



## 2026 Heart of Seniors Packs Wyndham



The annual Heart of Seniors event on Feb. 12 featured entertainment, in addition to a luncheon, fashion show, raffles, and informational booths. Keynote speaker Dr. Dayna Ball offered a toast to the audience (above left), and the fashion show featured models who clearly enjoyed the experience (above right). The Mighty Oak Chorus entertained the crowd (below), which was estimated at 350 guests and 50 exhibitors. Once again the annual Heart of Seniors event filled the ballroom of the Wyndham Visalia.



### VETERANS COLUMN

## VA Non-Service-Connected Disability Pension

Hello all. I'm back again with a very complicated topic: VA Non-Service-Connected Disability Pension.

Let's try to make the muddy water just a little clearer.

First is eligibility. The veterans must have served at least one day during wartime. The veteran must be at least 65 years old, or have a permanent and total disability, or be a patient in a nursing home for long-term care because of a disability.

The VA will base your pension payment amount on the difference between your in-come for VA purposes and the Maximum Annual Pension Rate (MAPR). To qualify for a VA Pension, your net worth and assets must be less than \$163,699, and your income must be less than the MAPR, which is the limit Congress sets. This year, the monthly amount is \$1,453 with no dependents. The rates increase with factors such as adding a spouse, being housebound, or receiving aid and attendance.

So, let's say your monthly income is \$1,200, and Social Security is counted as part of your monthly income. The VA will subtract your income from the MAPR and award you a monthly allowance of \$253. Of course, there are other factors to be considered, such as what is allowable income and what may be deducted. Costs such as non-reimbursable medical bills may be deducted from your monthly income, giving you a lower monthly income and increasing your allowance from the VA.


Let's talk a little bit about the assets and net worth. The VA considers things like investments, antique furniture, boats, real property etc... However, there are some items that the VA does not consider assets, such as your primary home or your car. Although second homes and rentals you own are considered assets, the VA will not consider nursing homes, care facilities or homes of relatives used for healthcare, even though you may consider it your primary residence.

This is just a high-level overview of VA pensions, without getting into the weeds. Of course, if you have any questions or would like to find out more, never hesitate to contact us.



Until next time. Let's be kind to one another.

Cecil Webster, the Veterans Services Officer for Tulare County, is a former U.S. Navy Photographer's Mate 3. Contact him at the Veterans Services Office at 3348 W. Mineral King Ave. in Visalia, by phone at 559-713-2880, or by email at TCVSO@tularecounty.ca.gov.







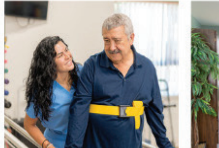
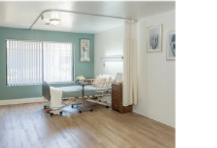
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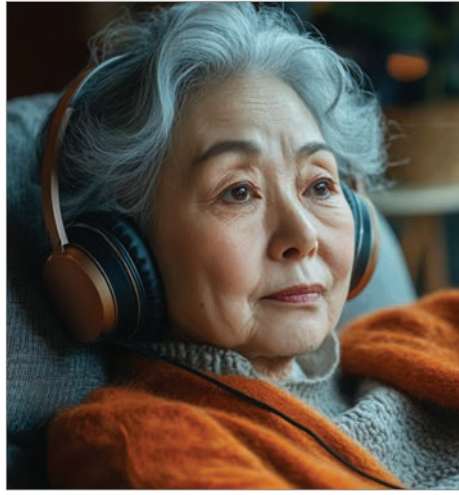
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# 11 Things People with High IQs Stop Liking the Older They Get

By Zayda Slabbekoorn

As people age, a lot of things change and evolve in their lives – it's only human nature. From dedications to a career, to nurturing different relationships, and even shifting in personal values, priorities and identities, it's impossible to fight off the natural evolution of change as we grow older.



By intentionally leaning into change, crafting hobbies and habits that assist in grappling with their new realities, the healthiest people make space for evolution that adds value and joy to their lives, rather than anxiety and uncertainty.

Many of the things people with high IQs stop liking the older they get, according to research, are rooted in societal pressures, personal interests and unrealistic expectations. They don't care about fitting in anymore, so they feel free to explore, engage in and connect with people who align with their secure internal belief system.

Here are 11 things people with high IQs stop liking the older they get, according to research.

### 1. Superficial relationships

Many people tend to shed superficial relationships as they get older, as they begin to prioritize deeper connections, more intentional conversations

and less routine social interactions, according to a study from *Psychology and Aging*.

It's one of the things people with high IQs stop liking the older they get, because they recognize the benefits of nurturing deeper relationships. Having close friends and peers isn't just a strong determinant of better emotional well-being and mental health, it can also help to fend off physical ailments like cardiovascular diseases and immune problems sparked by isolation, chronic stress and anxiety.

