

SENIOR REPORTER

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OCTOBER 2025

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Billy Joel

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 **Life + Health**

Plan Annual Notice of Change (ANOC)



Photo courtesy Google.

It's very important to read your Annual Notice of Change.

What is it? If you are in a Medicare Part C Plan or a Prescription Drug Plan, your plan will send you an Annual Notice of Change (ANOC) each fall. The ANOC will include any changes in your plan, like medical coverage, premium cost, co-payments, out of pocket costs, things that are covered and things that are no longer going to be covered starting in January.

When should I get it? It will arrive by late September. If you do not receive it by the end of the month, please call your plan and ask them to send another one.

Because of major changes in

the way the prescription drugs will work next year, you will most likely see changes in your plan for 2026. **Please read the ANOC carefully** and review the changes to decide whether the plan still meets your needs. If you should get a cancellation notice, please call me immediately and we will find another plan that works for you.

NOTE: If you have a Medicare Supplement plan you will only get an ANOC for your prescription drug plan.

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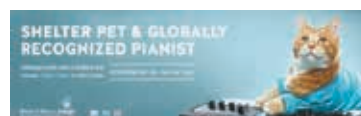
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The Piano Man Rocks at 76

By Les Goldberg

Whenever one of our beloved American icons faces a roadblock in their career or, worse yet, a health scare, we can only pause and reflect on the true meaning of life. That is exactly what is happening now with Billy Joel, or as he is affectionately known – the Piano Man.



Photo courtesy
Wikimedia Commons.

The 76-year-old singer, songwriter, and pianist learned early this year that he has a brain disease that affects his hearing, balance, and vision. The diagnosis of normal pressure hydrocephalus forced him to cancel his scheduled concert tour for the remainder of 2025.

In a recent interview with podcaster Bill Maher, Joel said:

“They keep referring to what I have as a brain disorder, so it sounds a lot worse than what I am feeling. I feel fine. My balance sucks. It’s like being on a boat.”

The good news is that he is



Photo courtesy Wes Candela Photography LLC.

on the mend. The disorder is treatable, and he is undergoing physical therapy.

Meanwhile, the Billy Joel legacy continues to build momentum with the premiere last June of a two-part documen-

tary about his life and meteoric career. “*Billy Joel: And So, It Goes*,” on HBO, debuted at the 24th Tribeca Film Festival in his hometown of New York City.

Shortly afterward, a 155-track playlist with 115 songs and audio clips was released on a streaming service.

And, so it goes, the Billy Joel saga continues into the fifth decade. Nicknamed the Piano Man after his signature 1973 song of the same name, his musical fame grew following the release of 12 studio albums spanning the genres of Pop and Rock.

With more than 160 million records sold worldwide, Joel is one of the world’s best-selling music artists, and the fourth best in the U.S. In America, his 1985 compilation album, “*Greatest Hits, Volume I & II*,” is one of the best-selling albums of all time.

Out of Hicksville



Photo courtesy Flickr.

Born in the Bronx in New York City in 1949, Joel grew up in Hicksville on Long Island, where he began taking piano lessons at his mother’s insistence.

As a teenager, Joel was inspired by the appearance of The Beatles on “*The Ed Sullivan Show*.”



Photo courtesy
commons.wikimedia.org.

“That one performance changed my life,” he later told an interviewer. “Up to that moment, I never considered playing rock as a career. When I saw four guys who didn’t look like they’d come out of the Hollywood star mill, who played their own songs and instruments, and especially because you could see this look in John Lennon’s face, I said: ‘I know these guys.’ I can relate to these guys. I am

Continued on page 7

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‘Lorne Behold’

By Randal C. Hill

“Saturday Night Live” was Canadian comic genius/producer/director Lorne Michaels’s brash experiment, conceived in three weeks in 1975 as a refreshing NBC-TV alternative to Johnny Carson’s “Tonight Show” reruns. The idea behind Michaels’s clever brainchild was to channel the counterculture, modernize the traditional variety show, and lure a generation of disaffected young people back to television.

The program was also imagined as a hip offering for Baby Boomers looking to stay up late. There would be a different host each week, best-selling musical acts, and a cast offering high-octane comedy skits (often about politics), with “SNL” advertisers targeting viewers who were 18 to 34 years old.

Rather than hire costly, established performers, Lorne tapped into unknown talent from a variety of comedy ensembles unfamiliar to mainstream TV watchers. The original troupe of players included then-unknowns Gilda Radner, Dan Aykroyd, John Belushi, Jane Curtin, Garrett Morris, Laraine Newman, and Chevy Chase — collectively labeled The Not Ready for Prime Time Players.

The show debuted on Oct. 11, 1975, with the always edgy George Carlin as host and Billy

Preston and Janis Ian as musical guests.

Michaels had a winner right out of the gate. During the first season, the “SNL” cast members rose from obscurity to national prominence as the weekend broadcast promptly became a “must see” for its roiling stew of satirical humor and celebrity impressions.

The improvisational backgrounds of the ensemble allowed performers to experiment with different approaches to comedy. Iconic characters that sprang from the first season included Belushi’s samurai, the Coneheads, and Radner’s Roseanne Roseannadanna.

Although some on the team dabbled in cocaine, drug usage was less of a problem than that caused by John Adam Belushi. Michaels had been reluctant to hire the versatile, multi-talented comic, since Lorne believed that, as good as John was, his often-outrageous behavior loomed large as a potential source of trouble for the show.

Michaels’s doubts were soon proven correct.

Belushi’s conduct caused a tsunami of problems. He especially projected hostility to “SNL’s” female writers; Jane Curtin later said, “John felt as though it was his duty to sabotage pieces written by women. He believed women should not

be there.” Belushi was sometimes told that a female-created sketch had been written by a team man.

“Saturday Night Live” has launched numerous careers and franchises. Aykroyd and Belushi became the “SNL” soul/rock duo, the Blues Brothers, later starring in the 1980 film “The Blues Brothers” and recording Atlantic Records discs under their popular stage name.

Beyond the original celebrities came such later alumni who have also had successful careers — Eddie Murphy, Adam Sandler, Dana Carvey, and Tina Fey. “SNL” has also spun off a dozen movies and won nearly 100 Emmys.

Over the decades, the program has faced some tough criticism, such as the ongoing complaint that “SNL” has lost its relevance. Oh? Tell that to today’s viewer who still enjoys a dose of weekend laughs from a program that has shaped part of the American popular culture over the past half-century.

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Internet:

Loofbourow, Lili. “The ‘Saturday Night Live’ Machine Grinds On.” Feb. 15, 2025. www.washingtonpost.com. The Curtin quote is from here.

“Saturday Night Live.” (No author or date listed) en.wikipedia.org.

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Helping Hands Senior Foundation (HHSF): A Lifeline for Seniors

see ad
on page 41

Founded in 2015, HHSF has been dedicated to supporting seniors (65 and older) across Southern California and recently started helping disabled older adults as well. The organization helps seniors to learn about resources for housing options, caregiver services, medical equipment, and much more to help make life easier and better for seniors. Our team assists seniors throughout Los Angeles, Orange, Riverside, San Bernardino, San Diego, and Ventura counties.

A Unique Solution

HHSF is different from many other organizations in that we have no income-based eligibility requirements, there is no “sliding” fee scale, and the care planning service that we provide is at no cost to the senior.

Who We Serve

Most of our clients are considered low-income but we serve all seniors regardless of income. Imagine living on \$2,000 or less per month. Last year, 81% of our clients did, with 43% living on \$1,000 or less. Whether someone has been denied services because they have too much income or can't afford the things they need, it is worth calling HHSF to see what resources we have to share.

A Difficult Decision

Betty's voice trembled when she called Helping Hands. Her husband, who has dementia, had wandered off, and while

the police found him, the emergency room doctor told her it was time to find a senior facility.

Betty felt heartbroken. She had promised never to put her Prince Charming in a home, but she knew she could no longer provide the care he needed. How could she afford a senior facility on their limited Social Security income of under \$2,000 a month?

HHSF stepped in to assist; found a suitable facility nearby, and Betty was thrilled to report that her husband was settling in well and that she could visit him every day.

Programs and Services

Helping Hands Senior Foundation has assisted over 70,000 individuals and families through a variety of services, including Care Coordination, Placement Assistance, our Durable Medical Equipment Library, Food Programs, and more. If a senior is facing challenges that impact their quality of life, it's worth having a conversation with HHSF to explore how they can provide support beyond just housing, care, and DME. Bilingual care coordinators (English/Spanish) are available to offer valuable resources and personalized care planning.

Many seniors miss out on essential support simply because they don't know what's avail-

able to them. HHSF serves as a bridge, guiding seniors through the process of finding, applying for, and receiving the benefits they deserve.

Personalized Care Planning

Every client's situation is unique, and that's why we believe in creating personalized care plans. Rather than offering a one-size-fits-all solution, our care coordinators take the time to understand each person's health, finances, living arrangements and several other factors. With this information, they create tailored care plans that address specific needs.

Why Helping Hands Stands Out

When you call Helping Hands, a live staff member answers the phone and listens carefully to your concerns. The mission is to understand both immediate and long-term needs, working diligently to find solutions. HHSF is not just another resource. They specialize in solving problems when other services can't, connecting seniors with the support they need to improve their quality of life. Despite poverty, homelessness, or disability, they are here to make sure seniors can enjoy the rewards they've earned during this stage of their lives.

Just a Phone Call Away

Clients can reach HHSF by phone

Continued on page 7

Prostate Forum of OC was Recognized By the Board of Supervisors

Orange County Supervisor Doug Chaffee introduced a resolution proclaiming September as Prostate Cancer Awareness Month at the September Board of Directors meeting. The Orange County Board of Supervisors has recognized the Prostate Forum of Orange County for its activities to bring awareness and for the resources that are provided to men who are in need. Receiving the award are Prostate Forum of Orange County Board members Ira Kaget (second from the left) and Dr Charles Metzger (second from the right).

Prostate cancer is one of the most common forms of cancer with one out of seven men diagnosed globally. Spreading awareness is crucial because early detection greatly increases

the chances of successful treatment and survival.

