

The Good Life

Travel, Leisure & Fun for South Valley Adults 50+

February / March 2014 • Volume 1, Number 1

Senior Resource Fair and Fashion Show Scheduled

On Thursday, February 13, the Senior Care Organization will host Heart of Seniors, a senior resource fair, luncheon and fashion show for those 50 and older and caregivers for seniors. The event is designed to share the wealth of resources available for help and care of this growing age group and their families, while in a relaxed atmosphere, and will be held at the Visalia Marriott hotel.

"We want to reach out to all of our families and caregivers to get them more resources," said Shayna Fabre, event coordinator.

The keynote address, Making Elder Care Amazing: New Tools and Return to Basics, will be given by G. Jay Westbrook, M.S., R.N. Westbrook is a visiting faculty scholar from Harvard Medical School and clinical director of Compassionate Journey: A End-of-Life Education and Consulting Service. The presentation will include information on vital documents and directives for any adult.

More than 20 vendors will be on hand with useful information on senior care and matters involving the elderly. The fashion show will feature appropriate wear for the age group, with no mini zippers or low-cut attire, and is sponsored by A La Mode, the Dress Barn and Harley Davidson Fashions.

"We want to reach out to everyone and give them some peace of mind," she said. "It is important for them to know they are not the only ones going through this (the caregiver role)."

For those who want to attend the event but may have trouble getting away from their caregiver role, select local in-home health care providers are offering a discount to provide care during the Heart of Seniors day.

The Senior Care Organization was created when two separate groups in the South Valley



interested in the well-being and care of seniors merged, with the goal of educating businesses and providing resources for the community. Membership is open to anyone including those involved in health care, in-home care, assisted living and hospice care.

For more information on the event and for in-home health care that day, contact Shayna Fabre at (559) 977-6812.

Heart of Seniors

When: Thursday, February 13
10 a.m. - 2 p.m.

Where: Visalia Marriott,
300 So. Court, Visalia

Cost: \$10/person
(includes lunch)

More information:
559-977-6812

PADS Finally Receives Promised Grant Funding

By Nancy Vigran, editor

A favorite nonprofit agency in the South Valley has been rescued from closure after finally receiving grant money, but now needs your help to pay off debt it acquired to keep the doors open.

Porterville Adult Day Services, known as PADS, scrambled for weeks waiting for funding normally counted on for operations. The recent government shutdown due to a congressional stalemate over the national budget, along with funds sequestering, forced PADS to take out bank loans and run up credit cards to continue operations until it was announced funding would finally come this month. However, there is no money available through the grant to



Photo courtesy of Porterville Adult Day Services

Porterville Adult Day Services attendees often receive a much welcomed hug, when school children visit the facility.

pay off the newly acquired \$24,000 debt, according to Cheri Taylor, executive director.

"Our crisis is over for now," Taylor said. "The funds have been released and because of it we will receive a check per month through June. But we now have loans to pay off."

Donations are welcome

See Adult Day Services on page 2

All I Really Need to Know I Learned In The Theatre

By Irene Morse,
Special to the Goodlife

American author Robert Fulghum wrote that all the wisdom a person needs in order to live well could be learned in kindergarten. The same can be said of community theatre.

Live a balanced life

The happiest people live balanced lives. Every day they work hard, they sing a bit and maybe dance. They might paint a picture and some take themselves down to their community theatre and get involved. Living a balanced life often involves trying new things.

"It's never too late to fly," Fulghum wrote. And it is never too late to join a community theatre group.

"We recently had an enormously successful show, 50 Years of Broadway. Everyone that auditioned was able to participate... we got to

bring new faces to our group. We have a very healthy mature actor core," said Corey Ralston, a board of director of The Kings Players in Hanford.

"Directors direct with patience and imagination; actors act with passion and dedication; technicians make magic with lights and sound; and the audience is enchanted and entertained," said Jim Kliegl, manager of the Lindsay Community Theater.

There is no age limit for any of these life-balancing activities and they are available to everyone. Jill Barnier, from the Encore Theatre Company in Tulare, said "Be aware of wonder. The wonder of volunteers, dedicated to keeping the joy and creativity of participatory theatre alive and strong...growing toward the future. Everyone is welcome."

Share everything

Actors who present solo shows are often asked what it is

like to do a performance on their own.

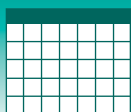
This writer once did a one-woman play, Rose, for the Visalia Community Players and learned that it is actually not possible to do a show alone. There is the director, leading actors to their best effort, lighting people illuminating them, and sound people who provide texture to the words. There are costumers, stage managers, and people in charge of props.

