on that day, he met Jenna Phillips, who was also a child when her parents were killed in the attack. Brady and Jenna shared a deep heart connection and a single beautiful



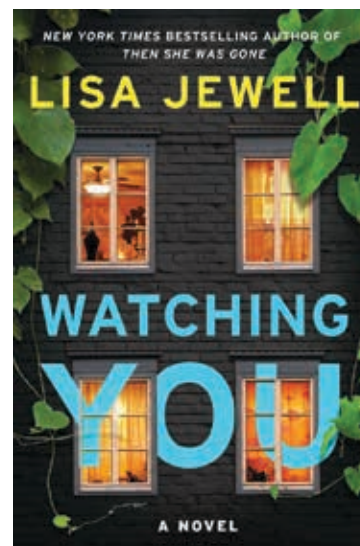
day together at the memorial. But after that, Brady never saw Jenna again. Every year when he returns, he leaves a note for her in hopes that he might find her again.

“This year, Ashley Baxter Blake and her sister Kari Baxter Taylor and their families take a spring break trip that includes a visit to the site to see the memorial’s famous Survivor Tree. While there, Ashley spots a young man, alone and troubled. That man is Brady Bradshaw. A chance moment leads Ashley to help Brady find Jenna, the girl he can’t forget.

“Ashley’s family is skeptical, but she pushes them to support her efforts to find the girl and bring them together. But will it work? Will her husband, Landon, understand her intentions? And is a shared heartache enough reason to fall in love? ...according to Publisher Howard Books.

Watching You

A Novel
By Lisa Jewell



“Melville Heights is one of the nicest neighborhoods in Bristol, England; home to doctors and lawyers and old-money academics. It’s not the sort of place where people are brutally murdered in their own kitchens. But it is the sort of place where everyone has a secret. And everyone is watching you.

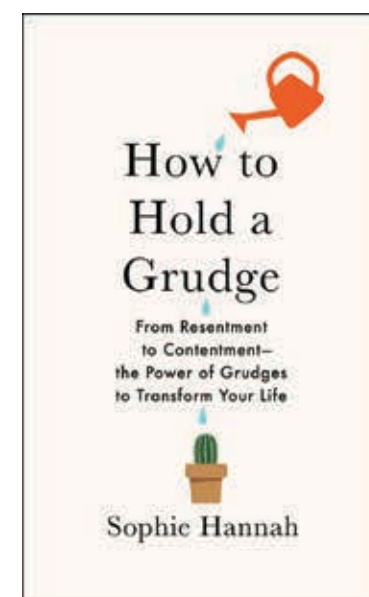
“As the headmaster credited with turning around the local school, Tom Fitzwilliam is beloved by one and all — including Joey Mullen, his new neighbor, who quickly develops an intense infatuation with this thoroughly charming yet unavailable man. Joey thinks her crush is a secret, but Tom’s teenaged son Freddie — a prodigy with aspirations of becoming a spy for MI5 — excels in observing people and has witnessed Joey behaving strangely around his father.

“One of Tom’s students, Jenna

Tripp, also lives on the same street, and she’s not convinced her teacher is as squeaky clean as he seems. For one thing, he has taken a particular liking to her best friend and fellow classmate, and Jenna’s mother — whose mental health has admittedly been deteriorating in recent years — is convinced that Mr. Fitzwilliam is stalking her,” according to Publisher Atria Books.

How to Hold a Grudge From Resentment to Contentment—The Power of Grudges to Transform Your Life

By Sophie Hannah



“The first and only comprehensive examination of the universal but widely misunderstood practice of grudge-holding that will show you how to use grudges to be your happiest, most optimistic, and most forgiving self.

Continued on page 25

Destination Lancaster's '24-hour Getaway' to Los Angeles' Mojave Desert

Story by Ronnie Greenberg • Photos by Joe Hilbers

Brimming with hidden gems Lancaster has always had much to offer. You'll be thrilled to discover the magic and majesty where Southern California's Mojave Desert and the Antelope Valley cuddle between two mountain ranges, just 60 miles north of Los Angeles.

Its history over the centuries has run the gamut from the Native Americans who first roamed the region to remarkable aviators who flew the skies. In more recent years it was a stop on the railroad and center for local farming. Today it is a thriving community where you can fill your days with everything from extreme sport adventures or relax in a luxurious spa. Unwind at night with great food, world-class entertainment and the hospitality of friendly hosts who'll make your stay truly memorable. From its suc-



Mural along Lancaster Blvd.

cessful downtown revitalization and beautiful state parks including the iconic California Poppy Reserve, it's a great base for day trips and extended explorations.

Here's all the excitement you can encounter in Destination Lancaster:

Day 1

You'll feel right at home hanging your cowboy hats and bonnets at the **Hampton Inn & Suites in Lancaster**. There's 85 traditionally

furnished rooms and suites with comfy beds and furniture, a microwave, mini fridge and a flat panel TV. Start your day with a tasty breakfast buffet, offering an abundance of hot and cold dishes. For the more ambitious souls there's a workout room, indoor pool, and hot tub. Other amenities are free Wi-Fi and a business center with available fax and photocopy, and free parking. Located at 2300 W. Double Play Way in Lancaster, call (661)729-2390 or visit www.hamptoninn3.hilton.com

Head out to the **Quail Run Ostrich Ranch** for an informative visit. Established in 1988, this family venture has three generations living and working on the property. Ostrich are the largest flightless birds and run the third fastest of any species sprinting more than 40 mph for long periods of time and

distance. The ranch offers educational tours, ostrich viewing and feeding, farm fresh chicken and ostrich eggs. Located at 44420 North Shaffer Road in Lake Hughes. Call, (661)724-1592 or visit www.quail-runostrichranch.com

Getting hungry? You are in for a delicious culinary experience with a feel of the Old West at the **Broken Bit**. A classic American cowboy

mashed potatoes, and cast-iron veggies; Sagebrush chicken with sage cream sauce, roasted potatoes and cast-iron veggies; Poblano, a veggie stuffed poblano pepper with goat cheese, cheddar, Forbidden Rice, Creole sauce and cilantro pesto. The sumptuous Black Angus steaks grilled over an oak fire with a hint of smoke flavor include the 10 oz. ribeye; 8 oz. filet mignon and if so desired,



View of Museum of Art & History

steakhouse with a dining experience that combines contemporary American cuisine with a Western flair that is loved by locals, as well as visitors. The bar staff serves up whiskey, specialty and traditional cocktails, a fine menu of wines including many locals, and craft beers. Mouthwatering dinner entrees that are cooked to perfection include: wood-fired grilled salmon, with soy barbecue glaze,

smothered with mushrooms, and set alongside a baked potato that takes up half the plate. The menu is overseen by the culinary skills of Chef Jouil Mick who gets a well-deserved round of applause when he comes out of the kitchen. Located in Quartz Hill, a special community that takes pride in its Country Western heritage and lends itself to cowboys and cowgirls riding horses down the streets. Locat-



Exotic Feline Breeding Compound

Destination Lancaster's '24-hour Getaway' to Los Angeles' Mojave Desert

continued



Antelope Valley Indian Museum

ed at 41955 50th St., West. Call, (661)943-8228 or visit www.brokenbitsteakhouse.com. Open only for dinner Tuesday through Sunday, 4:30 p.m. to 10 p.m. and Sunday until 9 p.m.

