



# The Informer

RETIRED EMPLOYEES ASSOCIATION OF ORANGE COUNTY, INC.

## REAO Luncheon

Wednesday, January 22, 2025

**H**appy New Year everyone! Hope your holiday celebrations were amazing! For those who attended our December holiday luncheon, we hope you enjoyed the lunch and choir. Our January luncheon will be held on Wednesday, January 22, 2025, at the Elks Lodge located at 1751 S. Lyon Street, Santa Ana, CA 92705. We will be serving Chicken Piccata, Rice Pliaf, Mixed Vegetables, Green Salad with Ranch on the side, Roll and Butter, and Chocolate Mousse Cake.

As a reminder, the Elks Lodge is next to the OC Credit Union building on St. Andrews Place. Please come enjoy visiting with your fellow retirees, a delicious lunch, and receive important updates from the REAO Board of Directors, and guest speaker. OCERS reps will also be present to answer any questions you may have.

Make your reservations by calling or emailing the REAO office, sending the form found in this *Informer* newsletter along with your payment or our new addition to ways to pay, which is via Zelle. You can use the barcode below to process your Zelle \$20 payment or using our luncheon email at [reaocluncheon@gmail.com](mailto:reaocluncheon@gmail.com).



Zelle®

## President's Message

From the Desk of Roger Hilton

**O**n behalf of REAO, I wish you and your loved ones a happy and a prosperous New Year. I hope you were surrounded by the warmth of family and friends this holiday season.

As stated in my last report, we would be saying farewell to a couple long-serving board members. I want to take a moment to recognize these two incredible members. After many years of dedicated service,



Thomas Cooney and John Iagjian have moved on to enjoy their well-deserved retirement from the board of this great organization that they help build. Their contributions have been invaluable, and they leave behind a legacy of commitment and hard work. Please join me in thanking them for their service. At the same time, we warmly welcome our new board members, Rosemary Flores and Blanca Ramos, who are eager to step into these roles and continue supporting our association.

On the legislative front, I'm

pleased to share some significant news. In Congress, a historic vote of the House of Representatives recently passed, HR 82 (Social Security Fairness Act), which could greatly benefit many of our mem-

bers by ensuring they receive what they have paid into. The bill now moves to the U.S. Senate, and we will keep you updated as this progresses. The Social Security Fairness Act would repeal the Windfall Elimination Provision (WEP) and the Government Pension Offset (GPO) provisions that unfairly penalize retired public servants, who paid and worked enough quarters in social security before or after retirement. In many cases, members social security allowances were cut by more than

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*com*. If you are using the Zelle app, you have to have it set up with a checking account, not a debit card. It will not work if you have it set up with a debit card. Reservations

should be made by Monday, January 20, 2025. Check-in starts at 11 a.m. and lunch is served at noon. We encourage carpooling as the parking is limited. We hope to see you there!

# REAOC DECEMBER 2024 HOLIDAY LUNCHEON



## President's Message

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half of what they earned.

At our last luncheon, we had the pleasure of hosting Assembly Member Avelino Valencia, who extended warm holiday wishes to all of us. Additionally, the grand jury recruitment team shared opportunities for our members to get involved—a meaningful way to serve the community. To top it off, the Aliso Viejo High School choir delivered a wonderful performance that truly brought the holiday spirit to life. With

delicious food, exciting prizes, and plenty of camaraderie, it was an event to remember. I look forward to seeing many of you at our luncheon this month.

Thank you all for your continued membership and support. I look forward to another year filled with growth, connection, and accomplishments.

– Roger Hilton

## 2025 Keith L. Concannon Scholarship Program

**G**reat news! The Keith L. Concannon Scholarship Program, named in honor of the late REAOC President and representative on the Orange County Retirement System Board, will continue for its 21st year. As reported in the September *Informer*, six scholarships of \$4,000 each were awarded in 2024 on the basis of academic performance and achievements, community service, and honors. Starting January 2, 2025, electronic scholarship applications and information packets may be requested by email at [reaoc@reaoc.org](mailto:reaoc@reaoc.org) or by calling the REAOC office at (714) 840-3995.

