

SENIOR REPORTER

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MARCH 2022

"Serving The Needs of Orange County & Long Beach Seniors Since 1974"



Bette Midler

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—Bette Midler



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Memory

By Jim McDevitt



When I was a young married man, I would go to the store for groceries while my wife stayed home with the baby. I never had a list because I would remember what we needed from the store. Even though I was buying a full car of food there never was a problem. In my senior years, the Golden Years for the doctors who treat us, I must write everything down. My wife attached a board to the refrigerator so we can write on it things we have to remember to do. On top of that, we keep a pad in the kitchen drawer and write down what we need from the grocery store so we will have a list when we go shopping.

When we do go shopping with our list and park in the huge parking lot, we try to remem-

ber where we parked so we can find the car again when we come out of the store. Of course, unless we are within feet of the entrance to the store, we never can remember especially if I didn't park in handicap parking because they were full. I have had strangers come up to me as I searched back and forth for our car with my wife and ask me if they could help me. Many of the times these are younger seniors who come over to help me. I have even had an offer from a young lady who offered to drive me around to look for my car.

I have been living at my present residence for over 18 years. What is odd is that my steep driveway keeps getting steeper each year even though we haven't had any earthquakes to change things. Very odd. Everything these days needs a password. I have a big book that I keep just for passwords

because I can never remember what I use for the different locations. I drive to my bank because I find it too hard to log on and go through all the security questions to get anything done online. I have a card that I just go to the drive-through and hand the teller and tell her what I want to do.

Some things are of the highest priority for your safety to remember correctly. If you call your wife, Susan and her name are Mary, your life could be in jeopardy. You may need to get a food taster or give your dogs a taste before you eat anything. Who knows what an irate woman might do? I don't. Of course, if she calls you John and your name is Jim, at my age, you don't have a big reaction. You figure it's like the other things she gets confused about as you do.

My wife does say I mispronounce words so much that

Continued on page 21

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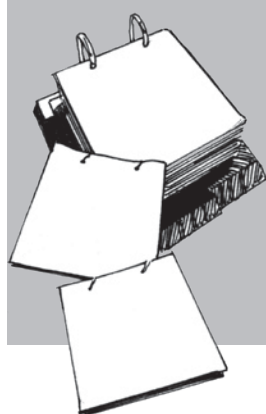
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MARCH Calendar of Events



Here are some fun things to do, go, see, and take part in this March to break out of the winter doldrums!

(Ed Note: Please be sure to check with each venue regarding any COVID-19 continuing mandates before attending.)

El Presidente Ball

San Juan Capistrano

**Saturday, March 5
6 to 10 p.m.**

Journey back to the late 1800s of early California and let the Fiesta Association show you how “the West was fun” at this western-style dinner dance. Enjoy great food and old-fashioned fun while dancing under the stars (weather permitting) to live country-western-style music. At, El Adobe de Capistrano, 31891 Camino Capistrano, San Juan Capistrano. Call, 949-615-1920.

Festival of Whales

Dana Point

March 5 and 6

The annual Dana Point Festival of Whales celebrates the return of the once-endangered California Gray Whale with a Leviathan-size event. In addition to whale watching at the height of whale watching season, the festival includes a kick-off pa-

rade, Sand Sculpting, Ocean Awareness Day, musical entertainment, on-the-water concert, Whale of a Block Party, art shows, pancake breakfast, BBQs, classic car exhibits, lectures/seminars at multiple venues including the Ocean Institute, historic walking tours, paddling events, sailing/rowing/kayak/SUP demos and more. At, Dana Point Harbor. Call, festival info: 949-472-7888 or 1-888-440-4309.

Arts & Crafts Show Huntington

**Sundays, March 5, 16 & 20
10 a.m. to 4 p.m.**

Come out and shop over 50 unique, hand-picked artisans and crafters as they highlight their latest designs, collections, products, and one-of-a-kinds. Successful crafters, Justin & Ryan Clayton-Palmer @TheBottleArtCompany have created a new take on an old tradition. Free admission and parking. Presented by RC Palmer & Co. At, Old World Village, 7561 Center Ave., Huntington Beach.

Swallows Day Fiesta Grande

**San Juan Capistrano
Wednesday, March 3
6 to 9 p.m.**

This night of Old West entertainment consists of four contests: Best Dressed Old West

Man, Best Dressed Old West Woman, Best Belt Buckle, and the Hairiest Man (best mustache and/or beard). So, don your finest Old West outfit, belt buckle, or facial hair and enter one or more of the contests. There is a \$5 entry fee (pay when you arrive) per category for each contestant entered. For the more timid, spectators are always welcome at the hilarious Fiesta Grandé. At, Swallow's Inn, 31786 Camino Capistrano, San Juan Capistrano. Call, 949-615-1920.

Swallows Day Parade & Mercado

**San Juan Capistrano
March 12**

The parade takes place in downtown San Juan Capistrano. This is the nation's largest non-motorized parade. It is organized and presented by the San Juan Capistrano Fiesta Association. Arrive early; most street closures are by 10 a.m. The parade begins promptly at 11 a.m. The Mercado is a street fair and marketplace where you can eat, drink, and shop at over 100 booths. It is THE place to be after the parade ends. Listen and dance to the music of The Working Cowboy Band, a traditional country music band. At, Downtown San Juan Capistrano. Call, 949-615-1920.

Annual Multicultural Fair at Sage Hill School March 19

This colorful, fun-filled event highlights and celebrates Sage Hill School's and the community's amazing cultural diversity. Taste home-cooked delicacies from every nation represented at Sage Hill; enjoy non-stop musical and dance performances; bid on yummy baskets of themed goodies; browse the ethnic bazaar and listen to plenty of entertainment. At, Wilkins Town Square, Sage Hill School, 20402 Newport Coast Drive, Newport Coast.

Saint Joseph's Day at the Mission

March 19

Live mariachi music, community presentations, special guest “Swallows Speakers,” Mission Basilica School performances, ringing of the historic bells and history of St. Joseph's Day, and Swallows legend. At, Mission San Juan Capistrano, Ortega Hwy. Call, 949-234-1300.

Laguna Beach Music Festival

Laguna Beach

March 28 - April 3

An annual multi-day celebration featuring classical and contemporary concerts in intimate spaces, community outreach programs, and dynamic special events. At, Laguna Beach.

Ongoing Events Santa Ana

**First Saturday of the Month
6 to 10 p.m.**

Downtown Santa Ana is the place for the arts on the first Saturday of each month when galleries, theatres, artists, and performers in the Artists Village monthly Open House for the public. The free event attracts 1,500 individuals who come from Los Angeles and Orange counties to walk more than 150 participating studios and galleries found in historic buildings in the heart of downtown Santa Ana.

The monthly event offers access to buy original artwork from some of Southern California's most talented artists. It also will have open viewings of working lofts owned by artists and designers all in an award-winning urban setting.

Orange County Museum of Art Lecture Series Newport Beach

Informal salons bring together artists taking part in 15 Minutes of Fame: Portraits from Ansel Adams to Andy Warhol and New Art for a New Century: Contemporary Acquisitions 2000-2010, who will take part in casual conversations with other artists, OCMA curators,

Continued on page 21

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‘Where No Show Had Gone Before’

By Randal C. Hill

When “*Star Trek*” premiered on NBC-TV in September 1966, creator Gene Roddenberry was no doubt knocked for a loop when his much-anticipated show tanked. It never rose above 52 in the ratings, and that was only during the first season of its three-year run. Yet much of the technology found within those 79 original “*Star Trek*” episodes resonates now in our everyday activities.

In 1964, Hollywood scriptwriter Roddenberry (he of “*Highway Patrol*” and “*Have Gun – Will Travel*” fame) set out to create something unique for television — a Sci-Fi series different from the usual doom-and-gloom “rocket operas” of the day. Roddenberry had to work hard to sell his idea. Some NBC-TV honchos were initially lukewarm about “*Star Trek*” being a “cerebral” show (which meant not generating much sponsor money). Other overly cautious executives objected to Spock’s pointy ears, claiming they looked diabolical and Satanic.

