

# The Good Life

Travel, Leisure & Fun for South Valley Adults 50+

August / September 2014 • Volume 1, Number 4

## Is Your Sleep Killing You?

The next time you hear someone 'sawing logs' as they sleep, don't think the sleep they are getting is good.

"It's a misperception that when people snore, they are getting a good night's sleep," said Eric Altamirano, manager of Kaweah Delta's Sleep Center and Neurodiagnostics Lab. "It's not true. It's an abnormality."

And it's one sign the auditory offender could be experiencing Obstructive Sleep Apnea, or OSA, one of the many sleep ailments estimated to affect 44 million people across the United States. While Altamirano said the majority of those are older individuals, he said "the average age is getting younger all the time," adding that the youngest local patient diagnosed was just 22 months old.

If left untreated, Altamirano said sleep disorders can lead to more serious complications, which can eventually be fatal. He cited the late Reggie White, a former all-star professional football player who died in his sleep due to complications caused by sleep disorders.

### A New Area of Study

"It's only been in the last 20 years that sleep issues have come to the forefront of modern medicine," Altamirano



Photo courtesy of Kaweah Delta Healthcare District

*Joe Malli, M.D., director of Kaweah Delta's Sleep Disorders Center, places a CPAP machine on a patient at the Kaweah Delta Sleep Disorders Center in Visalia.*

said. "We spend about two-thirds of our life waking and one third asleep. Most medicine is geared toward waking time."

However, the quality of a person's sleep can definitely affect the other two thirds of their day.

"Sure, there are people who can operate on three to four hours of sleep a night, but eventually, that's going to take a toll," he said. "As normal adults, we need about seven to nine hours a night. While it seems that no one gets that much anymore, over time they will start to experience cognitive impairments, that foggy feeling when we don't get a good night's sleep. Throw

sleep disorders on top, and you can start getting cardiac impairment."

The number one ailment is Obstructive Sleep Apnea, according to Altamirano, and snoring is a symptom. "As we get older, we start having medical issues because of the age thing," he said. "The sleep quality we get becomes worse. Skin starts to sag, muscle tone becomes less, the whole OSA thing is because of excessive soft tissue. We start storing fat in the back of the throat."

While losing excessive weight can help reduce the problem it is not a guaranteed solution, he said. One of the most severe cases the lab has seen involved a 36-year-old fitness instructor

who complained she couldn't stay awake during sessions. The testing revealed the case to be one of the most severe ever seen in the Kaweah Delta Sleep Disorder Center.

### What Signs to Look For

Altamirano said there are indications someone should be checked. "Are they sleepy all the time? Do they have cognitive impairment or short term memory loss, and do they snore? If they have all three, they should definitely be checked," he said.

Kaweah Delta offers a free, online risk assessment that allows you the ability to answer a few basic questions that can help determine your risk for sleep apnea. It takes about 7 minutes to complete. At the end, you will receive personalized, strictly confidential information that will help you:

- Assess your current health status and identify those medical or lifestyle conditions that may lead to development of the disease
- Take action to reduce your level of risk.
- Receive, at your option, free continuing education via e-mail about your health and risk factors

Individuals who complete the assessment and are found to

*See Sleep on page 8*

## Classic Car Show slated at Westgate Gardens

It's time to break out the car wax and elbow grease to put a shine on your classic car! Westgate Gardens Care Center will host its second annual classic car show on Saturday, October 11, from 10 am until 2 pm.

The event is open to all types of cars, makes and models and is free to enter as well as to register to show a car.

"Last year we had a fantastic time with the event," said Shayna Fabre, Marketing Director for Westgate Gardens. "We are looking forward to even more entries

this year, as well as a fun day for the whole family."

Last year 52 cars from all eras entered the event, including a vehicle from the 1920's that won the prize for oldest car. This year, Fabre said the entire community is invited to attend the event, which includes a free lunch and live entertainment, along with raffle prizes and trophies. The event will be held on the grounds and parking lot of the facility, which is located at 4525 W Tulare Avenue in Visalia.

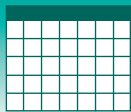
For more information or to register, call 559-977-6812.