### 2. Distractions

While it may be easier for younger folks to distract themselves from hobbies and habits they know will add to their personal well-being and health – pushing those responsibilities down the road – older people with high IQs are adamant about implementing these rou-

tines into their daily lives.

Of course, research from the National Institute on Aging argues there are a number of holistic benefits to engaging in hobbies that you enjoy, but they revolve around intentionality and living in the present moment.

If you're distracting yourself with mindnumbing TV after a stressful day at work or doomscrolling on social media to avoid working out, you're building mistrust with yourself. If you consistently fall short of meeting expectations you've set for yourself or resort to distractions to cope with discomfort, you'll be less and less likely to make progress in the future.

You don't need motivation



to turn away from distractions and start focusing on the routines and habits that truly matter, only self-discipline.

### 3. Trying to Fit In

Trying to keep up with trend cycles, constantly comparing yourself to others, and crafting unrealistic expectations for yourself gets exhausting quickly, especially as you get older and tackle new challenges and responsibilities. It's part of the reason why people tend to stop caring about "fitting in" as they age – they have a better sense of who they are, what they need and how to get there.

Of course, age doesn't immediately bring wisdom, but life experience, intelligence and self-awareness can grow as a person moves through life, helping them to break through the shackles of external validation and expectation.

People with high IQs also tend to have a kind of emotional intelligence that sparks self-awareness – they have a grounded relationship with themselves, know what they're good at and what they're not, so there's less pressure to adopt other people's routines or habits for the sake of fitting in.

### 4. Overspending on Material Things

According to data from *Frontier Economics*, people tend to *(continued on page 5)*



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# NU-9 Halts Alzheimer's Disease in Animal Before Symptoms Begin

An experimental drug developed at Northwestern University has demonstrated further promise as an early intervention for Alzheimer's disease.

In a new study, Northwestern scientists identified a previously unknown highly toxic sub-species of amyloid beta oligomers – toxic clusters of peptides – that appear to drive several of the brain's earliest changes, including neuronal dysfunction, inflammation and activation of immune cells.

The experimental drug, a small-molecule compound called NU-9, decreased this toxic amyloid beta oligomer subtype and dramatically reduced the damage it causes in

a mouse model of Alzheimer's disease. By addressing these changes at the onset of Alzheimer's disease, the researchers are hopeful NU-9 potentially could prevent, or significantly delay, the cascade of toxic events that ultimately destroy neurons.

The findings point to a potential new strategy for targeting the disease in its earliest stages – before cognitive decline and other debilitating symptoms take hold.

The study was published in the December issue of *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*.

"Alzheimer's disease begins decades before its symptoms appear, with early events like

toxic amyloid beta oligomers accumulating inside neurons and glial cells becoming reactive long before memory loss is apparent," said Northwestern's Daniel Kranz, the study's first author. "By the time symptoms emerge, the underlying pathology is already advanced. This is likely a major reason many clinical trials have failed. They start far too late. In our study, we administered NU-9 before symptom onset, modeling this early, pre-symptomatic window."

Kranz is a recent Ph.D. graduate from the Interdisciplinary Biological Sciences program at Northwestern's Weinberg College of Arts and Sciences, where he is advised by corresponding author William Klein.

An expert on Alzheimer's disease, Klein is a professor of neurobiology at Weinberg and a cofounder of Acumen Pharmaceuticals, which has developed a therapeutic monoclonal antibody currently in clinical trials that targets the subtype of amyloid beta oligomers identified in the study.

Richard Silverman, a key co-author of the study, invented NU-9. Silverman, who previously invented pregabalin (Lyrica) to treat fibromyalgia, nerve pain and epilepsy, is the Patrick G. Ryan/Aon Professor in Weinberg's Department of Chemistry and founder of Akava Therapeutics, a startup company commercializing NU-9 (now called AKV9).

### The Promise of NU-9

Conceived about 15 years ago, NU-9 emerged as part of Silverman's multi-year effort to discover a small molecule compound that could prevent toxic protein aggregate buildup in neurodegenerative diseases. By 2021, NU-9 demonstrated efficacy in animal models of amyotrophic lateral sclerosis (ALS), clearing toxic SOD1 and TDP-43 proteins and restoring health to upper motor neurons. In 2024, it received clearance from the U.S. Food and Drug Administration to begin human clinical trials for ALS.

Silverman, Klein and Kranz demonstrated that NU-9 also could effectively treat Alzheimer's disease. In the previous study, NU-9 showed it could clear toxic amyloid beta oligomers in lab-grown brain cells from the hippocampus, a region critical for learning and memory.