“*Star Trek*” was set in the Milky Way galaxy in the 23rd century, in a utopian future where divisions of race, gender, and nationality have become concepts cast aside. The stories take place aboard the starship *Enterprise* as it journeys on a five-year mis-

sion of scientific exploration and intergalactic diplomacy, zooming to distant planets in response to distress calls and confronting warmongering aliens.

The show’s spotlight fell primarily on Canadian actor William Shatner. He had trained as a Shakespearean actor but was willing to take whatever work came his way, including a stint on “*The Canadian Howdy Doody Show*.” When Shatner moved to Hollywood, Roddenberry cast him as Captain James T. Kirk, the take-charge commander who guided the *Enterprise* and its crew.

Boston-born actor Leonard Nimoy spent years struggling for a breakout role in Hollywood, where he once delivered newspapers and drove a cab to make ends meet. By the time he joined the “*Star Trek*” cast, he had acted in more than 50 “B” movies and minor roles on numerous TV shows. As emotionless and logically minded Mr. Spock on “*Star Trek*,” Nimoy became as popular as Shatner’s Kirk character. Spock, second in command on the *Enterprise*, was half-human, half-Vulcan. (Vulcans were the first extra-terrestrial species to contact humans.) His split-finger Vulcan salute became iconic, with most viewers unaware that the gesture was a Hebrew blessing that Nimoy conjured from his synagogue youth.

The series featured a groundbreaking, racially diverse cast, as well as American television’s first interracial kiss between Captain Kirk and Lieutenant Uhura (Nichelle Nichols). “*Star Trek*” never downplayed its “message” motifs concerning war, sex, religion, politics, and racism. Yet the show’s ongoing theme consistently was that, in the end, good will triumph over evil.

As to cultural influences, consider that much of the “*Star Trek*” technology is commonplace now. Communication devices are shown that are akin to today’s cell phones. Earpieces worn by *Enterprise* crew members have become today’s Bluetooth devices. Universal translators are replicated by modern voice-recognition software. And “Zoom” video conferencing first appeared on “*Star Trek’s*” interactive video screens.

Who says that Sci-Fi is fictitious?

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Hints For Homeowners

Your Property Tax Assessment: Too High?

With inflation rising to 7.5% in January, Arizona residents are feeling the pinch no matter where they turn. From the grocery store to the gas pump, it seems like every cost is out of their control. However, there is one expense that both residential and commercial property owners may be able to lower in 2022—their property taxes.



With property tax assessments already received in some Arizona communities, Alison Tulio, Esq., President, Incenter Tax Solutions, says owners should take steps now to prevent overpayment. According to the National Taxpayers Union Foundation, it's estimated by various experts that "between 30 and 60 percent of taxable property in the United States is over-assessed".

The Issue

In 2021, the value of private residential real estate rose to \$43.4 trillion, according to Zillow, and this represented a record \$6.9 trillion increase. Because of these high valuations, homeowners may feel that their own houses or condos are worth more than they actually are—taking new assessments at face value when they may be inflated.

"With property valuations constantly rising and falling, owners should have an expert double-check their assessments every year as a precautionary measure," Ms. Tulio notes. This year, in particular, finding

savings could provide meaningful relief.

What You Can Do

To maximize these savings, it's especially important to avoid the do-it-yourself route—or property owners could actually wind up owing even more. Consumers should work with professionals who have experience in every aspect of the process, and who only recommend an appeal when they believe there is a high likelihood of success. The process is complex and involves:

- Filing an appeal form
- Finding the right appraisers to conduct an appeal appraisal
- Negotiating with cities, towns or municipalities
- Attending a hearing and presenting a case, as needed

Who Can Help

Incenter Tax Solutions, which has a large network of real estate attorneys and local professional appraisers in Arizona, offers complimentary reviews of property tax assessments.

If they determine that an owner's assessment is excessive, they will offer to prepare and file an appeal free of charge, except for an initial appraisal (which clients then own). The firm works closely with sister company Incenter Appraisal Management and its network of 10,000 local professional appraisers.

Incenter Tax Solutions gets paid a one-time contingency fee only if an appeal is successful. The firm's principals have achieved a 93% success rate for residential appeals, saving clients an average of \$2,000. In the commercial sector, they have a 98% success rate, and the savings have been even higher.

In addition to property owners, Incenter Tax Solutions offers these services to mortgage lenders for "white labeling" (rebranding) and as closing gifts.

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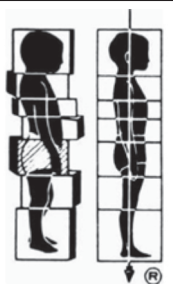
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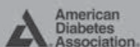
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By Randal C. Hill

'Heart of Gold' Neil Young

The Beatles had 20. Elvis Presley had 18. Michael Jackson — with and without his singing brethren — had 17. Had what? The answer is hit singles. And not just any successful releases but No. 1 winners that crowned the weekly “Billboard” Hot 100 list.

To most recording artists, earning such an achievement would be sublime. But Neil Young has never worried about having any of his 45s race up the sales charts. In fact, he was amazed — and not especially happy — when “Heart of Gold” soared to the top in the spring of 1972.

Young was born in Toronto, Canada, in November 1945, and moved to Winnipeg to spend his high school years playing guitar in several Rock bands. He dropped out before graduating and returned to Toronto, where he found work in local coffeehouses, singing folk and Rock 'n Roll tunes in a quavering, melancholy voice. Sometimes, late at night and with the streets deserted, Neil trudged through the snow, wondering what to do next.

In time, he hooked up with a soon-to-fail rock band called the Mynah Birds. In the group were fellow guitarist Bruce Palmer and an African American bass player named James Johnson, Jr., who would

achieve stardom later as Motown funk star Rick James.

Young and Palmer headed to California in a 1953 Pontiac hearse. In Los Angeles, they fell in with two American musicians they had met in Canada: Stephen Stills and Richie Furay. Along with drummer Dewey Palmer, the quintet found fame, fortune, and respect as the folk-rock outfit Buffalo Springfield. The name had come from an old steamroller they saw parked near their rented house.

But each of the talented band members proved mulishly stubborn in their diverse outlooks about the group's long-term musical direction. They eventually disbanded and went their separate ways, to varying degrees of success.

For a while, Neil contributed to the musical output of the supergroup Crosby, Stills, Nash, and Young. As before, though, internal squabbles drove him away. He later signed as a solo act with Reprise Records, where he was granted artistic control.

Young's million-selling 45 featured backup vocals by James Taylor and Linda Ronstadt. “Heart of Gold” was culled from “Harvest,” Neil's fourth studio album. It was a disc that found the Canadian — once described as “the

quintessential hippie-cowboy loner” — struggling to accept his frustrations concerning relationships.

*I want to live, I want to give
I've been a miner for a heart
of gold*

In the song, he admits that a lack of openness — and time slipping away — could be important reasons behind his problems:

*“It's these expressions I never
give 4
That keeps me searching for a
heart of gold
And I'm getting old.”*

Young always cringed at the success of “Heart of Gold.” “This song put me in the middle of the road,” he once grumbled. “I've seen a few artists who've got hung up on the singles market when they've really been album people ... If you're wise, you stay with being what you really are.”

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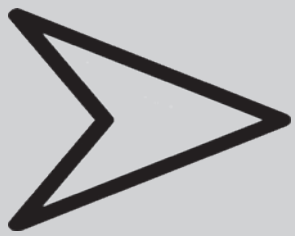
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In The Spotlight

Get Your Taxes in Order with These Pro Tips

Taxes are something we all hate but they come around every year. And if you haven't an idea what a Schedule C or how to do your taxes, here are some tips from CPA pro Lisa Greene-Lewis, who's been at it for 20 years and works with TurboTax.

Q: What do you specialize in?

A: Individual taxes at whatever stage of life someone is in no matter what their situation.



Q: What is new this year for those who use TurboTax?

