



IN THIS ISSUE: "Going In Style," Margaritaville Retirement Community, the Eucalyptus Experiment, G-POP from Kochi-ke ALL STARS

# The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume IV, Number 3 • May/June 2017



Quail Park at Shannon Ranch is scheduled to open in spring 2019.

## New Quail Park Facility Under Construction in NW Visalia

Living Care Lifestyles and local partners have joined forces to build and operate a new senior living community at the intersection of Demaree and Flagstaff in northwest Visalia.

"Our research indicates there is a significant need for additional senior living facilities in the Visalia area," said Denis Bryant CEO of Living Care Lifestyles. "This new community will provide exceptional living and health services to senior residents and peace of mind to their families."

Kaweah Delta Health Care District, Shannon Senior Care, LLC, and BTV Senior Housing, LLC, have partnered with Living Care to open Quail Park at Shannon Ranch.

The new community will offer independent and assisted living as well as a memory care wing for seniors suffering from Alzheimer's and/or dementia. Plans call for 120 rooms with a capacity for 140 residents. When fully occupied, the community expects to employ about 120 staff members.

Quail Park at Shannon Ranch will include a bistro, pub, dining room with private dining options, a pool-fitness-wellness area, sports den and activity center, a 24-seat movie theater,

library and meditation areas, a virtual game room, outdoor patios on three levels, and trail access to Shannon Parkway.

Construction is slated to begin this fall, with a goal opening in early 2019.

Kaweah Delta Health Care District's capital contribution to the project is being made entirely through the Bettie Quilla Fund at the Kaweah Delta Hospital Foundation, a fund created through donations by the late Bettie Quilla, the wife of former *Visalia Times-Delta* publisher Ed Quilla.

## 'Senior Day in the Park' Set for Friday, May 12 at Mooney Grove

The 48th Annual Senior Day in the Park, a free event for seniors, their families and caregivers, will be held from 9 a.m. to 2 p.m. on Friday, May 12, at Mooney Grove Park. This year's theme is "Sock Hop."

The event is organized by CSET (Community Services Employment Training). Sponsors include Kings/Tulare Area Agency on Aging, Tulare County Health & Human Services, Kaweah Delta Health Care District, Family HealthCare Network, and Salser & Dillard.

Entertainment will include Mariachi Juvenal Nueva Generacion, local singers performing '50s music, Jerry Hope singing "The Star Bangled Banner," Post 56 Color Guard and Flag Salute, and of course, a performance by "Elvis" (Jeremy Pearce).

There will also be a classic car show, exhibitor booths, cake walk (over 300 cakes are expected to be donated), photo booths, raffle prizes, dancing and bingo.

For more information, call Albert Cendejas, CSET's assis-

tant director for community initiatives, at (559) 741-4628. Online registration for exhibitors and volunteers is at [www.cset.org/senior-day](http://www.cset.org/senior-day).



Senior Day in the Park features a range of musical entertainment, while exhibitor booths provide visitors with information about health and other products and services.

## Over 500 Athletes Compete at Visalia Senior Games

By Steve Pastis

The 2017 Visalia Senior Games exceeded expectations with 505 athletes competing in various locations in Visalia over two weekends in March.

Seniors from 95 California cities, and from as far away as Texas and Washington state, competed in various sporting events, including archery, bowling, disc golf, golf, horseshoes, table tennis, tennis, the 5K/10K Road Race, other track & field events, trap shoot, and swimming.

The ten oldest athletes ranged in age from 82 to 95, with bowler Donald Welton of Visalia being the most senior of all the participants.

"This year's games were a huge success and we are very excited to see how the games have more than doubled in the amount of athletes since the first event in 2015," said Jean-



Thirty-three swimmers competed at the 2017 Visalia Senior Games.

nie Greenwood, director of Visalia Parks & Recreation.

"Our goal was 300 to 350 athletes so we exceeded our expectations," said Maggie Kalar, recreation supervisor with Visalia Parks & Recreation. "Pickleball was very popular with 108 participants. Second was softball with 101 participants.

"Overall, our newer events

went very well," she said, noting that 34 disc golfers, 33 swimmers, 44 track & field athletes, and 42 trap shoot competitors participated in these first-time offerings.

The only sports that were cancelled this year were volleyball and soccer.

"We did not get enough reg-

(continued on page 5)

**World Elder Abuse Awareness Day**  
June 15<sup>th</sup>  
SEE PAGE 4



## 'Avenue of Flags' to Honor Veterans on May 29 at Visalia Public Cemetery

The Avenue of Flags program will be held in the Pavilion at the Visalia Public Cemetery, 1300 W. Goshen Ave., Visalia, on Monday, May 29 starting at 10 a.m. The program includes a presentation of wreaths and patriotic music. This year there will be about 2,150 casket flags and about 3,800 grave marker flags on display.

The Avenue of Flags Committee is a volunteer group of local veterans dedicated to the preservation and storage of the flags. The flags bear the names of each veteran and are numbered for placement in the cemetery every Memorial Day.

Help is needed early on Memorial Day morning to place flags, and in the afternoon to pick them up. Pickups with trailer hitches are also needed for hauling. If you are able to lend a hand with these efforts on Memorial Day, call the Avenue of Flags Committee at (559) 300-2306.

### VETERANS CORNER

# Burial Flags



Upon a veteran's death, the Veterans Administration (VA) provides a United States flag honoring the veteran's military service. The flag will drape the casket or accompany the urn of a deceased veteran who (provided they were not dishonorably discharged):

- Served during wartime;
- Died on active duty after May 27, 1941;
- Served after January 31, 1955;
- Were discharged or released before June 27, 1950;
- Served in the organized military forces of the Commonwealth of the Philippines while in the service of the U.S. Armed Forces and who died on or after April 25, 1951; or

while in the service of the U.S. Armed Forces and who died on or after April 25, 1951; or

- Served on the Selected Reserves (certain former members).

If convicted of a capital crime after discharge from service, a deceased veteran becomes ineligible for a burial flag.

After the ceremony, the next of kin usually receives the flag as a keepsake. If burial takes place in a national, state or post cemetery, it is provided automatically; in Tulare county private cemeteries, the funeral home provides flags. You can also get a flag at a U.S. Post Office by completing a VA Form 27-2008, "Application for United States Flag for Burial Purposes," which you then submit to the post office with a copy of the veteran's DD-214.

