

SENIOR REPORTER

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Contributing Writers:

Les Goldberg
Ronnie Greenberg
Randal C. Hill
Lyn Jensen
Debbie L. Sklar
Nick Thomas

OCTOBER 2020

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Why I Became a Cop

By Jim McDevitt



I was born and raised in a section of New York City called Yorkville. One day, at 16, I was on the 86th Street cross-town bus on my way to meet my friends in Central Park. I was seated near the back of the bus. At the next stop, several people got on including an African American man who looked to me like he was heading home after work. Without provocation of any kind, two white thugs in their 20s started punching and knocking down this African American man. It made me sick to my stomach. The man was on the floor of the bus and they were stomping on him. None of the adults on the bus said or did anything. Even though I was frightened, I got up and grabbed one of the guys from behind. I couldn't stand by and watch this without doing something.

After I did that another man in his 20s got up out of his seat and grabbed the other guy from behind. This pause allowed the African American man to get to his feet and he pressed the buzzer for the exit on the moving bus and when it stopped,

he jumped off. The guy I had said something like I don't want to hurt you so you better let me go. I got a piece meaning he had a gun. The bus was moving again and I let him go and the two thugs jumped off at the next stop. It was at that moment that I knew I wanted to be an NYPD cop to help people and arrest thugs like these two.

After graduation from high school, I pushed up my draft and served in the Army in Germany for 2 years. At 22, having past the civil service tests, my number was reached on the list and I became an NYPD cop. From 1961 to 1965 I was assigned to Central Park then known as the 22nd Precinct. Then I transferred to the 110 Precinct in Queens and eventually operated an RMP in what was then known as 110 Ida as the sector.

Malcolm X lived in my sector and when threats were made on his life the NYPD had cops detailed to watch his house. One night when my sector car was out of service for repairs, I guarded the front of his house though he did not want police protection.

I made my share of ar-

rests and my older brother joined the force. He was assigned to the 48 Precinct in the Bronx. Being a cop requires life-changing decisions to be made at times in a split second. I have prevented suicides by breaking a window and entering an apartment on the fire escape. An elderly woman had turned on the gas unlit in and on her oven. She wouldn't answer the door. I was able to get in through the window and rush to open the door to let my partner in. He went about opening windows while I turned off the stove and revived the woman.

On another night, my partner was out sick and I had a rookie in his gray uniform riding with me. It was a Friday night and all the cars were busy going from one call to the next. I got a call in my sector about a man with a gun. We responded and parked two houses away so as not to be a target approaching the house. Standing on the porch was a middle-aged woman and in the doorway of the apartment, another young woman was standing holding an infant in her arms. I walked up the steps and approached the woman on the porch.

Continued on page 26



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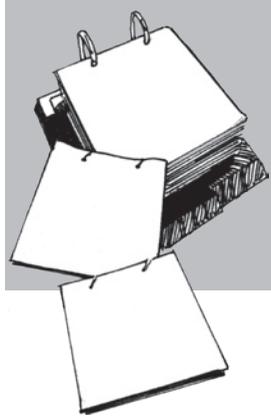


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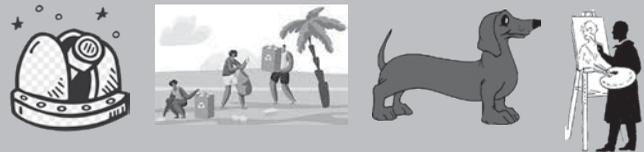
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October Calendar of Events



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

Virtual Art Steps Classes

Ongoing

Art Steps online program is an interactive art program based on its award-winning program. Try a class for free. Art Steps offers realistic, classical drawing and painting skills to kids ages 4 and up, teens and adults. Students receive hands-on, step-by-step guidance as they walk through lessons in a variety of subject matter and media, from crayons through oil paint, gaining confidence through learning to skillfully render what they see, one step at a time. Call, (714) 524-2248.

Santa Ana Art Walk

Santa Ana

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

Downtown Santa Ana offers a look at the arts 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 participat-

ing 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 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

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

Bolsa Chica Conservancy Wetland Restoration Events

Huntington Beach

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

Enjoy the Great Outdoors while helping restore the Bolsa Chica Wetlands twice monthly. Service includes restoration of native plant communities through non-native plant removal and cleanup efforts. Wear close-toed shoes, layered clothing, protection from the sun and bring water. Ages 6 years – Adult (Kids under 14 need to be supervised by an adult). Donations of heavy-duty trash bags, work gloves, and bottled water are appreciated. At, Bolsa Chica Conservancy Interpretive Center, 3842 Warner Ave., Huntington Beach.

Visitor Night at UCI Observatory

UCI 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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Email: jcampos@seniorreporterofoc.com

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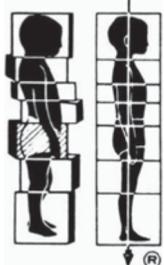
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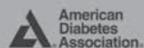
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‘What Mr. Hitchcock Wanted You to Think’

By Randal C. Hill

“We all go a little mad sometimes” — Norman Bates in *Psycho*

What’s the first thing that comes to mind when you think of Alfred Hitchcock’s classic 1960 horrorfest *Psycho*? It’s the shower scene, of course, probably the best-known short segment in movie history and regarded now as one of the most terrifying moments ever seen on film. The ghastly on-screen “slashing” required 78 exacting camera set-ups and 52 painstaking edits—each “take” would last two or three seconds — to get the effect that Hitchcock wanted.

Filming of the scene took place in 1959 between Dec. 17 through Dec. 23. The “victim,” star Janet Leigh, later recalled, “During the day, I was being stabbed to death, and at night I was wrapping presents from Santa Claus for the children.”

The movie itself wrapped in February 1960.

Over the years, some rumors have persisted about those infamous shower moments. One is that Hitchcock unexpectedly turned the running water cold to achieve a more shocked reaction from Leigh. Not true; the water was always warm. (Leigh was just naturally a good screamer.)

Another myth is that some of the edits included nudity. Also, not true, as nudity wasn’t allowed in any 1960 movie. (However, a 21-year-old artist’s model named Marli Renfro, who was clad a tight, flesh-colored wrap, was shown in some parts of the segment.)

Blood seen swirling down the drain was actually Bosco chocolate syrup, and the “thunk” of a knife entering Leigh’s body emanated from the repeated stabbing of a casaba melon. This all took place amid a shrieking soundtrack of a violin, a viola, and a cello all playing at once.

So much for Hitch’s hijinks!

Joseph Stefano’s *Psycho* screenplay was adapted from a 1959 Robert Bloch novel of the same name and was a grim tale that Bloch had based on Wisconsin psychotic serial killer Ed Gein.

The Bates Motel and next-door mansion were hastily erected on Universal’s backlot. *Psycho*’s budget of \$800,000 — about \$6,000,000 now — was cheap for the times. Hitchcock wanted his offering to have the appearance of a low-budget exploitation film. To achieve this, he replaced his first-rate movie production people with the crew from his TV show. He ordered the film to be shot

quickly and in bleak black and white, and included long, tense passages without dialogue that made for nail-chomping suspense.

The British-born director made each cast member swear with a raised right hand to divulge no information about the movie to anyone outside the group. He also cleverly withheld the ending of the story from everyone until filming the final scene.

To many moviegoers, *Psycho* was the most shocking work they had ever witnessed on the silver screen. It also set a new level of acceptability for violence, deviant behavior, and sexuality in American films. It is the earliest example of the “slasher” movie genre.

Today, thanks in no small part to Hitchcock’s chilling creation, some people still don’t feel 100 percent safe taking a motel shower ...

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Health and Well-Being

Make the Most of all the Stages of Your Life

On average, women experience change of life at age 51 and, while September has been designated Menopause Awareness Month, any time of year is a good time for women of any age to consider their personal health and how to improve it.



A new multi-purpose moisturizer is a wonderful wellness product for your personal-care routine throughout your journey of life

These facts and tips that may help. Menopause is usually defined as 12 months with no menstruation. It's often accompanied by hot flashes, night sweats, irritability, pain during intercourse and dryness.

What to do? To cool hot flashes, dress in layers, and avoid hot rooms and hot beverages, caffeine, spicy foods and alcohol. It also helps to eat a balanced diet, get enough sleep and exercise, not smoke and practice relaxation techniques. As for dealing with intimate dryness, there's now an all-natural, vegan, personal moisturizer and lubricant that helps women find pleasure and comfort through all stages of life. Called Chiavaye (pronounced: kee-ah-vay), it caters not only to women in menopause but also those affected by pregnancy, endometriosis, chemotherapy and more. A high-quality all-natural moisturizer, made by women for women, it can also to remove makeup, hydrate the hair, treat nipple chafing caused during breastfeeding, as a bath oil and generally pamper dry skin.

It's so pure, its even edible. Endorsed by gynecologist Dr. Barb DePree, M.D., Chiavaye can help with vaginal dryness, discomfort, itching, chafing, burning, painful intercourse and thinning vaginal walls. It has a smooth, velvety feel that's never sticky and adjusts to your body temperature. It's sustainable, earth-friendly, comes in a sleek, discreet package and made in the USA from six natural ingredients. It's available at Walmart this autumn:

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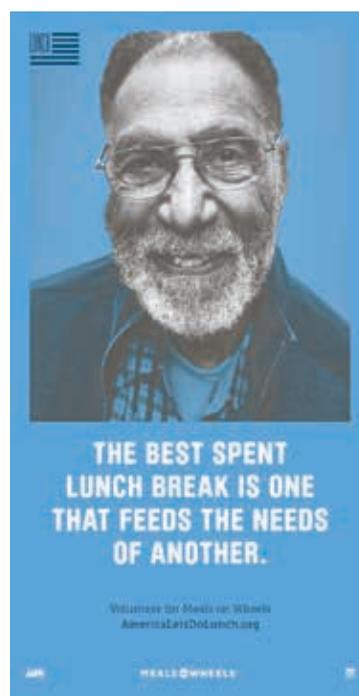
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Continued on page 16

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2020 SCHEDULE OF EVENTS

(See our website www.planesoffame.org for more information)

JANUARY	4	Living History Flying Day featuring: the Focke-Wulf Fu-190 Germany's 'Butcher Bird', Student Art Contest Awards
FEBRUARY	1	Living History Flying Day featuring: the F4U-1A Corsair
FEBRUARY	15	Special Presentation: The Strategic Bombing of Europe During World War II: A Look at the 91st Bomb Group
MARCH	7	Living History Flying Day featuring: the P-38 Lightning, presentation by Francis Gary Powers Jr.
MARCH	21	6th Annual Hangar Dance with Big Band Orchestra
APRIL	4	Living History Flying Day featuring: the B-25 Mitchell, presentation by Jonna Doolittle Hoppes
APRIL	18	Special Presentation: The Incredible True Story of Douglas "Wrong Way" Corrigan
MAY	2	Planes of Fame Air Show May 2-3 2020, Chino Airport
MAY	10	Mother's Day - Moms Admitted FREE!
JUNE	6	Living History Flying Day featuring: the P-47 Thunderbolt, D-Day presentation
JUNE	20	Special Presentation: The Story of Edwards AFB, To Push the Outside of the Envelope
JUNE	21	Father's Day - Dads Admitted FREE!
JULY	4	Living History Flying Day Featuring: the Curtiss P-40 Warhawk
AUGUST	1	Living History Flying Day featuring: the North American P-51 Mustang
AUGUST	15	Special Presentation: Blazing New Trails: Diversity in Aviation
SEPTEMBER	5	Living History Flying Day featuring: the Douglas AD-4 Skyraider
OCTOBER	3	Living History Flying Day featuring: the F-86 Sabre, Junior Aviator's Day: Kids Get In Free!
OCTOBER		13th Annual "Taste of Flight" Gala (Date TBD)
NOVEMBER	7	Living History Flying Day featuring: World War One, presentation by Christina Olds
NOVEMBER	11	Veterans Day - Veterans Admitted FREE!
DECEMBER	5	Living History Flying Day featuring: the Mitsubishi A6M Zero
DECEMBER	5	Pearl Harbor Hangar Dance with Big Band Orchestra

Living History Flying Days are held on the 1st Saturday of each month, and begin with a presentation at 10:00 AM by a panel of featured topic experts. Event concludes with a flight demonstration by the featured aircraft (whenever possible).

All events are at Planes of Fame Air Museum, Chino Airport, unless otherwise noted. Event schedules may be subject to change. (Special additional events are noted in blue.)

FREE ADMISSION TO MEMBERS!

Cheech Marin

By Les Goldberg

It is safe to say that when it comes to Hollywood, the stars of movies and television come from widely diverse backgrounds. Their ethnicity and personalities vary like the Southern California landscape.

Take Cheech Marin, for instance. His emergence into fame derived from South Los Angeles, not Beverly Hills. His mom was a secretary, his dad an LAPD cop. At birth in July 1946, he had his cleft lip surgically repaired. And despite his Mexican American heritage and the fact that he calls himself a Chicano, he is not fluent in Spanish.



In an interview with National Public Radio 3 years ago, he revealed that his nickname “Cheech” is short for “chicharrón,” the Spanish word for fried pork rind, a popular snack and ingredient in Latin American cuisine.

“I came home from the hospital, I was like a couple of days old or something, my uncle



came over and he looked in the crib and he said [in Spanish], ‘Ay, parece un chicharrón.’ Looks like a little chicharrón, you know?”

Marin graduated from Bishop Alemany High School and then studied English at San Fernando Valley State College (now California State University, Northridge), where he was a member of Phi Sigma Kappa and graduated in 1968. Marin auditioned to sing for Frank Zappa in 1967, but instead moved to Vancouver, British Columbia, to dodge the draft during the Vietnam War. Marin met his future comedic partner, Tommy Chong, in Calgary, Alberta.

As a part of the highly successful comedy duo Cheech & Chong, Marin participat-



ed in several comedy albums and feature film comedies in the 1970s and 1980s. Tommy Chong directed four of their films while co-writing and starring in all seven with Marin.

Later Films and Television Work

After Cheech & Chong disbanded in 1985, Marin starred in several films as a solo actor, most notably *Born in East L.A.*, *The Shrimp on the Barbie*, *Tin Cup*, and *Once Upon a Time in Mexico*.



He made a cameo appearance as a dockworker in *Ghostbusters II*. In 2004 he made his second appearance as a policeman, as “Officer Salino” in the film adaptation of John Grisham’s holiday novel *Skippering Christmas*, under the title *Christmas With the Kranks*, starring Tim Allen and Jamie Lee Curtis.

Marin appeared in the Fox sit-

com *Married... with Children* as the voice of the Bundy’s Briard dog, Buck; he voiced the character in three episodes.



He made the transition to full-time television work when he co-starred on the short-lived *The Golden Girls* spin-off *The Golden Palace* (1992–1993), and later with Don Johnson in the police show *Nash Bridges* (1996–2001), in which they played San Francisco, police-detective partners.

In recent years he has been active in playing supporting roles in films and performing voice-overs for animated features. The most notable are Tito the Chihuahua in *Oliver & Co.* (1988), Banzai the hyena in *The Lion King* (1994), and Ramone in *Cars* (2006) and its sequels. He also played Pancho in *The Cisco Kid* (1994) and reprised the Banzai role in the video game *Kingdom Hearts II*.