A: No matter what your situation now you can choose to do your taxes however you like whether you want to go online and do them yourself, get help along the way from a TurboTax Live tax expert, or fully hand your taxes off and have a TurboTax Live expert do them from start to finish you have three ways to file. You can now also file for free three ways if you have a simple tax situation. You can file using on line DIY product TurboTax Free Edition all tax season or you can get help along the way from a tax expert with TurboTax Live Basic Offer or fully hand your taxes off to a tax expert with TurboTax Live Full Service Basic Offer for free until March 31. For those investors out there, TurboTax Premier allows you to import up to 10,000 stock transactions and up to 4,000 cryptocurren-

cy transactions directly from your financial institution at once eliminating manual entry and allowing you to accurately report your gains and losses.

Q: What advice do you have for those over 50 years old this year in terms of home-based business and/or retirement?

A: There are a lot of retired people or those 50+ diving into self-employed jobs and side gigs I always advise anyone considering retirement or those who are already retired to consider how other streams of income impact how any Social Security they receive is taxed. Not everyone has to pay taxes on their Social Security benefits. To see if your Social Security will be taxed, you must look at your combined income and your marital status. 'Combined income' concerning Social Security income is Adjusted Gross Income plus nontaxable interest plus half of Social Security benefits.

Don't worry about figuring out the calculation, TurboTax figures out the taxable portion, if any, on the back end. Combined income totaling \$25,000 to \$34,000 for single filers and \$32,000 to \$44,000 for those married filing jointly means that 50% of your Social Security payments can be taxable, and if your earned income is above \$34,000 for single filers or \$44,000 for married filing jointly, then 85% can be taxed.

Q: Why should people opt for TT vs. a CPA?

A: TurboTax is no longer DIY. TurboTax now has CPAs, enrolled agents, and tax experts available to help you along the way and review your return before you file, or you can fully hand your taxes off to them so you can turn to TurboTax if you want expert help all from the comfort of your home.

Q: When should people start working on their taxes this year?

A: People should file now so they can be the first in line for their tax refund. Last tax season over 75% of tax filers received a tax refund and the average refund was more than \$2,700. Plus, people should not wait since filing early can help you not scramble at the last minute and leave something important out.

Q: Why should seniors use the LIVE TT this year? What benefits does it have?

A: TurboTax uses AI and ML to match you with the right TurboTax Live Full-Service tax expert experienced in your specific tax situation no matter if you're self-employed, an investor, or what your specific situation is.

Q: What are the most common mistakes that people make on their taxes every year?

A: The IRS reports every year that :

- People tend to collect the incorrect Social Security numbers for spouses or dependents, but you need to make sure you have the correct Social Security numbers especially for dependents who can be worth valuable deductions and credits, but you must have the accurate Social Security numbers for them.

- The IRS also reports that one out of five people miss the Earned Income Tax Credit which is a credit up to \$1,502 if you have no kids. Many people miss it because they don't think they meet the income requirements, but if you earn low to moderate income from working you may qualify especially if you have had fluctuations in income. Also, under COVID relief, you can use your 2019 income to qualify instead of your 2021 income. Another little-known credit is the Savers credit which

is a credit up to \$1,000 single and up to \$2,000 married filing jointly that you get just for investing in your retirement. Not filing at all – The IRS reports over \$1 billion in unclaimed refunds every year and the average refund is over \$800. These refunds belong to people who don't file because they make less than the IRS income filing threshold (\$12,550 single, \$25,100 married filing jointly), but if you had any federal taxes withheld and are eligible for refundable credits like the Earned Income Tax Credit or eligible for the Recovery Rebate Credit then you should file your taxes.

Q: Is an audit possible for those who file on their own?

A: Less than 1% of taxpayers are audited. Sometimes people are afraid when they receive any correspondence from the IRS but there is no reason to be some letters from the IRS are adjustment letters where the IRS will adjust something in your return and there are also correspondence audits where the IRS is just asking for back up information to support a deduction or credit you are taking. Always make sure you have receipts to support any deductions or credits you are taking. TurboTax has an audit risk meter that gives you an indication of your audit risk and TurboTax will also double check your return and remind you to make corrections to entries if necessary.

March Crossword Puzzle

Across

1. Elaine's last name on "Seinfeld"
6. Cpls.' superiors
10. Sigher's word
14. Gladiator's venue
15. Dynamic introduction?
16. Jester Jay
17. Ninth-century pope
18. Cut of beef
19. ___ close to schedule
20. Flammable material
22. Mouthpart of arthropods
24. Actor Herbert
26. Natural gas component
27. Monetary unit of Nicaragua
31. Colorful moths
32. Yippee!
33. Horn-shaped structure
36. ___ Kapital
39. Nabokov novel
40. Beta preceder
41. Racer Yarborough
42. Canon camera
43. You ___ right!
44. Speak
45. Spanish article
46. Divert
48. 1994 Denis Leary comedy
51. We ___ the World
52. Pretext
54. Verdi title bandit
59. Troubles
60. Razor brand

62. Column style
63. WWII battle site
64. Hard work
65. Keen!
66. Long time
67. Piece of fencing?
68. City on the Ruhr

Down

1. Latvian, e.g.
2. ... ___ saw Elba
3. Sign gas
4. Novelist Bagnold
5. Seasoned pork sausage
6. Actor Mineo
7. An earth sci.
8. Triple
9. Short composition
10. Island greetings
11. Bolshevik leader
12. Make ___ of (write down)
13. Annoyed

21. Burgle
23. Ten C-notes
25. Twinned crystal
27. Deal (with)
28. Cry of disbelief
29. Baseball stats
30. Family head
34. Photo ___
35. "The Mary Tyler Moore Show" spinoff
36. Facts and figures

37. Knighted Guinness
38. Spanish muralist
40. Certain salt
41. Geom. point
43. Bern's river
44. Womb-related
45. Pretends
47. Before, to Byron
48. Old hat
49. Nametag word
50. Setting on the aperture

52. Que ___?
53. Sandusky's lake
55. Refusals
56. Collections of anecdotes
57. TV's "Nick at ___"
58. Screen image
61. Potent potable

1	2	3	4	5		6	7	8	9		10	11	12	13
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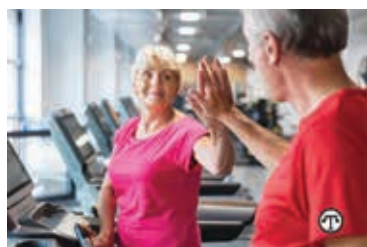


Fitness Made Easier

Three Tips To Help Medicare Advantage Enrollees Choose A No-Cost Or Low-Cost Gym Membership

Many fitness-minded folks are choosing to sign up for Medicare Advantage and Medicare Supplement plans because they appreciate the extra benefits such as subsidized gym memberships. If you have one of these plans, or you're thinking of enrolling in one, then you may be ready to take the next step in your exercise journey by joining a new fitness center. Here are three tips to help you select the best fitness center for your needs:

1. Learn which gyms are subsidized through your Medicare Advantage program. Whether you currently belong to a gym and want to remain a member there,



A happier, healthier you can start with a quality fitness program.

or if you want to try a new fitness center, Medicare Advantage may have you covered. Thousands of top-name gyms, fitness centers, YMCAs, and boutique fitness clubs across the country belong to fitness networks that honor Medicare Advantage memberships. You can call your Medicare Advantage plan directly to learn what fitness program they

offer and what gyms near you participate. Options such as the Silver&Fit® Healthy Aging and Exercise program offer access to 18,000+ fitness centers across the nation. Programs like these also offer member benefits such as health coaching and a library of on-demand video workouts. Plus, members can enjoy Facebook Live workout classes or YouTube streaming classes. Whether you want to work out at home, get fit at the gym, or attend classes online, the Silver&Fit program offers something for everyone.

2. Choose the right gym for your exercise needs. Ask your-

self this question—what are the most important things that will keep you coming back to the gym in 2022? Do you have a yearning for yoga, a passion for Pilates or a goal to gain muscle? Then make sure the gym you select offers those options and more. If you love strength training, check that a gym offers various weight training machines and free weights. If you crave structured workout sessions, ask the gym for a class schedule so you can scout the options available. If you're an older adult who enjoys low-impact water aerobics, seek out a gym with a pool. Today's gyms offer many workout options, so investigate

several. You can research gyms online by visiting the websites of programs such as the Silver&Fit program to see what gyms are in their network. Just enter your zip code and you'll see what gyms are convenient for you.