No matter how the burial flag is obtained, the law only allows the VA to provide one flag; they cannot replace lost, stolen, destroyed or donated flags. Because they are made of cotton, they cannot withstand daily outdoor display.

After the veteran's burial, the next of kin receives the flag, folded military style at the cemetery. Often, these flags are donated to cemeteries after the ceremony for special occasions, such as Memorial Day and Veterans Day, as part of the cemetery Avenue of Flags display. Should you wish to donate the flag, contact your chosen facility to make those arrangements.

Ken Cruickshank, the Veterans Services Officer for Tulare County, is a retired Navy Master Chief Petty Officer. Contact him at the Veterans Services Office at 3350 W. Mineral King Ave., Visalia; by phone at (559) 713-2880; or by email at [KCruicks@tularehhsa.org](mailto:KCruicks@tularehhsa.org)



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# Elder Abuse Survey Expected to Reveal Gaps in Services

A survey of senior service providers and senior care providers is currently being conducted by the Tulare County Elder Abuse Multidisciplinary Team and Adria Navarro, Ph.D., LCSW, assistant professor of Clinical Family Medicine at the University of Southern California.

"We are hoping that the survey will show us where the gaps in services are for elder victims," said Nicole Burnham, victim advocate with the Tulare County District Attorney's Office. "Hopefully, we will gain insight into what barriers elders have in asking for or receiving services."

Elder abuse is defined as neglect, financial exploitation, physical abuse, sexual abuse or emotional abuse of an individual age 65 or older. In over half of elder abuse cases in Tulare County, the crime is committed by a son, daughter or other relative. Many times, seniors will deny victimization to protect those family members. The National Center on Elder Abuse estimates that only one in five cases is reported.

The goal of the survey is to provide elder abuse victims with the assistance and services they and their families want and need. Information gathered will be made available to all organizations interested in providing

elder abuse victim prevention and intervention services. Senior service providers and senior care providers are encouraged to take the survey.

"We feel their input is valuable," said Burnham. "We want to get a broad-based response from the community who cares for and provides for seniors, and what they feel the gaps are for elder abuse victims."

"While there are a great many useful services available to seniors and disabled adults in Tulare County, the Tulare County Elder Justice Needs Assessment (survey) will help us to enhance the response to victims by clarifying some of the main challenges and barriers that exist to receiving those services," she explained. "We will analyze the challenges and barriers to our providing an effective response to Tulare County elder abuse victims, and we hope the findings will help to prioritize issues of greatest concern for support and identify areas of improvement."

Some of the challenges that elder victims have shared is the lack of assistance with obtaining and filing elder abuse restraining orders. Currently there is a service provider, Central California Legal Services, which offers seniors legal advice and legal services. However, its services are primarily offered to



low income seniors. Seniors who may not meet the income requirements are left with few options, which include doing the paperwork themselves or hiring an attorney.

"Seniors often request information on low income, affordable senior housing," said Burnham. "While there are housing complexes like this in our county, because they are few, the waiting lists are at times up to a year long, and in some cases seniors wait two or more years. Also, there are currently no emergency shelter beds dedicated to victims of elder abuse. This results in seniors sometimes being placed in the hospital until a long-term care facility bed is located. If the senior doesn't have a medical necessity for hospitalization, their admission can be denied due

to lack of medical need.

"The city of Visalia does have a women's homeless shelter, and women seeking shelter can sleep there, but they must leave in the morning by 7:30 a.m.," she added. "They are allowed to return that evening beginning at 4 p.m. Where would an elder victim go during those 8-1/2 hours before they could return to the shelter?"

The Tulare County Elder Abuse Multidisciplinary Team includes the D.A.'s office, law enforcement, adult protective services, an elder abuse victim advocate (Burnham), health-care professionals and an ombudsman from the Kings/Tulare Agency on Aging.

The Tulare County District Attorney's Elder Abuse Task Force is funded in part by a \$400,000 grant it was awarded in July 2016. The two-year funding from the California Governor's Office of Emergency Services allows the county to expand its efforts to protect seniors and broaden its community educational outreach.

The results of the survey should be published in the late summer, according to Burnham. The survey began in late April and will close on Monday, May 29 at 5 p.m.

To take the survey, follow the link on the home page of [www.thegoodlifefsv.com](http://www.thegoodlifefsv.com)



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# Proclamations to Mark World Elder Abuse Awareness Day and Month

Each year, an estimated five million older persons are abused, neglected and exploited. In addition, elders throughout the United States lose an estimated \$2.6 billion annually due to elder financial abuse and exploitation, funds that could have been used to pay for basic needs such as housing, food, and medical care.

Unfortunately, no one is immune to abuse, neglect or exploitation. It occurs in every demographic, and can happen to anyone. Yet it is estimated that only about one in five of those crimes are ever discovered.

In response to the problem, World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

WEAAD supports the United

Nations International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. WEAAD serves as a call-to-action for individuals, organizations, and communities to raise awareness about elder abuse, neglect and exploitation.

Last year, the Tulare County Board of Supervisors proclaimed June 15 as World Elder Abuse Awareness Day in the county. The proclamation noted the more than 1,732 reports of abuse against seniors and dependent adults made to Tulare County Adult Protective Services in the previous fiscal year, adding that "it is estimated that as few as one in 23 elder abuse cases are actually reported."

This year, Tulare County Supervisors will take things a step further by proclaiming the entire month of June as Elder Abuse Awareness Month for Tulare County.

On Tuesday, June 6, Chairman of the Board of Supervisors Pete Vander Poel will present the proclamation at a 9 a.m. ceremony on the east lawn of Government Plaza in Visalia. Other local dignitaries, including Tulare County District Attorney Tim Ward and other representatives of his office, are expected to be in attendance.

For more information about World Elder Abuse Awareness Day, contact the National Center on Elder Abuse at 855-500-3537 or [ncea-info@aoa.hhs.gov](mailto:ncea-info@aoa.hhs.gov).



The first Latitude Margaritaville will open in Daytona Beach.

## Jimmy Buffet's Song 'Margaritaville' Inspires New Retirement Communities

Margaritaville Holdings and Minto Communities have announced a partnership to develop Latitude Margaritaville, new active retirement communities in some of the nation's most popular destinations. The first location of the all-new residential concept will open in Daytona Beach, Florida. The sales center has already broken ground there and is slated to open in the fall.

