

# SENIOR REPORTER

VOLUME 51, NUMBER 4

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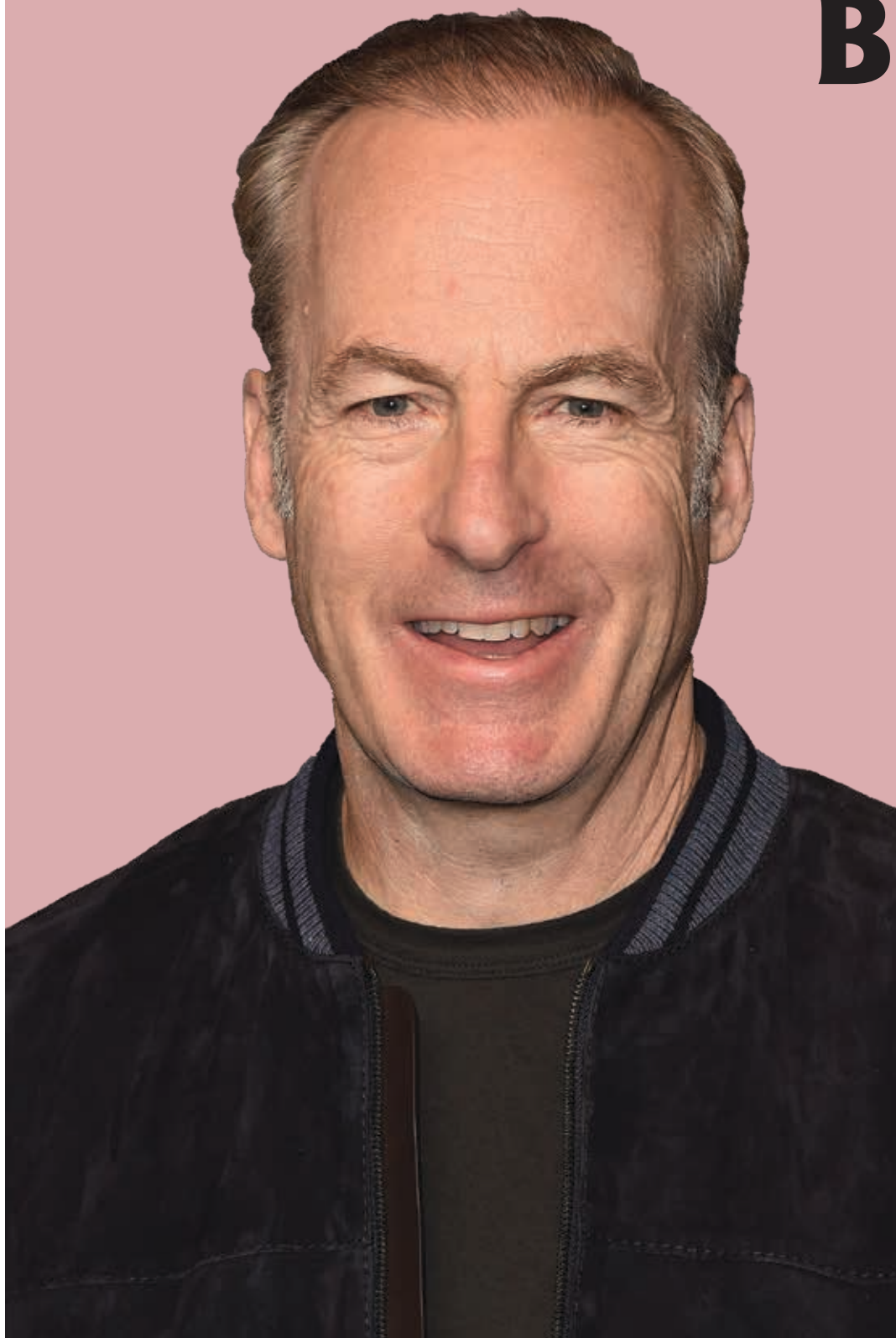
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# Bob Odenkirk

*“Good stuff starts in dumb places.”*

— *Bob Odenkirk*



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# The Transformative Value of Health Coaching

If you've ever tried to make a healthy lifestyle change, you may have found that your initial excitement fades quickly, and you return to your old habits. Well, you're not alone.



*A little help from a good coach can make a big difference in your health and happiness.*

In fact, going into this new year, more and more health plans are including a helpful program benefit that helps members transform their own health and stick to new behaviors—health coaching.

Health coaching is a dynamic and impactful approach to health care. It has the potential to change lives in numerous positive ways. The collaborative partnership between a trained health coach and a health plan member is rooted in several key principles and strategies including personalized guidance, behavior change, and empow-

erment. Some of the key aspects of coaching include enhancing well-being, learning, social support, instruction, and the development of improved habits.

“The reason I love coaching so much—and why I say it’s transformative—is because it is so rare for someone to come into a space where the focus is completely on them, where a coach wants to know about their hopes, empathizes with their struggles, and knows how to help them find their

way,” said Emily Adams, a national board-certified health and wellness coach, who manages coach performance at American Specialty Health (ASH).

While promoting health through lifestyle changes is nothing new, it was only in the past 30 years that health coaching has become a widely accepted activity, one that’s designed to help people convert their wellness goals into effective actions.

Today, with refined coaching processes and behavior-change techniques, an entire industry has evolved to empower a lot more individuals to live healthier. And in this post-pandemic era, virtual health coaching and well-being

*Continued on page 5*

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## 70s FLASH BACK

## 'A Rock-Solid Idea'

By Randal C. Hill

Late in 1975, there would have been no reason for you to know the name of Gary Dahl. By the beginning of the next year, though, there's little doubt that you would have become aware of, if not for his name, his quirky creation that had made him a pop-culture phenomenon.

Dahl owned a California advertising agency that specialized in radio and TV ads. The business had fallen off recently, and the discouraged 38-year-old was frequently casting about to change his fortunes with a clever (and marketable) idea.

One night, he and some pals were drinking at their favorite hangout in Los Gatos, a town in the rapidly growing Silicon Valley. Dahl's pals were complaining about all the hassles and expenses involved with their household pets. Dahl, though, smiled and joked that he had no such problems, as his domestic pet was a rock. Laughter followed, as did a few more drinks.

But back home, he began writing the "Pet Rock Training Manual," a 36-page, chuckle-inspiring booklet filled with puns, jokes, and illustrations of various rocks in (in)action. He lightheartedly explained that Pet Rocks required no feeding, walking, bathing, grooming, or

vet visits. They were hypoallergenic and didn't bark, bite, or have accidents on the floor. They were good at obeying certain commands — "stay," "play dead" — but admittedly required some owner assistance with "fetch," "come" and "roll over."

Dahl designed a cardboard pet carrier complete with ventilation holes and a bedding of straw or shredded paper. The rocks themselves — smooth stones from a beach in Baja California — came from a local sand and gravel company and cost one penny each. The straw or shredded paper wasn't much more. Dahl's biggest expense was the cardboard carrier.

He convinced two friends to invest \$10,000 each in his product, and Pet Rocks soon began appearing in Bay Area novelty stores and at gift shows. Word and interest spread quickly across the country, especially after "Newsweek" ran an illustrated feature on the preposterous pretend pet. Dahl appeared twice on "The Tonight Show," and someone named Al Bolt even released a single record called "I'm in Love with My Pet Rock."

By Christmas, 100,000 Pet Rocks were being bought daily.

Following the holidays — and after 1.5 million units had changed hands — the fad died

as quickly as had the Hula Hoop. But by then Dahl, who earned 0.95 cents profit on each \$3.95 sale, had pocketed over \$1 million. He gifted each newly wealthy investor with a shiny new Mercedes, then purchased a Los Gatos hillside mansion complete with his own Mercedes in the garage.

To many people, Pet Rocks were a silly "craze du jour," seen as a statement about the absurdity of consumer culture. To others, though, the success of the novelty became a testament to clever marketing. Whichever, Dahl's item had made a lasting impact on the toy industry and American popular culture.

And it had all been fun. Dahl told "People" magazine, "You might say we packaged a sense of humor."

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# Health Coaching

*Continued from page 3*

programs are burgeoning in modern health care.

Physical health is not the only thing that health coaches address. They recognize the connection between fitness, mental health, and emotional well-being.

“Some people start working with a coach thinking they want help with their diet but realize that the reason they are eating poorly is because they don’t have tools to cope with stress,” Adams said. “Many are surprised when they start to recognize their own strengths, improve their confidence, and start to take ownership of their thoughts—recognizing how they are working for and against their goals.”

Adams works with well-being coaches in the Silver&Fit® Healthy Aging & Exercise program to ensure quality member support through coach training and oversight. Silver&Fit members can be paired with certified health coaches to work on their fitness, nutrition, and lifestyle goals during scheduled phone or video sessions.

“We’ve had members come into the program completely defeated and unsure if they will ever be able to improve their health,” Adams said. “We’ve also had members who are very close to reaching their health goals and just need a little extra support to get there.”

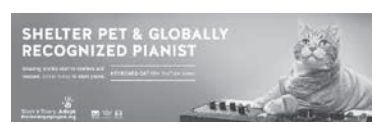
Health coaching holds immense potential for health plan members. According to Adams, the benefits

a member might gain from working with a health coach could include:

- Clarity about their hopes, values, and goals
- Confidence in themselves, their strengths, and their abilities and how to advocate for themselves and their health
- Tools for self-accountability, positive habit forming, and proactively managing stress
- Knowing how to break big changes into small, manageable steps
- Awareness of thought barriers and how to overcome them
- Learning how to find what they need and use their resources

“As coaches, we get to walk alongside people as they grow, learn, discover, and utilize their strengths to be the healthiest versions of themselves,” said Adams.

It’s important that your health plan supports your long-term health and well-being. If you want to make healthy lifestyle changes in the coming year, check with your health plan on coaching program benefits. And if you find you have this benefit, make the most of it. The transformative power of working with a coach can have a lasting impact and help you take control of your health and maintain your well-being.



