

SENIOR REPORTER

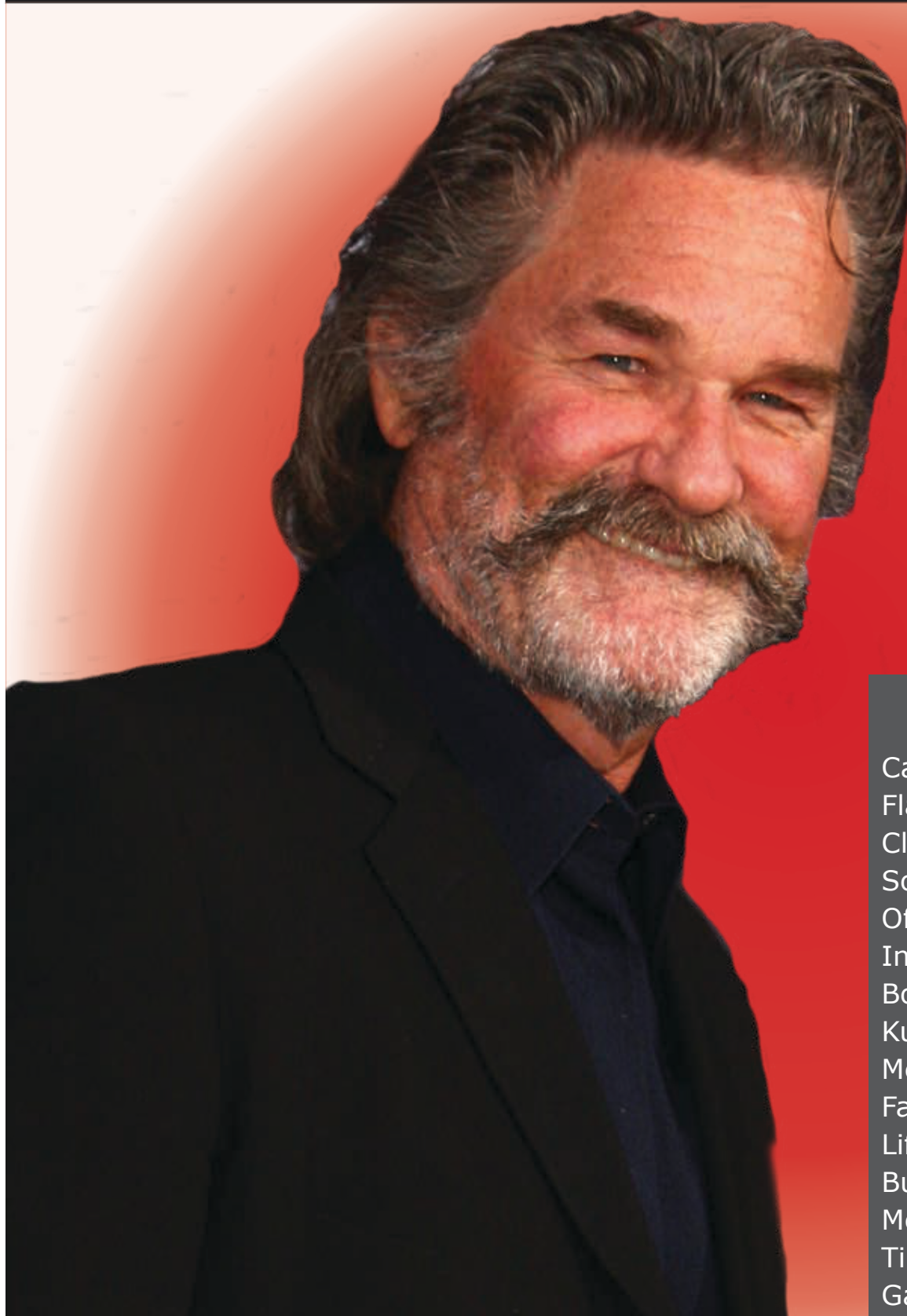
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FEBRUARY 2021

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



Kurt Russell

"I no longer look at my life and times in the motion picture industry as my career. I just look at it now as something I like and want to do."

—Kurt Russell

What's Inside....

Calendar of Events	5
Flashback	6
Classifieds	7-8
Song Preview	9
Off The Beaten Path	10
In The Spotlight	11
Book Club	13
Kurt Russell	15
Memphis.	18
Fabulous Finds	21
Life After Mother	22
Busy Boomers	25
Movie Preview	26
Tinseltown Talks	27
Gadget Geezer	29

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My New iPhone 11

By Jim McDevitt



My wife thought this day would never come but I have finally broken down and purchased an iPhone. Of course, I have no idea how to work the gadgets that come with it. However, I have mastered the art of putting in my secret code to unlock the phone so I can make phone calls and I can finally make phone calls using the phone after many lessons from my wife. However, I haven't mastered the art of texting yet.

My wife showed me how to do it but when she sets it up and I try to type something, my big fingers hit three tiny keys at the same time. The result is something written in gibberish which even I don't understand who was the one who typed it.

I avoided the first 10 iPhones but it was very difficult with my wife after me to get a new phone. When my flip-top phone

from 2005 started getting nothing but static, I knew I had to upgrade. I am still much like a caveman trying very hard to use it. To say I am iPhone illiterate would be a great understatement. The good news is that I learned I can answer the phone without having to put in my secret code. I must have answered the phone six times already as I write this.

I do have a 9-inch by 12-inch book with 185 pages that I try to read and understand but to me, it's like trying to learn a new language. When I was young and took Spanish 101 in high school, I barely passed it. Some of the features of the phone are scary. For example, I can talk to a woman named SIRI and I find she has a bit of an attitude when I call her an idiot. I thought her tone of voice was very sarcastic in the manner that she answered me. Apparently, she doesn't like being called names.

There is also a connection to something called iCloud and a toggle dark mode switch which may have something to do with my dark mood. I bought a carrying case for the phone which I hang on my belt but when the phone rings it's almost impos-

sible to pull it out of the tight case unless you have fingers with the strength of Superman's. It's like someone is on the other end of the phone pulling in the opposite direction when I try to get it out of the case.

My wife can use SIRI to make phone calls for her without having to dial in the phone number or to send a text. She just dictates a message to SIRI and then says text it to so and so. SIRI then shows her the text before it is sent and she can correct it if necessary. As you probably have guessed, I am preparing to leave my cave and enter the 21st century. What a ride this is going to be.

February 15th



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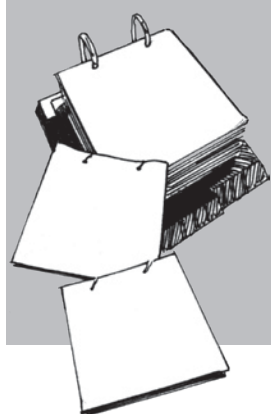
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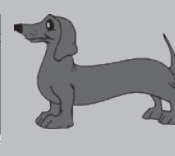
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February Calendar of Events



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

SCR presents: Sleep Squad Streaming Online Feb. 1-14

Enjoy an interactive, virtual theater experience that turns your home into a rocket ship to launch grandkids into their dreams. Featuring new, kid-driven comedy and music from the Story Pirates. World premiere on-demand production creates a new bedtime ritual for kids age 4-12. Call, 714-708-5555.

Jurassic Quest Costa Mesa Feb. 5-14

7:30 a.m. to 2 p.m.
Jurassic Quest's exhibit is an interactive drive-thru experience, featuring more than 70 moving and roaring dinosaurs and their 50-foot-long Megalodon. Go on a quest with the online audio tour that will take you throughout the exhibit and see dinosaurs and marine creatures. At OC Fair & Event Center, 88 Fair Drive, Costa Mesa.

Taste of San Juan San Juan Capistrano February, check back for 2021 information.

Help launch the kick-off celebration of the Fiesta de las Golondrinas at A Stone's Throw Winery. The Taste brings together many of San Juan's restaurants under one roof. Tickets are \$40 for general admission. At Stones Throw Winery, San Juan Capistrano. Call, 949-493-1976.

Timberwolf 5 K Run/Walk Irvine February, check back for 2021 information.

The Timberwolf 5K Run/Walk, and the 1K Fun Run, food, event T-shirts and run with fitness enthusiasts. Proceeds from registration and sponsorships benefit Northwood High School and Families Forward, a local non-profit providing supported housing programs, counseling, food, referrals, school supplies, career coaching, and other services for families in crisis. At, Northwood High School, 4515 Portola Pkwy., Irvine.

Art Crawl Experience Anaheim February, check back for 2021 information.

Art Crawl Experience or "ACE," an auditory explosive

art walk and arts festival has been acclaimed by local artisans as the Downtown Anaheim Arts District. During the evening of an ACE, attendees stroll amongst outdoor permanent art fixtures, such as Peter Shire's illuminated birdhouse sculptures, to discover artists demonstrating their creative process live for curious on-lookers. At, the crawl stretches from Anaheim Blvd., to Harbor Blvd. and along Center Street Promenade. Art lovers can walk, crawl, or climb aboard the Anaheim Resort Transit (ART) for complimentary rides throughout Anaheim's Art Crawl Experience. Call, 714-956-3586.

The Kid's Pet Parade February, check back for 2021 information.

Part of the annual Fiesta de las Golondrinas celebration. Kids between the ages of 5 to 12 can show off their favorite animals in a contest for, The Cutest, Most Unusual, Best Team Costume (owner and pet), Funniest & Most Obnoxious (pet, not child). At Los Rios Park, 31747 Los Rios Street, San Juan Capistrano. Call, 949-493-1976.



Los Alamitos 'Race on the Base'

Los Alamitos February, check back for 2021 information.

The yearly event has continued to provide a forum for local avid runners and walkers but has also instilled a sense of pride and teamwork between the Los Alamitos City Council, the citizens of Los Alamitos, the Rossmoor Community Services District, and the local business community. The race is held on the runways at the Joint Forces Training Base in Los Alamitos and features helicopters, planes, and military vehicles with music throughout the course. Call, 562-430-1073.

