

SENIOR REPORTER

VOLUME 47, NUMBER 3

Contributing Writers:

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

MARCH 2021

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— Viola Davis

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Busy Signals

By Jim McDevitt



My doctor gave me two new prescriptions for 30 days each that were filled at our local pharmacy. She also faxed 90-day prescription refills to my mail order pharmacy handled by my secondary insurance. The mail-order pharmacy always sends me an email that they have filled a prescription and are mailing it to me.

Over three weeks went by and I didn't receive any email notifications that they were filling the prescriptions. I was running out of pills. I called the mail order pharmacy using my new iPhone since I have done away with long-distance calls on my landline. The message I got from the robot said all agents were busy and to press 1 for a callback.

Since I hadn't figured out yet how to get the keyboard back up when I'm on the phone, I decided to just hold. After 10 minutes on hold, I gave up. Before I called again, I had my wife show me again how to get the keyboard back up when I'm on the phone. When I called again and

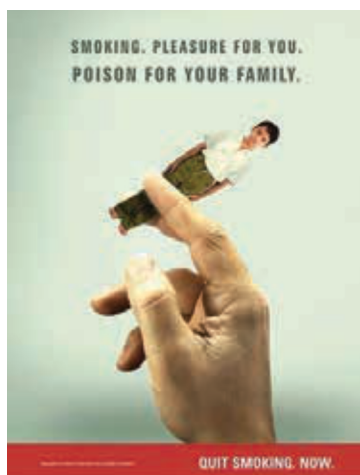
got the robot telling me all the agents were busy, I pressed 1 for a callback and then put in my callback number.

Ten minutes later the phone rang and I answered it. The robot on the other end said 'This is your callback. If you are ready to talk to someone press 1.' The message must have been designed by a robot because common sense would tell someone that if I answered the phone, I was ready to speak to someone. I pressed 1 and then listened to music for 20 minutes before I got to speak to a robot again who said, 'All agents are busy. What are you calling about?' In my New York City accent, I explained the problem.

The robot then asked for my name and date of birth. The robot misunderstood my name and then had me repeat my date of birth twice more. Then since the robot couldn't understand my New York City accent it had me punch the information into the keypad which I did rather violently bending back my fingers on the numbers in the process. Finally, the robot gave up talking to me and connected me to a human being. Fortunately, the human being

understood my English and assured me that the corrections would take place, and once processed, I would receive an email verification.

Today, I received an email saying my 30-day refills are being processed and I should have them via the mail in 2 weeks. It was supposed to be for 90 days and now I called them again and got another busy signal as the robot said all agents are busy. I think this is why we seniors have no time to do anything else but make doctor appointments and get prescription refills. I hope no one reading this has to deal with the robots as much as I have but I am sure you do.



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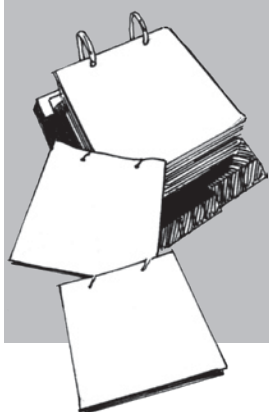
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March Calendar of Events



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

St. Joseph's Day at the Mission

March 19 (Call for updates)

Live mariachi music, community presentations, special guest "Swallows Speakers," Mission Basilica School performances, the ringing of the historic bells, and history of St. Joseph's Day and Swallows Legend. Included with entry into the Mission. Free for Mission members. At, Mission San Juan Capistrano, Ortega Hwy. Call for updates, 949-234-1300.

El Presidente Ball

San Juan Capistrano

Call for (updates)

Relive the late 1800s of early California and let the Fiesta Association show you how "the West was fun" at this western-style dinner dance. Enjoy food and old-fashioned fun while dancing under the stars (weather permitting) to live country-western style music. At, El Adobe de Capistrano, 31891 Camino Capistrano, San Juan Capistrano. Call for updates, 949-493-1976

Swallows Day

Fiesta Grande

San Juan Capistrano

This night of Old West entertainment offers four contests: Best Dressed Old West Man, Best Dressed Old West Woman, Best Belt Buckle, and the Hairiest Man (best mustache and/or beard). Put on n your best Old West outfit, belt buckle, or facial hair and enter one or more of the contests. There is a \$5 entry fee (pay when you arrive) per category for each contestant entered. Spectators welcome at the Fiesta Grandé. At, Swallow's Inn, 31786 Camino Capistrano, San Juan Capistrano. Call for updates at 949-493-1976.

Ongoing Events

Santa Ana Art Walk

Santa Ana

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

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

owned by artists and designers all in an award-winning urban setting.

Dachshund Races

Huntington Beach

Sundays

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

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

Beach Cleanups

San Clemente and

Huntington Beach

Held the first and second Saturday of every month.

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



Beach Cleanups

Seal Beach

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

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

Bolsa Chica

Conservancy Wetland Restoration Events

Huntington Beach

Second Sunday and Last Saturday of each month

9 a.m.to 12 p.m.

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

Visitor Night at UCI Observatory

UCI Irvine

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



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‘Danger, Danger, Double-O-Seven’

By Randal C. Hill

“Bond. James Bond.”

Film critic Peter Bradshaw once wrote, “It is the most famous self-introduction from any character in movie history. Three cool monosyllables. Surname first, a little curtly... and then, as if an afterthought, the first name, followed by the surname again. Connery carried it off with an icily disdainful style, in full evening dress [and] with a cigarette hanging from his lips.”

UK writer Ian Fleming’s novel “Dr. No” was first published in 1958. Four years later, the Silver Screen treatment gave movie fans worldwide a chance to see, for the first time, Fleming’s fearless, dashing, lady-loving Agent 007 in a highly entertaining bit of celluloid melodrama.

And its handsome star was a 32-year-old newcomer with a thin resume. The Scottish breakout actor, Connery, was born in 1930 to an Edinburgh factory worker and a cleaning woman. As an adult, Connery worked as a milkman, a truck driver, a lifeguard, an artist’s model, and a coffin polisher (!) before he gained fame and fortune via James Bond.

As licensed-to-kill Agent 007, our hero was about as sexy and dangerous as one could get. But before the movie-go-

ing public was allowed to see (and fall in love with) Connery, director Terence Young first chose to tutor the rough-around-the-edges actor in how to display wit, charm, and style as the charismatic Bond character. And although Sean stood 6 feet, 2 inches tall, all the Bond sets and furniture were built slightly smaller than in real life, to make Agent 007 appear even larger and more imposing than he actually was.

In “Dr. No,” Bond is sent to Jamaica to investigate the murder of a fellow agent and his secretary. He eventually becomes involved with a mysterious and sinister nuclear scientist named Dr. Julius No (Joseph Wiseman), who espouses world domination as his goal. Along the way, Bond has to contend with such inconveniences as a “deadly” tarantula (tarantulas aren’t poisonous), flame throwers, flying bullets, severe beatings, and near-drowning. Adding to the complications is a trio of temptresses — the Oriental charmer Miss Taro (Zena Marshall), casino denizen Sylvia Trench (Eunice Gayson), and the bikini-clad, seashell-collecting siren Honey Ryder (Ursula Andress).

Dr. No doesn’t appear until 1 hour and 27 minutes into the story. At one point, the no-goodnik tries in vain to

persuade Agent 007 to join his evil organization. That’s when Dr. No huffs, “I thought you had some style, Mr. Bond, but I see you’re just a stupid policeman.”

“Dr. No” provided the signature elements for the later James Bond movie offerings — its distinctive theme music; head-spinning, high-octane action sequences; alluring young women and even James’s preference for vodka martinis (shaken, not stirred).

Footnote: When the feature was released, United Artists had to make some adjustments to the title before it reached foreign markets. In South Korea, for example, the film’s name would have been literally translated as “007 Murder Number,” and in Japan, the movie would have been called “We Don’t Want Doctors!”

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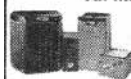
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'Me and Bobby McGee'

Dave Edmunds

By Randal C. Hill

Kris Kristofferson has earned a place in the history books as one of the great American songwriters. That honor, though, has come at a high personal price.

In Nashville, the college-educated Texan once swept the floors of Music City's Columbia Recording Studio. In his off-hours, Kristofferson created tune after tune in his quest to become a respected songwriter. It took a while, but he eventually gained acclaim by creating such now-revered classics as *"For the Good Times"* and *"Sunday Morning Coming Down."*

Kristofferson eventually became a singer/songwriter with Monument Records, which was helmed by Fred Foster, a businessman smitten with a Nashville secretary — Barbara "Bobbi" McKee — who worked in a nearby music office. One night, Foster phoned Kris and asked him to write a song about her (but spelling her first name differently to make it gender-neutral). In their discussion, Kristofferson thought Foster had said "McGee" instead of "McKee."

The result was the story of a pair of drifters: the narrator and Bobby McGee. Together they hitched a ride from a truck driver and sang "every song that driver knew" as they made their way throughout the

South. Later, they went their separate ways, much to the profound sadness of the narrator.

Several country artists recorded the song when it first became available, but it took a fellow Texan and soon-to-be-doomed ex-lover of Kristofferson's to make *"Me and Bobby McGee"* a million-selling iconic work. As a teenager, Janis Joplin had been a bright but rebellious misfit who cast herself as a beatnik. She later dropped out of the University of Texas in Austin and hitchhiked to San Francisco, where she became the lead singer of the hard-rocking Big Brother and the Holding Co. A heavy drinker and drug abuser, Joplin later offered a throat-shredding performance in 1967's Monterey Pop Festival before headlining as a soloist at Woodstock two years later.

