



IN THIS ISSUE: "Not to Forget," Visalia Ransacker, Exercise Saves the Brain, Close Calls & Narrow Escapes, "Have You Heard about Greg?"

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume VII, Number 6 • March/April 2022



A community with 49 residences for the homeless of Tulare County is expected to open in the spring of 2023.

Seniors to Benefit from New Homeless Village in Goshen

By spring of next year, the state of California is expected to have its first ever master-planned community that will provide dignified homes, jobs and services for those experiencing chronic homelessness.

That community will be in Tulare County.

Groundbreaking is scheduled in early August for the Neighborhood Village, a community on West Rigg in Goshen that will have 49 residences for the homeless, each equipped with kitchen and bathroom amenities.

The community will feature a coffee shop and marketplace, chapel, picnic area, library, social hall, organic garden and parks, and provide job opportunities to its residents - such as maintenance and gardening - as well as opportunities to create and sell their arts and crafts.

Neighborhood Village will also offer mental and physical health services, coordination of benefits and case management, wellness and financial literacy classes, and Narcotics Anonymous and Alcoholics Anonymous meetings.

When the Neighborhood Village opens next year, many of its residents are expected to be seniors. The homeless population is rapidly aging. According to the Kings/Tulare Homeless Alliance's *A Point in Time* report, the number of seniors (those 55+) who were homeless in 2021 was 213. Six years ago, it was 85.

Currently, one out of every four individuals who are home-

less are 55 or older, and the number of homeless seniors is expected to increase, partly due to the high costs of housing and health care.

Those who are most vulnerable will be the first provided with new residences, according to Adrienne Hillman, founder and CEO of Salt + Light Works, the organization behind the Neighborhood Village. "Most vulnerable and seniors tend to fall into this category," she said.

"Older adults who are homeless face unique challenges and often require special support," said Hillman. "People experiencing homelessness age more rapidly than others who are housed, and older adults with extensive histories of homelessness typically present as much older than their biological age reflects. They may be more challenged with activities of daily living, with poor eyesight, balance and hearing challenges.

"Older adults are also more likely to suffer from cognitive impairments and are more likely to present with depression," she added. "They may require more medical interventions, compared to the general population of people experiencing homelessness."

Despite the special accommodations for seniors, such as ADA ramps to make mobility easier, Hillman noted that residents of Neighborhood Village "have to be able to live independently."

For more information, visit www.saltandlightworks.org.

Study Predicts Alzheimer's Cases Could Triple by 2050

The number of adults (aged 40 years and older) living with dementia worldwide is expected to nearly triple, from an estimated 57 million in 2019 to 153 million in 2050, due primarily to population growth and population aging. The Global Burden of Disease Study, published in *The Lancet Public Health* is the first to provide forecasting estimates for 204 countries worldwide.

The study also looks at four risk factors for dementia - smoking, obesity, high blood sugar and low education - and highlights the impact they will have on future trends. For example, improvements in global education access are projected to reduce dementia prevalence by 6.2 million cases worldwide by 2050. But this will be countered by anticipated trends in obesity, high blood sugar and smoking, which are expected to result in an additional 6.8 million dementia cases.

The study highlights the urgent need to rollout locally tailored interventions that reduce risk factor exposure, alongside research to discover effective disease-modifying treatments and new modifiable risk factors to reduce the future burden of disease.

"Our study offers improved forecasts for dementia on a global scale as well as the country-level, giving policy makers and public health experts new insights to understand the drivers of these increases, based on the best available data", says lead author Emma Nichols from the Institute for Health Metrics and Evaluation at the University of Washington. "These estimates can be used by national governments to make sure resources and support are available for individuals, caregivers, and health systems globally."

She continues, "At the same time, we need to focus more on prevention and control of risk factors before they result in dementia.



Even modest advances in preventing dementia or delaying its progression would pay remarkable dividends. To have the greatest impact, we need to reduce exposure to the leading risk factors in each country. For most, this means scaling up locally appropriate, low-cost programs that support healthier diets, more exercise, quitting smoking, and better access to education. And it also means continuing to invest in research to identify effective treatments to stop, slow or prevent dementia."

Dementia is currently the seventh leading cause of death worldwide and one of the major causes of disability and dependency among older people globally - with global costs in 2019 estimated at more than \$1 trillion. Although dementia mainly affects older people, it is not an inevitable consequence of aging.

A Lancet Commission published in 2020 suggested that up to 40% of dementia cases could be prevented or delayed if exposure to 12 known risk factors were eliminated - low education, high blood pressure, hearing impairment, smoking, midlife obesity, depression, physical inactivity, diabetes, social isolation, excessive alcohol consumption, head injury and air pollution.

The study was funded by the Bill and Melinda Gates Foundation and Gates Ventures, and conducted by the GBD 2019 Dementia Forecasting Collaborators.

Rawhide Revives Senior Traditions

The Visalia Rawhide announce the Rawhide Rustler Senior Club will be back in full swing for the 2022 season. The Rustlers Program, which began in 2019, is sponsored by Park Visalia and WellCare by Health-net.

For \$30, members receive a grandstand ticket to all ten Wednesday home games. For members who wish to have access to the Michelob Ultra Hall of Fame Club, the price is \$60. Every one of these Wednesday games will also double as a Beer and Bingo Night.

Members can also enjoy these exclusive giveaways:

- April 20 - Rustlers Membership T-Shirt;
- May 11 - Visalia Rawhide Mug;
- June 1 - Visalia Rawhide Tote Bag; and
- August 24 - Bring a Friend.

Anyone interested in purchasing tickets should email Jillian (jillian@rawhidebaseball.com) or call (559) 732-4433, ext. 105. Tickets are also available at www.milb.com/visalia.

Belle of the Ballpark

The Belle of the Ballpark pageant will also return to Valley Strong Ballpark. After taking a two-year hiatus, the Rawhide are ready to crown another belle.

The Visalia Rawhide are looking for five fabulous senior ladies to compete in this year's



The Belle of the Ballpark pageant is a long-standing team tradition. Pictured is 2012 Belle of the Ballpark Violet Taylor.

fun competition that will crown the 2022 Belle of the Ballpark.

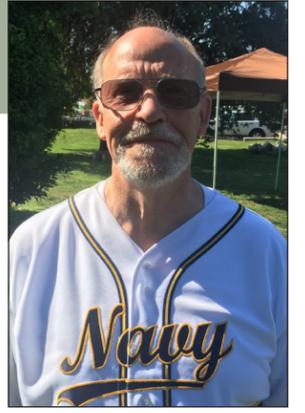
Anyone interested in applying or nominating someone should contact Marina via email (marina@rawhidebaseball.com) or call (559) 732-4433, ext. 112.

The Visalia Rawhide will crown its Belle of the Ballpark on Wednesday, April 20. Game time is set for 6:30 p.m.

There are ticket specials for those who want to show support that night. For \$20, fans will receive a STIHL Saloon ticket and a \$10 food and beverage voucher. For \$10, fans receive a Red Zone or Grandstand tickets and a \$5 food and beverage voucher.

