

# SENIOR REPORTER

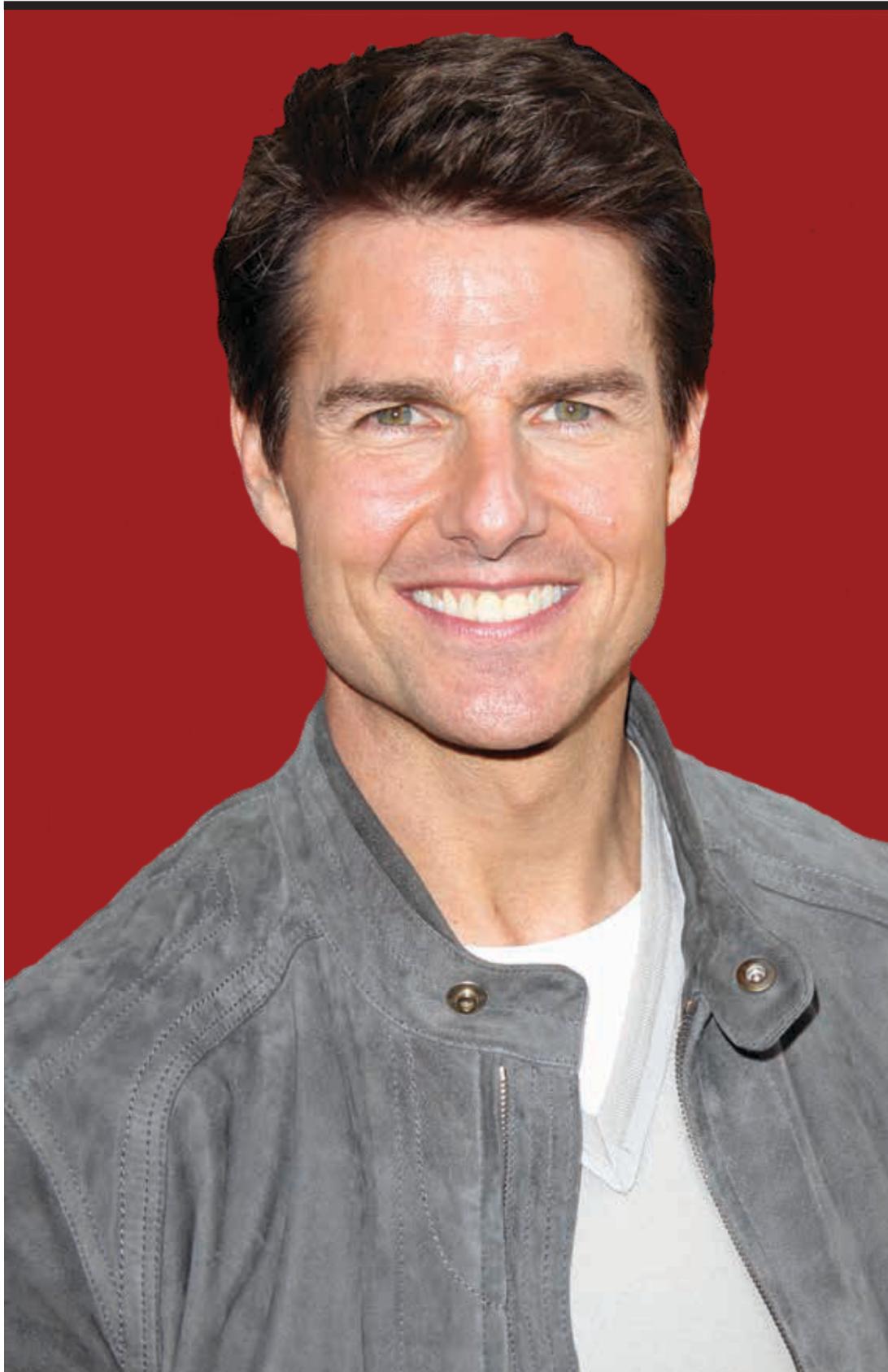
VOLUME 47, NUMBER 12

## Contributing Writers:

Les Goldberg  
Randal C. Hill  
Lyn Jensen  
Shana McCann  
Jim McDevitt  
Debbie L. Sklar  
Nick Thomas

DECEMBER 2021

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



## Tom Cruise

*"I love what I do ... I can't do something halfway...If I'm going to do something, I go all the way."*

—Tom Cruise



### What's Inside ...

Calendar of Events	5
Flashback	6
Off The Beaten Path	7
Classifieds	8-9
Song Preview	10
In The Spotlight	11
Tom Cruise	14
Book Club	17
Life After Mother	21
Tinseltown Talks	23
Gadget Geezer	25
Movie Preview	26
Busy Boomers	27
SoCal Mountains	29
Fabulous Finds	30

# Top-Rated Care\* Brought Home to You

**Telehealth**  
 **Medications**

**Home Care**  
 **Meals**

**At Your PACE**  
Program of All-Inclusive Care for the Elderly

- Health Care
- Activities
- Exercise
- Healthy meals
- And much more

**1-855-785-2584**  
caloptima.org/pace

# All at Your PACE

Program of All-Inclusive Care for the Elderly

Learn more at:

[caloptima.org](http://caloptima.org) | 1-855-785-2584



Participants must receive all needed services, other than emergency care, from CalOptima PACE providers and will be personally responsible for any unauthorized or out-of-network services.

\* CalOptima PACE is a member of the California PACE Association. The association works with Vital Research, an independent research firm, to conduct the survey. Results were published in January 2020 in the I-SAT Participant Satisfaction Report, Page 56.

H7501\_20AD005 (Approved 9/24/2020)

**SAVE MONEY BY SHOPPING ST. VINCENT DE PAUL THRIFT STORES OR DONATE YOUR UNWANTED ITEMS**

**Get 20% off your next purchase!**

Present this coupon to the cashier upon check out. We cannot give cash back or credit for coupons not presented at purchase.\*

\*Offer is good on all items except electronics, clothing, shoes, furniture, appliances, and gifts. Offer is not valid on items that are already discounted.

**We sell and accept clothing, furniture, appliances and cars to provide for those in need.\***

\*Visit our website to learn about all items that qualify for pickup at [www.svdpla.org](http://www.svdpla.org)

**A-1 Home Care**  
[www.a-1homecare.com](http://www.a-1homecare.com)  
[Info@a-1homecare.com](mailto:Info@a-1homecare.com)  
**949-650-3800**

**24-Hour Care**  
**Live-in Caregivers**  
**Hourly Caregivers**  
**Elderly & Senior Care**

**SHelter PET & Globally Recognized Pianist**

*I didn't talk for very long time*

# Reflections Funeral Services

We are a family owned and operated funeral service provider. The services we offer to our families can range from Cremation to Traditional Funerals, Catering to each individual family and their requests.

Military Honors, Veteran services, Reflection of Life, Veterans are assisted with preparations with honor detail from either the United States Army, Marines, Air Force, Navy or Coast Guard depending on the branch they served in. For more information please call the Funeral Director.

Traditional Funeral, Viewing, Rosary, Vigil, Reflection of Life We provide Pre-Planning/or Advanced Planning options to better serve our families

Our families can choose from as simple as Direct Cremation to Traditional Services followed by Cremation. Inviting them to be able to see their loved one and say good-bye. Cremation gives a sense of closure with more options than burial. Options like spreading remains out to sea, bringing them home, dividing the remains and bringing some home and some scattered or taken to a cemetery.



We understand the emotional stress families have during this time. We offer in-home appointments. We are available 24 hours a day to serve your family with superior services.

For further information, please call us at  
**(714) 587-0615** Fax (657) 208-1655

937 S. Roberts Street, #3, Anaheim, CA 92802  
[www.reflectionsfuneralservices.com](http://www.reflectionsfuneralservices.com)



# Handyman

By Jim McDevitt

Decades ago, when I lived on Long Island in New York, I installed wall receptacles in my upstairs attic that I finished building as our family expanded. When my wife told me that an electric outlet plugged into a vacuum started smoking I figured it would be an easy job even though I am now 82 years young. I gathered up all the tools I needed including three kneeling pads and tested the circuits till I located the one that the socket was on. I pulled the circuit which cut the electricity to the socket. Then I knelt and started to unscrew the white plastic cover. Of course, there was very little light now so I had to struggle to my feet and get a collection of battery-operated lights so I could see what I was doing. I even put on my reading glasses to see better.

I started to unscrew the cover

only to realize I needed a different type of screwdriver. I pulled myself slowly up to my feet again, hanging on to anything I could find to lean on as my hulk rose. I went back to the tool area of my house and obtained the right type of screwdriver. Then I returned to the adventure and knelt. As soon as I started I realized I couldn't hold the light to shine on the outlet and at the same time work on the outlet. Once again I raised the hulk slowly leaning on everything within reach to get to my feet. Then I climbed the stairs to the main floor and asked my wife to hold the lights on the socket for me while I worked on it. She accompanied me back down the stairs and once again I lowered the hulk to the kneeling pads.

I had to unscrew the socket from the wall, and I needed good light to see the small screw and line up the screwdriver to unscrew it from the wall. A shaky hand made it

take longer and I had to keep telling my wife to shine the light on where I was working with the screwdriver. That was hard for her to do as my shaky hand kept moving. After 10 minutes which seemed like 10 years to my worn-out body, I was slowly able to pull the outlet from the wall. Then the hard work began of trying to unscrew the wires from the outlet. The wires seemed to have gotten thicker and stronger since I last work on outlets; it felt like they were not made of copper wire anymore but more like heavy steel.

It took me 30 minutes to get two wires unconnected and I still had three wires to go. My wife took a turn with the screwdriver and other tools. After 10 minutes while I rested holding the flashlight she got one wire off. I took over and it took me another 30 minutes to get the other two wires disconnected. By then I felt like I had

*Continued on page 23*



**Make the *simply better* choice that takes care of Orange County.**

MemorialCare Orange Coast Medical Center has once again been recognized as the "Best of Orange County" in 2021. This honor has not only brought recognition to our hospital, but also to our physicians and staff members whose unwavering dedication to our community shines brighter than ever.

This past year has proved that now, more than ever, your health is of utmost importance. Thank you for choosing us to provide Orange County with *simply better* care.

Learn more about our services.  
[memorialcare.org](http://memorialcare.org)

**MemorialCare**  
Orange Coast Medical Center

**Talk to me about YOUR possibilities!**

- Eliminate mortgage payments
- No income qualifying!
- Extend Retirement \$\$\$
- Establish long-term care
- Create income

**RR**home loans



Reverse Robert Slater  
(714) 770-7057  
[sr.slater@gmail.com](mailto:sr.slater@gmail.com)

BRE Lic #00982503  
NMLS #338253

**RobertSlaterHomeLoans.com**  
Your knowledgeable Reverse Mortgage consultant

**Medicare Plan Benefits Have Changed for 2022.**



If you are looking to change your Medicare plan for the new year, the Annual Enrollment Period is here.

**Don't delay, the annual enrollment period ends on December 7!**

Call **TODAY** for your no-cost benefit review!

**Nikki Johnson**  
(714) 853-3700

[www.NikkiJohnsonInsurance.com](http://www.NikkiJohnsonInsurance.com)

Lic. #0M82324. By calling the number above, you will be directed to a licensed insurance agent.



**pgia**  
Prudential General Insurance Agency, Inc.



*Preparing Today  
Eases Tomorrow™*

**FEIG LAW FIRM**

- WILLS • TRUSTS •
- PROBATE • SPECIAL NEEDS TRUSTS •
- TRUST LITIGATION • FAMILY LAW •



**SCOTT FEIG, J.D., M.A.**  
ATTORNEY AT LAW  
949-689-9715

**FEIGLawFirm.com**

800 Roosevelt • Suite 306 • Irvine, CA 92620  
(near Jeffrey Rd.)

Take the plunge!  
**PLAN AHEAD TODAY**



**Plan Ahead & Register Your Wishes Today**

Planning in advance provides significant savings.  
Call for a free consult to learn about the many benefits.

Request your **FREE** personal planning guide. **(949) 382-7782**



**PACIFIC CREMATION SERVICES**  
*Discover Simplicity*

22772 Centre Drive, Suite 130  
Lake Forest, CA 92630 | FD 2241  
PacificCremationServices.com



Advertise in  
*The Senior Reporter's*  
**CLASSIFIED & PROFESSIONAL SERVICE DIRECTORY**

**Only \$37.50/**  
mo with a 6-mo. commitment

seniorreporterofoc@aol.com  
or call  
Bill Thomas at  
(714) 458-5703

**BATH REFINISH**

**BATH-BRITE**

Repairing and Refinishing Tubs, Tile, Fiberglass and Sinks Since 2001

**(714) 864-4797**

Servicing Orange County and Parts of Los Angeles County

**CALL FOR A FREE ESTIMATE!!!**

**Kyle Thompson**  
[www.bath-brite.com](http://www.bath-brite.com)



**GETTING MEDICARE RIGHT**

Open Enrollment - October 15  
Call Me, Find out whats new!



**Why Me?**

- ✓ 34 years as an RN
- ✓ 18 years of health insurance advisor experience
- ✓ I can help you enroll or changes plans
- ✓ Independent agent for the top insurance carriers

**CALL ME AND SEE WHAT'S RIGHT FOR YOU "Sadie" Suzanne Moriarty**  
Independent Agent #0804860

**2022 Medicare Advantage plans are different**  
Know what matters most to you

- Plans pay you \$125/month
- Unlimited Chiropractor/Acupuncture
- Over the counter \$680 Annually
- No limit Dental

**Medicare Supplement Plans**

- Can go to any doctor/hospital
- Innovative/Extra (NEW!)
- Gym • Hearing
- Vision • Chiropractor

**5252 Orange Ave. #107, Cypress, CA 90630**  
**CALL NOW FOR AN APPOINTMENT!**  
**714-348-8195**

**AL** assistance league®  
Huntington Beach

**Thrift Shop**  
8071 Slater Ave  
just east of Beach Blvd

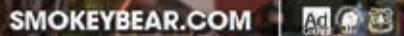
• 100% Volunteer Operated • [www.facebook.com/assistanceleagueofhb](http://www.facebook.com/assistanceleagueofhb)

• Learn more [www.ALHB.org](http://www.ALHB.org) • [www.ebay.com/usr/assistance\\_league\\_of\\_huntington\\_beach](http://www.ebay.com/usr/assistance_league_of_huntington_beach)

**BRING IT IN FOR A BIRTHDAY BEAR HUG**



**SMOKEYBEAR.COM**

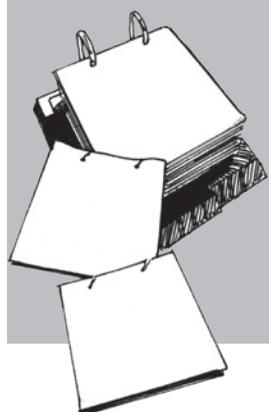


**American Heart Association**



**USO**

Until Every One Comes Home®



# DECEMBER Calendar of Events



*(Ed Note: Be sure to contact the venue or event to make sure it is still being planned as many places are still closed and/or require masks or vaccines to attend.)*

Here are some fun things to do this month to keep you busy and get you in the mood for the holiday season or if you just want to get out.