The Prostate Forum of Orange County Support Group offers support meeting via Zoom of newly diagnosed men every second Tuesday at 5PM. Zoom link: us02web.zoom.us/j/86164783897 and for the advanced/recurrent group every fourth Tuesday at 5PM. Zoom : us02web.zoom.us/j/85450819246

All services are free

The website is ProstateForum.org

Email: ProstateForumOC@gmail.com

In honor of this month, for those who are interested in changing and saving lives, please contact the prostate forum at the above email.

Helping Hands

Continued from page 6

at (818) 279-6580, through the website at helpinghandsla.org, or by introduction from an agency or care professional. The intake process is completed over the phone, and takes just 10-15 minutes. After gathering information, a care plan is developed and assigned a dedicated care coordinator to educate the client on various available resources within a few business days.

For more information, please visit: helpinghandsla.org.

Billy Joel

Continued from page 4

these guys. This is what I'm going to do – play in a rock band.”

After dropping out of high school to pursue a music career, he took part in two short-lived bands, the Hassles and Attila.

He then signed a record deal with Family Productions and embarked on a solo career with his debut album, *Cold Spring Harbor*, in 1971. A year later, he caught the attention of Columbia Records after a live ra-

dio performance of “*Captain Jack*,” which led to him signing with the company.

The move proved to be a breakthrough because for the next four years his albums, “*Piano Man*,” “*Streetlife Serenade*,” “*Turnstiles*,” and “*The Stranger*” were huge hits.

In fact, “*The Stranger*,” released in 1977, became Columbia’s best-selling album with more than 10 million copies sold and spawned some of Joel’s greatest hits singles: “*Just the Way You Are*,” “*Moving Out*,” “*Only the Good Die Young*,” and “*She’s Always a Woman*.”

A year later, “*52nd Street*” was his first album to reach No. 1 on the “*Billboard 200*.” His “*Glass Houses*” album was an attempt to establish himself as a rock artist; it featured “*It’s Still Rock and Roll to Me*,” which was his first single to top the *Billboard 100*.”

In 1983, his single “*An Innocent Man*” was Joel’s tribute to the music he grew up with in the 50s, including Rhythm and Blues and Doo-wop. It featured “*Tell Her About It*,” “*Uptown Girl*,” and “*The Longest Time*,” three of his best-known songs.

Following his success in the recording studios, Joel turned to touring, holding live performances across the globe. In 1987, he became one of the first artists to hold a rock tour in the Soviet Union.

Joel has been nominated for 23 Grammy Awards, winning

six, and was inducted into the Songwriters’ Hall of Fame in 1992, the Rock and Roll Hall of Fame in 1999, and the Long Island Music Hall of Fame in 2006. In 2013, he received the Kennedy Center Honors.

Billy Joel’s life is a testament to the fact that talent and persistence, the will to live, and support from the world’s fans and family always win out.

We wish him well.

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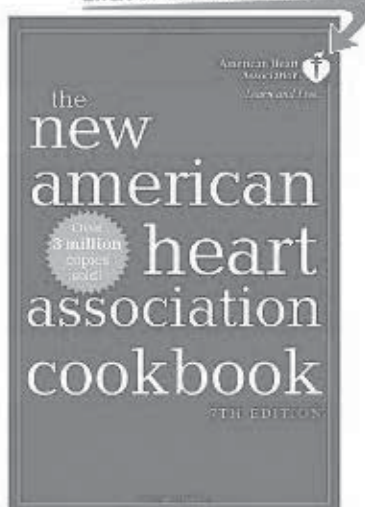
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Health Matters

Fall Into the Habit: Make Indoor Fitness Work for You This Season

When the days get shorter and cooler, many people move their workouts indoors—but that doesn't have to mean sacrificing your motivation or fun. According to BowFlex Fitness Advisor and Certified Personal Trainer Amy Kiser Schemper, M.S., fall is one of the best times to reset your exercise routine and make it fun again.

“A lot of people see fall as a slowdown season,” says Schemper. “But I think of it as a fresh start. You don't have to do more, you just have to make it feel new and enjoyable.”

Make This Season Your Reset Whether you're drawn to TikTok's viral 12-3-30 treadmill workout or curious about hybrid routines that blend strength and cardio, Schemper says there are plenty of ways to shake things up without leaving your living room.

For those interested in exploring walking workouts or interval sessions at home, BowFlex treadmills, including the new T6, T9, and T16, offer seamless smartwatch connectivity, ultra-responsive speed and incline controls powered by the MaxReact drive system, wide cushioned decks, and access to your favorite fitness apps, which make it easy to customize your experience.

For smaller spaces, these treadmills are a great addition to any room with their folding frames,

which seamlessly stow away to ensure your living space stays livable while still delivering maximum results.

The T16 features a 16-inch HD touchscreen with Netflix, Prime Video, and Spotify, making workouts feel less like a chore and more like a binge session.

Strength Training That Fits Your Space (and Your Life)

While fall is a great time to walk or run indoors, Schemper stresses that cardio isn't the whole story.

“Strength training is a great way to keep your energy high, boost your metabolism, and stay strong through the winter months,” she says. “And you don't need a super complicated setup to make real progress.”

The BowFlex Results Series 552 SelectTech Dumbbells are a prime example of keeping strength workouts simple and effective. Engineered with durable metal components for lasting performance, these adjustable dumbbells replace 15 traditional weights, ranging from 5 to 52.5 pounds. When you're ready to take your training up a notch, the Results Series 1090 SelectTech Dumbbells adjust from 10 to 90 pounds per dumbbell, replacing 17 sets of weights in a compact design.

With a twist of a dial, staying strong becomes effortless—no



BowFlex's new lineup of treadmills is made for runners, with ultra-responsive controls and smartwatch and fitness app connectivity. The BowFlex Results Series 552 SelectTech Adjustable Dumbbells replace 15 traditional sets of dumbbells, making them a huge space-saving hack. Photo courtesy NAPS.

clutter, no excuses, just results. If you're looking to level up at any fitness level, from beginner to pro, these adjustable dumbbells let you lift, grow, and conquer your fitness goals, all without taking over your space.

Building a Routine You'll Stick With

So how do you keep home workouts from feeling stale? According to Schemper, it's all about mixing structure with fun.

“People often think fitness has to be all-or-nothing, but that's not true,” Schemper notes. “Even a short treadmill session or a quick dumbbell circuit can build momentum and keep you active throughout the colder months. The right tools make it simple to stay consistent and actually enjoy the process.”

Indoor workouts don't have to be just sweat and effort; they can also be a full sensory experience. Pair your smartwatch to your BowFlex treadmill to keep your metrics in sync, or en-

hance your dumbbell routines with fitness platforms such as JRNY, Peloton, and Zwift to boost your motivation, track progress, and celebrate milestones. Even a quick 10-minute incline walk can feel like a victory when your stats show improvement week after week.

Swap a steady walk for intervals, try a new strength circuit, or test your endurance by gradually increasing speed or incline during your next treadmill session. Each mini win contributes to your fitness goals and makes consistency feel effortless. Beyond the physical benefits, these little upgrades help workouts become part of your lifestyle instead of a chore.



2026 Tournament of Roses Parade

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Reserve Today to Ensure Prime Parade Viewing and Access to Tournament Special Events

PASADENA, Calif., Oct. 1, 2025 – Tournament of Roses Parade fans can buy “the best seats in the house” without camping out for days on the streets of Pasadena, Calif. in hopes of nabbing a great parade-watching spot. That’s right. While tickets last, reserved grandstand seats for prime parade viewing are available through Sharp Seating, the ONLY Official Seating and Ticket Company of the Tournament of Roses Parade for more than 85 years.

The 137th Tournament of Roses Parade will roll through the streets of Pasadena on Thursday, January 1, 2026. This immensely popular event that attracts 40+ million TV viewers and more than a million visitors from around the world to Pasadena annually will be here in no time.

Parade fans wishing to secure reserved grandstand seats are urged to place their ticket orders now for the best selections. Tickets are going fast for seating at what is historically known as “TV Corner,” which offers the same views seen on Rose Parade television

broadcasts. Prices range from \$75-\$125 per seat, depending on location, plus \$50-\$65 for a parking permit.

“The Tournament of Roses is one of the greatest spectacles in the world,” said Sharp Seating President Sindee Riboli. “Nothing else compares with its magnificent floral floats, high-stepping marching bands and exceptional equestrian units. Musicians and equestrians from around the globe compete to be in the Rose Parade, so viewers really enjoy the best of the best. While the floats look beautiful on television, they are breathtaking to see live. It’s truly a not-to-be missed, experience of a lifetime.”

Sharp Seating also provides tickets for a variety of pre- and post-parade events. Fans can purchase tickets for close-up previews of the Rose Parade’s legendary floats while the finishing touches are being applied at Decorating Places December 28-30, 2025. Additionally, tickets are available to view the floats on display after the parade at Floatfest held January 1-3, 2026.

Another crowd-pleaser, Bandfest will feature bands from around the world showcasing their musical and marching talents with performances at

Pasadena City College’s football stadium Monday, December 29, 2025, at 2:00 p.m.; and two shows Tuesday, December 30, 2025 – 10:00 a.m. and 2:00 p.m.

At EquestFest — happening Monday, December 29, 2025, 10:00 a.m. – 3:00 p.m., at the Los Angeles Equestrian center — horse-lovers can stroll through the Rose Parade stable area, meet many of the equestrians they will see on the parade route January 1st, and take photos with their beautiful horses. Visitors will also enjoy riding demonstrations and equestrian drills, as well as ongoing exhibits, musical performances and great food.

For more information or to purchase tickets to the Tournament of Roses Parade and other events, visit www.sharpseating.com or call (626) 795-4171. Sharp Seating recommends advance ticket purchases for all events as they often sell out quickly.





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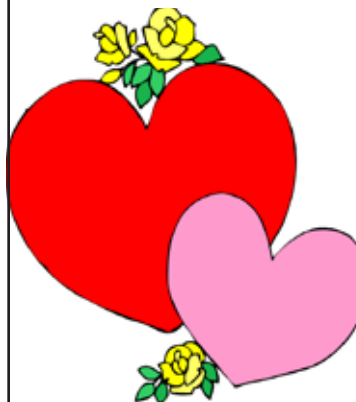
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Taking the Pier-to-Pier Route

By Shana McCann

One of my favorite childhood memories was accompanying my father on a day-long fishing trip to the Venice Pier. It was magical as we settled into a space at the farthest edge of the pier, which was designed with bait-cutting wooden rails and benches. Since I wasn't into fishing, I spent the early morning and afternoon hours gazing at the ocean and people-watching.

