

# SENIOR REPORTER

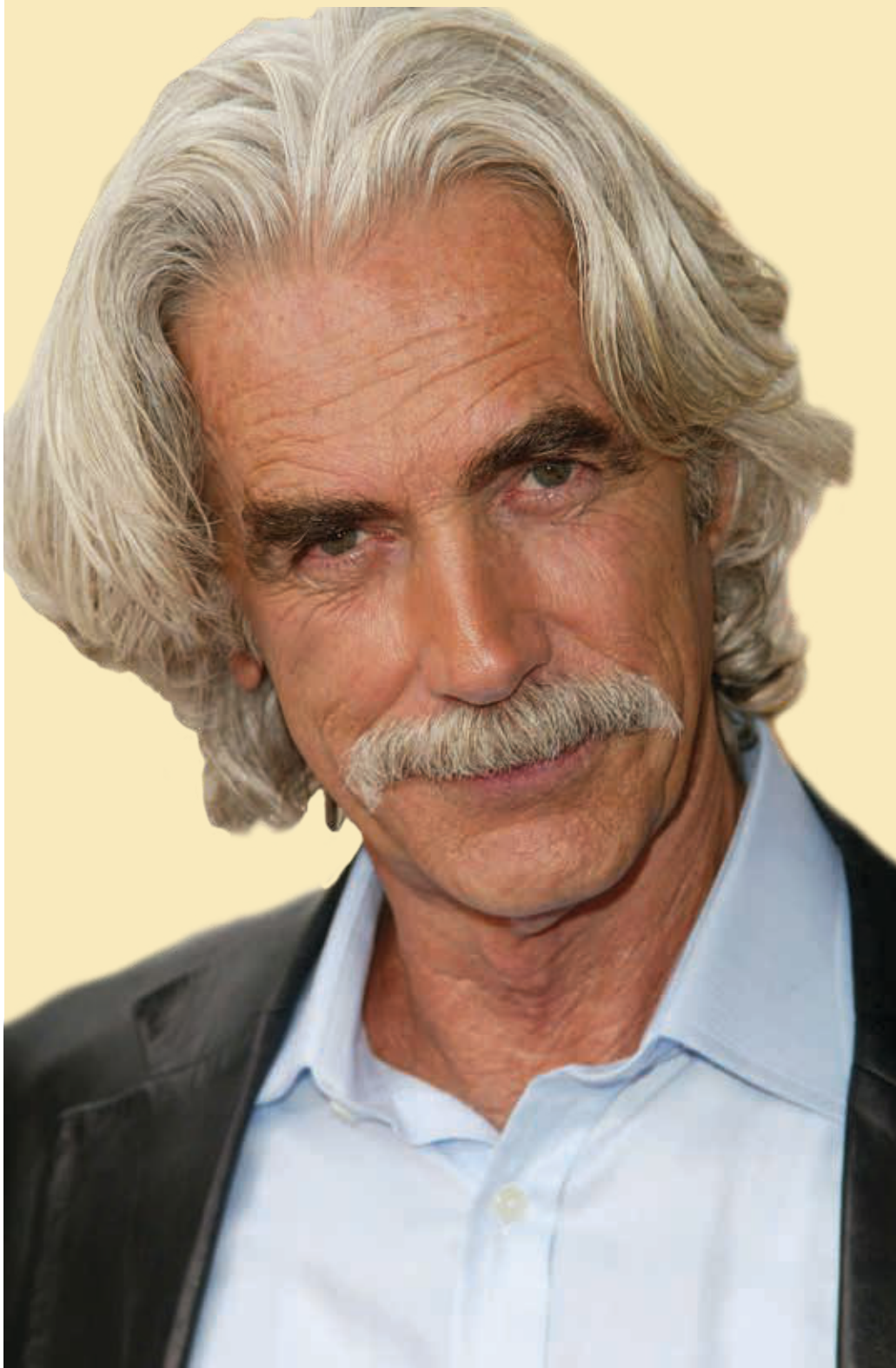
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AUGUST 2019

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## Sam Elliott

*"I think anytime you can affect people in general, in a positive way, then you're a lucky individual."*

—Sam Elliott

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# New Cars

By Jim McDevitt

I still have monthly payments I am making on the 2016 car I bought new. I have it over 3 years now and I still can't set the car clock to the right time when we move ahead or fall back. I've read the owner's manual, read the instructions and still couldn't change the time. My long-time mechanic couldn't figure it out. I went back to the dealer where I bought the car and the salesman who sold me the car showed me how to do it in less than 2 seconds. When it was time to change the clock on the car again, I still couldn't do it. So, I have been living with this car having the incorrect time now for six months of every year.

My other car is a 1998 Honda Accord and I never had to look up how to change the time on the car clock. There is an hour button and a minute button on the clock that you press to set the right time. It's simple. The new car I previously mentioned has you pull switches, hold leavers down and then up, push in and pull out. It's a complete puzzle to me. I don't know what to say about the engineers who designed this system but they are not good words.

While my new car is undergoing repairs, I have a new 2019 loaner car. Every time I start this car up the radio goes on with someone yelling words to hip hop music. As you may have guessed I am from the generation of soft music. Why would anyone engineer a car where the radio goes on every time you start it up? This means that every time I start the car up, I must turn off the radio. This of course makes me a crazy person.

To add to my stress level which is already setting Olympic Records is the nonexistent handle for the emergency brake. If you were to have an emergency while driving and lose your brakes, you must remember to push down or is it pull up a half inch wide brake control switch located between you and your passenger. This means that if you have a young child sitting next to you, he or she may be playing and accidentally pull your emergency brake on when you are doing 50 m.p.h. I've had this loaner for three days now and I still can't remember how to set the emergency brake when I park the car. Each time I park the car I must push this little handle for the emergency brake up

and down while keeping my foot on the brake pedal until a very small red light appears on the dashboard that says park.

Did I mention that this car is keyless? They should say you have to be clueless to drive this car because when I park the car I wonder if I failed to lock the car if someone could just hop in the car, push the start button and drive away? Another feature that makes no sense is when I stop at a red light or stop sign, the engine throttles down and shakes like it's going to shut off. This procedure must be designed to give the driver a stroke.

On the second day of using the car, I pulled into a long line of cars at a gas station to put gas in the tank. As I inched forward in the long line at the station, I looked for the button to flip open the cover on the gas tank. I could not find one. I opened the glove box which has never contained gloves in my lifetime and looked for an owner's manual. There was none. Don't ask me why a loaner car at a dealership an owner's manual would not have because I have no answer. It makes

*Continued on page 16*

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The museum collection spans the history of manned flight from

*Continued on page 16*

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**PLANES OF FAME AIR MUSEUM**

**2019 SCHEDULE OF EVENTS**

(See our website [www.planesoffame.org](http://www.planesoffame.org) for more information)

JANUARY	5	Living History Flying Day featuring: the World's Fastest Piston Engine Aircraft P-51 Voodoo
FEBRUARY	2	Living History Flying Day featuring: the P-47D Thunderbolt Dottie Mae
FEBRUARY	16	Special Presentation: Women in Aviation Early Pioneers To Today
MARCH	2	Living History Flying Day featuring: the Vought F4U-1A Corsair
MARCH	9	5th Annual Hangar Dance with Big Band Orchestra
MARCH	16	Special Presentation: 'Chasing Reno Gold' Unlimited Air Racing
APRIL	6	Living History Flying Day featuring: the Lockheed P-38 Lightning
MAY	4-5	Planes of Fame Airshow May 4-5 2019, Chino Airport
MAY	12	Mother's Day - Moms Admitted FREE!
JUNE	1	Living History Flying Day featuring: the Republic P-47G Thunderbolt
JUNE	15	Special Presentation: Conquering The Atlantic: The Orteig Prize
JUNE	16	Father's Day - Dads Admitted FREE!
JULY	6	Living History Flying Day featuring: the North American P-51 Mustang
AUGUST	3	Living History Flying Day featuring: WWII Trainers
AUGUST	17	Special Presentation: 'To Shorten The Agony of War' The Bombing of Hiroshima & Nagasaki
SEPTEMBER	7	Living History Flying Day featuring: the Grumman TBM Avenger & Junior Aviators Day!
OCTOBER	5	Living History Flying Day featuring: the Douglas AD-4 Skyraider
OCTOBER	26	13th Annual 'Taste of Flight' Gala
NOVEMBER	2	Living History Flying Day featuring: the Yakovlev Yak-3
NOVEMBER	11	Veterans Day - Veterans Admitted FREE!
DECEMBER	7	Living History Flying Day featuring: the Mitsubishi A6M5 Zero

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

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

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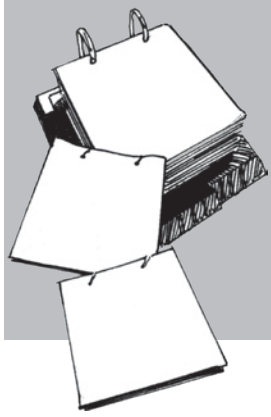
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# August Calendar of Events



Get out and enjoy these events before summer ends and you missed all the fun. There's plenty to see and do from festivals to exhibits and a fair, too.

## The Orange County Fair

**Costa Mesa**

**Through Aug. 11**

Wednesdays through Sundays  
The Orange County Fair is an annual family attraction in Southern California offering a wide variety of exhibits, foods, entertainment, rides and hands-on activities. There is something for everybody at the including the summer headline concert series, working farm and petting zoos, thrill rides, contests, and games. At, OC Fair & Event Center, 88 Fair Drive, Costa Mesa. Call, 714-708-FAIR

## Festival of Arts

**Laguna Beach**

**Through Aug. 31**

Discover the Festival of Arts in Laguna Beach a juried fine art show featuring 140 of Orange County's top artists in an open-air gallery setting. A world-renowned art destination, visitors can take tours of the exhibit, see art demonstrations, create their own masterpieces, or just sit back and enjoy the atmosphere. Weekends offer live music and special

events providing entertainment for all. At 650 Laguna Canyon Road, Laguna Beach. Call, 800-487-3378.

## Pageant of the Masters

**Laguna Beach**

**Through Aug. 31**

The Pageant of the Masters celebrates 85 years of living pictures in Laguna Beach. The iconic, long-running Orange County event combines art-fully costumed people, extravagant sets and theatrical illusion to re-create famous works of art on stage. At, 650 Laguna Canyon Road, Laguna Beach. Call, 800-487-3378.

## Sawdust Festival

**Laguna Beach**

**Through Sept. 1**

Outdoor arts and crafts festival. See artists create their work and buy directly from them while enjoying the creative atmosphere. At, 935 Laguna Canyon Road, Laguna Beach. All, 949-494-3030.

## La Habra Corn Festival

**La Habra**

**Through Aug. 4**

Food, rides, games, music and fun for all. Eat hot buttery corn on the cob, sandwiches, sweet warm Funnel Cakes and other fare. Visit the new Corn Festival Marketplace. Spectator admission and live entertainment

is free throughout the weekend. At, El Centro Lions Park, 201 North Cypress, La Habra. Call, 562-691-3482.

## Two Stepping Under the Stars

**San Juan Capistrano**

**Aug. 10**

**5 to 10 p.m.**

This event has grown since its inception 15 years ago and now attracts close to 5,000 guests of all ages for this evening under the oak trees and stars. Enjoy live band, Country Western dancing, a silent auction and more. At, Rancho Mission Viejo Riding Park, La Pata and Ortega Highway, San Juan Capistrano.

## Open House & Meet The Founder at The Marconi Automotive Museum

**Tustin**

**Aug. 11**

**9 a.m. to 1 p.m.**

Join The Marconi Crew for a Sunday Funday at Orange County's popular auto museum. Founder Dick Marconi will be at the museum sharing personal stories about the cars and signing Ferrari posters for guests, which can be purchased at the event. Car clubs from throughout Southern California park out front of the museum and guests enjoy music, giveaways, raffles, and food trucks. It's a great event

for the entire family. At, The Marconi Automotive Museum, 1302 Industrial Drive, Tustin.

## San Clemente Fiesta Street Festival

**San Clemente**

**Aug. 11**

**9 a.m. to 7 p.m.**

This event takes place on Del Mar, and on two main blocks of downtown San Clemente. Food and game booths sponsored by local nonprofit organizations, three stages with continuous live music, contests arts & crafts show, kid area, exhibits, and more. At, Ave Del Mar, San Clemente. At, 949-492-1131.

## Brea Fest

**Brea**

**Aug. 16**

**6:30 to 10 p.m.**

Free event offers food, drink, music and art festival that draws thousands of attendees each year with live bands, outdoor dancing, a gallery exhibit and artist demonstrations. More than 35 area restaurants will provide food and beverage samples with taste tickets for \$3 each.

The event also supports the arts in Brea, including Curtis Theatre productions, Brea Gallery exhibits, Concerts in the Park, and arts education programs. At, Brea Civic & Cultural Center, 1 Civic Center Circle, Brea. At, 714-990-7771.

## Harvest Crusade

**Anaheim**

**Aug. 23-25**

Annual Harvest Crusade event, designed to be opportunities for Christians to invite family members, coworkers, friends to hear the life-changing message of the gospel in an entertaining ambiance. At, Angel Stadium of Anaheim, Anaheim. Call, 714-638-0981.

## Rancho Mission Viejo Rodeo

**San Juan Capistrano**

**Aug. 24-25**

Annual Rancho Mission Viejo Rodeo is proclaimed as "the richest 2-day rodeo in the nation." This year's rodeo features saddle bronc, bareback, steer wrestling, calf roping, tie down roping and bull riding. At, 30753 La Pata Road, San Juan Capistrano.

## Plum Festival

**Huntington Beach**

**Aug. 25**

**2 to 6 p.m.**

Fun family day to celebrate with family and friends. See live music, carnival games, plum Cakes, plum crepes, Berliners, BBQ kitchen and Wiener dog races. Free admission for all. At, Old World Village Festival Hall, 7561 Center Ave., No. 49, Huntington Beach. Dachshund Races Huntington Beach, Aug. 25, 3 p.m. (doors open at 2 p.m.) Come see these short-legged but swift 'Wiener Dogs' race to the finish line once a month at Old World Village. Arrive early and stay for lunch on the dog-friendly patio. Free spectator admission to watch the dog races on this date.





