



IN THIS ISSUE: New Senior Bus Fares in Visalia, Gardening Safety, Zika in Tulare County and Senior Cartoonists at the San Diego Comic-Con

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume III, Number 4 • September/October 2016



The Walk to End Alzheimer's is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. (Photograph by Michael Alvarez)

Tulare County Walk to End Alzheimer's Set for October 8

The 3rd Annual Alzheimer's Association Walk to End Alzheimer's will be held Saturday, October 8th at Mooney Grove Park in Visalia. About 500 people from throughout the Tulare and Kings County area are expected to participate in this event to raise awareness and funds to fight the disease.

In addition to a 5K route, the event will include entertainment, food, awards and a family festival with a KidZone. Walkers who raise \$100 receive a commemorative T-shirt, and there are prizes for top fundraising teams and individuals. Onsite registration opens at 8 a.m., opening ceremonies begin at 9:30 a.m. and the walk begins at 10 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 in hundreds of communities across the country, this inspiring event calls on volunteers of all ages to become "Champions" and raise funds in the fight against Alzheimer's, the nation's sixth leading cause of death. Champions include those living with the disease, families, caregivers, and corporate and community leaders who actively support the Walk to End Alzheimer's.

To start a team, make a donation or volunteer, contact the Alzheimer's Association at www.alz.org/walk or (559) 753-8200.

All Walk to End Alzheimer's donations benefit the Alzheimer's Association, the world's leading voluntary health organization in Alzheimer's care, support and research. The mission of the association is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

For more information about the Alzheimer's Association, visit www.alz.org or call 1-800-272-3900.



Exhibitions, door prizes, a vendor fair and hors d'oeuvres will highlight the Visalia Senior Center's Fall Open House.

Visalia Senior Center Hosts Fall Open House September 16

The Visalia Senior Center will host its Fall Open House, dedicated to all those 50 and better, on Friday, September 16, from 3-6 p.m. The event will feature a vendor fair with local businesses that specialize in services for seniors. There will also be information booths, programs and class exhibitions, fun activities, hors d'oeuvres and facility tours. Admission is free.

The Visalia Senior Center is located at 310 N. Locust St., Visalia. For more information, call (559) 713-4381.

Tulare County Receives \$400,000 Grant to Fight Elder Abuse

By Steve Pastis

The Tulare County Board of Supervisors approved a request by the Tulare County District Attorney's Office to allow it to accept grant funding in the amount of \$400,000 for a new Elder Abuse Program. The two-year funding from the California Governor's Office of Emergency Services allows the county to hire victim witness workers.

"The grant allows for two full-time employees to get in their cars and go throughout Tulare County," said Chief Deputy District Attorney Dan Underwood about the new staff members who will be following up on reports of elder abuse.

The two will perform community outreach, work with Tulare County Health & Human Services/Adult Protective Services to serve victims, and provide support to elder and dependent adult crime victims. They will be involved in such areas as crisis intervention, court support, case status and updates, assistance in filing for victim's benefits, and helping orient victims to the criminal

justice system.

"We know that cases are out there," said Underwood. "Our one prosecutor is kept pretty busy. We have some employees in our office who are very strong advocates that many of the cases that occur in our county are not reported, and when they are reported, it's hard to prove intent."

The money will also cover training and operational expenses, in addition to raising awareness in the community about this problem.

"That's the goal, to educate the community on what constitutes elder abuse," said Underwood.

The proposal presented to supervisors defined elder abuse as "neglect, financial exploitation, physical abuse, sexual abuse or emotional abuse of an individual aged 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. In fact, the National Center on Elder Abuse estimates that only one in five cases are reported."

Law enforcement looks at
(continued on page 3)

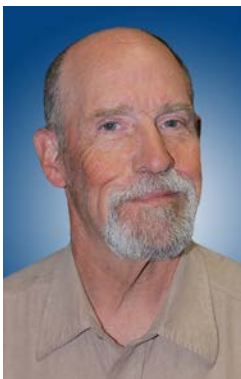


It is estimated that only one in five cases of elder abuse is reported.

**Kings County
Upgrades
'R.U.O.K.?'
Program
SEE PAGE 3**

VETERANS CORNER
MILITARY SERVICE RECORDS

Do you need a copy of your official Military Service Records? Many service members don't realize the importance of the documents provided upon separation from service, but as many members eventually find out, there may come a time when you will need it.



The National Personnel Records Center (NPRC) keeps all of the official military records. Upon your separation from service, your last command will forward your military file to NPRC, which will get archived. You can request your records at www.archives.gov (which is faster) or order them through the mail by completing an SF-180 form and mailing it back to NPRC. If you need help requesting Military Records, please call us. We can also help deceased veterans' family members obtain necessary records. You may have heard about the fire at the NPRC facility in 1973. Although some records were damaged, not all were totally lost.

Records NOT held at NPRC include:

- Department of Veterans Affairs records
- Pay records
- Records of veterans who separated from active service but are in active or inactive reserve status
- Records of current members of the National Guard
- Records of National Guard members recently discharged
- Selective service records
- Active duty health records (depending when the veteran separated from service)

If you need a copy of your military service records, we can help you request them.

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.

Next Issue: November/December 2016
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Health Threat as Cedar Fire Smoke Spreads into Area

Smoke levels from the Cedar fire are high in Tulare County, especially in the area of the city of Porterville. Smoke from wildfires is a mixture of gases and fine particles from burning trees and other plant materials. It can irritate your eyes and respiratory system, and worsen chronic heart and lung diseases.

"Community members who are affected should stay indoors and avoid exerting themselves," warns Tulare County Public Health Director Jason T. Britt. "Even healthy people may begin experiencing unhealthy symptoms due to wildfire smoke."

Wildfire smoke can cause:

- Coughing
- Shortness of breath
- Chest pain
- Headaches
- Irritated sinuses
- Asthma exacerbations

Older adults and children are more likely to be affected by smoke and health threats from smoke.

Those who have heart disease may experience:

- Chest pain
- Rapid heartbeat
- Shortness of breath
- Fatigue

People who have pre-existing respiratory conditions, such as respiratory allergies, asthma, and chronic obstructive pulmonary disease (COPD) may experience a worsening of symptoms in the following ways:

- Inability to breathe normally
- Cough with or without mucus
- Chest discomfort
- Wheezing and shortness of breath

Limit your exposure to smoke by:

- Keeping indoor air as clean as possible. Keep windows and doors closed and, in hot weather, use your air conditioner if you have one and keep the fresh-air intake closed. If an air conditioning unit is unavailable, seek shelter at one of the local cooling centers found at <http://tchhsa.org/hhsa/index.cfm/risk-and-prevention/preparing-for-public-health-emergencies/resources/>.
- Avoiding burning candles or using gas stoves and vacuuming as these add to indoor pollution.
- Following your doctor's advice about medicines and your respiratory management plan if you have asthma or another lung disease. Call your doctor immediately if symptoms worsen.
- Using an "N95" mask, which when properly worn, will offer some protection, and can be found at local hardware stores. Dust masks or paper comfort masks are only designed to trap larger particles, such as sawdust, and won't provide protection for your lungs from smoke.

