

SENIOR REPORTER

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NOVEMBER 2020

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—Dolly Parton



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The End of Banking As We Knew It

By Jim McDevitt



The bank I use has its doors locked all the time these days because of the COVID-19 virus. If you want to physically get into the bank, you must make an appointment by phone ahead of time. They do have an ATM outside in front of the bank that I have been using for the last 17 years. You can also get in a drive-thru lane where a mechanical device will come out of the wall when you reach the teller and allow you to put your checks and deposit slips or withdrawal slips to get cash from a teller.

As I said, I have been using this walk-up ATM to make deposits and withdrawals for 17 years. I was stunned the other day when I walked up to the machine to make my deposit when I encountered a new machine. Now there was no place for me to insert my bank card, instead, you wave the card in front of a window on the machine and it scans the card and slides out a drawer for you to put your deposit in. I had to hit the button that said deposit and placed my deposit envelope in

containing my check. The drawer closed and inside on a screen I could see it flashed like it was taking a picture. Then it turned the envelope over and took a photo of the back of the envelope. It then returned my deposit envelope with a message on the screen that said, 'UNABLE TO PROCESS.'

I won't share the words I was thinking but not saying when this happened. I walked back to my car, got in, and joined a long line of cars waiting in the drive-thru lane. The line moved slower than a snail's pace. It moved so slow that I could have completed reading a whole chapter in the novel I am reading before moving one car length. After 30 minutes I had moved three car lengths and reached the teller window. The mechanical device came out of the wall, opened and I deposited my deposit envelope in it. The teller picked up my envelope and said, 'You don't need the deposit envelope no more.' She opened the envelope and removed the check. Then she disappeared from the window into the interior of the bank. I could see her go and sit down in front of a machine. I couldn't see what she was doing but

whatever it was, it took 5 minutes or more for her to return to the window.

The mechanical arm came out of the wall again and I reached in and picked up my receipt as I said to the teller, 'I don't like the new machine at the walk-up window.' The lady replied that they were getting a lot of complaints about it. About a month went by and I returned to the bank with a check to cash. This time I pulled into the still slow-moving drive-thru lane and didn't even try the ATM. I am sure I saw a few snails pass me as I sat in my lane. I needed cash to carry in my wallet and my wife also needed cash. When I reached the teller window, the arm came out and I placed the check in the slot on the mechanical arm. The lady reached in and picked up my check along with the deposit withdrawal slip. This slip contains my account number. 'You don't need this anymore, it's all digital,' she said.

This of course made no sense to me. How would they know my account number or who I even am? I replied, 'I don't do digital. It's above my pay grade,' as she disappeared

Continued on page 26



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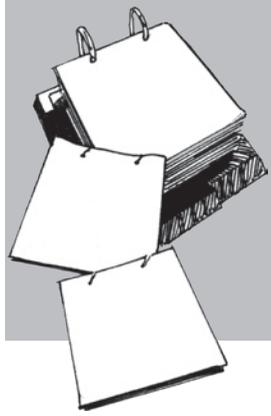
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November Calendar of Events



(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).

Turkey Trot

Dana Point

Thanksgiving Day

Considered California's largest Thanksgiving Day run event it is hosted by The Dana Point Chamber of Commerce. Tour the beautiful beach, majestic cliffs, and coves of Dana Point. The flat, scenic race features a 10k, 5k, and Kids Gobble Wobble. Participants will receive a shirt and medal. Info., at 949-496-1555. Call to make sure the event is still scheduled due to lockdowns.

A Taste of San Clemente

San Clemente

Early November 2020

6 to 10 p.m.
Held under the stars, this annual event serves up culinary masterpieces from area restaurants, as well as premium wineries from throughout California, microbrews, and more. Tickets are limited to 250 guests. The ticket price (\$95 - no tickets sold at the door) includes a complimentary "Taste of San Clemente" wine glass

or beer mug, food, wine, entertainment, and valet parking. Info. at, 949-492-1131. Call to make sure the event is still scheduled due to lockdowns.

Día De Los Muertos Annual Festival

November 2020 date TBA

5 to 9 p.m.

Moreno's Restaurant to host 7th annual Día De Los Muertos celebration with iconic Mariachis, Folkloric Dancers, and music native of the state of Veracruz, featuring Los Danzantes del Sol.

There will also be face painting, treats, and giveaway prizes. Enjoy dinner and drinks and bring the whole family to enjoy the celebration. At, Moreno's Restaurant, 4328 E. Chapman Ave., Orange. Info. at, 714-639-2181. Call to make sure the event is still scheduled due to lockdowns.

St. Martin's Lantern Fest & Parade

Huntington Beach

November 2020 date TBA

5 to 8 p.m.

The public is invited to a festive Lantern Parade around the little village of the Old World. The Lantern Fest is a beautiful family affair that will mark the start of the festive season and fill everyone with Christmas

spirit. It's free and enjoyable for all ages. Join in to celebrate the story of Saint Martin with lit lanterns and traditional songs. A European tradition, Saint Martin's lantern parades commemorate the story of a Roman soldier who shared his cloak with a beggar on a freezing winter night. This soldier, Saint Martin, later, became Bishop of Tour and lived a life full of kindness, sharing, and helping the poor and underprivileged. At, Old World Village Festival Hall, 7561 Center Ave. No. 49, Huntington Beach. Info. at, 714-895-8020. Call to make sure the event is still scheduled due to lockdowns.

Surfing Santa Competition

Dana Point

November 2020 dates TBA

A fun surf competition where men, women, and children dress like Santa or other holiday-inspired characters and surf Salt Creek to benefit Surfers Healing. At, Salt Creek Beach, Dana, Point. Info. at, 949-240-5088. Call to make sure the event is still scheduled due to lockdowns.

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 oilpaint, 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 S/anta 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 participating studios and galleries located in historic buildings in the heart of downtown Santa Ana.

The monthly event lets you buy original artwork from various artists. It also will have open viewings of working lofts owned by artists and designers all in an award-winning urban setting.

Dachshund Races

Huntington Beach

Sundays

3 p.m. (doors open at 2 p.m.)

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

Beach Cleanups

San Clemente and Huntington Beach

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



Continued on page 14

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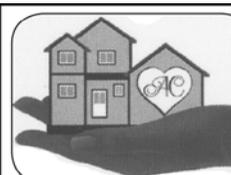
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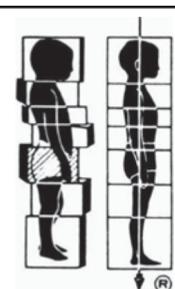
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‘It’s De Wolfman, Baybeee!’

By Randal C. Hill

He couldn’t shapeshift into a wolf, and his real name wasn’t Jack. When he was born in 1938, Wolfman Jack was known back then simply as Bob Smith from Brooklyn.

Smith, who grew up entranced by radio personalities, wanted to “deejay” for a living. In doing so, he quickly realized that he would need a unique persona and style to make his mark in an overcrowded and competitive field. Thus, he spent countless hours mimicking the patter of black radio hosts who spun the day’s coolest discs while having a blast on the air.

Brooklynite Bob started his career in the early 1960s when he signed on with WYOU-AM in Newport News, Va. Enchanted listeners became convinced that they were grooving with a black hepcat by the name of “Daddy Jules.”

His next move took him to KCIJ-AM in Shreveport, La. where he called himself Big Smith with the Records. It was here that the horror-movie-loving personality created his Wolfman Jack character, which featured black argot and rapid-fire, offbeat (and often racy) gobbledegook.

His nationwide popularity, though, wouldn’t transpire until he went to work for XE-RF-AM in northern Mexico.

At 250,000 powerful watts — five times the limit set in America — the just-over-the-Texas border signal blasted throughout the southern American landscape each night, the Wolfman’s raspy delivery, eerie howls, and demented schtick often fueled by unfiltered cigarettes and throat-searing whiskey. His rapt listeners dug the day’s grooviest platters amid spiels for everything from diet pills (made of sugar) to religious tracts to medical “cures.” In the studio, Wolfman was said to act every bit as “off the wall” as he sounded, his face contorting, his eyes bulging, and his hands waving as he howled and growled his way through each shift.

Returning to the States, he drifted from station to station for years. Along the way, many listeners found themselves wondering: just what does this guy *look* like? (The Wolfman felt that not being seen added to his mystique.) Eventually, several Kansas City college students offered him enough serious cash for an in-person appearance. He reluctantly agreed, insisting that first his payment — all in \$20 bills — be brought to his house via a Brinks truck. Later, after he arrived at the designated venue in a limousine, he strolled onstage exhibiting prosthetic rubber cheeks, foot-long fin-

gernails, a flowing cape, and oversized sunglasses. (He recalled later that he looked “real Neanderthal.”)

Wolfman Jack portrayed himself in the 1973 film *American Graffiti*, where millions of viewers could finally connect a face to the voice. His appearance in George Lucas’s movie led to Wolfman TV commercials for acne cream, bathing suits, stereos, and fast-food burgers. By 1974, he was co-hosting NBC-TV’s rock-oriented *Midnight Special*; in that same year, “Clap for the Wolfman” gave Canadian rockers Guess Who their final Top 10 single.

He wrote his autobiography — *Have Mercy: Confessions of the Original Rock ‘n’ Roll Animal* — shortly before dying of a heart attack in 1995.

The Wolfman was 57 years old.

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– Janet F.

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

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Dolly Parton

By Les Goldberg

If I asked you who is the undisputed modern queen of country music and you answered Dolly Parton, you would be 100 percent correct. You also would be right if you added a few other descriptors, like an award-winning actress, songwriter, musician, and entrepreneur.



Nobody in the history of show business lights up the stage like Dolly, with her curly blonde hair, voluptuous figure, her winning smile, insatiable sense of humor and humility, and most of all, her unmistakable voice.

At 74, the lady is a regular energy bunny. She recently released her first-holiday album in 30 years, *“The Holly Dolly Christmas,”* and earlier this year she released a new song called *“When Life Is Good Again,”* written especially to lift the spirits of those affected by the COVID-19 pandemic.

In April she re-released 93



songs from six of her classic albums, and before that, she received worldwide attention for posting four images of herself to show how she wants to be represented on social media.

And last year she made an unannounced appearance at the Newport Folk Festival, performing several songs accompanied by country music stars, The Highwaymen and Linda Perry.

The recent accomplishments and subsequent climb to super-stardom (she is the wealthiest country star with a net worth approaching a billion dollars) are in stark contrast to her early life and career.

Parton describes her family as “dirt poor,” having been born in January 1946 in a two-bed-

room room cabin on the banks of the Little Pigeon River in Locust Ridge, just north of the Greenbrier Valley of the Great Smoky Mountains in Tennessee. She had 11 brothers and sisters.

She had a tough childhood, although you’d hardly tell from her catalog of romantic, homespun songs like *“My Tennessee Mountain Home”* boasting of life “as peaceful as a baby’s sigh.” In actuality, Parton and her siblings lived with no electricity or running water.

According to Parton’s website, her mother, Avie Lee, took care of the 12 kids, instilling in them the importance of “[making] the best” with what you had. Although Parton’s father, Robert Lee, was illiterate, the singer remembers him as “one of the most intelligent men she’s ever known.” He worked hard to support the family.



The Partons had their methods of making ends meet. In her memoir, Dolly’s younger sister, Stella, recounts her father bribing a doctor with “a bag of grain” to deliver Dolly when they could not afford it.

Tragedy hit the poverty-stricken family in 1955 when Parton was only 9-years-old and her younger brother, Larry, died four days after his birth. “There is a lot of heartache and stuff that goes on with that,” she said, “but that is what makes you who and what you are.”



Her hard-knock adolescence could have steered her in one direction, but her family maintained their optimism. “We never thought about being bitter,” Parton said. “We didn’t even know we were poor until some smart-aleck up and told us.”

Her unbridled positivity led to some of her biggest country hits like *“In the Good Old*



Days” (*“When Times Were Bad”*) and *“Coat of Many Colors.”*

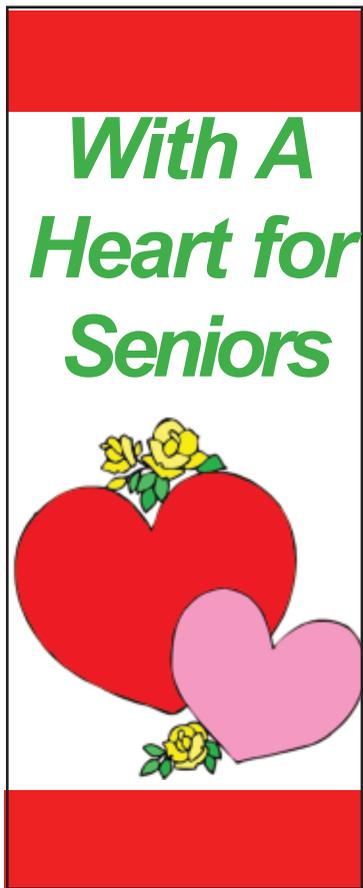
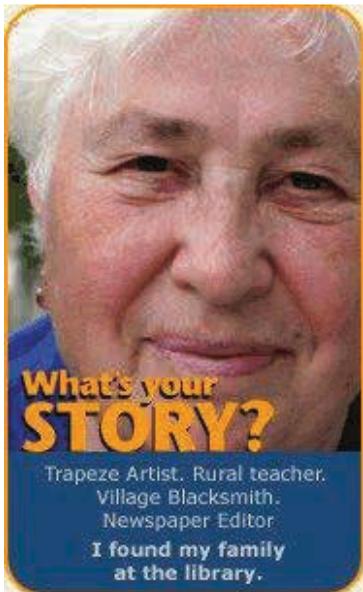
“Mama made you feel better about things, making life more beautiful than it really was,” she said of the song, which finds her taking pride in her mom’s efforts despite getting bullied.

Music played an important role in her early life. Her earliest public performances were in the church at age 6 and at 7 she started playing the guitar.



By 9 she was singing on local radio and television programs in the East Tennessee area and by 10 she was appearing on radio and TV in Knoxville. At 13, she was recording (the single *“Puppy Love”*) on a small Louisiana label, Goldband Records, and appeared at the Grand Ole Opry, where she first met Johnny Cash, who encouraged her to follow her instincts regarding her career.