3. Choose a gym that will motivate you to work out. Research shows that people stay more motivated to work out when they can do it with a spouse or friend. Find a gym your spouse or friends will also enjoy, then work out together. Or join a gym that offers social events, such as lunches or coffees. Or meet new friends in your in-person classes. Another

Continued on page 21

Bette Midler: Island Girl Makes Good

By Les Goldberg

When I think of Bette Midler, I can't help but start humming one of her most famous songs, "Boogie Woogie Bugle Boy," which was a modern rendition of the Andrews Sisters hit from the 1940s. And, for those of us who grew up exposed to World War II American music, Midler epitomized the sounds and tunes of that era.

Combined with her outrageous comedic talent, she quickly

Photos courtesy of Google photos

established herself as a major force in the entertainment industry. Her career has resulted in the highest honors that can be bestowed on a star of music, film, and stage, including four Golden Globes, three Grammys, three Emmys, two Tonys, and the prestigious Kennedy Center Honor which she received last year at age 75.

For Midler, who was born in Honolulu but moved with her

family to New York to pursue her dream of being an entertainer, her professional career in show business began in several 'off off' Broadway plays before she landed roles in Broadway's "Fiddler on the Roof" and "Salvation" in the late '60s.

Her film debut came in 1979 with the musical drama, "The Rose," which won her the Golden Globe Award for best actress in a musical-comedy and a nomination for an Oscar as best actress.

Her star rose quickly in the '80s with leading roles in numerous films, including "Down and Out in Beverly Hills," "Ruthless People," "Outrageous Fortune," "Big Business" and "Beaches."

She came to prominence in 1970 when she began singing in the Continental Baths, a local gay bathhouse where she managed to build up a core following. Since then, she has released 14 studio albums as a solo artist, selling more than 30 million records worldwide. Many of her songs became chart hits, including her renditions of "The Rose," "Wind Beneath My Wings," "Do You Want to Dance," "Boogie Woogie Bugle Boy" and "From a Distance."

During the next two decades, the name Bette Midler became legendary as she continued to break box office records with movies like "Hocus Pocus," "The First Wives Club," "The Stepford Wives," "Parental Guidance," "The Addams Family," "For the Boys" and "Gypsy."

In 2008, however, she decided to return to the live stage, starting with a two-year residency at Caesars Palace in Las Vegas and continuing the East Coast with the Broadway revival of "Hello, Dolly!" In which she won the Tony Award for best actress.

Continued on page 17

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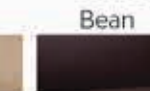
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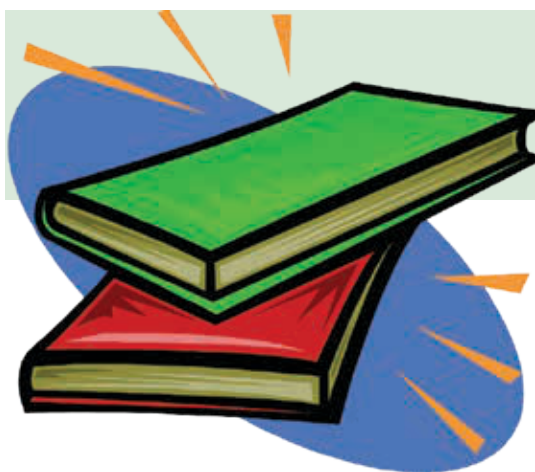
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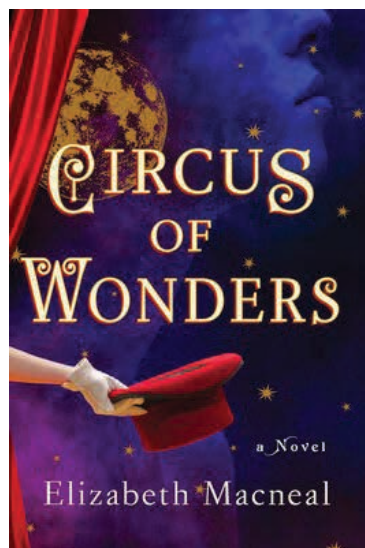
March Book Club

Spring is in the air and what better time to start reading a good book in your backyard while catching some warm rays. Here are a few suggestions to get you in the mood for a leisure day of reading.

Circus of Wonders

A Novel

By Elizabeth Macneal



“Step up, step up! In 1860s England, circus mania is sweeping the nation. Crowds jostle for a glimpse of the lion-tamers, the dazzling trapeze artists, and most thrilling of all, the so-called ‘human wonders.’

“When Jasper Jupiter’s ‘Circus of Wonders’ pitches its tent in a poor coastal town, the life of one young girl changes forever. Sold to the ringmaster as a ‘leopard girl’ because of the birthmarks that cover her body,

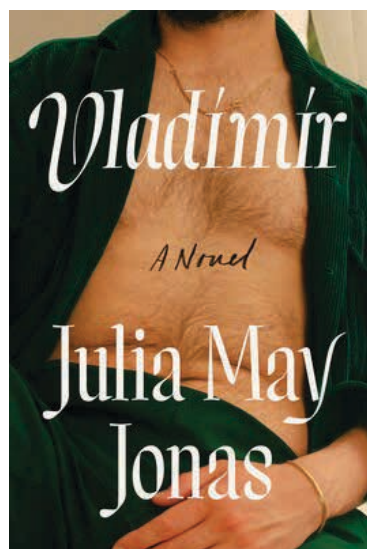
Nell is utterly devastated. But as she grows close to the other performers, she finds herself enchanted by the glittering freedom of the circus, and by her role as the Queen of the Moon and Stars.

“Before long, Nell’s fame spreads across the world — and with it, a chance for Jasper Jupiter to grow his name and fortune. But what happens when her fame begins to eclipse his own when even Jasper’s loyal brother Toby becomes captivated by Nell? No longer the quiet flower-picker, Nell knows her place in the world, and she will fight for it,” according to Publisher Atria/Emily Bestler Books.

Vladimir

A Novel

By Julia May Jonas



“When I was a child, I loved old men, and I could tell that they also loved me.

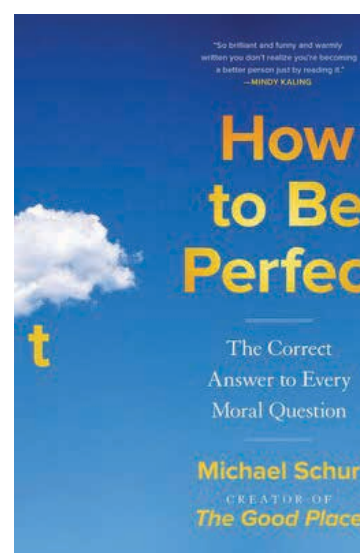
“And so we are introduced to

our deliciously incisive narrator: a popular English professor whose charismatic husband at the same small liberal arts college is under investigation for his inappropriate relationships with his former students. The couple has long had a mutual understanding when it comes to their extra-marital pursuits, but with these new allegations, life has become far less comfortable for them both. And when our narrator becomes increasingly infatuated with Vladimir, a celebrated, married young novelist who’s just arrived on campus, their tinder box world comes dangerously close to exploding.

“With this bold, edgy, and uncommonly assured debut, author Julia May Jonas takes us into charged territory, where the boundaries of morality bump up against the impulses of the human heart. Propulsive, darkly funny, and wildly entertaining, Vladimir perfectly captures the personal and political minefield of our current moment, exposing the nuances and the grey area between power and desire,” according to Publisher Avid Reader Press/Simon & Schuster.

How to Be Perfect *The Correct Answer to Every Moral Question* By Michael Schur

“Most people think of themselves as ‘good,’ but it’s not always easy to determine what’s



‘good’ or ‘bad’—especially in a world filled with complicated choices and pitfalls and booby traps and bad advice. Fortunately, many smart philosophers have been pondering this conundrum for millennia and they have guidance for us. With bright wit and deep insight, How to Be Perfect explains concepts like deontology, utilitarianism, existentialism, ubuntu, and more so we can sound cool at parties and become better people.

