

SENIOR REPORTER

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Bruce Springsteen

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—Bruce Springsteen



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A Visit to the New Doctor

By Jim McDevitt



It was still hot though summer had officially ended as I drove my wife to her new doctor's appointment. I turned into the street where the doctor's office was located and quickly found a handicapped parking spot. I hung my placard on the rear-view mirror and we both got out of the car. We walked across the street and entered the building. I did this instead of sitting in the car with the air conditioning running, I had a book, my COVID-19 mask, and hoping to find a shady bench to sit on outside the doctor's office while I waited for my wife.

Once inside the building, I spotted the directory on the wall and read the doctor's name and Room No. 205. We walked over to the elevator and I pressed the black button on the wall. The elevator doors opened and we stepped inside chatting away. I pressed the No. 2 button. We chatted away and the doors closed. Then I paused as I talked to my wife because I felt no vibration as we were mov-

ing. 'You know, I can't even feel the elevator moving,' I said.

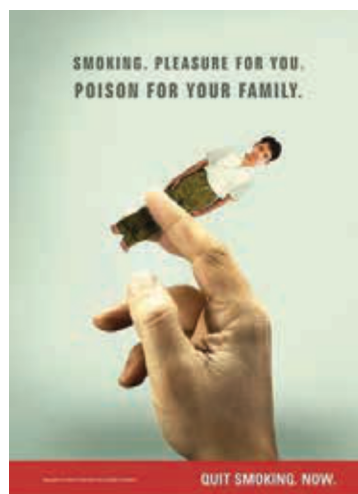
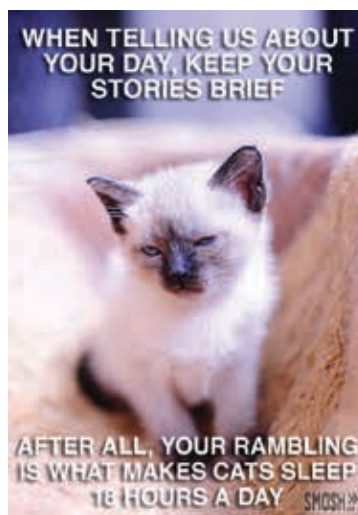
I had just said that when the doors opened and we exited as someone waited to enter. We headed toward the suites.

The first room number we came to was 200 but right down the hall, we spotted 205. There was a bench outside but it was in the sun. My wife went into the doctor's office and I headed toward another bench on the other side of the elevator. As I reached the bench, I could see out over the railing into the parking lot. Wait a minute, that car in the handicapped parking space looked just like mine. How could that be? We left the car on the first floor. I walked over closer to the railing and recognized the registration plate number as mine. How could that be when we just took the elevator up one flight and left the car on the first floor?

It was only then that I realized our elevator hadn't taken us anywhere. It was only in our imaginations. We had got in on the second floor, pressed the second-floor button and the doors closed. No wonder I felt no motion. Someone else then must have

come up to the elevator and pressed the black button for the elevator and we two seniors came back out thinking we had gone up a flight.

Shortly after that my wife came back out of the doctor's office in record time and I explained why we didn't have to take the elevator down a flight to get to our car. We both had a good laugh when we realized how unobservant we both were. Can you imagine what would have happened if we went down one floor and thought someone had stolen our car?



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Bruce Springsteen: ‘The Boss’ Is Still Rockin’

By Les Goldberg

Known as “*The Boss*” to his fans, fellow musicians, and just about everyone around the world, Bruce Springsteen continues to bring his indelible style of rock music to the universe with passion and energy most singers at age 71 wish they still had.

Working from his New Jersey ranch (not far from his birthplace), he’s ending a 7-year sabbatical from creating new music with his latest album, “*Letter to You*,” which is a rocking tribute to his early bandmates who have died, one from his first band, the Castiles, and others from the famous E-Street Band, and to his late father and ailing mother.



He also added that the album is a letter to whoever is listening and serves as a musical memoir of this half-century-long career.

During that time, Springsteen has become known for his poetic, socially conscious lyrics and energetic stage performances that often last up to four hours. All of his music in some way address the experi-



ences and struggles of working-class Americans.

“*Born in the U.S.A.*,” released in 1984, is his most commercially successful album, making him one of the most successful rock stars of the 1980s. It is one of the best-selling albums of all time, having sold 30 million copies worldwide.

Seven of its singles reached the top 10 of the “*Billboard Hot 100*,” including the title track, which was a bitter commentary on the treatment of Vietnam veterans – some of whom were Springsteen’s friends. His other best-known songs include “*Born to Run*,” “*Thunder Road*,” “*Badlands*,” “*Hungry Heart*,” “*Dancing in the Dark*,” “*Glory Days*,” “*Brilliant Disguise*,” “*Human Touch*,” “*Streets of Philadelphia*,” and “*The Rising*.”



Where Did It All Start?

At the Monmouth Medical Center in Long Branch, N.J. He was born Sept. 23, 1949, to his parents, Douglas “Dutch” Springsteen, a bus driver, and mother Adele Ann, who also had two daughters, Virginia and Pamela, a photographer who later took pictures for two of her brother’s albums.



In a 2012 interview, Springsteen attributed his Irish-Catholic upbringing to his musical leanings. He grew up hearing fellow New Jersey singer Frank Sinatra on the radio and became interested in being a musician himself when, in 1956 and 57, at the age of seven, he saw Elvis Presley on “*The Ed Sullivan Show*.”

Soon after, his mother rented him a guitar at \$6 a week. A few years later, after he failed the physical to enter the military, he was again inspired by the appearance of the Beatles on “*The Ed Sullivan Show*,” prompting him to buy a guitar for \$18.95 at a local store.

You could say that his career



began in 1964 when he started playing for audiences with a band called the Rogues at local venues such as the Elks Lodge in his hometown of Freehold, N.J. The following year, with an even newer guitar that costs \$60, he became lead guitarist and singer for the Castiles.

During the late 60s, while Springsteen was establishing his brand and, by all media critic accounts, a cult-like following at music venues throughout the country, he was also getting credit for his prolific songwriting.

It was his unique ability to write, sing, and perform his songs that attracted the attention of Columbia Records in late 1972. As a result, he was able to form a new band that became known as The E Street Band.

In one of his first major magazine interviews at the time,



the editor said: “He sings with a freshness and urgency I haven’t heard since I was rocked by ‘Like a Rolling Stone’ by Bob Dylan.”

Springsteen’s appeal was immediate and spurred by the release of his “*Born to Run*” album that critic Jon Landau, who would later become his manager, wrote: “I saw Rock and Roll future, and its name is Bruce Springsteen. And on a night when I needed to feel young, he made me feel I was hearing music for the very first time.”

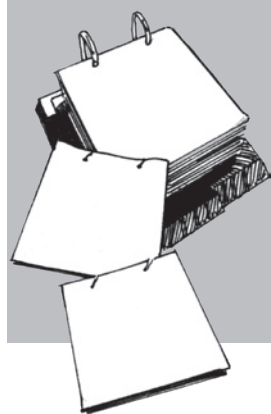
When the album was released on Aug. 25, 1975, it proved to be a breakthrough that catapulted him to worldwide fame. By the late 70s, Springsteen had earned a reputation in the pop world as a songwriter whose material could provide hits for other bands.



He has been inspired by the work of Manfred Mann’s Earth Band, The Pointer Sisters, Patti Smith, and others.

Springsteen’s popularity was further bolstered during the 80s with his “*Born in the U.S.A.*” album, which became the best-selling album

Continued on page 13



December Calendar of Events



(ED Note: Please check with each venue or event prior to attending. Many events, classes and/or regular events have been canceled due to the ongoing COVID-19 pandemic lock downs in each city. A number of these events listed this month are only offered virtually and for a limited time.)

Virtual Class: Strings for Generations Through Dec. 10

Pacific Symphony invites you to experience the joys of intergenerational music-making with Strings for Generations via virtual lessons. Through this one-of-a-kind program, students, family members, and adults play and learn about music together under the direction of professional music educators and Symphony musicians. Strings for Generations is an intergenerational ensemble and is geared toward student string players in grades 4 – 9 and adults who either join the string ensemble or percussion/recorder group. Contact Eileen for details eregullano@pacificsymphony.org

Virtual Piano Concert: Stephen Hough Dec. 11

7 p.m.
Presented by Philharmonic

Society of Orange County Stephen Hough is the first classical performer to be awarded a MacArthur Fellowship (2001). A multi-Grammy-nominated pianist Hough joins the fall virtual line up with a performance of pieces by Romantic-era piano masters. BACH/BUSONI: Chaconne from Partita No. 2 in D minor, BWV 1004, SCHUMANN: Fantasie in C major, Op. 17; LISZT: Funérailles LISZT: Mephisto Waltz No. 1, S. 514; SCHUMANN: Kinderszenen, Op. 15, mvt. 7, “Träumerei.” ADMISSION INFO; tickets: \$20 per household. After you purchase a ticket, an email will be sent closer to the performance date with detailed instructions on how to access the virtual performance. Contact: 949-553-2422; email: contactus@philharmonicsociety.org

Virtual 2020 LDF Winter Dance Intensive Dec. 5-13

The Laguna Dance Festival presents a virtual dance intensive, called the 2020 LDF Winter Dance Intensive. It will be bringing together internationally renowned dance artists from Complexions Contemporary Ballet, New York City Ballet, Gibney Dance, and USC Kaufman for two weekends of dance. Virtually train with NYCB balleri-

na Maria Kowroski, dance icon Desmond Richardson, and Jake Tribus from Gibney Dance. Included in this one-of-a-kind experience are technique classes in Ballet, Contemporary, and career advice from Jodie Gates. ADMISSION INFO: 2-weekend fee – \$200 (Dec. 5-6 and 12-13). 1-weekend fee – \$100, Daily fee – \$50. Contact: 949-715-5578. INDIVIDUAL DATES & TIMES* Dec. 5, at 10 a.m. (Sat)., Dec. 6, at 10 a.m. (Sun), Dec. 12 at 10 a.m. (Sat), and Dec. 13 at 10 a.m. (Sun).

Floral Class @ Sherman Gardens Corona del Mar Dec. 15

Head to Sherman Library & Gardens at Sherman Library and Gardens in Corona del Mar and join a floral class to make your own Candlelight Christmas Centerpiece. The centerpiece will feature classic Christmas greens and a mix of snow-white flowers. It includes three removable taper candles to create a warm and inviting environment. The arrangement will be long and horizontal, making it best suited for a rectangular table. Class size is limited to ensure social distancing; masks are required. ADMISSION INFO: \$85 Member, \$95 Non-Member. Contact: 949-673-2261.

INDIVIDUAL DATES & TIMES* Dec. 15 at 10 a.m. to 12 p.m. (Tue), and Dec. 16, at 10 a.m. to 12 p.m. (Wed).

Virtual Market at Laguna Art-A-Fair Through Dec. 21

Shop local art online now open 24/7 at The Market at Laguna Art-A-Fair's website at <https://shop.art-a-fair.com/collections/ally> an online art experience featuring art from local artists. Here you will find art inspired items for everyone on your holiday list. Each ornament, print, tote bag, pillow, or mug includes a reproduction of a local artist's design. Purchase three or more ornaments and receive a 20% discount. ADMISSION INFO: Online art items start at \$14. Contact: 949-494-4514.

Virtual Art Steps Classes Ongoing

Art Steps online program is an interactive art program based on its award-winning program. Try a class for free. Art Steps offers realistic, classical drawing and painting skills to kids ages 4 and up, teens and adults. Students receive hands-on, step-by-step guidance as they walk through lessons in a variety of subject matter and media, from crayons through oil paint, gaining confidence

through learning to skillfully render what they see, one step at a time. Call, (714) 524-2248.

Santa Ana Art Walk Santa Ana First Saturday of the Month 6 p.m. to 10 p.m.

Downtown Santa Ana offers a look at the arts on the first Saturday of each month when galleries, theatres, artists, and performers in the Artists Village host a monthly Open House for the public. There are typically more than 150 participating studios and galleries located in historic buildings in the heart of downtown Santa Ana. The monthly event lets you buy original artwork from various artists. It also will have open viewings of working lofts owned by artists and designers all in an award-winning urban setting.

Dachshund Races Huntington Beach Sundays

3 p.m. (doors open at 2 p.m.)
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Continued on page 11

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'It Wasn't Fun Anymore'

By Randal C. Hill

On the night of Dec. 27, 1960, — a chilly Tuesday evening — 1,500 music fans jammed into the spacious Litherland Town Hall in Liverpool, England. Promotional posters promised fans a grand night of dancing and Rock 'n Roll, thanks to the debut of "the Sensational Beatles (Direct from Hamburg)." Attendees that night, who logically assumed that the band came from Germany, would remark later how good the quartet's English skills were whenever the group members chatted with the audience.

Actually, all four Beatles had grown up in Liverpool. For the previous five months, though, they had been playing long sets of American Top 40 hits in bars and dance clubs in the gritty Reeperbahn district of Hamburg. In doing so, they had morphed from a ragtag bunch of minimally talented musicians into a respectable "cover" band that had become popular as headliners.

Back at Litherland, as the Beatles waited behind a curtain drawn across the dance-hall stage, the emcee snapped the crowd to attention with "And now, everybody, the band you've been waiting for! Direct from Hamburg —" But before the word "Beatles" could be uttered, a nervous Paul McCartney burst through

the curtain, screaming his best high-octane Little Richard imitation:

"I'm gonna tell Aunt Mary 'bout Uncle John

"He said he had the mis'ry but he got a lot of fun"

"Long Tall Sally" instantly fueled the crowd's rush to the stage to revel in the Beatles' half-hour set as the leather-jacketed young artists staked their claim to history.