You will need to provide an email address so that we may send the electronic application and information packet to you or your relative. The information packet will include detailed instructions on who is eligible to apply for the scholarships and what is required. The deadline for submitting electronic applications will be April 1, 2025. REAOC will grant up to six scholarships this year; each scholarship will be in the amount of \$4,000.

REAOC encourages your eligible family members to apply for one of our 2025 scholarship grants!

## REAOC

P.O. Box 11787  
 Santa Ana, CA 92711-1787  
 Phone: 714-840-3995  
 Website: [www.reaoc.org](http://www.reaoc.org)  
 Email: [reaoc@reaoc.org](mailto:reaoc@reaoc.org)

### OFFICERS

Roger Hilton	President
Dot Ronan	Vice-President
Linda Robinson & Doug Storm	Past Presidents
Carol Wiseman	Secretary
Sharon Tabata	Treasurer

### DIRECTORS

Sara Ruckle Harms	
Christina Lozada	
Stephen Schrieber-Smith	
Rosemary Flores	
Blanca Ramos	
Larry Leaman	Director Emeritus

### APPOINTED STAFF

Ilene Bárcenas	Executive Director
Buffy O'Neil	Executive Director
John Iagjian	Membership Chair
Vacant	<i>The Informer</i> Editor
Norma Roberts	Board Watch Chair
Roger Hilton	CRCEA Delegate
Dot Ronan	Legislation Chair
Stephen Schrieber-Smith & Carol Wiseman	Scholarship Co-Chairs

*The Informer* is published 5 times a year. Readers are encouraged to write *The Informer* expressing their views and comments on the subjects of interest to them.

The mission of REAOC is to promote and maintain fellowship and camaraderie of OCERS retirees and their spouses by sponsoring social and recreational activities and by maintaining contacts via the newsletter, the REAOC website, email, or other means of communication. A secondary purpose is tracking and dissemination of information relating to pension and legislative actions, financial matters, physical and mental health care, volunteer and employment opportunities and other concerns that may be of interest to our members.

OCERS retirees and their spouses are eligible for regular association membership. Dues are \$3.00 per month, payable through payroll deduction. Active employees, who will receive their retirement through OCERS, are eligible for Associate Membership. Dues for associate members are \$1.00 per month payable for the year each January.

Luncheons are held at the Elks Lodge in Santa Ana, typically on the fourth Wednesday of January, March, May and September, and on the first Wednesday of December.

# 25 Great Superfoods to Help You Live Longer

*These delicious foods can help you stave off disease and remain healthier as you age.*

by Kimberly Goad

There's a reason the Mediterranean diet often snags a top spot on the "best diets" lists. Research shows that people who follow the eating plan—which favors fresh foods over processed—tend to live not just long lives, but long, healthy lives. The proof is in their telomeres.

"The Mediterranean diet has been extensively studied and found to be one of the best dietary patterns to consider for the prevention of chronic disease and general health," says Kristin Kirkpatrick, a registered dietitian and nutritionist at Cleveland Clinic. "When working on dietary change with my patients, I often use it as a base."

Whether it's by way of the Mediterranean diet specifically or another plant-based eating plan in general, these 25 superfoods may help you stave off all the biggies—cancer, cardiovascular disease, diabetes, dementia, obesity—and live well into the triple digits.

**1. Cruciferous vegetables** - All veggies deserve a place on your plate, but the cruciferous ones—cabbage, cauliflower and collard greens, among others—stand out as over-achievers when it comes to delivering nutrients that may help you live longer. "The advantage cruciferous vegetables have over other veggies—like a cucumber, for example—is that they have powerful sulfur compounds and other phytochemicals called glucosinolates that help your liver remove toxins and waste from our bodies," says Liz Weinandy, a registered dietitian nutritionist at The



Ohio State University Wexner Medical Center.

**2. Walnuts** - It's easy to see why nuts land on every list of superfoods. "They're a dense source of nutrients that support our immune system and metabolism, balance inflammation and gut health, and promote heart health, as well as offer cancer-preventive properties," says Stacy Kennedy, a registered dietitian in Wellesley, Massachusetts. Research suggests that walnuts in particular deserve a special shout-out. In addition to the above benefits, they may also help prevent cognitive decline and maintain brain health, particularly in older adults and those at higher risk, according to a study published in 2023 in the journal *Nutrients*. The study's researchers say walnuts are considered the most promising for cognitive health because they are particularly rich in plant-based omega-3 fatty acids.