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# Fifties Flashback

By Randal C. Hill

*“Why? Because We Liked You!”*

*“I couldn’t walk anywhere in the United States without being recognized.”*

--Original Mouseketeer

Tommy Cole

With its telegenic cast of singing, dancing and emoting performers who would soon become the most popular and envied kids in America, “The Mickey Mouse Club” show captivated up to 10 million viewers a day during the 1950s. It remains today one of the most iconic television series ever.

“The Mickey Mouse Club” was an ABC-TV variety show with a revolutionary concept for its time — a show for kids that featured kids as the performers. The hundreds of enthusiastic youngsters auditioning for the series included future actors Paul Petersen and Candice Bergen and future songwriter/singer Paul Williams. Growing up in an era much simpler than our current one, the 28 original Mouseketeers chosen tended to be normal youngsters whose biggest problems were overbearing stage mothers and niggling intra-cast jealousies.

“The Mickey Mouse Club,” whose target audience was age 12 but also included many parents, was hosted by “Mooseketeer” Jimmie Dodd, a banjoist/actor/songwriter who composed the show’s iconic “The Mickey Mouse March” (you remember...“M-I-C...K-

E-Y,” etc.) and occasionally offered little morality lessons called “Doddisms.”

Roy Williams, a Disney artist and the second “Mooseketeer,” suggested the wearing of Mouseketeer ears by each performer, an idea disdained by some. Lonnie Burr, for example, grumbled that the stiff appendages messed up his “cool” pompadour hairstyle. He would later donate his stage ears to the Smithsonian.

Each weekday’s show featured a special theme. Monday was Fun with Music Day, Tuesday was Guest Star Day, Wednesday was Anything Can Happen Day, Thursday was Circus Day and Friday was Talent Round-up Day. Each afternoon’s events were divided into 15-minute segments and were rife with commercials and product placement. They featured newsreels, Mouseketeer performances, a Mickey Mouse cartoon (voiced by Disney himself as the world’s best-known rodent) and such serial dramas as “The Adventures of Spin and Marty” and “The Hardy Boys.”

Several cast members became well-known, but none more so than Annette Joanne Funicello. The only Mouseketeer hand-picked by Disney after he had spied her at a local dance-school recital, the already-developed girl turned 13 in October 1955, the same

month “The Mickey Mouse Club” made its debut. Funicello quickly established herself as the show’s superstar — and the object of desire for millions of hormone-fueled boys. In time, she would cut five Top 40 hit singles on her boss’s Disneyland/Buena Vista label and co-star with fellow teen idol Frankie Avalon in several vacuous but popular “Beach Party” movies. (At Disney’s request, she always kept her navel covered.) Funicello died in 2013 at age 70 after battling multiple sclerosis for 26 years.

“The Mickey Mouse Club” ended its first run in 1959 and had a short-lived 1977 resurgence that very few remember today. A third series, though, became a landmark event in 1989 when “The All-New Mickey Mouse Club” became the career launching pad for such stars of today as Britney Spears, Justin Timberlake, Christina Aguilera, Ryan Gosling and Keri Russell.

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## Grilled California Sweetpotatoes



Grilling? Add grilled sweetpotatoes to the menu—they go great with burgers, steaks, chops, chicken, you name it!

The next time you're firing up the outdoor grill (or indoor grill pan, for that matter), throw on a sweetpotato or two. An easy, healthy side dish with a huge wow factor, grilled sweetpotatoes are nutrient rich, high in fiber and absolutely delicious. And they go great with burgers, steaks, chops, chicken or pretty much anything off the grill.

Start with this basic recipe, and if you're feeling creative, try different shapes—sweetpotato coins or steak fries, for example. Or add your favorite herbs and spices—such as chopped fresh rosemary, thyme, cinnamon or smoked paprika.

### Grilled Sweetpotatoes

Serves 3 or 4

- 1 lb orange- or yellow/white-fleshed sweetpotatoes, cut lengthwise into 3/4-inch wedges
- 1 1/2 Tbsp olive oil
- 1 tsp salt, plus more for

Continued on page 12



Dr. Lee

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# Sam Elliott

By Les Goldberg

One of the most colorful “character actors” in Hollywood, Sam Elliott, seems larger than life, both for the roles he has played on the Silver Screen and TV. At 75, he’s still the “Marlboro man” cowboy with the voice that is mellow, pure and unmistakably distinctive.



As recently as last year, his star shone brighter than ever in the blockbuster remake of “*A Star Is Born*,” in which he co-stars with Bradley Cooper and Lady Gaga.

Playing Bobby Maine, the elder half-brother of Cooper’s lead character, Elliott received critical acclaim for his performance, winning the National Board of Review Award for Best Supporting Actor. He was also nominated for the Screen Actors Guild Award for Out-



standing Performance by a Male Actor in a Supporting Role, as well as the Academy Award for Best Supporting Actor, his career-first nomination.

His lanky physique, thick moustache, deep and resonant voice and Western drawl have led to frequent roles as cowboys and ranchers. But he admits that his role in “*A Star is Born*” and the honors it has brought him are finally recognizing a career of relevant quiet success.



Born in Sacramento in August 1944, he is the son of Glynn Mamie, a physical training instructor and high school teacher, and Henry Nelson Elliott, an employee of the Department of the Interior. His parents were originally from El Paso and Elliot has a relative who was in the Battle of the Alamo.

He moved from California

with his family when he was 13 years old, and spent his teenage years living in Portland and graduated from David Douglas High School in 1962. He attended the University of Oregon for two terms before dropping out then later attended Clark College in nearby Vancouver, Wash., where he completed a two-year program and was cast as one of the leads in a stage production of “*Guys and Dolls*.”



The Vancouver Columbian newspaper suggested that Elliott should be a professional actor.

After his father died of a

heart attack, Elliott heeded the advice and moved to Hollywood. He worked in construction while studying acting and served in the California Air National Guard’s 146th Airlift Wing (the Hollywood Guard) at Van Nuys Airport before the unit moved to Channel Islands Air National Guard Station.

Elliott began his career as a character actor; his appearance, voice and bearing were well-suited to Westerns. In 1969, he earned his first television credit as Dan Kenyon in Judd for the Defense in the episode “*The Crystal Maze*.”

One of his early film roles

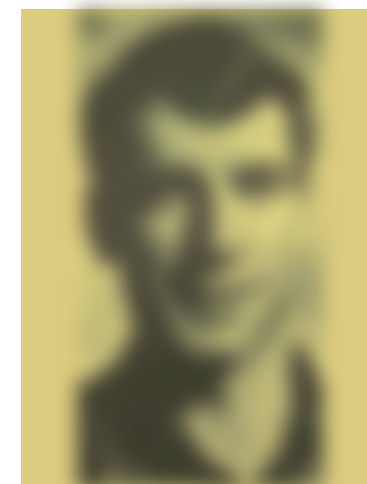


was as a card player in “*Butch Cassidy and the Sundance Kid*” in 1969. The following year he starred as Doug Robert for several episodes in the TV hit series “*Mission: Impossible*.” In 1975, Elliott was cast in a lead role as Charles Wood in the television film “*I Will Fight No More Forever*,” a dramatization of Chief Joseph’s resistance to the U.S. government’s forcible removal of his Nez Perce Indian tribe to a reservation in Idaho.



From 1976 to 1977, he played the lead character Sam Damon in the miniseries “*Once an Eagle*,” an adaptation of the Anton Myrer novel of the same name, opposite Amy Irving, Kim Hunter, Clu Gulager, and Melanie Griffith.

His big screen breakthrough came in the 1976 movie, “*Life-guard*,” in which he played the starring role as a lifeguard in Southern California who re-evaluates his life choices after being invited to a reunion.




Since then Elliott starred in several key TV and motion picture projects, including the miniseries “*Aspen*” in 1977, “*Murder in Texas*” in 1981 with his future wife Katharine Ross, and in “*A Death in California*.” By the end of the 70s, he co-starred with Tom Selleck in the popular miniseries, “*The Sacketts*,” and “*The Shadow Riders*.”

During the 1980s, his credits include supporting roles or guest appearances in “*Mask*” opposite Cher, the Christmas film “*Prancer*,” “*Felony Squad*,” “*Gunsmoke*,” “*Lancer*” and “*Hawaii Five-O*.”

As the ultimate cowboy, Elliott has played Wild Bill Hickok in the movie “*Buffalo Girls*,” and Sam Houston in the TV film “*Gone to Texas*.”

Continued on page 25





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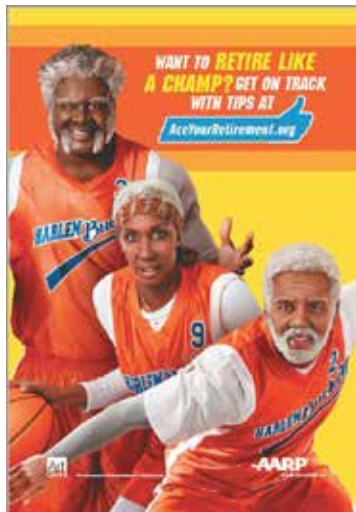
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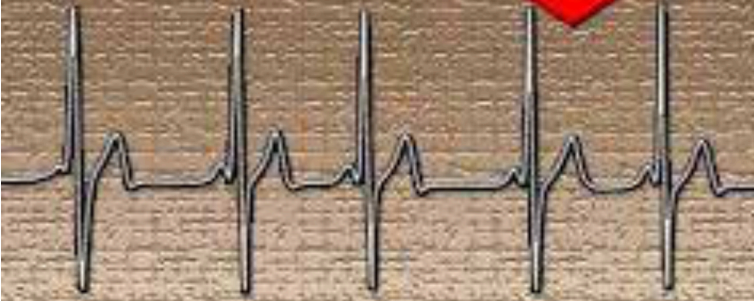
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# The Gadget Geezer

By Les Goldberg

## Return of the Board Games

As the heat index during the summer months hits the 90s and into triple digits, staying indoors in the comfort of your AC-equipped home is a highly popular option. But how do you fend off boredom? If you can't endure fun in the sun, how about a friendly board game?

Yes, you will feel like you are 'old school' and taking a trip into yesteryear, but most of the classic games like Monopoly, Clue, Scrabble, Risk and others have been updated and modernized to appeal to all ages, while newly designed games provide intriguing twists, turns and adventure. Besides, as they say, the family that plays together stays together.

Adding to the nostalgia factor of playing traditional board games, there are educational reasons why having grandma, grandpa, mom, dad, brother and sister around the table are worth considering. For instance, "Parenting Science" magazine states that older adults serve as models for how to follow rules, how to be a good sport, how to take turns and how to share.

The classic board games do not rely on electricity, and they are inexpensive. Grandparents who may be intimidated by digital games can immediately immerse themselves in games like checkers, chess and so many others.



Here's my top five traditional board games:

### Jumbo Sequence Tube

This challenging game is a favorite among adults and youth alike and the Jumbo version offers a large enough board space for six to 10 players to compete at the same time. Using cards and poker-like chips, the winner is the one who creates the most five-card sequences in one game session. The sturdy vinyl mat rolls up into a portable tube, making it ideal for family nights and vacation trips. Price:\$55.80 on eBay.

### Clue

For a game that's been around for half a century, it still feels fresh and fun as players try to figure out who killed who and where? Is it Professor Plum, Miss Scarlett or Mr. White? Did they do it with a knife or a pistol? No two games are alike so there is plenty of room for surprises.

### Monopoly

This real-estate board game is for two to eight players. The winner is determined by whoever remains financially solvent while opponents are forced into bankruptcy by buying and developing pieces of property. Each side of the square board displays properties like railroads, utilities, a jail, and various other places and events. Each player is given a fixed amount of play money to use as they move around the board according to the throw of a pair of dice.

### Life

The game of Life is designed to teach players valuable lessons about managing money and finances. Different challenges ranging from getting married and having children to setbacks such as illnesses and job losses forced players to make tough decisions. The winner gets to retire comfortably.

### Parcheesi

A favorite of all ages, this game for four or more players is based more on luck than skill. Parcheesi is typically played with two dice, four pieces per player and a gameboard with a track around the outside, four corner spaces and four home paths leading to a central end space. The most popular Parcheesi boards in America have 68 spaces around the edge of the board, 12 of which are darkened safe spaces. Each corner of the board contains one player's nest, or starting area. Moving all four pieces to the home position wins the game.

## Grilled Sweetpotatoes

*Continued from page 9*

1 tsp salt, plus more for sprinkling

Heat a grill or grill pan to medium-high. Meanwhile, in a large bowl, combine sweetpotatoes, oil and salt. Arrange sweetpotatoes on the grill or grill pan and cook until lightly charred and tender, 6 to 8 minutes, turning halfway through. Sprinkle with more salt and serve.

For more recipes, nutritional information and tips for cooking with California sweetpotatoes, go to [www.casweetpotatoes.com](http://www.casweetpotatoes.com).



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Healthy aging starts with your cells. One way to keep cells healthy is to give them what they need to function properly—from the inside out. And one of the most important ways of doing that is with a co-enzyme called nicotinamide adenine dinucleotide (NAD).

Scientists say all human cells naturally produce and use NAD to maintain healthy mitochondrial function—an important component of healthy human aging. Over time, however, the body's supply of NAD starts to decrease.

Recently, a scientific breakthrough by Dr. Charles Brenner, at the University of Iowa Carver College of Medicine, isolated nicotinamide riboside (NR), a supernutrient thought to be key to boosting NAD.

In the early 2000s, a Dartmouth College research team discovered NR was not only an effective way to increase NAD, but to improve health in general.



*A recently discovered supernutrient can help combat the effects of aging.*

The team, led by Dr. Brenner, found that NR could increase NAD in mice and that those mice experienced many health benefits such as improved blood sugar levels and cholesterol levels, reduced nerve damage and resistance to weight gain. Dr. Brenner found that when NR gets to work in the cell, it helps form NAD and gives sirtuins—the cellular repair-promoting proteins—a “pep talk,” to work overtime so cells stay strong.

Studies are under way on the positive effects of NAD levels on other age-related health problems including fatty liver disease, weight gain, insulin levels and brain function. To live your best life, it would seem, you should think cellular.

To learn more, visit [www.aboutnad.com](http://www.aboutnad.com).



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# Fabulous Finds

By Debbie L. Sklar

As summer winds down you might want to check out some of these new **Fab Finds** after a day outdoors, on the water or relaxing by a swimming pool. From sunscreens to facial remedies, these are some great items to indulge.