VETERANS CORNER

SAH Housing Grants



Ken Cruickshank

This issue we will look at a Department of Veterans Affairs (VA) benefit called the Specially Adapted Housing (SAH) Grant. This program provides a grant to servicemembers and veterans with certain permanent and total service-connected disabilities, to either help purchase or construct an adapted home or to modify an existing home to accommodate a disability.

The SAH Grant helps veterans with a qualifying service-connected disability to live independently in a barrier-free environment. This benefit can be used for the following:

- To construct a specially adapted home on land to be acquired;
- To build a home on land already owned if it is suitable to support specially adapted housing;
- To remodel an existing home if it can be made suitable for specially adapted housing; or
- To apply the grant against any unpaid principal mortgage balance of an adapted home that was acquired previously without the benefit of a VA grant.

To qualify for the SAH, the veteran must have a permanent and total disability that is service-connected and must have one of the following:

- Loss of - or loss of use - of both legs;
- Loss of - or loss of use - of both arms;
- Blindness in both eyes, having only light perception, plus loss of or loss of use of one leg;
- Loss of or loss of use of one lower leg together with residuals of organic disease or injury;
- The loss of or loss of use of one leg together with the loss of or loss of use of one arm;
- Certain severe burns; or
- The loss of - or loss of use of - one or more extremities due to service on or after September 11, 2001, which so affects the functions of balance or propulsion as to preclude ambulating without the aid of braces, crutches, canes or a wheelchair

Only 120 veterans and servicemembers each fiscal year can qualify for a grant based on the loss of one extremity after September 11, 2001, as set by Congress. A fiscal year runs from October 1 through September 30. If you qualify for, but don't receive, a grant in the current fiscal year because the cap has already been reached, you may be able to use this benefit in future years. The maximum dollar amount for fiscal year 2022 for the SAH Grant is \$101,754.

To apply for this benefit, you need to complete a VA Form 26-4555, Application in Acquiring Specially Adapted Housing.

Ken Cruickshank, the Veterans Services Officer for Tulare County, is a retired Navy Master Chief Petty Officer. Contact him at the Veterans Services Office at 3348 W. Mineral King Ave., Visalia; by phone at (559) 713-2880; or by email at KCruicks@tularehhsa.org.

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Scientists 'Work Out' How Exercise Saves Your Brain

Exercise helps you stay fit, hale and hearty, and researchers say it may also help you stave off dementia and Alzheimer's disease. Now they have a better understanding of the hidden benefits that aid the brain.

Older folks who are more physically active have higher levels of a protein that promotes better communication between the brain's synapses, a new study reports.

"Synapses are these critical communicating junctions between nerve cells," said lead researcher Kaitlin Casaletto, an assistant professor of neurology at the University of California, San Francisco. "They're what sends the message from one nerve cell to another, and I think of them as where the magic happens when it comes to cognition. All of our thinking and memory occurs as a result of these synaptic communications."

Even people in their 80s and 90s whose brains were riddled with amyloid plaques and tau tangles - the toxic hallmarks of Alzheimer's - contained higher levels of these synaptic proteins if they were more active, researchers found.

The synaptic proteins are involved with the production and release of neurotransmitters, the biochemicals in the brain that promote communication between nerve cells, Casaletto said.



"We think having more of these proteins suggests that maybe you have more synapses and/or maybe your synapses are working a little bit better," Casaletto said. "You're getting more of that juice into the brain and facilitating communications."

This study involved more than 400 elderly people who agreed to wear monitors that tracked their amount of daily physical activity. They were all participants in the Rush University Memory and Aging Project, a long-term effort to identify the causes of Alzheimer's and dementia.

Researchers already had discovered that people within this group who had greater levels of physical activity also tended to have better cognitive performance and a reduced risk of de-

mentia, Casaletto said.

The next step was to figure out why that was. Brain autopsies provided answers.

"We followed these adults until death. They donated their brains to the autopsy program, and we were able to look at the brain tissue after death," Casaletto said. The average age of death among participants was 90.

Autopsies revealed higher levels of synaptic proteins in the brains of those who, while they lived, tended to move around more in their day-to-day lives, researchers said.

"We saw a pretty linear relationship. The more activity, the higher the synaptic protein levels. To me, this suggests every movement counts," Casaletto said.

These levels were elevated even among people who had physical evidence of Alzheimer's in their brains.

"The capacity of the elderly brain to mount this healthy response to activity might help buffer these age-related brain changes and help promote cognition," Casaletto said.

Further, researchers found these elevated levels of synaptic proteins in six regions of the brain - not only in the memory center, but in other parts related to thought and reasoning as well.

"It suggests it's more of a whole-brain phenomenon," Casaletto said.

As people age, their brains tend to accumulate toxic proteins like amyloid beta and tau, the researchers said in background notes. As these proteins form clumps and tangles, they can interfere with synaptic communication between nerve cells and eventually cause the synapses and neurons to fall apart.

The findings suggest that physical activity can promote resilience in the brain, said Heather Snyder, vice president of medical and scientific relations for the Alzheimer's Association.

A steady flow of neurotransmitters from these proteins might add up to better synaptic function for aging brains, maintaining communication between

(continued on page 4)

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Kaweah Health's Cardiothoracic Surgery Clinic is located at 505 W. Main Street in Visalia, one block west of Kaweah Health Medical Center, with an entrance and parking off Acequia Avenue.

Kaweah Health Cardiothoracic Surgery Opens in Downtown Visalia

On January 17, Kaweah Health opened its Cardiothoracic Surgery Clinic in downtown Visalia.

The clinic, open from 8 a.m. to 5 p.m. at 505 W. Main St., is now home to Kaweah Health's cardiothoracic surgery team led by Dr. Frederick Mayer. The clinic offers patients surgical procedures to treat diseases and conditions of the heart and chest performed at Kaweah Health Medical Center.

"We are happy to welcome back Dr. Frederick Mayer, who led our inaugural cardiothoracic program," said Gary Herbst, CEO of Kaweah Health. "It has been great to see him return to Kaweah Health and be wel-

comed with such open arms by our physicians and staff."

Dr. Mayer was recruited in 1996 to lead Kaweah Health's first cardiac and thoracic surgery program. He also cared for heart patients at other hospitals for 10 years, before returning to Kaweah Health in 2019.

Dr. Mayer is the Cardiothoracic Surgery Program Medical Director and is performing cardiothoracic surgery with the support of other cardiothoracic surgeons as he works to grow Kaweah Health's program.

The clinic is 3,000-square-feet with four patient care rooms and staffed by cardiothoracic surgeons, three medical assistants and office staff.

Dividat Expands Cognitive Health Solutions into the U.S.

Dividat, a research-based company based in Zurich, Switzerland, recently expanded into the United States with an office in Boulder, Colorado.

More than a decade ago, Dividat set out to improve the aging population's wellbeing through the use of novel technologies initially discovered at ETH Zurich. The outcome was the development of the Dividat Senso Smart Platform - a unique exergaming solution that end-users employ to improve their cognitive motor skills and physical mobility.

