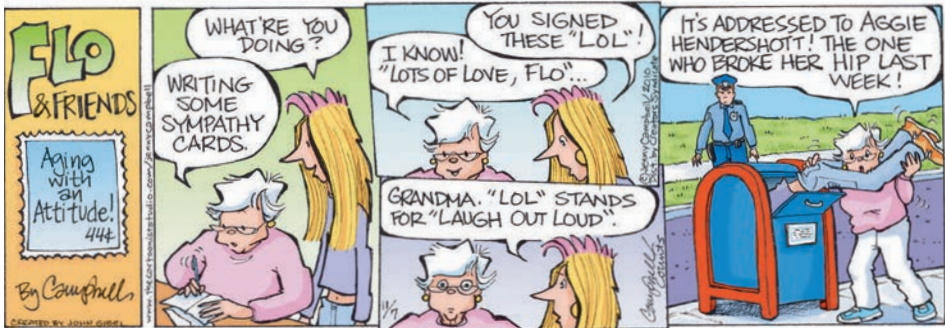


IN THIS ISSUE: Flu Meets Covid-19, Dementia Care, Prize Scams Target Seniors, Temperance in Tulare County, Elder Abuse Exhibit in Hanford

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume VII, Number 4 • September/October 2020



Humor of Senior Life Featured in 'Flo & Friends' Comic Strip

By Steve Pastis

"I always joke that I'm not a real artist; I'm a cartoonist," said Jenny Campbell, who creates the comic strip "Flo & Friends."

Campbell, the daughter of an artist and a syndicated writer, has always loved to draw.

"I've always drawn, from the time I could hold a crayon," she said. "Because my style was too cartoony, I went the journalism route instead - but for every newspaper I did a cartoon."

When Campbell was 32, she decided to change careers and give her real passion a shot.

"I quit my job in California, moved to Ohio and called myself a cartoonist," she said.

"Flo & Friends" was created by John Gibel, who approached Campbell in 2002.

"I'd always wanted to do a comic strip," she said, "and he had this idea for years."

Gibel wanted a cartoonist for the strip who was local and who was a woman - because he wanted that perspective, said Campbell.

With Campbell as the cartoonist, Gibel approached the five major syndicates.

"Creators Syndicate had received 12,000 viable comic strip ideas and had given out two contracts," said Campbell. "I think because of the aging population, we got one of those contracts. But as soon as we got the contract, John started panicking, 'How are we going to do this? I'm not funny.'"

The solution was Rosie, a woman who had written cards for American Greetings. Campbell wouldn't provide her last name - and then explained why.

"The gags were not funny, but she had total control over the gags," she said. "This was really frustrating. We had

25 newspaper orders (for the comic strip) out of the gate and then we started losing papers. We were down to 15 papers because we weren't that funny."

In January 2006, Gibel suffered a massive stroke and passed away at the age of 56.

"His family told me, 'We don't know anything about comic strips,' so they sold me the rights for \$10," said Campbell. "A year later, almost to the day of John's death, Rosie died."

Suddenly, "Flo & Friends" was all Campbell's.

"Slowly but surely, I built it back up," she said, noting newspapers in Tampa Bay and Pittsburgh recently added the strip.

Campbell talked about an angry letter from a reader (other than the one who was upset

(continued on page 4)

COVID-19 Still Impacts Tulare and Kings Counties

As of August 20, Tulare County has 12,907 reported cases of COVID-19, also known as coronavirus. The virus has killed 208 people in the county.

Kings County has had 5,347 cases, with 68 deaths.

People continue to receive mixed messages about how safe it is to resume a normal life. Some events are now on the fall calendar (see "mini" Calendar on page 4), but most others have been canceled.

Visalia Senior Games

The City of Visalia Recreation Department decided earlier this summer to cancel the 2020 Visalia Senior Games.

"At this time, no events have been confirmed for the remainder of the 2020 year and no dates have been confirmed for the 2021 Visalia Senior Games," said Jeremy Rogers, community services director. "As updates to city services and operations are made, we will share them on Facebook and on the city website at www.visalia.city."

Other cancelled events include the Fall Open House at the Visalia Senior Center, but the center will provide its drive-thru



Sports venues in Visalia will not host the Senior Games this year.

lunch service through October.

Tulare Senior Center

The center is currently closed, but its Grab & Go Program is still serving meals. For program updates, call (559) 685-2330.

Hanford Parks & Recreation

Aerobics classes will be held every Monday and Wednesday from 8:30-9:30 a.m. in the Civic Park, 400 N. Douty St. in Hanford. Walking/circuit classes will follow from 9:45-11 a.m. The cost (for seniors) is \$11 monthly for each class. For more information call (559) 585-2525.

(continued on page 8)

Alzheimer's Walk Makes Changes for 2020

The Alzheimer's Association Walk to End Alzheimer's will be held on Saturday, October 3.