According to numerous rock historians, "Beatlemania" was ushered in that night. Within two years, the Fab Four became UK stars, and by 1964 they ruled the international pop-music world.

Flash forward to Aug. 29, 1966. The Beatles are scheduled to play a concert at San Francisco's Candlestick Park. Fans headed to that performance don't realize that this will be the final live show of the quartet's career. (The four-some will keep the announcement to themselves until they return to England.)

Who could blame the band for their decision? Worldwide fame, it seemed, had robbed the musicians of everything enjoyable about performing before an audience. The group's powerful Vox amps had become all but useless

against the nightly scream-fest that rolled over the band like an oceanic tide. So pronounced was John Lennon's malaise that he had begun calling the Beatles' live act a "freak show." Ringo Starr offered no argument. ("Nobody was listening at the shows.") Even normally positive Paul McCartney confessed, "It wasn't fun anymore."

That night at Candlestick Park, the home of the San Francisco Giants baseball team, the Beatles performed on an elevated platform erected over second base and surrounded by a chain-link fence for their last live gig. The world's leading rockers, amid chilly swirls of fog, performed their final concert in a cage.

Their show, as usual, ran half an hour, and the last song sung was *"Long Tall Sally."*

For those who could hear him, it was said that Paul McCartney had never sounded better.

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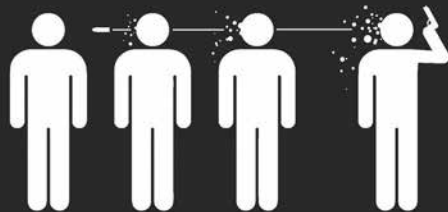
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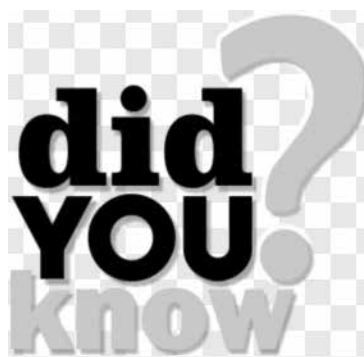


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FUN LIKE THAT.”

—TUCK
adopted 05-04-11



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➔ “Unless you are trying to defrost the windshield or warm the interior of your car, idling is not required for today’s vehicles,” explains the non-profit Car Care Council. For a free copy of its Car Care Guide, visit www.carcare.org.

➔ For one in eight couples, the path to parenthood has obstacles but now there’s an insurance policy available from LifeSpring Insurance Services that can mean money won’t be one of them. Learn more at <https://lifespringins.com>.

Pop Up new traditions this Holiday Season

Although the holiday season may be a little different this year for families, you don’t have to say goodbye to fun and good cheer.

Create new traditions and make lasting memories of good times together with fun family projects. For example, you can cook up some great gifts in your own kitchen with tasty popcorn recipes.

Wrap them up beautifully and do contactless drop-off to spread some tasteful cheer among all your friends and family—and give yourself and your immediate family a good time making them, too.

Here’s one recipe to try:

Cook It Up

White Chocolate Peppermint Popcorn Bark

- 5 cups popped popcorn
- 12 ounces white chocolate baking chips, chopped white chocolate or white candy coating
- 1 cup crushed hard candy peppermints

Cover a baking pan with foil or wax paper; set aside. Place popcorn in a large bowl; set aside. Melt chocolate in a double boiler over barely simmering water, stirring until smooth OR melt according to package directions. Stir in crushed peppermints after chocolate is melted. Pour chocolate mixture over popcorn mixture



The taste of peppermint and white chocolate make this the perfect holiday popcorn to share or mix—and making this treat can be a great way to celebrate the holidays at home.

and stir to coat. Spread onto prepared pan; allow to cool completely. When chocolate is cooled and set, break into chunks for serving. Store in an air-tight container at room temperature.

Variation:

White Chocolate Popcorn Crunch

Omit candy peppermints. Mix 1/2 cup dried sweetened v cranberries and 1/2 cup sliced almonds with the popcorn. Pour chocolate over the mixture after it is melted.

Wrap It Up

Pack the treat in a tin with a tightly fitting lid. Add a beautiful bow and a clever card, maybe something like “Best wishes for poppin’ good Christmas and a sweet New Year!”

Learn More

The recipe can be seen at: <https://www.popcorn.org/Recipes/Details/white-chocolate-peppermint-popcorn-bark>.

December Calendar

Continued from page 6



Beach.

Beach Cleanups

San Clemente

and Huntington Beach

Held the first and second Saturday of every month

The monthly cleanup event helps keep beaches clean while learning about coastal conservation and marine debris. The cleanups are held on the first Saturday in San Clemente and the second Saturday in Huntington. At, Huntington State Beach, Lifeguard Tower No. 2; San Clemente State Beach.

Beach Cleanups

Seal Beach

Held from 9 a.m. to noon, third Saturday of every month

At the community event, gloves, bags, and pickers are provided, you are asked to bring a reusable water bottle if you need one. At, 15 First St., (beach parking lot at the end of First Street, Seal Beach), Seal Beach. Call, (562) 884-6764.

Bolsa Chica

Conservancy Wetland Restoration Events

Huntington Beach

Second Sunday and Last Saturday of each month
9 a.m. to 12 p.m.

Enjoy the Great Outdoors while helping restore the Bolsa Chica Wetlands twice monthly. Service includes restoration of native plant communities through non-native plant removal and cleanup efforts. Wear close-toed shoes, layered

clothing, protection from the sun and bring water. Ages 6 years – Adult (Kids under 14 need to be supervised by an adult). Donations of heavy-duty trash bags, work gloves, and bottled water are appreciated. At, Bolsa Chica Conservancy Interpretive Center, 3842 Warner Ave., Huntington Beach.

Visitor Night at UCI Observatory

UCI Irvine

UCI Observatory is open to the public, around five times per year. Visitor Nights are free of charge, although a donation per family is suggested to defray the costs, and there is a campus parking fee. Please check the website before attending. Weather conditions may cause the event to be canceled. At, The Observatory, University of California, Irvine.

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Happy Holidays



'My Sweet Lord'

George Harrison

By Randal C. Hill

The Beatles ruled the music world from 1963 until 1970, when they released their *"Let It Be"* album. With the arrival of that LP, they collectively threw in the towel as the world's top recording act, and each ex-member then went to work carving out his own solo career path.

Leading the way was George Harrison, who had spent most of his Beatle years in the long shadow cast by bandmates John Lennon and Paul McCartney. When Harrison's first single of *"My Sweet Lord"* (released from his *"All Things Must Pass"* album) streaked to No. 1 right out of the gate, George managed to stand alone in the spotlight for once and bask in the warm glow of worldwide adulation.

For a while.

Harrison, raised a Catholic, had abandoned the faith when he was 12. As an adult, he chose to embrace Hinduism and, with *"All Things Must Pass,"* created a version of the 16-word Hari Krishna mantra while utilizing images of the Hindu god Krishna in his album art.

"My Sweet Lord" became the best-known expression of George's spirituality, his lengthy single (it had a running time of 4:39) detailing

Harrison's desire to become close to God. This is evident in the refrains of *"Hallelujah"* (a Jewish/Christian term meaning *"Praise God"*) and the Hindu term *"Hare Krishna,"* which offers devotion to Lord Krishna. Drawing from different religions for his song might have struck some folks as strange, but George apparently wrote his lyrics as a call to spirituality minus the taint of sectarianism.

But then the issue of money — lots of it — suddenly raised its (often ugly) head. Some alert listeners noticed that the musical pattern of *"My Sweet Lord"* was identical to that of the No. 1 1963 Chiffons hit *"He's So Fine."* In 1971, the power people behind Bright Tunes — the company that held the publishing rights to the Chiffons' million-seller — sued George for copyright infringement, when his 45 was still on the charts.

Harrison tried over and over to settle the issue out of court, but Bright Tunes wasn't interested in what he had to offer. Finally, in 1976 a judge ruled that George had indeed plagiarized *"He's So Fine"* but that he had probably done so unintentionally. Still, the ex-Beatle was ordered to fork over some of the proceeds from *"All Things Must Pass,"* plus 75 percent of the income generated by the tune in question. The total bill

came to \$1.6 million — quite a punch-in-the-gut even for such a wealthy musician.

For the next three years, Harrison, bitter and discouraged, released no new music to his loyal fans. As he told a *"Rolling Stone"* writer, *"It's difficult to just start writing again after you've been through that. Even now when I put the radio on, every tune I hear sounds like something else."*

By the way, he admitted later that much of *"My Sweet Lord"* came from the 1969 international hit *"Oh Happy Day"* by the Edwin Hawkins Singers, and not from *"He's So Fine."*

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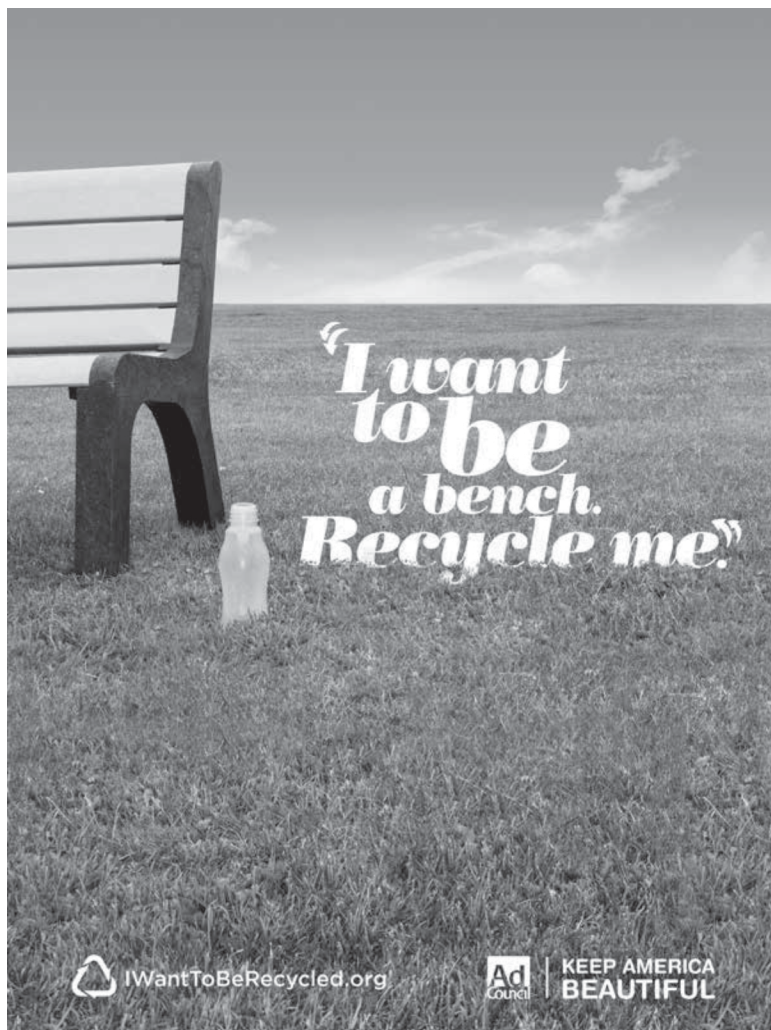
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Bruce Springsteen

Continued from page 5

of all time and represented the height of his visibility in popular culture.

His 1988 concert in East Germany attracted 300,000 fans and demonstrated his personal political feelings. One journalist covering the production said, it was “the most important rock concert ever, anywhere” and was a statement that the youth of the Soviet bloc were hungry for freedom.



In the 2000s, Springsteen resumed superstar status with his recording of new songs and performing all over the world. In fact, in 2009 alone, he performed at the Super Bowl, recorded a new album, and received Kennedy Center Honors along with Melissa Etheridge, Ben Harper, John Mellencamp, Jennifer Nettles, Sting, and Eddie Vedder.



One year later, the Berlin Wall fell. Springsteen headlined the worldwide Human Rights Now! Tour for Amnesty International and soon after, he dissolved the E Street Band.

All musicians experience ups and downs during their careers and The Boss was no exception. The early 90s were years of critique – his music was too happy – and the latter years of the decade and beyond were a rebirth.

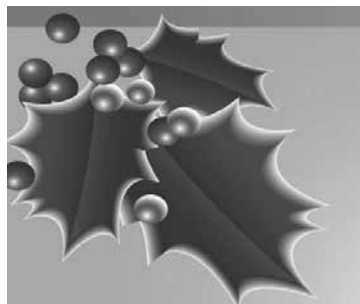
Through it all, he won an Academy Award for his song “Streets of Philadelphia,” re-organized the band, went on a successful nationwide tour and recorded his first “Greatest Hits” album, and moved from California back to New Jersey with his family in 1998.

Appropriately, the year ended with him being named an Artist of the Decade by “Rolling Stone” magazine.



Today, The Boss continues to record, tour, and act in various TV appearances, and perform at fundraising venues, including the Boston Resiliency Fund, Feeding America, and the Greater Boston Division of Habitat for Humanity.

As for the future, he is realistic about his ability to maintain the concert challenges, but in the latest interview with “Rolling Stone” he said, “There’s a lot of really good music left.”



Happy Holidays
from the
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Holiday Hints

Santa's safety suggestions for people, pets and packages

It's near the time to celebrate the holidays with family and friends. The United States Postal Service has long been known as a Santa's helper, and we take this role seriously. Here are some tips to help keep people, pets and packages safe.

People: Last year, 18,684 Postal Service employees experienced a slip, trip or fall. Carriers are encouraged by the Postal Service to wear proper footwear, avoid areas of patchy snow or ice, avoid wet leaves and mud or cracked or uneven surfaces.

Postal customers also have safety responsibilities.