“Schur starts with easy ethical questions like: ‘Should I punch my friend in the face for no reason?’ (No.) and works his way up to the most complex moral issues we all face. Such as: Can I still enjoy great art if terrible people created it? How much money should I give to charity? Why bother being good at all when there are no consequences for being bad? And much more. By the time the book is done, we’ll know exactly how to act in every conceivable situation, to produce a verifiably max-

imal amount of moral good. We will be perfect, and all our friends will be jealous. OK, not quite. Instead, we’ll gain fresh, funny, inspiring wisdom on the toughest issues we face every day. Simon and Schuster

Greenwich Park

By Katherine Faulkner



In this ‘gloriously tangled game of cat and mouse that kept the twists coming until the very last moment’ (Ruth Ware, No. 1 New York Times bestselling author), Helen’s idyllic life — handsome architect husband, gorgeous Victorian house, and cherished baby on the way — begins to change the day she attends her first prenatal class.

“There, she meets Rachel, an unpredictable single mother-to-be who doesn’t seem very maternal: she smokes, drinks, and professes little interest in parenthood. Still, Helen is drawn to her. Maybe Rachel just needs a friend. And to be honest, Helen’s a bit lonely herself. At least

Continued on page 21



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Bette Midler

Continued from page 14

In addition to her work on stage and screen, Midler was a willing volunteer to lend her voice and personality to several causes.

She performed on the USA for Africa's 1985 fundraising single "We Are the World," and participated at the Live Aid event at JFK Stadium in Philadelphia. In non-performing philanthropic roles, Midler was an early sponsor of the Adopt-A-Highway program to clean up a section of the Ventura Freeway in Burbank, The Long Island Expressway, and Bronx River Parkway in New York.

She also founded the New York Restoration Project to revitalize neglected neighbor-

hoods in New York City and her foundation has contributed to several programs that help wounded veterans. In 2020 she donated funds to help in the aftermath of Australia's wildfires.

Midler is married to Martin von Haselberg, an artist, and they have one daughter, actress Sophie von Haselberg, 35.



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and the lilt of
Irish laughter, fill
your heart with
gladness, that
stays forever after.*



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California's Central Coast: Breathtaking

By Shana McCann

If you are planning a road trip this spring and summer, let me suggest points north along California's Central Coast. For me personally, I never can get enough of the serenity and beauty that awaits along Highway 1, the scenic stretch that begins in Santa Barbara and meanders for about 80 miles to the famous Hearst Castle estate in San Simeon.

The ideal travel itinerary should include memory-making visits to the region's treasures along the way – biking the Pacific Coast, kayaking in Morro Bay, whale watching, hiking, wine-tasting, and, of course, dining at the most historic eateries in the state.

One of my favorite stopovers is Ragged Point, where you can enjoy some of the best scenery from the road, then check into the hotel for a glass of wine, breathtaking sunsets, and a good hearty meal.

The resort's plaza features weekend summer concerts, roadside barbecues, locally



Kayaking in Morro Bay

made ice cream, craft beers, and everything for the traveler on the go.

Piedras Blancas Light Station

Another highlight is the Piedras Blancas Light Station where thousands of Elephant seals congregate in full view of Highway I Vista Point.

The best way to see the wildlife up close and personal is to park at the Elephant Seal Rookery viewing area. Then you can walk the adjacent Boucher Trail, which travels to the light station built-in 1875. Tours are available.

For a scenic backcountry adventure, take a drive along the roads behind the quaint coastal villages of Cambria and Cayucos. Old Creek Road will take you to views of the Whale Rock Reservoir, a deep blue basin above Cayucos, and the coastline. You can also buy slices of pie at the quaint Linn's Fruit Bin Farmstand or take in wine-tasting at the Stolo Family Vineyard and Winery.

Cambria's Moonstone Beach

If you happen to be in Cambria during the July Fourth weekend, you don't want to miss the community's festive beach festival and fireworks show. Any big city dweller will appreciate the pure small-town flavor of this unique city and its legendary Moonstone Beach, a favorite destination for romantics and collectors of driftwood, seashells, and beautiful rocks.

Estero Bluffs State Park

Don't drive too fast through

this state park – it's easy to miss if you are unfamiliar with the seven pull-outs along Highway 1 that lead to trails midway between the towns of Harmony and Cayucos. However, if you are not into hiking, there is plenty of room to park and enjoy the ocean views from the comfort of your car.

Or you may want to visit Cayuco's BrownButter Cookie Co. or go swimming and surfing at the Cayucos State Beach. The downtown area, which parallels the Coast Highway, features several restaurants and

One of the best places to stop is Spooner's Cove, a secluded, magical beach cove with swimming, beachcombing, and picnic facilities.

If you are a birdwatcher, the best place to do it is at Elfin Forest off the Black Hills Trail near Montana de Oro.

Butterfly Groves

Directly on Highway 1 is one of the most incredible sites for viewing wildlife on the Central Coast – the Pismo State Beach Monarch Butterfly Grove. The ideal place to view the thou-



Spooners Cove

Captain Cass's Pier, built-in 1872, where you might catch a glimpse of playful dolphins, spouting whales, and talented surfers.

Montana de Oro

At 8,000 acres, with seven miles of shoreline, Montana de Oro State Park is a perfect scenic drive offering panoramic views of Estero Bay and towering eucalyptus trees.

sands of Monarchs that migrate to the eucalyptus trees each year is the Grove parking lot, just south of Pismo Beach, which is most famous for its annual professional golf tournament.

Hearst Castle

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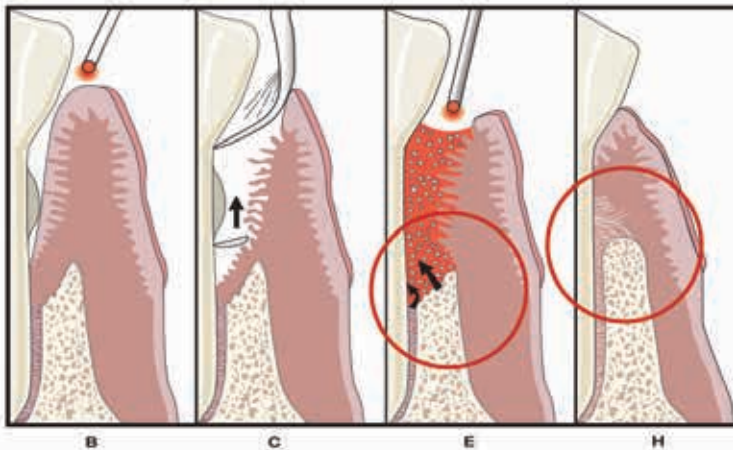
Oceano Dunes

Continued on page 30

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Life After Mother

By Lyn Jensen

'Exploring probate and estate issues from personal experience.'

Simple Estate, Complicated Probate

Last August I signed a piece of paper for 'final account' for the county court to settle my mother's estate, and only now have I received notice that a final court date is scheduled for March 24.



Finally, the 'administration of this estate [will] be brought to a close' according to the court filing, and my family home and my mother's stocks and accounts will be transferred to my name, but not so fast because that date is just one more step to the ultimate outcome. The hearing will be virtual, and I don't have to attend, which means I don't have to wrestle with trying to navigate the technical aspects of a remote hearing, but it also means I will not witness the proceeding first-hand.



Obstacles that have put the case on a slow track include my mother's failure to plan, COVID shutdowns and protocols, an inexperienced lawyer, back-and-forth about a 'contested' estate that was never actually contested, pieces of paper going back and forth, topped off by the justice system's notoriously customary slowness.

My mother's estate is fairly simple, but the probate isn't, taking about 30 pages to describe the inventory, accounting, and disposition of my mother's assets to a 'sole heir' (me) in several ways through several sections. The estate includes the value of the house, securities held in five companies, and also four accounts (in two financial institutions) that were collectively transferred into a single estate account, opened as part of the proceedings.