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Kings County Sheriff's Department Upgrades 'R.U.O.K.?' Program

By Steve Pastis

The Kings County Sheriff's Department will be upgrading its RUOK ("Are You OK?") program in the near future. The decision was made to replace the system it has been using to serve the needs of its seniors for the past 18 years with a Call Reassurance (CARE) service.

CARE is a telephone service that contacts the elderly and handicapped to ensure their well-being. The program can also be used to check in on latchkey children to make sure they are OK when their parents are at work. When necessary, the program can provide emergency notifications to all those who sign up.

"Call Reassurance does some of the same things that RUOK did, but with 21st century technology, it's much better," said Kings County Sheriff's Department Commander Kris Zuniga, adding that the new system allows the department to reach seniors during the kind of "horrendous heat" the South Valley has been experiencing this summer. "We can send out reminders to all seniors to stay indoors and drink plenty of water.

"RUOK was antiquated and the person who runs it has no intentions of changing it," he continued. "I can't say that the RUOK system wasn't a success for us, but it wasn't keeping up with technology."

The county's program is a service offered free of charge by the Kings County Sheriff's Office "to contact senior citi-

zens and/or the disabled that live alone and may not have a family member living locally that can check on them every day," according to the Kings County webpage at www.countyofkings.com/services/are-you-ok-ruok-program.

Users have been able to select a time of day for the RUOK computer to dial your phone number. "All you need to do is pick up your telephone and listen to the prerecorded message," according to the county website. "The computer assumes you are okay if you answer the telephone. Should you be using the phone or could not get to the phone in time, the computer will attempt to make two more calls. If the phone is not answered an "alert" will be issued in the Emergency Dispatch Center and your emergency contact person will be notified to check on you."

The new CARE system from Database Systems Corp. will soon also replace RUOK in many other cities and counties, according to Jerry A. Pizet, vice president and CARE Program Manager for Database Systems Corp.

"There are many obvious differences between the first generation RUOK system and the next generation of 'Call Reassurance' by our company," he explained before listing the main features that "instantly jump out" to him:

- The IMOK feature allows subscribers to call in indicating their wellbeing - instead of waiting for scheduled call. (If they forget to call in, they'll get their



Kings County seniors who sign up for the CARE service will receive calls to ensure they are OK (maybe not from this model though).

scheduled call as usual.) RUOK cannot handle inbound calls - so this function is not possible in RUOK.

- Telephony cards are used in CARE, which means that the software can detect answering machines, so subscribers' answering machines do not need to be turned off.

- Custom and personalized greetings along with multiple calls per day are available for any schedule possible.

- The system can grow to 48 lines. RUOK would require 48 systems.

The new system is included in the county's new budget,

which was signed earlier this month. The budget takes 30 days from the time it is signed to go into effect.

"As soon as that happens, we will get the computers here," said Zuniga, adding that the Call Reassurance system should be running after another two or three weeks, and an effort to get Kings County seniors to sign up will begin at that time. "We prefer that people wait to sign up to make sure it's running. We will then make sure all persons on RUOK sign up."

When the system is running, the Sheriff's Department will make presentations to the senior centers in the county. Part of the publicity effort will be to clear up a misconception that some seniors have about the program.

"This is not exclusive to unincorporated areas," Zuniga explained. "It is open to every senior in Kings County. If you are a resident of Kings County and a senior, you are eligible. We have people who are signed up in Hanford and Lemoore."



Tulare County Receives \$400,000 Grant to Fight Elder Abuse...

(continued from page 1)

elder abuse as being in one of two main categories.

"It can be either physical or financial," said Underwood. "The physical can be anything from battery up to a homicide on an elderly person. The financial is theft, embezzlement or

any type of theft by false pretenses. It runs the gamut, but it's specifically to an elderly person."

In addition to the \$400,000 from the state, the department will add \$100,000 in matching funds to the program. The county contribution will come from its general fund.

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First Case of Zika Virus Reported in Tulare County

The Tulare County Public Health branch has confirmed that an individual in Tulare County has tested positive for the Zika virus after getting bitten by mosquitoes during recent travels in Central America. This is the first case of Zika virus in Tulare County.

"Community members who travel to Mexico, Central and South America, and other countries at high-risk for Zika transmission should understand the risks of travel to those areas and take extra precautions to protect themselves and their sexual partners," said Tulare County Public Health Director Jason T. Britt. "Women who are or may become pregnant are strongly encouraged to postpone travel to areas where Zika virus transmission is ongoing."

Zika virus is spread primarily through bites from *Aedes aegypti* mosquitoes. Though this species has been detected in Tulare County, Britt states, "There have been no reports of mosquitoes carrying the Zika virus locally."

Zika virus infection during pregnancy can cause fetal demise or detriment, including microcephaly, convulsions and developmental defects. Zika can also spread through sexual contact with infected persons; if a pregnant woman's sexual partner has traveled to an area with active Zika spread, they should use protection throughout the pregnancy.

Infected individuals may not experience symptoms, but symptoms may include mild illness for two to seven days with fever, joint and muscle pain,

skin rash and redness of the eyes. Treatments for the disease include rest, fluids and fever relief.

The best form of protection against Zika is protection against mosquito bites. All community members, especially pregnant women, should consult their doctors before traveling to areas with active



Zika virus transmission.

If community members must travel, they should guard against mosquito bites by:

- Using mosquito repellent
- Protecting skin by wearing

hats, light colored long sleeved shirts and pants

- Using insecticide-treated mosquito nets for sleeping
- Staying in screened-in and air conditioned areas
- Receiving health recommendations and (for pregnant women) prenatal care appointments before and after traveling

Tulare County Public Health has previously released information about the Zika virus, travel precautions and testing protocols for local providers. Again, there is minimal risk of contracting the Zika virus from local *Aedes aegypti* mosquitoes (which bite primarily during the day); however, residents should still protect themselves from mosquito bites as Delta Vector District has reported an upsurge of mosquitoes testing positive for West Nile Virus.

To protect the privacy of the infected individual, Tulare County Public Health will not release any identifying information.



American Grandparents More Tech-Savvy than Their Grandchildren Think

According to recent survey results derived from the American Grandparents Association and visitors at its content site, Grandparents.com, the vast majority of people aged 60+ in the United States are not as tech-deficient as their millennial grandchildren might assume.

The survey showed an overwhelming consensus that the Internet, new technologies and even mobile apps have become commonplace among those in our grandparents' demographic. Nearly two-thirds of respondents said they own a smartphone, which is a significant departure from the flip-phones and landlines of even five years ago.

Close to 60% of those surveyed said they only sometimes need help navigating technology, while almost 20% designated themselves as "extremely" fluent and found new technologies "easy for me to use." Less than 1% of respondents said they were "not at all" involved with the Internet, while nearly everyone confirmed that they are checking search engines like Google and email frequently.

Grandparents' digital adaptability extends to social media.

Over 70% have active Facebook profiles—which may be less surprising than the 30% who said they check Pinterest regularly, or even the 8% and 9% who are now on Twitter and Instagram. Grandparents.com's survey results confirm the findings of a Pew Research Center report that found a huge increase in social media activity amongst seniors from 2005 to 2015.

"What we're seeing is an older generation rapidly adapt to new modes of connecting and communicating so that they can maintain wonderful relationships with their grandkids," said grandfather and American Grandparents Association CEO Steve Leber. "There have been major shifts over the past decade, and grandparents are using smartphones to stay up to date on everything from current events and the stock market to last night's sports scores. The majority of older adults are shopping, searching and conducting a significant amount of their lives online. This group is more technologically sophisticated than they've ever been."