Last year, 6,000 Postal Service employees and 4.5 million Americans were attacked by dogs. Here's what you can do to help:

- If a carrier delivers mail to your door, keep the family dog secured.
- Children and other family members should not take mail directly from carriers in the presence of the family dog, who may perceive the carrier as a threat.
- If a carrier feels threatened by a dog, or if a dog is loose or unleashed, the owner may be asked to pick up mail at a Post



Office until the pet has been restrained.

Packages: The Postal Inspection Service is asking for your help to keep your mail and packages safe. Here are a few tips:

1. Don't leave your delivered mail and packages unattended.
2. Going out of town? Hold your mail at your local Post Office using the USPS Hold Mail service on www.usps.com.
3. Customize the delivery by authorizing the carrier to leave it in a specified location. Visit usps.com, enter the tracking number in Track a Package, and select Delivery Instructions.
4. Secure the shipment using USPS Special Services by requiring a signature at the time of delivery.
5. For your most valuable


packages, opt for Registered Mail service, which receives special handling from mailing to delivery, with documentation at each step.

6. If you have a home security camera system, ensure it captures activity at your front door and mailbox, and alert your local Postal Inspectors of package thefts.

For more great tips you can use during the holidays, and year-round, visit: usps.gov.

Christmas isn't a Season it's a Feeling



~ Edna Ferber ~


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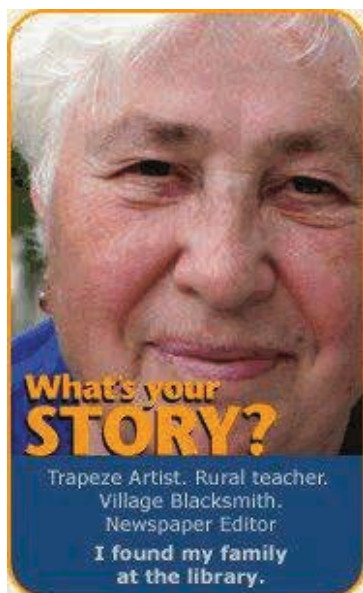
December Crossword Puzzle

Across

1. Scrapes (out)
5. Collector's goal
8. Ebbets Field hero
13. Actress Heche
14. Soccer legend
15. Steve of country music
16. Network of nerves
17. Lascivious look
18. Take ____ for the worse
19. Gazette
21. Flop
22. Samuel's teacher, in the Bible
23. Naval rank, briefly
24. Tool to break solid water
28. Nissan model
30. Headliner
31. Skater Babilonia
32. Tire feature
33. Latin love
34. Funny Foxx
35. Work clothes
38. Oscar winner Paquin
41. Airport near Paris
42. Gillette razors
46. Feathery wrap
47. Examine by touch
48. Most loyal
49. Gallery event
51. Wager
52. Fine hair
53. Pro ____ (for now)
54. Muse of tragedy
57. Look after
59. ... ____ saw Elba
60. Mother of the Valkyries
61. Chilean pianist Claudio
62. Require
63. Hunt for
64. Poles for sails
65. Recipe amt.
66. Ethereal

Down

1. Serious in intention
4. Witnesses
5. Oozes
6. Robt. ____
7. Region
8. Person with a paper, perhaps
9. Devour
10. Learned
11. Camera type, briefly
12. Poet's dusk
14. Primary strategy
20. Lost in Paris?
25. Have concern
26. Structural engineer's software
27. Rib
29. And here it is!
30. Little
33. Mutual arrangement
34. Queue after Q
36. Christmas
37. Keep an ____ the groi
38. Attorneys' org.
39. ____'easter
40. Chats
43. Arbitrator
44. Into separate parts
45. A poorly-wiped window?
47. Renowned
48. Lukewarm
50. Went after
51. Censor
55. " ____ Tu" ('70s hit)
56. City near Phoenix
57. Friend of Frodo
58. Pitching stat



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The Gadget Geezer

By Les Goldberg

Tech Gifts Ready for Holiday Cheer

I know that time is running out for holiday shopping but thanks to technology, online shopping, and store-hour expansion, your chances of grabbing the ideal gift for your family and friends are greatly enhanced for meeting Santa's deadline.

Not sure what to buy for whom? Hopefully, these tech products will make your decision easier:

OneStep+Bluetooth



If you thought film cameras went the way of manual knobs on televisions, look at the new OneStep+ camera from the old standby instant photo company Polaroid.

When you snap a photo with the OneStep+ it doesn't save the image digitally. Instead, a print develops in five to 15 minutes (sound familiar?). Then, you can use the included Polaroid app to scan the photo and save a digital copy.

This camera connects to your smartphone via Bluetooth, which allows you to control the camera remotely from your

phone for fun features like a remote shutter button, double exposure, and more.

There is no autofocus, but it has two lenses, one from portrait photos and the other for landscape.

Oh, and in case you are wondering, Polaroid is the only manufacturer of film for the OneStep+, either i-Type or 600. Price: \$140.

Theragun Massager



What do you think is the second-best way to get a relaxing deep massage when going out to a massage parlor during a pandemic is out of the question? Try the Theragun G3PRO Percussive Therapy Device.

According to company spokespersons, the product is "scientifically calibrated to deliver deep muscle treatment at a rate of 40 times per second to relieve muscle tension, accelerate warm-up and recovery and enhance performance."

The G3PRO uses an adjustable

arm with four angles to provide an ergonomic full-body reach, and six attachments to target the specific needs of every muscle group. The company also claims the product is 50 percent quieter and more powerful than other electronic massagers on the market. Price: from \$299 to \$849.

Beer Dispenser



For the brew-drinking fans in your world, they will no doubt appreciate being served their favorite beer in draft form, rather than out of a can or bottle. The new Fizzics DraftPour Beer Dispenser is the perfect gift for them.

How does it work? Place any size can or bottle of beer into the DraftPour, and pull the handle forward to pour the beer under pressure at a controlled rate to maintain the carbonation. Then, push the handle backward to begin the "sonication process" – which converts the beer's natural carbonation into an ideal Micro-Foam.

These uniformed, tiny-sized bubbles create the perfect density that delivers the enhanced aroma, flavor, and mouthfeel of true draft beer. Price: \$205.

Aroma Diffuser



Since we all must stay in our homes longer and endure the endless days and nights of self-quarantine, it makes even more sense to keep our environments fresh, clean, and free of stale odors. That is where the Moodo Smart Home Fragrance Diffuser comes in.

It works on a built-in rechargeable battery that can power the fragrance dispenser for up to seven hours without a plug-in power source. All you have to do is place the included scent

capsules, each with a different fragrance, into the device and the adjustable-speed fans do the rest. The high-quality fragrances are made in France. In addition, the device is compatible with leading smart home technologies, such as Amazon Alexa, Siri Shortcuts, Google Assistant, and more. Price: \$119.

Smartpen

The smartpen concept is not new, having been introduced more than 20 years ago by Seiko Instruments. But the technology has advanced dramatically, with the proof in the package of Moleskine's new Bluetooth Smartpen and Notebook combination.

This is ideal for people like me who still favor writing my

Continued on page 24

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Holiday Tips

Start a few new traditions this Holiday Season

For many families this holiday season will be like no other. Without the gathering at the table, some traditions will be impractical this year.

So this may be a good time to try something new like adding a “jazzy” side dish to your holiday meal.

For instance, try a twist on Thanksgiving, Christmas or other occasion, with Jambalaya Stuffed Peppers and Sausages.

This recipe by Fleur de Lolly is easy to make because you can start with a box of Zatarain's



Whether you want to please a crowd or create a great week night meal for your family, jambalaya is a delicious answer

in's Jambalaya Mix, seasoned with cayenne pepper and the “holy trinity” of New Orleans cuisine: diced onion, celery and bell pepper.

Jambalaya Stuffed Peppers And Sausages

Serves 4

- 4 red bell pepper, hollowed-out
- 1 red bell pepper, diced
- ½ package Zatarain's Cajun-style smoked sausage
- 1 package Zatarain's Jambalaya Mix
- Chopped fresh parsley to taste

Preheat oven to 375° F. Dice and brown the sausages in a cast iron skillet if you have one. Make the jambalaya according to package directions. When the jambalaya starts to boil, add the sausage. Once the jambalaya is cooked, gently fill the peppers with the jambalaya, lightly packing as you fill

them. Place in a shallow baking dish and drizzle with olive oil. Bake at 375° F for 25-30 minutes or until the peppers are tender. Remove from oven and sprinkle with chopped parsley. Serve immediately.

Smoked sausage adds a complexity to the flavor without adding complexity to preparing the dish.

Both Zatarain's Andouille and Cajun Style Smoked sausages can be found across the country at Kroger owned stores, Sam's Club, Food Lion and select independent retailers.

Zatarain's sausages are 100% pork, contain no MSG, no by-products, no gluten nor artificial color or flavors. You can save that for the holiday decorations!

Learn More

You can find more great recipes and suggestions from the experts on good food at Zatarain's online at www.mccormick.com/zatarains.



Fabulous Finds

By Debbie L. Sklar

Are you ready for the holiday season? Here are some wonderful lotions, potions, and notions to make you and your home look great.

FEKKAI CBD Scalp Calming Collection



Why CBD in haircare? As CBD is rich in nutrients, it helps keep the scalp and hair hydrated and prevents moisture loss. CBD is also rich in amino acids, fatty acids, and antioxidants - all essential nutrients for healthy hair and hair protection.

These fatty acids lock in moisture and seal the cuticle. Formulated with a proprietary blend of non-THC broad-spectrum CBD from organically cultivated hemp extract (grown in the U.S.) and Aloe Vera Gel, the scalp and hair are left soothed and calm with a clean and healthy glow. The collection helps to soothe sensitized/stressed scalp while protecting against heat, sun, and antioxidant pollution. The salon-grade formulas are color-safe and are free of parabens, sulfates, silicones, phthalates, and are vegan and gluten-free. Bottles are made with 95% high-grade repurposed plastic and are 100% recyclable.

Collection Includes:

- CBD Scalp Calming Shampoo for Fine-to-Medium Hair (\$25, 8.5 FL OZ, \$10, 2.0 FL OZ) to soothe sensitized/stressed scalp and nourish fine-to-medium hair

- CBD Scalp Calming Shampoo for Medium-to-Coarse Hair (\$25, 8.5 FL OZ, \$10, 2.0 FL OZ) Hair to soothe sensitized/stressed scalp and nourish medium-to-coarse hair

- CBD Scalp Calming Hydrating Conditioner (\$25, 8.5 FL OZ, \$10, 2.0 FL OZ) to soothe sensitized/stressed scalp and hydrate hair

- CBD Scalp Calming Hydrating Mask (\$28, 8.5 FL OZ, \$14, 2.0 FL OZ) to soothe sensitized/stressed scalp and deeply hydrate hair

- CBD Calming Supreme Oil Scalp + Body (\$52, 1.7 FL OZ) to nurture scalp and body

Garnier Green Labs Hyalu-Melon Replumping Serum Cream with Hyaluronic Acid + Watermelon



Garnier's serum cream formula offers the potency of a serum with the hydration of a cream. The ultra-lightweight formula boasts a fast-ab-

sorbing texture and offers 24+ hours of hydration. With a broad-spectrum SPF 30, the serum cream offers UV-protection without leaving any white residue on the skin. The powerful combination of Hyaluronic Acid and Watermelon helps plump dehydrated skin, revealing smoother, glowing, healthier-looking skin. The vegan formulas are free of parabens, mineral oils, and dyes and are created in 100% renewable electricity facilities. Price: \$21.99, available at drug, food, and mass-market retailers and on garnierusa.com.

Garnier Green Labs Pinea-C Brightening Serum Cream with Vitamin-C + Pineapple



This serum cream formula offers the potency of a serum with the hydration of a cream. The ultra-lightweight formula boasts a fast-absorbing texture and offers 24+ hours of hydration. With a broad-spectrum SPF 30, the serum cream offers UV-protection without leaving any white residue on the skin. The powerful combination of Vitamin-C and Pineapple helps brighten, revealing glowing, healthier-looking skin. The vegan formulas are free of parabens, mineral oils, and

dyes and are created in 100% renewable electricity facilities. Price: \$21.99, available at drug, food, and mass-market retailers and on garnierusa.com.

Garnier Green Labs Canna-B Pore Perfecting Serum Cream with Vitamin-B3 + Cannabis Sativa Seed Oil



This special cream formula offers the potency of a serum with the hydration of a cream. The ultra-lightweight formula boasts a fast-absorbing texture and offers 24+ hours of hydration. With a broad-spectrum SPF 30, the serum cream offers UV-protection without leaving any white residue on the skin. The powerful combination of Vitamin-B3 and Cannabis Sativa Seed Oil helps to improve skin texture for balanced, pore perfected skin. The vegan formulas are free of parabens, mineral oils, and dyes and are created in 100% renewable electricity facilities. Price: \$21.99, available at drug, food, and mass-market retailers and on garnierusa.com.

Venus ET Fleur Ornaments

These ornaments are the per-



fect stocking stuffer for your loved ones. Available in two options, a Votive Candle (Rose Blanche or Nue Tuberosc scents) or the celeb-favorite Le Mini Round Rose (all colors available). Price: \$45 - \$59, available at www.venusetfleur.com

Avocado-color Nails and Lips



Smash the avocado trend with the shade of the moment – pistachio green – paired with a high shine lip gloss, both enriched with avocado oil, packed with vitamins A, B, and E. Available in 2 shades: Bottomless Brunch (Avocado Nail Polish) and Like It Smashed (Roller baby Roller Lip Gloss) 100% Vegan and plant powdered natural formulation. Price: \$15; available at Sephora.com & NailsInc.com

The Magic of Puerto Vallarta

Story by Ronnie Greenberg • Photos by Joe Hilbers

Puerto Vallarta, nestled in the white sand beaches of Mexico's Pacific Coast, is where dolphins frolic, and the sunlight catches the laughter that drifts along with the breeze. Embrace its traditions, passions, and warmth, and Vallarta's magic will find its place in your heart forever.