Children’s Music

Marin has released two best-selling albums in the children’s music genre, *My Name is Cheech, the School Bus Driver* (1992) and *My Name is Cheech, The School Bus Driver Coast to Coast* (1997). Both albums were released bilingually. In July 2007, the book *Cheech the School Bus Driver* was released, written by Marin, illustrated by Orlando L. Ramirez, and published by HarperCollins.

His voice is in the animated children’s series *Dora the Explorer*.

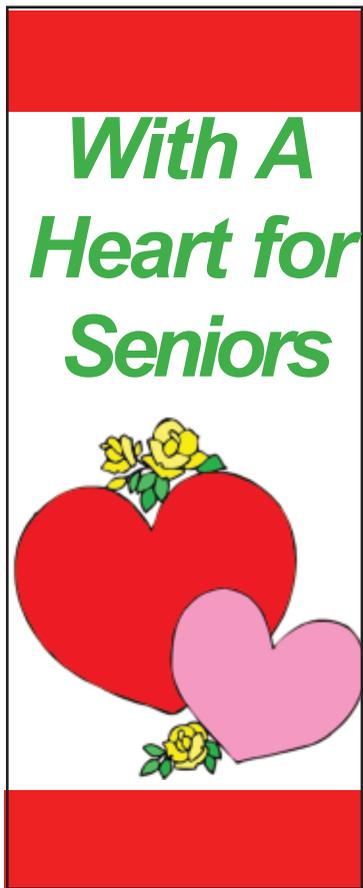
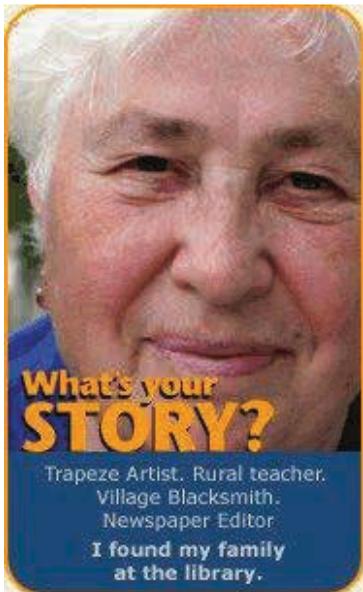


Additional Television Appearances

In late 2006, Marin participated in Simon Cowell’s *Celebrity Duets*. He had a recurring role in the hit series *Lost* and was a co-host for *WWE Raw* with his comedy partner Tommy Chong in Oklahoma City.

Marin also sings on the hidden track *Earache My Eye* on Korn’s album *Follow the Leader*; appeared in the Hall-

Continued on page 25



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The Gadget Geezer

By Les Goldberg

Never Too Early Gift Ideas

I know what you are thinking. It's only October and you're already planting seeds for the holiday season gift-shopping frenzy.

Well, guess what? This is an extraordinary year and the holidays are going to be drastically different as brick-and-mortar stores limit in-person attendance, enforce social distancing and mask-wearing. Online shopping is expected to break new records, putting an expected squeeze on home deliveries and shipments.

My mission is to give you some ideas now so that your holiday spirit can remain intact while remaining safe and sane without the pandemic pressures. So, sit back, open your

Internet browser, and start browsing through some of the cool gadgets now available:

InfinitiKloud



What's the worst nightmare for any computer user? You guessed it – losing all your files and data in a total computer 'crash.' It is a well-known fact that most users forget to back up their work, contact information, and more. Even worse is when the whole system shuts down completely.

That is why InfiniteKloud is an amazing new solution. Unlike any other backup device, it has

built-in software that makes backing up your computer ridiculously easy, says company spokespersons, and it even backs up your phone!

You just plug the device into your laptop and a window instantly appears prompting you to start backing up the system. By pressing the 'start' button, the device will find and save your files automatically.

For phone backup, you simply visit the Play Store and install the InfinitiKloud app on your phone and it takes care of the rest. Price: under \$50 for the basic 64-gigabyte model.

Phone Germ Killer



Unless you wear gloves 24/7, imagine how many germs are congregating on your phone.

Scientists tell us that your phone could be far dirtier than your toilet seat. Smartphones have touched an average of 2,500 times a day and contaminants like the coronavirus can live on a phone's surface as long as three or four days.

That is why the people at Ho-Medics recommend you try its newest product, the UV-Clean Phone Sanitizer.

It is a small pouch that can hold your phone – even the large one like the Galaxy Note20 or iPhone11 Pro Max. Once you zip it up and press a button, it uses ultraviolet light to kill up to 99.9 percent of bacteria and viruses.

The company's UV-C LED technology has been proven to sanitize in one minute, and you get up to 70 uses between charges. Price: \$69.

Smart Cocktails



Are you in the mood for a hot toddy or spiked egg nog? But wait, you don't have bartender skills? No problem with the new Perfect Drink Pro Smart Cocktail Scale.

When you use this kitchen scale with its companion app, it helps you mix the perfect cocktails.

Compatible with Apple and Android devices, the Perfect Drink Pro provides you with more than 400 recipes. All you have to do to get started is set your cocktail shaker on the scale and choose which drink you want to make in the app.

Then, pour each ingredient in the order it recommends, and the app will ding when you've measured the right amount of all the components. Price: \$150.

Water Monitor



When you are at home more than normal—which is the new normal today – your daily minimum daily requirements.

The EVE Healthcare Companion Water Bottle is a solution that, according to its inventors, not only reminds you of your water intake but helps you remember to take your medication.

This smart water bottle stores up to 20 pills and sends your reminders when it's time to take your meds and drink your water. It notifies you with customizable music alerts and a multicolored LED glow. Price: Under \$50.

Key Turner Aid



Sometimes you find gadgets that prompt you to say, 'Why did it take so long to invent it?' The Keywing Key Turner Aid is one of those.

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Continued on page 15

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II8016_19MM098 (Accepted 8/30/2019)



News of Health

New Hope for People with Spinal Cord Injuries

If you or someone you care about is ever among the approximately 17,700 Americans who each year, according to The Journal of American Medical Association, suffer a new spinal cord injury or the hundreds of thousands that continue to live with a spinal cord injury, you may be relieved to learn about recent research.

The Issue

A spinal cord injury is damage to the spinal cord that results in a total or partial loss of function, such as mobility, feeling or autonomic function, such as bladder control.

In most cases, the damage



results from physical trauma, such as falls, car accidents or sports injuries, but can also result from infections or other diseases.

Unfortunately, at this time there's no way to reverse spinal cord damage incurred in a spinal cord injury.

Some Answers

The good news is, researchers

are continually working on new treatments, including prostheses and medications, that may promote nerve cell regeneration or improve the function of the nerves that remain after the injury.

One such promising treatment is NervGen's NVG-291 which was discovered in the labs of Dr. Jerry Silver at Case Western Reserve University. Dr. Silver is a renowned spinal cord injury and regenerative medicine researcher, a Professor of Neurosciences at Case Western Reserve University's School of Medicine and was recently awarded a grant by the State of Ohio to continue his

work on a treatment for spinal cord injury, including looking at the effect of NVG-291 in a chronic setting. Preclinical tests by NervGen and by independent labs suggest NVG-291 promotes the repair of the nervous system leading to the return of mobility and bladder function.

Jay Shepard, Chairman of the Christopher and Dana Reeve Foundation, commented, "As part of my leadership of the Reeve Foundation's pursuit of treatments that will move us closer toward functional recovery and cures for people living with paralysis, we follow closely exciting research at

all stages of development. We look forward to further investigation of NVG-291 and have every hope for its success. Technology to promote nerve repair in both an acute and chronic setting would be a game-changing therapeutic."

There is promise for NervGen's compound, NVG-291, to be a treatment for not only those that were just injured, but the hundreds of thousands of people that continue to live with the injuries for the rest of their lives. What's more is that, in these animal models, the improvement that was seen was a lasting one.

Learn More

For further information, visit www.nervgen.com.

Fabulous Finds

By Debbie L. Sklar

Crisp, cool weather is finally here and you can put away your summer clothes in favor of great sweaters, boots, and more. Along with a new wardrobe change check out these Fab Finds including skincare items from Down Under and a B12 vitamin in pill form.

B12



Eligen B12 is a new, easy, effective, and clinically proven once-daily oral pill to treat your B12 levels safely at home. Reports say 43% of people over the age of 60 and 1 in 5 of those aged 50 and over are affected by a B12 deficiency. Having low B12 doesn't just drain your energy. If undiagnosed or untreated, it can also be seriously harmful to your health. Treating low B12 comes with the hassle of traveling to a doctor's office for painful shots or taking ineffective over the counter supplements that don't absorb well. For seniors, scheduling extra doctor's visits can be difficult, especially if you suffer from mobility issues or are limiting contact beyond your homes due to COVID-19.

Eligen B12 is the first and only oral treatment clinically prov-

en in studies to normalize B12 levels as effectively as B12 injections. Powerful SNAC technology delivers the vitamin directly into the bloodstream, allowing it to absorb 2.5x better than OTC supplements. There are many health benefits to having stable B12 levels including:

- Increased mental and physical energy.
- Improved mood.
- Strengthened immune system; and
- Healthy nervous system.

Eligen B12 ensures consistent B12 levels and steady energy throughout the day. There's no prescription required, but always ask your doctor if you can make a switch. Visit eligenb12.com for pricing and more information

Oral B Nighttime Dental Guard



The Oral B Nighttime Dental Guard is an affordable OTC and custom moldable dental

guard manufactured in an FDA audited USA facility. Compare to customized guard purchased in a dentist's office, at typically \$300-\$500 this guard you can create yourself in less than 3 minutes. Why not get a custom fit via a simple microwave process in the comfort of your home? The guard is designed to protect individuals that suffer from bruxism, an anxiety-induced nighttime clenching, and grinding of the teeth. It's intended to reduce damage to the teeth and to prevent the noise associated with grinding. Unique BPA-free and Latex-free material, pleasant Original Scope Mint Flavor instead of the common plastic tasting guards. One-size-fits-all, because everyone's teeth are different, this Oral-B Guard has been designed for a thin and easily customized fit for best results and comfort. Includes: guard, impression tray, and convenient storage case. Price around \$20; Available at most drugstores and mass retailers.

Down Under Skincare

Sand & Sky, the clean A-Beauty brand, officially launched its first-ever daily use range with its **Sand & Sky Tasmanian Spring Water Collection**. Tasmanian Spring Water is one of the purest waters in the world because it is untouched by humans until it touches your skin. Its strengthening force of nature is found deep within a

pristine lake in the slopes of the Great Western Tiers. Revitalizing skin from the first drop, it quenches, plumps, and fortifies with a unique blend of calcium, magnesium, and other essential minerals. With dual Hyaluronic Acid for improved moisture retention, the Tasmanian Water Collection delivers instant hydration and radiance, plus lasting relief from dryness and sensitivity.

Sand & Sky Tasmanian Spring Water Splash Serum



Dive into pure hydration with **Tasmanian Water Splash Serum**, formulated from one of the purest waters in the world and into a weightless, potent serum for deeply hydrated skin. Fast absorbed, with a lightweight, velvety texture, Tasmanian Spring Water Splash Serum is the first water-based hydrating serum to feature probiotics. Instantly improving skin hydration, moisture retention, and smoothness from the first application, the unique blend of ingredients reinforces the skin barrier and boosts hydration mechanisms. Meaning? A reduction in sensitivity and

inflammation, and lasting relief from dryness. It's enriched with calcium, magnesium, and other strengthening essential minerals from Tasmanian Spring Water to fortify skin, naturally. Featuring Bifida Ferment and Hyaluronic Acid, the Splash Serum provides unparalleled hydration for all skin types. Price: \$55.90; Available at SandandSky.com, Ulta.com

Sand & Sky Tasmanian Spring Water Hydration Boost Cream



Tasmanian Water Hydration Boost Cream is a weightless, gel-cream formula, and is nasty-free, absorbing like a dream to revive dull or dry skin. As the dual-Hyaluronic Acid Complex boosts the skin's ability to retain moisture, the skin is visibly plumped and refreshed. Fermented Sea Kelp inhibits key aging enzymes, responsible for wrinkles and loss of elasticity, and Tasmanian Spring Water fortifies. With a 'second skin' action that reduces transepidermal water loss, Red Algae Extract ensures lasting hydration and comfort. Price: \$49.90; Available at SandandSky.com, Ulta.com

Health and Well-Being

Rebounding Your Way to Better Fitness

The COVID-19 pandemic has not only resulted in more people working out at home, it has underscored the tremendous value of regular exercise in staying healthy and boosting your immune system. If you're looking to start exercising or want to add some variety to your fitness routine, now may be a great time to try rebounding, where you bounce on a mini-trampoline to build stamina, burn calories and shape up.

What is Rebounding?

Rebounding is a low-impact, high-intensity exercise on a fitness trampoline with elastic cords. It's intuitive, gentle on the joints and, users say, a whole lot of fun. From different ways to jump, to strength and balance work, to flexibility moves, exercisers enjoy the ease, rhythm and freedom of rebounding, along with energizing music that drives workouts and helps endorphins flow.

"We perform workouts to the beat of the music, which allows people to get out of their minds and focus on their bodies and movement," explains Jacey Lambros, co-owner of Jane DO, a fitness brand with four studios in the greater New York City region. "Our trampoline class is a total-body workout designed to lift both the body and the spirit."

Benefits of Rebounding

Here are some more reasons to consider rebounding:



Boost your health with a bounce

1. Accommodates all fitness levels. Beginners can go at their own pace and use a handlebar attached to the trampoline, while advanced exercisers can accelerate their pace and intensity for greater challenge. Both benefit from this low-impact modality, which minimizes joint stress.

2. Burns calories. Studies have shown that rebounding for 20 minutes is comparable to running for 30 minutes—without all the jarring on the body. Another study indicates that rebounding is 50 percent more efficient at burning fat than running. Plus, because workouts are low-impact, they don't feel as taxing, so you can exercise longer for even better results.

3. Develops balance. The unstable surface of trampolines means your body has to work harder and constantly engage the core to remain balanced and in control.

4. Improves the lymphatic system. Rebounding stimu-

lates the lymphatic system, which functions to help the body get rid of toxins and is essential for immunity and overall health.

5. Builds bone mass. Jumping on a trampoline strengthens the skeletal system to enhance bone density and help stave off osteoporosis.

6. Is compact and cost-effective. Mini-trampolines are compact and can fit anywhere (some even fold), are reasonably priced, facilitate a variety of workouts and deliver long-lasting performance over years.

How to Jump In

Get a quality trampoline from an expert such as JumpSport at www.JumpSportFitness.com. You can choose among different models for various preferences and budgets. Then take advantage of on-demand and live streamed workouts, or hit a rebounding boutique. There are more than 20 fitness studios in the Tri-state area keeping exercisers bouncing with in-person and virtual rebounding sessions.

In the greater NYC area, Jane DO offers its trampoline workouts, along with weekly live streamed classes, at www.janedo.com/livestream and on-demand workouts, via its custom app in the Apple Store or Google Play.

"Rebounding gives you a full-body workout on a singular

apparatus, in a small space, and in a way that won't bother your neighbors," says Dani DeAngelo, co-owner of Jane DO.

