



IN THIS ISSUE: Cure for the Common Cold, Blue Christmas, Patriot Guard Riders, Optimism vs. Alzheimer's, Goshen - The Land of Promise

# The Good Life

News, Health & Leisure for South Valley Adults 50+ • Volume VI, Number 6 • November/December 2019



These runners were among the more than 500 senior athletes competing in the 2019 Senior Games in Visalia.

## Planning Underway for Fifth Annual Visalia Senior Games

Planning is underway and the City of Visalia, spearheaded by its Parks & Recreation Department, is excited to bring this event back to the Central Valley.

The Senior Games are open to those ages 50 and better, and with 11 age divisions for men and women, there will be plenty of winners. Over 500 athletes attended the 2019 event, competing in 13 events. An even bigger turnout is expected in 2020.

The 2020 Visalia Senior Games is scheduled for this spring and will take place March 21-22 and March 28-29.

The Visalia Senior Games were the first Senior Games held in the Central Valley. Created under the umbrella of the California Senior Games Association, the Visalia Senior Games promote healthy, active lifestyles for adults ages 50 and better. Visalia held its first event in 2015, and attendance and event offerings have grown each year.

"We've selected events that we feel appeal to the 50+ community and are at the heart of Senior Games," said Jeannie Greenwood, director of the Visalia Parks & Recreation Department. "We have city-owned fa-

cilities that will host most of the events. These sports are known to be popular throughout the Central Valley and will provide seniors with the opportunity for competition and camaraderie."

The Visalia Senior Games will bring back sporting favorites such as archery, bowling, cycling, disc golf, golf, horseshoes, pickleball, men's softball, swimming, table tennis, track & field, and trap shoot. One new sport, racquetball, will be added to the event roster this year.

"We are pleased to be able to offer a variety of sporting events for the 2020 Visalia Senior Games," said Greenwood. "We feel that this diverse list of sports will bring even more athletes to Visalia and the Visalia Senior Games next year."

The committee will soon be  
*(continued on page 4)*

## Scams Increase During Holidays

By Phil Esbenshade, Assistant District Attorney  
Kings County District Attorney's Office

It's the holiday season again, and once again, criminals are gearing up both old and new scams targeting seniors. Holidays and tax time are the peak periods for these scams.

According to the Senate Special Committee on Aging, seniors lose an estimated \$2.9 billion dollars due to financial exploitation every year. Learn the facts, be alert, and if it sounds fishy, it probably is.

Below are just a few of the scams we expect to see this year.

### Donation Scams

Natural disasters and other tragic events are prime scam opportunities for criminals to target people who want to offer support during the holiday season.

Natural disaster and major event scams usually start with an unsolicited contact by telephone, social media, or an e-mail asking the recipient to help make the holidays better and brighter for victims and others affected by recent tragic events and disasters.

The name of the charitable organization may mimic, or be very close to, that of a legitimate organization.

Here's how you can verify that you are dealing with a real charity: to find reputable, registered charities you can use the IRS's tax exempt organization search, which is available on the IRS website. Also, you can use "Charity Navigator," a nonprofit, to search and verify vetted, legitimate charities.

### False Front Websites

Today, website design programs are free and very user-friendly. It is not difficult to download a company website, and recreate it at a different internet location. This occurs very often when booking hotel rooms and ordering merchandise.

Though many of these websites may not be scams, be aware as to whether you are dealing with the actual company or a middleman. It might be difficult to change or cancel hotel reservations if booked via a third party, and there may be fees or different return policies involved for merchandise.

As far as fraud, know that it's very easy for scammers to mimic real websites. Look carefully at the web "address" in the browser window. Make sure that the website address starts with

*(continued on page 4)*

## 2019 Alzheimer's Walk Raises \$32,000... So Far

More than 400 walkers participated in the Alzheimer's Association Walk to End Alzheimer's on Saturday, October 12, at Mooney Grove Park in Visalia.

"We have raised over \$32,000 as a community," said Amanda Valenzuela, development manager of the Alzheimer's Association, Southern California Chapter.

Participants from throughout the South Valley completed a two-mile walk and learned about Alzheimer's disease, advocacy opportunities, clinical studies enrollment, and support programs and services from the Alzheimer's Association.

Those in attendance also took part in a tribute ceremony remembering those affected by Alzheimer's disease.



Participants at this year's Walk to End Alzheimer's enjoy the program before the October 12th walk in Mooney Grove Park.

More than five million Americans are living with Alzheimer's disease, the third leading cause of death in California, and the only disease among the top 10 with causes that cannot be cured, prevented or even slowed.

Walk donations may still be

made to: The Alzheimer's Association, 1401 Commercial Way, Suite 210, Bakersfield, CA 93309. Donations received by December 31 will be credited for 2019.

For more information, visit [alz.org](http://alz.org) or call 1-800-272-3900.



**Flu Season is Here**  
*(See page 6)*

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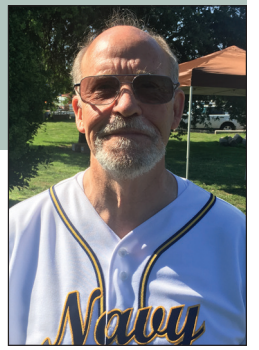
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### VETERANS CORNER

## Beneficiary Travel



Ken Cruickshank

The Department of Veterans Affairs (VA) has a Beneficiary Travel (BT) benefit. The benefit is provided to a veteran when there is a need to travel to a VA medical facility.

VA is authorized to pay an eligible veteran a reimbursement for either mileage, special mode of transportation (when it has been deemed medically justified by a VA healthcare provider). Mileage driven in a private vehicle and transportation costs incurred by common carrier/public transportation (plane, bus, taxi, etc.) can be reimbursed by the VA. Special mode of transportation (ambulance, wheelchair van, etc.) may also be reimbursed as long as the above condition of being medically justified is met.

In order to qualify for mileage reimbursement, one of the following conditions needs to be met:

- You have a service-connected (SC) rating of 30% or more, or
- You are traveling for treatment of a SC condition, or
- You receive VA pension, or your income does not exceed the maximum annual VA pension rate (currently \$13,535, for a single veteran), or
- You are traveling for a scheduled compensation or pension examination.

You may be eligible for special mode transportation if:

- You meet one of the eligibility criteria above, and
- Your medical condition requires an ambulance or a specially equipped van as determined by a VA clinician, and
- The travel is pre-authorized. (Authorization is not required for emergencies if a delay would be hazardous to life or health.)

The current mileage rate for general travel is 41.5 cents per mile; scheduled appointments will qualify for round-trip mileage. Unscheduled visits may be limited to return mileage only. There is a deductible for mileage of \$3 one-way (\$6 round trip). This deductible is subject to a monthly cap of \$18. When the monthly deductible has been achieved, any further reimbursable travel is paid at the full rate with no further deductible required.

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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# Patriot Guard Riders Honor Memory of Fallen Veterans

By Steve Pastis

Patriot Guard Riders were founded in July 2005 with the original purpose of shielding the families of fallen veterans from those who sought to disrupt the funerals of their loved ones.

At the time, the Westboro Baptist Church was making headlines by conducting loud protests at the services of veterans and others.

Carol Houck, the wife of an American Legion Rider, met with members of the Kansas American Legion Riders in Mulvane, Kansas to respond to the



Patriot Guard Riders arrive to honor a fallen veteran.