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# Bob Odenkirk: 'Better Call Saul'

By Les Goldberg

It's not every day that behind-the-scenes TV writers, producers, and directors find themselves as front-of-the-camera stars.

But that is exactly what happened to Bob Odenkirk, 62, one of America's major entertainers who is best known for his acting and producing roles in "Better Call Saul" and HBO's sketch comedy series "Mr. Show with Bob and David."

Oddly enough, his road to stardom began as a teenager. In his hometown of Naperville, Ill., he graduated early from high school and eventually attended Marquette University in Wisconsin and Southern Illinois University where he developed



Courtesy of Printerval

comedy and acting skills with live shows on both colleges' radio stations.

Odenkirk used those newly acquired skills as a radio disc jockey, creating a comedy show called "The Prime Time Special."

After receiving his bachelor's degree in 1984, he attended the Players Workshop where he met Robert Smigel. Their collaboration would last for years and take him to a job as a comedy writer for "Saturday Night Live" in 1987.

During his four years at "SNL," he worked alongside Smigel and Conan O'Brien, contributing many sketches that included stars such as Adam Sandler, David Spade, Chris Rock, Chris Farley, and others. He also became friends with Ben Stiller.



Courtesy of Wikimedia Commons

In 1991, Odenkirk relocated to Los Angeles and was hired to write for the TV show "Get A Life," which starred "Late Night with David Letterman" alumnus Chris Elliott.

His writing for "The Ben Stiller Show" and "Late Night with Conan O'Brien" eventually led to a more active acting career and two years later he began a recurring role on "Mr. Show

with Bob and David" and "The Larry Sanders Show" as Sanders' agent.

Those were followed by appearances in "Roseanne," "Wayne's World," "The Cable Guy," "Can't Stop Dancing" and "Monkeybone."



Courtesy of Wikimedia Commons

In addition to his writing and acting in comedy films and TV productions, Odenkirk was commissioned to write and produce several TV pilots, including "Melvin Goes to Dinner" which received positive reviews and the Audience Award at the SXSW Film and Music Festival.

The early 2000s saw him have feature roles in several TV hit shows, including "Everybody Loves Raymond," "NewsRadio," "Just Shoot Me!," "Joey," "Curb Your Enthusiasm," "Arrested Development," "Entourage," "Weeds" and "How I Met Your Mother."

In 2009, he joined the cast of "Breaking Bad" as corrupt lawyer Saul Goodman which



Courtesy of Sioux City Journal

would lead to other similar roles and more prominent parts in critically successful films, such as "Incredibles 2," "Little Women," "The Post," "The Disaster Artist," "The Spectacular Now" and "Nebraska."

Odenkirk starred in the title role of "Better Call Saul," a "Breaking Bad" spinoff chronicling the unscrupulous criminal defense attorney.



Courtesy of Facebook

After six seasons, the show was delayed by COVID-19. That is when he published his first

Continued on page 23

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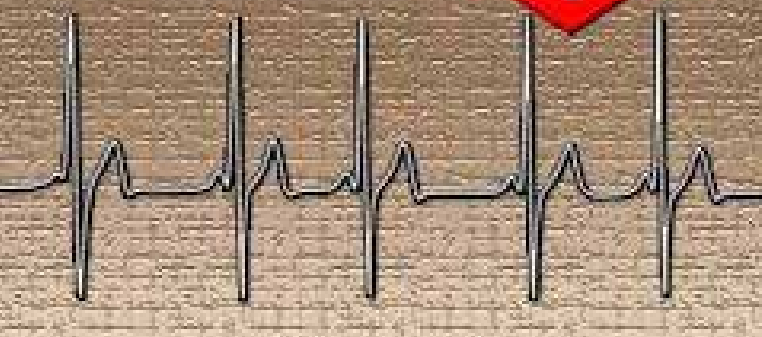
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*On The Road Again ...*

# California's Coastal Treasure: Santa Barbara

By Shana McCann

Known as The American Riviera, Santa Barbara exudes a Mediterranean feel with its coastline, vegetation, and architecture. And the best thing about this California treasure is the fact that it is only a two or three-hour drive from LA and Orange County, respectively.



Tucked between the Pacific and its pristine beaches and the Santa Ynez Mountains, Santa Barbara creates a post-card-perfect backdrop for your next weekend or holiday adventure.

Whether you're looking to hike, bike, ride, surf, lounge on the beach, or walk around the city, you won't be disappointed.

In the center of the city itself, you'll find boutiques, trusted name-brand stores, locally-owned restaurants and cafes, and a generous dose of culture.



Stroll through one of California's oldest outdoor arcades,

Paseo de la Guerra, or discover the rich history of the Presidio Neighborhood and see one of the city's oldest original homes in Casa de la Guerra.

At night, you can enjoy entertainment under the stars at the Santa Barbara Bowl, or catch a live theater show at Ensemble Theater Company at the New Vic.

The city is considered a haven for classical music lovers with the Santa Barbara Symphony Orchestra, a professional opera company, and many non-profit classical music groups.

Several youth orchestras are also located in Santa Barbara, such as the Santa Barbara Youth Symphony and The Music Academy of the West, located in Montecito, which hosts an annual music festival in the summer, drawing renowned students and professionals.



there are a variety of things to do in this quaint seaside town, like The Funk Zone, a storied area that is home to artisanal restaurants, wine-tasting rooms, award-winning craft breweries, distilleries in renovated warehouses and tucked-away galleries.

This area also serves as the

epicenter of the Urban Wine Trail with more than 20 tasting rooms.

Santa Barbara, which is the site



of one of California's iconic Spanish Missions, is especially alluring to families, including the grandchildren whose favorite attraction is the city zoo with its lush grounds and more than 400 exotic animals.



known among all of the oldest California landmarks as "The Queen of the Missions". Today it remains an active Franciscan mission and place of worship, sightseeing stop, and national historic landmark.

Annually over the Memorial Day weekend, there is a chalk-art festival known as I Madonnari, along with food stalls and music.

Also featured is the Santa Barbara Museum of Natural

*Continued on page 23*



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# Busy Boomers

By Les Goldberg

## Why Go to a Senior Center?

My wife Mary has been a regular at the Santa Ana Senior Center for almost two decades. Her reason for attending one of the more than 30 centers in Orange County and countless more in California echoes most of her fellow attendees: socialization.

Now 77, she was called “the kid” by her mostly older new friends but after she suffered a mild stroke 15 years ago her doctors and family suggested that visiting a senior center could help her return to a semblance of “normalcy” – making new friends, keeping mentally and physically active and finding fun outside of her home.



The suggestion worked because she enjoys the comradery, the sense of family, and the community senior centers offer.

According to the National Council on Aging, senior centers deliver on its vision to provide the following benefits, including:

- Free or affordable membership.
- Easy access.
- Engaging and safe activities.
- Healthy senior programming.



Les & Mary Goldberg at Santa Ana Senior Center Holiday Party.

- Friendship and companionship; and
- Exercise classes.

Some senior centers offer hair-cutting, meals, dementia care, computer classes, English as a second language classes, and more. All are managed by professional staff, and door-to-door bus or van transportation is available.

Today’s senior center is described by the NCA as a “vibrant, action-packed combination of local fitness center, job and volunteering headquarters, transportation hub, and tasty dining locale.”

Research shows that compared with their peers, senior center participants have higher levels of health, social interaction, and life satisfaction.

“I have been a widow for nearly 12 years,” said Rita Arguel-

lo, 75, of Costa Mesa where she attends the city’s senior center, “... and I spend as much time as I can here. I love the people, the staff, and the activities it offers. I especially love playing Gin Rummy with my friends.”

The Orange Senior Center, situated just southeast of the famed Orange Circle, is where Thomas Jergens, 82, can be found at least three days per week. “Since I started coming here after my wife died a few years ago, I have been able to stay active and make many new friends. I am never lonely.”



According to the NCA, it has been found that senior centers, in addition to their socialization benefits, also help to prevent depression while providing opportunities for lifelong learning and education.

“Involvement in programs and services offered by the senior



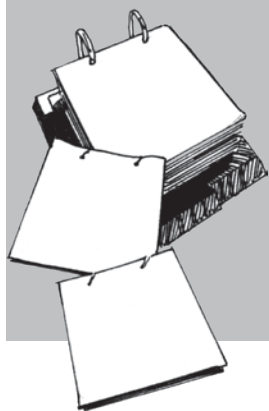
centers in every community are known to delay the progress of disabilities and institutionalization,” said NCA Spokesperson Dana McCauley.

As local politicians constantly seek the approval of seniors for their programs or campaigns, the senior centers are often sites for meeting with their constituents. For instance, the Santa Ana facility recently was the scene of a “Coffee with The Mayor” event, modeled after a “town hall forum” featuring free refreshments, city department presentations, and an interactive question and answer session.

Finally, if you like to party, your local senior center is the place to be, especially on those special holidays, like St. Patrick’s Day, Lunar New Year, Valentine’s Day, Independence days and more.







# APRIL Calendar of Events



April is a wonderful month to get out and smell the roses along with doing other things like attending pet expos and festivals in and around the area. Here's a list to get you excited for the warmer weather.

## **Disney California Adventure Food & Wine Festival** Through April 22, During Park Hours

**California Adventure, 1313 Disneyland Drive, Anaheim**

Enjoy a few more weeks of The Disney California Adventure Food & Wine Festival and enjoy Disney-inspired tastes and sips, plus culinary activities and events for the duration of the festival. With the purchase of regular park admission, guests will have access to culinary demonstrations, the Festival Marketplace, family activities, crafts, live entertainment, the Jr. Chef Experience, and more. Buy a Sip and Savor Pass to get the most flavor out of your Festival Experience. Select reservation-only events are also available.

## **Lake Forest Pet Expo** April 6

**Lake Forest Sports Park & Recreation Center, 28000 Rancho Parkway, Lake Forest**

If you love your pets, make it over to Lake Forest's Pet Expo to explore all things pets from groomers and veterinarians to local retailers. There will be K9 demonstrations, information booths, vendors, and activities for kids. Friendly pups are welcome at this free community event.