**Naturally Serious**, the cleanly made and ethically developed skincare line sold at Sephora or Sephora.com offers **Mineral Sun Defense Moisturizer Broad Spectrum Sunscreen SPF 30**. It's a unique all mineral, broad-spectrum sunscreen and moisturizer with complete UV/UVB sun protection and universal tint for all skin types. Price \$34.



**Fruit-Tox Resurfacing Facial Remedy** is an exfoliating and refining detox treatment that provides double the exfoliating power to reveal brighter, smoother-looking skin that shines from within. Price \$30.

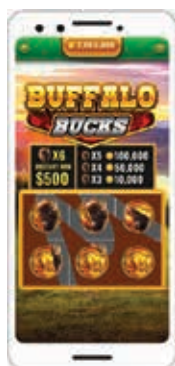


**After-Dark Natural Peptide Sleeping Cream** is a natural peptide sleeping cream to help you fake a good night's sleep, transforming skin overnight for a firmer, more hydrated, younger appearance. Price \$52.

## New Type of Bingo

Here's a new kind of Bingo allowing you to win real cash on your mobile device. Gone are the days of oxygenarian-filled Bingo parlors permeating with stale, smoky stench.

Consider this: **Fort Mason Games**, the female-led mobile gaming company, is adding to the arcade of mobile game offerings on its Lucky Scratch App with the introduction of Live Bingo for real prizes. Like popular mobile games such as HQ Trivia, the Lucky Scratch's Bingo will be a live event that happens daily. Players will have the chance to compete against one another in a quick-paced, real-time series of Bingo rounds to win cash prizes. This mobile game is the first to roll the excitement



of Lotto-style scratch-offs and the fun of Bingo into one, and it's the only digital scratch-off game with a live component. Modern and fast-paced, yet still the same game we all know and love. With a variety of winning combos; four corners, martini glass, and diagonal, among others there are tons of ways to win real cash prizes. When you're the first to call Bingo, you instantly win, and with multiple rounds and multiple winners per round, there are plenty of opportunities to win real free money. Rounds go quickly, and the winnings rack up even quicker. Visit [formasongames.com](http://formasongames.com)

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tract, to refresh and replenish hair with optimal moisture and is free of silicones and parabens. Not only is the formula good for you and the earth, but the packaging too – the complete collection, which include Pure Clean Shampoo, Conditioner, Detangler + Air Dry, and Dry Shampoo, is packaged with 50 percent Post-Consumer Recycled materials. Prices: \$4.49-5.99; at Drugstores and [garnierusa.com](http://garnierusa.com)

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If you prefer working out in the comfort of your own home, you're not alone. According to a recent survey conducted by Bowflex, 52% of people prefer to exercise privately at home over going to the gym, attending a group class or exercising outside.

Survey respondents were also honest in sharing that 59% were notorious for setting fitness goals and not following through. More than 67% said they want to see results of their efforts early on.

These statistics come as no surprise to Tom Holland, exercise physiologist and Bowflex fitness adviser. "Everyone's time is limited. People want to know they are on the right track and doing the workouts that are going to make a difference or they will get discouraged and likely not reach their goal," he explains. "Positive indicators and accomplishments can be more than weight lost—being able to run longer distances without walking breaks, completing more reps

*Continued on page 15*



## Skip the Gym

*Continued from page 14*

than before or reaching a new personal record on your favorite digital fitness companion are all good signs.”

If you prefer working out at home and like to keep track of your progress, one product Holland recommends is the Bowflex Max Trainer M8 cardio machine ([www.bowflex.com/max-trainer](http://www.bowflex.com/max-trainer)), which features an artificial intelligence-driven digital platform. The platform’s adaptive coaching technology uses the data captured from your previous workouts in combination with predictive analytics to create custom daily workouts for you, and it tracks and rewards your progress.

The platform also features a personal fitness coach who gives spoken instruction, motivation and encouragement as you push through your custom workouts. There’s no need to go to the gym or pay for a pricey personal trainer.

Plus, if you’re like most people whose main goals for working out are to stay in shape, have more energy and feel good, this machine and coaching technology can help you stay motivated over the long term, Holland notes.

Another perk of exercising at home, he adds, is your fitness routine better fits around your schedule and is more convenient for you. Only have 10 minutes now and 15 minutes later? Your home gym is only steps away, and yes, those workouts do add up.

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*Continued from page 3*

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## New Cars

*Continued from page 3*

no sense to me. As I inched closer to the pump, I frantically called the dealership with the phone number on it from the rental agreement to ask how to open the cover on the gas tank. The lady who answered the phone directed me to a small hidden button below the dashboard that I had to press just as I got the gas pump.

The final straw was when I realized that I had no license plate hanging in the front of the car. It was in the glove compartment and this car although brand new was not manufactured with a place to hang a front plate on the car. For those that may not know it, in California a ticket can be issued to a driver for driving a car without displaying a front plate and the fine is \$196 and up. Maybe if you get such a ticket you can have the engineers who designed this car pay it for you.

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## ‘Sugar Sugar’ The Archies

*By Randal C. Hill*

The Archies’ “*Sugar, Sugar*” was the best-selling single of 1969, yet the singing group was never photographed together, never gave an interview, never appeared on “*The Ed Sullivan Show*,” never headlined in Las Vegas and never traveled the lucrative tour road. The reason was simple: beyond the walls of the recording studio, the Archies didn’t exist. The outfit was as fictional as the absurdly wholesome teenagers from John L. Goldwater’s “Archie” comic books that had been around since 1942 and on which the series was based.

In 1968, Filmmation Studios released a Saturday morning CBS-TV cartoon program called “*The Archie Show*” and featured the whole clean-cut gang from mainstream Riverdale High. Music mogul Don Kirshner, a savvy businessperson who knew the music youth market inside and out — he had managed the Monkees’ career — was hired to supply tunes for the prepubescent-oriented show.

He brought together virtuoso studio musicians, a 19-year-old singer/songwriter named Toni Wine (who, at 16, had co-written the Mindbenders’ “*A Groovy Kind of Love*”) and 23-year-old vocalist Ron Dante. (Dante’s musical career had begun at age 11 after he had fallen out of a tree. To exer-

cise a fractured wrist, he took up playing the guitar and mastered the instrument so quickly that he formed a Rock group called the Persuaders just one year later.)

Dante had worked for Kirshner for years, mainly as a demo (demonstration) singer, although he had briefly tasted fame in 1964 as a member of the Detergents. They had enjoyed a Top 20 novelty 45 with “*Leader of the Laundromat*,” a spoof of the Shangri-La’s “*Leader of the Pack*” that had resulted in a lawsuit from its composers. But later attempts at finding success in the entertainment world had eluded Dante until the day Kirshner signed him as the lead voice of the non-existent Archies.

Pop-music fans probably thought they heard the entire group of Riverdale chums — Archie, Betty, Veronica, Jughead and Moose — vocalizing on “*Sugar, Sugar*,” but in truth the recording Archies consisted only of Dante’s multi-tracked voice and Wine’s simplistic two-line contribution of “*You make life so sweet!*” and “*I’m gonna make life so sweet!*” She would later tell songfacts.com: “It was just a very easy session ... it was a blast, and at the session we just knew that this was something, and something huge was going to happen.”

Kirshner knew Top 40 radio stations probably would steer clear of a single by a cartoon band, so he directed his promotion men to visit radio stations and play “*Sugar, Sugar*” for the program directors but not reveal the group’s name until proper interest had been shown and the 45 had secured a place on the station’s playlist.

The strategy worked, and “*Sugar, Sugar*” subsequently reached No. 1 on the “*Billboard*” charts and sold 3 million copies.

And Ron Dante? Later in the year he became the lead singer of the one-hit wonder Cuff Links, another studio-only group whose 15 minutes of fame included the little-remembered 1969 Top 10 winner “*Tracy*.”

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# IRS Releases Draft Form of New 1040 Tailored for Seniors

*Easier-to-read form highlights retirement income streams and other tax benefits for citizens 65 and older*

By Rachel L. Sheedy, Editor  
Kiplinger Magazine

A new Form 1040 tailored to taxpayers 65 and older is making its debut today. In mid-July, the IRS released a draft form of the inaugural version of the 1040-SR, “U.S. Tax Return for Seniors.”

The new form was created by the 2018 Bipartisan Budget Act, which among its provisions called for the development of a tax return that would be easy for seniors to use and highlighted retirement income streams and other tax benefits for seniors. Those age 65 and older will be able to use this form to file their 2019 tax returns, and the IRS presented an overview of the new form at the IRS Nationwide Tax Forum in National Harbor, Md., earlier this week.

Using the new form isn’t mandatory, but seniors can choose to use it if they want to. The form is based off the regular 1040, and the IRS says it uses all the same schedules, instructions and attachments. Older taxpayers who use tax software to file are unlikely to even notice.

But for taxpayers who still file by paper, the new form will be



modified for aging eyes. The font is bigger to make the text easier to read. The shading in boxes on the regular 1040 has been removed to improve the contrast and increase legibility. A highlighted feature of the new form is the addition of a standard deduction chart, said Darren Hamilton, an official in the agency’s forms and publications division who presented information about the new form.

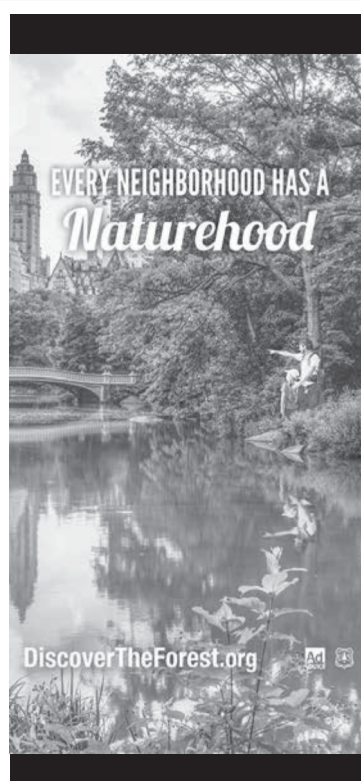
The form lists the standard deduction amounts, including the extra standard deduction amount that taxpayers age 65 and older qualify for “so seniors don’t have to hunt for it,” said Hamilton at the Maryland tax forum.

The chart makes it simpler for seniors to take advantage of the full standard deduction for which they are eligible, particularly for those who may not even be aware of the extra amount for which they qualify. The form has lines for specific retirement income streams, such as Social Security benefits,

IRA distributions, and pensions and annuities. “AARP supported the development of the simpler 1040 SR tax form since most seniors could not use the 1040 EZ due to their different sources of income,” says David Certner, AARP legislative counsel.

But the IRS says you don’t have to be retired to use the form. The agency says the form is appropriate for older workers to use, too.

You can take a look at the draft form of the 1040-SR at IRS.gov/DraftForms. Of course, the draft form is subject to change before it is finalized later this year. Industry players, such as certified public accountants and enrolled tax agents, will get a chance to comment on it and suggest improvements.



## Technology in Our Lives

# Cyber Criminals Offer Free Movies, Make You Pay Later

The average American household now has nine Internet-enabled devices to connect to the Internet, watch movies or television shows, or “smarten” the thermostats, doorbells or nanny cams. These products let people save energy, buy groceries, connect with family members and access a seemingly limitless catalog of entertainment.

It’s important, however, to realize that some devices may not be as secure as others. For example, millions of rogue entertainment boxes are now in homes. While these devices look like an Apple TV or Roku box, they are unsecured and can expose consumers to malware. Typically, they are used to illegally access pirated movies, TV shows or live events.

The Digital Citizens Alliance (DCA) investigated apps on these devices and found malware on them that stole researchers’ user names and passwords, probed user networks and surreptitiously uploaded user data without consent. Most consumers are unaware of the security risks that can occur when plugging one of these devices into a home network, and if they did know, they would be much less likely to allow them in their home.

Recently, the Federal Trade



*Don’t let pirates into your premises: To protect your cyber devices, avoid rogue entertainment equipment that illegally accesses TV shows and movies.*

Commission warned consumers about these devices: “If you want to avoid downloading malware when you stream video, don’t watch pirated content. Period. Not online and not through a video streaming device.”

For years, hackers have used pirated content as a lure to expose consumers to malware. “Criminals use trickery to enter into consumers’ homes,” said Tom Galvin, executive director of DCA. “The enticement of free movies and television shows on products without a reputable company behind them creates a fertile ground for malware to spread. If it is too good to be true, it probably is.”

Keeping an eye on the devices that are brought into your home, including by your children, is critical to your cyber safety. Consumers who stream pirated content are six times more likely to report an issue with malware than those who don’t use piracy devices.



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## Fabulous Food

# Summer Entertaining Hosted By The California Avocado Commission

With longer days and warmer nights, entertaining becomes almost inevitable during the summer months. Thanks to the abundance of fresh produce, like California avocados, your backyard barbeques, pool parties and beachside picnics will never have to sacrifice versatility or taste.

Not only does summertime offer the perfect opportunity to gather friends and family around the table, the season also welcomes a vast variety of vibrant produce and local ingredients to enjoy together. So to celebrate the peak of California avocado season, the California Avocado Commission (CAC) sought the help of Michelin-recognized chef, Brad Cecchi, Executive Chef and Partner of Canon, a fine-dining destination in burgeoning East Sacramento, to develop a shareable dish starring fresh California avocados.

Originally from Sacramento, Cecchi takes full advantage of the region's remarkable access and robust quality of fruits and vegetables, especially fresh, California avocados—available now through late summer. “With my roots so deeply embedded in California’s central valley, I’ve always been committed to cooking with the fruits and vegetables that our neighboring communities grow,” said Cecchi. “California avocados are currently at



*Grilled Trout with California Avocado Watermelon Slaw and Green Goddess Dressing*

their peak, so I’m taking full advantage of their availability and unmistakable rich flavor to spotlight on my seasonal menus.”

### Grilled Trout With California Avocado Watermelon Slaw And Green Goddess Dressing

*Recipe created by Chef Brad Cecchi of Canon, East Sacramento for the California Avocado Commission.*

*Serves: 4*

*Prep time: 55 minutes*

*Cook time: 15 minutes*

*Total time: 1 hour, 10 minutes*

### Ingredients:

4 whole trout, cleaned, descaled, deboned and halved  
 Cooking spray (for grilling)  
 2 tsp. sea salt  
 California Avocado Green Goddess Dressing (see make ahead recipe below)  
 California Avocado and Watermelon Slaw (make ahead recipe below)

### Instructions:

1. Remove head and tail from each fish.  
 2. Preheat charcoal grill for up

to 20 minutes or turn gas grill on high.