She recorded Kristofferson's song for inclusion on what would become her fourth and final album, *"Pearl."* (Pearl had been her longtime nickname.) Kristofferson, who had once sung the tune to Janis, was unaware that she had recorded it until the day after she died of a heroin overdose. Kristofferson later admitted, "I couldn't listen to the song without really breaking up."

"Me and Bobby McGee" was issued four months after Jo-

plin's death and became her only No. 1 single on the *"Billboard"* chart. It has since been recorded by a variety of artists ranging from Dolly Parton to the Grateful Dead.

That high personal price for Kristofferson? He had grown up in a military family that constantly pushed him toward a military career. A gifted academic, he aimed to please his parents by becoming a U. S. Army captain after graduation. In 1965, though, Kristofferson rejected a chance to teach literature at West Point; after years of spare-time songwriting, he had decided to become a tunesmith in Nashville. His parents disowned him, claiming that Kristofferson's decision was a rejection of everything they stood for.

Apparently, they never reconciled.

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Fast, Fun, Factoids About the Golden State



Whether you have lived in the Golden State all your life or just moved here there are some impressive factoids you might not be aware of.

According to Visit California website:

California, the third-largest state in land area, covers 155,779.22 square miles.

The average width of the state is 150 to 200 miles.

California has a coastline 840 miles long, ranging from dramatic cliffs to sun-drenched beaches.

At 14,495 feet, Mt. Whitney in Sequoia National Park is the highest point in the contiguous United States.

Badwater in Death Valley Na-

tional Park at 282 feet below sea level is the lowest elevation point in the United States.

California has three active volcanoes: Mt. Lassen (elevation 10,457 feet) and Mt. Shasta (elevation 14,162) in the Cascade Mountain range, and Mt. Mammoth (elevation 11,000 feet) in the Sierra Nevada.

The San Francisco Bay is the largest natural harbor and estuary on the west coast.

California is home to more than 420 recreational lakes. Clearlake in Lake County is the largest natural lake and is often referred to as "The Bass Capital of the West," covering 43,000 acres of surface area with a shoreline of 100 miles.

California has over 280 State Park units covering 1.6 million acres.

California boasts the largest trees in the world, a species of Redwood known as Sequoia gigantea, found in the Sierra Nevada.

California also lays claim to the oldest living thing in the world, the Bristlecone Pine tree, aged at over 5,000 years.

Have fun checking out these landmarks and areas when you explore the great Golden State!

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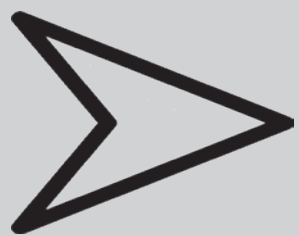
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contagious,
pass it on"*

— Albert Einstein





In The Spotlight

Kyle Warner Co-owner of Your Home Care

Kyle Warner, 45, loves his job as the co-owner of Your Home Care a place where seniors can thrive in South Orange County.

Warner said he always learns from those who pay a visit to the popular daycare center.

Here's more about Warner who was born in Utah and once dreamed about becoming a pilot when he was a kid.

Q: Where were you born and raised?

A: I was born in Utah. We moved around a bit when I was very young, living in Washington, New Mexico, and then finally to California at age 11. From that age, I grew up in Laguna Hills.

Q: Career dreams as a kid?

A: As a kid, I was most intrigued with airplanes and I wanted to be a pilot.

Q: Education?

A: I attended and graduated from Laguna Hills High School. I then went on to receive my Bachelor's Degree at Arizona State University. In 2017 I had the desire to continue my education so I attended Pepperdine University and received an MBA Degree.

Q: First job?

A: At the age of 12 one of my best friends moved out of state



from Laguna Hills to Illinois. Before he left, he gave me a little address book. He explained that these were clients of his that all lived in Laguna Woods, Leisure World back then. I started to reach out to the contacts in his book, introduced myself, and explained that Todd moved out of state and that I would be taking his place. The clients would hire me to help them with house cleaning and gardening. This was my first job and I look back with great memories of working with and spending time with the residents of Laguna Woods.

Q: What's a typical day like for you?

A: A typical day for me involves spending time on sales and marketing efforts. I also can spend time helping at the center regularly.

Q: What's it like working with seniors daily?

A: Working with seniors is a blessing. I always try to learn from them. For example, I got to know a gentleman who regularly attended the day-care center. Sometimes I had some one-on-one time with him driving to and from the center. I knew that in his career he was very successful in insurance sales. I asked him what the secret to success was. He had such wise counsel to share. After that initial conversation, he would always follow up with me to make sure I was putting into practice the advice he gave me. I knew he cared and wanted me to do well.

Q: Any good stories to tell about working at Your Home Care?

A: I love sports and love to talk sports with people. One of our day center clients and I started talking football. He knew the sport well and kept up with all the teams and players. Every week we would sit down and pick the winners of each game that Sunday. He had a better winning record than I did! It was great fun to talk about the results compare to wins and losses. By the way, he was from Massachusetts originally and was a big Tom Brady fan. He was always rooting for Tom and the Tampa Bay Buccaneers and was so happy with the Super Bowl result.

Q: How did you get into this profession?

A: A few years ago, I was looking to do something new. I had been working for a successful software company for the last 10 years. I knew I wanted to be a part of a company that provided a needed service that could help people and their families. I knew Your Home Care was the kind of company that positively impacted lives.

Q: How has COVID-19 changed your job?

A: Your Home Care in Laguna Woods has felt the effects of COVID-19. At the beginning of the pandemic last year, when no one was sure how best to proceed, we voluntarily closed the center for about 2 months. We re-opened in June and have been open ever since. We are taking every precaution and adhering to every safety guideline and we have had zero COVID-19 cases.

Q: What makes the center different than others?

A: At our center, we have created a space that feels like home. We often have people in to tour our facility and they say it has a very homey feel. We want people to be comfortable. Some of the other centers have more of a clinical, medical atmosphere. That's not us. What also sets us apart are the engaging and stimulating activities we offer our clients.

Our approach is to engage the mind and body. Some popular activities include arts and crafts time, games, music appreciation, low impact exercising, reminiscing.

Q: Who comes there?

A: Our center is designed really for any senior that wants to add more activity and fun to their day/week. We have kind and loving caregivers that have experience working with seniors with early-stage dementia, Alzheimer's, and other forms of mild cognitive impairment. We are here to help support and relieve some of the stress and pressure of family members who are full-time caregivers. We understand that they need a break and are looking for a place that is a safe, caring environment for their loved ones.

Q: Advice for seniors looking to be part of the center?

A: Give us a call or come by the center any time for a tour.

Q: Any hobbies? Spare time?

A: I love learning new things and trying new things. I enjoy soccer, surfing, exercising, and outdoor activities.

Q: Kids? Married? Pets?

A: This summer my wife and I will celebrate our 20th anniversary! We have four children, three girls and then a

Continued on page 23



*May the sound
of happy music,
and the lilt of
Irish laughter, fill
your heart with
gladness, that
stays forever after.*

News of Jobs

Explore Employment with Your Own Team

Dame Helen Mirren has all the qualities that make a star. Now in her 70s, the Academy Award-winning actress remains talented, posted, beautiful and sought after in an industry that has relatively few roles for older women. How does she do it?

Often the difference between being average and being excellent lies in having a strong team working toward a common goal. A manager, agent, stylist, acting coach and personal assistant all contributed to Dame Mirren's success. Imagine what it would be like to have your own team supporting your efforts to start or progress in a career.

You don't have to be a celebrity to have a supporting team. If you're an adult (ages 18-64) receiving Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) because of a disability, a team of professionals devoted to helping you reach your employment goals awaits.

If you choose to participate in Social Security's Ticket to Work (Ticket) Program, you'll have access to free employment support services that can help you prepare for the workforce, search for a job or progress in a career. The program is voluntary and designed to help people progress to financial independence.



A whole team of people is ready to help you get the services you need to transition to financial independence, even if you're getting disability benefits right now.