Continued on page 15



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The Gadget Geezer

By Les Goldberg

Call Up Your Holiday Gifts

Can you believe it? Here we are, trying to hide from the deadly pandemic, avoiding becoming a number in the daily statistical deluge, and suddenly, it seems, the holidays are on us.

Consider it a welcome distraction, or an escape, or a blessing. Either way, it's time to think about what you will be giving to whom during the gift-giving days ahead. One thing we can be sure about: The COVID-19 curse has triggered a huge upswing in cell phone usage as our need to communicate with our loved ones becomes priority one.

That fact may have prompted Apple's major launch last month of its new line of smart-



phones – the iPhone 12s. The company introduced four versions of the iPhones, all featuring new cameras, new body design, “ceramic shield” displays, and support for 5G, the fastest wireless technology on the planet.

According to Apple, the phones will be available at your nearest Apple Store and online starting Nov. 16 and will range in price from \$399 to \$999.

Compared to the iPhone 11,

the newest versions are smaller, thinner, and lighter. Depending on the model you choose, the colors include black, white, red, mint green, dark blue, silver, graphite, gold, and a Pacific blue.

The big differences between each iPhone 12 version are the data storage capacity – 64 gigabytes (GB) for the basic iPhone 12 and 12 Mini, and 128GB for the 12 Pro and 12 ProMax.

The ceramic shield feature gives the screens added durability, enough strength to prompt Apple's claim that the phones have a four times chance of surviving a drop out of your pocket.

To take advantage of the maximum range of 5G speeds, it is recommended that you make your calls close to a 5G cell tower. The phones also support low-band and mid-band 5G, which offer long-range but less impressive speeds and can provide data speeds of up to two gigabytes per second.

They also offer a “Smart Date” mode that toggles between 5G and standard 4G to save on battery life.

Of course, one of the most popular features of any smartphone is the camera, and the new iPhones offer wider wide-angle lenses and longer-range telephoto capabili-

ties. Apple claims its ultrawide-angle cameras are aided by improved software that reduces distortion.

On the iPhone 12 Pro, the 52-millimeter lens is similar to the iPhone 11, but the 12 Pro Max boasts a new longer 65mm lens that offers a 2.5x optical zoom instead of the 2x optical zoom on the 12 Pro.

If that isn't enough to make you put in your order of the phones, check out these added features:

- Both Pro models have “lidar” or Light Detection and Ranging, which helps in the camera's detection of objects, depth, and spaces. It also improves autofocus with photos and videos, especially in low-light and in portrait night mode.



- All models are powered by an A14 Bionic chip, which Apple claims makes the phones 50 percent faster “than any other phone sold today.” The Smart HDR 3 technology optimizes the dynamic range of photos, identifies scenes like skies and people's skin and hair. And the Deep Fusion software enhances the pixel level while reducing “noise” and increasing detail in your photos.

- All phones can record video in Dolby Vision HDR for automatic color improvement.

Finally, when you open the box containing the iPhones, you will find new accessories, including a charger that supports 15W wireless charging and cases that allows you to charge through them with greater ease.

What you won't find, however, are the Apple EarPods and power adapter that has been standard for previous models. Apple's explanation: “There are so many already in existence.” That may be true but make sure you have the power adapter before you order the new iPhones.

Stay tuned next month for my guide to last-minute gift ideas. Happy shopping!

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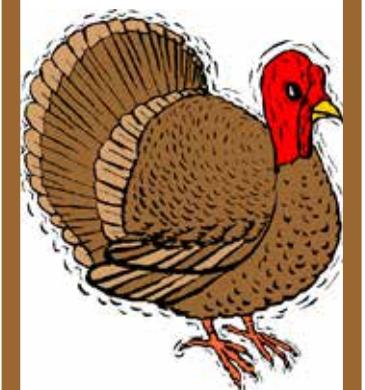
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Pets & People

From the Creator & Star of CHEATERS, Tommy Habeeb, “To The Rescue”: Saved Dogs and Their Grateful Families, Airs Weekly on Saturdays

The heartwarming stories of abandoned dogs and the grateful families who save them are documented in the half-hour weekly syndicated docu-series “To The Rescue.” Airing nationwide, the series is hosted by veteran TV producer-personality Tommy Habeeb (“Cheaters,” “STAG”).

“Thousands of dogs are put down every year due to a lack of resources. ‘To The Rescue’ highlights the great work of people working every day to find these dogs a forever home,” says Habeeb.



Every show will revolve around one or more former pets, now awaiting their fate at animal shelters, as they make their journey of hope. These formerly “unadoptable” canines of all breeds must fight to regain their physical and mental health. With the help of their human guides, the dogs

transform themselves into the perfect companions for their new forever families.

Habeeb will be joined each week by a variety of canine-training professionals from the world of rescue communities and veterinarians. “It takes a team to save a dog’s life. So, while ‘To The Rescue’ is ultimately a story about dogs, it’s also about all the amazing people who go to great sacrifices to rescue them,” says Habeeb.

Each episode is shot in a

different location with Habeeb and his crew traveling around the country to capture the best stories. In one episode, for example, viewers meet Mike Lorraine, who founded CAMO, or Canines Assisting Military Operators—a nonprofit organization in Palm Beach Gardens, Florida that rescues shelter dogs and, incredibly, trains them to be disciplined canine assistants to disabled veterans, suffering from physical injuries or PTSD. “Mike and his staff are canine professionals at the highest level but still manage to

provide their trained services dogs to deserving veterans at no cost,” says Habeeb.

In a career spanning more than three decades, Habeeb is best known to television audiences as the original host of the long-running syndicated series “Cheaters.” However, he has produced, hosted or appeared in more than a dozen nonfiction TV shows, including “Eye for an Eye” and “Billionaires Car Club”.

For more about Tommy Habeeb, visit: <https://tommyhabeeb.com>.

Fabulous Finds

By Debbie L. Sklar

The holidays are around the corner can you believe it!

To get you ready for all the festivities here are some great **Fab Finds** from games to play with the grandkids to eyeshadow that will make your eyes sparkle.

Games

Playing a fun game with the grandparents is the perfect way to celebrate while everyone is home this year. Enter Big Potato which has plenty of board games that are easy to learn, quick to play, and full of nostalgic fun for grandparents and grandchildren (younger and older) to enjoy together and create lasting memories.

Games to play with the younger grandkids:



Have your Disney knowledge ready, or they may one-up you! Remember the telephone as a kid? **Disney Sketchy Tales** (\$19.99 at Target and Amazon) is the drawing and guessing game of telephone sprinkled with Disney magic. Whether or not you're good at drawing, you and the grandchildren will be laughing for hours!

Games to play with the older grandkids:

Remember those glory days of



MTV, back when they played music videos? **MTV, The Throwback Music Party Game** (\$19.99 at Target and Amazon) will have you reliving those moments with your music-loving grandchildren. The artists in this game span different genres and eras, so this is a game where having different music tastes works to any team's advantage!



Your older grandchildren may remember going to Blockbuster as a kid and picking out a Friday night movie to watch at home! Bring home the entertainment again with **The Blockbuster Party Game** (Available at (\$19.99 at Target, Walmart, and Amazon), so grab the popcorn and be prepared to flex your movie knowledge!

FLOWER Beauty Shimmer & Shade Eyeshadow Palette



The **Shimmer & Shade Eyeshadow Palette** features ten flattering shades to mix and layer with the professional-grade Eyeshadow Brush, crafted from the finest man-made hair. The crease-free formula is easily blendable for the rich color payoff that lasts all day. You can use them wet for more intensity. Palettes are available in six different shades. Price: \$16, Available at FlowerBeauty.com, Ulta.com, and Walmart.com

FLOWER Beauty Forever Wear Longwear Eyeliner



A long-wear eyeliner that goes the distance. The creamy, long-wearing, and fade-resistant **Flower Forever Wear Liner Long-wear Eyeliner** is perfect for lining along the lash lines and inside the waterline.



The smooth texture glides on easily and smudges to perfection. Use the built-in sharpener for quick touch-ups on the go. The specially tailored shades are designed to complement and make every unique eye color pop. Available in five shades. Price: \$9, Available at FlowerBeauty.com, Ulta.com, and Walmart.com

FLOWER Beauty Supernova Celestial Skin Elixir

Enhance your skin's natural radiance with the magic of **Supernova Celestial Skin Elixir**. A wonder in a bottle - this revolutionary skin elixir hydrates, primes, and smooths for a soft ethereal glow. Packed with a blend of antioxidants, including restoring Jojoba seed oil, antioxidant-rich Camellia seed oil, and soothing Kukiu Nut Oil, this ultra-lightweight, fast-absorbing oil works to smooth and brighten for your most flawless skin. This unique vegan gel to oil formula ensures even application of pearlescent pigments on the skin for an all-over, even glow. Price: \$16, Available at FlowerBeauty.com and Ulta.com

November Calendar

Continued from page 5

parking lot at the end of First Street, Seal Beach), Seal Beach. Call, (562) 884-6764.

Bolsa Chica Conservancy Wetland Restoration Events Huntington Beach Second Sunday and Last Saturday of each month 9 a.m. to 12 p.m.

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

Visitor Night at UCI Observatory

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

Dolly Parton

Continued from page 10

After graduating high school in 1964, Parton moved to Nashville the next day. Her initial success came as a songwriter. Her songs were recorded by many other artists during this period, including Kitty Wells and Hank Williams Jr.



At age 19, Parton released a string of singles that were not country, although she expressed to her record producers a desire to record country material. Two years later she recorded her first country single, "Dumb Blonde" which reached number 24 on the country charts, followed by Something Fishy which went to No. 17. The two songs appeared on her first full-length album, "Hello, I'm Dolly."



Country Music Success

In 1967, musician and country music entertainer Porter Wagoner offered her a regular spot on his weekly syndicated TV

show and in his roadshow and convinced his label, RCA Victor, to sign her. RCA decided to protect their investment by releasing her first single as a duet with Wagoner.

Although her recordings hit a lull in sales during the 80s and 90s Pop era, her career took a big leap forward at the turn of the century when she formed her record label, Dolly Records.

Along with Emmylou Harris and Linda Ronstadt, she released Trio, an album that revitalized Parton's music career, spending five weeks at No. 1 on Billboard's Country Albums chart, and also reached the Top 10 on Billboard's Top-200 Albums chart.

It sold several million copies and produced four Top 10 Country hits, including To "Know Him Is to Love Him." The album won a Grammy for Best Country Performance by

a Duo or Group with Vocal and was nominated for the Album of the Year award as well.

Parton's trophy case so far boasts 10 Grammys, 49 Grammy nominations, a Lifetime Achievement Award, 10 Country Music Association awards, the CMA Entertainer of the Year award, five Academy of Country Music Awards, four People's Choice awards, and three American Music awards.



She also is in a select group of entertainers to receive at least one nomination from the Academy of Motion Pictures Arts and Sciences, Grammy, Tony, and Emmy awards. As an actress, she has starred in several hit movies, including "9 to 5," "Steel Magnolias," "Rhinestone," "The Best Little Whorehouse in Texas," "Straight Talk," and "Joyful Noise."

She is a long-time member of the County Music Hall of Fame and owner of Dollywood, her popular theme park near her Tennessee roots.



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By Randal C. Hill

'Lola' The Kinks

In June of 1970, during a 24-hour break in the Kinks' touring schedule, leader Ray Davies jetted from New York to London and back — a 6,000-mile roundtrip — to change a mere two words in the band's latest Arista Records single. It wasn't that the controversial song "Lola" concerned a man romancing a transvestite but the fact that Davies had committed a UK faux pas in his opening lyrics:

"I met her in a club down in old Soho

Where you drink champagne and it tastes just like Coca-Cola C-O-L-A Cola ..."

The problem? The public-owned BBC (British Broadcasting Corp.) didn't allow the use of brand names in recordings. Thus, Ray was required to switch the trademarked Coca-Cola name to the generic 'cherry cola' to ensure airplay in his native country.

According to legend, Davies composed the work after he and record producer friend Robert Wace had gone to a Paris — not London — nightclub. Wace, reportedly a heavy-duty imbiber, was said to have begun moving on a sultry woman there, enjoying their dances and soon confiding to Ray, 'I'm really on to a good thing here.' But Davies thought he

detected something odd: the seductive lady, whose name was Lola, seemed to have a bit of chin stubble. Ray decided that Wace was too drunk to notice.

"She walked like a woman but talked like a man"

From that incident came the first Kinks Top 10 hit in years, its last chart success being the Reprise label's "Tired of Waiting for You in 1965" — an eternity in the fleeting world of Rock- music fame. While the quartet had released numerous excellent 45s in the later 1960s, a return to the Big Time eluded them until the release of its contentious 1970 offering.

In the song, Ray kept the language ambiguous:

"I'm glad that I'm a man and so is Lola"

And listeners who paid attention to Davies's lyrics could never be sure of Lola's sex:

"Girls will be boys and boys will be girls

It's a mixed-up, muddled-up, shook-up world"

Due to its risqué allusions, the tune was banned in Australia but did become a No. 2 hit in Britain, a No. 9 smash in the USA, and a Top 10 success in

11 other countries.

Ray Davies often took credit for the entire song: "I wrote "Lola" to be a great record, not a great song. Something that people could recognize in the first five seconds." His brother Dave — and fellow Kink — wrote the music, with Ray adding the wry lyrics afterward. During the recording sessions, four or five versions were attempted, with different keys being tried and well as various overall styles.

In 1985, Weird Al Yanko created a Lola parody that he dubbed "Yoda," which featured lyrics about the iconic "Star Wars" character.

While "Lola" became one of the Kinks' most appreciated concert pieces, it would be another 13 years before the band would enjoy its final Top 10 hit single, "Come Dancing."