## **PaleyFest**

**April 12-24**

**Dolby Theater, 6801**

**Hollywood Blvd., Hollywood**

PaleyFest is back at the Dolby Theater. See the stars and creators of your favorite TV shows. Tickets are on sale now and sell out fast. Become a member for discounts on the best seats in the house and VIP access for a once-in-a-lifetime experience. For more info, go to PaleyFest.org.

## **Imaginology**

**April 13-14, 10 a.m. to 4 p.m.**

**OC Fair & Event Center,  
88 Fair Drive, Costa Mesa**

Imaginology is a STEAM fest that is free for all ages. Science, technology, engineering, arts, and math merge to inspire and engage. The annual event features hundreds of booths and vendors that offer information and hands-on activities to explore and discover. From making music to planting seeds to building models of molecules with toothpicks and

marshmallows. See science fair projects and live performances, find new hobbies, and enter contests like building a scarecrow or a steampunk hat.

## **OC Cherry Blossom Festival**

**Throughout April**

**Huntington Beach Central Park Bandstand, 18000 Goldenwest St., Huntington Beach**  
**Friday: 5 p.m. to 9 p.m., Saturday: 10 a.m. to 9 p.m., Sunday: 10 a.m. to 4 p.m.**

An annual celebration of Japanese & Japanese American Culture is located in Central Park near the bandstand behind the Central Library. The free 3-day event features Performers and musicians, food and shopping vendors, Sakura Night Market (Friday & Saturday), contests, exhibitors, arts and crafts, and games. The Cherry Blossom Festival was started by a Girl Scout who wanted to highlight Japanese Culture in Huntington Beach.

## **OC Japan Fair**

**April 19-21**

**OC Fair & Event Center, 88 Fair Drive, Costa Mesa**

**Friday: 5-11 p.m.; Saturday: 12 p.m. to 10 p.m.; Sunday: 10 a.m. to 5 p.m.**

Enjoy a celebration of Japanese culture at the OC Japan Fair – one of the biggest cultural celebrations in SoCal, on

two weekends, April and October. Experience live performances by young and famous Japanese stars, an anime cosplay show, Kimono models, and J-pop music. There will be more than 25 food vendors to choose from showcasing umami flavors, Rice Balls of Fire drinks from the Bonks Lab, ramen, and sushi. Try a traditional craft workshop to learn calligraphy or a new family game to play. At least 40 vendors will be on-site whether you're looking for an anime collection or searching for unique artwork, you'll find it here.

## **CA Wine Festival**

**April 19-20**

**Laguna Cliffs Marriott Resort & Spa, 25135 Park Lantern, Dana Point, Sea Terrace Park, 25111 Park Lantern, Dana Point**

Wine lovers look forward to the annual California Wine Festival Events. The Sunset Rare & Reserve Tasting event on Friday night (6:30 to 9 p.m.) is an evening of rare wines from the region plus delicacies from top chefs. The Beachside Wine Festival on Saturday (1 to 4 p.m.) features hundreds of fine wines, regional craft brews, and a variety of foods to sample from local chefs. The event also features artisanal cheeses, bread, olive oil, salads, shell-

fish, chocolates, desserts, and more, plus live music for the afternoon oceanside event.

## **Hanamatsuri Festival**

**April 20-21**

**1 to 7 p.m.**

**909 S. Dale Ave., Anaheim**

Hanamatsuri, aka the Flower Festival, celebrates the birth of Siddhārtha Gautama, who became Śākyamuni, the historical Buddha. The pavilion that shelters the baby Buddha statue is adorned with flowers and offerings of sweet tea are made, representing the gentle rain in Lumbini Garden on Siddhārtha's birthday. The event is free to attend, and guests will find food, games, boutique and craft vendors, exhibits, and Japanese performances. Exhibits include a tea ceremony, Japanese artifacts, Kimekomi dolls, calligraphy, Ikebana, swords, and Bonsai. Stage performances include Aikido, Taiko Drums, Nihon Buyo (Classical Dance), Kendo, Koto, Karate, and Tsugaru Shamisen/Minyo.

## **Orange County**

### **Wine Fest**

**April 20-21**

**The Hangar at OC Fair & Event Center, 88 Fair Drive, Costa Mesa**  
**21+ to attend.**

*Continued on page 26*



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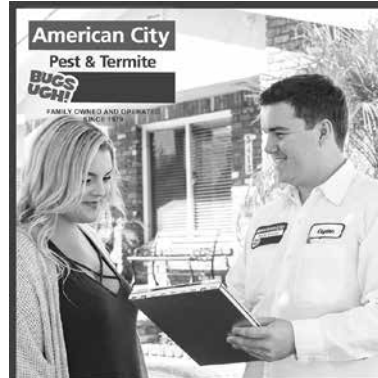
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by Robert Bruce Woodcox

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Everyone who comes to me says the same things: "I've been wanting to do this for a long time, but didn't know how to start. I'm not a writer and so time seems to just keep slipping away."

*Continued on page 18*



## 'The Loco-Motion'

Grand Funk Railroad

By Randal C. Hill

In 1962, fad dances were all the rage among record-buying teens. Included among the steps was the "Loco-Motion," where participants shuffled their arms to simulate the driving of steel rods that turned a locomotive's wheels.

*"A chug-a chug-a motion like a railroad train now ..."*

Songsmiths Carole King and husband Gerry Goffin had created "The Loco-Motion" for 17-year-old Eva Boyd. Called Little Eva on records, Boyd's million-seller soared to No. 1 on the "Billboard Hot 100" chart.

Fast-forward a dozen years, and "The Loco-Motion" regains the top chart slot again, but this time by a Flint, Mich., power trio called Grand Funk Railroad. "We were loud, but there was a reason," proclaimed leader Mark Farner. "We wanted to create an atmosphere in which nothing existed but the music."

Farner had apprenticed in two bands in high school before dropping out and assembling an eardrum-cracking aggregation with pals Don Brewer (drums) and Mel Schacher (bass). They gleaned their play-on-words name Grand Funk Railroad from a Michigan rail line named the Grand Trunk Western Railroad.

Wowing the crowd as an unknown (and unpaid) opening act at a 1969 Georgia Rock festival, the threesome eventually signed with Capitol Records, the prestigious one-time home label of The Beatles and The Beach Boys.

Beloved by their fans but frequently ignored by Top 40 DJs or reviled by music critics who often saw them as unpolished and unnecessarily loud, Grand Funk Railroad found recording success right out of the gate, beginning with their "On Time" album late in 1969. After seven more hit LPs, they shortened their name to Grand Funk in 1973. In that year, Craig Frost came aboard to play keyboards with the band.

"Shinin' On," the rockers' 10th album, included "The Loco-Motion." Brewer recalled that, during a break in the recording studio, Mark had begun singing, "Everybody's doing a brand-new dance now!" Farner had been goofing around, but everyone there that day declared that the band could possibly pull "The Loco-Motion" off as a valid recording — if it were done right.

Their top-notch producer Todd Rundgren recalled The Beach Boys' "Barbara Ann," an oldie single lifted from their "Beach Boys' Party!" LP and done in a studio but made to sound live,

as at a casual music jam. Rundgren, a wizard at the recording console, made the band's "The Loco-Motion" sound live. Brewer explained, "Todd could really crank up everything with the hand claps and all of that stuff. It just had this huge sound to it. It sounded like a big party!"

"The Loco-Motion" became the headbangers' second No. 1 single. ("We're an American Band" had arrived a year earlier.)

Goffin later offered a diplomatic take on the hard-rock version of the iconic tune he wrote with King: "You can still hear how it appeals to the kids."

Farner and friends never abandoned their roots. "People want the real thing," Farner once proclaimed. "As long as there's room for sledgehammer rock and roll, there's room for Grand Funk Railroad!"

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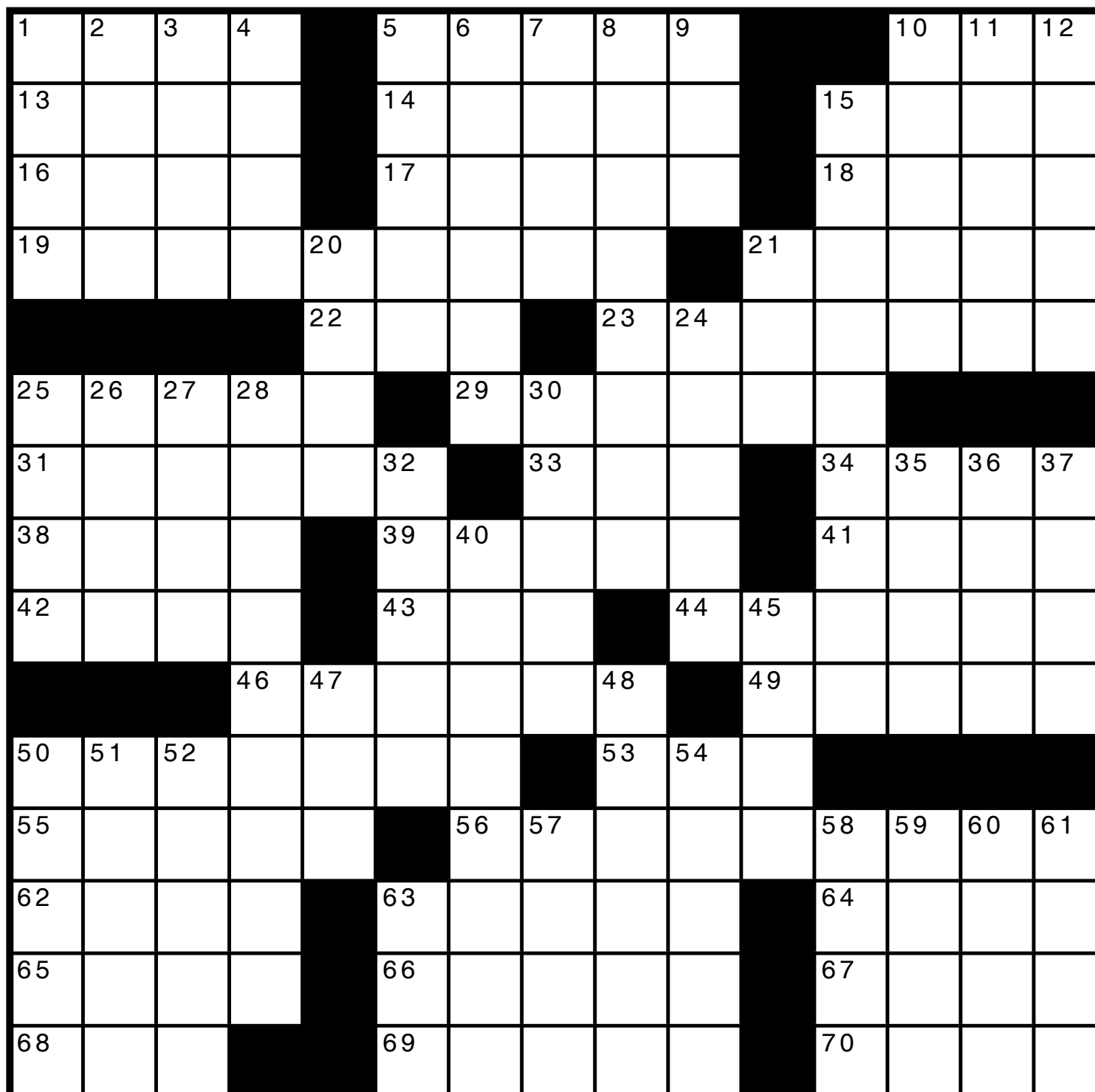
"The Loco-Motion" by Grand Funk. [www.songfacts.com](http://www.songfacts.com).



