

# SENIOR REPORTER

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AUGUST 2021

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



## Kevin Bacon

*"There are two types of actors:  
those who say they don't want to be  
famous, and those who are liars."*

—Kevin Bacon

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# Strange Stuff

By Jim McDevitt

I'm driving my car on Interstate 5.

I've been driving about 30 minutes since I left my home. My iPhone is in my shirt pocket on my upper left side. Suddenly it starts buzzing and buzzing nonstop. I never answer the phone when I'm driving so I look for a safe place to pull over and stop to figure out what is going on.

I'm in a safe spot now and I pull my phone out of my pocket. The message on the phone says it's my snooze alarm that is ringing. I didn't even know I had a snooze alarm on my phone never mind use it. I silence the phone and resume driving.

Twenty minutes later the same thing happens again. This time I find the stop button and stop it for good I hope. Strange stuff but I attributed it to some sort of fluke.

A week later I am out making some local shopping stops when I hear my oldest son's voice talking to me.: 'Dad you called me, is everything OK?' he

is asking. I pull over and pick up the phone from my shirt pocket. I explain I didn't call but that my phone must be having a breakdown of some kind.

Then I continue and finish my stops and head home. Now I am getting my mail from the mailbox, and it is my wife's voice coming from my shirt.

'Jim, what's wrong? You called me,' she says. I explain how my phone is now making calls on its own.

Then a week later as I am driving along, I hear a voice coming from my breast pocket in my shirt. It says: 'Press 1 to speak to billing, press 2 to speak to customer service, press 3,' and so on. I pull the phone from my pocket and turn it off completely.

Now if I get any more calls with it turned off I am really going to freak out. When I get home, I call Apple Care. The lady on the phone is very nice. She is sorry she says but she can't solve the problem. She says it sounds like ghosts, but I don't know if she is kidding or not. She makes me an appointment at an Apple Store to have them do diagnostics.

The day of my appointment comes, and I arrive at the store at the appointed time. I am checked at the door and escorted to the back to a chair at a counter.

'Someone will be right with you,' the escort tells me before leaving. Sure enough, a man comes over, introduces himself, and gets the details of my problem and starts testing the iPhone. He explains he is not the technician but a tester, more like a water boy in a restaurant he explains.

Ten minutes later another specialist comes and takes over. I also explain that the woman on the phone thought it was ghosts. He makes no comment but after finishing his testing says there may be a software problem. Twenty minutes later after he has been working on the phone, he is relieved by another specialist who says she is going to replace my software. She does this and 20 minutes later we are done.

I just want to let you know that if you get any calls from my cell phone to please let me know. No one did anything about the ghosts that they told me about.



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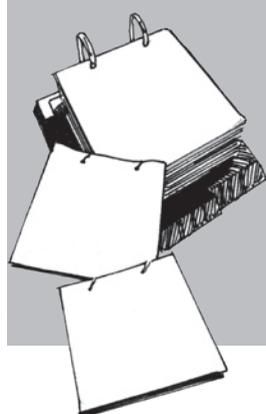
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# AUGUST Calendar of Events



As summer winds down, you might want to attend these exciting events from concerts to festivals in and around the area.

## Chance Theater presents: *'Edges'* Anaheim Through Aug. 8

Before *"Dear Evan Hansen,"* *"La La Land,"* *"The Greatest Showman,"* *"Dogfight,"* and many other modern musical classics, Benj Pasek and Justin Paul wrote a thrilling song cycle about four burgeoning adults asking classic coming-of-age questions about love, commitment, identity, and meaning.

See how the Oscar, Grammy, Tony, and Golden Globe Award-winning song team started their journey — with a charming, witty, and honest examination of adulthood that explores what happens when we're teetering on the edge of the rest of our lives. Please note: This show contains adult language.

*"Edges"* will be performed within the existing state, county, and city health mandates. Through self-attestation, un-vaccinated patrons are required to wear appropriate face

coverings, while fully vaccinated patrons may choose to do so at their discretion. At, Chance Theater, Bette Aitken Theater Arts Center, 5522 E. La Palma Ave., Anaheim.

## Sawdust Festival Laguna Beach Through Sept. 5 Sunday-Thursday 11 a.m. to 7 p.m. Friday and Saturday 11 a.m. to 10 p.m.

Outdoor arts and crafts festival. Watch artists create their work and buy directly from the artists while enjoying the wonderful atmosphere. At, 935 Laguna Canyon Road, Laguna Beach. Call, 949-494-3030.

## Festival of Arts Laguna Beach Through Sept. 3

Discover the Festival of Arts in Laguna Beach, a juried fine art show featuring 140 of Orange County's top artists in an open-air gallery setting. A world-renowned art destination, visitors can take tours of the exhibit, catch an art demonstration, dine at one of the on-site restaurants, create their masterpiece, or just enjoy the creative atmosphere. Weekends are filled with live music and special events providing entertainment for all. At, 650 Laguna Canyon Road, Laguna Beach. Call 800-487-3378.

## Pageant of the Masters Laguna Beach Through Sept. 3

This summer, the Pageant of the Masters celebrates 85 years of living pictures in Laguna Beach. This iconic, long-running Orange County tradition combines artfully costumed people, extravagant sets, and theatrical illusion to re-create famous works of art on stage. In the 2021 Pageant of the Masters, audiences will meet the artists — revolutionaries, innovators, dreamers — who not only made this country their home but let their creativity be inspired by the freedoms on which this nation was founded. At, 650 Laguna Canyon Road, Laguna Beach. Call, 800-487-3378.

## Casa Cinema: *'To Catch a Thief'* San Clemente Aug. 17 8 p.m.

Enjoy a movie night under the stars in Casa Romantica's historic courtyard. This iconic romantic summer thriller is set on the French Riviera with Grace Kelly and Cary Grant. Cost: \$5-10. At, Casa Romantica, shown outdoors in the historic Casa Courtyard, 415 Avenida Granada, San Clemente.

## Discovery Cube Presents: *'Planetary Research Station'* Santa Ana

The "Planetary Research Station" is an animated globe that can show dynamic, animated images of the atmosphere, oceans, and land of a planet. At, Discovery Cube, 2500 N. Main St., Santa Ana. Call, 714-542-2823.

## Summer Concerts in the Park Brea

Each week a new group will take the outdoor gazebo stage in City Hall Park for free Wednesday evening performances beginning at 6:30 p.m. Featuring a different musical genre each week, this series invites audiences to relax and picnic on the lawn while the music plays.

For 2021, NO food will be served (outside food and drinks are allowed). Seating is on the lawn of City Hall Park. The dog-friendly event where blankets and beach chairs are encouraged! At, City Hall Park 401 S Brea Blvd. Call, 714-990-7722.

DATES, TIMES & PERFORMERS:  
Wednesdays, through August 6:30 p.m. to 8 pm

Aug. 4: My Generation British Invasion Tribute  
Aug. 11: Lizzy & the Triggermen Big Band Swing

## Concerts at The Camp Costa Mesa Through September

Drive-in concerts are back at The Camp on Thursday nights from 5:30 p.m. to 7:30 p.m. for live music and food all from the safety and comfort of your car. Come order food to go, grab a coffee, or come shop at one of the local boutiques, all help support local businesses. At The Camp, 2937 Bristol St., Costa Mesa.

DATES, TIMES & PERFORMERS:  
Thursdays through September 5:30 p.m. to 7:30 p.m.

Aug. 5: Spacetime Television  
Aug. 12: Undecided Future  
Aug. 26: Candid!

## Dana Point Summer concerts

Presented by the Doheny Blues Festival and the city of Dana Point. All concerts are FREE, feature two bands and are held at Sea Terrace Park. Concerts will be held following the most current guidance from state and local health agencies.

*Continued on page 22*

*Super Senior Saturday*

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**SAT. AUGUST 14, 2021**

**9:00 am - 1:00 pm**

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Join us at one of the best FREE events for Boomers and Seniors in OC. At this event you can find information and resources for healthy aging, education and so much more.

This Orange County favorite takes place on August 14 and is FREE to the public. There is entertainment, ample parking, and great information for people looking for themselves or family members. Free health screenings will be offered including stroke screening, glucose testing and more. Many of the exhibitors will provide free samples, discounts and opportunities to win great prizes.

It does not matter if you are looking for yourself or for a loved one, people of all ages are welcome. It is never too early to think about living healthy.

The Buena Park Senior Activity Center is located at 8150 Knott Ave in the Ehlers Event Center. For more information call (714) 236-3870.

*Super Senior Saturday  
at the Buena Park  
Senior Activity Center  
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9:00 a.m. – 1:00 p.m.  
Boomer and Senior  
Resource Fair*



By Randal C. Hill

## The Misadventures of a Bottle(d) Blonde

It's the 1950s.

Gorgeous Barbara Eden sits in the Hollywood office of a Warner Brothers casting director. "You're a very nice girl from San Francisco," the man explains with a grin. "But I really think you should go home and marry the boy at home. This isn't the town for you. You're just not pretty enough."

Eden didn't follow his advice, however, and when she was cast later in the TV adaptation of "*How to Marry a Millionaire*," Barbara became a respected comedic actress. Eventually, she won the role that brought her superstardom as the bottle-dwelling beauty on NBC-TV's "*I Dream of Jeannie*" series. The hit show was inspired by the 1964 movie "*The Brass Bottle*." Originally a 1900 novel, it later became a film that featured Tony Randall, Burl Ives and — lo and behold — Eden.

In "*Jeannie*," Larry Hagman, the son of Broadway legend Mary Martin, co-starred as straight-arrow astronaut Captain (later Major) Tony Nelson. But Hagman often proved disgruntled during the 139 "*I Dream of Jeannie*" episodes, as we'll see later.

The opening show, set on a deserted island beach, saw Captain Nelson stumble across

Jeannie's bottle home, where she had been imprisoned for two millennia. Soon, in a puff of pink smoke, the striking beauty was set free — and that's when the fun began.

The show's success meant keeping network censors busy trying to maintain a morally upright offering. Even though Jeannie slept in her bottle and Tony in his bed, it could never be shown that the bottle was in the captain's bedroom. (They weren't married until the fifth and final year of the show.)

Also, Eden wasn't supposed to expose her navel, although it did appear occasionally. Along the way, some morality-oriented gatekeepers grouched about her parading around in a "nightie." Eden dismissed that, explaining, "It's what she wore during the day. That was her dress, that was her uniform." Finally, some feminists protested that Eden subjugated herself to Hagman. This brought about her miffed response: "She called him 'master,' but who was the real master there? She was ... She wasn't his subject; she was his *equal*."

Hagman's solo star turn would arrive later when, in 1978, he became infamous as the ruthless oil baron J. R. Ewing on the CBS-TV nighttime soap-opera "*Dallas*." Its suc-

cess allowed him to abandon comedy.