Symphony: Lantern Festival Costa Mesa February, check back for 2021 information

Bring the entire family and join the Pacific Symphony's annual Lantern Festival, celebrating the Year of the Rat. The act of lighting and appreciating lanterns is a way for people to let go of the burdens of their old selves and express their best wishes for themselves and their families for the future. Admission is free, but tickets are required. Due to venue capacity, admission will be granted on a first-come,

first-served basis throughout the event. Though a ticket does not guarantee immediate admission, ticket holders will be given priority access. Be sure to print out all print-at-home tickets. At, Renée and Henry Segerstrom Concert Hall, 615 Town Center Drive, Costa Mesa. Call, 714-556-2787.

Ongoing Events Santa Ana Art Walk Santa Ana

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

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

Dachshund Races Huntington Beach Sundays

3 p.m. (doors open at 2 p.m.)
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Continued on page 12

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'The Second-most Famous Smile'

By Randal C. Hill

Though you may not know it, Harvey Ball has had an impact on your life.

Harvey Ross Ball was born in July 1921 in Worcester, Mass., one of six children. After graduating from Worcester South High School, he became an apprentice to a local sign painter and later studied fine art at the Worcester Art Museum School. Following World War II, he worked for a local advertising firm until 1959, when he started his own advertising business.

In 1963, a phone call from a Worcester client, The State Mutual Life Assurance Co., changed Ball's life — and in time added to the popular culture of America and many countries around the globe. The insurance outfit had recently experienced a hostile takeover merger with an out-of-town competitor, and employee morale was low and sinking lower. Could Harvey come up with quirky design that would be fun to look at and consequently lift spirits around the office?

Ten minutes later, he had created a bright yellow circle with black oval eyes, with the one on the right slightly larger than the one on the left and a creased, slightly off-center smile, the right side being a bit higher and a bit thicker than

on the left. Ball was paid \$45 — about \$350 today — for his efforts.

The State Mutual folks produced and handed out 100 Smiley pins to its employees, the goal being to encourage workers to smile while doing humdrum tasks around the office such as chatting on the phone with customers.

Smiley buttons later became so popular with the public that they were eventually being ordered in lots of 10,000 each. By 1971, more than 50 million Smiley buttons had been produced. Ball's creation had become recognized around the world as an American icon.

So, was Harvey able to retire early, purchase a yacht and sail off to retire in a beachfront villa on a tropical island? Well actually no. He never applied for a trademark or copyright of the Smiley Face, and State Mutual made nothing from the design either. Ball's son, Charles, always maintained that his dad never regretted not registering the copyright. Charles claimed that Harvey wasn't motivated much by money.

Ball did, however, have an incentive other than cash. In 1999, he founded the World Smile Foundation, a nonprofit charitable trust that supports children's causes. The outfit

now licenses Smileys and runs World Smile Day, an event celebrated on the first Friday in October each year. It's a day that emphasizes the slogans "Do an act of kindness" and "Help one person smile." Harvey's Smiley is now said to incorporate the most famous grin since the Mona Lisa's.

Footnote: When the Vietnam War was raging during the 1970s, businessmen brothers Bernard and Murray Spain decided to make buttons displaying Ball's creation, but added, "Have a Nice Day" on each disc. The Spains raked in a healthy profit with sales of 50 million discs.

Yep, the pair had first copyrighted that four-word phrase.

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By Randal C. Hill

'Your Song'

Dave Edmunds

It was a magical moment for Elton John and Bernie Taupin when they fully realized the potential that had blossomed in their professional partnership. As Bernie once explained, "'Your Song' was one of the first songs we wrote when we really got locked into writing and when we had really honed our craft." And it all began one morning in 1969 at John's parents' London apartment when Taupin scribbled the words to the future classic on a grubby sheet of lined exercise paper that had tea stains on it.

At one time, Reginald Dwight — born in London in 1947 — was just another piano-playing teenager hungry for a show-biz break. By the mid-1960s, he and some pals were jamming in a band called Bluesology. Included among the musicians were sax player Elton Dean and singer John Baldry — the inspiration for Dwight's future stage monicker.

Reg eventually left the group and later answered an ad from London's Liberty Records, which had announced auditions for songwriters. He wasn't hired — Dwight could easily create melodies but choked when it came to writing lyrics. On that fateful day in Liberty's office, though, he met another creative hopeful, 17-year-old Bernie Taupin. A school-dropout farm worker without music-making skills,

he could write poetry — and song lyrics — thanks to constant encouragement from his literature-loving mother.

Now calling himself Elton John, he and Taupin began working together, with Bernie penning sets of lyrics and Elton creating piano melodies appropriate to the words. If nothing came to fruition within a few minutes, John would summarily toss Taupin's attempt into the trash and move on to the next offering.

The duo employed this unorthodox way of working throughout most of John's remarkable career.

Elton remembers his reaction when he first considered the words to "Your Song": "I sat down at the piano and looked at it, going, 'Oh, my God, this is such a great lyric, I can't [mess] this one up.' It came out in about 20 minutes, and when I was done, I called him in. And we both knew."

Bernie had never been in love or even in any meaningful relationship, so his "Your Song" lyrics reflected a refreshing innocence about such a heady experience:

I hope you don't mind that I put down in words

How wonderful life is while you're in the world

Elton eventually signed with Britain's DJM Records label and in 1969 recorded the LP "Empty Sky." It went nowhere, but his second album, "Elton John," the next year featured "Your Song" and thus held the key to success. Haunting and delicate, the tune worked its way into the public consciousness, and in January 1971, it reached America's Top 10 list on the Uni Records label.

After that, John included "Your Song" in virtually every live concert of his career. When asked to explain the work that led to acclaim for the pair, Taupin answers in fewer than a dozen well-chosen words: "It is a simple, naïve song. And it still stands up."

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Mission Viejo's Architecture and Symbols

Today the city of Mission Viejo has many buildings – new and old, including a major mall but did you know it also has some wonderful architecture.

For example, historians report the first homes and community buildings were designed to resemble about 300 years of Spanish rule in California and the California ranchos era of the late 1800s and early to mid-1900s.

When the community of Mission Viejo was developed in the early 1960s by the Mission Viejo Co and was created as a town with the theme of California history. Since then, buildings and landmark features have been designed to reflect historical events up to the current day.

Historians also say company officials traveled to Spain to see the landscaping and architecture. Then, they reproduced a modern version of that architecture in Mission Viejo. Streets were given Spanish names and buildings were created with archways, heavy wooden beams, wrought iron, and colored tiles like those they witnessed in Spain.



This El Camino Real Bell is located in Mission Viejo right off the 5 freeway next to the railroad tracks. Photo by TerryDad2 at https://www.waymarking.com/waymarks/WMZ4K_El_Camino_Real_Bell_La_Paz_Rd_Mission_Viejo_CA

As for those bear paw markers along the Oso Creek Trail. Those are reminders that bear once resided in the Saddleback Valley and the footprints of bears have been placed on pillars along the Oso Creek Trail.

Additionally, Mission Viejo's bell-shaped streetlights were created after bells that were along the historic road El Camino Real. The Mission Viejo bell streetlights were designed in the 1960s from a photograph of a bell at Mission San Juan Capistrano, according to o historians. The idea for a bell light started at the Mission Viejo Co. General Electric Co. finalized the design and manufactured the

light. General Electric employee Walter Scott and Roy Dahlin of the Edison Co. collaborated on the light, reproducing it in exact proportion and color to the bell at Mission San Juan Capistrano. The name of the light is the Mission Bell Luminaire.

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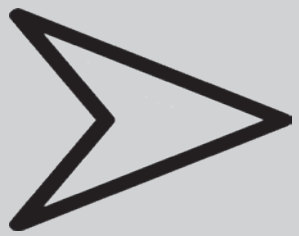
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— Albert Einstein





In The Spotlight

Meet Joy Gaston: Animal Lover, Pet Counselor and Athlete

Joy Gaston, 62ish, a longtime Laguna Woods Village resident who has been involved in many dog rescue groups for years, is highly knowledgeable in canine nutrition, and is a certified pet grief counselor.

She has also assisted people and seniors in the downsizing process to better accommodate their new lifestyle and/or relocation.

“She certainly did a stellar job when our mom passed 6 years ago and was the primary organizer in clearing out our family home after nearly 60 years,” according to her sister, Janna Gaston. Joy is very cool and has a wonderful sense of humor, too. I love the fact she is living just a 2-minute walk from my Laguna Woods Village manor.”

Joy Gaston is also highly active with rowing, spin classes, swimming, is a competitive medal-winning triathlete and worked in the film industry in Los Angeles for decades.

Here is more about Joy Gaston a very special senior, sister, and friend to pets.

Q: Where were you born and raised?

A: Technically born in Whittier but grew up in La Mirada, CA.



*Joy Gaston and her dog, Bess.
Photo courtesy Joy Gaston*

Q: Education?

A: The school of hard knocks has been my best education.

Q: Family?

A: I have two wonderful sisters, two nieces, a nephew, a grandniece, and great friends who I consider family.

Q: Are you retired?

A: I'm not a fan of the word retired. I had a long full-time career in the movie/television industry. I have recently worked part-time as a senior move specialist this includes helping people downsize and organize their lives for the transition.

Q: What were your career aspirations when growing up?

A: When I was playing junior tennis, I wanted to be a professional tennis player.

Q: What brought you to Laguna Woods Village?

A: I have a long history with Laguna Woods. My grandparents and Godparents lived here. My older sister lives here and some of my friends just moved here. There's a lot of benefits to living here. Makes financial sense, close to Laguna Beach, not that far away from L.A., and plenty to do here in a beautiful environment.

Q: You rescue dogs, have a dog grief counseling background, and are highly involved with canines. Please share more with readers.

A: I have worked with many animal rescues over the years. This includes Operation Blankets of Love who supplies rescue groups, shelters, and the homeless with pet supplies. I co-partner a website called rescuelegacy.com it's an educational website with blogs and information on how to be a better pet parent.

