

The Good Life

Travel, Leisure & Fun for South Valley Adults 50+

October / November 2014 • Volume 1, Number 5

Do's and Don'ts during Medicare Open Enrollment

By Larry Kart
Editor & Publisher

With a myriad of choices, and window that's open only a few weeks to make them, the annual Medicare Open Enrollment period begins Oct 15. Those new to the program, as well as seniors who have been enrolled for some time, need to pay special attention to a few do's and don'ts when making those selections.

"Be aware of the deadlines," said Karen Munger, a licensed insurance agent and owner of Karen Munger Insurance Services, a Visalia insurance agency that specializes in working with health insurance

plans for seniors. "Once the open enrollment period closes Dec 7, with very little exception, you will be locked in with whatever plan you have at that point, whether it is still the right plan for you or not."

For those just turning age 65, or those younger but with qualifying disabilities, open enrollment can be a confusing maze of decisions. There are several options available to seniors, whether to enroll in traditional Medicare either with or without purchasing an additional supplement, or instead select one of the Medicare Advantage plans, each having different features and benefits that can be selected based on the



Insurance agent Karen Munger goes over the new information for Medicare with Ken and Donna Kling of Exeter. Open enrollment starts Oct 15.

individual needs of the enrollee.

Anyone new to Medicare and those already enrolled are advised to seek the advice and counsel from a licensed,

insurance professional when considering options. There are also resources available online at www.medicare.gov. And the

See Open Enrollment on page 4

National Talk Show Host to Speak about Alzheimers

Former national talk show host and author Michael Reagan will speak to family caregivers & healthcare professionals about Alzheimer's, dementia, community resources and support during the first annual "Celebrating the Caregiver" conference on Nov 12, sponsored by the Alzheimer's Association of Central California and Auspice Home Care.

At press time, the event was slated to be held at the UC Fresno Campus, 550 E Shaw Ave in Fresno from 7:30 a.m. to 1 p.m. Reagan, the son of former president Ronald Reagan who died in 2004 following a ten-year battle with Alzheimer's, will be speaking on his experiences caring for his father and the toll it took on his family and friends. Family caregivers will also be speaking about their experiences caring for their loved one with Alzheimer's disease and how they are coping.

Family caregivers will be admitted to the event for free,



Michael Reagan talking with Navy personnel during a visit onboard a ship. Reagan will speak in Fresno Nov 12 at an event free to the public.

however, reservations are strongly encouraged due to limited space. Admission for healthcare professionals is \$15, and 2 hours of CEU credit is available.

An estimated 5.2 million Americans of all ages have Alzheimer's Disease, according to the Alzheimer's Association, with 200,000 of those individuals younger than age 65. Approximately 500,000 die each year because they have Alzheimer's. In 2013, 15.5 million caregivers provided an estimated 17.7 billion hours of unpaid care valued at more than \$220 billion.

Celebrating the Caregiver will feature breakout sessions with topics pertinent to the event. These will offer supportive resources to family caregivers or healthcare professionals. Several health care resources will be available to attendees to reach out for additional information or support.

Walkup registration is available at the door provided space is available.

See Reagan on page 5

Calendar of Events



Around the South Valley

Thursday, October 2 – "From the THM Vaults" at the Tulare Historical Museum. 12:30 – 4 pm. 444 W Tulare Ave, Tulare. THM Artwork on display from the museum's "Vintage Art Collection". Weekly on Thursday, Friday, Saturday, until Nov 1, 2014. Cost - \$5 for adults, \$3 for ages 55+. 686-2074

October 12-November 23 - Cavorting with Colors by Cathy Quiell at the Kings Art Center, 605 North Douty, Hanford. Cathy Quiell, internationally renowned watercolorist, captures her images through a rich and vibrant application of pigment. Her use of color and subject matter supports the joy she experiences in life and in the painting process. 584-1065.

Saturday, October 18 - Tulare County Symphony presents Philharmonic Dances, Visalia Fox Theater. Doors open at 6:30 pm, show starts at 7:30 pm. Our first Masterworks Concert at Visalia Fox Theatre featuring Bernstein: Symphonic Dances from "West Side Story" Gershwin: An American in Paris. \$20 - \$39.50. Info - 625-1369 or www.foxvisalia.org

Monday, October 20 - Grief Support Group, meets at Kaweah Delta Hospice, 900 W. Oak Ave, Visalia. Ongoing for anyone suffering the loss of a family member, friend or co-worker. Contact: Debbie Beringer. Info - 733-0642.