PERSPIROLOGY, a boutique fitness center in Sea Bright, New Jersey, also offers a wide variety of Bounce classes in studio and online that motivate and challenge exercisers.

"We have hundreds of workouts on our site that allow exercisers to get familiar with rebounding and work hard in the comfort of their own home," says Katy Fraggos, owner/creator of PERSPIROLOGY. You can check out a free seven-day trial of the Workout At Home library at www.perspirology.com.

Rebounding can be a great way to put more of a spring in your step all year round.

The Gadget Geezer

Continued from page 12

This product is designed for those who suffer from arthritis, muscular dystrophy, Parkinson's, and weak hands and have a hard time gripping and turning their keys.

The Keywing, which comes in a package of three, easily clips onto your keys of any shape and creates a 'thumb turn' to provide extra leverage when turning a key into locks. The dimpled domes give fingers a firm grip to stop from fumbling and dropping keys.

Each package contains the key

turner aids in various colors which makes it easy to identify which key goes with your various locks. Price: \$14.

Digital Calendar for Senior



If you have trouble viewing your bedside alarm clock, wristwatch, or smartphone time indicator, the new Digital Calendar Clock from DayClox may be the solution you've been looking for.

With a bright 8.5-inch screen, the clock displays the day of the week, the month, and time fully spelled out with white letters on a black background or in red, white, and blue colors. Each day is divided into five cycles: morning, afternoon, evening, night, and before dawn to prevent confusion with AM and PM indicators.

There are no abbreviations because, according to DayClox, many seniors suffering from memory loss or vision impairment often have a hard time processing abbreviated words.

The power backup feature prevents the loss of up-to-date information when the clock is unplugged or during a power blackout. Price: \$56.

We'll be back next month with more holiday gift ideas.

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Planes of Fame Air Museum

Continued from page 9

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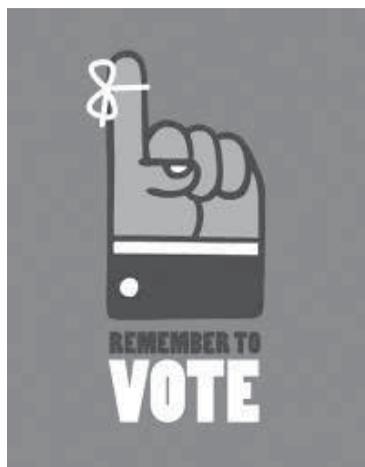
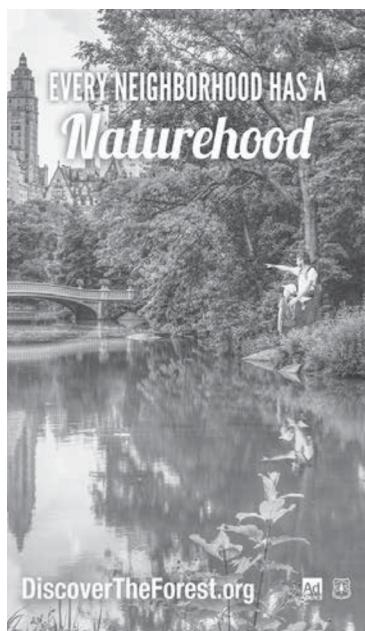
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'Fire and Rain'

James Taylor

By Randal C. Hill

He was just 22 when his introspective breakout single on Warner Records made James Taylor an international pop star. Born in Boston in 1948, he was the second of five children, and the son of a prominent doctor father and an aspiring opera-singer mother. After the Taylors moved to North Carolina, Taylor studied the cello before switching to the guitar.

At a private boarding school as a teenager, he proved to be bright but uncomfortable in the high-pressure, college-prep setting. He enrolled at the public Chapel Hill High School but, depressed and insecure, dropped out during his junior year. In time, though, Taylor earned his diploma at a psychiatric hospital in Belmont, Mass.

He and a musician friend moved to New York, formed the Flying Machine band, and gigged around Greenwich Village, where Taylor began shooting heroin. The group released one single, which went unnoticed, and the discouraged musicians disbanded. Eventually, Taylor decided to move to London alone, where he auditioned for Beatles-owned Apple Records and became the first non-British act signed to the prestigious (but, as it turned out, short-lived) label. While his debut album con-

tained such now-classic tracks as *Carolina in My Mind*, his Apple disc tanked, due primarily to Taylor's drug issues and the Beatles' label falling apart.

Back in the United States, Taylor signed with Warner Records and cut the album *Sweet Baby James*, which featured *Fire and Rain*. Listeners often dug deeply in trying to analyze Taylor's poignant lyric lines; a 1972 *Rolling Stone* magazine interview managed to shed quite a bit of light on the song's three seemingly disparate verses.

"The first verse is about my reactions to the death of a friend," Taylor said.

Suzanne Schnerr was a young woman who had befriended Taylor during his Flying Machine days. Later, at a mental-health facility, she committed suicide after being assigned an isolation cell.

"Suzanne, the plans they made put an end to you"

He continued, "The second verse is about my arrival [back] in this country with a monkey on my back." Here he implores Jesus to give him the strength he needs to survive his potentially lethal heroin addiction.

My body's aching and my time is at hand

In conclusion, Taylor candidly offered, "The third verse of that song refers to my recuperation in Austin Riggs [a psychiatric hospital in Stockbridge, Mass.], which lasted about five months." Here he faced the reality of the demise of his youthful, idealistic goals.

"Sweet dreams and flying machines in pieces on the ground"

Later, on NPR, Taylor said of his first hit record, "It did come very, very fast. But it was a great relief. [It] relieved a lot of tension. There were things I needed to get rid of."

Although the five-time Grammy winner intensely dislikes hearing his songs on the radio, he understands that *Fire and Rain* is one of his most anticipated concert pieces yet admitted, "I'm surprised really how durable it is or how reliable the connection, the emotional connection it makes."

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Health and Well-Being

Pandemic Depression: Genetic Insight May Help Treatment

Social isolation during the pandemic may pose a mental health threat for those already at risk for COVID-19—people over age 65.

As doctors treat more senior patients for depression, an increasingly popular genetic test may inform their treatment decisions. The GeneSight test (www.genesight.com) provides information about how your genes may impact how you metabolize and respond to certain depression medications.

Innovative solutions for mental health conditions are important. As the pandemic and its resulting isolation wears on, many are struggling with their mental health. According to the Centers for Disease Control and Prevention, loneliness can be associated with higher rates of depression.

“When I first experienced depression, it happened all of a sudden,” shared Doreen, a wife, mother of three grown children, and retiree. “It was like a cloud happened in my head.”

Symptoms of depression can include changes in sleep or eating patterns, decreased energy, difficulty concentrating or a lack of motivation.

Doreen saw her doctor, who prescribed a depression med-



You don't have to live with depression. An increasingly popular test may help your doctor make a more informed treatment decision

ication but it didn't alleviate her symptoms.

“I began to see one doctor, then another, to help deal with my depression,” said Doreen. Her doctors “tried many, many different medications and none seemed to work. Finally, my heart doctor said, ‘Doreen, I’ve heard about this gene test, I think it might help you.’”

Her doctor was referring to the GeneSight test.

The test is a simple cheek swab, ordered by a healthcare provider who can prescribe medications. A patient can take the test at home or in the doctor’s office.

Using a patient’s unique DNA, the GeneSight test informs doctors about potential gene-drug interactions. The report provides information about which depression medications may require dose adjustments, may be less likely to work, or may have an increased risk of

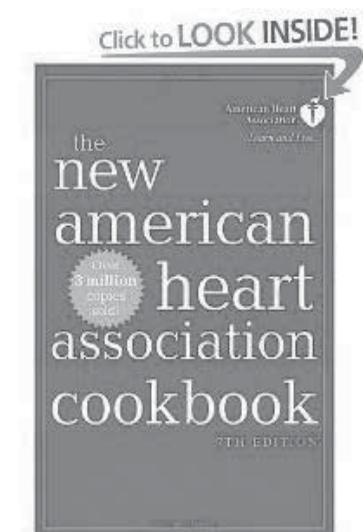
side effects based on a patient’s genetic makeup.

The GeneSight test helped Doreen’s doctor to make an informed treatment decision; she was prescribed a new medication.

“That’s when my life started to change. I got back to smiling, being happy and laughing again. I got back to being me,” Doreen said.

Post-pandemic life will likely never be the same. If depression is one of the unanticipated consequences, treatment is important.

People struggling with depression can ask their doctor about the GeneSight test. To learn more, visit www.GeneSight.com.





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Health Care in Our Lives

Need to Find Your Own Health Insurance—You Have Options to Get Covered

“We need to find health insurance. Where do we start?” This question will occur to millions of Americans who have lost their employer-provided health coverage—or want to be prepared in the event they do. Some reports suggest that some individuals may not enroll in health insurance at all, and the health and financial impact of going without could have long-lasting consequences.

“Choosing the right health coverage may seem daunting since many Americans have never shopped for coverage before or worry that they cannot get affordable health insurance,” said Mark Smith, president of HealthMarkets, one of the largest independent health insurance agencies in the United States. “People should know that there is a wide range of coverage options available to meet their unique care needs and financial situations, some of which are free or subsidized.”

Health Care Coverage Guidance and Enrollment Support

Individuals can find support through health care marketplaces, insurance carriers, insurance brokers and other licensed insurance agents to determine what plan is best for them.

For example, GetCovered is a free service offered through



There may be more ways to get your health care paid for than you realize,” says Mark Smith, president of HealthMarkets

HealthMarkets that provides guidance for people who need health coverage. Call (877) 270-0029 or visit www.get-covered.com to get started. Working with licensed insurance agents, individuals can learn what they are eligible for, including Medicare/Medicaid options or find commercial health plans that best meet their individual needs. Agents can also help them enroll in these plans, where they are able.

Questions to Ask

To find the right coverage, it’s important to know what’s available, what to ask and what information you need to enroll. To narrow your options, be prepared to discuss:

- When does your employer-sponsored coverage end?
- Does your company offer

COBRA (Consolidated Omnibus Budget Reconciliation Act)? Under COBRA, individuals maintain their current plan benefits by paying the total cost of the insurance including their premiums and the amount contributed by their employers.

- Does your spouse’s/domestic partner’s employer provide coverage with a “special enrollment” allowance under certain circumstances?

- What benefits does your family need or want?

- What can your family afford? Think about what portion of your monthly budget can be used for health coverage or other insurance. Your family may be eligible for additional options based on your specific financial situation.

Health Coverage Options

If COBRA and spousal coverage are not available or too cost-prohibitive, here are other options to consider:

- Medicaid/Medicare—While Medicare coverage is primarily available to individuals over age 65, Medicaid eligibility is primarily based on income, disability, family size and other circumstances.

- Individual exchange/marketplace plans—These Affordable

Continued on page 20



Technology Improving Our Lives

How Internet from Space Brings Faster Internet to Rural Areas

For many in the American countryside, signals from space have been most welcome for some time. That's because, in many places, that's the best way to get Internet service: via satellite.



Enjoying a rural lifestyle no longer has to mean you have to give up the kind of Internet connectivity urban dwellers have, thanks to today's out-of-this-world satellite systems

ing the joys of rural living, but remote communities may not have the infrastructure needed to access traditional Internet service at home. Viasat is available where traditional internet service providers don't go.

- Keeping people connected: This is more important than ever these days with so many working and attending school from home, accessing telemedicine, watching videos, playing games and connecting remotely with family and friends. You can use Viasat Internet to email, chat, collaborate on documents, pay bills, do research, and much more.

- Continuous improvements: More satellites are under construction, Viasat will add even more capacity throughout the U.S. in the next few years. That means faster speeds and the ability to handle more and more data from applications such as video streaming.

- Availability: In many plac-

es where cable and fiber don't go, satellite is there. For example, Viasat reaching some of the most remote parts of the country.

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For further facts about the only satellite ISP to make U.S. News & World Report's Best ISP of 2020, visit viasat.com/internet.

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By Debbie L. Sklar

Some places are worthy of their names.

For instance, there is an enclave situated within the city limits of eastern Rancho Santa Margarita called Dove Canyon that is off the beaten path.



Situated in the southernmost foothills of Orange County, Dove Canyon is said to be one of the county's best-kept secrets. The scenic master-planned community has gated privacy in an intimate golf setting – the 18-hole Dove Canyon Golf Course at the Dove Canyon Country Club – created by well-known golfer and master golf course designer Jack Nicklaus.

Nicklaus who is referred to as the *Golden Bear*, is perhaps one of the greatest professional golfers of all time. After decades as a player, Nicklaus stopped all competitive tournaments in 2005, and now designs golf courses, as well as operates one of the largest golf course design practices on the planet.

The Dove Canyon design was completed in 1990 as a private Nicklaus designed golf course; membership to the golf club is separate and not included in home purchases.

“This magnificent Jack Nicklaus ‘Signature’ course – the only golf course in Orange County designed with the ‘Masters’ touch’ boasts stunning mountain views amidst beautiful lush canyons. Ranked in 1994 by *Golf Digest* among the top three golf courses in Orange County and the top 11 golf courses in the state of California, this 6,902 yard par-71 golf course takes you for a breathtaking round past sparkling waterfalls and rolling fairways to greens so well bunkered it will test the skill of any player,” according to its website.

In addition to belonging to the private golf club, residents of Dove Canyon enjoy views of Sycamore Canyon, horse trails, a wide field, a reservoir, a kid’s park, a shopping center, and single-family residences. Of course, Dove Canyon’s next-door neighbor is the community of Coto de Caza.



Health Insurance Options

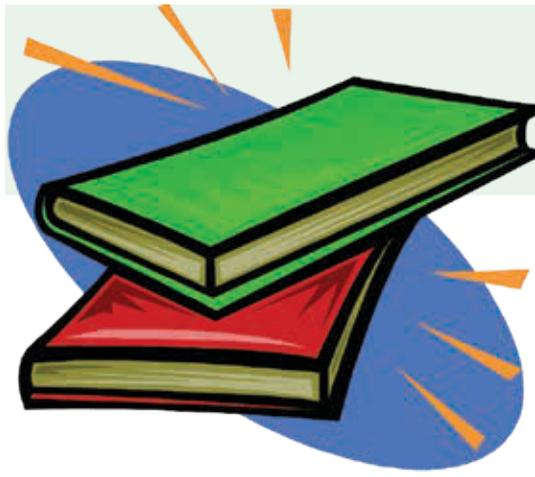
Continued from page 18

Care Act (ACA) plans are available through federal or state enrollment sites. Based on your family’s income, you may be eligible for plan subsidies making one of these plans more affordable. Recent job loss often would be a “qualifying life event” to enroll in an ACA plan outside of the annual Open Enrollment Period.

- Short-term plans—Short-term limited duration insurance coverage provides temporary coverage to bridge the gap between longer-term insurance coverage. These plans have a fixed duration of a few months to even several years and generally will offer less robust coverage than ACA plans.

“Health coverage decisions can be made simpler—and there are resources to help,” Smith said. “Regardless of whether you choose to do your own research and enrollment or engage outside services, determining what you and your family need and can afford will help you find good health coverage that ensures you have access to care now.”