Dividat helps people with mild cognitive impairment, fall

reduction and mitigation, dementia, Parkinson's disease, Alzheimer's disease, multiple sclerosis, stroke and orthopedic rehabilitation.

Many senior living communities, clinics, neurorehabilitation and senior activity centers use the Dividat Senso Smart Platform on a daily basis.

The Good Life interview with Dividat founder Eva van het Reve can be found by following the link in this article at www.thegoodlifedv.com

For more information about the Dividat Senso or for an on-line demo, visit <https://dividat.com/en>.

Exercise Saves Your Brain...

(continued from page 3)

nerve cells despite the interference from toxic amyloid and tau.

"If you can keep brain cells healthy and communicating longer, you may slow the changes you would see in disease or you may be able to decrease the vulnerability of the brain to other injury or other insult," Snyder said.

The study didn't measure the vigor of each person's physical activity, only how much they tended to move during the day, Casaletto said.

There are any number of

activities you could pursue to promote brain health, Snyder said, such as ballroom dancing, neighborhood walks or riding a stationary bike at home.

"Find something that you're going to enjoy, that you're going to stick with and continue to do," Snyder said, adding that seniors should check with their doctor before taking on a new activity.

The new study was published January 7 in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*.

FALL REDUCTION RESOURCES

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March: Free Fall Reduction Webinar

Join us **March 24 at 1 p.m. Pacific Time** for a free webinar on the topic of fall reduction with Adrian Cagigas, a certified athletic trainer and senior fitness expert.

During the webinar Adrian will outline common risk factors that can lead to falls, demonstrate exercises that can help build strength and offer fall reduction tips that can be taken in the home to mitigate fall risk.

You can sign up for the free webinar at PrestigeCanHelp.com.

April: Free Fall Risk Assessment

While many falls can be caused by tripping on something in the home, there are also less obvious physical factors that can lead to a fall.

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Gain valuable insight and gauge your risk factors by taking the free questionnaire at FallRiskAssessment.com.

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Visalia Ransacker Presentation Scheduled for April 6

On April 6, Visalia may become the epicenter of the true crime craze.

That's when John Vaughn, a retired Visalia police sergeant and lead investigator of the Visalia Ransacker crime spree from the mid 1970s, will speak at the College of the Sequoias during a much-anticipated event that was postponed last fall due to the latest wave of the Covid pandemic.

With television shows and podcasts about true crime having amassed big interest and bigger audiences, it was no wonder when local writer Terry Ommen's column in *The Good Life* appeared last September about the lecture that he began receiving several phone calls inquiring about the event.

"I even had people asking me to save them seats," quipped Ommen, who himself is a retired Visalia police officer. Ommen's column "Inside the Visalia Ransacker Investigation" no doubt stirred memories and emotions about what Vaughn calls "the biggest case in the history of the town."

"This is also an opportunity to honor the work of Sgt. Vaughn, as well as to reveal a lot that was not able to be brought out to the public before about the investigation," said Ommen, who added that



Exeter Police Officer Joseph James DeAngelo (above left) and following his arrest years later (above right)



the event will unveil surprising, if not jaw-dropping information about the case and its investigation.

While Ommen will serve as the event moderator, it will be Vaughn who will capture the imagination of the audience inside the COS Ponderosa Lecture Hall. The room, which seats more than 200, is located next to the parking lot on the northeast corner of the campus.

The public forum, which is free to attend, starts at 6 p.m. and is sponsored by Visalia Heritage and *The Good Life*. Parking will also be free. For those unable to attend, the event will be live-streamed for free on the

homepage of *The Good Life* at www.TheGoodLifeSV.com.

While the passage of time tends to erode memories, those who lived in or around Visalia during the mid-1970's may recall the terror that gripped the city by what became known as the Visalia Ransacker, and later known as the Golden State Killer.

In 1975, a burglar broke into the Visalia home of Claude Snelling with the intent of kidnapping his daughter Beth. When Snelling woke up and confronted the burglar, he was brutally shot twice and killed, but the burglar left Beth Snelling behind before escaping.

Three months later while on a stakeout of a home previously involved in a Ransacker incident, another Visalia agent, Bill McGowen, was shot at by the Ransacker but spared by his flashlight, which the bullet shattered. The Ransacker escaped once again. Multiple incidents were investigated in and around Visalia before they suddenly stopped, only to emerge once again in the Sacramento and Bay areas.

Eventually, Joseph James DeAngelo was arrested in 2018 and charged with multiple counts of burglary, rape and homicide for crimes committed from 1974 to 1986, with prosecutors seeking the death penalty.

In a plea agreement, DeAngelo later pled guilty to 13 counts of murder, including the Snelling shooting, and was sentenced to life in prison without the possibility of parole. Vaughn is convinced, despite DeAngelo's confession to several of the crimes, there may be many more he is responsible for.

"I'm of a strong opinion there is a lot more to this case than we'll ever know," said Vaughn in a phone interview from his home in Morro Bay. "I think he did a lot more murders

(continued on page 12)

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'Have You Heard about Greg?' Provides Personal Look at Alzheimer's

"Have You Heard About Greg?" (HYHAG) is a documentary that introduces Greg O'Brien, an investigative reporter, best-selling author and public speaker. Greg takes us into his world where he has survived cancer and now is battling with an incurable disease called Alzheimer's.

This disease has taken out Greg's family members: his father, mother, grandfather and uncles. Now Alzheimer's has come for him. He faces the journey with authenticity, humor

and a ferocious courageousness that has rarely been captured on camera until now.

Greg opens up his life and home to show how this disease affects everyone. He is on a mission to bring awareness to the cause and take it out of the closet to help others talk more openly about it.

Greg wears his heart and soul on his sleeve. He is funny, irreverent, loving and brutally honest. He is charming and delightful to be around and he gives us an opportunity to look at this monster of a disease.

He was diagnosed at the age of 59 when he had two serious head traumas.

No matter what Greg is going through, he keeps a smile on his face, and keeps cracking jokes even when he doesn't feel that great himself. HYHAG is timely, emotional and the story of vulnerability and spiritual resilience that leaves people inspired to face life's challenges head on.

Several experts in the field are interviewed in the film.

George Vradenberg, CEO of US vs. Alzheimer's, asks, "Imagine if you will, a terrorist organization announcing



Greg O'Brien

tomorrow that they had a bio weapon that was going to infect 80 million people by 2031? Can you imagine the globe's response to that proposition?"

Dr. Rudy Tanzi, chair of the Cure Alzheimer's Fund Research Leadership Group, describes Alzheimer's as "a quiet thief in the night that relentlessly robs from the patient the sense of identity, personality and, ultimately, the very essence of self."

Today, Greg lives with the fact that at any moment, 60% of his short-term memory can be gone in 30 seconds. Every day is a fight for him.