Several types of Ticket Program providers can be part of a team that gives you the support you need:

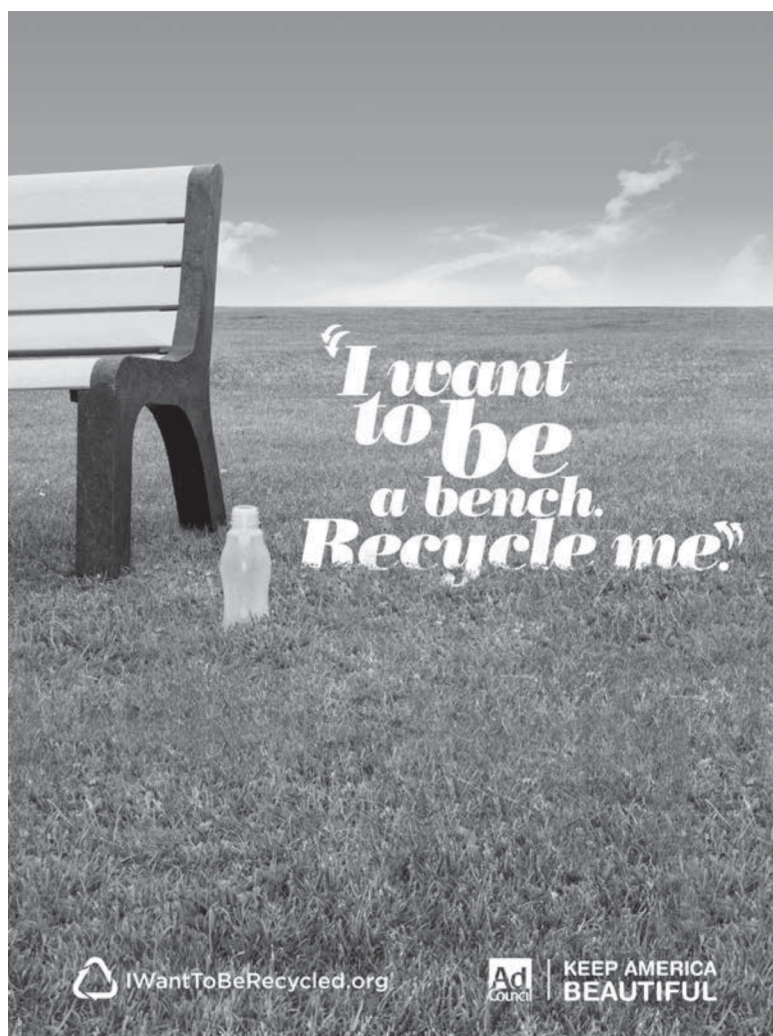
- Employment Networks (EN) offer:
- Career planning (such as benefits counseling, goal setting, job coaching, and job development).
- Job placement assistance, and
- Ongoing support to help you succeed and advance in your career.
- State Vocational Rehabilitation (VR) agencies offer some of the same services you'll find at ENs. Job seekers with more complex support needs can access intensive training, education and rehabilitation with the VR's help.
- Work Incentives Planning &

Assistance (WIPA) projects provide free benefits counseling to help you understand how working will affect your benefits.

- Protection and Advocacy (PABSS) organizations provide free legal assistance to people who receive Social Security disability benefits and who have disability-related employment issues.

For more than 20 years, Ticket to Work service providers have helped people find their path to a better future through work. Connect with your employment team and find out what is possible for you.

To learn how, call the Ticket to Work Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY) or visit choosework.ssa.gov.



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Managing Your Money

Emotional Investing and Social Media

When it comes to gathering information to make an investment decision, investors have access to a variety of online information sources, from investment platforms to news and social media. No matter where you get your trading insights, know this: Where there is opportunity, there is also risk. Stock markets go up and they go down—and the steeper the rise or the fall, the easier it can be to derail a long-term strategy with a snap, emotionally driven decision.

Fortunately, you can use these tips to keep emotions in check.

1. Be mindful. Mindfulness can be helpful, even with investing. Before you make an investment decision, ask yourself whether an investment aligns with your financial goals. Small-dollar investments based on hype around a security might turn into big gains, but they can just as easily turn into big losses.

2. Mitigate your risk. Make sure your investment decision involves a level of risk you, not necessarily others, are comfortable with. Some people have the means to take risky bets, but many do not. Short-term trading in a volatile market carries significant risk of loss. Above all, if you seek short-term returns, don't sacrifice money you cannot afford to lose. Remember that diversification—spreading out your



It can be tempting to make emotionally driven investment decisions, particularly in volatile markets.

investments both across and within different asset classes—can help you manage your risk.

3. Consider your source.

Some companies offer tools that analyze or aggregate information from social media sources to help investors make investment decisions. Depending on how it is presented, this social sentiment information—particularly real-time discussion platforms and buy/sell indicators driven by social sentiment—can lead to impulsive investment decisions, which can be a risky way to approach investing.

4. Watch your wallet. Some investors believe they can maximize investment returns by taking early withdrawals from retirement accounts or borrowing against their homes. Be aware that leveraging long-term assets for short-term gains can have significant consequences—from fees and taxes to risk of loss and more.

5. Understand the costs and risks of margin investing.

Trading in a margin account—an account which lets you borrow money to purchase securities—also involves risk and you can lose more money than you deposit in a margin account. Your firm can force the sale of securities in your accounts to meet a margin call, sell your securities without contacting you and increase its margin requirements at any time without providing you with advance notice.

6. Get the basics on options trading.

Options are contracts that give the purchaser the right, but not the obligation, to buy or sell a security at a fixed price within a specific period of time. Options can help investors manage risk or increase buying power. But buying and selling options also involves risk, and it is possible to lose money.

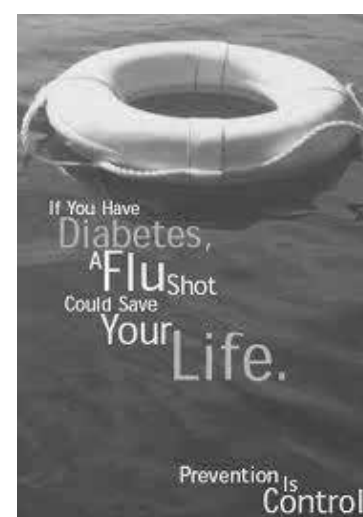
7. Know the rules if you are day trading.

Are you actively trading stocks? If so, it's important to know what it means to be a "pattern day trader" because there are requirements associated with this kind of trading.

To protect investors and ensure the market's integrity, FINRA, a government-authorized not-for-profit organization that oversees U.S. broker-dealers, works every day to ensure that everyone can participate in the market with confidence. If you

are aware of unfair practices or specific instances of abusive or prohibited conduct, FINRA wants to know about it immediately.

For further information on protecting your money or to file a tip or complaint, visit www.FINRA.org/LearnMore.



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is published monthly by:

**SENIOR REPORTER
OF OC**

Email: 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, Ronnie Greenberg,

Jim McDevitt, Lyn Jensen,

Nick Thomas, Randal C. Hill

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March Crossword Puzzle

Across

1. Longfellow's bell town
5. Clear the slate
10. WWII event
14. Roger Rabbit, e.g.
15. Time being
16. Ms. Fitzgerald
17. Pertaining to right angles
19. One with no capacity for veracity
20. Run up
21. Redivivus
23. Buddy
25. Chest or closet material
26. Emit coherent light
29. Historic times
31. Huge
35. Carte start
36. Kind of D.A.
37. Jackfish
38. Self-satisfied person
40. Accord
41. 1998 Masters winner Mark
42. Delilah portrayer
43. Legal thing
44. Composer Ned
45. Adam's third son
46. Strong woody fiber
47. Coolidge's vice president
49. French article
51. Person who transfers property
54. Closes
58. Expensive fur
59. Careless
63. Implore
64. Leg joints
65. Letterhead symbol
66. Bring up
67. Busybody
68. Formerly, once

Down

1. Yours, in Tours
2. Ripped

3. Univ. recruiting group
4. Bury
5. H.S. requirement
6. Hundred Acre Wood denizen
7. Actress Jillian
8. Frightens
9. Caught congers
10. State of violent excitement
11. 554, in stone
12. Wings
13. Sale site
18. Are you a man ____ mouse?
22. Unpredictable action
24. Jai alai basket
25. Lion, tiger, leopard, or jaguar
26. Toil
27. Texas shrine
28. Cavalry weapon
30. Queue after Q
32. Greek marketplace
33. Hawaiian state birds
34. Lovers' meeting
36. Pilot
37. Hindu ascetic
39. Guidebook for travelers
40. Worked (up)
42. Guys
45. Unruffled
46. Firefly, e.g.
48. Unsteady
50. Defense advisory grp.
51. Asian river
52. Italian bread?
53. Swenson of Benson
55. Get an ____ effort
56. Schleps
57. Place for a coin
60. ____-X
61. Tennis call
62. Conductor ____-Pekka Salonen

Answers on Page 24

| | | | | | | | | | | | | | | |
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| 20 | | | | | | | | 21 | | 22 | | | | |
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Viola Davis

By Les Goldberg

The word “breakthrough” is reserved for people and things that change the status quo forever. For instance, the Internet was a breakthrough for how we communicate and conduct research. Electric cars changed the way we transport ourselves without relying on oil and gas. Barack Obama made history by becoming the first African-American President of the United States.

Similarly, in the entertainment world, Viola Davis has broken the glass ceiling and ethnic boundaries by becoming the first black woman to achieve the “Triple Crown of Acting” – winning Academy Awards for film, Tony Awards for the stage, and Emmy Awards for TV.



Also, she has a star on the Hollywood Walk of Fame, has been named by “Time Magazine” as one of the 100 most influential people in the world, and by the “New York Times” as one of “The 25 Greatest Actors of the 21st Century.”

How did the daughter of a

horse trainer and a maid and factory worker rise to the level of achievement and fame that is Viola Davis today? It was a long and arduous journey.



She is the second youngest of six children. Two months after she was born on Aug. 11, 1965, in St. Matthews, S.C., her family moved to Central Falls, R.I. At age two, toddler Davis was taken to jail with her mother who was arrested during a civil rights protest.

Later, she described her childhood, recalling that she lived in “rat-infested and condemned apartments.” However, her life began to take shape while attending Central Falls High School where she fell in love with acting and the arts.