# April Crossword Puzzle

## Across

1. Part of a process
5. Maxim
10. Took charge
13. Like some pizza orders
14. Sorority member
15. "Roseanne" star, once
16. Craving
17. Modify
18. Double-reed woodwind
19. Aussie comebacker
21. Some college students
22. Luau souvenir
23. Racetrack area
25. Hilo hello
29. \_\_\_ public
31. Tea type
33. Capitol V.I.P.: Abbr.
34. Very, in Versailles
38. Legal plea, for short
39. France's longest river
41. Freeway exit
42. And others, for short
43. Ab \_\_\_ (from the beginning)
44. Interference
46. Come up with
49. Wagner work
50. Moroccan port
53. Bowler or beanie
55. As good as it gets
56. Structure at one end of Lake Mead
62. Fluffy stuff
63. 1965 march site
64. Continental capital?
65. \_\_\_ and sciences
66. Neighborhoods
67. Speaker's platform
68. "\_\_\_ Miserables"
69. Brewer's need
70. Auto pioneer



## Down

1. Ticket part

- |                        |                            |                                 |                               |
|------------------------|----------------------------|---------------------------------|-------------------------------|
| 2. Matador's adversary | 12. Raiment                | 32. Piece of baseball gear      | 52. Semiaquatic critters      |
| 3. Waffle brand        | 15. Hidden danger of sorts | 35. Appraise                    | 54. Pirate's cry              |
| 4. Haiku, e.g.         | 20. Lotus model            | 36. Dubai dignitary             | 57. Olive genus               |
| 5. In the know         | 21. "Wheels"               | 37. Humane org.                 | 58. Change the decor          |
| 6. Kingdom             | 24. Recordings             | 40. "Psst!"                     | 59. Twofold                   |
| 7. Word of agreement   | 25. Top-of-the-line        | 45. Schlep                      | 60. Bone-dry                  |
| 8. Capone or Dillinger | 26. Plunder                | 47. Zero, in soccer             | 61. Forest growth             |
| 9. Conclusion          | 27. Earthen pot            | 48. Paine or Edison             | 63. "Come to think of it ..." |
| 10. Stereotype         | 28. Delinquents            | 50. Like some pools or currents |                               |
| 11. Chip away at       | 30. Heavenly hunter        | 51. Be nuts about               |                               |





# April Book Club

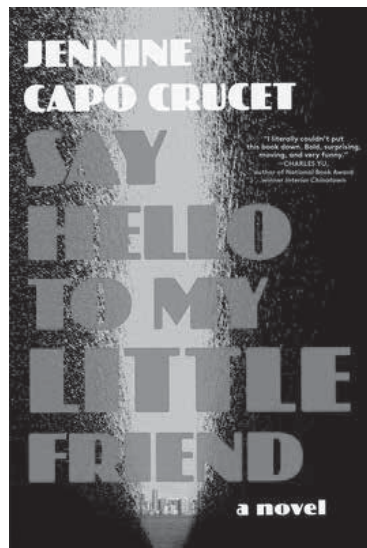
Here are some great new books to pick up and enjoy now that spring has arrived.

Settle into a chaise lounge and enjoy the sunshine while reading any of these terrific new books.

## *Say Hello to My Little Friend*

A Novel

By Jennine Capó Crucet



“Scarface meets Moby Dick in this groundbreaking, darkly comic novel about a young man’s attempt to capitalize on his mother’s murky legacy — a story steeped in Miami’s marvelous and sinister magic.

“Failed Pitbull impersonator Ismael Reyes — you can call him Izzy — might not be the Scarface type, but why should that keep him from trying?

Growing up in Miami has shaped him into someone who dreams of being the King of the 305, with the money, power, and respect he assumes comes with it. After finding himself at the mercy of a cease-and-desist letter from Pitbull’s legal team and living in his aunt’s garage-turned-efficiency, Izzy embarks on an absurd quest to turn himself into a modern-day Tony Montana.

“When Izzy’s efforts lead him to the tank that houses Lolita, a captive orca at the Miami Seaquarium, she proves just how powerful she and the water surrounding her are — permeating everything from Miami’s sinking streets to Izzy’s memories to the very heart of the novel itself. What begins as Izzy’s story turns into a super-saturated fever dream as sprawling and surreal as the Magic City, one as sharp as an iguana’s claws, and as menacing as a killer whale’s teeth. As the truth surrounding Izzy’s boyhood escape from Cuba surfaces, the novel reckons with the forces of nature, the limits and absence of love, and the dangers of pursuing a tragic inheritance. Wildly narrated and expertly rendered, *‘Say Hello to My Little Friend’* is Jennine Capó Crucet’s most daring, heart-breaking, and fearless book yet,” said Publisher Simon and Shuster.

## *Fruit of the Dead*

A Novel

By Rachel Lyon



“An electric contemporary reimagining of the myth of Persephone and Demeter set over the course of one summer on a lush private island, about addiction and sex, family and independence, and who holds the power in a modern underworld.

“Camp counselor Cory Ansel, 18 and aimless, afraid to face her high-strung single mother in New York, is no longer sure where home is when the father of one of her campers offers an alternative. The CEO of a Fortune 500 pharmaceutical company, Rolo Picazo is middle-aged, divorced, and magnetic. Cory also intoxicates him. When Rolo proffers a childcare job (and an NDA), Cory quiets an internal warning and allows herself to be ferried to his private island. Plied with luxury and opiates manufactured by his company, she continues to tell herself

she’s in charge. Her mother, Emer, head of a teetering agricultural NGO, senses otherwise. With her daughter seemingly vanished, Emer crosses land and sea to heed a cry for help she alone is convinced she hears.

“Alternating between the two women’s perspectives, Rachel Lyon’s *‘Fruit of the Dead’* incorporates its mythic inspiration with a light touch and devastating precision. The result is a tale that explores love, control, obliteration, and America’s late capitalist mythos. Lyon’s reinvention of Persephone and Demeter’s story makes for a haunting and ecstatic novel that vibrates with lush abandon. Readers will not soon forget it,” according to Publisher Scribner.

## *Island Rule*

Stories

By Katie M. Flynn



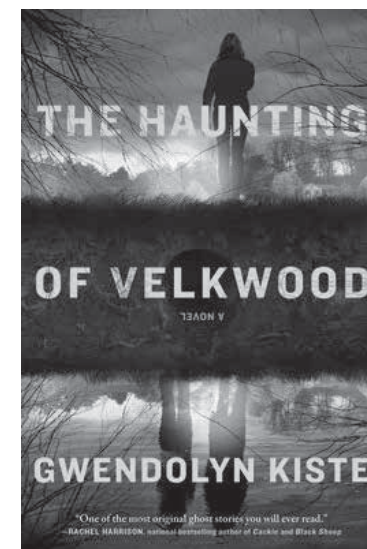
“An angry mother turns into a literal monster. A company in San Francisco can scrub your entire reputation and create a

new one ... for a price. A failed actor on a reality show turns into an unlikely world savior. And much more.

“Through each of these 12 interconnected stories, Katie Flynn masterfully blends people, places, and even realities. From a powerful and ‘radiant’ (Kassandra Montag, author of *‘After the Flood’*) new literary voice to be reckoned with, this collection will stay with you after you turn the final page,” according to Publisher Gallery Scout Press.

## *The Haunting of Velkwood*

By Gwendolyn Kiste



“From Bram Stoker award-winning author Gwendolyn Kiste comes a chilling novel about three childhood friends who miraculously survive the night everyone in their suburban hometown turned into ghosts — perfect for fans of *‘Yellowjackets.’*

“The Velkwood Vicinity was

*Continued on page 26*



# Urinary Tract Infections

*From Caregiving Guide for a Declining Loved One by Martie Garcia R.N.*

*(see ad on page 19)*

Urinary tract infections, also known as UTI's are prevalent and may cause unusual symptoms such as confusion and or agitations, with or without pain when passing urine. Other symptoms may be a constant feeling of having to go to the bathroom, or repeatedly getting on and off the toilet, producing small amounts of urine or none at all.

This activity can cause them to not sleep at night. Urine color may be cloudy, and there may be a strong odor. Go ahead and gently press on their lower abdomen or bladder area and see if they frown or if there is pain there. Please call the doctor if there is clear discomfort. They will usually order a urine test and or anti-biotics if needed.