"In both ALS and Alzheimer's disease, cells suffer from toxic protein buildup," Klein said. "Cells have a mechanism to get rid of these proteins, but it gets damaged in degenerative diseases like ALS and Alzheimer's. NU-9 is rescuing the pathway that saves the cell."

### Early Intervention

To further investigate the drug's potential in treating Alzheimer's disease, the team wanted to evaluate its effectiveness at halting the earliest damage. In the new study, the researchers administered NU-9 to a pre-symptomatic mouse model of Alzheimer's disease. The mice received a daily oral dose for 60 days.

The results were striking. NU-9 significantly reduced early reactive astrogliosis, an inflammatory reaction that typically begins long before symptoms appear. The number of toxic amyloid beta oligomers bound to astrocytes (star-shaped brain cells that protect neurons and control inflammation) also plummeted. And an abnormal form of the protein TDP-43 – a hallmark of neurodegenerative

(continued on page 13)

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# Full-fat Cheese Linked to a Lower Risk of Dementia

Eating cheese and cream with a high fat content may be linked to a lower risk of developing dementia. This is shown by a new large-scale study from Lund University in Sweden. The researchers analysed the dietary habits of more than 27,000 people and linked these to the occurrence of dementia over a follow-up period of up to 25 years.

The debate about low-fat diets has long shaped our health advice and influenced how we view food and health. For several decades, fear of saturated fat and its link to cardiovascular disease has dominated. The MIND diet is a diet developed with the aim of reducing the risk of dementia. The diet includes protective foods such as vegetables, nuts, fruits, berries, whole grains and fish, while cheese is one of the foods that should be limited.

Emily Sonestedt, researcher in nutritional epidemiology at Lund University, and her colleagues, therefore wanted to investigate whether there was any link between dairy products and dementia. They collected dietary data from 27,670 people using the Malmö Diet Cancer population study, in which the participants respond about their dietary and cooking habits.

The average age at the start



Researchers found that people who ate 50 grams of cheese (with more than 20% fat) daily had a 13% lower risk of developing dementia than those who ate less than 15 grams daily.

of the study was 58, and the participants were followed for an average of 25 years, during which time 3,208 people developed dementia. The dementia diagnoses were obtained from the Swedish patient registry. For cases diagnosed up to 2014, additional validation studies were conducted in which dementia specialists reviewed medical records, brain scans and cognitive test results.

After adjusting for lifestyle factors such as physical activity, diet, smoking and alcohol consumption, the researchers found that people who ate 50 grams of cheese (with more than 20% fat) daily had a 13% lower risk of developing dementia than those who ate less

than 15 grams daily. Fifty grams is equivalent to about five regular slices of cheese. In total, about a quarter of the participants ate more than 50 grams or more daily.

"When we went on to look at specific types of dementia, we found that there was a 29% lower risk of vascular dementia in people who ate more full-fat cheese," Sonestedt said. "We also saw a lower risk of Alzheimer's disease, but only among those who did not carry the APOE e4 gene variant – a genetic risk factor for Alzheimer's disease."

The researchers also investigated the link between high-fat cream (30-40% fat) and dementia. People who consumed

20 grams or more daily had a 16% lower risk of dementia than those who did not consume any at all.

The results of the cheese studies support the link between vascular health and brain health.

"The updated dietary guidelines in Sweden from this year say that we can eat dairy products every day, preferably fermented varieties such as yogurt or kefir," Sonestedt said. "Both we and other researchers have found in observational studies that fermented dairy products in particular may be linked to a slightly reduced risk of cardiovascular disease."

In previous studies, the research team has seen links to vascular health, with cheese and fermented dairy products in particular protecting against cardiovascular disease.

"Although higher-fat cheese and cream were associated with a reduced risk of dementia, other dairy products and low-fat alternatives did not show the same effect," Sonestedt said. "Therefore, not all dairy products are equal when it comes to brain health. The few studies that have investigated this have found a correlation with cheese, so more research is needed to confirm our results and investigate whether certain high-fat dairy products really do provide some protection for the brain."

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# Rawhide Rustlers Senior Club Ready for 2026 Season

It's another season of family-friendly fun at Valley Strong Ballpark and part of that fun is the Rawhide Rustlers Senior Club.

The Rawhide Rustlers are those Rawhide family members 55 and older who come out to every Rawhide home Wednesday game throughout the season.

For just \$35 dollars, any 55 and older Rawhide fan will receive a ticket to every Wednesday home game, a Rustlers T-Shirt and the chance for exclusive giveaways and activities at Rawhide games.

The Rawhide Rustlers Senior Club is not only one of the most exclusive clubs at Valley Strong Ballpark, but is also one of the most celebrated and welcomed clubs by all members of the Rawhide family.