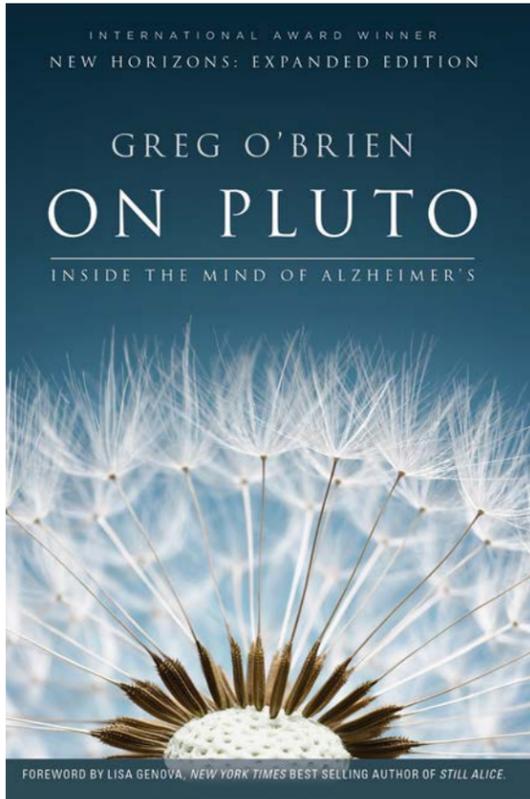
The film is his way to put a stake in the ground as a jour-

nalist and to make sure people start talking about it and taking it seriously.

Without any change, by 2050, about 14 million patients would single-handedly wipe out the health care system in the U.S. There are currently millions of people who are undiagnosed, walking around on the path to Alzheimer's.

This film was inspired by Greg O'Brien's best-selling and award-winning book called *On Pluto: Inside the Mind of Alzheimer's*.

For more information about this unique cinematic journey through Alzheimer's, including information about how to get involved, visit www.hyhag.com.



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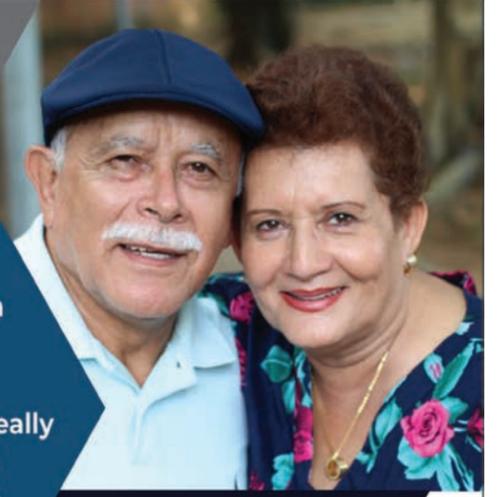
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Oscar Winners Featured in 'a Different Kind' of Alzheimer's Film

"From the beginning, I wanted to create a different kind of 'Alzheimer's film,'" said Valerio Zanolli about "Not to Forget," which he wrote, produced and directed. "I was determined to make a film with the right compromise of light situations and dramatic moments. Instead of focusing on an elderly person, I decided to take the perspective of a young caregiver. So, I wrote the story of a millennial who doesn't know anything about Alzheimer's and finds himself taking care of Grandma."

Zanolli started developing "Not to Forget" in 2018, after learning about the terrifying numbers related to Alzheimer's. He noted that every 65 seconds, another brain develops Alzheimer's, and that two-thirds of them belong to women.

"My intent was clear from the very beginning - giving life to a film that could have a social impact and become a tool to raise awareness for the fight against Alzheimer's," he said. "I wanted to entertain audiences around the world while informing them about this terrible disease."

In the movie, Grandma forgets names and events, but she remembers love. Meanwhile, her grandson and caregiver Chris remembers everything - to the point he makes a "career" out of counting cards - but he forgot the value and importance of family.

Dementia affects approximately 50 million people around the world, with nearly 10 million new patients every year. This terrible disease also affects the caregivers - the unsung heroes, often family members willing to sacrifice themselves to take care of their loved ones.

"During pre-production, Alzheimer's patients and caregivers read the screenplay and provided invaluable feedback," recalled Zanolli. "After several revisions, I reached out to my dream cast and I convinced Karen Grassle, who played Caroline Ingalls (Ma) in the NBC television series 'Little House on the Prairie,' and five Oscar-winning actors to join me in



Karen Grassle (Grandma) and Tate Dewey (Chris) in "Not to Forget."

Kentucky for an incredible experience. I had the honor and pleasure of working with talented professionals, of directing Cloris Leachman and Olympia Dukakis in their final performances, and of bringing to the big screen a sweet story that needs to be told."

"Working on the film 'Not to Forget' was an unforgettable experience," said Grassle. "After writer and director Valerio Zanolli approached me for the role of Melody, I read the screenplay and I immediately accepted to be part of this sweet and charming story."

"Our film dealt with dementia and was produced as an attempt to further educate and draw funds to this issue," she added. "This film reminds the audience we need to strive to make a difference and support the fight against this terrible disease, which affects millions of people and their families."

The film features Cloris Leachman, who won an Academy Award for "The Last Picture Show," and eight Primetime Emmy Awards from 22 nominations, making her the most Emmy-nominated and tied for the most Emmy-awarded actress in television history.

"Over the past few years, I have assisted my late mother on the several films she starred in," said Dinah Englund, Leachman's daughter. "From my privileged position on set, I was happy to see that Valerio was taking his time with my mom. Though her age and health didn't make it easy, Valerio was very patient, worked around her needs, and



Producer-director Valerio Zanolli with Olympia Dukakis

was determined to make her shine. He went so far to create a character carved from her personality. Spending time with her also off set, he made sure to listen to her voice and treasure her advice."

Olympia Dukakis, also featured in the film, won an Academy Award and a Golden Globe for her performance in "Moonstruck."

"When he approached me, Valerio wanted to create a movie to raise awareness and funds for the fight against Alzheimer's, and I wanted to be part of it," said Dukakis soon after the film was completed. "Valerio created a sweet film, which I enjoyed watching. He respected the limitations imposed by my age, and he calmly and professionally helped me feel at ease, before and during filming. I was glad that Valerio kept in touch with me for the holidays and for my birthday, kept me updated about the status of the film, and asked for my feedback."

"Not to Forget" also features Tatum O'Neal, the youngest

person ever to win a competitive Academy Award, which she won at age 10 for her performance in "Paper Moon"; Louis Gossett Jr., best known for his role in the film "An Officer and a Gentleman," winning him the Academy Award for Best Supporting Actor; and George Chakiris, who won both the Academy Award and the Golden Globe Award for his performance in the 1961 film version of "West Side Story."

"When I first got the audition for 'Not to Forget' and I had the chance to read the script, I knew right away that not only was it a great opportunity to work on a great film, but it was something I could really grasp onto and connect with," said Tate Dewey, who plays the role of grandson Chris. "The film deals with one of the most destructive diseases in the world, but it focuses less on the specifics of the disease itself and more on how families can come together in the midst of it."

