

IN THIS ISSUE: Hands in the Community assists seniors, Elder Abuse Task Force receives grant, jackrabbits in Traver, an *Over-Sixty* workbook

The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume VI, Number 6 • January/February 2020



The 2020 Heart of Seniors event is expected to once again fill the ballroom of the Wyndham Hotel in Visalia.

Heart of Seniors Luncheon Scheduled for February 13

The seventh annual Heart of Seniors "Spectacular Resource Event" Luncheon, hosted by the Senior Coalition, will be held from 9:30 a.m. to 2 p.m. on Thursday, February 13, at the Wyndham Hotel, 9000 W. Airport Dr., Visalia.

The event will include a vital resource fair with vendors, a fashion show and a luncheon. The resource fair opens at 9:30 a.m. with the program at 10:30 a.m. Tickets are available for \$10 per person, which includes lunch. Early registration is recommended as seating is limited and the event is again expected to sell out.

The program, which will include a showcase of the latest in fashion for the mature woman, will feature keynote speaker Jewel Diamond Taylor, an inspirational speaker who teaches possibility thinking, emotional wellness, strategies for success, self-worth and resiliency. Taylor has inspired audiences in



Jewel Diamond Taylor

35 states, as well as in Jamaica, the Bahamas, Turks and Caicos, Cancun, the Virgin Islands, Brazil, St. Kitts, South Africa and the United Kingdom.

To purchase tickets for the luncheon or for more information, call (559) 730-3015 or email seniorcoalition@gmail.com. More information is also at www.theseniorcoalition.com.

City of Visalia Prepares for Fifth Annual Senior Games

The 2020 Visalia Senior Games, the Central Valley's only senior games, will be held at various locations in Visalia on March 21-22 and 28-29.

The inaugural Senior Games, which were held in October 2015, were considered a success, attracting athletes from 50 California cities. A total of 237 athletes participated, including some traveling from as far as Oregon and Texas.

The event has continued to grow and the 2019 event saw a total of 550 athletes participate, representing 86 California cities. Event organizers with the City of Visalia Parks & Recreation Department expect the number to increase this year as well.

"We're excited to host the 5th Annual Visalia Senior Games," said Maggie Kalar, City of Visalia Parks & Recreation Department Supervisor. "We expect to see hundreds of local participants and seniors from throughout the state, as well as a few from outside of California again."

The 2020 games have a full list of events slated over the two weekends, bringing back such favorites as: archery, bowling, 5k/10k cycling time trials, disc golf, golf, horseshoes, pickleball, softball, swimming, table tennis, track & field, and trap shoot.



Swimming and cycling will be among the sports featured at the 2020 Visalia Senior Games.

One new event will be added this year as the Visalia Senior Games committee will host racquetball players from the area and around the state.

Registration is now open and those interested in competing in the Senior Games can register one of two ways: in person at the Anthony Community Center, 345 N. Jacob St., Visalia; or online at www.visaliasenior-games.com.

March 5th is the deadline for registering for most of the events. However, some events allow registration through check-in on the day of the event - as space allows.

There are other ways to get involved in the 2020 Senior Games besides competing.

"Businesses or organizations that would like to partner with the games can become an event sponsor," said Kalar. "In order to host the event, we need the support of the community and we look forward to bringing businesses together with our athletes. We are excited to announce that Kaweah Delta is our presenting sponsor once again for our 5th Annual Visalia Senior Games."

For more information about competing, volunteering or becoming a sponsor, contact the Visalia Parks and Recreation Department at (559) 713-4395 or recreation@visalia.city, or visit visaliaseniorgames.com.

Form 1040-SR Department of the Treasury—Internal Revenue Service (99)	2019 OMB No. 1545-0074	IRS Use Only—Do not write or staple in this space.
Filing Status	<input type="checkbox"/> Single	<input type="checkbox"/> Married filing jointly
	<input type="checkbox"/> Head of household (HOH)	<input type="checkbox"/> Married filing separately (MFS)
	<input type="checkbox"/> Qualifying widow(er) (QW)	
Check only one box.	If you checked the MFS box, enter the name of spouse. If you checked the HOH or QW box, enter the child's name if the qualifying person is a child but not your dependent. ▶	
Your first name and middle initial	Last name	Your social security number

IRS Creates New 1040-SR Tax Return for Seniors

Many seniors filing their taxes this year will have the option of using the new 2019 Form 1040-SR, U.S. Tax Return for Seniors.

Eligible taxpayers age 65 and older who plan to itemize deductions instead of taking the standard deduction will be able to file Form 1040-SR along with Schedule A, Itemized Deductions, when they file their 2019 tax return.