The Tulare and Kings Counties Walk to End Alzheimer's, which attracts hundreds each year to raise awareness and funds to fight Alzheimer's disease, will look different this year. Instead of hosting a large gathering, the Alzheimer's Association is encouraging participants to walk as individuals or in small groups on sidewalks, tracks and trails across Tulare and Kings Counties.

On walk day, the opening ceremony will feature local speakers and a presentation of "Promise Flowers" to honor the personal reasons participants join together to fight Alzheimer's and all other dementia. A small group of Alzheimer's Association staff and volunteers will create the iconic Promise



Walkers may not be gathering at Mooney Grove Park as they did last year, but the biggest local Alzheimer's Association fundraiser will still happen this year.

Garden in a "view only" format on walk day to honor all those impacted by Alzheimer's. The flowers will then be delivered to participants' smartphones, tablets and computers.

More than five million Americans are living with Alzheimer's disease - the sixth-leading cause of death in the United

States. Additionally, more than 16 million family members and friends provide care to people living with Alzheimer's and other dementias. In California alone, there are more than 690,000 people living with the disease and 1.6 million caregivers.

To register and receive the latest updates on this year's Walk to End Alzheimer's, visit: alz.org/walk.

The Alzheimer's Association is a worldwide voluntary health organization dedicated to Alzheimer's care, support and research. Its mission is to lead the way to end Alzheimer's and all other dementia - by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

For more information, visit alz.org or call 800-272-3900.



The entry (above left) and kitchen at Quail Park at Shannon Ranch.

Quail Park at Shannon Ranch Offers In-Person & Virtual Tours

Northwest Visalia Senior Housing, LLC and Living Care Lifestyles have announced the opening of Quail Park at Shannon Ranch. This new community offers luxury apartments for active adults, as well as dignified memory care services for those with Alzheimer’s Disease and related dementias.

Located at 3440 W. Flagstaff Ave. in Visalia, the three-story, 120-apartment community will focus on promoting better health outcomes for its residents by featuring a fitness center, a therapy pool with submerged treadmill and resistance jets, and one-on-one fitness training plus group exercise classes.

Residents will be offered opportunities for regional and international travel, to participate in local philanthropy and community service, and to benefit from community partnerships focused on the creative and performing arts.

The community offers three restaurant-style dining options,

including a full-service pub and a coffee shop – all offering chef-prepared cuisine made fresh with locally sourced ingredients. Other amenities include an in-house beauty salon, on-site spa, concierge services and an in-house movie theater.

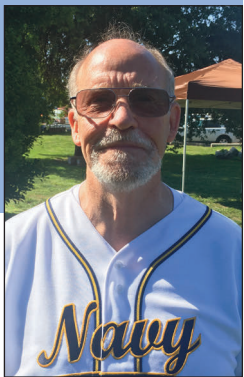
“We are extremely excited to bring this new style of senior living to the Central Valley!” said Living Care Lifestyles CEO Denis Bryant. “People have changed the way they look at getting older, so we have created a Quail Park community specifically designed for a more active and dynamic lifestyle.”

For a safe, social-distanced personal tour, call (559) 331-3002. There are also virtual tour options for those unable to travel to the community.

Living Care Lifestyles has Quail Park communities in California, Arizona, Texas and Washington. Lifestyle options include Independent Living, Assisted Living, Enhanced Assisted Living and Memory Care.

VETERANS CORNER

The Radiation Exposure Compensation Act



Ken Cruickshank

In this column I would like to address a benefit that you might qualify for that is not a Department of Veterans benefit. This is a benefit that is provided through the Department of Justice (DOJ) and has been around since 1990. However, many possible claimants are unaware of it.

There is a lot of information regarding this program – too much for this column – so I am only going to highlight parts of it. You can follow this link for more information: <https://fas.org/sgp/crs/misc/R43956.pdf>. Please be aware that this program is currently set to expire in 2022.

The Radiation Exposure Compensation Act (RECA) is a possible payment available to the following groups:

- Onsite participants - \$75,000 to persons who participated in the atmospheric test of an atomic weapon and developed one of the cancers that is listed at the above link.
- Downwinders - \$50,000 to persons who were present in one of the specified areas near the Nevada Test Site during a period of atmospheric atomic weapons testing and developed one of the cancers listed in the provided link.
- Uranium miners, millers and ore transporters - \$100,000 to persons who worked in mining, milling or transportation of uranium between 1942 and 1971, and developed one of the diseases listed in the provided link.

The application process for this program is provided through the Department of Justice’s Civil Division, which can be reached at the following phone number, the Department of Justice’s Main Switchboard: (202) 514-2000. The Radiation Exposure Compensation Act (RECA) statute does require that claimants submit “written documentation” of their illnesses to qualify for benefits, and there are specific documents that need to be provided per the RECA regulations. For further information, please contact the DOJ.

I would also like to mention that if you apply for this benefit and are approved, you can still apply for benefits through the Department of Veterans Affairs (VA). However, you will not be able to receive monetary benefits for this disability from the VA until the amount granted via the RECA has been fully paid out to you.