Tuesday, October 21 - Tuesdays With Ernie. Sequoia Regional Cancer Center, 4945 W Cypress Ave, Visalia. For newly diagnosed cancer patients and their loved ones. 624-3225.

Tuesday, October 21 – Stroke Support Group. Kaweah Delta Rehabilitation Hospital, 840 S Akers Ave, Visalia. This is a support

group for stroke survivors and their caretakers/family members. 1:30 PM - 3 PM. 624-3225

Thursday, October 23 – Total Joint Camp. Kaweah Delta Rehabilitation Center, 840 S Akers Ave, Visalia. 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. 3 - 4:30 PM. Info 624-3800.

Saturday, October 25 - Respect: A Musical Journey of Women, Visalia Fox Theater. 7:30 pm. \$29. VIP seating \$64 - Includes premium orchestra seating at the Fox Theatre, and pre-show celebration that includes spirits and appetizers at 5:45pm at Tazzaria in Montgomery Square. Info - 625-1369 or www.foxvisalia.org.

Sunday, October 26 - An Evening with C.S. Lewis, Visalia Fox Theater. Doors: 1:30 pm / Show: 2:30 pm \$15 - \$40. Described by critics as 'Extraordinary!' 'A Must See!' 'A Master Class!' An Evening with CS Lewis has proved to be an enthralling theatrical experience and one which has led many thousands to discover (or rediscover) the continuing impact of a man who died over 50 years ago and whose collected works made him one of the literary giants of the 20th Century. Info - 625-1369 or www.foxvisalia.org.

Monday, October 27, 28 - Guild Jewelry Sale, Kaweah Delta Hospital Lobby, 400 W Mineral King, Visalia. Prices start at \$5 and all proceeds will help buy patient care equipment. 7 am – 4 pm both days. 624-2217

Saturday, November 1 – Casino Night. A benefit for the Tulare County Farm Bureau Young Farmers & Ranchers. International AgriCenter Dairy Pavilion, 4450 S Laspina St, Tulare. Event starts at 6 p.m. Tickets \$35, \$40 at the door. Hosted bar, live music and gun raffle. Info – 732-8301.

Monday, November 3 – Author/speaker Ken Davis. Visalia Fox Theater. 7 pm. \$20 - \$25. Best-selling author, frequent radio and television guest, and one of the country's most sought after inspirational and motivational speakers—Ken's mixture of side-splitting humor and inspiration delights and enriches audiences of all ages. Info - 625-1369 or www.foxvisalia.org

Tuesday, November 4 - Cancer Caregiver Support Group, Sequoia Regional Cancer Center, 4945 W. Cypress Ave., Visalia. 1:30 - 3 PM. 624-3225

Thursday, November 6 - Paintings by Nadi Spencer. Tulare Historical Museum, 444 W Tulare Ave, Tulare. 12am – Fri, November 7, 12am. Weekly on Thursday, Friday, Saturday, until Jan 3, 2015

Thursday, November 6 - Prostate Cancer Support Group, Sequoia Regional Cancer Center, 4945 W. Cypress Ave., Visalia. For men diagnosed with prostate cancer and their spouses/partners. 3:30 PM - 4:30 PM. Contact: Isela Tenorio. Info - 624-3225.

Saturday, November 8 – Walk with a Doc, Riverway Sports Park, 3611 N. Dinuba Blvd, Visalia. The walk will take place from 8-9 am 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. 624-5985.

Friday, November 14 – "Side by Side", Visalia Players at Ice House Theater, 410 E Race Ave, Visalia. Cost - \$16 advance, \$20 at the door. Also playing November 14, 15, 21, 22, 28, 29 @7:30 pm and November 16, 23, 30 @2 pm. The sophistication, wit, insight, heart

and genius of Broadway's most innovative and influential artist is at the center of this tribute to composer-lyricist Stephen Sondheim, including some of his best known songs. Info – 734-3900 or www.visaliaplayers.org.