## Candlelight Evenings at the Nixon Library

Yorba Linda

Dec. 12

In the spirit of White House Christmas traditions past and present, the Richard Nixon Presidential Library and Museum is opening its doors after hours on Dec. 12. Explore the special holiday display, trains featuring five expertly designed layouts including the all-new Rocket Railroad space-themed layout, celebrating the 50th anniversary of the Apollo 11 moon landing. Live music, create ornaments, decorate cookies. At, Richard Nixon Presidential Library and Museum, 18001 Yorba Linda Blvd., Yorba Linda. Call, 714-993-5075.

## Christmas and Nativity Play

Huntington Beach

Dec. 12

5 to 10 p.m.

Each year Old World Village plays host to the International Celebration of Christmas, a celebration that brings together a diverse group of churches, singers, and dancers for a celebration that highlights the true meaning of the holiday season. Free Admission. At, Old World Village Festival Hall, 7561 Center Ave. No. 49, Huntington Beach.

## Annual Newport Beach Christmas Boat Parade

Newport Beach/Newport Bay

Dec. 15 – 19

Free to the public. The boat parade will light up the harbor for five consecutive nights. The parade starts at Collins Island at 6:30 p.m. and will last around three and a half hours. More than 250 ships participate in the parade along with hundreds of waterfront estates. Providing the backdrop for the parade is the Ring of Lights waterfront home and business decorating competition. Free for spectators, entry fee for participating boats. For those that would like to be in the parade, both Newport Landing and Davey's Locker will offer three general admission cruises nightly every night of the

parade that is a part of the actual parade. Viewing the parade from a ship means that you see all the parade and homes in full decor that lines the waterfront. General admission tickets can be reserved over the phone. From, Dec. 3 to Jan. 2, 2022; Offered three times nightly (check websites for times) or call 949-675-0551.

## Crystal Cove Tree Lighting & Holiday

Bazaar

December

10 a.m. to 5:30 p.m.

Tree lighting ceremony with a seasonal bazaar featuring handcrafted items by residents and artists. Santa arrives at 4 p.m. for family photos, followed by the tree lighting ceremony at dusk (approximately 5 p.m.), a holiday tradition that draws locals and visitors. At, park in the Los Trancos lot (PCH inland at stoplight Los Trancos then walk across the street or take the shuttle.) Parking: \$5/hr. (max. \$15).

## Nutcracker Craft Boutique

Brea

Get your holiday shopping done at the Nutcracker Craft Boutique featuring unique, hand-crafted gifts from more than 200 vendors. Admission is \$2 (children 12 years old and younger may enter for

free). Parking is free. All proceeds benefit the Community Center's youth and family programs. At, The Brea Community Center, 695 E. Madison Way (corner of Madison and Randolph). Call, 714-990-7771.

## Craft Faire

Early December

A community holiday carnival that includes food and game booths sponsored by local non-profit groups, entertainment, games, a petting zoo, a craft area for kids, pictures with Santa Claus, and snow slides. At, Ehlers Community Recreation Center, 8150 Knott Ave. (Please use the free shuttle to and from the Peak Park Pool at 7225 El Dorado Dr. Look for the shuttles marked Ehlers Express). Call, 714-236-3860.

## Christmas Walk

December

The Annual Corona del Mar Christmas Walk & Festival is one of the oldest unique events. Filled with holiday festivities for family, friends, and associates. Each year the Walk brings together thousands of into the Village of Corona del Mar for entertainment, food, prizes, and games in the true holiday spirit. Free to the public. High school bands, fireman's BBQ, live entertainment, restaurant tastings, beer and wine garden,

bouncy houses, Santa visits, and drawing for local prizes. Call, 949-673-4050.

## Handel's Messiah

Huntingtin Beach

"Messiah" conveys a message of hope to everyone who hears it, year after year after year. Hear blazing trumpets, thundering timpani, and the "Hallelujah" chorus. At, Orange County Performing Arts Center, Renée, and Henry Segerstrom Concert Hall, 600 Town Center Dr., Costa Mesa. Call, 714-755-5799.

## The Nutcracker by Ballet Repertory Theatre

Huntington Beach  
Enjoy Ballet Repertory Theatre's tradition of bringing holiday music to life with 300 performers in costumes. Travel with young Clara through a magical world of life-size dolls, toy soldiers, colossal mice, and delicate snowflakes to the fabulous Land of Sweets, home of the Sugar Plum Fairy and her Cavalier. Exuberant French, Spanish, Arabian, Russian, and Chinese dancers along with twirling candy canes and waltzing flowers. Orange County's longest-running Nutcracker is a family tradition. Ticket prices: \$25. At, Golden West College

*Continued on page 28*



## Is it Time to Think About Moving?

Lily has the Resources to Help You Plan Your Next Move!

Call Lily at 714-717-5095, She can provide you with the following information:



DRE Lic #01229782

- Top 20 best cities to retire within California
- Top 30 best cities to retire within America
- Top 16 over-55 communities in Orange County
- Top 5 tips for downsizing
- How to move your current tax bill to your new home
- List of single-story homes in your price range
- Home Consultations with preparation, advice, and strategies to get you the most money for your home

Lily Campbell  
714.717.5095  
lily@lilycampbell.com  
www.lilycampbell.com

#1 in Orange County - 2020\*  
#1 in Fountain Valley - 20 years

FIRSTTEAM  
REAL ESTATE  
The  
Lily Campbell  
Team

\*Based on information from the Association of REALTORS®/Multiple Listing. Data Obtained as of 1/1/16 through 10/05/21 and/or other sources.

# FLASH BACK

## ‘One Lil’ Swig of That Kickapoo Juice’

By Randal C. Hill

Imagine four University of Florida doctors meeting in a campus basement lab in the spring of 1965. Clicking raised glasses to toast a newly created, transparent drink, each physician cautiously takes a sip. *Yuck!* Those standing close to a lab sink spit theirs out; the doctor standing further away — the team leader — vomits his.

But what else could you expect when people drink a lab-concocted equivalent of human sweat?

Earlier that year, Florida Gators assistant football coach Dwayne Douglas asked UF’s Dr. Robert Cade, a kidney specialist, why players lost so much weight on the field but didn’t have to visit a restroom. (Athletes were usually prohibited from drinking water during practices and games.)

The curious Cade soon enlisted three fellow doctors to find out. The team later concluded that sweating was draining the jocks’ energy, endurance, and strength, while the dissipating electrolytes were upsetting their bodies’ chemical balances. That September, Cade approached the Gators’ head football coach, Ray Graves, for permission to use several footballers as test subjects for a solution to the problem. Graves warily gave his okay, but only for the first-year squad.

Samples were collected from 10 participants; their sweat was wrung out from their used jerseys. Water loss for a two-hour practice averaged over eight quarts per player. The medical men also found that after the practices the athletes’ electrolytes, blood sugar, and total sugar readings were out of whack. “The solution was to give them water, but with salt in it,” Cade later explained. “Also, [to] give them sugar to keep their blood sugar up.” The doctors’ mixture tasted abhorrent. When Cade’s wife suggested adding lemon juice to alter the taste, a rudimentary form of Gatorade was launched. The eventual addition of orange juice and a non-nutritive sweetener rendered the drink even more palatable.

Later, in a scrimmage game, solution-swilling UF jocks managed to maintain their normally flagging energy levels. Cade was encouraged to mix up a supply for the Gators’ varsity team, which was scheduled to play the heavily favored Louisiana State Tigers the next day. Cade and his colleagues worked throughout the night, blending ingredients, and squeezing lemons. On game day, in 102-degree heat and stifling humidity, the Gators persevered to overcome the Tigers when LSU withered in the fourth quarter.

In 1966, Gatorade — named after the UF mascot — became

a staple on the team’s sideline. That year, when Florida won the Orange Bowl for the first time, Jacksonville’s “*Florida Times-Union*” headlined that the victory took only “*One Lil’ Swig of That Kickapoo Juice.*”

A word about Gatorade spread nationwide. In 1967, the Stokely-Van Camp company put the drink on American store shelves. Quaker Oats folks bought the rights in 1983, and PepsiCo took over in 2000. Today, Gatorade generates about \$18 billion annually worldwide.

Dr. Dana Shires, one of the physicians who created it, never dreamed Gatorade would become the superstar of sports drinks.

“We started this as a lark,” he once admitted, “with no idea of putting it on the market.”

### Bibliography

#### Book:

#### Internet:

Benbow, Dana Hunsinger. “The Fascinating Tale of Gatorade’s Indy Beginnings.” Oct. 6, 2020. <https://www.indystar.com/story/sports/2020/10/06/fascinating-tale-gatorades-indy-beginnings/5873513002/> The Shires quote is from here.

Gatorade. <https://en.wikipedia.org/wiki/Gatorade>.

Gatorade Invented at University of Florida.” Oct. 2, 2021. <https://www.history.com/this-day-in-history/gatorade-sports-drinks-inventions>

“History of Gatorade.” <https://www.historyofbranding.com/gatorade/> No date given.

Kays, Joe, and Arline Phillips-Han. “Gatorade: The Idea That Launched an Industry.” No date was given. <https://research.ufl.edu/publications/explore/v08n1/gatorade.html>. The Cades quote and newspaper headline are from here.

“EVERY MORNING MY HUMAN AES OF HS FACE FURHS FUNNY LIKE THAT.”

—TUX  
adopted 05/04/11

A PERSON IS THE BEST THING TO HAPPEN TO A SHELTER PET

**adopt**  
theshelterpetproject.org

Boneless Skinless Chicken Breast

**BEST IF USED.**

TOTAL PRICE  
**\$1,500.00**

ITEM #020213

**A FAMILY OF FOUR SPENDS \$1500  
A YEAR ON FOOD THEY DON'T EAT**

COOK IT, STORE IT, SHARE IT.  
JUST DON'T WASTE IT.

**SAVETHEFOOD.COM**

**American Heart Association**



## Off The Beaten Path

The holiday season is here and with it comes the chaos, the gifts, the food, the cookies, and other sweets along with parties, and more.

If you're already feeling the stress, check out some of these fun facts about the season and take a break with a cup of hot whatever you like.

You might be surprised at some of them and already know a few of them.

### New Year's Ball

#### Holiday Past

The original ball was lowered in Times Square on New Year's Eve in 1907 and was made from iron and wood. It also had 100 light bulbs shining for all to see.

#### Holiday Present

The modern New Year's ball has Waterford crystal, and is covered with 700 light bulbs, more than 90 strobe lights, and has 90 rotating pyramid mirrors.

### Poinsettia Plants

#### Holiday Past

Poinsettias were introduced into the US in 1828 by the U.S. ambassador to Mexico, Joel Poinsett.

#### Holiday Present

Today Poinsettias are grown in all 50 states and represent more than 85 percent of potted



plant sales during the holidays. More than \$220 million worth of poinsettias is sold during the holiday season.

### Tree of Lights

#### Holiday Past

In 1949, the tree at Rockefeller Center was strung with 7,500 bulbs.

#### Holiday Present

Today more than 25,000 bulbs are strung on the same tree: more than 5 miles of lights.

### Tree Tradition

#### Holiday Past

The first American mention of a Christmas tree was in 1747 and wasn't a tree but a wooden pyramid covered with evergreen boughs and decorated with apples.

#### Holiday Present

More than 34 to 36 million Christmas trees are now produced each year in the U.S. The industry employs more

than 100,000 people, and more than 1 million acres of land have been planted with Christmas trees.

### Artificial Trees

#### Holiday Past

Artificial Christmas trees were on the market by 1900. They were available by mail from Sears, Roebuck, and Co., and cost 0.50 cents for 33 limbs, or \$1 for 55 limbs.

#### Holiday Present

Now, most artificial trees are manufactured in Korea, Taiwan, or Hong Kong and contain non-biodegradable plastics and metals. They can range from \$200 to \$2,000.

### Rudolph

#### Holiday Past

In 1939, an advertising employee at the department store Montgomery Ward authored the story of Rudolph the Red-Nosed Reindeer for a store promotion. That year the store gave away 2.4 million copies of the story.

#### Holiday Present

Ten years later, Gene Autry recorded the song "Rudolph the Red-Nosed Reindeer." Since then, it has sold more than 80 million copies.

Source: [www.familyeducation.com/fun/history-christmas/seasonal-fun-facts](http://www.familyeducation.com/fun/history-christmas/seasonal-fun-facts)

# NEPTUNE SOCIETY



## CREMATION LOW COST

SEND FOR A FREE BROCHURE

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Zip \_\_\_\_\_

### THE NEPTUNE SOCIETY

758 W. 19th St., Costa Mesa, CA 92627

**(949) 646-7431**

State Lic. FD-1305

## BURNED BY YOUR STOCKBROKER?

**SECURITIES LAW  
CLAIMS AGAINST STOCKBROKERS**  
Stock Market Losses Caused by:  
Excessive Trading in Account  
Unsuitable Investments • Misrepresentation  
Variable Annuities

**LAW OFFICE OF  
JONATHAN W. EVANS & ASSOCIATES**

44 Years of Experience  
Highest Avvo rating - 10.0 out of 10.0  
Selected by peers as "Super Lawyer"  
2007 - 2013 and 2015 - 2020

**No Recovery - No Fee  
Free Initial Consultation**

Call today for an appointment  
**(213) 626-1881 • 1-(800) 699-1881 • (818) 760-9880**

[www.stocklaw.com](http://www.stocklaw.com)  
12711 Ventura Blvd, Suite 440, Studio City, CA. 91604

# CLASSIFIED & PROFESSIONAL SERVICE DIRECTORY

## REAL ESTATE

### INCOME INVESTMENT

- Reliable income
- Earn 8-12%
- Secured First Trust Deeds

Call Greg McCloskey  
949-851-4969

### Guiding You In The Right Direction

What happens next?

Who do we need to speak to?

Where do we go from here?

When? Why? How?

Probate & Trust  
Realtor  
CPRES

These are all questions I can help you with.

*Whether Buying, Selling*

*Don't work with just any Real Estate Agent...*

*Work with an agent who knows Leisure World*

*I specialize in the Resale of Leisure World Properties*

Call Me Today!  
Diana Dugan-Flores  
(562) 242-6162

Berkshire Hathaway  
BRE # 01497232

*The Lord is My Shepherd I shall not want. Psalm 23*



Estate  
Sales

Glinda Davis  
Certified Appraiser

714-943-1818

e-mail: glinda\_davis@yahoo.com  
Lic. #GDD0001  
www.glindadadvisestatesales.com

Your  
Ad Here

## WILLS & TRUSTS

### Living Trust

Only  
\$599.00  
Complete!