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 3348 W. Mineral King Ave., Visalia; by phone at (559) 713-2880; or by email at KCruicks@tularehhsa.org.



Navigating the Journey Through Memory Care

Join us for a **FREE** presentation, hosted over Zoom, by noted author **David Troxel, MPH**

Tuesday, September 22

10:00–11:00 a.m.

TOPIC: When Is It Time To Make A Move?

We are pleased to welcome **David Troxel, MPH** author of six notable books, including his newest, *A Dignified Life: The Best Friends Approach to Alzheimer’s Care – Guide for Care Partners*.

David is recognized as a leading expert on Alzheimer’s disease and dementia. In this webinar, David will discuss the changes that take place for those living with dementia and help loved ones determine “When is it Time to Make a Move?”

To sign up for this **FREE** webinar, please visit www.PrestigeCare.com/Expressions


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What Happens this Fall When Influenza Meets Covid-19?

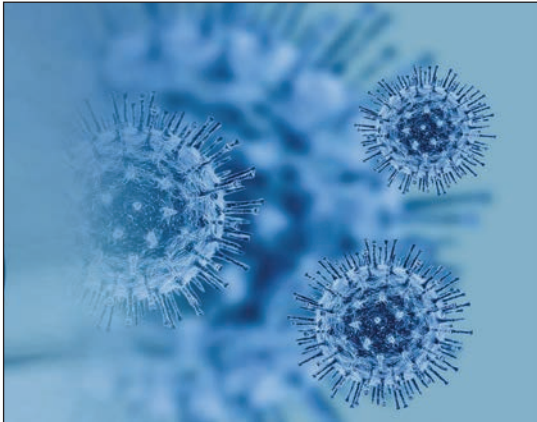
We at *The Good Life* were wondering what changes to expect with the COVID-19 epidemic when flu season begins. Fortunately, Tulare County Public Health Officer Dr. Karen Haught was able to answer our questions.

1.) *What type of influenza is expected this year and when will flu vaccinations be available?*

Most of the flu strains chosen for the upcoming season's vaccine have been updated. Each vaccine will offer protection against either three or four different strains, two influenza A and one influenza B, or two A and two B. It is very hard to predict from year to year which flu strain will predominate. Sometimes looking at the activity in the southern hemisphere can help predict, but this year the flu rates are very low in the southern hemisphere so it may not offer much information.

2.) *How is the COVID-19 pandemic expected to affect the coming flu season? (Will there be fewer cases because many people are staying home?)*

If social distancing, hand washing, and masking are widely practiced, we may see a milder flu season this year. That is what seems to be happening right now in the southern hemi-



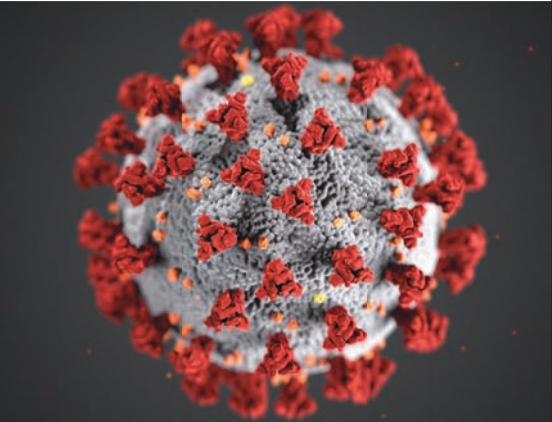
sphere, which is in their flu season.

However, as things open up and students return to school, flu transmission will likely increase, so it really will depend on people's behavior, how many people get the flu vaccine, and if there is a strain that doesn't match the vaccine very well.

3.) *Can COVID-19 combine with influenza to make it more dangerous - especially to seniors?*

Dual infections are a definite cause for concern. Once flu season starts, someone with influenza-like symptoms may need to be tested for both viruses - we expect there will be tests available that will detect both viruses at the same time.

Since seniors are at higher risk for both influenza and COVID-19, we would expect they would also be at high risk if they get a dual infection. This is why it will be very important



for everyone to get a flu vaccine this year.

It's important to note, there is also a stress on the hospitals and outpatient offices for people who are presenting with illness that may be either flu or

COVID, and need evaluation.

Both illnesses can lead to hospitalization and potential need for ICU care which may lead to overwhelming the capacity of the capacity of our hospitals. The influenza vaccine, social distancing and face coverings all remain very important.

Those interested in comparing the flu and COVID-19 can visit the CDC's website offering a detailed comparison of symptoms, transmission, duration etc.: www.cdc.gov/flu/symptoms/flu-vs-covid19.htm

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Thankfully, Eddie was transferred to Kaweah Delta where Dr. AbdulRahman Hamdi, a vascular surgeon with South Valley Vascular, a physician group affiliated with Kaweah Delta, was able to repair the rupture in Kaweah Delta's state-of-the-art Hybrid Surgical Suite.

