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Carly Simon

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—Carly Simon



What's Inside....

Calendar of Events	5
Flashback	6
Classifieds	7-8
Song Preview	9
Off The Beaten Path	10
In The Spotlight	11
Book Club	13
Carly Simon	15
Long Beach	18
Fabulous Finds	21
Life After Mother	22
Busy Boomers	25
Movie Preview	26
Tinseltown Talks	28
Gadget Geezer	33

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Working With A Screw Loose

By Jim McDevitt



I think we all have heard the term, 'that guy has a screw loose.'

Well, I do have a screw loose. But let me explain. It was a very cold day down in the 20s on our mountain area when my wife asked me to install four solar motion detector lights in our backyard. She wanted the lights to better keep an eye on our two dogs when they go in the backyard at night to take care of business.

I have no idea why I didn't wait for a warmer day to do this chore but it does show you how little I think. I went down to the basement to locate the right screwdriver I would need. Then came back upstairs and looked for a marker so I could mark the place the screws should go. My wife and I went down into the backyard and she picked the four spots she wanted for the solar lights.

I left a solar light at each spot that she wanted. Then I fished out of the box the tiny installation screws in a small plastic bag. Each

light had two small holes, one on each side to attach them to our wooden fence.

The two holes in the solar light were so small that I had to use a flashlight to spot them. The two screws for each light were so small that I probably should have used tweezers to hold them when I screwed them into the fence. I had a small drill bit that did the trick to start a hole in the fence for the screw. After the holes were drilled, I held a screw between my two arthritic fingers and started turning the screwdriver. By some miracle, I was able to mount the first one without any mishaps. After that, my luck ran out.

I was on the second solar light, holding the tiny screw between two fingers and attempting to screw the screw in place when the screw slipped out of my fingers to the ground. You would think I would find it right away since I was down on my hands and knees searching but after 10 minutes I gave up. It was like Houdini, here one minute, gone the next. That meant I was going to be missing a screw. I used the screws in another solar light to complete the installation. The next light

I installed without a problem but I was short one screw for the last light.

I went back down to the basement where I keep my tools and have some extra screws. All the screws were too big. Finally, I convinced myself that I could force this bigger screw into the hole. I took two of them just in case I lost the one remaining screw. I went back up the stairs and then down into the yard. By now my breath was producing a fog with each breath I took. I drilled the last two holes and took the one remaining screw that fit and promptly let it slip out of my fingers. This time I only looked for a minute or so before I gave up.

Using the two larger screws I was able to mount the remaining solar light. So now I had two loose screws which some people who know me would say is not a surprise. My two dogs were watching me intently probably worried I would damage their yard. So, to sum it all up I now can tell my friends I have two screws loose. The moral of the story is that you always get the job done, even if you have a screw loose.



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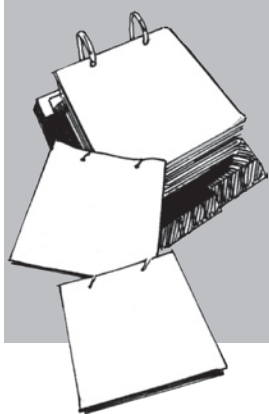
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January Calendar of Events



(ED Note: Please check with each venue or event before attending. Many events, classes and regular events have been canceled due to the ongoing COVID-19 pandemic lockdowns in each community/ city).

Fiesta Association Hairiest Man Contest San Juan Capistrano January

Call for 2021 information

One of the wackiest contests the Fiesta Association hosts. You must come to the sign-ups with a "Smooth Puss" (clean-shaven) and ready to be photographed for the "Most Wanted" poster. You then have 8 weeks to grow a beard or mustache that will be judged at the Fiesta Grande in March. There is a \$5 entry fee which goes to support the Swallow's Day Parade. At, Swallows Inn, Ortega Hwy. and Camino Capistrano, San Juan Capistrano. Call, 949-493-1976.

TET FESTIVAL Costa Mesa

January

Call for 2021 information

Helping preserve Vietnamese culture, the Tet Festival attracts 100,000+ audiences and hundreds of booths over a three-day weekend. Visitors may

enjoy an array of traditional foods, live entertainment, festive games, and customs celebrating the Vietnamese Lunar New Year. At, OC Fair and Event Center, Costa Mesa. Call, 714-388-6711.

Brewer Brothers Model Kit & Hobby Expo Huntington Beach

January

Call for 2021 information

For Model Kit and Hobby lovers, Old World Village will have vendors lined up this year including multiple model kit vendors (Cars, Ships, Planes, Helicopters, Tanks, and Armored Vehicles), 1/6 scale figure and armor vendors, toy soldier vendors, miniature gaming vendors, military book and decal vendors, documentary and movie DVD vendors, die-cast toy vendors, etc. The traditional model "make and take" for first-time builders. Tickets are \$6 at the door and children under 12 are free. Parking free. At, Old World Huntington Beach, 7561 Center Ave., No.49, Huntington Beach. Call, 714-895-8020.

Main Place Mall's Lunar New Year Event Santa Ana

January

Call for 2021 information

Celebrate the Year of the Pig

with fun for the whole family in Macy's Court and Center Court. Enjoy face painting, a balloon twister, crafts, stilt walkers, calligraphy artist, Wishing Tree, lion dances, giveaways, and more. Performances hosted by the UVSA (Union of Vietnamese Student Associations of Southern California). At, Main Place Mall, 2800 N. Main St., Santa Ana. Call, 714-547-7800.

SnowFest Lake Forest Saturday January

Call for 2021 information

Annual winter event where you can hit the snow-laden slopes at Pittsford Park. Grab the grandkids, the camera, and friends and play in the snow. Sleds and saucers will be available to slide down Mt. Pittsford. There will also be a free snow play area for kids 10 and under open during the entire event. Check out additional attractions and games at the event. Food and drinks are available for a nominal fee. Pre-registration is mandatory. Sledding wristbands are usually sold out by the time of the event. Everyone who sleds down the hill must have a pre-purchased wristband. At, Pittsford Park, 21701 Pittsford Drive, Lake Forest. Call, event

hotline at 949-461-3459 for rain date and more information.

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.)

Come see the short-legged but swift 'wiener dogs' race to the finish line once a month at Old World Village. Arrive early and stay for lunch on the dog-friendly patio. \$3 admission fee for adults, \$2 for kids. At, Old World Village, 7561 Center Ave., Huntington 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

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Continued on page 23

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By Randal C. Hill

‘POW!’ ‘OOF!’ ‘CRASH!’

“*Batman*” featured an ear-candy theme song, barbaric death traps, innovative gadgets, and repulsive villains (each one represented by a celebrity guest). The show was played for laughs all the way and poked fun at melodrama while injecting pop-culture references into the action. With all this rolled into a presentation best described as “camp”—something so bad or corny as to be declared “good”—how could it have missed?

The answer? It couldn’t. And didn’t. For a while.

“*Batman’s*” executive producer was William Dozier. Before his 1966 – 1968 series went into production, Dozier read through numerous “*Batman*” comic books — he had never read a comic book in his life — before admitting, “I had just the simple idea of overdoing it, of making it so square and so serious that adults would find it amusing and kids would go for the adventure.”

The series was the ultimate DC Comics adaptation for the small screen. Unveiled as a sometimes satirical, sometimes slapstick sitcom, “*Batman*” starred Adam West as businessman Bruce Wayne/Batman. West (born William West Anderson) earned a B. A. Degree in literature, then worked as a military radio

announcer and a milkman before becoming a TV and movie actor. Burt Ward, a karate expert, and former standout high-school athlete was attending college and working in his father’s real-estate office when, just out of his teens, he earned the sidekick role of Dick Grayson/Robin. (In the process, Ward beat out future TV star Lyle Waggoner.)

Batman and Robin were crime-fighting goofballs who defended fictional Gotham City against a plethora of preposterous villains who were always involved in exaggerated situations. The “Dynamic Duo” heroes took these situations seriously, of course, which of course added to the merriment.

TV’s “*Batman*,” the only prime time laughathon without a laugh track, was developed on the most ridiculous of premises: Two costumed and masked vigilantes were working hand in hand (or hand in glove) with a bumbling police department that was constantly baffled by the bad guys. The ingenious storylines featured simplistic morality in a humorous vein. In each episode, Batman and Robin pursued dubious clues that revealed the supervillain’s plans and, in the end, always saw the pair capturing the evildoer.

“*Batman’s*” producers brought in as many wicked foes as possible, including the now-iconic Riddler (Frank Gorshin, John Astin), the Penguin (Burgess Meredith), the Joker (Cesar Romero) and Catwoman (Julie Newmar, Eartha Kitt).

The popularity of the first season’s show generated an avalanche of “*Batman*” merchandise, which included trading cards, scale-model Batmobile kits, coloring books, board games, and Hot Wheels cars.

The series offered 120 action-packed half-hour episodes. In time, however, the novelty of the show began to wear thin, and by the end of the third season, *Batman* had lost much of its Batluster. Eventually, “*Batman*” winged its way to lucrative Syndication Heaven. Later, Hollywood producers would try to create their comics-based TV series by offering “*The Green Hornet*,” “*Dick Tracy*” and “*Wonder Woman*,” but by then the burned-out viewing public simply wasn’t buying it.

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'I Hear You Knocking'

Dave Edmunds

By Randal C. Hill

In early 1971, UK musician Dave Edmunds's high-decibel guitar licks, nasal lead vocals, and floor-stomping beat made his version of "I Hear You Knocking" a prime example of "pub rock." Pub (short for "public house" or bar in England) rock was a musical genre popular in the UK during the early to mid-1970s. Loud and raw, its primitive approach to the music flew in the face of the more refined "glam" style. (Think Queen and David Bowie here.) Pub rock laid the foundation for punk rock that came later in the decade.

Born in Cardiff, Wales, in 1944, Edmunds had drifted through several bands since age 10, when he and older brother Geoff formed a rock-in' piano team called the Edmund Brothers Duo. Dave later played in a series of minor-league bar bands.

His first taste of success came as the lead guitarist in the Welsh rock trio Love Sculpture, which scored a British Top 5 single with the rapid-fire instrumental "Saber Dance." When the group disbanded, Edmunds turned to record production and worked with English rockabilly artist Shakin' Stevens, whose material was often culled from classic 1950s American recordings. This is when Dave became aware of "I Hear You Knocking."