UTI's may be caused by improper cleaning of the genital area. The most important thing is to clean a woman from front to back. First, clean from the urinary meatus where urine comes out. This is a small opening above the vagina.

Wipe from where the urine comes out (front) back towards the rectum where the bowel movement comes out. Never wipe or clean from the back to the front moving the bowel movement, or feces up towards or onto, the urinary meatus.

Many times, when a woman if sitting on the toilet, it seems easier for her to wipe herself from back to front (the wrong way) then it is from wiping from front to back (the right way.)

It's best if they allow you to wipe them, with a gloved hand from front to back dropping soiled tissue paper in the toilet after each time they are wiped.

There are E-coli bacteria in the bowel movements and when that is wiped over the urinary meatus, or small opening to the bladder, it can travel or spread up to the bladder, causing the UTI.

With many people there may not be any fever or trouble urinating. Instead, there may be confusion, agitation, falls, and either sleepiness or difficulty sleeping that may not have been there until recently, and has begun suddenly.

When a urinary tract infection is left untreated over time, it may cause a kidney infection. This may cause pain in the back or sides of the back where the kidneys are located. If there is blood in the urine, there may be kidney involvement.

If this is not treated with antibiotics it may lead to septicemia or blood poisoning affecting the whole body. This is a very serious condition and can be life threatening. Consult a doctor immediately if this occurs.



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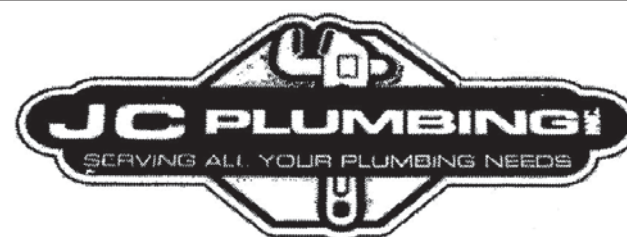
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# In The Spotlight

## Kathie Wolin: There's 'Sew' Much to Talk About

According to the website [sewing.com](http://sewing.com) one of the reasons to learn how to sew is it can help you discover the talent within you.

The site adds that you can improve your creativity and sewing skills to make useful items that you can be proud of from skirts to shirts and everything else in between.

Once you know how to sew pieces of clothing from fabric, you will have the freedom to customize your outfits and have fun choosing the best fabric for your clothing from flannels to jerseys.

Love skirts? Imagine how exciting it is to make your own fashion line of skirts be it a pencil skirt, tulle skirt, or even a skort to wear for sports.

Bottom line: You're free to design your clothing and have fun while doing it!

Another advantage of being able to sew your own clothes is the savings; instead of shopping, you can transform your old clothes into something new and stylish. Plus, you can also salvage your favorite apparel in case it needs some repair, or you just want to jazz it up according to trends. You can upgrade your look without spending much and then incorporate accessories to achieve the style you want.



Sewing can be a wonderful hobby even if you're not a pro, but perhaps with practice, one day you'll be sewing like one.

One local senior who genuinely enjoys sewing is Kathie Wolin, 82, of Laguna Woods Village and a member of the Sewing Supers. She recently chatted with the Senior Reporter about the club and her love of the craft.

**SR: Who are the Sewing Supers?**

**A: We are people who volunteer to supervise the Sewing Room at Laguna Woods Village, one of the workshops at Clubhouse 4. We have sewing machines and all related equipment, which are free for all residents to use and enjoy, seven days (and several evenings) each week.**

**Q: Are any specific requirements needed to join?**

**A: The only 'requirement' to use the room is to be a resi-**

**dent of LWV. To be a Sewing Super, one must be willing and able to help others, be kind and welcoming, and have some knowledge of machine sewing. The Sewing Supers each provide 4- or 8-hour assistance each week, and we**

**meet once a quarter. All the materials we provide (fabric, notions, thread, etc.) are donated. We sell to residents at low prices, and the money we get goes to several charities assisting the elderly here in Orange County.**

**Q: What do you like about sewing?**

**A: Like so many others, I took sewing in junior high and later sewed for my little girls. Retired, I started volunteering at Pretend City (Irvine) and making simple costumes, capes, pretend food, etc. I also do some repair work [my daughter tells people: 'Mom takes in mending']. I also enjoy the camaraderie in the Sewing Room and among the Sewing Supers.**

**Q: Is everyone an expert sewer?**

**A: Our sewists range from 'happy hands at home' amateurs to a woman who worked for Coco Chanel.**

**Q: Is it a teaching group, too?**

**A: We will show the sewers the specifics of our machines. But, no, we do not teach. The Saddleback Emeritus program hosts several sewing classes here (and in other locations) each year.**

**Q: Best part of being part of the Sewing Supers?**

**A: I enjoy the simple things I make, the friendships I've made, and the feeling of participating in my community.**

**Q: Any family?**

**A: I was married; I have four daughters and five grandchildren.**

**Q: Where were you born and raised?**

**A: I was born in Brooklyn, raised in suburban New Jersey, moved to LA in 1967, and to OC in 1985.**

**Q: What about your education?**

**A: Boston University; I didn't 'dream of a career' when I was a girl ... I assumed I'd do something or other until I got married and then I'd stay home with the children. That said, I was Executive Assistant to the President of two start-up airlines. After moving to OC, I spent 15+ years at (first) at an Episcopal school and then at a Jewish non-profit.**

**Q: Wish for 2024?**

**A: Peace.**

**Q: Where can folks learn more about the Sewing Supers?**

**A: Information is available at Clubhouse 4 in LWV.**

## Tell Your Life Story...

*Continued from page 14*

Or...

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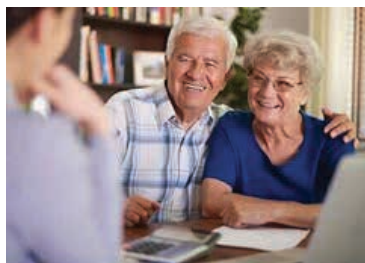
# Retire with Confidence: A Trusted Advisor's Perspective on Reverse Mortgages

The FHA Insured Reverse HECM (age 62+) and the Jumbo Reverse (age 55+)

In the twilight years of life, financial security becomes a paramount concern for Seniors. As a trusted advisor, it's my duty to illuminate the path towards financial freedom and empower Seniors to make informed decisions about their future. One avenue that often warrants exploration is the realm of reverse mortgages. Despite their complexity, reverse mortgages can hold immense potential for Seniors seeking to leverage their home equity to enhance their quality of life. Let's delve into why reverse mortgages, when approached with careful consideration and guidance, can be a valuable tool in securing a comfortable retirement.

## A Closer Look at Reverse Mortgages

Reverse mortgages are specialized financial instruments designed exclusively for Senior homeowners. Unlike traditional mortgages, where homeowners make monthly payments to a lender, reverse mortgages allow homeowners to receive proceeds from the lender, effectively tapping into their home equity. These proceeds can be received as a lump sum, monthly installments, or a Line of Credit (LOC), providing Seniors with flexible access to funds tai-



lored to their individual needs. Best of all, no monthly loan payments required.

## Guiding Principles: Financial Flexibility and Stability

At the heart of any financial decision lies the quest for stability and flexibility. Reverse mortgages precisely offer that. For Seniors, their home often represents their most significant asset. By unlocking a portion of this equity, Seniors can access funds to pay off an existing mortgage, cover essential expenses such as health-care costs, home renovations, or supplementing retirement income. This infusion of cash not only addresses immediate financial needs but also provides a buffer against unexpected expenses, fostering security and peace of mind.

Moreover, the absence of monthly mortgage payments inherent in reverse mortgages can alleviate financial strain and contribute to long-term stability. Instead of burdening Seniors with ongoing repayment obligations, reverse mortgages typically defer repayment until the homeowner sells the property, moves out, or passes away. This feature

ensures that Seniors can enjoy their homes without the worry of stretching their limited incomes to cover mortgage expenses.

## Upholding Homeownership: A Testament to Independence

One common misconception surrounding reverse mortgages is the notion that they entail relinquishing homeownership. As a trusted advisor, it's imperative to dispel this myth. Seniors who opt for reverse mortgages retain full ownership of their homes and continue to benefit from any appreciation in property value. This preservation of homeownership is a testament to independence and autonomy, allowing Seniors to maintain control over their most cherished asset while accessing much-needed funds to support their retirement lifestyle.

## Conclusion: Empowering Seniors on Their Financial Journey

In conclusion, reverse mortgages can be a powerful tool in the financial toolkit of Seniors seeking to unlock the full potential of their retirement years. As a trusted advisor, my role is to provide guidance, support, and clarity amidst the complexities of financial decision-making. By understanding the nuances of reverse mortgages and weigh-

*Continued on page 33*

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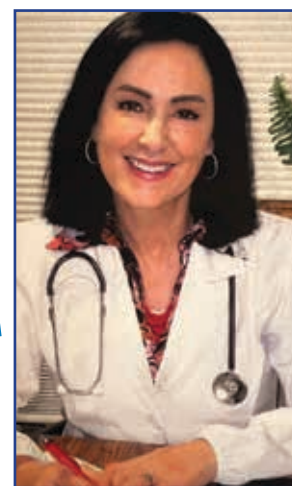
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see article on page 17

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# Fabulous Finds

By Debbie L. Sklar

Hello, spring!

Celebrate the season with some of the latest and greatest **Fab Finds** around ranging from Evian Facial Spray to a new product that helps with adult acne. You'll feel refreshed and ready to welcome the season all day long and from morning to night!

## New evian Facial Mists: Protect, Calm, & Glow



The iconic hydrating product line has a new collection of facial mists: **Protect, Calm, and Glow** now available exclusively at Ulta Beauty. Formulated with Evian natural mineral water and beautiful floral extracts, these certified organic facial mists provide unique benefits for all skin types. All evian skincare products are sustainably made and dermatologically evaluated to reach the highest quality standards.

Made with nature's finest ingredients, all three **evian Facial Mists** contain pure evian water, known for its famous mineral balance from the French Alps. Each product provides an ultra-fine microdroplet mist that allows the up-

per layers of skin to absorb the unique, meticulously sourced mineral and botanical content.

