

The Good Life

Travel, Leisure & Fun for South Valley Adults 50+

June / July 2014 • Volume 1, Number 3

Medicare Supplemental Insurance is Helpful for Most

By Nancy Vigran, editor

Medicare supplemental insurance is available through many companies with a variety of plans.

For those nearing the eligibility age for Medicare of 65, it would be wise to carefully review your options of Medicare and also of supplemental insurance, said Karen Munger, an independent insurance agent in Visalia.

"In general, Medicare does not cover all the medical costs you may incur," Munger said.

In most cases, once the deductible is met Medicare will pay 80 percent of the allowable charges for a procedure, leaving the remaining 20 percent the responsibility of the patient. In the case of hospitalization and/or surgery, this can become quite costly. And for a hospitalization longer than 60 days, Medicare coverage may be reduced or not applicable at all.

The cost of supplemental insurance, also known as Medigap policies, can vary along with what they will pay. Plans are lettered, Munger

See Medicare on page 7

Where to Look for Celebrations and Fireworks This 4th of July

Porterville

July 4th events come early to Porterville this year when the town celebrates Freedom Fest on Saturday, June 28 from 5 to 9:30 at the Porterville Sports Complex.

There will be a beer garden and vendor booths for adults. The kids' zone includes a giant splash slide, dive n' slide, Jacob's Ladder, a bounce house, dunk tank, obstacle course and a cool off with the Porterville Fire Department.

Car loads are \$5 in advance or \$10 at the gate. Wristbands for the kids' zone are \$3 in advance or \$5 on the day of the event.

The fireworks show starts at 9 p.m. Spectators are encouraged to bring their own chairs and blankets for their comfort. For more information call Porterville Parks and Leisure, 791-7695.

Woodlake

Woodlake celebrates a day early, holding its July 3rd Blast this year at a new location at Miller Brown City Park in Downtown Woodlake starting at 6 pm. The free event, sponsored by the Woodlake Kiwanis Club, features bounce houses, live music, a kids play area, food

vendors and beer garden, and of course, fireworks. Bring your own lawn chairs, blankets and shade, but no ice chests are allowed.

Enter the raffle to win a family four-pack hopper pass to Disneyland. Proceeds from the \$1 tickets support the July 3 event. The first 50 donors to the Central California Blood Mobile that night will receive free dinners, courtesy of the Woodlake Kiwanis Club.

Exeter

The 4th of July is always a big day in Exeter, with an all-day event in Exeter City Park. It starts with a 10K run and pancake breakfast at 7 a.m. Following is a day of fun with arts and crafts booths, live music and other entertainment, kids' activities and lots of food booths from 8 a.m. to 3 p.m.

The evening brings fireworks to Lion's Stadium, compliments of the Exeter Lion's Club. The park opens at 6 p.m. with food concessions. Fireworks begin at dusk. There is no cost for parking or viewing of fireworks. Spectators are invited to bring this own chairs and blankets. For more information call the Exeter Chamber of Commerce, 592-2919.

See 4th of July on page 8



Photo by John Crane, Special to The Good Life

Fly fishing student Schuyler Hornung practices his casting technique under the eyes of instructor Mark Cave.

Fisherman Shares Passion With Others

By Donna Luallen
Special to the Good Life

When Mark Cave saw that fly fishing could open up more opportunities than spin and bait fishing in the pocket waters of the Sierra, he took up the sport with a fervor that would take him to specialty fly fishing shops and sportsman shows all over the West. He tested himself against the many forms of equipment and flies in that ancient quest to catch trout, and has earned his title as a Casting Instructor with the International Federation of Fly Fishers.

For Cave, the journey wouldn't be complete until he had shared his love for the sport with like-minded seekers of fish. Teaching is part of his nature.

As a member of the Kaweah Fly Fishers, Cave conducts free casting lessons at Del Lago Park in Tulare. He stands ready to answer any questions from his 15 years of teaching experience, and has a trunk full of casting equipment for those who do not have their own rods and reels.

A novice can pick up enough tips to have a wonderfully satisfying trip to the water, Cave says. He suggests at least two lessons: one for learning the basics and a second to reinforce the lessons of the first session and answer questions.

More experienced casters know there is always something to learn in casting and will spend a lifetime challenging themselves to be more proficient. Cave wants to help them reach their personal goals or will create access to appropriate avenues when he feels his own capacities are exceeded.