So, had Edmunds perhaps heard the earlier hit version by an American woman? Gale Storm (born Josephine Cottle) was the pert, pretty, and squeaky-clean star of the 1950s TV show "My Little Margie." In 1955, she scored a No. 2 *Billboard* winner with "I Hear You Knocking." Storm's biggest career hit was a blanching offering of an obscure R & B (rhythm-and-blues) tune from earlier that year. Gale's "cover" 45 was typical of many such releases at the time; major record labels frequently brought in white artists to copy R & B best-sellers (which were usually released on small independent labels) to target record-buying teenagers with allowances to spend.

While Edmunds may or may not have heard the Storm disc, he was probably more taken with the gritty original, a little-known recording by Smiley Lewis. Louisiana native Lewis (born Overton Lemons) was once labeled by a music journalist "the unluckiest man in New Orleans." It's not hard to see why. Often when Lewis performed in Big Easy bars, he was handed only money from the tip jar. He usually rode to gigs on city buses after toiling all day at manual labor. Smiley's nickname came from his having no front teeth.

During his recording tenure,

Lewis cut a few R & B winners, but three of his most popular became pop best-sellers for others. Besides Storm's smash, Smiley's "Blue Monday" from 1954 became a Top 10 single by Fats Domino two years later. And Lewis's "One Night (of Sin)" was cleaned up in 1958 to provide Elvis Presley his 27th Top 40 success.

Edmunds could never repeat the triumph of his one infectious hit. "I Hear You Knocking" became his signature song, though, and earned him a gold-disc award for international sales of 3 million 45s.

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Did You Know: Coto de Caza: Home to Well-Known 'Housewives'



Coto de Caza is a community in South Orange County best known for the setting of the Bravo TV reality show "The Real Housewives of Orange County."

Photo: SteveHedin, CC BY-SA 3.0 <<https://creativecommons.org/licenses/by-sa/3.0/>>, via Wikimedia Commons

The scenic community of Coto de Caza is known as a unique, private, and gated community in South Orange County with big homes and well-known housewives.

But did you know besides the place where the Bravo reality-based TV show, "The Real Housewives of Orange County" is set, Coto de Caza has more interesting facts.

According to the 2000 US Census, Coto de Caza had a total population of 13,057.

The rural community has around 4000 homes, and it is one of Orange County's oldest planned communities.

The first residents of the area known as Rancho Santa Mar-

garita were Shoshonean Native Americans called Acjachemen.

The land was purchased in 1843 by Juan Forster who renamed it "La Victoria."

The name "Coto de Caza" does not translate to "Preserve of the Hunt" in Portuguese as many believe. It is Spanish for "Hunt Reserve" also meaning the reserve is private.

The Thomas F. Riley Wilderness Park has an array of Oak groves and many of Orange County's Heritage Trees. Barley, browsed by Mule Deer at morning light, is the last remnant of Wagon Wheel Canyon's ranching history.

And the Wagon Wheel Park

Bike Trails offer rolling hills, sycamore groves, and views of the surrounding area. It is known to be an enjoyable ride for the casual biker due to its roughly 5 miles of trail. Fees: \$2 and requires an exact change in an envelope.

"The Real Housewives of Orange County" also known as "RHOC" is an American reality television series that premiered on March 21, 2006, on Bravo. To date, it has aired 15 seasons and focuses on the personal and professional lives of several women residing in Coto de Caza, according to Wikipedia.com.

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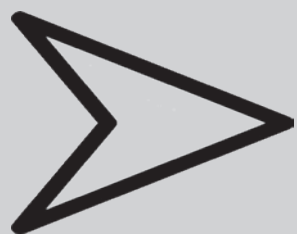
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— Albert Einstein

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In The Spotlight

Fred Cantor Author of 'FRED FROM FRESH MEADOWS: A Knicks Memoir'

Fred Cantor, 67, a part-time resident of Laguna Woods Village, who has earned acclaim as a writer and/or producer on films, books, songs, and plays has a new book from The Strickland Press, *"FRED FROM FRESH MEADOWS: A Knicks Memoir."*



And it's for a good cause; he has earmarked 100 percent of his author's royalties to go to the John Starks Foundation, whose mission is to provide "monetary grants to N.Y tri-state and Tulsa area college-bound high school seniors who demonstrate academic excellence, financial need and a commitment to community service."

"As a kid, Cantor was at Madison Square Garden for the 'Here Comes Willis!' game — that is, the one where Willis Reed got stuck in traffic and didn't show up 'til the second quarter. In high school, he stayed up late the night before the SATs because of a big Knicks game on the West Coast; in law school, he chose where to live based on which neighborhood had a Cable TV package with Knicks telecasts; and, like an (in theory) mature adult, settled on an apartment in Manhattan based, in part, on proximity to Madison Square Garden.

"Along the way, he might have inadvertently caused Jerry Lucas to have one of the worst shooting nights of his playoff career, had the great pleasure of driving with Earl Monroe to a business meeting, sued Kareem Abdul-Jabbar to get revenge for Knicks fans, and was thanked by Tyson Chandler on Twitter for a song he co-wrote: 'The Minister of D.' (Actually, the part about the lawsuit is only half-true, although he did bring a fascinating legal action against Kareem)," all according to the back of the book jacket.

Here is more about Cantor who recently shared his thoughts with the Senior Reporter.

Q: Where do you reside?

A: My wife and I own a co-op apartment in Westport, CT and we have been renting in Laguna Woods Village for five months each winter although we have remained out here during the pandemic—unable to fly home due to my health issues.

Q: Where did you grow up?

A: I grew up in Fresh Meadows, Queens, NYC, and then Westport, CT. My father worked as a salesman in textiles and my mom was home full-time.

Q: Education?

A: I graduated from Yale University, with a B.A., and the University of Connecticut School of Law, J.D.

Q: Career aspirations

A: I wanted to become an attorney — and I did, working a significant portion of my career in consumer protection and regulatory law.

Q: Are you retired?

A: I stopped working as an attorney roughly 11 years ago due to health issues.

Q: Family?

A: I have been married for 38 years. My wife, Debbie Silberstein, is a retired attorney and we met in law school. No kids. No pets.

Q: Tell us more about the book?

A: My book started as a personal project — something to transport me from the pandemic. Among other things, I enjoy doing online historical research. But, as I shared portions of the manuscript with old friends, I realized my

memoir could very well have appeal to a broader audience. So, I reached out to The Strickland, a relatively new website for Knicks fans, about the possibility of publishing it and they were enthusiastic.

Q: Why the Knicks?

A: I have been a diehard fan of the Knicks since the 1960s, and I wanted to capture the essence of what it's like to be an irrational, passionate fan of a team through thick and thin while being responsible and rational in all other aspects of one's life.

Q: Is this your first book?

A: This is my third book and I wrote the primary draft in roughly six weeks. My other two books are *'FRESH MEADOWS,'* a photo history book that is part of the Images of America series from Arcadia Publishing—and I am a co-author and *'The Autumn of Our Lives,'* a 1996 soccer memoir that is long out of print.

Q: This book helps charity ... how so and why did you choose that one?

A: I have done other creative projects that have had charity components. I chose the John Starks Foundation because it was founded by a popular former Knicks star and its mission of providing financial as-

sistance to college-bound kids in need is one I embrace.

Q: Who should read this new book?

A: While the book is primarily targeted at Knicks fans, I think passionate fans of any team will be able to relate to—and enjoy reading about—my experiences.

Q: Hobbies, spare time?

A: I am limited by my health issues in terms of what I can do physically. But I enjoy reading and, in normal times, my wife and I enjoy going to the theatre and movies. My other creative projects have included co-creating a feature documentary (which premiered at the Boston Film Festival) and an award-winning documentary short, conceiving and then ultimately producing a rock musical (which premiered at the New York International Fringe Festival), and writing lyrics for songs that have been recorded by The Remains, Charlie Karp, and Michael Mugrage.

Q: Where can folks get the new book?

A: The new book is available exclusively on Amazon as The Strickland Press and I utilized KDP Amazon's print-on-demand program, which enabled us to get it into the marketplace quickly for the holiday season.

Planning for your financial future

Why Long-term Care Should Be a Retiree's Top Concern

For many Boomers, retirement may involve taking vacations, taking up a new hobby, and spending more time with family, friends and the grandchildren.

In anticipation of these activities, Boomers work diligently to build up their next egg. But as Boomers age, and as healthcare costs rise, one item they must account for is care in retirement. Unfortunately, too many are failing to prepare.

According to the Center for Secure Retirement and Bankers Life, 79% of middle-income Boomers have no money set aside specifically for their retirement care needs.

With this in mind, they should take the following steps to help protect their nest eggs:

1. Keep moving. Good physical health can lead to a more active life, improved mental and emotional health, and reduced medical expenses. By keeping yourself healthy and fit, you may be able to lower your premiums and potential future costs. Set time aside each day to stay active—your health and your bank account will thank you.

2. Save, save, save. It's never too early to start financially planning for retirement care. Recent data from the Center



It's never too late—or too early—to seek help and to better understand your financial plan and current healthcare coverage to try to prepare for unforeseen situations in the future.

Learn More

For further facts and tips on planning for retirement, visit www.bankerslife.com.

for a Secure Retirement and Bankers Life shows that more than half (54%) of working adults say their retirement planning has taken a hit amid the COVID-19 pandemic. Protect yourself from further unforeseen impact by taking advantage of tools and resources that can help you better prepare for the high costs of long-term care.

3. Talk to your children and family members. Although it can be difficult, it's important to have conversations about how you want to be cared for as you age. You may want to stay in your home and receive care in-place, or you may expect loved ones to provide this care. It's helpful to include a financial planner in these conversations to provide an unbiased answer to your family's questions. Sharing preferences and developing a plan can help make the transition easier and give you and your loved ones peace of mind.





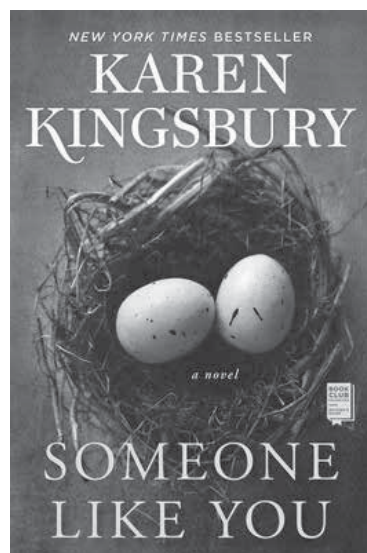
January Book Club

It's a new year and time to turn the page — why not do it literally by picking up or downloading a new book to read. Below are some new releases available and ready to explore.