Photo courtesy of Westgate Gardens

*Diane Saavedra, Business Office Assistant at Westgate Gardens, helping one of the long term residents check out last year's show.*

# Calendar of Events



## Around the South Valley

**Thursday, Aug. 21** – Wellness & You – Kaweah Delta Health Care District hosts a free seminar on arthritis and exercise from 6-7 p.m. on at The Lifestyle Center, 5105 W. Cypress Ave. Speakers: Dr. Donald Schengel, a local orthopedic surgeon and Rocky Cisneros, a doctor of physical therapy with Therapy Specialists. Information: 624-5985.

**Friday, August 22** - 'Nunsense' at the Barn Theater in Porterville. A hilarious musical about the Little Sisters of Hoboken who are trying to raise money to bury the sisters who died from tainted soup. Runs August 22-September 7, Fridays and Saturdays at 7:30 and Sundays at 2:15 p.m. at Plano Street and Olive Avenue. Information: 310-7046 or [www.barntheater.porterville.com](http://www.barntheater.porterville.com)

**Friday, Aug 22-24** - 'Bonnie & Clyde: A New Musical' Ice House Theatre. The love story and crime spree of the most notorious couple of the 30s, featuring rockabilly, country and gospel music that will leave you humming. At the Ice House Theatre, 410 E. Race, Friday and Saturday at 7:30 p.m., Sunday at 2 p.m. 559 734-3900 or [www.visaliaplayers.org](http://www.visaliaplayers.org)

**Saturday, August 23 – 7 p.m.** - 'Light Up the Fox' concert, Fox Theatre. Three local rock and country bands are donating their time for a benefit concert to "Light Up the Fox" at the Visalia Fox Theatre, 308 W. Main. Performing are Leaving Austin, Motel Drive and Richfield. Purchase LED lights for the Fox marquee which is being restored to its original 1930 black with white lettering marquee. Information: 625-1369 or [www.foxvisalia.org](http://www.foxvisalia.org)

**Saturday, August 23 – 1-3 p.m.** - Reception for Milli & Leslie Pepper at the Creative Center. Open House for current guest artists Milli & Lesli Pepper. Milli is a prominent Valley water colorist and a founding member of the Door Gallery whose work has been collected by many over her long career. Lesli is a fine artist with her collage work, fabric design and architectural renderings. Many of Milli's unframed pieces will be sold at a discount. This may be the last time they are offered for sale in the valley. The Creative Center serves developmentally disabled adults in the arts. Located at 606 N. Bridge, Visalia. Information: 733-9329 or [www.facebook.com/jonginsburggallery](http://www.facebook.com/jonginsburggallery)

**Saturday, Aug 23 – 10 a.m.** Celebrate Visalia's 150 years of being incorporated. A family-friendly celebration at the Tulare County Museum at Mooney Grove Park, 27000 S Mooney Blvd. Enjoy live music by musicians featured on the Oval Park Compilation album, explore the museum on a guided tour, mingle with artists from the Main Gallery Group as they talk about their work on display, and make your own mark on history by contributing to an interactive painting activity led by members of the Urbanists Collective. Free lunch provided to the first 100 guests by Taylor Bros. Hot Dog Stand. Additional snacks and refreshments, as well as the Oval Park Compilation album, original works of art, and various historical reference items, will also be available for purchase. \$5 suggested minimum donation.

**Friday, August 29 – doors open 6 p.m., show starts at 7 p.m.** Frampton's Guitar Circus. Peter Frampton's summer concert caravan comes to Visalia's Oval Park, 808 N Court St. Featuring guitar-pumpkin Frampton; Buddy Guy, rock 'n roll Hall of Fame blues guitarist and singer; and Randy Bachman, founding member and guitarist of The Who. Sponsored by the Visalia Rescue Mission, whose goal is to revitalize Oval Park. Tickets \$60. All guests are responsible for bringing a low-style, lawn chair or blanket. [www.ovalpark.org](http://www.ovalpark.org)

**Thursday, August 28 – 3 – 4:30 p.m.** Total Joint Camp, Kaweah Delta Rehabilitation Center. Thinking about getting your knee or hip replaced? This free program is designed to help you understand the benefits and risks of joint replacement, as well as discuss any special needs or

concerns. With advancements in surgical techniques, materials, and patient selection, total joint replacement is no longer limited to the elderly population. Information - 624-3800

**Thursday, Sept 4 – 3:30-4:30 p.m.** – Prostate Cancer Support Group. Sequoia Regional Cancer Center. For men diagnosed with prostate cancer and their spouses/partners. Free. Information: 624-3225.