Wednesday, November 19 - Diabetes Meal Planning Night Class, Sierra View District Hospital conference rooms, 465 W Putnam Ave, Porterville. Free. 6 - 7:30 pm. The basic meal planning class is taught by a registered dietician. Attendees may purchase a Meal Planning book for \$3.00 from the American Diabetic Association. 788-6163.

Sunday, December 7 - KAC Guild Annual Holiday Home Tour. Kings Art Center, 605 N Douty Hanford. For more info call 584-1065.

For more events, go to our website www.TheGoodLifeSV.com

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



Comfort • Kindness • Dignity • Choice

Kaweah Delta Hospice is a not-for-profit health care organization providing direct care and services as well as professional education.

Since 1979, Kaweah Delta Hospice (formerly Hospice of Tulare County) has made caring, compassionate, quality choice available to families in our community.

Phone support available 24 hours a day, 7 days a week, with clinical staff on call. Resources to help with legal and financial issues are also available.



Kaweah Delta Hospice

A division of Kaweah Delta Health Care District
900 W. Oak Ave. • Visalia, CA 93291
559-733-0642



WWW.KAWEAHDELTA.ORG

The Good Life

Editor & Publisher Larry Kast
Art Director Kent Stahl

For advertising information call 559-732-5030

The Good Life is published by Kast & Company Communications. Articles and information not written by Kast & Company Communications are assumed to be accurate as provided. This publication does not provide professional, medical, legal or accounting advice, and always recommends seeking counsel from an appropriate professional.

Kast & Company Communications
PO Box 7173, Visalia, CA 93290
(559) 732-5030

KAST & COMPANY COMMUNICATIONS

History

Dusting Off History with Terry Ommen



Lt. Derby Explores Tulare Valley

George Horatio Derby was a brilliant man whose short 38 years of life was packed with a d v e n t u r e a n d accomplishment. During his life, this West Point graduate was a newspaper journalist, topographical engineer, practical joker and humorist some say on par with Mark Twain. Very little of his life had any connection with Tulare and Kings counties, but for two months he explored our area. Fortunately for us, his military mission gave us a glimpse of our region just prior to California's statehood in September 1850.

Derby was born in Massachusetts in 1823 and by 1846 he had graduated from West Point, ranking a respectable seventh in his class. After graduation the young officer was sent south of the border to help fight in this country's war with Mexico. Wounded by a gunshot, Derby was sent back to the states to work in a topographical unit. He was a quick study and learned topographical engineering very well. In 1849 he was ordered to California, and a year later he was selected to lead an expedition into the Tulare Valley (now called the San Joaquin Valley.) His assignment was clear. He was to find good routes of travel between the central coast area and the Tulare Valley, and identify suitable locations in the valley for a military post. A military fort, it



Photo courtesy of Terry Ommen
Lt. George H. Derby

was believed, was necessary for "protection of the frontier from Indian incursions."

Lt. Derby and his survey party left Monterey on April 10, 1850, and travelled south to the Paso Robles and San Luis Obispo areas. From there they headed east. On about May 1, they entered the Tulare Valley and reached the western shore of Tache [Tulare] Lake.

Derby reported that while at the lake he could distinguish timber at the north end and "tule" at the south end. The snow on the peaks of the Sierra Nevada appeared so close it looked like it was at the shoreline of the lake. The survey party noted that the land surrounding the lake generally looked like a desert with "no forage for the animals...and no wood."

The men traveled south around the lake shore, then north up the eastern side of the great valley. On May 14,

they arrived at the River Francis, now known as the Kaweah River. Derby described it as a "large stream...divided into five branches or sloughs, four of which separate from the main river." He was describing an area known as "Four Creeks" and further noted, "the country, eight miles in length by six miles in width, contained

between these branches, is a beautiful smooth level plain, covered with clover of different kinds and high grass, and thickly shaded by one continuous grove of oaks of a larger and finer description than any I have seen in the country."

The explorers found the local native people helpful as well.

See History on page 5



Photo courtesy of Terry Ommen

A portion of the 1850 map that Derby drew. On the lower left is both San Luis Obispo and Paso de Robles. On the right side you will see the River Francis and you will see 5 waterways that form there. In the midst of those 5 waterways is now the City of Visalia.



Laughter can be contagious. A healthy lifestyle can be too.

We're committed to providing quality health care to seniors so that they can maintain healthy and active lifestyles in their communities.