All that really has to be done is take my mother's name off of some pieces of property and put mine on, but the law follows a one-size-fits-all pattern instead. In a demonstration of how exasperating law can be, 'The Decedent died after June 8, 1982, the effective date of the inheritance tax repeal, and accordingly' no inheritance tax is due. Something that didn't apply after 1982, a piece of paper still must say it doesn't apply in 2022.

There are no convicted felons in my family, but one section

deals with the Victim Compensation and Government Claims Board, 'The Administrator has no reason to believe and has not been informed that any of the Beneficiaries of this estate have been incarcerated and none are currently incarcerated so notice to the Victim Compensation and Government Claims Board was not necessary.'



Other sections show how property taxes and income taxes have been paid, notice to creditors has been given and there are none, no Medi-Cal benefits need to be repaid. Attorney's fees (for the first and second attorney on the case) are directed to be paid from the estate account. The filing even notes how, as the sole heir, I'm keeping the house and living in it without paying rent, so there is no rental income to account for.

My lawyer's office tells me to expect, about two weeks after the hearing — that'd make it early April — to expect a check from the estate account, and to sign the property deed. That'll be the end of probate, and on to the next phase of my life after my mother.

March Calendar

Continued from page 5

in casual conversations with other artists, OCMA curators, and critics. At, 850 San Clemente Drive., Newport Beach. Call, 949-759-1122.

Surf City Nights Huntington Beach

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Orange County's weekly street fair and certified farmers' market is held every Tuesday. Around 90 vendors present unique handcrafted wares: furniture, jewelry, art, clothing, live music, street performers, community groups, and kids' activities.

March Book Club

Continued from page 16

Rachel is fun to be with. She makes Helen laugh, invites her confidence, and distracts her from her fears.

"But her increasingly erratic behavior is unsettling. And Helen's not the only one who's noticed. Her friends and family begin to suspect that her strange new friend may be linked to their shared history in unexpected ways. When Rachel threatens to expose a past crime that could destroy all their lives, it becomes clear that there are more than a few secrets laying beneath the broad-leaved trees and warm lamplight of Greenwich Park," according to Publisher Gallery Books.

Memory

Continued from page 3

it's like learning a new language to live with me. I admit I do have an accent from New York City, 'you talkin to me?' I have lived in California now for over 42 years yet people I meet for the first time tell me they know I'm from New York because of my accent.

Medicare Gym Membership

Continued from page 13

important motivating factor is location. Choosing a gym close to your home can help ensure that you go regularly. It may be especially helpful if you find one within walking distance. Your walk to the gym can serve as a warm-up and cool-down to start and end your gym session. Other amenities to keep in mind are access to showers and locker rooms and the cleanliness and safety of the gym. Many gyms provide hand sanitizer and equipment sanitizer stations as well as other COVID-safe protocols. Call the gyms you are considering to learn what their specific policies are.

Always remember to consult with your doctor before starting a new exercise routine and to discuss what types of exercises are safest for you.

You can use the Medicare Advantage open enrollment period as an opportunity to plan how you'll get back into your fitness routine—or to set new fitness goals. It's never too late to get started. To learn whether your Medicare Advantage plan offers the Silver&Fit program, check: <https://www.silverandfit.com/health-plans>.

Tinseltown Talks

By Nick Thomas

Sharon Gless Writes of Rewarding, Challenging Hollywood Journey

Not even a youthful warning from her grandfather, a powerful entertainment attorney during the Golden Age of film, could prevent Sharon Gless from attempting the journey to Hollywood.



Cover of her memoir by Sharon Gless, "Apparently There Were Complaints." Photo courtesy of her publicist.

Neil S. McCarthy, who counted Cecil B. DeMille, Katharine Hepburn, and Lana Turner among his clients, cautioned his young granddaughter that the movie industry could be a "filthy business." Aided by loyal friends and associates, however, as well as possessing a fierce determination to succeed, Sharon beat the odds to find stardom as recounted in her December autobiography "Apparently There Were Complaints" (see www.sharongless.com).

Appearing in just a half-dozen feature films, Gless focused

her career on television. Since 1970, she guest-starred in numerous TV movies and series and received wide acclaim for starring roles in several popular shows including the 1980s CBS crime drama "Cagney & Lacey."

"It changed the history of television for women," said Gless from her home on private Fisher Island, a short ferry ride from the coast of Miami. Gless portrayed New York detective Christine Cagney alongside Tyne Daly (detective Mary Beth Lacey). The tough but flawed duo regularly dealt with serious social issues.

During the show's run, Gless and Daly dominated the Emmy season, winning for Best Lead Actress in a Drama each year (four for Daly and two for Gless). Of her co-star of six years, Gless has only praise.

"You might think we'd be competitive on the set, but not at all," she said of Daly. "When you're working, any sort of competitiveness is good for no one. She was a real pro, and we were totally there for each other throughout the series. Since COVID, we talk on the phone almost every day."

Gless credits others for guiding her journey including Monique James, head of the talent



Sharon Gless, left, as Detective Christine Cagney, with on-screen partner Tyne Daly at Detective Mary Beth Lacey. Photo courtesy CBS.

department at Universal Studios where Gless was under a seven-year contract. "She was so tough I always felt she would protect me, and she did. When I left the studio, she came with me as my manager for many years."

Barney Rosenzweig was the executive producer of "Cagney & Lacey" and with whom Gless began an affair toward the end of the show's run. Despite their on-and-off-again personal relationship, Rosenzweig remained a loyal supporter of Gless's career. The couple would eventually marry and remain together today.

"We have an interesting history together that's outlined in the book, but love and respect each other enormously."

Gless followed the hit crime show with other successful series such as "The Trials of Rosie O'Neill," "Queer as Folk," and "Burn Notice," re-

ceiving multiple award nominations or wins including a Golden Globe for Rosie O'Neill. And although she stumbled along the way (leading to the title of her book) with alcohol problems, weight issues, recurring pancreatitis, and complicated relationships, she never found Hollywood to be the "filthy business" her grandfather labeled it.

"It hasn't always been an easy road, but I made my way helped by people who believed in me," she says. "Television is an amazing medium and I've been fortunate to be part of it."

Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See www.tinseltowntalks.com



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— Albert Einstein



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The Great Resignation

Have you heard the new buzz words “THE GREAT RESIGNATION”? According to Forbes Magazine, the number of people who left their jobs in 2021 hit 4.5 million people. Fewer people these days are waiting past age 65 to retire. If you are one of those who decided to retire early and turn in the fatigue for family time, here are some key things to know.

If you are getting ready to retire you have a limited time to sign up for Medicare without penalty. You may want to start thinking about signing up for Medicare a few months before you retire. Here are 6 keys things to know.

1. Ask the employer or benefits administrator how its retiree coverage works with Medicare. You’ll want to know if your (or your family’s) current benefits will change, if they offer retirement coverage or other supplemental coverage that works with Medicare, and if any drug coverage they offer is creditable drug coverage.

2. Check when your current coverage ends and sign up for Medicare about a month or two earlier. Signing up for Medicare before your current coverage ends can help you avoid a gap in coverage.

3. Ask the employer to fill out the employment form. You’ll need this extra form to qualify for a Special Enrollment Period to sign up without penalty.

4. Find Medicare plans in your area, if you don’t have



retiree coverage or if the employer doesn’t offer creditable drug coverage. If you join a Medicare Advantage Plan or Medicare drug plan, coverage starts the first day of the next month.

5. Cobra Coverage: Be aware that Cobra Coverage is considered “continuation coverage” and is not considered “credit-able coverage” by Medicare. If you are of Medicare age and have taken Cobra Coverage, you have 8 months to either sign up for Medicare Part B or obtain and creditable employer coverage in order to avoid a penalty. Before you elect COBRA, talk with your State Health Insurance Assistance Program (SHIP)

6. To avoid a tax penalty, you and your employer should stop contributing to your Health Savings Account (HSA) 6 months before you retire or apply for benefits from Social Security (or the Railroad Retirement Board).

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If you're thinking of relocating to the Golden State *aka* California or already live here these fast facts and trivia might surprise you.

The sunny state has more to offer residents as well as visitors things besides beautiful beaches, and the Pacific Ocean!

• The Coachella Valley is nicknamed The Date Capital of the world and The Playground of Presidents.