"I'll be there as long and as many times as students want to come," Cave said.

John Crane, KFF president, often assists Cave during classes and noted that Cave's recent students are particularly apt, picking up the feel for rod and line quickly.

"Mark cares about his students and works diligently to help them accomplish their goals," Crane said.

Cave advises anyone attending a class to bring a pair of glasses and a hat for safety. If you forget one of these items, make it the hat.


"You can always fish with a fly in your scalp, but not in your eye," he said.

Del Lago Park has water, but the true test of success for the student is when he or she can put a fly over a fish, Cave said. He and other KFF members have developed a full calendar of events that take club members and students to various fishable locations. Dates and places can be found

o n - l i n e a t www.KaweahFlyFishers.org.

See Fly Fishing on page 7

Calendar of Events



Around the South Valley

Now through Sunday, July 27 – “Yosemite Renaissance,” at the Kings Art Center. An exhibit originating at the Museum in Yosemite Valley is celebrating its twenty-fifth year at the Kings Art Center, with an exhibit of 49 paintings, photographs, prints and sculptures. Open Wednesdays through Sundays at 605 N. Douty, Hanford. Information: 584-1065.

Now through Saturday, July 26 – “Gene Rubey’s Mosaics and Piet Eppinga’s Pottery Show” at Tulare Historical Museum, 444 W. Tulare St., Tulare. Open Thursdays – Saturdays, 10 am-4 pm
Information: 686-2074.

Wednesday, June 18 – 5:30-6:30 pm – Wellness and You: Varicose Vein Seminar with speaker, Phillip Myers, P.A.C. from South Valley Vascular. Held at the Sequoia Regional Cancer Center, 4945 W. Cypress Ave., Visalia. Information: Kaweah Delta Healthcare District, 559-624-5985.

Wednesday, June 18 – 7:30 pm - Concerts in the Park features the Tulare Community Band playing marches, Broadway, movie themes, military and patriotic music at Zumwalt Park, Tulare and M streets in Tulare. Bring your blanket and lawn chairs. Free. Information: 684-4310.

Friday, June 20 & Saturday, June 21 – 7:30 pm – “Lost in Yonkers” at Kings Players at The Temple Theatre, 415 E. Visalia St., Hanford. Adults \$12; Seniors \$10. Information: 584-7241.

Sunday, June 22 – 2 pm – “Lost in Yonkers” at Kings Players at The Temple Theatre, 415 E. Visalia St., Hanford. Adults \$12; Seniors \$10. Information: 584-7241.

Wednesday, June 25 – 7:30 pm - Concerts in the Park features August old school rock at Zumwalt Park, Tulare and M streets in Tulare. Bring your blanket and lawn chairs. Free. Information: 684-4310.

Thursday, June 26 – 7 pm – “Voyage” screening at the Visalia Fox Theatre, 300 W. Main St. Visalia. Voyage is a documentary project that will capture a special journey down the river, beginning in East Tennessee and ending in the Gulf of Mexico. Voyage will encourage viewers to seek adventure and awaken passions that lie dormant after falling victim to routine. Free. Information:

Friday, June 27 & Saturday, June 28 – 7:30 pm – “Moonlight and Magnolias” by the Visalia Community Players at the Ice House Theatre, 606 N. Bridge St. Visalia. Runs through July 13. Tickets \$14. Information: 733-9329.

Sunday, June 29 – 2:00 pm - “Moonlight and Magnolias” by the Visalia Community Players at the Ice House Theatre, 606 N. Bridge St. Visalia. Runs through July 13. Tickets \$14. Information: 733-9329.

Saturday, June 28 – 8 am – 12 pm - Abdominal aortic aneurysm screening. Those 60 and older with high blood pressure, high cholesterol, emphysema or obesity and those 50 and older with a family history of the condition can be screened for free at Kaweah Delta Imaging Center, 4949 W. Cypress Ave., Visalia. Advance registration is required by calling 625-9503.

Wednesday, July 2 – 7:30 pm - Concerts in the Park features Mehrten Drive playing upbeat and edgy country music at Zumwalt Park, Tulare and M streets in Tulare. Bring your blanket and lawn chairs. Free. Information: 684-4310.