Eddie knows it's a miracle he survived. "God gave me the courage to face my difficulties but without Dr. Hamdi and Kaweah Delta, my life wouldn't have been restored. I owe my life to Kaweah Delta."

“If we didn't have the resources, equipment, and physicians at Kaweah Delta, Eddie would have been sent to Fresno or Stanford and he wouldn't have made it. We had the right team, the right tools, and access to the hybrid suite to save Eddie's life.”

- DR. ABDULRAHMAN HAMDI

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CALENDAR

September 10-12 - Visalia Gleaning Seniors Fall Yard Sale
Visalia Gleaning Seniors will host their seasonal sale from 8 a.m. to 2 p.m. at the Gleaner Yard, 28600 Road 156 in Visalia. For more information, call (559) 733-5352.

Saturday, November 7 - 5th Annual Backyard BBQ & Cornhole Event
This event features a barbecue lunch, drinks and raffle prizes. The cost is \$100 for a team of two. For reservations or more information, visit seniorcaretkc.org, email seniortkc@gmail.com or call (559) 667-9601.

Saturday, November 14 - Second Annual Community Cremation Scattering Day
Visalia Public Cemetery, 1300 W. Goshen, Visalia, will host this event, which helps families transition from personal possession of urns to permanent placement of their loved ones at the cemetery. The cost for the service is \$325. Deadline is October 30. Call (559) 734-6181 or visit www.visaliacem.org for more information.

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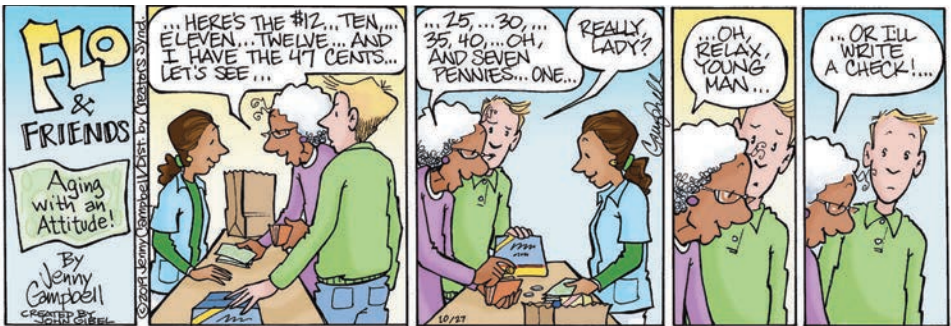
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Flo & Friends...

(continued from page 1)

with her for replacing “Prince Valiant” in the *Columbus Dispatch*).

“She said, ‘I don’t know what’s so funny about getting old. There’s nothing funny about it,’” Campbell recalled. “She was 35 years old! Honey, I don’t want to be at your 50th.”

Most seniors, however, are much more receptive to “Flo & Friends,” according to Campbell.

“They absolutely love it,” she said and recalled a talk she gave at a college. “It was jam-packed like senior career day. They moved it to a larger auditorium. Way on the other side of the parking lot, I heard somebody yell, ‘Hey!’ A little lady shook her walker and said, ‘Somebody’s finally writing about us!’”

Seniors have a better perspective on life, according to Campbell. “They have a lot more insight, which gives them really great senses of humor.

“I don’t do a lot of punchlines,” she said, explaining the humor of “Flo & Friends.” “I really try to make it situational. The strip has distinct personalities. If there’s a line I want to deliver, I’m really picky about



Jenny Campbell and Flo

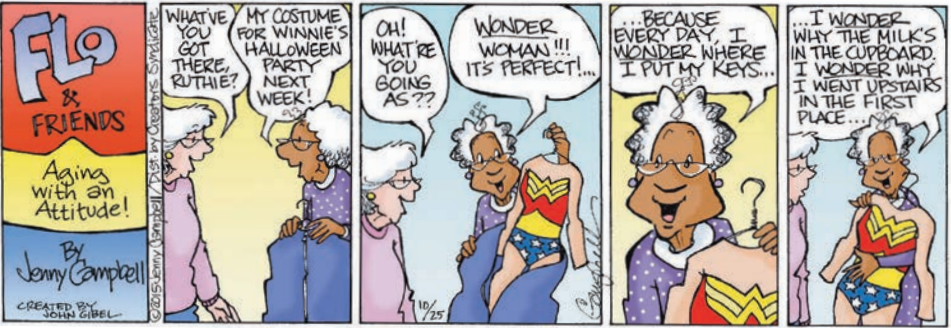
who’s going to say it. Occasionally, I throw in a punchline but it definitely plays off a character’s personality.”

Campbell also illustrates children’s books and has developed what she calls “a booming mask business” on her website, www.campbellcartooning.com.

“The most fun I have is the strip,” she said. “I have confidence in it and I enjoy doing it. The older I get, it’s getting more and more autobiographical and easier to write.”