Antelope Valley Indian Museum

Howard Arden Edwards a self-taught artist, became enchanted with the desert scenery around the buttes while visiting the Antelope Valley. He homesteaded 160 acres on Piute Butte and in 1928, Edwards, his wife and teenage son began building a home, which included a special area he called the Antelope Valley Indian Research Museum. In it he displayed his collection of prehistoric and historic American Indian artifacts, which he interpreted in a way that he thought would be instructive and entertain-

ing for visitors. Some of his imaginative descriptions can still be seen in displays in the museum's upper gallery, his former research museum, now called California Hall.

The museum is administered by California State Parks. Each year the museum has an annual event which includes a country craft boutique featuring handmade items by local crafters, homestead era hol-

iday decor, and songs and poetry performed around a blazing bonfire. Check the website for 2019 dates. The museum is open to the public on Saturdays and Sundays from 11 a.m. to 4 p.m. Located at 15701 East Ave. M (between East 150th and 170th streets) in Lancaster. Call, (661) 946-3055 or on Facebook at www.facebook.com/AVIndianmuseum.

You can end the evening on The BLVD the heart of the destination's cultural, nightlife and dining scene where you will find several spots for a nightcap.

Day 2 (Your Getaway Continues)

Enjoy breakfast at the Hampton Inn and then it's off to **The Exotic Feline Breeding Compound's Feline Conservation Center known as The Cat House**. This wild feline breeding zoo and research facility founded in 1977 and run en-



Jango at the Cat House

tirely on public donations, was designed expressly to protect and preserve the world's most threatened big cats. Its natural habitat cages offer close-up viewing of some of the world's rarest cats including its "star" the Malaysian Tiger Jango. Cat lovers of all ages will be surprised and amazed at the variety of wild cat species found here. It houses more than 70 wild cats ranging in size from the small Sand cat to larger species such as leopard, tigers, jaguars, as well as the local bobcats and mountain lions. Located in Rosamond at 3718 60th St. West. Visit www.wildcat-zoo.org or call, (661) 256-3793 for more information or to schedule a tour (individual and VIP behind-the-scenes tours are available); Hours are 10 a.m. to 4 p.m. Thursday to Tuesday. There is an admittance fee; and parking is free. Volunteer opportunities and intern-

ships offer training for individuals 18 years and older. Adoption program, no you don't get to take a cat home, but you pay each month for their food bill. Minimum commitment 6 months. Special events coming up include: twilight tours, evening open house (18 years and older), Fabulous Feline Follies annual fundraiser; and kids' day that includes activity table, and educational animal show, and more.

Take the Musical Detour

Check out Lancaster's Musical Road made famous by Honda's national TV commercial when engineers designed cracks and ridges in the road. It is on the only street in America that knows how to hum "*The William Tell Overture*" (that became the "Lone Ranger's" theme song) as vehicles pass over



Don Sal Cocina & Cantina

Continued on page 28

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February Book Club

Continued from page 21

“Secretly, we all hold grudges, but most of us probably think we shouldn’t, and many of us deny that we do. To bear a grudge is too negative, right? Shouldn’t we just forgive and move on? Wrong, says self-appointed grudge guru Sophie Hannah, in her groundbreaking and irreverent self-help guide. Yes, it’s essential to think positively if we want to live happy lives, but even more crucial is how we get to the positive. Denying our negative emotions and experiences is likely to lead only to more pain, conflict, and stress.

“What if our grudges are good for us? What if we could embrace them, and use them to help ourselves and others, instead of feeling ashamed of our inability to banish negative emotions and memories from our lives? With contributions from expert psychotherapists as well as extracts from her own extensive catalog of grudges, Sophie Hannah investigates the psychological origins of grudges and also offers not-so-obvious insights into how we should acknowledge—and embrace—them in order to improve the quality of our interpersonal relationships and senses of self. Grudges do not have to fill us with hate or make us toxic, bitter, and miserable. If we approach the

practice of grudge-holding in an enlightened way, it will do the opposite — we will become *more* forgiving,” according to Publisher Scribner.

Show Your Vehicle A Little Love

Your car doesn’t ask for much. It’s always there for you, getting you where you need to go. A little extra care this Valentine’s Day—or any day—in the form of an oil change, tune-up and basic service can be a great gift for the one who keeps you going.

“Don’t let your car break your heart by neglecting to take care of it,” advised Rich



Show your car you care with proper maintenance and it can take good care of you.

White, executive director of the nonprofit Car Care Council. “Being car care aware can add years of useful life to your relationship with your vehicle and keep you from being stranded because of an unexpected breakdown.”

The Council recommends a little tender loving auto care.

• **Schedule a tune-up annually** to optimize your car’s performance. A well-tuned engine delivers the best balance of power and fuel economy and produces the lowest level of emissions.

• **Change the oil and filter per the owner’s manual.** Periodic oil and filter changes keep your engine clean on the inside.

• **Check the tire pressure monthly, including the spare.** Your car’s tires affect its ride, handling, traction and safety.

• **Have the alignment checked annually.** Potholes and other road conditions, as well as nor-

Continued on page 26



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Patience

Continued from page 19

three or four hours, I could irradiate him to a cinder with the deadly beams from my powerful dental x-ray.

I have thought that perhaps in addition to enrolling my staff in CPR classes, we should all take up karate or one of those other ritualistic Oriental martial arts disciplines where, after years and years of training, we will be able to bust cement blocks with our foreheads and render our hands useless for anything but preventing our watches from sliding off. This could come in handy if a crook ever breaks into our office and hides behind a cement wall or a pile of lumber.

An even better plan might be to get a really vicious dog to protect our interests. We briefly entertained a menu of Rottweilers, Dobermans and pit bulls, but abandoned this option after a consideration of the inadequacies of our toilet facilities.

The really vicious animal I have in mind is the one about the size of a mature hamster, one that always rides on the lap of an elderly lady, both of them driving the big Lincoln. This dog has been groomed by somebody with a perverse sense of humor, wears a diamond-studded collar and a pink bow between its ears and as a result, has a massive inferiority complex. It hates everybody. That's the kind of dog would give footpads and other unscrupulous persons

second thoughts about walking off with our unexposed film and glove supplies.

Possibly the best protection of all could be afforded by hiring an unemployed teenager who has spent the last ten years hanging around mall video arcades during which he has single-handedly annihilated tens of thousands of bad guys, many of whom were from galaxies you never heard of. Maybe if we promised to keep him supplied with batteries for his latest model Smart phone, he could even be trained to take out the trash. Or answer the phone, even if it wasn't for him.

Show Your Vehicle

Continued from page 25

mal wear, can take their toll on your car's steering and suspension. A wheel alignment reduces tire wear, improves fuel economy and handling, and increases driving enjoyment and safety.

• **Inspect the windshield wipers and lights on the car.** Lights and wipers play a major role in safe driving, and they are normal wear items that need periodic replacement.

To help make vehicle ownership more enjoyable, economical and convenient so you can keep your relationship with your car on track, the Car Care Council has a free custom service schedule available on its website.

The Council is also the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers.

Free Guide

For a free copy of the council's popular "Car Care Guide" or for more information, visit www.carcare.org.