Not much has changed to this day. What I do notice, however, is the number of people my age doing the same thing, sitting on the piers enjoying the serene scenery only found at land's end. The cool thing about living in Southern California, or visiting the Pacific shore, is the vast array of piers conveniently spaced along the coast and each with its own unique vibe.

With the weather in October and the fall generally mild with cool breezes off the water, it's the ideal time to visit the piers. Here is what you will find, venturing from the northern shores to the south:

Malibu Pier



Photo courtesy Malibu Chamber of Commerce.

Business magnate Frederick Hastings Rindge built this pier in 1905 to transport goods from

ships to his Malibu ranch. The pier opened to the public in 1934 and has since undergone several renovations, mainly due to damage from severe storms.

Today, the pier is sandwiched between two restaurants: the full-service Malibu Farms at the base of the pier, and Malibu Farm Café at the end of the pier with counter service. If you want to pick up souvenirs, hats, or ceramics, there is the Ranch at the Pier store, or for jewelry and leather goods, you can visit the Miansai shop housed in a 1949 Airstream trailer.

Pacific Park Pier

Located on the world-famous Santa Monica Pier, Pacific Park is the West Coast's only amusement park located on a pier. The thousands of daily visitors enjoy 12 thrill rides, including the West Coaster and Pacific Wheel, the first solar-powered Ferris wheel.

The park is ungated, allowing free access to the rides, games, attractions, and other activities that are all priced individually, or guests can choose among several passes. In addition, pier midway games are lining the wooden boardwalk and several restaurants and food stands where you'll find funnel cakes, ice cream, and classic California burgers, pizza, and tacos.

Venice Fishing Pier

In 1905, millionaire Abbot Kin-

ney founded the resort town of Venice, dubbed the Coney Island of the Pacific. Its Venice Amusement Pier was a big tourist draw, sporting colorful themes like the Million Dollar Pier and Sunset Pier. Ravaged by fires and storms, the pier was not replaced until 2006.

Today, you'll find anglers lining the railings at all hours, happy to show off their catch. Situated at the end of Washington Boulevard, the pier is a perfect starting point for exploring restaurants and boutique shops along the oceanfront boulevard or for wandering around the Venice canals.

Manhattan Beach Pier

Home to the annual American Volleyball Association championships, the Manhattan Beach Pier is the oldest remaining concrete pier on the West Coast. It was constructed in 1901 out of wood pylons using three railroad ties fastened together.

It is known for its signature seafoam railings and the newly renovated octagonal Roundhouse Aquarium featuring four galleries showcasing Southern California marine life.

Hermosa Beach Pier

Several piers have stood on this spot over the years. The original one was built out of just 500 feet of wood in 1904. Nine years later, it was replaced with a concrete structure that dou-

bled its length. That pier was razed in 1961 and replaced with the current one in 1965.

The most distinguishing factor of the Hermosa Beach Pier is the Surfers Walk of Fame. It is also a favorite destination for visitors who enjoy shopping at the Pier Plaza, full of shops, restaurants, and bars. If you go there on Wednesdays, you'll find the weekly farmers market, open from 11 a.m. to 4 p.m.

Huntington Beach Pier

Stretching out to sea for more than 1,800 feet, the Huntington Beach Pier, as it stands today, is 95 years old and the focal point



Photo courtesy Huntington Beach Chamber of Commerce.

for all of Surf City's iconic beach activities, including the annual U.S. Open of Surfing, the Pacific Air Show, and numerous concerts and sporting events.

The pier is one of the safest in the world since it was built to

Continued on page 14

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On The Road Again ... **Pier-to-Pier** **Route**

Continued from page 11

withstand 7.0 earthquakes and 31-foot waves. Like all piers, it is a favorite place to fish for local anglers and for hungry visitors who can dine at Bud & Gene's, the latest café to occupy the end of the pier.

Balboa Pier

Built in 1906 as a terminus to the Pacific Electric Railway Red Car line, the Balboa Pier in Newport Beach continues to lure millions of locals and visitors to watch the surfers, fishermen, and sunbathers on the beach below.

It was also the site of the first Ruby's Diner and is within walking distance of Balboa Island, an oasis of charming beachfront homes, boutique shops, and cozy eateries, including the iconic Sugar 'N Spice shop on Marina Avenue, known for its chocolate-dipped frozen ice cream bars.

San Clemente Pier

Built in 1928 to attract tourism to the unique seaside community of San Clemente, the pier succeeded in its goal for almost a century. Accessible along Pacific Coast Highway by car, bus, or Metrorail, the pier is South Orange County's favorite destination for fishing, swimming, strolling along the beach, and dining.

It features a Fisherman's Restaurant, shops, and other amenities to provide visitors with a full

day of fun.

Oceanside Pier

A few miles further south in San Diego County is the Oceanside Pier, one of the West Coast's longest wooden piers and distinguishable to visitors by the twin towers – a lifeguard lookout and a bait shop – at the end of the pier.

Renovated several times since it was built in 1888, the pier features old-fashioned lampposts like those that have stood since 1927. The pier is still waiting to replace the Ruby's Diner that closed four years ago.

Crystal Pier



Photo courtesy San Diego Chamber of Commerce.

Finally, we'll conclude our pier tour with one of the most unique oceanside structures in the U.S.—The Crystal Pier in San Diego's Pacific Park.

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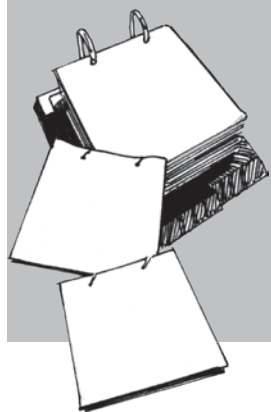
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OCTOBER Calendar of Events



Celebrate the crisp air, changing leaves, and festive spirit of fall with these must-attend events across Southern California. From Oktoberfest and parades to airshows, festivals, and magic shows, there's something for everyone this October.

Oktoberfest

Huntington Beach

Sept. 7 to Nov. 9

Enjoy authentic German food, imported beers, live bands, competitions, games, and festive fun.

Location: Old World Festival Hall, 7561 Center Ave. Info: 714-696-TAP1 (8271).

German Unity Day Celebrations

Huntington Beach

Oct. 2

Commemorate over 300 years of German immigration and the 1989 reunification of Germany. Free admission; under 21 must be accompanied by a parent. Location: Old World Village Festival Hall, 7561 Center Ave. 49.

Pacific Airshow

Huntington Beach

Oct. 3 to 5

Experience thrilling aerial displays with expert commentary. Ticketed options from General Admission to VIP are available. Location: Huntington Beach

Tiller Days

Tustin

Oct. 3 to 5

Celebrate Orange County's agricultural heritage with a parade (Saturday at 10 a.m.), carnival rides, food, and entertainment. Free admission.

Location: Columbus Tustin Middle School & Recreation Center, 17952 Beneta Way.

St. NorbertFest

Orange

Oct. 3 to 5

Enjoy food, rides, games like Sumo Mania, bingo, raffles, and entertainment for all ages.

Location: St. Norbert Catholic Church, 300 E. Taft Ave. Info: 714-637-4360

Cypress Community Festival

Cypress

Oct. 4

One of OC's largest one-day festivals with a 5K/10K run, pancake breakfast, car show, chili cook-off, family games, food booths, arts & crafts, and live entertainment. Free admission.

Location: Cypress Community Center, Oak Knoll Park, 5700 Orange Ave.

Info: 714-827-2430

Walk to End

Alzheimer's

Irvine

Oct. 4

Participate locally or Walk From Home to raise awareness and funds.

Location: Mike Ward Community Park, 20 Lake Road.

Laguna Beach Plein Air Painting Invitational

Laguna Beach

Oct. 4 to 12

Watch top plein air artists compete and meet them during public paint-outs.

Location: Festival of Arts Grounds, Laguna Canyon Road.

Magic at the Majestic with David Minkin

Anaheim

Oct. 5, Oct. 18

Experience mind-bending illusions, time travel, and storytelling in this magic show suitable for ages 7+.

Location: Anaheim Majestic Garden Hotel, 900 Disneyland Drive.

Tickets/Info: 888-624-4233.

Carnival Colossal

San Clemente

Oct. 9 to 12

Thrill rides, games, food trucks, Special Needs Resource Fair, and Highland Games competitions.

Location: Vista Hermosa Sports Park, 987 Avenida Vista Hermosa.

Irvine Global Village Festival

Irvine

Oct. 11

Celebrate cultures worldwide with international cuisine, kids' activities, exhibits, and a marketplace. Free admission and parking.

Location: Orange County Great Park, 6000 Great Park Blvd. Info: 949-724-6606.

Heritage Festival and Parade

Placentia

Oct. 11

Parade, pancake breakfast, family games, inflatables, food booths, crafters, and nonprofit displays.

Location: Tri-City Park, 2301 N. Kraemer Blvd. Info: 714-524-8535.

Newport Beach Film Festival

Newport Beach

Oct. 16 to 23

Screenings of over 100 feature films and 30 short film programs across multiple venues. Location: Various theaters in Newport Beach, Costa Mesa & Santa Ana. Info: 949-253-2880.

Silverado Days

Buena Park

Oct. 17 to 19

Enjoy food booths, arts & crafts, carnival rides, contests,

dog show, chili cook-off, and more. Free parking and entrance.

Location: William Peak Park, 7225 El Dorado Drive.

Magic at the Majestic with David Minkin

Anaheim

Oct. 18

Experience mind-bending illusions, time travel, and storytelling in this magic show suitable for ages 7+.

Location: Anaheim Majestic Garden Hotel, 900 Disneyland Dr. Tickets/Info: 888-624-4233.