These taxpayers will have the

option to use this new form - either filing electronically or mailing a paper return - when they file their 2019 federal income tax return this year.

Form 1040-SR adds a standard deduction chart listing the standard deduction amounts, including the extra amount that taxpayers age 65 and older qualify for.

The form allows income from certain other sources such as in-

vestment income, Social Security and distributions from qualified retirement plans, annuities or similar deferred-payment arrangements to eligible taxpayers age 65 and over.

Retirement is not a requirement and taxpayers working past age 65 will have the option to file the Form 1040-SR.

Form 1040-SR is a result of the Bipartisan Budget Act, enacted (continued on page 8)

Social Security Announces 1.6% Benefit Increase for 2020

Social Security and Supplemental Security Income (SSI) benefits for nearly 69 million Americans will increase 1.6% in 2020, the Social Security Administration has announced.

The 1.6% cost-of-living adjustment (COLA) will begin with benefits payable to more than 63 million Social Security beneficiaries in January. Increased payments to more than 8 million SSI beneficiaries began on December 31, 2019.

The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department

of Labor's Bureau of Labor Statistics.

Social Security and SSI beneficiaries are normally notified by mail in early December about their new benefit amount. Most people who receive Social Security payments will be able to view their COLA notice online through their "My Social Security" account. People may create or access their my Social Security account online at www.socialsecurity.gov/myaccount.

Information about Medicare changes for 2020, when announced, will be available at www.medicare.gov.

VETERANS CORNER

Accrued Benefits



Ken Cruickshank

Did you know that veterans' survivors may continue Accrued Benefits claims with the Department of Veterans Affairs (VA)?

Accrued benefits are benefits due to a beneficiary on a claim for benefits or evidence in the claim file at the date of the death, but not paid prior to death. Examples of accrued benefits include:

- A claim or appeal for a benefit was pending at the time of the beneficiary's death and all of the evidence needed for a favorable decision was in the veterans file on the date of death; or
 - A claim for a benefit had not been allowed, but the beneficiary died before the award action could be taken; or
 - At the time of the beneficiary's death, one or more benefits checks had neither been deposited nor negotiated.
- Generally, the VA pays the accrued benefit based on the claimant's relationship to the deceased veteran in the following order:
- Surviving spouse (paid in full);
 - Veteran's dependent children, including ages 18-23 attending school or children found helpless (paid in equal shares);
 - Parents (both, if determined to be dependent parents on the date of the veteran's death, paid in equal shares);
 - Sole surviving parent (if determined to be a dependent parent on the date of the veteran's death, paid in full).

Succession in regards to entitlement to accrued benefits is established by law. If a preferred beneficiary fails to file or pursue a claim, the VA will not permit payment of benefits to a person with an equal or lower preference. A waiver of right also does not permit such payment.

If there are no living persons who may be entitled to accrued benefits on the basis of relationship, the VA will pay accrued benefits to reimburse the person responsible for paying for the veteran's last illness and burial expenses.

Another accrued benefit is called Substitution. If a veteran or other claimant dies while the claim or appeal is pending, a person eligible to receive accrued benefits may request to substitute for the veteran or other claimant to process the claim or appeal through to completion. There are time limits to apply for Substitution.

If you need assistance or have other questions regarding Accrued Benefits, you may contact our office with your questions.

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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The Good Life

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Steve at (559) 280-9774, or Larry at (559) 732-5030

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Elder Abuse Task Force Gets Grant

The Tulare County District Attorney's Office has received a one-year grant from the California Office of Emergency Services to fund its Elder Abuse Task Force through the 2020 calendar year.

The money will fund two full-time elder abuse advocates - one each in Visalia and Porterville - and continue the outreach and training to fight the crime of elder abuse.

"The best approach to this crime is to prevent it from happening in the first place," said Tulare County District Attorney Tim Ward. "With help from a series of competitive grant awards over the last few years, our advocates have done an incredible job reaching the community and educating them on what elder

abuse entails. We will continue that commitment to prevention into 2020."

Advocates bring information to senior care and senior living facilities, care providers, retiree associations, churches, senior centers and service clubs about scams targeting seniors, as well as financial, physical and neglectful abuse of the elderly.

Since 2018, advocates have participated in more than 50 events and have reached thousands in the community with resources on elder abuse.

Part of the 2020 outreach will include a May/June bilingual elder abuse multi-media campaign on television and on buses asking community members to report suspected abuse.

The D.A.'s office continues to be an active partner in the county multi-disciplinary team that brings together county organizations serving seniors and care providers to collaborate on complex cases.