Campbell, who celebrated her 65th birthday this summer, has no plans to retire.

“Cartoonists never retire,” she explained. “We drop off with pens in our hands.”



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Dementia Care Today, Q&A with David Troxel, MPH

By Penny Chase-DeJarnatt,
Community Relations Director,
Prestige Assisted Living at Visalia

David Troxel, MPH, is an author, dementia care expert and consultant, and former executive director of the Santa Barbara Alzheimer's Association. Troxel lives in Sacramento, and with his writing partner, Virginia Bell, MSW, developed the Best Friends approach to dementia care.

Troxel discussed dementia and Alzheimer's care, and the tools developed with Virginia Bell to enhance the well-being of those living with memory loss and cognitive impairment.

Q: How would you summarize what we know about Alzheimer's disease and dementia as we know it today?

A: The famous opening sentence of Dickens' *A Tale of Two Cities* captures the state of dementia care today: "It was the best of times; it was the worst of times..."

It's the worst of times, because we are still struggling to find an effective, disease-altering medicine for dementia. Fifteen years have come and gone since the most recent FDA-approved drug entered the market.

Today, dementia not only is the sixth leading cause of death but the only one in the top ten with no effective prevention or treatment – and the most expensive disease an American can have.

It's the best of times, however, in that awareness is growing and there is much we can do to improve quality of life for people with dementia, particularly those living in community-based environments such as memory care communities. The right blend of people, programming and environment add up to what we call a therapeutic environment – an environment that contributes to spiritual, physical and emotional wellbeing.

For 30 years, Virginia Bell and I have worked to create therapeutic environments that benefit people with dementia. In our view, this kind of dementia program embraces meaningful and innovative activities, good communication, skilled problem-solving around behaviors challenging for staff, and excellent staff training.

Q: What are some tools that you recommend for creating a therapeutic environment?

A: Our number one recommendation is to pull out the resident's "life story." Gaining knowl-

edge of a person's personal preferences, interests, history and motivations allows you to start conversations about things that are important to them. It's a great way to establish rapport and create a social, emotional, and physical environment that feels like home for them.

That knowledge also gives the person security because even when they don't remember something, you can still provide relevance to them, creating a sense of familiarity. How would you feel if someone brought you apple juice instead of orange juice, or coffee instead of tea? Develop and use the life story to say aloha to a resident who lived in Hawaii (evoking smiles and happy memories) or to sing a resident's favorite Louis Armstrong tune to lift their spirits.

Secondly, emphasize socialization. Focus on relationships and activities that fill the days of a person with dementia. Structure the day with several meaningful interactions with those around them. Group activities and programming that allow them to interact with other residents, the team and their families is extremely important. No matter how far the disease has progressed, they desire a feeling of self-worth.

We've learned much from the power of creating a caring community in which everybody – residents, staff members and

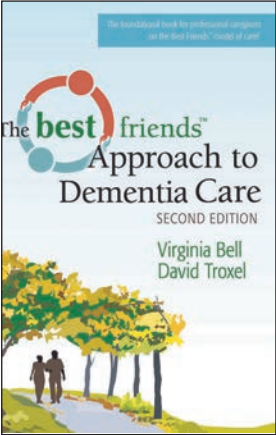


Author David Troxel, MPH, will be speaking at Prestige Assisted Living on Tuesday, September 22.

families – thrives. Residents with dementia respond well to this caring and loving culture, rich in relationship and activity. The result will be a reduction in behavior challenging for staff and an increase in the staff's experience of success.

David Troxel is the dementia program consultant for Prestige Senior Living and contributed to the development of their award-winning memory care program, *Expressions*.

For more information, call Penny Chase-DeJarnatt at (559) 735-0828 or visit www.Prestige-Care.com.



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Julia Patino, program coordinator for the Kings County District Attorney's Victim Witness Office, and Advocate Beverly Rodriguez are pictured above delivering cards to seniors. At right is the "Ole Fashioned Clothesline" display.



Elder Abuse Awareness Month Events Held in Kings County

During the week of June 15th, the Kings County District Attorney's Victim Witness Program hosted a Caring & Compassionate Card Drive.

Cards were purchased and handed out to Kings County District Attorney staff and the Kings County Probation Department. Individuals from each of the departments wrote caring and encouraging comments on every card.

One-hundred-sixteen "Caring & Compassionate Cards" were collected and taken to Kings Nursing in Rehabilitation Center in Hanford and distributed among the residents, who were also provided with grocery bags, chip clips and information

on elder abuse.

Deputy District Attorney Jeff Winter and his wife sent agency solar figurines for each resident.

On June 25 and 26, the Victim Witness Program constructed an "Ole Fashioned Clothesline" with clothing provided by the Visalia Rescue Mission.

Due to COVID-19, the annual "Breakfast and Bingo" event could not be held so this drive-by event was held to recognize, honor and support victims of elder abuse in Kings County.