Thursday, July 3 – 5:30-6:30 pm – “Cancer is Dinner Talk.” Support and educational talk for cancer patients and their families at Sequoia Regional Cancer Center, 4945 W. Cypress, Visalia. Information: 624-3225.

Monday, July 7 – 7-9 pm – Grandparents class for expectant grandparents. Up-to-date, latest information on infant care and how to deal with soon-to-be parents at the Multi-Service Center, 402 W. Acequia, Visalia. \$15. Information: 624-6012.

Tuesday, July 8 – 6-8 pm Freedom from Smoking at Sierra View District Hospital, 465 W. Putnam, Porterville. \$25. Information: 788-6163.

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.

Karen R. Munger



Medicare product specialist

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The Good Life

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History

Dusting Off History with Terry Ommen



Making Tracks into Tulare County

Long before the golden spike was driven at Promontory, Utah in 1869, the people of Tulare County had their eyes on railroad transportation. Compared to buggies, iron horses offered easy travel, and compared to wagons, trains made hauling crops to market much quicker and more efficient. Trains meant travel convenience and economic prosperity to communities.

The first serious effort in Tulare County to get railroad transportation seems to have been in 1861. A meeting of prominent citizens was held at the Tulare County Courthouse in Visalia and eventually the Board of Supervisors got involved. Routes were discussed and soon talks were started with

Central Pacific Railroad officials.

By the late 1860's, railroad surveyors were mapping out possible routes through the San Joaquin Valley. The plan was for the Valley railroad to be a joint effort between the Southern Pacific and the Central Pacific railroads. The SP would be responsible for laying track from the south to the north, and the CP would lay track from north to the south. Eventually, the two railroad crews would come together and connect the tracks in the central part of Tulare County.

As the exact route became known, it was clear that Visalia was not included. Railroad officials had worked out the finances, and to the disappointment of Visalians,



Photo courtesy of Terry Ommen

The Visalia-Goshen Railroad connected Visalia with the main railroad line. This photo, taken in 1895, shows the depot at the corner of Church and Oak streets.

they planned to bypass the Tulare County seat.

By 1870, track was being laid. By mid-1871 the Central Pacific coming from the north had completed track to what is now Modesto, and a few months later they reached what is now Merced. The Southern Pacific was making similar progress laying track from the south. The pace was quick with about 2,000 workers laying about a

mile of track per day.

As the crews got closer to Tulare County, Visalia believed it had one more chance to get the railroad to pass through town. A delegation of locals went to Sacramento to meet with railroad officials and they made one final plea asking for reconsideration. The delegation returned to Visalia without any railroad concession.

See History on page 8

Diabetes? It could be time for new shoes!

It's no secret that people with diabetes have an increased risk of developing foot problems. These problems can range from mild to major problems, especially if an ulcer or infection should pop up. These infections, if not treated quickly and properly, can and often do lead to amputation.

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Faith

Volunteering...Dare to care

By Lester Moon
Special to the Good Life

There are many reasons why we don't volunteer – I am selfish, busy, not compassionate, afraid, money is tight, unhappy experience before, timid, don't feel spiritual enough, I have children, little to contribute, soup kitchens are not my thing, only those in leadership should help.

It would be like accepting all the gifts at Christmas and then leaving them wrapped up and never using them.

There are many reasons why we do volunteer – I make a difference, having fun, meeting new people, gaining perspective on my own issues, giving something back, unique opportunities to use your skills, see a new culture.

“Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.” 1 Peter 4:10



Lester Moon

What can I do to help – What kinds of work would I like to do and how much time can I give?

How can I be informed – choose organizations you're interested in and then take a tour and ask questions. Investigate, try it out, listen to others, and always pray that the Lord will reveal His will and power in your life.

You should be inquisitive - What kinds of work would I like to do? What groups would I like to help?

Paul spent three years searching to discover God's plan, and it took some quietness to clear away the confusion and pride of his life.

You can be Involved - For you, you'll never get to know your gift while standing on the sidelines watching the work of the ministry. Go out of your way to interact with the people you're serving, other volunteers and staff people.

Taking action will help others - Those with a heart to serve must take small steps, however insignificant they may seem, in getting involved if they want to develop into mature servants. Go out and do something, even if it's small—something tangible, something real. An important aspect of serving is helping others who are in physical need, by providing a meal, giving a ride or writing a card.