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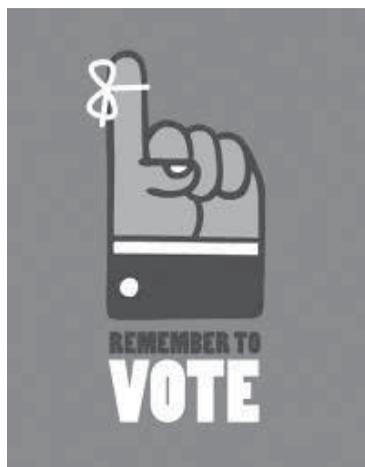
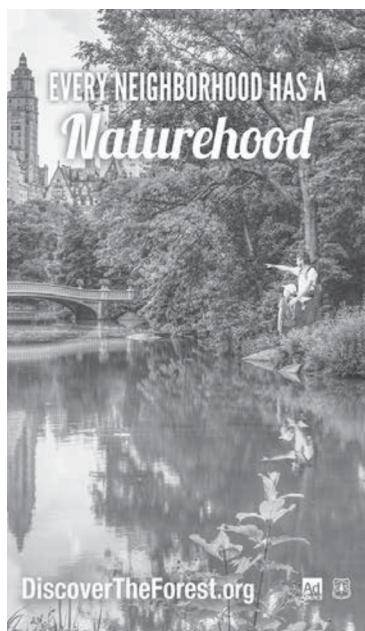
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News for Older Americans

A Grandparent's Best Friend

Here's good news for America's approximately 70 million grandparents: A growing problem that has been bugging families since the advent of the digital photo revolution—"Where is the latest photo of my grandchild?"—may have a surprising solution thanks to two enterprising granddads, Silicon Valley alumni.

Vinnie Jones and Boyd Pearce put their heads together and designed a simple, free and user-friendly mobile app that lets families share and re-live at will their daily experiences, as well as special moments with loved ones even thousands of miles apart. Called My Grandkids, it works with a simple click or two of a button.

Explains Pearce, formerly with IBM, Teradata and Hitachi, "Vinnie and I decided to take what we called the Ph.D approach (Press Here Dummy). We wanted to design an application that solved the photo problem but in a simple, easy way."

Jones, who worked with Pearce at Teradata, said, "My wife and I became swamped with all the photos that started to accumulate digitally. We were creating the digital equivalent of that old shoebox where you used to store your pictures and rummage from time to time to find the one you wanted. Yes, some people took the time to create photo al-



A new, free app can help organize your family photos and other visual information on your phone so you can easily see them whenever you like

bums but for those who didn't, **My Grandkids** is a great solution—almost instantaneous albums that you can access at the touch of a button, right there on your mobile."

The app lets you collect all photos taken by or received into your mobile device and display them in a handy reference gallery ready to be stored for easy access in self-designed albums.

These galleries grow automatically as new photos appear ready for storage. Sharing is easy and safe via a private, secure network operating in the Cloud. Add as many contacts as you wish and have them share and exchange photo and video experiences easily—no emails, texts or post required.

My Grandkids can be used not only for family photos but for categorizing your favorite dishes or recipes, wine labels, whatever visual information you want at your fingertips.

The app works on most mobile phone operating systems and tablets and it's available in the Apple Store and as an Android version on Google Play.

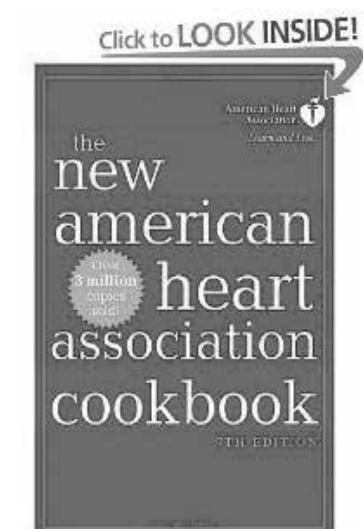
It could be a wonderful gift for grandparents who haven't seen enough of their grandkids lately (and what grandparents have?)—even if they give it to themselves.

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Sleep On It

Seven Tips for Buying a New Mattress

A mattress is one of the most important purchases you’ll ever make—after all, you spend approximately a third of your life in bed. Although the number of choices can feel overwhelming, you don’t have to lose sleep over it if you heed these hints:

1. Size matters. If you’re sharing a bed, you should buy at least a queen-size mattress. A healthy person moves 40 to 60 times a night and makes lots of full-body turns. For sound sleep, you need freedom of motion.

2. Test-drive different models. Wear comfortable clothes and shoes you can easily slip off so you can lie down. Compare a variety of support levels and styles within your budget.

3. Look under the hood. Ask the salesperson to show you illustrated or actual “cutaways” of the interior of the different mattresses and foundations. The mechanics of innersprings and foams vary widely, which can greatly affect comfort.

4. Use a reputable dealer. Furniture stores, department stores and sleep specialty shops all sell mattresses. Ask friends and family for referrals. If you don’t feel your salesperson is knowledgeable or helpful, take your business elsewhere.

5. Buying online? If you choose to buy a mattress



The right mattress can help you sleep more soundly

online, you won’t have the chance to try it out, so read the reviews, carefully check return and shipping policies—and be certain there’s customer support should a problem arise.

6. Go for the best value, not the lowest price. To ensure long-term performance, buy the highest-quality sleep set you can afford. View it as a 7- to 10-year investment in your health and well-being.

7. Be sure it contains certified foam. A key consideration is that the flexible polyurethane foam in the mattress meets standards set by CertiPUR-US—a certification program administered by a not-for-profit organization—for content, emissions and durability. This internationally recognized foam certification program was established to combat substandard imported foams, some of which contained substances banned in the U.S. or listed by environmental and regulatory groups as containing chemicals that may cause cancer or genetic defects or damage fertility. The foam used in pillows and upholstered furniture can be certified, too.

What Certification Means

When you buy products containing CertiPUR-US-certified foam, you can be confident that the flexible polyurethane foam inside has been tested and analyzed at least annually by independent accredited laboratories and is:

- Made without ozone depleters
- Made without PBDEs, TDCPP or TCEP (“Tris”) flame retardants
- Made without mercury, lead and other heavy metals
- Made without formaldehyde
- Made without phthalates regulated by the Consumer Product Safety Commission
- Made with low VOC (volatile organic compound) emissions for indoor air quality (less than 0.5 parts per million)

Learn More

For further facts and tips and a list of participating companies, visit www.certiPUR.us.



Community Concerns

Don't Risk a Ticket. Avoid Parking in Spots Reserved for People with Disabilities

In the harried competition for close-in spots, normally courteous drivers engage in all kinds of parking taboos, many involving the use of parking spaces designated for the more than 30 million Americans with mobility-impairing disabilities. Fortunately, there are people doing something about it and you can help.

Who's Doing What

Through the nonprofit Accessible Parking Coalition (APC), established by the International Parking and Mobility Institute, a national effort is underway to eliminate disabled placard abuse and make accessible parking more accessible.

What You Can Do

Here are seven reminders for every driver:

1. Remember that marked accessible parking spots are for people with disabilities (the term "handicapped" is outdated and offensive to many).
2. Unless authorized, never park in an accessible parking space—not even for a minute.
3. Never infringe on van-accessible parking spaces, which are designed for ramp- or lift-equipped vehicles. They are marked by signs that say, "Van Accessible" with the in-



People with disabilities need access to parking to lead an independent life, a national survey found

ternational symbol for accessibility. Many drivers using wheelchairs have nightmarish examples of waiting hours for the owners of a car parked too close to return so they could get in their vehicle.

4. Never park, block or leave a shopping cart in the cross-hatched, access aisle zones next to accessible parking spots.

5. Don't borrow others' disabled parking placards or use yours after it has expired or is no longer truly needed.

6. Follow the rules, but don't be a parking vigilante. If you suspect illegal use of a spot, take a photo of the license plate and contact local law enforcement.

7. Remember that not all disabilities that affect mobility are apparent. Don't assume someone is parking in a accessible spot illegally. A person with a respiratory or other ailment that makes walking difficult,

for example, may be entitled to a disabled placard.

Eighty percent of people with parking placards agree accessible parking fraud is widespread. Disabled placard abuse and illegal use of accessible parking spaces are crimes that carry penalties. Many jurisdictions are cracking down, increasing fines—some more than \$1,000 per violation—and setting up sting operations to catch offenders.

Learn More

For further facts, news and advice on this topic, visit www.accessibleparkingcoalition.org.

Time to fall back



Turn your clocks back one hour to standard time at 2 a.m. Sunday.



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Toll-Free: 1-877-688-5533

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FD# 1659

1301 S. Beach Blvd. Suite B, La Habra

8/1/05

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

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

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

A Cure Is In Sight
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FightBlindness.org

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- Clearly Communicate Throughout The Process



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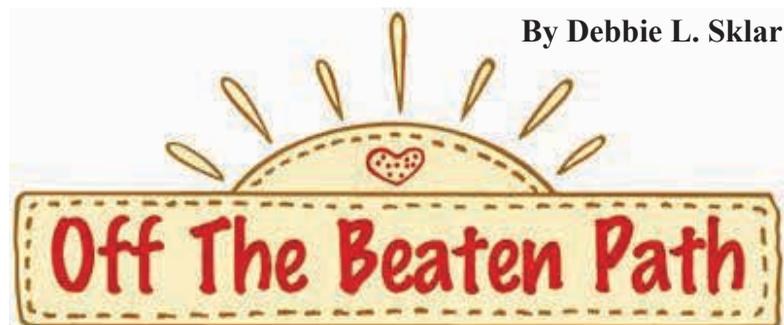
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By Debbie L. Sklar

Irvine's Bommer Canyon: A Great Place to Explore

There's more than strip malls and the UCI in Irvine to explore.

Check out Bommer Canyon, located in South Irvine, a place featuring various local plants and wildlife, including some endangered species. Discover all this through camps, hikes, nature walks, and bird watching while visiting Bommer Park.

The Canyon is nestled in the heart of Bommer Canyon and is part of the old Irvine Ranch Cattle Camp. Some of the original structures are still on site adding to the rustic atmosphere.

According to the website www.letsgooutside.org: "Bommer Canyon is part of the Irvine Ranch Natural and boasts nearly 40,000 acres of open space on the historic Irvine Ranch. It has been designated a Natural Landmark by the State of California and the U.S. Department of the Interior.

"This honor recognizes the exceptional value of these lands to California and the entire nation. The Irvine Ranch Natural Landmarks is part of the



Bommer Canyon Cattle Camp area of Bommer Canyon in Irvine, via Wikimedia.com

50,000 acres of land preserved on the historic Irvine Ranch."

Also, on the website: Bommer Canyon is Open For Self-guided Access & Scheduled Programs.

"Rich in Irvine Ranch lore and nature's wonders, Bommer Canyon beckons walkers, hikers and all other outdoor enthusiasts to stroll past ancient oak and sycamore groves and rough rock outcrops. Much like the City's Quail Hill Loop Trail specific trails in this area are open daily for self-guided hikes from dawn to dusk; however, other areas within Bommer can only be accessed through guided programs and do require pre-registration.

Monthly Wilderness Access Days are available to allow hikers and bikers the chance to explore the network of outstanding trails and views of the area, the website said.

A wide variety of activities are offered by the city of Irvine in partnership with the Irvine Ranch Conservancy.

The following seven-day access trails within the city of Irvine Open Space Preserve have been temporarily converted to one-way use for all users:

- Bommer Meadow
- Nature Loop
- Bommer Pass
- Quail Hill Loop

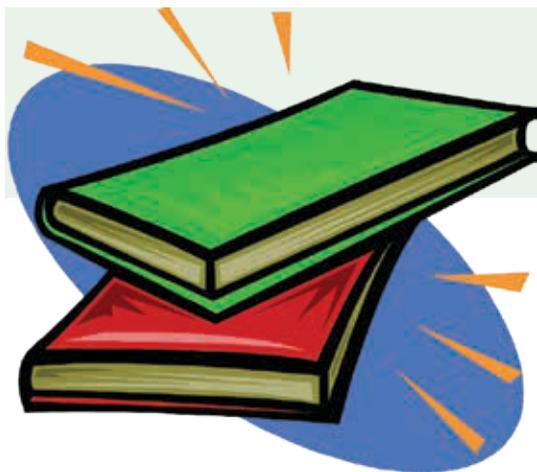
Also, in this age of COVID-19 the Bommer Meadow, Nature Loop, and Bommer Pass trails will have a one-way direction heading South from the Bommer Canyon Trailhead, with a return route on Bommer Canyon Road. Quail Hill Loop will be one-way only in the clockwise direction. Signage will be posted on the trails.

The policy will apply to all users to allow for appropriate social distancing. Please be sure to check the city of Irvine website for more at www.cityofirvine.org/covid-19-resources.

American Heart
Association



unicef 

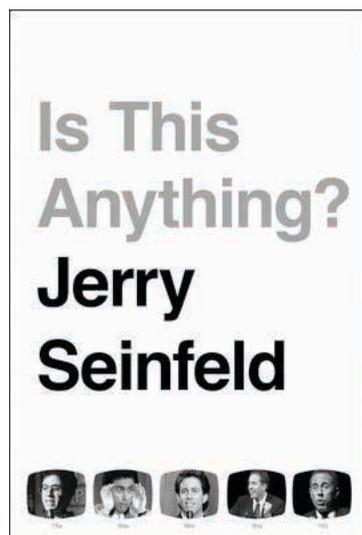


November Book Club

Take some time off from all the politics and settle down with a good book before the holiday season kicks in. Here are some new titles to explore before the chaos begins.

“Is This Anything?”

By Jerry Seinfeld



“The first book in 25 years from Jerry Seinfeld features his best work across five decades in comedy.

Since his first performance at the legendary New York nightclub “*Catch a Rising Star*” as a 21-year-old college student in the fall of 1975, Jerry Seinfeld has written his own material and saved everything.

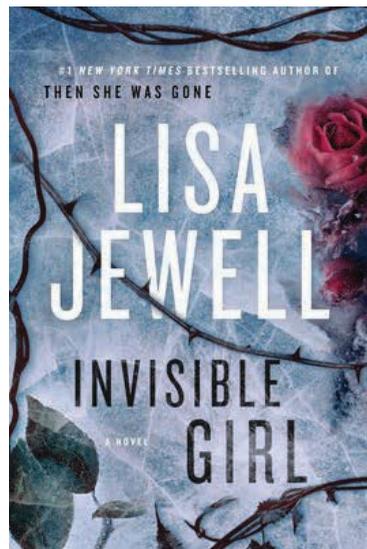
“Whenever I came up with a funny bit, whether it happened on a stage, in a conversation, or working it out on my pre-

ferred canvas, the big yellow legal pad, I kept it in one of those old school accordion folders,” Seinfeld writes. “So I have everything I thought was worth saving from 45 years of hacking away at this for all I was worth.”