"*Jeannie*" creator Sidney Sheldon (later the author of 18 hit novels) has admitted that not all went swimmingly on the "*I Dream of Jeannie*" set during its five-year run.

"The problem was Larry Hagman," Sheldon has candidly admitted. "He wanted to be the star ... [But] It was Barbara who was getting all the magazine covers and interviews. Larry wanted to show the world that he could be as successful as his mother ... I began to write scripts to build up Larry's character and make him more prominent. But when an actor is in a show with a scantily clad actress as beautiful and enticing as Barbara Eden, it is very difficult to become the star."

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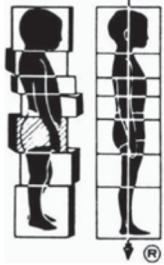
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By Randal C. Hill

## 'Mercy Mercy Me, (The Ecology)'

Marvin Gaye

Dave Marsh is a well-respected rock-music critic and historian. He's normally quite sparing in his praise, but Marsh once could barely contain his enthusiasm when he reviewed a Marvin Gaye single and proclaimed it to be "the greatest piece of music ever written in favor of the survival of the environment on the greatest Black pop album ever made."

That 45 was the now-classic "Mercy Mercy Me (The Ecology)," which was lifted from Gaye's legendary 1971 LP "What's Going On," the first album in his extensive Motown catalog to sell a million copies.

When Motown owner Berry Gordy, Jr., was approached about "Mercy Mercy Me," he was unfamiliar with the term *ecology* and had to have it explained to him. Berry was always a tough sell about including anything political or controversial on his records and always kept an eye on the mainstream sales charts in seeking as wide an audience as possible.

Initially, Gordy argued against releasing Marvin's thought-provoking "What's Going On?," as he feared it could run the risk of alienating Gaye's fans who would be expecting Marvin's usual pop/soul product such as "How

*Sweet It Is (To Be Loved By You)*" and "I Heard It Through the Grapevine."

But Gaye was growing as an artist, and he wanted to go deeper than his previous releases.

"I began to reevaluate my whole concept of what I wanted my music to say," he explained later to "Rolling Stone."

"I wanted to write songs that would reach the souls of people. I wanted them to take a look at what was happening in the world."

Industrialization, corporate greed and a lack of environmental concern all fueled Marvin's interest in creating a thoughtful message rather than another commercial ballad.

Gaye's offering arrived a year after the first Earth Day brought concern about our stewardship of the Earth, so his tune served as a clarion call for us to face responsibilities to our home. In an interview with "Sounds" magazine, Marvin said, "I'd love to become only interested in knowledge and power that this Earth will give us, if we're only willing to put in the time and effort ... The power's here. It's in the rocks, it's in the air, it's in the animals ... I would like to become a man of power."

Contrary to Gordy's fears, "Mercy Mercy Me" peaked at No. 4 on Billboard's Hot 100; Gaye was the sole composer of a work considered by many to be the most meaningful anthem ever in regards to pollution, global warming and our deteriorating environment.

In 2002, his creation won a prestigious Grammy Hall of Fame Award.

Gaye's lyrics pulled no punches when he delivered his ethereal, thought-provoking lament of polluted skies, poisonous winds, oceanic oil slicks and mercury-contaminated fish, as well as the realization that, sadly, far too many creatures had become endangered. Those elements, and the increasing overpopulation of our planet, inspired Marvin's tough rhetorical question:

*"How much more abuse from man can she stand?"*

How much more indeed, Mr. Gaye!

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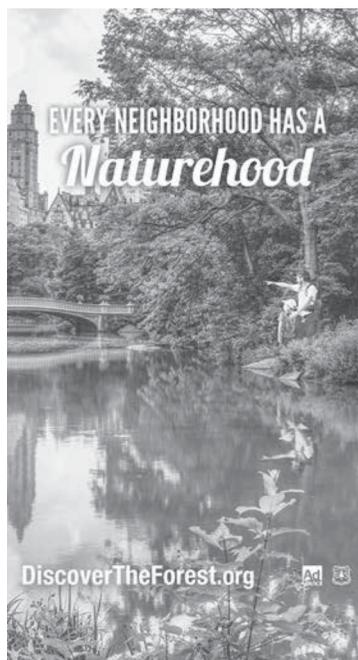
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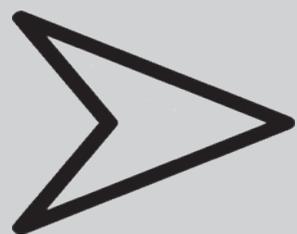
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season is year-round and marine mammal sightings are guaranteed. If you do not see a whale or dolphin, they will give you a voucher for a free trip that never expires.

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Source: [www.visittheoc.com/](http://www.visittheoc.com/)





# In The Spotlight

## Rob Sedgwick's Moving Memoir *'Bob Goes to Jail'*

Meet Rob Sedgwick who was born into one of America's most storied families going back to his ancestor Robert Sedgwick who opened the first Brewery in the Colonies in 1635.

Rob's cousin, Edie Sedgwick, was Andy Warhol's muse. His sister is actress Kyra Sedgwick, his brother is painter Nikko Sedgwick; his brother-in-law is movie star Kevin Bacon, and his stepfather was renowned art dealer Ben Heller who pioneered the careers of Jackson Pollack and Mark Rothko.

So, to say Rob has struggled to stand out in a family of big personalities is a huge understatement. And yet Sedgwick actor, producer, acting coach, fitness trainer, ice cream shop owner, former drug dealer, recovering alcoholic with 25 years sobriety, and now writer — has managed to make his mark in the world in his unique way.

In *"Bob Goes to Jail,"* (Rare Bird Books, hardcover, and e-book, on sale: July 27, 2021; \$26.00; 9781644281086).

Rob relates his journey from a lost little boy to an inept criminal with such honesty and heart that you can't help but



root for him. At 60 after what Rob describes as a "40-year adolescence" he is a devoted dad, director of a successful acting conservatory, and a debut author.

Perhaps his brother-in-law actor Bacon sums it up best: "On my first read I couldn't put it down, but I wondered if I was drawn to this brutally honest, painfully sad, and hilarious memoir because I was so familiar with the world and the characters in it. However, I think that Rob's struggle to find his path, to shadowbox the monkey on his back and come of age (at any age) is a universal story that many of us can relate to, silver spoon or not."

Here's more about Rob Sedgwick.

**Q: You are publishing your**

**first book at age 60. Had you written anything before?**

**A: I won the Creative Writing Prize two years in a row at Dwight High School in New York. Then I went to college and fell in love with acting and didn't really write again.**

**Q: Why did you decide to write your memoir?**

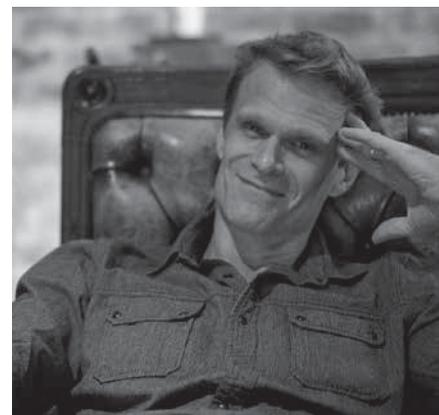
**A: I didn't start out writing a memoir at all. It began as an idea for a one-man show and then morphed into a book. While it is fact-based I think it reads more like a novel with a tight narrative.**

**Q: What part of your life is covered in the book?**

**A: The focus of the book is specifically from the time I got busted until the time I was sentenced. However, throughout I weave in the past to support the present narrative of the story.**

**Q: You are very honest and open in your memoir and much of it is not flattering to you. Why did you want to tell this story?**

**A: I honestly thought it was a terrific story. High stakes, deadly consequences, the comedy of a New York WASP/Jew completely out of water. The New York backdrop is perfect and true, and I thought dipping into the past to exam-**



ine how all this could happen would be dramatic gold. I also thought it would draw a wide audience because we have all been lost at some point in our lives and that's precisely what I was lost.

**Q: You were quite revealing about family members and friends. How did your family and friends react to the book?**

**A: I finished this about 13 years ago and initially, there was some hullabaloo, but it eventually blew over. One family member asked to be taken out and I complied. Mostly everyone was supportive, and my stepfather was especially impressed with the voice. He said that he dealt with artists all his life and their biggest struggle was to find their voice and that I had one. He did not care how the book did, how it was received, or any kind of success or failure encountered. He was concerned with my writing and that it should be nurtured.**

**Q: Your portrayal of your stepfather revealed him to be emotionally abusive. How did he react to his portrayal?**

**A: Ben Heller was a tough, brilliant man. When he first read the book, he said he didn't care an iota what was said about him. The only thing he said was that he was impressed with the writing but that I could not spell or punctuate to save my life.**

**Q: Both you and your sister are actors, and your brother is a painter. Why do you think you all chose creative careers?**

**A: I think Nikko, Kyra, and I entered creative fields because we were pretty much inept at anything else. And we all love what we do. Kyra started acting professionally at 15. Nikko started painting seriously around the same age and I decided to act professionally in the second year of college.**