"One of the main themes is growing up, as Chris does in the film," he added. "That journey and the challenges that came with it were very interesting. I couldn't have dreamed of a better character to portray in my first lead role, and at the same time I was well aware of the amount of work and commitment I'd have to put into it. In that sense, both Chris and I got to grow up, and I'd say the experience really helped me not only as an actor, but also as a person."

"Not to Forget" is part of a bigger project, Let's Make a Difference (www.letsmakeadifference.info), which Zanolli created to raise awareness and funds for childhood cancer, childhood obesity, bullying, Alzheimer's and homelessness.

"I believe filmmaking could - and should - be used to make a difference," Zanolli explained.

"Not to Forget" is currently available to rent on such streaming services as Amazon, AppleTV and DirecTV, and for sale on websites including Amazon, RedBox and AppleTV.

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CALENDAR

March 1, 15 - Zumba & Coordination

The Visalia Senior Center hosts Zumba & Coordination from 1-2 p.m. at 310 N. Locust St., Visalia, twice a month. For more information, call (559) 713-4481.

March 1, 8, 15, 22, 29 - Hanford Senior Creative Writing

This weekly event is held at the Veterans Memorial Building in Hanford from 10-11 a.m. For more information, call (559) 212-1628.

March 2, 7, 9, 14, 16, 21, 23, 28, 30 - Strength Training Bingo with Prizes

Quail Park at Shannon Ranch will host this 1-2 p.m. event. For more information, call (559) 527-8245.

March 2, 4, 7, 9, 11, 14, 16, 18, 21, 23, 25, 28, 30 - Aerobics

City of Hanford Parks and Community Services hosts aerobics from 9-10 a.m. at Longfield Center, 400 N. Douthy St. in Hanford, three days a week. The monthly cost for those 55+ is \$16. For more information, call (559) 585-2525.

March 2, 7, 9, 14, 16, 21, 23, 28, 30 - Zumba

City of Hanford Parks and Community Services hosts Zumba from 6-7 p.m. in Civic Park, 400 N. Douthy St. in Hanford, twice a

week. The monthly cost for those 55+ is \$16. For more information, call (559) 585-2525.

March 3-5 - Visalia Gleaning Seniors Spring Yard Sale

Visalia Gleaning Seniors will host this sale at the Gleaner Yard, 28600 Road 156 in Visalia. For more info, call (559) 733-5352.

Thursday, March 3 - Visalia Ransacker: History, Arrest and Conviction

The Sequoia Genealogical Society will host this 6 p.m. presentation by historian and former Visalia policeman Terry Ommen, highlighting the events that led to the conviction of Joseph DeAngelo, Jr., who became known as the Golden State Killer and the Visalia Ransacker. Refreshments will follow. The free event will be held at the Tulare Public Library, 475 M St. in Tulare. For more info, call (559) 685-4518.

March 8, 22 - Support Group for Grieving Spouses

Quail Park at Shannon Ranch will host this 10:30 a.m. session. New attendees have to be screened by Kaweah Health in a five-minute interview. For more information, call (559) 527-8245.

Saturday, March 12 - Downtown Visalia St. Patrick's Day Parade

This annual event will begin at 10 a.m. and run along Main Street,

from Church Street to Willow Street. 2022 Grand Marshal is Sam Logan, and the parade will also honor John Vartanian and Bruce McDermott.

Thursday, March 17 - St. Patrick's Day Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11:30 a.m. The cost for Visalia residents 55+ is \$5. Tickets must be purchased in advance. For more information, call (559) 713-4481.

Friday, March 18 - Zumbathon

City of Hanford Parks and Community Services will host this event from 6-8:30 p.m. in Civic Park, 400 N. Douthy St. in Hanford. For more information, call (559) 585-2525.

April 1, 4, 6, 8, 11, 13, 15, 18, 20, 22, 25, 27, 29 - Aerobics

City of Hanford Parks and Community Services hosts aerobics from 9-10 a.m. at Longfield Center, 400 N. Douthy St. in Hanford, three days a week. The monthly cost for those 55+ is \$16. For more information, call (559) 585-2525.

April 4, 6, 11, 13, 18, 20, 25, 27 - Zumba

City of Hanford Parks and Community Services hosts Zumba from 6-7 p.m. in Civic Park, 400 N. Douthy St. in Hanford, twice a week. The monthly cost for those 55+ is \$16. For more information, call (559) 585-2525.

April 5, 12, 19, 26 - Hanford Senior Creative Writing

This weekly event is held at the Veterans Memorial Building in Hanford from 10-11 a.m. For more information, call (559) 212-1628.

April 5, 19 - Zumba & Coordination

The Visalia Senior Center hosts Zumba & Coordination from 1-2 p.m. at 310 N. Locust St., Visalia, twice a month. For more information, call (559) 713-4481.

April 6 - Visalia Ransacker (See page 5 for details.)

Thursday, April 7 - History of the Sequoia Genealogical Society

The Sequoia Genealogical Society will host this 6 p.m. presentation about its 48-year history by Gerri Oliver, the group's longest surviving member. Refreshments will follow. The free event will be held at the Tulare Public Library, 475 M St. in Tulare. For more info, call (559) 685-4518.

April 8-9 - Visalia Gleaning Seniors Spring Yard Sale

Visalia Gleaning Seniors will host this sale at the Gleaner Yard, 28600 Road 156 in Visalia. For more info, call (559) 733-5352.

Saturday, April 9 - Gold Star Mobile Home Park Yard Sale

Gold Star Mobile Estates, 2120 S. Santa Fe St., Visalia, will host its annual community yard sale featuring used furniture, clothing, plants, refurbished BBQ grills and more. For more information, call (559) 734-4431.

April 12, 26 - Support Group for Grieving Spouses

Quail Park at Shannon Ranch will host this 10:30 a.m. session. New attendees have to be screened by Kaweah Health in a five-minute interview. For more information, call (559) 527-8245.