“For this book, Jerry Seinfeld has selected his favorite material, organized decade by decade. In page after hilarious page, one brilliantly crafted observation after another, readers will witness the evolution of one of the great comedians of our time and gain new insights into the thrilling but unforgiving art of writing stand-up comedy,” all according to publisher Simon & Schuster.

“Invisible Girl A Novel”

By Lisa Jewell



“Owen Pick’s life is falling apart. In his 30s and living in his aunt’s spare bedroom, he

has just been suspended from his job as a teacher after accusations of sexual misconduct — accusations he strongly denies. Searching for professional advice online, he is inadvertently sucked into the dark world of incel forums, where he meets a charismatic and mysterious figure.

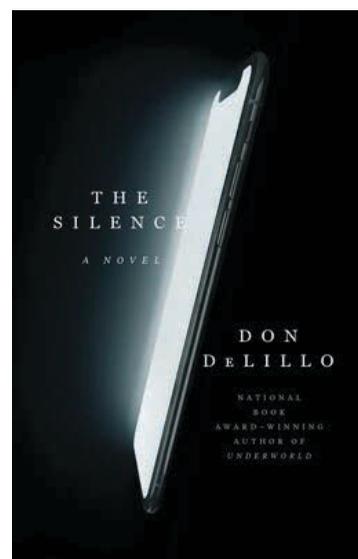
“Across the street from Owen lives the Fours family, headed by mom Cate, a physiotherapist, and dad Roan, a child psychologist. But the Fours family has a bad feeling about their neighbor Owen. He’s a bit creepy and their teenaged daughter swears he followed her home from the train station one night.

“Meanwhile, young Saffyre Maddox spent 3 years as a patient of Roan Fours. Feeling abandoned when their therapy ends, she searches for other ways to maintain her connection with him, following him in the shadows and learning more than she wanted to know about Roan and his family. Then, on Valentine’s night, Saffyre disappears — and the last person to see her alive is Owen Pick,” according to publisher Atria Books

“The Silence A Novel”

By Don DeLillo

“Don DeLillo completed this novel just weeks before the advent of Covid-19. *The Silence* is the story of a different cat-



astrophic event. Its resonances offer a mysterious solace.

“It is Super Bowl Sunday in the year 2022. Five people, dinner, an apartment on the east side of Manhattan. The retired physics professor and her husband and her former student waiting for the couple who will join them from what becomes a dramatic flight from Paris. The conversation ranges from a survey telescope in North-central Chile to a favorite brand of bourbon to Einstein’s 1912 manuscript on the “*Special Theory of Relativity*.”

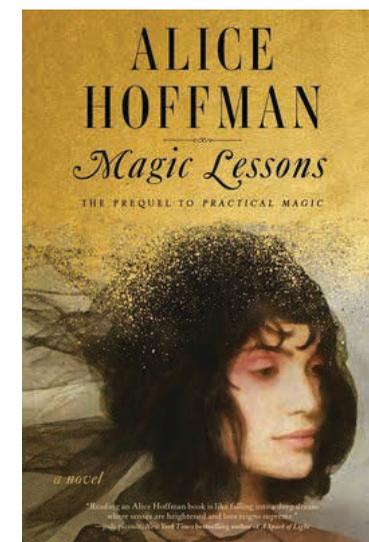
“Then something happens and the digital connections that have transformed our lives are severed.

“What follows is a dazzling and profoundly moving conversation about what makes us human. Never has the art of fiction been such an immediate guide to our navigation of a bewildering world. Never have DeLillo’s prescience, imagina-

tion, and language been more illuminating and essential,” according to publisher Scribner.

“Magic Lessons The Prequel to Practical Magic”

By Alice Hoffman



“Where does the story of the Owens bloodline begin? With Maria Owens, in the 1600s, when she’s abandoned in a snowy field in rural England as a baby. Under the care of Hannah Owens, Maria learns about the ‘Unnamed Arts.’ Hannah recognizes that Maria has a gift and she teaches the girl all she knows. It is here that she learns her first important lesson: Always love someone who will love you back.

“When Maria is abandoned by the man who has declared his love for her, she follows him to Salem, Mass. Here she invokes the curse that will haunt her family. And it’s here that she learns the rules of mag-

Continued on page 25

Austin: For the Texan in Everyone

Story by Ronnie Greenberg • Photos by Joe Hilbers

Easy to know and a pleasant place to linger, the capital of Texas was given its name by Stephen F. Austin, the “Father of Texas.”

An idyllic setting on the north bank of the Colorado River, with rich Blackland and scenic hills, Austin is on the “in” along with boots and hats.

A mix of media of University town, and an eclectic high-tech presence, Austin is long known for being down-home and sophisticated, laid-back, but bustling with high energy, traditional and avant-garde at the same time.



Texas State Capitol Building

Texas State Capitol Complex
Set among rolling, tree-shaded lawns scattered with monuments and canons, the regal pink granite Texas Capitol, resembles the United States

and rises 218 feet above the Gold Star inlaid on the marble floor. Portraits of all the Governors of Texas hang along the capitol walls.

The Bob Bullock Texas State History Museum

The museum brings to life the passion of Texas pride and the grand history of the Lone Star State. Located at the Capitol Complex, it has 700 artifacts on display and as its jewel treasure, Stephen Austin’s diary that he composed in Spanish and English. Permanent collections include the Capitol’s original Goddess of Liberty statue and Neil Armstrong’s spacesuit.

Featured is a high-tech setting Texas Spirit Theatre, where Sam Houston narrates the Star of Destiny, as historic events come to life with sets, special lighting, and amazing sound effect. Visit www.TheStoryof-Texas.com

Governor’s Mansion

The stately and elegant

white-columned, Greek Revival mansion was built in 1855 and was home to Sam Houston, the first occupant, and the residence of every Texas Governor after that. The Governor and his family occupy a private second-floor apartment.

LBJ Presidential Library and Museum

The venue is surrounded by the larger-than-life presence of Lyndon Baines Johnson. The LBJ Presidential Library chronicles the remarkable life and times of the nation’s 36th President and the state’s most renowned politician. The ar-



Salt Lick BBQ

University of Texas

Everything in Texas tends to be big, and the University of Texas is no exception. UT, the largest public university in the United States, with over 50,000 students, is set on a shady, sprawling campus with statues and magnificent fountains. Piercing the skyline, the 307-foot landmark Watch Tower stand as a sentinel for the city’s cultural events, opera, musical production, art exhibits, and the UT Performing Art Center.

The “Drag” along Guadalupe Street, is the popular shopping block of the University students.

chives occupy five floors, and exhibits include Presidential memorabilia, a replica of the Oval Office, Presidential Limo, First Lady’s Gallery featuring the life of Ladybird Johnson, and priceless gifts from foreign heads-of-states.

Live Music Capital of the World

Austin self-proclaimed live music capital of the world caters to music lovers through its clubs, concert, and TV. Austin City Limits, the longest-running live music program, brings rousing performances of a musical legend and rising stars to the weekly program.

Continued on page 23



Display of Guttenberg Bible

A glimpse of the Texas capital’s colorful past can be seen today in 12 historic districts that pay homage to Austin’s glorious past. Whether you visit turn-of-the-century neighborhoods, state landmarks, or museums, you’ll be walking in the footsteps of cattle barons, statesmen, bankers, artists, gamblers, scamps, and outlaws that have made their mark on Texas.

Capitol, with a Texas flair. The building designed in the Renaissance Revival style in 1888, was recently restored to its majestic luster. Its impressive dome lights up the Texas night sky.

The rotunda’s entrance is guarded by statues of notable Texas heroes, General Stephen F. Austin, and Sam Houston,

Austin: For the Texan in Everyone

continued



Driskill Hotel

Tour the famous Austin City Limits Studio and be part of the live audience during the taping.

Congress Ave. & Sixth Street

This area has been revitalized with trendy restaurants, clubs, shops, and art galleries that occupy the Victorian and native stone buildings. After dark, the streets are filled with revelers pulsating with energy, and reverberating with sounds of Rock, Country, Western, Swing, Blues, Tejano, and Jazz.

Haute Cuisine & High Spirits

With Austin's unique mix of heritage and cultural roots, the choice of restaurants is daunting. Dining hotspots feature the hippest trends in the restaurant world, and cravings turn the gamut from barbecue to Tex-Mex, Southwestern, International, and Contemporary Texas cuisine.

Going Batty

The Town Lake's Congress Avenue Bridge is home to the

largest urban bat colony in the United States. Just after sunset from April to October, Mexican freetail-bats venture out from crevices in the bridge like a billowing stream of gray smoke.

Once feared, today Austin's bats attract worldwide attention. Bats have lived in America since the age of the dinosaurs, and today they rank among our most endangered wildlife.

Recreation

Austin thrives as a recreational mecca as outdoor enthusiasts flock to its hike-and-bike trail system, parks, and nature preserves. The best known is Zilker Park, in the center of the city. Barton Springs, an Austin treasure located in Zilker Park is one of the finest swimming holes in America: spring-fed, its crystalline water is 68 degrees and open year-round for the enjoyment of swimmers and sunbathers.

Stroll through an extensive

selection of sculpture at the Umlauf Sculpture Garden and Museum containing more than 130 works by the late Austin sculptor, Charles Umlauf. Visit www.io-com/tam/Umlauf

Where to Stay

The Driskill Hotel transcending time and place is the quiet cornerstone of bustling downtown and has captured Austin's soul for over a century. The 1886 Registered Landmark was the proud showplace of Col. Jessie Driskill, a wealthy cattle baron, established businessman, and active civic leader.

A favorite of LBJ who had a suite here when he was President. Nineteenth-century elegance begins in the Grand Lobby where finely polished antiques, a stained-glass dome, inlaid marble, and original oil paintings, are integrated with touches of the 21st century.

Located at 604 Brezos St. and for information and reserva-



Ladybird Johnson Wildlife Center



Zilker Park

tions phone: (800)252-9367 or Visit www.driskill.com

Austin Area Highlights

Ladybird Wildflower Center

Lady Bird Johnson's lifelong dream of dedication to the beauty of Texas, and gift to America is evident here. The 178-acre gardens were named the Lady Bird Wildflower Center in 1998 in honor of its founder and chair. A showcase dedicated to North America's native flora, the Center applies to nature's principles to designed landscapes, native

plants in gardens and natural areas, a rainwater collection, and storage system, and environmentally conscious architecture. For more information visit www.wildflower.org

A Texas Culinary Showplace

An Austin icon, the rustic Driftwood Restaurant built with rock walls, and hand-hewn wood, is the venerable barbecue joint famous for its ribs, brisket, and its sauce. Take a deep breath and inhale the aroma of this Taste of Texas. Visit www.saltlickbbq.com

For additional information contact the Austin Convention & Visitor Bureau by visiting www.Austintexas.org



Fabulous Fruit

Naturally Boost your Immunity Year-Round with Vitamin C-Rich Frozen Strawberries

As greater importance is placed on building strong immune systems these days, nutrients such as vitamin C are gaining in popularity. According to the Office of Dietary Supplements, fruits and vegetables are the best source of vitamin C. Getting your vitamin C from food helps the body absorb the vitamin better and minimizes any risk of toxicity.

A serving of 8 large strawberries has a full day's worth of vitamin C, about the same as a large navel orange.

Strawberries' vitamin C may work in synergy with their fiber, flavonoids and other compounds to promote health beyond the immune system. In June 2020, six different universities presented research on the potential health benefits of strawberries at a top nutrition conference.

Some of the findings included strawberries' potential to lower cholesterol, fasting blood glucose, insulin resistance, and Alzheimer's dementia risk. Changes to the gut microbiome were also found after people ate strawberries, which may have positive effects on intestine, colon and heart health.

Recent surveys showed that people associated these heart-shaped berries with feelings of joy and memories of sum-



mer, yet strawberries can be enjoyed throughout the year. Fresh California strawberries are hand-picked year-round and frozen strawberries can be found in most grocers' freezers winter, spring, summer, and fall.

Frozen Strawberries Just as Nutritious as Fresh

Frozen strawberries provide the same nutritional benefits as the fresh ones. They're harvested at their peak nutrition and frozen immediately. Science shows no significant differences in vitamins, minerals, fiber or antioxidants between fresh and frozen strawberries. People can feel good about having affordable, nutritious frozen strawberries with a longer shelf-life all year long.

When peak season ends, freezing strawberries can be a great option. It's easy to do. Simply rinse strawberries under cool, running water and gently pat dry. After removing the stems, place strawberries on a parchment-lined cookie sheet and freeze for 24 hours. Then transfer the strawberries to a

plastic freezer bag. Strawberries can stay in the freezer for several months. Frozen strawberries maintain their sweetness and are versatile enough to be used in recipes ranging from smoothies to ice cream, baked goods to breakfasts.

Here's a nutritious recipe using frozen strawberries in waffles:

Strawberry Oat Waffles

Time: 15 minutes

Yield: 6 mini/3 regular waffles

1 cup oat flour
1/2 cup plant-based milk
3 Tbsp oil
1 egg
1 tsp vanilla extract
1 tsp baking powder
1/2 cup chopped frozen California strawberries
Cooking spray

Optional Toppings: maple syrup, fresh California strawberries

Preheat a waffle maker. Whisk together flour, milk, oil, egg, vanilla, and baking powder until smooth. Gently fold strawberries into the mixture. Grease the waffle iron with cooking spray and pour in 1/2 cup batter. Cook until golden brown on both sides for about 2-3 minutes. Repeat until all batter is cooked.

Optional: Serve fresh with maple syrup and fresh strawberries.