Call Greg  
(949) 851-4969

## HOME & HEALTH CARE

### RAINBOW HOME CARE

*Attendants make life easier*

All Orange County

Mobility, Errands, Housekeeping, Meal Prep, Transportation

Toll Free #1-800-811-9767

WE CAN HELP



*Ayanna Cares  
In Home Care Service*

Ayanna & Dwayne Armstead  
Owners - License #011231

- Adult Day Care
- Appointments
- Companionship
- Hospice
- Laundry
- Meal Prep
- Errands
- Post Hospital Care
- Light Housekeeping

Nights and Weekends Available

(562)576-3893

www.ayannacares.com

## AUTOMOTIVE

### CASH AUTO BUYER

WE REALLY TRY TO  
PAY YOU THE MOST  
MONEY WE CAN.  
BECAUSE WE WANT  
YOUR BUSINESS



Wrecked, damages, running or not.  
We handle all DMV Papers



WE TAKE ALL TYPES OF  
VEHICLES AND RV'S

714-980-1790

## RESEARCH

### VOLUNTEERS WITH PARKINSON'S NEEDED

Free Genetic Testing  
at PRI Research

Multiple participating locations

Learn about this and other clinical trials:

888-774-4673

www.priresearch.com

\*Insurance is not needed to participate in a clinical trial.

### WANTED/ I BUY

Lladros, Capodimontes,  
Waterford, Laliques, etc.  
High end merchandise  
for resale

Nick

714-679-5153

949-566-4661

### PRIVATE HOME HEALTHCARE SERVICES



Services include:

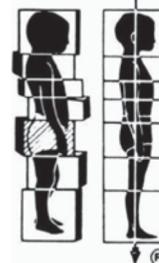
- Assist with daily care
- Meal planning & preparation
- Shopping & errands
- Doctor appointments
- Medication management
- Pet care

Mary Duarte CNA

949 525-8860

Serving South Orange County  
English Speaking • Certified • Insured

Your Ad Here



Rolfig®

Structural Integration

a manual therapy method  
for optimal alignment of  
your body, so you can move  
with ease and freedom.

Realign Uplift Live

Hilde Otterholt

Certified Rolfer™

949 933 6317

www.rolfigoc.com

### EXPERIENCED PROFESSIONAL CARE GIVER NEEDED

\$13.00per hour • 562-576-3893



We Help You Carry On!

E&M Senior Care

- Alzheimer Dementia
- Personal Care
- Transportation
- Meal Preparation
- Light Housekeeping
- Companionship
- Medication Monitoring
- Competitive Pricing

In-Home Caregiving

714-699-8938

Info@eandmseniorcare.com • www.eandmseniorcare.com

## MISC.

### LOSE SOMEONE SPECIAL?

Get your **FREE ebook** that guides you  
through your Executor and Administrator duties.

Visit: [probateresources.net](http://probateresources.net)

Call (949) 697-0420

# CLASSIFIED & PROFESSIONAL SERVICE DIRECTORY

## PLUMBING

## ELECTRIC

## GARDENING / LANDSCAPING

### Plumbing Expert



**Copper Re-Pipes, New Plumbing Additions, Gas Leak Detection/Repair, Slab Leaks, Drain/Sewer Cleaning & Inspection, Water Heaters, Affordable & Professional Service**  
 20 Years Exp. Family Owned & Operated

**714-540-4469**



### Cheaper Plumbing

Drains Cleared

**\$39**

All Plumbing Repairs  
 Senior Discount

**949-910-9818**

### GARDENING

#### One Time Yard Cleanup

Trimming, Weeding, Planting, Drought Tolerant, Ground-Cover, Landscaping, Design, Hauling

Small / Big Jobs Welcome  
 Free Friendly Estimates

GK:714-716-4491  
 gklandscape.biz

Visa/MC/DC/Amex • Lic. #918209

### TREE TRIMMING

Professional Tree Trimming  
 Tree Removal  
 Crown Reduction & Tree Pruning  
 Powder Stump Grinding  
 Palms Skinned Trimmed & Removed  
 Ivy Topping & Removal  
 Lot & Hill Clean-ups for Fire Regulation

**CORTEZ**

Tree Trimming Service

Lowest Prices Guaranteed!  
 Free Estimates  
**(562) 233-1564**

### LANDSCAPING

E.V. LANDSCAPE AND GARDENING SERVICE

As low as  
 \$25.00/weekly

Clean-ups, trimming, trees, sprinklers, sod

714-822-1870  
 Call Elvis Vega

### LANDSCAPING

**OC Landscaping and Hauling**

Trimming, Weeding, Planting, Drought Tolerant, Ground-Cover, Garden/Yard/Slope Cleanups, Design, Hauling

Small / Big Jobs Welcome  
 Free Friendly Estimates

GK:714-716-4491  
 gklandscape.biz

Visa/MC/DC/Amex • Lic. #918209

### THE SPRINKLER GUY

- Complete Irrigation
- Commercial & Residential
- Installation and Maintenance
- Retro-Fitting
- Drip Systems
- 24 Hour Emergency Service
- Senior Citizen Discounts

Contact Leo at 909-437-7532

### AC & HEATING

### HANDYMAN

#### DISCOUNTED DEEP WATER PLUMBING HEATING & AIR

Service & Repair • Installation  
 Free Estimates (New Systems)  
 All Makes/Models

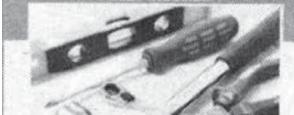
Senior Discount  
 No Results/No charge

714-234-6826  
 CALL ANYTIME

Lic# 974510

#### SOUTH COUNTY HANDYMAN

PAINTING/CARPENTRY  
 PLUMBING REPAIR  
 ELECTRICAL REPAIR  
 DRYWALL REPAIR  
 STUCCO REPAIR  
 CLEAN UP & HAULING  
 FULLY INSURED



SENIOR DISCOUNTS AVAILABLE  
 CALL CHRIS 949-370-8912

### MISC.

### GOT BUDS

Indica, Sativa, Hybrid

Premium Indoor:

\$200 / oz.

\$100 / 1/2 oz.

\$75 / oz.



**(714) 737-4965**

### MOVING \ STORAGE

### SENIOR MOVING SPECIALISTS

West Coast Relocation & Storage  
 Local & Long Distance Moves, Packing Services  
 Storage & Small Moves



**\$50 Off**  
 Moving or Storage Costs

562-537-0312

FREE insurance with every move

www.westcoastrelo.com

Lic. # 191386

### ROOFING

### APPLIANCE REPAIR

#### Dun-Rite

Commercial & Residential  
 New Roofs & Repairs  
 Flat & Shingle Experts & Home Improvements  
 Same Day Service  
 Family Owned & Operated  
 20 Years Experience!

(562) 844-5817  
 (951) 703-1222

10-15% Senior Discount Lic# 961485

#### ROCA APPLIANCE REPAIR

- Washer
- Dryer
- Refrigerator
- Stoves
- Ranges
- Cook Tops
- Dishwashers
- Plumbing



Also Air Conditioning and Heating

Call Alejandro  
 949-478-9053  
 Lic. # A48272

### PAC MASTERS LLC

We assemble and disassemble for you.  
 We Also Pack And Organize Garages  
 We Now Hang Pictures And Mirrors  
 Buy And Sell Furniture  
**FREE ESTIMATES • Call 888-250-2204**

### TELEVISION SERVICES

Grasp, LLC  
 Technology Services



### Grasp TV

(714) 263-6240

David Wooten  
 Grasp TV.Service@gmail.com

Television Services  
 Mounting, Set-up, Troubleshoot  
 Cable Alternatives,  
 Entertainment systems

**Your Ad Here**

## Community Funeral Service Herald N. Snyder

Phone: (562) 947-1960 • Fax (562) 947-1910

Toll-Free: 1-877-688-5533

E-Mail: [info@communityfuneralservice.com](mailto:info@communityfuneralservice.com)

FD# 1659

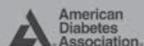
1301 S. Beach Blvd. Suite B, La Habra

8/1/05

**86 MILLION  
AMERICANS  
MAYBE EVEN YOU,  
HAVE PREDIABETES.  
PERSON-ABOUT-TO-  
FACT-CHECK-THIS-FACT.**

[DoIHavePrediabetes.org](http://DoIHavePrediabetes.org)

Text KNOW to 97779



Message & Data Rates May Apply. Reply STOP to opt out.  
No purchase necessary. Terms and Privacy: [adCouncil.org/About-Us/Privacy-Policy](http://adCouncil.org/About-Us/Privacy-Policy)



## 'Brand New Key'

Melanie

By Randal C. Hill

At a London party in 1760, a Belgian violinist made a surprise entrance on an invention called "roller skates" as he played his music. In doing so, he smashed into a mirror worth \$1,000 and damaged it beyond repair.

Over the years, roller skates evolved into metal contraptions that included a simple tool — a key — to fasten them to a skater's shoes.

In her chart-topping novelty song "Brand New Key," Melanie (born Melanie Anne Safka in 1947) tells of an enamored girl who skates to a boy's house. He never is home, though, and when the lad's mother opens the door and explains that her son is inside but isn't alone, the young lady understands why the guy has been avoiding her: he is seeing another girl he likes better.

There's a little-known back story to Melanie's million-seller. In a search for enlightenment, she once went on a 27-day distilled-water fast. A vegetarian, she broke her fast by munching on carrots but became overwhelmed by the seductive smells from a nearby McDonald's, where she succumbed to a burger, fries, and soda meal. She claimed that the alluring aroma somehow conjured childhood memories of riding a bicycle and

roller-skating and rationalized her visit to the fast-food chain by assuming that some kind of "spirit voice" was guiding her.

At home, Melanie dashed off "Brand New Key" in 15 minutes, giving the melody a bouncy 30s-style lilt. She never considered the ditty as a potential single release, planning to use it only during concerts to drop in as a surprise between her serious works about the trials of mankind. But her record-producer husband, Peter Schekeryk, who had just started the couple's own label — Neighborhood Records — sensed a hit 45 here. For a while, Melanie, who had skyrocketed to fame a year earlier with her rousing Woodstock anthem "Lay Down (Candles in the Rain)," railed against the idea of "Brand New Key" becoming Neighborhood's debut disc, fearful that if it hit big she would no longer be taken seriously as a folk artist. ("I was sure I was doomed to be cute for the rest of my life.")

Numerous listeners often snapped to attention when they first heard the lyrics of "Brand New Key." As a holdover from the 60s, the drug scene remained prevalent into the next decade. This led some people to think that Melanie's tune was about acquiring a "key" (a kilogram, or 2.2 pounds) of marijuana. Others dismissed

her work as thinly veiled eroticism. Freudianesque symbols aside, Melanie maintains that exploiting matters of the flesh was never her intention. "People read things into it," she grumbled later. "They made up incredible stories as to what the lyrics said and what the song meant. In some places, it was even banned on the radio."

*"Well, I got a brand-new pair of roller skates*

*You got a brand-new key*

*I think that we should get together*

*And try them out to see."*

### Bibliography

#### Book:

Bronson, Fred. *The Billboard Book of Number One Hits (Third Edition)*. New York: Billboard Publications, Inc., 1992. (p. 304)

#### Internet:

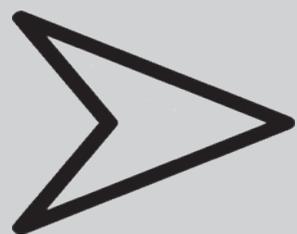
"Brand New Key by Melanie," <https://www.songfacts.com/facts/melanie/brand-new-key>. **The first Melanie quote is from here.**

"Brand New Key" by Melanie: *Roller Skates Were Never the Same Again.* <https://groovyhistory.com/brand-new-key-by-melanie-was-it-really-about-roller-skates/> Aug. 31, 2018. **The remaining quotes are from here.**

"Brand New Key: Melanie." [https://www.superseventies.com/1972\\_4singles.html](https://www.superseventies.com/1972_4singles.html).

"Melanie Safka," "Brand New Key." [en.wikipedia.org](https://en.wikipedia.org).

Shelton, Jessica. "Melanie's 'Brand New Key Lyrics and Meanings.'" Jan. 2, 2020. <https://www.songmeaning-sandfacts.com/melanies-brand-new-key-lyrics-meaning/>



# In The Spotlight

## Louise Wannier: Author of the Children's Book 'TREE SPIRITS'

Not everyone can write a children's book, but Louise Wannier has and it's a good one.

She recently launched the book "TREE SPIRITS" that inspires creativity and imagination in children and of course, grandchildren, too.

It helps them to see and visualize our world in non-obvious ways and introduces them early to an understanding of their inner spirit and feelings: key skills for early childhood development and crucial for lifelong success.

The engaging rhyming text, unique format, and photographs by Wannier, and peek-a-boo illustrations by April Tatiana Jackson spark inspiration and creativity.



Story & Photography by LOUISE WANNIER  
Illustrated by APRIL TATIANA JACKSON

The inventive format with acetate overlays of whimsical characters inspired by the lines and shapes of the tree bark gives a unique experience, as a child turns the page



Photos courtesy Louise Wannier

and first sees the tree and is asked "What do you see when you look up at this tree?" then with the next page, and (often surprising) and the creatively charming creature appears on the tree through the overlay.

The images encourage children to truly see and connect with nature while the text introduces them to the illustrated animal characters and how they are feeling. From the happy alligator to the sad elephant and curious little mouse, 10 charming illustrations and text help to develop emotional intelligence, an understanding of their feelings, and encourage them to develop empathy.

"TREE SPIRITS" ends with the encouragement to "... walk around where you live and find a few more. "Readers can use the tracing paper included to try drawing some of their own."

It also includes a section at

the back with some more photographs for them to explore and imagine for themselves.

"I created the 'TREE SPIRITS' to inspire children's creativity and imaginative minds and to help develop their emotional intelligence; these are crucial skills for children's social and emotional development of critical thinking skills," she says. "It is so important to help children to discover how they feel inside, and to open their eyes to the many possibilities in our world."

Here's more about the author who is a CA resident and is 65 years old.

**Q: Who is she?**

**A: Wannier is a creative entrepreneur, author, and artist. She is a pioneering technology entrepreneur, building innovative consumer and interactive media products.**

**Q: Companies built?**

A: She built four companies and advised many others in different industries: Education Technology, Consumer Electronics and Publishing, Information Management Software, and Fashion/eCommerce.

**Q: Education?**

A: A B.S. in Astronomy from Caltech 1978, an MBA from the Anderson School at UCLA, 1980, and a professional certification in textile design from FIDM in Los Angeles, 2004. She was born in England and moved to the United States in 1964.

**Q: For whom is the book appropriate?**

A: "TREE SPIRITS" is a delight for young and still children (within our adult selves). It is for Ages 4-8, but I am finding that many ages (children of all ages) are purchasing and enjoying the book.