3. Season each trout with salt and allow to sit for 10 minutes.

4. Spray the grill and each trout with cooking spray to avoid sticking.

5. Place each trout on flesh side down for 3 minutes, then flip and cook for an additional 3 minutes.

6. Repeat step 5 two additional times, 2 minutes on each side.

7. To serve, plate the fish with the flesh side up, drizzle with California Avocado Green Goddess Dressing and the California Avocado Watermelon Slaw evenly.

### California Avocado Green Goddess Dressing

#### Ingredients:

1 ripe, Fresh California Avocado, quartered, seeded and peeled  
 2 Tbsp. sour cream  
 ½ lime, juiced and zested  
 2 Tbsp. basil leaves, chopped  
 2 Tbsp. parsley leaves, chopped  
 2 Tbsp. tarragon leaves, chopped  
 2½ Tbsp. cilantro leaves, chopped  
 1 small shallot, peeled and quartered  
 1 cornichon or small sweet pickle, quartered  
 2 Tbsp. extra virgin olive oil  
 ½ tsp. sea salt, or to taste

### California Avocado Green Goddess Dressing

*Continued on page 25*



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# The Human Heart

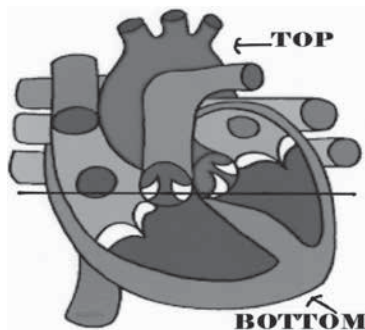
By Robert E. Horseman, DDS



This is a picture of your heart. Well, not necessarily yours, but everybody's heart unless they're chicken-hearted. The Heart shares with the Brain as the two most important organs of the human body. They have a delicate relationship. Heart frequently leads you into some peccadilloes from which Brain has to extricate you unless your Brain is akin to a door-knob that anybody can turn. We need to have a head on us for the same reason a pin does: to keep us from going too far.

That is why we will study the Heart first. Cardiologists have that organ pretty well figured out and have concluded there is no better combination than a hard head and a soft heart. Clinical psychologists, on the other hand, often find themselves as far adrift as their patients who present with "feelings" and an assortment of "syndromes." In less sympathetic times the Brain often heard its owner summarily dismissed as "nuts."

Study the picture of the Heart carefully. Notice the top half is a plumber's nightmare. It is a busy place acting as a round house for pipes coming from all over the body as far distant as your big toe. Incoming blood pipes are delivering tired blood that has been on a long trip. Outgoing pipes are taking the scrubbed-up fresh



blood and putting it back in circulation. I'm sure there is a less scientific explanation for all this, but you'd have to press your doctor, or get a Google-savvy 6 year old to level with you.

The bottom of the Heart is a quiet area in comparison. Its primary purpose is to assure listeners that what is about to be shared comes directly *"from the bottom of my heart"* and you can take it to the bank. No one has ever trusted an important revelation like *"I love you"* to his sweet patootie, or *"I'll be right back"* to an anxiety-nervous dog to come from the top of his heart.

Look at the Heart picture again. You can't feel it, but it is soft and sort of squishy. Yet there are people who are identified by the term "steel-hearted." Your Brain can demand they get out of the fast lane or shut the hell up and they won't do it. It is a fickle organ synapsing this way and that, keen as mustard one minute, dumb as a box of rocks the next.

In contrast, there are soft-heart-

ed people who would stop whatever they're doing just to coo-coo a puppy or help a small Boy Scout across a busy street and their heart would take on the appearance of a helium balloon just for the sheer righteousness of what they were doing. An impassioned request for something usually gets a better response from "Have a heart!" than "Have a brain!"

You can stop staring at the picture now. There are many other variations of the Heart and you will meet all of them if you live long enough. Just know this is the Brain's fault. The Heart would be willing to just hang there inside your chest doing its pumping duty to keep you alive at some reasonable rate called the Pulse between 60 and 100. If you live to be 80 your heart will have beat 3,363,840,000 times. Pulse beats-per-minute well below or above those perimeters spell trouble. Brain has a little lobe *"in the back of my mind"* where it stores things to promptly forget. Another smaller lobe labeled *"off the top of my head"* is deployed frequently to avoid dead air in conversations, or to offer an idea unencumbered by usefulness

If I appear to be favoring the Heart over the Brain in this

*Continued on page 26*

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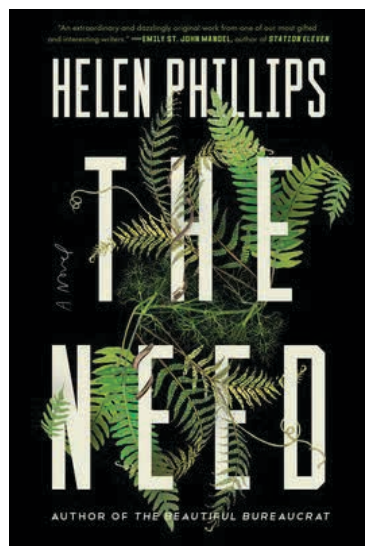


# August Book Club

If you've got the summer blues and are sick of the heat why not pick up one of these new books and start reading in a cool place. There's something for everyone who likes to read especially in the summer season when the load is a little easier overall.

## *The Need*

By Helen Phillips



"When Molly, home alone with her two young children, hears footsteps in the living room, she tries to convince herself it's the sleep deprivation. She's been hearing things these days. Startling at loud noises. Imagining the worst-case scenario. It's what mothers do, she knows.

"But then the footsteps come again, and she catches a

glimpse of movement. Suddenly Molly finds herself face-to-face with an intruder who knows far too much about her and her family. As she attempts to protect those she loves most, Molly must also acknowledge her own frailty. Molly slips down an existential rabbit hole where she must confront the dualities of motherhood: the ecstasy and the dread; the languor and the ferocity; the banality and the transcendence as the book hurtles toward a mind-bending conclusion.

"In *The Need*, Helen Phillips has created a subversive, speculative thriller that comes to life through blazing, arresting prose and gorgeous, haunting imagery. Helen Phillips has been anointed as one of the most exciting fiction writers working today, and *The Need* is a glorious celebration of the bizarre and beautiful nature of our everyday lives," according to Publisher Simon and Schuster

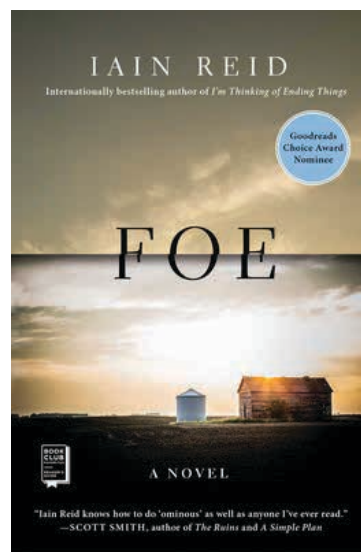
## *Foe*

A Novel

By Iain Reid

"We don't get visitors. Not out here. We never have.

"In Iain Reid's second haunting, philosophical puzzle of a novel, set in the near-future, Ju-



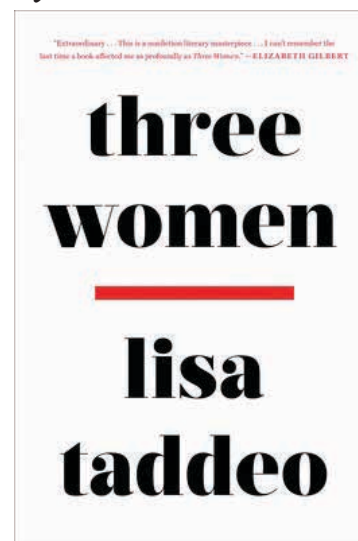
nior and Henrietta live a comfortable, solitary life on their farm, far from the city lights, but in close quarters with each other. One day, a stranger from the city arrives with alarming news: Junior has been randomly selected to travel far away from the farm ...very far away. The most unusual part? Arrangements have already been made so that when he leaves, Henrietta won't have a chance to miss him, because she won't be left alone — not even for a moment. Henrietta will have company. Familiar company.

"Told in Reid's sharp and evocative style, *Foe* examines the nature of domestic relationships, self-determination, and what it means to be (or not to be) a person. An eerily entrancing page-turner, it churns with unease and suspense from the first words to its shocking finale," according to Publisher Gallery/ Scout Press.



## *Three Women*

By Lisa Taddeo



"We begin in suburban Indiana with Lina, a homemaker and mother of two whose marriage, after a decade, has lost its passion. She passes her days cooking and cleaning for a man who refuses to kiss her on the mouth, protesting that 'the sensation offends' him. To Lina's horror, even her marriage counselor says her husband's position is valid. Starved for affection, Lina battles daily panic attacks. When she reconnects with an old flame through social media, she embarks on an affair that quickly becomes all-consuming.

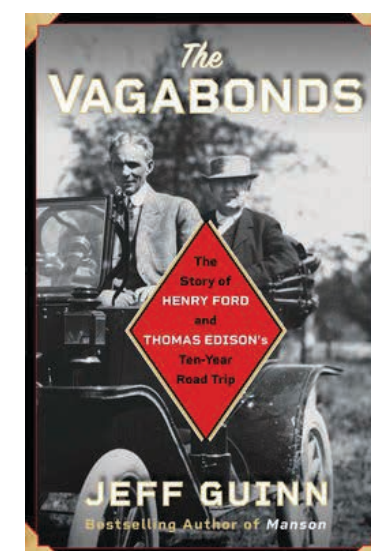
"In North Dakota we meet Maggie, a 17-year-old high school student who finds a confidant in her handsome, married English teacher. By Maggie's account, supportive nightly texts and phone calls evolve into a clandestine physical relationship, with plans to skip school on her eighteenth

birthday and make love all day; instead, he breaks up with her on the morning he turns thirty. A few years later, Maggie has no degree, no career, and no dreams to live for. When she learns that this man has been named North Dakota's Teacher of the Year, she steps forward with her story—and is met with disbelief by former schoolmates and the jury that hears her case. The trial will turn their quiet community upside down," according to Publisher Avid Reader Press/Simon and Schuster.

## *The Vagabonds*

*The Story of Henry Ford and Thomas Edison's Ten-Year Road Trip*

By Jeff Guinn



"In 1914 Henry Ford and naturalist John Burroughs visited Thomas Edison in Florida and toured the Everglades. The following year Ford, Edison, and tire maker Harvey Fires-

*Continued on page 30*



# Celebrating the Magic of Cambria

Story by Ronnie Greenberg • Photos by Joe Hilbers

A capsule collection of the good life, Cambria, part of the Highway 1 Discovery Route, is coastal cool, colorfully vibrant, and totally relaxed. Peppered with chic boutiques, art galleries and wineries with both flirty and serious wines, it's a favorite for fun.

## Check in to a special place to stay:

**The Fog Catcher Inn** (make sure to make reservation well in advance) which is the perfect location right across from Moonstone Beach Drive where there is a delightful trail and a favorite bench to just look out on the summer sand and ocean waves. Many of the rooms have wood burning fireplaces, enough to take the chill out in summer, and for warmth in the colder months. The Inn has a hearty breakfast every morning, with something for everyone to enjoy and help them get their day started. Located at 6400 Moonstone Beach Drive, call, (895) 927-1400 or visit [www.fogcatcherinn.com](http://www.fogcatcherinn.com)



:Moonstone Beach Bar & Grill

## Wineries

A short drive into town brings you to Main Street U.S.A. Stop in at the **Cutruzzola Tasting Room** on the right side of the town where you will be warmly greeted by General Manager Reyna Jonas or hostess Mari Fedrow. The wines grown along the San Luis Obispo Coastal Wine Trail are vintages of Riesling and Pinot Noir. The other fine wine processed is Zinfandel from a vineyard in the Russian River Valley at Forestville. Located at 555 Main St., call (805) 927- 2670 or visit [www.cutruzzolavineyards.com](http://www.cutruzzolavineyards.com)

Down the road on the outskirts of town is Stolo Family Vineyards with 22 acres of vineyards. Tasting and tours are available and Winemaker Nicole Bertotti Pope and Diego Aguirre, general manager are delighted to greet you and introduce you to its sustainable growing practices and how it crafts its Garagiste wines. Be sure to learn more about its concerts and picnics. Located at 3776 Santa Rosa Creek Road, call (805)924-3121 or visit [www.stolofamilywinery.com](http://www.stolofamilywinery.com)

**Hearst Ranch Winery** tasting room, located in Sebastian's is worth the visit in San Simeon at 442 Slo San Simeon Road, call (805) 927-4100 or visit [www.hearstranchwinery.com](http://www.hearstranchwinery.com)

## Where to Dine

**Moonstone Beach Bar & Grill** the only full-service restaurant in Cambria, dazzles with its coastal views from every table, an enticing menu and excellent staff. It has also been recently remodeled and

refreshed. Acoustics are good in the dining room, and there is a comfortable bar area as well. Owned by John MacKinnon and overseen by Manager Lou Dubnow.