Guards against everyday pollution and environmental stressors. Wild indigo extract provides natural protection while organic cornflower extract offers regenerative skin benefits. Evian Facial Mist - Calm uses helichrysum and jasmine flower extracts to soothe even the most sensitive skin. These ingredients work together to reduce skin discomfort and provide all-day hydration.

evian Facial Mist - Glow is made with white peony root and white tea leaf extracts that revive and nourish skin, ultimately enhancing your complexion and leaving it with a long-lasting radiant glow.

Committed to protecting natural ecosystems, all evian Facial Mists are packaged in 100 percent recyclable aluminum canisters to preserve product quality and also reduce environmental impact. To use, hold the bottle about 8 inches from your face and spray in a circular motion with your eyes closed. Let your skin air dry, then pair it with your favorite skincare and makeup products to amplify your routine.

The new evian Facial Mists - Protect, Calm, and Glow - are available for \$22 each at Ulta Beauty.

## Blue Lizard Lip Balm



**Blue Lizard** is dedicated to providing quality sun-protection options that are safer for consumers and the environment. The new Lip Balm includes Mineral SPF 15+ sunscreen which blocks 93 percent of the sun's UV rays and is water resistant for up to 80 minutes. The mineral-only, vegan, non-whitening formula is made with eight natural oils that soften and moisturize lips and have a natural coconut flavor. Made with antioxidant-rich Australian superfruit Kakadu Plum to help fight free radical sun damage, this new multitasking lip balm moisturizes and protects.

The new lip balm is free from chemical active ingredients, parabens, phthalates, and gluten. Trusted by dermatologists and pediatricians, all Blue Lizard mineral-based sunscreens are made with consciously selected ingredients making them highly effective at keeping the skin safe from the sun while being kind to the environment.

The new SPF 15+ Mineral Lip Balm (0.13 oz) is available in a one-pack or a three-pack on Amazon.com, BlueLizardSunscreen.com, and in-store at select retailers.

## Being Frenshe Palo Santo Sage Ritual Collection



The new scent is available exclusively to Target consumers in **Being Frenshe** fan-favorite formats, such as Hair, Body & Linen Mist, Glow on Perfume Oil, Soothing Body Serum Stick, Renewing Body Wash, Milky Body Lotion, and the Reset Candle, with an addition of a new clean fragrance format, Eau De Parfum.

The scent of Palo Santo Sage promotes connection by transporting you to the feeling of being rooted in nature and at peace. A woody combination of palo santo and fresh sage blended with rich notes of ylang-ylang and eucalyptus forest leaves you feeling present and grounded.

The new Palo Santo Sage collection features seven new SKUs, ranging in price from \$10.99 to \$29.99.

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*Continued on page 26*





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see article on page 19

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# Tinseltown Talks

By Nick Thomas

## Diane Baker Remembers TCM Host Robert Osborne

The 15th Turner Classic Movies Film Festival is scheduled for April 18-21, in Hollywood. Canceled for a couple of years due to the pandemic, no one was more pleased to attend the festival when it resumed in person two years ago than actress Diane Baker, a popular guest at many of the past festivals.

“I love them!” said Baker from Los Angeles, who noted that the 2020 and 2021 events had been held virtually.

The five current TCM hosts (Ben Mankiewicz, Alicia Malone, Dave Karger, Eddie Muller, and Jacqueline Stewart) will be on hand to introduce dozens of movies during the four-day event as the classic film community rallies around this year’s “Most Wanted: Crime and Justice in Film.” festival theme (see [www.filmfestival.tcm.com](http://www.filmfestival.tcm.com)).

A prolific film and television actor, producer, and college teacher, Baker remembers when the TCM cable channel came into existence 30 years ago this month and its first host.

“I was there the night of the announcement at the Writer’s Guild Theater in Los Angeles,” she recalled. “Roger Mayer (the late Columbia Pictures, MGM, and Turner former executive) came on stage to an-



Photo provided by TCM with permission to use.

nounce Turner Classic Movies was going to be launched and with no commercials, and that Robert Osborne (1932-2017) would be the new full-time host.”

During his subsequent two decades with the channel, Osborne became the beloved public face of TCM due to his genial on-screen nature, mellow comforting voice, and encyclopedic knowledge of the entertainment industry.

“I’d known Robert since I was 19 years old,” Baker said. “He studied journalism at the University of Washington but came to L.A. to try acting and lived in the neighborhood where I was growing up – Sherman Oaks.”

When attempting to secure her first Hollywood contract, Baker even read audition scenes with Osborne.

“I was offered a contract and he was not!” said Baker, who signed with Twentieth Century Fox and soon began filming her first feature, 1959’s emotionally charged “*The Diary of Anne Frank*.”

Osborne, she says, accompanied her to the premiere.

Filmed almost entirely on a cramped stage setting to reproduce the confined attic where the Frank family hid for two years during the Nazi occupation of the Netherlands, Baker still vividly recalls her role as Anne’s sister, Margot, seven decades earlier.

“Mr. Stevens (director) wanted us to be there most of the time even if we weren’t in the scene because it was claustrophobic and he wanted that feeling of being a family closed off,” she said. “He was very kind and gentle with us newcomers (and) used to give me little peppermint candies so I would be confident and less nervous before a scene. I’ll never forget getting a beautiful box of yellow roses when the filming ended, from Mr. Stevens.”

She also said the last time she met with Osborne. “We stayed

friends until he passed away and I saw him in his apartment just two weeks before. He was in a wheelchair, and we just talked and talked. I’ve always been involved with TCM and Robert was their rockstar.”

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

### On The Road Again ...

Continued from page 8

History Sea Center on Stearns Wharf where you can get a peek underwater to see local marine life firsthand.

For the serious adventurer, the city offers several tours and classes to dig deeper into the treasures and history of the area. For instance, there are the Santa Barbara Tasting Tours and Eat This, Shoot That! Group that takes visitors on a culinary expedition through the city’s restaurant districts.

One of the more unique ways to see the sights is through the Amazing Scavenger Hunt Adventure that transforms Santa Barbara into one big game board.

### Bob Odenkirk

Continued from page 6

book, “*A Load of Hooley*,” a collection of comedic sketches and essays.

In 2021, he starred as Hutch Mitchell in the action-thriller film “*Nobody*,” which opened at No.1 at the US box office, with \$6.7 million in ticket sales. A year later, he received his star on the Hollywood Walk of Fame on the same day as the premier of the final season of “*Better Call Saul*” and next to the star of his “*Breaking Bad*” co-star Bryan Cranston.

Last year marked the premiere of his new series “*Lucky Hank*,” based on the novel “*Straight Man*” by Richard Russo.

Recently, on the PBS show “*Finding Your Roots*,” Odenkirk learned that he is a very distant cousin to King Charles III.

So, it is safe to say that he is a royal star.



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## Health Awareness

## Shining a Spotlight on Kidney Health: Get to Know Your Kidneys

Your kidneys play a vital role in keeping your body functioning, which is why healthy kidneys are important to your overall health.

Your kidneys are two bean-shaped organs located just below your rib cage, one on each side of your spine. Working around the clock, your kidneys filter approximately 150 quarts of blood each day, removing waste and extra fluid from your body.

People can get kidney disease at any age, even children. Kidney disease means your kidneys are damaged and can't filter blood the way they should.

Taking steps to protect your kidneys can help keep your body healthy and may prevent or slow the progression of kidney disease. It's never too early to take steps to keep your kidneys healthy. Even small steps can make a big difference.

Talk with a health care professional about kidney disease risk factors and develop a plan together to address those risks. You may be at a higher risk for kidney disease if you have diabetes, high blood pressure, heart disease, a history of acute kidney injury or a family history of kidney disease.

Help maintain your kidneys by following healthy habits:

- Manage diabetes, high blood



*The more you know about your kidneys, the better they can keep you healthy.*

pressure and heart disease by working with a health care professional.

- Be physically active for at least 30 minutes each day.
- Aim for 7 to 8 hours of sleep each night.
- Quit smoking and limit your alcohol intake.
- Try to eat healthy foods and stay hydrated.
- Manage stress.

It takes time to build healthy habits, but the benefits to your health are worth it. Start small and reach out for support when needed.

Stay informed about your kidney health! Early on, kidney disease often has no symptoms. In fact, as many as 90% of people who have kidney disease don't know they have it. If you are over 60 or have risk factors for kidney disease at any age, ask a health care professional about getting tested. Testing involves a blood test and a urine test. Contact your health care professional's office or a community health center near you to schedule your kidney tests. The earlier you find out you have kidney disease, the sooner you can take steps to protect your kidneys from further damage.

As you work to keep your kidneys healthy, the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health, is supporting research to prevent, monitor and treat kidney disease. NIDDK's Kidney Precision Medicine Project (KPMP) is one example of research aimed at discovering the biology of kidney health and disease. KPMP works to improve future kidney care tailored to the individual patient. Another NIDDK-supported study, the Chronic Kidney Disease in Children Study (CKiD), looks at how kidney disease affects the development of heart disease, brain function and growth in children, and works to identify risk factors for kidney disease progression. These and many other NIDDK research studies are offering promising insights into improving and maintaining kidney health.

"While NIDDK invests in innovative research to improve kidney disease prevention and treatment, we encourage people to learn about the critical functions our kidneys perform every day to keep us alive," said NIDDK Director Dr. Griffin P. Rodgers. "Taking simple steps now to protect and preserve kidney health can be life-saving and make a tremendous difference in long-term health and well-being."

To learn more about kidney health this National Kidney Month, visit the NIDDK website at [www.niddk.nih.gov](http://www.niddk.nih.gov).





ADMIT  
ONE

# Movie Preview

## 'We Grown Now'

By Randal C. Hill

Chances are that few of us grew up having to worry about life-threatening dangers on the streets where we lived. Not so, though, for Malik and Eric, two 12-year-old Black boys in Chicago who live in poverty in an area redolent with problems. The two are bright and cheerful, cautious but curious about the world they are growing up in. They are also as close as any blood brothers could ever be.