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.

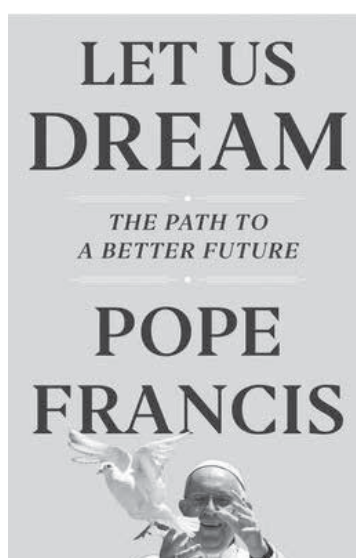
“Dawson Gage's life was destroyed when London Quinn, his best friend and the only girl he ever loved, is killed. In the hospital waiting room, London's mother reveals that London might have had a sibling. The frozen embryo she and her husband donated decades ago. When Dawson finds Maddie and brings her 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.

Let Us Dream *The Path to a Better Future*

By Pope Francis and Austen Ivereigh

“In this uplifting and practical book, written in collaboration with his biographer, Austen Ivereigh, the preeminent spiritual leader explains why we must



— and how we can—make the world safer, fairer, and healthier for all people now.

“In the COVID crisis, the beloved shepherd of over 1 billion Catholics saw the cruelty and inequity of our society exposed more vividly than ever before. He also saw, in the resilience, generosity, and creativity of so many people, the means to rescue our society, our economy, and our planet. In direct, powerful prose, Pope Francis urges us not to let the pain be in vain.

“He begins *'Let Us Dream'* by exploring what this crisis can teach us about how to handle upheaval of any kind in our own lives and the world at large. With unprecedented candor, he reveals how three crises in his own life changed him dramatically for the better. By its very nature, he shows, the crisis presents us with a choice: we make a grievous error if we try to return to some pre-crisis state. But if we dare

to change, we can emerge from the crisis better than before.

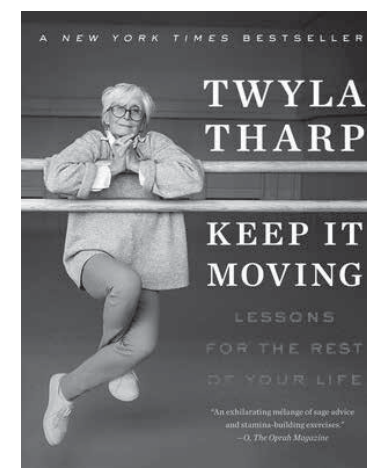
“Francis then offers a brilliant, scathing critique of the systems and ideologies that conspired to produce the current crisis, from a global economy obsessed with profit and heedless of the people and environment it harms to politicians who foment their people's fear and use it to increase their power at their people's expense. He reminds us that Christians' first duty is to serve others, especially the poor and the marginalized, just as Jesus did.

“*'Let Us Dream'* is an epiphany, a call to arms, and a pleasure to read. It is Pope Francis at his most personal, profound, and passionate. With this book and with open hearts, we can change the world,” according to Publisher Simon & Schuster.

Keep It Moving *Lessons for the Rest of Your Life*

By Twyla Tharp

“At 78, Twyla Tharp is revered not only for the dances she makes — but for her astounding regime of exercise and nonstop engagement. She is famed for religiously hitting the gym each morning at day-break and utilizing that energy to propel her breakneck schedule as a teacher, writer, creator, and lecturer. This book grew



out of the question she was asked most frequently: ‘How do you keep working?’

“*'Keep It Moving'* is a series of no-nonsense meditations on how to live with purpose as time passes. From the details of how she stays motivated to the stages of her evolving fitness routine, Tharp models how fulfillment depends not on fortune — but on attitude, possible for anyone willing to try and keep trying. Culling anecdotes from Twyla's life and the lives of other luminaries, each chapter is accompanied by a small exercise that will help anyone develop a more hopeful and energetic approach to the everyday.

“Twyla will tell you what the beauty-fitness-wellness industry won't: chasing youth is a losing proposition. Instead, *'Keep It Moving'* focuses you on what's here and where you're going — the book for anyone who wishes to maintain their prime for life,” ac-

Continued on page 23

January Crossword Puzzle

Across

1. Spiritual sustenance
6. Put down
10. Compact by pounding
14. Lower portion of the small intestine
15. Earthen pot
16. Russian range
17. Numbers game
18. Supporter
19. Small combo
20. Sweets
22. Eighth part of a circle
24. Monetary unit of Thailand
25. Sounds
26. Title of reverence for God
30. On the ocean
32. Come up short
33. DEA agent
35. Stories
40. Pen name
42. Bristle
44. Rock
45. Lepidopterous insect
47. Soviet news service
48. Epic poetry
50. Flows out
52. Tight swimsuit
56. Horseshoe
58. Pester
59. Undiminished
64. Smell or fragrance
65. Improvise

67. Greasy
68. Celtic language of Ireland or Scotland
69. Drench
70. Astound
71. Bird feed
72. Equipped
73. Ad word

Down

1. Temperate
2. Drug-yielding plant

3. You can't catch fish without them!
4. Kernels
5. One-celled protozoan
6. Reluctant
7. Premier player
8. Unwell
9. The beginning
10. All, musically
11. Hand woven wall hanging
12. Lobster state
13. Schemes

21. Coming down
23. Raccoonlike carnivore
26. Exclamation to express sorrow
27. Dunce
28. Capital of Norway
29. Inert gas
31. Ella specialty
34. Shot, briefly
36. Plays are divided up into these
37. Hawaiian outdoor feast

37. Hawaiian outdoor feast
38. Otherwise
39. Disrespectful back talk
41. Food and water
43. Parturition
46. Small mouthlike aperture
49. Spanish inn
51. Musical style with similarities to reggae
52. Clogs, e.g.
53. Military chaplain
54. Uneven

55. Like some seals
57. Licorice-like flavoring
60. Rock clinging plant
61. Middle Eastern bread
62. 12th month of the Jewish civil calendar
63. Unit of force
66. Golden, in France

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
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32					33	34				35	36	37	38	39
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52	53	54	55				56	57						
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64					65	66					67			
68					69						70			
71					72						73			

Carly Simon — A True ‘Flower Girl’

By Les Goldberg

For most of us who grew up in the 50s, 60s, and 70s, the memories of flower children, hippies, Woodstock, and tie-dye remain like tattoos.

The same goes for the music of the era, including the unmistakable harmonic voice of one of the most colorful and talented singers of then and now — Carly Simon.

At age 75, she is as vibrant as ever, continuing her colorful life as a multi-award-winning vocalist, songwriter, musician, and children’s author.

When she was born in 1945 in the Bronx of New York, fame already was entrenched in her life. Her father, Richard L. Simon, is the co-founder of Simon and Schuster, one of the largest and most prestigious publishing empires in the world, and added to that notoriety by as a classical pianist.

Also, her mother, Andrea Simon, combined her talents as a singer with her passion for being a civil rights activist.

Despite her famous parents, Simon’s childhood was marred

by sexual assault and stuttering. At age seven, a family friend assaulted her and the trauma caused her to stutter. A psychiatrist tried unsuccessfully to cure her stuttering. Instead, she turned to singing and songwriting.

“I felt so strangulated talking that I did the natural thing, which is to write songs because I could sing without stammering, as all stammerers can.”

She attended college but dropped out to pursue her music. Her career began with a short-lived music group with her sister Lucy as the Simon Sisters.

They were signed to Kapp Records in 1964, and released two albums for the label that year, beginning with their debut album, *“Meet The Simon*

Sisters.” Their second album, *“Cuddlebug,”* quickly followed and their last album, *“The Simon Sisters Sing the Lobster Quadrille and Other Songs for Children,”* came out in 1969 when Lucy left to get married and start a family.

Later, she collaborated with eclectic New York rockers Elephant’s Memory for about six months. She also appeared in the 1971 Miloš Forman film *“Taking Off,”* playing an auditioning singer, and sang *“Long Term Physical Effects,”* which was included in the 1971 soundtrack for the film.

Going Solo

In 1970, Simon was signed by Elektra Records which released her self-titled debut album, *“Carly Simon,”* in March 1971. The album contained her breakthrough top-10 hit *“That’s the Way I’ve Always Heard It Should Be,”* nominated for Best Female Pop Vocal Performance at the Grammy Awards. The album itself peaked at No. 30, and Simon won Best New Artist at the same ceremony.

Her second album, *“Anticipa-*

tion,” came in November of that same year. It quickly became a significant hit, earning her a second nomination for Best Female Pop Vocal Performance at the 1971 Grammys.

It subsequently became notable in popular culture for its use in a variety of commercials to market the ketchup of the H. J. Heinz Co. The song was written in 15 minutes while she waited for Cat Stevens to pick her up for a date.

The pair had become romantically involved shortly after Simon had opened for Stevens at L.A.’s Troubadour around the time her debut album was released.

Hitting It Big

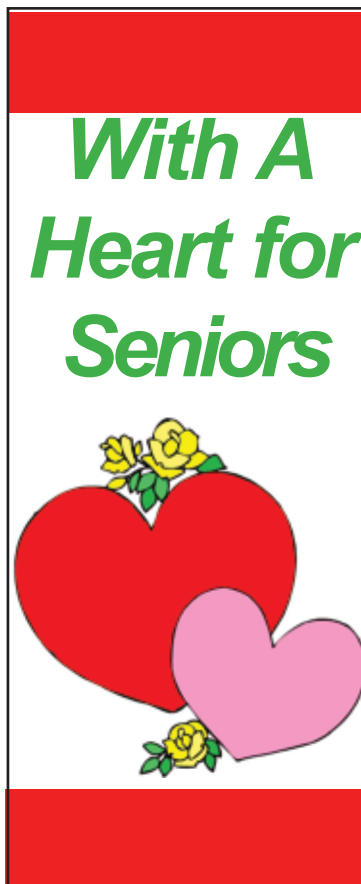
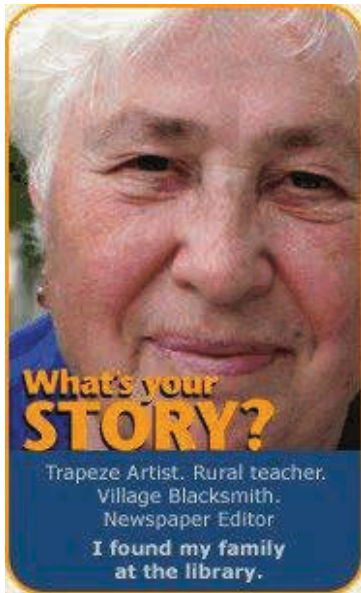
Simon’s career went into high gear in 1972–73 with *“You’re So Vain,”* which topped the charts, selling more than 1 million copies in the United States alone. The song received Grammy Award nominations for Record of the Year, Song of the Year, and Best Pop Vocal Performance, Female. It also was honored as the top played song of the decade.