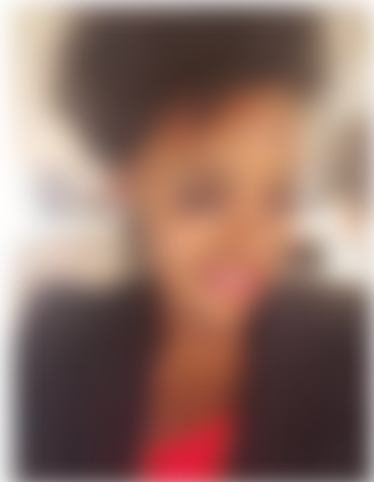
As a teen, she was involved in the federal TRIO Upward Bound and TRIO Student Support Services programs, and enrolled in the Young People’s School for the Performing Arts in West Warwick, R.I. It was there that her talent was recognized by Bernard Masterson, a program director.

After graduating from high school, Davis studied theater at Rhode Island College and then attended the Juilliard School where she was a member of the school’s drama division.

By 1992, Davis starred in her first professional stage role, an off-Broadway production of the William Shakespeare comedy, “As You Like It,” alongside actress Elizabeth McGovern.

Four years later, she made her Broadway debut in “Seven Guitars” and received critical acclaim for her performance.

That same year in 1996 she received her Screen Actors Guild card for doing one day of work, playing a nurse who passes a vial of blood to future “How to Get Away with Murder” co-star Timothy Hutton in the film “The Substance of Fire.” She was paid \$528.



Davis continued acting on Broadway in various productions, and appeared in bit parts on television, including episodes of “NYPD” and “New York Undercover.” She also

appeared in the HBO TV military comedy film, “The Pentagon Wars” with Kelsey Grammer.



Her other Broadway roles include “Out of Sight,” “King Hedley II,” and “Fences” with Denzel Washington.

Once she switched to the big screen, Davis was cast as a leading lady or major supporting actress in movies that include “Doubt” with Merle Streep, “Knight and Day” with Tom Cruise, “Eat Pray Love” with Julia Roberts, “The Help” with Emma Stone, “Get on Up” (the James Brown biopic), “Blackhat” with Chris Hemsworth, “Lila & Eve” with Jennifer Lopez and “Custody” in which she was also an executive producer. Other award-winning roles were in “Suicide Squad,” an adaptation of a DC Comics series.

Her most recognizable TV role is as Annalise Keating, a tough criminal defense attorney, and professor in the hit series “How to Get Away with Murder.” For that, she won two SAG awards for Outstanding Performance by a Female Actor in a Drama Series and a Primetime Emmy Award as Outstanding Lead Actress in a Drama Series. She was

also nominated for the Golden Globe as Best Actress in a TV Series Drama and the Critics Choice Award for Best Actress in a Drama Series.

In addition to her ongoing career activities as an actress, producer, activist, and philanthropist, Davis will be returning to her role as Amanda Waller in “The Suicide Squad” set for release in August and will appear in an untitled drama film with Sandra Bullock for Netflix.

In other words, Davis, who is married to actor Julius Tennon, is here to stay.

A final thought: “Acting is not rocket science, but it is an art form. What you are doing is illuminating humanity,” Davis said.



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Cooking Corner

Easy Sweet Potato Minestrone Soup—California Style

Everyone needs delicious recipes with heaping servings of veggies. Whether you're thinking about overall health or trying to lose a few pounds, maintaining a balanced diet throughout the year is key to success.

Easy California Sweet Potato Minestrone fits the bill. A riff on the classic Italian soup, it takes a favorite that's already loaded with veggie- and legume-goodness and makes it even better by adding superfood sweetpotatoes. California Sweet potatoes are a great source of vitamin A, plus they're full of heart-healthy potassium and fiber and anti-



oxidants like vitamins C and E.

Easy California Minestrone Soup

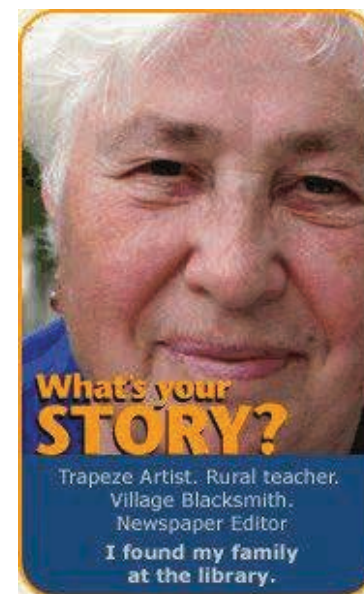
Serves 8

2 Tbsp olive oil
1 large onion, diced
1 lb orange- or yellow/white-

fleshed sweet potatoes, cut into 1/2-in dice (about 3 c)
2 stalks celery, diced
3 Tbsp tomato paste
4 cloves garlic, minced
1 1/2 tsp salt, or more to taste
1 1/2 tsp pepper, or more to taste
8 c chicken or vegetable broth
One 28-oz can diced tomatoes
One 15-oz can garbanzo beans, drained
One 15-oz can kidney beans, drained
3/4 c uncooked elbow macaroni pasta
3/4 c fresh or frozen peas
2 Tbsp chopped fresh oregano
1/2 c grated, shredded, or shaved Parmesan cheese

In a large saucepan or small stockpot over medium-high heat, warm the oil. Add onion and cook, stirring occasionally, for 2 minutes. Add sweet potatoes, celery, tomato paste, garlic, salt and pepper and cook, stirring occasionally, 3 to 4 minutes. Add broth, tomatoes and beans and bring to a boil. Add pasta and peas, reduce to a simmer, and cook until vegetables and pasta are tender, about 10 minutes. Stir in oregano and more salt and pepper to taste. Serve sprinkled with cheese.

For more recipes and information about California sweet potatoes, visit www.casweetpotatoes.com.



American Heart Association





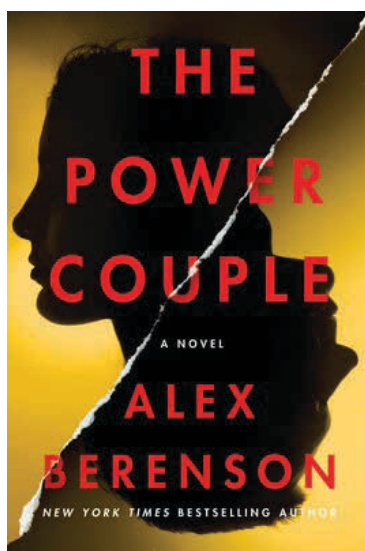
March Book Club

Spring is here ... why not immerse yourself in a good book? There is plenty to choose from to keep you busy especially if you are locked in the house. Check out these new titles.

The Power Couple

A Novel

By Alex Berenson



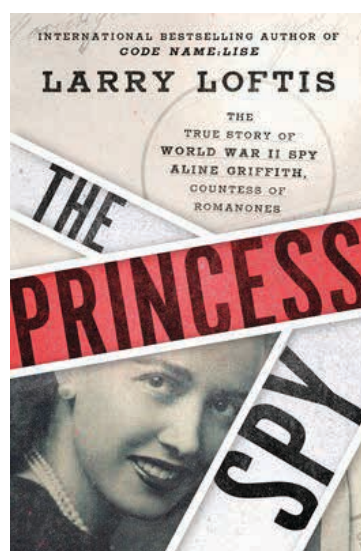
“Rebecca and Brian Unsworth appear to have it all. A nice house in the suburbs of Washington, DC. Two well-behaved, healthy teenage children. Important government jobs — Rebecca working in counterterrorism for the Federal Bureau of Investigation, Brian serving as a coder for the National Security Agency. Their lives stand to improve even more as Brian, in his off-hours, has just developed and sold a highly profitable app.

“However, the Unsworth’s marriage isn’t as perfect as it seems. After two decades together, they’ve drifted apart, talking little, and having sex even less. Seeking to revive their strained relationship, they decide for their 20th wedding anniversary to take their two kids, Kira, and Tony, on a European getaway.

“They have a blast ... until one night in Barcelona when Kira doesn’t come home from a dance club. She’s gone. Abducted. Over the course of a single weekend, the Unsworth’s will do everything possible to find her — as Kira herself discovers just how far she’ll go to break free of the trap that’s been set for her. And even as Rebecca and Brian come together for Kira, they realize their marriage is more tenuous than they realized,” according to Publisher Simon and Schuster.

The Princess Spy *The True Story of World War II Spy Aline Griffith, Countess of Romanones* By Larry Loftis

“When Aline Griffith was born in a quiet suburban New York hamlet, no one had any idea that she would go on to live ‘a life of glamour and danger that Ingrid Bergman only played at in *‘Notorious’* (Time). As the US enters the Second World



War, the young college graduate is desperate to aid in the war effort, but no one is interested in a bright-eyed young woman whose only career experience is modeling clothes.

“Aline’s life changes when, at a dinner party, she meets a man named Frank Ryan and reveals how desperately she wants to do her part for her country. Within a few weeks, he helps her join the Office of Strategic Services — the forerunner of the CIA.

“With a code name and expert training under her belt, she is sent to Spain to be a coder but is soon given the additional assignment of infiltrating the upper echelons of society, mingling with high-ranking officials, diplomats, and titled Europeans, any of whom could be an enemy agent. Against this glamorous backdrop of galas and dinner parties, she recruits sub-agents and engages in deep-cover espionage to counter Nazi tactics in Madrid.