I have completed my pet loss counseling training program and I hope to help those, especially seniors have who lost their pets.

Q: And you are quite the athlete ... When did that start? What are some of the sports you are involved in at Laguna Woods Village?

A: I played sports all my life.

Being physically active is just part of my lifestyle. So far, I have enjoyed swimming, pickleball, golf, spinning in the Village.

Q: You also have won some awards for sports?

A: Tennis when I was younger. I lettered in men's tennis in high school. I have medaled more recently in several sports including triathlons and rowing. When the COVID mandate lifts I'll be back to rowing and doing triathlons.

Q: What about hobbies, spare time?

A: I'm a great cook and baker for my dog that is. I have always loved cooking and baking for my dogs. I make a killer bone broth that not only my dog benefits from but so do my friends' dogs. I have a plant-based diet, so when I'm cooking meat my dog knows who's getting that! I have studied animal nutrition and their good diets are as important as mine.

Q: Married? Kids? Grandkids? Pets?

A: Single, no human kids, my fur kids are Abbey, cat, and Bess, my dog.

Q: The secret to keeping young and advice to those over 55?

A: It's really no secret. Staying physically and mental-

ly active. Do your passion. Stay connected to a community whatever that is family, friends, interest groups, etc. Have fun, keep your sense of humor, have gratitude, be kind and most of all find a way to serve others.

Q: What does 2021 look like for you?

A: Busy, in a good way. I recently moved into my fully remodeled home here and still need to get some furnishings and other home projects. When I sold my house in Sherman Oaks, I only took my bedroom furniture and really downsized my things. I'm starting to work with some animal rescue organizations in O.C. And when it's safe, I'll get back to my consulting work for downsizing and organizing.

Q: The best advice for seniors?

A: Get rid of your excess stuff so your family doesn't have to deal with it all. Have your things in order. This is a kind thing you can do for your family.



Managing Your Money

Three Surprising Ways to Save

According to the Department of Health and Human Services (DHHS), there are currently about 77 million people age 60 and older in the U.S. Another 61 million, the U.S. Centers for Disease Control and Prevention point out, are living with disabilities. No matter how young and healthy you may be, now is a good time to think about retirement planning, long-term care insurance planning and funeral planning.

Fortunately, those things may be easier and less expensive to deal with than many realize. Here are facts and stats that can help.

1. Retirement planning: The Department of Labor suggests you make saving for retirement a priority and set aside money regularly. Also, know your needs. Maintaining your current standard of living in retirement, advises the AARP, requires about 80 percent of your preretirement income.

Take advantage of any company pension or retirement plans. Find out how much you can expect from Social Security at different retirement ages at www.ssa.gov.

2. Long-term care insurance planning: The benefits of long-term care insurance, say the experts at the American Association of Retired Persons, go beyond health insurance by reimbursing you for services needed to help you maintain



You can save money now when you plan how you'll meet future situations.

your lifestyle if age, injury, illness or a cognitive impairment makes it difficult for you to care for yourself. Once a licensed health practitioner certifies a person is chronically ill and needs the care, it can pay for home improvements, physical therapists and home health aides.

3. Funeral planning: You can do yourself, your estate and your loved ones a favor by pre-planning your funeral. What's more, you don't have to do it alone, explains Mark Duffey, CEO of Everest, a funeral concierge service. Consider this: The national median cost for a funeral with a viewing and burial in 2019 was \$7,640, according to the National Funeral Directors Association.

"Most consumers have never bought a funeral, and most of the time they just want to get out of there," added Duffey. A little forethought, however, can save you time, trouble and money and a funeral concierge can be your advocate throughout the process.

Everest is not affiliated with

any funeral home but it knows what a funeral should cost and can negotiate the price for you and help you select just the kind of services you want. Said Duffey: "We strip away all the stuff you don't necessarily need or want, and that right there is where you can save thousands and thousands of dollars."

The company can also help you prepare your will, power of attorney and other legal documents; help your family collect life insurance and store your end-of-life wishes to be shared with your heirs at the appropriate time. If you're looking for life insurance, you should know that Transamerica Life Insurance Company offers an Everest Funeral Concierge rider on 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.

Learn More

For further facts and suggestions, visit www.everestfuneral.com.



February Calendar

Continued from page 5



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

Beach Cleanups

San Clemente and Huntington Beach

Held the first and second Saturday of every month.

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

Beach Cleanups

Seal Beach

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

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

Bolsa Chica Conservancy Wetland Restoration Events

Huntington Beach

Second Sunday and Last

Saturday of each month

9 a.m. to 12 p.m.

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

Visitor Night at UCI Observatory

UCI Irvine

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



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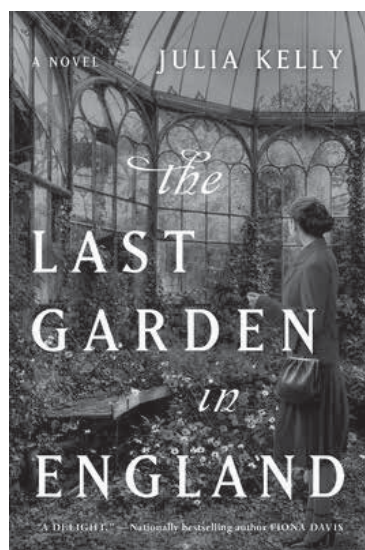


February Book Club

Stay warm inside during these cool winter months with a good book and a cup of your favorite hot beverage. There are plenty of new titles to choose from to keep you entertained whether you are locked in or simply want to relax. Check out these new books and start reading today!

The Last Garden in England

By Julia Kelly



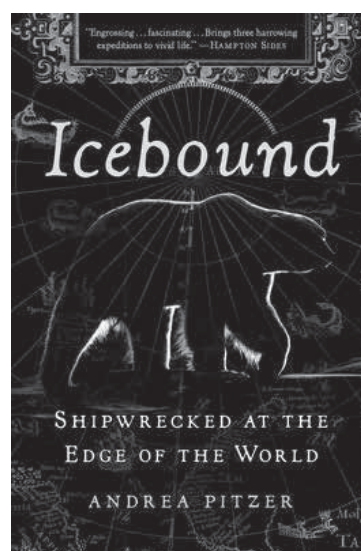
“A poignant and unforgettable tale of five women living across three different times whose lives are all connected by one very special place.

“Present-day: Emma Lovett, who has dedicated her career to breathing new life into long-neglected gardens, has just been allowed of a lifetime: to restore the gardens of the

famed Highbury House estate, designed in 1907 by her hero Venetia Smith. But as Emma dives deeper into the gardens’ past, she begins to uncover secrets that have long lain hidden.

“1907: A talented artist with a growing reputation for her ambitious work, Venetia Smith has carved out a niche for herself as a garden designer to industrialists, solicitors, and bankers looking to show off their wealth with sumptuous country houses. When she is hired to design the gardens of Highbury House, she is determined to make them a triumph, but the gardens—and the people she meets—promise to change her life forever.

“1944: When land girl Beth Pedley arrives at a farm on the outskirts of the village of Highbury, all she wants is to find a place she can call home. Cook Stella Adderton, on the other hand, is desperate to leave Highbury House to pursue her dreams. And widow Diana Symonds, the mistress of the grand house, is anxiously trying to cling to her pre-war life now that her home has been requisitioned and transformed into a convalescent hospital for wounded soldiers. But when war threatens Highbury House’s treasured gardens, these three very different

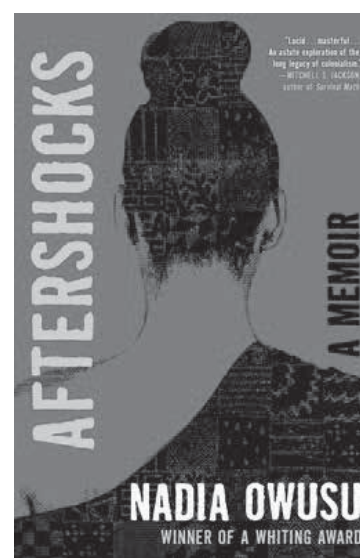


women are drawn together by a secret that will last for decades,” according to Publisher Gallery Books.

Icebound Shipwrecked at the Edge of the World

By Andrea Pitzer

“‘In *Icebound*,’ Andrea Pitzer masterfully combines a gripping tale of survival with a sweeping history of the great Age of Exploration — a time of hope, adventure, and seemingly unlimited geographic frontiers. At the story’s center is William Barents, one of the 16th century’s greatest navigators whose larger-than-life ambitions and obsessive quest to chart a path through the deepest, most remote regions of the Arctic ended in both tragedy and glory. Journalist Pitzer did extensive research, learning how to use four-hundred-year-old navigation equipment, setting out on three Arctic expeditions to retrace Barents’s steps, and visiting replicas of Barents’s ship and cabin...”



according to Publisher Scribner.

Aftershocks A Memoir

By Nadia Owusu

“Young Nadia Owusu followed her father, a United Nations official, from Europe to Africa and back again. Just as she and her family settled into a new home, her father would tell them it was time to say their goodbyes. The instability wrought by Nadia’s nomadic childhood was deepened by family secrets and fractures, both lived and inherited. Her Armenian American mother, who abandoned Nadia when she was two, would periodically reappear, only to vanish again. Her father, a Ghanaian, the great hero of her life, died when she was 13. After his passing, Nadia’s stepmother weighed her down with a revelation that was either a bombshell secret or a lie, rife with shaming innuendo.

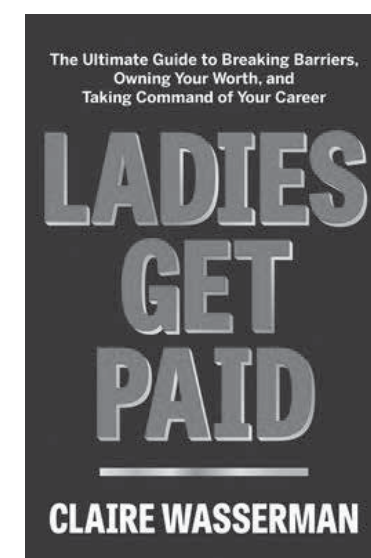
“With these and other rup-

tures, Nadia arrived in New York as a young woman feeling stateless, motherless, and uncertain about her future, yet eager to find her own identity. What followed, however, were periods of depression in which she struggled to hold herself and her siblings together.