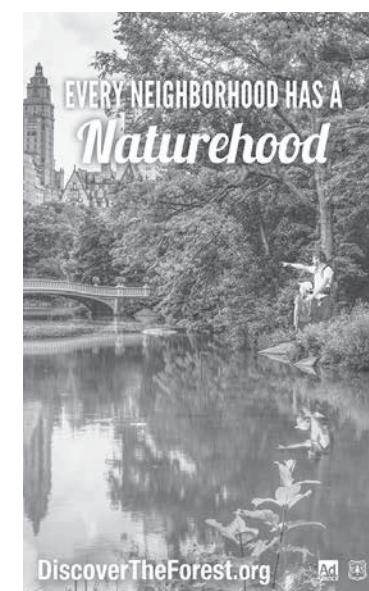
Doheny Woody Car Show

Dana Point

Oct. 25

Over 100 classic Woodies and Beachcruisers on display. Park entry fee applies; show is free.

Location: Doheny State Beach (south end of park)



Your Yard

Beyond Mowing: Checklist for a Healthier Yard

Don't put away your lawn equipment just yet. Fall isn't just about admiring the colors and taking care of the leaves; it's also a critical time for yard care. The TurfMutt Foundation, which advocates for the care and use of yards, parks, schoolyards and other green spaces, urges homeowners to get outside and start preparing their yards for the seasons ahead.

"Fall is the secret to a successful lawn," said Kris Kiser, President and CEO of the TurfMutt Foundation. "What you do in your yard this season will pay off with a greener, healthier yard next spring. By taking a few simple steps, you can set up your yard for a stunning comeback just in time for next year's backyarding season."

The TurfMutt Foundation shares this fall checklist to ensure our yards—and the planet—stay healthy:

- **Aerate the Soil:** Aerating creates small holes that let air, water and nutrients reach the roots, making them stronger to withstand the winter. This is especially important in compacted, high-traffic areas.

- **Mow at the Right Height:** Keep mowing until the first hard frost. For the final cut, lower your mower blade to about two inches. A shorter cut helps prevent mold and allows the grass to dry out quickly in the spring.

- **Overseed:** Fall is a favorable time to overseed to fill bare spots and make your lawn more resilient. The combination of the warm soil, cool air, and moisture in autumn helps seeds germinate.

- **Mulch Leaves:** Instead of bagging your leaves, consider mulching them with your mower. Mulched leaves return valuable nutrients back into your lawn, acting as Mother Nature's fertilizer.

- **Think About Wildlife:** Nature starts at your back door. Limit deadheading and trimming to provide food and shelter for local birds, insects, and other wildlife that rely on our yards during the colder months.

- **Plant Bulbs for Spring:** Before the ground freezes, plant spring-blooming bulbs such as daffodils and tulips that will add a burst of color to your yard in the spring. Use the USDA Plant Hardiness Zone Map to find the best native bulbs for each area: <https://planthardiness.ars.usda.gov/>.

For more "backyarding" ideas and activities to engage kids in the green space around them this fall and beyond, visit www.turfmutt.com.



Mulligan the TurfMutt says homeowners should leave leaves on the lawn to make mulch. Photo courtesy NAPS.

FOOD WASTE A GLOBAL ISSUE

1/3 of Total Global Food Production is Lost or Wasted

Food Loss & Waste =

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\$310 Billion in Developing Countries

95-115 kg of food per capita are wasted in Europe and North America Each Year

6-11 kg the per capita food waste for people in sub-Saharan Africa, south, and south-east Asia



Be Conscious of Food Waste. Just 1/4 of food that is currently lost or wasted could feed over 800 million people.

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The Gadget Geezer

By Les Goldberg

Gardening With the Newest Cool Tools

With the cooler weather of Fall in Southern California, many of you will be putting on your gardening gloves, picking up your shovels, and enjoying the outdoors of your home, whether it is in your spacious yards or on your apartment balconies.

As you prepare for this seasonal adventure with soil, water, and sunlight, we want to make you aware of the latest gardening gadgets designed to make your experience enjoyable as well as productive. Here are some of the items you might want to add to your gardening toolbox:



Fence Plant Bags

One way to add color to your garden while keeping flowers at eye level is by using wall-mounted plant bags. They feature nonwoven fabric that prevents the pots from retaining excess water, allowing the roots to breathe for healthier, more vigorous growth.

In addition, these grow bags can be used and reused for years when the roots are trimmed and pruned. They are also highly durable, tear-resistant, and easy to clean. Price: \$2-25.



Photos courtesy Amazon.

Nut Pickerupper

If you have a back pain problem or you just want an easier way to pick up nuts and debris off your lawn, the nut gathering tools are the perfect solution. They come in a variety of brands and shapes, but they all do the same thing without the need to bend.

Made of carbon steel for weather and rust resistance and featuring a comfortable hand grip to prevent blisters, the nut-gatherer works by just rolling it along the surface of your lawn to collect acorns, nuts, buckeyes, crab apples, and small particle waste. Price: \$25-60.

Bonsai Scissors



Speaking of pruning, you can now trim your garden like the

pros do, with a pair of bonsai scissors. Even though you don't have bonsai trees, these scissors are ideal for harvesting cut flowers, herbs, or produce from your yard or outdoor patio.

They differ from regular scissors due to their high-carbon steel construction and ability to remain sharp longer. And, they are ergonomically designed with comfortable, rounded handles for an easier grip, reducing hand fatigue. Price: \$6-20

Claw Gloves



While there are many different types of gardening gloves, including the thornproof kind, you can now buy gloves that feature fingertip claws, ideal for digging, planting, and raking.

The claws are made from hard plastic for durability and are washable. They are designed to shield hands from thorns, sharp tools, and rough soil. In addition, the gloves are made of stretchy polyester fabric on the back of the hand to reduce sweating. Price: \$7.

Movable Stool



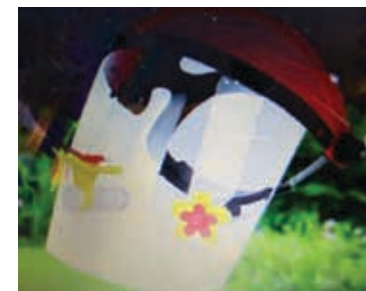
If you love yardwork but loathe the idea of bending over and struggling to plant and maintain your garden, you may want to invest in a modern movable stool.

Several models are available, but all feature widened wheels for smooth, easy motion, and seats that are adjustable for height and rotation. Thanks to a foldable backrest design and about six pounds of weight, they can be easily taken outdoors and stored indoors without taking up too much space.

For comfort, the seat cushion features a conclave design that is soft and breathable to reduce fatigue and stiffness. A sponge tube is added to support your back and hands.

The stools are capable of bearing more than 330 pounds of weight, making them safe, stable, and suitable for most people. Price: \$29-50.

Hummingbird Feeder Hat



If you are looking to attract hummingbirds to your garden, try putting a feeder on your head.

Now available at all stores selling garden equipment, the hummingbird feeder hat offers a unique approach to feeding these tiny but colorful native birds. Once adjusted to your head, and a bit of patience while the birds become accustomed to the feeder, you will soon be able to see the amazing little creatures up close and personal.

The feeder hat is made of strong fabric to withstand the outdoor elements and can be adjusted to fit your size from 17.72 inches to 23.62 inches. Price: \$11-70.



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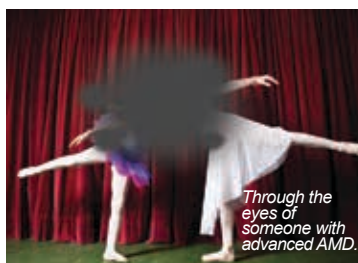
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Age-related macular degeneration, or AMD, is the leading cause of blindness in people 55 and older. Don't miss life's precious moments because you or a loved one didn't recognize the warning signs, like blurry vision or needing more light to read. AMD is a chronic disease affecting more than 10 million Americans, and early detection is key to saving your sight.

Protect your vision from fading away. Contact the Foundation Fighting Blindness today for a free info packet about preventing and managing AMD. There is hope. We're funding promising research that will lead to more effective treatments and a cure.

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Health Matters

Still Debating Whether to Get a Flu Shot? Most Americans Already Have a Plan

As the seasons begin to shift, many people start thinking about their annual health routines—including vaccinations. While some consider a flu shot part of their yearly care, others may feel it's still too early to think about it. But health experts agree that getting a flu shot every year is the best way to help protect yourself and your family from getting the disease.

According to a survey commissioned by CVS Health®, more than 60 percent of consumers say they are likely to get a flu shot this season. That percentage has remained consistent over the past few years, suggesting that flu vaccination is becoming a regular component of preventive care for a growing number of people.

The Centers for Disease Control and Prevention (CDC) recommends that everyone six months and older, with rare exceptions, receive an annual flu vaccine. Vaccination is especially important for individuals at higher risk of serious illness, including adults 65 and older, infants and young children, people who are pregnant and those with chronic or immunocompromising health conditions.

Why timing matters

Planning ahead is key when it comes to staying protected. According to the CDC, the timing of flu season is difficult to pre-



It's a healthy idea to get your annual flu vaccine before flu season starts. Photo courtesy NAPS.

dict, and can vary in different parts of the country and from season to season. Typically, it's important to get your annual flu vaccination in September or October as it's best to be vaccinated before flu begins spreading in your community. It's important not to wait until flu season is in full swing or when there is an outbreak in your area to get the vaccine, since it takes about two weeks for your body to build up protection after getting a flu shot.

In the survey, 65 percent of those planning to get vaccinated said they intend to do so before November. Many people were motivated by a desire to protect their loved ones and community, while others were simply following a yearly routine or medical guidance.

One visit, multiple vaccinations

Now is also a good time to get other recommended vaccines. The CDC states that it's safe to receive the flu vaccine alongside other immunizations, such as those for COVID-19, shingles or RSV. To help, CVS

Continued on page 28

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12 Fast Fun Facts About October



Photo courtesy Kaboompics.com via Pexels.

October is more than just pumpkins, falling leaves, and Halloween candy. Here are 12 quick tidbits to make you appreciate the month even more:

1. October was the eighth month in the original Roman calendar — its name comes from “octo,” meaning eight.

2. In the Northern Hemisphere, it's mid-autumn; in the Southern Hemisphere, it's mid-spring.

3. The birthstones for October are opal and tourmaline.

4. Libra and Scorpio are the zodiac signs that dominate the month.

5. The full moon in October is often called the Hunter's Moon.

6. October is National Pizza Month in the U.S.

7. It's also National Book Month, the perfect excuse to start a new read.

8. Oktoberfest celebrations actually begin in September and wrap up in early October.

9. Pumpkins — October's favorite fruit — are technically a type of squash.

10. The world record for the heaviest pumpkin tops 2,700 pounds.

11. Daylight Saving Time ends for many countries in October (though not all).

12. And of course, Oct. 31 brings Halloween, a holiday with roots dating back thou-

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sands of years, to the ancient Celtic festival of Samhain.