Start with the creamy clam chowder and then on to your choice of seafood which includes outstanding Moonstone Beach catch; lobster; cove scampi; seared sea scallops and shrimp pasta, to name a few. The diversified menu also offers steak, lamb, beef and chicken. There's a full bar and a fine selection of wines and craft beers.

favorite among locals and visitors alike. With its trumpet vine covered patio and cozy interior, Robin's is one of those rare kitchens that can combine many different cuisines and do them all well. With an emphasis on using farm fresh ingredients, Robin's features such eclectic choices as Vietnamese spring roll, duck mole; and blackened salmon; Roghan Josh a dish of North India lamb curry, and all simply delicious. Located at: 4095 Burton Drive, call (805) 927-5007 or visit [www.robinsrestaurant.com](http://www.robinsrestaurant.com)



Fog Catcher Inn

Hours are lunch 11 a.m. to 3 p.m. and dinner from 5 p.m. to 9 p.m. Closed from 3 p.m. to 5 p.m. and there is Sunday Brunch. No reservations, and the line to get in starts early. Located at 6550 Moonstone Beach Drive, call (805) 927-3859 or visit [www.moonstonebeach.com](http://www.moonstonebeach.com)

**Robin's Restaurant** is a best all-world restaurant. It is a fa-

**Linn's Restaurant** is housed in an old brick building is a mainstay of locals and visitors. What once started as simple fare based on fresh fruits and vegetables from Linn's Santa Rosa Creek and neighboring farms in 1989 has grown over the years, but Linn's Restaurant in Cambria still retains its country roots with contemporary American recipes. Open

*Continued on page 23*



Town of Cambria



# Celebrating the Magic of Cambria

## continued



*Trail along Moonstone Beach Drive*

daily for breakfast, lunch and dinner from 8 a.m. to 9 p.m. Located at 2277 Main St., in Cambria, visit (805) 927-0371 or visit [www.linnsfruitbin.com](http://www.linnsfruitbin.com)

Cavalier Coastal Kitchen located on the Cavalier's site is open for breakfast, lunch and dinner. It is both a coffee shop and restaurant that is comfortable and with good service. Located at 9415 Hearst Drive, call (805) 927-4688 or visit [www.cavalierresort.com](http://www.cavalierresort.com)

### Sites to See Close By

#### Piedras Blancas Lighthouse

The light at Piedras Blancas Lighthouse was first illuminated in 1875 at which point the tower stood 100 feet tall, its unique appearance, flash pattern, and later its fog signal made it easily identifiable to mariners traveling this rocky stretch of coastline. Owned and operated by the Bureau of Land Management since 2001 the lighthouse station is still in use as a navigational aid and

for scientific research. Today the BLM and Piedras Blancas Light Station Association are working together to restore the light station to a period of historical significance. The final phase of the restoration of the Fog Signal Building built in 1906 and just completed a year ago has been a significant journey.

Tours are offered year-round on Tuesdays, Thursdays and Saturdays. Tours last about 2 hours and include the historic Piedras Blancas Lighthouse and support building, along with a half mile interpretive

trail that provides spectacular ocean views and opportunities to view wildlife. For tour information reservation [www.recreation.gov](http://www.recreation.gov) or [www.bim.gov](http://www.bim.gov): please do not wait at the gate of the lighthouse, but follow instructions when making reservations. Located at 15950 Cabrillo Hwy. in San Simeon, call (805) 927-7362 or visit [www.piedrasblancas.org](http://www.piedrasblancas.org)

#### Hearst San Simeon State Park and Castle

Hearst Castle that sits on top of what is known as "Enchanted Hill," is the 645-square-foot, 115-room luxury estate that looks like a castle in Spain, and now a museum that lures visitors from all over the world. The Castle is the result of the vision of William Randolph Hearst, the newspaper magnate, movie producer and world class art collector who built the historic estate along with renowned architecture Julia Morgan. Construction began in 1919 and continued until 1947 and was not fully completed until Hearst's death



*Stolo Winery*

in 1951. There are guesthouses, pools (the indoor Neptune pool features an ancient Roman temple as its centerpiece), 8 acres of cultivated gardens and a private zoo on the property.

Additional recreation activities are available including a trip to the Hearst Castle Visitor Center viewing a movie at the Hearst Castle Theater or taking one of the multiple guided tours. Located at 750 Hearst Castle Road in San Simeon, call (805) 927-2093 or visit [www.hearstcastle.org](http://www.hearstcastle.org)

For information on the area visit [www.highway1discoveryroute.com](http://www.highway1discoveryroute.com)



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## Sam Elliott

*Continued from page 10*

He later portrayed General John Buford in the historical drama “*Gettysburg*,” and Virgil Earp in “*Western Tombstone*.”



### Later Career

The early 2000s saw him appearing in “*Thank You for Smoking*” as a former Marlboro Man advertisement cowboy who has developed lung cancer. He subsequently provided the voice for the character Ben the Cow in the animated film “*Barnyard*,” joined the comic book adaptation of “*Ghost Rider*” and appeared in “*The Golden Compass*” alongside Nicole Kidman and Daniel Craig.



### A Resurgence

In recent years, Elliott’s career was boosted with new roles, such as a love interest to Lily Tomlin in the comedy “*Grandma*,” in the romance



“*I’ll See You in My Dreams*,” and in “*Digging for Fire*.” He won the Critics’ Choice Award for best guest performer in a drama for his role in the FX Network’s show “*Justified*.”

Before he joined the cast of “*A Star Is Born*,” Elliott became a series regular in the Netflix series “*The Ranch*,” opposite Ashton Kutcher and Elisha Cuthbert, and had a recurring role as Phil Millstein in the second season of “*Grace and Frankie*.” He supplied the voice of Butch in the animated film “*The Good Dinosaur*,” and starred in “*The Hero*,” as an aging Western icon with a golden voice, whose best performances are decades behind him.



Most of his fans believe, however, that Sam Elliott is like a fine wine that gets better in the aging process.



## Health and Well-Being

# Ten Easy Ways To Get A Dose Of Vitamin N(ature) In Just Ten Minutes

A growing body of scientific evidence proves getting outside (i.e., being an “outsider”) is good for our health and well-being. Exploring and appreciating nature—in our own backyards, community parks and school yards—reduces stress, improves memory, boosts heart health, and offers a host of other benefits for our minds and bodies.

“Having a living landscape of grass, trees, shrubs and flowering plants is good. Using this outdoor space to reap the health benefits it offers is even better,” said Kris Kiser, president and CEO of the Outdoor Power Equipment Institute (OPEI), whose Foundation created TurfMutt, an environmental education and stewardship program that teaches the value and benefits of the outdoors. “Getting outside, even for just 10 minutes, can do much to boost your mood, productivity, and quality of life.”

On its 10th anniversary, TurfMutt shares 10 easy ways you can enjoy nature in under 10 minutes.

**Take a walk.** Lace up your athletic shoes and head out for a walk around the block or to your neighborhood park. While you’re out, commit to turning off your cell phone and enjoying the natural setting around you (it’s just 10 minutes, after all!).

**Get your kids moving.** A rousing game of tag or hide-and-seek in the family yard is a great way to counter computer and screen time.

**Play with your dog.** A dog’s favorite “room” of the house is your family yard. Take inspiration from your pooch and spend a few minutes outside playing Frisbee or fetch.

**Clean up your outdoor living room.** Make simple work of yard chores by breaking them up into smaller chunks. Ten minutes is enough time to put a serious dent in weeding a flower bed, sweeping off the back patio, or picking up debris from your lawn.

**Plant something.** It is spring planting season, so take 10 minutes to dig a hole and introduce a new plant or get started on your vegetable garden or flower beds.

**Dine alfresco.** Taking a meal outside is one of the easiest—and most nourishing—ways to enjoy the outdoor space around you. Have breakfast with the backyard birds. Lunch at a park near your office. Enjoy your coffee break under a shade tree.

**Study or read a book.** Take the “work” out of homework by moving study or reading sessions to your backyard or community green space.



*Getting outside is good for your mind and body.*


**Swap a (short) commute for walking or biking.** Do you typically use your car to run down to the mailbox, to a nearby convenience store, or to run other nearby daily errands? If it’s not too far, take a short walk or ride your bike instead. Meet outside. Fresh air can be a catalyst for fresh ideas, so take your next brainstorming session for work outdoors. Need to have a heart-to-heart with your child? Scientists have discovered that communication between parents and children is more connected when conducted outside.

**Sit back and relax.** Sometimes, the best thing to do is absolutely nothing at all. Spend some time in a hammock, spread a blanket out on the grass, or take a meditation break outside to soak up the nature around you.

### Learn More

For more information on the benefits of our living landscapes and how to be an outsider, visit [www.SaveLivingLandscapes.com](http://www.SaveLivingLandscapes.com). For more about the TurfMutt program, go to [www.TurfMutt.com](http://www.TurfMutt.com).





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## The Human Heart

*Continued from page 19*

thesis, it's because in my 99 years on this Earth, my Heart has never let me down, not once. The same cannot be afforded to my Brain that has failed me in one way or another on almost an hourly basis, yet retains the effrontery to tell Heart when to quit.

All of us have experienced "heart-stopping moments" such as tripping over the dog while carrying a candle-lit birthday cake, or suddenly coming face-to face-with an ex-fiancé in an otherwise empty elevator. The Heart doesn't actually stop, just misses a half dozen beats while your face takes on the expression of somebody whose cheese just slid off his cracker.

The Brain has similar Brain-stopping moments just this side of the speed of light—I'm having one right now---but usually nobody notices if you keep your mouth shut and pretend you've got your T-shirt on backwards by choice.

In the meanwhile study these function-named organs:

- Strong hearted
- Cold hearted
- Weak hearted
- Generous hearted
- Warm hearted
- Stingy hearted
- Soft hearted
- Big hearted

Some of these appellations have been applied to the Brain

as well, the only difference is: the Brain tends to worry. Hearts are being transplanted every day successfully. The Brain, not so much and it figures a Frankenstein type outcome can be like a box of chocolates, you never know what you're going to get.

Salute the Flag and the National Anthem with hand to Brain or Heart, love with both and take care of yourself. That goes for the liver and lungs, too. They know all this stuff but don't get the publicity and that comes right from the bottom of my descending colon.

### Spicy—More Than A Trend—A Way Of Life



Look at a menu these days and you're bound to see such words as "hot," "spicy," "flaming," "volcano," "bang-bang" and other names for dialed-up flavor profiles.

It doesn't seem like Americans' love of "feeling the burn" while enjoying their food is going anywhere anytime soon. In fact, a recent restaurant industry publication, QSL magazine, reported that consumer interest in hot and spicy ingredients has increased for the 10th year in a row, suggesting it's a full-time flavor preference. This has led to some restaurants introducing one new spicy item after another to try to tantalize consumers.

Brands like Church's Chicken®, however, have been bringing the heat for decades with spicy core-menu items that are essential to the company's character. Church's Spicy Chicken (available as Spicy Tender Strips® in addition to classic bone-in chicken) is marinated in a spice-and-pepper blend for at least 12 hours before it's hand-battered and fried to a crispy crunch. Many guests also love taking part in another spicy Church's tradition—squeezing the juice of a jalapeño pepper over their food for even more amped-up flavor.

### Learn More

For further facts, including where to find the nearest restaurant, go to [www.churchs.com](http://www.churchs.com).





# August Crossword Puzzle

## Across

- 1. Classic cars
- 5. Unchanged
- 9. Branta sandvicensis
- 13. Grueling grilling
- 14. Steakhouse order
- 16. Zeno's home
- 17. Actress Garr
- 18. U-Haul competitor
- 19. Legumes
- 20. Stop
- 22. Blood vessel
- 24. Tailed primates
- 27. Jacob's brother
- 28. Bay windows
- 29. Complacency
- 33. Brings up
- 34. Prophet
- 35. Sound rebound
- 36. Pampering, briefly
- 37. Church topper
- 38. Author Tolstoy
- 39. Sale condition
- 41. Start of a counting rhyme
- 42. Handed out hands
- 44. Repudiate
- 46. Expensive
- 47. School orgs.
- 48. Apians
- 49. Dry red wine
- 52. Modern address
- 53. Some Ivy Leaguers
- 57. Opera set in Egypt
- 58. Sign up

- 60. Baseball team
- 61. Noble gas
- 62. Decaf brand
- 63. Felines
- 64. Canadian gas brand
- 65. River to the North Sea
- 66. Winged deity

## Down

- 1. Nonsense
- 2. Prior to

- 3. Boat propeller
- 4. Raincoat
- 5. Wanders away
- 6. Fathomless depth
- 7. Fashion
- 8. Chemical ending
- 9. Eighth planet
- 10. Waiting for the Robert \_\_\_\_
- 11. Approach
- 12. Not difficult
- 15. Sign of a slip

- 21. Long fish
- 23. Old cloth
- 24. Short cannon
- 25. End of a threat
- 26. Nicotinic acid
- 27. Mineral made of corundum
- 29. Paris divider
- 30. Dazzling effect
- 31. Egg exterior
- 32. Like a smokestack
- 34. Glasses, briefly

- 37. Legislative bodies
- 40. Highest singing voice in women
- 42. Her partner would be a buck
- 43. Spirit
- 45. Shoshone language member
- 46. Underground room
- 48. Penniless
- 49. Walking stick

- 50. Untruths, tells falsehoods
- 51. Fusses
- 52. Coffee dispensers
- 54. Make-up artist?
- 55. A big fan of
- 56. Cong. meeting
- 59. Vote against

1	2	3	4		5	6	7	8			9	10	11	12	
13					14				15		16				
17					18						19				
			20	21					22	23					
24	25	26						27							
28								29					30	31	32
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49	50	51						52				53	54	55	56
57						58	59					60			
61						62						63			
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# Avoiding Common Driving Dangers

According to the National Highway Traffic Safety Administration (NHTSA), there were nearly 6.5 million reported crashes in 2017 (the most recent available data), many of which were avoidable.

Among them are the three most common vehicle accidents:

**1. Unintended lane departures.** These, reports the Insurance Institute for Highway Safety, are among the deadliest collision types and are more likely to occur when the driver is sleepy, sick or distracted.

**2. Frontal collisions.** These can happen at high speeds and to drivers who are distracted or impaired—but their victims could be anyone.

**3. Nighttime accidents.** To reduce your risk of these, suggests the National Safety Council:

- Aim your headlights correctly and make sure they're clean
- Dim your dashboard
- Look away from oncoming lights
- Clean the windshield to eliminate streaks
- If you wear glasses, get the anti-reflective kind
- Slow down to compensate for limited visibility and reduced stopping time
- Don't drive if you've been awake for 16 hours or more
- Stop every two hours to rest.

### High Tech: Making a Difference

The experts on vehicle safe-



ty at luxury automaker Lexus point out that collision protection starts with collision prevention. And this is where innovative technologies can make a difference. In fact, the brand recently announced that its advanced Lexus Safety System+ (LSS+)—anchored by automatic emergency braking—will be a standard feature in all its vehicles starting with the 2020 model year.

"We are working to prevent accidents before they happen," said David Christ, group vice president and general manager, Lexus Division. "That's why we have developed some of the most advanced safety features on the road today, and now those systems will be standard equipment on every model we sell."

The system consists of an integrated suite of four advanced active safety packages anchored by automated pre-collision warning and braking. Here's how they work:

**1. Pre-Collision System with Pedestrian Detection:** This system is engineered to help detect a preceding vehicle or a pedestrian in front of the Lexus under certain conditions. Should the system detect a pedestrian or a potential frontal collision, it's designed to activate an audible and visual alert

while automatically preparing Brake Assist for increased braking response. If the driver does not brake in time, the system is designed to automatically begin braking before impact and, in some cases, can even bring the vehicle to a stop.

