

Hi Gang,

Hope all of you are staying safe and healthy during this unusual summer season. With the ever-changing environment we find ourselves in, many of our normally planned events have been put on hold. As you may have seen from Nancy's email, 17th Street Grill has finally re-opened for small groups (10 or less). However, at this time, I'm not certain that it's wise for our group to be gathering together indoors. Truly, given the concerns with Covid-19, I do not foresee us being able to meet indoors on a regular basis until early next year. I think we still have some options to socialize. We could meet up in small gatherings at an open space (such as a park), each person bringing their own chairs and food. That would allow us to see each other in person but still maintain social distancing. Another option would be to get together virtually via Zoom. I have been in contact with various group and other non-profit leaders, and they have had some success doing things virtually. If anyone has other thoughts or suggestions in this regard, please let me or Nancy know, and we will see what we can do.



Dick Fuller

Speaker's Of The House

Angela Madsen



For all of you who have been members of *FAST* for 11 years, on Feb. 28, 2009 Angela Madsen came and spoke to us.



While serving in the Marines stationed at the Marine Corps Air Station El Toro, near Irvine, California, Angela suffered a serious back injury. When she had back

surgery a dozen years later, at 33, she woke up paralyzed from the waist down. But her story did not end there.

A paraplegic, Madsen was introduced to rowing after her wheelchair basketball sponsor invited her to a learn-to-row event in Dana Point. She found she was a natural at the sport and liked that she did not need to use a wheelchair to participate. In 2002, the International Rowing Federation added adaptive rowing to the <u>World Rowing Championships</u>, and Madsen, classified as a trunk-and-arms (TA) competitor, was selected to race at the <u>2002 World Rowing Championships</u>. She finished in **silver** place in the single sculls. In the next three years she entered each of the World Championships, winning the **gold medal** in the double's sculls in every tournament. Angela was a **six-time Guinness World Record** holder who was in the midst of attempting her next feat: to become the first paraplegic and oldest woman to row from California to Hawaii alone.

Angela also won a **bronze** medal in the shot put at the 2012 Summer Paralympics in London.

In 2013, she attempted her biggest challenge: rowing the Pacific solo, from California to Hawaii. But she got caught in a ferocious storm and had to be rescued. The next year, she made the trip with a partner. But she still yearned to do it alone. Finally, this spring, she set out by herself, leaving Marina del Rey on April 24 in her 20-foot long state-of-art fiberglass capsule,

Row of Life. She planned to land at the Hawaii Yacht Club in late July. She was two months in and halfway to Hawaii when she discovered a problem with the hardware for her parachute anchor, which deploys in heavy seas to stabilize the craft. At around 10:30 p.m. her friend Soraya Simi, who is making a documentary about Angela, was calling the Coast Guard. At around 8 p.m. Monday, the Coast Guard spotted her in the water, lifeless and tethered to her boat. Angela might have been caught in her tether or developed hypothermia without knowing it. She might also have had a heart attack or other illness. Angela was 60 years old. Reference the New York Times