• Simi Valley is the home of the Ronald Reagan Presidential Library and Museum.

• It is estimated there are 500,000 detectable seismic tremors in California annually.

• There are more than 300,000 tons of grapes grown in California annually.

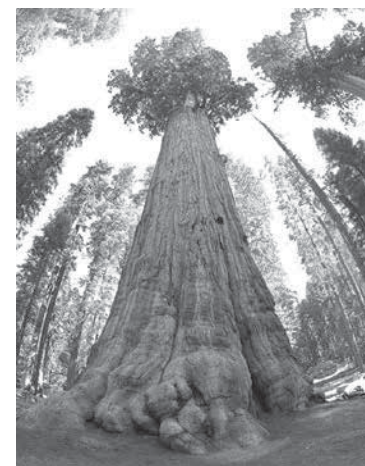
• California produces more than 17 million gallons of wine each year.

• The Redwood is the official state tree. Some of the giant Redwoods in Sequoia National Park are more than 2,000 years old.

• California holds two of the top 10 most populous cities: Los Angeles and San Diego.

• Fresno proclaims itself the Raisin Capital of the World.

• The highest and lowest points in the continental United States are within 100 miles of one another. Mount Whitney measures 14,495 feet and Bad Water in Death Valley is



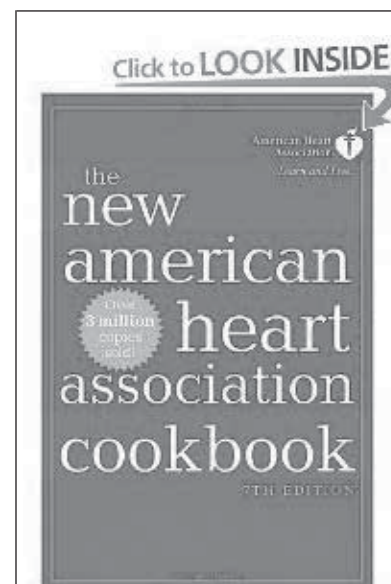
General Sherman Tree, in Sequoia National Park: Largest known living single-stem tree on Earth.

Photo via Wikimedia.com https://commons.wikimedia.org/wiki/File:General_Sherman_tree_looking_up.jpg

282 feet below sea level.

• Castroville is known as the Artichoke Capital of the World. In 1947 a young woman named Norma Jean was crowned Castroville's first Artichoke Queen. She went on to become actress Marilyn Monroe.

Source: 50states.com/facts/california.htm



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Crossword Puzzle Answers from page 12

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ADMIT
ONE

By Randal C. Hill

Movie Preview

'Downton Abbey: A New Era'

Eleven months ago, in April 2021, American film production and distribution company Focus Features trumpeted news of the forthcoming movie *"Downton Abbey – A New Era."* It was set to be released at Christmastime but, as with so many films lately, the ongoing pandemic has played havoc with schedules. It will now be available on the Silver Screen this month, and the early buzz about it has critics enthusing that the wait will be well worth it.

"Downton Abbey," a bittersweet British historical television drama set in the early 20th century, debuted in England in September 2010 and the States on *"Masterpiece Theater"* four months later. The locale was the fictional Yorkshire estate of Downton Abbey, with the spotlight illuminating the aristocratic Crawley family (the hereditary Earls of Grantham) and its conflict-prone domestic servants.

The show became the most-watched TV series ever shown on public television, and the American audience for six seasons of *"Downton Abbey"* spilled over from PBS supporters to mainstream TV viewers. The series earned rave reviews from critics and garnered accolades that included Golden Globe and Emmy awards.

So great was the demand for the Crawley story to continue that

2019 brought the big-screen release *"Downton Abbey,"* which featured most of the original cast. That movie, set in 1927, followed the family's upheaval regarding a visit by the king and queen of England.

"Downton Abbey – A New Era" again has principal players return, along with four attractive newcomers. Here the family and their attendants confront the challenging 1930s. "It's really a new era," creator Julian Fellowes offered in a *"People"* interview. "The further the 1920s went along, the more the world was changing in so many ways. Everything was really different by the end of the 1920s the 1930s is really the beginning of the modern world." Julian, who always prefers to play his cards close to the vest regarding plot disclosures, can't help proclaiming his latest tale as being "unashamedly feel-good."

In the Fellowes' funfest, the prim and proper Countess of Grantham (Dame Maggie Smith) drops a bomb on assembled family members when she admits, "Years ago, I met a man ... and now I've come into the possession of a villa in the south of France." Once they recover from the shock of the matriarch's announcement, the family and their associates' journey to a bash at the sprawling mansion that they've never seen before. Along the way, the bass-voiced butler Mr. Carson (Jim Carter)

says with a grin, "They better be warned - the British are coming."

You have been warned!



Robots Debut at Heritage Point

Heritage Pointe, a senior living facility in Mission Viejo, is turning to robots to increase serving efficiency during meal-times for Residents.

The non-profit facility received two robots today as part of a pilot program run by Morrison Living, the building's food service operator, to provide additional help as staffing has been a struggle in the industry.

"It's like extra pairs of hands we can use and its working really well," said Mike Silverman, CEO of Heritage Pointe.

To get the robots up and running, a representative of Bear Robotics, the creators of the hospitality robots, showed staff how the robots work and programmed them for the layout of the facility's kitchen and dining room. After being programmed, the robots can then understand specific tables to visit, the amount of meal trays to hold and how close to stop at a table, Silverman said.

Using robots like these help the staff in improving an important part of their job—communicating with Residents to ensure an excellent dining experience.

The dining services staff have been enthusiastic about their new coworkers---temporarily nicknamed Challah and Babka---and are happy to have extra help running food and bussing tables. So far, Heritage Pointe is the first senior living facility in Orange County that have introduced robots to elevate the dining experience for Residents.



"The Residents love it because they don't have to wait for the food," Silverman observed.

Founded more than 30 years ago, Heritage Pointe provides the highest quality assisted living and memory care services to seniors in Orange County. Welcoming to those of all faiths, Heritage Pointe is Orange County's only senior community rooted in Jewish culture, tradition and values.

For those who need some level of support to live their best lives, Heritage Pointe inspires independence and wellness through an extraordinary lifestyle, high-quality care, and rich traditions. It's a trusted, joyful community offering a lifestyle filled with possibilities – wherever a Resident may be on their senior living journey.



Busy Boomers

By Les Goldberg

Seniors Centers Serve as COVID Relief

For thousands of seniors in Southern California, the pandemic caused unprecedented harm – physically and mentally – because of the total isolation and loneliness they have had to endure for two years and counting.

Late last year, however, a ray of hope shined brightly when most of the 50 Orange County and Long Beach area senior centers began to reopen and offer a welcome relief from their lockdown lifestyles.



Studies by gerontology experts found that one of the most important contributors to a higher quality of life (QOL) among seniors is relationships. And, they add that those relationships are mostly developed and nurtured at senior centers offering social and creative activities.

“Being socially connected significantly reduces the risk for premature mortality, while being socially unconnected significantly increases risk,” says one study in the *Journal of American Gerontology*. “And these social isolation factors have a larger impact on mortality than factors that currently receive substantial public health attention such as obesi-



ty, physical inactivity, and air pollution.”

While the centers open their doors to their local citizens, they are doing so with caution. Safety is top-of-mind as mask-wearing and social distancing are mandatory and staffs conduct regular sanitizing schedules. But the activities that visit the senior centers so popular continue – Bingo, crafts, exercise, making new friends, and bonding with old ones.

“It was like a high school reunion,” said Debra Saunders, 83, when describing her first day back to the Santa Ana Senior Center. “Everyone was so happy to see their friends again.”

The city used the shutdown to make necessary improvements to the facility, including new flooring, restrooms, kitchen appliances, and audio/video equipment.

Welcome back!

Getting back to a new sense of “normal” at the centers means the daily schedule of activities

remains. Depending on where you live, your neighborhood senior center is ready to make your stay as enjoyable and productive as possible.

For instance, at Mission Viejo’s Norman P. Murray Community and Senior Center, you can socialize as well as serve your fellow seniors by volunteering to help with meal distribution, office duties, teaching classes or workshops, entertaining, making crafts, or working with kids.