Call us today to schedule an appointment at one of our health centers near you. We also have dental services available at most sites. Pharmacy services are available in Visalia and Porterville.

Our Locations:

- Cutler-Orosi
- Farmersville
- Goshen
- Hanford
- Ivanhoe
- Porterville
- Springville
- Terra Bella
- Three Rivers
- Visalia
- Woodlake



Your Health. Our Mission.

877.960.3426 | fhen.org



PARK VISALIA
ASSISTED LIVING
License #542206833

Under New Ownership & Management

Creating environments where moments of joy, independence and wellness are the focus each and every day.

Call Us TODAY for a FREE LUNCH & TOUR

559.697.5918

3939 West Walnut Ave. • Visalia, CA 93277

www.ParkVisalia.com

Open Enrollment

from page 1

And the Kings Tulare Agency on Aging also offers free Medicare counseling through the HICAP program.

Munger recommended four things to do and four things to avoid for new or existing Medicare enrollees while navigating through open enrollment.

1. Never be pressured to do anything immediately

“Have a family member with you at any meeting to help review the plans,” she said. “You don’t have to make a decision that day.”

2. Review your ANOC carefully

“Everyone in an existing Medicare plan (other than those in Medicare supplement plans) will receive this form,” Munger

said about the Annual Notice of Change form that comes in the mail. The form provides information about changes to rates and co-payment, along with any changes to the plan. Be aware of any changes in premium costs or out of pocket charges to your existing plan.

3. Look to see if medications are still on the formulary

“You want to make sure the drugs you need are still covered by the plan,” she said.

4. Use preferred pharmacies

“There is a network of pharmacies for each plan. Some plans will single out one or two pharmacies in which special pricing applies. These are called preferred pharmacies. Those pharmacies will often times offer the lowest pricing for medications,” Munger said, adding that some seniors may

continue to use a pharmacy out of habit. “Loyalty doesn’t always pocket well,” she said. “Don’t assume that because your plan worked this year that it will be the same and work well the next year. Changes happen, premiums and co-payments can go up, drugs can come off formularies.”

In addition to these suggestions, Munger also recommended the following things not to do:

1. Don't wait until the last week of open enrollment

It’s an important decision, too important to make a mistake. Putting it off until the final week can result in a mistake, either in your rushing to make a decision, or by an insurance agent buried in last-minute work.

2. Don't compare your plan to someone else's plan

“Don’t base your decision on a plan based on your friend’s selected plan. Everyone has different prescription needs. What is a great plan for your neighbor may not be great for you. One size does not fit all,” she said.

3. Don't shop by premium price alone

“You might pay more with a lower premium plan because your co-payments are higher,” she said, adding the majority of phone calls she receives from Medicare clients during open enrollment are centered around their Part D prescription plan choices.

4. Don't use non-network pharmacies

Munger recommends making sure you know what pharmacies are approved by your plan. “Some people make assumptions and end up paying more because the pharmacy isn’t a part of the approved network,” she said.

The bottom line is whether you are new to Medicare, or if you’ve been enrolled for years, it pays to start the review process early, and carefully consider the options available. And having a trusted friend, family member or licensed insurance agent review those choices can help ensure you make the best selections.

Karen R. Munger

Medicare product specialist

4142 S. Demaree Street
Visalia, CA 93277
(559) 737-9660
karenmunger@healthplans2protectU.com
www.karenmungerins.com
California Insurance # 0D73967

Call me for help with your health insurance needs

JIM MANNING

DODGE // CHRYSLER Jeep RAM SRT

www.JimManningDodge.com

Huge selection of NEW VEHICLES ready for Delivery

Like Us On Facebook

Closed Sundays to spend time with our Families

DOWNTOWN DINUBA

(559) 591-4910

Manor House

Senior Living at its Best!

- Beautiful Bedrooms with Private Bath
- Individually Controlled Heating & Cooling
- Three Meals a Day & Snacks
- Close to Churches, Shopping & Recreation
- Monthly rent includes Meals, Housekeeping, Laundry & Utilities

Call Today and Schedule a FREE Lunch & Tour!

For Seniors
62 & Over

592-2132

710 Lenox • Exeter

Rooms
Available
Now!

On the way to clearer nails

Finally, a quick and painless solution to stubborn nail fungus.

Visalia Medical Clinic podiatrist Joseph Reynolds, DPM, offers the PinPointe™ laser treatment.