Westboro protestors and preserve the memory and honor of fallen veterans, and to emotionally support their families during a difficult time.

Since then, Patriot Guard Riders have grown to include thousands of members, with riders in all 50 states. Their mission has expanded to include honoring first responders, as well as establishing a Help On The Homefront (HOTH) program, to provide assistance to veterans and their families.

"As for requirements, anyone and everyone can join and stand with us," states the Patriot Guard Riders' website, [www.patriotguard.org](http://www.patriotguard.org). "You don't need to be a veteran, and you don't need to ride a bike. All you need is respect for our military, veterans, and first re-

sponders; and desire to show that respect to them and their families."

Locally, David Crawford, who joined the U.S. Army in 1969, serves as assistant ride captain for Tulare County. He has been in a Patriot Guard Rider for about seven years, ever since he inquired about the group's patch worn by a veteran at a Veterans Day parade.

"We're not 'members,'" he said in response to a question. "There are no monthly meetings and no dues."

Instead, he explained, local ride captains set up their missions, which usually include riding to a mortuary or cemetery and setting up flags to honor a fallen veteran. Mission notifications are sent to all riders in the area, as well as posted on

the website in response to requests from families.

"Most of the time, the families hear about us by word of mouth," said Crawford.

Crawford estimates that there are about 3,000 Patriot Guard Riders in California. Since many funerals are conducted during the workweek, many riders are seniors.

"We have quite a few elderly," said Crawford, but he noted that some members bring their teenage children on their missions.

The number of missions varies from month to month. Crawford may go on two or three missions a month, but sometimes much more.

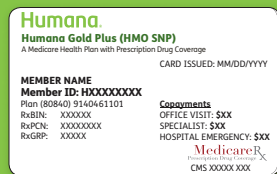
"People don't die off on a regular basis," he said.

(continued on page 12)



Assistant Ride Captain for Tulare County David Crawford talks about the Patriot Guard Riders at a meeting of the Senior Coalition.

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Tennis is among the sports at the Visalia Senior Games.

## 2020 Senior Games...

(continued from page 1)

meeting to nail down all of the details for the upcoming sporting events. With such a big undertaking, the committee is looking to partner once again with the community.

"There are many ways to get involved," said Greenwood. "From volunteering at an event, to providing sponsorships and contributions, we will need the support of the whole community to make our fifth event bigger and better."

Registration opens on January 1st. Athletes will be able to register online at [www.visaliaseniorgames.com](http://www.visaliaseniorgames.com) or in person at the Anthony Community Center, 345 N. Jacob St., Visalia.

For more information on the 2020 Visalia Senior Games or to become a sponsor or volunteer, call (559) 713-4365 or email [recreation@visalia.city](mailto:recreation@visalia.city).

# Holiday Scammers...

(continued from page 1)

"https" and that there is a lock symbol at the top of the webpage. Look very carefully at the spelling of the website's address. One extra letter, such as <http://www.wallmart.com> or a different web address should give you pause before entering any personal or financial information.

To be the most cautious, manually type in the official website address into your browser instead of searching for it on Google.

### Letters from Santa

Another scam that has increased on the internet are websites or mailers offering letters from "Santa" to grandchildren or great-grandchildren. Many websites promise a personalized letter and greeting will be mailed directly to the child, however, some scam sites just take your money and never send the letter.

If that wasn't bad enough, the scammers now have your credit or debit card number. Look for reputable companies who have published reviews on websites such as Yahoo or Yelp to be the most discerning.

### Romance and Dating Website Scams

Nearly 20 million seniors are single in the United States. No one outgrows companionship,



Be on guard against spammers this holiday season. (Artwork by April Pastis.)

love, or romance. Seniors are using dating websites and dating "apps" in increasing numbers. The most popular dating sites allow users to create a "profile," which is searchable by other users.

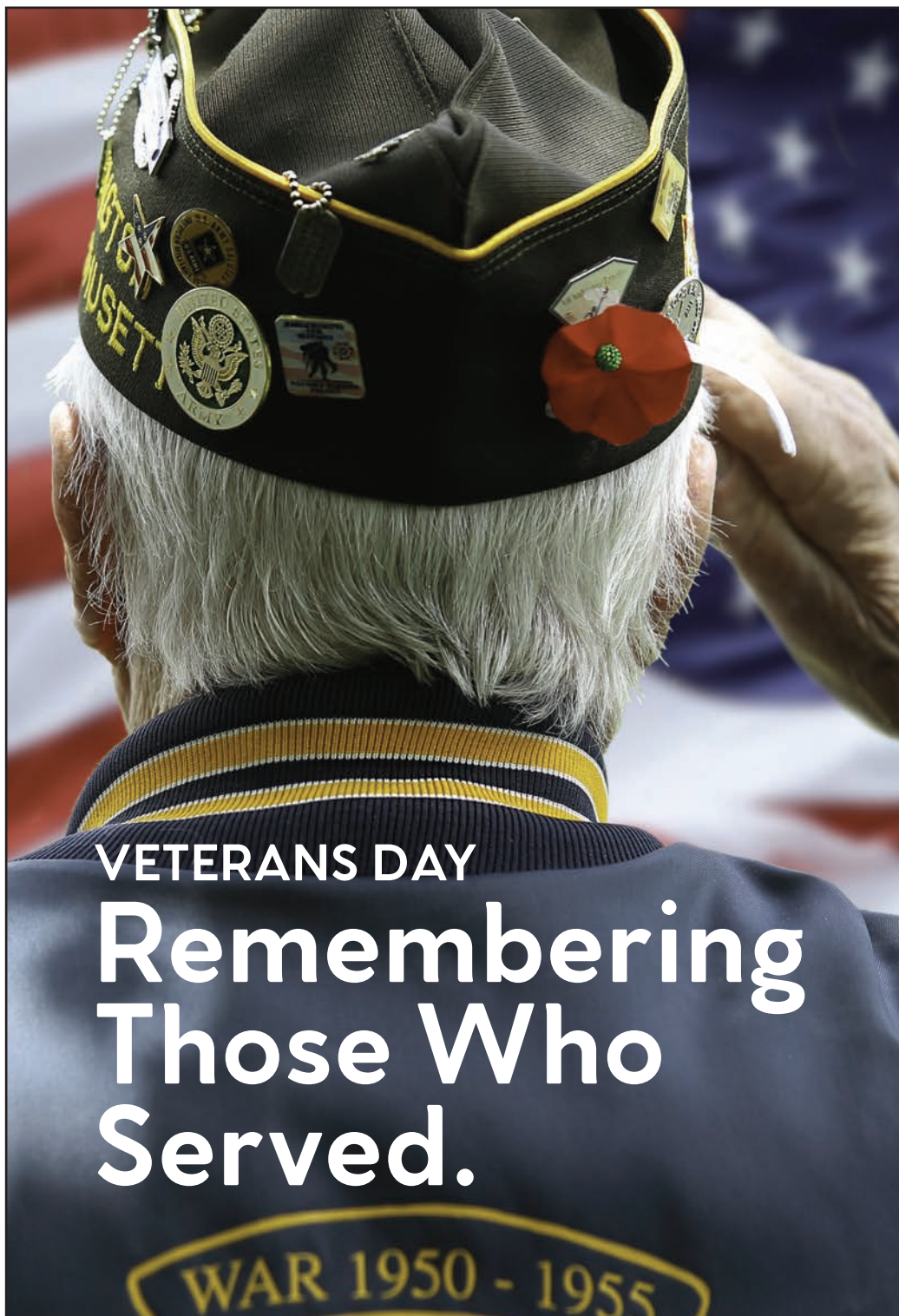
Unfortunately, scammers use dating websites to lure in folks seeking romance and relationships, and then take advantage of the situation. The most common scenario involves phony dating profiles and requests for money.