Despite these clear shifts in behavior, America's grandparents remain romantically old-fashioned. Only 5% would prefer to meet people through online dating while 70% opted for a face-to-face scenario.

Even with significant majorities of the survey population actively engaging digital technologies on a regular basis, "understanding technology" still ranked number one on the list of things these respondents said they need help with in life, narrowly edging out exercise and housework, and statistically dwarfing their concerns about keeping finances straight or managing their health. This concern with keeping up could hardly be a clearer indication that our grandparents have joined along with the tide of technology and they seem poised to continue on that path.

Do you experience any of these symptoms?

- Weak or tired legs.**
- Difficulty walking or balancing.**
- Cold and numb feet or toes.**
- Sores that are slow to heal.**
- Foot pain while you are at rest.**

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Photo courtesy of Getty Images

Seniors Unaware They Can Sell Their Life Insurance Policies

More than eight out of 10 seniors are not aware they can sell their life insurance policy for an immediate cash payment.

According to a survey of more than 600 people conducted by Coventry Direct, 86.1% of life insurance policy owners do not know they have the choice to sell their unwanted policy instead of lapsing it for nothing or surrendering it for its cash value. Even a term policy with no cash value can be sold.

Consider this story:

A car dealership owner originally purchased a \$488,000 life insurance policy as a way to fund a buy/sell agreement with his business partner. After the business dissolved, his family continued to pay the premiums, but eventually decided they no longer needed the coverage. He was planning to surrender the policy back to the insurance company for \$6,800 until he saw an ad on TV.

He called the company and learned he had another option in which he was able to sell his

policy for \$80,000 - more than 10 times what he would have received from the insurance company. The proceeds were divided among his three children, which they used to supplement their income.

"When seniors decide they no longer need or can't afford their life insurance policy, the typical decision they make is to lapse or surrender it back to the insurance company," said Alan Buerger, CEO of Coventry Direct.

"The vast majority of these seniors have no idea they may be able to sell that unneeded life insurance policy for several times more than its cash value."

Life insurance is personal property, has value and can be sold just like a home. The proceeds of the unwanted policy can be put toward paying health care bills, paying off debt or subsidizing other retirement expenses.

For more information, visit coventrydirect.com/lifasettlements or call 888-858-9344.

Weed Out Gardening Injuries

Gardening has many health benefits, but you need to ensure that you're not putting undue strain on your body.

Bayer Advanced lawn and garden expert Lance Walheim, author of *Lawn Care for Dummies*, knows a thing or two about the aches that can come with spending hours doing what you love in your garden. By using these tips, along with latest ergonomically designed gardening tools, you can take care of your lawn - and your body.

Bend at the knees. Bending while weeding, planting or lifting can cause pain in your lower back, hamstrings or knees. If you must bend, do so with your knees and position yourself squarely facing the object - close enough that you are not also reaching.

Watch your spine. Stooping while hoeing, raking or shoveling puts strain on your spine. Instead, let your feet and hips do the work or use ergonomically shaped tools. Tools with thicker

handles can also help decrease hand fatigue.

Don't over-reach. Stretching for high branches or for that hard-to-reach spot can put strain on your ankles, neck and shoulders. Tools with grab and go handles make it easier to lean into hard-to-reach areas, helping to reduce the twisting and bending that strains joints. Also, drench products, which are applied to the base of the plant, can help avoid the need to reach.

Get a grip. Grasping a trigger for long periods of time can fatigue the wrist, hand and fingers. Instead, use ergonomically shaped tools. For more information, visit bayeradvanced.com.

According to the U.S. Consumer Product Safety Commission, 400,000 people are hurt in their gardens each year by lawn or garden tools, and thousands more are hurt from bending, stooping, reaching and grasping.



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-Victoria Capello - Breast Cancer Survivor



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Visalia Transit Announces New Senior Bus Fares

Visalia Transit's new bus fare prices went into effect on August 6. Three of the price changes affect seniors: the Fixed One-Way Fare for seniors is now 75¢, the Day Pass is \$2.50, and the 7-Day Pass is \$7.50. These new prices are the same for the military and the disabled.

The midday/off peak discounted fares have been discontinued and all other fares will remain the same price.

"We used to have two different rates for service on any given day," said Visalia Transit Manager Monty Cox. "We were the only agency doing that and it was a little confusing."

He added that the price changes were made to simplify the city's fares, as well as to make them consistent with bus fares countywide.

"We've all been doing this long enough now that we needed to make our policies and prices unified," he said.

Riders can purchase one-

way tickets, day passes and weekly passes when they board the bus. Before inserting exact change into the farebox, riders need to tell the driver what kind of pass they want to purchase. If someone does not have exact change, Visalia Transit offers change cards, which can be used to purchase a pass on the bus anytime.

Bus passes are also available on the first floor of the Visalia Transit Center, 425 E. Oak Ave., Visalia, from 6 a.m. to 5:30 p.m. weekdays, and 6 a.m. to 2 p.m. weekends. Bus operation runs from 6 a.m. to 9:30 p.m. weekdays, and 8 a.m. to 6:30 p.m. weekends.

Visalia Transit has also made some route changes, including the new Routes 16A and 16B, which now connect northwest Visalia to the south central part of the city.

For more information, call 1-877-404-6473 or visit Visalia-Transit.com.

Plan Ahead to Help Keep Seniors Safe on the Road

A new scratch on the bumper or avoiding activities that require leaving home are often the first signs that families should talk with their aging parents about driving. Unfortunately, those conversations are not happening enough.

A new survey by Home Instead Inc. found that 95% of the surveyed seniors have not talked to their loved ones about driving, though nearly one-third (31%) said that a recommendation from family or friends that they transition from driving would make them reconsider driving.

"As adults, we don't hesitate to talk to our teenage children about driving, but when we need to address concerns with our own parents, we drop the ball," said Elin Schold Davis, occupational therapist and project coordinator for the Older Drive Initiative of the American Occupational Therapy Association. "We know that discussing driving with aging loved ones reduces their discomfort around limiting or stopping their driving. Often, families just need to know how to start the dialogue."

Nearly 90% of aging adults rely on their cars and driving to stay independent, according to the survey. Though many seniors 70 and older are able to drive safely into their later years, it is critical for families to have a plan in place before a medical or cognitive condition makes it unsafe for their senior loved one to get behind the wheel.

To help families navigate these sensitive conversations about driving cessation, Home Instead collaborated with Schold Davis to launch a new community education program, Let's Talk About Driving, available at www.LetsTalkAboutDriving.com. The program offers free resources and tips to help families build a roadmap with their senior loved ones for limiting or stopping driving when the time is right.



"We're passionate about helping seniors live comfortably and stay independent as long as possible, and losing the ability to drive is often a life-changing experience for seniors," said Jeff Huber, president and CEO of Home Instead, Inc. "Having a proactive discussion with aging adults allows them to take ownership of when and why driving should be reduced, and keeps seniors safe and independent."

Additional warning signs that seniors may be unsafe on the road include physical changes that impair older adults' ability to turn when backing up, increased agitation when driving, difficulty staying in lanes and delayed reaction and response time. The overarching solution to keeping seniors safe and independent is to develop an objective process to assess a loved one's driving abilities, communicate concerns and plan ways to transition driving practices.