October Book Club

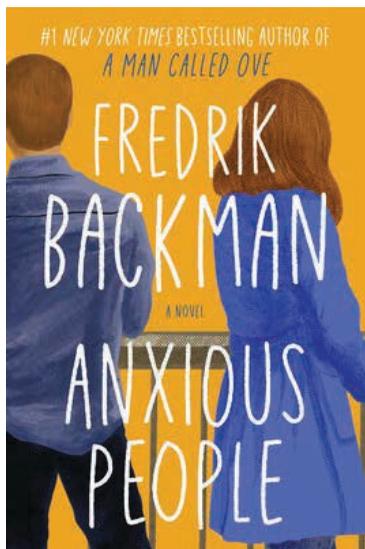
Summer is behind us and fall is here.

It's time to kick back and enjoy a good book along with a cup of cider, hot coffee, or your favorite beverage and relax. Why not take a few minutes by taking time for yourself with one of these new books?

Anxious People

A Novel

By Fredrik Backman



“Looking at real estate isn't usually a life-or-death situation, but an apartment open house becomes just that when a failed bank robber bursts in and takes a group of strangers hostage. The captives include a recently retired couple who relentlessly hunt down fixer-uppers to avoid the painful truth that they can't fix their marriage. There's a wealthy bank

director who has been too busy to care about anyone else and a young couple who are about to have their first child but can't seem to agree on anything, from where they want to live to how they met in the first place. Add to the mix an 87-year-old woman who has lived long enough not to be afraid of someone waving a gun in her face, a flustered but still-ready-to-make-a-deal real estate agent, and a mystery man who has locked himself in the apartment's only bathroom, and you've got the worst group of hostages in the world.

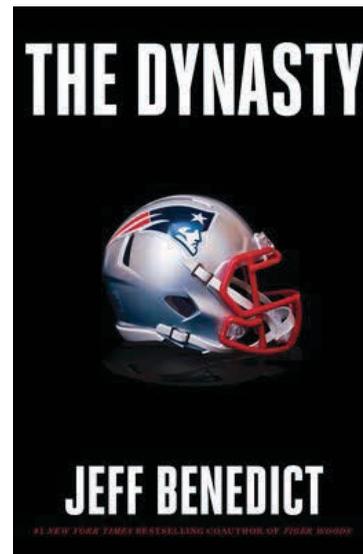
“Each of them carries a lifetime of grievances, hurts, secrets, and passions that are ready to boil over. None of them is entirely who they appear to be. And all of them — the bank robber included — desperately crave some sort of rescue. As the authorities and the media surround the premises these reluctant allies will reveal surprising truths about themselves and set in motion a chain of events so unexpected that even they can hardly explain what happens next.

“Rich with Fredrik Backman's ‘pitch-perfect dialogue and an unparalleled understanding of human nature’ (*Shelf Awareness*), *Anxious People* is an ingeniously constructed story about the enduring power of

friendship, forgiveness, and hope — the things that save us, even in the most anxious times,” according to publisher Atria Books.

The Dynasty

By Jeff Benedict



“It's easy to forget that the New England Patriots were once the laughingstock of the NFL, a nearly bankrupt team that had never won a championship and was on the brink of moving to St. Louis. Everything changed in 1994 when Robert Kraft acquired the franchise and soon brought on board head coach Bill Belichick and quarterback Tom Brady. Since then, the Patriots have become a juggernaut, making 10 trips to the Super Bowl, winning six of them, and emerging as one of the most valuable sports franchises in the world. Today, the team's 20-year reign atop the NFL stands as the longest in league history.

“How was the Patriots dynasty built? And how did it last for

two decades? In *The Dynasty*, acclaimed journalist Jeff Benedict provides richly reported answers in a sweeping account based on exclusive interviews with more than 200 insiders — including team executives, coaches, players, players' wives, team doctors, lawyers, and more — as well as never-before-seen recordings, documents, and electronic communications.

“Through his exhaustive research, Benedict uncovers surprising new details about the inner workings of a team notorious for its secrecy. He puts readers in the room as Robert Kraft outmaneuvers a legion of lawyers and investors to buy the team. We listen in on the phone call when the greatest trade ever made — Bill Belichick for a first-round draft choice — is negotiated. And we look over the shoulder of 40-year-old Tom Brady as a surgeon operates on his throwing hand on the eve of the AFC Championship Game in 2018.

“But the portrait that emerges in *The Dynasty* is more rewarding than new details alone. By tracing the team's epic run through the perspectives of Kraft, Belichick, and Brady — each of whom was interviewed for the book — the author provides a wealth of new insight into the complex human beings most responsible for the Patriots' success. We watch the NFL's savviest

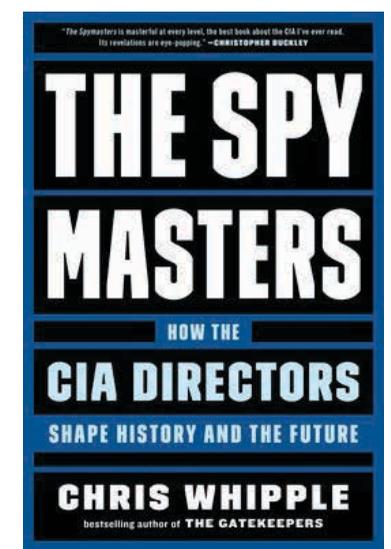
owner treat Brady like a son, empower Belichick to cut and trade beloved players, and spend sleepless nights figuring out diplomatic ways to keep Brady and Belichick together for two decades. We come to understand how a genius head coach keeps his players at an emotional distance and blocks out anything that gets in the way of winning. And we experience the relentless drive, ferocious competitive nature, and emotional sensitivity that allows Brady to continue playing football into his forties ...” according to publisher Simon & Schuster.

The Spymasters

How the CIA Directors

Shape History and

the Future



“Only 11 men and one woman are alive today who have made the life-and-death decisions that come with running the world's most powerful and influential intelligence service.

Continued on page 25

Bonjour Montreal Style

Story by Ronnie Greenberg • Photos by Joe Hilbers

With a passionate past and the present vibrant and beguiling, Montreal is French Canada with a North American culture and European charm.

An eclectic bilingual metropolis, it is mostly French, yet English is spoken everywhere. The traditions and ethnic cultures are an engaging blend that has influenced cuisines, fashion, and the arts.

The largest island in an archipelago on the St. Lawrence River, Montreal is synonymous with the mountains, water, and wonderful parks. An outdoor activity paradise can be found throughout the four very distinctive seasons that shape Montreal's "soul."

Year-round Montreal beckons with sights and attractions. In winter it is the ultimate playground with paths designed for cross-country skiing, snowshoeing, dog sledding, snowmobiling and there are 164 outdoor ice-skating rinks.



Map of Montreal

Rich History

The history of Montreal dates to the Iroquois settlement of Hochelaga, first sighted by French explorer Jacques Cartier when he sailed up the mouth of the St. Lawrence River in 1535. Founded a century later in 1642 by Paul de Chomedey, Sieur de Maisonneuve, the French settlement soon turned into the fur-trading capital of North America.

Montreal remained a French possession until the English captured the city in 1760. The country of Canada was created in 1867, and Montreal developed into an international city.

Downtown

Old Montreal

Set between Mount Royal and historic Old Montreal, it is one of the most vibrant cosmopolitan areas of the city.

Underground City is virtually a city within the city with 22 miles of climate-controlled subterranean pedestrian malls. Along with its corridors are boutiques, cinemas, restaurants, museums, and hotels all connected by The Metro, a sophisticated subway system.

Place des arts in Montreal's main center for the performing arts home to the Montreal Symphony Orchestra, Opera de Montreal, McGill Chamber Orchestra, Les Grands Ballets Canadiens, Metropolitan Orchestra, and three theaters. The Contemporary Art Museum of Montreal at the edge of Place des Arts, is a treasure trove of exhibits devoted exclusively to Contemporary Art McGill University and was founded by a bequest from James McGill, a Montreal fur trader.

McGill received its charter in 1821 from King George IV, and classes commenced in 1829. The downtown campus comprises of more than 80 buildings on 80 acres of land.

Shopping and More

Saint Catherine Street's boutiques and stores on this main shopping artery attest to Montreal's reputation as a fashion capital.

Montreal Botanical Gardens is one of the most important in the world, has 30 gardens with the largest bonsai and Penjing collection outside Asia. Also, on the grounds is the unique Insectarium with thousands of insects.



Plains of Abraham

Old Montreal

Old Montreal "Vieux Montreal," and the Old Port, is where the past, undeniably French, is

preserved. Horse-drawn carriages, "caleche," clip-clop down narrow flower-bedecked cobblestone streets, as cast-iron fleur-de-lis lampposts light the way.

City Hall, built between 1872 and 1878, reopened in 1926 after a fire destroyed the original building. The grandiose marble Hall of Honor is illuminated with bronze lights, and large copper photos of all the mayors line the walls.

Place Jacques Cartier is an outdoor gallery center and entertainment site, featuring street artists, jugglers, and mimes.

Saint Paul & Rue de la Commune streets are the areas where buildings and warehouses from the 19th century have been renovated to homes, boutiques, and art studios. The street has inviting restaurants, busy nightclubs, and Jazz clubs.

Notre Dame Basilica a Gothic Revival masterpiece built between 1824 and 1829, calls the faithful to worship with a 12-ton bell. The basilica features a huge altar surrounded by

woodcarvings, sculptures, rose stained-glass windows, and paintings. It is the site of im-

Continued on page 23



Overview of Montreal

Bonjour Montreal Style

continued



Mount Royal

portant religious ceremonies and classical concerts.

Montreal Museum of Archaeology and History-Pointe-A-Calliere is a fabulous museum with a 17th-century cemetery and an amazing walk through the city's foundation. A multimedia show gives an overview of the city's history, while conversations with 17th century Montrealers are made possible via holographs.

Also, Biodome crosses four ecosystems, the subpolar region, the cool Laurentian forest, the hot, humid tropical forest, and the depths of the St. Lawrence River.

Plateau Mount Royal

Plateau Mount Royal is the heart and soul of Montreal, comparable to the "hip" areas of other great cities. Boutiques with one-of-a-kind fashion designers define Montreal. The area has many painted row-houses with outside wrought-iron staircases.

Mount-Royal Avenue is one of the three main arteries of the plateau with boutiques and cafes and a new public square. Young Canadian designer boutiques on Rue Crescent and Rue de la Montagne, near Rue Sherbrook (Montreal's Fifth Avenue), are housed in elegant townhouses.

Saint-Laurent Boulevard is the "meeting place" between the Anglophone community on the West and the Francophone community on the East. The avenue is famous as the in-place for "night owls."

Mount Royal is set in the cen-

ter of Montreal and cherished by Montrealers, reigns above the city. The magnificent forested park was designed in 1876 by Frederick Law Olmsted (designer of New York's Central Park). Winter activities include cross-country skiing and ice skating on Beaver Lake.

The University of Montreal

The University of Montreal is Quebec's largest university, home to 50,000 students. The main building replete in Art Deco was completed in 1943. Saint Joseph's Oratory built in 1924 topped by a copper dome reaching 320 feet, is one of the world's most visited shrines. A mountainside basilica it's a place where miraculous cures have been attributed and where 300 steps are at its entrance.

Where to Stay

Hotel Le Germain located at 2050 rue Mansfield has the subdued ambiance of luxury



Restaurant in Vieux Montreal

and tranquility that soothes and stimulates the senses. This boutique hotel in the heart of the city has loft type, double rooms and suites that are warm and well-appointed, along with a perfect continental breakfast served each morning. For reservations phone +1-514-849-2959 or www.germainhotels.com

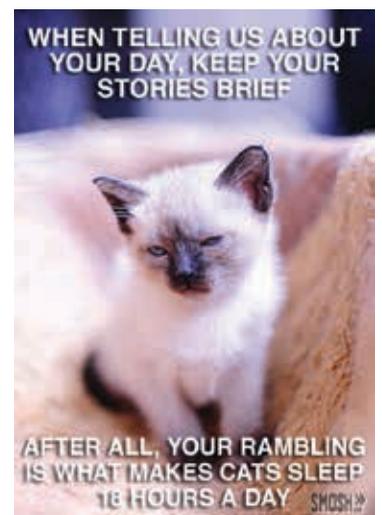
Culinary Delights

Montreal is the gastronomic capital of the world with a superb variety of culinary specialties. Highlights include Gibby's 298 Place de Yorkville; La Rotonde 185 Sainte-Catherine Street W; and Schwartz's Hebrew Deli, a Jewish landmark and popular hangout at 3895 Saint-Laurent Boulevard.

For more information contact: Tourisme Montreal at 1-877-BONJOUR or visit their website at www.mtl.org



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Technology Improving Lives

Helping People with Hearing Loss Connect

If you or someone you care about is among the 48 million Americans who experience hearing loss, here's some news for you.



Access to communication is especially vital during national emergencies such as the COVID-19 pandemic, which has left many Americans isolated due to physical distancing. Fortunately, services such as Internet Protocol Captioned Telephone Service (IP CTS) empower people to connect.

See what they're saying: People with hearing loss can view conversations on their phones

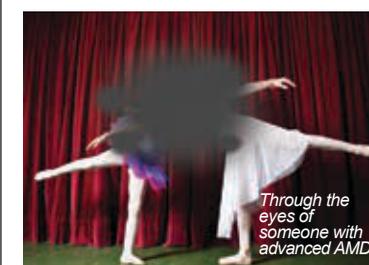
Americans with Disabilities Act, for Americans with hearing loss to communicate using a phone.

Learn More

For further information, visit Clear2Connect.org.

How It Works

IP CTS, also known as captioned telephone service, allows people with hearing loss to use their residual hearing and speak during a phone call and read captions on a telephone or mobile app when the other person responds. Speech recognition technology, along with skilled transcribers, are used to provide this live service.



The AMD Effect: Ruining Your Granddaughter's Ballet Recital

Age-related macular degeneration (AMD) is the leading cause of blindness in people 55 and older, and early detection is key to saving your sight.

Don't wait to notice the warning signs, like blurry central vision or difficulty seeing fine details.

Contact the Foundation Fighting Blindness for a free info packet on preventing and managing AMD.

888-345-2473
FightBlindness.org/AMInfo

FOUNDATION FIGHTING BLINDNESS

The Clear2Connect Coalition is a group of disability and veterans service organizations working together to preserve the quality of and access to captioned telephone service through advocacy and education, as well as meeting with Congress and the Federal Communications Commission. The coalition is committed to protecting the right, as described in the



October Book Club

Continued from page 21

With unprecedented, deep access to nearly all these individuals plus several of their predecessors, Chris Whipple tells the story of an agency that answers to the United States president alone, but whose activities — spying, espionage, and covert action — take place on every continent. At pivotal moments, the CIA acts as a brake on rogue presidents, starting in the mid-70s with DCI Richard Helms's refusal to conceal Richard Nixon's criminality and continuing to the present as the actions of a CIA whistleblower have ignited impeachment proceedings against Donald Trump.