Warmed by the breezes of trade winds filled with the scent of spice and flowers, romantic and exhilarating Puerto Vallarta sits beside the silver ripples of the largest natural bay in Mexico, Bahía de Banderas. Set in the heart of the Mexican Riviera, with Mazatlán to the north and Acapulco to the south, it's 100 miles of coastline enhanced by the bluest of skies, and is cuddled by the lush tropical greenery of the Sierra Madre Mountains.

This magical paradise known throughout the world is an international tourist resort. It is loved for its natural beauty, its crystal waters that flirt with



Zilker Park

pristine beaches, and unhurried lifestyle. It savors the flavor and charm of a small Mexican town with the luxuries of a city.

Senses were stirred in the 1930s when small groups of international tourists discovered the tranquility of this quaint fishing village. By the 1950s word was out, and the serenity and natural beauty of sleepy Puerto Vallarta emerged into a small town. But it wasn't until the filming of "*Night of the Iguana*," in 1963, that it was put on the map. It was then that

thousands flocked to see where the scandalous love affair of Elizabeth Taylor and Richard Burton took place.

Sights to See

In the downtown area around the Isla Río Cuale, white-washed red-tiled roofs, border cobblestone streets that wind up the hills. The Malecon boardwalk, the center of town, is a promenade lined with restaurants, flower-filled patios, tiled floors, chic boutiques, and souvenir shops.

The sculptures of The Dolphins and The Arches (Los Arcos) are the symbols of the Malecon, but the crown and bell tower of The Church of Our Lady of Guadalupe in Puerto Vallarta's most distinct landmark. Alongside the covered market are the traditional government buildings. The Municipal Palace of Puerto Vallarta has a mural by Manuel Lepe, Mexico's favorite artist, and Museo del Cuale, Puerto Vallarta, a small museum, has

displays of pre-Colombian artifacts.

In Gringo Gulch, the Elizabeth Taylor-Richard Burton old house Casa Kimberly Vallarta looks out over Banderas Bay. The seven-story, nine-bedroom, 12 baths, abode connected by a walking bridge to the guest house. John Huston's passion for Puerto Vallarta was responsible for leading Taylor and Burton to the home, during the time he was directing "*Night of the Iguana*." It is now a bed and breakfast.

Mountain bike and hike up mountain trails to primitive villages swim in waterfalls or bike along the Pacific Ocean's edge. Travel on horseback through the foothills of the Sierra Madre Mountains and discover the natural wonders of the tropical forest. The trail shows the rich diversity of plant life found here.

For the more adventurous bungee jumping and hot air, ballooning is available.

Ecotourism



Parasailing

Outdoor Adventures

Favorite marine activities are boating, sailing, and yachting excursions. Banana boats towed by speedboats, parasailing, water-skiing, diving, and snorkeling in the waters of Banderas Bay, make this area excellent for water sports. Deep-sea fishing for sailfish, bonito, yellowfish, billfish, marlin, and dorado are favorites.

Whale watching: Every year from November to March the humpback whales visit Banderas Bay on a reproduction process searching for warmer waters. Turtle Protection Project, from June to September, turtles nest in Banderas Bay. The eggs are collected and transported to protected areas. The day after the turtles' hatch, they are released into the sea. Bird watching has Val-



View of Los Arcos

Continued on page 21

The Magic of Puerto Vallarta

continued



Dolphin Experience

larta home to an abundance of birdlife including egrets, herons, ducks, pelicans, ibis, and many other species.

Attractions South of Town

Los Arcos or The Arches was formed by three rocky islets is a favorite for diving and snorkeling. Swimming near the beach affords the best views of these ancient cave-riddled rocks.

Mismaloya Beach, six miles south of town, is hidden in a small natural cove surrounded by high cliffs. In the hills on the south side of the cove are the remains of a set from the "Night of the Iguana."

Where to Stay

The magnificent Westin Resort & Spa Puerto Vallarta is a lush world-class oceanfront resort across from the breathtaking Marina Vallarta, with its golden sand beach and breathtaking views of Banderas Bay. Bathed in sunshine, wavering coconut palm groves surround four meandering swimming pools,

three lighted tennis courts, and a full health and fitness center. In a tropical atmosphere, the ambiance of colonial Mexico abounds with shapes and hues in stone, Terracotta tile, and wood. The interior decor is highlighted by Mexican crafts. Tastefully blended are luxurious amenities, featuring custom-designed, plush, and sumptuous beds.

Westin Kids Club offers a children's program designed to make the stay of all children under seven a lot more fun, with welcome gifts and planned activities.



Meandering Pools at Westin Resort & Spa

The resort's restaurants present informally to gourmet dining sharing the passion of innovative cuisine in Puerto Vallarta. El Palmar Restaurant offers fresh local food that is traditional, classic Mexican with a flair, and the best Sunday champagne brunch around. Arcifes Seafood & Steakhouse specializes in seafood and offers fine dining in a unique marine decor. Also, the lobby bar offers refreshing cocktails and snacks amidst the soothing musical background sound of five waterfalls.

For Reservations: Marriott.com/Westin Resort & Hotel/ Puerto Vallarta.

When the Sun Goes Down

El Faro Lighthouse is the place to be in the evenings. Toast life and view the world here.



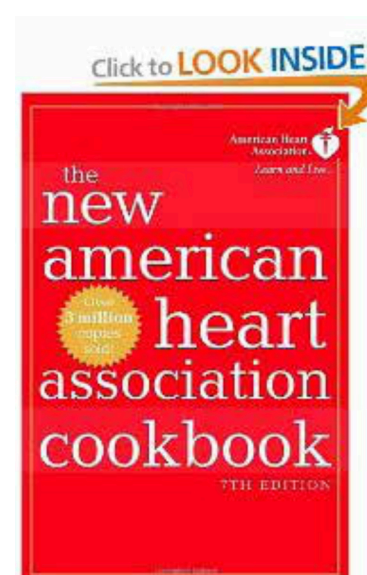
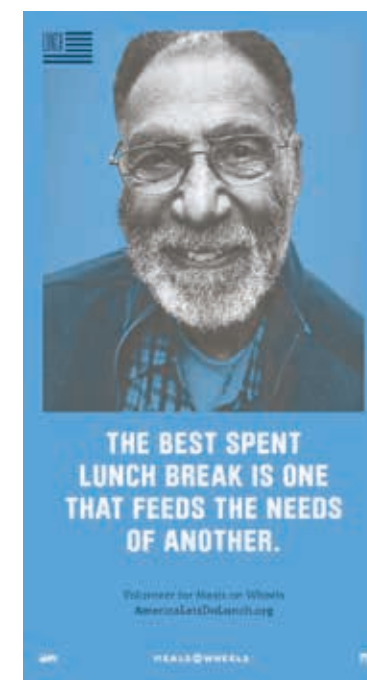
Bustamonte

What to Buy

Puerto Vallarta brims with creativity in its crafts and art forms created from brass, iron, copper, and bronze. Beautiful sculptures, jewelry, paintings, handblown glasses, reflect the soul and the warmth of the people. Colors and scenes are captured on canvas. Sergio Bustamante the creator of whimsical animals of Papier-mâché has his gallery here. The Mercado Municipal is a typical Mexican market with produce, souvenirs, flowers, and pinatas.

For More Information: Reservations for tours, taxis, and restaurants, are best handled by the hotel concierge.

How to Get There: Aeroméxico, American Airlines, Alaska Airlines, Mexicana Airlines, Continental Airlines, and Delta Airlines, all go into the Licenciado Gustavo Díaz Ordaz International Airport.



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By Debbie L. Sklar



Did You Know Rancho Santa Margarita Is Where Santa Once Visited?



*Photo courtesy by D Ramey Logan, CC BY-SA 3.0, via
<https://commons.wikimedia.org/w/index.php?curid=31410387>*

Rancho Santa Margarita now has a population of more than 47,000 according to the 2010 US Census and is a master-planned community, located along the foothills of the Santa Ana Mountains.

It was incorporated in 2000 and became the 33rd city in Orange County. According to city lore when RSM first came on the scene, the residents who had just moved into the community gathered along the shores of Lago Santa Margarita and watched as Santa Claus came to shore on a large sleigh like a boat. The population was a lot less since it was a new community.

As the story goes Santa went to the clubhouse at the beach club, and then visited with kids

of the community to listen to their holiday wish lists. This tradition continued for more than a decade according to those at Rancho Mission Viejo Co.

Also, a fun factoid about Lago Santa Margarita is that it is a 13-acre, man-made lake where residents can enjoy boating, fishing, and kayaking. The 1.1-mile loop around the lake is also used by walkers, joggers, and skaters, and by exercisers.

The Beach Club & Lakeshore have a swimming lagoon with a beach, sand volleyball courts, barbeque, and picnic facilities, an outdoor amphitheater, and the Fiesta Room, which before the pandemic was reserved for meetings or special occasions.



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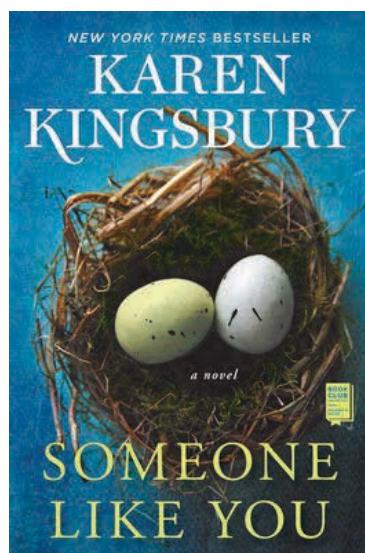
December Book Club

Take a break from all the holiday madness, the news, and everything else in between to enjoy a good book. Here are some interesting new reads for you to pick up or buy for a friend, family, or colleague.

Someone Like You

A Novel

By Karen Kingsbury



“Maddie Baxter West is shaken to the core when she finds out everything, she believed about her life was a lie. Her parents had always planned to tell her the truth about her past: that she was adopted as an embryo. But somehow the right moment never happened. Then a total stranger confronts Maddie with the truth and tells her something else that rocks her world — Maddie had a sister she never knew about. Betrayed, angry, and confused,

Maddie leaves her new job and fiancé, rejects her family’s requests for forgiveness, and moves to Portland to find out who she is.

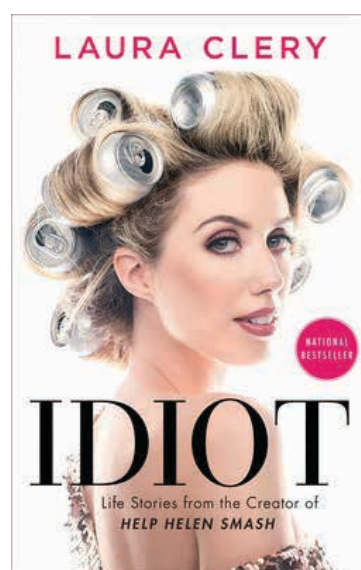
“Dawson Gage’s life was destroyed when London Quinn, his best friend and the only girl he ever loved, is killed. In the hospital waiting room, London’s mother reveals that London might have had a sibling. The frozen embryo she and her husband donated decades ago. When Dawson finds Maddie and brings her to Portland, the Quinns—her biological parents—welcome her into their lives and hearts. Maddie is comforted by the Quinns’ love and intrigued by their memories of London, who was so much like her. Is this the family and the life she was meant to have?

“Now it will take the love of Dawson Gage to help Maddie know who she is...and to help her find her way home,” according to Publisher Atria Books.

Idiot *Life Stories from the* *Creator of Help Helen* *Smash*

By Laura Clery

“Laura Clery makes a living by sharing inappropriate comedy sketches with millions of strangers on the internet. She



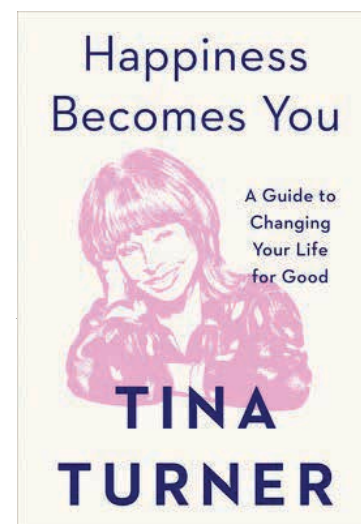
writes songs about her anatomy, talks trash about her one-eyed rescue pug, and sexually harasses her husband, Stephen. And it pays the bills!

“Now, in her first-ever book, Laura recounts how she went from being a dangerously impulsive, broke, unemployable, suicidal, cocaine-addicted narcissist, crippled by fear and hopping from one toxic romance to the next...to a more-happy-than-not, somewhat rational, meditating, a vegan yogi with good credit, a great marriage, a fantastic career, and four unfortunate-looking rescue animals. Still, above all, Laura remains an amazingly talented, adorable, and vulnerable, self-described...Idiot.

“With her signature brand of offbeat, no-holds-barred humor, Idiot introduces you to a wildly original—and undeniably relatable—new voice,” according to Publisher Gallery Books.

Happiness Becomes You *A Guide to Changing* *Your Life for Good*

By Tina Turner



“Tina is a global icon of inspiration. And now, with *Happiness Becomes You: A Guide to Changing Your Life for Good*,’ Tina shows how anyone can overcome life’s obstacles — even transform the ‘impossible’ to possible — and fulfill our dreams. She shows how we, too, can improve our lives, empowering us with spiritual tools and sage advice to enrich our unique paths.