**3. Olive oil** - Wondering why olive oil gets star billing on the Mediterranean diet? Researchers think the heart-healthy monounsaturated fats in olive oil—particularly the virgin and extra virgin variety—are a major factor. Olive oil is also loaded with polyphenols, potent antioxidants that may help protect against several age-associated ail-

ments, including Alzheimer's, Parkinson's, cardiovascular disease and cancer. Obviously, both olive oil and other sources of good-for-you fats are calorie dense.

**4. Berries** - There's no such thing as a bad fruit (unless it's bathed in syrup and comes from a can). They all offer a variety of immune-supportive, anti-inflammatory and anti-aging nutrients like vitamin C, potassium and phytochemicals, those good-for-you compounds found in plants, Kennedy says. But berries are particularly beneficial, as they are low in sugars, high in fiber and rich in nutrients."

**5. Salmon** - This is an excellent source of protein—a nutrient vital to maintaining muscle mass in older adults. But salmon's superpower can be found in its abundance of omega-3 fatty acids, which can help reduce the risk of heart disease. The American Heart Association recommends eating a 3-ounce serving of fish at least twice a week. Not a fan of salmon? Try another fatty fish, like herring, mackerel, sardines, anchovies or bluefin tuna.

**6. Farro** - "Farro is a good source of fiber, iron, protein, and multiple vitamins and minerals," Kirkpatrick says. "Farro has also been shown to be lower on the glycemic index, making it a great choice for people who are following a moderate- or even lower-carbohydrate Mediterranean dietary pattern."

**7. Beans** - People who live in the Blue Zones, those five regions of the world believed by many to have the

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## 25 Great Superfoods

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highest concentration of healthy centenarians, tend to have a thing for plant-based foods, especially the many peas, beans and lentils in the legume family. These centenarians eat at least four times as many beans—green beans, soybeans, fava beans—as Americans do on average. “Few foods contain such impressive amounts of both fiber and protein,” Kirkpatrick says. “The other important aspect of beans is that they contain both soluble and insoluble fiber—this means that the fiber that beans and lentils contain may have a major benefit to both the prevention of chronic diseases as well as benefits to the microbiome.”

**8. Green tea** - Can the secret to turning back the clock on aging can be found in a pot of green tea? Research has linked green tea to a lower risk of age-related diseases, most notably heart disease. Why? Consuming nutrient-rich foods high in antioxidants—like green tea—has been linked to longer telomeres. In addition to cardiovascular disease, telomere shortening has been linked to mental problems, cancer, cirrhosis, diabetes, osteoporosis and osteoarthritis.

**9. Sweet potato** - One clue to why the Japanese island of Okinawa is a Blue Zone: Okinawans get most of their calories not from white rice, but from sweet potatoes. A study published in 2022 in the journal *Antioxidants* suggests a connection between consumption of purple sweet potatoes and a lower risk of diabetes, cardiovascular disease and cancer.

**10. Broccoli** - Consider broccoli's considerable bona fides. First, it's

loaded with a sulfur-based nutrient called sulforaphane that's believed to protect against various types of cancer. Second, its high fiber content is good for digestion, but it can also lower LDL (bad) cholesterol levels and the risk of coronary heart disease. Third, the high levels of vitamin A, among other antioxidants, aren't merely good for your eyes—they may also help prevent age-related macular degeneration and cataracts. Finally, broccoli is also a good source of vitamins K and C, which benefit bone health.

**11. Avocados** - If your guilty pleasures all reside on the menu of your favorite Tex-Mex joint, at least one of them should be relabeled “guilt-free.” The star ingredient in that order of guacamole is linked to a reduced risk of heart disease. In a 30-year study of some 110,000 men and women, published in 2022 in the *Journal of the American Heart Association*, those who ate at least two servings of avocado a week had a significantly lower risk of cardiovascular disease and coronary heart disease than those who seldom ate them. The study also found that the risk of cardiovascular disease was between 16 and 22 percent lower for people who substituted half a daily serving of margarine, butter, egg, yogurt, cheese and bacon (or other processed meat) with avocado.