**Q: How long did it take to write?**

A: This was for me the hardest part. I have been working in design and fine art photography for some years; I began this project in 2016, the year, my brother's children came to visit, and we spent the day together wandering and looking at the trees together; we had such an amazing time looking

and discovering all of them together. I assembled the photographs and then it took some time to sit with them and let the words come to me. I wrote it in rhyme and then did a sample copy to send to a few children I didn't know (who were grandchildren of friends of friends), and had some very helpful feedback, much of which ended up in the published book and for which I am so grateful.

**Q: What makes it different than other similar books on the subject?**

A: "TREE SPIRITS" is the first of a series of children's books

I hope to write to continue this approach to creativity and imagination. I have not found a similar book - confirmed by my daughter who is a book buyer - there are books about tree spirits for adults but no other interactive picture books that spark our imaginations

done in this way with rhyme and encouraging this type of interaction that stimulates the creative mind.

**Q: Are you retired or still working?**

A: I am an entrepreneur and as such, it is hard to retire. I have been building companies since 1986 when I built my first

*Continued on page 21*

# December Crossword Puzzle

## Across

- 1. Cabinet wood
- 4. "Do \_\_ others ..."
- 8. Fruity snack
- 14. Third letter
- 15. Golda of Israel
- 16. Nile's locale
- 17. Stored, as wine
- 19. Like winter skies, say
- 20. Annual award from a sports network
- 21. Not nude
- 23. Trashy pads
- 25. "Earth's Children" series author Jean
- 26. Secretly include in an email
- 29. Eli, to Archie Manning
- 30. Louise's film cohort
- 33. Sleek, informally
- 34. Wheat & barley
- 36. Took it easy
- 38. Looks upon
- 40. Irritates
- 41. Circumvented
- 42. Pub obligation
- 43. Cataract surgery implant
- 44. Riddle or puzzle
- 46. Campus in the Sooner State capital: Abbr.
- 49. Gilbert \_\_ Sullivan
- 50. In due time
- 51. Stage, as a play
- 53. They can't learn new tricks, it's said
- 56. Wall support
- 57. Panda food
- 60. Sleeveless undergarment
- 62. One lacking pigment
- 63. Scurried, poetically
- 64. Org. whose final telethon was in 2014
- 65. Standard car feature
- 66. Soeur's summers
- 67. Downcast

1	2	3		4	5	6	7		8	9	10	11	12	13
14				15					16					
17			18						19					
20					21			22						
23				24			25					26	27	28
29				30	31	32					33			
			34	35						36	37			
38	39								40					
41								42						
43					44	45						46	47	48
49				50						51	52			
				53					54	55		56		
57	58	59							60			61		
62									63					64
65									66					67

## Down

- 1. Availability
- 2. Takes care of
- 3. Something offered in assistance
- 4. Thurman of filmdom
- 5. Uncool sort
- 6. Cake layer
- 7. Baptisms of fire
- 8. It may get you all worked up for no reason
- 9. "\_\_ the Earth Move"
- 10. One with a degree
- 11. eBay try
- 12. Hardware franchise
- 13. Wasn't colorfast
- 18. Caustic cleaner
- 22. Arithmetic result
- 24. No longer fresh
- 26. 1970s fashion items (they're seen in 3-, 8- and 31-Down)
- 27. Saskatchewan native
- 28. Fish of the family Gadidae
- 31. Feature of a mysterious old house, maybe
- 32. Fanny Brice's double?
- 33. \_\_-Seltzer
- 35. Piston attachments
- 37. Available by the mug
- 38. Fleck with a banjo
- 39. Like two
- 40. Cleaning item
- 42. Actor Juliette ("Jet Lag")
- 45. Land of \_\_
- 47. "I \_\_ been a contender!"
- 48. Like zombies
- 50. Without equal
- 52. \_\_ Maine
- 53. Words abt. one departed
- 54. Walk or trot
- 55. Disney animated pirate
- 57. Disparaging word
- 58. Brewpub staple
- 59. Wharton degree
- 61. Wallet items

Answers on Page 24



## Pay for your extra dental, vision and hearing expenses with

### The Wellcare Flex Card

**Choose Wellcare as your Medicare Advantage provider and you'll get access to top-tier benefits like the Wellcare Flex Card! It's a pre-funded debit card that you can use to pay for supplemental dental, vision and hearing expenses. That may include things like:**

- Prescription glasses or contacts
- Dentures
- Hearing Aids
- Copays and more

**Get up to  
\$200  
per year**

#### Contact:

📞 1-866-285-9944 (TTY 711)

🕒 7 days a week, 8 a.m. - 8 p.m.

🌐 WellcareforCA.com

**Medicare Open enrollment is from October 15 to December 7. So don't wait to sign up for Wellcare, the no-nonsense Medicare provider, and get your Wellcare Flex Card.**

Thana Health Plan, a plan offered by WellCare Health Insurance of Arizona, Inc. Wellcare is the Medicare brand for Centene Corporation, an HMO, PPO, PFFS, PDP plan with a Medicare contract and is an approved Part D Sponsor. Our D-SNP plans have a contract with the state Medicaid program. Enrollment in our plans depends on contract renewal. Contract services are funded in part under contract with the State of Arizona. Such services are funded in part with the state of New Mexico. For detailed information about Louisiana Medicaid benefits, please visit the Medicaid website at <https://lfh.la.gov/medicaid>. Notice: TennCare is not responsible for payment for these benefits, except for appropriate cost sharing amounts. TennCare is not responsible for guaranteeing the availability or quality of these benefits.

Y0020\_WCM\_80170E\_Fisal9\_M CMS Accepted 09252021

©Wellcare 2021

### Holiday Health Hints

# Holiday Fitness Survival Guide: Make a Plan to Improve Your Core Body Fitness

During this season of family, friends and food—lots of food—now can be a great time to consider changing up your home fitness regimen and workout plans. One consideration is to incorporate exercises and workouts that strengthen and tone your core muscles. The good news is that a strong core can offer numerous health benefits whether you lead an active or a leisurely lifestyle.

#### Core Issues

GOLO, the pioneering wellness solutions company and creator of the AeroTrainer®

exercise platform, cites several reasons to consider exercises that target your core muscles:

#### #1—It's Not Just for Professional Athletes:

While professional and amateur athletes alike benefit from core muscle workouts, regular core exercise regimens can help just about anyone interested in good health and improved strength and stamina. From baby boomers concerned about flexibility to millennials and Gen-Xers who simply can't make it to the gym, exercising your core muscles



*During this season of family, friends and food—lots of food—now can be a great time to consider changing up your home fitness regimen and workout plans*

can play a critical role in your overall health and fitness.

**#2—Low Impact:** Low-impact exercises such as planks can deliver a plethora of health benefits, including tightening and strengthening your abs, improving upper body strength, building stronger back muscles and helping your heart by boosting blood flow.

**#3—Back Pain:** Stretching and strengthening your back while building core strength creates balance between your lower back and abdominal muscles. Regular exercise can help prevent and lessen common back pain by targeting the spine and its supporting muscles.

**#4—Sculpting and Toning:**

Regular exercise can aid in weight loss due to increased activity and it can help you achieve a more sculpted, toned physique. Exercises such as bridges, squats and kicks targeting your glutes, hamstrings, calves and inner thighs can help take your legs to the next level for an improved look and added strength.

#### Learn More

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

**susan g.  
komen  
FOR THE  
cure**

# Tom Cruise

By Les Goldberg

No, if you are looking at this month's cover photo, your eyes are not deceiving you. Yes, Tom Cruise is, at 59, officially a senior and eligible to be featured in "Senior Reporter."

And if you are like me, it is hard to imagine that this Hollywood icon who entered superstardom status with his classic role in the blockbuster film "Top Gun" at age 24 is still performing his own stunts in the action-thriller movies. Barring another Covid-related production delay, the "Top Gun" sequel is scheduled for release sometime next year.

Cruise's career began in 1981 when he landed a bit part in the film "Endless Love," followed by a major supporting role as a crazed military academy student in "Taps" later that year.

However, as fate would have it, after working as a busboy in the Big Apple, he moved again, this time to Los Angeles to audition for television roles. Once he signed with an agent, he landed a bit part in the 1981 film "Endless Love," followed by a major supporting role as a crazed military academy student in "Taps" later that year.

In 1983, he was part of the ensemble cast of "The Out-



siders." That same year, he appeared in "All the Right Moves" and "Risky Business," which has been described as a Generation X classic, and a career-maker for Cruise.

Two years later Cruise played the male lead in the Ridley Scott film "Legend," and in 1986 his work in "Top Gun" catapulted him to stardom and one of the highest-paid actors in the world.

The winner of numerous Oscars and Golden Globes,



among other awards and nominations, Cruise's resume of major films includes "The Color of Money," "Rain Man," "Born on the Fourth of July," "A Few Good Men," "The Firm," "Interview with the Vampire," "Jerry Maguire," "Magnolia," "Mission: Impossible," "Vanilla Sky," "Minority Report," "The Last Samurai," "Collateral," "War of the Worlds," "Knight and Day," "Jack Reacher," "Oblivion," "Edge of Tomorrow," "The Mummy," and the list goes on.



While Cruise's on-screen achievements have been meteoric, his behind-the-scenes business moves have also attracted both wanted and unwanted publicity. Since he partnered with his former talent agent Paula Wagner to form Cruise/Wagner Productions in 1993, the company has since co-produced several of his films, including "Mission: Impossible."

Cruise is noted as having negotiated some of the most lucra-



tive film deals in Hollywood and was described in 2005 by Hollywood economist Edward Jay Epstein as "one of the most powerful – and richest – forces in Hollywood."

According to Epstein, Cruise is one of the few producers (the others being George Lucas, Steven Spielberg, and Jerry Bruckheimer) who can guarantee the success of a billion-dollar film franchise.

It has been reported that his production company is working to develop a screenplay based on Erik Larson's "New



York Times" bestseller "The Devil in the White City" about a real-life serial killer, H.H. Holmes, at Chicago's World's Columbian Exposition.

Cruise's career has not been without controversy amid all its success. One of the shadows following him around has been his relationship with the Church of Scientology. An outspoken advocate, he was converted to the religion by his first wife, Mimi Rogers, in 1986. He lauds the church and specifically its founder, L. Ron Hubbard, for helping him overcome his struggles with dyslexia.

He also raised eyebrows in 2004 when he criticized actress Brooke Shields for using antidepressant drugs, saying that "I think psychiatry should be outlawed," which follows Scientology's doctrine. Cruise later apologized for his statement.



## Personal Life

Cruise splits his time between homes in Beverly Hills, Clearwater, Fla., and Great Britain.

Continued on page 26

**ALL NEW** mobility technology

# Introducing the world's lightest wheelchair with all of these safety features

*The revolutionary portable wheelchair  
with dozens of standard features*

For years, the millions of Americans with mobility issues had a choice when it came to wheelchairs: convenience or comfort. Wheelchairs have been around since the 17th century, but there have not been significant improvements to their design . . . until now.

Thanks to the So Lite™ Wheelchair, individuals with mobility challenges and their caregivers no longer need to choose between wheelchairs that are comfortable and those that can be easily transported. The frame is crafted using magnesium, known for its combination of light weight and strength. This has resulted in a chair frame that weighs only 16.5 pounds, but can easily handle a person weighing as much as 250 pounds. This lesser weight makes it easier to maneuver, whether by the person sitting in it or the person pushing it. The seat and the back feature comfortable yet durable cushions that can be removed easily for cleaning. The rear wheels, footrests and anti-tippers all feature easy quick-release, no-tool removal. The backrest folds for convenient storage in a closet, underneath a bed or in a car trunk, and the armrests flip back, so you can roll up close to a desk or table. The tires feature flat-free design and do not require maintenance, and there is a dual braking system featuring manual locks and handbrakes.

Why spend another day struggling? Call now and a helpful, knowledgeable product expert will answer any questions you have. The So Lite™ Wheelchair comes with a one-year manufacturer's warranty and our exclusive home trial. We'll even give you **FREE** back and seat cushions. Don't wait . . . Call now.



Available in Black (shown), White or Blue



## Why So Lite™ is better:

- Chair frame weighs only 16.5 pounds
- Frame crafted using magnesium for light weight and strength
- Easy quick-release rear wheels, footrests and anti-tippers
- Flip-back armrests for the ability to roll up close to a desk or table
- Folds for convenient transportation and storage
- Dual braking system featuring manual locks and handbrakes
- **FREE** stylish and comfortable back and seat cushions

## So Lite™ Wheelchair

Call toll-free now **1-888-688-0120**

Please mention code 116098 when ordering.

**Journey**  
HEALTH & LIFESTYLE





# CAN YOU SENSE THE POSSIBILITIES?

**A sense of adventure.  
A sense of pure joy.  
A sense of community.**

Irresistible belly laughs over shared meals with friends. The thrill of visiting faraway lands with virtual reality. Sharing your passions or discovering new interests in a Watermark University class.

Call us today at **949-763-2668** to schedule your private tour. Learn more at [wrcsenses.com/coronadelmar](http://wrcsenses.com/coronadelmar).



3901 East Coast Highway  
Corona del Mar, CA 92625  
[coronadelmar.watermarkcommunities.com](http://coronadelmar.watermarkcommunities.com)

**ASSISTED LIVING • MEMORY CARE**

RCFE LICENSE #306005642



**Sandra Teel**  
Cell: (657) 204-4224  
[steelmedagent@gmail.com](mailto:steelmedagent@gmail.com)  
Lic. #4031244

By calling the number above, you will be directed to licensed insurance agent.

## Get local help with your Medicare questions.

I'm a licensed sales agent, specializing in Medicare. Take advantage of my knowledge and experience to:

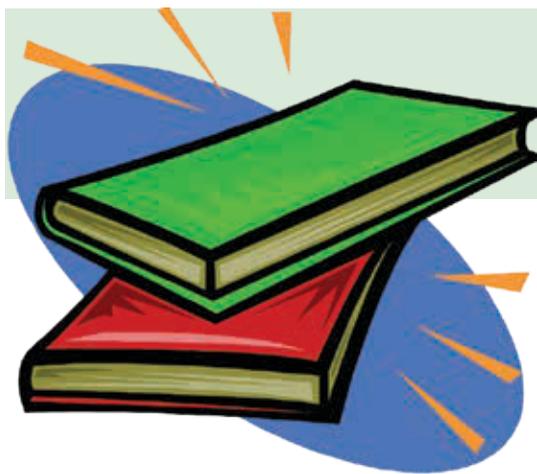
- ✓ Take the confusion out of Medicare
- ✓ Receive one-on-one services
- ✓ Get help comparing plans
- ✓ Make enrolling in a plan easier

**All at no cost to you!**

I look forward to helping you start exploring your Medicare plan options, so you can enroll in a plan with confidence.

Christmas will always  
be as long as we  
stand heart to heart  
and hand in hand.