So, whether you're carving a jack-o'-lantern, grabbing a slice of pizza, or just enjoying the crisp weather, October has something for everyone.

Sources: Various websites

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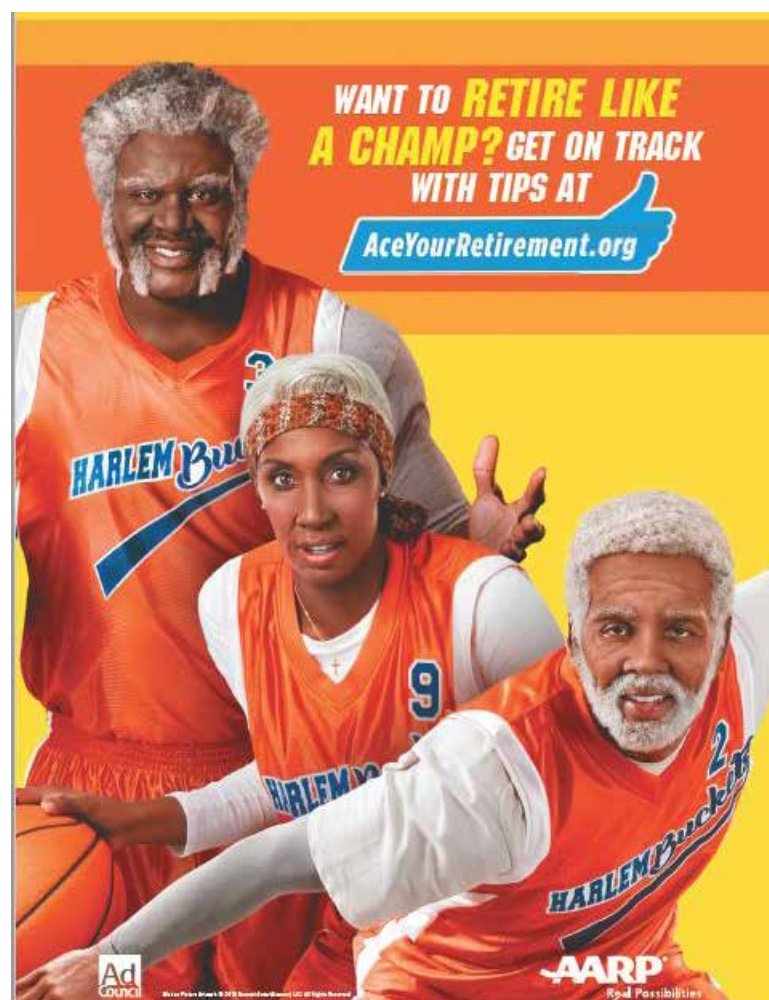
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October Crossword Puzzle

Across

1. Tousle
5. Burst of laughter
9. Actress Christine
14. Workplace stds. enforcer
15. Roughly
16. Noisy
17. Marine
19. Benjamin
20. Rent payer
21. Poisonous pufferfish
23. Shakespearean contraction
24. Extend into subdivisions
26. The ____ Love
28. Of a pelvic bone
30. Pre-dinner hygiene
34. Johnny ____
37. Dispossess
39. Baseball's Felipe
41. ____ the fields we go...
42. Capital of Yemen
43. Bearded
48. Neth. neighbor
49. Extremely
50. Kuwaiti currency
52. Dextrous, lively
54. Write down
57. ____-jongg
60. Arp art
62. Run away from a debt
64. Muse of poetry
66. Person who expounds
68. Madagascar monkey
69. Synthesizer pioneer
70. Dangerous weapon
71. Bay city
72. Hardy boy
73. Give out

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			
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49							50				51			
			52			53		54				55	56	
57	58	59		60			61		62					63
64			65				66		67					
68							69				70			
71							72				73			

Down

1. Feminist Lucretia
2. Member of the wedding
3. Author Alexander
4. Italian sausage
5. Suffix
6. Hosp. units
7. Like
8. Doctor's replacement
9. Ceiling
10. Royal son of comics
11. Knee-slapper
12. French actor Jacques
13. Angers
18. Old-womanish
22. Stare in awe
25. Aquatic opossum
27. Egyptian goddess
29. Words to live by
31. Dutch name of The Hague
32. Magazine founder Eric
33. Diamond shape
34. Broccoli ____ (leafy vegetable)
35. Hgt.
36. Boxer Riddick
38. Senator Hatch
40. "Driving Miss Daisy" playwright
44. Dancer Duncan
45. Marsh bird
46. Science of winemaking
47. Palm fruits
51. Steep-sided valley
53. Excess fluid in an organ
55. Jazz pianist Art
56. Japanese mushroom
57. Thaw
58. Sphere
59. Soccer star Mia
61. Nerve cell part
63. Waste allowance
65. Male sheep
67. School of whales

In The Spotlight

By Debbie L. Sklar

October in Southern California: A Month of Color, Community, and Comfort

October has a special charm in Southern California. While other parts of the country brace for frosty mornings and heavy coats, our region enjoys a gentler shift into autumn. The days grow shorter, the evenings cooler, and the rhythms of fall quietly settle in. For many over 55, October is more than just the turn of the calendar — it's a month to enjoy traditions, explore seasonal activities, and celebrate the small comforts of life in our corner of the world.

One of the most noticeable changes in October is the light. The golden glow of late afternoon stretches across the beaches, hills, and desert landscapes, creating some of the most breathtaking sunsets of the year. Walks along the shore or neighborhood strolls seem to sparkle differently, making outdoor activities especially enjoyable. For those who love gardening, October is also a prime planting month. Cooler evenings and mild days provide ideal conditions for winter vegetables, bulbs, and colorful flowers like pansies or snapdragons that brighten up patios and yards.

October carries deep historical and cultural roots. The name itself comes from the Latin *octo*, meaning eight, because in the old Roman calendar, October



Photo courtesy Pixabay.

was the eighth month of the year. Today, it holds its spot as the tenth month, but it hasn't lost its significance. For generations, October has been tied to harvest celebrations, a tradition Southern Californians continue with pumpkin patches, apple picking, and fall festivals in towns like Julian, Oak Glen, and Ramona. Pumpkins, in particular, aren't just for carving; they're also a symbol of the harvest season, inspiring everything from pies and soups to seasonal coffees that fill kitchens with the comforting scents of autumn.

Perhaps no October tradition is more beloved than Halloween. While it's often thought of as a holiday for children, older adults have found ways to make it their own. Whether it's handing out candy to costumed trick-or-treaters, hosting a pumpkin-carving party with

grandchildren, or decorating the porch with autumn wreaths and glowing lanterns, Halloween brings joy across generations. And for those who prefer something quieter, classic black-and-white monster movies and seasonal readings make for cozy evenings at home.

Sports fans will also find plenty to enjoy this month. October is a rare time when baseball playoffs, football season, and the early games of basketball and hockey all overlap. Whether you're cheering for the Padres, the Rams, the Lakers, or even just following along on TV, there's no shortage of action to keep your fall evenings lively.

Health and awareness also come into focus during October. It's Breast Cancer Awareness Month and Emotional Wellness Month — two reminders of the importance of taking care of

ourselves and those around us. Many local organizations host walks, screenings, and support groups, offering community and connection. For those over 55, October is a great time to check in on health routines, schedule appointments, and engage in wellness activities like yoga, tai chi, or daily walks that support body and mind.

And then there's the food. October ushers in the season of comfort meals: hearty soups, apple cider, and pumpkin pies. Farmers' markets across San Diego, Orange, and Riverside counties overflow with seasonal produce like squash, sweet potatoes, apples, and persimmons. Cooking with fresh, local ingredients not only supports health but also brings a taste of the season right to the table.

Finally, October's skies bring a little magic to those who look up. The Orionid meteor shower, caused by Halley's Comet, often peaks mid-month, offering a chance to see streaks of light across the night sky. And for those who enjoy a quiet moment outdoors, the changing colors of autumn leaves — even in Southern California's milder climate — reiterate the season is shifting, subtly but beautifully.

As the month unfolds, October

reminds us that change can be gentle, joyful, and full of possibility. It's a season of reflection and connection, a chance to celebrate traditions while also creating new ones. In Southern California, it's the perfect time to savor the warmth of community, the beauty of our landscapes, and the simple pleasures that make autumn memorable.

“I’VE NEVER UNDERSTOOD WHY MY HUMAN WON’T LEAVE THE HOUSE WITHOUT HER LEASH. I THINK SHE’S AFRAID OF GETTING LOST. BUT IT’S OK, I KIND OF LIKE SHOWING HER AROUND.”

— HARPER
adopted 08-18-09

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

Ad Council THE HUMANE SOCIETY

Flu Shot

Continued from page 23

Pharmacy and MinuteClinic locations let you schedule multiple vaccines in one appointment and to book for up to four people at a time, making it easier for people and families to plan ahead.

Flu vaccines are updated every year

Flu strains vary from year to year, so an updated vaccine formulation is required to provide optimal protection. Even if you received the flu vaccine last year, getting the latest version ensures the best protection heading into peak flu months.

Annual vaccination can help reduce your risk of illness, lessen the severity of symptoms if you do get sick and prevent the spread of the virus to those more vulnerable.

Scheduling your vaccine appointment

Flu shots are now available at CVS Pharmacy locations nationwide, including those inside Target and Schnucks®, and at MinuteClinic. Appointments can be scheduled online at CVS.com, MinuteClinic.com, or through the CVS Health app—and walk-ins are welcome. As an added perk, patients who receive any CDC-recommended vaccine at CVS Pharmacy until December 31, 2025, will get a \$10 off \$20 in-store coupon.

With many Americans already making plans to get vaccinated, it's a good time to consider your own. Taking this simple step early can help protect you, your

loved ones and your community throughout the flu season.