It is effective and avoids the adverse effects of topical and oral medications. His Cosmetic Maintenance Program helps keep nails clear and healthy.

Dr. Joseph W. Reynolds, DPM

To request an appointment call Judy at 329-2634.

Be Well

Visalia Medical Clinic

5400 W. Hillsdale | 329-2634 | VMCHealthyFeet.com

History

from page 3

Derby wrote, "We would have found it difficult to cross [swollen creeks] had it not been for the kind assistance of the neighboring Indians." The men continued north to the Kings and San Joaquin rivers.

The party returned to Monterey on June 8, 1850, and Lt. Derby submitted his report. In it he concluded, "The only point in the whole valley which

struck me as at all suitable for a military post, was the portion of interval land contained by the five creeks of the River Francis."

An army military post was never built in the Tulare Valley. Two years after Derby explored the region, Tulare County was created, and 41 years after that Kings County was formed from the western part of Tulare County. George Derby died in 1861 at the age of 38.

Local writer Terry Ommen enjoys learning about the old west, especially the role Tulare County played in creating it. He wrote the books "Then & Now Visalia, Wild Tulare County" and "Christ Lutheran Church, A Gathering Place for Half a Century." His blog, "Historic Happenings" www.visaliahistory.blogspot.com

which he published in 1988. In 2005 he wrote "Twice Adopted" about his feelings of rejection being adopted, parents divorcing and becoming a Born Again Christian.

The Alzheimer's Foundation of Central California is a non-profit organization that does not receive any government funding. All services are provided through fundraising and private donations. For more information please call Tish Davis at Auspice Home Care at 559-458-8060.

Reagan

from page 1

Reagan is the author of the autobiography Michael Reagan: "On The Outside Looking In",

We believe that every moment matters. We believe in compassionate care. Most of all, we believe in dignity and respect for each patient we serve. Maybe that's why so many families believe in us when it comes to choosing a hospice provider.

For more information or to receive our free DVD, "Hospice and Your Loved One," call 559-685-9218. Or visit us at gentiva.com/hospice.

GENTIVA Hospice

10 Minute Lube Oil-N-Filter

AUTO OIL CHANGERS

10 Minute Lube Oil-N-Filter

We know 10 minutes means a lot!

1985 LOCALLY OWNED AND OPERATED SINCE

\$5.00 OFF Full Service Oil Change

OPEN Mon.-Sat. 8-5 *No Appointment needed All work Guaranteed*

223 E. Tulare Ave., Visalia • 1630 E. Main St., Visalia • 3550 S. Demaree, Visalia • 1542 Tulare Ave., Tulare

AARP Auto Insurance Program from The Hartford

Now available from your local independent agent!

Call Today for your FREE, no-obligation quote: **(559) 592-9411**

The NSE Protection Team
NSE Insurance Agencies, Inc.
160 South D Street
Exeter, CA 93221

AARP Auto Insurance Program

*AARP Automobile Insurance Program from The Hartford is underwritten by Hartford Fire Insurance Company and its affiliates, One Hartford Pl., Hartford CT 06155. AARP membership is required for Program eligibility in most states. AARP and its affiliates are not insurance agencies or firms and do not employ or endorse insurance agents, brokers, representatives or advisors. The premiums quoted by an authorized agent for any program policy include the additional costs associated with the advice and counsel that your authorized agent provides.

107446 3rd Rev

PHYSICAL, OCCUPATIONAL, AND SPEECH THERAPY

Linwood Meadows
CARE CENTER

www.LinwoodMeadows.com
4444 West Meadow Ave, Visalia
(559) 627-1241

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.

So how do diabetic shoes help? Quite simply, they lessen the possibility of an infected or ulcerated foot. You cannot drive over to your local shoe outlet and pick up a pair. These shoes can be obtained only by prescription and must be custom fit. You certainly don't want infections or ulcerations, so why not take the necessary steps to prevent them?

Let our licensed pedorthist, Deanna Jackson, come to your home to measure you and show you what is available. Free appointments are available throughout Tulare County.