“Since its inception in 1947, the Central Intelligence Agency has been a powerful player on the world stage, operating largely in the shadows to protect American interests. For *The Spymasters*, Whipple conducted extensive, exclusive interviews with nearly every living CIA director, pulling back the curtain on the world's elite spy agencies and showing how the CIA partners — or clashes — with counterparts in Britain, France, Germany, Israel, Jordan, Saudi Arabia, and Russia. Topics covered in the book include attempts by presidents to use the agency for their ends; simmering problems in the Middle East and Asia; rogue nuclear threats; and cyberwarfare.

“A revelatory, behind-the-

scenes look, *The Spymasters* recounts seven decades of CIA activity and elicits predictions about the issues — and threats — that will engage the attention of future operatives and analysts. Including eye-opening interviews with George Tenet, John Brennan, Leon Panetta, and David Petraeus, as well as those who've just recently departed the agency, this is a timely, essential, and important contribution to current events,” according to Publisher Scribner.

One by One By Ruth Ware



“Getting snowed in at a luxurious, rustic ski chalet high in the French Alps doesn't sound like the worst problem in the world. Especially when there's a breathtaking vista, a full-service chef and housekeeper, a cozy fire to keep you warm, and others to keep you company. Unless that company happens to be eight coworkers ... each with something to gain, something to lose, and something to hide.

“When the co-founder of Snoop, a trendy London-based tech startup, organizes a weeklong trip for the team in

the French Alps, it starts as a corporate retreat like any other: PowerPoint presentations and strategy sessions broken up by mandatory bonding on the slopes. But as soon as one shareholder upends the agenda by pushing a lucrative but contentious buyout offer, tensions simmer and loyalties are tested. The storm brewing inside the chalet is no match for the one outside, however, and a devastating avalanche leaves the group cut off from all access to the outside world. Even worse, one Snooper hadn't made it back from the slopes when the avalanche hit.

“As each hour passes without any sign of rescue, panic mounts, the chalet grows colder, and the group dwindles further ... one by one,” according to publisher Gallery/Scout Press.



Cheech Marin

Continued from page 10

mark Channel movie *Expecting a Miracle* and competed on *Celebrity Jeopardy* where he beat journalist Anderson Cooper and actress Aisha Tyler.

And he was one of eight celebrities on the Food Network reality series *Rachael vs. Guy: Celebrity Cook-Off*. He was eliminated on the third week of the competition.



Activist

Marin encouraging people to wear masks during the COVID-19 pandemic as part of the government of California's Your Actions Save Lives campaign in 2020.

Other Interests

Marin is an avid collector of Chicano art. Two national touring exhibitions have featured works from his private collection. Marin started collecting Chicano art in the 1980s. He feels that it's important to “use his celebrity status to call attention to what he saw as an under-appreciated and under-represented style of art.”



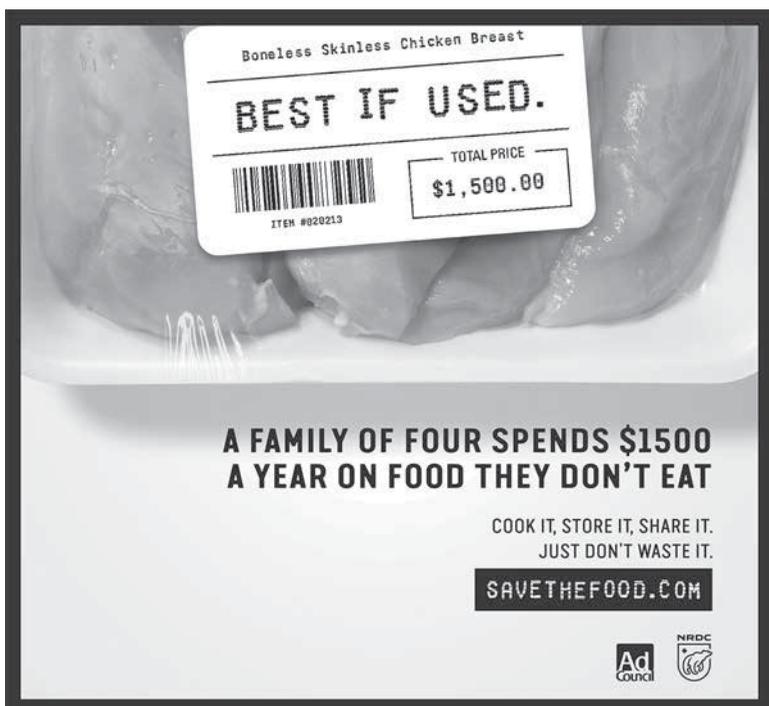
In collaboration with the city of Riverside and the Riverside Art Museum, Marin is establishing The Cheech Marin Center for Chicano Art, Culture & Industry, which is due to open in 2022. Marin will be donating his collection of over 700 pieces of Chicano art, the largest collection of such art in the world.

Personal Life

Marin was married in 1975 to Darlene Morley, who co-produced Cheech & Chong's *The Corsican Brothers* and played minor roles in earlier *Cheech & Chong* films under the name Rikki Marin. The couple had one child and divorced in 1984. Marin married artist Patti Heid in 1986; they had two children and have since divorced. Marin married his longtime girlfriend, Russian pianist Natasha Rubin in a sunset ceremony at their home.



Marin resides in Malibu.



Boom!

Continued from page 3

'Did you call us?' I asked. She stepped closer and whispered not wanting the other woman to hear her. 'My husband is crazy. He's drunk and he's got a gun.'

I told her to wait in the other women's apartment and no matter what happened don't come out until we come and get you. She left and I went to the apartment door of the man in question and rang the bell. We had our guns out and stood on either side of the door. I told the rookie, 'If I shoot, shoot. If I don't shoot, don't shoot.' I knew from years of experience on the job that these events happen with such speed that you only have an instant to decide what to do. I heard the man coming down the steps inside the house to the door. When he slowly opened the door the smell of alcohol could knock you over. He had one hand behind his back.

With my gun pointed at him not 2 feet away, I ordered him to drop whatever was in his hand or he was a dead man. My heart was beating so that it felt like it was going to jump out of my chest. What seemed like forever but was only a couple of seconds, I heard the clang hit the floor behind his back. We rushed in and put him against the

wall and I cuffed him. He had dropped a big Jim Bowie knife. I walked him back up the stairs and asked him where he kept his gun. 'What gun,' he said. 'I don't own a gun.' I sent the rookie down to get his wife. When she returned, I asked her where he kept the gun and to my astonishment, she said, 'I didn't say he had a gun.' She was hoping we would shoot the man.

The stress of the job does take a toll on some members. I worked with officers in different commands and two of them committed suicide. My brother, who worked in the 48th Precinct died from his injuries sustained on a burglary run on June 26, 1977. All the men and women who I worked with wanted to help people. I think what we need is psychological testing for officers each year. You want to stop the suicides and weed out officers who need help. No one should become an officer who wants to boss people around and who wants the power that goes with the badge. Instead of Defund the Police, the slogan should be Fund the Police.



DID YOU KNOW?

➔ To switch and save on your wireless service, consider prepaid providers such as Metro by T-Mobile, Boost Mobile and Cricket. They use nationwide networks, so the service quality is on par with major carriers, but at lower prices. Learn more at www.metro-byt-mobile.com.

➔ Have a hot time while the weather's warm with four fascinating new novels: "The Shadow Girl" by Misty Mount, "Median Gray" by William Mesce, "Sentinels" by L.C. Conn and "Broken Promises" by Anne Willow. Find them and more great reads at www.BookTrib.com. BookBites brings readers ideas for their next read at www.BookTrib.com. Among its offerings: a book about a fictional pandemic that seems all too real. One on making America sacred again, the Native American way; an immigration story; and a look at disappearing jets.

➔ Since 1920, DAV (Disabled American Veterans) has helped disabled veterans of all generations adjust to life back home. This nonprofit organization offers a range of free services to veterans and their families. Learn more, including how to get help or give it, at www.DAV.org.

➔ The next time you're thinking of buying or leasing a new vehicle, keep in mind that Kia was the #1 mass-market brand in initial quality for the sixth consecutive year according to J.D. Power.

October Crossword Puzzle

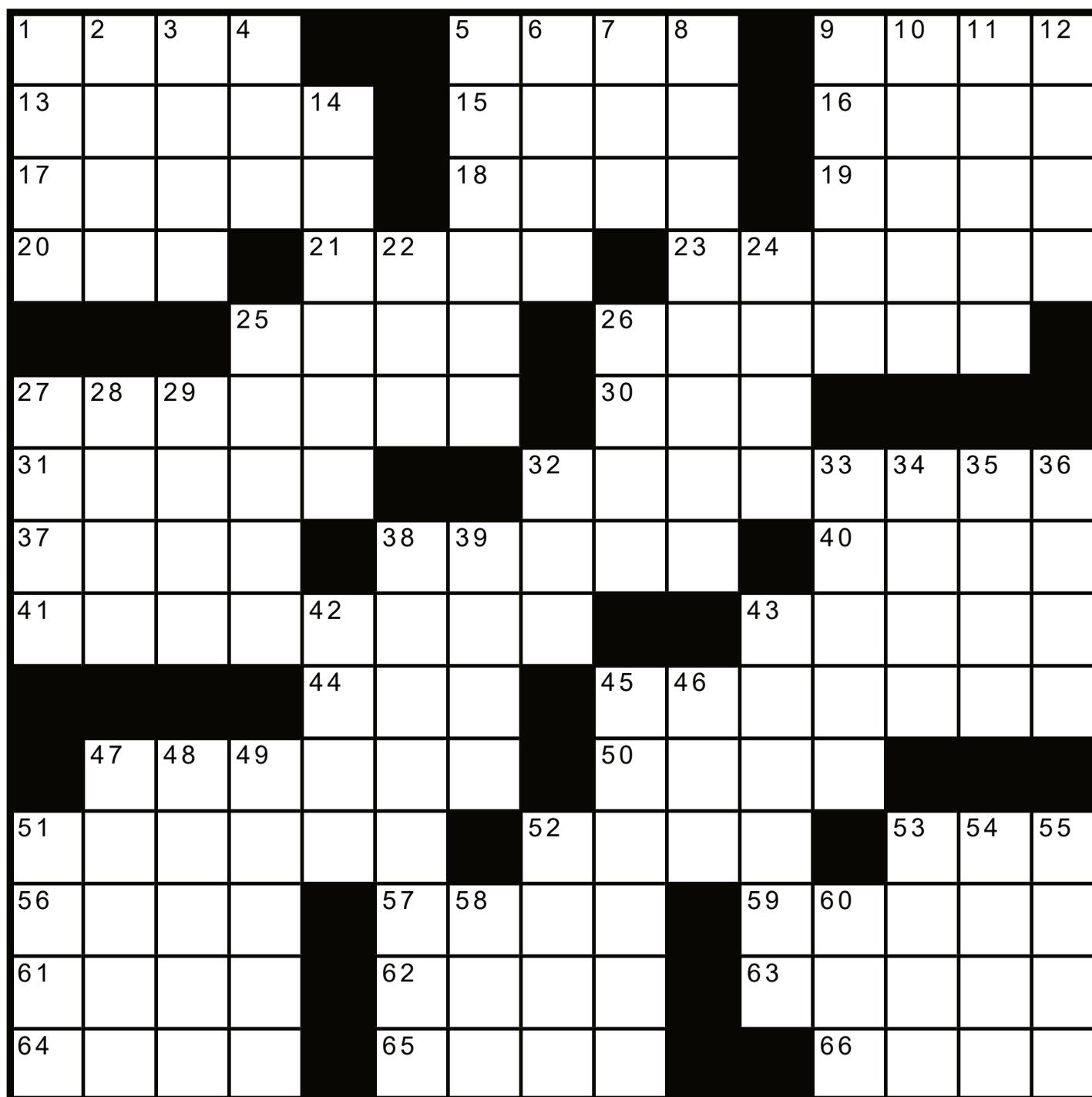
Across

1. ___ epic scale
5. Chicago mayor Emanuel
9. "Smooth Operator" singer
13. Musical sounds
15. Projecting columns at end of wall
16. Touched down
17. DuBois' "talented" group
18. Like some Fr. nouns
19. Robin Cook novel
20. Hearst kidnap grp.
21. Plugging away
23. Worldly
25. End-of-workweek shout
26. No-goodnik
27. Posy
30. Blood-typing letters
31. Strongly fragrant sage
32. Equiangular
37. Seaweed product
38. Bee stuff
40. Ancient Persian
41. Exalted
43. Eurasian juniper
44. French friend
45. Highest singing voice in women
47. Offhand
50. Get an ___ effort
51. Writing's original form
52. Girder type
53. Move about recklessly
56. ___ precedent
57. Borodin prince
59. January, in Juárez
61. Dutch cheese, wrapped in red wax
62. Greek peak
63. Church council
64. Actor Calhoun
65. Turner and others
66. "Strange" introduction

Down

1. Ed and Mel of baseball
2. Christmas carol
3. Author Quindlen
4. Butterfly catcher
5. Extend into subdivisions
6. Med. school course
7. Elevs.
8. Rose-scented snuff
9. ___ bleu!
10. As a companion
11. Joltin' Joe
12. And others, for short
14. Unkempt
22. ___ Maria
24. Sick as ___
25. ___ Haute
26. Pedestal part
27. Tenn. neighbor
28. One of Chekhov's "Three Sisters"
29. German river
32. Not Rep. or Dem.
33. Astrologer Sydney
34. St. Petersburg's river
35. Score after deuce
36. Jester Jay
38. Pallium
39. Trompe l'___
42. Fake
43. Future ferns
45. Native Israelis
46. Son-gun link
47. Nicene or Apostles'
48. Rose oil
49. Sordid
51. ___-friendly
52. Emcee
53. Basic unit of heredity
54. Elvis's middle name
55. Lamebrain
58. Juliette Low's org.
60. Greek goddess of night

Answers on Page 38



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Newsworthy Trends

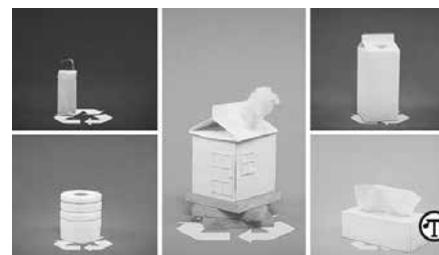
How Americans View Recycling

At the beginning of the coronavirus quarantines you likely heard about and even experienced shortages of popular paper products, such as toilet paper and paper towels. But did you know recycling can help with these shortages? If you've never thought about it, you aren't alone. New research conducted by the Carton Council of North America reveals that most consumers fail to make the connection between recycling paper at home and providing feedstock for new paper products.

Recycling actually plays an important role in fostering a circular economy as it provides materials that are needed to make new products and packaging. For example, food and beverage cartons, which are used to package products including milk, juice, soup and broth, when recycled, can go on to make new paper products such as toilet paper, paper towels and tissues. In fact, the federal government and states that issued "stay-at-home" orders largely decided recycling businesses were essential, reinforcing the importance of recycling.

Keep Up Recycling

The good news is people report they are keeping up their recycling during the pandemic. According to the same survey, almost a third of consumers report they've been recycling more during the pandemic and 56% have been recycling



Recycling paper products, like food and beverage cartons, can help prevent future paper shortages

the same. While promising, especially as the industry works hard to maintain recycling programs when possible, the survey also revealed that consumers don't understand the impact between recycling and the new products created. When asked how much impact recycling at home has on helping with paper shortages, 33% of consumers reported they thought recycling might have some impact on helping with the shortages, but they were not sure how much it really helped. While 18% felt recycling had no impact at all on alleviating shortages, 13% were unsure and had not thought about the connection.