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February Crossword Puzzle

Across

1. Branches
6. Censor's sound
11. Purse
14. First name in cosmetics
15. ___ luck!
16. Modern address
17. To talk, usually in a pompous manner
18. ___ Majesty's Secret Service
19. Numbered hwy.
20. Author Morrison
22. Homerun king Hank
24. Depart in a secret manner
28. Large woodwind instrument
30. Magistrate
31. Myopic Mr.
32. Dark
33. Salt of sulfuric acid
37. ___-cone
38. Shakespearean forest
39. ___ Moines
40. Indispensable
43. Mends a shoe
45. Horne and Olin
46. Everett of "Citizen Kane"
47. Real-estate dealer
50. Eternal
51. Heron
52. Got it!
53. Strong alkali
54. Wrinkle removers
57. Columbus's birthplace

62. Clean air org.
63. ___ Dame
64. Teheran native
65. Little green men
66. Understand?
67. Birth-related

Down

1. The Lion

2. Syr. neighbor
3. 1959 Kingston Trio hit
4. Wager
5. Make sure
6. Light-colored hair
7. Anderson of "WKRP in Cincinnati"
8. Biblical verb ending
9. End for Siam
10. Umbrella

11. Small donkey
12. Threepio's pal
13. First American to orbit Earth
21. Undivided
23. Beginning on
24. Misuse
25. Marriage announcement
26. Grain stores
27. Second-century date

28. Swiss city on the Rhine
29. Son of ___!
31. Golden-touch king
33. Wild rose
34. Two-time loser to Dwig
35. "Lovergirl" singer ___ Marie
36. Ruhr city
38. ___ extra cost
41. Vogue competitor
42. Bedroom mosquito

- protection
43. Fizz ingredient
44. Suffix with ball
46. Get it?
47. Noted Civil War biography
48. Exodus origin
49. Neighborhoods
50. Item having exchange value

Answers on Page 38

1	2	3	4	5		6	7	8	9	10		11	12	13
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Destination Lancaster

Continued from page 23

street in America that knows how to hum “*The William Tell Overture*” (that became the “Lone Ranger’s” theme song) as vehicles pass over it. It was moved from a street inside Lancaster because it became too crowded an attraction and it is now located at 3187 W. Ave. G.

Enjoy a hearty and delicious Brunch at **Don Sal Cocina & Cantina** considered one of the best Mexican restaurants in the Antelope Valley. The Garcia-Nunez family with more than 55 years of combined experience has worked countless hours to create and develop its restaurants into community favorites. Their focus is on providing every customer with the best dining experience possible by providing excellent customer service and even better food. Don Sal prides itself on traditional Mexican fare offering two brunch buffets, one American and the other Mexican fare. Seat yourself indoors or on a private patio. Added to the festivities is a show-stopping Mariachi band dressed in traditional attire. Brunch hours are Sunday from 10 a.m. to 3 p.m. Cantina Happy Hour is Monday through Friday 4 to 7 p.m. Located at 706 W. Lancaster Blvd. in Lancaster. Call, (661)941-2301 or visit www.donsalcocina-cantina.com

The Museum of Art and History (MOAH) is dedicated to strengthening awareness, enhancing accessibility and igniting the appreciation of art, history and culture in the Antelope Valley through dynamic exhibitions, innovative educational programs, creative community engagements and a vibrant collection that celebrates the richness of the region. In addition to an outstanding collection of local artists, MOAH houses a collection of post-war period art and contemporary art in the areas of painting, sculpture, prints, drawings, photography, film, video, installations and new media art. The 2018 Pow Wow has recently left the amazing murals along Lancaster Boulevard all highlighting the talent of 25 local and visiting artists using 1,500 cans of paint on 19 walls in six days. There is an official 2018 Mural Map. Located at 665 W. Lancaster Blvd. Call, (661)723-6250 or visit www.lancasterMOAH.org; Twitter:@LancasterMOHA; Instagram:MOAHLancaster.

For up-to-the-minute details and more great ideas, visit the Destination Lancaster website at: www.destination-lancasterCA.org; Twitter:@Visit_Lancaster; Facebook.com/DestinationLancaster; or Instagram: VisitLancaster.CA



Age Healthier With These Five Tips



Your pharmacist may have more ways to save you time and money than you realize.

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

1. Consult the experts

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

Continued on page 29

Age Healthier

Continued from page 28

cost-efficient alternative to a doctor's visit.

2. Let your smartphone help you

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

3. Simplify your prescription refills

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

4. Find perks in your Medicare D plan

So you've signed up for your Medicare Part D plan, but are you using it to save money? Fortunately, many prescription drug plans include Walgreens

in their preferred pharmacy network, which could mean a convenient way to lower your co-pays. A little bit of research into the right combination of plan, provider and pharmacy can go a long way to help you save money. Walgreens pharmacies even conduct senior days, giving you extra advice on health care topics and special offers.

5. Maintain a healthy lifestyle

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

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

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



Nels Coxman (Liam Neeson) is a Colorado snow-plow operator who enjoys a peaceful family life with his loving spouse (Laura Dern), and he's just been named *Citizen of the Year* by folks in the small ski town where he lives. At the award ceremony, Coxman ah-shucks his way through a brief speech by saying: "I'm just a guy who keeps a strip of civilization going." When he's not plowing snow on lonely Colorado roads, he can be found with his nose in one of the many crime stories he loves to read.

The family's unremarkable life is suddenly overturned with the mysterious death of their beloved son, who has apparently overdosed on heroin. "Kyle wasn't a druggie," Coxman mumbles when he and his wife identify their son's body. The coroner responds blandly: "Sorry, but all the parents say that."

Before long, the bereaved father morphs into a grim-faced, clenched-teeth vigilante who seeks to eliminate Viking, a heroin-dealing drug lord who Coxman has become convinced is responsible for Kyle's death.

The snow-plow operator isn't someone the mob would be worried about — or even take

seriously. A gangster called Wingman offers Coxman a dire warning about Viking: "He likes hurting people." Wingman then asks, "What makes you think you can kill a man?" Without skipping a beat, Coxman calmly responds: "I read it in a crime novel."

Viking's bad-guy associates (all shadow-dwellers known only by nicknames) then begin dying, one by one, and each in an increasingly more violent way.

Think "*Death Wish*" on snowy Colorado roads rather than on the mean streets of New York City.

Sandwiched between fired bullets, colorful explosions and jaw-dropping car crashes, there's a surprising vein of dark, irreverent humor running through "*Cold Pursuit*." And Blue Oyster Cult's 1970s masterpiece, "*Don't Fear the Reaper*" seems the perfect choice of an ironic theme song here.

At 66, Neeson, a veteran of such diverse movies as "*Schindler's List*" and "*Clash of the Titans*," shows that he is more than capable of assuming this physically demanding role, borne out by his recent efforts in "*Clash of the Titans*" and "*Battleship*." And at 51, the

iconic Laura Dern's resume' includes "*Star Wars: The Last Jedi*," "*Jurassic Park*" and "*Wild*." The main supporting player is young Tom Bateman ("*Murder on the Orient Express*"), who portrays the evil Viking.

"*Cold Pursuit*" is Norwegian director Hans Petter Moland's English-language remake of his 2014 film "*In Order of Disappearance*." Scripted by Frank Baldwin and Kim Fupz Aakeson, "*Cold Pursuit*" offers a visceral, pulse-pounding thrill ride once the story shifts into high gear.

Offered by Summit Entertainment/Lionsgate, "*Cold Pursuit*" opens Feb. 8.