- Diabetic shoes & insoles (custom and non-custom)
- Custom Orthotics using 3D scanning (custom and non-custom)
- Orthotic fitting of braces for Ankle, Knee, Wrist, Elbow, Back, Shoulder and Neck
- Masectomy and Prostheses fitting

IVANHOE Pharmacy

FREE prescription delivery daily Monday - Friday to all local areas including Dinuba, Sultana, Cutler & Orosi

"The service you deserve from the neighbors you trust"

33060 Road 159, Ivanhoe (559)798-1219

Mervin James Insurance Services

Specializing in:
Medicare Supplements & Prescription Drug Plans
Life Insurance

Schad TenBroeck & Mervin James
Health & Life Agents

Schad TenBroeck
Lic. #0140790
cell (559) 302-7373
www.MervinJamesins.com

Gardening in the Central Valley with Peyton Ellas



A popular trend in home gardening is biodynamic growing. This style has been around in one form or another since ancient Roman times and maybe even longer in Asia. Although it is mostly applied to growing food, it can also be used in growing ornamentals, even native plants. One of the key features of this style of gardening is to feed the soil, not the plant. Taking care of the soil is one of the keys to successful gardening of all species, and plants grown in cared-for soil withstand stress, including drought, better. They also repel pests better and just generally grow, bloom and reproduce up to their full potential. It is also the ecologically better way to care for the planet and keep it growing plants for generations to come.

Some general practices can benefit all soils. One of the most important is adding compost at regular periods, at least annually. This not only adds a balance of major and micro nutrients, but also helps replenish micro-organisms that the soil needs to be healthy. We should think of soil as a system, just as we do with our human bodies. Good things in, good results. Junk in or starvation... well, you get the picture. Compost benefits all soils. If you can't make your own compost, which is the best practice, you can purchase it. Compost is not potting soil or fertilizer, so be sure to buy the right product.

Beyond that, we can test our soils to see what nutrients they may lack. Soil testing locally can be done by A&L



Photo courtesy of Peyton Ellas

Testing your soil is as easy as following printed instructions and mailing a sample to the lab. Pictured is Alondra Silva.

Laboratories in Modesto. Instructions are on their website at <http://www.al-labs-west.com>. The cost is reasonable and you can get a recommendation for specific crops, as for home vegetable gardening, or a general picture for ornamental gardening.

Another general good practice is to use mulch to cover the soil. I once had a soil scientist explain to me how damaging even rain drops can be on uncovered soil. Take a look at nature. Bare dirt is rare, and soon becomes dust or lined with erosion channels. Top soil is precious as a supplier of those nutrients and home to micro-organisms. It's like clothing. Naked soil has no clothes on. Did I put a picture in your mind? Just like with clothing, find a style you can live with and go for it! Two-to-four inches replenished annually is sufficient. Winter is a good season to do this, with fresh tree trimmings, insect-free leaves, pea gravel, rock or



Photo courtesy of Peyton Ellas

commercial uniform bark.

Good soil means good gardens. These steps can help you improve your garden and

have healthier plants without a lot of chemicals and worry.

Peyton Ellas is a local landscape designer specializing in California native plant-based gardens, a certified U.C.C.E. Master Gardener, and the owner of Auntie's Home Grown, a small sustainable farm operation. She is also the conference specialist at Tulare County's outdoor school SCICON, and is finishing her second novel. She can be reached through her website: QuercusLandscapeDesign.com.

Candied Chipotle Pepitas (Pumpkin Seeds)

Pumpkin seeds are lightly dusted and baked to create an addictive treat perfect for sprinkling on tacos, salads and anything that needs a spicy-sweet kick. Listening is crucial to the baking process as you know the action has begun when they start to crackle and pop.

Ingredients

- 1 cup pumpkin seeds
 - 1 teaspoon chipotle pepper, powder or paste
 - 2 tablespoons coconut oil, or melted butter
 - 3 tablespoons sugar, or more if desired
 - 1 teaspoon salt, or more to taste
- Serving Size: 6 People

Preparation Instructions

- Preheat the oven to 400.
- If using chipotle paste blend it with the oil. If using the powder, add it with the sugar and salt.
- Toss the oil onto the seeds until they are evenly coated. Sprinkle on the sugar, chipotle powder and salt. Taste. Add more spice, sugar or salt as desired, although, know that the flavors will develop as they cook and you can always adjust the seasonings a bit after they have cooked for a few minutes.
- Spread on a baking sheet and toast for 8-12 minutes until you

hear popping sounds. The seeds are toasting and ready for flipping. Toss the seeds, shake the pan to flatten them back up and return to the oven if needed to toast up a bit more. This is also a great moment to taste and adjust any of the seasonings as desired. They are done when there are more gold seeds than green and the sugar has caramelized on the seeds.