“‘*Aftershocks*’ is the way she hauled herself from the wreckage of her life’s perpetual quaking, how she has finally come to understand that the only ground firm enough to count on is the one written into existence by her hand,” according to Publisher Simon & Schuster.

Ladies Get Paid

The Ultimate Guide to Breaking Barriers, Owning Your Worth, and Taking Command of Your Career
By Claire Wasserman



“From career coach and founder of the startup ‘*Ladies Get Paid*’ — the eponymous

Continued on page 23

February Crossword Puzzle

Across

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

1	2	3	4			5	6	7		8	9	10	11	12
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49			50					51				52		
		53					54	55				56		
57	58						59					60		
61							62					63		
64							65					66		

Down

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

Kurt Russell

By Les Goldberg

In the history of Hollywood, you can count on one hand how many child actors managed to weather the transition to becoming a full-grown movie star. Take Kurt Russell, for instance.

Maybe it's the luck of the Irish since he was born on St. Patrick's Day in 1951 in Springfield, Mass. And it so happens that both of his parents were in show business – his father was actor Neil "Bing" Russell and his mother is dancer, Louise Julia Russell. His father and sister had a lot to do with his childhood.



During his early years, Russell's father also played professional baseball and that led Kurt to play little league and high school baseball. Besides, his sister Jill has a son, Matt Franco, who also played pro baseball in the early 70s.

But the path to child acting began at the tender age of 4 when his family moved to California. There his father pursued an acting career, notably appearing in the television series "Bonanza." His Hollywood



connections helped Kurt to make his television debut, appearing on "Dennis the Menace" and "The Dick Powell Theatre" at the age of 11.

That same year, in 1962, he auditioned for the movie "Safe at Home!" hoping to meet baseball legends Mickey Mantle and Roger Maris but was not cast. Russell later starred in the TV series "The Travels of Jamie McPheeters" (1963–64) and had roles on such shows as "The Man from U.N.C.L.E." and "Gilligan's Island." Also, in 1963 he appeared in his first film, "It Happened at the World's Fair."



A Disney Kid

In 1966 Russell acted in "Follow Me, Boys!" the first of his Walt Disney movies, which also included "The Computer Wore Tennis Shoes" (1969) and "Superdad" (1973).

During this time, he continued to play baseball, and he later was a member of several minor-league teams. In 1973, however, he tore his rotator cuff, and the injury effectively ended his baseball career.

He subsequently focused on his acting, and, unlike many child performers, he easily transitioned to adult roles. He



earned acclaim for two TV movies: "The Deadly Tower" (1975), in which he portrayed Charles Whitman, a mass murderer responsible for the attack known as the Texas Tower shooting of 1966, and "Elvis" (1979), a biopic about the legendary performer.

The latter was directed by John Carpenter, and the duo collaborated on several subsequent films, perhaps most notably "Escape from New York" (1981). In that action thriller, Russell played Snake Plissken,

a war hero turned criminal who is sent to Manhattan, which has become a maximum-security prison. Officials, however, vow to release him if he can save the U.S. president, whose plane has crashed in the borough. The film became a cult classic, and Russell solidified his status as a star.

The Star Keeps Rising

Russell reteamed with Carpenter on "The Thing" (1982),



a sci-fi horror film, and then starred with Meryl Streep in Mike Nichols's acclaimed drama "Silkwood" (1983). In 1984 he appeared in the romantic comedy "Swing Shift," which also featured star actress Goldie Hawn.

Although the film was a disappointment, Russell and Hawn became one of Hollywood's most enduring couples. He then starred in a series of crime dramas, including "The Mean Season" (1985) and "Tequila Sunrise" (1988); the latter, a commercial hit about drug dealing, also featured Mel Gibson and Michelle Pfeiffer. Russell teamed with Sylvester Stallone for the action-com-



edy "Tango & Cash" (1989), which was critically panned but became a box-office hit.

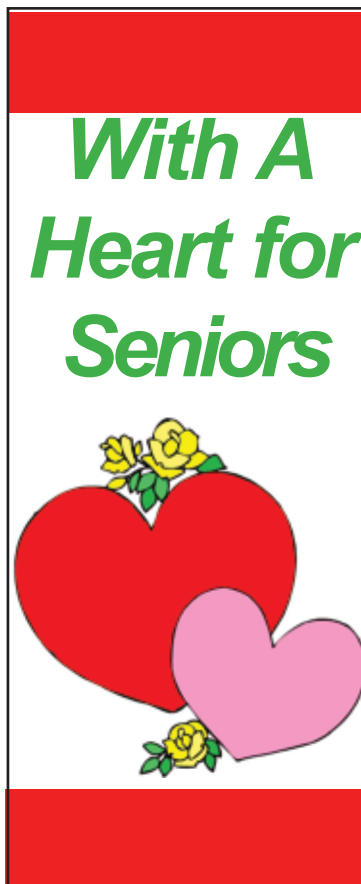
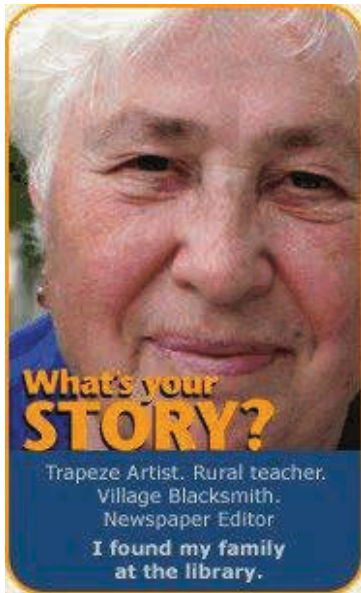
Russell earned better reviews for "Backdraft" (1991), Ron Howard's action drama about firefighters in Chicago. Also popular was the western "Tombstone" (1993), in which he portrayed Wyatt Earp.

Russell remained a sought-after actor into the 21st century. His most notable starring roles



were in "Miracle," about the U.S. men's ice hockey team that upset the Soviets at the 1980 Olympics in Lake Placid, N.Y.; in "Poseidon," a remake of the 1972 cult classic about an ocean liner that capsizes; in Quentin Tarantino's "Death Proof," playing a murderous stunt driver; in "The Hateful Eight"; in "Deepwater Horizon" about the 2010 oil spill in the Gulf of Mexico, and in two installments of the blockbuster series "The Fast and the Furious."

Continued on page 23



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Caregiver's Corner

COVID-19 and 'Sandwich Generation' Caregivers

The Sandwich Generation, named for the population of Americans caring for both their school-aged children and an aging parent or other relative, has been uniquely affected by the COVID-19 pandemic, according to a recent survey and white paper from New York Life, "Caregiving and COVID-19: How the pandemic is expanding the sandwich generation." This is largely due to an enhanced demand on the typical type of care the generation provides as a result of the coronavirus' effect on schooling, healthcare, and everyday work and life. The survey found it was largely millennials and partic-



Taking care of their kids and their parents can keep many in the Sandwich Generation from saving for their own future—but help is available.

ularly women shouldering the burden.

How COVID-19 has Affected the Sandwich Generation

The coronavirus is stretching both time and money thin for the Sandwich Generation, sometimes at the expense of

their financial, physical and emotional well-being.

This demographic has spent thousands of dollars in total care for their dependents over time—and the coronavirus pandemic is intensifying this budget crunch. On average, 69 percent say they're paying for this care out of their own daily budgets, with 27 percent working more hours to get the extra funds, 27 percent drawing from their emergency savings, 20 percent sharing costs with a sibling and 18 percent ultimately delaying paying bills.

Due to the coronavirus pan-

demic, the data found, more than half of those in the Sandwich Generation spend more each month caring for others, as nearly one-quarter of people report spending extra each month on top of the average \$1,000. As a result, about four in 10 put less each month toward their savings and about one-third have less for their retirement, debt, or their personal well-being. Over time, these can make a big difference for a financial portfolio and create additional concerns for financial health.

"As COVID-19 exacerbates the stress on the Sandwich

Generation and the economic outlook remains uncertain, preparing for the unexpected becomes critical to achieving long-term financial security," advised Dylan Huang, Head of Retail Annuities, Investment Solutions and Wealth Planning, New York Life. "While our data suggests a troubling trend of Sandwich Generation families sacrificing long-term savings for shorter term needs, the outlook is not all dark skies. This report shows that those working with financial professionals are able to improve their financial well-being and feel more confident about their financial solutions, their family's future, and their own retirement."

Continued on page 19

Memphis ...Where Legends Were Made and Lived

Story by Ronnie Greenberg • Photos by Joe Hilbers

Memphis, Tenn., the Southern city on the bluff is a proud and timeless legacy of history, diversity and energy. Set along the old Mississippi, on the southwestern corner of the state, it is the link between The Delta South and the world.

The area's rich Civil War history, genteel existence, traditions of the Deep South, and colorful legends are reflected in the surviving antebellum mansions and plantations.

The best place to start exploring Memphis is the **Center for Southern Folklore** where local and regional cultures of the South are celebrated. The Center has amassed audio recordings, film and video footage, historical and contemporary photographs, printed materials, and other artifacts that present mule traders and life makers, folk artists and blues performers, salsa and soul musicians and much more. The Center offers a wide variety of events, programs, and customized tours that



Peabody Hotel

showcase the music and cultural history of the Memphis/Delta region. The Heritage Hall is the area of the Center where you can watch film, see Folk art, and enjoy a variety of photographic exhibits. The Folklore Store is the Center's version of Alice's Restaurant, part general store, part art gallery and part music hall. You can also sit down and enjoy some authentic Southern cuisine while listening to Blues, Jazz, Hip Hop, Rockabilly, Gospel and everything else Memphis. Located at 119 S. Main St., in Pembroke Square

at Peabody Place. For information phone (901) 525-3655.