A key component of the Let's Talk About Driving program is the Safe Driving Planner, developed to help families identify their senior loved one's current driving abilities. The free web-based tool includes conversation starters and tips to help families build a roadmap with their senior loved ones for reducing or stopping driving. Additional free resources available at www.LetsTalkAboutDriving.com include: warning signs that seniors may be unsafe on the road; suggestions for easing driving transitions for seniors; and vehicle technologies that can help keep aging adults safe on the road.

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10 Early Warning Signs of Alzheimer's and Dementia

Senior Helpers, a provider of personalized in-home senior care, shared 10 telltale signs a loved one may be living with Alzheimer's or dementia. With Baby Boomers now reaching age 65 and an individual diagnosed with the disease every 66 seconds, the number of people diagnosed with the disease is expected to escalate rapidly over the coming years.

According to Senior Helpers, recognizing and differentiating normal aging from symptoms associated with the disease will help caregivers and their loved ones identify the disease and develop a care plan sooner.

Leeza Gibbons, New York Times bestselling author and caregiver to both her mother and grandmother who lived with the disease, understands how challenging it can be to identify the signs of Alzheimer's or dementia.

"Life doesn't always go as planned," said Gibbons. "The people we love get sick and that is often when we face our biggest moment of truth. My mom was relatively young, just 55 years-old, when she started showing signs of the disease, including forgetfulness and behavioral issues with hygiene."

In an effort to help families identify if a loved one may be living with Alzheimer's or dementia, Senior Helpers offers the following 10 signs to look for:

1. Memory Loss: Does your loved one experience trouble remembering NEW information or memory loss that disrupts daily life, such as forgetting

important dates and events or asks for the same information repeatedly?

Normal aging: Occasionally forgetting names or appointments, but remembering them later.

2. Challenges planning and problem solving: Does he or she display difficulty with complex mental assignments, like following a recipe or with tasks that involve numbers, such as paying monthly bills?

Normal aging: Makes occasional errors during tasks like balancing a checkbook.

3. Difficulty completing familiar tasks: Have you witnessed him/her have trouble completing familiar tasks, such as driving to a favorite location, brushing their teeth or getting dressed?

Normal aging: Occasionally needs help to use the settings on a microwave or to record a TV show.

4. Confusion with time or place: Does he/she lose track of dates, seasons and time, or forget where they are or how they got there?

Normal aging: Experiencing initial confusion about the day of the week but figuring it out later.

5. Vision problems: Does he/she experience difficulty reading, judging distance and determining color or contrast? This may even include not realizing he/she is looking into the mirror.

Normal aging: Problems with vision changes related to cataracts.

6. Problems with speaking
(continued on page 12)

Kaweah Delta Breast Center Announces Pink Tea Party Keynote Speaker

Tickets are on sale for Alice in Wonderland," Kaweah Delta Breast Center's 5th annual Pink Tea Party, scheduled for the Visalia Convention Center on Sunday, October 23, beginning at 1 p.m.

The event's keynote speaker will be speaker, physician, author and breast cancer survivor Dr. Sheri Phillips Prentiss, national spokesperson for Susan G. Komen 3-Day, and author of *When Everything Changed: My Journey from Physician to Patient*.

Prentiss is a board-certified occupational and environmental medicine physician who designed a compression arm sleeve to combat lymphedema, a swelling in an arm or leg caused by a lymphatic system blockage most commonly caused by lymph node removal or damage due to cancer treatment.

"I'm excited to be a part of this event that is bringing awareness to breast cancer and celebrating women for the hope, strength and courage they've shown in facing cancer," said Prentiss.

The event will also include music, opportunity drawings, a photo booth and a walk of hope rose ceremony honoring those whose lives have been touched



Dr. Sheri Phillips Prentiss

by breast cancer. Roses will be sold for \$5 and proceeds from the sale will go to the Lost Girls Fund created by the Lost Girls Motorcycle Club.

If a low-income woman is in need of a mammogram and cannot pay for it, the fund pays for the mammogram at the Kaweah Delta Breast Center. For more information about the Breast Center and its services, call (559) 624-3209 or visit www.kaweahdelta.org.

Tickets (\$25) and tables (\$200) can be purchased by calling (559) 624-2242. Tickets must be purchased in advance of the event.

Karen R. Munger

Medicare product specialist

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Calendar

Sunday, September 11 - Grandparent's Day Open House

Prestige Assisted Living, 3120 W. Caldwell Ave., Visalia will host this event honoring grandparents everywhere, and featuring a free lunch with tour. RSVP required by September 7 to (559) 735-0828.

Monday, September 12 - National Assisted Living Week Kickoff

Visalia Mayor Steve Nelsen will publicly proclaim the week of September 11-17 as Assisted Living Week in the city of Visalia at 10:30 a.m. at Prestige Assisted Living, 3120 W. Caldwell Ave., Visalia. For more information, call (559) 735-0828.

Wednesday, September 14 - "The Grapes of Wrath"

Choices will present this 1940 classic film starring Henry Fonda. The show starts at 6:30 p.m. and tickets are \$5. For more information, call (559) 625-1369 or visit www.foxvisalia.org.

Wednesday, September 14 - "Tails of the West" Dog Show

Prestige Assisted Living, 3120

W. Caldwell Ave., Visalia, will host this event from 2-4 p.m. Admission is a \$5 donation to benefit Alzheimer's Association. For more information, call (559) 735-0828.

Thursday, September 15 - Chukchansi Day Trip

Tulare Senior Center has announced the return of its popular day trip to Chukchansi Casino. The cost for the trip is \$20. Every passenger will receive a credit for \$10 free play and a \$5 food credit. The bus departs from the Tulare Senior Center at 8 a.m. and leaves Chukchansi Casino at 4 p.m. For more information call (559) 685-2330.

Friday, September 16 - Visalia Senior Center Fall Open House

The Visalia Senior Center will host this event from 3-6 p.m. (See article on page 1.)

Saturday, September 17 - Silent Comedies

An evening of classic silent comedy will be held at the Hanford Fox Theatre, 326 N. Irwin Street, Hanford. Tickets are \$10; students/senior/military

get a \$5 discount. For more information, visit foxhanford.com or call (559) 584-7423.

Monday, September 19 - Western Day

The Tulare Senior Community Center announced this event, featuring country music by Ken Bridges starting at 10 a.m., root beer in at the Senior Saloon at 11 a.m. and the luncheon at 11:30 a.m. For more information, call (559) 685-2330.

Wednesday, September 21 - The Glenn Miller Orchestra

The Glenn Miller Orchestra will headline the Hanford Fox Theatre, 326 N. Irwin Street, Hanford. Tickets are \$64.25 and \$52.75. For more information, visit foxhanford.com or call (559) 584-7423.

September 23-25 - 15th Annual Visalia Home Expo

This annual event, held at the Visalia Convention Center, features more than 250 booths showcasing a variety of home products and services, many offering demonstrations and opportunities to talk to industry experts, along with chances to win prizes. For more information, visit www.visaliahome-shows.com or call 1-800-700-7469.

Saturday, September 24 - 75th Anniversary Health Festival

Visalia Medical Clinic, Inc. will present this event, featuring booths, on-site health checks, flu shots, bike rodeo, children's coloring and George the Giraffe, at 5400 W. Hillside, Visalia, from 9 a.m. to noon. For more information, call (559) 738-7547.