Be interested in your community - Keep two things in mind. First, the results. Paul experienced tremendous success and blessing in spite of direct attacks against him.

Second, those who love you and are informed of gifts—Paul had Barnabas: Acts 9: “But when the brethren learned of it, they brought him down to Caesarea and sent him away to Tarsus.”

In the end, your volunteering will result in personal delight, even though it may also take hard work and diligence. God will give you ease and blessing for using your skills, or failure and unrest if that is not. Be aware of the areas in which people look up to you and respect you. If your heart is open to the Lord's leading, He is ready to bless you. Diligently work at discovering and then developing your gift. Yes volunteering is taxing; it takes up your time, energy and sometimes money. Dare to share. Every person counts!

Lester Moon is founder and executive director of Hands in Community. This Visalia-based association helps in “joining the Hand of the Helper to the Hand of the Needy.” Hands in the Community can be reached at 625-3822.

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Travel

The Islands of San Francisco Bay are Rich with Beauty and History

By Nancy Vigran, editor

There are many small islands off the coast of California, but perhaps the most famous one and another close by lie in the waters of the San Francisco Bay.

Alcatraz Island, fondly known as "The Rock," has been glamourized by Hollywood, making it well known around the world as the unescapable prison. However, no less rich in history is its neighbor, Angel Island, referred to as Ellis Island of the West, and visiting both makes for a great day outing.

"There is a lot of history on both islands," said Denise Rasmussen, director sales & marketing for Alcatraz Cruises. "The physical beauty and views of the Bay from Angel Island are unmatched."

The earliest inhabitants on Angel Island were Native Americans from the Coastal Miwok. The tram tour will share all of the island's history.

Angel Island is now a part of the California Park Service.

Alcatraz Island has more

history than its years as a prison. The island received its name in 1775, when a Spanish surveyor, Juan de Ayala, named it after all of the pelicans roosting there. A full history audio tour is available on your visit.

Alcatraz is now a part of the National Park Service. It serves as a bird refuge and is host to much wildlife in its tide pool areas.

The only service to the island is contracted by the National Park Service to Alcatraz Cruises, which offers ferry service to and from the island year-round.

The boats are comfortable and offer easy access to the disabled, Rasmussen said. Both Alcatraz and Angel Island have a lot of hilly walking, but there is a Sustainable Easy Access Tram service from the dock to the prison building on Alcatraz. And there is a tour tram around Angel Island.

Tours to both islands tend to sell out early during summer months. It is best to reserve early.



Photo courtesy of Alcatraz Cruises

The only way to visit Alcatraz Island is via a short ferry ride from Pier 33 in San Francisco. Comfortable shoes and a windbreaker are warranted any time of year. Alcatraz Cruises is contracted with the National Park Service as the only service to and from the island.

"The night tours of Alcatraz Island, and combined tours of both islands, are usually booked first," Rasmussen said.

Allow a minimum of 2 ½ hours to visit Alcatraz alone and 5 ½ hours to visit both islands. All fees are inclusive of the boat ride, island fees and tram tour. Senior and group discounts for more than eight people are available.

Rasmussen advises there is more to see than simply the structures of the buildings on both islands.

"There are beautiful gardens," she said, "and beautiful views."

Temperatures can change suddenly in the Bay, so dressing in layers is recommended. The best time of year to visit is late summer or spring, she said.

While Alcatraz tours are year-round, Angel Island tours are seasonal.

Tickets should be purchased directly from Alcatraz Cruises, unless visiting Angel Island only, in which case there are other options. Rasmussen advised that for the best pricing, visit the Alcatraz Cruises website or call directly. Other companies may offer the same tickets, but they will add on a fee.

For more information on Angel Island visit www.parks.ca.gov/?page_id=468 or call (415) 435-5537.

For more information on Alcatraz Island visit www.nps.gov/alca/index.htm.

To plan a trip, visit www.alcatrazcruises.com or call (415) 981-7625.

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Home

Gardening in the Central Valley with Peyton Ellas



Removing the lawn

The biggest garden trend we are finding is the desire for removing the front lawn. Conserving water is the main reason for this garden renovation; reducing maintenance and increasing interest are two other often-cited reasons. The lawn is a garden fad that has hung on, but as more and more lawns are removed, we become better able to see what the possibilities are for the space between the road and the front door. We can envision an

interesting use of that space which can be easy to care for, better suited to our local climate and precipitation, and wonderfully interesting and beautiful.