Local Attractions

Beale Street Memphis eats, sleeps, and breaths music. It is the beloved 'Home of Elvis,' The Blues B.B. King, Isaac Hayes, and the birthplace of Rock 'N Roll. You can sense this sassy city's rhythm on Beale Street where music began to rise. The street was made famous by cornetist W.C. Handy, composer of "*Beale Street Blues*," and other classics. Stretching from the river eastward and covering 15 city blocks, it is now a federally designated historic district. Famous from the 1890s and 1920s for old honky-tonks, and bars, this legendary street is home to several unique attractions which spawned Jazz, Ragtime, Rock 'N Roll and Soul. It was home to Sun Studio where Muddy Waters, Elvis Presley, Carl Perkins, Roy Orbison, and Jerry Lee Lewis made music history in the 1950s. You can stop and take a tour here.

Beale Street, a museum in itself, has highlights that include the **B.B. Kings' Blues Club**, where visitors come for the music and Southern food classics. Located at 143 Beale St., phone (901) 524-5464. **Rum Boogie Cafe** for great music, great food and great people, located at 182 Beale St., phone (901) 528-0150 or www.rum-boogie.com **The W.C. Handy Performing Arts Center** features live entertainment and special events. The street has been compared to Bourbon Street in New Orleans for its party atmosphere. Located at 1275 Royal Oaks, phone (901) 396-3914. **The Beale Street Visitors Center** extends a

ity is an active manufacturing plant of Gibson's world guitars, such as B.B. King's "Lucille." Gibson Memphis also features a collection of rare and exciting musical instruments, records, music art and memorabilia. **A. Schwab** is an iconic dry goods store that has been around since 1876. Their motto is 'If we don't have it, you don't need it.' Located at 163 Beale St., Phone (901) 523-9782 www.a-schwab.com

Graceland the beloved home of the King of Rock 'N Roll, reflects his private side. The gate's wrought-iron musical notes and lone figure of a young man playing the guitar



Downtown Memphis

welcome to the entertainment district and provides tour brochures, menus, directions and maps. Located at 200 Beale St., phone (901) 543-2200. A retail shop carries Beale Street merchandising including apparel, souvenirs and artwork. Celebrations have included the Gibson Beale Street Showcase, with Memphis' own Gibson Guitar plant right next door to Beale Street. The facil-

beckons fans toward a nostalgic journey through the roots of Rock 'N Roll. The Hall of Gold mounted along two walls of the Trophy Room has 37 gold albums, 63 gold singles, and 28 platinum albums, the largest privately-owned collection of gold records in the world. Located at 3717 Elvis Presley Blvd., phone (866) 959-2613 or www.graceland.com *Continued on page 19*



Beale Street

Memphis ...Where Legends Were Made and Lived

continued



Interior of Peabody

Mud Island River Park and Museum with a Riverwalk, is an exact scale replica of the Lower Mississippi River flowing from its confluence with the Ohio River. www.mudisland.com

National Civil Rights Museum is located inside the old Lorraine Motel where the shot was fired that killed Dr. Martin Luther King Jr. The Museum Exploring the Legacy



Interior of The Center for Southern Folklore

will showcase the ongoing events, history and contributions of the success of the Civil Rights Movement. For information phone (901) 521-9699 or www.civil-rightsmuseum.org

The Memphis Zoo is a world class zoo, home to more than 3,500 animals representing more than 500 different species. Created in April, 1906 it's

been a major tenant of Overton Park for more than 100 years. Located at 2000 Prentiss Place, phone (901) 333-6500. www.memphiszoo.org

Where to Stay:

Peabody Hotel in the heart of "Blues City," once considered the social hub of Southern aristocracy has been refurbished to the former glory days of "King Cotton." Still delighting guests, twice a day at 11 a.m.

cal restaurants feature chicken with cornbread dressing, candied yams, collard greens, jambalaya, catfish, and pecan pie.

For additional information contact the Memphis Convention & Visitors Bureau at (901) 543-5300 www.memphistravel.com

COVID-19

continued from page 17

What's Next

As the evolving Sandwich Generation navigates its family responsibilities and day-to-day routine, it's important to keep the financial basics in mind and prioritize time to set their family up for more success and less stress in the future. Thinking about life insurance, their emergency fund, and ensuring that their investment portfolio is diversified and within a comfortable risk tolerance, are all areas that can provide security over time and let the Sandwich Generation focus on their loved ones instead of worrying about their finances.

Learn More

For further facts, stats, as well as to see the entire report and survey methodology, visit www.newyorklife.com.

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The Center for Southern Folklore

and 5 p.m. beneath the stained-glass ceiling of the ground lobby, the Peabody Ducks march to the tune of a Sousa band in a time honored tradition dating back to 1933.

For information on the historic hotel located at 149 Union Ave., phone (901) 529-4000. www.peabodymemphis.com

Dining in Memphis

Second only to her love for music, Memphis' other passion is food. Barbecue chicken and rib joints dot almost every corner. Menu highlights in lo-

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Fabulous Finds

By Debbie L. Sklar

February is a month to start thinking about spring and getting your life together – especially in the beauty department. Are your roots grey and need a touch-up but you cannot get to your stylist or your nails need some new life? Check out these February Fab Finds and get started on your beauty program at home.

Garnier Nutrisse Color Reviver

Nutrisse Color Revivers is Garnier's first-to-mass color-care mask that instantly refreshes color and restores softness, smoothness, and shine in 5-minutes. To re-

store color, use the mask every two weeks after a hair color application to enhance the radiance and shine of color and neutralize the brassy tones. Hair is left nourished and restored while feeling soft and smooth. This ultra-conditioning mask is infused with pure color pigments and avocado oil and contains no parabens or silicones. The formula is vegan; it does not contain animal-derived ingredients. Garnier Nutrisse Color Revivers are available in six shades:

- **NEW Color Reviver in Rich Black**
- Color Reviver in Warm Brown
- Color Reviver in Vibrant Red

- Color Reviver in Vibrant Copper
- Color Reviver in Golden Blonde
- Color Reviver in Cool Blonde

All shades are available nationwide at drug, food, and mass-market and online at garnierusa.com. Price: \$7.99.

Garnier Nutrisse Ultra Color



Garnier Nutrisse Ultra Color is exclusively designed with ColorBoost technology to deliver bold, intense, boosted color, even on the darkest bases with up to 8 weeks of vibrant color. Nutrisse is the only nourishing color creme with a grapeseed fruit oil ampoule that you snap and pour directly into your mix. Moisture and color are locked in with Garnier's after mask infused with triple oils – olive, shea, and avocado – for hair that is smooth, silky, shiny, and protected against dryness. Garnier Nutrisse Ultra Color is for all hair textures. The Nutrisse collection continues to

grow, now offering two new vibrant shades:

- Ultra-Color Nourishing Creme in Deep Intense Teal for bold, ultra-reflective teal even for dark bases
- Ultra-Color Nourishing Creme in Deep Intense Auburn for bold ultra-intense red even for dark bases

All shades are available nationwide at drug, food, and mass-market and online at garnierusa.com. Price: \$7.99.

Nails.INC Are You Hot Or Not?

Thermochromic Duo



Are You Hot Or Not? is a mesmerizing color-changing nail polish duo. Both shades are formulated with Nails.INC's superior '21-free' pure formula, which is vegan and cruelty-free. Once applied, both shades leave you with an intense full pigment coverage with a matte finish. To use, apply one coat of Nail Kale Base Coat, followed by two coats of polish. Finish with Nails.INC's Retinol 45 Second Top Coat for glossy results. Watch the color change by running

hands under cold or hot water.

Duo includes two shades:

- Hotter Than Hot: Light cloud pink hue that will transform into a shocking white.
 - You're Hot Then You're Cold: Deep dark grey that will change into warm pinky nude.
- Available at Sephora.com, and NailsInc.com. Price: \$15.

SkinActive Cleansing EcoPads



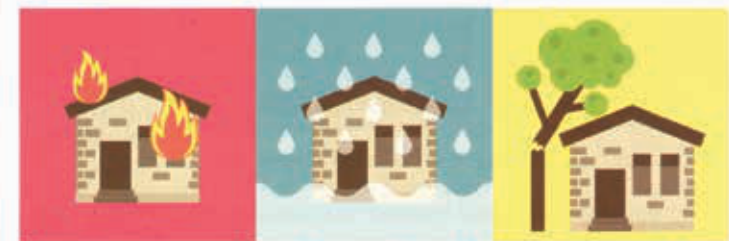
SkinActive Cleansing EcoPads are part of the Garnier

Micellar Cleansing Waters line package comes with three reusable microfiber pads, intended to be used with any of Garnier's Micellar Cleansing Waters to effectively cleanse and remove dirt, oil, and makeup with no greasy residue. Simply press the eye pad onto the skin for a few seconds, activating micelles to lift away makeup and impurities, then wipe away and see the proof on the pad. Once done, toss the pads into the laundry or wash by hand – durable for up to 1,000 washes. Available at drug, food, and mass-market retailers and on garnierusa.com.

Happy Valentine's Day

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Life After Mother

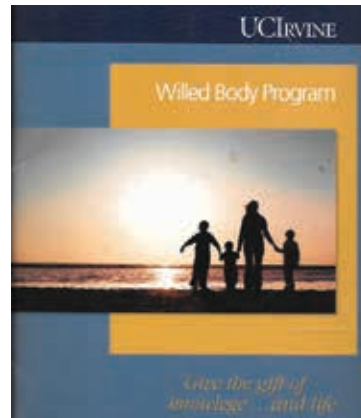
By Lyn Jensen

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

Which Pieces of Paper Mean Something

'You're trying to figure out which piece of paper means something,' said my cousin, when I told him my mother had left behind a houseful of disorganized papers.

While I was coping with my mother's death, my relatives in the Northwest were coping with my uncle's death, complicated by his wife's — my aunt's — death recently, too. Those half-dozen relatives worked together in that aftermath. I was on my own.