Similar opportunities exist at the Fullerton Community Center with an added feature: Income tax assistance through April 14 from noon to 3 p.m. for adults 60 years of age or older with moderate incomes.

In Dana Point, the city and Age Well Senior Services are collaborating to serve the seniors attending the Dana Point Community Center. Among the services offered are home-delivered meals, weekday lunches, drive-up commodities distribution, legal consultation, and notary services.

In Irvine, depending on where you live in the city, there are three facilities – Lakeview, Rancho, and Trabuco senior centers, each offering lectures and special events, a fitness center, cafes, and day trips. One special program is gain-



ing overwhelming support, the Irvine Animal Care Center’s Seniors Helping Seniors.

For individuals who are over 62 years of age, the program is designed to match them with a senior dog or cat.

According to a spokesperson, “Many of our senior pets are from homes where their owners could no longer care for them. The stress of shelter life is often quite difficult for senior animals and so the quicker they find a good new home, the better.



“Since these animals are often already housebroken and have less energy than young puppies and kittens, they make great companions for senior citizens,” she added. More information is available by calling 949-724-7740.

Regardless of which senior center you frequent, you will hear seniors utter complimentary comments such as this one from LeAnne Belfoir, 72, a visitor to the Orange Senior Center: “A very warm, friendly place. Over the past 12 years, I have experienced the love and caring that the staff and volunteers share with us every single day.”

Here is a list of the senior centers in Orange County:

Senior Scene Clubhouse
25550 Commercentre Drive
Lake Forest

Sea Country Senior and Community Center
24602 Aliso Creek Road
Laguna Niguel

Norman P. Murray Community and Senior Center
24932 Veterans Way
Mission Viejo

Lakeview Senior Center
20 Lake Road
Irvine

Susi Q Senior Center
380 3rd St.
Laguna Beach

Rancho Senior Center
3 Ethel Coplen Way
Irvine

Oasis Senior Center
801 Narcissus Ave.
Corona del Mar

Bell Tower Regional Community Center
22232 El Paseo
Rancho Santa Margarita

San Juan Capistrano Senior Center
25925 Camino Del Avion
San Juan Capistrano

Tustin Area Senior Center
200 South C St.
Tustin

Dana Point Senior Center
34052 Del Obispo St.
Dana Point

Continued on page 28

The Gadget Geezer

By Les Goldberg

Survey Says: Tech Use by Seniors Growing

I remember in the late 1970s when the first Apple and IBM personal computers (PCs) were introduced. I also remember my 9-year-old son showing me how my new Apple IIe worked. As time ticked away and the technology has rapidly advanced, people over 50 are catching up – slowly but steadily – to their young whippersnapper counterparts.

The latest study by one of the country's most respected research groups, Pew Research Center, reveals that the use of digital technology, which includes the Internet and Smartphones, by the Baby Boomer generation has increased in the last 10 years by 40 percent.



Put another way, according to the study completed last December, the generation gap between the 18-29 age group and seniors shrunk by 53 percent for smartphone users, 39 percent for social media participants, and 44 percent for tablet owners.

There are notable differences between age groups when measuring the frequency of Internet use.



Images courtesy of freepik.com and carevision.com.

Some 48 percent of those between 18 and 29 said they were online 'almost constantly,' compared with 22 percent of those ages 50-64, and only 8 percent of those 65 and older. Among sites and apps specifically asked about in the survey, YouTube tops the list in the share of adults using it, and the platform has gained traction among older adults. YouTube users climbed for 70 to 83 percent, while the younger age groups reported a stable usage habit.



Another area where the generation gap has narrowed is in the use of home broadband, or Wi-Fi. About 64 percent of those ages 65 and older are now connected, compared to 86 percent for the 30-49 age group, and 79 percent of those 50 to 64 years of age.

As the technology advances day by day, researchers acknowledge that these usage rates will continue to accelerate among the older generations, including those in their

70s, 80s, and even 90s, while the 'gap' will continue to narrow until there is relative parity among all ages.



Busy Boomers

Continued from page 27

Costa Mesa Senior Center
695 W. 19th St.
Costa Mesa

Santa Ana Senior Center
424 W. 3rd St.
Santa Ana

Asian American Senior Citizens Service Center
850 N. Birch St.
Santa Ana

Southwest Senior Center
2201 W. Mcfadden Ave.
Santa Ana

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"I love this computer! It is easy to read and to use! I get photo updates from my children and grandchildren all the time."

– Janet F.

Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world

at your fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen—it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games—you name it . . . and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from Email and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time you took

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Fabulous Finds

By Debbie L. Sklar

Spring is the perfect time to start anew and that means everything from spring cleaning your home to giving yourself a makeover.

With these new **Fab Finds** you can look and feel your best as the warmer temps and lovely weather makes their way after a long winter.

TrueYou



The **Vitamin Shoppe** has launched **TrueYou**, an innovative and extensive assortment of supplements that caters to the unique and evolving needs of women through every stage of their lives.

Crafted from premium ingredients and backed by science, TrueYou was created to inspire self-care and balanced wellbeing, empowering every woman's brilliant self to shine through.

Applying the industry-leading expertise of The Vitamin Shoppe, TrueYou developed a range of 14 nutritional supplements to enhance physical, mental, and emotional health. Available exclusively at The

Vitamin Shoppe and Super Supplements stores, and online at www.vitaminshoppe.com/trueyou.

Kiss This



KISS and JOAH Beauty are offering a special edition collection of nails, lashes, and cosmetics that support (RED) in the fight against pandemics.

The collection is available now at KISSusa.com, imPRESSmanicure.com & JoahBeauty.com.

Land Down Under



Natralus Australia has operated as the premier Natural Paw Paw brand in the Land Down Under for over a decade. The company has created a robust catalog of skincare products that lean on the power of Paw Paw, also known

as Carica papaya. Along with papaya, Natralus products also tap into the organic power of natural ingredients like shea butter and calendula to provide effective results for those who use them.

While Natralus is used to helping keep skin fresh and vibrant in hot Australian summers, the brand's recent expansion into the northern hemisphere has put its products' natural healing power on display in a new set of elements: harsh North American winters.

Along with multi-purpose products like Natralus's Natural Paw Paw Balm and Super-

food Body Lotion, the company also has many targeted skincare options.

For instance, its Natural Paw Paw Lip Butters are great for chapped lips. Natralus's Superfood Hand Creams offer nourishing relief for the hands, as well. Visit natralus.com.au.

Target Has the Beauty Goods



Sigma Beauty has partnered with **Target** stores

now offering Sigma Beauty's award-winning products at 408 select Target stores and online.

Sigma Beauty's offerings include the brand's most sought-after brush care, eye brushes, face brushes including the F80 Flat Kabuki, brush sets, and an assortment of the On-The-Go Eyeshadow Palettes.

While innovation and inclusion are always at the forefront, the brand continues to be passionately committed to providing high-quality and cruelty-free products formulated with clean ingredients, free from harsh chemicals, for the safe, high-performance results you crave.



California's Central Coast

Continued from page 18



Ragged Point

is known among the locals, the Gateway to Big Sur. We will further explore this national geographic treasure in a future column. We'll be devoting more attention to San Simeon and the Hearst Estate later in our "Road Trip" series, but for now let's take a quick overview of one of America's most unique, most historical, and most visited landmarks.

While on Highway 1 traveling north, you will be arriving at the south entrance to San Simeon State Park where a vista point offers an ideal place for taking in effortless views. You can even park in the Hearst State Beach lot, just off the highway. We suggest you bring binoculars to view the gray whales, minke whales, harbor seals, sea otters, dolphins, and porpoises up close.

The entire area is waiting for you to visit, sip award-winning wines at the Hearst Ranch tasting room, fish off the San Simeon pier or charter a fishing boat, watch the kites of wind surfers, and kiteboarders at

Arroyo Laguna Beach where winds can get up to 40 mph in the afternoons.

Or just sit in your vehicle and take it all in. What better way to relax and enjoy nature's wonders along the Central Coast.





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