**Q: Many of your misadventures in the book were fueled by alcohol. Are you sober now?**

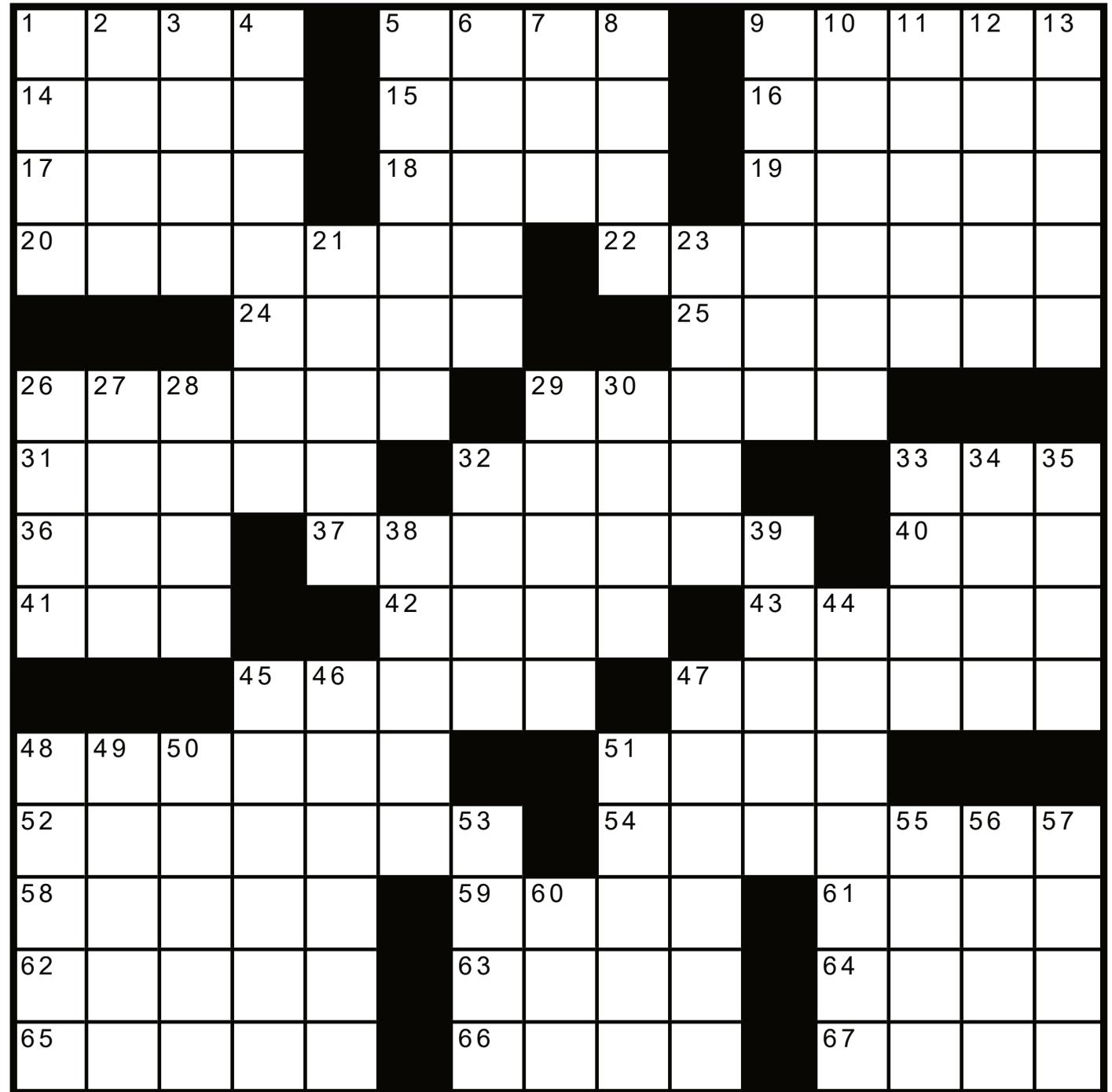
**A: I've been sober since Oct. 25, 1995. I knew I had better do something because I was going to end up dead. And that's if I was lucky.**

*Continued on page 21*

# August Crossword Puzzle

## Across

1. Jason's vessel  
 5. Daly of "Judging Amy"  
 9. Of the cheek  
 14. 1922 Physics Nobelist  
 15. The back end of something  
 16. \_\_\_ man with seven wives  
 17. Obi-Wan portrayer  
 18. Egyptian cobras  
 19. Time's 1977 Man of the Year  
 20. Dwelling place for honey producers  
 22. Tangible  
 24. Whizzes  
 25. Kaput  
 26. TV chef Lagasse  
 29. Fencing blades  
 31. São Paulo feature  
 32. Observed  
 33. Glass container  
 36. Chicken \_\_\_ king  
 37. Railroad  
 40. \_\_\_-Locka, FL  
 41. Junior  
 42. Raw materials  
 43. Old anesthetic  
 45. More urgent  
 47. Monetary unit of Tonga  
 48. Silvery white  
 51. Ricky, really  
 52. Capital of Venezuela  
 54. Marsh



58. Prenatal care centers?  
 59. Mtn. stat  
 61. Mayberry moppet  
 62. Abounds  
 63. Prefix with conference  
 64. Starchy food grain  
 65. First name in cosmetics  
 66. Grasp  
 67. Ooze

## Down

1. Simple rhyme scheme  
 2. Portrayal by an actor  
 3. Clarified butter  
 4. Group of fruit trees  
 5. Journey  
 6. Affirmatives  
 7. Forty winks  
 8. Prefix for while  
 9. Blunder  
 10. Fine fiddles  
 11. Ushered  
 12. Start of a Dickens title  
 13. Gave stars to  
 21. Less welcoming  
 23. Sports area  
 26. Greek letters  
 27. Actor O'Shea  
 28. Pizazz  
 29. Conger catcher  
 30. Sunday seats  
 32. Father  
 33. Fourth Gospel  
 34. Take down \_\_\_ (humble  
 35. \_\_\_ avis  
 38. Blood line  
 39. Brewer's need  
 44. Suit makers  
 45. Goodness!  
 46. Cut into  
 47. Annoyed  
 48. Sharp  
 49. Taxes, e.g.  
 50. Welcome  
 51. Reside  
 53. Clockmaker Thomas  
 55. ...baked in \_\_\_  
 56. Well done!  
 57. Like an abyss  
 60. Composer Delibes

# Fabulous Finds

By Debbie L. Sklar

It's late summer and perhaps you're getting anxious for autumn and all it brings – cooler weather, fun fashions, and new cosmetics to experiment with.

Here are some ideas and new Fab Finds to get you in the mood for what's to come once the Dog Days of Summer leave us.

## New Lipstick Collections

### Urban Decay Vice Lipstick

The new **Urban Decay Vice Lipstick** lineup consists of 35 vegan, high-pigment



shades in three moisturizing finishes: cream, matte, and shine. Neutrals and warm nude colors keep it lowkey while bright pinks, electric reds, and deep purples will match any mood. The vegan formula is even infused with aloe vera and avocado oil, ingredients known for being rich in antioxidants. Our new lipstick bullet design is inspired by the modern, sculptural architec-

ture and gritty concrete jungle of Downtown Los Angeles. Price: \$19, Available at [Urbandecay.com](http://Urbandecay.com), [Ulta.com](http://Ulta.com), [Sephora.com](http://Sephora.com)

### Urban Decay Vice Plumping Shine Balm



Going 100% vegan never felt so good with our new **Urban Decay Vice Plumping Shine Balm** lineup: nine LA-inspired, vegan shades with an ultra-wet, glossy finish. It feels like a lightweight balm but looks like a gloss, gliding and melting onto lips for buildable, sheer color and extreme shine. It's got a silky texture that feels weightless and ultra-comfy, so your lips will feel hydrated, softer, and more nourished all day long. The vegan formula is even infused with shea butter and passion fruit oil, ingredients known for being rich in antioxidants. Price: \$20, Available at [Urbandecay.com](http://Urbandecay.com), [Ulta.com](http://Ulta.com), [Sephora.com](http://Sephora.com)

### Urban Decay NAKED3 Mini Eyeshadow Palette

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with six universally flattering, rosy shades in the new **Naked3 Mini Eyeshadow Palette**. Inspired by the all-time fan favorite, Naked3 Mini goes from low-key to bold with 100% vegan, high-pigment shades, and finishes. From the palest ivory sheen to deep charcoal brown, these rose-hued neutrals will make you want to get Naked all over again. Price: \$29, Available at [Urbandecay.com](http://Urbandecay.com), [Ulta.com](http://Ulta.com), [Sephora.com](http://Sephora.com)

### More Lipsticks



Meet Power Move Soft Matte Lipstick, **BITE's** much-anticipated new clean lipstick collection, nearly three years in the making.

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fers creamy, comfortable wear in 20 crave-worthy shades—from necessary nudes to iconic reds and bold berries. Colors: Mulberry, Cayenne, Praline, and Purples.

All Bite products are made with superfoods that are rich in the stuff your skin craves. Power Move Soft Matte Lipstick is no different. Nourishing cocoa butter helps lock in moisture and condition lips, while a combination of tapioca pearls and fatty acid waxes creates the velvety matte finish



and soft blurring effect. Power Move Soft Matte Lipstick is clean, vegan, and cruelty-free — meaning no lanolin, carmine, or beeswax. Power Move Soft Matte Lipstick applies evenly and easily with smooth glide to give color payoff that speaks for itself. The fade and feather-resistant formula provide lasting lightweight wear. Price: \$37 at and [bitebeauty.com](http://bitebeauty.com)

*Continued on page 19*

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# Life After Mother

By Lyn Jensen

*'Exploring probate and estate issues from personal experience.'*

## Another Death in the Family

When I started living in my mother's home, it came with her two cats, Benny, and Faith. Now it's just Faith. Benny, the old black (neutered) tom, went to the vet in June and never came home.

The vet diagnosed him with terminal cancer and recommended euthanasia.

I knew my senior cat was developing multiple major physical problems, as seniors do, but both his body and mind still seemed strong and sharp, and I was stunned to discover he had a tumor that affected half his face and could only have been causing him great discomfort. I could have maybe cared for him at home a little longer, but that would have only been delaying the inevitable.

I asked about hospice care for cats, although I expected and got a 'no.' I asked about grief counseling for pet owners, 'no' again. Later some friends helpfully shared some grief counseling sources.

I decided to have the vet handle Ben's cremation and return the ashes to me. When I went to pick up the remains, they came in an attractive wooden box—such a little box for such a big kitty—with a card and tag reading "Benny Jensen"



and all placed inside a soft filmy bag tied with ribbon and gold cord. When I brought the box home, it filled space on the mantle left vacant when I sold two Toby jugs.

Benny joins the ashes of two of my mother's other cats, which are kept in her old bedroom, on her headboard designed like a bookcase. Killian, who she mothered when he was an abandoned kitten, is in a large grey ceramic canister. She had the ashes of Tony Tomcat, who stayed when his owner left, sewn into a memory pillow. It's in a basket next to the wooden box and metal canister that housed him before the memory pillow did.

About a dozen more family cats are buried in the yard. I know the locations of several graves but not all. When I had an estate sale and some genius ripped several decorative paving stones out of the ground, I think some of those stones marked cat graves, and I've never been able to get the stones set back just the way they were. In one corner of the yard, I tried to cover over some exposed cat bones, only to later find my gardener, whose genius rivals the stone-ripper's, left a cat skull sitting on top of the garbage. When I checked the corner I suspected the skull

*Continued on page 21*

# Six Degrees of Kevin Bacon

By Les Goldberg

It seems inconceivable to me and, if you talk to others in the movie industry they will agree, Kevin Bacon is one of the best actors never to have received an Oscar nomination.

The Academy Award judges missed the mark and should have given one of the most famous American actors the industry's highest honor for Bacon's leading or supporting roles in such high-profile films as "Footloose," "JFK," "A Few Good Men," "Apollo 13," "Mystic River," "The River Wild," "Hollow Man," and so many others.

However, Bacon's shelves are filled with trophies from the Golden Globes, Screen Actors Guild, and National Television Academy of Arts and Sciences.

Whether it is the movies or TV, Kevin Bacon has been prolific since he appeared in his first film, National Lampoon's "Animal House," in 1978.

"It was my first movie, so I didn't have anything to compare it to," he said. "I was a sight gag more than anything else. So, I can't say it was one of those things where your

life changes. When the movie came out, I had to ask for the night off at the bar."

## The Early Years

The son of an elementary teacher and an architect, he was the youngest of six children who were born and raised in a close-knit family in Philadelphia. At age 16, while still in high school, he received a full scholarship to the Bucknell University School for the Arts and attended a state-funded five-week arts program that inspired his passion for the arts.