**2. Lane Departure Alert:** This system utilizes a high-resolution camera to monitor visible lane markings and determine the vehicle's position within a lane. If an inadvertent lane departure or potential departure due to swaying is detected at speeds above 32 mph, the system attempts to alert the driver with audio and visual warnings and steering wheel vibrations.

**3. Intelligent High Beams:** To help provide added visibility for the Lexus driver as well as other motorists, Intelligent High Beams offer added illumination to help keep the driver focused on the road. When the road ahead is clear, the system defaults to high-beam mode, then temporarily switches to low beams when it detects the headlamps or taillamps of vehicles ahead.

**4. Dynamic Radar Cruise Control:** This system uses radar and camera technology to help maintain a preset speed and following distance from the vehicle ahead. If driving at highway speeds and the road ahead clears, the vehicle returns to its preset speed.

### Learn More

For further information, visit [www.lexus.com/safety](http://www.lexus.com/safety).





ADMIT  
ONE

By Randal C. Hill

# Movie Preview

## *"Where'd You Go, Bernadette?"*

Based on the hit 2012 novel by Maria Semple, *"Where'd You Go, Bernadette?"* follows the life of Bernadette Fox, at one time a highly regarded architect who, over the past two decades, has lost herself. Along the way, she has become an agoraphobic and a misanthropic matriarch whose frustration with her Seattle life thrums just below the surface of her seemingly perfect existence as the spouse of a successful Microsoft genius.

Cate Blanchett stars as Bernadette, with Billy Crudup as her adoring husband, Elgie, and Emma Nelson as perky 14-year-old daughter Bee, all of whom possess Einstein-level IQs and share a certain collective weirdness.

One day, Bee sees a video about her mother and learns that she was once the most exciting person in the world of revolutionary architecture. In a voiceover, Bee insightfully lays bare the bones of this original and poignant story: "I think what happened to my mom is that she got so focused on her family, she forgot about herself."

Annoyance on annoyance piles up in Bernadette's life, mainly from tightly wound neighbor Audrey (Kristen Wiig) and several irritating parents from

Bee's prestigious boarding school.

But one day Bernadette receives encouragement from a longtime fan (Laurence Fishburne), who declares: "People like you *must* create. If you don't, you become a menace to society."

Fate subsequently offers Bernadette a chance to launch a "second act," and in time she proudly proclaims: "Step aside, 'cause I'm about to kick the hell out of life!" Shortly before a Christmastime family trip, she embarks on a journey of personal discovery by running away from home (she sneaks out a bathroom window) and embracing the challenge of a daunting but worthwhile project in Antarctica.

Elgie and Bee set out to track Bernadette down after she disappears; in the process, they experience their own adventure as they end up peeling back layer after surprising layer of her past.

The Annapura Pictures release is the latest project from Richard Linklater, best-known for 2014's Oscar-winning *"Boyhood."* Linklater co-wrote the script along with the team of Holly Gent Palmo and Vincent Palmo, Jr. (*"Me and Orson Welles"*).

Throughout the production, Blanchett felt intimately connected to her character and told *"Entertainment Weekly:"* "I think so many women relate to Bernadette. She's someone who has been eaten alive by failure and buried her creative identity in child-rearing. Haven't we all thought at one point, 'Oh, [expletive], this mess is all too much. Wouldn't it just be easiest to disappear?'"

The movie opens nationwide in August.

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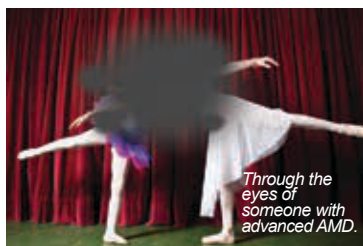
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## August Book Club

*Continued from page 21*

tone joined together on a summer camping trip and decided to call themselves the Vagabonds. They would continue their summer road trips until 1925, when they announced that their fame made it too difficult for them to carry on.

"Although the Vagabonds traveled with an entourage of chefs, butlers, and others, this elite fraternity also had a serious purpose: to examine the conditions of America's roadways and improve the practicality of automobile travel. Cars were unreliable and the roads were even worse. But newspaper coverage of these trips was extensive, and as cars and roads improved, the summer trip by automobile soon became a desired element of American life.

"In *The Vagabonds* Jeff Guinn shares the story of this pivotal moment in American history. But he also examines the important relationship between the older Edison and the younger Ford, who once worked for the famous inventor. The road trips made the automobile ubiquitous and magnified Ford's reputation, even as Edison's diminished. The automobile had come of age and it would transform the American landscape, the American economy, and the American way of life.

"Guinn brings to life this seminal moment when a new

industry created a watershed cultural shift and a famous businessman became a prominent political figure. *The Vagabonds* is a wonderful story of two American giants and the transformation of the country," according to Publisher Simon and Schuster.

## Four Ways To Remain Mentally Sharp In Retirement

Many retirees share a fear of gradually losing their ability to think as clearly as they used to or remember simple information such as other people's names. And while everyone has the occasional "senior moment," medical research indicates that aging by itself is generally not a cause of cognitive decline.

"Studies have shown that you can help prevent cognitive decline and reduce the risk of dementia with some basic good health habits," according to Harvard Medical School's Healthbeat newsletter.

Here are four simple steps to keep your mind sharp at any age:

**1. Exercise:** It's important to stay physically active. Simple routines such as taking exercise classes at your health club or taking walks in your neighborhood every day can do wonders for your mental health. Just get moving. "The cognitive benefits of exercise have been understood for so long," notes the Center for Retirement Research at Boston College.



**2. Serve:** Research published by the American Psychological Association found that volunteering in later life "is associated with significant psychosocial, physical, cognitive and functional benefits for healthy older adults." Science is now confirming what many have learned by experience: People often feel better after they have served others and enjoyed the time spent helping someone else.

**3. Learn:** Experts think that ongoing education and learning new things may help keep you mentally sharp simply by getting you in the habit of staying mentally active. Take a class from a senior center or community college, make it a habit to visit the library and pick up a new book each week. "Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them," according to Harvard Medical School.

**4. Finances:** A study published by The Journals of Gerontology found that "financial strain was a strong and robust predictor of worsening mental health" among older adults, including anxiety and depression symptoms. Another way to help keep yourself mentally

*Continued on page 31*



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# Busy Boomers

By Les Goldberg

## Get Your Kicks on Route 66

In my 76-year lifetime, I have experienced the thrill of driving on historic Route 66, but never the entire 2,448-mile highway. It is still on my bucket list as a fun thing to do — so if you share the idea of experiencing the nostalgic journey through American history, join me as we take a short hike along what John Steinbeck called “*The Mother Road*.”

The romance of Route 66 continues to captivate people, not just Americans, but from around the world. Running between Chicago and Los Angeles, the road predates our national interstate highway system or freeways and turnpikes.

Before it was called Route 66, and long before it was even paved in 1926, this corridor was traversed by the National Old Trails Highway, one of the country’s first transcontinental highways. For three decades before and after World War II, it earned the title “*Main Street of America*” because it wound through small towns across the Midwest and Southwest, lined by hundreds of cafes, motels, gas stations and tourist attractions.

Going even further back in time, I found this interesting factoid about the East-West passage:



A portion of Route 66, from Rolla to Springfield, MO., overlaps with part of the northern route of the Trail of Tears, followed by the Cherokee Indians during their forced 1838 relocation from their traditional homelands in the southern Appalachians.

In 1830, the U.S. Congress passed the Indian Removal Act, which granted the President the authority to negotiate treaties with Native American tribes to give up their lands east of the Mississippi River in exchange for unsettled lands in the West. While some Indians ceded their land and left peacefully, the Cherokee, among other tribes, resisted. In 1838, the Cherokee were forcibly removed by U.S. troops and made to trek west to Indian Territory in present-day Oklahoma.

Of the four main removal routes used by the tribe, the northern route, from Tennessee to Oklahoma, was followed by the largest group — 12,000 people, according to some estimates. In all, 15,000 to 16,000 Cherokee traveled the Trail of Tears, and an estimated 3,000



to 4,000 of them died along the way from disease, malnutrition and exposure.

Although remnants of the Trail of Tears have totally disappeared, Route 66 developed into a major roadway for early immigrant settlers trekking their way west to unclaimed lands on horseback and covered wagons. By the turn of the century, the invention of the automobile and by the end of the 1950s, it had become a prime thoroughfare for the new mobile American.

By the time the high-speed highways were completed in 1984, they bypassed small town America and forced the decommissioning of Route 66 which then was designated “*Historic Route 66*.”

Today’s trip down the Route 66 ‘memory lane’ is literally a ‘drive-through museum,’ resplendent with old billboards, giant statues and blue whales, live rattlesnakes and other wild creatures on display in roadside menageries.

With some stretches of the

road covered with super concrete slabs poured over the top of the old road, you’ll pass through the cornfields of Illinois, the golden sands of New Mexico and Arizona to the sunshine of Los Angeles, ending at the Pacific Ocean.

Along the way, you can visit the Ted Drewes Frozen Custard Stand in St. Louis, order a massive 72-ounce steak in Amarillo, Texas, view the majestic landscapes of Sedona and Grand Canyon in Arizona, or stroll down the famous Hollywood Boulevard of Stars and cool off at the Santa Monica Pier.

Many of the old cafes and motels struggle to keep tourist traffic flowing with roadside signs and other promotions, while others sit vacant and dilapidated as time passes them deeper into history.

But if you are like me, the trip is well-worth the joy of reliving history and the memories of a simpler America.

Those who have ‘been there, done that’ are pretty much in agreement.

Paul and Gina Theiss from Bristol, Missouri, said: “We started in St Louis and tried to drive as much of the old road as possible. Along the way we saw some ghost towns, abandoned bridges and lots of memorabilia from a bygone

era. It is fun to stop at many of the gift shops because you can find old stuff to buy. We made it to Kingman, Arizona, then had to veer off. But it was fun.”

## Sharp in Retirement

*Continued from page 30*

healthy in retirement is to make sure you have ample cash on hand to help pay off unexpected health care bills or fund any renovations that might need to be made to your home. Many seniors are surprised to learn that one potential asset for generating immediate cash is a life insurance policy.

A life insurance policy is considered your personal property and—as such—you have the right to sell that policy anytime you like. When a consumer sells a policy in a “life settlement” transaction, the policy owner receives a cash payment and the purchaser of the policy assumes all future premium payments—then receives the death benefit upon the death of the insured. Candidates for life settlements are typically aged 70 years or older, with a life insurance policy that has a death benefit of at least \$100,000.

To learn more about life settlements, visit [www.LISA.org](http://www.LISA.org) or call the LISA office at (888) 672-3917.

You can keep your brain sharp and supple, when you put your mind to it.



*My Dental Wig is Excited to introduce its New Orange County Sales Manager*

## Dan Curtin, MBA, MAOM

**A happy story from the new dental alternative for dental implants and dentures**

The problems associated with dental implants cannot ever be over emphasized, the MyDentalWig device being its safest, less costly alternative and which has people telling a new happy story. One such successful and happy experience comes from Dan Curtin, now the new Orange County Sales Manager of MyDentalWig. Dan is in his 60s and had the same problem almost everyone experiences as they age, his dental health was deteriorating, and his dentist made him a denture to fill in the missing teeth in his upper jaw. Did this work? Hear Dan in his own words:

*"I rarely used the denture as I found it to be uncomfortable and a poor fit even after several adjustments. The wires dug into existing teeth and hurt my gums. I could not keep them in as the plastic covered the entire roof of my mouth."*

Two years ago, Dan attended a local health fair and there was the My Dental Wig "non denture" company booth. Since he could no longer afford **dental implants** and didn't like the dentures from his dentist either, he decided to try it out.



Today living in Leisure World in Seal Beach, California, Dan has a new happy story to tell;

*"The Dental Wig device greatly improved the quality of my life. It doesn't hurt my gums and there is much less plastic in my mouth. I can now chew properly, anything I want to eat. I have more confidence when I go out in public, not worried about showing my teeth in conversations. It is so comfortable that I wear it 24/7 and only take it out to clean it and brush my remaining teeth"*

Dan's story is not just peculiar to him. His great experience brought about the beginning of his wife's happy story too. Dan's wife had two dentures made by her dentist (one for her upper jaw and one her lower jaw) left in a drawer; she never wore them at all. A year after seeing her husband wearing and eating everything with My Dental Wig, she decided to go ahead and order hers. After eight months now, she still has her Dental Wigs on her upper and lower jaw. She eats and sleeps with them; they are not in the drawer.

The MyDentalWig revolution does not only bring a smile to its users but peace of mind. Its **"Buy Once Smile Forever"** plan is a breath of fresh air and a great alternative to

dental insurance and dental saving plans. Dan made four monthly payments before getting his Dental Wig made. Even though he has dental insurance, he looked into My Dental Wig **"Buy Once Smile Forever"** plan on one jaw and found out that, it worked for him, because it pays for what matters most: getting his current Dental Wig false teeth renewed in 36 months. "Buy Once Smile Forever" has it all.

The fact is, even after paying for Dental insurance or a dental saving plan, it doesn't work: the replacement of missing teeth is still out of pocket.

Dan signed up for **"Buy Once Smile Forever"** for one jaw, he is making his monthly payments, he has peace of mind. He is fully covered.

Today, Dan is excited to join the My Dental Wig Company as the Orange County Sales Manager, because, he wants to share his own story to help other people like him who have been suffering with dentures that do not work. People deserve to know about how great the Dental Wig product is.

Will the next happy story be yours? Visit My Dental Wig



webstore at **Mydentalwig.com** to get your story started.

The company is local: Long Beach. If you live in Orange County, call or text

**Dan: 323-788-1206**

For media inquiries Email: **media@mydentalwig.com**

To see our products/services and all featured on TVs and more, visit our webstore: **<https://mydentalwig.com/>**

### Media contact

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My Dental Wig

Company's website:

**<https://mydentalwig.com/>**

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**media@mydentalwig.com**

Media contact name:

Anabella

Company Location: We are mobile, we will come to you.

Read our full Press release:

**<http://www.sbwire.com/press-releases/my-dental-wig-receives-new-orange-county-sales-manager-1248776.htm>**



## Good News Department

# Bringing Families Together Around The World

With all the sad stories of conflict and desperation from around the world, it can be heartening to hear of loved ones reunited.