Happy Halloween



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

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

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Movie Preview

'The Roofman'

There's much about master criminal Jeffrey Manchester that resembles a character from a *"Mission Impossible"* movie. But Manchester's true and often-bizarre exploits would no doubt give even daredevil Tom Cruise pause had he been handed the script to *"Roofman."* Unlike Cruise's tales, though, Jeffrey's is a true one.

"I was never very good at life," Manchester once admitted. After high school, he enlists in the Army and, as a paratrooper, learns to jump from great heights. He later marries and fathers two children. When his wife files for divorce, Jeffrey draws on his military skills for a life of crime through nine states and 40 businesses.

He frequently drills through the roofs of closed restaurants — McDonald's is a favorite — and jumps from the ceiling. Armed with a rifle and a tool bag, he is always polite and soft-spoken to those he robs. After grabbing the cash, he herds the employees into a freezer after making sure that they will be warm enough in there. Once he leaves the premises, Manchester phones the police to have them release the trapped workers.

Following his capture, he is sent to prison. However, he later manages to escape by hiding underneath a truck.

Jeffrey's life of crime before prison is a riveting tale, but *"Roofman"* focuses more on the time after that, when he escapes and manages to hide out for months in a Toys 'R' Us store.

Eventually, he gains enough confidence to occasionally leave his hiding place to attend a nearby church. Going by the name John Zorn, he befriends the pastor before meeting and falling in love with a divorced mother named Leigh Wainscott from the congregation. They begin a relationship until the police show up at Leigh's workplace to reveal her suitor's true identity.

Channing Tatum stars as the brilliant but errant lawbreaker. Kirsten Dunst shines brightly as his love interest, and Peter Dinklage roils the plot pot as the store manager. Ben Mendelsohn, LaKeith Stanfield, and Juno Temple round out the superlative supporting cast.

"Roofman" was directed by Derek Cianfrance (*"Blue Valentine"*), who co-wrote the script with Kirt Gunn (*"Sound of Metal"*).

Tatum said, "It's impossible to tell someone's life story in 90 minutes ... Jeffrey would be the first one to tell you that he had made some bad decisions in his life. But I find him such a

beautiful and unfortunate soul." Channing once phoned Manchester at the prison where he's being kept.

The real Jeffrey Manchester is due to leave prison in 2036. Unless he escapes again.

Paramount Pictures' *"Roofman"* opens Oct. 10.

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-COLBY adopted 06-18-11

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Crossword Puzzle Answers from page 26

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Fabulous Finds

By Debbie L. Sklar

This Season's Must-Have Skincare and Wellness Innovations

Autumn isn't just about pumpkin spice and falling leaves; it's a chance to recalibrate your routines, invest in products that actually make a difference, and indulge in a little self-care that feels intentional. These **fabulous finds** for skin, body, and hair are designed to keep you feeling nourished, vibrant, and supported as the season shifts.

Celavive by USANA



Photo courtesy Usana.

Give your skin a little lift with **USANA's Celavive line**, now upgraded with powerful formulas and sleek new packaging. The Vitalizing Serum blends bakuchiol, CoQ10, and peptides to support collagen and a healthy glow, while the Bi-Phase Makeup Remover melts away impurities with a refreshing cucumber fruit complex. Triple Action Eye Cream tackles puffiness and dark circles, and the Contouring Face & Neck Crème and Perfecting Toner complete a daily ritual that leaves skin feeling soft, hydrated, and glowing — just in time for fall layering. Where to buy: usana.com | Prices vary by product.

Amlactin Calm & Renew
Sensitive skin? No problem.



Photo courtesy Amlactin.

Amlactin's Calm & Renew daily lotion gently exfoliates with lactic acid and soothes with ginger root. It leaves skin smooth, soft, and comfortable, making it perfect for cooler autumn days. Lightweight and fragrance-free, it's ideal for everyday use — even on post-shaved skin or delicate areas. Where to buy: [Amazon](http://Amazon.com), Target.com, Walmart.com | \$15.99 (14.1 oz lotion)

Amlactin Rich Body Butter

For a deeper dose of hydration, the **Rich Body Butter** wraps your skin in a creamy, soothing layer that locks in moisture and smooths rough patches. Perfect for dry elbows, knees, or hands after crisp fall walks, it keeps your skin soft, nourished, and ready for cozy sweater weather. Where to buy: Amlactin.com | Price TBD

Birkenstock Care Essentials Body Care

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scents, made in Germany with 100% natural-origin ingredients. Vegan-certified and sustainably packaged, these products turn everyday routines into calming rituals. Body Duo sets combine wash and lotion for a simple, indulgent experience that pampers and nourishes skin all season long. Where to buy: birkenstock.com | Prices vary by product.

Photo courtesy Birkenstock.

KeraFactor KeraRoller

Want thicker, healthier hair? **The KeraRoller by KeraFactor**



tor brings dermatologist-developed microneedling home. With 1,200 ultra-fine stainless-steel tips, it gently stimulates the scalp and enhances treatment absorption. Easy to use once a week, it preps your scalp for the KeraFactor Scalp Stimulating Solution and keeps your hair looking full and vibrant — even under cozy autumn hats. Where to buy: mykerafactor.com | \$39.00

Photo courtesy KeraFactor.

KeraFactor Scalp Stimulating Solution



Photo courtesy KeraFactor.

This **serum** pairs perfectly with the KeraRoller, nourishing the scalp and reactivating dormant follicles. It helps hair look thicker, healthier, and more resilient while giving your scalp a refreshing boost. Where to buy: mykerafactor.com | Price varies by size.

From glow-boosting serums to

Continued on page 37

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Life After Mother

By Lyn Jensen

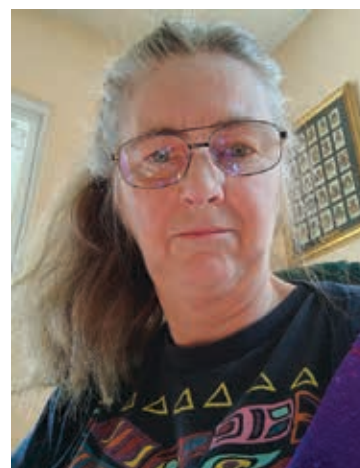
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Survivor's 'To-Do' List

At the very top of the Social Readjustment Rating Scale for what stressful events may contribute to illness, as devised by doctors Thomas Holmes and Richard Rahe, is "Death of a spouse" with a value of 100. A few lines down is "Death of a close family member" with a value of 63. How close the relationship was or how long it lasted doesn't matter. The event causes major stress just the same.



For someone coping with stress from the death of a loved one, the complications and challenges surrounding the death cause more stress. This can lead



Photos courtesy Lyn Jensen.

to bad decisions and forgotten obligations. This is especially true if the deceased left no will or other instructions, leaving the survivor adrift in a flood of tasks.

Here's a starter "to-do" list for when a spouse or other family member dies. It's not exhaustive, and it's not a substitute for legal advice, but it beats having no clue.



If the person died in a hospital, nursing home, or care facility, for example, pick up the person's clothing and other personal property. If something valuable, such as a wallet or jewelry, is missing, report it. Speak to the staff about closing the account.

have been pre-arranged or not. Depending on your understanding of what the deceased wanted, carry out plans for a funeral or memorial, burial or cremation, or donating the body to science.

Contact the county where the death occurred to purchase two or three copies of the death certificate. You'll have an extra copy in case an original is required.

Do you know if there's a will or trust, and where? Locating one may be a mystery to solve. Contact the executor, trustee, or the deceased's attorney about it.



Notify Social Security and Medicare.

Locate records of stocks, bonds, banking, annuities, financial institutions, credit card companies, and determine if there's a need for notification. Find out if beneficiaries are named on any accounts, because those take precedence over what's in a will.

Is there a life insurance policy to be cashed in?

Get the deceased's finances in

Disposition of the remains may

Continued on page 37

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Tinseltown Talks

By Nick Thomas

Jade Marx Reflects on Grandpa Groucho in new Hollywood Museum Exhibit

Grandparents often play a profound role in a child's development and life, providing not just affection and guidance, but a link to family history. Their absence, however, can leave a void that lasts a lifetime. But what if a missing grandparent is a beloved celebrity, admired around the world – someone whose legacy is shared publicly, but whose presence is never personally experienced?

In 1977, Jade Marx was just 3-years-old when her maternal grandfather died. He was comedy legend Groucho Marx.



Host Donelle Dadigan (Founder and President of the Hollywood Museum) welcomes guests to the opening of the Marx Brothers exhibit. Photo courtesy Sheri Determan, courtesy Hollywood Museum.

Along with regular on-screen brothers Chico and Harpo, as well as lesser-known siblings Zeppo and Gummo, the Marx family is currently being honored with a new exhibit – “The Legends of Laughter: The Marx Brothers.”

Along with other Marx family members, Jade was invited to

celebrate the exhibit's July 17 opening at the Hollywood Museum in the historic Max Factor Building (see www.thehollywoodmuseum.com).



Some items in the Marx Brothers exhibit including Chico's hat, Harpo's coat, wig and horn, and Groucho's glasses and jacket. Photo courtesy Sheri Determan, courtesy Hollywood Museum.

“The only memory I have of Groucho is being in his arms at his house, and he was in his pajamas,” recalled Jade from Los Angeles. “But my grandmother and mother have shared stories about him and the family over the years.”

Jade was one of several speakers at the exhibit's opening, along with other guests including Harpo's son (Bill Marx), Gummo's grandson (Greg Marx), and Groucho's grandson (Andy Marx), as well as family friends, entertainment historians, and celebrities.

“This was possibly the most Marx Brothers family members I've been in the same room with at the same time, and it was so much fun – I think we should

do a reunion!” she said. “We've all gone in different professional directions.”

In addition to working as an actor, Jade dabbled in real estate and worked as a wellness professional. She took a hiatus from the entertainment industry to raise her son, who she says also has the acting bug. She's now returning to acting and performing as well as producing and writing projects, including some about her family.



Jade Marx. Photo courtesy Sheri Determan, courtesy Hollywood Museum.

The new exhibit includes Marx-related items never before seen on public display, says Donelle Dadigan, the founder and president of the Hollywood Museum.

“I believe it's one of the most comprehensive Marx Brothers exhibits, period,” she said from Hollywood. “It runs until the end of the year. We've got cos-

“I can't talk about those just yet,” she said. “But I'm an artist and it's the heart of my being and my family's.”