Meanwhile, while her music was becoming iconic, she met and married rock star James Taylor in 1972. Before their divorce in 1983, they had two children, Sarah Maria Taylor, born in 1974, and Ben Simon Taylor, born in 1977.

While she was pregnant with Ben, she released the worldwide hit *“Nobody Does It Better,”* the Grammy Award-winning theme song to the James Bond movie, *“The Spy Who Loved Me.”* By 1988, Simon’s hit song, *“Let the River Run”* from the film *“Working Girl,”* gave her the honor of becoming the first artist to win a Grammy, Oscar and Golden Globe for a song composed, written, and performed by a single artist.

Throughout her career, Simon has amassed 24 *“Billboard Hot 100”* charting singles and

Continued on page 23



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H8016_21MM038 (Accepted 9/21/2020)



Nutrition in a Nutshell

Try This Simple, Scrumptious Side Dish

Imagine this: consuming a few small bites a day can help you manage your weight and reduce your risk of diabetes, gallstones, heart disease and cancer. It's not some new miracle drug, it's that long-time favorite of kids and adults alike—the peanut.

Large population studies show that small amounts of peanuts and peanut butter in your daily diet can help reduce the chances of developing a chronic disease. Peanuts are a superfood because just a small handful delivers 19 vitamins and minerals that contribute to your overall good health.



Here's more good news. Peanuts are both tasty and versatile and you can enjoy them in a variety of delicious dishes that are easy enough to make any day but special enough for the holidays, such as this one:

Peanut Butter Sweet Potato Casserole with Peanut Streusel Topping

Prep time: 25

Cook time: 1 hour 30 mins

Total: 1 hour 55 minutes

Servings: 10

For the sweet potatoes:

- 3 pounds sweet potatoes
- ½ cup sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- ¾ cup low fat milk
- ¼ cup creamy peanut butter
- ¼ cup peanut flour or powder

For the topping:

- 2 tablespoons creamy peanut butter
- ⅓ cup firmly packed light brown sugar
- 2 tablespoons all-purpose flour
- ½ cup finely chopped roasted, salted peanuts

Preheat the oven to 425°F and wash the sweet potatoes. Lightly prick the skin of each

potato with a fork and place it on a baking sheet. Bake for 45 to 55 minutes or until the sweet potatoes are tender and cooked through. Allow to cool then peel.

Preheat the oven to 350°F and lightly spray a 2-quart baking dish with nonstick cooking spray.

Place the peeled sweet potatoes in a large bowl and mash well. Add the sugar, vanilla, eggs, milk, peanut butter, and peanut flour/powder and mix until smooth. Spread evenly into the prepared baking dish.

To make the streusel, combine the melted peanut butter, brown sugar, and all-purpose flour in a small bowl. Press the mixture together using the

back of a spoon. Keep pressing and mixing until the mixture is combined and crumbly. Add the peanuts and mix well. Sprinkle the topping over the sweet potato filling and bake for 30 to 35 minutes or until the center is mostly set. Serve hot.

Per Serving: 363 calories, 10.7 g fat, 2.1 g saturated fat, 38 mg cholesterol, 141 mg sodium, 60 g carbohydrate, 7.7 g fiber, 18.1 g sugar, 10.6 g protein, 65% vitamin D, 5% calcium, 12% iron, 27% potassium.

Learn More

For more recipes plus facts about how peanuts can help your short- and long-term health, from the experts at The Peanut Institute, visit <https://peanut-institute.com/recipes/>.

Long Beach Has a Different Vibe

Story by Ronnie Greenberg • Photos by Joe Hilbers

With the charm of a bustling waterfront with the upbeat ambiance of urban chic Long Beach is an inspiring experience just 20 minutes south of Los Angeles.

The city by the sea is the ultimate year-round playground for seafarers and landlubbers of all ages. Long Beach rolls out the red carpet for outdoor lovers. It's perfect for strolling, jogging, sprinting, rollerblading, or pedaling down the sprawling paths that wind along more than 5.5 miles of sandy beaches. It's a great place to bask in the sun, take a dip in the gentle ocean waves, and get your feet wet with a round of windsurfing, snorkeling, scuba diving, kayaking, or just being indulgently relaxed.

Attractions

No trip to Long Beach is complete without a visit to the legendary Queen Mary. Discover the historic ocean liner and World War II troopship with tours that begin in the lower decks with the engine room



Aquarium of the Pacific

and conclude atop the ship in the wheelhouse. Plan to spend the night in one of the luxury liner's 314 Art Deco state-rooms recently refreshed with plush bedding, fine linens, and modern amenities. Enjoy an array of casual-to-elegant waterfront restaurants including Sir Winston's the ship's signature restaurant, casual and elegant with a romantic ambiance, classic cuisine, and impeccable service. The Chelsea Chowder House restaurant serves the freshest seafood in a New England ambiance and the Queen's Salon round out the sumptuous dining selections. Call, (800) 437-2934.

The Aquarium of the Pacific appeals to all ages. Discover more than 12,500 sea creatures representing more than 550 species from three major regions: Southern California and Baja, Northern Pacific, and Tropical Pacific. It also has numerous areas where you can touch the animals of the ocean like stingrays, sea cucumbers, starfish, and more. The Explorer's Cove features the Lorikeet Forest where these colorful and friendly miniature parrots can be hand-fed. Come face-to-face with large sharks, and even touch gentle sharks at the Shark Lagoon where nine species of shark can be viewed from both above and below water. The Molina Animal Care Center offers enhanced healthcare to animals as well as opportunities to view veterinary medicine in action. Visit www.aquariumofpacific.org

Sites to See

Rainbow Harbor is one of Long Beach's top waterfront destinations. The Pike at Rainbow Harbor & Marina reflects

the history, excitement, beauty, and heart of Long Beach. Along with its turn of the century carousel and classic Ferris wheel, and many popular restaurants that include Pike Restaurant & Bar; Islands Restaurant & Bar; Gladstone's; Pier 76 Fresh Grill; and Tokyo Wako.

lifestyle of 19th century Long Beach. Once part of an early Spanish land grant, the two-story adobe was built in 1844 by John Temple as headquarters for his cattle-ranching operations. The home was remodeled in 1930 in the Spanish Colonial Revival style. Now a National, State, and



Marina in Long Beach

The harbor's Shoreline Village has the look and feel of a seaside fishing village, with a boardwalk dotted with specialty and souvenir shops and restaurants adding to the local flavor. It's home to boats of all types including fishing boats, tall ships, and luxury charter yachts.

Parker's Lighthouse a contemporary seafood restaurant and bar specializing in high-quality fresh fish is a highlight here.

History, Art, and Culture

Rancho Los Cerritos is the ideal place to delve into the

local historic landmark. Visit www.rancholoscerritos.org

The Neighborhoods

Experience the sizzle of European flavored Pine Avenue, rimmed with cafes, lights, and pulsating music. Saunter along the eight-block area nestled amid the high rises that form Long Beach's metropolitan skyline.

Did someone say shopping? The effervescent area of Belmont Shore is best known as Second Street, an eclectic 15-block stretch of trendy boutiques and bookstores.

Continued on page 19



Rainbow Harbor

Long Beach Has a Different Vibe

continued



Hotel Maya

Avant-garde “Funky Fourth” is a vintage shopper’s dream. In addition to clothing and furniture, antique shops are plentiful. The whimsical East Village’s renovated lofts set in historic 1920 buildings and warehouses have turned the area into an arts district. Art galleries featuring area artists, used bookstores, cafes, tea, and coffee houses dot the area.

Downtown Long Beach is a perfect blend of a sophisticated urban center and a charming seaside community, filled with a myriad of entertainment choices. For more international flavors discover the city’s historic Spanish roots in Bixby Knolls or experience Cambodia Town, the prevalent community along Anaheim Street.

Designed around an extensive canal system, Naples Island has its classic character. Enjoy a romantic one-hour cruise aboard a Venetian-style gondola, serenaded by traditionally costumed gondoliers, who may even croon an Italian love

song for you. Sip on your favorite beverages as you glide past the beautiful homes, boats and yachts, arched bridges, and calm waters that create a breathtaking landscape.

Where to Stay

There are many choices of accommodations from full-service hotels to upscale eclectic boutiques. Unpack your bags at Westin Long Beach just blocks from shopping, restaurants, and the beach. There are 469 guest rooms including 13 suites with many offering panoramic ocean views. Call, (800) 495-3624 or visit www.westinlongbeachhotel.com



The Westin Long Beach

Hotel Maya a luxury boutique hotel with stunning Latin American design has 198 newly renovated guestrooms and suites featuring balconies and patios. Call, (800) 495-3624 or visit www.hotelmayalongbeach.com

Renaissance Long Beach Hotel located at the festive heart of Long Beach provides a luxurious home away from home with 374 newly renovated guest rooms. Call, (855) 499-6001 or visit www.renaissance-longbeach.com



Molaa

AVIA is set in the heart of the city’s waterfront dining and

entertainment, has 138 rooms, and suites with McCartan-designed furniture and lush beds. Enjoy happy hour on the remarkable Rooftop Pool Terrace overlooking picturesque Long Beach waterfront and Rainbow Harbor. Call, (800) 760-7718 or visit www.avia-hotels.com

How to Get Around

Long Beach’s Bike station at the First Street Transit Mall is the first full-service bike transit facility in the United States. It opened as a transit-demonstration project in

1996 and mimics the bicycle facilities that are so popular in Europe. Since its opening, it has parked more than 20,000 bikes. For bikers’ safety and convenience, bike-friendly Long Beach boasts separated bikeways, bike-friendly business districts, and custom bike racks.