NIDDK's 70th Anniversary Marks Advances in Medical Research

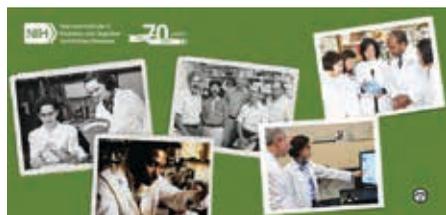
This year, the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) marks its 70th anniversary. Over the past seven decades, NIDDK-supported research has furthered our understanding of digestive diseases, including inflammatory bowel disease (IBD), and improved treatments for patients.

What is IBD?

IBD is the name for a group of digestive diseases that cause chronic inflammation in the digestive tract. Ulcerative colitis and Crohn's disease are the most common types of IBD. People with IBD often experience symptoms such as abdominal pain, diarrhea and rectal bleeding. IBD can also lead to severe complications, including intestinal damage and colorectal cancer. Currently IBD has no cure, so the goal of treatment is to reduce symptoms and prevent additional health complications.

How is IBD treated?

In the first half of the 1900s, surgery to remove the affected part of the intestines was the only treatment for IBD, and it was not always effective. Starting in the 1950s, doctors began prescribing medicines to help control inflammation and IBD symptoms. In recent years, additional medicines have been approved that provide effective IBD treatment options for more people.



Researchers are finding new ways to treat people with IBD

While treatment advances have improved the health and quality of life of many people with IBD, not all people respond well to the medicines. In addition, some IBD medicines can cause serious side effects. Many people may still need surgery while living with IBD.

NIDDK IBD Research

The NIDDK supports research into the mechanisms that drive inflammation in the digestive tract and the individual factors that affect IBD development. These individual factors include genes and the microbiome—the bacteria, viruses and other microbes that live in the human digestive tract. NIDDK-supported IBD research may lead to more effective, personalized ways to treat IBD, preventing complications and the need for surgery.

For example, NIDDK-supported researchers are examining the relationship between IBD and the microbiome. Studies show that the microbiomes in people with IBD differ from the microbiomes in people without the disease. Future research will examine how microbes in the digestive

tract may promote or protect against IBD and how treatments might target the microbiome.

NIDDK researchers have also demonstrated that genes play a role in the development of IBD and have identified more than 250 regions of the human genome associated with IBD risk. Scientists continue to study these regions to identify the specific genes that contribute to IBD.

Researchers are finding ways to personalize IBD treatments by using information about a person's genes, microbiome and other factors. For example, an NIDDK-sponsored study recently identified genetic factors and other characteristics that may help predict how children with ulcerative colitis will respond to certain IBD medicines.

The NIDDK also supports research using stem cell technology to create tiny artificial tissues (organoids) in the laboratory that resemble intestine or colon tissue under the microscope. Using a person's own biopsies or circulating stem cells, it is possible to create personalized artificial tissues in the laboratory.

The tissues will be tested to understand the person's own unique disease, possibly predict whether an existing treat-

ment works for that person and discover new treatments. The same technologies are being used to find ways to accelerate healing or repair or even replace damaged tissue in the future.

The NIDDK and the Future of IBD Treatment

Building on its 70-year history of biomedical research, the NIDDK will continue to foster scientific discoveries that deepen our understanding of IBD and develop more personalized, targeted and effective IBD treatments.

Visit the NIDDK website to learn more about IBD and NIDDK's digestive diseases research.



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savethemanatee.org

Photo © David Schreiber



Cooking Corner

Easy Buttermilk Mashed Sweetpotatoes

Side dishes are often the best part of a meal, and mashed potatoes are among the top contenders. Here's a very simple take on that old favorite with a modern twist—mashed California sweetpotatoes with buttermilk and fresh herbs. The buttermilk provides a hint of tang and the herbs add brightness, making this a versatile dish that offsets a heavy winter meal yet pairs perfectly with lighter springtime or summer fare. Plus, California sweetpotatoes are a nice change of pace from regular mashed potatoes—and with more fiber.

Easy-to-Make Buttermilk Mashed California Sweetpotatoes with Fresh Herbs

Serves 6 to 8

2 1/2 lb orange or yellow-white fleshed sweetpotatoes, or a combination, peeled and cut into 1-in chunks

4T butter
 3/4c buttermilk (see note)
 1T chopped fresh cilantro
 1T chopped fresh dill
 1T chopped fresh parsley
 2tsp chopped fresh mint
 1tsp salt, or more to taste
 1tsp pepper, or more to taste

Place sweetpotatoes in large saucepan or small stockpot, cover with water by 1 inch, and



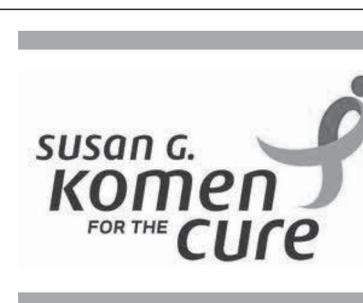
Buttermilk Mashed California Sweetpotatoes are easy enough to make for a weeknight dinner and perfectly elegant for company and special occasions throughout the year

bring to a boil over high heat. Reduce to a simmer; continue to cook until very tender, 6 to 8 minutes. Drain sweetpotatoes; return to saucepan. Add butter and mash. Add buttermilk, cilantro, dill, parsley, mint, salt and pepper. Add more salt and pepper to taste and serve.

Note: If you prefer, substitute plain yogurt, sour cream, milk, half and half or cream for the buttermilk.

Learn More

For further facts, tips and recipes visit www.casweetpotatoes.com.



End of Banking

Continued from page 3

from the window. Five minutes later, another different woman appeared at the window with my cash. After thinking through this, I guess that the ATM does not keep your check but copies the front and the back and returns it to you to destroy after the deposit is processed. Next time I will try the ATM again to save time. I am still puzzled at how they are going to know my account number if I don't give it to them. I guess bank robbers will have to find another profession.

November Book Club

Continued from page 21

ic and the lesson that she will carry with her for the rest of her life. Love is the only thing that matters.

“*Magic Lessons*” is a celebration of life and love and a showcase of Alice Hoffman’s masterful storytelling,” according to publisher Simon & Schuster.



November Crossword Puzzle

Across

1. Hostile to
5. Mountain nymph of Greek mythology
10. Slat
14. Shower
15. Shouldered
16. Popular cookie
17. Salt Lake City students
18. Piece of bacon
19. Contest, ethnicity
20. Got ripped
21. Musical clickers
23. Sun Devils' sch.
25. 100 square meters
26. Nonsense
31. Forbidden
35. Doc bloc
36. Back in
38. Poisonous
40. Torn clothing
42. Fear greatly
44. Granary
45. Snapshot
47. Bony prefix
49. Actress Sandra
50. Blood line
52. Person who tends sheep
54. Gerund maker
56. 1 or 66: Abbr.
57. Pertaining to a barber
62. Racetrack fence
66. Gaelic
67. Big name in vermouth
68. Scandinavian capital
69. Saudi king
70. More or less vertical
71. Electric fish
72. Body shops?
73. New Hampshire city
74. Freelancer's encl.

Down

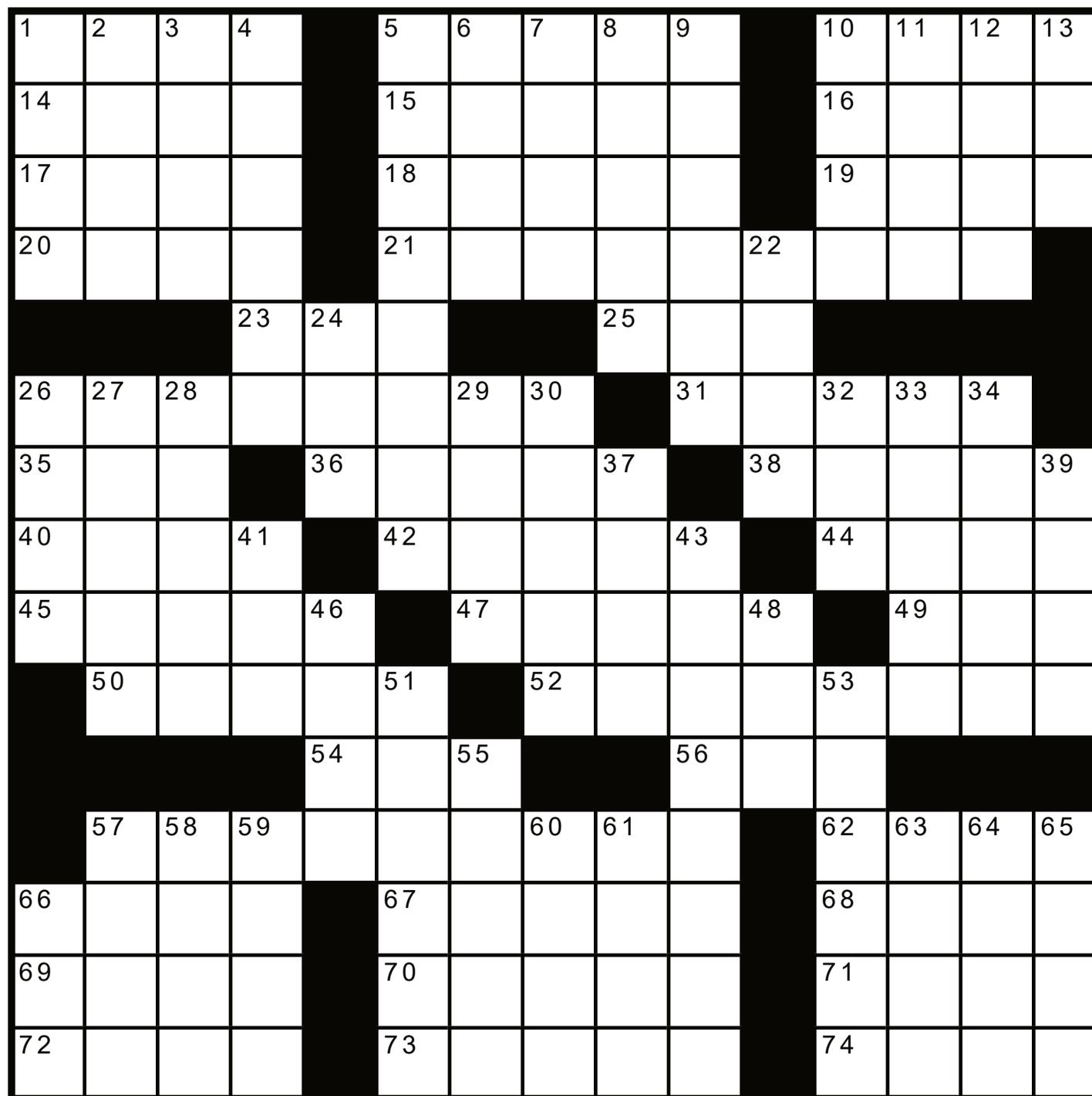
1. Stuck, after "in"
2. Western pact

3. Wedding cake feature
4. Trouser measurement
5. Hidden
6. Roster used to assign duties
7. Drops the ball
8. Ekberg of "La Dolce Vita"
9. Leave
10. Traditional passed-down knowledge
11. Smell ____
12. Gumshoes

13. Weed whacker
22. Peachy-keen
24. Neighbor of Isr.
26. Diamond cover
27. Mutual of ____
28. Myopic Mr.
29. Other, in Oaxaca
30. Head lock
32. Diddley and Derek
33. Rust, e.g.
34. Exxon Valdez, e.g.

34. Exxon Valdez, e.g.
37. Pledge
39. Like some dorms
41. Orch. section
43. Cervine
46. Redding of R&B
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55. Search blindly
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66. Abysmal grades



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Science in Our Lives

Unicorns of the Sea Share their Secrets

With the help of Inuit hunters, geophysicists recently recorded the various sounds of narwhals as they summered in a Greenland fjord. The recordings help scientists better understand the soundscape of Arctic glacial fjords and provide valuable insight into the behavior of these shy and mysterious creatures, according to the researchers.

Narwhals are difficult to study because they are shy and spend most of their time in deep water. They tend to summer in glacial fjords around Greenland and Canada, but scientists often have trouble getting close enough to study them. Inuit hunters familiar with the narwhal can get closer to the animals without disturbing them. So, in July 2019, researchers accompanied several Inuit whale-hunting expeditions in northwest Greenland to study the narwhals in more detail. Using underwater microphones attached to small boats, the researchers captured narwhal social calls and foraging sounds.

In combination with sightings, the recordings show that narwhals get closer to glacier ice than previously thought for this area and the animals forage for food in summer.

"Their world is the soundscape of this glacial fjord," said Evgeny Podolskiy, a geophysicist at



Credit: Evgeny Podolskiy

Boat approaching Bowdoin

Hokkaido University, and lead author of a new study detailing the findings in the American Geophysical Union's (AGU) Journal of Geophysical Research: Oceans. "There are many questions we can answer by listening to glacier fjords in general."

Getting Close

Podolskiy and his colleagues had been working in Greenland fjords for several years, studying the sounds made by melting glaciers. "I realized working in the area and not paying attention to the elephant in the room—the key endemic legendary Arctic unicorn just flowing around our glacier—was a big mistake," he said.

The researchers tagged along on several Inuit hunting expeditions, placing microphones underwater and recording the baseline sounds of the fjord. They captured several types of sounds made by narwhals, including social calls or whistles, and clicks used for echolocation, the biological sonar used by other animals to navigate

and find food. The closer narwhals get to their food, the faster they click, until the noise becomes a buzz like that of a chainsaw. This terminal buzz helps the narwhals pinpoint their prey. "If you approach and target these fast fish, you better know precisely where they are; you need to gather this information more frequently," Podolskiy said.

Researchers found narwhals come roughly within half a mile of a glacier calving front, despite the fact that these areas are some of the noisiest and most dangerous places in the ocean. "There is so much cracking due to ice fracturing and bubbles melting out... it's like a fizzy drink underwater," Podolskiy said.

AGU (www.agu.org) supports 130,000 enthusiasts to experts worldwide in Earth and space sciences. Through broad and inclusive partnerships, AGU advances discoveries and solutions that are ethical, unbiased and respectful of communities and their values. Its programs include serving as a scholarly publisher, convening virtual and in-person events and providing career support. It lives its value through its Ethics and Equity Center, which fosters a diverse and inclusive geoscience community to ensure responsible conduct.