In *"We Grown Now,"* Malik (Blake Cameron James) and Eric (Gian Knight Ramirez) live in the notorious Cabrini-Green housing project. Ratty rundown and noisy as the apartments may be by 1992 — when this story takes place — the cramped rooms inside Cabrini-Green represent safe havens from the harshness outside. Here families can relax, bond, share love, and even laugh once in a while.

Not everything is terrible outside the walls of the projects: Malik and Eric find delight in the playground across the street, where the local kids take turns running and jumping onto a stack of abandoned mattresses. In quieter moments, the boys share their admiration for Michael Jordan and the Chicago Bulls, as well as enjoy talks about their dreams, their aspirations, and what awaits them outside of Cabrini-Green,

the only world they have ever known.

Dolores (Jurnee Smollett) is Malik's mother. A skilled accountant, she is offered a better job in Peoria. This will require a move, something that she desperately wants, as she feels that she needs to leave Cabrini-Green for her son's safety. Dolores knows all too well that her child will eventually have to deal with soul-crushing racism and often-brutal police who hassle the kids from the projects.

Predictably, Malik feels that his mother's decision to relocate is the worst possible news that he could imagine. He is thrust into a state of anxiety about Eric and begins to wonder what will happen to the seemingly unbreakable bond that defines their close friendship when one of them moves away. Malik delays telling Eric the life-upending disclosure, and for a while their lives continue together much as always, including a Ferris Bueller-type fun day off when the pair ditch school for a train ride into the Windy City.

In time, though, the two must face a future in which they cannot always be there for one another.

The Chicago-born producer-director-writer Minhal Baig has

painstakingly painted us a cautiously hopeful portrait of coming of age in a place that all but guarantees the sad inevitable.

*"We Grown Now"* from Sony Pictures Classics opens in theaters May 10.



# Awareness.

This is what it takes to take on Alzheimer's.

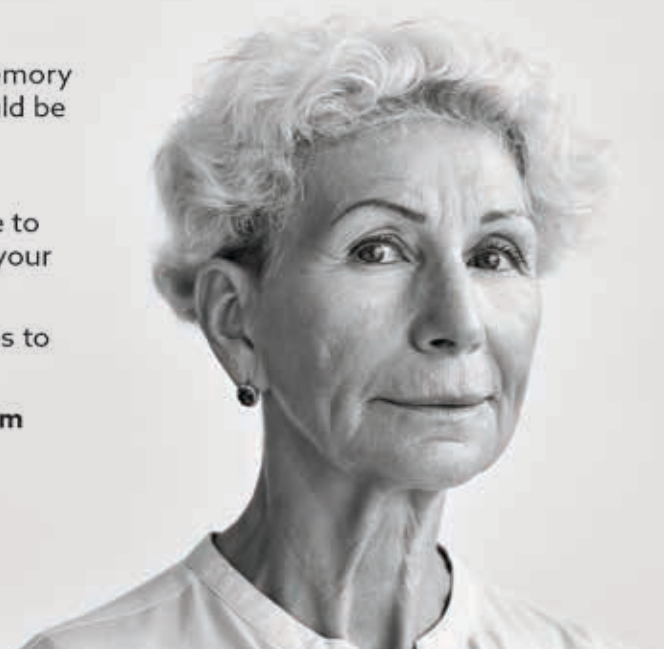
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## April Calendar

Continued from page 11



**Event Center, 88 Fair Drive,  
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21+ to attend.

Enjoy three hours of wine tasting from 30+ wineries pouring 100+ wines. Experience a diverse selection of wines including crisp, refreshing whites and deep-flavored reds. Wine enthusiasts can also shop from a collection of local vendors and choose from a variety of panels to attend, plus food trucks will be available to purchase food.

**Spring Garden Show**  
April 25-28

**South Coast Plaza,  
3333 Bear St., Costa Mesa**  
The Annual Southern California Spring Garden Show at South Coast Plaza is a multi-day garden event featuring many unique plant and garden vendors. Visitors will see display gardens from leading landscape designers, spectacular floral centerpieces, daily seminars with industry professionals, and activities.

**Festival Of Nations**  
April 27 from 10:30 a.m. to 4:30 p.m. (Parade @10:30 to 11:30 a.m.)

**Central Park, 7821 Walker St., La Palma**  
The Festival of Nations celebrates Southern California’s diverse cultures and rich heritage with carnival rides and games, cultural entertainment and performances, vendors, international food options, and a Hometown Parade.

**Summer Showcase**  
Throughout April  
4 p.m. to 7 p.m.

**Crown Valley Community Center, 29751 Crown Valley Parkway, Laguna Niguel**  
The Laguna Niguel Summer Showcase features an introduction to all the summer activities offered by the Parks and Recreation Department. Meet instructors, talk about summer camps, sign up early, check out a bike safety workshop, participate in crafts, and pick up special treats.

## Fabulous Finds

Continued from page 20

gether. Unlike other non-drug acne products, Nutrafol Skin goes well beyond the conventional root causes, and ingredient-based, skin-focused data. This clinically tested formula reduces mild to moderate acne breakouts and visibly improves post-acne dark spots with a proprietary Synergen Skin Complex and standardized 100 percent drug-free ingredients.

For more information on Nutrafol, visit [www.nutrafol.com/skin](http://www.nutrafol.com/skin), [www.sephora.com/brand/nutrafol](http://www.sephora.com/brand/nutrafol), or speak with your healthcare provider. Available on Nutrafol.com, Sephora.com, Amazon.com, and in select U.S. Sephora stores.

## April Book Club

Continued from page 16

the topic of occult theorists, tabloid one-hour documentaries, and even some pseudo-scientific investigations as the block of homes disappeared behind a near-impenetrable veil that only three survivors could enter — and only one has in the past 25, until now.

“Talitha Velkwood has avoided anything to do with the tragedy that took her mother and 8-year-old sister, drifting from one job to another, never settling anywhere or with anyone, feeling as trapped by her past as if she was still there in the small town she so desperately wanted to escape from. When a new researcher tracks her down and offers to pay her to come back to enter the vicinity, Talitha claims she’s just doing it for the money. Of all the crackpot theories over the years, no one has discovered what happened the night Talitha, her estranged, former best friend Brett, and Grace, escaped their homes 20 years ago. Will she finally get the answers she’s been looking for all these years, or is this just another dead end?”

“Award-winning author Kiste has created a suburban ghost story about a small town that trapped three young women who must confront the past if they’re going to have a future,” according to Publisher S&S/Saga Press.



Eyecare America

## What You Need to Know About Cataracts

By age 80, most people either have cataracts or have had cataract surgery. That's because most cataracts are the result of natural aging. You may not notice that you have a cataract at first. But over time, they can make your vision blurry or hazy, colors fade, you can't see well at night, or you may see double images. The good news is that cataract surgery can restore your sight. With a high success rate of more than 90 percent, cataract surgery enables people to see better after their cataract is removed.



*Keep an eye on your sight. Blurry vision, faded colors and double images can all be symptoms of cataracts—which can be cured.*

from cataracts. Using 100% UV blocking sunglasses, quitting smoking, maintaining control over high blood sugar, and eating a healthy diet can help prevent cataracts.

### 3. People with diabetes are more likely to get cataracts.

Natural aging is the most common cause of cataracts, but some people are at higher risk for cataracts than others. People who have diabetes with high blood sugar levels can get cataracts quicker and at a younger age than those with normal blood sugar levels. Improving glucose levels may help delay cataracts.

### 4. Eye color affects your risk of developing cataracts.

Studies show that people with dark brown eyes have a higher risk of developing cataracts than people with lighter eyes. However, UV light is a known contributor to cataract development no matter what color your eyes are. Wearing sunglasses whenever outdoors is recommended for everyone.

### 5. Treating cataracts may de-

Here are the top six things ophthalmologists—physicians who specialize in medical and surgical eye care—want you to know about cataracts:

### 1. Cataracts can be removed with surgery. Surgery is the only way to cure cataracts.

Early on, you may be able to cope with reduced vision from cataracts by using brighter lights, wearing anti-glare sunglasses, or using magnifying lenses for reading. But if cataracts start getting in the way of everyday activities such as reading, driving, or watching TV, an ophthalmologist will need to remove the clouded natural lens and replace it with an artificial lens, also called an intraocular lens (or IOL), to correct blurry vision.

2. You can slow development of early cataracts. You can take steps to protect your eyes

*Continued on page 28*

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# Cataracts

*Continued from page 27*

**crease your risk of dementia.** Though the link between eye health and dementia is unclear, recent studies suggest people who had cataract surgery were 30 percent less likely to develop dementia.

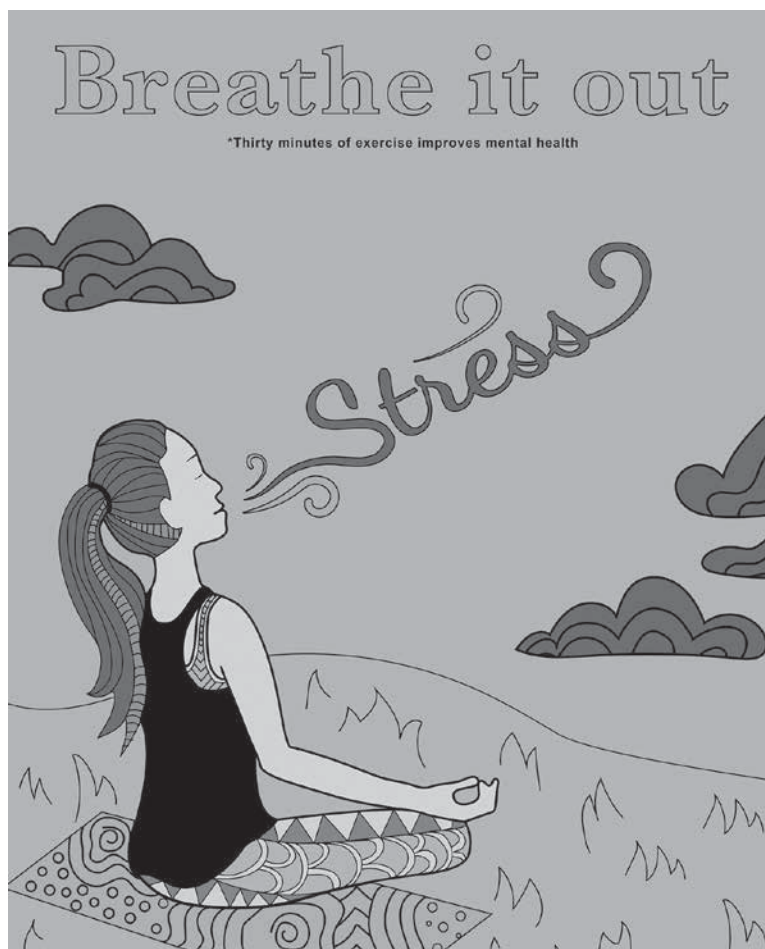
**6. You may eventually need a follow-up procedure.** Some people will again develop hazy vision years after cataract surgery. This is usually because the lens capsule has become cloudy. The capsule is the part of your eye that holds the IOL in place. Your ophthalmologist can use a laser to open the cloudy capsule and restore clear vision, a procedure called a capsulotomy.