Saturday, September 24 - Hands in the Community Seventh Annual Celebration

Hands in the Community will host this fundraising dinner and silent auction at the Visalia Convention Center. The auction preview, wine and hors d'oeuvres will be from 6-7 p.m., with the dinner and program 7-9 p.m. For tickets or more information, call (559) 625-3822.

Thursday, October 6 - Kings Regional Health Foundation Annual Charity Gala

Dinner starts at 5:30 p.m. at the Hanford Civic Auditorium. Johnny Cash tribute by James Garner starts at 8:30 p.m. at the Hanford Fox Theatre. Tickets for the performance are \$50. Din-

ner and show tickets are \$250. For tickets or more information, call (559) 537-0760.

Saturday, October 8 - 3rd Annual Walk to End Alzheimer's

The 3rd Annual Alzheimer's Association Walk to End Alzheimer's will begin at 10 a.m. at Mooney Grove Park in Visalia. (See article on page 1.)

Saturday, October 15 - 5th Annual Classic Car Show at Westgate Gardens

Westgate Gardens Care Center will host this free event, which features a free lunch, raffle prizes, live entertainment and family fun, from 10 a.m. to 2 p.m. on their grounds at 4525 W. Tulare Ave. in Visalia. Free registration for all classic cars. For more information, call 733-0901.

Saturday, October 15 - Tulare County Symphony Presents 'Billy the Kid'

The work of composer Aaron Copeland will be featured at this concert. Tickets for the 7:30 p.m. performance are \$30 to \$39.50. For tickets or more information, visit www.foxvisalia.org or call (559) 625-1369.

Saturday, October 15 - 'Phantom of the Opera'

The American Theatre Organ Society will present the original "Phantom of the Opera," with musical accompaniment by Dean Mora on the Mighty Wurlitzer theater pipe organ, at the Hanford Fox Theatre, 326 N. Irwin Street, Hanford, beginning at 7:30 p.m. For more information, visit foxhanford.com or call (559) 584-7423.

Saturday, October 22 - The Russian Grand Ballet Performs 'The Sleeping Beauty'

Tickets for the 8 p.m. performance are \$39.50 to \$77. For tickets or more information, visit www.foxvisalia.org or call 625-1369.

Sunday, October 23 - Breast Cancer Awareness Tea

The Kaweah Delta Breast Cancer Awareness Tea will be held at the Visalia Convention Center. (See article on page 7.)

Wednesday, November 2 - 'Mr. Smith Goes to Washington'

Choices will present this 1939 classic starring James Stewart. The show starts at 6:30 p.m. and tickets are \$5. For more information, call (559) 625-1369 or visit www.foxvisalia.org.

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Seniors Showcase Creativity at San Diego Comic-Con

By Steve Pastis

The San Diego Comic-Con, the annual event that attracts more than 100,000 comic book collectors, movie and television show fans each summer, is not just for young people.

If you ever have the opportunity to attend this pop culture celebration, take a moment to look around the exhibit hall and the rest of the San Diego Convention Center. You will see that a good number of fans, dealers and artists in attendance have distinguished gray hair.

Many of the cartoonists showcasing their work in the booths at Comic-Con are senior citizens. Age has given them experience and confidence, along with an interest in doing what they want to do, without worrying about the latest trends or fads.

Rick Geary, 70, has been working in comics since 1977. He was a contributor to the *National Lampoon* for 13 years and his comic stories have also been published in *Heavy Metal*, Dark Horse Comics and the DC Comics/Paradox Press Big Books. His work has also appeared in *The New York Times Book Review*, *MAD*, *Spy*, *Rolling Stone*, *The Los Angeles Times* and *The Old Farmer's Almanac*.

His graphic novels include the nine-volume series *A Treasury of Victorian Murder* for NBM Publishing. The new series *A Treasury of 20th Century Murder* began in 2008 with *The Lindbergh Child*. His other historically-based graphic novels include: *The Lives of Sacco and Vanzetti*, *Trotsky* and *J. Edgar Hoover: A Graphic Biography*.

Geary keeps working, adding to his impressive cartooning resume.

"First of all, I could never stop drawing," he explained. "Second of all, being self-employed, I can never retire. I have to keep making a living.



The San Diego Comic-Con has become a major cultural event.

"I just finished my latest book in the 20th Century Murder series, 'Black Dahlia,'" he continued. "I'm also working on an epic graphic novel about the Lincoln County War, which I hope to get funded on Kickstarter later this year."

Geary, who travels to San Diego every year from a small town in New Mexico, doesn't follow trends.

"I've always been pretty clueless about what sells, and every time I base a project on that, I fail miserably," he said. "Most of the time I work on what I feel like doing."

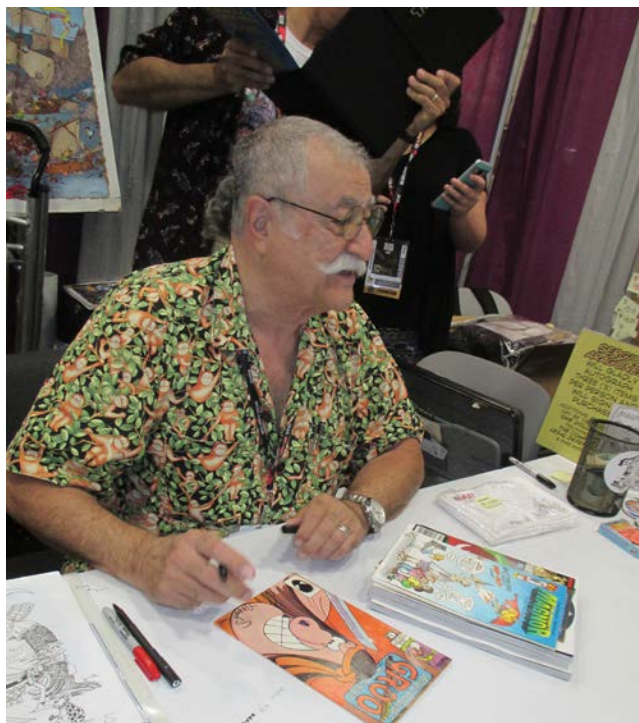
Sergio Aragonés, whose work has appeared in *Mad Magazine* since 1963, is also known for his comic book character "Groo," one of the longest-running "creator-owned" comic book properties, as well as for creating the animation for several movies and television shows, including Dick Clark's "TV Bloopers and Practical Jokes."

At 80, Aragonés believes that age can be an advantage to a cartoonist.

"Through the years, we have more respect from publishers and fans so we can do what we want to do," he said. "We know now what's good and what's bad. We know the rules. Nobody has to tell us because we know them by heart.

"I'm still doing what I was doing many years ago," he said, noting that he is still with *MAD Magazine* and still drawing Groo, which will continue with his new comic book featuring Groo and Tarzan. He also has no plans to retire as a cartoonist.

"People usually retire from work," Aragonés explained. "We don't work. We're doing what we were doing in the third grade,



Sergio Aragonés

but they're paying us now. It's like breathing. You can't retire from breathing."