Many cars passed by and honked to show their support, and many visitors stopped and took pictures of the exhibit. Each article of clothing provided a story of a victim of Elder Abuse.

80% of Money Lost in Prize Scams Comes from Seniors

Sweepstakes, lottery and prize scams have not lessened their financial and emotional harm, despite concerted law enforcement efforts, according to data from Better Business Bureau (BBB), the Federal Trade Commission (FTC) and the Internet Crime Complaint Center (IC3).

This fraud is especially devastating to older adults in the United States and Canada. BBB cautions seniors to be particularly vigilant about recognizing and avoiding tactics used by scammers to prey on people during the COVID-19 crisis.

Adults age 65 and older remain overwhelmingly the largest group victimized by these scams. Of the 4,417 sweepstakes and lottery scams reported to BBB Scam Tracker since 2018, nearly half, or 1,980, came from victims over 65. This age group lost \$2.52 million of the \$3.1 million in losses reported to Scam Tracker, representing more than 80% of money lost by Americans and Canadians to this fraud.

Combined FTC and IC3 complaints reflect losses of \$112 million in 2017, \$182.6 million in 2018, and \$170.4 million in 2019.

"The law requires you to purchase a ticket to play the lottery, but a legitimate lottery or sweepstakes will never ask its winners to wire money or buy gift cards to claim the prize," said Blair Looney, president and CEO of the BBB office serving Central California and the Inland Empire.

Scammers have updated their sales pitches to potential victims to include COVID-19 twists. According to Scam Tracker reports, scammers are discussing supposed COVID-19 safety precautions for prize delivery, and attributing delays in awarding prizes to the pandemic.

One impostor scam, fraudulently using the Publishers Clearing House name with a bogus COVID-19 Census Grant, allows targeted victims to choose their winnings by the amount of fees they are willing to pay.

Using social media, scammers publish a list of supposed winners and invite people whose



names are not on the list to provide personal information and choose their award level.

Many sweepstakes and lottery scams continue to originate from Jamaica. This is particularly true of cold calls over the phone. However, scammers may reach out by email, U.S Postal Service or even social media. Postal inspectors say now many victims are being instructed to mail cash to scammers. Besides offering fake cash prizes, scammers may lure victims by also claiming victims will receive luxury cars, laptops or other high-end merchandise.

Tips for Avoiding Sweepstakes, Lottery or Prize Scams

- You've got to play to win. A notification that you have won a prize in a contest you do not remember entering should be a red flag. If you do regularly enter contests or sweepstakes, make sure you keep track of your entries so you can easily check to see if you have actually entered a contest that contacts you.

- True lotteries or sweepstakes don't ask for money. If they want money for taxes, themselves or a third party, it most likely is a scam.

- Call the lottery or sweepstakes company directly to see if you won. According to Publishers Clearing House (PCH), it does conduct sweepstakes but does not call or email people in advance to tell them they've won a major prize, nor ask for money. Report PCH imposters on their hotline at 800-392-4190.

- Check to see if you won a lottery. Call the North American Association of State and Provincial Lotteries at 440-361-7962 or (continued on page 8)



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The Battle of the Bottle

It has been called shepherd's delight, a social lubricant and even the nectar of the gods. But despite this collection of pleasing sounding names, there have been others not nearly as flattering, like rotgut, devil's brew or worse. Of course, they all refer to alcoholic beverages.

For centuries, in fact for millennia, holders of these two opposing opinions have debated and sometimes clashed over the controversial concoction. The argument was usually not over the drink itself, but rather the behavior exhibited by those who consumed too much – way too much.

Like the rest of the world, Tulare County had its share of alcohol drinkers and abusers, and Visalia seemed to have considerably more than its share. The jail booking records and the many accounts chronicled in the old newspapers tend to bear that out.

One-hundred-thirty-eight years ago, Visalia had an extreme example of alcohol abuse gone bad. In December 1872, Jim McCrory, who at one time had been a well-respected man and had even served as the town's deputy marshal, viciously killed his long time friend in a drunken rage.

McCrory had a history of violence when intoxicated, so when he killed his friend, a vigilante mob lynched him from a bridge railing over Mill Creek.

However, most incidents involving public intoxication were not as dramatic. In 1932 for example, a Farmersville area rancher overindulged and ended up in the city "drunk tank" to sleep it off.

The rancher's dog that had come to Visalia with his owner, followed his master to the lockup. For 18 hours, the dog kept vigil outside, occasionally barking. When the jailor would go out to quiet him, the canine, unhappy with his owner's treatment, would chase him back into the building. Only the rancher could quiet his faithful companion, shouting orders to him through the jail bars.

Over many years, the large number of incidents of drunkenness almost always had a grating effect on people's lives, not to mention the physical and emotional toll on the inebriant. Families were left destitute, domestic violence was a regular occurrence, and the few social services that were available were taxed to the limit.