Most often, a senior (or person of any age) begins an online conversation with the person behind the phony profile (which is usually set up with fake photos and false statements about

income, lifestyles, interests, etc.) The conversation usually goes well for some time, however, the person behind the phony profile avoids any in-person meetings.

The fraudster might send additional photos, or text messages, but will almost never meet up with anyone. The fraudster then presents a financial crisis to the senior, such as emergency bills, an investment, a short loan, or some other request for money.

Seniors, enjoy the holidays and all the joy that come along with them. Just keep your guard up, and radar on for those Grinches looking to take advantage of folks who have the holiday spirit.



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We Honor Veterans is a campaign developed by the National Hospice and Palliative Care Organization in collaboration with the Department of Veterans Affairs. As a We Honor Veterans Partner, Kaweah Delta Hospice:

- Educates its staff to help identify veterans and determine if there are benefits to which the veteran and surviving dependents may be entitled.
- Provides information to its staff and volunteers about resources to promote veteran-centric educational activities, increase organizational capacity to serve veterans, and increase access to veterans.

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# Holiday Blues - Depression among the Elderly

By Gregory Steen

The holiday season offers many opportunities to spend quality time with family and friends. If you are a caregiver or family member of an aging loved one, you may observe a change in their mood or behavior during the holidays. You may notice unusual signs of fatigue or sadness or perhaps limited interest in the holiday season.

The winter holiday season (and the colder months which accompany it) can intensify feelings of sadness which aging seniors often experience. Most often it is not the holiday itself that cause these types of emotions among the elderly, rather the fact that the holidays tend to bring memories of earlier, perhaps happier times.

### Seasonal Affective Disorder

Seasonal Affective Disorder (SAD), also termed winter depression, winter blues, summer depression, summer blues or seasonal depression, was originally considered a mood disorder among those with normal mental health throughout most of the year, but who experience depressive symptoms at a certain time of year.

Recently, the *Diagnostic and Statistical Manual of Mental Disorders* stopped classifying SAD as a unique mood disorder, but instead as a recurrent major depressive disorder "with seasonal pattern" that occurs only during a specific time of year and fully remits thereafter. Although initially skeptical, experts now recognize this condition as a common disorder, with prevalence among adults ranging from 1.4% in Florida to as many as 9.7% in New Hampshire.

The U.S. National Library of Medicine notes that, "Some people experience a serious mood change when the seasons change. They may sleep too much, have little energy, and may also feel depressed. Though symptoms can be severe, they usually clear up... The condition in the summer can include heightened anxiety."



Remember to consider SAD as a possible condition your aging loved one might be experiencing, even if your loved one is living in a warm geographical area. In any case, the question on our minds should be how can I "light" up their lives and help with the situation?

### Depression in the Elderly

Depression in the elderly can be caused by a minor or serious medical problem; chronic pain or complications of an illness; memory loss; poor diet; loss of a spouse, close friend or companion; a move to a care facility; lack of exercise; change in routine; or general frustrations with aging. Symptoms to look for include:

- Depressed or irritable mood
- Feelings of worthlessness or sadness
- Expressions of helplessness
- Anxiety
- Loss of interest in daily activities
- Loss of appetite
- Weight loss
- Lack of attention to personal care and hygiene
- Fatigue
- Difficulty concentrating
- Irresponsible behavior

- Obsessive thoughts about death and suicide

### Help during the Holidays

As a caregiver or family member of a depressed older person, make it your responsibility to get involved. The elder person generally denies any problems or may fear being mentally ill, which can make it that much harder to know if they are having any issues.

You can help the elder person feel the magic of the season and feel loved by including

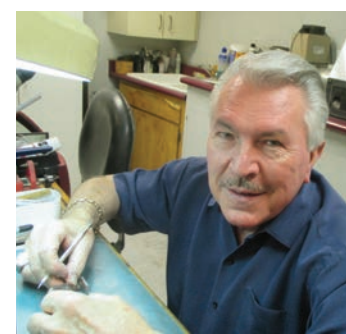
them in general activities such as:

- Making holiday cookies - Including distributing them to neighbors, family and friends.
- Church Activities - If you or the elderly person is a church goer, churches are filled with holiday activities that need volunteers.
- Shopping - Holiday shopping can be time consuming, but it's always nice to have a companion.
- Seasonal Crafts - So much to be made in such a little time.
- Vacation - Make it simple or complicated, visit family or even stay in town and see the sites as if you've never been.
- Caroling
- Decorating - Decorating a house can be time consuming, pulling out all the boxes and going through everything. Get the kids involved, make a day of it.
- Holiday Parties - When making the rounds, including an elderly person can help keep them occupied and social.
- Gift Wrapping - It seems like this never ends and it is an easy task.
- Christmas Lighting - Adding indoor lights can help get everyone in the season and aid in relief of Seasonal Affective Disorder.

(continued on page 10)

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# Health, Wellness & Safety



## CDPH Urges Californians to Get Influenza Vaccine

The California Department of Public Health (CDPH) urges Californians to get the influenza (flu) vaccine to protect their health, and the health of others, during this flu season.

In California, flu usually begins to increase in late November or December. It takes a couple of weeks after vaccination for the body to build immunity, so this is the time to get vaccinated to have the best protection now that the flu season has started.

"Getting vaccinated is the best line of defense against flu," said Acting State Public Health Officer Dr. Charity Dean. "Vaccination will help you stay healthy for work or school, avoid visits to the doctor or hospitalization, and protect others from coming down with the flu."

A person with the flu may be contagious and infect others before they even feel sick.

According to the Centers for Disease Control and Prevention, during the 2017-2018 season, flu immunization prevented an estimated seven million illnesses and 8,000 deaths in the United States.

CDPH recommends the annual flu vaccination for everyone six months of age and older. While anyone can get the flu, pregnant women, children under five, adults 65 years of age and older, and people with chronic conditions such as heart disease, lung disease, diabetes and asthma are particularly at risk for flu-related complications.

Flu vaccinations are needed every year to maintain the greatest protection because the vaccine changes each year to match circulating viruses, and annual vaccination boosts immunity.

Common symptoms of the flu, which typically develop within a few days of exposure, include fever or feeling feverish, a cough and/or sore throat, a runny or stuffy nose, chills, fatigue and body aches. Children may also have nausea, vomiting or diarrhea.

To stop the spread of flu and other respiratory illnesses, you should also:

- Stay home while sick and limit contact with others;
- Cover coughs or sneezes with your sleeve or disposable tissue;
- Wash hands frequently and thoroughly with soap and warm water, or use an alcohol-based hand sanitizer; and
- Avoid touching your eyes, nose and mouth.

CDPH encourages Californians to contact their health care provider, physician's office or clinic about getting the flu vaccine.