Latitude Margaritaville will reflect the "no worries," tropical vibe, offering walkable neighborhoods and a town center featuring a fitness center with an aerobics studio, indoor lap pool, spa, and group fitness classes; indoor and outdoor dining with "signature Margaritaville food and beverage concepts"; arts and learning programs for residents and guests; and a resort pool area with beach entry. In true Margarita-

ville fashion, music will also play an important part in the community, with a band shell for live entertainment in the Town Center. A private beachfront club and beachfront amenities will be set on the Atlantic Ocean, which residents can access via a continuous loop shuttle service.

Margaritaville is a global brand inspired by the lyrics and lifestyle of singer, songwriter and author, Jimmy Buffett, whose songs evoke a passion for tropical escape and relaxation. Its first restaurant location was opened in Key West, Florida in 1987.

Today, Margaritaville features nine destination resorts/hotels across the Southeast U.S. and the Caribbean and eight additional locations in active development; four gaming locations; and more than 60 food and beverage locations including signature concepts.



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The archery competition was fierce.



Women's golf was again popular this year.

# Visalia Senior Games...

(continued from page 1)

istered teams," Kalar explained. "We are, however, going ahead with soccer again next year."

She added that she hopes to also bring back volleyball at some point.

"The socials went very well also," she said. "We had a lot of feedback that the athletes appreciated having a break from competition and having an opportunity to socialize with locals and people from outside of the area."

The social events included the Saturday Night Social in Garden Street Plaza, which featured door prizes, hors d'oeuvres and dancing to music by Borrowed Time, and the Texas Hold'Em Social at the Anthony Community Center with prizes and dancing to music by the

Dirty Poppas.

The main difference between this year's games and the inaugural games of 2015 is that this year, the games were scheduled over two weekends, something that Visalia Parks & Rec is not looking to change, according to Kalar.

"We are tentatively looking at March 10-11 and 17-18 of 2018," she said about next year's Visalia Senior Games. "We're looking to bring back the same events. We received a lot of feedback from our swimmers who were looking forward to bringing their fellow competitors back with them next time."

"We're looking forward to working with our community and our committee members next year to make this an even bigger and better event."



The swimmers plan to bring their fellow competitors back next year.

Kalar wanted to thank all of the sponsors, especially "Silver Sponsor" Kaweah Delta, as well as the 71 registered volunteers who assisted the committee members to put on this year's games.

Event standings and photos will be posted at [www.visaliaseniorgames.com](http://www.visaliaseniorgames.com). For more information, or to be added to the mailing list for the 2018 Visalia Senior Games, contact the Visalia Parks and Recreation Department at (559) 713-4365 or [recreation@visalia.city](mailto:recreation@visalia.city).

(All photos for this article courtesy of the Visalia Parks and Recreation Department.)



Softball was the second most popular sport with 101 participants.

## Karen R. Munger

*Medicare product specialist*

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# Movies, Television, Music, Etc.

## 'Going In Style' Remake Hits Theaters (and a Bank too)

Oscar winners Morgan Freeman, Michael Caine and Alan Arkin team up as lifelong buddies Willie, Joe and Al, who decide to buck retirement and step off the straight-and-narrow for the first time in their lives when their pension fund becomes a corporate casualty, in director Zach Braff's comedy "Going in Style."

Desperate to pay the bills and come through for their loved ones, the three risk it all by embarking on a daring bid

to knock off the very bank that absconded with their money.

The new film is a remake of the 1979 film of the same name, which starred George Burns as Joe, Art Carney as Al, and Lee Strasberg as Willie. In that film, plans for the three seniors to rob a bank starts when Joe hatches the scheme to put a bit of excitement back into their lives.

The new film also stars two-time Oscar nominee Ann-Margret as Annie, a grocery cashier



George Burns as Joe, Lee Strasberg as Willie, and Art Carney as Al starred in the original 1979 comedy "Going in Style," which was also a Warner Bros. Pictures release.



Alan Arkin as Al, Morgan Freeman as Willie and Michael Caine as Joe in the New Line Cinema comedy "Going in Style," a Warner Bros. Pictures release.

who's been checking Al out in more ways than one. Joey King stars as Joe's whip-smart granddaughter, Brooklyn; with Oscar nominee Matt Dillon as FBI Agent Hamer; and Christopher Lloyd as the guys' lodge buddy Milton. John Ortiz also stars as Jesus, a man of unspecified credentials who agrees to show the guys the ropes, and Peter Serafinowicz as Joe's former son-in-law, Murphy, whose pot clinic connections may fi-

nally prove useful.

Zach Braff directs from a screenplay by Theodore Melfi.

"Going in Style" is produced by Donald De Line. The executive producers are Toby Emmerich, Samuel J. Brown, Michael Disco, Andrew Haas, Jonathan McCoy, Andrew Haas, Tony Bill, who was a producer on the 1979 film "Going in Style," and Bruce Berman.

"Going in Style" opened in theaters on April 7.

### Puzzle Time - By Alan Stillson

#### PUZZLES FOR FIFTIES FANS AND SIXTIES SAVERS

##### News Events of the '60s

Fill in the blanks:

- 1961 - Alan B. S \_\_\_\_\_ d orbits space
- 1962 - Cuban M \_\_\_\_\_ e Crisis
- 1964 - Earthquake destroys A \_\_\_\_\_ e
- 1967 - Moshe D \_\_\_\_\_ n leads Israel in 6-Day War
- 1968 - Martin Luther King slain in M \_\_\_\_\_ s

##### Numbers Associated with the '50s and '60s

Find the movie, song or television show titles:

- 101 D \_\_\_\_\_
- C \_\_\_\_\_ 22
- 77 S \_\_\_\_\_ S \_\_\_\_\_
- 16 T \_\_\_\_\_
- L \_\_\_\_\_ P \_\_\_\_\_ N \_\_\_\_\_ 9

### Answers from the March-April Issue

#### MAJOR MOVIE TITLES

- "Rear Window"
- "Shane"
- "Anatomy of a Murder"
- "Giant"
- "Sabrina"

#### SINGERS OF THE TOP SONGS

- "Puppy Love" - 1960 - Paul Anka
- "At Last" - 1960 - Etta James
- "Hello Mary Lou" - 1961 - Ricky Nelson
- "Palisades Park" - 1962 - Freddy Cannon
- "Go Away Little Girl" - 1963 - Steve Lawrence

#### FAMOUS NAMES

- I LOVE THE JOYFUL BRIGHTNESS OF CHRISTMAS
- SHE LIKES EATING OLD WATER-MELONS

#### 3. I PLUCKED A PEACH OFF A TREE

- THIS IS NOT THE GAME I REQUESTED
- I USED TO PLAY CANDYLAND

#### NEWS EVENTS

- Alaska and Hawaii granted statehood
- 22nd Amendment is ratified
- U.S. builds its first nuclear power plant
- Rosa Parks refuses to sit in the back of a bus
- Egypt and Syria merge into United Arab Republic

#### POPULAR FOODS

- Cream of mushroom soup
- Chop suey
- Ding Dong
- Onion rings
- Salisbury steak



G-POP from Kochi-ke ALL STARS

## Meet G-POP from Kochi-ke ALL STARS

G-POP from Kochi-ke ALL STARS is similar to a lot of American boy bands, except that this group is made up of five Japanese men with an average age of 68.