“Buddhism has been a central part of Tina Turner’s life for decades and, in music, film, and live performances, she has shined as an example of generating hope from nothing, breaking through all limitations, and succeeding in life. Drawing from the lessons of her own life, from adversity to stratospheric heights, Tina effortlessly shows how the spiritual lessons of Buddhism help her transform from sorrow,

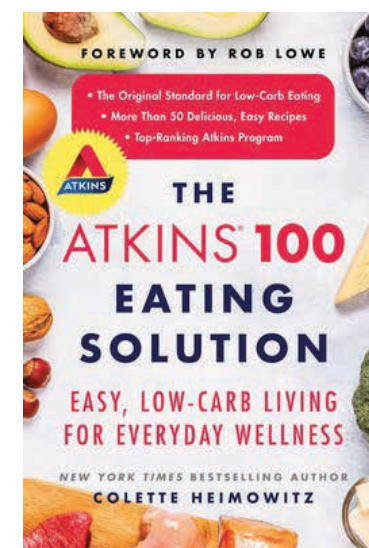
adversity, and poverty into joy, stability, and prosperity.

“Now, Tina offers the wisdom of an extraordinary lifetime in *Happiness Becomes You* making this the perfect gift of inspiration for you or a loved one,” according to Publisher Atria Books.

The Atkins 100 Eating *Solution Easy, Low-Carb* *Living for Everyday* *Wellness*

By Colette Heimowitz

Foreword by Rob Lowe



“From the creators of the original ketogenic, low-carb diet, comes the most accessible and flexible approach to the Atkins diet ever: a simplified lower carb and sugar approach based on solid science.

“The latest science continues to support the many health benefits of a low-carb approach to eating, far beyond just weight loss. Simply reducing your carb and sugar

Continued on page 24



Don't let a homebound senior go hungry. Make a lifesaving difference.

At Age Well Senior Services, our vital Meals on Wheels program delivered nearly 500,000 meals to seniors in need last year. We're a nonprofit organization that relies on donations to provide services, and we need your help to avoid having to turn away requests for meals from homebound seniors. Curtailing service would be a tragedy on several levels, including overall wellness, as visits from our volunteer drivers are often the only social contact some seniors have.

Many senior citizens right here in your area, wonder where their next meal may come from. If you or someone you know can help, please take the time to learn more and donate.

visit www.MyAgeWell.org
or call (949) 855-8033

Age Well
Senior Services

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The Gadget Geezer

Continued from page 17



This is ideal for people like me who still favor writing my thoughts down with a pen but also would like to store those thoughts and ideas digitally. How does it work? Using a USB-rechargeable smartpen that uses ink, you write on Ncoded pages on your Moleskine app.

Your handwritten words are recorded in real-time and accessible from your device anywhere. The pen recognizes different pages, dates, and times you write, so you get the handwritten satisfaction and analog organization of a regular paper notebook while having every page backed up digitally as it's being written.

Included with your purchase are the smartpen, a USB charging cable, one ink refill, a starter journal, and a dotted paper tablet. Price: \$159.

Indoor Security Camera

In these uncertain times, we all want to make sure that our homes and the people inside them are safe and sound at all times. Fortunately, today's sensing and camera technolo-



gies give us an upper hand on home security.

One of those technologies is embodied in the new Google Nest Cam IQ Indoor Security Camera, which can monitor activity inside your cozy abode 24/7. A high-powered sensor picks up images clearly and registers the presence of persons while recognizing known faces.

The video is recorded, encrypted, and stored continuously with important moments from the last three hours kept as snapshots.

The security camera with Google Assistant also works at night with infrared LED lighting, and you can talk to those on camera through the speakers and microphone, issuing warnings and reminders. Price: \$216.95.



December Book Club

Continued from page 23

intake by two-thirds over the 'Standard American Diet' helps avoid the development of obesity, metabolic syndrome, and type 2 diabetes. While many diet trends can be vague in their approach, 'The Atkins 100 Eating Solution's' fan-favorite program provides a clear-cut way to control your carb intake with 100 grams of net carbs a day and shows you how to make delicious and satisfying food choices that lessen their impact on your blood sugar. This personalized approach is a way of eating you can follow for life.

"With cutting-edge research and delicious recipes — all of which feature 15 to 20 net carbs — 'The Atkins 100 Eating Solution' provides an exciting and delicious variety of food. You'll also discover how the plan can be easily modified to fit in with most ways of eating, including vegetarian, Paleo, Mediterranean, and more. For the first time ever, you'll even learn how to modify each recipe for the Atkins 40 and Atkins 20 program. This guide is easy to use regardless of food preferences, lifestyle, or cooking abilities. This book is not about following fads or suffering for results; it is a sustainable, delicious program for everyday wellness," according to Publisher Atria Books.



Busy Boomers

By Les Goldberg

Can't Afford a Lawyer? Try a Legal Document Preparer (LDP) or Paralegal

Have you ever needed an attorney, or thought about filing a lawsuit? If so, thinking about litigation is one thing, the ability to pay for it is another. One of the most difficult tasks, when legal roadblocks arise, is finding a good lawyer that you can afford.

What we may not realize, however, is that there is an alternative to high-fee attorneys and exorbitant court costs.

Thanks to the relatively new profession of paralegal, or legal document preparer, many issues or disputes involving seniors (and everyone else, for that matter) can be resolved without paying an arm and a leg.

To get more insight into the life of paralegals, I called on one of the most respected professionals in Orange County, Michelle N. Wehrli, whose 25 years of experience and education have helped hundreds of people navigate the complex, often intimidating road through the legal jungle.

SR: What are the typical legal issues that you deal with?

MW: Most of my work involves estate planning, trust administration, probate, uncontested divorce, and business formations. I also handle small claims or smaller civil



Michelle Wehrli

litigation matters, like breach of contracts. For personal injury or fraud cases, I always refer clients to a competent attorney since I cannot give legal advice.

SR: What are the primary advantages of your services?

MW: When hiring an attorney, the law firm typically will handle your case from initial consultation to preparing court documents and, if necessary, it will represent you in court, deal with settlements or judgments and appeal decisions. The paperwork itself could cost upwards of \$25,000 in fees alone.

My costs to prepare documents are a fraction of that. In addition, the value I provide to clients includes my ability to get immediate advice from attorneys, tax advisors, notary pub-

lics, and others, depending on the situation. It just so happens that I share office space with five attorneys, two certified public accountants, and a certified financial planner.

We all pick each other's brains when something interesting comes up or if there's a possible overlap into another area of expertise.

SR: When do you find it necessary to refer clients to a lawyer?

MW: If I can't help you, I will be the first to let you know that and can put you in competent hands. The attorneys I recommend will be familiar with your case, saving time and money in the process and with no referral fees involved.

SR: Do you have some sample cases you can share?

MW: In a civil breach of contract case, my client, a 75-year-old Newport Beach man who loaned \$40,000 to a friend, tried to get his money returned after the friend made only one payment after several months.

The client hired an attorney to write a demand letter but the buddy responded saying it was an investment that didn't pan out so he wouldn't be paying back any money. Luckily, my

client had a promissory note signed by the borrower, so I was hired to file a complaint for breach of contract.

After 30 days the borrower (now a defendant) failed to respond to my summons and complaint served by the process server I hired, so we proceeded to take a default and ultimately get a judgment for the \$40,000 plus court filing and process server fees. I then referred the client to a collections attorney I used to work for and charged less than \$600 for my services.



In another case, a 74-year-old woman in Irvine who was seeking a divorce from her cheating husband was referred to me by an attorney who determined the couple couldn't afford the litigation. Their 45-year marriage was over. While feelings were hurt and initially emotions were definitely hot, they decided that there was no benefit to fighting over the relatively small amount of assets they had left in their lives.



Here in California, we have no-fault divorces. If clients can figure out among themselves how they'd like to divide their assets/debt, I can help them put that into a legal settlement agreement and process their paperwork with the court.

Wehrli emphasized that she is not in competition with attorneys. "We do different things. Attorneys strategize, interpret complex legal issues, and think in a different way while advocating for their clients. I do administrative work and help you make your own way in the legal arena."

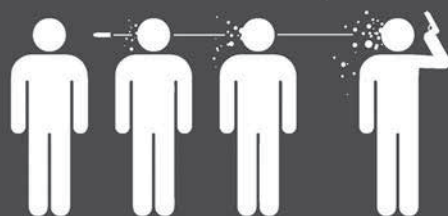
And she added, "much like a triage nurse, I definitely know when to say it's necessary to get an attorney involved."

If you want more information about paralegals and legal document preparers, call Wehrli's offices in Aliso Viejo at 714-462-8700 or email her at mwehrli@colonialhouseconsulting.com.

Christmas will always
be as long as we
stand heart to heart
and hand in hand.

Dr. Seuss

GH



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**American Heart
Association**



**ADMIT
ONE**

By Randal C. Hill

Movie Preview

'Soul'

The Disney organization is offering America a heartwarming and upbeat Christmas gift this year. It's the latest release from Pixar Animation Studios, and it's not — repeat, *not* — coming to a theater near you. (More on that later.)

"Soul" is an abstract, computer-animated narrative about a New York middle-school band teacher named Joe Gardner (voiced by Jamie Foxx). One night, Joe goes to the opening of a music venue called the Half Note Club. He impresses the other musicians gathered there and is given a chance to fulfill a long-standing dream: performing jazz music on-stage.

Unfortunately, an accident — he steps into an open manhole — separates Joe's soul from his body. Normally he would be headed for the Great Beyond, but this time he's traveling to the Great Before, where he finds himself in the "You Seminar," a place where souls develop their unique personalities before being sent to Earth. To return there himself before his body dies, Joe is brought into contact with some "souls in training." He becomes a mentor to a character named 22 (Tina Fey), whose outlook is tainted by a gloomy perception of the concept of life.

Director Pete Docter ("Up," "Monsters Inc.") says of his ambitious project, "The world can be an exhausting and frustrating place — but it's also full of unexpected joys, even in seemingly mundane things. "Soul" investigates what's really important in our lives, a question we're all asking these days. I hope it will bring some humor and fun to people at a time when everyone can surely use that."

The creative folks behind "Soul" decided to make the primary character African-American, given how closely African-Americans have been connected to jazz history. Kemp Powers, one of three scriptwriters for "Soul," is also Pixar's first African-American co-director. (Powers based several elements of Joe on his personal life.)

To correctly portray the African-American culture, Pixar people consulted with, among others, iconic musicians such as Herbie Hancock, Jon Batiste, and Questlove. The film's score was composed by Trent Reznor and Atticus Ross (both of Nine Inch Nails). Jon Batiste arranged a new version of the Impressions' 1963 classic song "It's All Right."

"Soul" had originally been

scheduled for a June 2020 release, but with the Covid-19 pandemic, the Disney organization decided to premiere it exclusively on Disney + on Christmas Day 2020. Replete with colorful visuals and gentle wisdom, "Soul" will be offered free to all Disney + subscribers. It will play theatrically in countries where movie theaters have reopened and that don't have Disney +.

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Jim McDevitt, Lyn Jensen,
Nick Thomas, Randal C. Hill

Holiday Gift Giving

The Holiday Gift Guide you don't want to miss: A book for every member of the family

Good news for last-minute shoppers: You can give the gift of reading this year. A book is truly a gift that keeps on giving, and to make giving books easier than ever, Shadow Mountain Publishing has created a book gift guide for every member of your family.

For Mom: “*Six Ingredients with Six Sisters’ Stuff*” has over 100 fast and easy meals including kid-approved recipes. Foreword Reviews says “The shortcut-approach is a godsend.” Regardless whether mom is or isn’t the family cook, she can enjoy escaping into a sweet romance such as “*The Lady and the Highwayman*” by Sarah M. Eden or a cozy, culinary mystery, “*The Candy Cane Caper*” by Josi S. Kilpack this holiday season.

For Dad: If dad wants to learn from the wise men, there may be no better wise man to learn from than Bill Marriott. At <https://shadowmountain.com/marriott/>, you can get a biography of the man who started with a root beer stand and built the largest hotel chain in the world.

For the boys: Send them on an adventure to fight a sea dragon in the “*Dragonwatch*” series, the sequel series to “*Fablehaven*” by New York Times best-selling author Brandon Mull. For younger boy who loves monsters, grab Bran-



don’s picture book, “*Smarter Than a Monster.*”

For the girls: Whether they’re 13 or 30, there’s a book to delight the girls and young women in your life. “*Glass Slippers, Ever After & Me*” by Julie Wright, is a modern, re-imagined Cinderella story. If Steampunk is her thing, try “*The Lady in the Coppergate Tower,*” a clever riff on the Rapunzel story. For the younger girls in the family, there’s “*The Christmas Doll,*” which

will put a smile on their faces while teaching a valuable life lesson.

For a friend or the religious: “*The Last Man at the Inn: One Man’s Quest to Believe*” is the story of a journey of conversion many take in one form or another. It’s a call-out to those who may not even know they’re looking for something, only that there’s a space in their soul that somehow needs to be filled. All these titles are available for two-day prime shipping on Amazon, or at Barnes & Noble stores.

MOMENTS LIKE THESE ARE PRECIOUS. DON'T LET THEM FADE AWAY.

Age-related macular degeneration (AMD) is the leading cause of blindness in people 55 and older, sadly robbing sight and independence. It is a chronic disease affecting over 10 million Americans, and early detection is key to saving your sight.

Protect your vision from fading away. Call the **Foundation Fighting Blindness** today for a free info packet about preventing and managing AMD. There is hope.