At 17, he left home to pursue a theater career in New York City, where he appeared in a production by the Square Theater School.

"I wanted a life, man, the real thing," he later recalled in an interview with "Cosmopolitan" magazine.

"The message I got was 'the arts are it. Business is the dev-

il's work. Art and creative expression are next to godliness.' Combine that with an intense ego and you wind up with an actor."

His first role in "Animal House" did not result in the immediate fame he expected, so he spent most of the late 70s and early 80s as a waiter while auditioning for small roles in theater and working briefly in TV soap operas, including "Search for Tomorrow" and "Guiding Light."

But by 1982 he won an Obie Award for his role in "Forty Deuce," and soon afterward made his Broadway debut in "Slab Boys" with then-unknown actors Sean Penn and Val Kilmer.

## Breakout

However, it was not until he portrayed Timothy Fenwick Jr. in "Diner," co-starring Steve Guttenberg, Daniel Stern, Mickey Rourke, Tom Daly, and Ellen Barkin, that he made an indelible impression on film critics and moviegoers alike.

His performance led to his starring role in "Footloose" in

1984, and he received strong reviews and critical acclaim but amazingly they were not followed by solid acting roles that he preferred.

When the 90s rolled around, Bacon decided to give up the idea of playing leading men in big-budget films and to remake himself as a character actor.

"The only way I was going to be able to work on 'A' projects with really 'A' directors was if I wasn't the guy who was starring", he told "The New York Times." "You can't afford to set up a \$40 million movie if you don't have your star."

He performed that year as gay prostitute Willie O'Keefe in Oliver Stone's "JFK" and went on to play a prosecuting attorney in the military courtroom drama "A Few Good Men."

In 1994, Bacon earned a Golden Globe nomination for his role in "The River Wild," opposite Meryl Streep. He described the film as a "grueling shoot," in which "every one of us fell out of the boat at one point or another and had to be saved."

His next film, "Murder in the First," earned him the Broadcast Film Critics Association Award in 1995, the same year that he starred in the blockbuster hit "Apollo 13."

A year later, he played a trademark dark role once again in "Sleepers" but followed it up with his appearance in the lighthearted romantic comedy, "Picture Perfect."

Bacon, who is married to actress Kyra Sedgwick, also made his debut that year as a director with the television film "Losing Chase," nominated for three Golden Globe Awards, and won one.

During the rest of the decade, he returned to the "dark side," playing a mentally challenged houseguest in "Digging to

Continued on page 25

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## Health Awareness

# What Should People With Diabetes Know About The COVID-19 Vaccine?

With the three new COVID-19 vaccines widely available, millions of Americans have been encouraged to get vaccinated. The Centers for Disease Control and Prevention (CDC) reports that, as of July 2021, 47% of the total U.S. population is now fully vaccinated and over 182 million Americans have received at least one dose. This effort has helped reduce the number of COVID-19 cases and deaths.

But people with diabetes may have questions about COVID-19 vaccines, including whether they should get vaccinated and whether the vaccines are safe. If you have



Doctors say people with diabetes should get vaccinated against COVID-19.

diabetes, here is what you need to know:

- **People with diabetes should get vaccinated.** About 40% of people who died from COVID-19 from February to April 2020—before COVID-19 vaccines were publicly available—had diabetes. People with type 1 or type

2 diabetes often have complications including heart disease and obesity, which means people with either type of diabetes are at a much higher risk of developing severe illness if they were to get COVID-19.

One of the best ways to avoid becoming seriously sick with COVID-19 is to get vaccinated.

- **The three COVID-19 vaccines are safe for people with diabetes.** The available vaccines are not made from SARS-COV-2, the coronavirus that causes COVID-19, so there is no risk of getting sick with COVID-19 just from

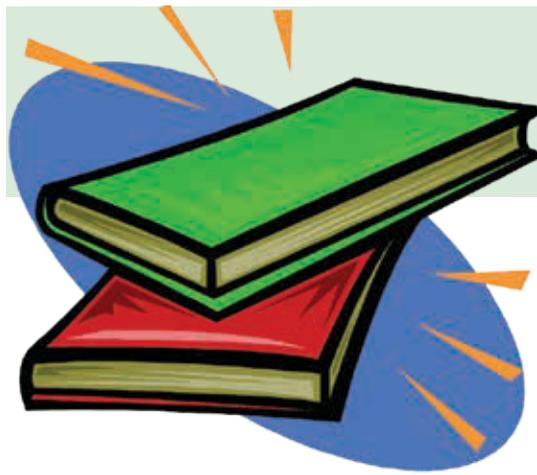
getting the vaccine. People with diabetes were included in COVID-19 vaccine clinical trials across the United States and other countries, and none of the trials reported significant safety issues among study participants.

- **Continue monitoring your blood glucose regularly after being vaccinated.** In some individuals, the vaccine may cause possible side effects that can be similar to feeling sick, such as chills, fever, and nausea. People with diabetes should speak with their health care professional about this and how to monitor their blood glucose levels following COVID-19 vaccination.

- **Caregivers should get vaccinated too.** People with diabetes might have a family member or caregiver who assists them with their daily living, health care, or other needs. These family members and caregivers also need to get vaccinated so they can stay healthy, avoid exposing family members with diabetes to COVID-19 and continue being a source of support.

- **Even after getting vaccinated, people still need to follow safety precautions set by public health experts, such as the CDC.** For instance, the

*Continued on page 21*



# August Book Club

about Roan and his deceptively perfect family life. On a chilly Valentine's night, Saffyre will disappear, taking any secrets she has learned with her.

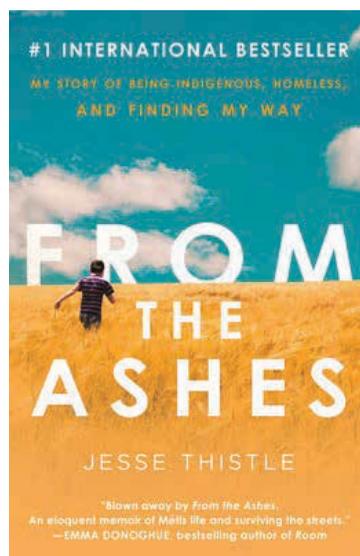
appear, taking any secrets she has learned with her.

“Owen Pick’s life is falling apart. In his thirties 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.

“Owen lives across the street from the Fours family. The Fours have a bad feeling about their neighbor; Owen is a bit creepy and suspect and their teenaged daughter swears he followed her home from the train station one night. Could Owen be responsible? What happened to the beautiful missing Saffyre, and does her disappearance truly connect them all?,” according to Publisher Atria Books.

***From the Ashes***  
***My Story of Being Indigenous, Homeless, and Finding My Way***  
**By Jesse Thistle**

“Abandoned by his parents as a toddler, Jesse Thistle and his two brothers were cut off

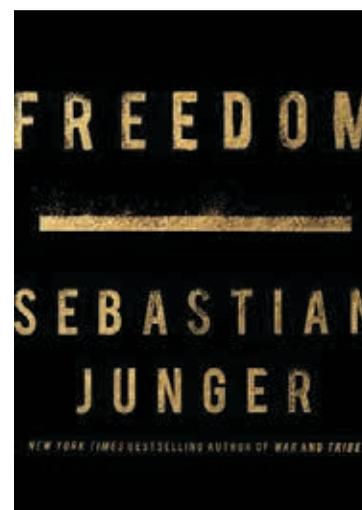


from all they knew when they were placed in the foster care system. Eventually placed with their paternal grandparents, the children often clashed with their tough-love attitude. Worse, the ghost of Jesse’s drug-addicted father seemed to haunt the memories of every member of the family.

“Soon, Jesse succumbed to a self-destructive cycle of drug and alcohol addiction and petty crime, resulting in more than a decade living on and off the streets. Facing struggles many of us cannot even imagine, Jesse knew he would die unless he turned his life around. Through sheer perseverance and newfound love, he managed to find his way back into the loving embrace of his Indigenous culture and family,” according to Publisher Atria Books.

***Freedom***  
**By Sebastian Junger**

“Throughout history, humans have been driven by the quest



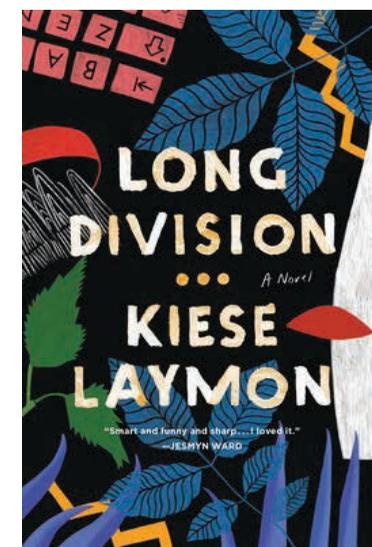
for two cherished ideals: community and freedom. The two don’t coexist easily. We value individuality and self-reliance yet are utterly dependent on the community for our most basic needs. In this intricately crafted and thought-provoking book, Sebastian Junger examines the tension that lies at the heart of what it means to be human.

“For much of a year, Junger and three friends — a conflict photographer and two Afghan War vets — walked the railroad lines of the East Coast. It was an experiment in personal autonomy, but also in interdependence. Dodging railroad cops, sleeping under bridges, cooking over fires, and drinking from creeks and rivers, the four men forged a unique reliance on one another.

“In ‘Freedom,’ Junger weaves his account of this journey together with primatology and boxing strategy, the history of labor strikes and Apache raiders, the role of women in resistance movements, and

the brutal reality of life on the Pennsylvania frontier. Written in exquisite, razor-sharp prose, the result is a powerful examination of the primary desire that defines us,” according to Publisher Simon & Schuster.

***Long Division***  
***A Novel***  
**By Kiese Laymon**



“Written in a voice that’s alternately humorous, lacerating, and wise, ‘Long Division’ features two interwoven stories. In the first, it’s 2013: after an on-stage meltdown during a nationally televised quiz contest, 14-year-old Citizen ‘City’ Coldson becomes an overnight YouTube celebrity. The next day, he’s sent to stay with his grandmother in the small coastal community of Melahatchie, where a young girl named Baize Shephard has recently disappeared.

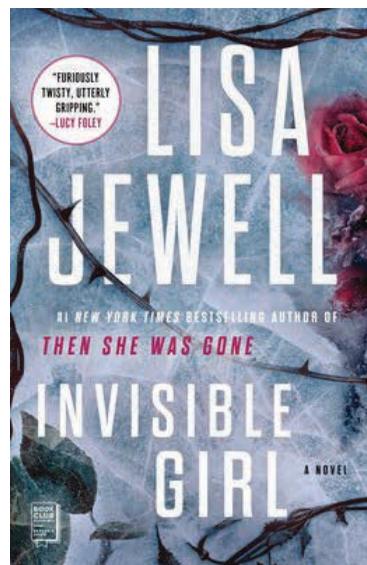
“Before leaving, City is given a strange book without an author called ‘Long Divi-

*Continued on page 21*

The Dog Days of summer are here along with lazy afternoons. Why not pick up a good book and lounge away the day reading and relaxing before the cooler weather arrives. Check out some of these newer titles to keep you busy and entertained.