The group, which formed in February 2016, comes from Kochi prefecture, an area that has the second highest percentage of seniors in Japan.

Their first single, "Banzai Old Age!," has more than a half million views on YouTube. The group's popularity is not just from fans in Japan, but around

the world in places such as France, Mexico, Thailand and South Korea. They have created a new genre of Japanese pop called G-POP and it has become a hot topic on Japanese television and social media.

G-POP from Kochi-ke ALL STARS members are described by their record label as "ordinary grandpas usually working as fishermen or Bamboo Union heads, (who) challenge to make it to the world in order to express how splendid it is to age and live positive every second."

### Lyrics from 'I Was Young' by G-POP from Kochi-ke ALL STARS

We are G-POP from Japan  
Living in Kochi-Ken  
Great fish, Great river  
Great Sake, Great girls  
This is my heaven  
But time passes fast  
How old are you?  
60, 70, 80  
Oh my God

I was young I was young  
I was strong I was fast  
Wow Wow Wow Wow

No No No No

We are G-POP from Japan  
Can not speak English  
Sky is blue, Don't be afraid  
Life is great  
Throw your phone into the sea

When was my first kiss  
When was it  
I totally forgot it  
Oh my God



Blood, Sweat & Tears

## Blood, Sweat & Tears to Headline Hands in the Community Fundraiser

Hands in the Community will bring legendary performers Blood, Sweat & Tears to the Visalia Fox Theatre for a benefit performance at 8 p.m. on Saturday, July 15. Over the years, the band has won gold records, Grammy Awards, the respect of the best in the industry and the love of millions of fans.

It has been five decades since drummer/producer Bobby Colomby and friends assembled the first group to successfully fuse rock, blues, pop music, horn arrangements and jazz improvisation into a hybrid that came to be known as "jazz-rock." The band's second album, "Blood, Sweat & Tears," topped the Billboard charts for many weeks and beat out the Beatles' "Abbey Road" for the prestigious Album of the Year Grammy Award. That album produced three major hit singles: "You Made Me So Very Happy," "Spinning Wheel" and "And When I Die." Other memorable hits include "Hi-De-Ho," and "God Bless the Child."

"I believe BS&T has an iconic stature. It's a style of music,"

said Colomby, "a concept that people are coming to see, along with songs that they're familiar with."

The sponsoring organization, Hands in the Community, works with volunteers and other groups to help the needy. In Tulare and Kings Counties, its faith-based, government-funded, private and public resources exist to address crisis and short-term needs. The unique strategy of Hands in the Community targets and delivers help directly to those in need.

"The selection of BST for this fundraising concert is quite appropriate, considering the blood, sweat and tears that Hands in the Community puts into every project undertaken to help individuals in need," said Lester Moon, the organization's founder and director (and a big BS&T fan).

Seats for the concert are \$40, \$60 and \$80, and can be reserved at [www.foxvisalia.org](http://www.foxvisalia.org) or at 308 W. Main St. in Visalia. Sponsorship opportunities are available by calling (559) 625-3822, ext. 3.

## Senior Health Fair to Invigorate Hanford Civic Auditorium May 10

Kings County Commission on Aging, along with In Home Supportive Services and USDA, will host the first Senior Health Fair from 9 a.m. to 1 p.m. on Wednesday, May 10 at the Hanford Civic Auditorium, 400 N. Douty St., Hanford.

The health fair will begin with a pancake breakfast from 9-10 a.m. Other highlights include a live band,

Zumba demonstrations, entertainment, activities, flu shots and informational services.

The Kings County Commission on Aging works to maintain and improve the physical, psychological and social well-being

of county residents 60 and older. It offers a wide range of services for senior citizens, including assistance with Medicare and Medi-Cal, transportation, financial and emergency



assistance, food and nutrition, health and home care, long-term care housing, legal assistance and recreation. Its services are always offered at

no cost.

For more information about the Senior Health Fair, call the Kings County Commission on Aging at (559) 852-2828, or Hanford Parks & Recreation at (559) 585-2519.

## 2017 Alzheimer's Walk Seeks Teams, Volunteers, Sponsors

Walkers, team captains, sponsors and volunteers are needed for the 2107 Visalia Walk to End Alzheimer's, which will be held on Saturday October 14, at Mooney Grove Park, beginning at 8 a.m.

The Walk to End Alzheimer's is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Held annually, this inspiring event calls on participants of all ages to help in the effort to defeat this devastating disease.

Last year, the Northern California and Northern Nevada chapter drew more than 23,000 participants to its walk locations, which included Visalia. The chapter has raised more than \$5.1 million to advance



the mission of the Alzheimer's Association.

Alzheimer's disease is the sixth leading cause of death in the United States, and fifth in California. More than five million Americans are living with Alzheimer's, at a total estimated cost of \$236 billion.

To register to participate in the Visalia walk, visit [www.alz.org/walk](http://www.alz.org/walk), or contact Bobbi Scharton, special events manager, at the Fresno Regional Office at (559) 753-8204.



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# Health & Wellness

## Arthritis Foundation Launches 'Prescription for Access' Toolkit

The pain and management of arthritis may not be visible, but it is incredibly real to the 50 million Americans diagnosed with arthritis and related diseases. Adding to this population's challenges are mounting concerns about the future of America's health care system and how to navigate its complexities.

In response to the arthritis community, the Arthritis Foundation launched Prescription for Access, an initiative to address the community's concerns and provide people with arthritis the necessary tools to help them with the disease.