The Rustler Program is sponsored by American Quality Life Hospice, Park Visalia and Wellcare by Healthnet.

Under their new ownership, OnDeck Partners, the Rawhide are continuing the Rawhide Rustler Program in 2026 and plan to keep it for seasons to come.

"Our Rawhide Rustlers include some of the greatest members of our Rawhide family and community here throughout Visalia," said Markus Hagglund Rawhide Rustlers program director and Rawhide



Visalia Rawhide players (above left) enjoy the games as much as Rustler Senior Club members (above right).

assistant general manager. "If you are thinking about joining the Rawhide Rustlers, give us a call or an email and we'll be happy to discuss getting you out to the ballpark."

Attendance at those Wednesday home games, while light in numbers, allows the chance for Rustler Members to get to know one another all the while taking in the backdrop of a baseball game.

"We like to usually play a good mix of oldies, 60's and 70's music at the ballpark on Wednesdays to keep things light for our Rustler Members and afford them the opportunity to get to chat with one another without having their voices drowned out by music." said JT

Gomez, director of ballpark entertainment. "We also plan on playing more country music on Wednesdays to give a little bit more diversity on musical options at Valley Strong Ballpark."

One of the giveaways for the upcoming season will be sponsored by American Quality Life Hospice. Giveaways in the past, exclusive to Rawhide Rustler Members only, have included back-scratchers, cowbells, mini-clipboards and, of course a bingo dauber that comes in handy for those Bingo Wednesdays.

Bingo Wednesdays, sponsored by Park Visalia, is played every Wednesday at Valley Strong Ballpark, and whether you are a Rustler Member or

not, prizes like gift cards, movies, and Rawhide tickets can be won pending a bingo. Numbers are called at the end of every finished at-bat until all bingo prizes are claimed.

And on the very last Wednesday game of the season (this year on Wednesday, September 2), the Rawhide will host a "Bingo Blowout Wednesday" where all prizes must go.

The first Rawhide Rustler game of the season is Wednesday, April 15th, which this year falls on Jackie Robinson Day, which is held at ballparks across America.

For more information on how to join the Rawhide Rustlers, call (559) 732-4433, ext.104.



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# NU-9 Halts Alzheimer's...

(continued from page 6)

diseases that is linked to cognitive impairments – sharply decreased.

"These results are stunning," Klein said. "NU-9 had an outstanding effect on reactive astrogliosis, which is the essence of neuroinflammation and linked to the early stage of the disease."

The improvements spanned multiple regions of the brain, indicating that NU-9 has a brain-wide anti-inflammatory effect.

### A Hidden Culprit

While investigating the effects of NU-9 on the pre-symptomatic mouse model, the research team found an unexpected culprit. For decades, scientists have considered amyloid beta oligomers as more toxic than the larger amyloid beta fibrils that form plaques, which appear later in Alzheimer's disease. But not all amyloid beta oligomers are the same. The Northwestern scientists discovered one uniquely problematic subtype.

"We identified a distinct amyloid beta oligomer subtype that appears inside neurons and on nearby reactive astrocytes very early in the disease," Kranz said. "It potentially acts as an instigator of early Alzheimer's pathology."

Called ACU193+ because it is detected by the antibody

ACU193, the subtype shows up early inside of stressed neurons, the scientists found. Then, these oligomers appear to migrate to the surfaces of nearby astrocytes. When ACU193+ oligomers latch onto astrocytes, they may spark a cascade of inflammation that spreads throughout the brain, long before memory loss begins.

### A Potential Prophylaxis

NU-9 targeted and dramatically reduced this subtype, suggesting the drug may be especially valuable at Alzheimer's earliest stages, when intervention is most effective. By reducing this subtype, NU-9 potentially could prevent the activation of astrocytes.

Although they serve as the brain's frontline responders, astrocytes become destructive when pushed into a reactive state. This destructive behavior damages synapses, releases inflammatory molecules and accelerates neurodegeneration. Stopping this process might be one of the most powerful ways to slow the progression of Alzheimer's disease.

Kranz and Silverman likened the strategy to early intervention approaches for preventing cancer and heart disease.

"Most people are used to monitoring their cholesterol levels," Silverman said. "If you have high cholesterol, it doesn't

mean that you will have a heart attack soon. But it's time to take drugs to lower your cholesterol levels to prevent that heart attack from happening down the road. NU-9 could play a similar role. If someone has a biomarker signaling Alzheimer's disease, then they could start taking NU-9 before symptoms appear."

"There are a couple early diagnostic blood tests for Alzheimer's disease in development," Klein added. "The promise of better early diagnostics – combined with a drug that could stop the disease in its tracks – is the goal."