***Invisible Girl***  
***A Novel***

**By Lisa Jewell**  
**Trade Paperback**



“Young Saffyre Maddox spent three years under the care of renowned child psychologist Roan Fours. When Dr. Fours decides their sessions should end, Saffyre feels abandoned. She begins looking for ways to connect with him, from waiting outside his office to walking through his neighborhood late at night. She soon learns more than she ever wanted to

# Julian, A Real Gold Mine

By Shana McCann

If you were a fan of the Old West in general or early California history in particular, then you are going to love the city of Julian.

My infatuation with western culture began in elementary school when a genuine cowboy named Monty Montana visited us, complete with his beautifully saddled horse, twirling ropes, and silver-studded pants and stirrups.

And besides watching vintage black and white cowboy movies with the likes of Hopalong Cassidy, Roy Rogers, and Gene Autry, the closest I ever came to a 'real' western town was at Knott's Berry Farm. But then, much later when I had two little boys, did I discover a place rich in California lore.



*Julian Mining Trucks*

Julian is a hidden travel treasure only a couple of hours by car south from Los Angeles and Orange County. Once you get off the Santa Ana (5) Freeway at Escondido, go east on Highway 78, proceed past the San Diego Wild Animal Park and the city of Ramona, and navigate the scenic Laguna



*Julian Pioneer Museum*

Mountains until you arrive at this quaint city which is an official California Landmark.

## A Trip in Time

Whether you are on a weekend getaway or a day trip, you are transported back to the late 1800s when Julian was one of the last quests of the California Gold Rush. The town was first settled by Drury, Frank, and J.O. Bailey, all brothers; and their cousins, Mike and Webb Julian, who were passing through the region from San Bernardino to Arizona in 1869, in the wake of the Civil War.

Historians say that Drury, taken by the beauty of the area, decided to settle there and chose the name Julian because Mike Julian 'was better looking; than any other member of the Bailey family. A former Confederate soldier, Mike was later elected San Diego County Assessor.

Shortly afterward, gold was discovered in the Julian region and a tent city immediately marked the new boomtown, followed by more permanent

buildings as it became apparent that gold mining in Julian would persist for some time.

## An Apple Rush

While the miners were digging for their treasure, a man named James Madison brought a wagon load of young apple trees, planted them in the nearby fields, and watched them flourish. Little did he know that his fruit would be the new economic boom for the town.

According to town historians, when the miners came up empty-handed, instead of moving on to other destinations, they decided to stay and create the charm that the town exudes today.



*Julian Volcan Valley Apple Farm*

Nestled at 4,200 feet, surrounded by the rugged mountain wilderness terrain, and sporting a year-round mild climate, it became a mecca for apple and pear growers. In fact, the most popular time to visit Julian is during the Fall Apple Days Festival when Main Street turns into a scene from a county fair. Not surprisingly, every restaurant promotes 'the best apple pie in the world.'

The festival attracts visitors from throughout the state to participate in wine tastings, games, magic shows, and a variety of activities for all ages.

## Small Town America

However, the city is a year-round destination. It is small enough to allow you to take a walking tour without getting tired or lost.



*Julian Gold Mine*

My favorite tour is at the Eagle Mining Co., where you can explore the history of Southern California's Mother Lode. You'll see the underground operations and gold milling process along with the antique gold mining equipment. And you can try your hand at panning for gold!

During its Gold Rush Days in July, visitors can watch an old-fashioned Independence Day parade, historical encampments, reenactments, and demonstrations of various mining techniques.

In December, you can enjoy the Julian Country Christmas, including Victorian Christmas Teas and holiday home tours.

## Creativity Abounds

If you enjoy art and music, Julian is the place to be. It is a haven for visual artists, photographers, painters, musicians, writers, and others who frequently hold workshops and classes, and display their creations in galleries spread throughout the community.

In addition, the musicians often perform on street corners, at local eateries, and at special events like the Julian Family Fiddle Camp and The Dance.

Hikers and recreationalists have unlimited access to trails, fishing, picnicking, horseback riding, and boating. Nearby Lake Cuyamaca offers 110 acres of fresh water for fishing, boating, kayaking, pontoon riding, row-boating, and paddle-boating. Somewhere at the bottom of the lake is my son's fishing pole.



*Julian Menghini Winery*

An interesting, but a less-visited attraction in the area is the California Wolf Center which lies four miles outside of Julian. Part of the U.S. Forest Service, it is the principal captive breeding facility for

*Continued on page 19*

## Julian, A Real Gold Mine

*continued*



the endangered Mexican wolf and study habitat for Alaskan wolves.

If you are planning to stay overnight at Julian, especially during the Fall Apple Festival, you are advised to make your reservations early, realizing that lodging in and around Julian is limited.

For more information, contact the Julian Chamber of Commerce at [www.julianca.com](http://www.julianca.com).

## Fabulous Finds

*Continued from page 13*



### Younique Eye Essentials

This three-piece **Younique Eye Essentials Bundle** includes liquid eye shadow, mascara, and eyeliner. The Eye Essentials Bundle is designed to provide options and it includes the choice of one of the MOODSTRUCK liquid shadow shades; DIP & DRAW eyeliner or MOODSTRUCK PRECISION pencil eyeliner, and the selection of MOODSTRUCK EPIC 4D one-step fiber mascara or MOODSTRUCK EPIC twisted mascara. The Eye Essentials Bundle offers something unique to cosmetic users, allowing for customization of the three full-size eye essentials for a personalized makeup bundle at a discounted price point.

Allowing cosmetic lovers to create custom combinations from their top-selling eye makeup line, the Eye Essentials bundle can be built with matte or satin finishes, bright or muted colors, business, or casual color palettes, and is suitable for both pencil and liquid liner lovers.

The new Eye Essentials Bundle offers quality cosmetics that provide professional-level results and that are easy to use for cosmetic lovers of all skill levels. Price: \$60, Available at [www.youniqueproducts.com](http://www.youniqueproducts.com)



## Health and Well-Being

# Tips For Shedding Those Pandemic Pounds

Living may be easier during the warmer weather seasons but that doesn't mean your wellness goals should be swept under the rug. To help, GOLO, the pioneering wellness solutions company, has a range of healthy suggestions for the summer, whether you're at home, road tripping with friends and family, or grilling in your backyard.

### #1. Develop an action plan:

Use this time as an opportunity to develop a nutritionally balanced meal plan that focuses on real, whole foods that charge your metabolism and help you feel energized.

A structured meal plan can help you lose weight and get healthier. For example, the company's Metabolic Plan focuses on repairing metabolic health with whole foods that are affordable, simple to prepare and easy to find in a restaurant or convenience store.

It's effective because:

- You stay fuller longer and don't have to fight with hunger and cravings
- You can eat delicious foods that you want to eat—you are in control
- There's no diet isolation. You eat the same foods as your family and friends

### #2. Don't be afraid to rock out at your cookout:

The truth is everyone enjoys a good backyard cookout. The key is to make sure that you're enjoying the tastes of the season without having a detrimental effect on your healthy eating plan.

### #3. Burn off pandemic pounds:

It's essential to take advantage of the warmer weather to exercise away those pandemic pounds that many people packed on over the past year.

The Centers for Disease Control and Prevention recommends adults do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.

Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

Switching up your seasonal



*Enjoying the abundant fresh fruits and vegetables of the season can help you emerge from the pandemic fit and healthy.*

fitness regimen can be key to staying motivated and consistent when building new, healthier habits.

### Learn More

Visit [www.golo.com](http://www.golo.com) for further facts and tips.

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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 Email and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time

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## In The Spotlight

*continued from page 11*

Q: The Sedgwick's are a very old and storied family – founding fathers, signers of the Declaration of Independence. Was this a hard legacy to live up to?

A: I don't think I worried about living up to any sort of a legacy. I got involved with Jordan and dealing because it felt significant, consequential. I had felt so inconsequential at that point in my life and dealing with Jordan made me feel like a clandestine James Bond. It was exhilarating. Until we got caught. Then reality clobbered us with an anvil.

Q: The book is a love story about you and your dog Tybalt. What made Tybalt so special? Do you have any pets now?

A: I always felt that Tybalt was a golden prince traveling under a curse. There was a guy I knew from the neighborhood bar who watched Tybalt and me walking the wide Boulevards of Broadway and shouted 'Yo Rob! That dog got more going on in him than just dog.' 'I couldn't put it any better. I have had four dogs since Tybalt. They have gotten me through life.

Q: Are you married? Do you have children?

A: I am separated with two kids – a grown daughter, Audrey, and an eight-year-old son Caleb. My ex and I remain very close, and we are co-parenting Caleb so far successfully.

Q: What advice would you give to others thinking about writing a memoir?

A: Everyone's story is fascinating, and everyone has a voice, so use it. To anyone interested in writing their own story I would suggest they start by starting (much easier said than done) and just write, write, write. Write down anything that comes to you about your life, encounters, memories, awful and wonderful experiences, just vomit out everything and worry about the structure later. By virtue of being on the planet after a certain amount of time you have learned and experienced things that others have not, and by your cell makeup alone you move through time and space differently, with others of course, but alone because your perception is unique. So, write about it. And always personalize what you're writing because that is your humanity and what the reader wants to feel.

Q: Are you writing another book?

A: I have one finished novel and am editing another.

Q: Where can people buy the book?

A: Amazon.com, Barnesandnoble.com, bookshop.org, indiebound.org, Robsedgwick.com, rarebirdlit.com (signed copies available), and bookstores everywhere.



## August Book Club

*Continued from page 17*

sion.' He learns that one of the book's main characters is also named City Coldson — but 'Long Division' is set in 1985. This 1985-version of City, along with his friend and love interest, Shalaya Crump, discovers a way to travel into the future and steals a laptop and cellphone from an orphaned teenage rapper called ... Baize Shephard. They ultimately take these items with them back to 1964, to help another time-traveler they meet to protect his family from the Ku Klux Klan," according to Publisher Scribner.

## Life After Mother

*Continued from page 14*

came out of, I no longer found bones, so I suspect the bones went in the garbage, too.

I've tried to find someone—a veterinarian or a scientist, maybe—who might be willing to exhume the cat graves professionally, and arrange for a more dignified resting place, but I've found nobody yet. I'll either have to find new resting places or someone else is going to be digging up my cats' bones someday.



## Diabetes & the COVID-19 Vaccine

*Continued from page 16*

CDC states that people who are vaccinated generally no longer need to wear masks or follow social distancing. However, they do need to continue following these precautions where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including in local businesses and workplaces.