As part of the Prescription for Access initiative, the foundation recently held multiple meetings with health care executives, policymakers and patients to better understand the challenges patients with arthritis face in today's health care system. From these meetings, the foundation decided



the most logical way to "re-connect" America's health care system is to involve patients and make sure their voices are represented in the new legislation.

"We're fighting for millions of Americans with arthritis to make health care more accessible and to reduce the complexity of accessing and staying on their medications," said

Sandie Preiss, the foundation's vice president of advocacy and access. "A critical part of the Prescription for Access initiative is equipping patients with the tools and resources they need to understand their health care and how to get to 'Yes' when managing a claim denial through the appeal process."

The Prescription for Access

Toolkit puts tools and resources at patients' fingertips, helping them understand their health care coverage options, determine how their current plan meets their arthritis care needs, and guides them through the claim denial process, including step-by-step instructions, sample letters and consumer assistance information.

To learn more about the Prescription for Access initiative, including recent work with government leaders and organizations, visit [www.arthritis.org/prescription-for-access](http://www.arthritis.org/prescription-for-access).

Leading the fight for the arthritis community, the Arthritis Foundation helps conquer everyday battles through life-changing information and resources, access to optimal care, advancements in science and community connections. The foundation publishes *Arthritis Today*, the award-winning magazine that reaches 4 million readers.

## Men at Greater Risk Following Osteoporosis-Related Fractures

Men face a greater risk of mortality following a fracture related to osteoporosis, a common disease where the bones become weak and brittle, according to new research presented at the 2017 Annual Meeting of the American Academy of Orthopaedic Surgeons (AAOS).

"Although women are more likely to sustain an initial, osteoporosis-related 'fragility fracture,' men have similar rates of incurring a subsequent fracture and are at greater risk for mortality after these injuries," said lead study author Alan Zhang, MD, an orthopaedic surgeon and assistant professor at the

University of California, San Francisco.

Osteoporosis is a major health problem affecting more than 44 million Americans and contributing to an estimated 2 million bone fractures per year. Because diminished estrogen can contribute to bone loss, menopause-age women have traditionally been the focus of osteoporosis prevention efforts.

In this study, researchers reviewed the Medicare Standard Analytic Files (SAF) database to identify patients, age 65 and older, who had a diagnosis of osteoporosis and sustained a fragility fracture between 2005

and 2009. Patient records were stratified by sex and the location of a first fracture. In addition, the incidence of second fragility fractures was compared between men and women during a three-year follow-up period, as well one-year mortality rates.

Of the more than 1 million patients identified with a diagnosis of osteoporosis in the analysis, 87% were female and 13% male. Among these patients:

- Women had a five-fold higher risk for an initial fragility fracture compared to men, and yet the relative risk for a subsequent fragility fracture within three years of the first fracture

was slightly lower for women compared to men.

- Men who required surgical treatment for an initial fragility fracture were more likely to suffer a subsequent fragility fracture within three years. The exception was in men who suffered a vertebral (spinal) compression fracture (in these instances the risk was comparable).

- Men had higher one-year mortality rates for almost all fracture types studied (18.7% in men versus 13.9% in women). The only exception was ankle fractures where one-year mortality rates between men and women were comparable (8.1% for men and 8.4% for women).

"The key findings from this study show (that the sex of a patient) can affect the risk for sustaining a fragility fracture related to osteoporosis," said Zhang. "These findings may be used to better counsel patients after an initial fragility fracture and to improve predictive tools for monitoring subsequent injuries."

Last year, AAOS joined the American Orthopaedic Association, the Orthopaedic Trauma Association (OTA) and the International Geriatric Fracture Society (IGFS) in drafting and approving new patient guidelines for preventing fragility fractures. *Orthopaedic Care of Patients with Fragility Fractures* recommends that physicians proactively screen, monitor, and if necessary, assist in getting treatment for all elderly and other at-risk patients for

## Proper Nutrition is Key to Senior Health

Americans are now living longer than ever before. In fact, one of the fastest growing segments is people over the age of 85, who will represent 20% of the population by the year 2040. Because we are living longer, certain conditions specific to seniors are also on a steady rise. Dehydration, falls, fractures, cognition loss and attention deficits are now becoming more commonplace.

In a recent paper titled *Salt Appetite Across Generations*, presented at a medical conference in Switzerland, Israeli researchers from the University of Haifa indicated that among seniors, a reduced sense of thirst could increase the increased risk of serious dehydration. They also noted that the appetite for salt does not diminish with age, and suggested that



this could be used to help sustain hydration and prevent the dangerous symptoms that result from dehydration.

Another study published in the *American Journal of Hypertension* identified significant risks to cardiovascular health and longevity from consuming any less than 1, or more than 3 teaspoons of salt per day. Fortunately, most Americans, including seniors, when left to their own choice consume right in the middle of this range.

Seniors in assisted living centers can be especially sus-

ceptible to the dangers of low salt diets. In 2013, a task force of professional medical, nursing and nutritional organizations published *New Dining Practice Standards*. The report concluded that low salt diets were contributing to malnutrition and weight loss among a significant percentage of seniors in assisted living facilities.

Low salt diets can also cause seniors to suffer from mild hyponatremia, an electrolyte imbalance in the blood which may not sound bad but can lead directly to walking impairment, attention deficits and a much higher frequency of falls. Several recent medical papers found a direct relationship between hyponatremia and unsteadiness, falls, bone fractures and attention deficits.





## Older Drivers Embrace New Vehicle Safety Features

Older drivers are increasingly comfortable with, and recognize the benefits of, active safety technology, but they are still reluctant to relinquish total control to an autonomous vehicle, according to a nationwide survey of drivers age 65 and older by Munich Re, U.S.

Almost two out of three (63%) drivers over age 65 intend to purchase their next vehicle with active safety technology. Blind spot detectors (51%), a backup camera (43%) and automated braking (31%) were identified by senior drivers as the most sought-after features. Of those surveyed, 44% said they would be willing to pay more for a vehicle with active safety features if the added cost is less than \$5,000.

Drivers over age 65 are currently one of the fastest-growing demographic groups in the U.S. and are more susceptible to accidents given the challenges they face, such as declining vision, decreased flexibility and slower reflexes, according to

the National Highway Traffic Safety Administration, which noted there will be more than 40 million drivers on the road in this age group by 2020.