For more information about coasting into Long Beach contact: Long Beach Area Convention & Visitors Bureau at (800) 452-7829 or visit www.visitlongbeach.com

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Fabulous Finds

By Debbie L. Sklar

Celebrate the new year with some great Fab Finds to make you look and feel great. From deep moisturizers and CBD oils to a health app there are things perfect for Zoom calls, self-care Sundays, and everything in between.

Halogenix BFF Night & Day Moisturizer



Get some extra hydration to your skin during harsh winter months. Formulated for day and night usage, **Halogenix BFF Night & Day Moisturizer** is the perfect simple lightweight solution for any daily ritual. Visit VWELShop.com; price \$41.99.

Taos Serenity Massage CBD Oil



Bring the spa into your home with **Taos Serenity Massage CBD Oil** a formula that includes botanicals that relieve pain and inflammation. Visit VWELShop.com; price \$29.99.

Hemp-Moji ZZZZ Sleep Support Bath Bomb

Infusing a whopping 100 mg of CBD, **ZZZZ Sleep Support** can be the ultimate bath time ritual for a tired, hard-



working loved one or yourself. Visit VWELShop.com; price \$21.99.

Snug Service for Seniors



When spending quality time isn't always an option right now, a **Snug** subscription can be helpful.

Snug is a smart check-in service designed for seniors. Think of it as a friendly modern-day life alert that gives loved one's peace of mind.

Snug is extremely easy to use and understand as there aren't too many bells and whistles, and it meets its customers where they are – making it perfect for those living an active lifestyle on the go or with limited mobility. The platform is enabled via iOS and Android and is also compatible with the Apple Watch.

Snug has a FREE version and every day, the user is notified at their chosen time reminding them to visit the app to “check-in.” After the user checks in, the app will reset the 24-hour

clock. If you miss your check-in, the app will notify your emergency contacts to let them know you might need help.

If you are on the Premium Subscription, a dispatcher will call your cell phone and ask if you are alright. If you do not pick up, they will then proceed to call your emergency contacts. If you have not checked-in within 15 minutes and the dispatcher does not have confirmation that you are okay, they will dispatch a wellness check to your last known location.

Snug will use your location information and share it in case you miss your check-in deadline. If you miss your check-in deadline, Snug's computer servers will ask your smartphone for its location. It will do this periodically until you check-in. Visit www.snugsafe.com for pricing and more information.

FEKKAI CBD Scalp Calming Discovery Kit



CBD Scalp Calming Discovery Kit powered by a proprietary blend of CBD and aloe vera gel help soothe sensitized/stressed scalp. The 100% natural scent of violet and mimosa from the South of France

rounds out the heart notes of ambrette, rhubarb, pear blossom, orris, and hemp seed. **FEKKAI CBD Scalp Calming Discovery Kit** comes with CBD Scalp Calming Shampoo Medium-to-Coarse Hair, CBD Scalp Calming Hydrating Conditioner, CBD Scalp Calming Hydrating Mask, and CBD Calming Supreme Oil. Bottles are made with 95% high-grade repurposed plastic and are 100% recyclable. The salon-grade formulas are free of parabens, sulfates, silicones, phthalates, and is vegan and gluten-free. Available at Ulta.com and FEKKAI.com; price \$29.99.

LANO 101 Lip Ointment



LANO's iconic 101 Lip Ointment is a super dense balm that penetrates and holds 200% of its weight in moisture. Its 101 uses include dry cuticles, cracked heels, dry nasal passages, keeping eyebrows in place, windburn, cold-chapped cheeks, dry brittle nails, papercuts, insect bites, supercharging moisturizer, and more. Available at Lanolips.com; price \$17.

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Life After Mother

By Lyn Jensen

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

‘Who’s Going to Feed the Cats?’

‘But who’s going to feed the cats?’ may have been the one thing that truly bothered my mother about what would happen when she was gone. No matter how much I assured her I would or what I suggested she do, she kept arguing for the sake of arguing.

Finally, I tried some point-less arguing right back: ‘How about I take ‘em to the pound? How about I kill ‘em and bury ‘em? How about I ship ‘em to the out-of-state relatives?’



That stopped the ‘Who’s going to feed the cats?’ loop tape from playing in her mouth, but it also stopped any further serious discussion.

Cats were always a part of the family home. Sometimes my mother had as many as eight, but by the time she and I were facing what proved to be her last Thanksgiving, the cat population had dwindled to one old black tom, Benny.

I remarked to my mother how long it’d been since just one kitty was in the house. Soon after I said that a playful, graceful cat, grown but still kitten-



ish, waltzed in the pet door and made herself to home. She was so faithfully affectionate my mother named her Faith.

When my mother’s refusal to plan for her final days crashed into reality and she went directly from emergency hospitalization to a memory-care facility, her cat-feeding obsession proved misplaced. A neighbor cheerfully fed Faith and Benny for about a month until I moved into my mother’s home.

Flashback to when I was trying to persuade my parents to separately make end-of-life plans that would pass legal muster — I visited a lawyer and explained I wanted to discuss estate planning for myself and my parents.

I expected the lawyer to ask about our situations and finances. Instead, he went directly to, ‘I can set you up with a trust fund’ and gave me the avoid-probate spiel as if probate would cause a rash.

My parents were long divorced, we were all barely on speaking terms, and except for

my mother, there wasn’t that much property anyway, but this guy wanted to turn us all into one big happy family of trust-fund babies.

‘I think my mother just wants something for her cats,’ I explained.

‘It’s going to be a rich cat,’ he scoffed.

That’s when I decided to end the meeting.



If I’d been able to find a lawyer (perhaps a stern but kindly father figure, or soft-hearted bewitching charmer) who understood how to use my mother’s obsessiveness with her cats as a lever, she might have been persuaded that the best way to make sure her cats were provided for was to ensure they’d have food and shelter. That would mean making sure her daughter would be able to assume cat-care duties with a minimum of financial and legal obstacles.



Carly Simon

Continued from page 15

28 Billboard Adult Contemporary charting singles, including such songs as “Jesse,” “Be With Me,” “Maryanne,” “From the Heart,” “Why,” “Kissing with Confidence,” “You Know What to Do,” “Tired of Being Blonde,” “My New Boyfriend” and the list goes on.



In the 80s, Simon is lauded for her tribute to Christa McAuliffe, who was slated to be the first teacher in space and who died in the 1986 Space Shuttle Challenger disaster. She recorded the song “You’re Where I Go” because she knew that McAuliffe was a Simon fan and had taken a cassette of her music on board the shuttle.

In 1987, she also sang the theme for the 1988 Democratic National Convention, “The Turn of the Tide,” for a Marlo Thomas TV special.



During the 90s, Simon’s songwriting took center stage, highlighted by her song “In the Wee Small Hours of the Morning” for the film “Sleepless in Seattle,” her version of “Take Me Out to the Ballgame” for Ken Burns’ film “Baseball,” and “The Night Before Christmas” for the film “Mixed Nuts.” The decade also saw her surprise thousands of commuters at the New York Grand Central Terminal with a live performance filmed for a TV special show.



From then until now, Simon continues to write original songs, collaborate with other artists, make personal appearances, and release albums featuring her classic songs.

Most importantly, she is a survivor, having fought health challenges her entire life, from stuttering, breast cancer, and osteopenia, a bone disorder that mostly affects women.

Through it all, Carly Simon shines in a glow of nostalgia.

In one of her interviews, Simon said:

“You know when you take the paint off an old canvas and you discover that something’s been painted underneath it? That’s what I feel like — that part of the old is coming through the new.”

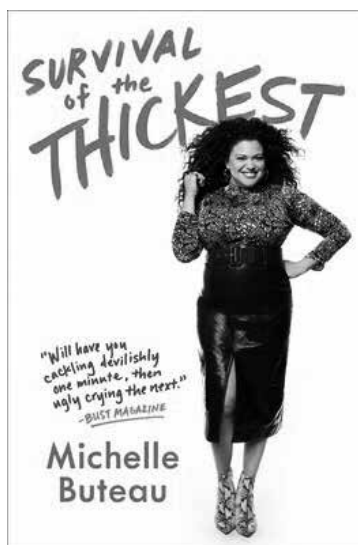
December Book Club

Continued from page 13

cording to Publisher Simon & Schuster.

Survival of the Thickest Essays

By Michelle Buteau



“If you’ve watched television or movies in the past year, you’ve seen Michelle Buteau. With scene-stealing roles in “Always Be My Maybe,” “First Wives Club,” “Someone Great,” “Russian Doll,” and “Tales of the City,” a reality TV show and breakthrough stand-up specials, in-

cluding her headlining show “Welcome to Buteaupia” on Netflix, and two podcasts (‘Late Night Whenever’ and ‘Adulting’), Michelle’s star is on the rise. You’d be forgiven for thinking the road to success — or adulthood or financial stability or self-acceptance or marriage or motherhood — has been easy, but you’d be wrong.

“Now, in “Survival of the Thickest,” Michelle reflects on growing up Caribbean, Catholic, and thick in New Jersey, going to college in Miami (where everyone smells like pineapple), her many friends and dating disasters, working as a newsroom editor during 9/11, getting started in stand-up opening for male strippers, marrying into her husband’s Dutch family, IVF and surrogacy, motherhood, chosen family, and what it feels like to have a full heart, tight jeans, and stardom finally in her grasp,” according to Publisher Gallery Books.

American Heart Association



January Calendar

Continued from page 5

ly. 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 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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Crossword Puzzle Answers from page 14

1	M	2	A	3	N	4	N	5	A		6	L	7	A	8	I	9	D		10	T	11	A	12	M	13	P				
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Busy Boomers

By Les Goldberg

Online Learning – Good for the Soul

“There are so many classes I want to take; I don’t know where to start!” – Joan Glidden, 71, Long Beach.

“I love my classes. They don’t require homework or grades!” – Wayne Drysdale, 78, Los Alamitos.

“I wish they had online learning when I was younger. It would have changed my career!” – Helen Winston, 69, Garden Grove.

Before the onset of COVID-19, more people over 55 were slowly but surely gravitating to the Internet. The main reason: email and the ability to communicate long distances with relatives and friends. Now, more than ever, the Internet is a lifeline for everyone at any age.

According to research studies, seniors are increasingly using the internet for getting news, health information, product updates, family research, travel reservations and online learning.

In fact, a Pew Research study found that formal online learning is becoming commonplace among adults.