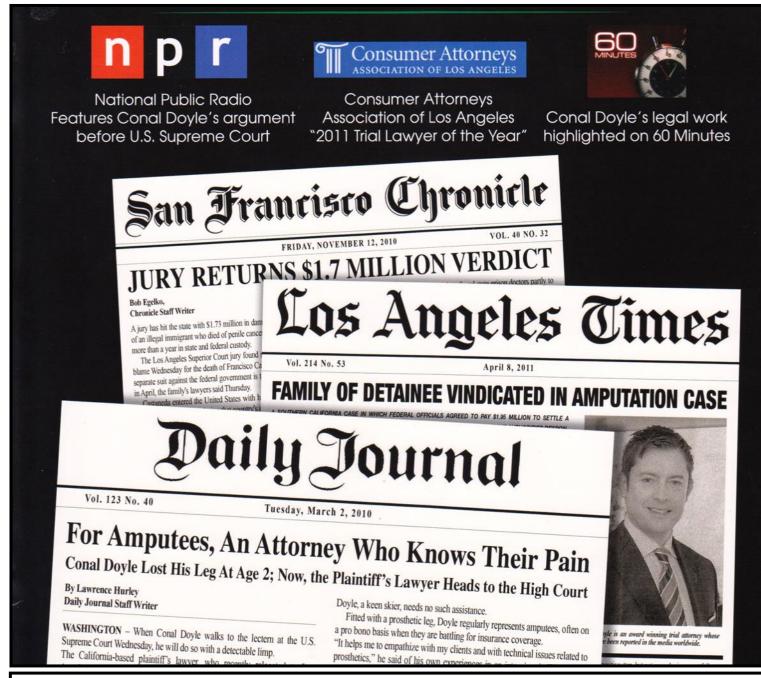


Did You Know Corner

Robert David Hall (born November 9, 1947) is an American actor, best known for his role as <u>coroner Dr. Albert Robbins M.D.</u> on the <u>television show</u> <u>CSI: Crime Scene Investigation</u>. In 1978, Hall had to have both of his legs <u>amputated</u> as a result of an accident in which an <u>18-wheeler</u> truck crushed his car. The accident also caused the <u>gasoline</u> tank of the car to explode, causing burns over 65% of his body. He now comfortably us-



es <u>prosthetic</u> limbs, allowing for personal mobility. Several of his characters, including his *CSI* character, have openly shared this disability. He is a prominent advocate for disabled Americans.



DOYLE LAW is a law firm that focuses on representing prosthetists and amputees in insurance and personal injury claims. Firm principal CONAL DOYLE is a right leg amputee who has walked with the aid of prosthetics for more than forty years. He has an in-depth knowledge of the prosthetic industry and the daily struggles of every amputee.

We provide a FREE consultation to the prosthetic industry and their patients to determine whether an insurance claim for prosthetic benefits has been wrongfully denied. The Firm has a long track record of getting claims paid and obtaining significant six figure recoveries for amputees whose claims have been wrongfully denied.

The Firm has a national reputation as a leader in the area of amputee rights and personal injury litigation. Conal Doyle's publication, "Glimpsing the Future for an Amputee" is used as a guide for litigation limb loss cases by attorneys across the nation. The Firm has obtained numerous multi-million dollar recoveries for the injured. Conal provides a FREE consultation.

House Hunting Checklist: What You Actually Need

Buying a home is exhilarating, but if you don't know what to look for, it can be overwhelming. Once you've settled on your budget, kick off your homebuying journey with our house hunting checklist.

The Neighborhood - The neighborhood is one of the most important items on your checklist. It determines your commute, access to public transportation, schools, hospitals, and grocery stores. Drive through the neighborhood to get a glimpse into what your possible future could look like. Stop by at night to check out the parking situation, noise level, and street lighting.

The Rooms - Factor in your current family size when looking at the bedrooms. If you're a big entertainer, make sure there's enough space in the living area for hosting guests. Check the walls and flooring to make sure they're in good condition - make sure the home meets these basic necessities before moving onto your wants.

The Major Systems - When you buy a home, you get every issue that comes with it. Before you take the leap, have all the home's major systems inspected by a professional - plumbing, electrical, and heating & cooling.

The Kitchen - Make a list of the things you and your family need in a kitchen.
First functionality, then design. Check the countertops for any damages.
Kitchen floors get heavy foot traffic. Examine the floors to see what kind of condition they're in. Lastly, look over the cabinets to make sure all knobs and handles are properly attached.

The Bathrooms - You may have a dream bathroom in mind, but don't forget to cover the basics. Check the toilets, faucets, and lighting to make sure they're all in good working order. Confirm that there aren't any issues with the water pressure - this could cause some big problems later on. Once you have these items covered, you can examine the drawers and cupboards to make sure there's enough storage space.

The Lot - Take into consideration how many vehicles you own or plan to acquire when looking at the garage and driveway. Don't fret too much about a driveway that has cracks in the asphalt - that's an easy fix.

Being realistic with your expectations doesn't mean you have to pop your dream home bubble. Just cover the basics and the rest will fall into place.