When asked what they believe to be the greatest benefit of active safety features for senior drivers, 41% of the respondents cited improved safety of elderly drivers, maintaining their independence (19%) and reducing societal costs from accidents (13%).

While the results indicate that older drivers are comfortable with and recognize the benefits of this technology, they are still reluctant to relinquish total control to a car's internal systems. Nearly half (49%) of respondents noted that they would be somewhat or very uncomfortable riding in a fully autonomous vehicle.

The survey found that the majority of older drivers (53%) would still prefer to drive themselves, even if ridesharing services were available at a reasonable cost.

## Canadian Company Unveils Wearable Device for Seniors

Kasiel Solutions has announced its first product, ORA, a personal safety alert device designed for seniors that is disguised in jewelry and sportswear. The device works with a smartphone, keeping the wearer safe and connected wherever there is cell phone coverage, unlike most other medical alert devices on the market that limit seniors to their home.

Other unique features of ORA include the ability for the wearer to decide who they would like contacted in the event of an emergency, and how many contacts they want. If no one is available, emergency services is then notified. ORA also allows loved ones to check in via the product's app by using a super simple chat function and checking the inactivity tracker. The app will be available for free on Google Play and the Apple Store.

"No one should have to wear something that looks like a garage door opener around their necks," said Serese Selanders, founder and CEO of Kasiel. "Seniors care about what they look like, they like to get out and about, and they want to maintain their independence. We've created a product that makes



them feel safe and they can be proud to wear."

The new wearable device proved itself earlier this year. One of ORA's prototype wearers, Gladys Zirk, became seriously ill and reached for her phone during the night. When her phone fell and was out of reach, she pressed her ORA link. Instantly, her daughter and son were sent notifications, and after two minutes emergency services was contacted.

"Because of ORA I am here today," said Zirk.

Although this emergency shocked Ms. Zirk's family, they felt comfort in knowing what was happening to their mother every step of the way. The app notified them that emergency services had been called and updated them on Gladys' status until they arrived by her side.

For more information, visit [www.myora.ca](http://www.myora.ca)

### OVERCOMING HIP PAIN

*Real Stories*

**HIP SURGERY IS DENNIS DURBIN'S ANSWER TO AN ACTIVE RETIREMENT**

After 36 years of teaching at Porterville High School, Dennis Durbin was looking forward to enjoying retirement with family and enjoying his favorite activities. But when he returned to karate, an art he studied for more than 25 years, the pain in his left hip threw him off balance.

"It was interfering with walking, karate, and I knew it was only going to get worse. I had to take care of it," said Dennis.

In December 2016, Jason Mihalcin, D.O., a Visalia orthopedic surgeon, replaced the 68-year-old's left hip at Kaweah Delta Medical Center.

"I was pleased and surprised I recovered so quickly," said Dennis. Less than three months after his hip replacement, Dennis was cleared to return to his dōjō to resume karate.

"My hip replacement went very well. I'm as happy as I can be about it," Dennis said.

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**When:** Monthly, 2nd Wednesday  
**Time:** 6:30-7:30 p.m.  
**Where:** Therapy Specialists, 820 S. Akers St., Suite 200, in Visalia.  
 RSVP: 559-624-3427

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"I was pleased and surprised I recovered so quickly"  
 - Dennis Durbin

# Calendar

## Monday, May 1, 8, 15, 22 & 29 - Bingo

The Hanford Senior Center will host Bingo from 11:30 a.m. to 3 p.m. at 401 N. Irwin St., Hanford. For more information, call (559) 585-2519.

## Monday, May 1, 8, 15, 22 & 29 - Bingo

The Tulare Senior Center will host Bingo from 12:30-3:30 p.m. at 201 North F Street in Tulare. For more information, call (559) 685-2330.

## Thursday, May 4 - Tulare County Youth Symphony

The Visalia Fox Theatre will host this 7:30 p.m. performance. Tickets are free, "but donations are gratefully accepted." For information, visit [www.foxvisalia.org](http://www.foxvisalia.org) or call (559) 625-1369.

## Thursday, May 4 - Visalia Diabetes Support Group

This event will be held at the Kaweah Delta Chronic Disease Management Center, 325 S. Willis St., Visalia. For more information, call (559) 624-2416.

## Friday, May 5 - Fiesta Day Luncheon

The Tulare Senior Community Center, 201 North F Street, Tulare, will host this event. For tickets or more information, call (559) 685-2330.

## Friday, May 5 - Cinco de Mayo Luncheon

The Visalia Senior Center, 310 N. Locust St., Visalia, will host this event. For tickets (\$4) or more information, call (559) 713-4381.

## Friday, May 5, 19 - Friday Night Dances

The Tulare Senior Community Center, 201 North F St., Tulare, will host these events with live music, from 7-10 p.m. Tickets are \$8. For tickets or more information, call (559) 685-2330.

## Wednesday, May 10 - Senior Health Fair

The Kings County Commission on Aging will host this event at the Hanford Civic Auditorium from 9 a.m. to 1 p.m. (See article on page 7.) For more information, call (559) 852-2828.

## Wednesday, May 10 - 'A Hard Day's Night'

The Hanford Fox Theatre will present this 1964 classic starring the Beatles at 7 p.m. For tickets or more information, call (559) 584-7423 or visit [www.foxhanford.com](http://www.foxhanford.com)

## Friday, May 12 - Senior Day in the Park

The 48th Annual Senior Day in the Park will be held from 9 a.m. to 2 p.m. at Mooney Grove Park. (See page 1.)

## Friday, May 12 - Mother's Day Luncheon

The Visalia Senior Center, 310 N. Locust St., Visalia, will host this event. For tickets (\$4) or more information, call (559) 713-4381.

## Friday, May 12 - Mother's Day Luncheon

The Tulare Senior Community Center, 201 North F Street, Tulare, will host this event. For tickets or more information, call (559) 685-2330.

## Friday, May 12 - Mother's Day Dance

The Tulare Senior Community Center, 201 North F Street, Tulare, will host this event, featuring live music, from 7-10 p.m. For tickets or more information, call (559) 685-2330.