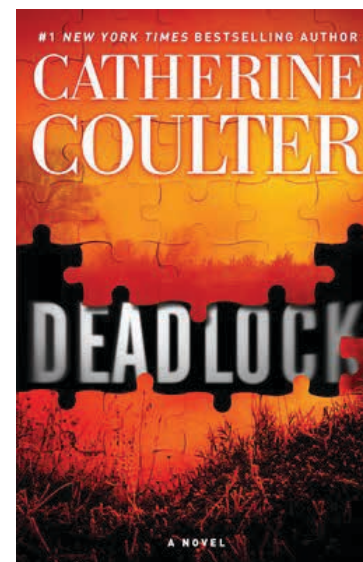
“Even after marrying the Count of Romanones, one of the wealthiest men in Spain, Aline secretly continues her covert activities, being given special assignments when abroad that would benefit from her impeccable pedigree and social connections.

“Filled with twists, romance, and plenty of white-knuckled adventures fit for a James Bond film, *‘The Princess Spy’* brings to vivid life the dazzling adventures of a remarkable American woman who risked everything to serve her country,” according to Publisher Atria Books.

Deadlock

Book No. 24 of An FBI Thriller

By Catherine Coulter



“When Rebekah Manvers is contacted by Zoltan, a medium who claims she’s received a message from Rebekah’s now-dead grandfather, she believes the woman is a charlatan. But if so, how does Zoltan know

about the secrets Rebekah’s grandfather entrusted her with so many years ago? Certain it’s a con, Rebekah walks away.

“The next day FBI Special Agent Dillon Savich witnesses two men trying to force a woman into a van. Savich fights off the men and rescues the woman, who turns out to be Rebekah Manvers, wife of wealthy congressman Rich Manvers. Why did these men want to kidnap her? To extort ransom from her husband. Or did it have to do with the medium Zoltan? Or with her grandfather?

“Then a box addressed to Savich, stamped *‘PERSONAL,’* arrives at the Criminal Apprehension Unit, containing one-third of a puzzle. The assembled pieces show only an ancient pier and a sidewalk littered with human remains, but no one can identify the location. When a second box arrives, Special Agent Pippa Cinelli recognizes the picture on the puzzle as a scene in her hometown, St. Lumis, Maryland. Intrigued, Savich immediately sends Cinelli to investigate.

“On her second day in St. Lumis, she’s struck down and left bound in an abandoned building. Cinelli and Savich decide it’s time to involve the local police chief, Matthew Wilde.

Continued on page 23

Aspen, Colorado

Story by Ronnie Greenberg • Photos by Joe Hilbers

The Senior Reporter would like to acknowledge Ronnie Greenberg, who has contributed her wonderful travel articles since 2009. She recently passed away and will be missed.

Historic Aspen, a magically enchanting winter skiing mecca is on par with Europe's finest. The presence of the surrounding magnificence of the mountains can be felt and seen on every corner of this legendary city.

Aspen's origins were sparked in 1879 when the cry of "silver" sent prospectors flocking across the Continental Divide into Ute City. By spring the city with its awe inspiring natural beauty, and stunning panorama of mountains, became known as Aspen.



Rich silver ore, two railroads, and investments from wealthy entrepreneurs, turned Aspen into a boomtown. But boom turned to gloom in 1893, when gold replaced silver as the national standard. Mining declined and farming and ranching sustained the valley until the 1940s when it was re-invented as a ski town and

cultural center. Over the years, the rich and famous made it a haven for upscale shops, and restaurants as well as luxury homes.

Unpack Your Bags

The Hotel Jerome an Auberge Resort has been Aspen's crown jewel since 1889, when mogul Jerome B. Wheeler, built his posh European style hotel in the heart of downtown. Well, over a century later, it's still said that, "if you haven't been to the Jerome, you haven't been to Aspen." The 93 richly appointed guestrooms and spacious junior double, double king and one-bedroom suites offer special touches, including beds with down comforters, feather pillows, bathrobes, exceptionally roomy closets and oversized baths.

round enjoyment. Tiles around the pool are heated, and there's a hutch stocked with warm towels, robes and slippers. Other amenities include a video library, complimentary wireless and wired (high speed) Internet access, ski storage, spa tub and fitness facilities.



Hotel Dining

Enjoy breakfast and lunch in the relaxed atmosphere of Jacobs Corner located adjacent to the airy hallway that leads to the garden terrace. The menu has a choice of breakfast essentials, soups, salads, sandwiches and specialties with dishes ranging from traditional favorites to current culinary trends

For lunch and dinner, The Garden Terrace offers distinctive American cuisine, seasonal regional specialties and Sunday brunch.

The Library, marked by custom wallpaper, carpeting, draperies, oversized leather sofas and club chairs, is a sophisticated lounge that offers an abbreviated menu from all the venues. Featured are specialty coffee drinks, premium liquors, wine, port and an extensive selection of Scotch and cigars.

The J-Bar, an authentic saloon ambiance with a brick and wood bar, has been Aspen's favorite watering hole since the 1890s. Lunch and dinner, plus beer, wine and cocktails are served at this après-ski hotspot that attracts a diverse mix of locals, tourists and celebrities.

Take a Guided Tour of Historic Hotel Jerome

Enjoy viewing the old photos and artifacts of the hotel that was a paragon of hospitality in 1889. In its heyday, the Jerome was a modern marvel, boasting 90 guestrooms, 15 bathrooms with indoor plumbing, hot and cold running water, steam heat, elevator and was fully lit by electricity. The "silver crash" sent the Jerome reeling until it was restored to its former glory in 1948. When it began attracting artists, avant-garde writers, and movie stars like Gary Cooper, Lana Turner, Hedy LaMarr and John "Duke" Wayne, the Jerome and Aspen were propelled onto the world's celebrity map. In 1985, restored once again, the historic Jerome was recognized as an exceptional exam-

ple of mine camp architecture. Subsequent renovation projects have continuously taken place throughout the years.

The Hotel Jerome an Auberge Resort is located at 300 East Main St. in Aspen. For reservations phone (800) 331-7213 or www.hoteljerome.com. The hotel provides guests with complimentary transportation to and from the airport. Upon landing contact the hotel for pick up.

Aspen Recreation

Winter sports fanatics will find the skiing is intoxicating and the powder heavenly. Aspen offers skiers and snowboarders the power of four of the world's greatest mountains- Aspen, 11,212 feet and a 14 minute ride to the summit on the Silver Queen Gondola, with 76 trails on 673 acres of skiable terrain; Buttermilk, 9,900-foot summit with 42 trails encompassing 430 acres of skiable terrain; Aspen Highlands at 11,675 feet; offers 131 trails on 790 acres of skiable terrain; and Snowmass the highest of

Continued on page 19



Aspen, Colorado

continued



them all at 12, 510 feet. Together they form one giant ski resort, which can be accessed with multi-mountain lift passes. Scenic cross country trails are available for beginner, intermediate and advanced skiers. Private and group ski lessons can be tailored to individual levels of skill.

If you get tired of skiing you can explore the surrounding mountains on snowshoes, glide across the snow on horse-drawn sleighs, or go snowmobiling and dog sledding. Ice skating is available at Aspen Ice Gardens and at The Silver Circle. The Aspen Recreational Center offers access to a 32-foot climbing tower, aquatic center, NHL-size ice arena with grandstands and individual locker rooms.

Nearby Activities and Points of Interest

The Wheeler Opera House was built in 1889 when Jerome B. Wheeler deemed it only fitting that there should be a truly magnificent opera house, and so he built one. Restored to its Victorian splendor by the city of Aspen in 1985, it is one of the town's most treasured

historic buildings. Today, the Wheeler Opera House is the Roaring Fork Valley's premiere site for concerts, movies, festivals, lectures, community events, opera, and a whole lot more. www.wheeleroperahouse.com

The Holden/Marolt Mining & Ranching Museum is set in the 1891 barn house that was part of the extensive Holden ore processing mill. On view is a 9-foot square model of the site as it was in the early 1890s, and the actual machinery that made the mining process work.

The Wheeler/Stallard Museum is set in a 1889 house that was built by Jerome B. Wheeler. The house and carriage house, overseen by the Aspen Histor-

ical Society, serves as a setting for revolving exhibits and headquarter for collections and archives from Aspen's history. Phone (970)925-3721.

The Aspen Art Museum offers year round exhibitions of fine arts and architecture. Phone (970) 925-8050 or www.aspenartmuseum.org

Hallam Lake Nature Preserve and Learning Center are places to discover and study natural communities. The preserve has been permanently set aside to protect plants and animals native to the Aspen area. Hallam Lake encompasses a marsh, a wet meadow, a river, and a pond. A half-mile loop nature trail is available for visitors. This trail meanders in and out of wetlands and includes stops at various observation decks. www.aspennature.org

Ute Cemetery – In 1880 “Colonel” Kirby from Texas was the first prospector to die in Aspen and buried at what was to become Ute Cemetery. Continued to be used by the town's working class it is estimated that at least 200 graves are located on the site, over half of which are un-



marked. In the late 1990s local residents urged the city to restore the cemetery. With well attended volunteer work it was completed in 2001. Two monuments dedicated to those who are buried at Ute Cemetery are installed at the entryway. www.aspenpitkin.com

The John Denver Sanctuary is located in a peaceful park near Rio Grande Park in Aspen, near the Roaring Fork River beneath the mighty snow-capped peaks of Maroon Bells mountains. The memorial features many of Denver's songs carved into large granite stones. www.john-denver-sanctuary.com

Dining

A premier dining destination Aspen features restaurants that appeals to every palate. Popular ones include: Little Annie's Eating House established in 1972 and known for its home-style cooking. Favorites include Rocky Mountain chili, beef stew, spinach pie veggie plate, grilled veal brat, grilled prime rib sandwich, and topped with Annie's apple crisp, vanilla or mocha ice cream pie, or chocolate av-

alanche brownie sundae. (970) 925-1098; Woody Creek Plaza is the place where locals and celebrities love to hang out. The tavern menu includes the likes of wild caught smoked Pacific salmon filet, smoked trout filet, chicken and vegetarian chorizo flautas combination, New Mexico-style green chile, and New York Black Angus steak (970) 923-4585. Other favorites are: Boogie's Diner for burgers and shakes; Su Casa for traditional Mexican fare; Bruno for pizza and pasta; and Ute City Restaurant, a relatively new American-style bistro.