"The number of elder abuse cases rose slightly in 2019 from the year prior," said Ward. "We will continue to aggressively investigate and prosecute people who perpetrate these crimes against our senior community, and our advocates stand ready to assist any and all victims. This office, and the county as a whole, is dedicated to the protection of seniors."



TCDA Elder Abuse Victim Advocates Cindy Clacher and Nicole Burnham, and Victim Advocate Stacy Zaragosa provide resources on elder abuse and scams at the 2019 Senior Day in the Park event in Visalia.



Hands in the Community volunteers pose after painting a house.

Most Hands in the Community Beneficiaries are Local Seniors

"We are serving the senior community," said Lester Moon about Hands in the Community (HNC), the charitable organization he founded twelve years ago. "Sixty to 70% of our clientele are seniors."

These elderly clients usually need things like ramps, home repairs, or yard and home clean-up. Sometimes their needs reveal a sad situation.

Moon shared the story of one client he called "Althea," an 81-year-old woman who lived in an 850-foot apartment in the north part of Visalia.

She told Moon that she was living in the dark and had nowhere to go for help. She wasn't a church member and she didn't trust her neighbors. She had no relatives in the area.

(continued on page 8)

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Calendar

January 2, 7, 9, 14, 16, 21, 23, 28, 30 - Healing Hearts Walks

Visalia Public Cemetery, 1300 W. Goshen, Visalia, hosts these events, with a 7 a.m. raising of the flag, pledge of allegiance, moment of silence and a one-mile walk. Call (559) 734-6181 for more information.

January 3, 10, 17, 24, 31 - Senior Dance

Tulare Senior Services will provide live music for listening and dancing from 7-10 p.m. at the Tulare Senior Community Center, 201 North F St. in Tulare. Tickets are \$8. Bring potluck foods to share. For more information, call (559) 685-2330.

January 6, 13, 20, 27 - Senior Lunch

Aging in Community - Three Rivers will host these noon events in the Assembly Room of St. Anthony Retreat Center, 43816 Sierra Dr., Three Rivers. Lunch is \$5. For reservations, call (559) 561-4595.

January 6, 13, 20, 27 - Senior Inc. Pot Luck Bingo

Bingo is played every Monday starting at 12:15 p.m. at the Goodwill Building, 426 W. Lacey Blvd., Hanford. Cost is \$4.50. For more information, call (559) 904-5019.

January 6, 8, 13, 15, 20, 22, 27, 29 - Community Bingo

Tulare Senior Services Volunteers will host Bingo from 12:30-3:30 p.m. at the Tulare Senior Community Center, 201 North F St., Tulare. For more information, call (559) 685-2330.

Wednesday, January 8 - Valley Renal Support Group

The only kidney support group in four counties will meet at Kaweah Delta Dialysis Center 5040 W. Tulare Ave., Visalia. from 7-8:30 p.m. For more information, call (559) 688-6804.

Wednesday, January 8 - 'M*A*S*H'

The Visalia Fox Theatre will present this 1970 irreverent look at the Korean War. Show starts at 6:30 p.m. and tickets are \$5. For more information, call (559) 625-1369 or visit www.foxvisalia.org.

Thursday, January 9 - Musical Performance by Gorman

Walnut Park, 4119 W. Walnut Ave., Visalia, will host a 3 p.m. musical performance by Gorman in the Walnut Park Lobby. For reservations or more information, call (559) 739-1339.

Saturday, January 11 - Walk with a Doc

This 8 a.m. walk and talk is sponsored by Kaweah Delta and held at Blain Park, 3101 S. Court St., Visalia. This month's topic is "Mental Fitness."

Saturday, January 11 - Elvis Presley's Birthday

Walnut Park, 4119 W. Walnut Ave., Visalia, will celebrate Elvis' birthday with a '50s-themed party at 2 p.m. in the Walnut Park Lobby. For reservations or more information, call (559) 739-1339.

Tuesday, January 14 - Grand Opening

Sequoia Health and Wellness Center, 202 W. Willow Ave., Fifth Floor, Visalia, will celebrate its grand opening from 5-7 p.m. with guest speakers, a ribbon-cutting ceremony and refreshments.

Wednesday, January 15 - \$5 Barn Dance

This event, featuring live music by the Rollin West Band, will be held from 7-9 p.m. at the Hanford Civic Auditorium, 400 N. Douty St., Hanford. For more information, call (559) 362-3212.

Friday, January 17 - Around the World: United Kingdom Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11:30 a.m. The cost is \$4. For reservations (at least 24 hours in advance) or more info, call (559) 713-4481.