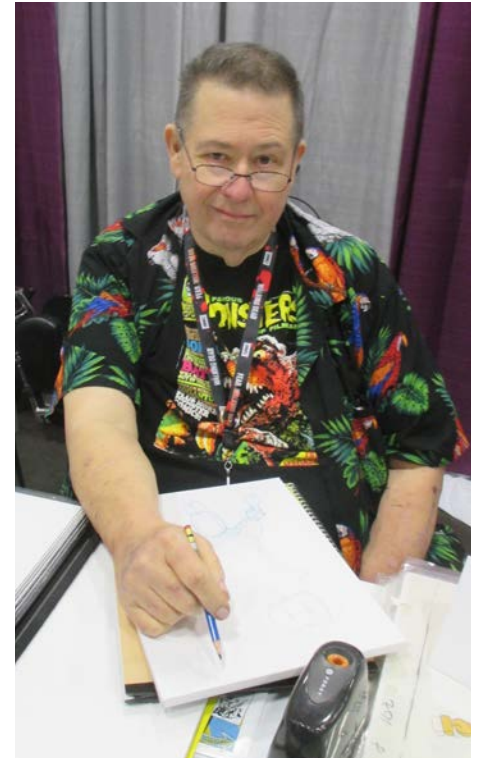
Scott Shaw, 65, also has an impressive resume, having done comic book work for Hanna-Barbera's "The Flintstones," "Captain Carrot and His Amazing Blue Crew" and "The Simpsons." He is still active as a cartoonist, and has had a booth at the San Diego Comic-Con for decades.

"I was one of the kids that started Comic-Con in 1969," he said, before answering questions about his current projects.

"I'm working on a series of children's books, doing 150 illustrations for Dark Horse Comics, and a new line of hats with my characters," said Shaw, adding that he is also illustrating an Angry Birds story for Rovio,

a company based in Finland. "I just finished working on a Flintstones (television) pilot for Warner Bros.

"I'm not interested in sitting around doing nothing," he said. "I've also got books to write on the history



Scott Shaw

of comics. I've got no time to rest."

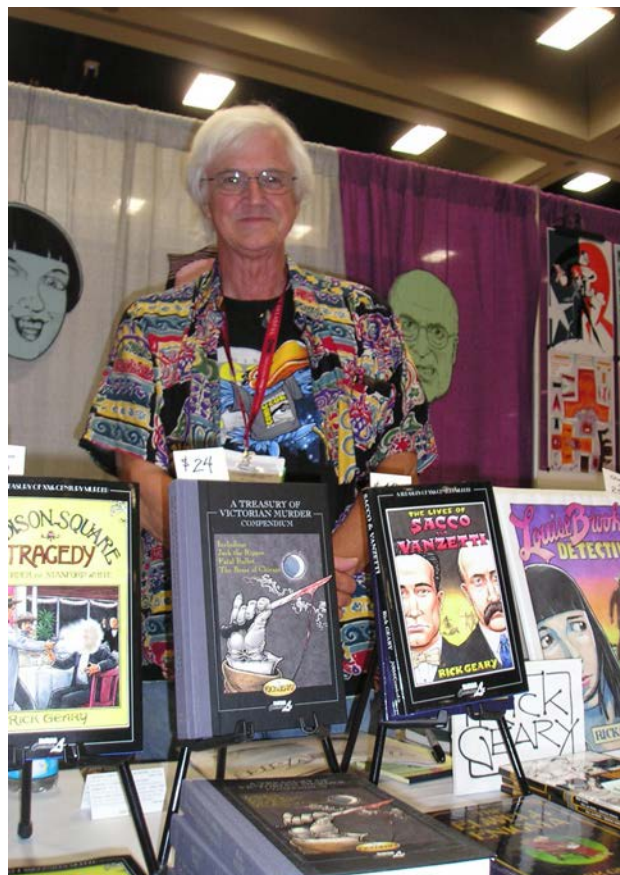
If there is any cartoonist who has successfully managed to keep his cutting edge sense of humor intact over the years, it has to be Bob Burden, who created his first major comic book here, *The Flaming Carrot*, in 1978. Now 64, he is working on "a bunch of stuff" including *Agent Strange*, one of the FBI's top agents who turns out to be an alien from another planet, but is too vital to an important case to be terminated.

Another project is *Jackie Fiasco*, whose magic wand "was run over by a truck so it doesn't work very well." And then there is *Mullet Force Six*, described as, "Six guys with out-of-style haircuts who have been promised fame, fortune and free DSL to fight evil."

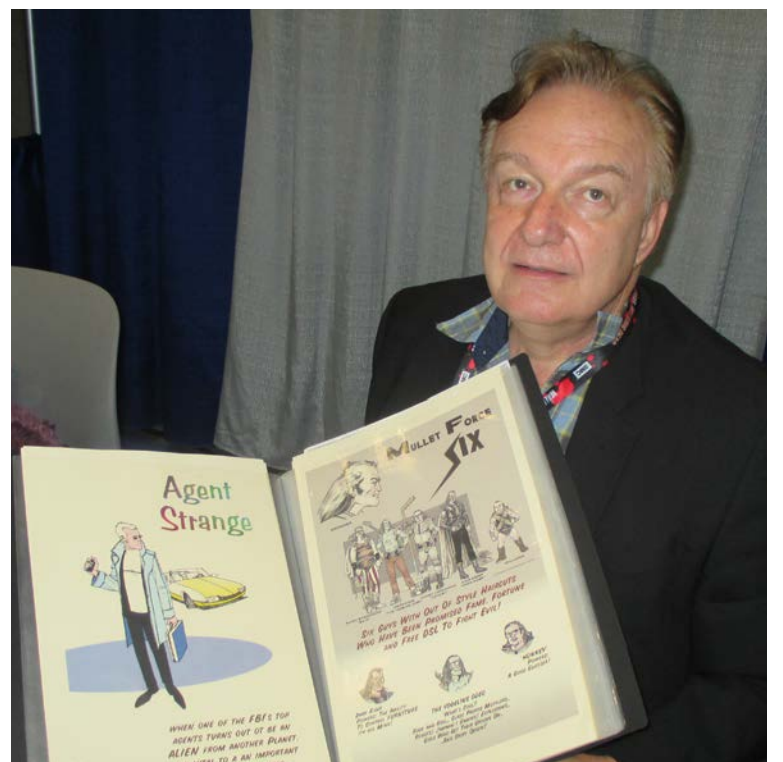
"They really have super powers," said Burden. "One controls furniture with his mind, but he has a terrible time with wicker. Another one is a good guesser."

Burden said he feels fine and intends to be a cartoonist for years.

"I think if you don't keep your finger in the pie and keep going, it's not good for longevity," he said.



Rick Geary



Bob Burden

Wining & Dining

Orzo with Lemon, Brie and Toasted Pine Nuts

Live a life in balance.

Particularly during the busiest times of year, finding the right balance is crucial. With all the time spent on work and personal obligations, it is important to remember what matters most - family, friends and the things that make you happy. Here are three ways to prioritize your individual interests and live a life in balance:

- Reconnect with loved ones regularly. Actively schedule quality time with family and friends. Set up a date with your significant other, have lunch to reconnect with a friend or invite a small group over for a glass of Chardonnay on the porch.

- Do something you enjoy. Spending even a few minutes each day to appreciate something that brings you pleasure - whether it's a good book, gardening or preparing a delicious meal, for example - is an important way to ensure your own interests fit into the balancing act called life.