*Dr. Seuss*

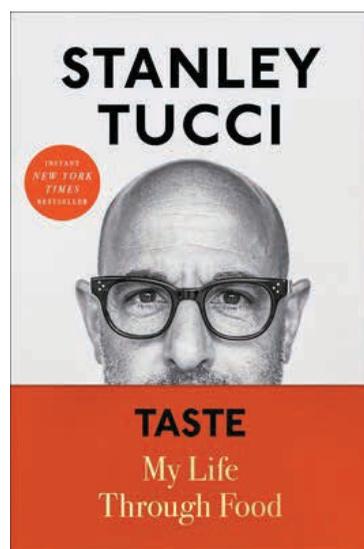


# December Book Club

Here are a few new books to pick up or read when you need a break from all the holiday shopping, cooking, and entertaining this season.

## Taste

### My Life Through Food By Stanley Tucci



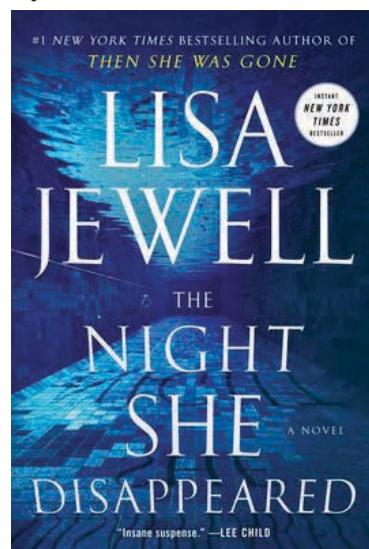
“Stanley Tucci grew up in an Italian American family that spent every night around the kitchen table. He shared the magic of those meals with us in *The Tucci Cookbook* and *The Tucci Table*, and now he takes us beyond the savory recipes and into the compelling stories behind them.

“*Taste*’ is a reflection on the intersection of food and life, filled with anecdotes about his growing up in Westchester, New York; preparing for and shooting the foodie films *Big*

*Night*’ and *Julie & Julia*,’ falling in love over dinner; and teaming up with his wife to create meals for a multitude of children. Each morsel of this gastronomic journey through good times and bad, five-star meals and burned dishes, is as heartfelt and delicious as the last.

“Written with Stanley’s signature wry humor, *Taste*’ is for fans of Bill Buford, Gabrielle Hamilton, and Ruth Reichl — and anyone who knows the power of a home-cooked meal,” according to Publisher Gallery Books

### The Night She Disappeared A Novel By Lisa Jewell

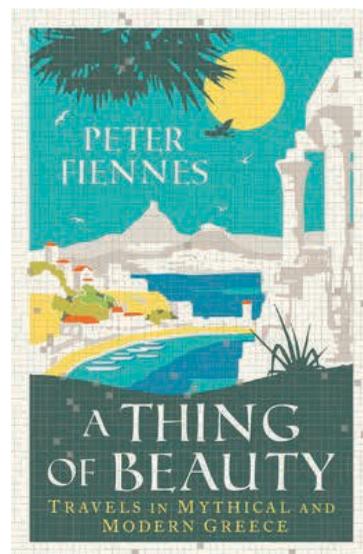


“On a beautiful summer night in a charming English suburb, a young woman and her boyfriend disappear after partying at the massive country estate of a new college friend.

“One year later, a writer moves into a cottage on the edge of the woods that border the same estate. Known locally as the Dark Place, the dense forest is the writer’s favorite area for long walks and it’s on one such walk that she stumbles upon a mysterious note that simply reads, ‘DIG HERE.’

“Could this be a clue toward what has happened to the missing young couple? And what exactly is buried in this haunted ground?” according to Publisher Atria Books.

### A Thing of Beauty Travels in Mythical and Modern Greece By Peter Fiennes



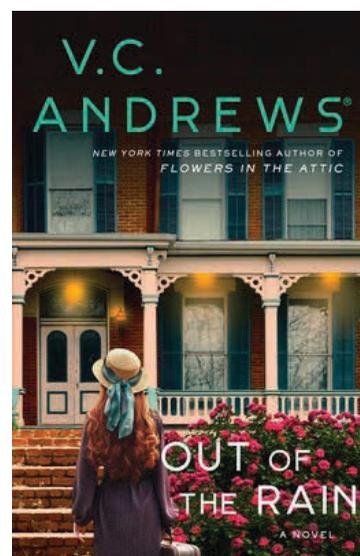
“What do the Greek myths mean to us today?”

“It’s now a golden age for these tales — they crop up in novels, films, and popular culture. But what’s the modern relevance of Theseus, Hera, and Pandora? Were these stories ever meant for children?

And what’s to be seen now at the places where heroes fought and gods once quarreled?”

“Peter Fiennes travels to the sites of some of the most famous Greek myths, on the trail of hope, beauty, and a new way of seeing what we have done to our world. Fiennes walks through landscapes — stunning and spoiled — on the trail of dancing activists and Arcadian shepherds find the ‘most beautiful beach in Greece,’ consults the Oracle, and loses himself in the cities, remote villages, and ruins of this storied land, according to Publisher One-world Publications

### Out of the Rain Book No. 2 of The Umbrella series By V.C. Andrews

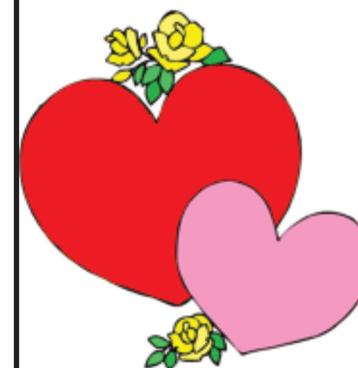


“Following the events of *The Umbrella Lady*, young Saffron Faith Anders searches for family and love in this spine-tingling gothic fairy tale from the *New York Times* bestselling author of the *Flowers in the*

*Attic*’ series and Landry series — now popular Lifetime movies.

“After escaping the trauma of the Umbrella Lady’s home, 13-year-old Saffron Faith Anders is determined to find the father who abandoned her all those years ago. But when she finds him in a nearby town, Saffron is shocked to discover that he has married a woman he clearly had been involved with before her mother’s death. Worse, her father insists Saffron pretend to be his niece so he can continue to con his new wife’s family. Desperate for her father’s love, she goes along with the farce, but it soon becomes clear that it is better to face the world alone than be trapped in a toxic and potentially dangerous family, according to Publisher Gallery Books.

## With A Heart for Seniors



# No-Cost Worldwide Coverage

with OneCare Connect

Get health care no matter where you are, including:

- Emergency care
- Urgent care
- Emergency transportation

To learn more, visit [caloptima.org](http://caloptima.org) or call 1-855-705-8823.



TWITTER, TWEET, RETWEET and the Twitter Bird logo are trademarks of Twitter, Inc. or its affiliates.

OneCare Connect Cal MediConnect Plan (Medicare-Medicaid Plan) is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees. OneCare Connect complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. H8016\_22AD007 (Accepted 9/14/2021)



## Delicious Traditional Recipes

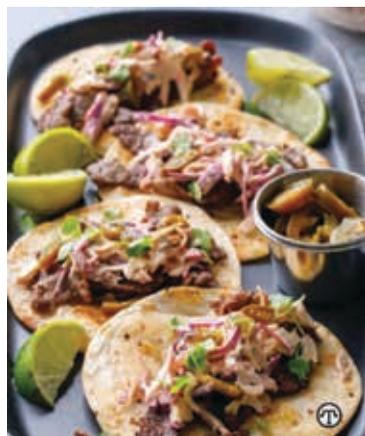
# Give Traditional Recipes a Better-For-You Twist

Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States—about 655,000 Americans die from heart disease each year, according to the Centers For Disease Control And Prevention—but you can protect yourself 3 ways.

### Three Steps To A Healthier Heart

**1. Don't smoke.** If you do smoke, quit. Your doctor can help.

**2. Get regular exercise.** The Surgeon General recommends 2 hours and 30 minutes of



*Heart-healthy\* Mazola® helps make delicious steak tacos*

moderate-intensity exercise week.

**3. Eat right.** Choose plenty of fresh fruits and vegetables and foods high in fiber and low in saturated fats, trans fat, and cholesterol.

To help, Mazola® Corn Oil has come up with a number of recipes that are delicious and support heart health. The all-purpose cooking oil is a heart-healthy\* choice for baking, grilling, sautéing, stir frying or mixing up a marinade.

Plus, it has a high smoke point of 450° F. All cooking oils have a smoke point that, once exceeded, negatively affects the food's flavor.

Here's a heart-healthy\* recipe, popular with Latinx cooks, that's delicious for everyone:

### Steak Tacos

- 1 pound flank or skirt steak,

frozen for 30 minutes

- 4 tablespoons (1/4 cup) Mazola® Corn Oil, divided
- 3 tablespoons tamari or reduced sodium soy sauce
- 3 tablespoons freshly squeezed lime juice
- 3 cloves garlic, finely minced
- 2 teaspoons chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried Mexican oregano

8 taco-sized flour tortillas heated on skillet lightly coated with Mazola® Corn Oil until lightly charred.

### Toppings:

- Cotija cheese
- Chopped cilantro

Pickled jalapeno  
Lime wedges

In large bowl, combine soy sauce, lime juice, 2 tablespoon Mazola® Corn Oil, minced garlic, chili powder, cumin and oregano. Remove steak from freezer and slice thinly across the grain. Place in bowl with marinade. Stir to cover. Marinate 45 minutes to 2 hours. Heat 2 tablespoons of oil in large skillet over high heat. Add steak to hot oil. Sear on both sides for about 1 minute. Immediately reduce heat to medium high. Add reserved marinade. Cook, stirring often, until marinade has reduced to half, about 3-4 minutes. Divide steak among warmed tor-

*Continued on page 21*



**PHYSICAL  
THERAPY  
IN  
YOUR  
HOME**



**OUTPATIENT PHYSICAL THERAPY IN THE  
COMFORT OF YOUR HOME  
MEDICARE ACCEPTED**

**(714) 580 - 2868**

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



# Celebrating 60 years

*Caring for the community  
since 1961*



Specializing in Internal Medicine  
& Family Medicine

## Accepting New Medicare Advantage Patients!

Medicare Open Enrollment 2021 occurs  
**October 15 - December 7.**

*Call our Medicare Information Hotline  
for more information:*

**714-965-2557**

**714-965-2500**  
**edingermedicalgroup.com**

9900 TALBERT AVE., FOUNTAIN VALLEY  
18682 BEACH BLVD., HUNTINGTON BEACH



*Most HMO, PPO, Fee for Service and Medicare Advantage plans accepted.*

ONE TIME  
IS A BAD  
PHOTO.  
MANY TIMES  
IS A SIGN.

LACK OF EYE CONTACT IS A SIGN OF AUTISM.  
Learn the others at [autismspeaks.org/signs](http://autismspeaks.org/signs)



**MEALS on WHEELS<sup>®</sup>**  
ORANGE COUNTY

Nourishing the wellness, purpose, & dignity of seniors and their families in Central and North Orange County



Call or visit us online to  
**Get Meals • Volunteer • Donate**

714-220-0224 • [MealsOnWheelsOC.org](http://MealsOnWheelsOC.org)

Community SeniorServ, Inc. dba Meals on Wheels Orange County is a 501(c)(3) nonprofit organization

**American Heart Association**

**CERTIFIED**  
Meets Criteria For  
Heart-Healthy Food



TM



# Holiday Tips When Alzheimer's is Present

Contributed by Chris Soden

The holidays are often filled with opportunities for togetherness, sharing, laughter and memories. But they can also bring stress, disappointment and sadness. A person living with Alzheimer's may feel a special sense of loss during the holidays because of the changes he or she has experienced. At the same time, caregivers may feel overwhelmed maintaining traditions while providing care.

In the early stage, a person living with Alzheimer's may experience minor changes. Some may withdraw and be less comfortable socializing, while others may relish seeing family and friends as before. The key is to check in with each other, focus on the things that bring happiness and let go of activities that seem overwhelming or stressful.

As the disease progresses into the middle and late stages, review your holiday plans to ensure they are still a good fit. The following tips may help you make the holidays easier and happier occasions.

#### Adjust expectations.

- Call a meeting or arrange for a group discussion for family and friends to discuss holiday celebrations. Make sure that everyone understands your caregiving situation and has

realistic expectations about what you can and cannot do. No one should expect you to maintain every holiday tradition or event.

- Give yourself permission to do only what you can reasonably manage. If you've always invited 15 to 20 people to your home, consider inviting five for a simpler meal. Think about having a potluck dinner, asking someone to order and bring dinner, or asking others to host.

- Familiarize others with your situation by writing an email similar to the following:

*I'm writing to let you know how things are going at our house. We're looking forward to your visit, and we thought it might be helpful for you to understand our current situation before you arrive. You may notice that \_\_\_ has changed since you last saw him/her. Among the changes you may notice are \_\_\_. Because \_\_\_ sometimes has problems remembering and thinking clearly, his/her behavior is a little unpredictable. Please understand that \_\_\_ may not remember who you are and may confuse you with someone else. Please don't feel offended by this. He/she appreciates your being with us and so do we. Please treat \_\_\_ as you would any person. A warm smile and a gentle touch on \_\_\_'s shoulder or hand will be appreciated*

*more than you know. We would ask that you call when you're nearby so we can prepare for your arrival. With your help and support, we can create a holiday memory that we'll all treasure.*

#### Involve the person living with Alzheimer's.

- Involve the person in safe, manageable holiday preparation activities that he or she enjoys. Ask him or her to help you prepare food, wrap packages, help decorate or set the table. Avoid using candies, artificial fruits and vegetables as decorations because a person living with dementia might confuse them with real food.

- Maintain the person's normal routine as much as possible, so that holiday preparations don't become disruptive or confusing. Taking on too many tasks can wear on both of you.

- Build on traditions and memories. Your family member may find comfort in going caroling, but you may also experiment with new traditions that might be less stressful or a better fit with your caregiving responsibilities, such as watching seasonal movies.

#### Adapt gift giving.

- Provide people with suggestions for useful and enjoyable gifts for the person, such as an identification bracelet or

*Continued on page 22*

# Life After Mother

By Lyn Jensen

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

## House Is a Museum

My mother, a frustrated artist, turned her suburban home into her own personal museum. She painted most of the walls white like an art gallery, the better to show off her art collection, and she furnished the living room with eight tall glass display cases packed with still more art, crafts, curios, collectibles, antiques, mementos, memorabilia, and relics of her life.

I love displaying those things as much as she did, but I don't like the prospect of living in a museum. I don't like those glass display cases — they're hazardous. Two years and two estate sales later, though, all eight cases are still where they were, and all serve a useful function, serving as much-needed storage space in a house that remains packed with lifetimes of accumulated material goods. Each sale has emptied out a few shelves, but each time the shelves have simply provided new places for clutter cleared from other areas of the house.