**Saturday, Sept 6 – 7 p.m., gates open 5 p.m.** Tulare County Symphony Pops in the Park. Our annual outdoor concert featuring Broadway music, film soundtracks and traditional Americana, including music by Beethoven, Sibelius, Shostakovich, and Tchaikovsky as well as something from Disney's "Frozen" and from "The Jungle Book". Zumwalt Park, Tulare. Bring your picnic dinner, jolly libation, and your friends and family. Tickets \$20.00. Info:[www.tularecountysymphony.com/annual-pops-in-the-park-2014](http://www.tularecountysymphony.com/annual-pops-in-the-park-2014) or call 732-8600.

**Saturday, Sept 13 – 8 – 9 a.m.** – Walk with a Doc. The walk will

take place from 8-9 a.m. at Riverway Sports Park, 3611 N. Dinuba Blvd., with the series continuing every second Saturday of the month through December. This free program requires no pre-registration. During the walk, a healthy topic is presented and healthy snacks are provided. For a schedule visit [walkwithadoc.org](http://walkwithadoc.org) or [healthyvisalia.com](http://healthyvisalia.com). Information: 624-5985

**Saturday, Sept 13 – 6 – 11 p.m.** - TUHS and TWHS Class of 1969 - 45-year class reunion. T.D.E.S. Hall, 515 N I St, Tulare. 686-6178. \$20 per person. Dinner, dance and fellowship with fellow classmates. Social hour at 6 p.m.; dinner at 6:30 p.m.; fellowship and dance to Silver Shadow Productions DJ Service starting at 7:30 p.m. Cost: \$20.

For more events, go to our website [www.TheGoodLifeSV.com](http://www.TheGoodLifeSV.com)

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



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*The Good Life*

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# History

## Dusting Off History with Terry Ommen



### The Mussel Slough Tragedy

The settlers of Mussel Slough had worked hard to make their farmland some of the best in Tulare County. They dug miles of irrigation ditches and built homes, barns and roads, turning arid ground into productive farmland. By any measure they should have been rewarded for their hard work, but one day in May, 1880 reward turned to pain as farmers died in a deadly shootout on ground they loved. How did this productive agricultural land become a killing field?

In the 1870s the Southern Pacific Railroad owned substantial real estate in the Mussel Slough District near Grangeville, in what is now Kings County. They invited farmers to settle on the land. To those

accepting the offer, according to some, the railroad promised to eventually allow them to buy the land they occupied for about \$2.50 an acre. In anticipation of owning their own land, these farmers moved onto it.

By the late 1870s the railroad decided to sell the land, and offered the settlers first option at \$25.00 an acre. The farmers were outraged. That was 10 times more than the settlers expected to pay. The farmers had a choice. They could either buy the land at this inflated price or abandon the property, leaving behind what they had built. To stand up to the railroad, the farmers organized the "Settlers Land League."

On May 7, 1880, a committee of

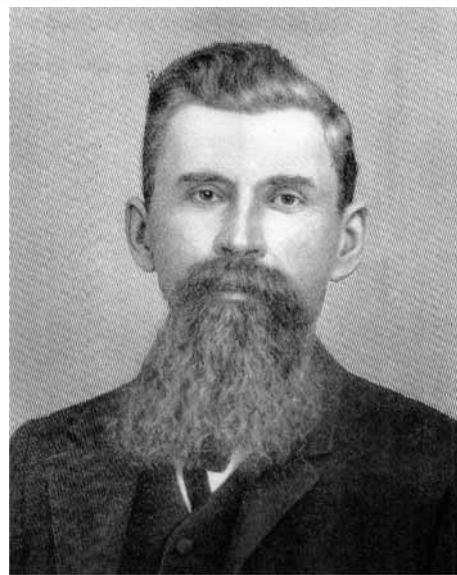


Photo courtesy of Terry Ommen  
*James N. Patterson, a Mussel Slough settler who fought the railroad and lost. Circa 1890*

League members, made up of T. J. McQuiddy, James N. Patterson, and J. J. Doyle, published an "Appeal to the Public" in the Visalia Weekly Delta. In it they laid out the League's case against the railroad and called for a federal investigation. Without it, the League predicted there could be bloodshed.