When the flu vaccine is in stock, adults with Medi-Cal can also get immunized at the pharmacy where they generally pick up their prescriptions. Some local health departments may also offer low or no-cost flu immunizations.

For more information about the flu, visit [www.cdph.ca.gov](http://www.cdph.ca.gov). For the flu vaccine location nearest you, visit [www.flu.gov](http://www.flu.gov).

## New Evidence Shows Optimists Live Longer

After decades of research, a new study links optimism and prolonged life.

Researchers from Boston University School of Medicine (BUSM), National Center for PTSD at VA Boston Healthcare System and Harvard T.H. Chan School of Public Health, have found that individuals with greater optimism are more likely to live longer and to achieve "exceptional longevity," that is, living to age 85 or older.

Optimism refers to a general expectation that good things will happen, or believing that the future will be favorable because we can control important outcomes. Whereas research has identified many risk factors that increase the likelihood of diseases and premature death, much less is known about positive psychosocial factors that can promote healthy aging.

The study was based on 69,744 women and 1,429 men. Both groups completed survey measures to assess their level of optimism, as well as their overall health and health habits such as diet, smoking and alcohol use. Women were followed for 10 years, while the men were followed for 30 years.

When individuals were compared based on their initial levels of optimism, the researchers found that the most optimistic men and women demonstrated, on average, an 11 to 15% longer lifespan, and had 50-70% greater odds of reaching 85 years old compared to the least optimistic groups.

The results were maintained after accounting for age, demographic factors such as educational attainment, chronic



An apparent optimist

diseases, depression and also health behaviors, such as alcohol use, exercise, diet and primary care visits.

"While research has identified many risk factors for diseases and premature death, we know relatively less about positive psychosocial factors that can promote healthy aging," explained corresponding author Lewina Lee, Ph.D., clinical research psychologist at the National Center for PTSD at VA Boston and assistant professor of psychiatry at BUSM.

"This study has strong public health relevance because it suggests that optimism is one such psychosocial asset that has the potential to extend the human lifespan. Interestingly, optimism may be modifiable using relatively simple techniques or therapies."

It is unclear how exactly optimism helps people attain longer life.

"Other research suggests that more optimistic people may be able to regulate emotions and behavior as well as bounce back from stressors and difficulties more effectively," said senior author Laura Kubzansky, Ph.D., MPH, Lee Kum Kee Professor of Social and Behavioral Sciences and co-director, Lee Kum Sheung Center for Health and Happiness at the Harvard T.H. Chan School of Public Health.

The researchers also consider that more optimistic people tend to have healthier habits, such as being more likely to engage in more exercise and less likely to smoke, which could extend lifespan.

"Research on the reason why optimism matters so much remains to be done, but the link between optimism and health is becoming more evident," noted senior author Fran Grodstein, ScD, professor of epidemiology at the Harvard T.H. Chan School of Public Health and professor of medicine at the Channing Division of Network Medicine at Brigham and Women's Hospital and Harvard Medical School.

These findings appear in the journal *Proceedings of the National Academy of Sciences*.

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# Stanford-UCSF Study Reports Cure for the Common Cold in Human Cells

By Bruce Goldman

(Reprinted courtesy Stanford University School of Medicine)

Temporarily disabling a single protein inside our cells might be able to protect us from the common cold and other viral diseases, according to a study led by researchers at Stanford University and University of California San Francisco.

The findings were made in human cell cultures and in mice.

"Our grandmas have always been asking us, 'If you're so smart, why haven't you come up with a cure for the common cold?'" said Jan Carette, Ph.D., associate professor of microbiology and immunology. "Now we have a new way to do that."

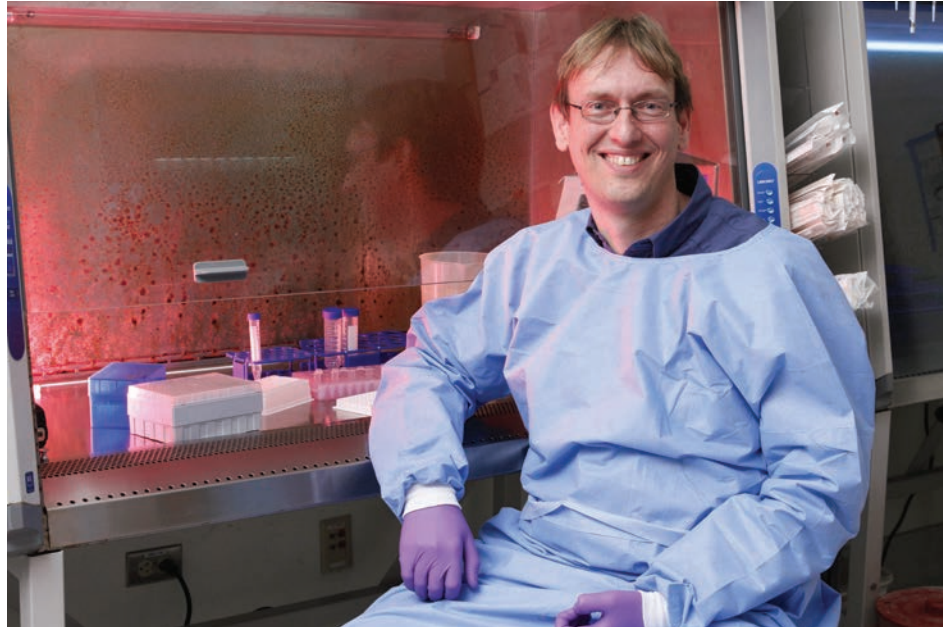
The approach of targeting proteins in our own cells also worked to stop viruses associated with asthma, encephalitis and polio.

Colds, or noninfluenza-related upper respiratory infections, are for the most part a week-long nuisance. They're also the world's most common infectious illness, costing the United States economy an estimated \$40 billion a year. At least half of all colds are the result of rhinovirus infections.

There are roughly 160 known types of rhinovirus, which helps to explain why getting a cold doesn't stop you from getting another one a month later. Making matters worse, rhinoviruses are highly mutation-prone and, as a result, quick to develop drug resistance, as well as to evade the immune surveillance brought about by previous exposure or a vaccine.

In a study published online Sept. 16 in *Nature Microbiology*, Carette and his associates found a way to stop a broad range of enteroviruses, including rhinoviruses, from replicating inside human cells in culture, as well as in mice. They accomplished this feat by disabling a protein in mammalian cells that all enteroviruses appear to need in order to replicate.

Carette shares senior authorship with Or Gozani, MD, Ph.D., professor of biology at



Jan Carette is a senior author of a paper describing how he and his colleagues found a way to stop a broad range of enteroviruses, including rhinoviruses, from replicating inside human cells in culture, as well as in mice. (Photo by Paul Sakuma)

Stanford and the Dr. Morris Herzstein Professor of Biology; Raul Andino, Ph.D., professor of microbiology and immunology at UCSF; and Nevan Krogan, Ph.D., professor of cellular and molecular pharmacology at UCSF. The lead authors are former Stanford graduate student Jonathan Diep, Ph.D., and Stanford post-doctoral scholars Yaw Shin Ooi, Ph.D., and Alex Wilkinson, Ph.D.