The audience shares their laughter, their tears, and their rapt attention. An actor is never truly alone on stage. She has shared what she has to give and appreciates that others can share as well. Visalia's Enchanted Playhouse Theatre Company presents family-friendly children's plays.

"The Enchanted Playhouse carefully selects productions to reach out to the most diverse audience, boys and girls, young

See Theater on page 7

Calendar of Events



Around the South Valley

Friday, February 7 - 6 - 8 p.m. - Arts Visalia Sofa Art XIX open reception. Exhibit runs through Friday, February 28. All entries must contain a sofa, chair, bench, stool or something to sit on. Regular hours Wednesday - Saturday, Noon - 5:30 p.m. 214 East Oaks, Visalia. Information: 559-739-0905.

Saturday, February 8 - 7:30 p.m. - Tulare County Symphony at the Visalia Fox Theatre, 308 W. Main St. Visalia. Information: 559-625-1369.

Sunday, February 9 - 2 p.m. - Kanpai: The Art of Drinking in Japan open reception. Sake tasting sponsored by Asabiraki, Japan and Kuramoto US, Inc., CA. Reservations required. Exhibit runs through Saturday, June 28. Regular hours Tuesday - Saturday, 1-5 p.m. The Clark Center for Japanese Art and Culture, 15770 Tenth St., Hanford. Information: 559-582-4915.

Thursday, February 13 - 10 a.m. - 2:30 p.m. - The Heart of Seniors, The Difficult Conversation - Advance Directives, Code Status and Prognosis - resource information and fashion show at the Visalia Marriott, 300 So. Court, Visalia. Tickets \$10, includes lunch. Information: 559-977-6812.

Friday, February 14 - 7:30 p.m. - Stella Artois Independent Film Series and the Visalia Fox Theatre present "Enough Said." This 2013 film was the last film starring the late James Gandolfini with Julia Louis-Dreyfus. A divorced woman who decides to pursue the man she's interested in learns he's her new friend's ex-husband. Tickets available at the door. Senior tickets \$5. Visalia Fox Theatre, 308 W. Main St. Visalia. Information: 559-625-1369.



Photo courtesy of Porterville Adult Day Services

Members of the Pinkettes team members from a previous Porterville Adult Day Services Rock-a-thon. Proceeds from the event this year will go directly into the general working fund.

Saturday, February 22 - 6:30 - 9 p.m. - A Night of Wine, Cheese and Chocolate at the Tulare Historical Museum. Showcasing specialty wines, a variety of cheeses, & light hors d'oeuvres, along with various chocolate delicacies. Tickets: \$30. 444 W. Tulare Ave., Tulare. Information: 559-686-2074.

Saturday, February 22 - 7:30 p.m. - A Tribute to Legendary Ladies of Country Music at the Lindsay Community Theatre, starring Sonya Diane Jones. Tickets: \$5 in advance; \$10 at the door. Lindsay Community Theatre, 190 No. Elmwood, Lindsay. Information: 59-562-1659.

Friday, February 28 - Saturday, March 1 - 5 p.m. - 5 p.m. Porterville Adult Day Services Rock-a-thon Fundraiser - Teams, sponsors and volunteers needed for this 24-hour rocking chair event. Each team must keep someone rocking in their chair for the entire 24 hours. Information: 559-783-9815.

Thursday, March 8 - 8 p.m. - Merle Haggard at the Hanford Fox Theatre, 326 No. Irwin, Hanford. Information: 559-584-7423.

Thursday, March 13 - 4 - 7 p.m. - Linwood Meadows Care Center Open House - celebrating the newly renovated Care Center with food, prizes and lots of fun! Information: 559-627-1241.

Thursday, March 13 - 8 p.m. - Kenny Rogers at the Hanford Fox Theatre, 326 No. Irwin, Hanford. Information: 559-584-7423.

For more events, go to our website www.TheGoodLifeSV.com

To submit events to the calendar, mail to Kast & Company Communications, P.O. Box 7173, Visalia, CA 93290, or e-mail to Editor@TheGoodLifeSV.com. Submissions must be appropriate for The Good Life readership of 50-and-over, and be received by the 15th of the month prior to publication.

Adult Day Services

from page 1

and are tax deductible, and no amount is too small, Taylor said. Licensed by the State of California, the nonprofit's major function is to offer caregivers of dependent adults a respite period from those duties.