- Treat yourself. Get a pedicure or facial, schedule a massage or buy a new outfit. It doesn't need to be costly; a simple glass of wine, cup of your favorite coffee or tea, scented candle or fragrant bouquet can make a big impact.

Orzo with Lemon, Brie and Toasted Pine Nuts **Serves: 8**

- 1 pound orzo pasta
- 1/4 cup extra-virgin olive oil, plus 1 tablespoon, divided
- 1 tablespoon lemon zest
- 3 tablespoons lemon juice
- 1/2 teaspoon minced garlic
- 1 wheel (10 ounces) Brie cheese, cut into 1/2-inch cubes
- 3/4 cup golden raisins
- 1/2 cup toasted pine nuts
- 1/4 cup fresh basil, chiffonade
- salt, to taste
- freshly ground black pepper, to taste

Prepare pasta according to package instructions until al dente. Toss with 1 tablespoon olive oil to prevent sticking and allow to cool.

In large bowl, toss pasta with remaining olive oil, lemon zest, lemon juice, garlic, Brie cubes, raisins, pine nuts and basil. Season with salt and freshly ground black pepper, to taste. Garnish with additional basil, if desired.



Recipes courtesy of Family Features



Grilled Panzanella Salad

Whether you're hosting a small weekend get-together, a large holiday gathering or anything in between, entertaining friends and family will always provide an opportunity to create memories that last a lifetime. However, no host wants to miss out on the highlights because of an endless to-do list in the kitchen. With the right recipes and refreshments, it's easy to throw a successful, enjoyable dinner party for both you and your guests.

One way to take the guesswork out of meal planning is by starting with the wine you're planning to serve and working backwards. Chardonnay is a favorite varietal of many wine lovers and Edna Valley Vineyard has crafted award-winning, food-friendly Chardonnay from California's central coast for more than 35 years. Featuring bright layers of white peach and apricot alongside notes of pineapple and brown spice, this white wine is a sure bet to complement a range of dishes and elevate any meal.

One savory example that pairs perfectly with Chardonnay is Grilled Panzanella Salad - a quick and delicious dish that can serve a small group using a few basic ingredients and leftover bread.

For more easy entertaining recipes and ideas, visit EdnaValleyVineyard.com.

Grilled Panzanella Salad **Serves: 4-6**

Salad

- 8 ounces day-old sourdough bread
- 2 tablespoons extra-virgin olive oil
- kosher salt
- 1 clove garlic
- 1 cup roasted red bell peppers, sliced into 1/2-inch pieces
- 1 1/2 cups yellow grape tomatoes, halved
- 1/2 cup Nicoise or Kalamata olives, halved if large
- 1/4 cup chopped fresh basil
- 1/4 cup grated Asiago cheese

Balsamic Vinaigrette

- 1 1/2 tablespoons golden balsamic vinegar
- 1/4 teaspoon minced garlic
- 1/4 cup extra-virgin olive oil
- salt, to taste
- pepper, to taste

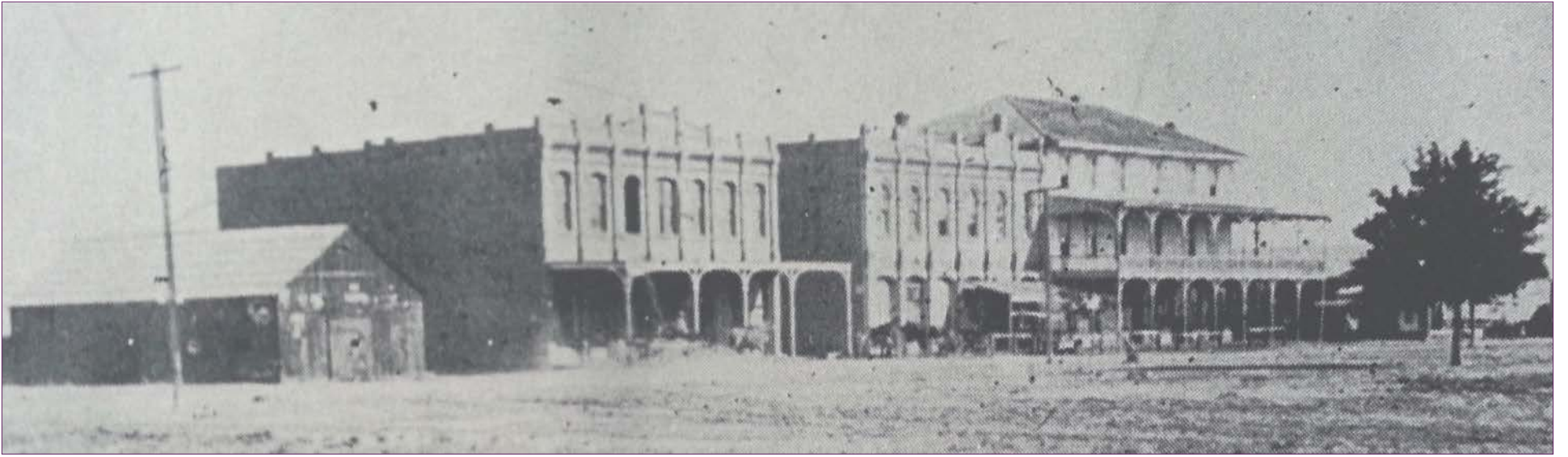
Heat grill or grill pan to medium heat.

For salad: Cut bread into 1-inch thick slices. Brush both sides with olive oil and season with salt. Grill bread on both sides until toasted and grill marks are present. When bread is cool enough to handle, rub garlic clove on both sides. Cut into 1-inch cubes.

In large bowl, combine bread, peppers, tomatoes, olives, basil and cheese.

For balsamic vinaigrette: In small bowl, combine balsamic vinegar and garlic. Whisk in olive oil in slow stream until combined. Season with salt and pepper, to taste.

Toss vinaigrette with salad and serve immediately. Garnish with additional fresh basil and grated cheese, if desired.



The two-story building, second from the left, was the Union Hall where the shootout took place in Pixley in 1933. (Photo courtesy of Jeff Edwards)

The Deadly Pixley Cotton Strike

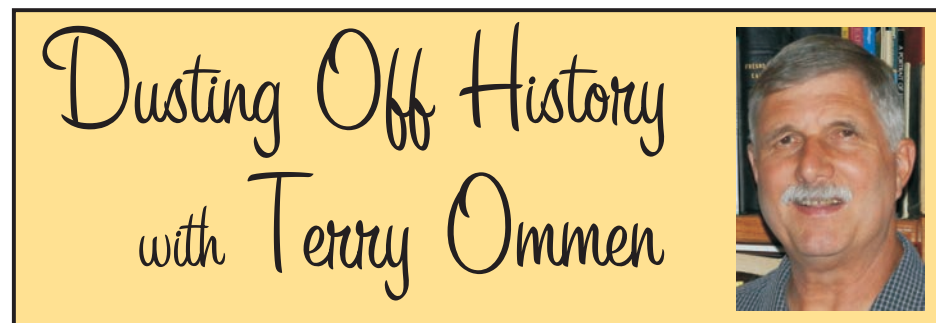
As the amount of irrigated land in California increased in the early 1900s, so did the need for farm workers. The workers came, and unionization soon followed. Job actions became common and between 1933-1939 California had 180 strikes involving nearly 90,000 workers.