At this stage, easy choices have been made. The obvious trash has been trashed, the obvious donations donated,



the most saleable items sold. One entire case is taken with the family collection of bottles and glassware. Another case is stuffed with relics from my mother's childhood — some of her dolls, her antique doll tea set, animal figurines, baby spoons, decorative plates — that I haven't found a buyer for. Asian, African, and Latin American curios, what I call the "united nations" collection, completely fill the third case. Keep going, there's more — antiques from my father's family, relics from my own childhood, sports memorabilia, basketry, pottery, rocks, shells, figurines, souvenirs, tins, candleholders, and that's just some of what's on display in the living room. Wait 'til you see the rest of the house.

One or two furniture buyers from auction houses have expressed interest in the glass display cases, but only the glass display cases, nothing else. I can't sell the cases without somewhere else to put the contents. One salesman offered to have workers come and pack the contents into crates and move all the crates and cases



into my garage — for a hefty price, of course. That would crowd more things into a garage too crowded already, and it doesn't address the primary issue — how to ultimately dispose of the cases or what they contain.



Since moving in I've been struggling to make the house less like a museum and more like a living space. Most of the rooms have a new color scheme, and the living room has been painted a sandy, sunny Southwestern peach, displaying Western art. Most of the bulky Danish mid-century modern furniture has been sold, and what's left leans to the functional and minimal. Those glass cases are (still) proving to be a major challenge. Maybe by the end of 2022, all my family's personal museum collection will have to be re-housed, in my home or somebody else's, and those furniture-buyers can come and get the cases if they still want them.

## In The Spotlight

*continued from page 11*

1986 when I built my first company, educational technology, and interactive learning software company in Sweden.

Q: Where can people buy the book and how much is it?

A: It's \$21.95, and is available on Amazon.com, on TreeSpiritsbook.com, and from selected bookstores listed on our website. Please support the independent bookstores and we are happy for your purchase from Amazon and help us spread the word. Additionally, I am offering to read for school classrooms in K-3rd grade. I have donated hundreds of copies to Title I Los Angeles school children through the PS I Love You Foundation.

Q: Family? Married? Kids? Pets?

A: Married, four adult children who have given us five wonderful grandchildren ranging between ages one and five. It was becoming a grandma — 'Safta' as they call me — that I was inspired to create this book.

Q: What inspires you?

A: Opportunities to improve and help heal our world, people, nature, children, travel, and the arts.

Q: Why would grandparents want to get this for their grandkids?

A: This is a book that reads itself; your grandchildren will lead you through this book. It

is fun, and together you will have as much fun as they do discover what you see and imagining the spirits.

Q: Spare time, hobbies?

A: Photography, textile art, and fashion/interior design as "TREE SPIRITS" is published through her company, True Roses, Inc, and is her second published work. Together with Barbara Hemphill, she co-authored and created the book, "Less Clutter, More Life," to address the emotional blocks that often prevent us from decluttering and organizing our lives. She also enjoys mindfulness practice and reading stories with her grandchildren who call her Safta.

## Traditional Recipes

*Continued from page 18*

tillas. Top with a sprinkling of chopped cilantro, crumbles of cotija cheese and pickled jalapeño. Serve immediately with lime wedges.

### Learn More

For further healthful eating facts, tips and recipes, visit [www.Mazola.com](http://www.Mazola.com).

*\*Very limited and preliminary scientific evidence suggests that eating about 1 tbsp (16 grams) of corn oil daily may reduce the risk of heart disease due to the unsaturated fat content in corn oil. FDA concludes there is little scientific evidence supporting this claim. To achieve this possible benefit, corn oil is to replace a similar amount of saturated fat and not increase the total number of calories you eat in a day.*

**Open Every Wednesday!**

**HUNTINGTON BEACH ELKS**

**BINGO**

**WEDNESDAY MATINEE**

**Doors Open at 9:00 AM. - \$15.00 Minimum Buy-In**

**23 TOTAL GAMES**

ALL GAMES PAY \$250.00  
\*\*PULL TABS\*\*

COLOR MONITORS  
COMPUTERIZED VERIFICATION

CASH BALL

STRIP GAMES - \$500 - \$500 - \$500 - \$300 - \$300  
PLUS 2 TAB GAMES OF AT LEAST \$1199.

EARLY BIRD – 10:30 AM.

REGULAR – 11:00 AM.

LATE BIRD – Following Regular Games

6 ON – 4 UP (Plus 1 Strip)

6 ON – 15 UP (Plus 2 Strips, 2 tabs)

6 ON – 4 UP (Plus 1 Strip)

FOOD AND SOFT DRINKS AVAILABLE FOR PURCHASE  
FREE COFFEE – TEA – POPCORN

HUNTINGTON BEACH ELKS LODGE  
7711 TALBERT AVENUE (2 BLOCKS WEST OF BEACH BLVD.)  
HUNTINGTON BEACH.  
(714) 848-9440

Overflow Parking Available at the Center for Spiritual Living just West of the Lodge on Talbert Avenue.

## Holiday Tips

*Continued from page 20*

gifts such as dangerous tools or instruments, utensils, challenging board games, complicated electronic equipment or pets.

- Depending on his or her abilities and preferences, involve the person in gift giving. For example, someone who once enjoyed baking may enjoy helping to make cookies and pack them in tins or boxes. Or you may want to buy the gift so that the person can wrap it.

- If friends or family members ask you what you'd like for a gift, you may want to suggest a gift certificate or something that will help make things easier, like housecleaning; lawn, handyman or laundry services; restaurant gift cards; or even volunteering to visit with the person for an afternoon so you can have some time off.

### Try to be flexible.

- Celebrate over lunch or brunch, rather than an evening meal, so you can work around the evening confusion (sundowning) if it sometimes affects the person living with Alzheimer's.

- Consider serving nonalcoholic drinks and keeping the room bright.

- Prepare for post-holiday let-down. Arrange for in-home care so you can rest, enjoy a movie or have lunch with a friend, and reduce post-holiday stress and fatigue.

For those who are unsure if a loved one is living with Alzheimer's or concerned about dementia within their family, you can learn more about how to recognize the symptoms and warning signs through free educational programs provided by the Alzheimer's Association at [alz.org/oc](http://alz.org/oc).

## The Senior Reporter

is published monthly by:

**SENIOR REPORTER  
OF OC**

Email: [jcampos@seniorreporterofoc.com](mailto:jcampos@seniorreporterofoc.com)

Telephone  
**(714) 975-6345**  
Fax  
**(714) 369-6517**

Rate is \$28.00 per year.

Guest articles, commentaries and photographs are invited, however, publication is at the discretion of the editor

EDITOR: DEBBIE L. SKLAR  
DIRECTOR OF SALES: JAMES WEBB  
ADVERTISING MANAGER:  
WILLIAM THOMAS  
GRAPHICS:  
SEASIDE GRAPHICS & PRINTING

Contributing Writers:  
Les Goldberg, Shana McCann,  
Jim McDevitt, Lyn Jensen,  
Nick Thomas, Randal C. Hill

**SMALL DONATIONS  
MAKE A BIG  
DIFFERENCE**

**SupportDisasterRelief.org**



ad  
COUNCIL

*Happy  
Holidays*



# Tinseltown Talks

By Nick Thomas

## Claude Jarman Jr. Recalls a Family Classic: 'The Yearling'

Premiering in Los Angeles a few days before Christmas 75 years ago this year, "The Yearling" depicted the post-Civil War Baxter family struggling to survive in the backwoods of Florida. Notwithstanding fine performances from screen parents Gregory Peck and Jane Wyman, the film soon became a family favorite due in no small measure to Claude Jarman Jr. and his dramatic portrayal of their son, Jody.



Claude Jarman Jr. with fawn in 'The Yearling.' Photo courtesy MGM.

Just 10-years-old when filming began in spring 1945, it was young Claude's first professional acting job. His powerful emotional performance was recognized with a Juvenile Academy Award.

"The only previous experience I had was in fourth and fifth-grade school plays and some community theater in Nashville where I grew up," said Jarman from his home north of San Francisco. "MGM conducted a national search and the director, Clarence Brown,



Jane Wyman, Claud Jarman Jr., and Gregory Peck on Florida farm set for 'The Yearling.' Photo courtesy MGM.

wanted a boy who was totally natural and looked the part - a skinny blonde kid, which I was."

Location filming in Florida took several months and was especially challenging because the director required dozens of takes for almost every scene which often featured animals, notably wild deer.

"They are obviously unpredictable," Jarman said. "In one scene I had to run up to a neighbor's house with the deer following me, but it wouldn't. We had to do that probably 100 times before getting it right."

Jarman says several fawns were used in the film and each was named.



Claude Jarman Jr. holding deer in 'The Yearling.' Photo courtesy MGM.

"My favorite was called Bambi and it grew into a yearling during the movie. Bambi was probably in 70 percent of the scenes where you see a deer and was the only one that would sit on my lap for hours with its legs folded which is usual because they normally want their legs down so they can quickly run from danger. I had a wonderful relationship with that fawn which, like me, grew up while making the movie."



Gregory Peck and Claud Jarman Jr. go bear hunting in 'The Yearling.' Photo courtesy MGM.

Like Bambi, Claude also grew taller during production, but he lost weight as the grueling shooting progressed through the humid Floridan summer.

"In those days, we could shoot seven days a week in Florida," he recalled. "I was 110-pounds at the beginning of filming but lost 10-pounds by the end and was totally spent."

Considering his limited previous acting experience, Jarman's moving performance is still impressive



Claud Jarman Jr. at the October 2021 Lone Pine Film Festival visiting Alabama Hills where hundreds of westerns were filmed. Photo courtesy Don Kelsen

to watch, especially the final scenes with the deer.

"The cast and crew were together for many months, so as the filming progressed you really got into the part and lived it," he said. "It was emotional for me, but you just took it one day at a time."

Jarman's film career ended in the mid-50s, but not before working with legends such as John Wayne in "Rio Grande" and Randolph Scott in "Hangman's Knot." "Intruder in the Dust," dealing with racial issues in the South, remains a personal favorite. He discusses his career in his 2018 autobiography, "My Life and the Final Days of Hollywood," available through Amazon and his Facebook page (www.facebook.com/MYLI-FEANDTHEFINALDAY-SOFHOLLYWOOD).

"I made 10 other films after "The Yearling," Jarman said, "but nothing came close to being as difficult."

"I made 10 other films after "The Yearling," Jarman said, "but nothing came close to being as difficult."

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

## Handyman

Continued from page 3

run a marathon. Kneeling pads do help but nothing helps but a struggle to get back on your feet.

The process of hooking up the wires to the new receptacle took twice as long. I kept repeating to the wires, 'Give me a break,' but they didn't give me a break except one line snapped off from being bent so much. With my wife's help, we slowly cut the covering from another 3/4 of an inch of wire to reveal the copper. When we finished wiring my wife asked if we should check it before putting it back in the wall. I said no, because if it wasn't right, then we would have to get an electrician because I was spent as in empty. With the receptacle back in I turned on the electricity and of course, the circuit tripped and kept on tripping. The next day we got an electrician who discovered that I had wired the outlet incorrectly. Now my wallet is \$50.00 lighter, but I have hung up my electric work.



**SOMETIMES MY HUMAN DOESN'T WEAR PANTS AT HOME. IT'S A RIOT.**

—COLBY  
adopted 06-18-11

A PERSON IS THE BEST THING TO HAPPEN TO A SHELTER PET

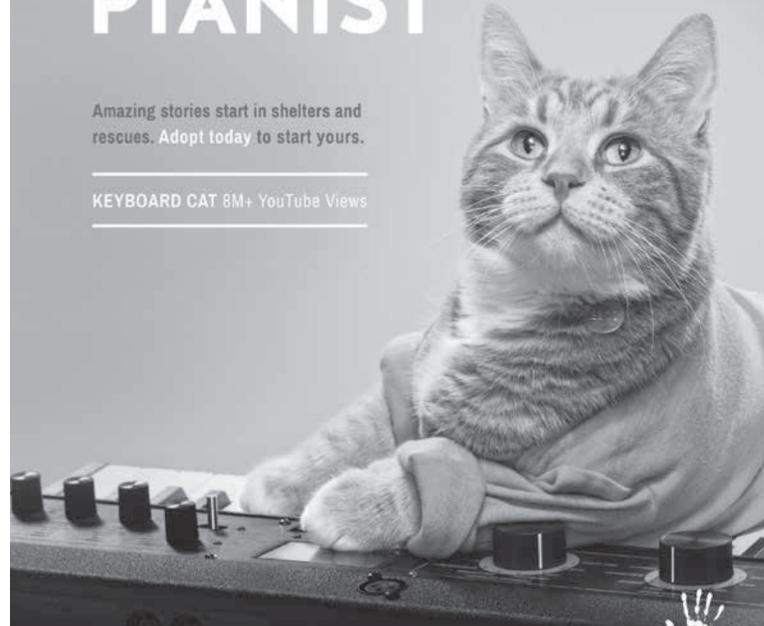
**adopt**  
theshelterpetproject.org



# SHELTER PET & GLOBALLY RECOGNIZED PIANIST

Amazing stories start in shelters and rescues. Adopt today to start yours.

KEYBOARD CAT 8M+ YouTube Views



**Start A Story. Adopt**  
theshelterpetproject.org



## UC Irvine Willed Body Program

### Whole Body Donations For Medical Science



For information on donating your body to medical education and research, call: 949-824-6061



or visit:  
[www/som.uci.edu.willedbody](http://www/som.uci.edu.willedbody)

No cost to donor or family. Final cremation and scattering at sea included.

### Crossword Puzzle Answers from page 12

1	A	S	H		4	U	N	T	O		8	F	I	G	B	A	R	
14	C	E	E		15	M	E	I	R		16	A	F	R	I	C	A	
17	C	E	L	L	18	A	R	E	D		19	L	E	A	D	E	N	
20	E	S	P	Y		21	D	R	E	22	S	S	E	D				
23	S	T	I	E	24	S			25	A	U	E	L		26	B	C	
29	S	O	N		30	T	H	E	L	M	A		33	A	E	R	O	
				34	G	R	A	I	N	S		36	L	O	L	L	E	
38	B	E	H	O	L	D	S		40	R	A	N	K	L	E	S		
41	E	V	A	D	E	D			42	B	A	R	T	A	B			
43	L	E	N	S		44	E	N	I	G	M	A		46	O	C	U	
49	A	N	D		50	A	N	O	N		51	P	U	T	O	N		
				53	O	L	D	D	O	G	S		56	S	T	U	D	
57	B	A	M	B	O	O			60	C	A	M	I	S	O	L	E	
62	A	L	B	I	N	O			63	H	I	E	D		64	M	D	A
65	H	E	A	T	E	R			66	E	T	E	S		67	S	A	D

# The Gadget Geezer

By Les Goldberg

## Top Tech View for 2022

In case you are wondering – as I am – what’s new in ’22 for consumer gadgets, you don’t have to look much further than next month’s Consumer Electronics Show in Las Vegas.

For a preview of the largest gathering of gadgetry in the world, CES released its annual Innovation Award nominations, a showcase of what we can expect in technology for the new year and, for that matter, years to come.