• **Consider enrolling in a clinical trial.** Research is still underway to answer such questions as how long the vaccines help the immune system fight the virus. Learn more about COVID-19 clinical trials and how you can play a role by visiting the COVID-19 Prevention Network: [www.coronavirusepreventionnetwork.org](http://www.coronavirusepreventionnetwork.org).

To learn more about COVID-19 vaccines, visit the CDC website at [cdc.gov](http://cdc.gov) and the U.S. Department of Health & Human Services' website: [www.vaccines.gov/diseases/covid](http://www.vaccines.gov/diseases/covid).

For more information on managing diabetes, visit the NIDDK website at [www.niddk.nih.gov](http://www.niddk.nih.gov).



# August Calendar

Continued from page 5

At, Sea Terrace Park, PCH, and Niguel Road, behind Dana Point Library. Call, Recreation Department at 949-248-3536.

## DATES & TIMES:

Sunday, Aug. 8, 15

3 to 6 p.m.

Aug. 8

3 to 4 p.m., The Piano Men Generations - Music of Billy Joel

4:30 to 6 p.m., Kenny Metcalf as Elton

Aug. 15

3 to 4 p.m., New Caribbean featuring Einstein Brown

4:30 to 6 p.m., Garratt Wilkin & the Parrotheads

## Movies on the Lawn Through August

Movies begin at dusk



Join the Orange County Great Park for family-favorite movies on the outdoor big screen. Bring a blanket or low-back chair to enjoy the movie with friends and family from individual, socially distanced picnic circles.

For 2021 due to limited space available, these events are open to Irvine residents only this year. Admission is free and advanced registration (one per group) is required at yourirvine.org. Registration opens one week before the movie showing.

Aug. 14: "The Croods: A New

Age"

Aug. 21: "Angels in the Outfield"

## Symphony in the Cities

Aug. 14

7 p.m.

Pack a picnic, grab a lawn chair or blanket, and gather the family for an evening of free music and outdoor summer fun! Now a long-standing summer tradition, Symphony in the Cities (SITC) brings people together for great music and entertainment in local parks each year. Program to be announced. Admission to the concert is free. At, Mike Ward Community Park Woodbridge 20 Lake Road, Irvine.

## San Juan Summer

Nights

Aug. 18

Smith, Country Western

6 p.m. to 8 p.m.



The concerts offer live music, dancing, a youth activity area where kids can hang out, an expo where local businesses can network with the community, food that can be purchased from the local restaurants or food trucks on site. Beer and wine are available at the San Juan Capistrano Chamber of Commerce booth. Bring lawn chairs, blankets, and jackets. No pets. At, San Juan Capistrano's Historic Town Center Park, 31852 El Camino Real, San Juan Capistrano. Call, 949-493-5911.

## Fabulous Food

# Celebrate California AvocadoMonth With a Summer Favorite Reimagined

California summers are filled with warm nights, trips to the coast and an abundance of fresh, local produce, like delicious California avocados, which add dynamic flavor and texture to your favorite summer dishes. Currently in the peak of their season, California avocados are heart-healthy fruit that are naturally sodium-, cholesterol- and trans fat-free.

In honor of California Avocado Month in June, this year the California Avocado Commission has collaborated with Los Angeles-based Chef Edwin "E Dubble" Redway to develop California avocado-inspired recipes that celebrate the true joys of summer. With roots in Jamaican and Antiguan culture, Chef E Dubble incorporates sweet and spicy elements into his personal style of Cali-Caribbean cuisine, which comes through in his Smoked California Avocado Jerk Chicken Skewers recipe.

"During the summer months, there's nothing I love more than cooking up a delicious meal made from fresh, local ingredients and enjoying it al fresco with close friends and family," said Chef E Dubble. "California avocados are one of my favorite ingredients to cook with because they are locally-sourced, full of flavor and versatile. They add a cool, creamy texture and vibrant color to my Smoked California



Avocado Jerk Chicken Skewers, making them the perfect dish for any summer occasion."

To view more of Chef E Dubble's recipes or learn about California avocados, visit CaliforniaAvocado.com.

## Smoked California Avocado Jerk Chicken Skewers

Recipe created by Chef Edwin "E Dubble" Redway for CAC

Serves: 4

Prep time: 100 minutes (including 60-minute marinade)

Cook time: 20 minutes

Total time: 2 hours

## Ingredients:

### For the marinade:

- 1 tsp. ground nutmeg
- 1 Tbsp. ground allspice
- 1 Tbsp. ground cinnamon
- ¼ cup brown sugar
- 1 Tbsp. paprika
- 2 Tbsp. salt
- 1 tsp. black pepper
- 2 Tbsp. fresh thyme, picked off sprig
- ¼ cup olive oil
- ¼ cup minced garlic
- 1 Scotch Bonnet pepper, minced (habanero pepper can be used if Scotch Bonnet is not available)

- ¼ cup lemon juice
- 1 cup (packed) fresh cilantro, rough chopped
- ½ lb. red onion, minced

### For the chicken skewers:

- 1 lb. boneless skinless chicken thighs, cut into 1-in. chunks
- ½ pineapple, peeled, cut into chunks
- ¼ lb. red onion, peeled and cut into 1-in. wedges
- 2 ripe, Fresh California Avocados, seeded and peeled, cut into chunks
- 2 large red bell peppers, seeded and cut into 1-in. pieces

### Additional ingredients:

- 1 bunch green onion, ends trimmed
- California Avocado Balsamic Sauce (instructions below)
- 8 skewers
- 2 cedar grilling planks

## California Avocado Balsamic Sauce:

- ½ ripe, Fresh California Avocado, seeded and peeled
- 1/8 cup white balsamic vinegar
- 1 Tbsp. honey
- ¼ tsp. minced garlic
- 1½ tsp. Dijon mustard
- ¼ tsp. fine black pepper
- ¼ cup grapeseed oil

## Instructions:

### Marinade and Skewer Instructions:

1. Preheat oven to 400° F. Soak cedar grilling planks and skewers in water.
2. In a medium bowl, combine

Continued on page 23

# Tinseltown Talks

By Nick Thomas

## A Tale of Two Maldens: Carla and Karl

Carla Malden credits her father, actor Karl Malden, for sowing the seeds of her writing career – first as a screenwriter than an author.

“He used me and my sister to cue him quite often when he was learning a part,” she recalled from her home in Los Angeles. “I think I learned a lot about writing as a result. If it were a heavily dialogued scene, he’d sometimes tell me to cross a line out of the script because he said, ‘I can act that.’ It taught me the importance of seeing the actor’s character on screen as well as through the dialogue. It was fascinating to watch him break down a part and develop a character.”

Earlier this year, Carla published her fourth book, “*Shine Until Tomorrow*,” branching out into the Young Adult (YA) book market. The story features a teenage girl who travels back to 1967 and the summer of love in San Francisco.

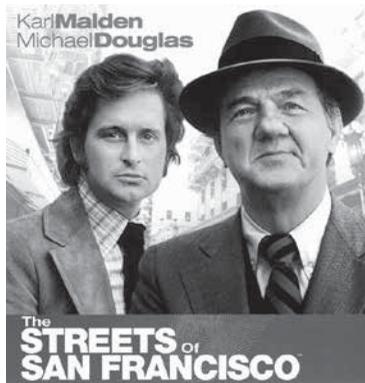
“It’s not a traditional Sci-Fi adventure or even a Fantasy really, but a girl’s coming-of-age story that happens to involve time travel and features a driven teenager who learns about having to live in the present by traveling back to the past. It was designed as a YA book, but I’ve been gratified to see it’s crossed over to adults,” she said.



Carla & Karl Malden - courtesy of Carla’s publicist.

A longtime screenwriter alongside her late husband (see [www.carlamalden.com](http://www.carlamalden.com)), Carla published her first book co-written with her dad in 1997, the well-received Karl Malden autobiography, “*When Do I Start?*”

Karl Malden (1912-2009) is viewed by many as one of the great character actors from the 50s, 60s, and beyond, with critically acclaimed dramatic roles in films such as “*A Streetcar Named Desire*” for which he won a Best Supporting Actor Oscar.



Vivien Lee and Karl Malden in “*A Streetcar Named Desire*,” - Courtesy of Warner Bros.

In the 70s, he co-starred with Michael Douglas in the popular “*The Streets of San Francisco*” an ABC crime drama series.

“He had been approached to write his autobiography by a few people and tried to do it on his own over a few years then asked me to help,” Carla recalled. “Writing it with him was one of the great joys of my life.”

Raised in Gary, Indiana, Karl Malden came from immigrant parents, his Serb father barely speaking English.



Michael Douglas and Karl Malden publicity photo for *The Streets of San Francisco* - Courtesy of ABC Television.

“His father was very involved in the church which was the social hub of the Gary Serbian community, and he organized all the plays that were integral to the community. So, my grandfather was always enlisting my dad as a kid to be in the plays and that’s how he got the acting bug.”

Away from the screen, Malden said her dad was a fabulous father and husband, married to his wife, Mona, for 70 years.

“He was also an amazing grandfather and even had a few years of being a great grandfather,” she said.



Book Cover of Carla and Karl Malden’s book, “*When Do I Start?*”

She said her father was very down to earth, would often work in his garden for hours, and never craved the adulation that often follows entertainers.

“After he died, I got reams of letters from people for whom he had done major acts of kindness in all kinds of ways that I never knew about,” she said. “I miss him every single day of my life, ferociously.”

Nick Thomas teaches at Auburn University at Montgomery in Alabama and has written numerous features, columns, and interviews for magazines and newspapers. See [www.getnickt.org](http://www.getnickt.org).



## Avocado Jerk Chicken Skewers

Continued from page 22

all dry ingredients and oil. Once combined, add minced scotch bonnet pepper, lemon juice, minced cilantro and onion to seasoning mixture. Mix until achieving a paste-like consistency.

3. Add diced chicken to marinade for 60 minutes.

4. While chicken is marinating, make the sauce.

5. After chicken has marinated, prepare the skewers—alternating on each skewer chicken, pineapple, onion, California Avocado and bell pepper.

6. Bake the skewers on the cedar planks in the oven for 20-30 minutes. The chicken should reach an internal temperature of 165° F.

7. Once complete, spoon sauce on a plate and place skewers on top. Garnish with green onions.

### California Avocado Balsamic Sauce Instructions:

1. In a blender, combine all ingredients and blend until smooth.

2. Serve with Smoked California Avocado Jerk Chicken Skewers.

Large avocados are recommended for these recipes. A large avocado averages about 8 ounces. If using smaller or larger size avocados, adjust the quantity accordingly.