## Well-known and Feared

One of the most well-known and feared enteroviruses is poliovirus. Until the advent of an effective vaccine in the 1950s, the virus spelled paralysis and death for many thousands of children each year in the United States alone. Since 2014, another type of enterovirus, EV-D68, has been implicated in puzzling biennialbursts of a polioli-like disease, acute flaccid myelitis, in the United States and Europe. Other enteroviruses can cause encephalitis and myocarditis – inflammation of the brain and the heart, respectively.

Like all viruses, enteroviruses travel lightly. To replicate, they take advantage of proteins in the cells they infect.

To see what proteins in human cells are crucial to enteroviral fecundity, the investigators used a genomewide screen developed in Carette's lab. They generated a cultured line of human cells that enteroviruses

could infect. The researchers then used gene editing to randomly disable a single gene in each of the cells. The resulting culture contained cells lacking one or another of every gene in our genome.

The scientists infected the culture with RV-C15, a rhinovirus known to exacerbate asthma in children, and then with EV-C68, implicated in acute flaccid myelitis. In each case, some cells managed to survive infection and spawn colonies. The scientists were able to determine which gene in each surviving colony had been knocked out of commission.

While both RV-C15 and EV-D68 are both enteroviruses, they're taxonomically distinct and require different host-cell proteins to execute their replication strategies. So, most of the human genes encoding the proteins each viral type needed to thrive were different, too. But there were only a handful of individual genes whose absence stifled both types' ability to get inside cells, replicate, bust out of their cellular hotel rooms and

invade new cells.

One of these genes in particular stood out. This gene encodes an enzyme called SETD3.

"It was clearly essential to viral success, but not much was known about it," Carette said.

The scientists generated a culture of human cells lacking SETD3 and tried infecting them with several different kinds of enterovirus – EV-D68, poliovirus, three different types of rhinovirus and two varieties of coxsackievirus, which can cause myocarditis. None of these viruses could replicate in the SETD3-deficient cells, although all proved capable of pillaging cells whose SETD3-producing capability was restored.

The researchers observed a 1,000-fold reduction in a measure of viral replication inside human cells lacking SETD3, compared with controls. Knocking out SETD3 function in human bronchial epithelial cells infected with various rhinoviruses or with EV-D68 cut replication about 100-fold.

## Impervious Mice

Mice bioengineered to completely lack SETD3 grew to apparently healthy adulthood and were fertile, yet they were impervious to infection by two distinct enteroviruses that can cause paralytic and fatal encephalitis, even when these viruses were injected directly into the mice's brains soon after they were newly born.

"In contrast to normal mice, the SETD3-deficient mice were completely unaffected by the virus," Carette said. "It was the virus that was dead in the water, not the mouse."

Enteroviruses, the scientists learned, have no use for the section of SETD3 that cells employ for routine enzymatic activity. Instead, enteroviruses cart around a protein whose interaction with

(continued on page 10)

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# Calendar

## November 1, 8, 15, 22, 29 - 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, November 2 - "Pouring Out Blessings" - Hands in the Community's 10th Annual Dinner and Silent Auction

This 6 p.m. event - featuring dinner and fine wines, and a silent and live auction for trips, vacation packages, gourmet foods, wines and much more - will be held at the Visalia Convention Center. For reservations, call (559) 625-3822.

## November, 5, 7, 12, 14, 19, 21, 26 - 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.

## Tuesday, November 5 - Veterans Day Ceremony & Luncheon

This event will be held at the Tulare Senior Community Center, 201 North F St., Tulare, at 11:30 a.m. Veterans eat free. Tickets are \$3 for others 60+. For reservations (required by 10 a.m. on November 4) or more info, call (559) 685-2330.

## Wednesday, November 6 - Free Fresh Produce Neighborhood Market

The Kings Commission on Aging, Feeding America and the City of Hanford provide this monthly free fresh food bank at Longfield Center, 560 S. Douthy, Hanford, from 9-11:30 a.m. For more info, call (559) 237-3663.

## Wednesday, November 6 - Senior, Inc. Dance

This event, featuring live music by Bobby Seals, will be held from 6:30-9:30 p.m. at the Hanford Senior Center, 401 N. Irwin St., Hanford. Tickets are \$8. For more info, call (559) 584-5103.

## November 4, 6, 11, 13, 18, 20, 25, 27 - 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.

## Thursday, November 7 - 'Gala in Las Vegas'

This fundraiser for the Bethlehem Community Center in Visalia, featuring dinner, a live auction and entertainment, will be held at the Visalia Marriott. For tickets or more information, call (559) 734-9522 or visit bethcenter.org/2019gala.

## Friday, November 8 - Veterans Day Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, from 9:30-11 a.m. Bring the grandkids! The cost is \$4. For reservations (at least 24 hours in advance) or more info, call (559) 713-4481.

## Saturday, November 9 - Walk with a Doc

This walk and talk is sponsored by Kaweah Delta and held at Blain Park, 3101 S. Court St., Visalia. This month's topic is "Diabetes & Your Kidneys."

## Saturday, November 9 - 'Grandparenting Matters' Conference

GateWay Church, 1100 S. Sowell St., Visalia, will host this event. (See article on page 10.)

## Monday, November 11 - Veterans Day Presentation and Parade Walk

Visalia Public Cemetery, 1300

W. Goshen, Visalia, will host this 9 a.m. event. Call (559) 734-6181 for more information.

## Wednesday, November 13 - 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, November 14 - Autumn Brunch

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, from 9:30-11 a.m. For reservations (at least 24 hours in advance) or more info, call (559) 713-4481.

## Friday, November 15 - Thanksgiving Luncheon

This event will be held at the Tulare Senior Community Center, 201 North F St., Tulare, beginning at 11 a.m. Tickets are \$3 for those 60+. For reservations (required by 12:30 p.m. on November 10) or more information, call (559) 685-2330.

## Friday, November 15 - Downtown Historical Walk

Explore Downtown Visalia with historian Terry Ommen, who has researched Visalia history for over 30 years. Terry will share the history of Visalia from where it began. The cost is \$10. For more info about this 10:30 a.m. event, call (559) 713-4481.

## Saturday, November 16 - Community Cremation Scattering Day

Visalia Public Cemetery, 1300 W. Goshen, Visalia, will host this event. Call (559) 734-6181 for more information.

## Saturday, November 16 - Sequoia Symphony Presents 'Bold Beginnings'

This 7:30 p.m. concert features the first great works of Beethoven and Brahms. For tickets

(\$33-\$45) or more information, visit [www.foxvisalia.org](http://www.foxvisalia.org) or call (559) 625-1369.

## Monday, November 18 - Afternoon at the Movies

Aging in Community - Three Rivers will present a movie, at 1 p.m. in the Assembly Room at St. Anthony Retreat Center, 43816 Sierra Dr., Three Rivers. The event is free. Lunch is available for \$5. For reservations, call (559) 561-4595.

## Tuesday, November 19 - Prestige Assisted Living 20 Years Anniversary Party

Prestige Assisted Living, 3120 W. Caldwell Ave., Visalia, will host this 5:30-7:30 p.m. event, featuring appetizers, refreshments, raffle and tours. For reservations or info, call (559) 735-0828.