Expert Opinions

"It's great to see that people are either continuing to recycle at the same rate or recycling even more since spending increased time at home and generating more waste," said Carla Fantoni, Vice President of Communications for the Carton Council of North America and for Tetra Pak Americas. "We encourage Americans to be even more diligent about recycling, recognizing the important role it plays in our supply chain

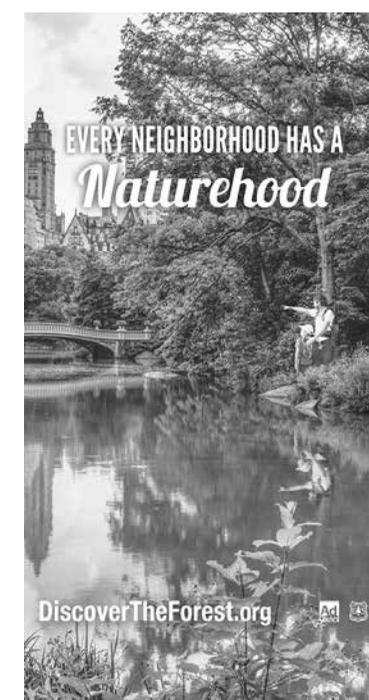
and building of a circular economy."

The fortunate fact is food and beverage cartons, made mainly of paper, are a recyclable material that provides needed feedstock for paper mills to create new paper products.

"Food and beverage cartons contain high-quality fiber which we desire to help us keep up with demand for products like toilet paper, tissues, and paper towels," explained Michele Bartolini, Senior Marketing Director for Sustana. "As the nation opens up, we will continue to need paper feedstock to produce new paper materials. If cartons aren't recycled and end up in a landfill, we are losing the opportunity to utilize that material."

Learn More

For further facts, visit RecycleCartons.com.





ADMIT
ONE

Movie Preview

'The War with Grandpa'

By Randal C. Hill

In 1978, Robert De Niro and Christopher Walken starred in *The Deer Hunter*, one of moviedom's most depressing war stories ever. Now, fast-forward to 2020, and the De Niro/Walken team has returned to the silver screen, not to bring gloom and death this time but chuckles and lightheartedness instead.

The War with Grandpa tale comes from Robert Kimmel Smith's enduring 1984 book of the same name. In the movie, Grandpa Ed (De Niro) is recently widowed and at loose ends. He is invited by his sympathetic daughter to move in with her family, in hopes that Ed won't feel so lonely. Grandpa accepts, and in doing so sets the stage for a major conflict with his grandson, sixth-grader Peter (Oakes Fegley of *Pete's Dragon* fame). The problem? Ed has been assigned Peter's bedroom, the only room Peter has ever known, and the space where he and his friends can hang out and play their beloved video games in peace. But now Peter has been given the worst possible place in the house that he can imagine — the drab and lonely attic.

To the boy, this means war on the interloper. Encouraged by his two best buddies, Peter becomes determined to drive Ed away and begins a series

of elaborate pranks to retrieve his room. At first, the "attacks" are lightweight — a threatening note, a switched-off alarm clock. But, as the pranks increase in intensity and level of hurtfulness, the situation escalates to the seriousness with a capital S.

Ed isn't going to give up without a fight, however, and he recruits a disparate group of friends — Jerry (Walken), Sally (Uma Thurman), Diane (Jane Seymour), and Danny (Cheech Marin) — to combat Peter's increasingly hostile attempts to oust his grandfather and get back his sacred space in the family home.

While it's obvious that there's no call for any *Deer Hunter* symbolism here, the scriptwriters apparently couldn't resist at least one *Godfather* reference when we see Ed waking up to a snake being left in his bed.

As with Kimmel's award-winning book, along the way we are shown the often-unintended consequences of our actions when we are propelled by a relentless, "all-or-nothing" fuel of high-octane determination.

The War with Grandpa is thoughtful and compelling, yet remains a lighthearted, even slapstickish family romp.

Imagine a blend of *Home Alone* and *Dennis the Menace* if you will. Directed by Tim Hill (*Alvin and the Chipmunks*) and written by Tom J. Astle and Matt Ember (*Home*), *The War with Grandpa* comedy is scheduled for an October release.

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Fax

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Car Corner

Decoding your VIN

When cars are sold, recalled, stolen or involved in accidents, you may hear references to the VIN; that

is, the Vehicle Identification Number. Many data registries use the VIN to record details of the vehicle's history. Before you buy a used car, do a VIN lookup to get the vehicle history report and find records of its previous owners, accidents and repairs. You can also find out if the manufacturer has ever issued a recall of the vehicle and whether those repairs were made.

What the VIN Is

It's a unique code that's assigned to every motor vehicle when it's manufactured and is a 17-character string of letters and numbers without intervening spaces or the letters Q (q), I (i) and O (o); these are omitted to avoid confusion with the numerals 0 and 1. Each section of the VIN provides a specific piece of information about the vehicle, including the year, country and factory of manufacture; the make and model; and the serial number. VINs are usually printed in a single line.

How to Find the VIN Number

On most passenger cars, you can find the VIN number on the front of the dashboard on the driver's side. The best way to see it is to look through the windshield from outside the car. You can also find the VIN number on the driver's side



Knowing a car's VIN could help you save time, money and trouble

door pillar. Open the door and look around the area where the door latches to the car. A motorcycle's VIN is usually on the steering neck below the handlebars, although sometimes it's on the motor or on the frame near the motor. A semitrailer's VIN is located on the front part of the semitrailer on the left side.

If you can't find the VIN number on the vehicle, you should be able to find it on your vehicle's title or liability insurance documents.

Learn More

To decode your vehicle's VIN number or see if there are any active recalls on your car, visit the free VIN Decoder at <https://driving-tests.org/vin-decoder/>.



Health and Well-Being

Online Recovery Provides New Hope for People Battling Addiction

If you or someone you care about is among the more than 42 million Americans battling addiction and struggling with the isolation and stress of the pandemic, there's a ray of hope and a positive path forward in the form of online recovery and support programs. Among increased feelings of loneliness, depression and anxiety, therapy has become a necessity, and in the midst of COVID-19, the recovery community has pivoted to online meetings and teletherapy sessions to fight the war of isolation.

Before COVID-19 shut down life as we knew it, most people associated addiction recovery with meetings in church basements and community centers or 30-day stays in treatment centers. In fact, online recovery treatment and support has been around for more than 10 years and has proven as effective, if not superior to in-person treatment, according to the Department of Veterans Affairs.

In addition, an independent study conducted by Lionrock Recovery, a telehealth provider of substance use disorder treatment and support, showed that 80 percent of people in their online recovery meetings since the pandemic started, had never attended any support meetings—either online or in person - prior



Many people are discovering telehealth can help them combat mental and substance dependency conditions.

to the coronavirus outbreak. Half of those surveyed said they would attend only online meetings when restrictions were lifted. Nearly all of the participants (98 percent) said they would continue to attend online meetings, even when in person meetings become a viable option again. Lionrock has experienced over 400 percent growth in attendance of online recovery support meetings since the pandemic first caused national shutdowns in March.

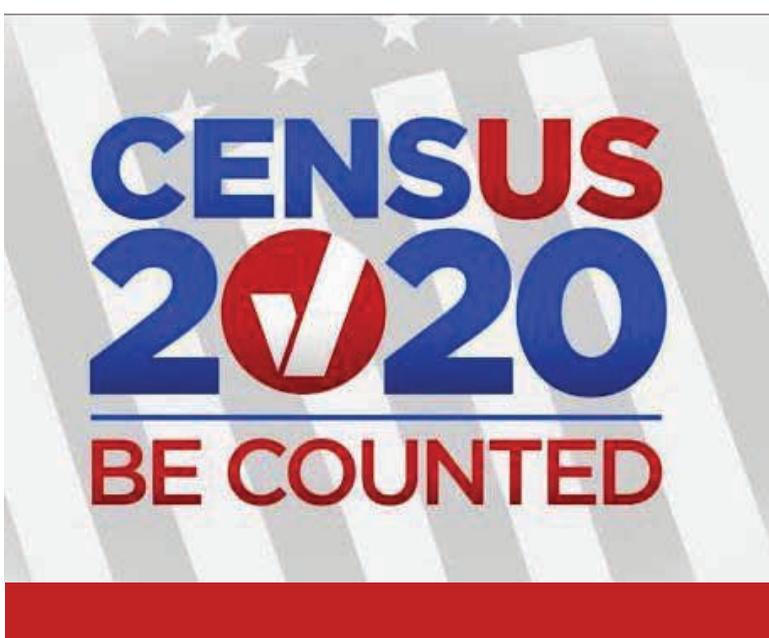
Addiction Risk Rising With COVID-19: The Center for Disease Control (CDC) surveyed adults during late June to assess mental health, substance use, and suicidal ideation during the pandemic. The agency found an alarming 24.7 percent of young adults and 19.5 percent of adults ages 25 to 44 started or increased substance use to cope with pandemic-related stress or emotions in June, with the Black and Hispanic populations and essential workers disproportionately

affected. However, the report concluded that expanded use of telehealth, an effective means of delivering treatment for mental health conditions, including depression, SUD, and suicidal ideation, might reduce COVID-19-related mental health consequences.

According to Peter Loeb, co-founder of Lionrock, one of the reasons telehealth is so effective in treating people with substance use disorder and supporting long-term recovery, is its flexibility and privacy. People can seek and receive HIPAA-compliant treatment from the privacy of their home, any time of day. To-date, a major barrier for people seeking treatment is the fear of stigma in their communities; online treatment's privacy eliminates that concern.

The benefits of telehealth inspired Loeb to create National Online Recovery Day, which is celebrated on September 22, as part of National Recovery Month. National Online Recovery Day is a campaign to raise awareness for online treatment of substance abuse. It is the first national health awareness day focused on the benefits and advantages of telehealth services for any health issue.

Continued on page 40



Busy Boomers

By Les Goldberg

It's All About Giving Back

Deep in the heart of Orange County, at the center of a revitalized “downtown” and next door to many low-income residents is the Assistance League of Santa Ana.

You can't describe the league without talking about its rich history and lore.

Assistance League of Santa Ana was organized in 1935 by founder Mrs. James (Katharine) Irvine and chartered in 1937 with 41 members. Guided by the philanthropic service programs of Assistance League of Southern California, which was founded by her friend Mrs. Hancock (Anne) Banning in 1919, Santa Ana became the third link in the chain of Assistance League chapters. Assistance League of San Pedro was second.



Chapter expansion came with the certification of Junior Auxiliary (Los Alisos) in 1946 and Assisten Auxiliary in 1981, Katharine Irvine Auxiliary in 1975, and Modjeska Auxiliary in 1981. A portion of the historic Modjeska house is adjacent to the Thrift Shop and serves as the league chapter's administrative offices. It also



is available for meetings, receptions, and other functions when COVID-19 restrictions are lifted.

The mission for service began when Mrs. Irvine invited her friends to the ranch to play bridge and raise funds for a worthy project. The first donation of \$1,500 was made to Santa Ana's Ebell Club Day Care.

After visiting the league's headquarters and Thrift Shop on First and Second streets, my first impression was ‘this place is a pearl in an oyster.’

Unlike the typical neighborhood thrift shop, this one resembles a major department store, featuring bright neon lighting, special alcoves for men and women's clothing, jewelry, shoes, furniture, and so many household items.

There's even a ‘Top Drawer’ section with donated ‘high-

end, brand-name' goods selling for as little as \$1.

You can't help but be impressed by the cleanliness and organization of the entire operation.

According to Gayle McLean, a veteran volunteer at the facility, the Assistance League of Santa Ana

derives most of its income from the Thrift Shop with the monies going directly to a variety of charities to help disadvantaged children and girls rescued from human trafficking. Other recipients of the financial help include local agencies involved in hunger prevention, college scholarships, the Gift of Giving, and many other programs.



In the past 2 years, for instance, the league chapter has been able to donate more than \$350,000 on community programs while serving nearly 8,000 people during that time. McLean emphasized, however, that the Assistance League relies heavily on volunteers like herself and the more than 250 people who have dedicat-

ed their time (more than 16,500 hours and counting) to the cause. It also has about 100 paid members (\$70 per year) and 40 “assisteens”.

“We are always looking for more volunteers and members. The need is even greater now as we deal with COVID-19, the economic crisis and other issues affecting our society,” she said.

And if you are a senior and looking for a place to volunteer your time and talent, the league is the ideal location.

People like Carm McDonald of North Tustin who, when asked why she volunteers at the league, said, “I think that the Thrift Store being here is good for this community, and what the league does with the dollars is very impressive.

What we do with charities is truly remarkable. I especially like its School Bell program that ensures that school children are provided the clothing, including uniforms, books, and supplies, that they need.

“Having raised two boys, myself as a single mom, it made me realize how challenging stretching the budget can be. The fact that helping these children get the same opportunities by wearing the same uniform is amazing. That is



why I volunteered!”

Sandy Porter of Santa Ana echoed those thoughts, adding that, “since I retired, I didn't have much to do and missed the feeling of giving.”

Her volunteering was interrupted by a broken arm and the COVID-19 lockdown of the Thrift Shop from March until June.



Also, from North Tustin is Sandy Kneeshaw who is no stranger to volunteering for the Assistance League, first with the chapter in the Antelope Valley and the last 13 years with the Santa Ana chapter.

“After I retired, I decided to join the league because it is run almost exclusively by volunteers and the income goes directly to the charities it supports, including the Katharine Irvine Dental Center which of-

Continued on page 32



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Busy Boomers

Continued from page 31

fers high-value, low-cost care to students in grades K-12," she said.

"COVID-19 has a major effect on our operation," McLean said. "In addition to closing the Thrift Shop, we lost our



fundraiser – the ‘Put and Pour’ – a golfing and dinner event at the Riverview Golf Course in the spring, we had to close our dental clinic and we were forced to reduce our budget and spending.”