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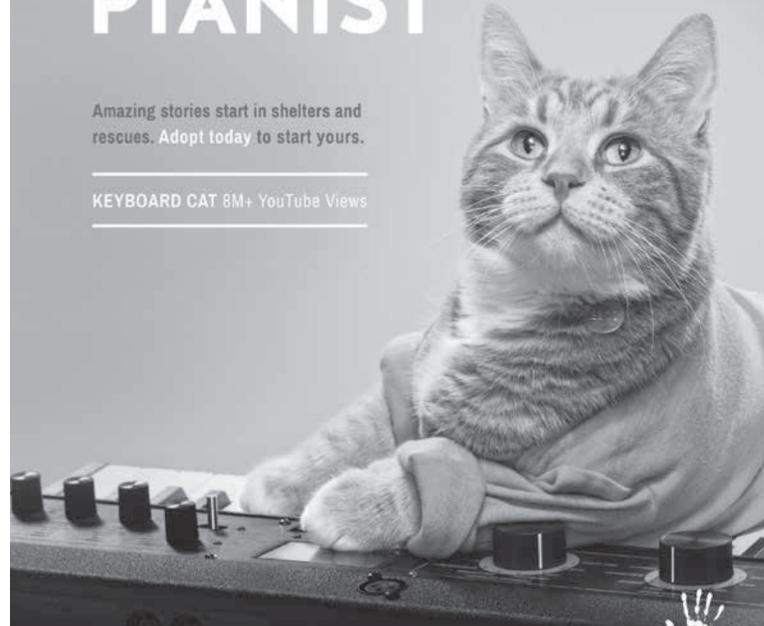
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### Crossword Puzzle Answers from page 12

1	A	R	G	O		5	T	Y	N	E		9	M	A	L	A	R	
14	B	O	H	R		15	R	E	A	R		16	I	M	E	T	A	
17	A	L	E	C		18	A	S	P	S		19	S	A	D	A	T	
20	B	E	E	H	21	I	V	E		22	T	23	A	C	T	I	L	E
				24	A	C	E	S				25	R	U	I	N	E	D
26	E	M	E	R	I	L		29	E	P	E	E	S					
31	T	I	L	D	E		32	S	E	E	N			33	J	A	R	
36	A	L	A		37	R	A	I	L	W	A	Y		40	O	P	A	
41	S	O	N			42	O	R	E	S		43	E	T	H	E	R	
				45	D	I	R	E	R			47	P	A	A	N	G	A
48	A	R	G	E	N	T				51	D	E	S	I				
52	C	A	R	A	C	A	53	S		54	W	E	T	L	A	N	D	
58	U	T	E	R	I		59	E	L	E	V			61	O	P	I	E
62	T	E	E	M	S		63	T	E	L	E			64	R	I	C	E
65	E	S	T	E	E		66	H	O	L	D			67	S	E	E	P

## Kevin Bacon

Continued from page 15

China,” a corrupt disc jockey in “*Telling Lies in America*,” a supporting role in “*Stir of Echoes*,” and working as the executive producer of “*Wild Things*.”

### A New Century

As the new century began, Bacon’s career was at its highest peak.

appearance in “*X-Men: First Class*” as the mutant villain Sebastian Shaw, as attorney Charles J. Cooper in “8,” a staged reenactment of the federal trial that overturned California’s Prop 8 ban on same-sex marriage, and as Ryan Hardy in the FOX television series “*The Following*” for which he won a Saturn Award for Best Actor on Television.

Nowadays, you can find Bacon in TV commercials that are based on his Six Degrees persona that he adopted about nine years ago. It began as a trivia game titled “*Six Degrees of Kevin Bacon*,” derived from his prolific career covering a diverse range of genres and the idea of six degrees of separation.

It started with his starring role in “*Hollow Man*” with Colin Firth and Rachel Blanchard and continued with Clint Eastwood’s “*Mystic River*” with Sean Penn and Tim Robbins, and in “*The Woodsman*,” for which he won the Independent Spirit Award for Best Actor.

For his role as an American Desert Storm war veteran in “*Taking Chances*,” he won a Golden Globe Award and a Screen Actors Guild Award for Outstanding Performance by a Male Actor in a Miniseries or Television Movie.

### To the Present

The decade played out as a smorgasbord of acting excellence for Bacon, including his

to link people and charities to each other.

Finally, among the many genres – or degrees – is his music, a longtime passion. Whenever you see Bacon on late-night talk shows or other TV variety programs, the discussion is going to focus not so much on his acting, but on his band, The Bacon Brothers.

Kevin and his brother Michael have been playing music together since boyhood but formed the working band in 1995. Since then, the duo has released 11 studio albums, toured throughout North America and Europe, and appeared with some of the world’s greatest musicians.

And the band plays on.



Initially, he dismissed the game, but the meme stuck, and he eventually embraced it, forming a charitable initiative SixDegrees.org, a social networking service intended

## Health Awareness

### Six Questions to Ask Your Doctor About COVID-19 Vaccines

While most American adults have already received at least one dose of a COVID-19 vaccine, a lot of people still have questions. Everyone deserves to have access to factual information to make a decision about getting vaccinated. But many people don’t know where to go to get their questions answered.



For most people who want more information, talking to their personal doctor is the best place to start. Your doctor or health team will know you and your medical situation better than anyone. They can help you make an informed decision that’s right for you.

When talking with your doctor, there are a few key questions you may want to consider:

#### Vaccine Questions:

#### 1. Why did your doctor choose to get vaccinated?

Over 90% of doctors have decided to get vaccinated against COVID-19. You may want to hear more about why they chose to get vaccinated as a healthcare provider.

#### 2. Why should you get vaccinated?

Your doctor can make a recommendation based on your unique medical situation. The vaccines provide substantial protection from serious illness and hospitalization.

#### 3. Are the vaccines safe?

These vaccines are undergoing

the most intensive safety monitoring in U.S. history. Clinical trials began over a year ago with more participants than most other vaccines. Your doctor can help determine safety based on your personal medical history.

#### 4. Do the vaccines impact fertility?

This myth has been appearing online but there is no evidence that COVID-19 vaccines cause fertility problems. Ask your doctor if you have concerns around fertility or pregnancy.

#### 5. Are the vaccines free?

Yes, the vaccines are provided by the federal government at no cost to recipients.

#### 6. Can you get a vaccine from your primary care doctor?

Your primary care doctor may have COVID-19 vaccines available in their office. If not, they can help direct you to the closest location where you can receive a vaccine. You can also visit Vaccines.gov to find a location near you.

#### Learn More

Visit [www.GetVaccineAnswers.org](http://www.GetVaccineAnswers.org) for the latest facts about COVID-19 vaccines.

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ADMIT  
ONE

By Randal C. Hill

# Movie Preview

## 'CODA'

Ask people to define the word *coda*, and you'll most likely hear that it's a concluding section, event, or remark, often associated with music. But in all capital letters, CODA becomes an acronym meaning Child of Deaf Adults.

Thus, we have the title of a heartwarming film release that center around a teenage girl on the cusp of womanhood who must make a life-changing choice when she graduates from high school.

Sian Heder, the writer/editor of *"Orange is the New Black,"* is the primary force behind this coming-of-age comedy/drama. Earlier this year, her *"CODA"* wowed the prestigious Sundance Film Festival and earned the festival's top dramatic award.

In Heder's tale, Ruby Rossi (Emilia Jones) is the only hearing member of her loud, lusty, and loving Massachusetts family. She is torn between following her heart and going away to college to study voice or staying behind as the conduit that enables her deaf parents and brother to communicate with the outside world.

Fishing is the Rossi family's trade, which is laboriously carried out on a rickety trawler. Ruby has become the family's

marketplace translator who also works on the fishing boat in the mornings before heading off to school, where she is relentlessly teased about her disabled family.

But not everything about high school is a downer for her. That's where she gets to hang out with her brazen best friend, Gertie (Amy Forsyth), moon over an oddball boy named Miles (Ferdia Walsh-Peelo), and draw encouragement from Mr. V (Eugenio Derbez), her eccentric, demanding music teacher who sees unlimited potential in Rossi's singing ability.

The story's primary conflict involves clashes between the bonds of a tight-knit, dependent family and the forging of one's own path to adulthood, which in Ruby's case involves reach-for-the-sky dreams.

Unlike Jones, each of the other primary cast members is deaf. Oscar-winner Marlee Matlin portrays Ruby's mother Jackie, an ex-beauty queen, Troy Kotsur is her pothead father Frank (who looks like a ZZ Top reject), and Daniel Durant plays her restless brother Leo. Each actor turns in a memorable performance that adds considerable depth to what could easily have been stock characters.

In a remarkable breakout performance, British-born Jones had to master American Sign Language (ASL) and take singing and acting lessons while learning to emote in an American accent.

Opening in August, *"CODA"* yanks hard at the heartstrings. Thanks to Heder's deft scripting, though, the story manages to even be playful at times while also being authentic, sensitive, and avoiding any trace of mawkishness.

Oh. And don't forget the tissues ...

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# The Gadget Geezer

By Les Goldberg

## Cool Gadgets for All Seasons

As a native Southern Californian, I always get a kick out of the change of seasons. After all, think about it, there are no real change of seasons! Spring turns into summer, summer into fall, fall into winter and the temperature rises and falls in very small increments. Yes, we may get a few sprinkles for a couple of weeks in winter, but our ominous drought, the above-average heat and the wildfires continue.

With that in mind, Southlanders can enjoy the outdoors all year long. And that means we also use our backyard or camping gear far longer than anybody in the rest of the country. Here are some of the latest trends for living under the stars:

### SlapLit Drink Wrap



This insulated light or drink wrap is designed to provide light for nighttime patio or campground gatherings and for keeping your can or bottled beverages cold – all with the push of a button.

It is made with an insulating neoprene material that features a non-slip backing and is available in bright colors and prints, allowing you to easily spot your drink from the crowd, even when it is turned off.

The SlapLit uses two spring steel bands that lay flat and coil around your can or bottle and when slapped, they create a secure grip around drinks of all sizes, according to the manufacturer. A CR2032 battery is included and can be easily replaced. Price: \$9.59.

### Light-up Ice Cubes



While we're on the subject of lighting things up, let's talk about the Light-Up Ice Cubes. So why would you want ice cubes that glow? According to the company that makes them, they are designed to add a sense of romance while providing a colorful and gentle mood to outdoor garden parties, nighttime camping and other festivities.

The cubes are waterproof and when placed in a drink glass, pool, spa or fountain they automatically turn on and change colors. They are non-toxic, made of high-quality clear acrylic plastic. Price: \$10.48 for set of 12.

### Solar Power



If you have been on camping trips with an RV or gear packed into your car or SUV, you know how annoying it is to run wires across the campground. The new Jackery Solar Generator 1000, Explorer 1000 and 2X SolarSaga 100W mobile solar battery packs offer a better alternative for your power needs.

Paired with two SolarSaga solar panels, the powerful combination is almost noise-free, easy to use and free of gas-powered emissions. The Explorer 1000 is equipped with high-running wattage to power any appliance, including full-size refrigerators, TVs, blenders, electric grills, mini coolers and more. Price: \$1,500.