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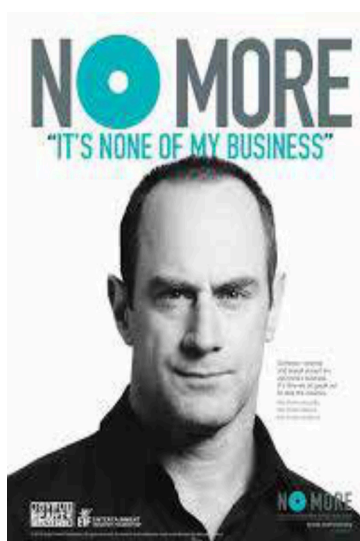
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Willie Nelson

Continued from page 10

weak investments he had made during the 1980s. In 1992, Nelson released *"The IRS Tapes: Who'll Buy My Memories?"* Profits of the double album went to the IRS — and the auction of Nelson's assets cleared his debt. During the 1990s and 2000s, as Nelson continued to tour and release new albums, he also continued to be arrested for marijuana possession.



But as he told *"Rolling Stone Magazine"* in 2014: "The police mostly want autographs now. They don't really bother me anymore for the weed, because you can bust me now and I'll pay my fine or go to jail, get out and burn one on the way home. They know they're not stopping me."

From Mic to Movies and Charity

Nelson made his first movie appearance in the 1979 film *"The Electric Horseman,"* followed by other appearances in movies and on television. Nelson is a major liberal activist and co-chair of the National Organization for the Reform of Marijuana Laws (NORML). He also owns the bio-diesel



brand Willie Nelson Biodiesel, which is made from vegetable oil, and is honorary chairman of the Texas Music Project, the official music charity of the state of Texas.

Along with Neil Young and John Mellencamp, he set up Farm Aid in 1985 to assist and increase awareness of the importance of family farms. In 2001, following the 9/11 attacks, he participated in the benefit telethon *"America: A Tribute to Heroes,"* leading the rest of the celebrities singing the song *"America the Beautiful."*



Nelson supported Dennis Kucinich's campaign in the 2004 Democratic presidential primaries. He raised money, appeared at events, and composed the song *"Whatever Happened to Peace on Earth?"* criticizing the war in Iraq. He recorded a radio advertisement asking for support to put musician author Kinky Friedman on the ballot as an

Independent candidate for the 2006 Texas gubernatorial election.

Nelson is an advocate for better treatment for horses and has been campaigning for the passage of the American Horse Slaughter Prevention Act alongside the Animal Welfare Institute. In 2008, Nelson signed on to warn consumers about the cruel and illegal living conditions for calves raised to produce milk for dairy products.



A supporter of the LGBT movement, Nelson published in 2006 through iTunes a version of Ned Sublette's *"Cowboys Are Frequently, Secretly Fond of Each Other,"* that met instant success.

In June 2018, Nelson deplored the Trump Administration's family separation policy. During his July 4 picnic, he

performed a song with Beto O'Rourke, the Democratic candidate for the Senate election in Texas. Nelson offered a free concert in Austin supporting the candidate's run. The last number he performed was *"Vote 'Em Out,"* a new track that was subsequently released as a single.

Honored and Revered

Nelson's list of honors is long and impressive. In addition to his induction into the Country Music Hall of Fame, it includes winning the Kennedy Center Honors in 1998, induction to the National Agricultural Hall of Fame, for his labor in Farm Aid and other fund raisers to benefit farmers and winning the Gershwin Prize, the lifetime award of the Library of Congress.

On the Home Front

Nelson has been married four times and fathered seven children. In 1991, he married his current wife, Annie D'Angelo, and they have two homes, one on a ranch in Spicewood, Texas, and the other in Maui. They have two sons, Lukas Autry and Jacob Micah.



Busy Boomers

By Les Goldberg

VA Long Beach Renamed For Medal of Honor Winner

For more than a decade, my wife and I have been patients at the Veteran's Administration Healthcare System in Long Beach. Whenever we visit the dermatologist offices, we are greeted by a very friendly middle-aged man who is a long-time employee of the facility.

Little did we know until recently that THAT man, Frank Rubin, an Air Force veteran, is the son of the late Tibor Rubin, a Medal of Honor winner for whom the massive medical hospital is now named. To rename a federal institution is a big deal requiring an act of Congress, so I did some research and found a story worth repeating:

Rubin was born on June 18, 1929, in a small Hungarian town with a Jewish population of 120 families, one of six children of shoemaker Ferenc Rubin. At age 13, his parents sent him to safety in neutral Switzerland, but he was caught and sent to the Mauthausen concentration camp in Austria. He was liberated 14 months later by American combat troops but his parents and two sisters perished in the Holocaust.

Emigration to the United States

In 1948, he emigrated to the U.S. and settled in New York where he worked as a shoemaker then as a butcher. A



year later he tried to enlist in the U.S. Army but failed the English language test. He tried again the following year and passed.

Antisemitism in the army

By July 1950, Private First-Class Rubin found himself fighting in South Korea. According to lengthy affidavits submitted by nearly a dozen men who served with Rubin in South and North Korea, an antisemitic sergeant consistently sent Rubin on the most dangerous missions.

During one mission, according to his fellow soldiers, Rubin secured a needed route of retreat for his rifle company by single-handedly defending a hill for 24 hours against waves of North Korean soldiers. For this and other acts of bravery, Rubin was recommended four times for the Medal of Honor by two of his commanding officers who were killed in action shortly after issuing the order.

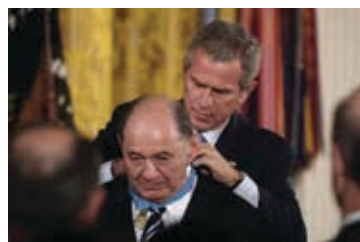
Some of Rubin's comrades were present and witnessed the

order being issued, and all are convinced that Peyton deliberately ignored his orders.

Chinese POW Camp

Toward the end of October 1950, massive Chinese troop concentrations had crossed the border into North Korea and were attacking the unprepared American troops now trapped far inside enemy territory. Rubin, severely wounded and one of only a handful of survivors, was captured and spent the next 30 months in a prisoner of war camp.

Faced with constant hunger, filth and disease, most of the GIs simply gave up. "No one wanted to help anyone. Everybody was for himself", wrote a former sergeant and POW. Except for Rubin.



Almost every evening, he said, Rubin would sneak out of the prison camp to steal food from the Chinese and North Korean supply depots, knowing that he would be shot if caught. "He shared the food. He also nursed us and did many good deeds or mitzvahs — helping his fellow men was the most important thing to him." The survivors of the prison war camp credited

Rubin with keeping them alive and saving at least 40 American soldiers.

Rubin refused his captors' repeated offers of repatriation to Hungary, by then behind the Iron Curtain.

Medal of Honor

It wasn't until 1986 when light was finally shed on Rubin's harrowing and remarkable story. The Jewish War Veteran (JWV) organization launched the Medal of Honor campaign when it was discovered that Rubin had been overlooked for numerous medals due to antisemitism. It triggered a US Army study in 1993 to investigate racial discrimination in the awarding of medals. Eight years later it was determined that should have received the nation's highest honor for valor



in combat. In 2005, President George W. Bush pinned the medal on Rubin in a ceremony at the White House. He is the only Holocaust survivor to receive the MOH.