A Cure Is In Sight
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FightBlindness.org

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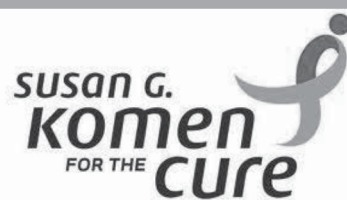
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Christmas Tradition

How to Choose a Christmas Tree

Tips From Expert Arborist Mark Chisholm

There’s more to decking the halls with just the right Christmas tree than many people realize. Here are seven hints that can help:

Select Your Location

Before you head to the lot or store to pick out this year’s tree, you must be certain of where you want to place the tree and the space available. Try to avoid spots near heat sources such as radiators, fireplaces, heating vents and even televisions or sun-drenched windows. Also, try to tuck the tree into a low-traffic area to avoid accidental bumping and possible safety issues. Next, you’ll need to measure the space dimensions you have to work with, bearing in mind that a tree stand will add a few extra inches of height, as will a star or angel to finish the top.

Consider a Charitable Tree Lot

If you’re like me and look forward to contributing to the spirit of the season while picking a tree, you can look for charitable lots. One I like to shop at donates all of its proceeds to a children’s hospital. Another option would be to get an extra tree and then donate it to a family that can’t afford one or to an organization that will find that tree the right home.

Select the Right Tree for You

At the lot you will likely see three or four common vari-



eties of trees. Some things to consider when choosing are the color, shape and feel of the tree. Some trees are dark green, and others have gray or white shades. There are trees with tight branching patterns and some with more spaces. One thing to remember is that if the tree looks very full while absent of ornaments, it may be difficult to decorate. Most trees that end up on a lot have been groomed and sheared to look great during the selection process. Then you get it home and realize that there’s very little space for ornaments. Choosing one with some empty spaces might be a better route. You could bring a few of your favorite ornaments with you to test at the store. Also, be sure that the first foot of trunk is straight, or you could have one heck of a time getting it to stand up correctly at home.

Try a Live Tree

Balled and burlap or container trees can be a nice choice for a live tree. It will be heavier and need more diligent care once home. After the holidays are over, it can be added to the

landscape. One extra step you’ll need to adopt is assessing the planting space for proper growing space, sunlight and watering needs. Make sure the species you choose will thrive where you plant it.

Test Your Tree for Freshness

Once you have the look you want, you’ll need to test the tree for freshness. Trees that are on a lot could have been cut and shipped weeks earlier. Look for greener trees with no signs of wilting or browning. What can be tricky is that many trees have undergone a colorizing treatment before they were shipped. That’s why a quick pull test is next on my list. Grab a limb or two and pull them toward you. Release the limb slowly, letting it pull through your hand. A fresh tree will keep most or all of its needles in this test and the limb will not feel brittle or snap. Flexibility in the limbs is a must if the tree is to remain green for the next few weeks indoors. The final test is a quick drop test. Lift the tree a few inches off the ground and then let the butt of the tree hit the ground. That quick shock will release any dry needles and give you a good feel for how fresh the tree truly is. Don’t worry about a few needles letting loose within the interior.

Prepare Your Tree for Indoors

Once you pick your tree and truck it home, make a fresh cut at the base, unless it was already done for you. One thing I like to do before I bring my tree inside is to take out my STIHL blower and give the tree a quick blast to remove any loose needles, debris wedged in the branches and, most importantly, remove any insects or egg masses that might have survived the journey.

Recycle Your Tree

After Christmas is over, you’ll need to dispose of the family tree. There are many recycling programs all over the country that account for the recycling of 93% of all trees nationally. Most get ground into mulch to be given back to the community or used as mulch in flower beds and parks. Some places have extensive erosion programs that take advantage of this biodegradable resource. Check websites such as Real-ChristmasTrees.org for more information.

Learn More

For further facts on tree care, go to www.stihlusa.com/information/how-to-guides/tips-for-choosing-real-christmas-trees/.



Planning Your Retirement

Financial Difficulties during a global pandemic:

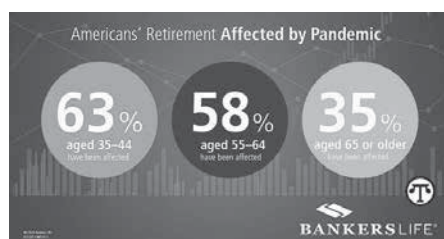
Why It Is Important To Start Saving For Retirement, Despite Your Age

The COVID-19 pandemic has impacted Americans in more ways than one. With the ups and downs the market has experienced since the start of the pandemic, it's important that working Americans understand their various financial and retirement planning options.

According to a recent survey from the Center for a Secure Retirement and Bankers Life, more than half (54%) of working adults say their retirement planning has taken a hit amid the COVID-19 pandemic, with more than a third (36%) having lost money in the stock market.

Whether you're 25, 35 or 45, it's never too early—or late—to start financially planning for retirement. Additional insight from the Center for Secure Retirement shows that nearly two-thirds (63%) of those age 35 to 44 reported that the pandemic has impacted their future retirement, compared to just one-third (35%) of those 65 and older.

A moment of upheaval like that experienced amid COVID-19—which has been particularly felt by those reliant on employer sponsored plans like a 401(K)—represents an opportunity for the next generation of retirees to



review their options and ensure their financial security.

Here are smart actions to take:

- Stay calm. The uncertainty of the market can cause panic for some. Financial planning experts advise that the best thing you can do is to refrain from impulsive decisions. Stay calm and avoid any emotional or risky moves when it comes to large investments.

- Reevaluate. Even for those who may feel confident in their retirement planning, it is important to continually reevaluate as you receive new information during the pandemic. It can be tempting to focus on short term gains at the expense of long-term plans.

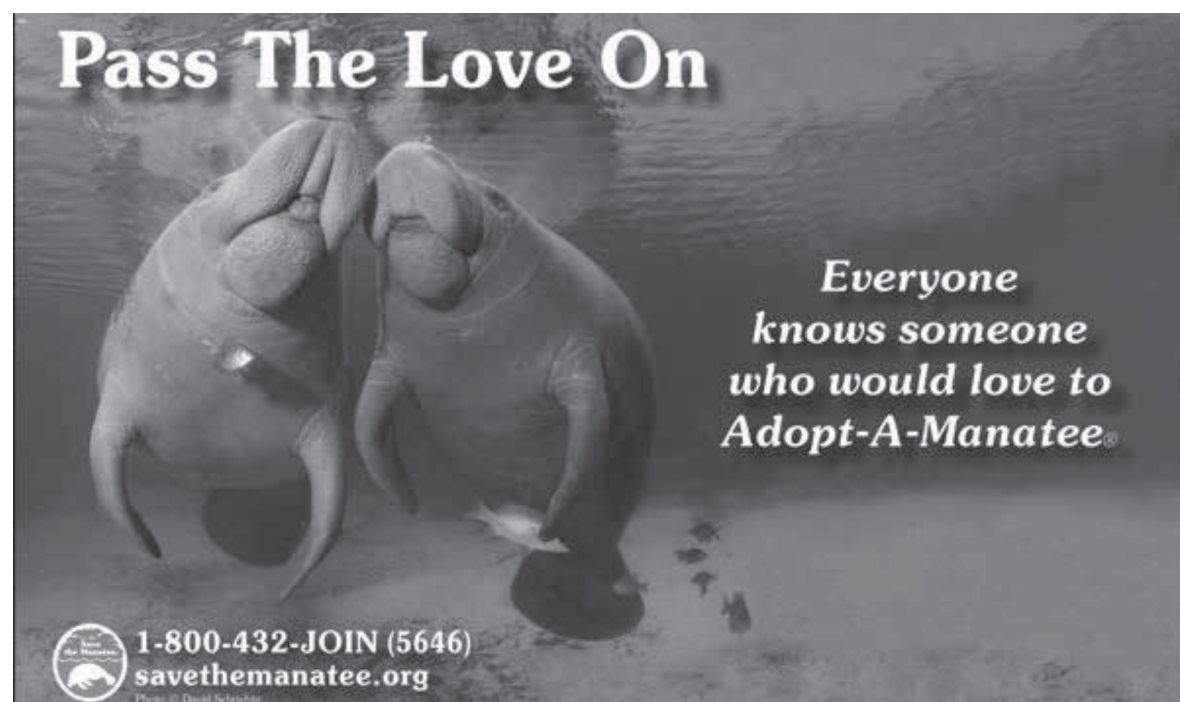
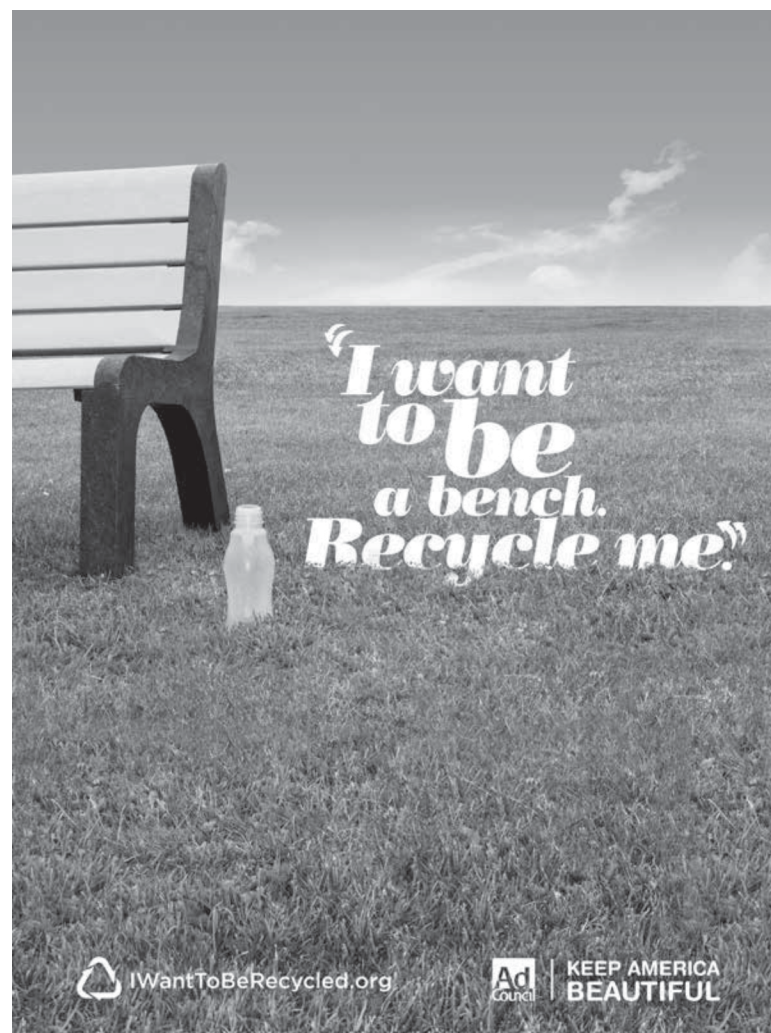
- Be flexible. It may even be beneficial to schedule reviews of your retirement plans several times over the course of the year, as the state of the world is everchanging. Continuously revisiting and adjusting your plans will ensure that you are prepared for the future no matter what it may bring.

- Supplement savings. Consider including life insurance

as part of your retirement plan to supplement your savings and provide peace of mind for you and your loved ones.

Although life during a pandemic is uncertain and difficult to navigate, by seeking help to better understand your financial plans and current health care coverage, you'll be more prepared to anticipate unforeseen situations in the future.

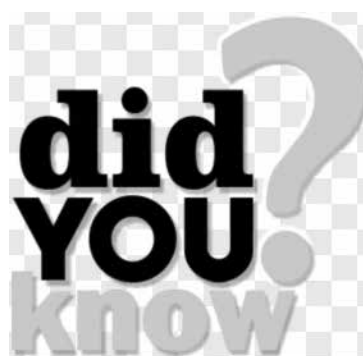
- Bankers Life is the marketing brand of Bankers Life and Casualty Company, Medicare Supplement insurance policies sold by Colonial Penn Life Insurance Company and select policies sold in New York by Bankers Conseco Life Insurance Company (BCLIC). BCLIC is authorized to sell insurance in New York.



'TIS THE SEASON TO...



GIVE
BELIEVE
SPARKLE
BE JOYFUL
SING CAROLS
PARTY, PARTY
DECK THE HALLS
BE MERRY & BRIGHT
KISS UNDER MISTLETOE
BE WITH YOUR LOVED ONES
INDULGE IN HOLIDAY TREATS
DREAM OF A WHITE CHRISTMAS
MISS THOSE WHO ARE FAR AWAY
CREATE MEMORIES FOR YEARS TO COME
HUG YOUR LOVED ONES A LITTLE TIGHTER
REFLECT ON THE YEAR THAT IS BEHIND US



➔ Whether in a breakfast bowl, in baked goods or even by themselves, sweetpotatoes are a nutrient-dense and smart way to start the day. For recipes and more information, visit www.casweetpotatoes.com.

➔ "It's a savvy move to ask for help, such as from a financial professional, when it comes to money, whether you're looking to get out of a rut or start accumulating wealth," notes Brian Madgett, Head of Consumer Education, New York Life. Learn more at www.NewYorkLife.com.

➔ Most older adults want to live in their homes for as long as possible but most homes can't accommodate aging. The Eldercare Locator can help by connecting older adults and caregivers to local resources. For a free brochure, call (800) 677-1116 and visit www.eldercare.acl.gov.

➔ Actor Tom Hanks is rallying the nation behind America's military caregivers with the Military Caregiver Champion program, led by the Elizabeth Dole Foundation. The program helps Americans caring for a loved one who was wounded, made ill or injured through military service. Join them at www.hiddenheroes.org/champion.