ADMIT
ONE

Movie Preview

'No Time to Die'

By Randal C. Hill

An Aston-Martin sprays bullets from Gatling gun headlight cavities. Powerful motorcycles leap over low walls and roar across rooftops. Speeding high-end cars sail dramatically in slo-mo off steep cliffs.

This can only mean one thing: it's time for another James Bond adventure, rescheduled from earlier this year, and one again replete with high-speed chases, menacing futuristic gadgets, mind-bending stunts, amazing explosions, and breathtaking European locales.

In *"No Time to Die,"* James Bond (Daniel Craig) has retired and is living in a remote waterfront home in Jamaica. But an old friend, CIA agent Felix Leiter (Jeffrey Wright), drops by with a request. "I need a favor, brother," Leiter says. "You're the only one I trust for this." Leiter needs to find a kidnapped scientist of maximum importance to world safety. Bond reluctantly accepts the assignment, not knowing that his mission will be far more treacherous than expected.

Bond's old love interest, Dr. Madeleine Swann (Lea Seydoux) returns, as does James's old nemesis, the disfigured supervillain Bloefeld (Christopher Waltz). Before long, we meet a new agent, the stunning Nomi (Lashana Lynch), who

surprisingly has been given Bond's old number. Nomi's broad smile belies her words when she says, "The world has moved on, Commander Bond. Stay in your lane." The pair ends up forming an uneasy alliance.

A new villain appears via the mysterious Safin (Rami Malek), who is more sinister than Bloefeld and is armed with treacherous new technology. "License to kill ... history of violence," Safin sneers through a Phantom of the Opera-type mask. "I could be speaking to my own reflection."

Bond retorts, "History isn't kind to men who play God."

The 2020 Bond is a bit more human than his all-but-perfect predecessors. He is shown here less as an immortal superhero than as someone who makes errors in judgment, asks for help when needed, and often seems just plain exhausted from his daily grind of helping to rid the world of bad guys.

Producer Barbara Broccoli says, "[Daniel] has been the most extraordinary Bond. When you trace the evolution of the Bond character from [2006's] *"Casino Royale"* to now, it feels very epic. This film feels like a culmination."

"No Time to Die" is the 25th movie featuring James Bond in the series created by British writer Ian Fleming. Fleming penned his first 007 thriller in 1952.

The movie is directed by Cary Joji Fukunaga, with a screenplay by Neal Purvis, Robert Wade, Scott Z. Burns, and Phoebe Waller-Bridge.

This will mark the fifth and final Bond film by 51-year-old Craig.

The onscreen action detonates nationwide in November.

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Veterans News and Notes

Family Caregivers of Veterans Eligible for Free Professional Help

The Elizabeth Dole Foundation and U.S. Department of Veterans Affairs have launched an emergency respite care fund for the family caregivers of wounded, ill, and injured veterans. The program, Respite Relief for Military and Veteran Caregivers, will provide non-medical, no-cost, professional home care to veteran caregivers who are struggling during the COVID-19 pandemic. CareLinx, a nationwide professional home care network, helped launch the fund with a donation of \$1 million worth of services. Wounded Warrior Project then contributed an additional \$1 million to expand the program. The Foundation expects to provide 75,000 hours of care to more than 3,000 veteran caregivers.

"The lack of affordable, convenient, professional respite care has always taken a significant toll on the emotional and physical well-being of veteran caregivers," said Steve Schwab, CEO of the Elizabeth Dole Foundation. "Now, due to the increased health risks and limitations created by the pandemic, we are seeing a spike in the need for short-term relief."

Even as states re-open, some of the most critically wounded or ill veterans and their caregivers will have a long journey back to the pre-pandemic world. These veterans often have



vulnerable immune systems that require their caregivers to take every precaution against exposure. By asking family and friends to keep their distance, they are losing a vital source of daily support.

"We are grateful to CareLinx and Wounded Warrior Project for helping us respond to this urgent need," Schwab continued. "We hope other organizations also step up, so we can ensure every veteran caregiver suffering during COVID-19 receives the help they need."

The program is rolling out in select regions and will expand nationwide over time. Eligible caregivers can request services that include companionship, grocery shopping, cooking, mobility assistance, transportation, bathing, and other activities of daily living. AARP and Bob Woodruff Foundation have also joined as key collaborators for this effort to help spread the word to military and veteran caregivers.

To learn more and apply, visit www.hiddenheroes.org/respite.

Vietnam Vet Swims 100 Miles To Raise Money for Other Vets

Charlie Parker, 75, is in a wheelchair but isn't letting that stop him from completing the American Legion's 100 Miles for Hope challenge.

While most of the thousands of participants are doing some combination of walking, cycling and running, Parker is swimming the entire distance — a little bit each day.

A member of American Legion Post 852 in Murrieta, Calif., he swims with a float device between his legs and only uses his arms to propel himself. The pool he swims in is only 45 feet long. At about seven strokes per lap, that's 840 arm revolutions each mile or roughly 84,000 when he reaches the 100-mile threshold.

"People can walk 100 miles easily, people can bicycle 100 miles even easier, people could run or motorcycle ride 100 miles even easier," Parker said. "Other than Olympic swimmers, which I was not, very few people swim more than a few hundred yards in a day.

"I have been a swimmer most of my life. I like doing things for other people so there is my inspiration. The choice to swim 100 miles is because that's the only thing I can do and it gives me a personal challenge."

The 100 Miles for Hope



12 years old. "By the end of the summer, I had my junior life-saving badge and I kept swimming, became a life guard and taught swimming for three years."

challenge is intended to get participants active while also funding the Veterans and Children Foundation (V&CF). The challenge, which kicked off Aug. 3 and runs through Veterans Day, charges a \$30 dollar registration fee with 100 percent of the proceeds going to the foundation.

"I like helping people," he said. "If I can raise some money by swimming that will help veterans and children it makes me feel good."

About three years ago Parker ended up in a wheelchair due to a combination of freak accidents that started when he fell out of a car assisting someone who was trying to rescue a stray dog.

"Exercise is extremely important to me because if I don't keep myself in good physical shape, my life is going to even more of hell in a handbasket even faster," he said, noting that he also is the primary caregiver for his wife, Gayle, who had a stroke in 2017.

A Navy veteran who served from 1967 to 1971, he has had a fear of the water since he was

He has tracked his swimming throughout his life, estimating that he has gone 6,000 miles — the equivalent of going from San Diego to Honolulu and back to east of Denver.

So, for him, 100 miles in 100 days is a drop in the proverbial bucket.

"With that history I knew I would have no problem, finishing 100 miles," he said. "However, during that 100-day period, my wife and I both have multiple doctor's appointments and other commitments which prevent me from swimming many of those days. So, I've increased my swimming to a mile and a quarter or a mile and a half per day in order to accomplish 100 miles in 100 days."



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Busy Boomers

By Les Goldberg

The Ultimate in Social Distancing? Try Hang Gliding!

Have you ever dreamed about flying? I have and I think that at one time or another, we all have. The idea of soaring high above the ground like birds in flight is mesmerizing and appealing. Unless you are in an airplane or helicopter full of passengers, or even a pilot, flying alone in the sky usually is wishful – if not scary – thinking.

But there is a way to make that dream a reality. It's called hang gliding and a simple Google search will lead you to local locations, lessons, equipment, and new friends who share your adventurous ambitions.



What is Hang Gliding?

According to the experts, hang gliding is an air sport in which trained pilots (you) fly a glider using only the wind and thermals to stay aloft. There is no motor. As the pilot, you can control your glider to travel long or short distances and land where and when you choose.

The sport, which originated in 1902 with the Wright Brothers at Kitty Hawk, gained popularity in the 1960s and 70s. That



is when flight enthusiasts Otto Lilienthal and Octave Chanute fulfilled their dream of accessible, inexpensive, bird-like flight for humans, by literally hanging by their arms onto the base bar of a lightweight aluminum or graphite A-frame covered by a sail, or wing, made of fabric.

The first Lilienthal Universal Hang Glider Championship – the first of its kind in the U.S. – was held in Corona del Mar in 1971.

The glider's shape creates lift, just like a paper plane launched from your hand.

To maneuver the glider while in flight, you simply shift your body left or right to turn. To increase speed, you pull yourself up through the A-frame and the weight shifts forward to put the glider in a nose-down position. To slow down you push the bar away which raises the nose slightly.

The Launch

Hang gliding looks graceful in the air, but sort of heavy on the ground. To lift you and the glider into the air, you must

face into the wind and run down a hill or mountain slope until airborne. If there are no hills or slopes, the hang gliders can be towed behind a car or boat and you release yourself at your desired height.

“The trick to flying a hang glider well is to understand the weather and not fly where there is too much turbulence,” according to Glen Hampton, 64, of Long Beach. “It’s like sailing – you don’t leave the harbor when a storm is forecast. You don’t fly in turbulence. Even if you do, the glider won’t collapse or fall out of the sky – you will just have a bumpy ride until you reach smoother air or land.”

Is it Dangerous?

“It’s an adventure sport,” he adds, “not an extreme one. So yes, there is an element of danger and sadly accidents do happen, mostly on takeoffs and landings. It is very rare for people to ‘fall out of the sky’ for no reason. Good training, experience, and flying within your limits all help reduce accidents.”



A big fan of the sport is Grant McCullough, 56, of Los Alam-

itos, a veteran hang glider and former instructor. “It’s the thrill of maneuvering through the sky. It’s something that’s hard to describe. Once you start doing it, it’s something you never want to stop.”

For beginners, it is recommended that they start by tandem hang gliding. An ideal place to turn dreams into reality is with Extreme Things, a company in Malibu where you will soar over the coastal cliffs after receiving a 10-minute ground training session followed by a 30-minute flight.

All equipment, including a helmet, is provided by the school. It is suggested you wear long pants, comfortable running shoes, polarized sunglasses, and bring plenty of water, sunscreen, and a camera to capture the experience.

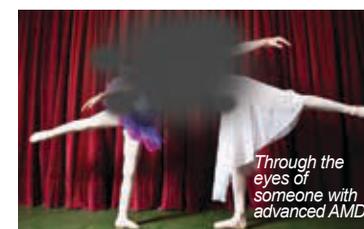
Other sources of training and flying locations include Hang Gliding in Los Angeles, (hangglidinginlosangeles.com), a network of professional instructors and part of the American Hang Gliding Network, and the Windsports Soaring Center (windsports.com) near Los Angeles International Airport, one of the oldest hang gliding academies in Southern California.

After Jackie Dunlap, 67, of Manhattan Beach, landed on



the beach at Dockweiler, she said:

“This experience was amazing – incredible! I am in awe at what great adventure we have right here in our back yard. I highly recommend hang gliding to everyone, regardless of how old you are!”



Through the eyes of someone with advanced AMD.

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.

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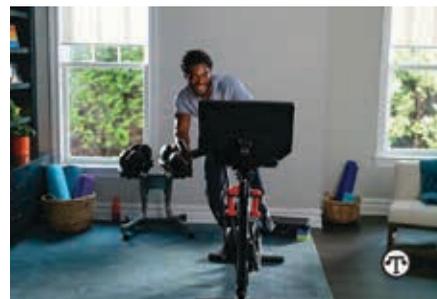
Health & Well-Being

How to Create and Maintain New Fitness Habits During a Pandemic

The COVID-19 pandemic has made simple acts like seeing friends and family, going to the grocery store, or celebrating a life milestone more complicated. However, it has simplified the ability to create and maintain new fitness habits. Exercise physiologist and Bowflex Fitness Advisor Tom Holland says that since our time isn't as compartmentalized as before, we have the opportunity to be more mindful and make healthy changes to our lifestyles, including the following:

1. Try something new in the comfort of your own home

At home you can experiment with new stretches, workouts, and equipment without feeling the pressure of a gym setting. For a unique indoor cycling experience, the new Bowflex VeloCore bike (<https://www.bowflex.com/bikes/velocore/velocore-bike.html>) offers a choice between the traditional stationary setting, and lean mode – with a side-to-side leaning motion that mimics the feel of riding on an open road. The VeloCore bike integrates the JRNY platform, which delivers engaging digital content on a large touch screen, and custom coaching and workouts. It also connects with third-party cycling apps, including Peloton and Zwift. With products like this, you don't need to leave your home to have a challenging and fun workout.



Try new fitness products like the new Bowflex VeloCore bike, combining the traditional stationary bike with a side-to-side lean motion, plus engaging content and custom coaching

2. Eat healthier because you are not eating out

Restaurant portions are often two to three times larger than the recommended healthy portion sizes. Now, most of us are eating at home more frequently, and it's an ideal time to develop healthy eating habits. You can cook every meal while being mindful of nutritional value and avoid the typical tempting foods that would be available at a restaurant by buying healthier options.

3. Build out your home gym

According to a recent survey conducted on Nautilus, Inc.'s behalf by YouGov, the percentage of consumers* working out at home on a weekly basis has increased from 43% before COVID to 73% during COVID.

Regardless of your home's size, investing in versatile and space-efficient fitness equipment, such as the Bowflex SelectTech 2080 barbell with curl bar ([www.bowflex.com/selecttech/2080-bar-](http://www.bowflex.com/selecttech/2080-barbell/100874.html)

[bell/100874.html](http://www.bowflex.com/selecttech/2080-barbell/100874.html))—which offers seven incremental weights in one—means you'll have 24/7 access to a calorie-burning workout on your own schedule.

Now, there are no more excuses for not having a healthy lifestyle or fitting in a workout. The only thing holding you accountable is yourself. That's why Holland recommends starting these habits now, so you'll be more likely to continue working out and eating healthy even past the pandemic.

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Health Matters

Nonalcoholic Fatty Liver Disease: Are you at Risk?

Nonalcoholic fatty liver disease (NAFLD) is one of the most common liver diseases in the United States. NAFLD is typically a silent disease with few or no symptoms, and most people have no complications. However, some people could develop serious complications such as cirrhosis or liver cancer.

Learn more about NAFLD, factors that increase your risk for NAFLD, and research that is leading the way toward new treatments.