“When we were younger it was hard to find the time for higher education,” said Glidden, a retired elementary school teacher. “Juggling work, fam-



ily, exercise and professional development were huge tasks, and it was easier to neglect learning. However, once the children grew up and we worked less hours, we found we had more time to invest in ourselves.”

The studies show that continued education is good for your physical and mental health.

“It makes us more curious and passionate about the world,” Drysdale said. “There are many topics to learn, sights to see and adventures to explore.”

Learning new skills and broadening your horizons boosts self-esteem and gives you a stronger sense of independence. It also provides a sense of purpose and the drive to keep learning something new, say the experts in academia and geriatrics.

“As the technological barriers break down and seniors

become better accustomed to computer and digital device usage, it opens up their natural desire to learn new things,” according to Dr. Harvey M. Sheinfeld, retired professor from Pepperdine University.

He claims there are five basic good reasons for older adults to engage in online learning:

1. To learn new things: “Whether it is just-in-time learning about Medicare Part D or tracing family genealogy, the desire to acquire new knowledge exists throughout one’s lifespan and is critical for adults who want to stay up to date in a changing world.

2. To build and maintain social networking: “Older adults prefer to learn in a classroom setting, and online classes es-



pecially are helpful for people who live alone, are geographically isolated, or who have restricted mobility.”

3. To maintain cognitive and mental health: “A wealth of new research suggests that learning new things and keeping an active mind, whether on-

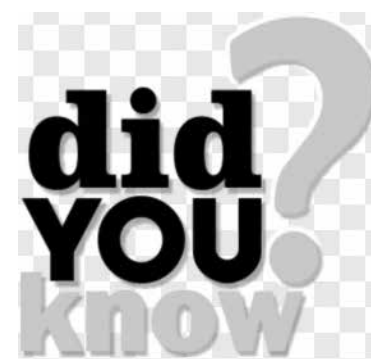
line or in-person classrooms, is the best way to maintain your mental health throughout life.”

4. To develop new job skills: “Online learning can be a quicker path to building new job opportunities for the older adult who is not ready for total retirement yet.”

5. To recreate, reflect and enjoy whatever life has to offer: “Later life offers the time to explore learning goals that younger people are too busy to attempt, such as crafting hobbies, gardening, getting involved in social and non-profit causes and much more.”

Although there are currently more than 500 lifelong learning institutes and hundreds more community colleges and universities that offer online classes, the studies show that the sky’s the limit for online learning for seniors.

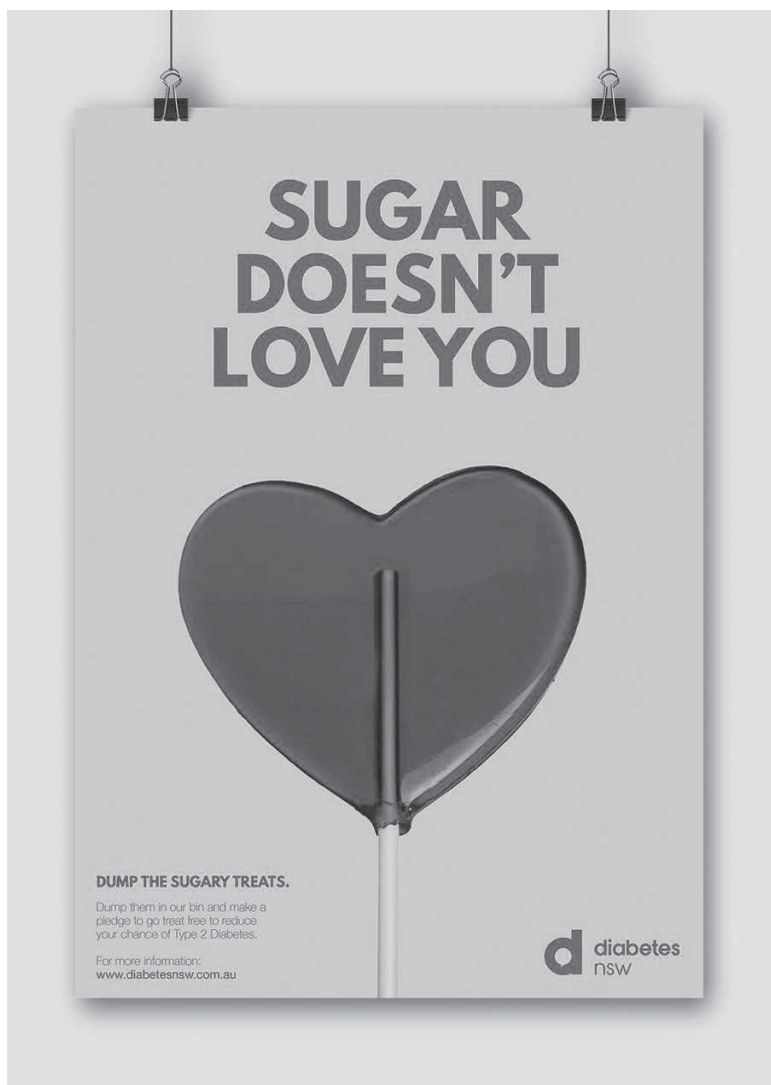
So, if you are still yearning to learn new things and connect with classmates who share your desire, you can sign up for online classes starting with the new semester in February at campuses such as Orange Coast College, Golden West College, Santa Ana College, Cal State Fullerton and Long Beach, Chapman University, Brandman University and UCI. And be sure to ask for senior tuition rates and discounts.



➔ A good health reset can happen any time of the year. It simply takes a commitment to making small, sustainable changes that add up to impactful, healthy habits, advises Dr. Samara Sterling with The Peanut Institute. For delicious and healthful recipes, visit www.peanutinstitute.com.

➔ A recent national survey by the National Association of Productivity and Organizing Professionals (NAPO) found 31 percent of respondents, especially women, put “getting organized” on their list of New Year’s resolutions. For hints on how, go to www.napo.net. Regular self-care can have a strong effect on mental health, prevent burnout, reduce the negative effects of stress and help you refocus, say the experts at Each Mind Matters, California’s Mental Health Movement. Learn more at www.eachmindmatters.org.

➔ 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.



Located 20 miles from Ocala in central Florida, The Villages began decades ago as a sprawling trailer park before being reconfigured along the lines of such thriving retiree havens as Sun City, AZ. The Villages offers 33,000 manicured acres and is often called “Disney World for Retirees.” It is home to more than 122,000 seniors, most of them bent on having fun every day there. Homeowners can enjoy a myriad of activities and can select from a smorgasbord of 3,000 activities and clubs, recreate on 42 golf courses, and be entertained by the likes of the Beach Boys, Chubby Checker, and Bobby Rydell.

In the forthcoming movie “*Some Kind of Heaven*,” residents are shown gleefully dancing —there’s lots of that — as well as golfing, shooting pool, making music. To many, life there is “like being on vacation every day.”

Many. But not all.

For two months, filmmaker Lance Oppenheim, 24, befriended numerous cheerful residents of The Villages, but he also became interested in a small group of people who are dealing with life’s often-daunting problems. “I began to observe this overwhelming sense of

pressure that some felt in the community to have fun all of the time,” he said. “There was almost an unspoken social contract that dictated life there, tied into the idea that as you grow older, time runs out, and as time runs out, every moment has to be great.”

As the Florida-born producer/director discovered, some people find life there far from great:

- Anne and Reggie Kincer, in the documentary’s most dramatic thread, admit their 47-year marriage is in jeopardy as Reggie experiments with — and develops an appetite for — illegal drugs.

- Newly widowed ex-Bostonian Barbara Lochiatto (one of the few residents who still works full-time) feels uncomfortable and intimidated when she first plunges into the local dating scene.

- Dennis Dean is an 81-year-old gate-crashing nomad who lives out of his illegally parked van and is searching for a wealthy woman to support him in his dotage. Dean is also fleeing a mysterious California arrest warrant.

“*Some Kind of Heaven*” peels back the veneer of a pre-packaged paradise to offer the

viewing audience a chance to see what lies beyond this ersatz utopia.

The 24-year-old Oppenheim claims, “My goal in making this film was to inhabit that fantasy and call it into question.” He became intrigued by The Villages while working his way through classes in visual and environmental studies at Harvard University, from where he graduated in 2019.

His debut documentary is set for release on Jan. 15.

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Safety sense

Mask Matters: Why Selecting the Right Mask Provides Pandemic Protection

Experts of all sorts now say face masks are a must to prevent the spread of COVID-19. Someone you meet could have the coronavirus and not realize it. Not all masks work equally well, however, researchers have discovered. Here are some of the most important features to look for when choosing a mask, according to the latest conclusions.

Mask Types and Filtering Effectiveness

When it comes to what types of masks are best, there are different levels of protection. A Lancet study shows 96% protection from N95 masks with single layer cloth masks offering as little as 5% protection. N95 masks are considered the best of the best but they may be hard to find because healthcare workers are the top priority due to their high exposure to COVID. Where does that leave you? Masks with an FDA 510k approved N95 substantial equivalent mask which passes and even exceeds all the FDA tests required for an N95 mask.

“There is no reason for consumers to have such a low level of protection with a cloth mask when N95 substantial equivalent masks are now becoming available in the 100s of millions and bring an average of 97% protection to consumers,” says COVID Educator and former TV Chief Medical correspondent Bob Arnot, MD.



“N95 and surgical masks are the most effective at preventing the spread of coronavirus—that’s why everyone should reserve them for healthcare workers,” adds Dr. Arnot. “The good news is, saving N95 masks for healthcare workers doesn’t leave you vulnerable: you just need to choose a mask that’s designed to deliver the protection and filtration properties of these masks.”

Breathability Is Important

Your mask needs to allow enough air flow that you don’t struggle to breathe, since you’re more likely to keep your mask on if you’re comfortable whether you are at the gym or shopping at your local market. Ideally, the air flow should be through the weave and not through gaps around the mouth or eyes.

A face mask has good breathability when the wearer’s breath can filter through the material. If it’s too dense, air escapes out the sides and doesn’t let the mask do its job. The mask has to catch water droplets from coughs, sneez-

es, and talking and protect against the minute airborne virus. Look for nano-fiber material for both lightweight breathability and protection from pathogens.

Mask quality counts

COVID is continuing to surge even with masking.