Holiday Gift Ideas

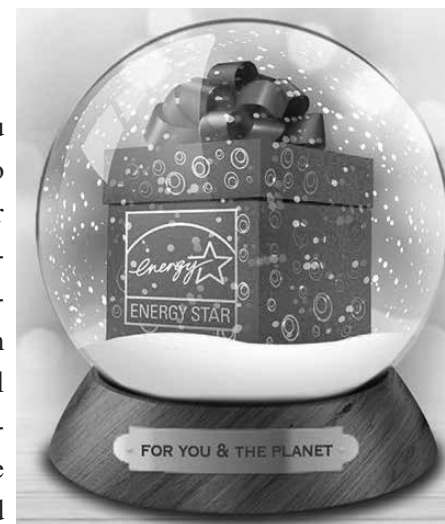
Gifts That do a World of Good

This holiday season, you don't have to look far to find items that deliver great features and functionality but use less energy. Products that earn the U.S. Environmental Protection Agency's ENERGY STAR label save money on energy bills and help protect the environment, making them gifts that do a world of good.

With a wide range of things to wrap up—from smart thermostats, laptops, tablets and other electronics, appliances and even lighting—you can put a bow on a gift that has been independently certified to meet strict standards for energy efficiency.

A typical household spends about \$2,000 a year on energy bills. A home outfitted with products that have earned the ENERGY STAR label can save 30% or about \$575 a year on household energy bills. Over their lifetime these products save about \$8,750 on utility bills and reduce greenhouse gas emissions by 77,000 pounds of carbon dioxide.

The ENERGY STAR Holiday Gift Guide at www.energystar.gov/holiday features energy-saving products popular this time of year, along with special deals from manufacturers, retailers, and utilities that participate in the ENERGY



STAR Program. Looking for the ENERGY STAR label on products specially priced for the holidays means you save on the initial price, plus keep saving through the holidays and beyond.

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Environmental News & Notes

Mutt Mulligan, TurfMutt spokesdog, celebrates adoptaversary, her first year wearing the superhero cape

Outdoor learning experiences, stewardship of green spaces, and care for all living landscapes, is the aim of the TurfMutt Foundation, now celebrating the one-year “adoptaversary” of its new spokesdog, Mutt Mulligan (a.k.a. Mo-Mo). Mo-Mo is a mixed breed pup who was adopted by Kris Kiser, the TurfMutt Foundation’s President and President & CEO of the Outdoor Power Equipment Institute (OPEI), at the 2019 Lucky’s Mutt Madness adoption event at GIE+EXPO, the national landscape, outdoor living and equipment exposition.

“Mulligan has had quite a year growing into the paw prints left behind by the original TurfMutt, my rescue dog, Lucky,” says Kiser. “The Foundation’s work has been important, even more so today. People are starting to realize what the TurfMutt platform has been saying for the past 10 years—your family yard, parks and schoolyards are safe spaces to de-stress and to reconnect with family, friends and nature.”

In addition to the typical puppy training, Mulligan has also learned how to take on her duties as a backyard superhero. Here’s what she’s up to:



Mutt Mulligan loves playing in the yard with her human, Kris Kiser

1. Getting to Know Her Backyard: A dog’s favorite “room” is the family yard, and Mo-Mo is no exception. She loves exploring her living landscape. As TurfMutt the superhero, she encourages everyone to realize that nature starts in your own backyard and community parks. Having green space accessible is part of a balanced, healthy life.

2. Sharing with Backyard Wildlife: TurfMutt advocates the family yard as an important part of the local ecosystem, offering food and habitat for all kinds of backyard wildlife, insects and pollinators. Mo-Mo has had to learn to share her outdoor space with deer, foxes, birds, butterflies and bees, and encourages everyone to do the same.

3. Reminding Humans to Spend Time Outdoors: One of the top tasks for TurfMutt’s top dog is urging people to get outside, work in their living landscapes and enjoy the

benefits of being in nature, starting in the safe space of our own backyards. Mowing the lawn, trimming bushes, playing fetch with the dog, planting a butterfly bush, or playing a game of tag with the kids are all ways to tap into the health and well-being the family yard can provide. Reducing stress, improving memory, boosting heart health, and more are just a few of the benefits received when spending time outdoors.

4. Putting the Right Plant in the Right Place: Throughout the year, Mulligan has been busy “helping” Kiser take care of the family yard. (She likes to dig holes.) As TurfMutt’s spokesdog she advocates selecting plants that are native to local climate zones, which is good for the environment and will ensure the plants thrive. (For more information refer to the USDA’s Plant Hardiness Zone Map.)

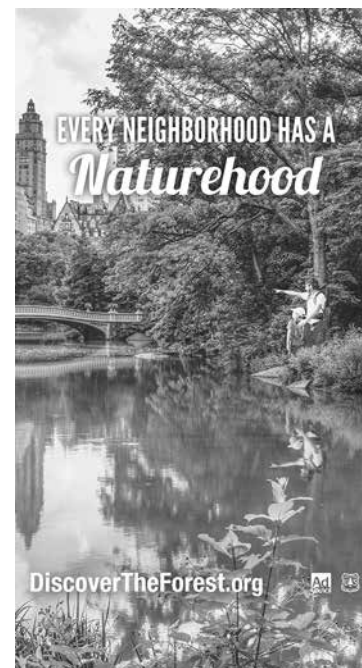
5. Sharing Resources for Families Stuck at Home: During these turbulent times, Mo-Mo reminds families about the TurfMutt resources available to them. The TurfMutt Foundation, with the help of educational leader Scholastic, offers free, online activities, e-books, and games and STEM-based lesson plans, to

teach kids in grades K to 8 basic science as well as get them outside.

6. Encouraging Families to Foster or Rescue a Pet in Need: Mo-Mo also is “pawing forward” her good luck in being adopted by encouraging families to consider fostering or rescuing a pet in need. Meanwhile, she has been a big help to Kiser and the other TurfMutt Foundation team members as they navigate this stressful time. According to a U.K. study, people who had relationships with pets had better physical and mental well-being during the lockdown period.

Learn More

To learn more about the TurfMutt Foundation, visit www.TurfMutt.com.



Hints for Homeowners

New shingles protect the curb appeal of homes

Increasingly, homeowners seeking to protect the curb appeal of their residences are looking up—at their roofs.

In many areas, roofs have black streaks caused by algae—and this is the top appearance-related problem reported to roofing contractors. Fortunately, homeowners don't have to accept the fate of algae making a roof look old before its time.

A new type of roof shingle provides a long-term solution to help prevent algae growth from taking hold—protecting your home and helping to keep it looking good for years to come.

Invented by 3M to combat black streaks on roofs caused by algae, copper-containing roofing granules have been proven successful on hundreds of thousands of homes across the country over the last two decades. Available as shingles with Scotchgard Protector, this long-term, proven solution provides homeowners a beautiful roof free from ugly black streaks.

Known for insisting on nothing less than the best product for the job, professional contractor and TV host Mike Holmes recently named these shingles a “Holmes Approved Product”—and is working to



Special shingles can help eliminate black streaks caused by algae

increase awareness among homeowners to help eliminate black streaks on roofs for good.

“I’m proud to partner with 3M and I’m excited to see how far we can take the message,” says Holmes. “Together, we’re going to continue to improve the quality of our homes, increase the value of our homes and change our industry for the better.”

This fall, The Holmes Group will partner with two Atlas Pro™ Plus contractors to transform homes in need of a curb appeal face-lift. The teams, led by Mike Holmes Jr. and Sherry Holmes, will work together to make over two homes with Atlas Pinnacle® Pristine Shingles with Scotchgard™ Protector. Viewers can tune in to the online microseries this fall.

“The Holmes name brings added value to the already highly respected Scotchgard brand,” says Stan Bastek, director of marketing and sales develop-

ment for Atlas Roofing. “When the Holmes group endorses a brand, they are communicating to consumers that they see the same problem we do: how ugly black streaks on roofs reduce curb appeal and home value.”

“The Scotchgard brand is synonymous with protection for homeowners, so protection from roof algae is the fulfillment of what that brand promises—a roof free of black streaks that retains its aesthetic appearance,” according to Frank Klink, Ph.D., senior laboratory manager, 3M. “Our decades of research into the scientific properties of copper, and field experience with shingle technologies and roof algae, have proven that a minimum 10 percent blend of 3M copper-containing granules uniformly distributed across the shingle surface, and hip and ridge, is required for superior protection against algae.”

To learn more, visit 3M at www.3M.com/resistblackstreaks.



Family Life

Eat, Love, Snap, Share

These days, it's still essential for families to stay connected. The last months have been challenging. More than ever people need family and friends.



Modern technology has gone a long way to help.

Skype and Zoom are marvelous tools but when the connection ends and the screen goes blank, what then? MyGrandKids, that's what!

MyGrandKids, a wonderful, free application that allows everyone in the family to snap and share their moment—the special and everyday. Sharing and staying connected is one of the ways that will help all of us get through these difficult times.

My GrandKids lets you instantly share those moments and memories with family and friends over a secure private network. It's the perfect organizer, that eliminates the frustration of searching for your favorite photos and videos of your grandchildren. With My GrandKids, there is no need going through emails, texts or posts, you go straight to them with one tap. And the great news is that it's free and available at either Apple's App Store or Google Play for Android devices.

Explains Boyd Pearce, a Silicon Valley veteran, “We decided to build a mobile app that

made it quick and easy for our kids to share photos and videos of our grandkids so my wife and I would never miss those special moments in their lives.”

Pearce further explains, “We designed My GrandKids to eliminate the frustration of searching for your latest and favorite photos and videos of your grandchildren and solve a problem that has been bugging families since the advent of the digital photo revolution. The app organizes your photos and videos into a handy reference gallery ready to be stored for easy access in self-designed albums. What could easier?

Another key benefit of My GrandKids is that a whole family can easily share linked albums with a single Invite. By simply accepting an invite from the originating family member, the family albums are imported and everyone is automatically connected to a secure private network with no setup required.

Almost instantly the whole family is ready to share photos and videos with everyone.

Holiday Gift Ideas

Four personalized gift ideas for some of the hardest people on your shopping list

If you're like many people, you're sometimes stumped by what to give certain special folks on your list: your grandma, your mother-in-law or a cousin you rarely see.

Fortunately, when in doubt, you can still give a gift that's personal. There are lots of creative solutions for everyone—especially those hard to shop for—at Zazzle, the world's destination for customization.

For In-Laws

Make their day with a comfy cozy, personalized fleece blanket, adorned with a photo collage, funny saying or a nod to a favorite vacation destination. If you're planning to bond over a mutual love of "wine time," consider a reusable wine tote bag paired with a bottle of their favorite varietal.

For Nieces, Nephews, Cousins, and Grandkids

Don't be befuddled by gifts for the kids. Inspire their imaginations with a gift that features a favorite character from Disney, Sesame Street or Harry Potter such as a personalized Elsa t-shirt or Gryffindor notebook.

For Grandparents, Godparents and Great-Grandparents

Grandparents and the like have probably accumulated a considerable number of possessions in their time, so it's



important that their gifts have special meaning. Remind them that you're always with them, even between visits, with a custom family photo acrylic block. immortalize last year's holiday gathering, a birthday party or your special Sunday traditions with a photo block that brings those memories to life. Pair this lovely photo gift with a personalized mug that showcases their favorite Star Wars character or phrase.

For Neighbors and Casual Acquaintances

Though they might not be at the top of your list, don't forget your neighbors, the mail carrier and other distant friends this year. Go in the handmade direction for these recipients and cook up a batch of cookies or sauce, packaged up with a custom gift tag and sticker. The kindness and thoughtful nature of this gift offers a sentiment that will last far past Christmas.

When you tackle holiday shopping on Zazzle, yours can be the most personal gifts under the tree.

Learn More

For further facts and to see all the great gifts available, visit www.zazzle.com.

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Health Alert for Seniors

Many older Americans heading into the Holidays feeling depressed

Nearly two-thirds of seniors who feel depressed won't seek treatment

Many older Americans say they feel depressed—yet the majority of them are not planning to get help, according to a new national survey—though it could make a tremendous difference in their health and well-being.

With the onset of colder weather, fewer daylight hours, and the effect of the pandemic on holiday celebrations and traditions, more seniors than ever could be struggling with depression.

The GeneSight Mental Health Monitor reported that about two-thirds of adults 65 and older who are concerned they may be suffering from depression say they won't seek treatment. That's compared to fewer than half of adults over age 18. In addition, three in 10 of these older adults think "they can just snap out of it."

"The 'pull yourself up by your bootstraps' mindset and reluctance to talk about mental health may be preventing seniors from getting the help they need," said Dr. Mark Pollack, chief medical officer of Myriad Neuroscience, makers of the GeneSight test, a genetic measure that identifies potential gene-drug interactions for depression medication. "People seek treatment for condi-



The isolation of the pandemic can cause some older Americans to feel depressed—but doctors can help

tions like heart disease, high blood pressure or diabetes. Depression is no different. It is an illness that can and should be treated."

One GeneSight patient, Carmala Walgren, a 74-year-old resident of New York, agrees that depression should be treated regardless of age.

"There is such a stigma about depression among people my age," said Walgren. "It is worth it to find treatment that helps you."

Canceling Holiday Celebrations and The Effect on Mental Health

The pandemic is taking a toll on the mental health of older Americans. Nearly one in four people over age 65 said that the news about the pandemic has left them "feeling consumed with sadness." For

those seniors who think they might have depression, the number climbs to nearly 4 in 10. Concerns about COVID are also why more than one in three seniors worried about being depressed say they are "somewhat" or "very likely" to cancel holiday celebrations such as Thanksgiving.

Even as some consider canceling holiday festivities, isolation from friends and family remains a concern. Just under half of these seniors say they feel "isolated and disconnected from family," compared with 28% of all respondents over age 65, and 24% of respondents over age 18.

Connecting Can Help with Depression

Parikshit Deshmukh, M.D., CEO and medical director at Balanced Wellbeing, LLC, specializes in geriatric psychiatry. According to Dr. Deshmukh, families should make plans to connect virtually if they don't feel comfortable about getting together in person. Further, caregivers should be vigilant in looking for the signs of depression in their older loved ones.