**12. Dark leafy greens** - Regularly eating spinach, kale, chard, collards, lettuce and the like may slow age-related cognitive decline, according to research out of Rush University in Chicago. Researchers compared study participants who ate around a serving of greens a day with those

who ate less than a serving a day. They found that the rate of cognitive decline among those who consumed the most was the equivalent of being 11 years younger in terms of brain health.

**13. Other tree nuts** - We mentioned walnuts earlier, but it wouldn't be fair to leave out the rest of tree-nut family. Research, including a study published in the *Journal of the American Heart Association*, suggests that regularly eating tree nuts such as pecans, cashews, hazelnuts, almonds, Brazil nuts and walnuts can reduce your risk for heart disease, stroke, atrial fibrillation and other types of cardiovascular disease.

**14. Tofu** - This staple of the Okinawan diet—also called bean curd—is mostly soybeans and water, which explains why it's such a good source of plant-based protein. “Soybeans are a complete protein,” meaning they contain all nine essential amino acids, Weinandy says. “More research is pointing toward the advantages of replacing some animal protein with plant-based sources to help decrease disease risk, especially since plant proteins are lower in saturated fat.”

**15. Water** - An estimated 28 percent of older adults don't drink enough water. Here's why that's a big deal: Not only does hydration play an essential role in the way your body functions—including lubricating your joints and pumping blood to your heart—but inadequate hydration is associated with multiple conditions, such as constipation, urinary tract infections, kidney stones, exhaustion, falls and poor memory. The National

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## 25 Great Superfoods

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Academy of Medicine recommends about 13 cups for men and 9 cups for women for those age 51 and older, but keep in mind you typically get about 20 percent of the water you need from the food you eat.

**16. Oatmeal** - That morning bowl of oatmeal may reduce your risk of early death. A review of research published in 2023 in *The Scientific World Journal* shows that oats are not only packed with nutrients, particularly protein and healthy mono- and polyunsaturated fatty acids, but they are also an important source of natural antioxidants, those anti-aging molecules that help reduce the risk of cardiovascular disease and diabetes, among other health woes.

**17. Low-fat Greek yogurt** - Very few types of dairy are considered part of the Mediterranean diet, but low-fat Greek yogurt gets a special pass. Why? Because it's rich in bone-strengthening calcium. Because it's loaded with protein—it has twice as much as traditional yogurt. And because it's a very good source of probiotics.

**18. Microgreens** - Something of a newcomer to the produce section, microgreens fall somewhere between a sprout and a baby green. You'll know them by their size (they are baby plants) and their intense flavor, which can be spicy, slightly sour or even bitter, depending on the variety. What makes them special? "Microgreens are mega sources of nutrients," Weinandy says. "For added nutrients, toss microgreens in with any foods you would normally eat their leafy green cousins in."

**19. Buckwheat** - You already know that eating more whole grains—

whether it's an old standby like brown rice or one of the less-common alternatives—can help reduce mortality from cardiovascular disease, slow down the progression of aging and improve lifespan. What you may not know is that buckwheat has bioactive components—proteins, fiber, vitamins, flavonoids and phenolic acids—with healing properties against chronic diseases, according to a review of research in *Food Science & Nutrition*.

**20. Coffee** - Considering all the health benefits in your morning brew—coffee helps guard against everything from depression to cardiovascular disease, cancer and type 2 diabetes—its inclusion on this list should come as no surprise. Like tea, coffee is a top source of polyphenols.

**21. Nut butters and seed butters** - Not a fan of the nuts and seeds that tend to show up on virtually every nutritionist's list of superfoods? You can get many of the same healthy fats, proteins, fiber, vitamins and minerals with their ground-up, in-a-jar versions. Just be sure to check the list of ingredients. Sugar is often added to peanut butter, almond butter and the like to enhance flavor.

**22. Lentils** - A member of the all-star legume family, the edible seeds known as lentils are "low in fat and high in protein, folate, iron, potassium and magnesium," Kirkpatrick says. Choosing lentils and other "legumes in place of animal proteins can lower your risk of cardiovascular disease and cancer."