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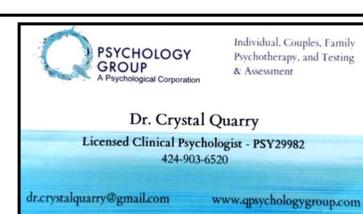
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Your August Home Maintenance Checklist

Ah, August! That summer month when you're back from vacation, there's no holiday in sight, yet the days are still long and hot. This is the perfect month to go through our August Home Maintenance Checklist to get your home ready for that notoriously busy month of September.

Prep Your Furnace for Winter

Yes, we know it's hot outside, but you know what happens after hot? Cold. Your furnace is more likely to go on the blink in the dead of winter. Have your furnace inspected by a professional and make sure it's ready to go when the temps drop. Maintaining your furnace in the summer will be more cost-effective than emergency calls in the winter.

Clean and Store Summer Gear

Don't throw everything into a corner in your garage. Get bikes up off the garage floor and onto racks if possible. Wash and store pool or beach toys. Hose down outdoor chairs and tables before covering them. Remember, take time to organize as you go.

Clear Out Your Gutters

Rotting leaves and debris can lead to improper draining. Your gutters and downspouts should divert water away from your home's foundation. Water seeping into your home's foundation can cause major damage over time.

Inspect Your Roof

Look for missing shingles, cracked or curling shingles, or areas where shingles are crumbling. For slate and tile roofs look for cracked and broken pieces. Check for wood rot and holes, especially on flat roofs. Trim away branches that touch your roof and check for the presence of moss if your roof is in the shade.

Assess your Asphalt and Concrete

Take a walk along your driveway and sidewalks and check for cracks or buckling. Aside from being a tripping hazard, fissures can allow water into cracks in your walkways and driveways. Over time this may degrade them, especially as winter months approach.

De-clutter Your Kitchen

As August closes out, we bid farewell to relaxing, late dinners. Get your kitchen prepped for busy weeknights. Clean your cabinets inside and out. Throw out expired and stale pantry items. Also, clean your fridge inside and out. Open those containers lurking in the back of the shelves and discard anything that has more hair than you. Finally, dig into your freezer. If you can't tell what it is by sight, smell, or label, chuck it.

We're never ready for the bustle of fall. But with our August Home Maintenance Checklist under your belt, try to relax and enjoy these waning, summer nights. You can finally tell September to "bring it on!"

Calendar for 2020

The calendar will return when we can meet again.

Whether meetings are held in-person or virtually, they are an invaluable place to connect with others who have overcome similar challenges and setbacks. Participation in support groups provides members the opportunity to express their feelings, share and learn helpful information, improve social skills, feel connected, and realize we are not alone. We hope to continue our meetings and guest speakers asap.

Special request to our readers.

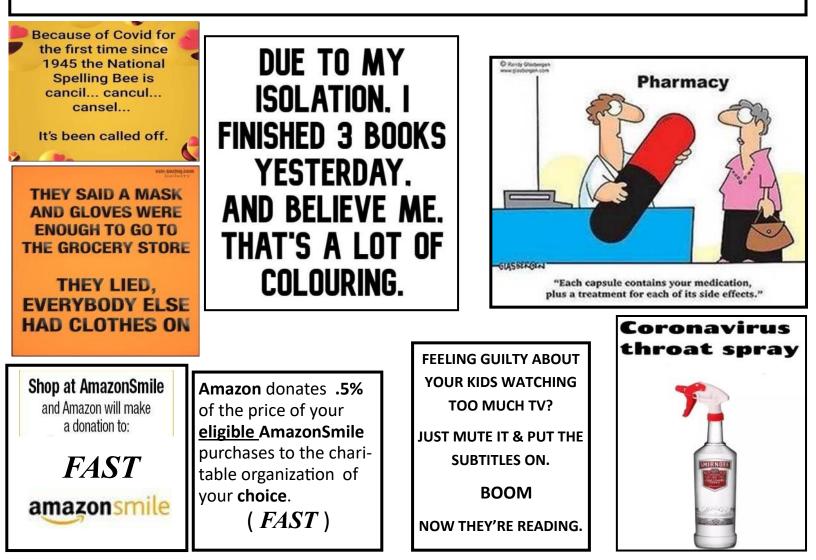
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(714) 284-5566 [answering service] or bill.lindahl@aol.com



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