"It's more important than ever to let each other know we care and that we are not alone—

even if it feels that way," said Dr. Deshmukh. "Video calls might not be for everyone. Yet, if that's the only way to stay in touch, we need to do it."

And Dr. Deshmukh reminds seniors to talk to their doctors. "If your clinician recommends treatment, ask about the GeneSight test. The results can help them make decisions about medications to treat your depression."

That's just what Carmala Walgren's doctor did. "The results I got from this personalized genetic test helped my doctor and me to finally find the medication that worked for my depression.

He told me that because I was covered by Medicare, there would be no cost for me to take the test.

"The GeneSight test made such a difference in my life," added Walgren. "I don't know where I would be without it, especially now."

Learn More

For further information on older adults and depression, visit www.genesight.com/olderadult.

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-COLBY adopted 06-18-11

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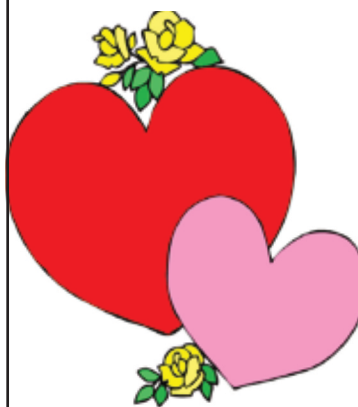
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Crossword Puzzle Answers from page 15

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16	R	E	T	E		17	L	E	E	R		18	A	T	U	R	N			
19	N	E	W	S	20	P	A	P	E	R		21	D	U	D					
22	E	L	I		23	E	N	S		24	25	I	C	E	P	I	C	K		
28	S	E	N	T	29	R	A		30	S	T	A	R		31	T	A	I		
32	T	R	E	A	D		33	A	M	O	R		34	R	E	D	D			
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38	A	N	N	A		41	O	R	L	Y		42	A	T	R	A	S			
46	B	O	A		47	F	E	E	L		48	T	R	U	E	S	T			
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57	S	E	E	T	O		59	E	R	E	I		60	E	R	D	A			
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64	M	A	S	T	S		65	T	S	P			66	A	E	R	Y			



With A Heart for Seniors



Are You Seeking a Care Facility For Your Loved One?



Matt Posselt, owner of Ivy Glenn Terrace; Melissa Schusler, Residence Care Placement Specialist; Ily Ambrose, care facility resident, and Pia the caretaker

censed assisted living facilities and organizations dedicated to board and care, memory care, hospice care or respite care. It also has close ties with the Alzheimer's Association, Council on Aging, Home Care Agencies, Veterans resources, Adult Protective Services and Social Services.

To learn more about this unique service, we asked Melissa Schusler, placement specialist with RCPS, to answer some key questions typically asked by families and friends who are in similar situations:

SR: I know this is a basic question, but why does RCSP exist?

MS: We take the load off our clients and their families to narrow down the search to a few homes we feel are appropriate. We then schedule tours with the families. Whether the transition needs to take place immediately or within a week or months, we will successfully handle the entire search.

SR: How do you determine what level of care is required for each resident?

MS: Initially, we assess each unique situation, and get to know the family and the res-

ident. The more we know about them, the better we can offer our expertise for assistance. After we assess the resident's care needs, personality and preferred locations, we work with the family budget to ensure appropriate placement.

SR: What steps do you take to find a facility that is the right fit?

MS: We pre-tour every home or facility to assess their care plans, to see what types of caregivers are on duty and their training. We look at the quality of their meal plans, medication management, and activities and programs offered. We also ensure that the facilities have hospice waivers and have passed State of California inspections.

SR: What is the cost of using RCPS services?

MS: Our services are free to those who need them. We receive our commission directly from the facilities after a transition has been made and the clients and families, facilities and owners are all comfortable, safe, content and happy.

One such satisfied customer is Ginny from Lake Forest who told Schusler: "I am so grateful to have found you. Not only did you find a home quickly, but you knew immediately what I wanted for Mary who has Alzheimer's." Another is the Ambrose fam-

ily in San Clemente: "Thank you for all the hours of searching and getting to know Polly, her needs and the needs of our family. The confidence and experience you shared with us helped us believe it was possible."

And the vice president of development for the Alzheimer's Association said this about RCSP:

"Thanks for your help. Those we serve found a window of hope."

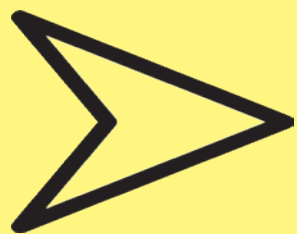
According to Schusler, "We at RCSP take pride in searching for That Age In Place Home. We have the knowledge and resources to support all unique needs, preferences and desires of our clients and families. We offer suggestions and support during all types of transitions."

For more information about RCSP, you are invited to call Schusler at the office (949) 413-4582, her cell (949) 412-5947 or toll-free (800) 763-1433. Her email is mel4seniors@gmail.com

See our ad on the back cover



Founded in 1997, the company has developed close working relationships with state-li-



In The Spotlight

Pat Wilkinson of Laguna Woods Village

Living in Laguna Woods Village, a community of more than 18,000 residents over 55, has many perks and for Pat Wilkinson that's a good thing.

Despite COVID-19 lockdowns since March many enjoy living here like Wilkinson who also heads up the History Center.

Here's more about Wilkinson who was born in San Francisco and raised in Larchmont, N.Y., a suburb of NYC.

Q: What is your educational background?

A: H.S. – some college – then Berkley Secretarial School.

Q: When did you move into LWV? Why?

A: My husband, Ron and I moved into Leisure World in 1997. We moved here for its beauty, its recreational activities like golf and tennis and all the other activities that were available.

Q: Tell us in a few sentences about your role at the History Center.

A: I became involved at the History Center back in 2013 mainly because of my photography and friendship with Bob Ring, who was the president at the time. He asked for my help in producing the 50th Anniversary Book, which turned



into a 2 year project. Also, I'm giving over digital history that I have on my computer for the History Center to archive if they wish.

Q: What keeps you young at heart?

A: My kids, my photography, my computer projects and my bridge and book club friends and in particular my involvement with our Cat Club here in the Village.

Q: How are you coping with the lockdowns? In other words, what are you doing to keep yourself busy?

A: I'm 85 with an autoimmune disease, so I stay pretty isolated. Mostly visits with family and neighbors. I am gathering together years of photography

and creating videos for our family and friends. Also – cleaning out 20 years of politics from here in the Village that I have been involved in over the past 20 years.

Q: Married? Kids? Grandkids? Pets?

A: Ron and I were married for over 60 years when he passed away in 2016. We have two daughters, one lives in Ireland and the other in Dana Point, and one son, who also lives there. AND, I have a precious little Tuxedo Cat named Missy, who I love and adore – she keeps me sane.

Q: What are your words of wisdom for other seniors?

A: Stay healthy and happy by finding what works really well for you. Treasure your friends and family – and give them as much of yourself as is possible. And, give back to the community by offering service in whatever way you are able.

Q: Any charity work or volunteering? What makes it special for you?

A: I've been involved in many clubs, from Opera 100, the Camera Club, the History Center, building websites for political groups, the Foundation of Laguna

Woods and now, my beloved Cat Club. They all are special in their own way, and I love all the friends I have gleaned from those years of giving back.

Q: Three things you like and three you don't?

A: Chocolate, audio books (I'm pretty deaf and it helps my word recognition), flowers – Irrational behavior, snakes.

Q: What did you dream of as a kid in terms of career?

A: I wanted to work in NYC – which I did for Time-Life – and I wanted to get married and have kids! Pretty normal for my generation.

Q: What are you retired from?

A: I was an entrepreneur actually – started several businesses over the years. Mostly in the design field. Later I got into floral design selling to small businesses and doing shows in Orange County. I loved it all

Q: Hobbies? Spare time?

A: I guess I can say my computer is my hobby – I create and that is what I really enjoy doing. I still garden some and read a lot.

Q: What did your parents do?

A: My mother raised my younger sister and me. My dad worked his way up thru the ranks of Shell Oil Company to a top position – he was

a remarkable man. We had a wonderful family life – I was very blessed.

Q: Parting words?

A: I look back on my life and I feel so very blessed by all Ron and I were able to do, the places we went – the love of our children and our very large extended family. The Village couldn't be a better place to live out one's life. You can give or not, you can 'do' or not, but the one thing you have is a kind and friendly community, full of people just like yourself.



Tinseltown Talks

By Nick Thomas

Neil Sedaka Still Singing Through the Pandemic

Many performers have recorded videos of encouragement for fans throughout the COVID-19 pandemic months. But few, if any, have been as prolific as Neil Sedaka.

With more than 150 mini-concerts posted since April on his YouTube channel NeilSedakaMusic, the singer, pianist, and composer of 60s hits such as “Calendar Girl” and “Happy Birthday Sweet Sixteen” continues to churn out the casual performances from behind his home piano several times a week and plans to con-



Neil Sedaka at his piano in his Los Angeles home about to record a new mini-concert - provided by Neil Sedaka

tinue into the Christmas season and beyond.

“The response from people all over the world has been unbelievable, even those who

were never really Neil Sedaka fans before,” said the 81-year-old singer from Los Angeles. “They can’t believe my body of work.”

Sedaka’s repertoire would impress any artist.

“I started writing songs when I was 13 and have composed over 800,” said Sedaka who, in late March, was one of the first entertainers to post a video of hope during the early pandemic days in the US in the form of rewritten lyrics to “Oh! Carol,” his hit from the late 50s.

A week later, his first mini-concert – filmed by his wife on a cellphone from their New York home with the family parrot in the background – consisted of a medley of a half-dozen Sedaka hits.

“I just thought the music could be therapeutic for people locked down at home,” he recalled. “Then people began requesting songs on my Facebook page, so I decided to continue the mini-concerts.”

For Sedaka, too, the performances have helped get through the months of isolation after moving to the family’s Los Angeles home earlier in the year.

“I’ve continued to play all the big hits, but I’ve also done a lot of my lesser-known songs

that I like to call my forgotten or neglected children,” he said. “Some of them I wrote 60 years ago and haven’t played for years, so it can take a while to relearn the lyrics along with the chords and rhythms. But it’s been very enjoyable for me as well.”

Trained as a classical pianist at New York’s Juilliard School, Sedaka discovered pop music as a teen and teamed up with lyricist Howard Greenfield to co-write the songs mentioned above and many more. In later years, other hits were written with Phil Cody (“Laughter in the Rain,” “Bad Blood”) but Sedaka’s love for classical music never waned.

“There are not many singer-songwriters of my era who can play Chopin, Debussy, and Bach!” he said. “I’ve even performed a few piano pieces during the mini-concerts.”

Like other artists, Sedaka’s live tours have been postponed until 2021 (see www.neilседaka.com) and he says the mini-concerts have helped fill the void all entertainers are experiencing this year. He’s also been appearing monthly on the Sirius XM channel ‘50s on 5’ with his program “In the key of Neil.” While he’s looking forward to returning to live concerts next year, don’t expect to hear any new Neil Sedaka songs since he stopped composing several months ago.

“I felt if you can’t top it, you should stop it,” he said. “I think the reason I’ve been around so long is I’ve always been able to raise the bar, reinvent Neil Sedaka, and to develop and grow. It’s still very gratifying to hear my music played on the radio – the songs will outlive me.”

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 newspapers and magazines.



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Life After Mother

By Lyn Jensen

A new column explores navigating probate and estate issues from personal experience.

Sorry, USC, My Mother Two-timed You

My mother willed her body to medicine — twice — first to the University of Southern California's School of Medicine. Apparently, without withdrawing that donation (which is supposed to be done in writing, or at least with witnesses) she turned around and donated it to UC Irvine School of Medicine near her life's end.

When I tried to talk to my mother in her final years about the USC donation, the only one I was certain about, I only got, 'No! No! Not USC! UCI! UCI!' When I asked about the change, that only got more, 'UCI! UCI!' When I asked about a phone number or paperwork, 'You don't need that! UCI! It's UCI!'



I knew about the USC donation because I remembered my parents' discussing it. Motivated more by the possibility of a tax write-off than altruism, they agreed to donate their bodies to USC in 1977. My father, when facing his last days, was at least conscientious enough to give me a phone number.

When a hospital employee asked me about the disposition of my mother's body, I could



only guess a donation to UCI best represented her wishes. I didn't have a phone number but the hospital provided one.

When I called the number and explained, there was a pause, a clicking of keys, then, "She's not in our system."

I was about to hang up and call USC when the person on the other end of the line said they could take the information and make arrangements over the phone. So I did.



USC had offered me the option of returning my father's remains. Getting his remains back and determining their final resting place proved complicated. I weighed my options: scatter his ashes and dispose of the container my-

self, pay a professional service such as the Neptune Society, or inter the ashes in a cemetery. Since he was entitled to be interred in a veteran's cemetery, all expenses paid, that's what I did.



My mother wasn't covered by veteran's benefits but this time the solution was simple. UCI doesn't offer the option of returning the remains. It seems to the scattering of the ashes.

I found records of the donations to both schools only when I moved into my mother's house and tackled the job of clearing away a lifetime of papers. The USC paperwork is dated May 18, 1977 and witnessed by the next-door neighbors at the time. The UCI paperwork is dated Dec. 8, 2013 and witnessed by the current next-door neighbor and his wife — the one my mother insisted she didn't know. Under next-of-kin my mother put, "Self." A donor card was provided to be carried in one's wallet, billfold, or purse. Obviously, it wasn't.

Two things bother me: the UCI woman couldn't find my mother in her system — perhaps the paperwork was never properly

processed — and I apologize to USC for my mother stiffing their willed body program.



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