“Mask quality and usage is very important. Many masks are of such poor quality that they fail to protect with prolonged exposure in stale air,” says Dr. Arnot. “People don’t realize that a single layer cotton mask may provide only 5% protection versus 97.6% on average for N95 substantial equivalents. I was looking for masks to protect myself, my family and my community and came across AirQueen.com’s FDA 510k approved N95 substantial equivalent. AirQueen.com’s next generation technology brings an average of 97% protection, which helps protect you and those around you.” I’ve bought over 2000 for local schools and family. The customer service has been superb.

“N95 and surgical masks are the most effective at preventing the spread of coronavirus—that’s why everyone should reserve them for healthcare workers,” advises Dr. Arnot. “The good news is, saving N95 masks for health-

care workers doesn’t leave you vulnerable: you just need to choose a mask that’s designed to mimic the protection and filtration properties of these masks.

Air Queen masks are made of nano-fiber that’s lightweight, comfortable, and arranged in a fishnet matrix for optimal filtration, durability and breathability. This, coupled with its excellent filtration protection, puts it on the same tier as the high-grade PPE healthcare workers use. Best of all, AirQueen.com also offers a 75% ethanol spray which lets you clean the mask up to 10 times with full efficacy making it very affordable, about 20 cents a day.” Shoppers applying the code ‘SAFE’ at AirQueen.com will receive a 10% discount.

“I’VE NEVER UNDERSTOOD WHY MY HUMAN WON’T LEAVE THE HOUSE WITHOUT HER LEASH. I THINK SHE’S AFRAID OF GETTING LOST. BUT IT’S OK, I KIND OF LIKE SHOWING HER AROUND.”

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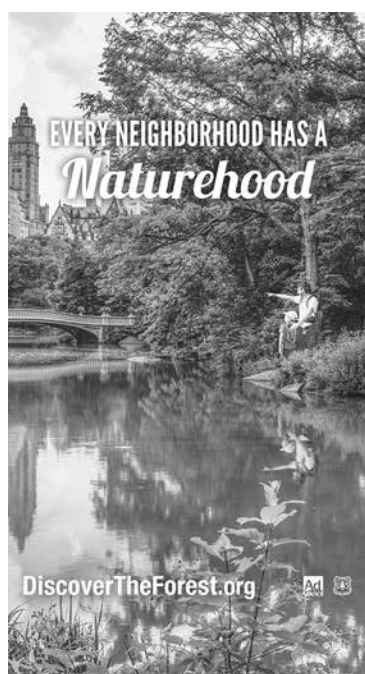
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Tinseltown Talks

By Nick Thomas

Jacqueline Bisset's Sizzling Career

Now in her seventh decade as a film actress, British beauty Jacqueline Bisset first hit the big screen in the mid-1960s and was soon on her way to becoming a household name after dramatic roles later in the decade in films such as *"Bullitt"* with Steve McQueen.

Although her role was small as McQueen's sizzling love interest and she didn't appear in the film's action sequences, Bisset was on set to witness some of the legendary driving scenes often performed by McQueen, a keen race car enthusiast.

"Watching those cars jumping in the air on the streets of San Francisco was amazing," Bisset recalled from Los Angeles. "There were also some scenes where I had to drive Steve around in a yellow convertible and remember thinking God Almighty, I don't want to mess this up with a race car driver next to me!"



Steve McQueen and Jacqueline Bisset in a publicity shot for *Bullitt*

She says McQueen, a major star at the time, was "very patient with me and we would go



Jacqueline Bisset recent photo from publicist

out for meals with the director and producer when we'd break for lunch. He didn't like getting caught in crowds and would often just jump on his bike and get the hell out of there."

Also memorable for Bisset – and audiences for her wet T-shirt scenes – was *"The Deep"* a decade later. Noted for its stunning underwater sequences, the actress still has mixed feelings more than 40 years later when she speaks of the aquatic adventure.

"As a child, some stupid kids tried to dunk me and ever since I've been fearful of the water and swimming around others," she explained. "But the diving crew on *'The Deep'* were amazing and I found it a beautiful experience even though the thought of drowning was still a daily worry. I had a stunt double for

some underwater shots, but she looked nothing like me so it meant I attempted more stunts that I would have liked. When you're 90 feet underwater you have to solve any problem right there – you can't just shoot to the surface."

In one scene, her character attempts precisely that after encountering a moray eel (her stunt double did the eel sequence).



Nick Nolte, Robert Shaw and Jacqueline Bisset in *The Deep* - Columbia Pictures

"It was complicated to film and very frightening – I actually thought I was going to drown. The others didn't know if I was acting or in real trouble, which I was. I got through it, but even as I speak of it now, my throat tightens!"

With several films in post-production for 2021, Bisset has remained a busy actress throughout her career and in recent years has tackled personal roles such as 2018's *"Head Full of Honey"* with its Alzheimer's theme.

"My mother got dementia in her early 50s and lived with it for 35 years, so it's some-

thing I knew a lot about," she said. "The film approaches the subject with a little humor because that can sometimes help families dealing with it. It's painful humor but can make it more bearable."

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

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.

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Home ideas

Managing Your Home and Property Five Ways

The next time you look around your home, or that of your aging relatives, you may be astonished how much “stuff” accumulates over the years. Are there things—and the stories they tell—you want to save to pass down to the next generation? Is your will or estate plan on hold because you don’t know where to start? What if you had a natural disaster or break-in—are your items properly protected by insurance? You can make this year the one in which you get your estate in order with these five easy steps:

1. Get started. The best way to get something done is to start. Decide if it makes sense to tackle items by room or by category and get started. This is not something that has to be done in one day, in fact, it might take several days or longer to get organized. Don’t be discouraged. Once it’s done, it will only need periodic updating.

2. Take photos. Use a photo-based mobile app, such as Manage My Things, to accurately and efficiently track items. You can upload one item at a time or batches of items such as fine china. “If you’ve ever had to empty a parent’s home, decide which of your heirs gets your things when you die or have confidence you’ll be made whole if a di-



Make a record of what you have and where you have it now to prevent problems for yourself and your loved ones later.

saster strikes, then you know all the decisions you make are emotional,” said Rick McKenna, CEO of Manage My Things. “This app takes you through much of the complex decision-making, so your time is better spent with loved ones. All you need to know is how to take photos and answer a few questions. The app does the rest.”

3. Donate or discard. There are many services and organizations that can help you remove items from your home, either for donation or to discard. Some examples include Habitat for Humanity and Goodwill for donations. Some donations may even be tax deductible. To dispose of stuff, you can contact 1-800-GOT-JUNK? to schedule a pick-up.

4. Share with your agents. Fires, hurricanes and floods can often expose the two-thirds of all homeowners who are under-insured. It’s important to inventory items in a home and share the report with

insurance agents for review to accurately modify home protection policies and ensure you’re properly covered. Additionally, 50% to 60% of U.S. adults don’t have a will, leaving their loved ones the difficulty of getting affairs in order. By sharing your estate plan, you’re helping ensure peace of mind for yourself and the ones you care about.

5. Set and (mostly) forget. Set a reminder to revisit your estate plan at least once a year or when there are major life changes such as a move or significant purchase.

Following these five steps can mean you’ll find yourself in better financial and mental space next year and for many years to come.



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Better baking

A Surprising Assistant

Here's a hot tip: Most baking enthusiasts may not realize it, but turning out great baked goods can be easier with a quality kitchen appliance that's NOT the stove. It's the sink.



A beautiful kitchen sink such as BLANCO's IKON can help you turn out beautifully baked bread, cake, cookies and more.

With, for example, the BLANCO IKON Low-Divide white farmhouse sink, prepping your ingredients and getting your sweets into the oven can be faster and easier than ever.

Here are seven reasons:

- You get a custom floating cutting board that lets you transform the area into a functional prep space.

- The way a farmhouse-type sink is installed also provides a more ergonomic set-up by bringing the sink closer to you, so you can tackle food preparation with less strain on your back, so you enjoy baking more.

- It can also make cleanup easier. If the recipe calls for eggs, say, you can crack them on the side of your sink. You won't need to worry about wiping up messes on your counter because the sink is made of a durable granite composite material called SILGRANIT that's super easy to clean. Sticky or messy baking substances, such as egg whites, can be quickly wiped away with a sponge or easily rinsed down the drain. Its non-porous, food-safe surface is long-lasting and low-maintenance because it resists liquids and residue.

- It can also save you time. Just toss all the dirty plates, spatulas, and whisks into the sink. The material it's made of is heat-resistant and can withstand temperatures up to 536°F, much hotter than most baking requires. It will not blister, burn, melt or discolor from heat.

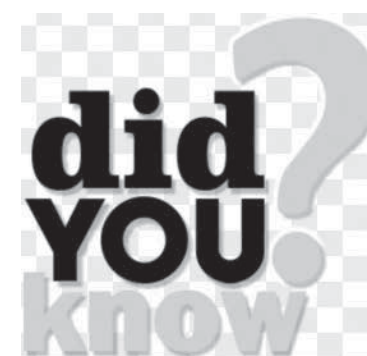
- There's an optional floating grid you can use as a cooling rack.

- Because a farmhouse sink has two bowls, you can use one for prep and the other for cleanup.

- The low-divide and deep bowl mean getting large baking sheets into the sink is a breeze during cleanup.

Learn More

For further facts, tips and recipes, go to www.blancoamerica.com.



➔ People with arthritis, back pain and muscle aches can get fast, effective relief with the Salonpas Pain Relief Patch Large. It's FDA approved and is the strongest labeled pain reliever you can buy without a prescription. The patch begins to work in one hour. Learn more at <https://us.hisamitsu/>.

➔ Social Security's Ticket to Work program helps adults with disabilities find their path to financial independence through work while other Work Incentives make it possible to still receive monthly payments and Medicare or Medicaid. Learn more at 1-866-968.7842 or 1-866-833-2967 (TTY) and <https://choosework.ssa.gov>.

➔ Long-term care insurance pays for help if you can't perform everyday tasks by yourself due to illness, injury, or age. It's expensive but the Federal Long Term Care Insurance Program can help. Learn more at 800-LTC-FEDS and www.LTCFEDS.com.

➔ A National Kidney Foundation-Harris Poll found low levels of awareness of the risk of acute kidney injury as a result of COVID-19 and of the long-term effects of kidney damage. Learn more, including what can be done, at www.kidney.org/coronavirus.

Eye on health

Your Ophthalmologist Is ready to See You

When ophthalmologist Ruth Williams, MD, opened her office after shutting down early in 2020 due to the pandemic, she was surprised to see how many people had developed serious eye problems in just a few months.