Later Life and Death

After his military service, the Garden Grove resident worked in his brother's Long Beach liquor store and regularly volunteered at the Long Beach Veterans Hospital where he was honored for his more than 20,000 hours of volunteer work. Rubin died on Dec. 5, 2005 at his home.

On May 10, 2017, in a ceremony attended by more than 400 the Medical Center was renamed in his honor as the "Tibor Rubin VA Medical Center."



Eight Tips For Caregivers To Help Ease The Risky Business Of Caregiving

Millions of unpaid, family caregivers may be putting their own long-term health and financial security at risk when providing support for relatives or friends who need help taking care of themselves. Research from nonprofit Transamerica Institute® finds that 69 percent of caregivers gave little or no consideration to their own financial situation when deciding to become a caregiver, and 55 percent say their own health takes a back seat to that of the person they are caring for.

“Caregivers play a vital role in our society. It is imperative that we raise awareness of the issues and risks they face and offer meaningful solutions that can help them better manage their responsibilities,” said Catherine Collinson, CEO and president of Transamerica Institute. If you are among the growing number of family caregivers, these eight tips can help you maintain your own well-being while caring for your loved one.

1. Take care of your own health and wellness. Your physical health is important, too. Eating well, getting enough sleep, exercising, and taking breaks can all help increase your energy, reduce stress and improve your mood. Remember your own medical checkups and let your doctors know of any changes to your health.



2. Share caregiving and non-caregiving responsibilities. Share caregiving with family members and friends, or seek out community resources, such as adult day programs or transportation services. Ask for help with your own day-to-day responsibilities that caregiving makes difficult; it may be easier to find help with those activities than with caregiving.

3. If employed, strive to stay in the workforce while caregiving. Consider all your options before reducing hours, job responsibilities or quitting your job. Taking time out of the workforce could make it difficult to return to work and to find a job at the same level of pay.

4. Ask if your employer offers programs or benefits to help caregivers. Many employers offer the ability to work remotely, flexible hours and compressed workweeks, which can make it easier to juggle work and caregiving. Ask if your employer offers an Employee Assistance Program (EAP), which may include referrals to services for caregivers and care recipients.

5. Learn about the Family and Medical Leave Act

(FMLA), a federal law that requires covered employers to provide their eligible employees with protected, unpaid work leave for qualified medical and family reasons. It can help employees balance their job with caring for a family member with a serious health condition. To learn more about FMLA and whether you are eligible, visit dol.gov/whd/fmla, and consider consulting your employer's HR department.

6. Keep your own long-term financial security top of mind. As a caregiver, it is especially important to budget, keep track of expenses and save for the future. Save for retirement either through your employer's 401(k) or similar plan, or in an IRA. Avoid taking loans or early withdrawals from those accounts.

7. Explore programs that provide financial assistance to caregivers. Some states have programs for Medicaid recipients to help pay non-professional caregivers, such as Cash & Counseling and In-Home Supportive Services (IHSS). Veterans may be eligible for the Veterans Directed Home and Community Based Services (VD-HCBS) program. If the care recipient has a long-term care insurance policy, find out if it enables you to receive payments and what requirements or certifications you would need to receive payments. You may

also be able to claim the care recipient as a dependent for tax purposes.

8. Remember patience. Caregiving takes patience, both in being realistic about what you as the caregiver can do, and in communicating with and assisting the care recipient. Relationships often change when the need for caregiving arises—from adult children reversing roles with their aging parents, to shifts in roles between spouses or partners. Patience is even more important when the care recipient has any cognitive decline.

Additional tips and resources can be found in nonprofit Transamerica Institute's “Comprehensive Guide for Caregivers.” This free guidebook provides tools for assessing when care is needed, suggestions for planning for care and navigating health insurance coverage, possible options for financial support for caregivers, and ways to care for the caregiver. It can be downloaded at www.transamericainstitute.org/caregivers-research.

Transamerica Institute conducted the survey of more than 3,000 nonprofessional caregivers in 2017. Full survey results and additional materials are available at www.transamericainstitute.org/caregivers-research. Transamerica Institute is a nonprofit, private foundation.



Age-related macular degeneration (AMD) is the leading cause of blindness in people 55 and older, sadly robbing sight and independence. It is a chronic disease affecting over 10 million Americans, and early detection is key to saving your sight.

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New Shingles Protect The Curb Appeal Of Homes

Increasingly, homeowners seeking to protect the curb appeal of their residences are looking up—at their roofs.

In many areas, roofs have black streaks caused by algae—and this is the top appearance-related problem reported to roofing contractors. Fortunately, homeowners don't have to accept the fate of algae making a roof look old before its time.

A new type of roof shingle provides a long-term solution to help prevent algae growth from taking hold—protecting your home and helping to keep it looking good for years to come.

Invented by 3M to combat black streaks on roofs caused by algae, copper-containing roofing granules have been proven successful on hundreds of thousands of homes across the country over the last two decades. Available as shingles with Scotchgard Protector, this long-term, proven solution provides homeowners a beautiful roof free from ugly black streaks.

Known for insisting on nothing less than the best product for the job, professional contractor and TV host Mike Holmes recently named these shingles a “Holmes Approved Product”—and is working to increase awareness among homeowners to help eliminate black streaks on roofs for good.



“I’m proud to partner with 3M and I’m excited to see how far we can take the message,” says Holmes. “Together, we’re going to continue to improve the quality of our homes, increase the value of our homes and change our industry for the better.”

This fall, The Holmes Group will partner with two Atlas Pro™ Plus contractors to transform homes in need of a curb appeal face-lift. The teams, led by Mike Holmes Jr. and Sherry Holmes, will work together to make over two homes with Atlas Pinnacle® Pristine Shingles with Scotchgard™ Protector. Viewers can tune in to the online microseries this fall.

“The Holmes name brings added value to the already highly respected Scotchgard brand,” says Stan Bastek, director of marketing and sales development for Atlas Roofing. “When the Holmes group endorses a brand, they are communicating to consumers that they see the same problem we do: how ugly black streaks on roofs reduce curb appeal and home value.”

“The Scotchgard brand is synonymous with protection for homeowners, so protection from roof algae is the

fulfillment of what that brand promises—a roof free of black streaks that retains its aesthetic appearance,” according to Frank Klink, Ph.D., senior laboratory manager, 3M. “Our decades of research into the scientific properties of copper, and field experience with shingle technologies and roof algae, have proven that a minimum 10 percent blend of 3M copper-containing granules uniformly distributed across the shingle surface, and hip and ridge, is required for superior protection against algae.”

To learn more, visit 3M at www.3M.com/resistblackstreaks.

We are voluntary, community-defined training and behavior standards for handlers and their Service Dogs.

Register or learn more now ▶

USSDR.org

Happy Valentine's Day



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
or call (949) 855-8033

Age Well
Senior Services

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS

What You Need To Know About Cholesterol

New cholesterol guidelines from the American Heart Association emphasize a personalized approach to preventing and treating high cholesterol and cardiovascular disease.

What Cholesterol Is

Cholesterol is a waxy substance that your body makes to build cells. Too much can pose a problem. Extra cholesterol comes from foods including meat, poultry, dairy and tropical oils.

Why Cholesterol Matters

Cholesterol can slowly build up in your arteries and form a thick, hard deposit that narrows them and makes them less flexible. If a blood clot blocks a narrowed artery, a heart attack or stroke can result.