Friday, January 17 - The Reunion Beatles Fantasy Tribute

This fantasy musical reunion will be performed at the Visalia Fox Theatre at 7 p.m. Tickets are \$15-\$34. For more info, call (559) 625-1369 or visit www.foxvisalia.org.

Tuesday, January 21 - TOAH Tuesdays

The Ruth Wood Open Arms House, 3234 W. Iris, Visalia, hosts a Tacos & Tours Open House for the community between noon and 3 p.m. on the third Tuesday of every month. To RSVP or for more information, call (559) 713-6542.

Wednesday, January 22 - Chocolate Heart Happy Hour with Chocolate Martinis

Prestige Assisted Living will host this 4 p.m. event at 120 W. Caldwell Ave., Visalia. For reservations or more information, call (559) 735-0828.

Thursday, January 23 - National Pie Day

Walnut Park, 4119 W. Walnut Ave., Visalia, will host a 12:30 p.m. luncheon and offer tours of its community. For reservations or more information, call (559) 739-1339.

Saturday, January 25 - Musical Performance by One Nation

Walnut Park, 4119 W. Walnut Ave., Visalia, will host a 3 p.m. musical performance by One Nation in the Walnut Park Lobby. For reservations or more information, call (559) 739-1339.

Saturday, January 25 - Sequoia Symphony Presents 'American Inaugurals'

This 7:30 p.m. concert features early works by great American composers including Copland and Barber, along with last year's Grammy Award-winning Saxophone Concert, "Rush" by Kenneth Fuchs. For tickets (\$33-\$45) or more information, visit www.foxvisalia.org or call (559) 625-1369.

Monday, January 27 - Foreigner

This Kaweah Delta Street Medicine Program fundraiser is a concert at the Visalia Convention Center by Foreigner, whose hits include "Cold as Ice," "Hot Blooded," "Juke Box Hero" and "I Want to Know What Love Is." For tickets or more information, call (559) 624-2359 or email Foundation@kdhcd.org.

Friday, January 31 - Super Bowl Luncheon

This event will be held at the Tulare Senior Community Center, 201 North F St., Tulare, at 11:30 a.m. Tickets are \$3 for others 60+. For reservations (required by 12:30 p.m. on January 30) or more info, call (559) 685-2330.

Friday, January 31 - "The Big Game" Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11:30 a.m. The cost is \$4. For reservations (at least 24 hours in advance) or more info, call (559) 713-4481.

Friday, January 31 - Musical Performance by Tim Mattos

Walnut Park, 4119 W. Walnut Ave., Visalia, will host a 3 p.m. musical performance by Tim Mattos in the Walnut Park Lobby. For reservations or more information, call (559) 739-1339.

Sunday, February 2 - Super Bowl Party

Walnut Park, 4119 W. Walnut Ave., Visalia, will host this 3 p.m. event featuring snacks, fun and the big game. For reservations or more information, call (559) 739-1339.

February 3, 10, 17, 24 - Senior Lunch

Aging in Community - Three Rivers will host these noon events in the Assembly Room of St. Anthony Retreat Center, 43816 Sierra Dr., Three Rivers. Lunch is \$5. For reservations, call (559) 561-4595.

February 3, 10, 17, 24 - Senior Inc. Pot Luck Bingo

Bingo is played every Monday starting at 12:15 p.m. at the Goodwill Building, 426 W. Lacey Blvd., Hanford. Cost is \$4.50. For more information, call (559) 904-5019.



Events Include:

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Golf	Track & Field
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Pickleball	

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Calendar

February 3, 5, 10, 12, 17, 19, 24, 26 - Community Bingo

Tulare Senior Services Volunteers will host Bingo from 12:30-3:30 p.m. at the Tulare Senior Community Center, 201 North F St., Tulare. For more information, call (559) 685-2330.

February 4, 6, 11, 13, 18, 20, 25, 27 - Healing Hearts Walks

Visalia Public Cemetery, 1300 W. Goshen, Visalia, hosts these events, with a 7 a.m. raising of the flag, pledge of allegiance, moment of silence and a one-mile walk. Call (559) 734-6181 for more information.

Wednesday, February 5 - 'Some Like It Hot'

The Visalia Fox Theatre will present this 1959 classic starring Marilyn Monroe, Jack Lemmon and Tony Curtis. Show starts at 6:30 p.m. and tickets are \$5. For more info, call (559) 625-1369 or visit www.foxvisalia.org.

Friday, February 7 - Volunteer & Recognition Ceremony & Luncheon

This event will be held at the Tulare Senior Community Center, 201 North F St., Tulare, at 11 a.m. Tickets are \$3 for others 60+. For reservations (required by 12:30 p.m. on February 6) or more info, call (559) 685-2330.