After spending 2020 sorting, filing, shredding, recycling, and just plain trashing enough paper to fill countless trash bins (and roughly six file drawers), I've been able to identify at least three credit union accounts, four dividend stock accounts, seven 'equities,' at least two IRAs, some credit card credits, some long-closed accounts, and still find stray papers that may or may not mean something. For most, my mother didn't even bother to name me (or anyone else) as her beneficiary.



One such stray credit union account came to light in December. One week my lawyer said, 'No hurry about it.' Next week he said, 'We can't close probate until you get it transferred to your name.'

I went to the nearest branch and explained the situation to the teller. She punched some keys and said, 'We'll send you a package.' I later learned she should've directed me to the bank manager and much of the transfer could have been accomplished on the spot, but of course, that would have required the teller to do her job.

More than a week went by and no package, so I phoned to follow up. Soon an e-mail arrived from an unknown woman, with such a vague subject line I nearly deleted it as spam. This e-mail requested a death certificate, personal identification, a W-9 tax form, and 'Letters of Testamentary/Administration (estate value over \$166,250).' I forwarded it to my lawyer (FYI) and he responded with a garbled message about EIN, Order of Probate, 'scanned the originals' and a letter of

instruction that Lyn notarized and delivered to you.' There were no scanned originals and I hadn't notarized or delivered any letter of instruction yet.

I e-mailed the lawyer and phoned the woman, and found he'd sent the requested 'Letters of Testamentary/Administration.' I needed to send the woman an original death certificate and a photocopy of my personal ID. I mailed that by certified mail after King Day. Then I'll have to follow up again and, maybe, finally, probate can be closed.



In the meantime, Cal PERS wants me to dig up my parents' divorce date to issue survivor benefits. I also received notice my mother's Morgan Stanley IRA was about to be turned over to the state as unclaimed property. I phoned Morgan Stanley, phoned again. A packet of forms arrived via FedEx. Now I need to fill out the forms, which need to be notarized, and returned by Fed Ex, along with an original death certificate.

Continued on page 23

Kurt Russell

Continued from page 15



Also, Russell had a role in the box-office hit “*Guardians of the Galaxy Vol. 2*” (2017), which features a Marvel Comics superhero team. In the family comedy “*The Christmas Chronicles*” (2018), he portrayed Santa Claus, with Hawn as Mrs. Claus; the couple also appeared in the sequel (2020). In 2019 Russell made a brief appearance as a stunt coordinator in Tarantino’s “*Once Upon a Time...in Hollywood*,” a dramedy set in 1969 Los Angeles.

On a Personal Note

Russell and Hawn have a son, Wyatt Russell, 35, and own homes in Vancouver, B.C., Snowmass Village, Colo., Manhattan, N.Y., Brentwood, and Palm Desert, Calif. Hawn, who was formally married to Bill Hudson, has a daughter, actress Kate Hudson.

The couple was honored three years ago with stars on the Hollywood Walk of Fame at 6201 Hollywood Blvd.

The Healthy Home — Keep Your Air Clean

People are increasingly concerned about dirt and germs these pandemic days, but many are neglecting an unseen area where airborne contaminants can lurk: the air ducts.

Even in the cleanest house, the indoor air system can recirculate dust, dirt, and particles from renovation and remodeling projects.

Why It’s Important

Your home’s heating and cooling system is the lungs of your home. The system pulls air from your rooms; filters, heats or cools it; and sends it back out again.

Unfortunately, the average home generates 40 pounds of dust a year, so the filters can’t get every speck. They get clogged and can send contaminants back into your home. This can lead not only to unhealthy air—a particular problem for children, seniors and those with respiratory or autoimmune conditions—but higher energy bills as well.

What To Do

Fortunately, it can be easy to have clean ducts when you turn to a reputable, certified HVAC professional.

Where To Turn

Making it simple to find one is NADCA (National Air Duct Cleaners Association). Its members comply with a code of ethics and meet the organization’s high standards. For a



list of certified, nearby professionals, visit www.nadca.com.

Life After Mother

Continued from page 22

That’s the last of my original death certificates, so I need to order more from the county, and that form needs to be notarized, too.

I’m still puzzling over an Opus Bank application form that appears to have some account numbers scribbled on it. Do those mean something? Are there any unknown accounts stemming from my mother’s employment with the county? What about that credit card that may show a refund is due? What does that paper mean?



February Book Club

Continued from page 13

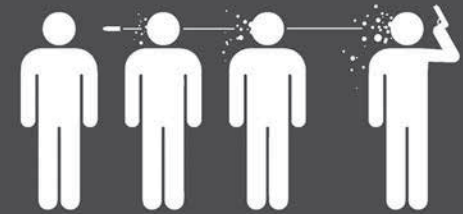
organization leading the fight for equality in the workplace — comes to an empowering guide to provide you with the tools to strategically navigate the workplace, achieve success, and become a true leader.

“Claire Wasserman has one goal for women: Rise and get paid.

“As the founder of Ladies Get Paid, Claire has worked her entire adult life to promote gender equality in the workplace. If you’re looking to navigate a promotion or break

the glass ceiling, ‘*Ladies Get Paid*’ is your essential toolkit for achieving success.

“Filled with straightforward advice and inspiring stories, ‘*Ladies Get Paid*’ encourages self-advocacy and activism to advance your career and make more money. Covering topics as crucial and varied as how to find the perfect mentor, how to negotiate a raise, and how to become a leader, Ladies Get Paid is a reminder that you are valuable —as an individual woman and as part of the female community. And ultimately, it’s about more than your wallet — it’s about your worth,” according to Publisher Gallery Books.



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Crossword Puzzle Answers from page 14

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Busy Boomers

By Les Goldberg

SoCal Author Dives Into WWII Mystery

His grandmother survived the sinking of the S.S. Athenia

How many of us ‘old-timers’ have told stories to friends, relatives, and anyone willing to listen about events that occurred in our lives or interesting tales that were passed on to us from one generation to another? How many times have we been asked: ‘Why don’t you write a book?’ and share these moments in history with the world.

For retired corporate communications executive, a former journalist and now author Tom Sanger, 77, of La Jolla, the question was answered with a ‘why not!’ when he discovered a journal written by his grandmother, Rhoda Thomas of Rochester, N.Y., who survived the sinking of the British passenger ship, S.S. Athenia by a Nazi submarine torpedo at the beginning of World War II.



SR: What prompted you to write about this ship and your grandmother’s experience?

TS: As I began my research, I discovered that even though the S.S. Athenia was the first British ship sunk by Germany in the war, very few people today know anything about the ship or the tragedy



of her fate. I decided to see if I could tell the story to a wider audience.

SR: What did you find?

TS: My grandmother went to visit relatives in England in August 1939. She had planned to spend two months visiting friends and relatives. But in late August, she and hundreds of other Americans were advised by the local U.S. Consulate to return home immediately because of the threat of war.

She had to scramble, but finally secured passage on the S.S. Athenia, which was to depart Sept. 1 from Glasgow, Scotland, pick up additional passengers in Belfast and Liverpool, then sail on to Montreal, Canada.

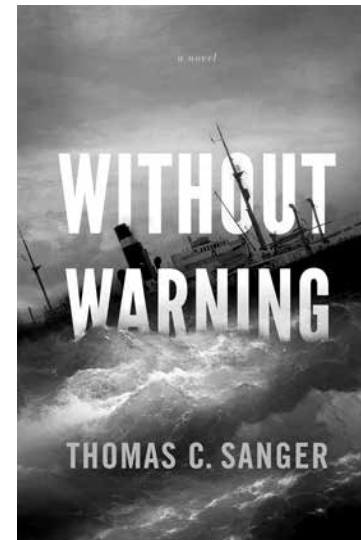
The day the ship sailed with its 1,418 passengers; the Nazis invaded Poland. When my grandmother boarded the ship in Liverpool the next day, England and France had not

responded to Germany’s invasion. Around lunchtime on Sunday, Sept. 3, passengers were notified that England and Germany had declared war.

Just hours later, when the ship was 250 miles northwest of Ireland, it was torpedoed by a German U-boat. Ninety percent of the passengers and crew survived the sudden attack, including my grandmother. There were 112 casualties, but the 1,306 survivors were rescued by a fleet of vessels from neutral countries – America, Sweden, and Norway – and taken to Ireland, Scotland, the Bahamas, and Nova Scotia. My grandmother was rescued by a Swedish luxury yacht, transferred to an American freighter, and went by train from Halifax to Montreal where she took a plane to Rochester.



When she returned home, she wrote an account of her experiences. When I read her account 10 years ago, I became very interested in the early days of WWII and how events on the world stage affected ordinary people like my grandmother.



SR: When and why did you decide to write the book?

TS: After retiring in 2005, I spent five years working on a different book and while looking for a second book project, I settled on my grandmother’s story.

In my research, I found that one book was written about Athenia’s sinking 20 years after the incident, and a second book, written in German, had been published in 2009 with no plans to do an English translation.

It seemed to me the way was clear for a new book about the tragic sinking. I decided the best way to make these long-ago events more memorable was to make a more emotional connection with the reader. That is why I wrote “Without Warning” as historical fiction rather than a non-fiction account.

Fiction allowed me to explore

the hopes and fears of the people involved; to put the reader onboard the ill-fated ship with those passengers. My choice of historical fiction was fortunate because a new non-fiction book, titled “Athenia Torpedoed,” was published in 2012 by Canadian author Francis Carroll. We have since corresponded and he wrote a blurb that appeared on the back cover of my novel.

SR: What were your biggest challenges? And how did you overcome them?

TS: To tell this story, I needed to find individual survivors whose stories would complement my grandmother’s account. I got a copy of the book published in 1959, “Tomorrow Never Came,” in which the author had interviewed dozens of passengers and several of the ship’s officers.

I began narrowing the field to the most promising individual stories and then used the internet, government archives in the U.S. and U.K., and various libraries and museums, to round out the details. I also had to try to recreate conditions on Athenia before and during the torpedo attack and I needed to research U-boats to tell the German side of the story.