Getting To and Around Aspen

Aspen/Pitkin County Airport is served by United, American and Frontier and is located five miles from downtown. Aspen is also accessible via Eagle Airport, a 75-mile drive from Aspen, as well as Denver International Airport, which is 208 miles away.





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

Fabulous Finds

By Debbie L. Sklar

Spring has arrived ... are you looking your best?

It's time to enjoy the season of rebirth and shed winter clothes in exchange for the latest and greatest spring has to offer.

From a new airbrush to get flawless make-up to a cool hair dryer here are some fun **Fab Finds**.

Luminess Breeze Airbrush System



This professional airbrushing, by Luminess, is wireless, rechargeable, and the most precise airbrush system ever.

Airbrushing with the **Breeze Airbrush System** complete with a 4-in-1 airbrush foundation is specially designed for use in the system. Luminess has taken airbrushing from only available in professional studios into people's homes; the brand has brought airbrushing into the homes of millions of consumers.

By eliminating the obstacles to traditional airbrushing, Luminess has perfected the craft with a patented stylish system that gives precise application, a

specialized air delivery system that produces an even, continuous flow of product, and a formula that feels weightless and smooth on the skin.

Experience the benefits of the quick application, superior blend-ability, and long wear as well as flawless coverage that can only be achieved through airbrushing-and now those benefits are available in a compact, handheld system.

The touchless nature of the device eliminates any bacteria transference into the foundation to minimize the risk of breakouts. Creating a luminous and natural complexion has never been so portable or smart. Available on Luminess-Cosmetics.com for \$169.95.

Sleep on Satin!



Sleep on this silky, smooth lightweight **ENETIX Luxury Silk Satin Pillowcase for Hair and Skin** (Pack of 2) ... oh-so luxurious.

Keeps skin hydrated, reduces the appearance of fine lines and wrinkles, and helps prevent

hair dryness, keeping it frizz and split end-free. Available at Amazon.com for \$11.98.

Hair Dryer



Make mornings easier thanks to this **Revlon one-step hairdryer**. Unique round brush cuts drying time in half while also giving salon-worthy hair, creating volume and shiny smooth locks all at once.

Available at most mass-market drugstores and beauty stores, and Amazon.com for \$33.99

Cool Sunglasses

Velvet (sun) glasses for women are fashionable and can be worn year-round as accessories; they'll protect precious eyes or harmful rays. Various styles, colors, and prices. Visit velvetyewear.com/collections/velvet-sunglasses.com

Affordable Cosmetics



Try **essence cosmetics**, of-

fering eye, lip, and complexion products now on Target.com. Affordable, cruelty-free, high-quality, and accessible to all. Target.com offers 35 of the brand's best-selling SKUs ranging from \$1.99 to \$9.99 including the brand's top-rated Lash Princess False Lash Effect Mascara, Pure Nude Highlighter, Make Me Brow Eyebrow Gel Mascara, and Soft & Precise Lip Pencil. essence makeup is currently available in select Ulta, CVS, Harmon, and Bed Bath & Beyond locations and online at Ulta.com, Amazon.com, Target.com, and essencemakeup.com.

NYX Spring



NYX Spring 2021 includes



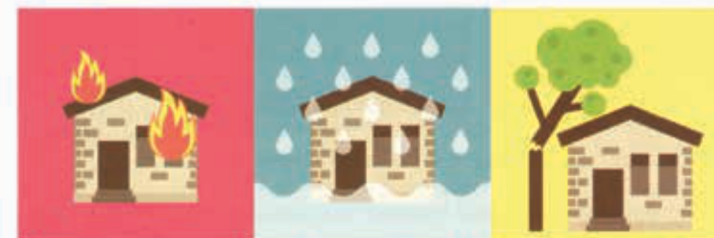
vegan products across multiple categories in the lip, face, and eye, including Lift, & Snatch! Brow

Tint Pen (\$11), The Brow Glue Instant Brow Styler (\$8), The Marsh Mellow Smoothing Primer (\$17), and Shine Loud High Pigment Lip Color (\$11.50). Available in most mass drugstores.



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Life After Mother

By Lyn Jensen

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

Painful Decisions Aren't Easy

'People your parents' age, they seem to think the longer they put off making end-of-life decisions, the longer they're going to live,' a lawyer once told me.

My mother, a great procrastinator, put off making end-of-life decisions until she was no longer capable of doing so — until the decisions were made for her.

I can't say I blame her. Such decisions may require asking painful questions with painful answers. Putting off such painful decisions is easy until it's not. The time to address what may happen — to you and your family and property — is before you're facing a life-threatening experience, be it COVID, dementia, cancer, or anything else.



Complicating the process is an array of legal and medical documents with confusing names.

Some fulfill similar purposes but with slight variations. Their titles may include 'Power of Attorney for Health Care'



or 'General Durable Power of Attorney or Durable Power of Attorney for Health Care' or 'Power of Attorney (Disability).'

Add to the mix, 'Do Not Resuscitate' or 'Physician's Orders for Life-Sustaining Treatment' or 'Living Will' or 'Instructions for Health Care.'

It's understandable why someone may be reluctant to address so many very personal issues.

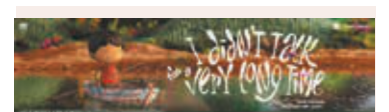
A 'Power of Attorney' (POA) by whatever title, legally authorizes another person to manage your financial affairs (including your property) or your healthcare should you become unable to do so. A POA for healthcare only provides for another to make decisions regarding your healthcare, for situations that may range from dementia to being on a ventilator. A different POA designates another to make decisions regarding your finances and property. Both carry the force of law and are for your protection.

In California, an Advance Healthcare Directive (or, Advance Health Care Directive) combines two important legal documents involving end-of-life decisions. One is a power of attorney for healthcare. The second part, 'Instructions for Health Care' (title may vary slightly) is where you state your wishes for end-of-life care. It's like a 'Living Will.'

My father only signed a financial POA in the final weeks of his life. Had he done so earlier I may have been able to stop some women from plundering his accounts and property. By the time I was legally authorized to take action, it was too late.



I don't even want to contemplate what might have happened had I not persuaded my mother to sign a healthcare POA, how much more misery her final weeks would have wrought. She never did sign a financial POA. That made managing her finances a bigger headache, both before and after her death — and more than a year later, I'm still hacking through the tangled thicket her financial affairs made.



March Book Club

Continued from page 17

“Savich and Sherlock quickly learn that what happened in the past casts a long shadow. They must discover the truths not only to save themselves but to prevent further bloodshed,” according to Publisher Gallery Books.

Bonnie

A Novel

By Christina Schwarz



“Born in a small town in the desolate reaches of western Texas and shaped by her girlhood in an industrial wasteland on the outskirts of Dallas, Bonnie Parker was a natural performer and a star student. She dreamed of being a movie star or a singer or a poet.

“But her dramatic nature, constricted by her limited opportunities and her overwhelming love for Clyde Barrow, pushed her into a course from which there was no escape but death.

“Infusing the psychological acuity of literary fiction

with the relentless pacing of a thriller, ‘Bonnie’ follows Bonnie from her bright, promising youth to her final month of shoot-outs, kidnappings, and desperate car chases through America’s hinterland in the grip of the Great Depression, as the noose of the law tightened around her.

“Enriched by Christina Schwarz’s extensive research in the footsteps of Bonnie and Clyde and written with her powerful sense of place and time, ‘Bonnie’ is a plaintive and page-turning account of a woman destroyed by a lethal combination of longing and love,” according to Publisher Washington Square Press.

In The Spotlight

continued from page 11

boy at the end. We also have a French Bulldog named Zoe.

Q: Any other info about the center?

A: Things that often come up about the center are that we can provide transportation, meals, and snacks are provided daily.

The Your Home Care’s phone number is 949-215-0004; website seniordaycareoc.com.



Floral Advice

Let's All Cheer for the Plant and Flower of the Year

It’s official: 1-800-Flowers.com has named the sunflower as 2021’s Flower of the Year and the Prayer Plant as Plant of the Year. With everyone looking forward to a fresh start, there’s never been a better time to celebrate the hope, positivity and bright outlook each one of these well-deserved picks brings!

Sunflowers: Radiating Happiness

Sparking instant cheer with big, golden petals, sunflowers naturally turn toward the sun to uplift and inspire. That’s why the team at 1-800-Flowers is proud to give this ever-popular bloom the recognition it deserves.