**23. Flaxseeds** - Seeds tend to sit in the dietary shadow of nuts, but they shouldn't, Kennedy says. Seeds can deliver "many of the same nutritional

benefits." Top of her list: Flaxseed. Ground flaxseed offers fiber, protein, lignans—a type of polyphenol that helps boost heart health—and a plant-based omega-3 known as alpha-linolenic acid. To reap the full nutritional benefits, avoid consuming flaxseeds whole.

**24. Citrus fruits** - Plenty of foods on this list are good sources of vitamin C, but few are as rich in C as citrus fruits. Just one medium orange has 70 mg of vitamin C. For people 50 and older, the recommended daily intake is 90 mg per day for men and 75 mg a day for women. What makes C so important? A potent antioxidant, it helps neutralize free radicals that can damage healthy cells, increasing the risk for cancer, cardiovascular disease, age-related macular degeneration and cataracts. Vitamin C also helps wounds heal and boosts the immune system.

**25. Dark chocolate** - No, it's not your imagination. There's a scientific explanation for why you feel happier after eating dark chocolate. A study published in *The Journal of Nutritional Biochemistry* found that participants who ate 85 percent dark chocolate every day maintained a better overall mood than those who ate chocolate with less cocoa—or no chocolate at all. The researchers think the mood-altering effects of super-dark chocolate may come from its polyphenolic compounds.

Kimberly Goad is a New York-based journalist who has covered health for some of the nation's top consumer publications. Her work has appeared in *Women's Health*, *Prevention*, *Health and Reader's Digest*.

# Welcome, New REAOC Members!

Adriano-Ceres, Clarissa	Auditor-Controller	Halbur, Heidi	OCERS	Reed, Linda	Probation
Alexander, Jennifer		Healy, Yvonne	Human Resources	Reed, Tanya	OCSD
Altamirano, Elizabeth	Probation	Henkels, Julie	John Wayne Airport	Rehm, Jeffrey	
Amansec, Delia	HCA	Hernandez, Abigel	Human Resources	Reinke, Kelly	Superior Court
Anckaer, Jennifer D	OCSD	Hernandez, Jesus J	OCSD	Richards, Tim	
Banuelos, Vera	OC Superior Court	Howard, Shelly	Child Support	Richardson, Deborah	HCA
Bidinger, Kurt	OC Fire Authority	Hsieh, Jane	HCA	Rico, Guillermo	
Bridges, Kathleen	SSA	Huley, Joseph	SSA	Rios, Robin A	CEO/IT
Broadhead, Karen	Airport	Johnson, Nasrin	OC Community Resources	Roberts, John	OCTA
Brougham, Eric				Romo, Patricia	SSA
Brown, Kim	OCSD	Johnson, Wayne	HCA	Ruiz, Dionicio	OC Courts
Bucara, Joseph	OCSD	Jones, Flor	OCSD	Salcido, Darla	Probation
Cabrales, Concepcion	OCSD	Jones, Janet	SSA	Sancez, Benjamin	District Attorney
Cappel, David	OCSD	Jordan, Diane Lorraine	Superior Court	Serafico, Raymond M	OC Public Works
Cardenas, Lilia	HCA	Juarez, Rebeca	HCA	Sifuentes, Catalina	Public Works
Contreras, Frances	SSA	Khanlar, Mark		Skulic, Geraldine	Transportation
Contreras, Guadalupe	Waste Management	Kim, Alice		Smith, Craig H	Superior Court
Copenhaver, Lauren	SSA	Koontz, Richard	OCSD	Smith, George Hunter	OC Waste and Recycling
Cordova, Evangeline	OC Superior Court	Kroner, Deborah	OC Waste and Recycling		
Crider, Wilson	County Counsel		Public Defender	Soruco, Cynthia	HCA
Cruz, Leonard	OC Transportation	Lagunas, Maria	Probation	Stammerjohan, Tawnya	OCSD
Cua, Denver	HCA	Lagunas, Pedro	OCTA	Stein, Lewis	OCSD
Cuervo, Renee	Child Support	Lattuca, Philip	Assessor	Stempniak, Anna	SSA
Davis, Paul	OC Waste and Recycling	Laub, Peggy	HCA	Sullivan, Robert	Superior Court
		Lawrence, Nancy	OCTA	Takeuchi, Grace	CSA
De La Riva, Beatriz	SSA	Lo, Pao		Tam, Alan	Public Works
Dickson, Robin	SSA	Loaiza, David	Probation	Thomas, Charles	Probation
Diep, Phuong	OCSD	Lopez, Chris		Tober, Melissa	HCA
Dubois, Douglas	OCSD	Love Terrell, Harriet	HCA	Torres, Flavia	HCA
Duong, Phuong		Lownes, Stephen	OCTA	Tran, Diane	HCA
Dupuis, Perry	Waste Management	Lubus, Martin	SSA	Turner, David M	IT
Eickholt, Suzanne	Public Defenders	Mackellar, Suni	Sanitation	Tweedy, Lisa	OCSD
Engle, Gregory	OCSD	Mansell, Selwyn		Uribe, Carolyn	Public Works
Everly, Gina		Mason, Tom		Vuong, Phuoc	SSA
Figueroa, Rudy	OC Parks	Mayer, Kathryn	SSA	Wallingford, Joshua	SSA
Fiore, Robert	SSA	MClemore, Lula	Public Library	Washburn, Richard	Probation
Gallegos, Tommy		Miller, David	OC Transportation	Washington, Lolia	OCSD
Garcia, Gilbert	OCSD	Miller, Geraldine V.	SSA	Weidhaas, Susan	HCA
Gaut, Ron	OCPW	Munoz, Carlos	SSA	Wilson, Kevin	OC Fleet
Georgevich, Alison	OC Public Library	Munoz, Lorraine	OCTA	York, Katherine	Auditor-Controller
Giron, Carmen	OC Community Resources	Ngo, Karen	SSA	Zubiata, Christine	Child Support
		Nguyen, Van	SSA		
Gitch, Jeff	OC Sanitation	Nieto Pineda, Adriana	CEO		
Gonzales, Elizabeth A	OCTA	Ophaso, Paul	OCSD		
Gonzales, Frank	OC Fire Authority	Oropeza, Adriana	OCERS		
Gonzales, Janie	SSA	Parisi, Mike	HCA		
Gonzales, Mercedes	District Attorney	Pearson, Kimberly	HCA		
Graber, Pamela	Child Support	Phelps, Rachel	OCTA		
Gronau, Cathleen	OC City of SJC	Plank, Anna	OCES		
Guerrero, Randi	Anaheim District	Quinn, Deanna	Probation		
Guillen, Connie	SSA	Rangel, Ramona	SSA		
Hagerty-Perez, Joanna	SSA	Ranson, Evelyn			