## Sunday, May 14 - Belle of the Ballpark

The Visalia Rawhide will host this event as part of its Family Fun Sundays festivities at its game against Rancho Cucamonga Quakes at Recreation Ballpark, 300 N Giddings St, Visalia. (See page 7.) For more information or tickets call (559) 732-4433 or visit [www.Rawhidebaseball.com](http://www.Rawhidebaseball.com)

## Tuesday, May 16 - Caregivers Connection

Caregivers Connection provides support and resources for those who are caring for a loved one with dementia. This free event, held 1:15-2:45 p.m. at Visalia United Methodist Church, 5200 W. Caldwell Ave., Visalia, is open to the community.

## May 19, 20, 21 - Visalia Players Present 'Honky Tonk Nights - a CA-BEER-AY'

The Visalia Players will present this "evening of good 'ol country tunes and hoe down" at the Ice House Theatre, 410 E. Race Ave., Visalia. For tickets or more information, visit [www.visaliaplayers.org](http://www.visaliaplayers.org) or call (559) 734-3900.

## Thursday, May 25 - Brain Fitness for Seniors

Prestige Assisted Living of Visalia will host this 3 p.m. event at the Visalia Senior Center, 310 W. Locust Ave., Visalia, because

brain exercises are important to keep the mind sharp. For more information, call (559) 735-0828.

## Friday, May 26 - Red, White & Blue Night Dance

The Tulare Senior Community Center, 201 North F Street, Tulare, will host this event, featuring live music, from 7-10 p.m. For tickets or more information, call (559) 685-2330.

## Monday, May 29 - The Avenue of Flags

The Avenue of Flags program will be held in the Pavilion at the Visalia Public Cemetery, 1300 W. Goshen Ave., Visalia, beginning at 10 a.m. The program includes a presentation of wreaths and patriotic music. (See article on page 2.)

## Thursday, June 1 - Visalia Diabetes Support Group

This event will be held at the Kaweah Delta Chronic Disease Management Center, 325 S. Willis St., Visalia. For more information, call (559) 624-2416.

## June 2-3, 9-11, 16-18, 23-25 - Kings Players Present 'Murder Me, Murder Me Not'

The Kings Players will perform this play at the Temple Theater, 514 Visalia St., Hanford. For tickets or more information, visit [kingsplayers.net](http://kingsplayers.net).

## Monday, June 5, 12, 19 & 26 - Bingo

The Tulare Senior Center will host Bingo from 12:30-3:30 p.m. at 201 North F Street in Tulare. For more information, call (559) 685-2330.

## Monday, June 5, 12, 19 & 26 - Bingo

The Hanford Senior Center will host Bingo from 11:30 a.m. to 3 p.m. at 401 N. Irwin St., Hanford. For more information, call (559) 585-2519.

## Tuesday, June 6 - World Elder Abuse Awareness Ceremony

Tulare County Supervisors will proclaim the entire month of June as Elder Abuse Awareness Month for Tulare County at a 9 a.m. ceremony on the east lawn of Government Plaza in Visalia. Other local dignitaries are expected to be in attendance.

## June 8-10 - Summer Yard Sale

Visalia Gleaning Seniors will host this sale at 28600 Road 156 in Visalia. For more information, call (559) 733-5352.

## June 9-11, 16-18, 25-25 - Visalia Players Present 'BUDDY - The Buddy Holly Story'

The Visalia Players will perform "the world's most successful rock and roll musical" at the Ice House Theatre, 410 E. Race Ave., Visalia. For tickets, visit [www.visaliaplayers.org](http://www.visaliaplayers.org) or call (559) 734-3900.

## Saturday, June 10 - Senior Summer Boogie

The Danny Milsap Band will provide live entertainment at the Visalia Senior Center, 301 N. Locust in Visalia from 6-8:30 p.m. Tickets are \$10 and must be purchased before May 31.

## Wednesday, June 14 - Physical Therapy and You: Leg Pain

Therapy Specialists offers this free physical therapy seminar from 6:30-7:30 p.m. at Therapy Specialists, 820 S. Akers St., Suite 200, in Visalia. RSVP is required and may be made by calling (559) 624-3427.

## Thursday, June 15 - Chukchansi Day Trip

Tulare Senior Center, 201 North F St. in Tulare, has planned this trip for a cost of \$20, which includes a credit for \$10 in free play and a \$5 food credit. For reservations or more information call (559) 685-2330.

## Friday, June 16 - Father's Day Luncheon

The Tulare Senior Community Center, 201 North F Street, Tulare, will host this event. For tickets or more information, call (559) 685-2330.

## Friday, June 16 - Father's Day Luncheon

The Visalia Senior Center, 310 N. Locust St., Visalia, will host this event. For tickets (\$4) or more information, call (559) 713-4381.

## Tuesday, June 20 - Caregivers Connection

Caregivers Connection provides support and resources for those caring for a loved one with dementia. This free event, held 1:15-2:45 p.m. at Visalia United Methodist Church, 5200 W. Caldwell Ave., Visalia, is open to the community.

## Thursday, June 29 - Managing Chronic Conditions

Prestige Assisted Living of Visalia will host this 3 p.m. event at the Visalia Senior Center, 310 W. Locust Ave., Visalia. For information, call (559) 735-0828.

(continued on page 11)

# The Pixley Eucalyptus Experiment Goes Bust

Tulare County is known for its trees. The majestic giant sequoias and huge valley oaks seem to attract most of the attention, and rightfully so. Both have played important roles in our history. But there is another tree that should not be forgotten, and deserves more than a footnote in our history. It is the blue gum or more commonly called the eucalyptus. It is not native to Tulare County, but its presence here created quite a stir for a time.

Historians trace the beginning of the eucalyptus in California to the Gold Rush days. They credit its arrivals to the gold seeking Australians coming by ship to California, carrying the first sack of their native eucalyptus seeds. The trees were planted for shade and beauty at first, then nurseries began to carry them, and soon these rapid growing hardwood trees popped up throughout California.

In the 1870s, local Tulare County newspapers began reporting favorably on the many uses and benefits of eucalyptus wood going well beyond the shade they provided. Some advocates even argued that the trees had a positive effect on the climate in the area around



One of the groves of eucalyptus owned by the Eucalyptus Timber Corporation. Circa 1911.

where they were planted. Others said the wood from these specimens made great furniture, and added that the oil from it had medicinal qualities. Others, like railroad companies, saw great potential as ties, wagon makers liked the wood for spokes, and tool makers liked it for axe handles, and everyone liked eucalyptus for firewood.