"It is not babysitting," Taylor said. "We help them emotionally, physical and mentally."

PADS features balanced meals, snacks, exercise, socialization and fun, according to Taylor. Visits can be for a half day or whole day. Outside visitors occasionally come as well, including school groups and pet therapy groups.

PADS allows fulltime caregivers time to take care of their own needs. The receives approximately \$120,000 per year to offer caregivers respite time, as well as providing educational tools and seminars, and emotional support to caregivers.

The agency is located in Porterville, however, it is the

only local adult daycare center serving most of the South Valley. It offers a pickup and return home service as far as Terra Bella and Pixley to the south and Visalia, Exeter and Woodlake to the north.

Services are available to anyone 18 years or older who is not able to care for themselves.

To sign up, caregivers set an appointment to come in and fill out an application and have an interview to assess their individual needs. A tuberculosis test is required for any adult enrolled in the program prior to their first stay. The center is open from 7:30 to 5:30, Monday through Friday, and can be used on a daily basis, while others may only visit once a month, depending upon each individual situation. Scholarships are also available.

With the release of grant funds, PADS funding is secure until June, when the annual grant comes up for renewal.

For more information on PADS services or ways to help, please call (559) 783-9815.

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History

Dusting Off History with Terry Ommen



Stagecoach Days and Ways

In 1850, when California became the 31st state in the union, it was isolated and far from the population centers to the east. Mail service was slow, and the steamships delivering precious cargo weren't always reliable. California was important to the country, so Washington was anxious to solve the problem. The federal government contracted with John Butterfield, the well-known entrepreneur and transportation pioneer, to operate what became the longest stagecoach mail line in world history. The route started in Tipton, Missouri, a small town west of St. Louis, and from there it made a 2,800 mile U-shaped

swing through Texas and ended in San Francisco.

The first stagecoach of Butterfield's Overland Mail Company left Tipton on September 16, 1858, carrying two bags of mail and a New York newspaper reporter, Waterman Ormsby. The line offered passenger service so Ormsby wanted to travel the entire length of the route and record his journey for the New York Herald.

For the first leg, traveling was easy using existing roads, but after they left Fort Smith, Arkansas, the going got more difficult. Many sections had no clearly defined path, so the horse-drawn vehicle had to



Photos courtesy of Terry Ommen

Visalia's Main Street looking east from Court St. taken in 1863, about five years after the inaugural stage trip. To the left, behind the parked (abandoned) wagon, is where the Butterfield Stage would have stopped five years earlier.

create its own as it rolled over hills, washouts, and through soft sand. Travel was fast but essential in order to meet strict delivery requirements.

When the route was laid out, 141 way stations, fairly evenly spaced, were established providing opportunities for fresh teams and drivers, food and some rest. The terrain was tough and Ormsby tried to sleep, but adjusting to the continuous jerking, jolting and bouncing made it difficult. The dust, poor food and lack of fresh water added to the discomfort.

See History on page 8



Waterman L. Ormsby

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Faith

Contentment: So Hard to Find but Well Worth the Search

By Bailey Hagar, Jr.
Special to the Good Life

It was some thirty-seven years ago that I first began to understand that instead of happiness and pleasure, what people truly seek is something that the Apostle Paul had learned and described in his Epistle to the Philippians in the New Testament of the Bible. And even though Paul taught me in a few words the difference between "contentment" and "happiness" and I understood the incomparable value and longevity of contentment versus short-lived happiness, I have found myself opting time and time again to go back after that quickly vanished happiness. It's rather like finding out you are allergic to ice cream, but it tastes so good that you're willing to go through misery of the allergy time and again; an addiction of sorts.

I want so much for as many as possible to understand contentment because it can bring you "the good life" no matter what is going on in your world. Paul, imprisoned for his faith, writes his friends and supporters in the church at Philippi: "But I rejoiced in the Lord greatly that now at last your care for me has flourished again; though you surely did care, but you lacked opportunity. Not that I speak in regard to need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me." (Philippians 4:10-13)

I am certain that Paul did not rejoice in his imprisonment. None of us is jumping for joy

when things are going wrong in our lives, whether due to our own choices or by circumstance. Haven't we all made choices that we would take back in a heartbeat if only we could? But, at the place we are today, we can choose to begin learning as Paul did to be content. As my Pastor, Dave Miller, Rocky Hill Community Church, pointed out in a recent sermon, "Learning to be content is a process in which the result doesn't come over night. It is not an instant gift of the Holy Spirit. Being content with what we do or don't have can only be learned." Paul had finally reached the pinnacle of "learning" after choosing again and again to trust God for every outcome and need of his life. He had made terrible choices earlier in his life that made him the self-described "chiefest of sinners." But, then he began to trust God for everything and to learn to live content.