### New-fangled Lantern

If, on the other hand, you prefer to light up your outdoor ac-



tivity areas the old-fashioned way, the Goal Zero company is offering its Lighthouse 600 Camping Lantern.

The portable outdoor lantern also is solar-powered, has collapsible legs that provide a stand for maximum light dispersion and fold in for convenient storage. A built-in handle allows for easy carrying and hanging.

Unlike other camping lanterns, the Lighthouse 600 features a directional and adjustable LED light with up to 600 lumens, a rechargeable internal battery using any USB port, a solar panel or the built-in hand crank.

Said one user: "I took this out on Halloween night to trick or treat and it was perfect." Price: \$69.95.

### String Lights

The same nuisance associated with electric cords at camping areas can be experienced in your backyard patios. Fortunately, technology is now avail-



able to eliminate the problem. Take the new MPowered Luci String Lights, for instance:

The product consists of 20 white LEDs across an 18-foot polyester cord, powered by a solar panel that keeps a lithium-ion battery constantly recharged. One charge allows 20 hours of light. Designed for lighting up your space and charging your devices, the Luci lights come with four light modes, two-second quick shut-off and a battery level indicator.

Luci String Lights come with hanging clips and a secondary nylon cord on the base unit that collapses down to two inches for easy storage. Price: \$39.95.

### Instant Cabin Tent



My experience with camping is most enjoyable when sandwiched between setting up the tent and packing my vehicle for the trip home. Since my last outing, however, there have been some amazing ad-

*Continued on page 30*

## Newsworthy Trends

# Americans Ready to Vacation With a Vengeance to Make Up for Lost Time

One of the many long-lasting effects of the pandemic is a shift in the work-life balance. According to a survey by a world leader in travel deals, after a long year of sheltering at home, 92% of Americans plan to travel in 2021—and they don't plan to hold back.

## Shoulda, Woulda, Coulda: Americans Reflect on Missed Experiences

Americans traveled less in 2020, and they have been feeling the loss in more ways than one:

- Seventy-one percent of Americans didn't travel at all or traveled less in 2020 than in a typical year.

- Only 1 in 5 used all of their paid timeoff (PTO) in 2020, 19 percent because their company was too busy for them to be away and 29 percent because they wanted to save their time in case they or a loved one got sick.

- More than half regret not taking more time off in 2020. They feel they "wasted" their newfound flexibility and regret not working from different places.

"We've all felt the very real burnout that happens when we don't take the time to recharge and that's exactly why travel is so important," explains Liz



*If you're like most Americans, you missed taking a vacation last year—and really want to take one in 2021.*

Dente, @Priceline Chief People Officer. "Traveling is invigorating—it offers a respite from the daily grind, allowing us to disconnect and look at things with fresh eyes."

## A Lesson Learned: The Power of PTO

Many Americans have a renewed appreciation for how beneficial PTO can be. "Taking time off is important for both employees and companies. Employees who use their PTO are happier, healthier, and more productive," adds Dente.

- Most associate positive feelings with taking time off from work, saying it makes them feel relaxed, happy, and excited.

- Most people, especially parents, say their mental health (78% of parents, 53% of non-parents) and physical health (73% of parents, 48% of non-parents) would have benefited from taking a break.

- Two-thirds of those with a fixed number of PTO days

plan on using more vacation and personal days in 2021 than in any other year—ever.

- Meanwhile, an overwhelming majority (82%) say they're likely to use their remaining 2021 vacation days before the end of the year, and one in six (16%) plan to use all their days off for one vacation.

So how are Americans traveling and where are they going?

- Sixty-two percent of those with limited PTO will be vacationing in a place they've never been before.

- Sixty-one percent of those with limited PTO will take a trip based on a personal passion.

- One in three will embark on a road trip.

- Thirty-two percent plan to visit family or friends because the pandemic made them realize how important those moments are.

- More than half plan to tackle destinations on their bucket lists.

## Money Still Matters

As they plan these trips, however, saving money is more important than ever, with 74%

agreeing that travel deals are important.

For many, Priceline is the best way for travelers to book the trip they want at prices they can afford. Offering up to 60% off hotel stays as well as incredible deals on flights and car rentals, the company saves consumers over a billion dollars a year, so they never have to miss the moments that matter. To help Americans recharge and take advantage of their PTO, Priceline offers exclusive coupons and big deals on hotels, car rentals, and flights for 2021.

## Learn More

For further facts and to see what deals are available, visit [www.priceline.com](http://www.priceline.com).

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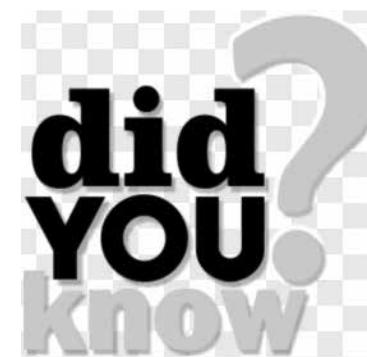
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➔ The heartwarming stories of abandoned dogs and the grateful families who save them are documented in the half-hour weekly syndicated reality TV show "To The Rescue," hosted by veteran TV producer-personality Tommy Habeeb ("Cheaters"). See the series trailer at: <https://vimeo.com/372512817/7e6b1bcc5>.

➔ As doctors treat more senior patients for depression, an increasingly popular genetic test can inform their treatment decisions. The GeneSight test provides information about how your genes may affect how you metabolize and respond to certain depression medications. Learn more at [www.genesight.com](http://www.genesight.com)

➔ Thousands of Americans have opted out of airline tickets and hotel reservations in favor of RV rentals, a safer method of travel that allows for self-contained excursions with a bedroom, bathroom and kitchen all on-board. Learn how at [www.RVshare.com](http://www.RVshare.com).

➔ Choosing the right health coverage may seem daunting these days but affordable health insurance can be found, said Mark Smith, president of HealthMarkets, one of the largest independent health insurance agencies in the United States. Learn more at [www.getcovered.com](http://www.getcovered.com).

# Busy Boomers

By Les Goldberg

## Seniors + Hobbies = Great Combo

Do you have a hobby?

If you do, you are not alone. Most seniors occupy their free time with a creative or mind-challenging activity. It may be just one, or it could be several hobbies such as knitting, quilting, card-playing, stamp or coin collecting that you take on at the same time.

Whatever you do, it's been scientifically proven that hobbies at any age are therapeutic for your overall mental health. Experts point out that there is a difference between doing a hobby and just doing something fun, and that is your 'level of engagement.'

"Binge-watching a TV series is enjoyable," said Dr. Jennifer Paulson, a resident psychologist at St. Martin's Presbyterian Hospital in St. Louis, "but that kind of activity seldom feeds your need for meaning or purpose.

"When you fully engage yourself in something you love, it serves as a healthy distraction from your busy day-to-day life. Hobbies offer the best way to unwind and step away from a stressful situation. Rather than just passing the time, they help you feel happier, more relaxed, and better equipped to handle life's many stressors," she added.

In a recent issue of "Health and Fitness" magazine, an article outlined the top 10 most popular hobbies for people over 55, all designed to reduce stress and provide endless entertainment, enjoyment, and engagement.

If your hobby isn't on the list, not to worry. The 'top 10' were selected in a random survey of hobbyists across the country. They are:

**1. Boating** – Depending on where you live and your access to bodies of water, hobbies can include canoeing, kayaking, sailing, skidooing, water skiing, powerboating, and even snorkeling and scuba diving.

**2. Golf** – Highly popular with seniors, golf is an excellent way to enjoy the outdoors without some of the physical demands of other sports. It provides a great opportunity for low-impact cardio exercise while helping to improve your coordination. And, it can be enjoyed solo or in a group.

**3. Fishing** – Another ideal hobby for boomers is fishing. There is something about the slow, relaxing pace of fishing. It allows you to enjoy a beautiful natural setting, either at the ocean, a lake, stream, or river. Take it from me, there's no better feeling than the excitement of catching and reeling in 'the big one.'

**4. Antiquing** – This is one of the oldest and most beloved hobbies among people who enjoy the hunt for hidden treasures of the past. Some people do it to beautify their homes, others do it as a side business. In any case, antiquing can allow seniors to use their historical interests and knowledge to spot valuable antiques.

**5. Photography** – Ever since the invention of the old Brownie camera, people have been able to take pictures of family, vacations, nature, and more. Today's digital cameras and software make it easier than ever to take and edit photos – without the hassle of film and commercial development and print operations. It is one of the easiest hobbies to learn and practice – basically just 'point and shoot.'

**6. Model Building** – One of the best hobbies for maintaining and improving your hand-eye coordination is building models, whether they are cars, boats, trains, aircraft, pretty much anything that interests you. I love building model homes, using the miniature trees, people, and landscaping products that can be found at model train stores or Hobby Lobby.

**7. Gardening** – One hobby that exudes feelings of peacefulness, relaxation, and grat-



ification is the art of growing flowers, plants, vegetables, or herbs, whether in your apartment, backyard, or community garden. Thankfully, today's modern tools and technology have lessened the burden on seniors who find it a bit more difficult to kneel and bend while gardening.

**8. Volunteering** – A favorite hobby for seniors who are retired but continue to find ways to give back what they have learned to their communities is volunteering. What you get back in return are friendships and smiles. Opportunities for volunteers abound, whether they are at the many non-profits in your community, at churches or religious groups,

with a homeless shelter or soup kitchen, animal shelter, elementary schools, and libraries, to name just a few.

**9. Genealogy** – According to the experts, genealogy is 'perfect' for seniors who often have first-hand experience, insight, and memories with older generations. An intellectual hobby, it allows you to find out more about your family history ... and could even lead to meetings with family members you didn't know you had.

**10. Woodworking** – Men and women alike are getting into

*Continued on page 30*



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# Busy Boomers

Continued from page 29

woodworking with increased enthusiasm since the pandemic began. As they ponder how to spend their extra time at home, their eyes have focused on their garages, many filled with hammers, saws, drills, and tools that can be used to repair, remodel or create household items like furniture, picture frames, or flower pots. Woodworking classes and clubs can be found throughout Southern California, including the Orange County Woodworkers Association in Fullerton and the Los Angeles Woodworkers Guild in Los Angeles.

Whatever hobby you choose, have fun and don't be concerned with perfection. Remember why you are doing it – to have a pleasurable experience, to reduce your stress level, and to trigger your creativity.

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# The Gadget Geezer

Continued from page 27

have been some amazing advances in outdoor sleeping spaces. One of the best examples is the Core nine-person instant cabin tent. This 14-foot by 9-foot polyester "tiny house" fits two queen-sized air mattresses, is 6 and half feet high, and sports an adjustable ground vent.

In addition, unlike any ordinary tent on the market, it features room dividers and wall storage pockets to keep items off the tent floor, and an electrical cord access port that is closeable when not in use. The tent is sold with a rain fly, stakes and a carry bag. Price: \$252/18.

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