What To Do

Ask your doctor such questions as:

Q. What do cholesterol numbers mean?

A. Studies suggest optimal cholesterol levels are about 150 mg/dL and about 100 mg/dL for low-density lipoprotein cholesterol (LDL-C). Levels in this range are linked to lower rates of heart disease and stroke.

There's no ideal target for LDL-C but "lower is better." Assessment with a risk calculator helps your doctor determine your personal risk and



fruit or pomegranate—or supplements that may interact with your cholesterol-lowering medication.

Q. When and how often should I follow up?

A. Have a follow-up visit one to three months after starting cholesterol-lowering medication to check that it's working, that you're taking it properly, and to monitor for side effects.

Learn More

The American Heart Association's Check.Change.Control. Cholesterol initiative, supported by Sanofi and Regeneron, has information and resources for managing cholesterol and other cardiovascular risk factors. Visit www.heart.org/cholesterol for further facts, and www.heart.org/MyCholesterolGuide to download the free guide.

treatment options. A coronary artery calcium test may also help with your assessment.

Q. How can I lower my risk for heart disease?

A. A healthy lifestyle is critical. Also, while statins are still the first choice of medication for lowering cholesterol, new drugs are available for people who have had a heart attack or stroke and are at risk for another. Your doctor will monitor your progress.

Q. How do I know if my medicine is working?

A. It may take a few tries to find the right medicine and dose.

"Finding the sweet spot for treatment is highly individualized," said Donald Lloyd-Jones, M.D., a member of the cholesterol guideline writing committee and chair of the Department of Preventive Medicine at Northwestern University in Chicago. "The latest guidelines strongly encourage patient and doctor to have detailed and personalized discussions about medication."

Ask your doctor about medicines, foods—such as grape-



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

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?

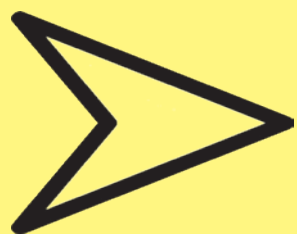
MS: Initially, we assess each unique situation, and get to know the family and the resident. The more we know about them, the better we can offer our expertise for assistance. After we assess the res-

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-licensed assisted living facilities and organizations dedicated to board and care, memory care,

Continued on page 40



In The Spotlight

By Debbie L. Sklar

Meet Elizabeth Svendsen an OC antiquarian bookseller

Elizabeth Svendsen of Laguna Niguel loves books and so she should since that's her business. She's a busy antiquarian bookseller who owns Walkabout Books. She is also the daughter of the author of "Grandpa Magic: 116 Easy Tricks, Amazing Brainteasers, and Simple Stunts to Wow the Grandkids" magician Allan Zola Korozek. Here's more about Svendsen.



Q: What's your education?

A: A B.A. in History from Cornell University, an M.A. in History from Princeton University and an M.A. in Criminal Justice from Rutgers University.

Q: Career plans when you were younger?

A: From the time I was about 6 until I went to college, I always planned to be a veterinarian. Once I decided to pursue my love of history instead, I figured I would be a professional historian and history professor. But by the time I was a few years into graduate school, I realized that the academic world wasn't really for me. I seem to prefer learning a little bit about a lot of things to spending years on a single subject (as an academic career would have required), which is why selling used and rare books has worked out well for me. I learn new things daily.

Q: What was it like growing up with a magician?

A: I had fantastic birthday parties.

Q: Was your mom his assistant?

A: No, but my aunt (my father's sister) was his assistant when they were kids.

Q: What were your favorite tricks

A: When I was little, I loved *Joanne the Duck*. She was a wooden duck who could pick up playing cards in her beak. Then when I was older, I came to appreciate slight of hand tricks done using cards and coins. But I was always most amazed by the ones that appeared to involve ESP — for example, where he would write down a prediction about what word someone would pick from a random page in a random book pulled off the shelf, and he would be right!

Q: Can you do any magic tricks?

A: Not anymore. I haven't practiced for years. But when I was about 11 or 12, I developed my own magic show using some tricks my dad had taught me, and some of his old props (including *Joanne the Duck*). I knew how to get silk scarves to untie themselves from knots and could make a few things disappear. I did the show a few times before I got distracted by the usual concerns of teenagers.

Q: What does an antiquarian bookseller do?

A: Seeks out rare and interesting books (and sometimes other paper things, like historical photographs and documents) and connects those books with collectors and scholars who appreciate and use them.

Q: What's a typical day like for you?

A: On a typical day, I will answer several calls from people who want to know whether their old books are valuable (usually they aren't, but every once in a while they are); photograph and write descriptions of several new items in my inventory that will be uploaded for sale online; pack and ship books that have sold; and maybe spend some time looking through auction catalogues to

see what's coming up for sale that I might want to bid on. Auctions are one of the ways I find my stock. I also buy from the public, so sometimes people bring books to my office for me to look at and possibly buy, or I may go to someone's house to look if they have a large collection.

Q: What do you think of your dad's magic books he has written?

A: I think they're fantastic. Of course, I co-authored one of them ("*The Sorcerer's Companion*"), so I would say that, but I like them all. His first book, "*The Secrets of Alcazar, A Book of Magic for Young Magicians*," is a classic--considered one of the best magic instruction books for young adults. It's out of print and something of an antiquarian book itself, but I confess I have never bought or sold a copy professionally. Also, "*52 Ways to Cheat at Poker*" is a very interesting read, just to learn all the sneaky things people do, and of course the new book, "*Grandpa Magic*" is full of fun puzzles and brainteasers, as well as magic tricks. What's not to like?

Q: Spare time, hobbies?

A: I spend a LOT of time on my bookselling business — in part because it takes a lot of

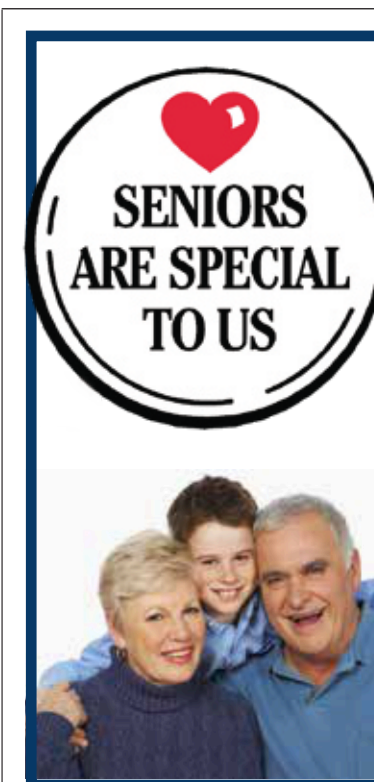
time and effort to make a living selling books, but also because I love it. Other than that, I love to be outside — hiking, gardening, and traveling when I can.

Q: Family?

A: I have a wonderful husband, Vaughn Svendsen, who works as a mechanical engineer in Irvi, and we have three cats named Buzz, Bee, and Baxter.

Q: Where can people learn more about Walkabout Books?

A: My business, for anyone who may be interested, is Walkabout Books, and I work from an office space (not a regular retail shop) in Laguna Hills, where I welcome the public by appointment. Website is www.walkaboutbooks.net.



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Decoding Your VIN

When cars are sold, recalled, stolen or involved in accidents, you may hear references to the VIN; that is, the Vehicle Identification Number. Many data registries use the VIN to record details of the vehicle's history. Before you buy a used car, do a VIN lookup to get the vehicle history report and find records of its previous owners, accidents and repairs. You can also find out if the manufacturer has ever issued a recall of the vehicle and whether those repairs were made.