February 7, 14, 21, 28 - Senior Dance

Tulare Senior Services will provide live music for listening and dancing from 7-10 p.m. at the Tulare Senior Community Center, 201 North F St. in Tulare. Tickets are \$8. Bring potluck foods to share. For more information, call (559) 685-2330.

Saturday, February 8 - Walk with a Doc

This 8 a.m. walk and talk is sponsored by Kaweah Delta and held at Blain Park, 3101 S. Court St., Visalia. This month's topic is "Vision 2020."

Saturday, February 8 - Musical Performance by Jim & Larry

Walnut Park, 4119 W. Walnut Ave., Visalia, will host a 3 p.m. musical performance by Jim & Larry in the Walnut Park Lobby. For reservations or more information, call (559) 739-1339.

Wednesday, February 12 - Valley Renal Support Group

The only kidney support group in four counties will meet at Kaweah Delta Dialysis Center 5040 W. Tulare Ave., Visalia, from 7-8:30 p.m. For more information, call (559) 688-6804.

Thursday, February 13 - Galentines Brunch

This women's event to celebrate friendship with gal pals will be held at the Visalia Senior Center, 310 N. Locust St., Visa-

lia, from 9:30-11 a.m. The cost is \$15. For tickets (available Jan. 10-Feb. 6) or more info, call (559) 713-4481.

Friday, February 14 - Sweetheart Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, at 11:30 a.m. The cost is \$4. For reservations (at least 24 hours in advance) or more info, call (559) 713-4481.

Friday, February 14 - Bring Your Valentine (Spouse, Sister, Brother, Cousin, Friend or Everyone) for Lunch

This event will be held at the Tulare Senior Community Center, 201 North F St., Tulare, at 11:30 a.m. Tickets are \$3 for others 60+. For reservations (by 12:30 p.m. on February 13) or more info, call (559) 685-2330.

Friday, February 14 - Sweetheart Dance

Prestige Assisted Living will host this 2 p.m. event, featuring live music and seated line dancing, at 120 W. Caldwell Ave., Visalia. For reservations or more information, call (559) 735-0828.

Saturday, February 15 - Chocolate and Jazz Party

Walnut Park, 4119 W. Walnut Ave., Visalia, will host this 3 p.m. event featuring a live musical performance in the Walnut Park Lobby. For reservations or more info, call (559) 739-1339.

Tuesday, February 18 - TOAH Tuesdays

The Ruth Wood Open Arms House, 3234 W. Iris, Visalia, hosts a Tacos & Tours Open House for the community between noon and 3 p.m. on the third Tuesday of every month. To RSVP or for more information, call (559) 713-6542.

Wednesday, February 19 - \$5 Barn Dance

This event, featuring live music by the Rollin West Band, will be

held from 7-9 p.m. at the Hanford Civic Auditorium, 400 N. Douty St., Hanford. For more information, call (559) 362-3212.

Saturday, February 22 - National Chili Day

Walnut Park, 4119 W. Walnut Ave., Visalia, will host a 12:30 p.m. luncheon and cornbread cookoff, followed by tours of its community. For reservations or more information, call (559) 739-1339.

Saturday, February 22 - Sequoia Symphony Presents 'Seasoned Savants'

This 7:30 p.m. concert features works by Beethoven and Tchaikovsky. For tickets (\$33-\$45) or more information, visit www.foxvisalia.org or call (559) 625-1369.

Friday, February 28 - Rocking Heart Care Cardiac Reunion & Art Show

Kaweah Delta will present this evening of inspiring stories with an opportunity to learn

about the latest innovations in heart care. The 5:30 p.m. event in the Charter Oak Ballroom of the Visalia Convention Center also features live musical entertainment, light refreshments and raffle drawings. (See ad on page 6.)

Friday, February 28 - Second Annual Comedy Blast!

Comedian Cleto Rodriguez and magician Mark Robinson will perform. (See ad on page 8.)

Saturday, February 29 - Musical Performance by One Nation

Walnut Park, 4119 W. Walnut Ave., Visalia, will host a 3 p.m. musical performance by One Nation in the Walnut Park Lobby. For reservations or more information, call (559) 739-1339.

March 21-22 & 28-29, 2020 Visalia Senior Games

Athletic competitions include track, softball, pickleball, swimming, golf and archery. (See page 1.)

Kaweah Delta Limits Emergency Visitors

In response to feedback from patients and community members, Kaweah Delta is limiting the number of visitors a patient can have with them in the Emergency Department (ED).

Patients can now choose two visitors to accompany them while they are in the ED waiting area and one of those visitors should accompany them while they are in the ED. All other visitors are being asked to wait in the Medical Center's nearby waiting areas.