Andy Marx (Groucho's Grandson), Donelle Dadigan (Host and President and Hollywood Museum Founder), Bill Marx (Harpo's son), Jade Marx (Groucho's Granddaughter), Greg Marx (Gummo's Grandson). Photo courtesy Sheri Determan, courtesy Hollywood Museum.

tumes that Groucho, Chico, and Harpo wore in the films that we pair with stills from the movies. Fans will recognize them.”

Other items include numerous photos, posters, and even Harpo's artwork, as well as Harpo's wig, iconic horn, and prop trunk, Chico's hat, and Groucho's glasses.

“Those wire rim glasses were very magical to me,” added Jade, “his eyes were so famous. There's a lot of neat things I've never seen before, including a ‘You Bet Your Life’ board game (from Groucho's TV show) that I never knew existed. But I find the costumes particularly fascinating because you get to see their body frames and sizes, which aren't always obvious on film. You can imagine them right there in front of you in those familiar outfits like Harpo's trench coat.”

Although a regular viewer of Marx Brothers movies over the years, Jade doesn't recall the first film she saw.



Items in the Marx Brothers exhibit including one of the dangling prop ducks from Groucho's TV series “You Bet Your Life.” PHOTO CREDIT - Sheri Determan, courtesy Hollywood Museum.

“But I do remember being overwhelmed when I first realized I was watching my family,” she said. “I couldn't immerse myself in the films initially because that fact was distracting. However, over time, I've come to enjoy their movies like anyone in the audience.”

As a child, Jade was instructed

Continued on page 37

Busy Boomers

Libraries Still Haven for Seniors

When I was a kid, doing my homework and studying at home was nearly impossible. My house was a noise factory with small rooms, vented walls, a loud TV, and very vocal parents. My only refuge was the local library.



Buena Park Library. Photos courtesy OC Public Libraries.

I wasn't alone. It turned out that my school classmates gravitated to our city's libraries for the same reason: to find a quiet place to focus without the din of family sounds. Those "kids" are now seniors who remain loyal to their libraries.

According to a recent study by Pew Research, one of the nation's top research companies, "seniors love libraries because they offer a combination of intellectual stimulation, social connection, accessibility to resources, and a safe, welcoming space for lifelong learning and personal growth."

The study also found that the older generations of Americans are attracted to the modern libraries, which offer more than books.

For instance, in Orange County's network of more than 30 library branches, there are a variety of offerings, including book clubs, cooking and nutritional classes, gardening classes, se-



Orange County Library Cards.

nior events, story-times, technology assistance, and more.

If you are seeking information about your ancestry, friendly librarians will point you in the right direction to find a complete section on genealogy. Today's libraries also provide thousands of theater, music,

and dance videos and audio performances, and more than 3,000 world music albums.

Other library services are aimed at veterans who can access job-search resources, continuing education, healthcare, and housing information. Local librarians tell me that many seniors come in to find information about their pending travel destinations, domestic and international.



Huntington Beach Central Library.

"My husband and I are planning a cruise to Alaska this winter, and we want to know everything we can about the state, its people, culture, and landmarks," said Alma Sanchez, 67, of Stanton. "I know from my youth that the library would have all the information I need, and it did."

Forrest Guthrie, 78, of Yorba Linda, has been a library fan since his high school days. "I learned long ago that when you want to find information about any subject – any subject at all – the librarians will help you find it quickly and with a smile."

In addition to traditional hard-bound books and magazines, the Orange County Public Li-



Laguna Woods Library.

brary system, like all libraries across Southern California and the country, offers a collection of eBooks, including encyclopedias for everything from American history to global reference guides.

But if you are simply looking for fun activities, suited for seniors, affordable, and easy to access, check your nearest library's event schedule.

For instance, with Halloween approaching, the Yorba Linda library offers a full slate of holiday-related events, including a lecture on the history of the city's cemetery. Also on the agenda are classes on genealogy, painting, morning meditation, knitting and crocheting, glaucoma management, small space gardening, ukulele instruction, and many more creative programs.

As the holidays loom large on today's calendars, and you are looking for an inexpensive Christmas experience for the entire family, now is a good time to sign up for "The Nutcracker Ballet" performances scheduled at the Huntington

Continued on page 37

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By Randal C. Hill

'Lyn' Eyes' The Eagles

This upbeat Eagles ballad tells of a woman entangled in webs of frustration, deceit, and entrapment. She lies to everyone — her elderly husband, her younger lover, herself. The affair she has undertaken is, as with many such assignments, a bandage on a painful issue and not a step taken to eliminate the basic problem.

"We saw a lot of beautiful women around Hollywood who were married to wealthy, successful men," Eagle Glenn Frey once said. "We wondered if they were unhappy." He later recalled being out with some of the band members when an incident occurred that would unexpectedly benefit the country-rockers' career: "One night, we were drinking at a bar when I spotted this stunning young woman with a much older, fat, rich guy. One of the guys commented, 'Look at her.' She can't even hide those lyn' eyes.' Immediately, we all began grabbing for cocktail napkins to write down lyrics to go with that great observation."

Creating tunes is never easy. In fact, much of the time spent is often a long and frustrating process that includes countless revisions. But when Frey and fellow Eagle Don Henley composed "Lyn' Eyes," Frey later admitted, "I don't want to say it wrote itself, but once we started working on it, there

were no sticking points. Lyrics just kept coming out, and that's not always the way songs get written."

Within two nights, they had the music and the lyrics stitched together. Fellow Eagle Bernie Leadon later told "Rolling Stone," "Glenn was a great storyteller. Just listen to the way he sings 'Lyn' Eyes.'"

As the second Asylum Records single from the group's million-selling "One of These Nights" album, the infectious 45 shot to No. 2 on the "Billboard Hot 100 Singles" chart. (Elton John's "Island Girl" kept it from the coveted top spot.) The Eagles' masterpiece earned the band a Grammy a year later, and Country superstars Dolly Parton, Buck Owens, and Lynn Anderson all released cover versions. "Lyn' Eyes" also appeared on the hit soundtrack of the 1980 movie "Urban Cowboy."

"You can't hide your lyn' eyes.

"And your smile is a thin disguise.

"I thought by now you'd realize.

"There ain't no way to hide your lyn' eyes ..."

In the story, a woman slips away from her husband after telling him that she's going out to visit a friend "who's feeling down."

"She drives on through the night, anticipating.

"Because he makes her feel the way she used to feel ..."

The fleeting moments she enjoys with her lover include a promise that will never be kept.

"She swears that soon she'll be coming back forever.

"She goes away and leaves him with a smile ..."

At the story's end, she sadly realizes that her affair will never restore the life she once enjoyed.

"She wonders how it ever got this crazy

"She thinks about a boy she knew in school.

"Did she get tired, or did she just get lazy?

"She's so far gone she feels just like a fool ..."

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Book:

Feldman, Christopher G. *The Billboard Book of No. 2 Singles*. (P. 149) New York: Billboard Books, 2000.

Internet:

DeRiso, Nick. "50 Years Ago: Eagles' 'Lyn' Eyes' Sparked by Chance Encounter." Aug. 5, 2025. ultimateclassicrock.com. All quotes are from here. Eagles, "Lyn' Eyes." (No author or date listed) en.wikipedia.org.

Life After Mother

Continued from page 32

order. You may not be responsible for the deceased's debts, but you should know what they are. Make sure insurance or Medicare claims are processed before paying medical bills. If there are outstanding checks made out to the deceased, see about getting them cashed.

You may need to cancel or change mortgages, utilities, insurance policies, and the like.

Attend to the care of pets, livestock, and any dependents such as minor children.

Note: In last month's column, "Wills and Websites," the word "executive" was used incorrectly in two places. In the fourth graph, "decide who your executive should be" should have read, "decide who your executor should be." In the fifth graph, "If your executives or beneficiaries" should have read, "If your executors or beneficiaries" instead.

Tinseltown Talks

Continued from page 33

by her mother (Melinda Marx) not to tell others about the family's link to Hollywood.

"She's a very private person, but she also wanted people to like us for who we are, not because of our Hollywood connection," she said. "It seemed strange when I was young, but

Busy Boomers

Continued from page 34

Beach Central Library at 7777 Talbert Ave.

You know the saying: "If we don't have it, it doesn't exist." That applies to the Southern California libraries.

Fabulous Finds

Continued from page 31

nourishing lotions and scalp revival tools, these fabulous finds make it easy to treat yourself this season. Embrace autumn with products that refresh, comfort, and pamper from head to toe!

as I've grown older, I understand why she did that."

As for losing a famous grandparent as a toddler, Jade has come to appreciate the historic footage of her grandfather.

"For most people losing a grandparent decades ago, they may only have photos to remember them by," she said. "But I can access all those films and television images, and I can hear his voice. So, it's really a blessing and makes me closer to him and my uncles. I'm very proud to be a Marx."

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for numerous magazines and newspapers. See www.getnickt.org.

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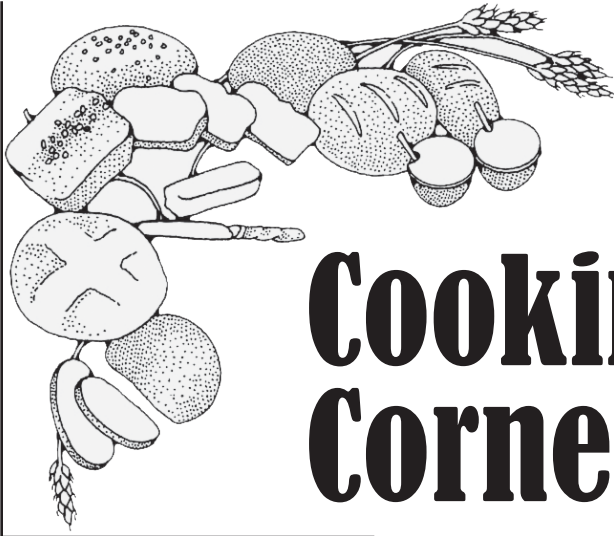
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Cooking
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Easy Buttermilk Mashed Sweetpotatoes

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



Photo courtesy NAPS.