Currently, the team is testing

NU-9 in additional models of Alzheimer's disease, including an animal model of late-onset disease that better reflects typical human aging. The researchers also plan to follow animals for a longer period of time to determine whether symptoms develop in treated animals and plan to examine how early intervention with NU-9 affects memory and neuron health over time.

The study, "Identification of a glia-associated amyloid beta oligomer subtype and the rescue from reactive astrogliosis by inhibitor NU-9," was supported by a grant from the National Institutes of Health.



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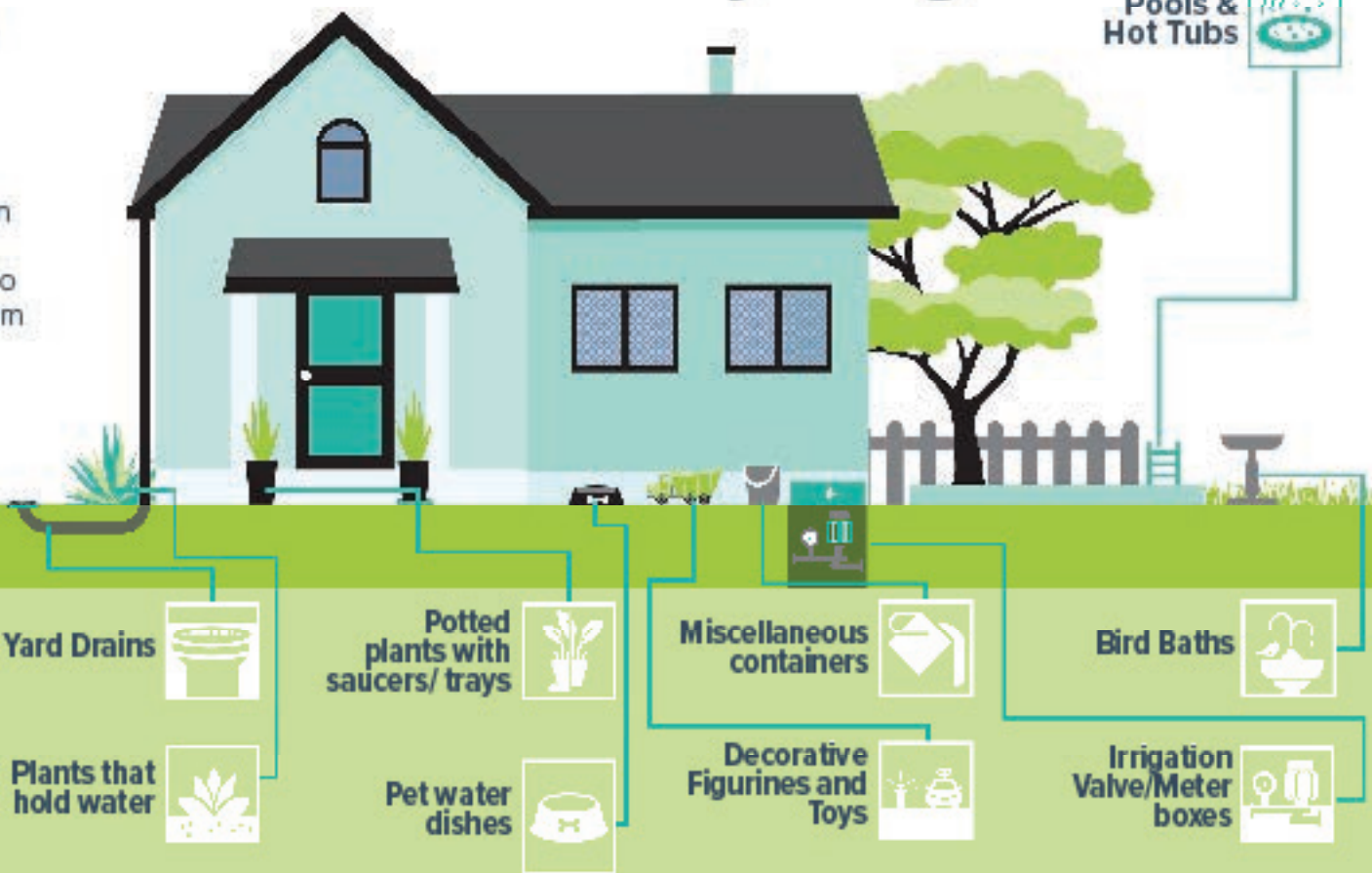
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QUAIL CORNER

# Time to Move into a Senior Community?

Q&A with Kimberly Jensen

**Question: I have been considering moving out of my home and into a senior community. How will I know when it is time?**

The best time to move into senior living is typically between the ages of 75 and 85, or when daily maintenance, social isolation or safety concerns outweigh the desire to stay in your current home.