Publically and privately, the "evils" of alcohol were a popular

topic for discussion, especially for the newspapers. In April 1863, the *Visalia Delta* covered one very active evening in town. "Whiskey held high carnival last Saturday night and Sunday morning. Knock down and drag out was the order of the day..." it reported.

Other organizations like the Woman's Christian Temperance Union and Anti-Saloon League, and many churches joined in the liquor conversation. With the perceived strong sentiment trending against alcohol, politicians oftentimes got involved.

George Washington Wylie, a California State Assembly member from Dinuba, was one of the first to get on board. He is credited with authoring legislation in 1911 that allowed towns to vote whether they wanted to be "wet" or "dry." His law became known as the Wylie Local Option Law, and was well received throughout the state.

But the Dinuba legislator's legal creation turned out to be just a tiny step in what became control of the liquor trade. In 1917, the granddaddy of all legislation, the 18th Amendment to the U.S. Constitution, was proposed by Congress – a law that would prohibit production, transportation and sale of intoxicating liquor. In 1919, the amendment was ratified

Dusting Off History
with Terry Ommen



The manufacturing and sale of alcoholic beverages during Prohibition was illegal. During that time, illegal beverages were confiscated and destroyed. Seized alcohol is shown here in front of the Tulare County Jail at Church Street and Oak Avenue in Visalia. Sheriff Court Smith is standing on the right on the stairway watching over the destruction. (Photo circa 1922)

and Prohibition became law throughout the United States.

Without the benefit of a crystal ball, one might have believed that Prohibition would have ended the "liquor problem."

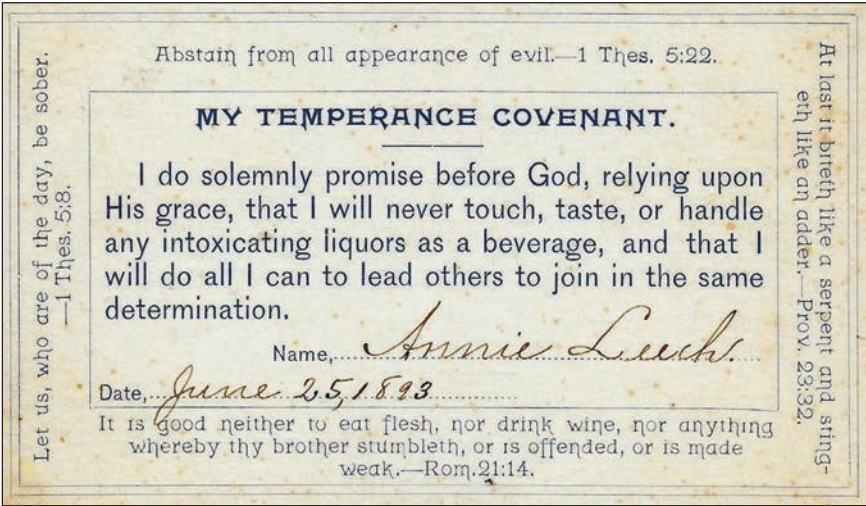
At first, it had positive results, but it did not curtail people's love for alcohol-laced drinks. Prohibition did not prohibit possession of alcohol, so people found ways, almost all illegal, to get it.

By the late 1920s, its use and abuse was higher than pre-Prohibition. The public was ready to scrap the experiment. In December 1933, the 18th Amendment was repealed creating the 21st Amendment. Again, each state had control of alcohol within its borders.

On December 5, 1933, the day after the official repeal, alcohol could again be purchased in Visalia and elsewhere in California. Authorities held their breath wondering how the consuming public would react to the new freedom.

The following day the *Visalia Times Delta* reported, "Police found no 'drunks' on Visalia streets last night or this morning, received no calls to settle any disturbances..." But just how long would this good public behavior last?

Not long!



This 1893 Temperance Covenant card created by the Presbyterian Temperance Committee was used as a commitment to abstain from alcohol.



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(continued from page 1)

The Kings County Commission on Aging has created a "COVID-19 Health Crisis Plan" to continue providing the outreach to ensure that their isolated clients, now mandated to be home bound, are receiving the necessities for daily living. Engagement Services, intake process, depression screenings, emergency utility and rent services, and referral services continue to protect the safety and decrease the health risk to the county's elderly population.

The commission's meal lunch program now delivers directly to the clients' residences. For those not home bound, a monthly no-contact, drive-thru food bank is held at 10953 14th Ave., Armona on the first Wednesday of every month.

For more info, visit kccoa.org
or call (559) 852-2828.

Prestige Assisted Living in Visalia continues to plan events for its residents, who are unable to have visitors, by providing



The Drive-Thru Car Show at Prestige Assisted Living was enjoyed by residents, as well as drivers and their passengers.

drive-thru entertainment.

On July 18, Visalia Cruizers and other car enthusiasts did a Drive-Thru Car Show. Residents lined the sidewalks and walkways and waved to those in their classic cars.

Downtown Visalians have canceled the 75th Candy Cane Lane Parade, along with the rest of their 2020 events.