On the morning of May 11, 1880, Deputy U. S. Marshal Alonzo W. Poole and railroad land grader William Clark left Hanford in a

buggy armed with weapons and eviction papers. Their first stop was the farm of William Braden. He wasn't home, so they went on to Henry Brewer's place. Along the way, they met Walter Crow and Miles Hartt, supposedly the new owner's of Braden and Brewer's land.

The armed foursome arrived at the Brewer homestead located about 3 1/2 miles north of Grangeville. At the same time the League was meeting in Hanford. As Marshal Poole was serving Brewer his eviction papers, a dozen or so armed League men rode up to confront the marshal.

The mood was tense and the exact details of what happened next are unclear. But words turned to gunfire and when the shooting stopped, bullet-ridden bodies were everywhere. A Tulare County coroner's inquest was held on June 1st and gave the official tally of the carnage that day. The shooting lasted just a few minutes but seven men were killed and one wounded. Five of those killed were League members Iver

See History on page 6

## Diabetes? It could be time for new shoes!

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

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# Volunteer Corner

## As Simple As installing A Light Bulb

As the local population ages, and the unemployment rate continues to hover around 11% in Tulare and Kings Counties, there are those living in our cities and towns with ongoing needs or emergency situations that require help from area agencies and nonprofit organizations.

Hands in the Community is one such nonprofit, an organization started in February 2008 by Lester Moon, who had relocated to Visalia after working in the biopharmaceutical industry in the Bay Area, along with several nonprofit organizations there.

In its first year, Hands in the Community received more than 300 calls for service from throughout Tulare County, ranging from replacing light bulbs to building handicap ramps, completing 12 projects that required help from multiple individuals. Although it does provide direct services to those in need in some situations, the organization many times serves

as the solution creator by cultivating new volunteers and donations of time or materials from local businesses to make the solution happen.

Last year, Hands in the Community helped more than 850 people and completed 152 projects, and the number of calls is expected to grow as its Christian-centered service becomes better known. But the need for volunteers grows right along with the calls for help.

“We need help with everything from taking calls in our office from those needing help, to those who can provide direct services such as driving an elderly or disabled person to a doctor's appointment,” Moon said. “We aren't here to replace or complete with other agencies like The Red Cross, Visalia Emergency Aid or the United Way. In fact, we collaborate with them to provide solutions for those in need who call us seeking help.”

The most acute needs



Photo courtesy of Hands in the Community

Volunteers help with various tasks, such as moving large appliances or furniture.

currently are for contractors, appliance repair technicians, air conditioning repair, and those who can provide handyman services, anything from replacing light bulbs to loose hinges, door knobs or latches.

“We have 12 positions that are ongoing in the office, and some of them aren't being done right now,” Moon said, adding that help with tasks such as regularly posting to their Facebook page are among the many tasks they need help with. Additionally, someone is needed who can help with writing and photography.

While the tasks inside the office are varied and growing, helping those in the community

in need is the ultimate task at hand. “The majority of people we service are widows, and they just lost their handyman,” he said. “Others are people who own a home that need help with something that they can't do anymore because of physical limitations. There are calls for help that will take longer for the volunteer to drive over to the house than it does to complete the task.”

On larger tasks, Hands in the Community works with local businesses that can provide small teams of people that can help complete a project. For more information about volunteering, contact Hands in the Community at 625-3822.

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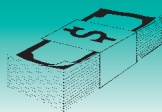


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# Finance



# Secrets to saving money at Costco

By Larry Kart  
Editor & Publisher

While it can be hard to find a great deal these days, sometimes knowing a few 'secrets' can help. Even at a place like Costco.