The change will help ensure that the waiting area can accommodate patients seeking emergency care during cold and flu season and as Kaweah Delta rounds out construction to double the size of its ED and waiting area. This project is expected to be completed late this year.

"We know families are con-

cerned about their loved ones but during this time of ED expansion, we need to prioritize our seating and care spaces for patients first," said Dr. Sakona Seng, medical director of Kaweah Delta's Emergency Department. "Lowering congestion will allow for more efficient processes, a less chaotic environment, and subsequently higher quality care."

After patients go through the ED registration process and the triage nurse takes their vitals, they enter a new Physician-at-Triage area. There, medical providers examine patients and order any labs, x-rays, or other tests a patient may need. Patients stay there for lab draws before heading back out to the ED waiting area until the team has the results to determine the next course of care.



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Hare Today Gone Tomorrow, Traver's Pesky Jackrabbit Problem

In its heyday, the little town of Traver had quite a reputation – not just for one thing, but several. Huge amounts of wheat were shipped by rail from there and as a result the town gained a reputation as the largest wheat shipping center in the U.S. Much of the soil around the town was covered with alkali so the town became known for the unwanted salty substance.

Then there was the violence. For a short time, the little town's streets ran red with blood with many calling it "wild and woolly," and some even comparing it to the rough and tumble California gold mining town of Bodie.

But there was one more reputation that attached itself to Traver. For some reason, the area around the settlement had a large population of jackrabbits. Some people found the loping long-eared creatures cute, but not the agriculturalists. Farmers called them a curse and they had good reason. The critters had an insa-

table appetite for vines, trees and crops of all kinds, and if left uncontrolled, they could devastate a field.


So farmers needed something done about the jackrabbit menace. Agriculture was a huge part of the economy around Traver, and actually all over Tulare County. As a result, in 1891, Tulare County Ordinance #46 was enacted, putting a 1½ cent bounty on each critter's head.

The plan worked to a point. Solo hunters actively killed jackrabbits and thereby picked up some quick cash. But the animals continued to be a problem. More needed to be done, so an inventive and unnamed exterminator came up with an idea – the rabbit drive.

The creator probably wasn't from the area, but the farmers around the town embraced the idea wholeheartedly and many drives were held over the years. One of the town's most famous drives was held on April 8, 1893, during the eighth year celebration of the founding of the town. On the big day, Traver was decked out with flags and bunting. The day-long celebration included shooting contests, a lance tournament, music of all kinds, and a grand ball. But of all the events held that day, the rabbit drive was the biggest.

An estimated 6,000 people had come to town to be part of the birthday party. It helped that in advance, the San Francisco newspapers announced the big event. *The Overland Monthly*, a San Francisco magazine, even sent writer Charles

Dusting Off History
with Terry Ommen




This photo shows a rabbit drive in 1891 somewhere in Tulare County (but not Traver). Notice the size of the crowd.

S. Greene and a pencil artist to town to write a story about the festivities.

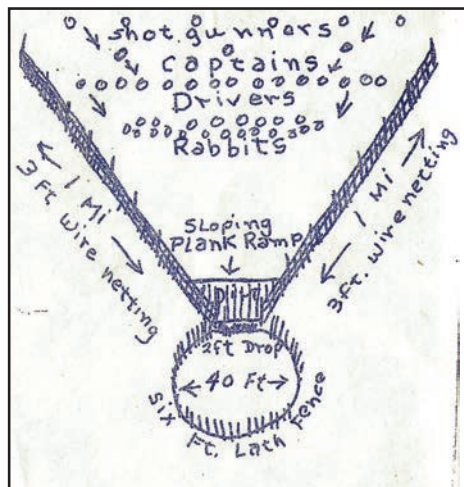
At about 10 a.m. participants in the drive were directed to form a line in a large open area north of town. The line formed, stretching an estimated two miles long and made up of about 4,000 individuals and 1,000 horse drawn wagons and buggies.

When the signal was given, the line moved forward in unison toward a fenced funnel-shaped area. Jackrabbits and other critters ran from the line of people and into the funnel. As the rabbits ran deeper into the funnel toward the narrow end, the congestion of rabbits increased. The narrow end of the funnel had a open-

ing which led to a small fenced pen. As the bottleneck of rabbits squeezed into the pen, men and boys joined them inside and began clubbing the animals to death.

Greene, who witnessed the carnage, asked the clubbers if they felt it was cruel. The response was, "If you'd had a young vineyard eaten up by them, you wouldn't say it was cruel."