## Tuesday, November 19 - Tours, Talks & Tacos

This opportunity to learn more about the Ruth Woods Open Arms House, 3234 W. Iris Ave., Visalia, will begin at noon. For reservations or more information, call (559) 713-6542 or visit [www.openarmshouse.org](http://www.openarmshouse.org).

## Wednesday, November 20 - \$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. Douthy St., Hanford. For more information, call (559) 362-3212.

## Thursday, November 21 - 'A Festival of Trees & Globes'

St. Anthony's Retreat and Santa Teresita Youth Conference Center in Three Rivers will host this fundraising event featuring wine and microbrew tasting, and food samplings from local restaurants. Tickets are \$25. For tickets or more info, visit [www.stanthonyretreat.org](http://www.stanthonyretreat.org) or call (559) 561-4595.

## Wednesday, November 27 - Thanksgiving Luncheon

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, from 9:30-11 a.m. The cost is \$5. For reservations (at least 24 hours in advance) or more info, call (559) 713-4481.

## Sunday, December 1 - Exeter Annual Country Craft Fair

This event, offering toys, gifts, wood crafts, jewelry, art, apparel and dolls for sale, will be held in the Exeter Memorial Building, 324 N. Kaweah (Highway 65) in Exeter, from 9 a.m. to 3 p.m. Admission is free. For more information, call (559) 804-9669.

## December 2, 4, 9, 11, 16, 18, 23, 30 - 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.

Registration opens January 1<sup>st</sup>  
[www.visaliaseniorgames.com](http://www.visaliaseniorgames.com)



The City of Visalia Parks & Recreation Department proudly invites you to participate in the 2020 Visalia Senior Games. Don't miss this Olympic-style competition for adults ages 50 and better!

Dates: Saturday – Sunday, March 21<sup>st</sup> & 22<sup>nd</sup>  
 Saturday – Sunday, March 28<sup>th</sup> & 29<sup>th</sup>  
 Ages: Men & Women 50 – 100+  
 Price: Fees vary by event

March 21<sup>st</sup> – 22<sup>nd</sup>\* & March 28<sup>th</sup> – 29<sup>th</sup>\*

- ARCHERY
- GOLF
- RACQUETBALL
- TRACK & FIELD

- BOWLING
- HORSESHOES
- SOFTBALL
- TRAP SHOOT

- CYCLING
- PICKLEBALL
- SWIMMING

- DISC GOLF
- RACE WALK
- TABLE TENNIS

\*Events subject to change.



(559) 713-4365 • [recreation@visalia.city](mailto:recreation@visalia.city)





# Calendar

**December, 3, 5, 10, 12, 17, 19, 24, 26, 31 - Healing Hearts Walks**

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

**Wednesday, December 4 - Free Fresh Produce Neighborhood Market**

The Kings Commission on Aging, Feeding America and the City of Hanford provide this monthly free fresh food bank at Longfield Center, 560 S. Douty, Hanford, from 9-11:30 a.m. For more info, call (559) 237-3663.

**Thursday, December 5 - The Beach Boys Holiday, Harmonies & Hits**

For tickets (\$59-\$99) to this 7:30 p.m. show, visit [www.foxvisalia.org](http://www.foxvisalia.org) or call (559) 625-1369.

**December 6, 13, 20, 27 - 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. For more information, call (559) 685-2330.

**Sunday, December 8 - Sequoia Symphony Orchestra Presents 'Messiah'**

For tickets to this 3 p.m. show (\$33-\$45), visit [www.foxvisalia.org](http://www.foxvisalia.org) or call (559) 625-1369.

**Monday, December 9 - Afternoon at the Movies**

Aging in Community - Three Rivers will present a movie, at 1 p.m. in the Assembly Room

at St. Anthony Retreat Center, 43816 Sierra Dr., Three Rivers. The event is free. Lunch is available for \$5. For reservations, call (559) 561-4595.

**Wednesday, December 11 - 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.

**Friday, December 13 - Mighty Oak Chorus Christmas Concert & Dessert**

This event will be held at the Fountain Christian Church, 1023 N. Chinowth, Visalia, beginning at 6 p.m. Tickets are \$10 for adults; free for children 12 and under. For tickets or more information, call (559) 901-4615 or email [lutherca@yahoo.com](mailto:lutherca@yahoo.com).

**Saturday, December 14 - Walk with a Doc**

This informational walk and talk sponsored by Kaweah Delta and held at Blain Park, 3101 S. Court St., Visalia, begins with registration at 8 a.m., followed by a zumba warm-up at 8:15 a.m., and "Talk with a Doc" at 8:30 a.m. This month's topic is "World AIDS Day."

**Saturday, December 14 - Fiesta Navidad with Mariachi Los Camperos**

For tickets to this 7:30 p.m. show (\$21-\$43) or more information, visit [www.foxvisalia.org](http://www.foxvisalia.org) or call (559) 625-1369.

**Tuesday, December 17 - Tours, Talks & Tacos**

This opportunity to learn more

about the Ruth Woods Open Arms House, 3234 W. Iris Ave., Visalia, will begin at noon. For reservations or more information, call (559) 713-6542 or visit [www.openarmshouse.org](http://www.openarmshouse.org).

**Wednesday, December 18 - \$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.

**Wednesday, December 18 - 'Miracle on 34th Street'**

The Visalia Fox Theatre will present this 1947 classic starring Maureen O'Hara and John Payne. Show starts at 6:30 p.m. and tickets are \$5. For more info, call (559) 625-1369 or visit [www.foxvisalia.org](http://www.foxvisalia.org).

**Thursday, December 19 - Christmas Concert in the Chapel**

Visalia Public Cemetery, 1300 W. Goshen, Visalia, will host this event. Call (559) 734-6181 for tickets or more information.

**Thursday, December 19 - An Irish Christmas**

For tickets (\$12-\$54) to this 7 p.m. show or for more info, visit [www.foxvisalia.org](http://www.foxvisalia.org) or call (559) 625-1369. (See ad below.)

**Friday, December 20 - Christmas Luncheon**

This event will be held at the Tulare Senior Community Center, 201 North F St., Tulare, beginning at 11:30 a.m. Tickets are \$3 for those 60+. For reservations (required by 12:30 p.m. on December 19) or more information, call (559) 685-2330.

**Friday, December 20 - Christmas Luncheon**

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, from 9:30-11 a.m. The cost is \$5. For reservations (at least 24 hours in advance) or more info, call (559) 713-4481.

**Tuesday, December 31 - New Year's Eve Luncheon**

This event will be held at the Visalia Senior Center, 310 N. Locust St., Visalia, from 9:30-11 a.m. The cost is \$4. For reservations (at least 24 hours in advance) or more info, call (559) 713-4481.

**MARK YOUR CALENDARS!!**

**Friday, February 28 - Second Annual Comedy Blast!**

Comedian Cleto Rodriguez and magician Mark Robinson will perform. (See ad on page 12.)

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

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



**PRESTIGE ASSISTED LIVING AT VISALIA**

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# ENJOY CHRISTMAS A LITTLE EARLY!



**Thursday,  
December 19th**

**Visalia Fox Theatre**

**- For Tickets -**

**559.625.1369**









# 'Grandparenting Matters' Conference Set for Nov. 9

GateWay Church will host a half-day conference called "Grandparenting Matters," starting at 8:30 a.m. at Visalia's GateWay Church.