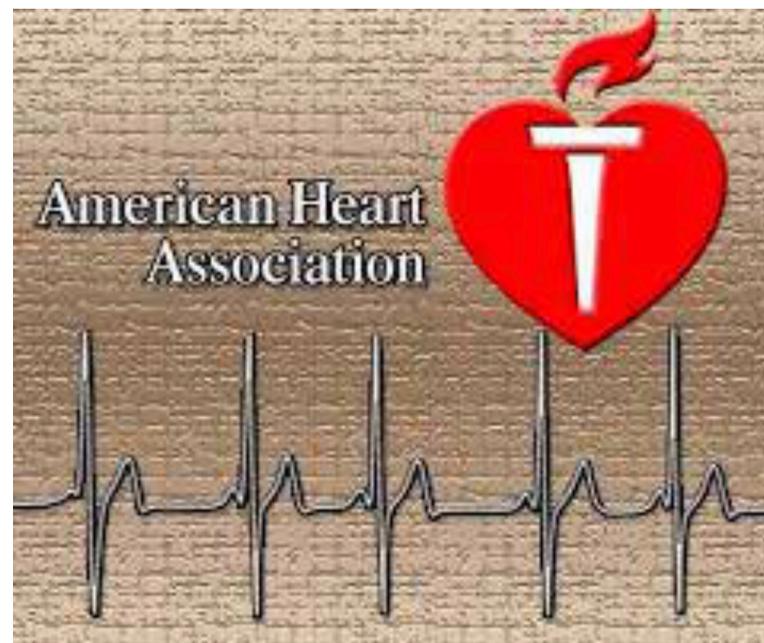
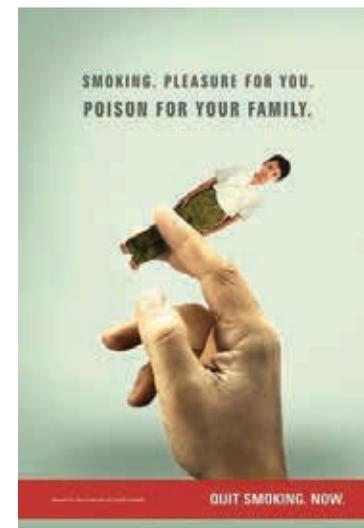
Despite all that, however, the league has doled out 30 \$1000 scholarships to needy children and plans to provide more than 1,500 sets of clothing to children in grades K-8 who have been identified as homeless by the McKinney Vento program. As the league looks forward to the days, weeks, and months ahead, it is focusing on improving its outside physical presence which has been impacted by the homeless sleeping and blocking the First Street the entrance and leaving their trash, graffiti, and damaged landscape.

“We decided last year that we have to change this situation and improve our presence. We are installing new fencing and landscaping and hope to have

an unveiling very soon along with a fundraiser for end of the year giving,” said McLean.

Meanwhile, current, and new volunteers can look forward to helping with the league’s annual holiday activities that include providing food to the Madison Elementary Emergency Food Bank and some 100 families during school break times.

You are urged to call (714) 664-0547 or (714) 543-1120 or email admin@assistkids.org to find out more about how to give back to the community in a very meaningful way and make some new friends at the same time.



SOCIAL DISTANCING What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events.

AVOID

- Group gatherings
- Sleepovers
- Playdates
- Concerts
- Theater outings
- Traveling
- Athletic events
- Crowded retail stores
- Malls
- Workouts in gyms
- Church Services
- Visitors in your house
- Non-essential workers in your house
- Mass transit systems

KEEP YOUR DISTANCE

- Visit a local restaurant to get take out
- Visit grocery store
- Pick up medications
- Play tennis in a park
- Keep at least 6' - 8' between yourself and others

SAFE TO DO

- Take a walk
- Go for a hike
- Yard work
- Play in your yard
- Clean out a closet
- Read a good book
- Listen to music
- Cook a meal
- Family game night
- Go for a drive
- Stream a favorite show
- Call or email a friend or elderly neighbor to check in
- Group video chats

Festive Ideas for your Fall Celebrations

Cooler weather and autumn flavors, such as crisp hard cider, go hand in hand. The fall brings several reasons for celebrations; here are a few ideas to bring out the warmth of the season:

1. Embrace chill moments.

When gathering your friends around a fire pit or sitting alfresco on a cool night, be sure to take out a few blankets for guests to wrap themselves in.

2. Warm them up from the inside out.

As for the food, you can have a barbecue, or serve family style from hot pots full of chili or stew. Try dishes that are seasonal or showcase seasonal ingredients, such as an Apple-Stuffed Pork Loin Roast using Angry Orchard hard cider (see recipe below). And don't forget dessert! With hot apple pie, cider doughnuts and pumpkin treats, you can't go wrong.

3. Incorporate seasonal decor.

Autumn is filled with bountiful harvests. From pumpkins and gourds, apples to squash, flowers aren't the only items to spruce up your gatherings. Also, try using them together! Using a large pumpkin as a vase for a beautiful flower arrangement is a sure way to impress your guests.

4. Drink to the season.

Take to the season with an iconic



With the Spiced Orchard, you can enjoy the delicious flavors of fall in a thirst-quenching cocktail

autumn sip: hard apple cider. Crisp and refreshing, terrific on its own or in a cocktail, Angry Orchard hard cider offers a cider style for everyone!

Angry Orchard's flagship style, Crisp Apple, delivers a bright, crisp apple flavor, and adds the perfect balance of sweetness and bright acidity—a true fall classic. Also available: Angry Orchard's newest style, Rosé Cider. Made with rare, red-flesh apples from France, each apple adds an irresistibly rosy hue and apple-forward taste with a refreshingly dry finish. Who said rosé was only for the summer months? Both styles are available in 12-oz. bottles and cans.

Enjoy Crisp Apple on its own or baked into a delicious recipe, such as an Apple-Stuffed Pork Loin Roast:

Apple-Stuffed Pork Loin Roast

2 pounds pork loin
2 Tbsp. butter, unsalted
2 white onions, chopped
2 red, firm apples, chopped

6 leaves sage, chopped
1 cup Angry Orchard Crisp Apple
2 Tbsp. Dijon mustard
¼ cup olive oil
Kosher salt, as needed
Black pepper, as needed

Preheat oven to 325°. Lay pork loin on a cutting board and, using a sharp knife, make small cuts, lengthwise, and butterfly; you want to end up with a rectangle of pork approximately 1" thick. Season both sides with salt and pepper and set aside. In a sauté pan over medium heat, melt butter. Add onions, apples and sage, and cook for 3 minutes until just softened; season with salt and pepper. Spread apple/onion mix evenly across pork and gently roll back into a cylinder, tying with kitchen string as needed; place in baking pan. In a small bowl, whisk together cider, mustard and oil until combined; smear all over exterior of pork loin. Place in oven and cook until center reads at 145° with a thermometer; remove and let stand for 10 minutes before carving.

Complement these fall flavors with a refreshing hard cider cocktail:

Spiced Orchard
4 oz. Angry Orchard Crisp Apple
1 oz. Aged Rum

Continued on page 40



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

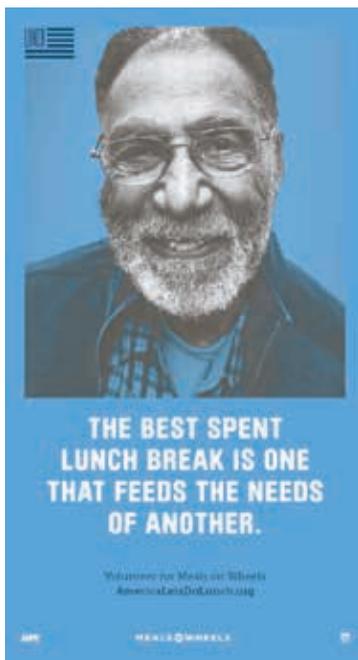
At Age Well Senior Services, our vital Meals on Wheels program delivered nearly 500,000 meals to seniors in need last year. We're a nonprofit organization that relies on donations to provide services, and we need your help to avoid having to turn away requests for meals from homebound seniors. Curtailing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

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

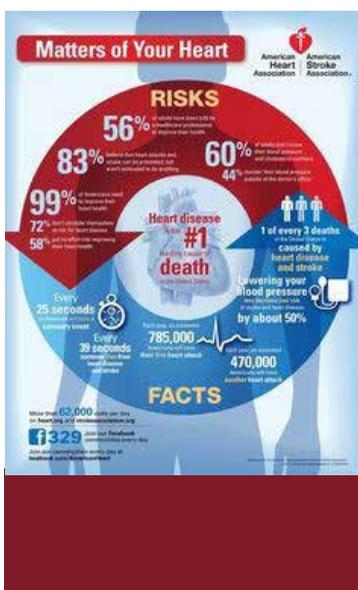
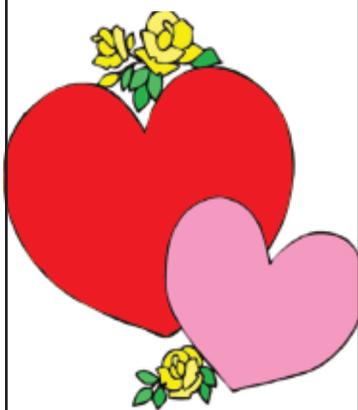
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With A Heart for Seniors



Are You Seeking a Care Facility For Your Loved One?



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

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

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

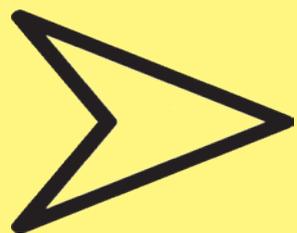
“Thanks for your help. Those we serve found a window of hope.”

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

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

See our ad on the back cover





In The Spotlight

Right at Home Franchisees Vernon and Grace Atwood

Caring for others is what Vernon Atwood and wife Grace do via their Right at Home franchise in Cypress, a ministry/business they started 7 years ago.

Both have been in the health-care field for more than 50 years combined. His mom was an R.N. and he was always drawn toward health-care. They both chose this field right out of college and stayed with it. Additionally, Vernon was a long-distance caregiver for his mom and understands the challenges that come along with that experience.

“We have always valued faith and family above our careers. Now, this is our chance, with God’s help, to help loved ones stay home and families stay together. In our Health Ministry vocation, we find the people we serve have so much beauty and wisdom,” he said.

Their role as caregivers often means they are caring for an entire family and not just the client. Adult children often call in tears, exhausted and desperate for help because their parent is refusing to enter a care facility or accept help. That’s where Vernon and his wife come in.

“Our services mean that family caregivers can return to their



role as daughter or nephew. They can relax knowing that their loved one is safe and in good hands,” he said.

Here’s more about Right at Home and Vernon and Grace Atwood.

Q: This is a challenging time for seniors and the disabled: how are you providing care for them amid social distancing and other COVID-related guidelines?

A: We are blessed because Grace used to be a director of quality for Edwards Lifesciences and she is used to doing risk analysis. We also have a compliance officer (Carlos Castro) who has been keeping up with the CDC since the pandemic first started. To round out the leadership team, to protect our clients and caregivers, we have Kylene Garcia, our director of quality. She is not only a nurse but she has extensive experience in all aspects of elderly and disability care.

Every day, this team analyzes situations that come up and make decisions to protect. We are truly blessed. Some in-home care companies only have an owner and caregivers, we have a professional leadership staff.

Q: Tell us more about how you started in caregiving?

A: Since 2010, we have been involved with the Health Ministry at our church, where we bring communion to the homebound. This inspired us to be Right at Homeowners. We saw that there were a lot of seniors who were isolated, away from their original homes, in nursing homes – away from their normal village. Grace had read Dan Buettner’s book about Blue Zones and she and I thought there must be a better way to live. We were praying about how we could make a greater impact in our community and Grace saw the Right at Home story in an airline magazine. Immediately she knew this was right for us!

Q: How has the current pandemic affected how your caregivers do their job?

A: We have always trained caregivers on the prevention of the spreading infectious diseases and best practices. For example, when the caregiver

comes into their client’s house, they must ensure they and the area they are working in have been disinfected. Also, they must wear the proper PPE and continue to wash their hands and take other precautions so they protect their client and then their loved ones when they return home. They must be very careful and at the beginning of their shifts, they must answer questions about their health, via our automated system. If they have any symptoms at all, they must call the office immediately. We then put them on our ‘decision tree’ and ensure they are cleared before going to see any clients. We pay them to take off.

Q: What made you decide to become a business owner in the Cypress area?

A: Our territory is based in Cypress but reaches from Downey in the Northwest to La Mirada in the Northeast and covers Long Beach to Huntington Beach. We could have placed our office in any of these areas. We wanted this business to be near our church. Our church is in Cypress. Also, we reached out to the Cypress Chamber of Commerce. They have a very loving group of members. For example, we met the owner of Precious Life Shelter – and knew we were in a great community.

Q: Is your business partnered with any local charitable organizations or businesses?

A: We partner a lot with Alzheimer’s Orange County. Before Covid-19 broke we did a lot of common presentations in the community and we also raise money for this organization. I am a facilitator for a monthly dementia support group where people who are struggling with taking care of a spouse or parent come and we work together on the best ways to provide loving care. When I am facilitating the dementia support group, I wear an Alzheimer’s Orange County name badge and am representing them. We also are major partners with the Cypress Senior Center.

Q: What do you both do in our spare time?

A: One blessing from this pandemic, is that we are spending more time with family. Grace, when she’s not gardening, cooking, wine tasting, or spending time with our adult children, is going to graduate school to learn more about gerontology. We are also in the Diaconate program in the Roman Catholic Diocese of Orange and god-willing we will be a Deacon couple in 2023.

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FOR THE
cure

Celebrating 7 Years of Senior Care

CalOptima PACE

now Orange County-wide

By Les Goldberg

One of the highest-rated senior care programs in California, CalOptima's Program of All-Inclusive Care for the Elderly (PACE), is celebrating its 7th anniversary with expanded services, innovations, and an unprecedented "swing by" event in compliance with pandemic precautions.

In case you are not familiar with PACE, it is part of the CalOptima organized health system that provides health coverage for low-income Orange County residents. The program, which opened in



Services provided at participants' homes and the neighborhood centers include primary care doctor and medical specialist visits, hospital and emergency care, rehabilitation, immunizations, prescribed drugs, lab services, nursing facility care, and end-of-life care.



2013 and now serves more than 400 participants, provides much-needed benefits like rehabilitation, care coordination, nutrition, recreation, social services, and administrative support – all at one location.

PACE has spent the past 2 years expanding its services and now has its Community-Base Adult Services (CBAS) adult day health centers throughout the county – in Garden Grove, Anaheim, Santa Ana, and Laguna Woods.



satisfaction score among 11 PACE programs state-wide.

"I like the medical care because I have peace of mind that I'm taken care of," said one interviewee.

Another said "I like the staff. It seems they work here because they like it and not because they have to."

According to PACE spokesperson Michael Downer, the organization has other reasons to celebrate:

- It is also recognized by the National PACE Association for its census and enrollment growth.
- It's newly installed virtual and mobile health care service, "PACE Without Walls", is proving successful as a result of the COVID-19 pandemic cautionary methods.
- It's planned to use smartphones for participants to further enhance virtual care.

"We've learned through the pandemic how to innovate and think differently about service delivery for our seniors," said Elizabeth Lee, director of CalOptima PACE. "We're embracing telehealth and mobile care options. Our participants

Continued on page 42



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Great Grilling

Grilled California Sweet Potatoes

The next time you're firing up the outdoor grill (or indoor grill pan, for that matter), throw on a sweetpotato or two. An easy, healthy side dish with a huge wow factor, grilled sweetpotatoes are nutrient rich, high in fiber and absolutely delicious. And they go great with burgers, steaks, chops, chicken or pretty much anything off the grill.



Start with this basic recipe, and if you're feeling creative, try different shapes—sweetpotato coins or steak fries, for example. Or add your favorite herbs and spices—such as chopped fresh rosemary, thyme, cinnamon or smoked paprika.