Recipe brought to you by



559-798-0557

www.familyfarmfresh.com

"Bringing the Farmers' Market to Your Door!"

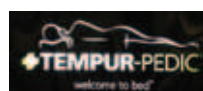
Harris Home Furnishings



Free Delivery to surrounding area*

Open Monday - Saturday
10am to 5:30pm & by appointment

All Lift Chairs we carry are Made in America



(559) 784-1746

214 North Second • Porterville

LA Z BOY

*some restrictions apply

Quercus Landscape Design

Landscape Design & Hourly Consultation
California Native Plant Retailer
Specialty Garden Service • Sustainable Gardening/Eco-Habitat

Sign-up online for our monthly newsletter
Serving Tulare County Since 2005

559 202.8351

www.QuercusLandscapeDesign.com



Peyton Ellas, Owner

Travel

Winchester Mystery House

Looking for an interesting day trip, one that even some older grandchildren would enjoy? Consider heading north to the Winchester Mystery House, located less than 200 miles away in San Jose.

It is easy to imagine how the combined grief of losing both a child and a spouse could be very crippling. But if you had \$20,000,000 and all the time in the world to help you cope, can you imagine what you would do? Sarah L. Winchester's response to the deaths of her child and husband left a bizarre and impressive architectural reflection of her psyche. The fascinating story of the Winchester Mystery House has its roots in the personal tragedies suffered by Mrs. Winchester and in the legacy of the Winchester rifle.

In 1862, Sarah married William Wirt Winchester, son of Oliver Fisher Winchester, Lieutenant Governor of Connecticut and manufacturer of the famous

Winchester repeating rifle. The couple's life together was happy, and they moved in the best New England society. However, in 1866, disaster struck when their infant daughter, Annie, died of then mysterious childhood disease marasmus. Mrs. Winchester fell into a deep depression from which she never fully recovered. Fifteen years later, in March 1881, her husband's premature death from tuberculosis added to Mrs. Winchester's distress. It is said she ultimately sought help from a spiritualist.

According to some sources, the Boston Medium consulted by Mrs. Winchester explained that her family and her fortune were being haunted by spirits – in fact, by the spirits of American Indians, Civil War soldiers, and others killed by Winchester rifles. Supposedly the untimely deaths of her daughter and husband were caused by these spirits, and it was implied that Mrs.



Photo courtesy Winchester Mystery House

Winchester might be the next victim.

However, the medium also claimed that there was an alternative. Mrs. Winchester was instructed to move west and appease the spirits by building a great house for them. As long as construction of the house never ceased, Mrs. Winchester could rest assured that her life was not in danger. Building such a house was even supposed to bring her eternal life.

Whatever her actual motivations, Mrs. Winchester packed her bags and left Connecticut to visit a niece who lived in Menlo Park, California. While there she discovered the perfect spot for her new home in the Santa Clara Valley. In 1884 she purchased an unfinished farm house just three miles west of San Jose - and over the next thirty-eight years she produced the sprawling complex we know today as the Winchester Mystery House.

There are a number of different tours available of the estate beginning at 9 each morning except on Christmas. Depending on the tour, rates are \$27-\$40 for adults, \$26-\$36 for ages 65+, and \$24-\$30 for children ages 6-12. The Grand Tour lasts 2 hours, while the Behind The Scenes Tours lasts 45 minutes. Some tours are not wheelchair or stroller accessible, so be sure to call ahead to ask. There is even a Special Flashlight Tour offered every Friday 13th and on October 17, 18, 23 – 26, and 30 and 31. These tours also enjoy extra entertainment on the estate from magicians, to balloon artists, to caricature illustrators. Following Halloween, a Spirit of Christmas

Tour features trees decorated with handmade ornaments collected from around the world.

Mrs. Winchester's financial resources were virtually unlimited; upon her husband's death she received several million dollars in cash and 777 shares of stock in the Winchester Repeating Arms Company. Upon her mother-in-law's death in 1897, Mrs. Winchester received 2,000 more shares, which meant she owned just under fifty percent of the company's capital stock. This provided her with an income of \$1,000 a day – back in the days before income taxes.