1 tsp salt, or more to taste
1 tsp pepper, or more to taste

Place sweetpotatoes in large saucepan or small stockpot, cover with water by 1 inch, and bring to a boil over high heat. Reduce to a simmer; continue to cook until very tender, 6 to 8 minutes. Drain sweetpotatoes; return to saucepan. Add butter and mash. Add buttermilk, cilantro, dill, parsley, mint, salt and pepper. Add more salt and pepper to taste and serve.

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

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Easy-to-Make Buttermilk Mashed California Sweetpotatoes with Fresh Herbs
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3/4c buttermilk (see note)
1T chopped fresh cilantro
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October Book Club

alive to write this book.

“But in *‘The Book of Sheen,’* the movie and TV star, who has defied the odds, finally presents his story in his own words.

“Charlie Sheen was born the third of four children to actor Martin Sheen and his wife, Janet. He grew up on film sets—from his father’s all over the world, to his own in Malibu. There, he made ambitious Super 8s, with a roster of friends who went on to become household names themselves, including his brother Emilio, Sean and Chris Penn, and the Lowe brothers.

“Sheen broke into movies in the 1980s, playing a hoodlum in *‘Ferris Bueller’s Day Off,’* a young soldier in *‘Platoon,’* and an ethically compromised trader in *‘Wall Street.’* But somewhere along the way, despite a successful transition to TV leading man in *‘Spin City’* and *‘Two and a Half Men,’* Sheen descended into a vortex of extracurricular activities.

“Now sober, Sheen delivers a clear-eyed narrative of his highs and lows with humor, candor, and a vivid, captivating writing style that is uniquely his. *‘The Book of Sheen’* reads like a far-fetched, overstuffed novel of Hollywood life — yet it is all true,” according to Publisher Gallery Books.

Hot Wax

A Novel

By M.L. Rio



“Summer, 1989: 10-year-old Suzanne is drawn like a magnet to her father’s forbidden world of electric guitars and tricked-out cars. When her mother remarries, she jumps at the chance to tag along on the concert tour that might just be Gil and the Kills’ wild ride to glory. But fame has sharper fangs than anybody realized, and as the band blazes up the charts, internal power struggles set Gil and his group on a collision course destined for a bloody reckoning — one shrouded in mystery and lore for decades to come.

“The only witness to a desperate act of violence, Suzanne spends the next 29 years trying to disappear. She trades the music and mayhem of her youth for the quiet of the suburbs and the company of her mild-mannered husband, Rob. But when her father’s sudden death resurrects the troubled past, she tries so hard to bury

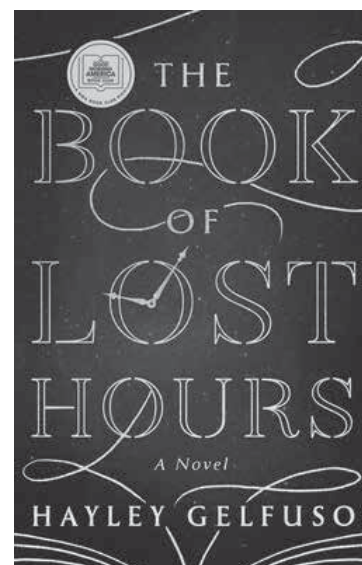
it, she leaves it all behind and hits the road in search of answers. Hitching her fate and Gil’s beloved car to two vagabonds who call an old Airstream trailer home, she finds everything she thought she’d lost forever: desire, adventure, and the woman she once wanted to be. But Rob refuses to let her go. Determined to bring her back where she belongs, he chases her across the country — and drives her to a desperation all her own.

“Drenched in knock-down drag-out Rock and Roll, *‘Hot Wax’* is a raucous, breakneck ride to hell and back — where getting lost might be the only way to find yourself and save your soul,” according to Publisher Simon & Schuster.

The Book of Lost Hours

A GMA Book Club Pick (a Novel)

By Hayley Gelfuso



“For fans of *‘The Ministry of Time’* and *‘The Midnight Library,’* a sweeping, unfor-

gettable novel following two remarkable women moving between postwar and Cold War-era America and the mysterious timespace, a library filled with books containing the memories of those who bore witness to history.

“Enter the time space, a soaring library filled with books containing the memories of those who have passed and accessed only by specially made watches once passed from father to son — but mostly now in government hands. This is where 11-year-old Lisavet Levy finds herself trapped in 1938, waiting for her watchmaker father to return for her. When he doesn’t, she grows up among the books and specters, able to see the world only by sifting through the memories of those who came before her. As she realizes that government agents are entering the time space to destroy books and maintain their preferred version of history, she sets about saving these scraps in her own volume of memories. Until the appearance of an American spy named Ernest Duquesne in 1949 offered a glimpse of the world she had left behind, setting her on a course to change history and possibly the time-space itself.

“In 1965, 16-year-old Amelia Duquesne is mourning the disappearance of her uncle Ernest

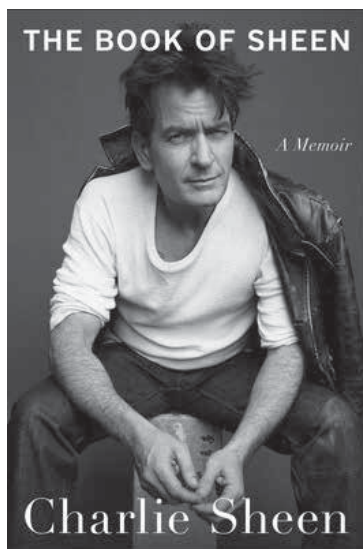
Continued on page 41

Now is the perfect time to curl up in a favorite chair with a good book, eReader, or tablet. This season’s lineup offers plenty to explore—from a Hollywood bad boy’s memoir to a guide on living pain-free. As autumn settles in, consider these titles and enjoy a little quiet time with a great read.

The Book of Sheen

A Memoir

By Charlie Sheen



“For the first time, Charlie Sheen, the star of *‘Platoon,’* *‘Wall Street,’* *‘Major League,’* and *‘Two and a Half Men,’* author of the story of his extraordinary life in an unfiltered memoir.

“We can live the stories or hear about them later from others. I choose the former.”

“Charlie Sheen should not be

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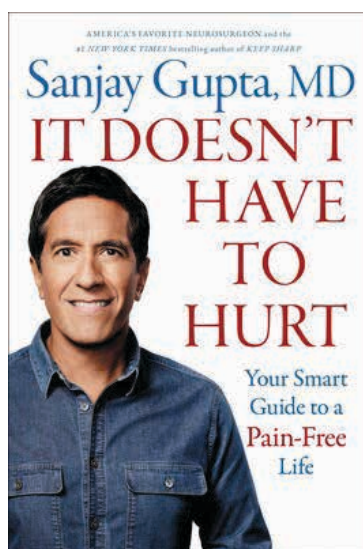
October Book Club

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when an enigmatic CIA agent approaches her to enlist her help in tracking down a book of memories her uncle had once sought. But when Amelia visits the time space for the first time, she realizes that the past — and the truth — might not be as linear as she'd like to believe," according to Publisher Atria Books.

It Doesn't Have to Hurt Your Smart Guide to a Pain-Free Life By Sanjay Gupta

"Transform your everyday life by reducing and eliminating chronic pain with the latest science-backed pain relief techniques and expert prac-



tical advice from America's bestselling doctor and neurosurgeon, Sanjay Gupta.

"Are you one of the 52 million people who experience chronic pain in your day-to-day life? In *'It Doesn't Have to Hurt,'* Gupta makes the empowering argument that there are effective options for relief that you can start practicing today to

greatly reduce your chances of suffering pain tomorrow.

"The significance of reducing and even eliminating pain cannot be overstated. Gupta shows how pain carries an enormous amount of physical, social, and emotional baggage, which is, in part, why it has been so hard to treat and too often ignored. It can also be present in infinite ways. Yet both patients and practitioners labor under the mistaken idea that most pain problems can be fixed with a drug or procedure. It turns out we have tremendous agency in choosing how we'll respond. The brain "creates" pain, but it also has the capacity to reduce or even eliminate it. There is more evidence than ever about the benefits of sleep, diet and nutrition, mindfulness-based pain management (MBPM),

myofascial and other hands-on treatments, as well as yoga, specialized psychotherapies, and even social "prescriptions"—prompting more doctors than ever to focus on these solutions.

"Gupta runs the gamut of conventional and complementary approaches, including the technique known as Mobilization Exercise Analgesia Treatment, foam rolling, acupuncture, trigger point injections, and vital "prehabilitation" before any operation. He shares how to make sense of all those over-the-counter pills, patches, and pain products, as well as drugs advertised on television or prescribed by your doctors. He covers psychedelics, supplements, and CBD. And he highlights insights from some

of the nation's leading pain scientists and specialists, plus stories of challenge and triumph over pain by those with lived experience.

"Gupta sorts through them all with his pain-smart guide to a pain-smart life.

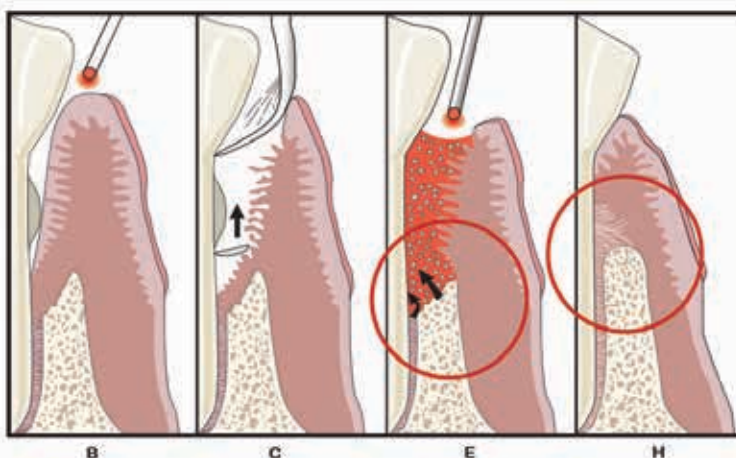
"With expert guidance and a wealth of science-backed strategies, *'It Doesn't Have to Hurt'* is your ultimate resource for reclaiming your life from chronic pain and unlocking a future of lasting relief — starting today," according to Publisher Simon & Schuster.



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1. Gregg RH II, Gregg DM. Laser-assisted periodontal regeneration with the LANAP protocol. *Dent Today* 2019 May;38(5):78, 80-83
2. FDA Clearance K151763



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