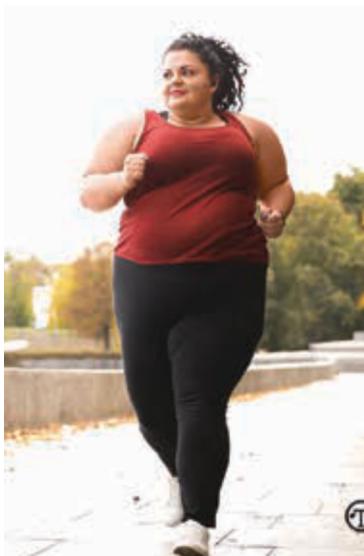
What is NAFLD?

NAFLD is a condition in which excess fat is stored in your liver and the buildup of fat isn't caused by heavy alcohol use.

A more severe form of NAFLD called nonalcoholic steatohepatitis (NASH) also causes inflammation and liver damage. NASH can lead to liver cancer, permanent liver scarring called cirrhosis and liver failure. If you develop liver failure, you may need a liver transplant to survive.

Who is at risk for NAFLD?

If you have certain conditions such as obesity, high cholesterol or type 2 diabetes, you might be at risk for NAFLD. As obesity rates have increased in the United States, NAFLD has also become more common. Research suggests that NA-



If you are overweight or have obesity, weight loss can improve nonalcoholic fatty liver disease

FLD currently affects 30% to 40% of U.S. adults and up to 10% of U.S. children.

Although NAFLD may occur in people of all races and ethnicities, it is most common among Hispanics, followed by non-Hispanic whites. NAFLD is less common among African Americans.

Are there treatments for NAFLD?

Weight loss can improve NAFLD. For people who have NAFLD and are overweight or have obesity, doctors may recommend gradual weight loss through healthy food choices and physical activity.

At this time, no medicines have been approved to treat NAFLD or its severe form, NASH.

Progress in NAFLD Research

Medical research is seeking to better understand and treat NAFLD. The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health (NIH), conducts and supports NAFLD research. In the past decade, NIDDK-supported researchers have discovered that specific genes play a role in causing NAFLD. These genes may help explain why NAFLD is more common in some racial and ethnic groups than in others.

NIDDK-sponsored studies are also testing possible treatments for NAFLD. For example, an early study suggested that the natural form of vitamin E and a diabetes medicine called pioglitazone may improve some aspects of NASH in adults. More research is needed to see if these treatments are safe and effective.

The Future of NAFLD Treatment

The NIDDK, which marks its 70th anniversary this year, continues to invest in research that will deepen our understanding of NAFLD and may lead to new ways to treat this liver disease and prevent its complications.

To learn more about NAFLD and NIDDK's liver diseases research, visit the NIDDK website.



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

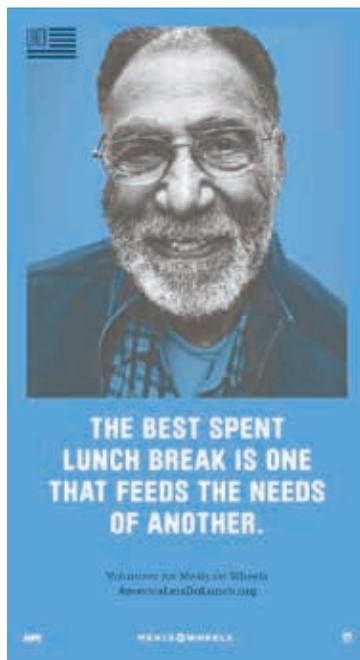
At Age Well Senior Services, our vital Meals on Wheels program delivered nearly 500,000 meals to seniors in need last year. We're a nonprofit organization that relies on donations to provide services, and we need your help to avoid having to turn away requests for meals from homebound seniors. Curtailing 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.

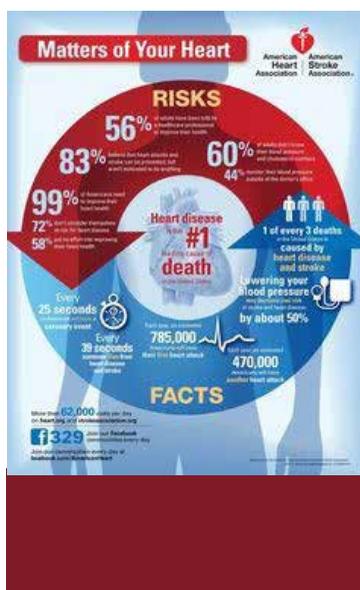
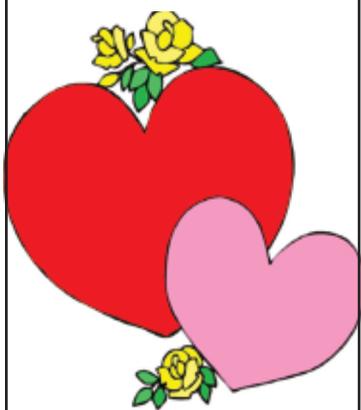
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With A Heart for Seniors



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:

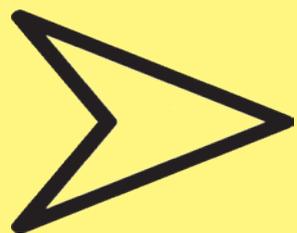
“Thanks for your help. Those we serve found a window of hope.”

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

Aleta Pesce Is 'Regional Caregiver of the Year'

Some people never tire of helping others and as a result, earn praise.

Meet 60-year-old caregiver Aleta Pesce, whose work has earned her the title of Regional Caregiver of the Year, with Right at Home, a 500-location brand that provides in-home companionship, personal care, and assistance to seniors.

Pesce has been in the business of care for her entire career, but it was her work with one specific client in Cypress that set her apart from the rest after 97-year-old Mrs. B's husband died during the pandemic.

Mrs. B entered a depressive state which worried her family due to the amplified isolation that came with COVID-19. Pesce stepped up; she continued caring for Mrs. B while adhering to social distancing guidelines and new safety protocols. With Pesce's help, Mrs. B can continue to live life to the fullest, and her family is very grateful.

Inspired by her work, Pesce's daughters Victoria, Hannah, and Joanne all became caregivers too. You could say caregiving is in Pesce's blood.

Here is more on this lovely lady who is well-deserving of



the title Regional Caregiver of the Year with Right at Home.

Q: Tell us more about your career with Right at Home.

A: My career at RAH has been my life for the last 7 years. Every day I care for a generation of people who are so gracious and in need. I am lucky to be with a person who has lived a long life and has 'a story' to tell. I am blessed to gain wisdom and experience from each client. I was a high school teacher for my first career. It was a rewarding and fulfilling career but caring for the elderly melts my heart. Just knowing they are at the end of their life and need someone to depend on to help them with their daily task can be so humbling for them. I am honored to be my client's caregiver and I am blessed to have a rewarding career.

Q: How long have you been a caregiver? What led you to the caregiving industry?

A: I became a caregiver in my home for my mother in 2007 who had Alzheimer's. Years later, my dad was diagnosed with Alzheimer's and we cared for both. I must add, I had help and support from my siblings. My mother-in-law, who was also diagnosed with Alzheimer's then moved in. We could

have had a reality show, that would have made people laugh and cry. After my parents died, I knew I wanted to stay with the elderly generation and make that my career.

Q: What about Right at Home attracted you to the company?

A: When I first started looking for a job in the geriatrics field I went online and applied with various companies. Right At Home found me, I was called in for an interview and they hired me. After meeting the owner Vernon Atwood, I knew he was in this business because he truly cared.

Q: Your daughters are caregivers too, what inspired caregiving to become a family affair?

A: My daughters became caregivers 13 years ago when their grandparents moved in.

There is no way I could have cared for my parents without my girls. It just seemed like a natural thing to do. They also learned from watching the hospice nurses on how to do daily tasks. I saw right away that my girls had the gift of compassion and love for their grandparents. Today I continue to see their love and care for their clients.

Q: How has caregiving shifted since the start of COVID-19?

A: Since COVID-19 there has been a drastic shift in caregiving. My client loves to go out get her hair done, dine at restaurants, and visit her family. It is hard for her to understand why we cannot go out. My client became depressed because her family could not come and visit her. My client listens to the news daily and it was making her upset. The other caregivers and I were trying to distract her with reading, singing, and talking about her life.

Q: What have been your biggest challenges during COVID-19?

A: The biggest challenge is making sure my client stays COVID-free and feeling safe and secure. Continuously washing and sanitizing everything during shifts and between shifts is extra work. An-

other challenge is helping her through the loneliness of not seeing her family. My client's confusion increased. I was grocery shopping all the time searching for water and all the necessities. It was difficult to arrange to have a caregiver do her hair, pedicures, and family visits through the window. It helped to take her for a drive just to get out. I also knew I could call my office for any advice and help. COVID-19 is a trial, but through it all, my client stayed healthy and so did my caregiving team.

Q: Do you have any favorite client stories you wish to share?

A: Yes, I have many favorite clients and favorite stories but I will write about one client and one story. Mrs. B and I formed a close relationship for 4 1/2 years. Mrs. B had Delusional Dementia and was at the end of her life. Mrs. B was lucid and sharp and was able to tell me why she was so thankful for me and why she loved me. Mrs. B knew my mother was in heaven and took my hand telling me 'I will find your mother in heaven and tell her how you blessed me.' Then Mrs. B prayed: 'Aleta, May the Lord bless you and keep you. May He make His face shine upon you and be gracious unto you. The Lord lift up His countenance upon you and give

Continued on page 41

Helpful Ideas

Comfort for Your Family

Here's a look at something you may not like to think about—but could still be good to know: a funeral concierge can help you navigate planning a funeral and negotiating related expenses. Funeral concierge services are available from Everest Funeral Package, LLC.

How It Works

Expert Everest consultants compare and negotiate best prices to save money, personalize the funeral plan, and assist in paperwork. In addition, their services include a secure online vault for copies of such vital documents as a will, medical directive, and power of attorney, saving families the time and worry of locating these documents after the passing of a loved one. Everest not only assists the family in completing paperwork it helps them coordinate with the insurance company and may even be able to get a portion of the death benefit available from the life insurance policy in as little as three days.

You can even use the service to pre-plan and be sure things happen the way you want. The service includes 24/7 access to an expert consultant who assists with planning the funeral and negotiating funeral expenses, as well as online tools for creating a will and other estate planning documents and an online secure location to store these documents.



An insurance-funded concierge service can give a family, at no additional cost, access to funeral planning to help reduce the stress and expense.

As an independent consumer advocate, the company is not associated with any funeral home or funeral provider and does not profit from any of the family's decisions. It provides peace of mind and confidence when making difficult financial and emotional decisions.

Transamerica and Everest

Life insurance can be an important tool to protect loved ones from financial hardship. Individuals shopping for permanent life insurance should know that Transamerica offers a funeral concierge rider. Transamerica, a major finance and insurance company, has collaborated with Everest Funeral Package, LLC to add a unique feature to certain qualifying life insurance products. Consumers should contact a licensed life insurance agent and determine whether a life insurance policy best suits their financial plan. Permanent life insurance is a life-long financial commitment and is not appropriate for everyone.

“Everest exists to advocate for families, be their champion,

and offer support during one of life's most challenging times,” said Mark Duffey, President and CEO of Everest Funeral Concierge. “We're proud to collaborate with Transamerica as they continue to find ways to put families first. Our relationship is a natural fit. Both Everest and Transamerica are deeply committed to helping people make informed decisions today so they can worry less about tomorrow.”

Learn More

For further facts on the funeral planning concierge service, go to www.Everestfuneral.com.

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The individuals pictured above are models and are not actual therapist and patient.

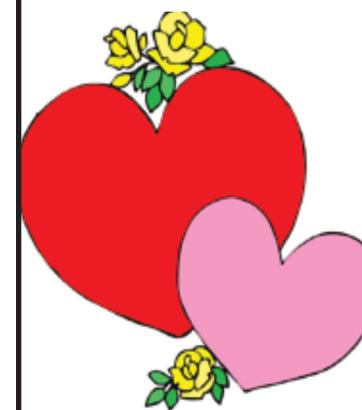
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News of Health

Ed's Story—Everyone with ALS Counts

Amyotrophic lateral sclerosis (ALS) is a fatal neurological disease that attacks the nerve cells. It first gained national attention as Lou Gehrig's disease, named after the famous baseball player who was diagnosed with ALS in 1939. To date, the cause of ALS is unknown, and there is still no known cure. The disease strikes quickly, usually leading to death within 2–5 years of diagnosis. But every person with ALS has an individual story, and understanding these stories will help researchers ultimately piece together clues about the disease.

Ed Tessaro was diagnosed with ALS in 2009. As he learned to cope with this diagnosis, he reflects, "I've never considered myself a victim of the disease, because I believe in my heart all of us have a wheelchair. In my case, it's quite literal, but with everything that goes on in my life, I realize that every family has had a crisis." One of the things that helps him and others with ALS is reaching out for community support and resources. "The ongoing struggle is to encourage newly diagnosed people to come in and talk about their condition. I want to help people learn about the National ALS Registry, clinical trials, and other resources that can provide support and hope."

The National ALS Registry



Because learning more about ALS is an important step in the battle to defeat it, the National ALS Registry gathers confidential health information from people who are living with the disease to learn more about what causes ALS, possibly leading to better treatments

helps gather information from those who are living with this disease. Researchers from all around the world can access the Registry data to help scientists learn more about what causes this disease. Everyone's story is different, and everyone's piece of the puzzle is essential. The Registry has found that more than 16,000 people with ALS live in the United States. It is important to include as many people as possible living with the disease to get the most accurate information. When patients join, it helps give researchers more information. This could lead to a better understanding of the causes of ALS, because learning more about the disease is one step further in the battle to defeat it.

If you or someone you care about has ALS, consider learning more about the National ALS Registry by visiting: www.cdc.gov/als.

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

—TOK
adopted 05/04/11

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—COLBY
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Crossword Puzzle Answers from page 27

1	A	2	N	3	T	4	I	5	O	6	R	7	E	8	A	9	D	10	L	11	A	12	T	13	H
14	R	A	I	N	15	B	O	R	N	E	16	O	R	E	O										
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69	F	A	H	D							70	A	P	E	A	K				71	E	E	L	S	
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Fabulous Food

Mushrooms are Ready for their Closeup

In the ensemble cast of the produce aisle, finding a stand-out player can sometimes be difficult. After all, each has its own unique characteristics, whether it be taste, nutrition, or health benefits. However, when it comes to mushrooms—which are grown in the dark in non-descript growing houses across the country—it might seem they're averse to attention.