There are several ways to remove existing lawn plants, and it is a big job. Tree of Life Nursery, one of the largest California native plant retailers and growers in the State, has a good publication on removing the lawn on their website: www.californiannativeplants.com. Summer is a great time in

the Central Valley to remove the lawn since we can use the summer sun and the lack of precipitation to our advantage.

Develop an idea of the look you want before you start considering specific plants. Sketch your ideas, or hire a professional to help come up with a concept.

Do you want a yard with a lot of space in between the plants, or a cottage-style yard crowded with plants? Do you want a pathway? What about seating, a bird bath, dry creek or garden art? You want the front yard to be attractive year-round and not require abundant maintenance to look tidy and cared after?

Consider how many hours a month you can devote to maintenance either yourself or by hiring it out. Many people don't mind annual pruning in fall and occasional weed pulling or pruning, but everyone is different. One thing to be realistic about is that there is no such thing as a "no maintenance" garden.

The two plant-choice criteria to keep in mind are "low water use" and "keep it simple." Low water use does not mean only cactus or dry-looking plants. Many plants from California and other parts of the world bloom well on little added water. Some examples include many California sages, California fuchsia, buckwheat,

many ornamental grasses, ceanothus and manzanita.

From Australia, we can consider the Grevilleas, including the popular coastal gem. From the desert southwest we may choose autumn sages, apricot mallow, sundrops, Mexican bush sage, germander sage and several ornamental grasses such as pink muhly. Lavender and rosemary are just two examples of plants that originate from the Mediterranean.

There is nothing wrong with a yard limited to just a few species. Use masses of plants and repetition to create a bold, interesting, attractive and easy-care yard. Don't be afraid to include open areas with wood or rock mulch or other hardscape. A few trees sized right for the yard, shrubs and some perennials can keep the yard cool and inviting, provide year-round, changing interest and support beneficial pollinators and birds.

There are many commercial sites using low-water use plants in place of lawn. Start noticing those plant choices, and consider if you want to be part of the new garden trend.

Peyton Ellas lives in Springville and is the owner of Quercus Landscape Design, specializing in California native plant-based gardens, and Auntie's Home Grown, a small sustainable farm.

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Place on baking sheet. Season with salt, pepper or any other spices you prefer.

Bake in the oven at 350 degrees until they are warm all the way through, approximately 10-20 minutes, or to doneness desired.

Remove from oven and add sauce, pepperoni (or turkey pepperoni) and shredded cheese.

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Fly Fishing

from page 1

These outings are designed to put new fly fishers over trout. No contest, no grades, just camaraderie and tips on reading water, casting and flies, Cave said.

For those who choose to go solo, they may want to consider taking the Sequoia Shuttle to Sequoia National Park. Most sporting goods stores offer fishing licenses. A fisherman will need a rod, a small fly box with a few choice dry flies, lunch and some water, to make it a day.

It is helpful to carry a pencil and small notebook to record a special observation or at least the true length of those fish. The streams behind Wuksachi Lodge or in Crescent Meadow offer some trout. There is not a well-marked trail, so one should scout out their spot ahead of time.

Finding a fly fishing shop where a knowledgeable fisherman or shop owner can help sort out a good purchase may be more challenging than catching the fish these days. The Sequoia Fishing Company in Springville or the Sierra Fly Fisher in Oakhurst uphold the traditional offerings of flies, reels and rods.

Cave quotes outdoor writer and guide Jack Dennis to describe why he fishes, "Trout live in beautiful places."

Cave particularly loves fishing in the mountains. As the years pass and the fishing experiences collect more friends of fishing, he finds he enjoys the interesting people drawn to fly fishing.

To Learn More

The Kaweah Fly Fishers is a local organization of men and women which meets the first Friday of every month at the Lifestyle Center, 5105 W. Cypress in Visalia, at 6:30 pm.

The gathering starts with fly tying demonstrations by long-time member Don Lieb followed by a guest speaker who may share a hot fishing spot. A casual club meeting follows to discuss outings and conservation concerns. The atmosphere is casual and newcomers are welcome.

Free casting lessons are offered every Wednesday from 6-7 pm by Mark Cave at Del Lago Park, 1700 N. Laspina in Tulare.