Here are just two of the happy examples:

- Lydia spent months wondering if her daughter Odette was alive. Conflict in the Democratic Republic of the Congo forced Lydia to seek asylum in the U.S., leaving her far away from her family and with a heavy heart. With the help of the Red Cross, Lydia located her daughter and sent her a message through the Restoring Family Links (RFL) program. Odette responded to her mom—she was indeed alive. “I don’t know how the Red Cross managed to connect me with someone who I thought was dead. There was no other way for me to talk to her. There was no other way.”

- Conflict in Burundi forced Fidele to flee and lose touch with his loved ones, including his father. After living in Tucson, Arizona, for some time, he connected with the Red Cross RFL program to open up a search for his father to help give him peace of mind. After months of searching, Fidele finally received the welcome message: His father was alive and well.

Armed conflict, international disasters and migration leave millions of people around



the globe in urgent need of humanitarian assistance every year. As the world’s largest humanitarian network, Red Cross and Red Crescent teams help reconnect families separated by international crises.

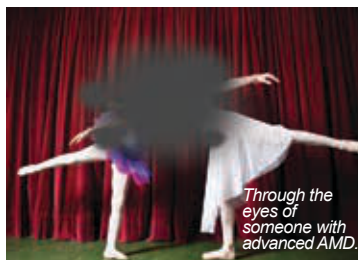
### How It Works

Red Cross Restoring Family Links services are free and confidential and help reconnect loved ones when:

1. Families are separated as a result of disaster, migration or other humanitarian emergency.
2. Families have already tried normal channels of communication to reconnect.
3. The family member making the inquiry is able to provide essential information on the sought person.
4. The family member making the inquiry is a relative who had been in direct contact with the sought person before the crisis occurred.

### Learn More

For more info, to help the Red Cross or to ask for help, go to [www.redcross.org/international](http://www.redcross.org/international).



Through the eyes of someone with advanced AMD.

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

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

Don't wait to notice the warning signs, like blurry central vision or difficulty seeing fine details.

Contact the Foundation Fighting Blindness for a free info packet on preventing and managing AMD.

888-345-2473

[FightBlindness.org/AMDinfo](http://FightBlindness.org/AMDinfo)

FOUNDATION FIGHTING BLINDNESS



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

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

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

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

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# Are You Seeking a Care Facility For Your Loved One?



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

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

Veterans resources, Adult Protective Services and Social Services.

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

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

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

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

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

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

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

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

**SR:** What is the cost of using RCPS services?

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

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

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

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

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

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

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

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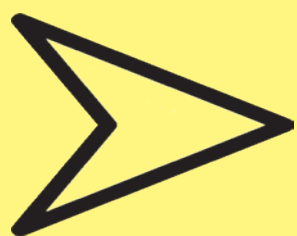
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# In The Spotlight

By Debbie L. Sklar

## Ballroom Dancer's Late Start and Hip Replacement to Becoming National Champ

Competitive ballroom dancer and national champion Darla Davies has recently published her memoir, *"Who Said I'd Never Dance Again? A Journey from Hip Replacement Surgery to Athletic Victory."*

At 61 gorgeous years, Davies continues to win championship titles across the nation each year. It wasn't until age 40 she discovered her passion for dance, but when a hip injury threatened to cut her ballroom dancing dreams short, she was determined to not only continue dancing but to keep winning championships.

Now, she's telling her story in her new book, which highlights her journey from hip replacement surgery to her return to the dance floor.

Davies is the only competitive athlete and ballroom dancer who in less than three years—claimed the United States Pro Am American Smooth Championship title, succumbed to hip replacement surgery, and fought back to regain the national championship.

Here's more about this busy and remarkable woman.

Q: Tell us about you and your husband who is your dance teacher.



A: My husband, Jim Maranto and I have been competing as a Pro Am couple in ballroom dance competitions throughout the country for more than 15 years. We have won many championships and two United States titles, dancing together. I worked as a Realtor for 30 years before becoming an author. We like golf and tennis, and love to watch all sports.

Q: What is your advice to seniors?

A: Without your health and fitness you have less options to enjoy life. Take care of your body. I have seen so many older people who have just let themselves go. Years ago, I met famous fitness expert Jack Lalanne when he was in his 90s. I told him I bought his juicer that he was promoting on TV. He told me to keep juicing for a long healthy life, and never eat anything that comes out of a box.

Q: How do you keep fit?

A: I do nice dances in competition: Waltz, Tango, Foxtrot, Viennese Waltz, Cha Cha, Rumba, Swing, Bolero, and Mambo. On days that we practice at the studio, I don't work out at the gym. If Jim is teaching on the road or judging a competition, I work out at the gym. Sometimes I practice dancing by myself. I can do all nine of

my dance routines on time, to the music, by myself, without a partner. People see me in the aerobics room and think I'm crazy!

Q: What is your secret to a happy life?

A: Don't let little things or hateful people take away your joy!

Q: What inspired you to write *"Who Said I'd Never Dance Again?"*

A: I wrote this book to give future hip replacement patients truth, hope, and encouragement. I want all medical professionals to be able to recognize classic signs and symptoms of a hip problem. I want doctors to be honest with patients, and not mislead them to believe that drugs, physical therapy and steroid injections are going to magically fix a severely deteriorated hip joint.

The only magic is a scalpel in the hands of a skilled surgeon. Patients should not be made to suffer with chronic pain for months or years. Don't let anyone put limits on the potential of your success after surgery.

Q: What made you start ballroom dancing?

A: I had seen a Latin Dancesport competition on TV years ago. I was captivated by the athleticism, the energy and the costumes. I started taking dance lessons at a local community center, then ended up at a ballroom dance studio where Jim Maranto was a guest instructor one day.

Q: How did you discover that you needed a hip replacement?

A: I was enjoying success as a top competitive Pro Am competitor. My legs were always sore which seemed normal, but the pain worsened over the next five years. The painful groin ache sent me in search of relief. First a chiropractor told me that my problem was 'definitely not the hip.' Next, an orthopedic doctor discovered my degenerative arthritis of the hip on an X-ray. He suggested anti-inflammatory drugs, pain killers, and steroid injections. He suggested I put off hip replacement surgery because artificial joints might last only 15 years. Next I met

with a wise expert, a retired surgeon, former chairman of orthopedics at a large hospital, and world-traveled researcher. He too suggested I put off surgery because at 50, I was considered young for hip replacement. He offered me no sympathy nor solutions. I told him that I was anxious to get back to ballroom dance competitions. He told me that I would not be able to dance again after hip surgery. I was so annoyed and angered by his ignorant statement that it was at that moment I decided that I would have to prove him wrong. Eventually I found a wonderful surgeon, who after seeing my bad X-ray, told me: 'You have no choice, you must get a hip replacement. I will have you dancing again in no time.'"

Q: What was your recovery like after surgery?

A: I started with home therapy exercises, then progressed to physical therapy at the gym. After four months I was doing light, basic, dancing and slowly worked back to dancing my Waltz, Tango, Foxtrot, and Viennese Waltz dance routines. Seven months after surgery, I competed for the first time with my new hip and placed first in all my events. At that

*Continued on page 36*



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## In The Spotlight

*Continued from page 35*

point I felt strong enough to move onto a personal trainer. That was not easy! High level ballroom dancing requires core body strength and leg strength to move with power and speed forward and backwards down the dance floor, and in high heels. My personal trainer had me jumping on and off platforms and doing leaping lunges across the gym. I constantly surprised myself by what I was capable of doing with my new hip. Ten months after my surgery, I placed 5th at the US Championships. I was pleased but still believed that I could win a national title with this new hip. One year later I did win the Pro Am Open to the World American Smooth Championship.

Q: Your book speaks a lot about sports psychology. How important was it for your recovery?

A: I used my sports psychology training to overcome doubts and negative thoughts during my recovery from surgery. I surrounded myself with people who gave me the confidence to get through the grueling journey back to the competition dance floor. I always stuck to my plan and pressed to move onward.

Q: What key takeaways do you want readers to get from your book?

A: Age is just a number. There are many older athletes who have made phenomenal ac-

complishments. Choose your doctors wisely. Sometimes you just have to say 'NO!' to the limited expectations of others in order to succeed beyond measure.

Q: Are you still competing? Where can the audience see you next?

A: I have been side-lined once again with foot surgery. I am making big plans for another comeback in the near future. I hope to be back on the dance floor performing at the top of my game in the next month or two. Keep up with me on mydancinghips.com and search author Darla Davies on Facebook and Instagram. My book: "Who Said I'd Never Dance Again? A Journey From Hip Replacement Surgery To Athletic Victory," can be purchased wherever books are sold.



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**Until Every One Comes Home®**



## Small Changes Can Mean Big Differences In Blood Pressure Control

Almost half of the U.S. adult population has high blood pressure—that's any reading at or above 130 for the top number or 80 for the bottom number.

If you find yourself among them, it may be wise to consider four lifestyle evaluation questions:

1. How often do you eat fruits and vegetables?
2. How much salt do you take in?
3. Are you at least moderately active for half an hour a day?
4. Are you at a healthy weight for your height?

### What To Do

If your assessment reveals room for improvement, Michael Hochman, M.D., MPH, a Los Angeles physician and professor at the Keck School of Medicine at the University of Southern California, has an encouraging message for you: "Know this: Small changes can make big differences. You don't have to overhaul everything you do and eat. Tracking your blood pressure between health care visits lets you easily stay on top of your health. In 10 minutes or less, you can check your numbers. If you are learning for the first time that your blood pressure is creeping upward, small changes in your lifestyle—a bit more physical activity, a few more fruits and vegetables—could mean the difference between low vs.



**Take Control**

high risk for heart disease or stroke."

Here are some hints to help you make those small changes:

- 15–20 minutes of moderate aerobic activity per day can reduce the top number in your blood pressure reading, called systolic pressure, by 5 to 8 mmHg
- Reducing sodium intake by 1,500 mg (3/4 of a teaspoon) per day can result in lowering systolic pressure 5 to 6 mmHg
- A 10-pound weight loss could lower systolic blood pressure by 5 mmHg.

### Little-Known BP Raisers

If you do have high BP, consult your health care provider or pharmacist about the safety of your over-the-counter medicines.

Some OTC pain relievers, known as nonsteroidal anti-inflammatory drugs, or NSAIDs—such as naproxen and ibuprofen—may raise blood pressure. Acetaminophen may be a better choice for pain. Drugstore cold and flu medicines that contain decongestants can also raise blood pressure. To avoid these BP raisers, read medication labels and discuss alternative pain, fever or cold medicine with your doctor. A quick

guide to BP raisers is at [heart.org/BPtools](http://heart.org/BPtools).

### Take It Home

Monitoring at home can help confirm a diagnosis and determine how well your lifestyle changes and medications are working to reduce your blood pressure.

A growing number of people are becoming aware of the risks of having high blood pressure and the need to make changes to reduce the chances of a heart attack or stroke.

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## Answers To Questions About Keeping Your Heart Healthy

Cardiovascular disease (CVD) is the leading cause of death for adults in the United States. About 610,000 people die of heart disease in the United States every year—that's roughly one in every four deaths—but you can protect yourself. The most common and serious types of CVD are heart attack and stroke. The good news is there are steps you can take to help prevent CVD. Here are questions you can ask yourself—and your doctor—to find out if you are at risk and how you can prevent CVD.

### What are your risk factors?

An important part of preventing CVD is knowing your risk factors. Nearly half of American adults have at least one of the three major risk factors for CVD: high blood pressure, smoking, and high cholesterol. Fortunately, there are several ways your doctor can help you determine your risk of having a heart attack or stroke in the next 10 years. Some methods for detecting CVD are more effective than others. Talk to your doctor about which method makes sense for you.

### Are you getting your blood pressure checked?

Blood pressure measures the force of blood pushing against the walls of the arteries as the heart pumps blood around the body. High blood pressure (also known as hypertension) is a condition in which blood pressure rises and stays high



for an extended time, and it raises a person's risk for CVD. All adults should be screened for high blood pressure, and this is often done during a visit to your doctor's office. During the screening, a doctor or nurse will wrap a blood pressure cuff around your upper arm, inflate the cuff, and listen to your heartbeat with a stethoscope placed against the inside of your elbow as the air is slowly let out of the cuff. If your blood pressure numbers are high, talk to your doctor about additional monitoring to see if you have hypertension or another health condition and if you need treatment.

### Should you make lifestyle changes?

There are several risk factors for CVD that you can change, and your doctor can help. These risk factors include smoking, poor diet, and lack of physical activity.

If you smoke, talk to your doctor about getting help and medications that can improve your chances of quitting. Your body mass index (or BMI) is also an important risk factor for CVD. During an office visit, your doctor will weigh you and, if you have obesity or are

*Continued on page 39*



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Crossword Puzzle Answers from page 27

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13	O	R	A	L		14	T	B	O	N	E	15		16	E	L	E	A	
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33	R	E	A	R	S		34	S	E	E	R		35	E	C	H	O		
36	T	L	C			37	S	P	I	R	E		38	L	E	O			
39	A	S	I	S		41	E	E	N	Y		42	D	43	E	A	L	T	
44	R	E	N	O	45	U	N	C	E		46	C	O	S	T	L	Y		
				47	P	T	A	S		48	B	E	E	S					
49	C	L	A	R	E	T		52	U	R	L		53	E	L	I	S		
57	A	I	D	A		58	E	N	R	O	L		60	N	I	N	E		
61	N	E	O	N		62	S	A	N	K	A		63	C	A	T	S		
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# JUST JUDITH

By Judith A. Rogow

## Did You Feel That?

If, as so many did, you felt the ground shake on July 4th and wondered just what was happening, imagine how it must have felt mere miles from the epicenter.

As luck would have it, my family and I were in Ridgecrest that weekend and, while our holiday plans definitely did not include rocking and rolling, we learned that sometimes all you can do is *'hold on and pray'* when terra firma feels more like a storm at sea.

According to the United States Geological Survey the first shock, a 6.4, came in at 10:02 on the morning of July 4th, and many considered it mere *'blowing off steam'* as the region is notorious for quake activity. When a 5.4 hit around 4 the next morning it was supposedly an aftershock.

At 8:19 that evening the biggest shake, a 7.1, hit. (In comparison, the Northridge quake was logged at 6.9). Then aftershocks, some as high as 5.5 according to the USGS, exacerbated the fears and stress of pretty much everyone.

Amazingly, damage and injuries were comparatively minor given the power of the trio of shakes. The loss of basic utilities, power and water was corrected fairly quickly given the

area. Unfortunately, the same didn't happen in the more remote town of Trona, which was temporarily cut off from help when the one road into the town was impassable.