Yet mushrooms are increasingly taking a starring role on consumers' plates. Often called the superfood in the produce section, mushrooms take a supporting role in a recipe or shine as the lead of a dish. These formidable fungi are a source of powerful nutrients, low in calories and sodium, and they're fat-, cholesterol- and gluten-free.

Mushrooms As Health Helpers

When it comes to the subject of health, researchers are increasingly turning their spotlight on mushrooms.

Mushrooms are so talented, researchers are looking to them in the fight against cancer. A powder made from white button mushrooms was found to reduce the levels of prostate specific antigen, or PSA, in prostate cancer patients whose PSA levels had been rising. Studies are also underway to determine if properties within mushrooms might offer a di-



The mighty mushroom, in all its varieties, can be a tasty way to protect your health

etary, non-drug intervention to help prevent recurrence of hormone-dependent breast cancers.

Ongoing research at Penn State University shows mushrooms have the highest known single source of the antioxidants ergothioneine and glutathione compared to other non-mushroom food. Both those antioxidants are associated with anti-aging, and when they're present together, they work extra hard to protect the body from the physiological stress that causes visible signs of aging and they may also help prevent Parkinson's and Alzheimer's. Plus, studies show it takes only a few mushrooms to increase ergothioneine and glutathione levels—about five button mushrooms a day.

Additionally, researchers at

the National University of Singapore found similar results and discovered that less than one cup of cooked mushrooms twice a week could reduce the odds of mild cognitive decline.

With so many varieties, tastes, and textures, it's easy to incorporate mushrooms into a diet. The next time you're in the produce section of your grocery store, pick up your favorite variety of mushrooms. In soup, on a pizza, stuffed, sautéed or sliced, chances are these mighty mushrooms will get a round of applause from family and friends.

Learn More

For further information, from the experts at the American Mushroom Institute, visit www.americanmushroom.org.



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Tech Tips & Tricks

More Privacy Choices Are Just A Click Away

If you're like most people, changing the settings on your computer or smartphone can be a frustrating experience, full of technological jargon, confusing menus and complicated controls.

That's why the digital advertising industry decided to create a simple and intuitive way for people to get information and make choices about certain types of online ads they get. It's as easy as clicking a blue triangle.

In the corner of many online and mobile ads today, there's a little blue triangle, sometimes labeled "AdChoices" or "Your AdChoices." That triangle is known as the YourAdChoices icon, and it can be your gateway to trustworthy information and control over digital ads.

When you see the blue triangle, it means the ad might be using information collected from other websites about your interests to help personalize advertising for you. The icon gives you information about how that process works, along with choices to "opt out" if you don't want to see that type of advertising, which is known as "interest-based advertising." It makes predictions about the types of ads groups of people might want to see based

AdChoices

e-mail, news, videos, social media, photos, maps and search.



The digital advertising industry created a way to protect your privacy and give you information and control over ads.

on data about the websites or apps they enjoy, such as sports, movies, hobbies or travel.

To protect privacy, most advertising systems are designed to not connect that data to actual names or identities. Instead, those systems use a non-identifiable string of text—such as jsf284vn732ebu19dp—for each computer or mobile device, which lets them deliver ads to that device.

Most people find that type of advertising more relevant and helpful than generic ads. If you're shopping for a new camera, it can show you ads for discounts or camera accessories you might need. If your team won the playoffs, it can make it easy to buy the team's new championship gear. If you love to travel, it can help you find bargains and little-known destinations.

Perhaps equally important, those ads help fund the free websites, services, and apps you use every day, including

If you want to learn more about an ad or control your choices, clicking on the icon gives you information about the companies that brought you the ad and a way to turn off the collection and use of data for interest-based advertising from those companies in the future.

In addition, to learn more or control your preferences for hundreds of companies at once, you can go to YourAd

Choices.com, which serves as a control panel for companies engaged in interest-based advertising.

When you visit that site, you get access to a tool that performs a quick system check and shows you which companies are currently customizing ads for your browser. With a few clicks, you can opt out of receiving those types of ads from any of those companies or all of them at once.

The site also offers information and tools in the mobile world via the YourAdChoices.com mobile website and the "AppChoices" app, available

Continued on page 42

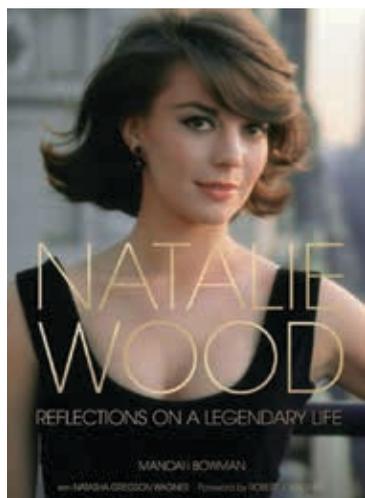


Tinseltown Talks

By Nick Thomas

Daughter Recalls Thanksgiving with Natalie Wood

With the holidays approaching, seasonal movie favorites will soon be inching their way into television schedules. While considered perennial Christmas entertainment fare, the opening scenes of “Miracle on 34th Street” take place at Thanksgiving with the annual Macy’s parade. The 1947 movie and Thanksgiving festivities hold special significance for actress Natasha Gregson Wagner.



Cover of Manohar Bowman’s book “Natalie Wood Reflections on a Legendary Life” - photo provided by Natasha Gregson Wagner.

“I don’t recall the first time my mother showed me “Miracle on 34th Street,” but I remember as a child knowing she was in the cast and enjoyed watching her as a little girl,” said Gregson Wagner from Los Angeles.

That child actress in the movie was her mother, Natalie Wood.

“The first time I saw my mom on the television was on one of those big old square box sets and I actually found it a little scary,” she recalled. “I even went around the back to try and figure out how she got inside!”



Natalie Wood and daughter Natasha Gregson Wagner in the early 1970s - photo provided by Natasha Gregson Warner

Thanksgiving meals with her mother remain memorable for Gregson Wagner.



Edmund Gwenn, Natalie Wood, and Maureen O’Harain “Miracle on 34th Street” - publicity still

“She loved Thanksgiving which was always very festive and our house was filled with a large extended family. But my mom was not a big cook so a lovely couple, Helen, and Gene, would prepare the dinner every year. And the lady who helped raise us, (housekeeper and nanny) Willie-Mae, would make sweet potato puree in a hulled out orange shell topped with marshmallows – delicious!”

Natasha has shared other memories of her mother by contributing personal photos and thoughts to Manohar Bowman’s 2016 book *Natalie Wood: “Reflections on a Legendary Life,”* as well as co-producing the 2020 TV documentary “*Natalie Wood: What Remains Behind.*” And 2 years ago, she created a line of products Natalie Wood fans might enjoy including a gardenia scented candle and perfume.

“When I was growing up, my mom always burned scented candles and gardenia was her favorite scent. Our *Natalie* perfume (is) gardenia based, too, with my favorite citrus notes added such as orange blossom.” (see www.nataliefragrance.com).

But with fragrances from contemporary entertainers such as Mariah Carey and Kim Kardashian dominating today’s market, could a perfume named after a classic film star compete?

“You’d be surprised,” Gregson Wagner said. “A lot of young people seem to know who my mother was, especially if they grew up with parents watching her movies. But it’s also a modern fragrance that speaks to young women. And for those familiar with my mother, it’s a way to celebrate her life.”



Natasha Gregson Wagner at Natalie Wood Gift Set Event in NYC, October 2016 - photo provided by Natasha Gregson Wagner

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

In The Spotlight

Continued from page 35

you peace.’ This prayer is in the Bible Numbers 6:24-26. I was overwhelmed with emotions. Mrs. B died the next day with her daughter and me by her bedside. Mrs. B raised her hand looked up and said, ‘Do you see Jesus?’

Q: What does it mean to be named Regional Caregiver of the Year?

A: It was such an honor to be chosen as Regional Caregiver of the Year. I must give credit to my parents who raised me to honor and respect the elders in our family and church family. My parents had a compassionate heart for the elderly. My father who was a minister would take the church to the convalescent home. We would sing and play instruments then my dad would teach from the Bible. My mother would go to the front desk and ask which patients did not have visitors and were bed-bound. We would go room to room visiting. Every client from RAH I had I would think ‘they are somebody’s mother or father.’ With their every day care I would say to myself: ‘I want to care for her as if she was my mother.’ During the challenging days, I would stop and pray and ask the Lord to help me. This award means a lot to me because it shows my children/grandchildren that we are to put others first and to care for the widows/widowers and those in need.

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.

<h2>AVOID</h2> <ul style="list-style-type: none"> Group gatherings Sleepovers Playdates Concerts Theater outings Traveling Athletic events Crowded retail stores 	<ul style="list-style-type: none"> Malls Workouts in gyms Church Services Visitors in your house Non-essential workers in your house Mass transit systems 	
	<h2>KEEP YOUR DISTANCE</h2> <ul style="list-style-type: none"> Visit a local restaurant to get take out Visit grocery store Pick up medications Play tennis in a park 	<ul style="list-style-type: none"> Keep at least 6' - 8' between yourself and others
<h2>SAFE TO DO</h2> <ul style="list-style-type: none"> Take a walk Go for a hike Yard work Play in your yard 	<ul style="list-style-type: none"> Clean out a closet Read a good book Listen to music Cook a meal 	<ul style="list-style-type: none"> 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

Life After Mother

By Lyn Jensen

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

What Happens When Accounts Aren't Arranged For

When my mother entered a memory care facility in late June 2019, I took the chance of writing one of her checks to cover the amount due. I knew my name was on her account, and the check went through. Throughout July I used her checks to pay her outstanding bills, no problem.



I knew the time had come to sell my mobile home and move into her house. Either she'd live long enough I could prepare the house to bring her home, or I'd have to keep her house, accounts, and cats after her death.



My mother died suddenly, though not unexpectedly, in early August, while I was in the process of moving. I knew what my first home-improvement project was — removal of a too-large evergreen my mother was obsessed with. She was in denial about it crushing the house's roof. I don't know the species — it was perhaps 40 feet high, and as wide as it was tall — like a

giant bush, limbs spreading all over, blocking the driveway, breaking a roof beam. I hired a company to remove the tree for \$12,000.

Shortly after my mother's death, checks drawn on her account bounced, including the ones to pay for the tree removal. I asked an employee at my mother's bank, and she said there was a hold on the account since the account's owner had passed away. I asked if she could take the hold off.



She punched some keys on her computer and said the hold was off.

I asked, 'Can I write checks on the account now?'

'Yeah.'

So, I wrote checks to replace the checks that bounced. Those came back, too, including my second attempt to pay the tree man. He utterly refused to understand, to the point that I told him I'd call the police if I had to.

Back to my mother's bank, where this time they bothered to be competent. It wasn't a joint account. I was the beneficiary, and I'd have to close out my mother's checking and savings accounts, which were substantial, then open new accounts, either at her bank or mine.



I opted for taking cashier's checks, and went to my local bank's branch, deposited them in my existing accounts. I asked to withdraw \$12,000 to pay the tree man. The bank employee politely explained my deposits had a hold on them — even if I withdrew every penny of available funds, it wouldn't add up to \$12,000, even though I'd just deposited cashier's checks for much more than that.

How to explain that to the angry tree man?

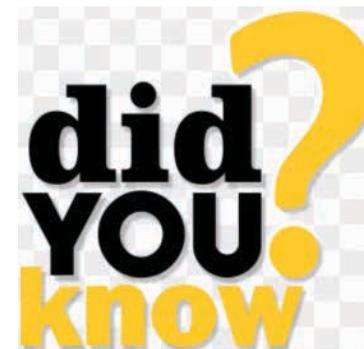
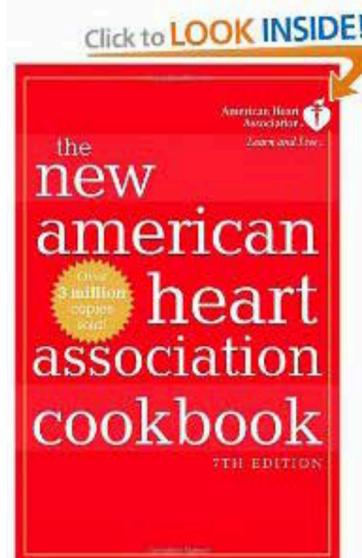
I suspected the woman could find a way to get me \$12,000 but she couldn't be bothered — leaving me loathing that bank branch ever since. I called a banker who'd always provided excellent customer service at the branch near my former address and explained the situation. He got me the \$12,000 to pay the tree man.

Privacy Choices

Continued from page 40

for download from all major app stores.

Run by the Digital Advertising Alliance, a non-profit self-regulatory program created and supported by the advertising industry, the YourAdChoices program—including Web Choices and AppChoices—gives millions of people the tools to control their online advertising experiences. The icon is now served more than a trillion times a month worldwide, making it easy to find and use on all of your devices.



➔ To help you maintain your independence and keep your driving skills sharp as you age, the experts at the American Geriatrics Society (AGS), healthcare professionals dedicated to improving the health, independence, and quality of life of older people, offer safe driving resources at www.healthinaging.org/driving-safety.

➔ Fraudulent schemes related to the coronavirus (COVID-19) pandemic have arrived. Fortunately, there are resources such as the free FINRA BrokerCheck and Scam Meter that provide accurate, unbiased information to help you spot and avoid coronavirus-related scams. Learn more at www.FINRA.org/LearnMore.

➔ You can enjoy reading about mystery, intrigue and family secrets and learn how to protect your nestegg when you get books available from BookTrib at www.booktrib.com. There you can also subscribe to a weekly newsletter of more great reads.

➔ Nasal congestion is nothing to sneeze at. It affects roughly 20 percent of the population with reduced quality of life, and increased need for healthcare. Fortunately, a new device called SinuSonic can quickly and easily provide natural relief. Learn more at www.SinuSonic.com.

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