If you move in while you are still active, it will allow you to enjoy community amenities that will take away a lot of burden. Amenities such as weekly housekeeping services, free maintenance, transportation and activities with groups of people with common interests are benefits that you will have whether you are independent or need assisted living.

Just knowing that care staff is available to help you, if needed, is also a huge benefit and it costs less than if you were to have caregivers in your home.

If you move in during your late 60s or early 70s, it allows you to be unburdened by the constant care of a home and allows for an ideal lifestyle of activities, dining and socialization. Many seniors claim that it made them feel more included and socially content.

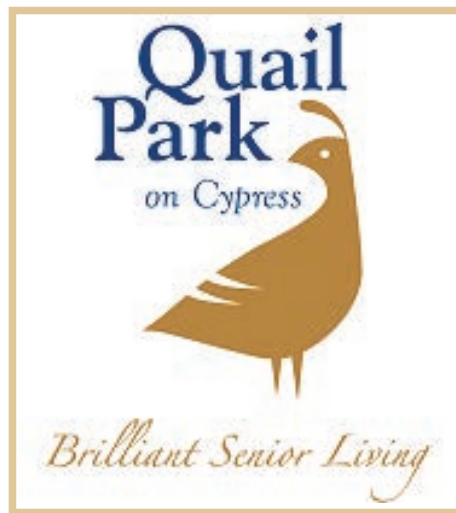
There are several key indicators that trigger when the time is to move into a senior community. If you notice that you are having frequent falls, missing your scheduled medication times or if stairs are becoming difficult for you to navigate, it might be time to consider senior living.

If you notice that all your old friends and neighbors have moved away and you are feeling lonely and isolated, this might be the time to consider moving to a community setting where you can find past acquaintances and make new friends.

Perhaps your home is starting to demand more repairs, upkeep, yardwork and heavy-duty cleaning and you need to hire a team to do the chores that you can no longer do on your own, that is a good indicator.

Another indicator might be that you have had a change in your health condition. Are you struggling with shopping, bathing, dressing and cooking or are you getting more forgetful?

The most important thing to remember is not to wait for a crisis to occur in your home before you move to a senior community. You want to choose the senior community on your own terms and not feel like your health is forcing you into



and light housekeeping, allowing more time for hobbies, activities and leisure.

Independent/Assisted living communities often provide a continuum of care that allows for a smooth transition if health needs increase. This is important, so you don't have to move again.

Moving early allows you to fully enjoy the amenities, build friendships and remain active before a negative health situation makes the transition necessary.

Senior living communities generally report high satisfaction levels. Satisfaction is driven by increased safety, reliability in care, social interaction and improved quality of life, often surpassing satisfaction levels of living alone. The highest satisfaction scores include improved dining, staff quality and engaging activities.

If you move into a senior community and are not satisfied, you have the option to move into another community. Most senior communities are month-to-month rent. The only thing keeping you there is your happiness. I do suggest trying it out for three months before you decide to move into another senior community. It takes about three months to get acclimated to your apartment and your new routine.

There are many senior communities with very different amenities. It is important that you find the community that suits your needs and preferences most closely. The next chapter of your life is the most important one of all!

*Kimberly Jensen has been working with Quail Park as a Senior Resource Advocate for over ten years and has helped hundreds of families find solutions to their senior problems. If you have a question, you can send it to her at KimberlyJ@QPCypress.com or call (559) 737-7443.*

a speedy decision. Being proactive and checking out all the senior communities ahead of time will make you feel more relaxed when it is time to make that change in your life.

Many seniors prefer to move during spring since it is often considered the best weather to move. Holidays are over and the demands for your time are fewer.

If you decide to move into a senior living community, be comforted knowing that they offer a maintenance-free, social and secure lifestyle that enhances independence and will improve your quality of life. The benefits include access to amenities like dining and fitness centers, on-site social activities to combat loneliness, and, in many cases, a continuum of care as needs change.

Senior communities offer increased safety and security features like 24/7 staffing and emergency call systems. Their buildings, bathrooms and apartments are handicap accessible, senior-friendly, non-slip and have secure layouts that will provide you with peace of mind.

To keep your focus on health and wellness, many communities have access to on-site fitness centers, group exercise classes, nutritionists and health screenings that promote an active lifestyle.

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# First Minimally Invasive Coronary Artery Bypass Achieved

For the first time, a team of researchers at the National Institutes of Health (NIH) and Emory School of Medicine, Atlanta, has successfully performed a coronary artery bypass – a normally open-heart surgery – without cutting the chest wall.

The team employed a novel intervention to prevent the blockage of a vital coronary artery, which is a very rare but often lethal complication following a heart-valve replacement. The results suggest that, in the future, a less traumatic alternative to open-heart surgery could become widely available for those at risk of coronary artery obstruction.