**NATIONAL HOT CHOCOLATE DAY JANUARY 31**

# In Memoriam

We extend our deepest sympathy to the families and loved ones of those who meant so much to so many.

## November 2024 – December 2024

Alvarez, Richard OCTA  
 Berry, John OCTA  
 Bishop, Greg OC Fire Authority  
 Brodtkin, Steven SSA  
 Caracena, Bruce OCTA  
 Coleman, Norma SSA  
 De Marco, Ann Probation  
 Di Guglielmo, Frank OCTA  
 Dietz, Allan HCA  
 Ducoing, Cathleen SSA  
 Ehling, Leland HCA  
 Gates, Bradley Sheriff's

Gomez, Jenine Auditor Controller  
 Graf, Richard OCTA  
 Hayes, Jeanette HCA  
 Hearst, Michael OC Vector Control District  
 Hubbard, Herman Registrar of Voters  
 Kennedy, Vicki Probation  
 Lein, David Sheriff's  
 Luderman, John Sheriff's  
 Maples, Ralph OC Public Works  
 Marold, Jeannine SSA  
 Martinez, Daniel District Attorney  
 Mattaino, Anna HCA  
 Meadows, Mary SSA  
 Mello, Lucille OC Fire Authority  
 Millerd, Mary UCI  
 Morales, Rose SSA  
 Munoz, Frances Superior Court