Contentment overshadows sadness and pain while

enhancing joy and wellbeing. I pray that today we all would have the faith to learn to be content in spite of our current situations, our pasts and our unknown futures. "The Good Life" comes through contentment. My wife, Sandy, treasures a gift from a friend – a figurine of an obviously relaxed Carnation-like cow that came with the admonition: "Remember to be content." Let's remind one another to strive to be content today – every day – "through Christ who strengthens me!"

Bailey Hagar, Jr. serves as executive director of The Creative Center in Visalia. Previously he spent eight years in ministry at the Exeter Church of God.

Keep an eye out for the next issue of

The Good Life

April 2014

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Home

Gardening in the Central Valley with Peyton Ellas



Winter is a Time for Planning the Garden

Winter, the season of fewer garden chores, is a good season for planning changes you will make in the spring. Pruning deciduous trees and shrubs for safety or to control size, finishing clean-up and adding mulch and compost to existing beds are the main tasks of winter.

It is best for the plant if we delay removing frost-damaged foliage until spring, if we can tolerate the appearance. In dry winters such as this, we must also monitor our garden's water

needs more closely. Water needs are lower, but even our deciduous trees, shrubs and dormant perennials and grasses need some water. Long gaps between storms require us to continue to irrigate. The ground should be moist, but avoid over-saturation. Be prepared to turn off irrigation system or delay watering when a storm does deliver measurable rain, to avoid wasting our precious stored water.

See Gardening on page 7

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Volunteer Corner

Local Animal Shelters Need Help

Two area animal shelters are seeking volunteers to socialize dogs and cats, and to help them find loving homes. No doubt, it is difficult to see animals that have been abandoned, or born because the owner didn't opt to have their pet spayed. Even more difficult is seeing animals that

have been neglected or abused.

But through volunteers, these pets have a second chance for a good life. Most shelters have limited personnel and funding. That is where volunteers come in. And even those with a limited amount of time can make a difference.

Kings County Animal Services continually needs volunteers to

See Animal Shelters on page 7



Photo courtesy of Kings County Animal Services

Kings County Animal Services Mall Adoption Center Manager Carolyn Keith gets ready for a day at the Mall Adoption Center.



Unstuffed Cabbage Rolls

Cabbage contains a lot of beneficial nutrients. It is known for calming stomach ulcers and aiding in the prevention of cancer, especially colon cancer. Cabbage is a very alkaline forming food.

- Ingredients:
- 1 1/2 to 2 pounds lean ground beef or turkey
 - 1 tablespoon oil
 - 1 large onion, chopped
 - 1 clove garlic, minced
 - 1 small cabbage, chopped
 - 2 cans (14.5 ounces each) diced tomatoes
 - 1 can (8 ounces) tomato sauce
 - 1/2 cup water
 - 1 teaspoon ground black pepper
 - 1 teaspoon sea salt

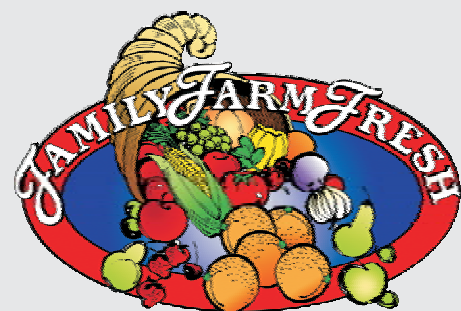
Preparation:

In a large skillet, heat olive oil over medium heat. Add ground beef and onion and cook, stirring, until ground beef is no longer pink and onion is tender.

Add garlic and continue cooking for one minute. Add chopped cabbage, tomatoes, tomato sauce, pepper, and salt. Bring to a boil. Cover and simmer for 20 to 30 minutes, or until cabbage is tender.

Serves 6 to 8.

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Travel

Spring is the Time for a Visit to Death Valley

By Nancy Vigran, editor

Just a five-hour drive by car, a bit longer by recreational vehicle, is an area rich with the history of Westward bound migration and geology. The prime time to visit Death Valley National Park is the spring, as it becomes quite hot as early as April. It is a good springtime vacation spot for many reasons including history, nature and relaxation.

Declared a National Monument in 1933, Death Valley became a National Park in 1994. It contains the lowest elevation point in the United States at 282 feet below sea level in Badwater Basin, while its highest peaks, within the Panamint Mountains, reach more than 10,000 feet above.