Call 741-9216 or visit www.KaweahFlyFishers.org for more information.

Cave has thought about how to facilitate his love of fly fishing throughout his life. Accommodations might include more use of a boat or hiring a guide to pack the lunch, transfer the equipment and net the fish. As a member of a four-wheel drive rescue team, he has had opportunity to see first-hand the difficulties that can arise for lack of safe practices and would urge the use of thoughtful preparation when going to the river or lake.

The most important message for the fly fisherman is to know if a fly is not on the water, the fish is not going to eat it, he said. The second most important message might be not all of fishing is about catching a fish, he added.

Donna Luallen of Visalia is an active member of the Kaweah Fly Fishers and has been fly fishing for more than 30 years.

Medicare

from page 1

said, and coverage is uniform with all companies.

"They are standardized," she said.

However, the costs can vary, and companies may add enticements or add-ons. Some add-ons may include annual gym memberships, or other health-related type of bonuses. Each lettered plan has different options in what they may or may not cover, with the best coverage coming from under the "F" plan. These supplemental plans probably will not cover dental work, vision checks or eyeglasses, or hearing aids.

The newly implemented Covered California health plans have no effect on Medicare or Medicare supplementation, Munger said.

For a person just entering the Medicare coverage program, it is important to get supplemental coverage right away. If there is a lapse in coverage, a health questionnaire may become required and coverage is not guaranteed, she said. This can occur whether you are becoming age eligible for Medicare or if you leave another

plan, such as coverage from your employment, and starting on Medicare, regardless of your age.

Medicare supplement plans are stable, Munger said, and have automatic renewals each year.

"It doesn't hurt to shop around," she said, "and get the best deal you can get."

If a gym membership or another add-on isn't needed, then look at another company that may cost less.

Even if someone has been on Medicare for a while without supplementation, Munger said it would be wise to review the options available. Without pre-existing conditions, coverage should be granted. Some plans may offer coverage with the exception of a pre-existing condition. Insurance should be guaranteed renewal as long as premiums are paid.

For those who cannot afford supplemental insurance, low-income assistance programs through Medi-Cal might be available. Contact an insurance agent, or the Kings-Tulare Area Agency on Aging at (800) 434-0222, for additional assistance.

www.KaweahFlyFishers.org
 Meetings first Friday of the month
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History

from page 3

In the spring of 1872, the railroad town of Fresno was created along the new line. By summer, the rails reached Tulare County and soon the town of Tulare was created. In June, 1872 the disappointing reality hit home for Visalia. About seven miles west of town, the railroad created Goshen. Visalia's worst fears had come true; the railroad had bypassed the town.

Although Visalians were disappointed, Tulareans were excited. The railroad had big plans for their new town. In fact, Tulare became division headquarters with a major terminal with machine shops and a multi-stall roundhouse.

For two decades, the town prospered. Its future looked bright, but in 1891 the railroad moved its shops and headquarters to Bakersfield.

Even though Visalia had been cut off from the railroad, community leaders moved quickly to find a solution. In May of 1874, the Visalia-Goshen Railroad was formed creating a connection between Visalia and the main line in Goshen. The Visalia Railroad operated until 1897 when the Southern Pacific bought the line. Finally, Visalia got its wish and the SP rolled into town.

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 Half a Century." His blog, "Historic Happenings" www.visaliahistory.blogspot.com serves as a Visalia historical newsletter.

4th of July

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Visalia

In Visalia, the 4th of July Freedom Celebration takes place in the Giant Chevrolet Cadillac Mineral King Bowl. The event is sponsored by the Visalia Parks and Recreation Foundation and the City of Visalia Department of Parks and Recreation.

From 6:30 to 9 p.m. there will be live music by Run 4 Cover

and tasty food vendors. Fireworks will follow. A \$3 donation per person is suggested. For more information call Visalia Department of Parks and Recreation, 713-4365.

Hanford

Hanford will celebrate in the afternoon of the 4th at the Earl F Johnson Park with a car show, food, games, a bounce house and vendor booths. The band 82 Deluxe will perform from 6-8 p.m. In the evening, the party can move across the street to the Hanford High School field for more food booths and the fireworks show which starts at 9 p.m. For more information call the Hanford Chamber of Commerce, 582-0483.

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