Since there are so many new gadgets, too many to mention here, I have selected a handful of the ones to highlight in this column:

### Lucy



A company in Great Britain is being honored for Lucy, a system that combines artificial intelligence (AI) and virtual reality (VR) technologies to detect early signs of cognitive brain impairment, such as dementia, Alzheimer’s, and mood disorders.

While interacting with a VR sensory headset, biosignals are measured and analyzed. After a personal assessment, the training element of the system helps users improve brain

health through immersive VR content.

### Motion Pillow



If you or your partner snores, the Motion Pillow from the 10Minds company is designed to improve a common sleeping problem.

While sensing the user’s head position, it detects the sound of snoring and triggers airbags inside the pillow to inflate, optimizing the sleeper’s head position without disturbing sleep, thereby reducing, or stopping snoring by securing the upper respiratory tract.

The Motion Pillow consists of a pillow with built-in airbags, a control unit with an acoustic sensor for receiving snoring sounds and an air pressure sensor for detecting the location of the head on the pillow, and a sub-module to maximize accuracy in detecting snoring sounds.

### AirSense

Another solution for people suffering from sleepless nights caused by snoring or sleep apnea is the AirSense 11, from ResMed. It is a cloud-connected positive airway pressure

(PAP) device that combines the latest digital technologies to make it easier for sleep apnea sufferers to start and stay on therapy, and for their health providers to track and support their success.

The product includes AirView remote patient monitoring and the myAir patient engagement platform.

According to ResMed, users of AirSense have increased normal sleep patterns by 87 percent compared to the 50 percent level of users with non-connected PAP devices.

### Health Monitor



Throughout the high-tech world today there is a flood of products that are dedicated to one goal – health monitoring at home.

One such device has raised the eyebrows of the CES Innovation Award judges: The XK300-H from Toronto-based Xander Kardian. It is a radar device that provides contact-free, continuous, and autonomous monitoring of a person’s resting heart rate, breathing rate, motion, and presence.

Patients suffering from chronic respiratory and cardiovascular

disease, such as COPD, Sepsis, Pneumonia, PND, strokes, heart attacks, etc., can benefit from the XK300-H’s ability to detect early signs of distress and deterioration from continuous monitoring.

According to the company, it also can help COVID-19 patients by continually monitoring their treatment progress without patient contact. It is 100 percent automatic.

### Massage Chair



Like monitoring systems, massage chairs also come in many shapes, sizes, and features. However, a company called Hutech has partnered with Universal Music Studio and “Sonic Wave” technology to develop the KAI Massage Chair.

Hutech claims that it is the first massage chair to incorporate low-frequency sound waves and motion to “satisfy the user’s sense of deep touch and emotion of the human body.” In addition, the KAI chair will provide a massage that synchronizes to music.

### Smart Toothbrush

Until now, a toothbrush had



one primary purpose: to clean your teeth, thereby preventing bacteria (germs) from entering your body from the mouth. Today, the dental market is packed with manual and electric toothbrushes, floss picks, and other teeth and gum-cleaning tools.

But what is the future for his specialized healthcare product line? Perhaps it can be found in “The hum,” the latest innovation in dental care from Colgate-Palmolive.

A company spokesperson describes the hum as a “radically redesigned new battery-powered toothbrush that delivers smart personalized health tracking and customized brushing coaching.”

With Bluetooth connectivity, it guides users to brush better by tracking the frequency, duration, and coverage of their individual brushing style to help them target spots that need extra cleaning. The hum requires downloading the Colgate app from the Apple app store or Google Play Store.

susan g.  
komen  
FOR THE  
cure

**SUGAR  
DOESN'T  
LOVE YOU**



**DUMP THE SUGARY TREATS.**

Dump them in our bin and make a pledge to go treat free to reduce your chance of Type 2 Diabetes.

For more information:  
[www.diabetesnsw.com.au](http://www.diabetesnsw.com.au)



**86 MILLION  
AMERICANS  
MAYBE EVEN YOU,  
HAVE PREDIABETES.  
PERSON-ABOUT-TO-  
FACT-CHECK-THIS-FACT.**

[DoIHavePrediabetes.org](http://DoIHavePrediabetes.org)

Text **KNOW** to 97779



Message & Data Rates May Apply. Reply STOP to opt out.  
No purchase necessary. Terms and Privacy: [adCouncil.org/About-Us/Privacy-Policy](http://adCouncil.org/About-Us/Privacy-Policy)

## Tom Cruise

*Continued from page 14*

married actress Nicole Kidman whom he met on the set of *“Days of Thunder.”* They divorced a year later. Five years later, in November 2005, Cruise, after six months of dating, married actress Katie Holmes.



Despite the ups and downs of his celebrity status, Cruise continues to rank high on the lists of the most powerful, most famous, and wealthiest American actors.

It's just hard to believe he's 59.

**Pass The  
Love On**

*Everyone knows  
someone who  
would love to  
Adopt-A-Manatee®*



1-800-432-JOIN (5646)  
[savethemanatee.org](http://savethemanatee.org)

Photo © David Schindler

ADMIT  
ONE

## Movie Preview

### *‘West Side Story’*

By Randal C. Hill

Have you heard of Rachel Zegler? If not, you soon will. Born and raised in New Jersey, Zegler starred in high school musicals before graduating in 2019. Beating impossible odds, she was chosen out of 30,000 hopefuls who answered a 2018 Steven Spielberg casting-call tweet for the pivotal role of Maria in Spielberg's remake of *“West Side Story.”* Originally set for release two years ago, the long-anticipated movie was rescheduled to now due to the pandemic.

Spielberg, who has admired the iconic work since he was a child, couldn't be more enthusiastic about his latest project: *“West Side Story* was actually the first piece of popular music our family ever allowed in the home,” he says. “I absconded with it — this was the cast album from the 1957 Broadway musical—and just fell completely in love with it as a kid. *‘West Side Story’* has been that one haunting temptation that I have finally given in to.”

It remains to be seen just how well the ticket-buying public will take to the new release. (The 1961 film garnered 10 Oscars.) Spielberg's 2021 movie offers fresh faces, except for veteran actor Rita Moreno. While she won an Academy Award for her spirited role of Anita in the 1961 movie, here she plays Valentina, a character best described as a reconceived and expanded version of Doc, who

served as a mentor to the battling teenagers and who owned the neighborhood store where Tony (Ansel Elgort) worked. Moreno, who turns 90 this month, seems to feel as revved up as a rising star, enthusing, “Never in my wildest dreams did I see myself revisiting this seminal work, and to be asked by Steven Spielberg to participate is simply thrilling!” Ariana DeBose now plays Moreno's original role as Anita.

*“West Side Story”* is, of course, an updated retelling of Shakespeare's legendary *“Romeo and Juliet.”* Set not in Verona, Italy, but here in the Big Apple and with rival gangs replacing warring families. Tony (Ansel Elgort), one of the charter members of the Jets, is the Romeo replacement who falls helplessly in love with Maria (Zegler), a reconfigured Juliet whose brother Bernardo (David Alvarez) leads opposing street thugs the Sharks.

The Leonard Bernstein/Stephen Sondheim compositions make up the most beautiful score ever composed for musical theater. Composer David Newman (Randy Newman's cousin) arranged, adapted the original tunes, and utilized the New York Philharmonic for the recording sessions.

The PG-13 release arrives shortly before the Christmas holiday, with the soundtrack available on Hollywood Records.

# Busy Boomers

By Les Goldberg

## Underwater Adventure Is Calling

There's an old saying, "you can't teach an old dog a new trick." But do not tell that to a growing class of "elders" who have found a retirement formula that combines healthy exercise, amazing underwater adventure, making new friends, and just plain fun.

They are all drawn to the sport of scuba diving, which is accessible to those living here in Southern California with its unlimited opportunities to explore the vast seascape and abundance of flora and fauna seen only with the naked eye – under goggles.



Photo courtesy 'DT Magazine.'

First, let's talk about the health benefits, especially if you are in your "senior years" and have serious doubts about the prospect of dunking yourself into the ocean's depth.

Studies show that people who dive regularly have less risk of heart attack or stroke. Scuba is an excellent low-impact aerobic activity, offering all the cardio benefits without potential joint damage. This can improve circulation and reduce your blood pressure. Saltwater has been shown to have a natural healing effect on the body,



Photo courtesy Jon Stansbury

and the slow breathing taught in diving can have a therapeutic and relaxing effect on the mind.

Scientific research also shows that, while a gradual decrease in lung function is a normal part of the aging process, it is not significant enough to affect scuba diving. It has been proven that using hyperbaric chambers to simulate pressure at depth has shown little to no difference in the way a younger diver's lungs respond versus an older diver.

Another concern for older divers is carbon dioxide retention. The studies have shown that, while those of advanced age do tend to retain more CO<sub>2</sub> at depth than at the surface, the amounts were not larger than their younger counterparts.

### Taking the Dive

On the practical side, diving experts recommend that older adults consider starting with shallow shore dives before working their way up to deeper charter boat trips. Accept that you may need someone to help you with your tanks or other heavy gear. Some charter

companies cater to physically challenged divers, so research which ones have boats that are easy to get in and out of, or on-board helpers who can assist with these tasks. If you're new to diving, find an instructor you're comfortable with and who supports your goals no matter what your age.

Legendary underwater filmmaker Stan Waterman didn't retire from the sport until a few years ago, at age 90.

And you've heard of a fellow named Jacques Cousteau? He dove until his dying day at age 87.

While there are a few health issues any diver must take into consideration, the number of candles on your birthday cake isn't one of them. With all the health benefits of senior scuba diving, don't let your age be the only thing keeping you out of the water.

There are several scuba diving schools along our coastline from San Diego north to the Bay Area. One of the most successful is a PADI Development Dive Center. For beginners to the more advanced, students can earn their scuba diving certifications with highly trained instructors that teach you in a relaxed, supportive learning environment.



Photo courtesy 'DT Magazine.'

According to school spokespeople, by the end of your first lessons, costing less than \$200, you'll have the skills and knowledge to dive at home or abroad and be an ambassador for the underwater world.

That is the story of Jon Stansbury, 64, of Temecula, who fell in love with underwater exploration while snorkeling in Hawaii a few years ago. Intrigued by the close encounters with whale sharks, sponges, coral life, schools of snapper, and tropical fish usually only seen in pet store fish tanks, he decided to take his diving experiences to new depths (pardon the pun) and learn scuba diving.

"Once you know how to dive," he said, "the physical aspect becomes more natural and easier with more bottom time. The excitement becomes about seeing new things...trying new skills.

"You can do dive specialties like underwater photography, navigation, or cave diving. Over time, you may do hundreds of dives, some of them unremarkable, but you keep diving because you know that you may see something you

have never seen before, or you learn something new, or you discover things that you never knew existed."

Follow the advice of Tamara Ellingsworth, 56, of Anaheim, who has been diving for more than 25 years: "Modern scuba diving can be really safe, especially if you go with a qualified school with good instructors and well-maintained equipment. Plan your dive, dive your plan, and dive within your limits. Listen to the dive briefing and look after your buddy. Follow the rules and you'll be fine."



**Happy Holidays**

from the

**Senior  
Reporter**



## November Calendar

*Continued from page 5*

Golden West College Theater,  
15751 Gothard St., Huntington  
Beach. Call, 714-895-8150.

### Hooray for Hanukah December

Celebrate Chanukah at Pretend City. Diverse activities about the Hanukkah miracle and the importance of many of the traditions of the holiday. Learn about the holiday through games, finger play rhymes, art projects, and activities. Cost is included with museum admission. At, Pretend City Children's Museum, 29 Hubble, Irvine.

### Annual Home for the Holidays Pet Adoption Fair

**Sunday, December - check back for 2021 information**

This fun event will give Orange County families the chance to make a homeless animal part of their loving family - just in time for the holidays. The annual event features dozens of pet-related vendors, gourmet food trucks, a silent auction, low-cost microchipping, and an opportunity drawing. Each animal available for adoption is spayed or neutered, micro-chipped, and evaluated by a veterinarian. Cats and dogs are vaccinated appropriate to age. Suggested donation for the event is \$2 per person or \$5 per family. Parking is free. At, Irvine Animal Care Center, 6443 Oak Canyon Road, Irvine. Call, 949-724-7740.



### Sawdust Winter Fantasy December

This unique fair offers shoppers the opportunity to purchase unique artisan crafts from various local artists. Includes live entertainment, hands-on art projects, and picture-perfect moments. At, Sawdust Art Festival, 935 Laguna Canyon Road, Laguna Beach. Call, 949-494-3030.

### Laguna Playhouse: Peter Pan, A Pirate's Christmas

**December - check back for 2021 information**

Seinfeld's John O'Hurley and True Jackson VP's Ashley Argota star as Captain Hook and Tinker Bell in this swashbuckling holiday adventure performed in the style of a British Panto. Embark on a wild quest with Tinker Bell, Wendy, and Peter Pan as they set about on an exciting adventure to foil the pirates' plot to kidnap Peter for Captain Hook's Christmas present. This interactive family show is filled with big laughs, magic, dance, and music that will have you singing along with the cast to well-known contemporary songs, rooting for Peter and his friends, and booing Captain Hook. At, Laguna Playhouse, 606 Laguna Canyon Road, Laguna Beach. Call, Box Office, 949-497-ARTS (2787).

### Christmas Painting Fun Night at Mission Art

**Coming in December  
3 p.m. to 5 p.m.**

Learn how to paint with a simple method. At the end of the session, participants will have one completed canvas to take home with them. All supplies are provided. No prior art experience is required. For kids and adults, ages: 6 years and up. At, Mission Art Center, 1730 N. Tustin St., Orange. Call, space is limited, 714-402-8535.

### Casa Lumina: Holiday Garden Walk San Clemente December

Experience the wonder of the holiday season during "Casa Lumina Holiday Walk" on select evenings from Dec. 5 to 23 at Casa Romantica. Over 1,000 twinkling lights illuminate Casa Romantica's exquisitely decorated home and gardens with holiday themes. Cost: \$7, members \$5, children under 13 free. At, Casa Romantica Cultural Center and Gardens, 415 Avenida Granada, San Clemente. Call, 949-498-2139.



## The Royal Roots of Today's Christmas Traditions

Many Americans are not aware that some of the enduring Christmas traditions they enjoy every year are rooted in those started by the British Royal Family back in the 1840s. Here's a look at a few of the more colorful:



### The Christmas Tree

It all started with Queen Victoria and her German-born husband Prince Albert, who were instrumental in bringing German Christmas traditions to Britain, such as the Christmas tree. Until then, most people in Britain thought the idea of having a tree inside the house was a little strange. A branch of a tree, or holly, or mistletoe was common, but the Christmas tree as decoration wasn't truly accepted until an engraving published in 1848 in the Illustrated London News depicting the Royal Family celebrating Christmas at Windsor that the tradition was adopted widely. Soon every home in Britain had a tree decorated with candles, sweets, fruit, homemade decorations and small gifts.