Although most shoppers know that buying in bulk on some items can certainly save money, there are a few tips you can use at the giant retailer in south Visalia. Certainly there are savings to be had at their basic price, like the store's top seller, its Kirkland toilet paper, an item that moves at the rate of \$60,000 per week according to a store spokesperson.

But by knowing what to look for while browsing the aisles, specifically the price the item is marked at, can be a source of even greater savings. For

example, items that have an asterisk on the price tag are marked down and once that store's supply is sold it will not be reordered, said the spokesperson, who requested anonymity.

Additional savings can be found on items showing a price ending in 97 cents, which are close out items. "They can be seasonal items that we have a quantity remaining that we need to sell before the season ends," he said, using the spring planting season as an example.

If a store has a quantity of an item remaining and the arrangement with the wholesale supplier calls for it to be 100% sold, an individual Costco store may reduce the price on an item. That's when a product might be sold for the full price at one store, and yet a



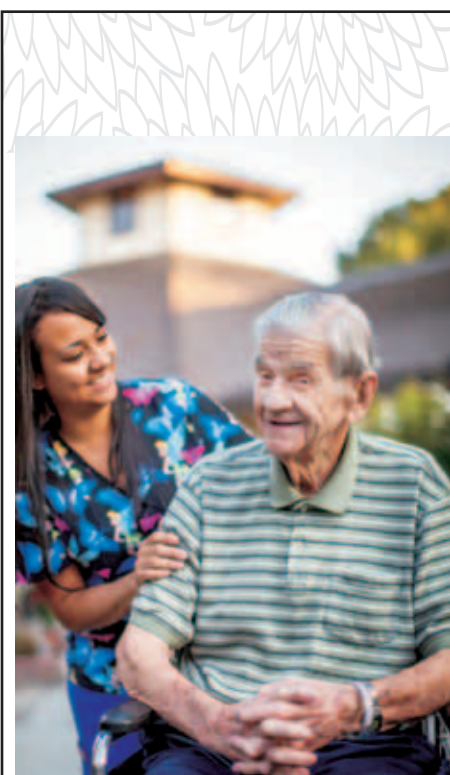
different, discounted price at another nearby Costco. While those situations are individual to each store, and usually happen with seasonal items as opposed to year-round products, the discounted price from one Costco will not be honored at a store where that same item is selling like hotcakes.

In addition, if an item such as a television or piece of furniture, has sold well and only one remains, the price on

a floor sample could be reduced and marked on the tag as being the last one in the store. "The same warranty and Costco return policies apply to all items, including floor samples," the spokesperson said.

Items ending in 79 or 49 cents are indications of special purchase items, and can represent sizeable savings compared to the standard retail price charged

See Costco on page 6



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### Costco

from page 5

for the item. Beyond the special offers that come in the mail to members, occasionally managers create their own markdown specials, with these rare finds ending in either 88 or 00 cents.

Placement of any specially priced products in the store will generally be in the same area as like items, although the store

may strategically place items so as to generate sufficient visibility.

Finally, there's a price protection guarantee. If prices in the store drop lower on the close-outs, or items you originally purchased at full price, you can bring the items back and repurchase them at the lower price. Remember, the price adjustment policy on most items is 30 days.



### History

from page 3

Knutsen, J. M. Harris, A. McGregor, Daniel L. Kelly and J. E. Henderson. Crow and Hartt were also killed.

But there was even more fallout from the incident. Authorities arrested five League officials, including Patterson, and charged them

obstructing Marshal Poole's eviction process. All were convicted, fined and sentenced to eight months in the Santa Clara County Jail in San Jose.

Whether the blame for the shootout lies with the settlers or the railroad is open to debate, but everyone agrees the deadly incident at Mussel Slough was tragic.

## Grilled Eggplant

Recipe brought to you by

Slice eggplant in half lengthwise and cut slits into the flesh.

Combine some olive oil and herbs of your choice to make a paste.

Brush the mixture all over eggplant taking care to get some pressed into the slits.

Grill, covered and turning as needed, until flesh is soft and skin is crisp, 20-30 minutes.