A *Visalia Daily Morning Delta* correspondent who was also in attendance reported, "The drive was not successful in point of numbers, as only 500 (jackrabbits) were corralled." But other Traver drives were much more profitable, sometimes eliminating 10,000 jackrabbits in one drive."



Drawn by June Aguiar, here is a diagram of the typical Traver rabbit drive.



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New Book Helps Seniors Stay Sharp... and to Zone Out

"If we want to stay in the game, we need to keep our brains stimulated," explained Carol Pack, co-author of *Mind Games & Soporifics*, in the book's description on Amazon. "Too many of us have developed routines that make life predictable but don't do much to stimulate our cognitive functions."

Barbara Paskoff, the other co-author, told *The Good Life* that the new book, which follows their simultaneously humorous and educational book, *Over-Sixty Shades of Gray*, was Pack's idea.

"This was Carol's baby," said Paskoff. "She gave birth to it. She said, 'Wouldn't it be fun if we created a puzzle book?'"

In addition to crossword puzzles, cryptograms, sudoku puzzles and word finds, the book includes pages to color and cartoons.

"If we don't laugh at growing older, we're going to cry," said Paskoff, who was happy with the decision to follow up their first book with a book of puzzles.

"It was perfect because who doesn't like to do crossword puzzles and coloring?" she said.

The co-authors said the new book had two goals: to help seniors sharpen their minds and to help them relax and sleep at night. They were asked how they could reach these two apparently irreconcilable goals.

"The 'Mind Games' are supposed to engage your mind," explained Pack. "We want to take you in the opposite direction when you are done. 'Soporifics' means mind numbing. When people color, they just zone out."

Actually, the explanation was there in the Amazon description Pack had previously provided.

"Researchers say the best way to stay mentally sharp is to challenge our brains with puzzles. And inside this book, we've got stuff to help you achieve that goal.

"We've read that crying can increase our brain's oxygen level, however, we've tried it and it only clogged our sinuses. Eating well, daily physical activity and getting enough sleep also help our brains. We thought

we'd cram this book with nutritious foods, however, after a few days, the odor of rotting cabbage was overwhelming. That leaves exercise. Take a walk if you're physically able, and then exercise your brains by doing the puzzles in this book. Afterward, color our cartoons to relax your mind. It's that simple."

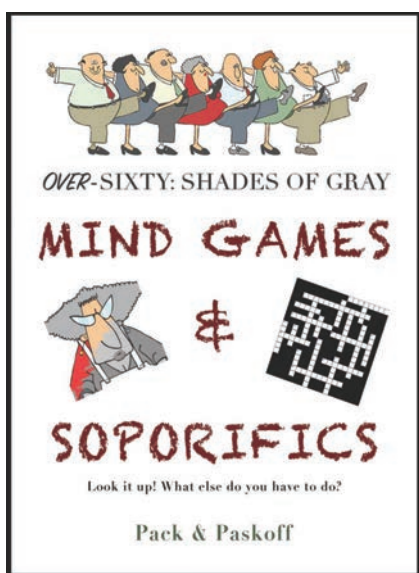
These days, Pack and Paskoff have had a busy schedule of speaking engagements. Their audiences have especially enjoyed what the authors call "memory lane."

"These are things we remember that are no longer in existence," said Pack. "We kind of reengage them about things in their past. We also talk about things that are good about getting old - like senior discounts." They also talk to their audiences about ageism, and the occasional need to stand up for themselves.

"What we do is give them steps on how to speak up for themselves," said Paskoff. "It has to start within yourself. I am who I am and don't treat me



Authors Carol Pack (left) and Barbara Paskoff



this way.

"Sometimes we talk about senior sex - what we should do or not do," she added. "It gets very quiet, especially when we talk about vibrators."

"We have to just shoot from the hip and react from each other," said Pack, and the two of them recalled when they tried unsuccessfully to give a longer, more structured PowerPoint presentation.

"The person who asked if we could go on longer left," said Paskoff.

There are currently no plans for their third collaboration.

"Nothing has really smacked us across the face," said Pack. "Everything we do, there's an inspirational moment, and we haven't had our inspirational moment."



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Hands in the Community...

(continued from page 3)

"As each light bulb burned out, she would move into another room," said Moon, adding that she didn't have the \$8-\$10 to buy new light bulbs.

It took the Hands in the Community volunteer longer to drive across Visalia than to fix Althea's problem. She later told Moon that the volunteer "gave me my home and my life back."

"You just want to believe there are people who will help these kinds of folks," said Moon. "They just want to stay in their homes."

Some seniors are unable



Hands in the Community volunteers perform a variety of services for the elderly and others.

to clean their property and as a result are visited by the local fire department.