Nelson, Carl OC Public Works  
 Olson, Frederick OC Public Works  
 Perry, Jo Ann Probation  
 Pilcher, Connie Superior Court  
 Pinder, Charlene Assessor  
 Powell, John County Counsel  
 Ralls, John HCA  
 Rede, Linda Treasurer - Tax Collector  
 Ronquillo, Amelia Registrar of Voters  
 Schomer, Barbara SSA  
 Soucy, Jerry HCA  
 Taylor, Yvonne OC Community Resources  
 Thornton, James UCI  
 Velick, Debra OCERS  
 Waggoner, Jay UCI  
 White, Kenneth HCA  
 Whitford, Wendy Assessor  
 Wilkinson, Mary Superior Court

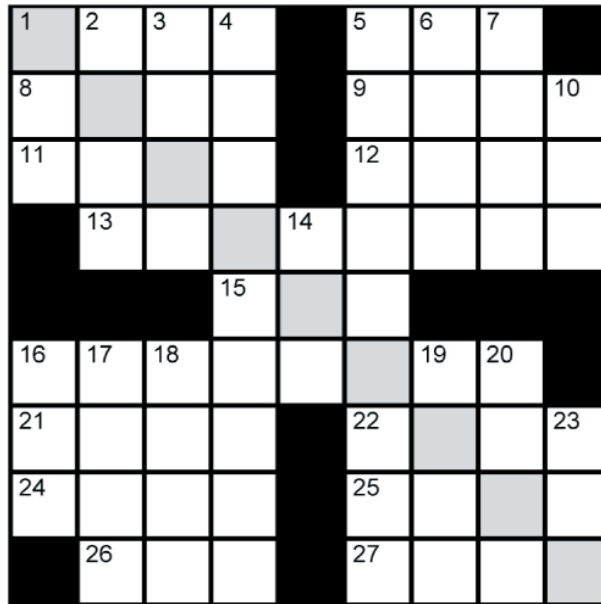
### Surviving Spouse

Bragassa, Beverly  
 Fuller, Velma  
 Hecht, Patricia  
 Kirwin, Joseph  
 Martinez, Irma  
 Rappaport, Julia  
 Starrett, Louise

## Possible Winner

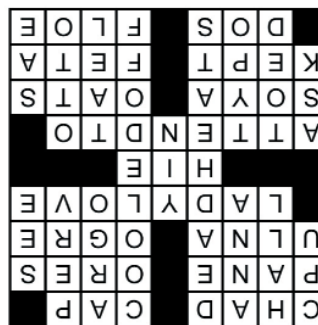
### Across

1. Neighbor of Niger
5. Upper limit
8. Window section
9. Mining finds
11. Arm bone
12. Fairy tale villain
13. Sweetheart
15. Speed along
16. Deal with
21. Bean used to make miso
22. Feed bag contents
24. Retained
25. Greek cheese
26. Old PC platform
27. Sheet of ice



### Down

1. PC "brain"
2. Corridor
3. "\_\_\_ and the King of Siam"
4. Ties in races
5. Chilled
6. Cornstarch brand
7. Deviant, in slang
10. Witness
14. Yang's opposite
16. Question
17. Pigeon-\_\_\_
18. AutoCorrect target
19. Asian weight
20. Director Preminger
23. Freelancer's enc.



The headline is a clue to the answer in the diagonal.

## Luncheon Reservations Due Monday, January 20, 2025

Print Name: \_\_\_\_\_

New/Changed Email Address: \_\_\_\_\_

# of lunches at \$20.00 each: \_\_\_\_\_

# of Vegetarian lunches: \_\_\_\_\_

Enclosed is my check for \$ \_\_\_\_\_

Please make your check payable to REAOC and mail to: REAOC, P.O. Box 11787, Santa Ana, CA 92711-1787

Check-in begins at 11:00 a.m. and lunch is served at noon.

PLEASE CAR-POOL!







PHOTO BY KOSTIANTYN LI / UNSPLASH.COM

**Dated Material – Please Deliver Immediately**

In Memoriam

Welcome, New REAOC Members

Keith L. Concannon Scholarship Program

25 Superfoods to Help You Live Longer

REAOC Luncheon

President's Message

## INSIDE THE INFORMER

P.O. Box 11787, Santa Ana, CA 92711-1787

RETIRED EMPLOYEES ASSOCIATION OF ORANGE COUNTY, INC.

# The Informer

Presorted  
First Class Mail  
U.S. Postage  
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Torrence, CA  
Permit No. 1