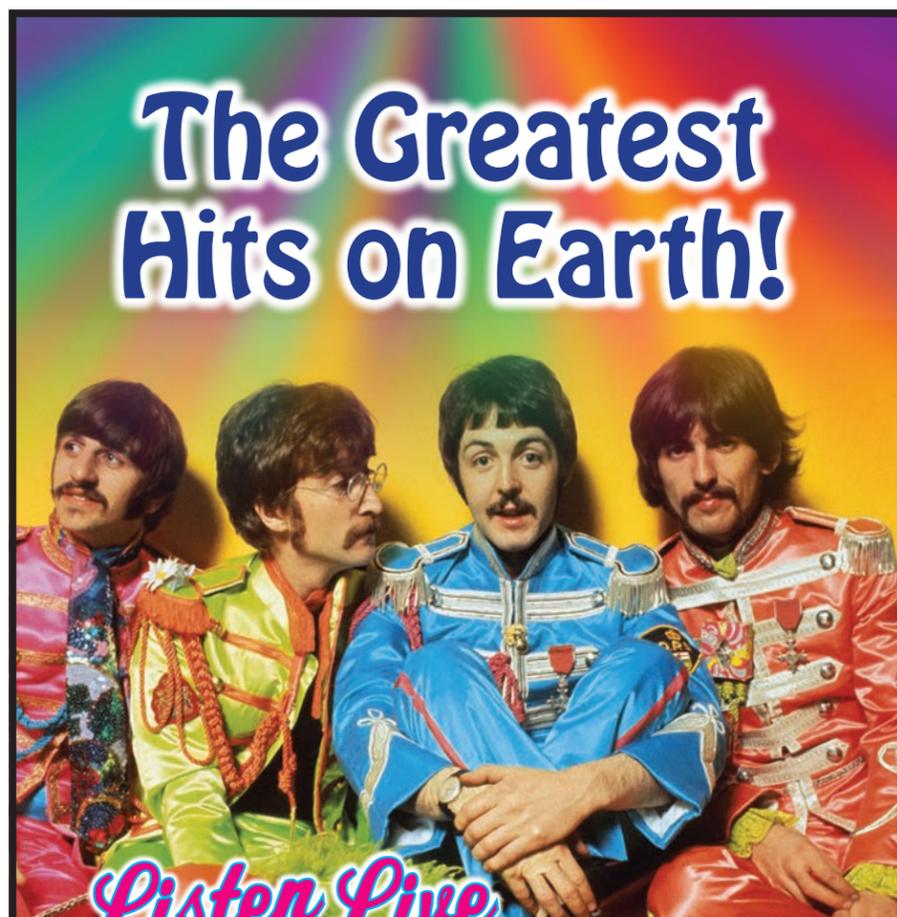
Friday, April 15 - Eggstravaganza Luncheon

This Spring Celebration, complete with an egg hunt, will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11:30 a.m. The cost for Visalia residents 55+ is \$5. Tickets must be purchased in advance. To-go meals will be available for \$5.50. For more info, call (559) 713-4481.

Saturday, April 16 - 'The Reunion Beatles'

Beatles look-and-soundalike artists will perform at the Visalia Fox Theatre. Tickets for the 8 p.m. show are \$30-\$50. For tickets or more information, visit www.foxvisalia.org or call (559) 625-1369.

(continued on page 11)



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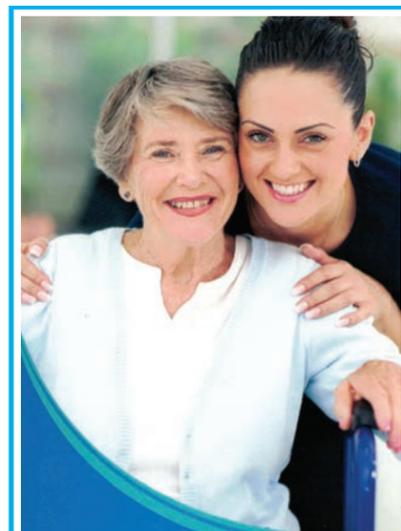
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March Gardening Tips from the Master Gardeners

By Peyton Ellas
UCCE Master Gardener

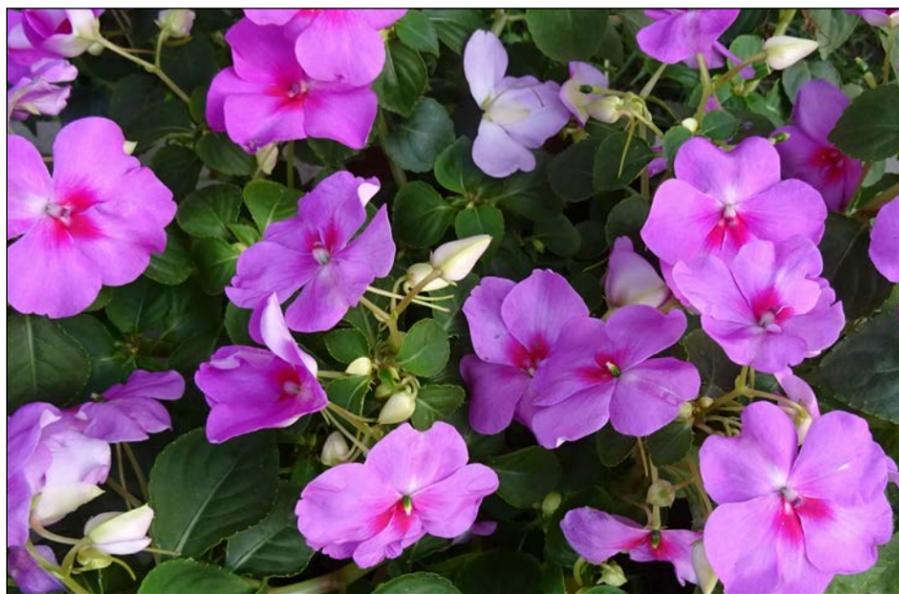
March was the first month of the year in the original Roman calendar. That feels right to me. March is a month of flowers and growth, the first full month in which almost everything in the garden is bursting with energy. Even the weather gets in on this act. March may be hot, cold, dry, snowy, rainy or windy. The vernal equinox is March 20, when the sun is above the equator and begins its travels north, closer to us.

PLANTING: Spring is the second season of major planting. You can plant all varieties of trees, shrubs, perennials, ground covers and vines in the spring. Time to plant heat-loving edibles like cucumber, tomato, melon, beans, eggplant and squash, especially towards the end of the month when the weather and soil are warmer. You can also plant potato, radish, chives, greens, beets and herbs of all types. Citrus, avocado and other frost-sensitives should also be planted later in the month.

When buying citrus, please be sure to buy from a reputable Tulare or Kings County nursery so we don't spread the Asian citrus psyllid. That means saying "no" to the neighbor or family member who has an extra citrus tree for you, and that means not bringing citrus trees into the county from elsewhere in the state.

There are regulations about movement of bulk quantities of citrus fruit, in order to save the California citrus industry, much of which is in our counties. Help out as a homeowner by following good citrus practices. You can find out more from the CDFA website or read the University of California Pest Note at: <http://ipm.ucanr.edu/PMG/PESTNOTES/pn74155.html>

We think of March as a big color month. Lots of plants, native and non, bloom profusely in March. If you need quick color, plant ageratum, alyssum, bachelor buttons, begonias, celosia, cleome, coleus, cosmos, duster miller, gomphrena, impatiens, lobelia, marigolds, nasturtiums, nicotiana, petunias, portulacas, salvias and verbena. It is also the month to start planting summer blooming bulbs such as cannas, calla lily, crocosmia, dahlia,



Impatiens

gladiolus, liatris, lilies, ranunculus, tuberose and zephyranthes.

MAINTAINING: Along with bursts of flowers and foliage, March also begins the major insect season. Handpicking large insects is easier on the garden and the ecology, if you can stand it. Using traps like rolled-up newspaper or boards is another way to catch and remove insect pests like snails, slugs and earwigs.