Preventive care is especially important in eye care because many common eye diseases can rob you of your good vision before you notice signs of trouble.

“Far too often, we witness the consequences of patients entering the ophthalmologist’s office too late to avoid severe vision loss,” said Dr. Williams, a glaucoma specialist at the Wheaton Eye Clinic in the Chicago suburbs. “Protecting vision is such a high value thing.”

The good news is ophthalmologists—medical and surgical physicians trained to recognize all the potential threats to vision—have figured out how to safely practice medicine in the era of COVID. Dr. Williams says most eye doctors hope not to shutter their offices again.

EyeCare America Can Help

If the cost of an eye exam is a concern, the American Academy of Ophthalmology’s EyeCare America program may be able to help. This national pub-



If you haven’t seen an eye care professional in a while, suggests Doctor Ruth Williams, now may be a good time to do so.

lic service program provides eyecare through thousands of volunteer ophthalmologists for eligible seniors 65 and older, and those at increased risk for eye disease, mostly at no out-of-pocket cost to the patient. As one EyeCare America patient said, “Because of your program, my vision will be saved. The doctor was professional, and the diagnosis was spot on. EyeCare America is a beautiful thing!”

Who Should See an Ophthalmologist?

The American Academy of Ophthalmology recommends all adults have a comprehensive eye exam by age 40, and every year or two after age 65.

Other reasons to see an ophthalmologist include:

1. If you are experiencing new symptoms, including blurry,

wavy or blank spots in your field of vision.

2. If you injure your eye, even if it seems minor. Damage to the eye is not always obvious and may require treatment.

3. If you get eye injections for an existing eye disease and have not done so during COVID-19. You should contact your ophthalmologist now.

4. If you’ve put off surgery, such as cataract surgery, during COVID-19. You should contact your ophthalmologist.

Safety Procedures During COVID

Ophthalmologists have taken many steps to create a safe environment during the pandemic. Your ophthalmologist is probably ready for you. Here is what you should expect to see:

- The clinic is likely to restrict the number of people who enter. If you don’t need someone to be there with you, don’t bring anyone to your appointment.

- The clinic may ask you to wait outside or in your car, instead of in the normal waiting room.

- Expect to see hand sanitizer when you enter the building and in the waiting room and exam rooms.

- Expect to be asked to wear a mask.

- Chairs will be spaced out to accommodate social distancing.

- Cleaning will occur more frequently throughout the clinic.

- As usual, exam rooms and equipment will be thoroughly cleaned after every patient exits.

- Expect to be asked a series of questions to determine your risk profile.

- Expect someone will take your temperature.

- Your ophthalmologist may use a special plastic breath shield on the slit lamp machine they use to look into your eyes.

- Your eyecare professionals may ask you to wait to speak until after your eye exam is complete. Then they can talk with you and answer questions when they can be a safe distance from you.

Learn More

For more information regarding EyeCare America and to see if you or someone you care for qualify, visit www.aao.org/eyecare-america.



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Health and well-being

Making Diet Decisions During a Pandemic

Dreadful as the pandemic has been, for some people it has meant a positive health change. Three in 10 Americans made a major change to their diet during this time, according to new research.

As with most changes, the big question always lingers—will the changes last?

The study suggests they may well. Seven in 10 of those respondents said their new diet has lasted longer because they did it during the ongoing pandemic, versus if they made the change at another time.

What the Study Showed

Conducted by OnePoll on behalf of Herbalife Nutrition, the survey looked at specific changes respondents made. Of Americans surveyed, 47% started eating more plant-based foods, while 54% started eating more fruits and vegetables—and 43% made an effort to eat less meat.

Results also found that a third of American respondents cut out or ate less sugar, and 39% cut down on the number of treats they ate.

Why the Choice to Change Now?

For many respondents, it was because they had extra time on their hands. In fact, fifty-three percent said they had



Many people learned to eat better during the pandemic.

more time to research healthier foods, while 51% said they had time to cook more and learn new recipes.

In addition, 40% said they were away from such negative influences as office snacks, while 37% wanted to use this time to make a positive change.

A third made the change to accommodate their loved ones. For nearly one in four the cost of meat was the cause, and for another quarter, it was on the advice of a healthcare professional.

“There is never a bad time to make a positive change in your lifestyle, especially when those changes lead to lasting, healthy results,” said Dr. Kent Bradley, Chief Health and Nutrition Officer, Herbalife Nutrition. “During this pandemic it appears more individuals are choosing quality nutrient-dense sources like those found in a plant-based diet.”

When asked about their current diets, 75% said they eat meat while 18% identified as “flexitarians,” and the rest were vegan or vegetarian.

Yet plant-based diets might be on the rise: 61% of respondents said they’d like to incorporate more plant-based foods into their diet, but they aren’t sure where to begin. The survey also found 40% of American respondents are more open-minded about plant-based foods and “meatless meat” options during the

pandemic. In a similar survey conducted last year, half of respondents were more open-minded about plant-based foods and “meatless meat” and 70 percent believed meatless meat would continue to grow in popularity.

Bradley added, “I commend all those who are empowering themselves in the midst of this pandemic and have found a way to create new healthy habits.”



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The Gadget Geezer

By Les Goldberg

5G: What's All the Fuss About?

By now you have no doubt heard all the buzz about the 5G wireless Internet network on TV commercials or in newspaper ads. It promises to boost the speeds of data moving through your Wi-Fi-connected smartphones, tablets, laptops, and personal computers up to 10 times faster.

As we enter a new year of endless technological advances and advanced connectivity, I thought this would be a good time to go over the pros and cons of the latest development in Internet speed.



Yes, 5G is about speed but it also gives you some extra perks.

Currently, most of us are running our computers, tablets, smartphones on 4G technology which is limited when you want to stream a movie or your favorite TV show onto one of your digital devices. It is like trying to move five lanes of cars through a two-lane tunnel. Your data becomes bottlenecked!

The biggest benefit of 5G is its bandwidth – it offers a wireless ‘pipe’ large enough to easily

transfer any size data file. It will dramatically improve the responsiveness of everything you do on your phone, and it will deliver the Internet to your home without a cable or phone line with greater speed. 5G also allows for high-density usage – the ability to connect with everything digitally like your home, cars, and wearables, and industrial devices.

The Downsides

Having increased speed and responsiveness for your digital devices is highly attractive and they are what the manufacturers of your phones, PCs, TVs, and Internet service providers are counting on for their new source of revenue in the coming years.

However, for you, the consumer, there is one fact to consider: to take full advantage of 5G, you will need to replace everything you currently own that accesses a cellular network since the 5G hardware is different and unique from today’s 4G technology.



That is exactly why you won’t see 5G rolled out immediately or in large volume.



Another challenge to 5G is the invention of ‘WBA Open Roaming,’ a new version of Wi-Fi that allows for one big uninterrupted and vast worldwide network. Once you log onto your device you can stay connected wherever you move or travel with the same amount of bandwidth or speed as 5G.



Is It Safe?

Industry experts admit that microwave spectrum radiation is a concern among many citizens, but they also tell us that these concerns are not new – they exist in all devices using 4G, Wi-Fi, and Bluetooth.

The real question is whether 5G’s number of antennas, the proximity of antennas, and the power levels coming from them are hazardous.

Conventional scientific wisdom has long held that radio waves don’t become dangerous to our bodies’ cells, or ‘ionizing,’ until they reach frequencies found in X-rays, gamma rays, and light from the sun.

Even the highest 5G frequencies sit far below those types of radiation and are therefore considered safe.

The Waiting Game

What the next five years of 5G adoption will look like remains a point of some dispute, according to industry and scientific experts.

For instance, Jupiter Research estimates that by 2025 there will be 1.45 billion active 5G connections worldwide. But the question remains: how many of those will be connecting homes or Internet of



Things (IoT) devices rather than phones?

Juniper says ‘to be successful, 5G fixed wireless broadband would need to meet expectations in real-world scenarios’ as an alternative to other forms of broadband connections. In other words, most of the world’s 3 billion phone users may not have access to 5G in the early rollout.

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Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough... a personal electric vehicle. It's called the **Zinger**, and there is nothing out there quite like it.

"What my wife especially loves is it gives her back feelings of safety and independence which has given a real boost to her confidence and happiness! Thank You!"

—Kent C., California

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum. It weighs only 47.2 lbs but can handle a passenger that's up to 275 lbs! It features one-touch folding and unfolding—when folded it can be wheeled

around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life.

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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

Take it from me, if you answered “yes” to the question above, it can be a daunting – and often very frustrating task. In my case, our family endured the experience twice – within a 4-year span -- when my mother and father who had been living with us for 7 years finally reached the stage where highly professional daily care was necessary.

Unfortunately for us, finding a well-managed, highly qualified care facility involved hours of knocking on doors, numerous phone calls, visitations, interviews and negotiations. If only there was a service available then like Orange County-based Residential Care Placement Specialist (RCPS).

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

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.”

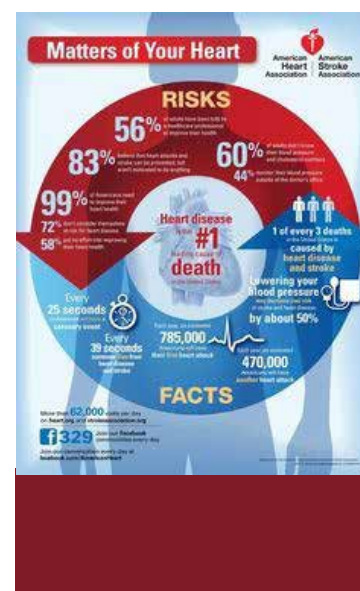
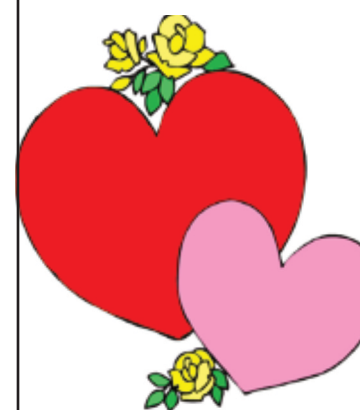
According to Schusler, “We at RCSP take pride in searching for That Age In Place Home. We have the knowledge and resources to support all unique needs, preferences and desires of our clients and families. We offer suggestions and support during all types of transitions.”

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

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