Featuring guest speaker John Coulombe, the conference is designed to encourage and equip grandparents to be intentional in their role, according to organizers.

"Being a grandparent is not just another season in your life," said author Tim Kimmel. "It is a sacred calling. You have the opportunity to influence another generation of children. You play an eternal role in their lives. It's not often we get such a significant second chance."

Coulombe is a recently retired pastor at Evangelical Free Church of Fullerton, and is a grandfather of eight children. A guest on radio shows such as Focus on the Family, TBN and CBN television networks, he most recently began working with the Legacy Coalition, a Christian organization devoted to teaching and helping grandparents be effective in their role with future generations.



John Coulombe

With all sessions being held at the church location, 1100 S Sowell St in Visalia, the conference will offer breakout seminars on important topics, encouraging worship and practical teaching and will also offer a resource area for further growth. Admission is \$20 and registration is available online at [www.gatewayvisalia.com](http://www.gatewayvisalia.com), and at the GateWay Church office. For more information, call (559) 732-4787.

## Cure for the Common Cold...

(continued from page 7)

a different part of the SETD3 molecule, in some as yet unknown way, is necessary for their replication.

"This gives us hope that we can develop a drug with broad antiviral activity against not only the common cold but maybe all enteroviruses, without even disturbing SETD3's regular function in our cells," Carette said.

Carette and Gozani are members of Stanford Bio-X and the Stanford Maternal & Child Health Research Institute, as well as faculty fellows of Stanford ChEM-H. Gozani is a member of the Stanford Cancer Institute.

Other Stanford co-authors are graduate student Christine Peters; postdoctoral scholar James Zengel, Ph.D.; Siyuan Ding, Ph.D., instructor in medicine gastroenterology and

hepatology; basic life research scientist Kuo-Feng Weng, Ph.D.; former visiting research student Kristi Kobluk, DVM; Joshua Elias, Ph.D., assistant professor of chemical and systems biology; Peter Sarnow, Ph.D., professor of microbiology and immunology; Harry Greenberg, MD, professor of gastroenterology and hepatology and of microbiology and immunology; and Claude Nagamine, Ph.D., DVM, associate professor of comparative medicine.

Researchers at the Chan Zuckerberg Biohub and the VA Palo Alto Health Care System contributed to the work. Stanford's departments of Microbiology and Immunology and of Biology also supported the work.

Bruce Goldman is a science writer for the Stanford University Medical School's Office of Communication & Public Affairs.

## Blue Christmas...

(continued from page 5)

- Volunteering - Remember to find something that fits the physical limitations of the elderly person. If they love kids, visit a children's hospital. Feeding the homeless can be fun and humbling.

- Event Planning - Have a party you need to throw? Help the elderly person feel productive and useful by making them the party organizer, even if it's a small get together. Their opinion is important not only to them. Let them delegate tasks to you.

- Gift Making - Making gifts and being thrifty is the new Rolex of gifts, go on Pinterest and find some easy crafts or projects. Their blog will contain cost effective and fun gifts you can make during the season.

- Exercise - Physical limitations of most elderly make this hard. Try simple exercises and work your way up to more complicated ones with time.

- Getting a treatment - A great haircut or hot shave can make you feel wonderful. A pedicure is a bonus for both men and women, most salons also do a leg massage during the pedicure.

- Friends - It is easy to neglect friends throughout your life, the same happens with the

elderly, especially those who rely on a caregiver. Calling their friends and getting them together regularly can be a big help. No one relates better to the elderly, than the elderly. They are a great support system and can recommend items and products to each other to help with their needs.

- Feelings - It can be as simple as asking how are you feeling internally? Not everyone can tell you, most elderly don't want to burden their caregivers and loved ones. That doesn't mean you shouldn't ask.

- Fresh Air and Sunshine - Cold or warm, sunshine and fresh air is good for the soul, it also helps with Vitamin D.

Gregory A. Steen is the CEO and founder of Steen & Company, a full-service estate planning firm, serving seniors and their families since 1987. He is certified in life resource planning and brings over two decades of leadership and experience in financial advice, asset protection strategies, and post-retirement planning. Known also as the host of the "Truth4Seniors" TV and radio programs, Steen's current passions include facilitating workshops for professional advisors, writing the Truth4Seniors blog, golf and family.



On October 9, the Valley Renal Support Group (pictured above) gave hand-knitted blankets and caps to five dialysis patients. The Valley Renal Support Group meets the second Wednesday of every month at the Kaweah Delta Dialysis Center, 5040 W. Tulare Ave. in Visalia. For more information, call Maria Grijalva at (559) 688-6804.

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# Goshen – The Land of Promise



Shown here is the Goshen store, hotel, post office and Tulare County Library, circa 1915. (Photo courtesy Marjorie Frigulti)

There is something special about the little town of Goshen and I believe much of its uniqueness is connected to its history.

When the railroad pushed its way through the San Joaquin Valley in 1872, it created new towns along the way like Delano, Tulare, Merced and Goshen. Easy access to the railroad line increased the likelihood of economic success for a community, so towns established on the route clearly had an advantage. As a result, Goshen began with high hopes for prosperity. And it didn't hurt that the railroad called the new town Goshen, a name from the Bible that meant "best of the land" or "land of promise."

There was no denying that Goshen's future was heavily linked to the railroad. The land was flat, close to Visalia and situated in the middle of the state, perfectly positioned to become a railroad hub. In 1888, Goshen was described as "the only center of the Cross Railroad systems at present running from Huron, Hanford and Lemoore on the west, to Visalia on the East." Trains were arriving from all directions and it was oftentimes called "Goshen Junction."

The town had a depot, of course, a hotel, restaurant, saloon and a blacksmith shop. But Goshen needed more than just trains and a handful of businesses. The town needed settlers willing to live and work there.

In 1888, Tulare County was already a major agricultural force in California, but the Goshen area had a soil problem – it was filled with dreaded alkali, a substance harmful to crops. It was so bad that train passengers noticed the white substance on the ground and walkways and called it snow. The unwanted condition undoubtedly slowed the number of settlers. To some, the land of promise was becoming the "land of alkali." But fortunately, help for the problem soil was on its way, thanks at least in part to P. J. Clark who found an

effective way to counteract the problem.

By 1887, the community had its own newspaper called the *Goshen Herald*. The paper was a big booster for the town and an equally strong advocate for "law and order." In March 1887, when a local family was assaulted by a "disorderly character," the suspect was arrested and taken to the Visalia jail. Obviously, not satisfied with the action taken by authorities, the *Herald* reported, "He should have been horse-whipped by our indignant citizens...instead of being sent to a comfortable home with better food than he had been accustomed to..."

As the years passed, Goshen achieved more notoriety. In the 1940s, it became home to the colorful Goshen Mounted Police, a ceremonial group of Old West enthusiasts established by a few modern day cowboys including Warren "Spike" Moody. The well recognized group still exists and frequently participates in local parades.

Although Goshen never organized as a city or held municipal elections, at least on two occasions the community had an unofficial mayor. In

## Dusting Off History with Terry Ommen



Jim Rivers, rancher and "mayor" of Goshen, is seen here with what appears to be two coyotes that he "bagged" on a hunt. Photo circa 1920.

1894, George Eddy was given the ceremonial title of Goshen mayor and decades later, James "Jim" Rivers held the title.