If you must use chemicals for slugs and snails, use baits containing iron phosphate, which is not toxic to children, wildlife or pets. Baits containing metaldehyde are extremely toxic. Tolerate some damage, especially from caterpillars. Think of them as the pretty butterflies and moths they will become. Bugs are also a major food source for nesting and hatching birds.

Start setting baits out now for Argentine and other non-native ants and rotate the chemical every three months. Eliminating ants will help natural controls for a whole host of soft-bodied insects.

Spittle bugs are occasionally an unsightly nuisance but do little damage and don't stay long. They look like little blobs of wet foam with a small bug in the middle. They seem to prefer rosemary and many sage varieties. The foam protects babies from birds, but populations rarely grow large and the "spittle" doesn't stay long.

If rain is not plentiful, water your new transplants well and keep them from completely drying out. This attention to irrigation is one reason planting in the spring is more difficult than in the fall, although some

springs are wetter than the previous fall, and maybe that will happen this season.

March is also a good month to fertilize roses. Use a specialty fertilizer meant for roses and do two smaller feedings instead of one. You can also fertilize non-native perennials and established citrus trees that are emerging from dormancy. Your California native plants don't need fertilizer, although you could give your acid-loving manzanita a weak dose of fertilizer labeled for camelias, azaleas and magnolias.

Weed control is in high gear. Cool season grasses have seeds; warm season weeds are blooming. Whether you use mechanical, chemical or a mix of control methods, remember weeds are trying to protect the earth's crust by reducing erosion. If you clear an area of weeds, what will replace these plants?

Use rock, bark or living mulch (a.k.a. plants!) to keep your soil on your property. When spraying herbicide, remember that many of your plants including roses and California native species are highly susceptible to damage from small amounts of drift, and you may not see that damage immediately. Follow label directions and protect desirable plants.

CONSERVING: While planting for spring, include at least one plant that increases the

(continued on page 12)

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QUAIL CORNER

Can You Deduct Assisted Living Costs?

Q&A with Kimberly Jensen

It is tax time again, and I am getting quite a few inquiries regarding whether assisted living costs can be deducted from your taxes. My first step would be for you to discuss this with your accountant to get his professional advice. I have found the following information, courtesy of Kathleen Leahy, CarePatrol, that might be helpful.



The majority of the one million American seniors living in assisted living communities pay the fees with their own money. With a monthly median cost of nearly \$4,000, assisted living is a substantial investment. A tax deduction may help ease the burden of assisted living, so many families wonder if assisted living is a tax-deductible expense.

Deducting Assisted Living Expenses

“Long-term care services” are tax-deductible expenses on Schedule A, according to the 1996 Health Insurance Portability and Accountability Act (HIPAA). To qualify, the long-term care services must involve personal care services such as bathing, dressing, continence care, eating, transferring or maintenance services - household cleaning and meal preparation.

Qualifications for Deducting Assisted Living

Only assisted living residents

who qualify as “chronically ill” may qualify for tax deductions on that expense. Chronically ill seniors are those who cannot perform two or more daily living activities, such as transferring, dressing, continence, bathing and eating.

Seniors who require constant supervision due to “severe cognitive impairment” are also considered chronically ill. A doctor must certify the assisted living patient as chronically ill within the last 12 months.

The second requirement is that a licensed medical professional oversees the patient’s care. The personal care services must include a plan of care created by a licensed health care professional. Typically, assisted living homes have a licensed healthcare practitioner on staff who works with the resident’s physician to create the plan of care - or “Wellness Care Plan” - that describes all the daily

services the resident will get in the community. This is a common procedure for most assisted living communities, but you should always check with the community.

Calculating Your Deductions

To qualify, the unreimbursed medical expenses and long-term care services must be greater than 7.5% of your adjusted gross income. Most taxpayers can deduct the medical expenses of his or her parents if the taxpayer can claim the senior as a dependent.

The amount that you can deduct for tax purposes will differ depending on your particular situation. Some assisted living patients will be able to deduct the entire monthly rental fee, while others may only deduct the medical component of the assisted facility. Sometimes, the living cost for room and board will not be covered, while other times it will be considered part of the medical care. It is best to consult a tax advisor before deducting any assisted living expenses.

For tailored advice, we recommend that you consult a tax advisor with the details of your personal circumstances. The IRS also has helpful documents including the IRS Publication 502: Medical and Dental Expenses, IRS Publication 501: Exemptions, Standard Deductions and Filing Information, and IRS Instructions for Schedule A.

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.



Adrian Cagigas

Reducing the Risk of Falling

Every year, 36 million older adults suffer a fall, and with a fall can come serious physical and emotional outcomes.

Falls are a leading cause of hip fractures and other serious injuries, but there are repercussions on mental health as well. However, falls don’t have to be inevitable.

Prestige Assisted Living will present a free webinar, as well as a free online self-assessment, to help seniors and their loved ones learn valuable information that can help them remain safe.

The webinar will be conducted by Adrian Cagigas, a certified athletic trainer and senior fitness expert, at 1 p.m. on Thursday, March 24. He will outline common risk factors that can lead to falls, exercises that can help build strength, and fall reduction tips that can be taken in the home to mitigate fall risk.

To sign up for the free webinar, visit www.prestigecanhelp.com.

You can also learn about your risk of falling, or that of a loved one, by taking a free Fall Risk Self-Assessment, available online at www.fallriskassessment.com.

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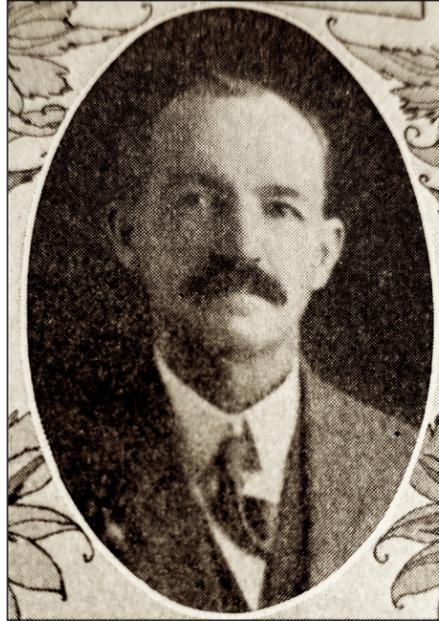
Accidents – Close Calls & Narrow Escapes

Recently, the National Safety Council reported that the number of preventable injuries from accidents in our country is at an all time high. In fact, accidents are the third leading cause of death after heart disease and cancer. From paper cuts, to burns, to stray bullets, to vehicle crashes, the list of potential injury causing mishaps goes on and on. Truly, the world is a dangerous place! But accidents are not just recent phenomena, they were also common in the past. Historical records are filled with mishap stories, many of which resulted in death. But frequently victims were lucky, narrowly escaping the clutches of the grim reaper. Tulare County had its share of lucky ones, too.