SR: What did you find about the uniquely fascinating subject?

TS: I discovered that S.S. Athenia’s second-in-command, Chief Officer Barnet

Continued on page 28

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ADMIT ONE

By Randal C. Hill

Movie Preview

'Minari'

When the Yi family arrives at their new residence in Arkansas, Jacob Yi's wife Monica is momentarily horror-stricken. The house before her — a run-down older trailer set on cinder blocks in an isolated field — is far removed from the tidy dream house she has envisioned. It's the first of many adjustments that lie ahead for the immigrant Koreans about to begin a new life — for the second time — in an unfamiliar culture.

The richly textured *"Minari"* reframes the American dream through a foreign lens. Korean-American screenwriter-director Lee Isaac Chung offers reflections here of his own Arkansas childhood with tenderness and warmth — and without ignoring the raw and painful moments that accompany a fish-out-of-water family adjusting to rural Southern life during the 1980s.

Jacob Yi (Steven Yeun), his wife, Monica (Yeri Han), and their children Anne (Noel Kate Cho) and David (Alan S. Kim) have left their home in costly California for a better, more affordable existence elsewhere. Also, Jacob and Monica have wearied of their tedious jobs as chicken sexers, in which they check the gender of thousands of chicks per day. (Females are kept for eggs and meat; the males are discarded.)

The Yis have purchased a plot of land and a house in cheaper Arkansas, and it is there that Jacob hopes to start a meaningful, independent life by growing and selling Korean fruits and vegetables on his five-acre property. But to him, there's something more important than earning a profit: how he appears to his children: "They need to see me succeed at something for once."

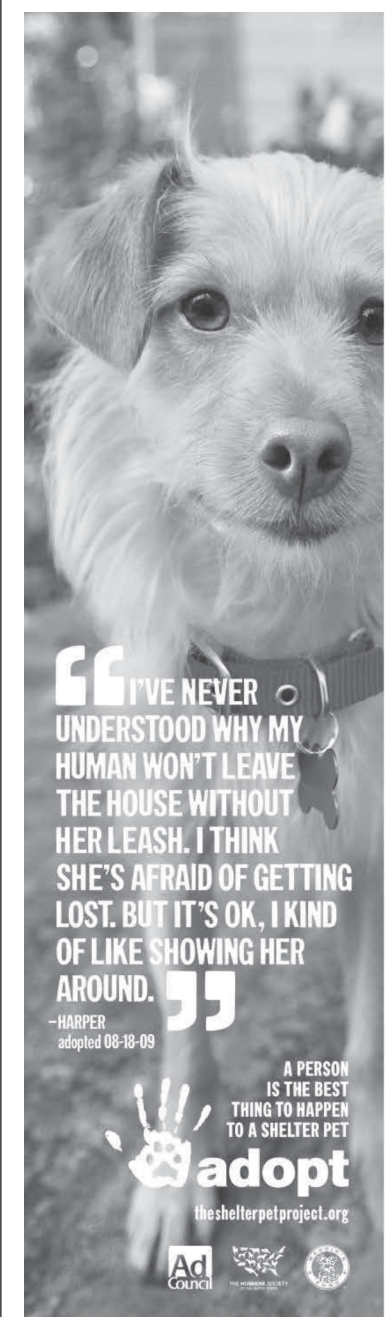
The Yi couple struggles with marital problems, some of which are exacerbated when the source of many dustups, Monica's mother, Soonja (Yuh Jung Youn), moves in with them. We soon learn that the unpredictable woman is a practical joker who is loving but lewd, and wise but weird. She doesn't read, write, or, to young David's disappointment, even bake cookies.

David's litany of gripes includes that she's "not like a real grandma," she wears men's underwear and she "smells like Korea." When David and Soonja are forced to share a cramped room in the trailer, though, they gradually warm to each other and eventually become close — as family members should.

Chung's movie debuted at the Sundance Film Festival in 2020 and proved to be an

audience favorite, evoking laughter and tears and earning a standing ovation.

After a tumultuous 2020, perhaps the gentle, uplifting *"Minari"* — a Korean word that describes a hardy herb that thrives if given adequate time — is just what we need right now.



Tinseltown Talks

By Nick Thomas

A Bumpy Road Led Hank Garrett to 'Car 54' and Beyond

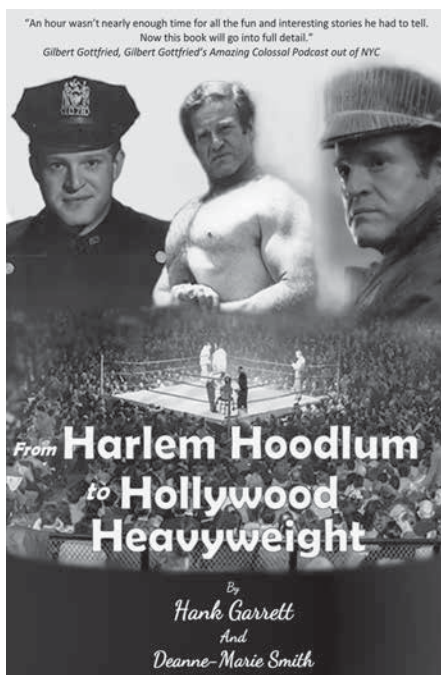
Raised in a rough Harlem neighborhood in the 40s and 50s, childhood proved challenging for Hank Garrett.

"We lived in the slums and I'd walk into the kitchen in the mornings to find the floor covered with roaches," said Garrett from his home in California. "And I still remember waking up one day with a weight on my chest – it was a rat."

As outlined in his 2020 autobiography, *"From Harlem Hoodlum to Hollywood Heavyweight,"* other hardships dogged young Hank throughout his troubled teen years.

"I saw fights, stabbings, and shootings – it was a daily situation," Garrett said. But he endured, including a later near-fatal car accident, eventually turning his life around to focus on physical fitness and becoming a professional wrestler before turning to acting.

During a brief time on the New York Police force, Garratt au-



Cover of *from Harlem Hoodlum to Hollywood Heavyweight* by Hank Garrett and Deanne-Marie Smith - provided by publicist

ditioned for *"Car 54, Where Are You?"* a new television comedy series that debuted in 1961.

"When I told my commanding officer, I had a chance to work on a television series, he looked at me and said, 'tough decision isn't it Hank – to become a television star or stay a cop in New York!'" Garrett said. "'Car 54' opened up an acting career for me."

Series creator Nat Hiken hired Garrett as Officer Ed Nicholson. "So, I went from real cop to reel cop!" Garrett said.

The show also starred Fred Gwynne and Joe E. Ross who were partners in the series.

"Fred was very soft-spoken and truly a gentleman who also wrote and illustrated children's books," he said. "He lost a child who drowned and we were shooting when the news came. We were all devastated and shared his pain."

As for Ross, "what a character," said Garrett with a laugh. "Joe would bring in ladies of the evening and at one point asked if one could be put on the payroll as his acting coach! The producers didn't go for it. And, of course, he could never remember his lines and that's why he always went 'ooh! ooh!' until the words came to him."



Hank Garrett inbetween Fred Gwynne, left, and Joe E. Ross in *Car 54, Where Are You* - NBC

Numerous other roles came Garrett's way, often being cast as the bad guy opposite some of Hollywood's biggest names including Kirk Douglas in *"A Lovely Way to Die"* (1968) where a stray punch from Douglas gave Garrett a bloody nose. But Hank got even with the A-lister crowd several

years later in a memorably violent fight scene in *"Three Days of the Condor"* breaking Robert Redford's nose.

Playing the 'heavy,' he said, wasn't a stretch given his tough childhood. Nor did he forget his troubled past and has worked tirelessly for years with prisoners, veterans, and at-risk youth he calls Hankster's Kids (see www.hankgarrett.biz).

"I hope people will be interested in my book because the proceeds will go to disabled vets and the kids."

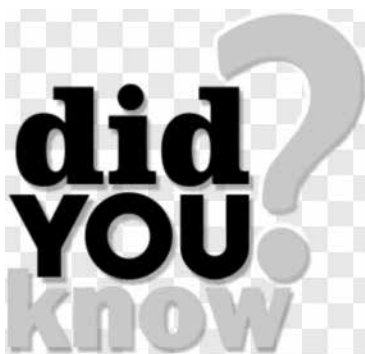
Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 newspapers and magazines.



Until Every One Comes Home®



Hank Garrett as the mailmen assassin in *Three Days of the Condor* - Paramount Pictures

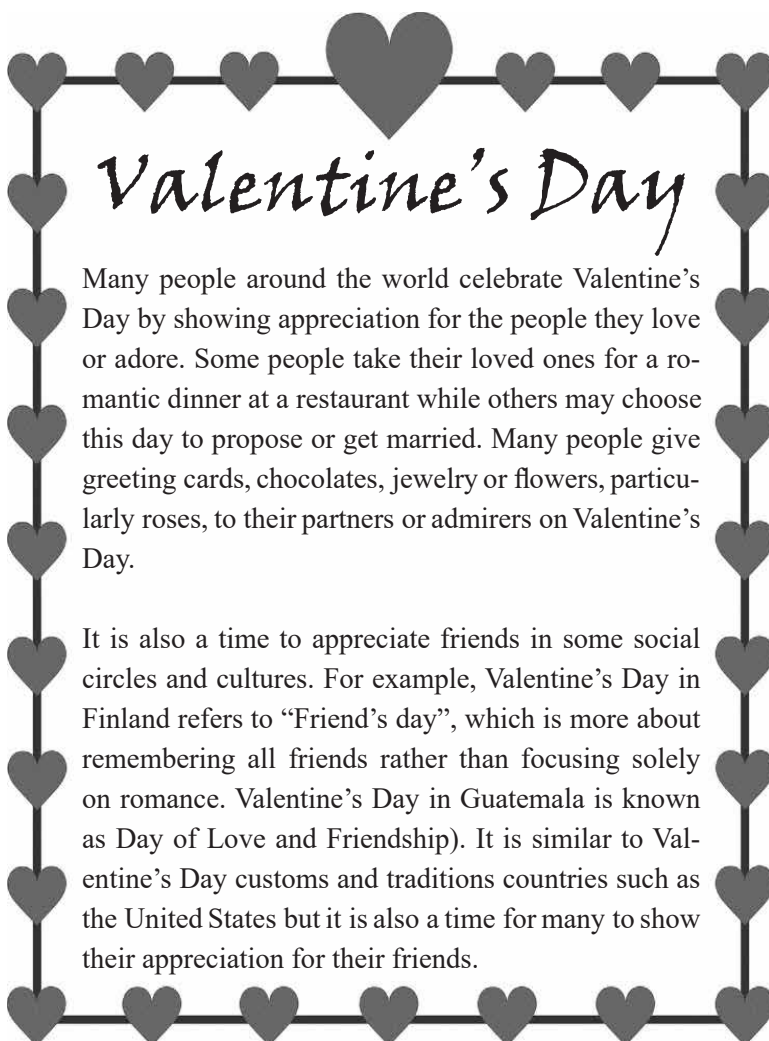


➔ Futuristic fiction; family secrets; a women's movement memoir; and a look at how you can "renature" yourself are among the latest offerings from BookTrib, which brings readers information and ideas for their next read. Learn more at www.BookTrib.com and subscribe to the weekly newsletter.