What the VIN Is

It's a unique code that's assigned to every motor vehicle when it's manufactured and is a 17-character string of letters and numbers without intervening spaces or the letters Q (q), I (i) and O (o); these are omitted to avoid confusion with the numerals 0 and 1. Each section of the VIN provides a specific piece of information about the vehicle, including the year, country and factory of manufacture; the make and model; and the serial number. VINs are usually printed in a single line.

How to Find the VIN Number

On most passenger cars, you can find the VIN number on the front of the dashboard on the driver's side. The best way to see it is to look through the windshield from outside the car. You can also find the VIN number on the driver's side door pillar. Open the door and

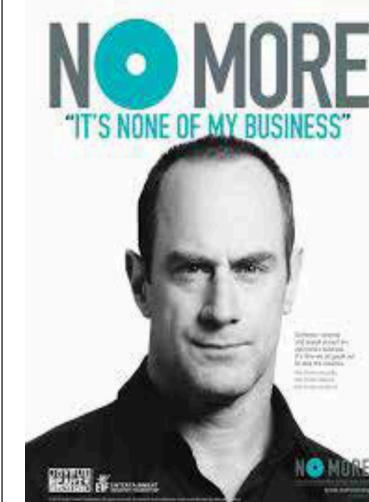


look around the area where the door latches to the car. A motorcycle's VIN is usually on the steering neck below the handlebars, although sometimes it's on the motor or on the frame near the motor. A semitrailer's VIN is located on the front part of the semitrailer on the left side.

If you can't find the VIN number on the vehicle, you should be able to find it on your vehicle's title or liability insurance documents.

Learn More

To decode your vehicle's VIN number or see if there are any active recalls on your car, visit the free VIN Decoder at <https://driving-tests.org/vin-decoder/>.



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— Janet F.

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

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Crossword Puzzle Answers from page 27

1	L	I	M	B	S		6	B	L	E	E	P		11	B	A	G	
14	E	S	T	E	E		15	L	O	T	S	A		16	U	R	L	
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24	A	B	S	C	O	N	D		28	B	A	S	S	O	O	N		
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37	S	N	O			38	A	R	D	E	N		39	D	E	S		
40	E	S	S	E	N	T	I	A	L		43	S	O	L	E	S		
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JUST JUDITH

By Judith A. Rogow

Hearts and Flowers

For such a short month, February has several official and unofficial holidays.



The LIII Super Bowl on Feb. 3 at Mercedes-Benz Stadium in Atlanta with its attendant halftime extravaganza will see the New England Patriots and the Los Angeles Rams in fierce competition for bragging rights as National Football League Champions for 2018.

Apart from the glory of being best in their class, the overblinded ring and the financial windfall that comes from appearing in commercial advertising are bonuses for players and their agents.

Gladys Knight, Atlanta's own "Empress of Soul," will open the activities by gracing the "National Anthem" with her magnificent voice.

Fans - an apt shortening of the word fanatic - will either be sitting in the stadium all bundled up, in a public or private commercial establishment, at home or a friend's in front of a TV or glued to a radio broadcast.

Like last month's Rose Bowl, the Super Bowl will be a boon for Las Vegas hotels and bars.

Then there's the traditional halftime show, (still in flux as of this being written) featuring bands, singers, dancers, lighting and other eye-catching special effects. Performers keep the crowds engaged as do the advertisements for beer, barbecued meats and the latest automobiles.

Be my



Valentine

Speaking of Roses . . . Valentine's Day on the 14th celebrates the feast of Saint Valentine, a martyr slain by the Emperor Claudius II. Since two men, each named Valentine, were slain on by Claudius on Feb. 14 in different years during the third century and history from that era being, well, pretty much non-existent, the reason Valentine was slain, or the rationale for his sainthood are lost to modern



history.

However, in recent times the celebration of the day has become a romantic tradition with Hallmark or other card companies. Also, chocolate boutiques, jewelers, and the Rose growing industry - and we mustn't forget expensive restaurants - enjoy the benefits of a mid-winter holiday.



President's Day always held the third Monday of the month is the only federal holiday in the shortest month, but it celebrates some towering figures. Originally created to honor the birthday of General George Washington, our first President, it later was officially named Presidents Day to add Abraham Lincoln, another leader with a February birthday. These days it's an all-inclusive day of remembrance and honor to all Presidents.

Washington D. C. and other towns and cities hold parades, dinners and patriotic events on the day.

Alexandria, Va., hosts the annual George Washington Day Parade complete with marchers dressed in recreated period proper uniforms, firearms, horses and wagons of the era,

Continued on page 40

It Doesn't Have To Cost 6 Percent To Sell A Home



If you're thinking about selling a home, you may have wondered: "What, really, does a real estate agent do to earn a 6 percent commission?"

In the past, real estate agents had to scour literal books of listings and drive clients around to see listings to make sales. But today's real estate process is much simpler—and increasingly digital. According to a 2017 study from the National Association of REALTORS®, 44 percent of home searches now start online. And as the search process moves online, almost all of the paperwork has, too, allowing agents to handle more business even more quickly.

So if everything's easier now, why are most agents still charging 6 percent?

It comes down to the time and money that agents spend finding new clients. "Many agents still find most of their business by cold calling, sending mailers or knocking on doors," explains Ben Mizes, CEO of online real estate brokerage Clever Real Estate. "The time it takes agents to find customers puts a floor on how low they are willing to go on commissions."

Continued on page 40



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Are You Seeking

Continued from page 34

ident's care needs, personality and preferred locations, we work with the family budget to ensure appropriate placement.

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

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

SR: What is the cost of using RCPS services?

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

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

Another is the Ambrose family in San Clemente: "Thank you for all the hours of searching and getting to know Polly, her needs and the needs of our family. The confidence and

experience you shared with us helped us believe it was possible."

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

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

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

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

See our ad on the back cover.



It Doesn't Have To Cost 6 Percent To Sell A Home

continued from page 39

Clever works nationwide to solve this problem by matching customers with local Partner Agents, who sell homes for a flat fee of \$3,000 or 1 percent in listing commission. Clever is part of a growing trend in the real estate industry; discount firms like Redfin now operate in many U.S. metro areas and even local brokerages are increasingly discounting their rates. In a 2017 article, The Washington Post estimated that average commission rates nationwide will soon fall to 5 percent as agents compete more aggressively to win business.

Tech-focused entrants to the discount real estate space have the potential to accelerate the change. Unlike traditional brokerages, which expand one city at a time with local brick-and-mortar offices, Clever partners with agents all over the country.

Mizes says, "We have a full-time team dedicated to recruiting and vetting top-performing agents from major agencies. They provide the exact same full service that a top agent usually offers, but when you come through Clever, they do it for our competitive prices."

Steve Huffman, a Keller Williams broker and Clever Partner Agent in Atlanta, says that discount prices don't stop him from providing a quality, full-service experience for his

clients. "If you do a good job with discount clients, they can refer friends, and you have buyers who will call your yard sign," he explains. "The more listings you have, the more exposure you have."

Luke Babich, Clever's Chief Strategy Officer, explains why it's a win-win: "Our Partner Agents can focus on doing what they do best: selling homes. Meanwhile, the average customer saves \$9,000 in commission."