As in many smaller cities, people banded together to help each other. Neighbors shared food, water and expertise along with hugs and prayers. Tents appeared on lawns and backyards so those unwilling to return to their homes could attempt to sleep.

Within an incredibly short time the Sierra Amateur Radio Club was set up to *'pass traffic'* so members could report outages, needs, requests for assistance, and other emergency communications.

Local groceries and other businesses that had cleaned up and begun to open were once again faced with damage, loss of inventory, the need to clean, restock shelves and ask exhausted personnel to keep going.

A grassroots group, Ridgecrest Shoutouts, organized a convoy to bring desperately needed water and other supplies to Trona as soon as the road was passable.

The Internet was a major source of information (and, sadly, *misinformation*) reas-

suring family and friends that we had survived and were well, albeit shaken.

Police and fire personnel reported for duty, officials from the county and state pledged help and several press conferences were held to keep us all aware of plans and events. Ridgecrest's Mayor, Peggy Breeden, County Supervisors in Kern County (Ridgecrest) and San Bernardino (Trona), Gov. Newsom and President Trump all proclaimed states of emergency and offered assistance.

China Lake, the huge Navy Base that is the chief employer in the area is in the process of clean up and repair like the rest of the city, but on a much larger scale.

If you saw the images on television or the Internet you might wonder how much damage was actually done and how many deaths or serious injuries occurred. Although several mobile homes were destroyed and minor injuries reported, Ridgecrest escaped fairly unscathed. Trona, however, is a much older town and, unlike Ridgecrest, the buildings there were erected decades before earthquake standards were required. It has been estimated that over two dozen homes were ruined, but there were no injuries requiring professional assistance.

*Continued on page 42*

## Heart Healthy

*Continued from page 37*

overweight, your doctor can offer ways to help you lose weight. Your doctor may also screen for other conditions, such as diabetes, that are related to weight and can increase your risk for CVD. To keep your heart and whole body healthy, eat plenty of vegetables, fruits, fiber, and whole grains, and eat meals that are low in salt, red meat, and saturated fats. At least 2.5 hours of moderate physical activity or 75 minutes of intense physical activity each week is also recommended. Moderate physical activity can include such things as riding a bike, swimming, or doing yard work or home repairs. Intense physical activity can include jogging or running, playing tennis, or hiking uphill. Even if you are healthy and simply want to stay that way, ask your doctor about how you can develop heart-healthy habits.

### Are statins right for you?

Statins are medications that prevent cholesterol and fats from building up in your blood vessels over time, which lowers your cholesterol and reduces your chances of having a heart attack or stroke. If you are age 40 to 75, talk to your doctor about your CVD risk and whether a statin may be right for you.

### Should you take daily low-dose aspirin?

Taking a low-dose aspirin daily can also potentially help prevent CVD in some adults age 50 to 69. When blood clots

form in narrow blood vessels, such as the ones in your heart and brain, it can cause a heart attack or stroke. Aspirin can help keep these blood clots from happening, lowering your risk. There are some risks associated with taking low-dose aspirin every day, so make sure you talk to your doctor about whether aspirin is right for you.

### Recommendations to protect your heart

Many of these recommendations were developed by the U.S. Preventive Services Task Force—an independent group of national experts in prevention. The Task Force makes recommendations, based on the latest science, about what works and what doesn't work when it comes to preventing disease and promoting good health.

### Learn More

For further information on these and other Task Force recommendations, visit [www.uspreventiveservicestaskforce.org](http://www.uspreventiveservicestaskforce.org).



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

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

Don't wait to notice the warning signs, like blurry central vision or difficulty seeing fine details.

Contact the Foundation Fighting Blindness for a free info packet on preventing and managing AMD.

888-345-2473

[FightBlindness.org/AMDinfo](http://FightBlindness.org/AMDinfo)

FOUNDATION FIGHTING BLINDNESS





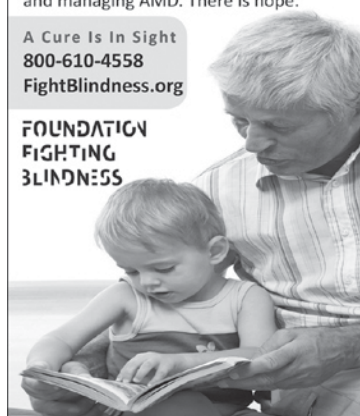
#### MOMENTS LIKE THESE ARE PRECIOUS. DON'T LET THEM FADE AWAY.

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.

Protect your vision from fading away. Call the **Foundation Fighting Blindness** today for a free info packet about preventing and managing AMD. There is hope.

A Cure Is In Sight  
800-610-4558  
FightBlindness.org

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BLINDNESS



## Health Bulletin

# How To Never Miss A Day Of Your Medication

Most people can't go a day without a cup of coffee or checking their e-mail. But with the demands of everyday life it's not surprising that about 50 percent of patients sometimes fail to take their daily medications as prescribed.

According to a new survey by WebMD, over the past six months one-third of respondents either sometimes or most of the time missed taking their medication as prescribed even though 76 percent know it can cause their condition to worsen or symptoms to return.

When asked why they'd missed a dose, 66 percent of survey respondents said that they forgot, 38 percent said they experienced side effects, and 26 percent weren't able to get to the pharmacy to refill their prescription on time.

"Not following a prescription correctly can seriously impact your health," said Jamal Downer, a Walgreens pharmacist. "Your local pharmacist is an expert who can help you understand your medications and provide tips on how to use tools like smartphone apps that make it easier and more convenient to stay on track."

Steps to help you take your medications include services online, through apps and in store. Most people can't go a day



*Your pharmacist can help you make sure you take your medicine on time.*

without a cup of coffee or checking their e-mail. But with the demands of everyday life it's not surprising that about 50 percent of patients sometimes fail to take their daily medications as prescribed.

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Steps to help you take your medications include services online, through apps and in store:

- **Getting help whenever you need it:** A pharmacist is an integral part of your support team, and now they are available anytime via phone. Walgreens Pharmacy Chat service provides 24/7 access to pharmacists who can answer questions to help you better understand your medications, including side effects and how the other medicines you take and food you eat may interact with another drug.
- **Setting reminders:** Whether you need a quick prompt to take your pill or a text alert that your refill is available, calendar notifications and free tools like a pill reminder can help ensure you always have your medication on hand.
- **Simplifying your refills:**

*Continued on page 41*



# Tinseltown Talks

By Nick Thomas

## An Ernie Kovacs Centennial

Opening last summer in Jamestown, N.Y., the National Comedy Center will launch an exhibition honoring comedian Ernie Kovacs beginning with a Festival from Aug. 7-11 (see [www.comedycenter.org](http://www.comedycenter.org)).

“It’s the centennial of Ernie’s birth this year, so a great time to recognize this influential comedian,” said Laura LaPlaca, the center’s director of archives. “The Kovacs’ exhibit will remain until summer 2020.”

Though he died tragically in a single car accident at just 42, Kovacs would leave his mark on comedy for decades. Like other pioneers of early television in the 1950s who were exploring its boundaries such as Milton Berle, Sid Caesar, and Steve Allen, Kovacs pressed it further by satirizing and lampooning the new medium.

“Unlike other comedians of



*Ernie Kovacs album cover provided by Josh Mills*

the day who started on radio and basically put three walls up and created a TV show, Ernie did something different,” said Josh Mills, whose mother (Edie Adams) was married to Kovacs at the time of his death. “Ernie had a cockeyed perspective of the world that few comedians have matched, a very surreal and offbeat way of looking at comedy.”

This was most evident in Kovacs’ TV shows which were broadcast on several networks throughout the 1950s and early 1960s in various versions and formats. They often featured innovative skits written by Kovacs which inspired later TV comedy formats.

“I’ve had conversations with Monty Python’s Terry Jones who grew up in Minneapolis and he said that in Eisenhower’s 1950s America you just didn’t see anything like Ernie Kovacs,” Mills said. “You see Ernie’s influence on that show.”

After Kovacs’ death, Adams

married photographer Martin Mills, Josh Mills’ father, so the younger Mills never knew Kovacs personally. But Jolene Brand did.

“Ernie influenced many entertainers including my husband (George Schlatter) when he produced *Laugh-In*,” Brand said. “When I worked on Ernie’s show he began writing little scripts just for me which were really nice moments.”

In one memorable 1961 skit introduced by the cigar smoking Kovacs, Brand played a weather girl seductively reading the forecast.

“Yeah, that one was famous,” she said, laughing. “I watched it a while back on YouTube and wondered how it got by the censors!”



*National Comedy Center provided by NCC and Steve Neilans*

She says Kovacs worked himself and the crew hard, beginning at 6 a.m. on Sundays and working through the next day until 1 a.m.

“It was just cheaper to keep us going into overtime rather than coming back another day for a new set up,” she said.



*Ernie Kovacs provided by Josh Mills*

“And Ernie would do everything – setting up the camera shots and working out technical problems. But he had a joy about his work and his creativity. He was a delightful and really sweet man to work with.”

In addition to the exhibit, which contains Kovacs memorabilia provided by Mills who is the executive for the Kovacs estate, a new CD – “*The Ernie Kovacs Album: Centennial Edition*” – was released in July for the centennial (see [www.erniekovacs.com](http://www.erniekovacs.com)).

“It’s basically some of Ernie’s best-known bits with six bonus tracks never before released digitally,” Mills said.

“His work still resonates 60 years later because it’s not topical,” LaPlaca said. “It’s experimental and still innovative. The National Comedy Center’s museum environment is an excellent way to highlight his contributions to the history of comedy.”

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

## Medication

*Continued from page 40*

Pharmacists can also coordinate your prescription refills to a single pickup date with the Save a Trip Refills® program for free. Refilling your prescription can be made more convenient by switching to a 90-day supply or setting up automatic refills.

• **Making refills convenient:** Just like you can order purchases online from your phone, you can have refills shipped directly to your home. With Walgreens Express™, patients can prepay and pick up prescriptions in a dedicated line or get their eligible medications delivered.

From pill reminders to tools for conveniently managing your condition, the answer to improved health and saving money could be in the palm of your hand. Download the Walgreens app or ask your local pharmacist how they can help you stay on track with your medications.

For further information, go to <http://bit.ly/redphone-wakeup>.



*Ernie Kovacs and Jolene Brand on the set. Credit Ediad Productions and National Comedy Center*



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# Life in Long Beach

By Lyn Jensen

## Red Cross Provides Smoke Alarms and More

California law states all residences must have smoke detectors in each bedroom and on each floor, and each alarm must be equipped with non-replaceable, non-removable batteries that have at least a 10-year life span. Don't worry about the cost, because the Red Cross may be able to provide and install them for you for free. To find out if you qualify, contact your local Red Cross, or search [SoundTheAlarm.org/LosAngeles](http://SoundTheAlarm.org/LosAngeles) if you have Internet access.



been in the city of Long Beach for just over 100 years now. Locally the Long Beach Chapter responds to immediate disasters in the surrounding area. The Long Beach [Chapter] operates as one part of the larger Los Angeles Region."

unteer is as easy as going to the Red Cross website and registering. If you don't have access to a computer or just have more questions about opportunities, please feel free to call [the] Long Beach chapter office and set up a time to come and visit us."

Address: 3150 E. 29 St., Long Beach, CA 90806

Phone: 562-595-6341

Web: <https://www.redcross.org/local/california/los-angeles/about-us/locations/long-beach.html>



Rambo describes some of the organization's activities: "The Red Cross takes blood donations, and we have a program called the Veteran's History Project where we record stories from veterans about their experience and that interview is preserved in the Library of Congress."

He suggests checking the Red Cross website for details on programs, volunteering, and training.

He notes most of the training is free, except for CPR, first aid, and AED courses.



"Everything the Red Cross does is possible because of the dedication of the volunteers and the generosity of our donors. During a disaster response, the workforce is over 90 percent volunteers," Rambo adds. "Becoming a vol-

Founded by Clara Barton in 1881, the American Red Cross is a humanitarian organization that provides emergency assistance, disaster relief, and disaster preparedness information and education. In Long Beach, services are provided by the Greater Long Beach / Rio Hondo Chapter, which serves nearly 4 million people in 44 communities including the ports of Long Beach and Los Angeles.

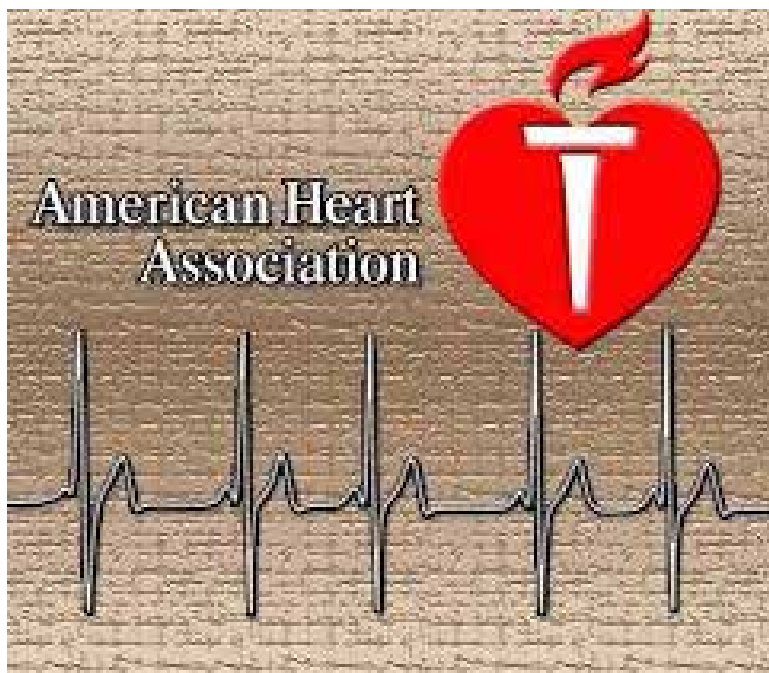
Nedan Rambo, disaster program manager for the local region, provided further information via e-mail: "I cannot say how long the Long Beach Red Cross has been in its current office but it has

## JUST JUDITH

*Continued from page 39*

At a SARC debriefing session the general consensus was that the area pulled together for everything from helping to connect people with basic information to calming fears.

As Mayor Breedon so empathetically put it at a press conference **"Ridgecrest Rocks!"** to which must be added the values of small-town America are alive and well!





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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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