A Golden Opportunity

At a time when positivity is just what everyone needs, anyone can learn from this trending favorite:

- It’s a powerful reminder to rise, shine and hold your head high.

- All it takes is a bit of brightness to boost someone’s mood.

- Looking on the bright side is something all people can all incorporate into their lives.

Plant Prayers Have Been Answered

This popular houseplant’s unique leaves show off paint-



erly-like veins for a bold splash of color. At night, they fold up, resembling hands in prayer. It’s a powerful reminder of just how far gratitude can go, making this plant a natural choice for such a coveted award.

Inspiration, for Every Day

There’s more than meets the eye when it comes to the Plant of the Year...giving people even more reason to love it.

- Its vibrant appearance helps celebrate the beauty all around us.

- This plant’s nightly routine can inspire us all pause and reflect

- Opening up again each morning promotes the idea that each day is full of opportunity.

“Plants are the perfect gift to help us relax and be happy,” said Alfred Palomares, vice president of merchandising for leading gifting site 1800flowers.com.

Over 40 years ago, 1-800-Flowers.com was founded on one simple, universal idea: making people smile. And that’s exactly what they’ve become most well known for. Through unique floral arrangements, thoughtful plant gifts, gourmet gift baskets, and so much

more, 1-800-Flowers.com is there to help connect you with loved ones for life’s little and big moments and all those in between.

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THE UNIVERSITY OF CALIFORNIA

1868

Crossword Puzzle Answers from page 14

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| 44 | R | O | R | E | M | | 45 | S | E | T | H | | 46 | B | A | S | T | |
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| 51 | A | L | I | E | N | O | R | | | | | 54 | S | E | A | L | S | |
| 58 | M | I | N | K | | 59 | N | E | G | L | E | | 60 | C | T | F | U | L |
| 63 | U | R | G | E | | 64 | K | N | E | E | S | | 65 | L | O | G | O | |
| 66 | R | E | A | R | | 67 | Y | E | N | T | A | | 68 | E | R | S | T | |

Busy Boomers

By Les Goldberg

You're Never Too Old to Fly

If you are like most people, at one time in your life you've probably said to yourself: 'I wish I could fly. Wouldn't it be great to soar like the birds, and enjoy the sky-high views of the world?'

For some of us on the upper side of 50, the idea of flying an airplane might be on our bucket list or it remains a dream. For a growing number of others, however, the idea is becoming reality as seniors look for new and more adventurous ways to spend their retirement years.

In fact, the United Flying Octogenarians, an international group of pilots over 80 years of age, and a recent Stanford University study show that older flyers are more serious about flying, are more studious, value their experience, and most importantly, are more proficient and safer than their younger counterparts.



To illustrate this new boon to boomer flying, let me introduce you to Tom Noon of Scottsdale, AZ, who decided at 68, after retirement from his career in homebuilding, to learn how to fly. And, because



Tom Noon started flying at age 68.

he loved it so much, he started his own flight school!

When I interviewed Noon for this story, he enthusiastically relayed his experience as an older pilot and offered valuable advice to those who might want to take the controls in the cockpit.

SR: Can and should seniors learn to fly?

Noon: Absolutely! Best new thing I've learned in 30 years. My only mistake was not doing it much earlier – but better late than never!

SR: What are the requirements to enter flight school?

Noon: The book portion takes some mental ability but if you have an above-average IQ, it is just a matter of applying yourself. The flying portion takes some minimal hand-eye coordination, but if you have ever

thrown darts, played golf, or bowled above 130, you can fly a plane.

Flying, however, requires fine motor skills ... so if your hands shake, you may not be able to do it.

SR: What advantages do senior pilots have – in training and afterward?

Noon: There are many advantages for everyone over someone who doesn't fly – ease of travel, excitement, seeing things from the air, etc. And there are no disadvantages whether young or old.

SR: How do you choose a



flight school?

Noon: I strongly suggest prospective students use the 'Kid Brother Rule' which is the basis for the instruction we provide at my year-old Leopard Aviation flight school with locations in Scottsdale and Mesa, AZ.

You are picking a flight instructor, not a flight school! The relationship between an instructor and the student is a close one. Therefore, the instructor's teaching style should fit perfectly with the student's learning style.



Harriet Roland treated herself to flight lessons for her 70th birthday at Leopard Aviation.

Every time I get in a plane, I'm excited about it! My goal is for every single one of my students to get that feeling. Flying is fun – learning should be also!

SR: What is your experience teaching seniors to fly?

Noon: It is not much different than teaching students in their 20s or 30s, but the older you get, the more hours it takes in the plane.

SR: What do flight lessons involve?

Noon: For a senior, the total flight hours can be from 60 to 100 with each lesson lasting from one to one and a half hours. So, the number of lessons can vary from 50 to 80. A moderate pace of lessons is two to three per week.

Therefore, it takes about four to eight months to get your pilot's license – maybe half of that to do your first solo flight.

SR: What does final testing and instrument certification involve?

Noon: The final test with the Federal Aviation Administra-

tion (FAA) 'Designated Pilot Examiner' will take three to four hours. Half of the time is on the ground in an interview to go over regulations, weather, and equipment). Beforehand, your instructor approves you for solo flight (maybe 30 minutes), then long-distance solo (maybe two to three hours).

Once you pass the written test (minimum 70 out of 100), complete 10 hours of solo flight, and you take the final check ride with the FAA examiner (three to four hours), you are ready to fly on your own with a license and certification in hand.

SR: What should the student look for in terms of flight training aircraft?

Noon: Choose the best to learn the best. Flying a plane with a big 'sweet spot' such as the Cessna 172S Skyhawks (the kind used at Leopard Aviation) makes it easier to learn to fly, and these newer planes are safer – they have the most safety features – and they are the most fun to fly!

SR: Any final thoughts for our readers?

Noon: Don't be afraid to make mistakes. You will learn better when you do. It is a good day of flying when you run across something that you've never experienced before, get it wrong and learn how to handle it!

You can learn more at leopardaviation.com.

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ADMIT ONE

By Randal C. Hill

Movie Preview

'Boogie'

It seems that there aren't too many lines of work that 39-year-old Eddie Huang hasn't been involved in. His resume includes attorney, book author (*"Fresh Off the Boat"*), TV host, chef, stand-up comic, clothing designer, attorney, and marijuana dealer. And now the busy busy busy son of Taiwan-immigrant parents is bringing his coming-of-age drama *"Boogie"* to the Silver Screen.

The film stars Huang's former assistant Taylor Takahashi as Boogie. The diverse supporting cast includes such on-the-rise actors as Pamela Chee, Jorge Lendeborg, Jr., Mike Moh, and Dave East. Now-deceased rapper Pop Smoke — he was murdered in 2019 — provides the haunting music that is woven throughout the story.

"Boogie" is a classic inspirational sports drama but one that is played out, for a change, in the Asian-American experience. Written and directed by Huang, the movie tells the story of Alfred *"Boogie"* Chin, a Chinese-Taiwanese American high school basketball phenomenon in New York whose dream is to play in the NBA. He maintains these dreams amid turmoil at home and among his classmates at his Queens high school.

Boogie's parents lean on him to try for a scholarship to a prestigious university. Chin must deal not only with them and at-school rivals but also navigate a relationship with a winsome girl he has recently met and fallen in love with.

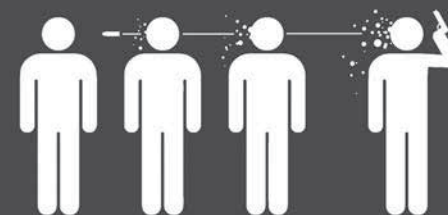
Discouragement and resolve hang in equal measure over Boogie's head like a threatening raincloud. "We never expected to have freedom or independence or equality in this country," he proclaims, "but it doesn't matter what the challenges are, you run through that wall." He also expounds cynically on some daunting stereotypes: "No one believes in an Asian basketball player ... it's a joke in this country. We can cook, clean, count real good, but anything else, we're picked last."

Then there's the crushing burden of expectation. When Chin

draws close to his lofty goal, he admits to his girlfriend, "I've got to represent. I've got 5,000 years of Chinese history. That's a lot of pressure." She, in turn, offers simply, "You have a chance to change history."

Huang has admitted that he was inspired by the hit feature *"Good Will Hunting,"* whose story motivated Huang to enter the filmmaking world. "That movie was the moment where I said I would like to make a movie that changes another kid's life. The way that they were able to humanize domestic violence and those relationships, it opened my eyes because I didn't know you could talk about stuff like that in movies."

Released by Focus Features, *"Boogie"* is scheduled for a March 5 release.



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Tinseltown Talks

By Nick Thomas

Paul ‘Crocodile Dundee’ Hogan is Back – Sort of

It’s been 35 years since Paul Hogan unleashed the iconic character of rugged reptile wrestling Mick Dundee onto the world in the 80s hit film “Crocodile Dundee” and two sequels. Hogan returned last December – via digital download in the U.S. – in “The Very Excellent Mr. Dundee” released on Blu-ray/DVD Feb. 16.

The Aussie actor is quick to point out that “Mr. Dundee” is not another Dundee movie, but a self-parody where the quiet-living Hogan (starring as himself) falls afoul of a series of ill-fated self-inflicted blunders that snowball, sully his good reputation. The film also takes a gentle jab at celebrity culture and social media.



Blu-ray cover for *The Very Excellent Mr. Dundee* starring Paul Hogan - Liongate.