One of the county's early close calls involved Victor Kinson, a well-known and popular stagecoach driver for the Butterfield Overland Mail Company. In 1860, the "Wild Dutchman" as he was known, was driving a stage between Fort Tejon and Visalia, when without warning, the bridle of one of the horses broke. Fearing a crash, the gutsy driver jumped from the seat of his moving stage to the harness equipment nearest the broken bridle. As he landed on one foot, the pressure wrenched his ankle, but luckily he did not fall. Kinson made it to Visalia with his fractured bones and was treated by Drs. Baker and Thompson.

Then there was the double close call by Tom Bacon and his wife of Orosi. In 1909, as the couple was riding side by side on horseback near Camp Badger, Tom's wife's horse "switched" its tail, hitting her husband's horse, causing it to bolt and buck. Tom was thrown to the ground. As his wife raced down a steep hill on horseback to help him, her horse began to buck. Sensing disaster, she jumped off, injuring herself slightly as she hit the ground. But her husband was not as lucky. He was knocked unconscious, lying there with cuts and gashes all over his body. Dr. Blackledge of Orosi treated the couple and luckily, both survived their ordeal.

Farms and ranches were frequent hosts for accidents, and George Washington Wyllie found that out the hard way in 1915. The former California Assemblyman who represented Tulare County in the state legislature, was working on his ranch near Orosi. His farmland suffered from



Former California Assemblyman George Washington Wyllie was injured in a dynamite blast on his ranch in 1915. (Photo circa 1909)

"hard pan" soil, so the elderly man was using dynamite to blast holes in the ground to plant orange trees. He was close to one of the charges, and it exploded prematurely throwing him several feet into the air. He landed on his back, and when help arrived, Wyllie wasn't a pretty sight. Part of his nose was ripped off, jaws were broken, both eyelids were cut, eye sockets were filled with dirt, right ankle was fractured, and he had bruises everywhere. Wyllie survived the brutal accident, but his injuries left him nearly blind and permanently scarred his body.

The story of Clifford Vincent is a reminder that some occupations are more dangerous than others. In 1909, the professional painter was working on Grant Kirkman's new building in Exeter. While on the roof of the two-story building, the "painters hooks" that held the scaffolding in place slipped and Vincent and the scaffolding fell nearly 30 feet to the ground. He broke an arm, a leg and crushed several ribs, but the lucky painter survived his brush with death.

Even visitors to the county had close calls. In 1947, two men from Inglewood, California made an unplanned visit to Tulare County. They were in a Luscombe plane, and for some unexplained reason were flying low over the John Allen ranch near Pixley. When the pilot banked his plane to avoid power lines, he clipped the top branches of a eucalyptus tree and the plane slammed into the ground, narrowly missing the

Dusting Off History with Terry Ommen



This automobile accident occurred in Visalia near Main and Bridge streets in about 1920. No details are known, but based on the damage, it looks serious.

ranch house by 10 feet. Everyone was lucky. The two men in the plane survived, as well as the Allen children who were about to leave the house to play on their outdoor swing. Their delay saved them from certain death as the plane smashed into the swing set.

This is just a small sampling of narrow escapes in Tulare County history. Obviously, there were many more. Thanks to improved product safety, more consumer awareness and regulation, today's safety record is much improved, and has no doubt added years to our lives.

CALENDAR...

(continued from page 8)

Wednesday, April 20 - 'Belle of the Ballpark'

(See page 2 for details.)

Friday, April 22 - 2nd Annual Salt + Light Golf Tournament

This fundraiser will be held at Tulare Golf Course. For more in-

formation, visit www.saltandlightworks.org/events.

Friday, May 6 - 9th Annual Golf Event

Hands in the Community is sponsoring this event at Ridge Creek Golf Club in Dinuba. For more info, visit www.hconline.org.

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SEQUOIA GENEALOGICAL SOCIETY-SGS



Begonias

Master Gardeners' Tips...

(continued from page 9)

garden's diversity and usefulness for pollinators and/or other wildlife. Matching a plant with your soil and climate (including water availability) ensures fewer pests and less maintenance. If you want to try milkweed for the monarchs, search out the native varieties, such as "narrow leaf."

If you haven't already done so, check your drip and sprinkler systems, cleaning filters, checking for leaks and make needed improvements. Get ready for summer before you need the irrigation system. Make sure your system is as efficient as possible. You may consider upgrading to a "smart" controller that can better adjust

to the weather and water needs of the garden. I've tried several of them now, and most of them are reliable, affordable and easy to use with a smart phone app. You still should check your system periodically to make sure there are no leaks or other problems.

Happy Spring!

The Tulare-Kings County Master Gardeners will be available to answer your questions at Visalia Farmer's Market, 2100 W. Caldwell Ave., on the first and third Saturdays from 8-11 a.m.

You can also visit our website to search past articles or visit us on Facebook at <https://www.facebook.com/mgtularekings14/>

Visalia Ransacker...

(continued from page 5)

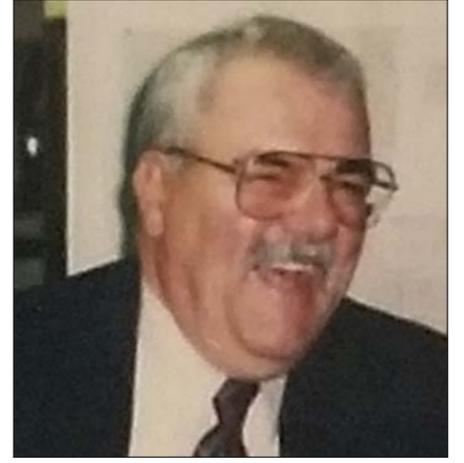
than we know of."

Today Vaughn is happy just playing with his granddaughter, occasionally coming to Visalia for doctor appointments or to visit one of his sons who still lives here. But despite having been retired for 25 years, Visalia and the Visalia Ransacker still weigh heavy on his mind.

"I couldn't believe when he was arrested that he had been a police officer. I was just glad when we found out who it was, it wasn't someone we had already looked at," he said, adding that the team of McGowen, agent Duane Shipley and Vaughn amassed a suspect list of "more than 100" during an eight month investigation. Most were eliminated as suspects over time, But not once did DeAngelo's name come up. Once he was arrested, while the city could finally sleep again at night, Vaughn still had lingering feelings about the case.

"I was very sad that McGowen and Shipley weren't still alive to see it," he said.

As the lone surviving investigator, Vaughn hopes to answer the unasked questions that some Visalians still have about the case, adding he will reveal never-before-released information about techniques used during the investigation, including some new tactics, things



Sgt. John Vaughn at his retirement from VPD in 1996.

that had "not been done before in law enforcement. Anywhere."

"I will say everything I can," said Vaughn of his intentions for the event. "I'm not going to hold anything back."

Ommen said many of the Ransacker victims still live in the area, as do many of the now-retired police officers who were with the department when the Visalia Ransacker was lurking in the shadows.

"I hope a lot of those people will attend," Vaughn said. "I have so much to say and questions to answer. I hope it will cause them to think of the questions they want to ask."

Ommen expanded on the sentiment. "This will be a chance for people who have questions about what happened to have their questions answered, to get some closure," he said.

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