One of the strikes occurred in Tulare County, and in 1933 the little town of Pixley became ground zero for a bloody incident. Cotton was picked by hand in those days and the local cotton pickers, through the Cannery and Agricultural Workers Industrial Union, were pushing to get \$1 per hundred pounds of cotton picked. The growers were only willing to pay 60 cents, so on September 25th the farm workers left the fields.

The mood on both sides was tense as the worker's wages stopped and the growers watched their cotton crops go unpicked. On October 10th, hundreds of strikers gathered near the railroad depot in Pixley to listen to a speech by Pat Chambers, a well-known labor organizer and communist. His speech was motivating to the strikers, but to others it was inflammatory, even criminal.

During the speech, about 10 vehicles packed with armed ranchers arrived. At this point, what followed is open to different interpretations. According to some, after Chambers was finished he and the strikers walked across the street to their Union Hall, although Billy Thomas, one of the strikers, saw events differently. He said that when the cotton growers came into town, they drove their vehicles through the crowd and scattered those listening to the speech. He added, "... when the farmers stopped their automobiles, they got behind the cars and opened fire without warning."

The ranchers' version was that they left their vehicles and began walking toward the union hall without firing a shot. As they approached the front of the hall, shooting began and continued for about



five minutes. When the smoke cleared, there were two strikers dead and more than a half dozen wounded, both strikers and farmers. On October 11th, the *Visalia Times-Delta* reported that the two dead were Delores Hernandez, 50, and Delfino D'Avila, 45.

Within a half hour of the battle, according to the *Delta*, "nearly every peace officer in the county was en route to Pixley." Sheriff Robert Hill arrived with his deputies, as well as constables from the area, California Highway Patrolmen and the Tulare County District Attor-

ney, Walter C. Haight, and his deputies.

Authorities moved quickly and initially arrested five ranchers and charged them with murder. Eventually, more would be charged. Seventeen strikers were arrested for various violations including rioting and disturbing the peace. Everyone was taken to the Tulare County Jail in Visalia.

The next morning, 300-400 strikers gathered on the courthouse grounds in Visalia and for a few hours they listened to speakers denounce the ranchers and county officials. Author-

ities watched the group carefully, but no incidents occurred and the strikers left peacefully.

In early January 1934, the murder case made it to the Tulare County Superior Court. Judge Frank Lamberson presided as eight ranchers were on trial for the murder of Hernandez and D'Avila. The ranchers, defended by attorneys Dickson F. Maddox and James M. Burke, argued the ranchers went to Pixley at the request of the Tulare County Sheriff's Department to maintain order, which was consistent with statements made by Tulare County Deputy Sheriff Jack Hill.

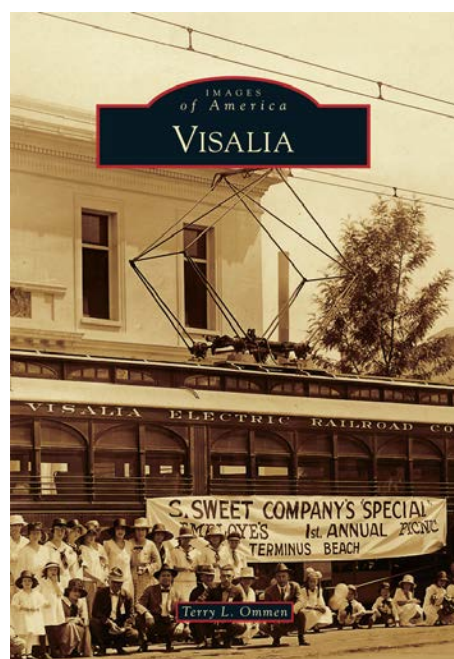
The trial lasted about three-and-a-half weeks and on February 1st, the prosecution and the defense finished their arguments and the case went to the jury. Three hours later a verdict was reached. All eight ranchers were found not guilty of murder.

Arcadia Publishing Releases New 'Visalia' Book by Terry Ommen

When the first settlers arrived in what is now Visalia in the fall of 1852, they found a lush river delta in the midst of an oak forest at the base of the Sierra Nevada. The soil was fertile, just right for farming, enabling Visalia to take root as the oldest town in the southern San Joaquin Valley.

For the next 163 years, the town provided important products and services, like David Walker's Saddle Shop that became home to the famous Visalia Stock Saddle and Ben Maddox's Mount Whitney Power Company that harnessed water from the Kaweah River for electricity. Now with a population of over 130,000, the county seat of Tulare County continues to be surrounded by some of the most productive farmland in the world and is a vibrant business center.

Arcadia Publishing and The History Press have released *Visalia*, a book featuring old photographs that reflect the history of Visalia, the oldest



town in the Southern San Joaquin Valley, along with historical information to put it all into perspective. Terry Ommen, our own history columnist, compiled the photos and wrote the text.

Although born in Minnesota, Ommen has lived in California for the past six decades, including 45 in Visalia with his wife, Laraine. He loves the town

and especially loves its history. He has written extensively about it and this book is another product of his passion.

Ommen writes about local history frequently in local publications including magazines such as *Lifestyle* and *The Good Life*, and contributes occasionally to the *Visalia Times-Delta* newspaper. He is seen as a local history authority and is called on frequently for answers to historical questions.

He believes that this work will add to the reader's knowledge of local history and will encourage them to go deeper with their understanding of Visalia's interesting past.

Ommen is also the author of *Visalia: Then & Now*, which was published by Arcadia Publishing in 2009, and *Wild Tulare County: Outlaws, Rogues & Rebels*, published by The History Press in 2012.

For more information about all three books, visit www.arcadiapublishing.com and search for Visalia.

Early Warning Signs of Alzheimer's and Dementia...

(continued from page 7)

or writing: Does your loved one display trouble following or joining a conversation, and even repeat himself/herself or forget what they're talking about mid-conversation. Do you notice him/her being unable to find the right word or calling things by the wrong name?

Normal aging: Sometimes has trouble finding the right word.

7. Misplaces things and has trouble retracing steps: Do they sometimes put things in unusual places or are known to accuse others of stealing. This could also result in trouble retracing their steps.

Normal aging: Misplaces things from time to time, like glasses or keys.

8. Decreased or poor judgment: Does the individual illustrate poor judgment when dealing with money, or pay less

attention in grooming or keeping himself or herself clean?

Normal aging: Makes a bad decision occasionally, such as an overly expensive purchase.

9. Withdrawal from work or social activities: Has your loved one begun removing himself/herself from social activities, hobbies, work place, etc.?

Normal aging: Sometimes feels weary of work, family and social obligations.

10. Changes in mood and

personality: Does he/she become confused, suspicious, depressed, fearful or anxious? This sign may also result in becoming upset at home, work, with friends or any place they are out of their comfort zone.

Normal aging: Develops specific ways of doing things and becomes irritable when a routine is disrupted.

For more information on Alzheimer's and dementia care, visit www.seniorhelpers.com.

THE END OF ALZHEIMER'S STARTS WITH YOU



VISALIA WALK TO END ALZHEIMER'S SATURDAY, OCTOBER 8, 2016

Mooney Grove Park, Visalia
Check-in opens: 8:00 am
Walk starts: 10:00 am

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