"We don't want to ticket that

elderly couple but we have to if they don't clean up their yard," one fire department inspector told Moon, knowing that HNC

would solve the problem.

"There's no organization that does what we're doing," said Moon, who noted that seniors are also active in helping others as HNC volunteers.

"A lot of our volunteers who work in the office are seniors because they are available during the day," said Moon. "We have to rely on seniors. If volunteers are younger than 50, they're between jobs."

Over the years, HNC has partnered with community agencies including Visalia Rescue Mission, Visalia Emergency Aid Council, Family Services of Tulare County, Habitat for Humanity, United Way, Health and Human Services, Veterans Services, the District Attorney's Office, CSET and Samaritan's Center.

Volunteers have been the grease that makes the whole engine run, said Moon. With over 1,200 volunteers, there are usually 15-20 volunteers in the office daily, answering phones and doing everything from repairing computers, counseling families and individuals, preparing for a fundraiser, and running programs for elementary school students and seniors.

Through the program last year, more than \$2 million in goods and services were donated back to the community, assisting over 700 families throughout Tulare, Kings and Southern Fresno County.

In the coming decade, Moon hopes to see HNC become more self-sustainable, with the increase of paid administrative staff and growth in business and church participation. His vision is for the organization to assist an increasing number of clients, while expanding the volunteer base to meet their needs.

1040-SR...

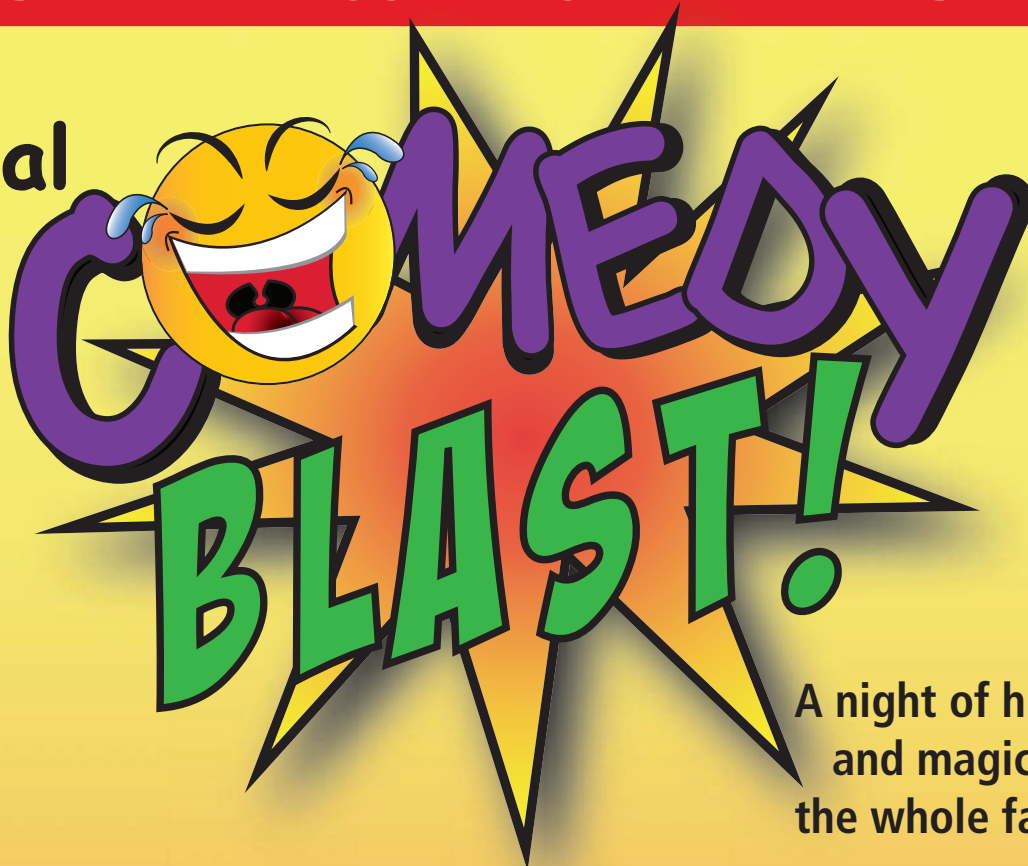
(continued from page 1)

ed on February 9, 2018, which required the IRS to create a tax form for seniors.

"Taxpayers who file electronically generally won't notice much of a change until they print their return," explained a source at the IRS. "The tax software walks the taxpayer through it and uses the appropriate forms and schedules they need to file."

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Mark Robinson has opened for Jeff Foxworthy, and performed on the Jimmy Kimmel and Mike Huckabee shows.



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