“But it’s not a deep meaningful movie, just a bit of fun,” said Hogan from his Los Angeles home. “While it pokes fun at Hollywood rules and how social media through the modern online community can give you a reputation that you don’t deserve, it’s mostly aimed at me.”



Paul Hogan at *Crocodile Dundee* with co-star Linda Kozlowski, *Rimfire Films*, distributed by *Paramount*.

The screenplay, written by longtime collaborator Dean Murphy, is mostly fantasy sprinkled with factual tidbits about the real Hogan. Many more facts about Hogan’s life and career are recounted in his autobiography, “*The Tap-Dancing Knife Thrower: My Life (without the boring bits)*,” published last year.

While the book has been highly praised, critics were not so generous when “*The Very Excellent Mr. Dundee*” was first released last year. No surprise that didn’t bother the unflappable Hogan. “I ignored it; you just take it as it comes.”

Critics were much kinder when “*Crocodile Dundee*” was released in 1986 to international acclaim. “Its impact was staggering and it turned out to be the most successful independent movie ever,” Hogan said.

The original film yielded one scene destined for cinematic

comedy history where Hogan defensively brandishes that giant hunting knife on the streets of New York City.

“I’ve still got the original knife, safe in a bank,” Hogan said. “We also had rubber and wooden ones for various scenes, but I co-designed the original. It might be worth a bit of money to a collector now!”

Then there was the heart-stopping scene where Hogan’s love interest, played by Linda Kozlowski, encounters a huge crocodile.

“That was mechanical, but there were real crocs in the water during filming,” he recalled. “We had guys up trees with rifles just in case one came along and ruined everything.”

So, did Hogan consider asking Kozlowski, his co-star and former wife, to take a role in the new film?

“No, she’s given up acting,” he said. “I see Linda a lot and we’re still friends. She was living in Morocco for a while but now is back in L.A.”

Despite all the money and fame his Dundee character generated, Hogan has remained grounded, unpretentious, and largely distanced from the Hollywood scene.

“I never really fitted in,” he admitted. “After the success of ‘Dundee,’ I received all sorts of script offers, good and bad. But I wasn’t interested in becoming an actor for hire. My joy was seeing something that I wrote come to life on the screen.”

While fans may be disappointed that the new movie only features a luckless Hogan as himself, the spirit of Mick Dundee lingers throughout the film. Now 81, however, Hogan has no plans to resurrect the character.

“The original worked fine. I’d like to just leave it alone now.”

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





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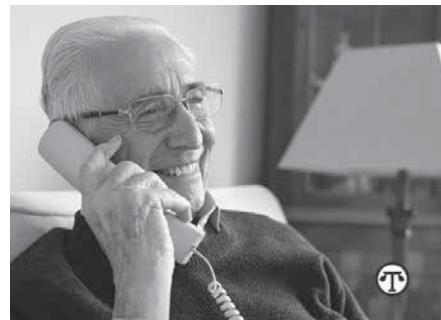
History of St. Patrick's Day



The history of St. Patrick's Day in America, however, begins with Irish soldiers serving in the British army. Befitting of the Irish, it is a tale of Irish patriotism and evolving political power. That very first parade in New York City not only helped the homesick Irish soldiers connect with their roots through the familiar strains of traditional Irish music—usually featuring bagpipes and drums, but also helped them to connect with one another, finding strength in numbers. Over the years as nearly a million Irish immigrants fled to America in the wake of the Great Potato Famine, St. Patrick's Day parades became a display of solidarity and political strength as these often ridiculed Irish immigrants were frequently victims of prejudice. Soon enough, their numbers were recognized and the Irish soon organized and exerted their political muscle, becoming known as the “green machine”.

Today, St. Patrick's Day celebrations abound. Decidedly less religious, St. Patrick's Day celebrations continue to be a show of Irish strength and patriotism. So, get out your green and get ready to celebrate!

News for Older Americans — Social Engagement



Remaining socially engaged improves the quality of life for older adults and is associated with better mental and physical health.

Maintaining social connections and staying mentally and physically active is key to reducing social isolation and loneliness among older adults, particularly now during the COVID-19 national health crisis.

There are many opportunities for older adults and caregivers to remain engaged and connected to their family, friends and community with and without technology during the pandemic. Here are a few suggestions all of us might consider doing during this time:

Reach out. Try to call a family member or friend every day, write them a note or send a card.

Stay active, mentally and physically. Move more and sit less. Engage in physical activity such as a walk or online group exercise classes.

Flex your brain. Draw a sketch, write a poem or short story, or start journaling.

Create connections using

technology. Use online tools to connect with friends and family. Attend virtual events and concerts or tour museums from home. Read a book online.

Volunteer and share your skills from home. Develop a virtual mentoring relationship with a student through a local college or connect with your local Area Agency on Aging to find opportunities to help others.

Through its website, www.eldercare.acl.gov, and national Call Center at 1-(800)-677-1116, the **Eldercare Locator** can inform and connect older adults and caregivers to local programs and services that provide a variety of ways to stay connected to others in their communities to reduce social isolation and loneliness.



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is published monthly by:

**SUNSET
PUBLISHING AGENCY**

9114 Adams Avenue, Suite 358
Huntington Beach, CA 92646

Email: jcampos@seniorreporterofoc.com

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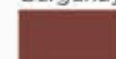
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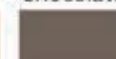
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The Gadget Geezer

By Les Goldberg

Medicine + Tech = Better Health

Do you have an electric toothbrush or a fitness smartwatch? Does your bathroom scale talk to you? Are you using a portable electronic CPAP machine for alleviating sleep apnea? Can you and your doctor talk to each other remotely?

If you answered ‘yes’ to any of these questions, you are consumers of the fast-advancing marriage of healthcare and technology. New products are being introduced daily designed to take the medical profession and healthcare in general to the next level. Here are just a few examples of how technology is helping patients live better, healthier lives:

KIWY Mask



The people who introduced me to the KIWY mask, which stands for Keep It With You, pointed out that ‘most masks could use some help,’ explaining that we are constantly pulling them up when they slip down, or we suffer from the pain of the loops tugging on our ears.

“Try adding loops behind the ears of a senior who is already wearing glasses and hearing

aids,” they said. I can relate to that, having lost expensive hearing aid and dropping my glasses while taking off my mask.

The KIWY mask offers a simple solution. Instead of ear loops, it uses a Velcro strap that attaches around your neck. It is made of 97 percent organic cotton and three percent spandex and built with two layers of fabric under the Center for Disease Control (CDC) regulations.

According to the creators, ‘the reversible gray and black mask is designed to be held away from the face to allow easy breathing while helping to block viral droplets with shifting when you talk or move. It also helps increase usage because you don’t need to remove it from your body and you can quickly pull it up when needed.’

The KIWY masks are available at www.kiwymask.com for \$14.99.

Laidback Foot Massager

Laidback is an electrical muscle stimulation (EMS) mat that triggers your body’s acupuncture points through the feet. It is designed to reenergize the muscles while improving blood circulation, and it only requires 20-25 minutes a day of use while sitting down.



It’s a compact, lightweight, and portable foot massager that helps get rid of cramps and pain while strengthening ankles and calves and lowering the risk of injuries. It is painless and features six settings, from soft touch to hard kneading. Price: \$19.99 at www.laidback.pro.

NeckRelax



While we’re on the subject of massagers, there is one area of the body that often needs some tender loving care – the neck. We are constantly tied to our screens, be it laptop or phone, we are running endless errands, and more often than not we forget that giving yourself time to relax is what prevents us from complete burnouts.

NeckRelax is a state-of-the-art massager that uses three key methods to enhance your mood, help you destress, and release muscle tension and soreness.

Simply put it on and enjoy it for at least 10 minutes while the massager uses infrared heat, electric pulse, and ultrasound to loosen the muscles and relieve stress.

It is powered by two AAA batteries that enable you to use this device for seven hours straight.

It features six different modes with 16 intensity settings from light to hard, and it is portable for use anywhere. Price: \$34.99 at Amazon.

Miracle Sheets



It is hard to imagine that your bed sheets contain modern technology, but apparently, a company called Miracle Sheets is changing that perception.

The company boldly claims that its innovation is ‘revolutionizing the sleep industry with the most hygienic bed-sheets ever made.’

Why do we need Miracle Sheets? According to the company, your traditional bed sheets are a breeding ground for all kinds of bacteria and dust mites. Unless you wash them daily, they can cause issues with your skin.

Miracle Sheets, on the other hand, contain natural bacteria-fighting silver for health-

ier skin and cleanliness while keeping you comfortable all night long with their temperature-regulating fabrics. Price: \$159 per set. Available on Amazon.

Anti-Snoring



It’s no secret that couples who snore while sleeping often find themselves couples no more. Of course, that is an extreme scenario, but it doesn’t have to go that far. Thanks to modern technology, snoring can be cured. One such company offering a solution is SleepConnection.

Like a watch, it is worn on the wrist and uses intelligent technology to monitor for any indication of snoring. If it is detected, the device emits sensory feedback which the company says will ‘stop snoring dead in its tracks.’

“This gentle impulse is enough to make you shift positions, which stops the snoring – and wearers experience no harmful side-effects or discomfort while continuing to sleep,” it said.

Fully adjustable, the device’s signal can be changed from low to high. Price: \$39.99.

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

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

—Kent C., California

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

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