A list of COVID-19 test collection sites in and near Tulare County is at <https://covid19.tularecounty.ca.gov/covid-19-testing-collection-sites>.

A link to testing dates, times and locations in Kings County is at www.countyofkings.com/departments/health-welfare/public-health/coronavirus-disease-2019-covid-19.



Nancy Shackelford, a Visalia Gleaning Seniors member, has made over 400 masks for community agencies, as well as for Gleaning Seniors members. Nancy has used material donated to the Gleaners. This is a good example of the group's motto, "Seniors Helping Seniors."

Prize Scams...

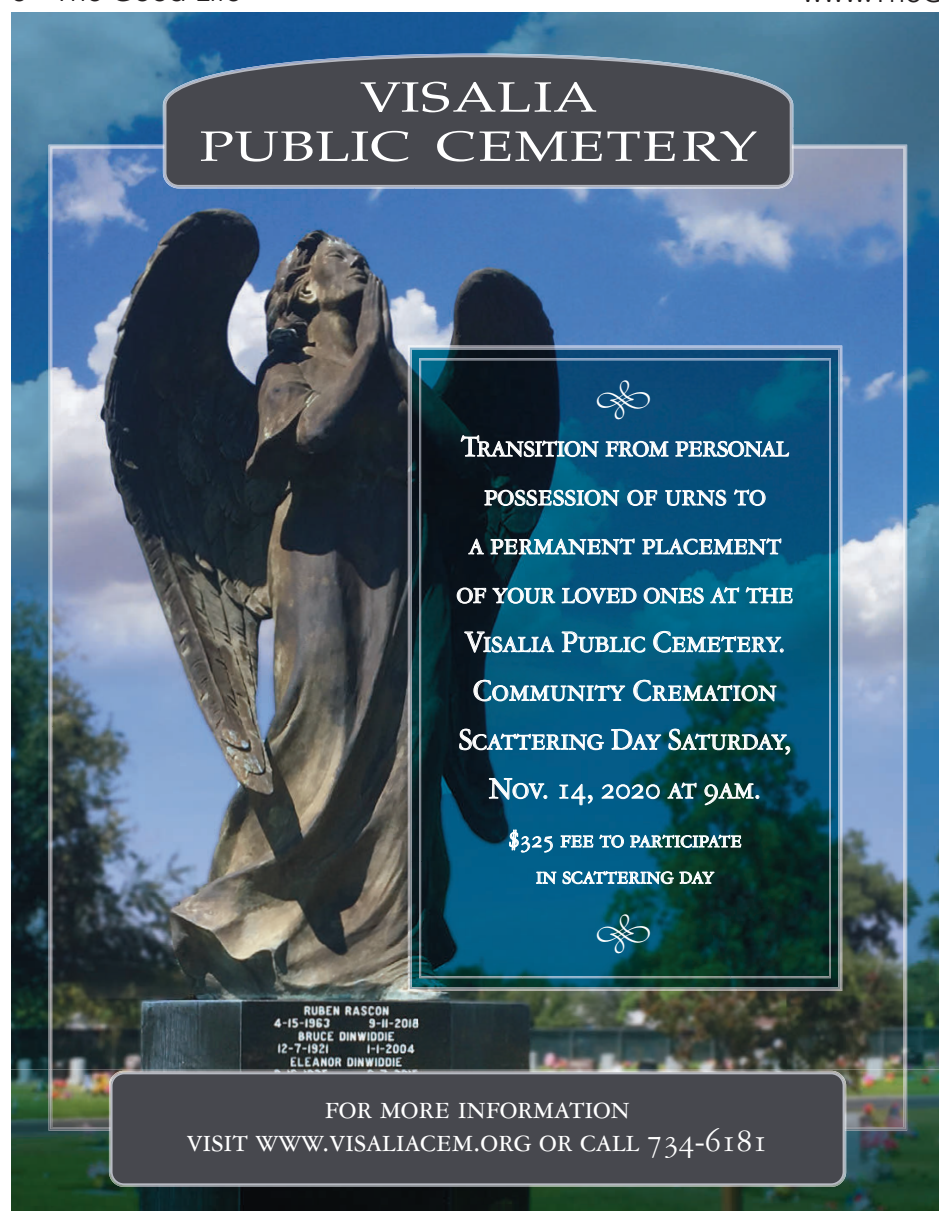
(continued from page 6)

your local state lottery agency.

- Do an internet search of the company, name, or phone number of the person who contacted you.
- Law enforcement officials do not call and award prizes. If you think you have been contacted by law enforcement, verify the identity of the caller and do not send money.
- Talk to a trusted family member or your bank. They may be able to help.

Where to Report a Sweepstakes, Lottery or Prize Scam

- Better Business Bureau: BBB Scam Tracker at bbb.org/scamtracker.
- Federal Trade Commission (FTC): ftc.gov/complaint or 877-FTC-Help.



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