Do not let its morbid name fool you. It got the name from a group of pioneers who spent the winter lost there in 1849-50,



Photo courtesy of the National Park Service

Popular tourist attraction, Scotty's Castle, is located at the north end of Death Valley National Park in Grapevine Canyon.

while making their way to the West Coast. One group member did die there, and others were afraid their fate would be the same, as they were unsure how to get out of the Valley. However the following spring they did and upon climbing over the Panamint Mountains, one

gentleman was believed to have turned back to say "Goodbye Death Valley," and thus it got its name.

It is a good spot for vacations lasting a few days or longer, as there is much to see and do, according to Cheryl Chipman, public information officer for the park.

If you want to stay at Furnace Creek Lodge or a nearby inn or lodge, Chipman said reservations should be made early. Reservations are available for only one campground in the park, while all others are on a first come, first serve basis. Many fill up during springtime, especially on weekends or during spring break for schools. However, the Sunset Campground, which is great for recreational vehicles, usually does have space available, Chipman said.

Death Valley is the largest National Park in the contiguous 48-states, with a lot to do there. Chipman said some of the "must sees" from a geological aspect are located along Bad Water Road. The Devil's Golf Course has large salt formations that have been transformed by wind and rain into jagged columns. Artist's

See Death Valley on page 8



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Animal Shelters

from page 5

help manage its Hanford Mall Adoption Center, said Angyla Brumm, outreach coordinator. Animals live at the mall adoption center, and help is needed to feed and clean up after the dogs and cats, as well as socializing animals and talking with those considering adopting.

Valley Oak Society for the Prevention of Cruelty to Animals (VOSPCA) also has a need for volunteers.

"Potential volunteers must go through a volunteer orientation and kennel training," said Xiomari Rosado, volunteer coordinator. "They can then choose how they would like to help," she said.

At Valley Oak SPCA, help is needed in socialization for cats and dogs, as well as bathing, washing dishes and doing laundry. Help is also needed during offsite events, where dogs are taken to special events in hopes of being adopted. Volunteers sign up for times when they are available.

The Valley Oak SPCA also has a Steps for Pets program, where dogs one year or older and are ready for adoption are taken on walks with volunteers. The walks are held every Friday morning, and anyone can help, even without a training course.

How to Help

To volunteer at Kings County Animal Services, contact Carolyn Keith, 559-584-6205.

To volunteer at Valley Oak SPCA, contact Xiomari Rosado, 559-713-4688.

To foster an animal from Valley Oak SPCA, contact Sam Delgado, 559-713-4687.

"This helps with socialization for the dogs and to reduce their stress, getting them out of the kennels for a while," Rosado said.

Both shelters are also in need of foster families for dogs and cats. Potential fosters fill out an application and can choose what size, age and sex of pet they are interested in fostering, said Sam Delgado, VOSPCA programs coordinator. A home check is performed and fosters are given a handbook to review.

"It is very, very rewarding," Delgado said. "I've been doing it for more than 10 years."

The timeframe of fostering can vary from a couple of days post-neutering or spaying, to a couple of weeks or even months. Foster pets are taken to offsite adoption events. Just an hour a week, or a few hours one day per month, can make a big difference.

Gardening

from page 5

In the vegetable garden, we can plant cool season crops in early February. This list includes plants in the cruciferous family: broccoli, kale, cabbage, cauliflower. Get an early start on the long-season cabbages and cauliflowers. Kale, sprouting and rapini broccoli, Asian-style greens like pac choi and bak choi, mustard and greens in the chard/beet family can be planted anytime and harvested after about 35 days for baby greens.

Watch for aphids, whiteflies, cabbage worms and earwigs, all of which can decimate new seedlings. There are many natural, organic pesticides that are effective, and in a small garden hand removal, row covers, or washing insects off may be sufficient. Try to follow "least toxic first" when choosing pest-control methods.

In the ornamental garden, rainy, cold or foggy days are perfect for planning our spring planting. Maybe we are transitioning from a thirsty, East-coast-centric garden to a more California-style. Perhaps we want to reduce both our water-use and maintenance.

These goals start with choosing plants that are suited to our climate. Most of us live in climate zones eight or nine.

Our inland California gardens lack the moderating influence of

the ocean, where many of our popular and otherwise climate-right plants originate. For these species, including many California-native plants and lavender, a bit of protection from extreme cold and extreme heat can help. Also, our soils are alkaline on the PH scale, and plants from other parts of the world that prefer acidic soil will be more susceptible to pests and diseases all of their lives.