Mrs. Winchester's interest in seclusion was evident from the start. One of the first tasks of the gardeners was to plant a tall cypress hedge surrounding the house. She reportedly kept her face covered with a dark veil at all times, and there are stories of her firing servants who caught a glimpse of her face by accident.

Then there were occurrences that defied explanation. Neighbors would hear a bell ring at midnight and 2 a.m., which according to ghost lore are the times for the arrival and departure of spirits. Some said that Mrs. Winchester never slept in the same bedroom two nights in a row, in order to confuse any evil spirits that might be waiting for her. At the very center of the house is the Blue Room, where Mrs. Winchester supposedly would go every night to commune with the spirits.

At the time of her death, the unrelenting construction had rambled over six acres. The

See Myrtery House on page 8

GET WELL. GO HOME.

RAPID RECOVERY REHABILITATION

We understand that after a physical injury, disease or disability, it may be difficult to carry out activities of daily living.

We want to help you or your loved one gain back independence.



The journey toward home begins here...

Delta Nursing & Rehabilitation Center
514 N. Bridge St, Visalia 93291
559-732-8614

Kings Nursing & Rehabilitation Center
851 Leslie Lane, Hanford 93230
559-582-4414

Hanford Nursing & Rehabilitation Center
1007 W. Lacey Blvd., Hanford 93230
559-582-2871

Tulare Nursing & Rehabilitation Center
680 E. Merritt Ave., Tulare 93274
559-686-8581



Mystery House

from page 7

Sprawling mansion contained 160 rooms, 2,000 doors, 10,000 windows, 47 stairways, 47 fireplaces, 13 bathrooms, and 6 kitchens. Carpenters even left nails half driven when they learned of Mrs. Winchester's death.

According to the provisions of her will, Mrs. Winchester's personal property, including the furnishings, household goods, pictures, jewelry, and papers were left to her niece, Mrs. Marian Merriman Marriott, who promptly had the furnishings auctioned off. It is said to have required six trucks working six weeks to cart the furnishings

away. The mansion and farm were not mentioned specifically in the will. They became part of Mrs. Winchester's estate and were sold by her trustees, the Union Trust Company of San Francisco.

What was Mrs. Winchester's true motivation for devoting the second half of her life to building what is now known as the Winchester Mystery House? No one can say with complete certainty, for no one ever interviewed her and she left not a single journal. Since Mrs. Winchester's death, hundreds of wild stories have appeared about this mysterious woman and the sprawling mansion that bears her name. It seems odd

that none of her relatives or former employees ever came forward to contradict these stories, despite that fact that some of them lived more than forty years after Mrs. Winchester's death.

The Winchester Mystery House makes a fascinating day trip for anyone interested in history as well as mystery.

Winchester Mystery House

525 S Winchester Blvd
San Jose, CA 95128
(408) 247-2101

Winchestermysteryhouse.com



Next Issue:
Dec. 15, 2014

Ad deadline:
Dec. 1, 2014

Call for our ad special rates
(559) 732-5030
TheGoodLifeSV.com

Discount Directory \$

Reach 200,000 South Valley seniors for less than \$40 per month. Call 732-5030



better water. pure and simple.™

1002 W. Mariposa 562-6361
Lindsay, CA Your Local Water Company!

Eight Glasses a day is only good if your water is too!

10% off first month's service for those 62+

10% off initial cleaning service for 62+

experienced *maids*
reliable *maids*
thorough *maids*
professional *maids*
merry maids
Relax. It's Done.™

Set up your FREE CONSULTATION today
559-734-3320 * merrymaids.com



AIR CONDITIONING & HEATING
and **AIR DUCT CLEANING**
(559) 734-7361

www.grantsac-heating.com • LIC#622839

Serving Tulare & Kings counties

10% discount on any repairs for those 55+

Providing Exceptional In-Home Senior Care for 15 Years!

It takes a

Team of Professionals

to provide exceptional care ➤



Nutrition
Oral Care
Ambulation
Hydration



We serve Madera, Fresno, Kings, Tulare, San Luis Obispo (and Northern Santa Barbara County) and Northern Kern Counties.

Call today for your consultation! 888-798-0008 • www.amdalhome.com