“Achieving this required some out-of-the-box thinking but I believe we developed a highly practical solution,” said first author of the study, Christopher Bruce, MBChB, an interventional cardiologist at WellSpan York Hospital and NIH’s National Heart, Lung, and Blood Institute (NHLBI), as well as an adjunct assistant professor of cardiology at Emory School of Medicine.

The patient was a 67-year-old man whose aortic valve – which permits blood flow from the heart to the aorta, the widest artery in the body – had previously been replaced by a bioprosthesis, but due to calcium buildup, the replace-

ment now needed replacing. However, this patient’s unique anatomy placed the opening, or ostium, of his left coronary artery so close to the valve that its life-sustaining blood flow would likely become blocked during the standard valve replacement procedure.

“Our patient had an extensive history of prior interventions, vascular disease and other confounders, which meant that open-heart surgery was completely off the table. Having a minimally invasive alternative in a case like this is paramount,” said Adam Greenbaum, M.D., a senior author of the study and a physician at Emory School of Medicine.

Due to several anatomical quirks, the patient was also not a good candidate for existing minimally invasive solutions. Fortunately, Greenbaum and Vasilis Babliaros, M.D., at Emory had recently begun developing a solution just for this kind of scenario.

“We thought, ‘Why don’t we just move the ostium of the coronary artery out of the danger zone?’” Greenbaum said.

Bruce and Robert Lederman, M.D., who leads the Laboratory of Cardiovascular Intervention at NHLBI, joined the Emory physicians to help turn their concept into a viable medical procedure, having used it

successfully in animal models.

The procedure, called ventriculo-coronary transcatheter outward navigation and re-entry, or VECTOR, creates a new route for blood flow that is a safe distance away from the aortic valve. And rather than cracking open the chest to do it, the researchers use the body’s natural vascular circuitry to reach the heart, slipping catheters through vessels in the legs. While this mode of access is not new, what the study authors do with their tools once they get there is.

With VECTOR, the researchers pass a wire through the aorta and into the at-risk coronary artery. From there, they steer the wire deep into one of the artery’s branches, breaching the vessel into the right ventricle, one of the heart’s four chambers. There, they operate a separate catheter to ensnare that wire and then pull the wire’s end out through the femoral vein. Now a continuous line from aorta to vein, this wire enables loading of more sophisticated tools into the target artery.

The next goal of VECTOR is to produce a new ostium for the coronary bypass. They create one hole in the aorta downstream from the valve, out of range of potential blockage. The researchers make a second

opening by piercing through the coronary artery wall using a special catheter, which is braced by an expandable mesh tube, called a stent. They pass two loose ends through each of the holes and then, as in the previous phase, tie them together to create another bridge, this time tracing a safe path for the bypass.

Using this second wire, the team feeds a coronary bypass graft through the two new openings. Once deployed, the graft provides a new route for blood flow that is out of harm’s way.

Greenbaum and Babliaros at Emory, joined by Bruce, put these steps into practice in their patient.

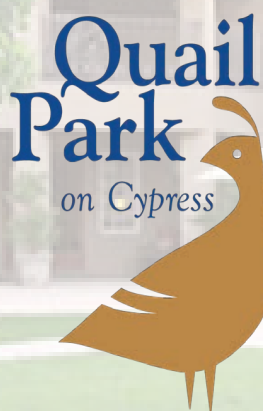
Six months after the procedure, the patient showed no signs of coronary artery obstruction, meaning VECTOR’s first outing in a human proved to be a success. Further deployments in more patients are still necessary before VECTOR is used more widely, but the team is hopeful of continued success following this major step forward.

The authors suggest the new technique may also find some footing in treating coronary diseases more broadly, in cases where other approaches, such as stents, fail to keep arteries open.

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Even before it was designated a park, picnickers enjoyed the beautiful land that would become Cutler Park. (Photo circa 1900)

# Cutler Park - A Legacy Park

Visalia is fortunate to have within easy reach, two of Tulare County's finest parks. Both contain beautiful remnants of the old oak forest that once dominated the area and both have names of pioneer families that provided the land.

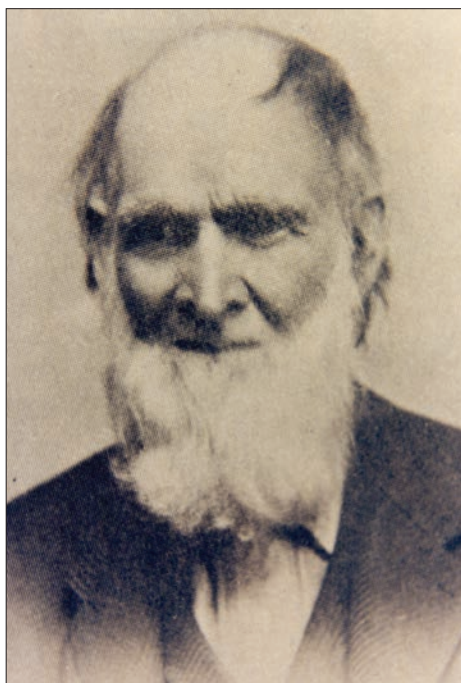
Mooney Grove Park, established in 1909, is a well-known popular county park, and has a well-documented history. While the other, Cutler Park, seems to be lesser known whose past is less familiar.