And then there were the pesky jackrabbits. Goshen was known for an abundance of these critters that gave the local farmers so much trouble. Frequently, rabbit hunts or drives were held in the late 1800s to keep the crop-destroying varmints in check. Farmers were so anxious to rid themselves of rabbits that ammunition for the massive hunts was given away free.

For a time in the 1930s, Goshen had an active automobile racecourse called the San Joaquin Track. It attracted lo-

cal drivers as well as big name racers from Ascot Speedway in the Los Angeles area, and Silvergate Speedway in San Diego. Then there was amateur boxing. In 1935, for example, fans at the new 1,000-seat open air Goshen Arena paid 75 cents to watch Johnny Foster, a fighter out of Tulare, slug it out with Stockton's Billy Azevedo.

Despite Goshen's occasional bursts of notoriety, the town never seemed to achieve the general success reached by other railroad towns like Bakersfield, Fresno or Modesto. But many loyal Goshenites might disagree. They like their town's history and the memories made there.

**Ad & Article Deadline:  
Monday, December 16, 2019  
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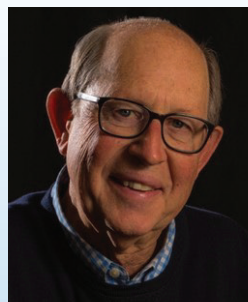


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GateWay Church presents  
**Grandparenting Matters Conference**  
 with speaker John Coulombe

GateWay Church  
 1100 S Sowell St, Visalia  
 Saturday, Nov 9, 8:30 am - Noon

This conference is designed to encourage & equip grandparents to be intentional in their important role, featuring sessions on important topics, encouraging worship, practical teaching and will include resources for further growth. Guest speaker John Coulombe is a grandfather of 8, and a pastor for over 30 years at First Evangelical Free Church in Fullerton, CA.

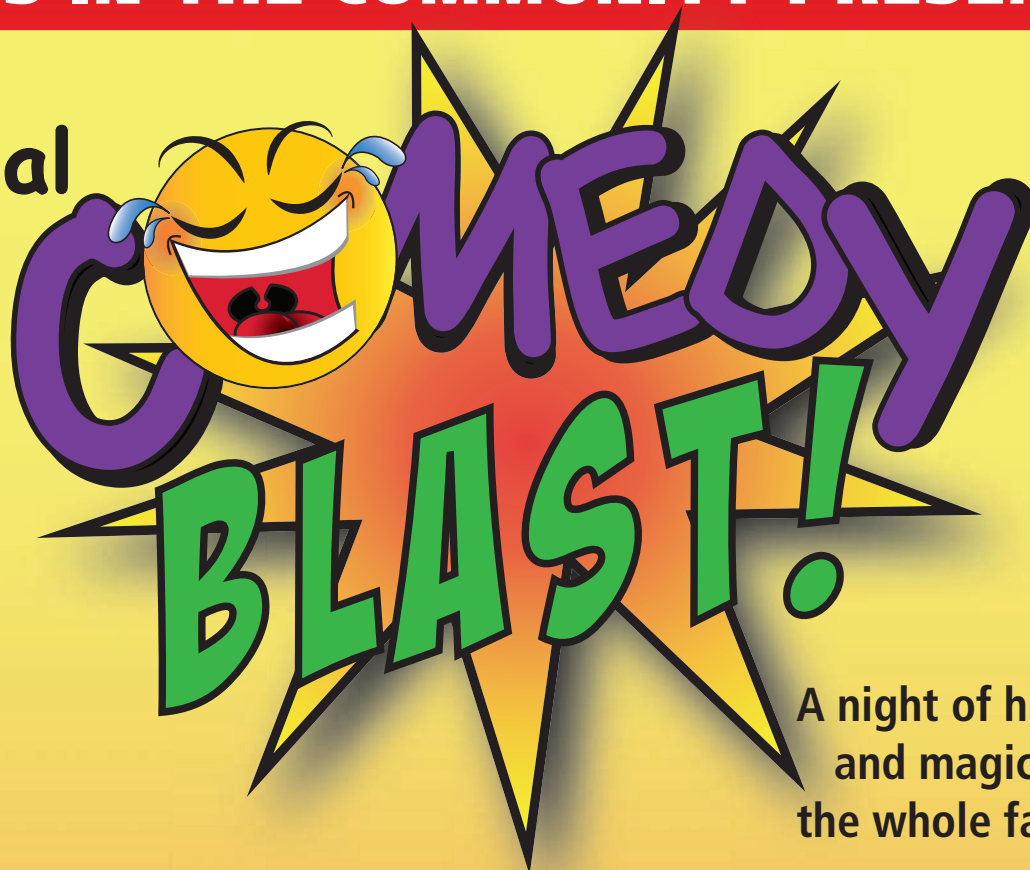
Tickets are \$20 per person and are available online at [www.GatewayVisalia.com](http://www.GatewayVisalia.com) or at the church office. For more information, call 732-4787



David Crawford of the Patriot Guard Riders

**HANDS IN THE COMMUNITY PRESENTS**

2nd Annual



A night of hilarity and magic for the whole family!

**Featuring the Comedy of Cleto Rodriguez and the Magic of Mark Robinson**

Cleto Rodriguez has performed for Promise Keepers, Wounded Warriors and Spirit West Coast, as well as opened for numerous celebrities such as Linda Ronstadt, George Lopez and Third Day.



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



**FRI, FEB 28, 2020 • 7:00PM**

**VISALIA FIRST**  
 Akers and Caldwell, Visalia

Premium Seating **\$30.00** • General Seating **\$25.00**  
 GROUP RATES AVAILABLE

**Purchase tickets online at [hnconline.org](http://hnconline.org)**

**Patriot Guard Riders...**

(continued from page 3)

Despite often attending funerals for veterans, Crawford still gets emotional at the funeral services.

"I cry pretty much every time they play 'Taps,'" he said, adding that there were a few especially dramatic moments at services attended by the Patriot Guard Riders, including one at the funeral for a local veteran that was conducted at the Bakersfield National Cemetery in Arvin.

"He was there at the beginning of Vietnam," Crawford recalled. "He was a helicopter pilot transporting Marines to the beach. He later started his own helicopter business in Lemoore, crop dusting. A helicopter pilot is who he was.

"We rode over to Lemoore and met up with some Kings Country riders," he continued. "A group from Tehachapi met us in Arvin. We had about 30 (riders) at the funeral.

"Suddenly, a Huey helicopter came up over the mountains south of us and went over our heads. Everyone came to a stop. That was a real tear-jerker. Afterwards, we went to the widow to say goodbye and she asked if we arranged that. I said, 'No, God did.'"

Crawford also recalled the time a group of Patriot Guard Riders escorted the casket of a veteran from Madera to Ontario in Southern California. The group was riding south on Highway 99 when an eagle swooped down over them.

For more information about Patriot Guard Riders, which describes itself as "a 100% volunteer group whose mission is to ensure dignity and respect at memorial services honoring veterans, fallen military heroes and first responders," visit [www.patriotguard.org](http://www.patriotguard.org).

For local information, including how to get involved in missions in the greater Tulare and Kings County area, contact Assistant Ride Captain David Crawford at (559) 303-6187 or [dw Crawford@sbcglobal.net](mailto:dw Crawford@sbcglobal.net).