Grilled Sweetpotatoes

Serves 3 or 4

1 lb orange- or yellow/white-fleshed sweetpotatoes, cut lengthwise into 3/4-inch wedges

1 1/2 Tbsp olive oil

1 tsp salt, plus more for sprinkling

Heat a grill or grill pan to medium-high. Meanwhile, in a large bowl, combine sweetpotatoes, oil and salt. Arrange sweetpotatoes on the grill or grill pan and cook until lightly charred and tender, 6 to 8 minutes, turning halfway through. Sprinkle with more salt and serve.

For more recipes, nutritional information and tips for cooking with California sweetpotatoes, go to www.casweetpotatoes.com.



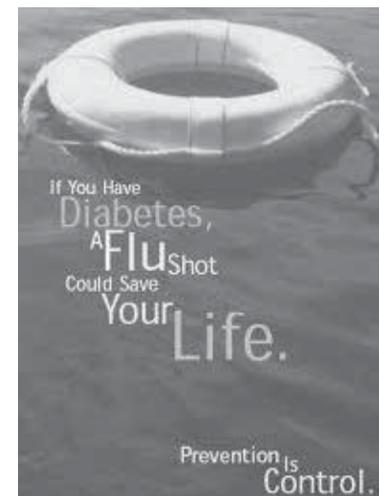
“EVERY MORNING MY HUMAN HAS ONE OF HIS FACE FURIES FUNNY LIKE THAT.”

—TOK adopted 05/04/11

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Crossword Puzzle Answers from page 27

1	O	N	A	N		5	R	A	H	M		9	S	A	D	E	
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56	S	E	T	A		57	I	G	O	R		59	E	N	E	R	O
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Smart Snacking

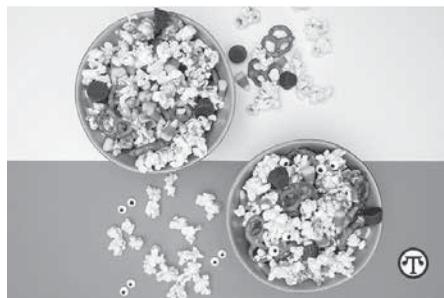
Celebrate Popcorn: October is National Popcorn Poppin' Month

Popcorn lovers rejoice: October is National Popcorn Poppin' Month, a seasonal celebration of one of America's oldest and most beloved snack foods. As farmers head into the fields to harvest crops, families and friends gather to honor this ever-popular treat. Whether stovetop, microwave or ready-to-eat, we consume 13 billion quarts each year of this wholesome, whole grain.

Having been long regarded as a sign of good times, popcorn has found a new appreciation by today's lean and green consumer. Celebrated for its seed-to-snack simplicity, popcorn is also non-GMO, vegan, gluten-free, sugar-free and naturally low in fat and calories, which makes it an easy fit for the dietary conscious. And it's budget friendly. A quart of popped popcorn costs as little as 15 cents.

Add in popcorn's irresistible smell, taste and versatility and it's easy to understand its popularity. With so many different ways to eat it—plain, buttery or loaded with goodies—popcorn always fits the mood or occasion.

Pop up a bowl and join the Popcorn Poppin' Month celebration. For a special seasonal snack, try the following recipe courtesy of The Popcorn Board. Learn why popcorn pops, the history of popcorn,



corny facts, recipes and more at www.popcorn.org.

Harvest Munch (Monster Munch)

Sweet and salty, this party snack mix can be altered with healthier mix-ins like raisins and nuts. Or for a Halloween bash, add edible eyes and call it Monster Munch!

Prep Time: 15 minutes
Cook Time: 5 minutes
Total Time: 20 minutes
Makes: 12 servings

Ingredients:

8 cups air-popped or stovetop popcorn
4 cups mini pretzel twists
¼ cup butter
½ cup packed brown sugar
2 Tbsp corn syrup
1 cup marshmallows
¼ tsp salt
2 cups mini chocolate peanut butter cups
1 cup candy corn

Instructions:

1. Toss popcorn with pretzel twists; spread out on large parchment paper-lined baking sheet; set aside.
2. In saucepan set over me-

dium heat, combine butter, brown sugar and corn syrup; cook, swirling pan, for 3 to 5 minutes or until brown sugar dissolves and mixture is bubbling.

3. Stir in marshmallows and salt; cook for 30 to 60 seconds or until marshmallows are melted. Pour evenly over popcorn mixture. Sprinkle with mini chocolate peanut butter cups and candy corn. Let cool completely and break into clusters.



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Ask a Foot & Ankle Surgeon ————— Do I Need Bunion Surgery?

One in five Americans suffers from bunions. A bunion, or hallux valgus, starts out as redness and a bump on the side of the foot near the big toe. Over time, bunions can cause chronic pain and restrict movement.

Bunions are progressive and don't go away on their own, so it's important for people with bunions to see a foot and ankle surgeon who will evaluate the severity of the deformity and develop a treatment plan. Nonsurgical treatments may reduce the chance of damage to the joint and ease the pain of bunions. However, these treatments will not reverse the deformity itself. If the pain begins interfering with normal daily activities, surgical intervention will typically be the next step.

Until recently, the procedure had been very painful and the recovery difficult. However, foot and ankle surgeons have made several advancements in surgical techniques and patients return to normal activities sooner. Recovery typically takes four to six weeks.

Foot and ankle surgeons implement pain management techniques following bunion surgery, including using nerve blocks, postsurgical pain pumps, and vitamin C and calcium supplements. These let patients recover fully with minimal pain.

For more information or to



Dr. Brett Sachs, DPM, FACFAS

find a foot and ankle surgeon nearby, visit www.FootHealthFacts.org, the American College of Foot and Ankle Surgeons' patient education website.

Brett Sachs, DPM, FACFAS is a board-certified foot and ankle surgeon and Fellow Member of the American College of Foot and Ankle Surgeons.



Online Recovery

Continued from page 30

While 42.2 million people need treatment, SAMHSA data reveals only 4 million people actually receive it. The COVID-19 pandemic threatens to create an epidemic from substance abuse, but by improving awareness of, and access to, online care, more Americans can receive the care and support they need.

Learn More

To learn more about online recovery for substance use disorders visit www.NationalOnlineRecoveryDay.com.

Festive Ideas

Continued from page 33

- 0.5 oz. Monin Pumpkin Spice Syrup
- 0.5 oz. Lemon Juice
- 1 dash Angostura Bitters

Method: Heat all ingredients on the stove until warm. Pour into a toddy glass and garnish with a cinnamon stick and grated nutmeg.

Learn More

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

Tinseltown Talks

By Nick Thomas

'Night of the Living Dead' Still Lives for Judith O'Dea

When Halloween returns each October, so do the 50-year-old memories for actress Judith O'Dea who starred as Barbra in the 1968 horror classic *Night of the Living Dead* as one of several characters taking refuge in an isolated farmhouse under attack from flesh-eating ghouls.

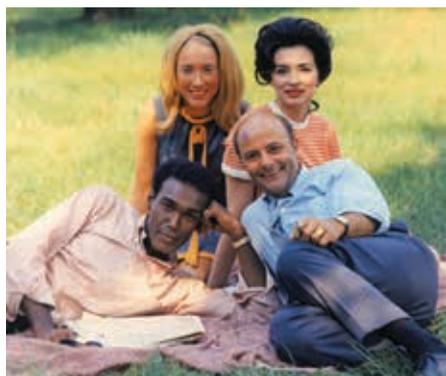
O'Dea remembers watching the film on the big screen for the first time when it premiered in her hometown of Pittsburgh, where the film was also shot, although she recalls identifying more as an audience member rather than one of the cast.

"I looked at myself and began critiquing my performance," said O'Dea from Los Angeles. "Then suddenly I found myself forgetting it was Judith O'Dea up there and became wrapped up in the storyline. That was a wonderful indication of a powerful story that could hold people's attention."



Judith O'Dea as Barbra in the open scenes of *Night of the Living Dead* - provided by Judith O'Dea

Over the years, O'Dea has also learned to look beyond the film's horror scenes and appre-



Night of the Living Dead actors front from left, Duane Jones and Karl Hardman, back left Judith O'Dea and Marilyn Eastman. Provided by Judith O'Dea

ciate director George Romero's filmmaking skills.

"There's a scene where I'm pressing the button on a musical box which George was shooting from the floor up," she said. "He was shooting right through the box and for a fraction of a second you see Barbra's eyes which I thought was a beautiful artistic shot. Then at the end when it alternates between still shots of the bodies and live action, that was a great effective use of the camera."

The film, O'Dea said, broke barriers in the industry.

"As an independent movie made outside Hollywood, it raised its own money which I guess you could call one of the first Kickstarter's for a film. It was also filmed almost like a docudrama – unusual for the 60s – and there's no happy ending because everybody died."

Shot on a shoestring budget of just \$114,000, O'Dea said her final scene being dragged from the farmhouse still haunts her.

"In your mind, it's all pretend, but you get involved in the scene," she said.

"With all those ghoulish hands grabbing at me, it was actually quite frightening and took me back to the fear I felt as a child when I saw Vincent Price's face fall apart in the (1953) *House of Wax*. That scared me so badly my folks had to take me from the theater. Whenever I'm called upon to be frightened in a role, I just think of that Vincent Price scene."

Another memorable scene from the film produced one of the classic lines in all horror films, said to O'Dea's character by actor Russell Streiner who plays her brother in the opening cemetery scene shot at Evans City Cemetery in Pennsylvania.

"I don't think a week goes by that someone doesn't come up to me and say, 'They're coming to get you Barbra!'" said O'Dea, laughing. So, has she grown weary of hearing the quote through all these years?

"How could I be tired of hearing something that has changed my life so considerably?" she said. "I love it when fans repeat the line to me. I feel so

lucky to have been a part of something that was so different and has lasted so long."

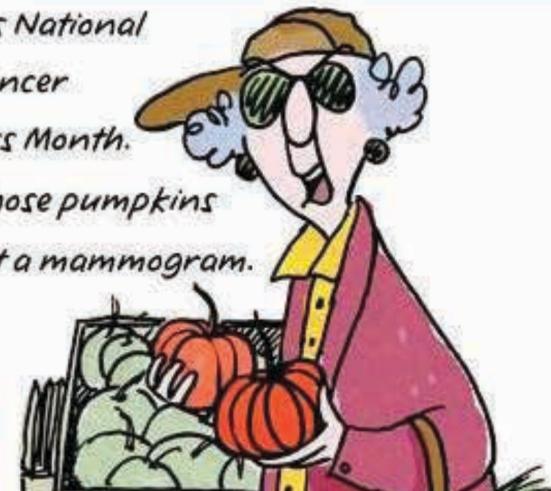
Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 newspapers and magazines.



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October is National
Breast Cancer
Awareness Month.
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CalOptima PACE

Continued from page 36



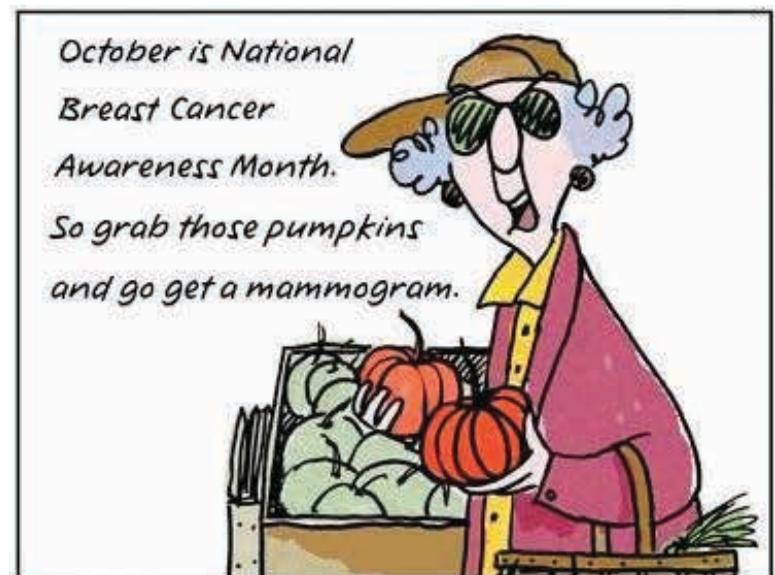
“More than anything, CalOptima PACE has built a reputation for quality, person-centered care. It is and will continue to be the first choice for seniors who want an alternative to nursing homes and choose to live independently in the community,” she added.

comply with pandemic guidelines and featured a “swing by” format in the PACE center parking lots where attendees received various services, including giveaways, flu shots, and a nutritional lunch, in their cars.



For information about eligibility and programs tailored especially for each participant, contact CalOptima at www.caloptima.org or call (714) 347-3282.

Downer said this year’s anniversary event was designed to



Life After Mother

By Lyn Jensen

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

More Horrifying than Stephen King

Greg O’Brien, who despite having Alzheimer’s was able to write a book, *On Pluto* about his experience, once described the condition this way, “Have you ever been reading at night and the light is flickering because the plug is not in all the way? That’s what Alzheimer’s is like, you’re on, you’re off, you’re on, [and] you’re off. There’s tremendous Stephen King-like rage when the light in your brain goes off.”



My parents were both diagnosed with dementia — but not the specific type labeled Alzheimer’s — so my final days with them were spent experiencing many of the same horrifying behaviors associated with Alzheimer’s, but with none of the support provided Alzheimer’s patients and their families. For both my parents, a Stephen King-like rage was everyday behavior anyway, so after they were diagnosed with dementia, it was impossible to tell where the person stopped and the disease began. My mother would rage so much she’d tire herself out, then, after a little rest, she’d rage some more.



When I sought professional advice, I never got much more than, ‘That’s common with dementia,’ as if the words were some kind of magic spell. They weren’t.

When a bank employee mentioned my name was on my mother’s account, for example, a rage was triggered that lasted into the car and down the street. I timed it, at least five minutes of non-stop screaming — I finally said, ‘What are you so afraid of? That I’m going to rob you blind?’

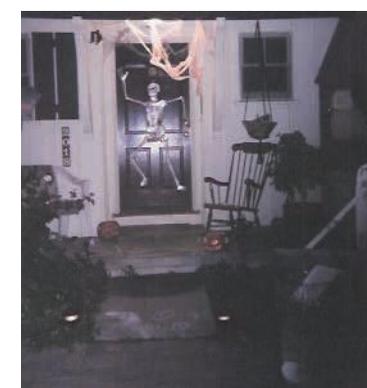
That stopped the rage, but it also stopped any discussion. She clammed up, apparently incapable of dealing with the situation normally.

After I found my mother on the bathroom floor and called 911 a year ago June, I told the doctor I didn’t want a repeat of what happened after the previous hospitalization in 2017. That’s when my mother raged for hours at a board-and-care facility until the police came and sent her back to the hospital.

This time she was placed in a memory-care facility that had resources to deal with difficult patients. I told the doctor to explain she was being placed there as a decision by health-care providers, and he said she’d be prescribed appropriate psychotropic drugs.

I went to the facility to fill out so much paperwork, it took an hour. I was asked to provide a signed Power of Attorney, and I gave them a photocopy — the original could not be located.

Paying for one month’s board-and-care would wipe out my finances, so I figuratively crossed my fingers and wrote a check on my mother’s account that my name was on. (It went through.)



When I asked about my mother’s arrival from the hospital, the message came back, ‘She’s being very hostile and combative and they’re having to increase the medication.’



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