Other characteristics to look for when choosing plants for a low-maintenance garden are: disease and insect-resistant; non-invasive; minimal pruning, staking, division and fertilization requirements, and long-lived. You may also think about how you have been trained to believe a garden should look and how much care you have been trained to think you need to do.

Sometimes reducing maintenance is as simple (and as hard!) as just letting the plant live according to its nature, even if that means sprawling or partial summer dormancy. Most plants that are suited to our area don't need to be watered, pruned and fertilized as much as we typically do, and this includes most lawns. Winter is a good season to consider the way we think about our gardens, to consider thinking about them differently.

Peyton Ellas is a landscape designer specializing in California native plant-based gardens and owns Auntie's Home Grown, a small sustainable farm operation.

Theater

from page 1

audience, boys and girls, young and old, to provide an engaging and entertaining experience," said Don Williams, artistic director. "It also opens up exciting opportunities for all ages to become involved. Nothing is more gratifying than to see young people and their parents or grandparents performing side-by-side on stage."

When people share, they become part of a team. They cooperate, collaborate and work toward a common goal. From teenagers to octogenarians and beyond, they have each other's backs.

When you go out in the world, watch out for traffic, hold hands and stick together

Life is much richer when staring down something fearsome. To walk out on stage before an audience who will judge a performance or direct a play or create costumes and await the audience's response can be quite frightening.

People who play sports know

that gripping fear. People who swing for the fence or kick for the goal or put themselves "out there" understand the rush and intense satisfaction that comes with conquering the fear.

It is so much nicer, however, if you've got someone to hold tight to your hand when you are scared. There is someone to share the stage with you, block the other team's play, laugh with you; a side-kick, a saddle-pal, an Ethel or a Rhoda.

Read more about this at www.TheGoodLifeSV.com

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History

from page 3

Their route went through Texas, New Mexico Territory and finally into California entering at Fort Yuma. From there it went to Los Angeles and north to Fort Tejon. Then it dropped into the San Joaquin Valley skirting the Sierra foothills on its way north. The first stage stop in what is now Tulare County was Fountain Spring, followed by Tule River (Porterville), then Packwood Station about 12 miles southeast of Visalia.

At about 11 p.m. on October 8, 1858, after over three weeks on the road, Ormsby's stage pulled into Visalia. He was impressed with the hospitality of the welcoming crowd, and he especially appreciated the glass of beer he was given. Less than an hour later as the coach was leaving town, Visalians gave the stage an anvil salute—a loud and celebratory

send off reserved for special occasions. Ormsby wrote about his stop in Visalia, "This is the first evidence of any enthusiasm along the route since we left Fort Smith, and the rousing cheers they gave us as we drove off...ought to be remembered in the history of the town, so I hereby immortalize them."

From Visalia the route went to Cross Creek Station, then Whitmore's Ferry on the Kings River, both in what became Kings County. After stops in Fresno County, the coach climbed over the Pacheco Pass into Gilroy.

At 7:30 a.m. on October 10, 1858, 23 days and about 23 hours after leaving Tipton, Missouri, the Butterfield stage arrived in San Francisco. Despite his hardship, Ormsby praised the route predicting its future success. Butterfield had met his contractual commitment and Ormsby

became the first person ever to cross the plains in less than 50 days.

In 1861 Civil War concerns including secessionist violence, made the route too dangerous to travel and the southern route of the Overland Mail Company was abandoned forever.

Death Valley

from page 6

Drive has spectacular views with up to eight different colors within the rock formations. The Natural Bridge, as the name implies, is a natural formation across a canyon and can be seen with a short, one-mile walk on an easy trail off the road. When continuing along Highway 190, the Badlands can be viewed from Zabriskie Point.

Some important things to

Local writer Terry Ommen enjoys learning about the old west, especially the role Tulare County played in creating it. He wrote the books "Then & Now Visalia, Wild Tulare County" and "Christ Lutheran Church, A Gathering Place for a Half Century." His blog, "Historic Happenings" www.visaliahistory.blogspot.com serves as a Visalia historical newsletter.

pack for your trip according to Chipman include a variety of clothing, as the weather frequently changes in the spring and can be quite different at various altitudes. Always have bottled water on hand, as well as a snack of some kind. It is also important to be aware of the amount of gas in your tank and the locations of filling stations.

Read more about this at www.TheGoodLifeSV.com

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