Cutler Park encompasses about 75 acres and is located just east of Visalia, nestled along the St. John's River. The land and surrounding area once belonged to John Cutler, Sr., a medical doctor and judge. Born in Indiana in 1819, Cutler came to California as a 49er. He settled in El Dorado County and after California achieved statehood in 1850, he served as a representative to the state legislature.

Cutler came to Tulare County and lived inside Fort Visalia for a time, and was part of the group that helped create Tulare County. He was elected county judge and eventually owned many acres northeast of Visalia.

He married Nancy Rice and the couple had seven children including John Cutler, Jr. The senior Cutler, a well-respected man all of his life died in 1902. His wife passed several years before him.

In 1919, John Cutler, Jr., for-



Cutler Park is named for John Cutler, Sr. (Photo circa 1900)

merly a Tulare County Clerk, offered a 75-acre parcel to Tulare County to honor his father. It represented one of the few last stands of oak forest in the area and had been in the Cutler family since 1854. All of the Cutlers had been born and raised on the land. The donation was offered without conditions or restrictions and the county agreed that the site would be known as "Cutler Park."

The *Visalia Daily Times* supported the generous offer and reported on May 10, 1919, that the act "deserves the heartiest of commendation and...should be appreciated by the entire community of Tulare County because it is given outright, with absolutely no provisions

Dusting Off History with Terry Ommen



such as often attend the presentation..."

J.N. Young, a member of the Tulare County Board of Supervisors, accepted the generous donation on behalf of the entire board and said, "The act of John Cutler in donating to the county the fine tract of land to be known as Cutler Park was most commendable."

For the next two years, the county prepared the new park land and on Saturday, October 1, 1921, a formal dedication took place.

There was a huge picnic with hundreds of people in attendance and a formal program. All were invited, but a special invitation was given to those old timers who knew John Cutler. One of the featured speakers was Judge W. B. Wallace, and he proudly announced, "This will always be known as Cutler Park."

John Cutler, Jr. was also present at the event, but due to a serious illness he offered no speech, but instead his brother A. R. Cutler spoke on his behalf. He said, "It is the wishes of our brother...that this park shall always be filled with laughing, happy faces..."

He added the current generation of residents had not always been good stewards of the land and emphasized the importance of this park as a preserve. J.H. Newman, a member of the Tulare County Board of Supervisors, formally accepted the park on behalf of the county. Another great natural playground had been saved.

Cutler Park (15520 Ivanhoe Drive) is accessible by driving east on Houston Avenue or by walking or cycling the St. John's River Trail that starts at Ben Maddox and terminates at the park.



The entrance to Cutler Park shortly after it opened. (Photo circa 1925)

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# SCAM ALERT



BE AWARE OF COMMON SCAMS & PROTECT YOURSELF



## TECH SUPPORT SCAM

Someone calls or messages saying they're a computer technician. The person says they're from a well-known company and they tell you about viruses or malware on your computer and they want to help you fix it. Tech scammers will try to sell you useless services, steal your credit card number, or get access to your computer.



## GRANDKIDS SCAM

You get a call: "Grandma, I need money for bail." Or money for another urgent matter. Is the caller who you think it is? Scammers are good at pretending to be someone they are not, sometimes using information from social media. Stop and look up your grandkid's phone number yourself, or call another family member.

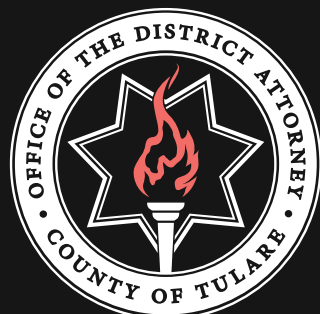


## GOVERNMENT IMPERSONATOR SCAM

You get a call, email, or text from someone claiming to be from the Social Security Administration or Medicare. They say something alarming and to fix it, you must pay or put your money on gift cards and read them the PIN numbers. The caller ID might show Washington, DC area code but is it really the government? No, the government doesn't call people out of the blue with threats or promises of money. Don't send money to anyone who calls, emails, or texts and says they're with the government. To reach a government agency, find their contact info at USA.gov.

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