➔ Vegetables are the first and primary ingredients in any Veggies Made Great frozen meal or snack. They can be quickly and easily heated in the oven or microwave. Order at www.TheHealthfoodStore.com and locate retailers at www.VeggiesMadeGreat.com.

➔ You don't have to give up a family vacation. You can have a fun staycation, according to certified trainer and former Olympian Samantha Clayton, who's also vice president of Sports Performance and Fitness Education at Herbalife Nutrition. Learn more at www.herbalife.com.

➔ "Solar-control films can block 80 percent of the solar heat coming through glass, decrease the heat load on the air-conditioning system and reduce energy costs," says Darrell Smith, executive director of the International Window Film Association. Learn more at www.iwfa.com.



Busy Boomers

Continued from page 25

Copland, and the U-boat commander, Fritz-Julius Lemp, met again during a U-boat attack on a convoy some 20 months after the Athenia was sunk. Copland has the distinction of being sunk by the same U-boat captain twice.

As unlikely as this coincidence seemed, it was not the most noteworthy aspect of the attack. Lemp's U-boat was extensively damaged in the attack and had to be abandoned. But instead of sinking right away as expected, the boat stayed afloat long enough to be boarded by British sailors. They recovered the boat's code books and its Enigma machine, the secret coding device used by the German Navy to send all its communications.

SR: What advice do you have for people who are thinking about writing a book?

TS: My favorite part of the entire project was the time I spent researching and doing interviews to gather material for my novel. It was very rewarding and enjoyable. So, my advice is if you have a subject or a story that you would be willing to make a daily part of your life for a few years, then, by all means, you should write a book.

SR: What about the publishing process?

TS: Among the various publishing alternatives, I chose the "hybrid publisher" that allows the author to pay for the services he or she needs, such as editors, graphic artists, de-

signers, publicists, branding marketers, and others. A less expensive alternative is publishing only an electronic form of the book.

The biggest lesson I have learned is that it is much harder to market a book than to write one. Critical to your success is knowing who your readers are and where to find them. The internet can help with this challenge if you work hard at building an audience on Facebook, Twitter, etc.

There are many ways to get it done, but the key to any success is the degree of passion for your subject – the stronger the better.

If you are interested in reading about this little-known harrowing WWII thriller, Tom Sanger's "Without Warning" is available on Amazon and other bookselling outlets.

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The Gadget Geezer

By Les Goldberg

COVID-19 Forces CES to Go Virtual

But the innovation continues unabated.

For the first time in its more than 40-year history, the largest consumer electronics extravaganza had the lights turned off in Vegas.

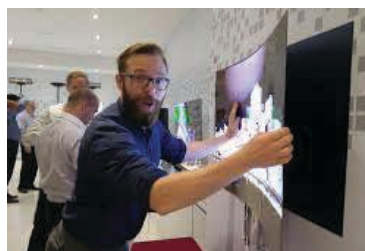
As expected, however, CES did what it does best: it used its technological resources to produce the massive show in virtual mode, complete with Zoom teleconferencing, press events, and top innovation award presentations.

Some of my colleagues in the press were pleased with the format. In addition to the COVID-19 safety reasons, they welcomed the idea of not having to walk the miles and miles of aisles at the expanding convention center and hotel venues. They also welcomed the idea of not standing in taxi lines for hours, paying inflated hotel rates, and eating bland food. And, of course, they liked the idea of saving money on travel.

What they did like were the more than 1,000 new products and technological advances being introduced. Here's a peek into the newest gadgets ready, or almost ready, for prime time.

Bendable Screens

LG Electronics introduced a



48-inch bendable display that allows viewers to see all angles of the screen and is designed for normal TV watchers as well as gamers.

The monitor is the natural evolution of the company's recent forays into flexible screen tech.

This 'Bendable CSO (Cinematic Sound OLED) display also features a variable refresh rate of 40-120Hz and a 'film exiter' that vibrates the display to emit location-based audio – in a similar fashion to the actuators used in Sony's Acoustic Surface Audio tech.

Portable Sunlight



A new company called Luple Inc. introduced the Olly, designed to improve sleep by controlling the amount of melatonin secretion in the body by producing the right kind of light so a user can sleep well without the aid of drugs.

The device is billed as the first

human-centric light-emitting diode (LED) from Samsung that personalizes sleep capabilities.

Crafty Beer Making



The Smart Brewery Platform from InTheKeg, Inc. is a hexagonal cylinder that allows users to create 180 liters of homebrew.

The CES Innovation Award winner features automatic sterilization, cleaning, yeast pitching, and dry hopping. It also includes remote management, production status updating, real-time monitoring for fermentation and aging status, a device error alarm, and a pouring spout.

Pain, Pain Go Away



The Kailo Nanotech Patch was introduced at CES as 'pain

relief that has never been this simple, effective or affordable.'

According to company spokespersons, 'pain is the result of electrical signals being sent to your brain. Kailo's patented technology uses nano capacitors to alleviate pain at the source – providing natural relief anywhere on your body, in seconds.' They said there are no side effects and it can be worn every day.

Pain in the Neck?

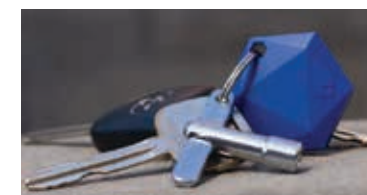


While we are about pain relief, one of the virtual CES highlights was the Neck Hammock. Created by a physical therapist, it's a simple, portable device – a little hammock – that supports your head and neck and promises to provide fast relief from neck pains wherever you are.

It uses your body weight and the pull from its stretch bands to create 'cervical traction,' or gradual stretching of your neck to relax tense and tired neck muscles. The company guarantees it will work when you hang the device from any door or railing, lay down, and

feel the relief in just 10 minutes.

Lost Your Keys?



As long as there have been locks in cars, homes, apartments, safes, there have been people who have lost their keys to those doors.

The XY Find It company thinks it has the latest solution to the problem. It is an app-based device that allows you to find lost keys or any items up to 300 feet away using Crowd GPS technology.

According to the inventors, 'just attach the coin-sized device to any item – your keys, wallet, purse, the car or even your dog – and the free XY Find It app will find it in seconds.'

What if you can't use the app because your phone is missing? The company suggests you press XY4+ on your computer or another phone to activate the alarm, even if your phone is on silent mode.

In & Out Pets

The new Pet Portal from MyQ is the latest tech innovation just for your four-legged friends. Using the Pet Portal

Continued on page 31

The Invention of the Year

The world's lightest and most portable mobility device



The Zinger folds to a mere 10 inches.

Once in a lifetime, a product comes along that truly moves people.

Introducing the future of battery-powered personal transportation... The Zinger.

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

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

—Kent C., California

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

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

Why take our word for it. You can try the **Zinger** out for yourself with our exclusive home trial. Call now, and find out how you can try out a **Zinger** of your very own.

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Are You Seeking a Care Facility For Your Loved One?



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

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

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

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

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

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

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

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

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

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

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

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

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

SR: What is the cost of using RCPS services?

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

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

Another is the Ambrose fam-

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

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

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

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

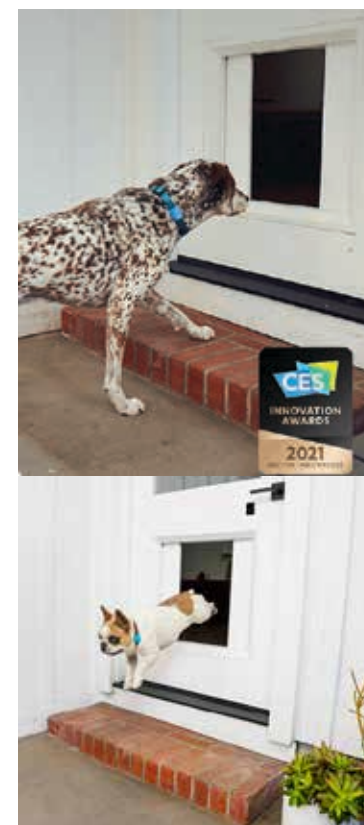
For more information about RCSP, you are invited to call Schusler at the office (949) 413-4582, her cell (949) 412-5947 or toll-free (800) 763-1433. Her email is mel4seniors@gmail.com

*See our ad
on the back cover*



The Gadget Geezer

Continued from page 29



app, you can control, secure, and monitor the door and your furry dog or cat with live video streaming.

The two-way communication lets you see and hear everything that is happening with your pets when you are not there. Pet Portal blends in with the natural décor of your home, so visitors or passersby won't even realize it's there, said company spokespeople.



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