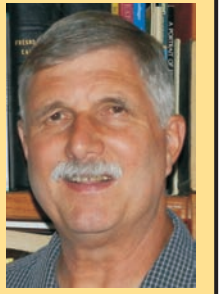
By 1910, 10,000 acres of trees were planted commercially in Tulare County and it was predicted that more of these wonder trees were coming. Corporations bought up big sections of relatively cheap land, especially in the Pixley area. Companies like Sylvania Eucalyptus Corporation and the West Coast Corporation convinced people, usually from out of the area, to invest, enticing them with an offer of a small down and "easy monthly payments."

Another company called the Eucalyptus Timber Corporation was a big player in the eucalyptus business and established a nursery about a mile north of Pixley. They planted seeds in containers and after the trees were two years old and about



John McCubbin standing by his tree. Circa 1926. (Photo courtesy of the Reedley Museum.)

## Dusting Off History with Terry Ommen



12-18 inches high, they were moved from the nursery.

But the popular "get rich quick" investment would soon face the harsh reality when a hard freeze hit California in 1912 destroying or at least seriously damaging 60-70% of the Pixley crop. This was followed by another blow to the industry when it was learned that many of the trees were the wrong variety for furniture. They grew quickly, but the wood twisted and was not suitable. Of the hundreds of varieties of eucalyptus, only a few could be used for furniture.

In an attempt to "salvage" their investment, companies and individuals turned to making eucalyptus oil for medicine, a much-needed commodity while World War I was waging. A plant was built just south of the railroad depot in Pixley to extract the oil, but the liquid proved too heavy for medicine. Another hit to the beleaguered industry.

Corporations and investors ran out of options and suffered serious financial losses. In fact, the Eucalyptus Timber Corporation "went broke." Eventually, the surviving groves of trees were removed to make way for other crops. The many eucalyptus trees around Pixley have almost totally disappeared, although remnants can still be seen in Pixley Park and various points along Highway 99.

The eucalyptus experiment became known as "Pixley's folly," but those that lived through it didn't blame the promoters of the idea. A.D. Cooksey, one of the local Pixley area witnesses to the massive planting, believed the corporations were

"honest of intent."

But not all of Tulare County's involvement with eucalyptus was commercial. Two notable trees also earned their place in our history. One belonged to John McCubbin, who in 1889 planted a seedling at his ranch located about three miles west of Dinuba. It thrived and eventually became an attraction because of its size. A large limb broke off in 1962 and badly damaged it requiring it to be cut down. In its heyday, it was an amazing 131 feet high.

Another eucalyptus that gained recognition was called the Douglass tree, named for David Douglass who had planted it in 1860 on his property in Visalia. The giant landmark stood for many years in the heart of downtown and in 1988 it toppled over. A marker was placed at its former location near the Visalia Convention Center.



The David Douglass tree standing at the Visalia Convention Center. Circa 1980.

## Calendar...

(continued from page 10)

### Friday, June 30 - Freedom Night Dance

The Tulare Senior Community Center, 201 North F Street, Tulare, will host this event, featuring live music, from 7-10 p.m. For tickets or more information, call (559) 685-2330.

### Monday, July 3 - Fourth of July Party

The Visalia Senior Center, 310 N. Locust St., Visalia, will host this luncheon. For tickets (\$4) or more information, call (559) 713-4381.

### Saturday, July 15 - Blood, Sweat and Tears in Concert

Hands in the Community will present this fundraiser at the Visalia Fox Theatre. (See article on page 7.) The show starts at 8 p.m. and tickets are \$40-\$80. For more information, call (559) 625-1369 or visit [www.foxvisalia.org](http://www.foxvisalia.org).

Please send information about your events to us at: [editor@kastcompany.com](mailto:editor@kastcompany.com)



The 2017 Peace Officer Memorial Ceremony will be held at 9 a.m. on May 3 at the Peace Officer Memorial on the corner of Woodland Street and Burrell Avenue in Visalia. The monument honors the memory of the peace officers from law enforcement agencies in Tulare County who were killed in the line of duty. Ashley Ritchie, former anchor at KMPH, will be the keynote speaker.

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**Dinuba**  
 HEALTHCARE

Dinuba Healthcare is a loving and caring extension of your medical rehabilitation program. We provide outstanding recovery services in order to speed up your time away from home and to ensure your time with us is productive.

Our Healthcare staff are looking forward to serving you and helping you return to the joyful and satisfying life you love to live!

**WE SPECIALIZE IN:**

- ◆ 24 Hr. Skilled Nursing
- ◆ Occupational Therapy
- ◆ Speech Therapy
- ◆ Orthopedic Joint Replacement Care
- ◆ Post Cardiac Surgical Care
- ◆ Diabetic Management and Teaching
- ◆ Nutritional Services with Therapeutic Diets
- ◆ Extensive Activities & Recreational Therapy
- ◆ Discharge planning and Social Services
- ◆ Admissions 24 hrs / 7 days a week
- ◆ Pain Management
- ◆ Physical Therapy
- ◆ IV Therapy
- ◆ Alzheimer's Unit



*For a tour or more info please call us at:*  
**(559) 591-3300**

Dinuba Healthcare, 1730 S. College Ave. Dinuba, CA 93618



Juanita Adams, the 2016 Belle of the Ballpark, was congratulated by Visalia Rawhide players at last year's event.

## Rawhide to Name 2017 'Belle of the Ballpark' on Mother's Day

On Mother's Day, May 14, the Visalia Rawhide will announce the 2017 "Belle of the Ballpark" at its game against the Rancho Cucamonga Quakes at Recreation Ballpark, 300 N. Giddings St., Visalia.

The "Belle of the Ballpark" pageant allows ladies age 70 and over to show off their talents in front of a crowd while participating in fun activities with their peers.

Each year, the Rawhide ask senior housing facilities in Tulare and Kings counties to

nominate one resident who is charismatic and would have fun participating in this unique event.

These representatives will receive a crown, sash and t-shirt, compliments of the Visalia Rawhide.

In addition, ticket discounts are offered to all of the facilities who want to bring out other residents or employees to cheer on their contestant.

For more information or tickets call (559) 732-4433 or visit [www.Rawhidebaseball.com](http://www.Rawhidebaseball.com).

**Saturday, July 15, 8PM, Visalia Fox Theater**

# BLOOD SWEAT & TEARS

Tickets: [foxvisalia.org](http://foxvisalia.org)  
 Sponsorships: 559.625.3822 ext. 3



BENEFITTING **HANDS** IN THE *Community*