Among the emerging business models that are shaking up the real estate industry, tech-focused brokerages like Clever differentiate themselves by being human focused, too. "Real estate commissions are ready to be revolutionized," says Babich. "But we're selling homes the same way that they've been sold for the last half century—with great, attentive, professional agents."

With dramatic changes in the real estate industry—which some have said threatens to displace real estate agents—tech-focused brokerages like Clever differentiate because they are agent focused, too.

"In the end," concludes Huffman, "you're not losing money because you're gaining more clients."

To learn more about the ways that technology is changing the real estate industry, visit <https://listwithclever.com>.

JUST JUDITH

continued from page 39

and onlookers dressed in the sort of clothing that adds to the authenticity of the event.

Laying a wreath at base of the massive marble statue of President Lincoln, usually by the current President, is an impressive display as the man who held office during the Civil War watches while a recital of his "Gettysburg Address" reminds those assembled of the reason he is venerated.

A short drive from the remembrance of the 16th President is the beautifully preserved home of the first. Mount Vernon, the heart of Washington's Estate offers tours of the house and garden that will give you insight into the way things were during the early days of our country.



Those of us in California put our own spin on February with camel races at the Riverside County Fair, the Scots Festival on the Queen Mary, the African-American Festival at the Aquarium of the Pacific, and a 268-foot long Golden Dragon at the Chinese New Year in San Francisco.

February may be short, but it has much to offer.

Tinseltown Talks

By Nick Thomas

A Tale of Two Ghost Singers

India Adams and Annette Warren have a lot in common. Both now in their nineties, their career paths merged in the 1950s when the pair were hired by studios to dub the singing voices of actresses as so-called 'ghost singers.'

Adams sang for Joan Crawford and Cyd Charisse in films such as *"The Band Wagon,"* *"Torch Song,"* and *"Johnny Guitar,"* while it's Warren's voice heard for Ava Gardner in MGM's musical *"Show Boat"* as well as Lucille Ball in several movies.

"I was appearing at a club and someone from MGM asked me afterward if I'd be interested in dubbing," recalled Ms. Adams from her Los Angeles home. "I did *'The Band Wagon'* first, and one of the songs for Cyd Charisse, *'Two-faced Woman,'* was cut out but used for Joan Crawford in *'Torch Song.'* It's the only time in motion picture history that two different actresses have lip-synched to the very same track."

Ms. Warren broke into Holly-



Early and recent publicity photos of Annette Warren - provided by Annette Warren

wood after seeing a *Los Angeles Times* ad.

"It turned out MGM was looking for a vocalist to dub Ava Gardner's songs in *'Show Boat,'*" she recalled from her home in Rancho Palos Verdes, Calif. "That same night I was at a party and introduced myself to Marvin Saltzman who was an agent and the son-in-law of Arthur Freed who was producing the film."

Saltzman helped Warren secure an audition – in front of the entire cast.

"That never happened when you went for most dubbing jobs," Warren said. "But they were all there – Kathryn Grayson, Howard Keel, even Joe E. Brown and Agnes Moorehead. I sang *'Can't Help Lovin' That Man'* and when I finished Kathryn Grayson – who was a fabulous singer – walked up to me and said, *'My dear, we could all learn a lot from you!'* But Ava wasn't happy because she wanted to sing in the movie. And to be honest, I couldn't blame her because she had a fairly good voice herself."

Adams has vivid memories of singing for Crawford and Charisse.

"I worked a lot more with Joan than I did with Cyd who was cold and reserved although part of it might have been that she was rather shy," she said. "Joan was very friendly and would invite me back to her dressing room. She had a passable voice, but they really wanted someone to provide a more professional edge."

Despite the obvious vocal talents of both singers who spent many years working in other areas of the entertainment industry, they were dedicated to raising their families.

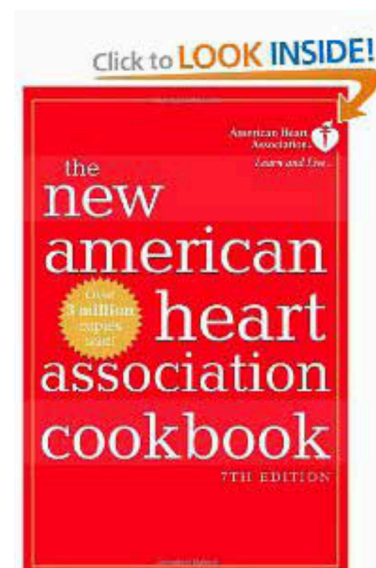
"I never really promoted myself as much as I could have," Warren admitted. "But I have never, ever felt any regrets about not becoming a better-known singer. I was the happiest woman in the world raising a family."

"I always wanted to become a really big star," Adams said, "but don't believe it would have allowed me to have the fulfilling family life that I had. I'm content to be a little star!"

Nick Thomas teaches at Auburn University at Montgomery, and has written features, columns, and interviews for over 700 newspapers and magazines.



Early and more recent publicity photos of India Adams - provided by India Adams



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Life in Long Beach

By Lyn Jensen

Cruisin' at the Historical Society

Car culture is on display with "Chrome! Cruisin' Clubs and Drag Strips" at the Historical Society of Long Beach through March 7. Photos and other items, recording the history of local car clubs and the Lions Drag Strip that operated 1955-1972, are part of the exhibit. Admission is free, except for closing night which will feature a talk by historian Craig Hendricks and actress Lucy Daggett. Tickets for the closing-night festivities are \$35 for members and \$40 for non-members.



Historical Society of Long Beach is a non-profit organization that collects, preserves, and protects the history of Long Beach. The society began in 1962, and has been housed in a storefront gallery in the trendy Bixby Knolls neighborhood since 2007.

The society's resources are invaluable for genealogists, journalists, writers, historians, artists, filmmakers, architects, civic officials, educators and students.

Today the society's collection includes about 3,000 photographic



images, 27,000 photographic prints and 3,000 slides. The gallery houses the "Long Beach Historical Newspaper Collection," which spans 87 years, including the "Sun," "Independent," "Telegram," "Independent Press-Telegram," and the current paper of record, the "Press-Telegram." You'll also find city manager's files, 1922-1953, and a collection focusing on Long Beach contributions to gay and lesbian history. Books and photos of local history are for sale.



Julie Bartolotto has been executive director since 1997. She suggests if you want to conduct research, first make an appointment. If you're doing genealogical research, for example, the society will help research names you're looking for, including such records as Kiwanis, the chamber of commerce, women's clubs, and city directories.

Perhaps the society's most pop-

ular event is the Annual Historical Cemetery Tour, always held the last Saturday in October — around Halloween. Participants "meet" some "residents" of the Sunnyside and Municipal cemeteries. Actors play prominent deceased people whose graves are here, talking about their interesting lives — and deaths. Tickets are \$25 and are available online or at the event.



Members and volunteers are important to the work of the society, which ranges from museum exhibits to tours to fundraising. For membership information and volunteer opportunities, see the society's website. Membership for students is \$35, for seniors (over 60), \$50.



Friday 1 to 5 p.m. (open late first Fridays), Thurs. 1 to 7 p.m., and Sat. 11 a.m. to 5 p.m.

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Please mention code 110540 when ordering.

Because each Perfect Sleep Chair is a custom-made bedding product, we can only accept returns on chairs that are damaged or defective.

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