### Christmas Cards

The notion of sending Christmas cards also originated during this period. Thanks to the industrialization happening at the time and the widespread use of the printing press, items such as cards and books became less expensive to make. When postage costs lowered in 1840, this led to the real boom in buying and mailing Christmas cards.

### Christmas Feast

While the Victorian Royal Family may have been the

impetus behind the public's adopting Christmas trees and cards, when it came to the Christmas feast, there was a lot of variety on the Royal menu. Roast beef, turkey, mince pies, soups and plum pudding for dessert. But the majority of people in Victorian England weren't wealthy, so in order to have a festive bird on the family dinner table, some would join a goose club so they could pay in installments throughout the year.

### Melding American and European Traditions

The idea of Father Christmas is one that predates the Victorian era and was part of English folklore; a figure of merrymaking just for adults. In the middle of Queen Victoria's reign, however, American and European traditions came together to create the idea of Father Christmas or Santa Claus, as we now know him, as the bringer of gifts to children.

And all the other traditions of Christmas trees, Christmas cards, the Christmas feast and gift-giving were celebrated in England as well as across the pond in America.

### Learn More

Go to [www.trueroyalty.tv](http://www.trueroyalty.tv) for details and options.

## Taking a Mountain High, SoCal Style

By Shana McCann

I was born in Los Angeles and spent most of my life in my Southern California. The idea of 'seasons' is quite different from many others who have moved here from other regional climates. It is easy to understand why they miss the 'winter wonderland' weather of their youth.

But you don't have to travel across the country to enjoy the colder air, the smell of pine, a hot toddy, falling snow and frolicking in the fresh white powder. That's because you can experience all of what a Rockies or northeastern winter offers just a few miles away from where you live, whether in L.A., Orange, Riverside, San Diego, or Ventura counties.



The San Bernardino Mountains are just 90 minutes to two hours away by car (depending on best traffic conditions and the amount of rest stops you make) and snow levels are between 5,000 and 9,000 feet between November and March (depending on seasonal weather conditions). Be sure to check with the California Highway Patrol on local chain requirements or road blockages for you embark on your journey.

My husband and I are not skiers or snowboarders, but we



Photos courtesy Big Bear City Chamber of Commerce

occasionally have a yearning to don our rarely used heavy jackets, gloves, and boots, take the usually sunny drive on Highway 18, engage in friendly snowball fights, eat by a cozy restaurant fireplace, snap our annual winter holiday photos, and return home by sunset. Or we may stay overnight at one of the many lodges for the entire weekend.

Of course, there are other fun things to do as you enter the rarified air:

### Crestline-Lake Gregory

The first mountain city to greet you is Crestline-Lake Gregory. The Lake Gregory Regional Park offers 84 acres of water for beach play, sunbathing, swimming, kayaking, fishing and the San Moritz Lodge for dining and wedding or event rental. The area is abundant with hiking trails.

### Lake Arrowhead

Further up the road and at the 2,000-foot level, is Lake Arrowhead, site of the famous Arrowhead Pine Rose Cabins, a charming 20-cabin resort where each cabin has its own theme and all feature kitchens, barbeque, fireplace, and

ens, barbeque, fireplace, and private outdoor space near a small creek.

If you are travelling with your grandkids, you'll want to visit Santa's Village, an adventure park featuring a bike park, simulated ice climbing, zip-line, archery, and bungee jumping. Grandparents can sip coffee at Kringle's Coffee Shop or eat homemade cookies at The Gingerbread House.

Active seniors always enjoy the nearby Heaps Peak Arboretum where a one-mile trail takes you on a tour of the large variety of native trees, vegetation, and wildlife.

The best way to see the lake and learn about its storied past is to climb aboard the Lake Arrowhead Queen for a one-hour narrated boat tour.



TICKETS FOR THE 2022 ROSE PARADE® AND ITS EVENTS  
**ON SALE NOW!**



**626.795.4171**  
WWW.SHARPSEATING.COM

THE ONLY OFFICIAL SEATING COMPANY OF THE TOURNAMENT OF ROSES®



You'll hear some history about the area, get a glimpse of the lakefront homes of the rich and famous and, if you are lucky, catch a view of a Bald Eagle resting on a secluded island.

Lake Arrowhead also is best known for its Strawberry Peak Fire Lookout Tower, Wildhaven Ranch Wildlife Sanctuary, Cedar Glen Malt Shop and The Tudor House with a history of underground gambling, brothel, and moonshine but current site of live music, plays, yoga and Sunday brunch.

### Big Bear Lake

As you proceed driving up sce-

nic Highway 18, you are going to pass through the small village of Running Springs and the Snow Valley Ski Resort. There are wonderful places along the way to stop and take pictures, but that is true for the entire route.

On arrival at The Village in Big Bear, you will find a wide variety of activities suited for all ages.

The lake itself is massive, so swimming, fishing, and boating in the warmer weather are easily accessible while the winter months offer a virtual snow-covered array of lake-side restaurants, like the popular Peppercom Grille known for its thick-crust pizza, the Alpine Slide for tubing, tobogganing and a ride on the Soaring Eagle roller coaster.

*Continued on page 30*

# Fabulous Finds

By Debbie L. Sklar

This is the month to take a few minutes off and pamper yourself with some new **Fab Finds**.

From yummy gummies vitamins to new lipsticks and ways to color your hair, December should be all about you!

## Cool Limited Collections



**Artis** luxury makeup brushes, the creator and originator of Oval Makeup Brushes and CosmeFibre, has created **The Monograph Portfolios - Artis'** first introduction into the color cosmetics space.

Includes three formulated and curated limited-edition collections, Pressed Powder Eyeshadow Quads, Pressed Powder Blush Duos, and Cream Lipsticks. Each collection is a set of same-formula-family makeup products housed in a maximalist display box, providing a true luxury work of art and a perfect complement to the existing **Artis** luxury brushes.

**Pressed Powder Eyeshadow Quads** (\$149) - A silky, pressed powder eye shadow formulation that glides on smoothly and blends easily, presented in a range of shades

for accenting eyelids, lining eyes, and defining brows. Eight Eyeshadow Quads are included in this Portfolio.

**Pressed Powder Blush Duos** (\$149) - A luxuriously smooth pressed powder blush formulation that glides on smoothly and offers a matte or shimmer finish, depending on the color.

Eight Blush Duos are included in this Portfolio.

**Cream Lipsticks** (\$149) - An iconic creamy lipstick formula, with a satin finish that is comfortable and long-wearing. Sixteen Cream Lipsticks are included in this Portfolio. Visit [www.byartis.com](http://www.byartis.com)

## Can't Stop Me Now



### Scalp Foundation

**ME Cosmetics** has created **Can't Stop Me Now Ultimate Coverage Scalp Foundation** an inclusive, empowering beauty line that is carefully formulated to make you look and feel your best.

Self-described "cosmetic MacGyver" and founder Camille Barreto struggled with thinning hair for years. While

it is estimated that over 50% of women experience noticeable hair loss, she was unable to find a confidence-boosting beauty product that effectively addresses this common beauty concern. Rather than console herself, she decided to tackle the problem head-on by expanding the beauty aisles with an innovative and problem-solving cosmetic solution. Thus category-creator **ME Cosmetics** was born. The pressed powder foundation features a rich, reflective color that matches hair to give the appearance of thicker, fuller hair, and conceals small bald spots. Infused with 10 active hair- and skin-loving ingredients, the innovative formula delivers lightweight, highly pigmented, buildable coverage that blends seamlessly with hair and skin. The product comes in six different shades, with three more in development, including Pure White, Dark Blonde, Auburn, Light Brown, Medium Brown, and Black Brown.

Visit [www.mecosmetics.com](http://www.mecosmetics.com)

## Yummy Gummies

**Alurx Natural Vitamin Gummies** are a collection of vitamin and wellness gummies formulated by experts and flavored by nature. The four delicious and effective dietary supplements are packed with potent, natural antioxidants to support immune health, skin health, and overall wellness.



The Elderberry Gummy combines three potent wellness boosters: Vitamin C, Zinc, and Elderberry, an antioxidant-rich fruit well-known as a botanical remedy to calm inflammation, ease stress and promote overall health. Vitamin C helps support the body's natural defense system while Zinc helps with immunity and metabolism functions.

For a concentrated dose of Vitamin C, the High Potency Vitamin C Gummy provides essential antioxidant support for all seasons. Vitamin C also helps produce collagen, the building block of healthy skin, for inner health and outer glow.

The Collagen and Biotin Gummy include Vitamin C with Vitamin E and Zinc for skin health, shiny hair, and strong nails. Naturally lemon-flavored, this gummy is a delicious essential step in your daily skincare ritual and the perfect partner for holiday sparkle.

For a calm mind, the Hemp Gummy contains 10 mg of Hemp for a more balanced

sense of wellbeing whether you are settling down post-workout or as part of your sleep ritual. All vitamin and wellness gummies are gelatin-free, gluten-free, vegan, 0% THC, and available in simple, effective Ritual Sets. Alurx allows everyone to choose amongst personalized approaches to help shape their path to wellness. Visit [www.alurx.com](http://www.alurx.com)

## Mountain High

*Continued from page 29*

One of my favorite things in life is horseback riding, and if you share my feeling, the Baldwin Lake Stables, on the east end of Big Bear Valley, is the place to visit. It allows you to take a tour on a gentle horse on trails that go where hikers and vehicles are forbidden among the cedar pines and sequoias. Beginners are welcome and the guides are extremely helpful and friendly.

What is more welcoming, however, after a full plate of touring, hiking and horseback riding than a cup of hot chocolate with lots of marshmallows and whipped cream? You only have to go as far as the An Ran Ju Gelato & Teahouse.

And to think that this West Coast winter wonderland is less than a full tank of gas away!



## Make Better Brain Health Your Top New Year's Resolution for 2022

Alzheimer's Disease is expected to impact nearly 13 million Americans by 2050, according to the Alzheimer's Association. A large segment of the American population — the baby boom generation — has started reaching age 65 and older, when the risk for Alzheimer's and other dementias is elevated. By 2030, the segment of the U.S. population age 65 and older will have grown substantially, and the projected 74 million older Americans will make up over 20% of the total population (up from 17% in 2021). As the number of older Americans grows rapidly, so too will the number of new and existing cases of Alzheimer's dementia.

So, as you set your New Year's resolutions for 2022, consider the following ways to maintain and improve your cognitive function.

Research has shown lifestyle changes like improving diet and exercising regularly have helped drive down death rates from cancer, heart disease and other major diseases. These same lifestyle changes may also reduce or slow your risk of cognitive decline, which is often a precursor to Alzheimer's and other dementias.

Discovering risk factors and preventive strategies for cognitive decline that can cause problems with memory, language,

thinking and judgment is a hot topic in Alzheimer's research, as are multi-faceted lifestyle interventions to slow or prevent dementia. The good news? Many such interventions are things you might already be doing or thinking about doing in the new year, such as eating well, staying physically active and getting good sleep, just to name a few.

One easy way to encourage brain health at any age is to stimulate your mind with problem-solving challenges. Working on a jigsaw puzzle, learning a new language and playing strategy games are a few ways to strengthen your memory -- as long as they are new and challenging tasks. Research has also found correlations between higher levels of formal education and a better cognitive reserve -- so sign up for a class in 2022!

Another way to promote brain health is taking care of your mental health. Managing stress and anxiety is not only important for overall health and well-being, but studies have found a link between depression and increased risk of cognitive decline (The Alzheimer's Association provides a 24/7 helpline at 800.272.3900). Take care of yourself and seek medical treatment if you have symptoms.

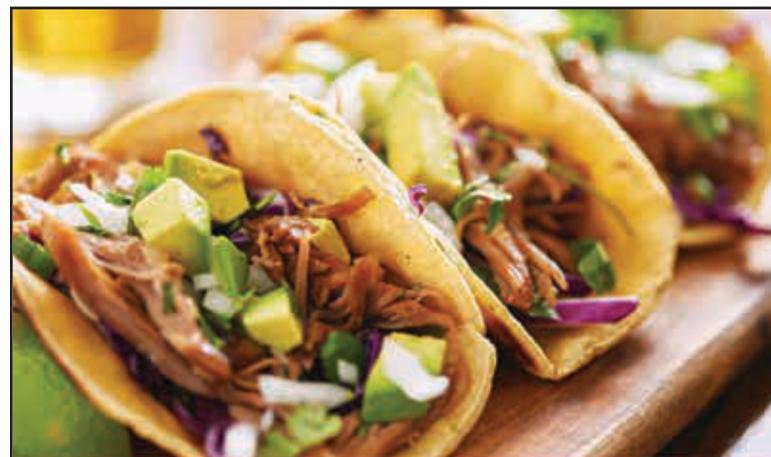
Being social may also support brain health. While Covid may have put a damper on hanging

out with friends and family in person, there are many common ways now to have fun spending time with others remotely through phone and video conferencing.

Alzheimer's researchers have been looking into whether a combination of these interventions can protect cognitive function. The Alzheimer's Association's U.S. Study to Protect Brain Health Through Lifestyle Intervention to Reduce Risk (U.S. POINTER) is a two-year clinical trial that hopes to answer this question, and is the first such study to be conducted of a large group of Americans nationwide.

While there's currently no sure way to prevent Alzheimer's and other dementias, there is much to be gained by living a healthy lifestyle and adopting brain health habits that you enjoy, so that you stick with them for the long haul.

If you have questions about Alzheimer's dementia and knowing what signs to look out for, free educational programs and support groups are available from the Alzheimer's Association at [alz.org/oc](http://alz.org/oc).



### Get The Best Local Restaurants Delivered Right To Your Door.

Exclusive Affordable Meal Program. For Orange County Residents 50+, Caregivers & Dependents.

**Eat better while spending less with Age Well's Senior Cuisine Delivered. Lunch & dinner from your favorite local restaurants. One, Three, & Five Day Meal Plans! Gift cards available. Get \$5.00 off your first order when you invite a friend.**

Delicious • Affordable  
Nutritious • Convenient

Sign up today at  
[www.myagewell.org](http://www.myagewell.org)



JUST  
**\$10.95**  
PER MEAL



## Are you 55 years or older?

*Do you have questions or need help connecting with the following community resources?*

- Transportation
- Mental Health
- Meal Delivery
- Anxiety or Stress
- Social Classes
- Dementia/Alzheimer's
- Medication
- Caregiver Information
- Social Security
- Medicare & Medi-Cal
- Technology

**If YES,**  
you *may* be eligible  
for our no cost  
programs

*To access services, you must:*

- **Be an adult or an adult caregiver 55 years or older**
- **Reside in ONE of the following counties:**  
*Los Angeles, Orange, Riverside or San Bernardino*

**FOR MORE INFO, CONTACT US AT:**  
**866-421-1964** or email  
[communityoutreach@scanhealthplan.com](mailto:communityoutreach@scanhealthplan.com)