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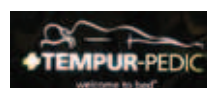
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## Win Tickets to Bounty of the County

The Bounty of the County happens Sept 20 and you could win a pair of tickets! Just log on to our website, [www.TheGoodLifeSV.com](http://www.TheGoodLifeSV.com), click on the banner that says "Enter and Win!" to sign up for a free online subscription to our paper, and you're automatically entered into the drawing. Winners will receive a pair of tickets to the Tulare County Farm Bureau's annual event, scheduled for Saturday, Sept 20, at 5 p.m. at Seven Sycamores Ranch in Ivanhoe. There you'll enjoy sampling food and wine from

around the Valley, including delicacies from some of the area's finest restaurants. There's also live music, dancing and prizes during one of the most anticipated events of the year. Plus, you'll receive news, features and information that don't appear in our printed newspaper, the south valley's only publication dedicated to serving those ages 50 plus. Winners will be selected on Monday, Sept 15th and will be notified by email. There's nothing to buy, and no cost to enter.





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## Handweavers Host 35th Annual Show and Sale

"Harvest of the Handwovens" is the theme of the 35th annual Show and Sale, hosted by the Handweavers of the Valley on October 25 at the Exeter Veterans Memorial Building. Starting at 10 a.m., the show will feature wearable art, holiday gifts, yarn, fiber, rugs, afghans, gourds, an inspirational gallery, all displaying handmade items by

members of the nonprofit organization. There will also be demonstrations of weaving, spinning, felting and basketmaking during the one-day event, which ends at 3 p.m. Admission is free. The Exeter Veterans Memorial Building is located at 324 N Kaweah Ave in Exeter. For more information, visit their website at [hwotv.org](http://hwotv.org).



### "35th Annual" SHOW & SALE

## "HARVEST OF HANDWOVENS"

**October 25, 2014**  
10:00 a.m. to 3:00 p.m.  
Exeter Veterans Memorial Building  
324 N. Kaweah Ave. (Hwy. 65)  
**\* Free Admission**

- \* Inspirational Gallery
- \* fiber
- \* handwoven garments
- \* dish towels
- \* rugs
- \* afghans
- \* gourds
- \* placemats
- \* scarves
- \* basket weaving
- \* wearable art
- \* yarn
- \* holiday gifts

*demonstrations of weaving, spinning, felting & basketmaking*




[www.hwotv.org](http://www.hwotv.org)




## THE 2ND ANNUAL CLASSIC CAR SHOW

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Saturday, October 11th, 10:00 am – 2:00 pm

Westgate Gardens Care Center  
4525 W. Tulare Ave, Visalia

All types of cars, makes, models are welcome—free entry.  
Call 559-733-0901 to register.



## Sleep

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be at high risk may be offered a free screening and consultation by a certified sleep specialist. To take the online test, go to [www.kaweahdelta.org/Health-Risk-Assessment](http://www.kaweahdelta.org/Health-Risk-Assessment), scroll down the page, then click on SleepAware.

### Start Sleeping Better Tonight

Of course, a poor night's sleep doesn't mean you have a sleep disorder. Altamirano said it is important to establish healthy habits that promote getting the nightly rest you need. "Use your bedroom for sleeping, not for watching TV or browsing the internet," he said. "Restrict the amount of time you spend in bed

awake. If you remain awake, don't stay in bed. The old routines, taking a warm bath, drinking warm milk, going to bed and getting up at the same day each day, those are very effective."

He also said it is a myth that as we age we need less sleep. "We require exactly the same amount of sleep we did when we were younger," he said. He forewarned that afternoon naps count toward the amount of daily sleep one needs, and if too long, can interfere with that night's sleep.

But if you do meet the criteria for having a sleep disorder, the good news is Medicare and most insurance does cover the cost of professional diagnosis and treatment. For more information about



Photo courtesy of Kaweah Delta Health Care District

Joe Mali, M.D., director of Kaweah Delta's Sleep Disorders Center (left) and William Winn, M.D., former director of the Kaweah Delta Sleep Disorders Center, review a sleep study at Kaweah Delta's Sleep Disorders Center.

sleep disorders, contact and Neurodiagnostics Lab at the Kaweah Delta Sleep Center 624-6797.

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