Regular eye exams are important to maintaining your best vision, even after cataract

surgery. The American Academy of Ophthalmology recommends scheduling a visit to the ophthalmologist every year after cataract surgery if you're older than 65, or every two years if under 65.

### Can't Afford an Eye Exam? EyeCare America® Can Help.

For individuals age 65 or older who are concerned about their risk of eye disease and/or the cost of an eye exam, you may be eligible for a medical eye exam, often at no out-of-pocket cost, through the American Academy of Ophthalmology's EyeCare America® program. This public service program matches volunteer ophthalmologists with eligible patients in need of eye care across the United States. To see if you or a loved one qualifies, visit [www.aaoinfo.com/ECApatient](http://www.aaoinfo.com/ECApatient) to determine your eligibility.



## Orange County: The Talk of Southern California

Once mostly orange groves, Orange County, CA has grown into a major county in Southern California. From its glorious beaches to fine shopping and delicious dining, the OC is a pretty amazing place.



Here are some surprising facts about the area that might surprise you:

1. Orange County is home to the largest population of Vietnamese immigrants living in Little Saigon which includes the areas of Garden Grove, Westminster, and Fountain Valley.
2. Celebrities also live in the OC and/or are from Orange County such as professional golfer, Tiger Woods, comedian, and actor, Will Ferrell, and singer/songwriter, Gwen Stefani.
3. The OC once had the largest glass building in the world; The Christ Cathedral, formerly the Crystal Cathedral. It's located in Garden Grove.
4. The OC is home to the fourth largest mall in the United States called South Coast Plaza in Costa Mesa. It is a

luxury shopping center with almost every high-end brand you can think of.

5. Orange County was named after its abundant orange groves, but it's difficult to picture this thanks to all the residential and commercial development. Yes, as mentioned, at one time, Orange County used to have citrus groves for miles.
6. Several famous movies and TV shows were filmed in Orange County including "Arrested Development," "The OC Real Housewives of Orange County," "Laguna Beach," and of course, "The OC."

Source: <https://www.orange-countyinsiders.com/blog/fun-facts>





## Health Awareness

# Know the Signs of Stroke: Acting in Time Can Save a Life

You work hard to help keep yourself and your loved ones healthy. To help, the National Institute of Neurological Disorders and Stroke (NINDS) reminds everyone that stroke is a leading cause of death and disability in the United States. About 800,000 people in the country have a stroke each year. The good news is, when treated quickly, survival is possible and damage can be greatly reduced. That's why understanding your risk for stroke, knowing signs of stroke, and acting in time are critical and can make all the difference for you or someone you care for. If you have a greater chance of stroke, there are also steps you can take now to help prevent one.



- High Blood Pressure
- High Cholesterol
- Heart Disease
- Diabetes
- Sickle Cell Disease
- Use Of Anti-Clotting Medications
- Certain Cancers

#### Behaviors:

- Unhealthy Diet
- Physical Inactivity
- Obesity
- Excess Alcohol
- Tobacco Use
- Stimulant Drug Use
- Neck Injury

#### Individual Characteristics:

- Being over the age of 55
- More common in women than men
- Blacks, Hispanics, American Indians, and Alaska Natives are at higher risk

#### Signs of Stroke

The symptoms of stroke usually happen quickly and include one or more of the following:

- Sudden NUMBNESS or weakness of face, arm, or leg, especially on one side of the body
- Sudden CONFUSION, trouble speaking, or understanding speech
- Sudden TROUBLE SEEING in one or both eyes

- Sudden TROUBLE WALKING, dizziness, or loss of balance or coordination
- Sudden SEVERE HEADACHE with no known cause

#### Act in Time: Call 911 Right Away

Stroke is a medical emergency. If you believe you are having a stroke—or if you think someone you know is having a stroke—call 911 immediately. Do not wait for the symptoms to improve or worsen. Making the decision to call for medical help right away can save a life or mean avoiding a lifelong disability.

#### Ways to Help Prevent Stroke

You can help prevent stroke by making healthy choices and controlling any health problems you may have.

- Manage any health problems you may have, especially high blood pressure, but also diabetes, high cholesterol, and obesity to lower your risk for stroke.
- Eat a healthy diet with plenty of fresh fruits and vegetables.
- Exercise regularly—about 30 minutes a day, 5 days a week.
- Avoid drinking too much alcohol.
- If you smoke, take steps to quit. If you'd like some help with quitting, call 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJELO-YA (1-855-335-3569) for free resources and support.

For more information from the National Institute of Neurological Disorders and Stroke, visit [stroke.nih.gov](http://stroke.nih.gov).

#### What is Stroke?

There are two major types of stroke. One, called a hemorrhagic stroke, occurs when a brain blood vessel breaks and blood escapes into or around the brain. The other, called an ischemic stroke, or “brain attack,” occurs when blood flow to the brain is interrupted. When this happens, brain cells stop getting the oxygen and nutrients they need.

#### Risk Factors for Stroke

Anyone can have a stroke, but some people are at greater risk than others.

#### Conditions:

- Previous Stroke or Transient Ischemic Attack

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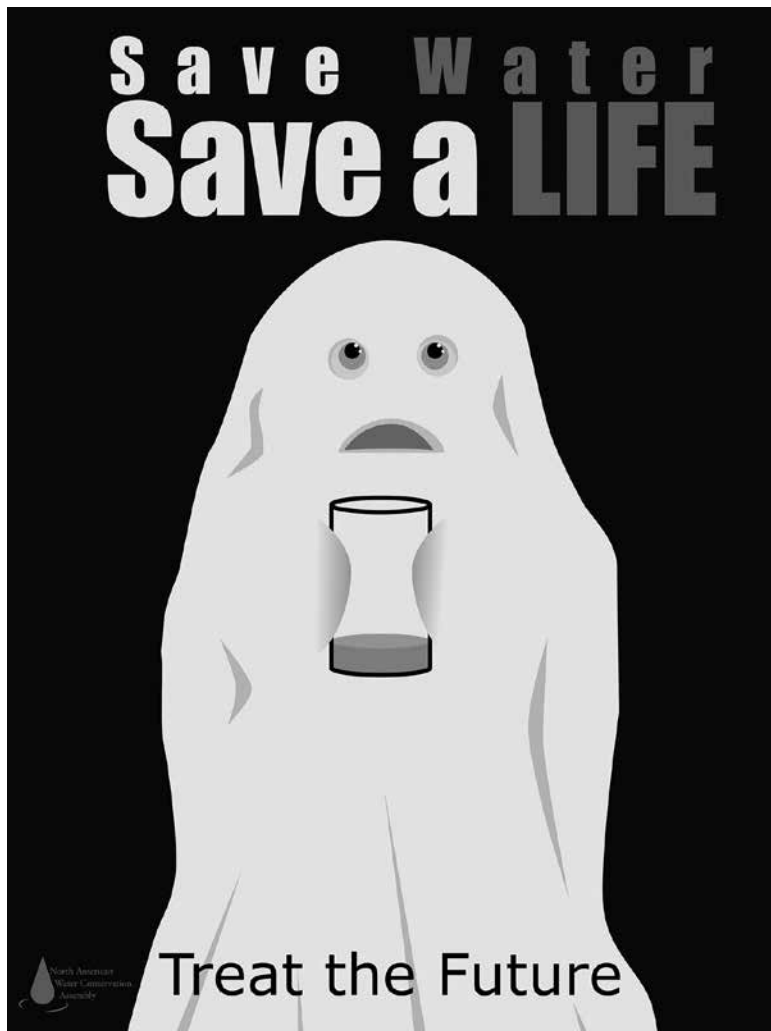
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## Book Review

A daring new novel called *SOLIMEOS* by Rhoda Lerman, a critically-acclaimed author who passed away in 2015, imagines what life might have been like for Nazi officers and their families in South American exile after the Holocaust.

Wicked Son Books co-publisher Adam Bellow, who *The New Yorker* called “the hottest editor in New York,” is universally credited with knowing a good book when he reads one. When he learned that the deceased “authors’ author” Rhoda Lerman (whose work has been favorably compared to that of his father, Saul Bellow) had left an unpublished manuscript, he made it his mission to assure her literary legacy with the publication of what he believed was an “exceptional” novel.

In the waning days of World War II, fourteen-year-old Axel, his family, and their servants are cold and hungry in Pappendorf Castle. Baron Dietrich von Pappendorf, Axel’s father, is away, having spent much of the war traveling the world in search of an ancient, pre-Babel language that his occult-obsessed, Nazi masters believed would solidify Aryans as the master race. But when the baron returns to the family castle, it’s not in triumph. Axel and his family must flee Germany and embrace a life of luxurious exile in the Brazilian jungle. The von Pappendorfs take up residence in a gilded home originally built for Hitler that was carved from the hallucinogenic wilds of Amazonia.

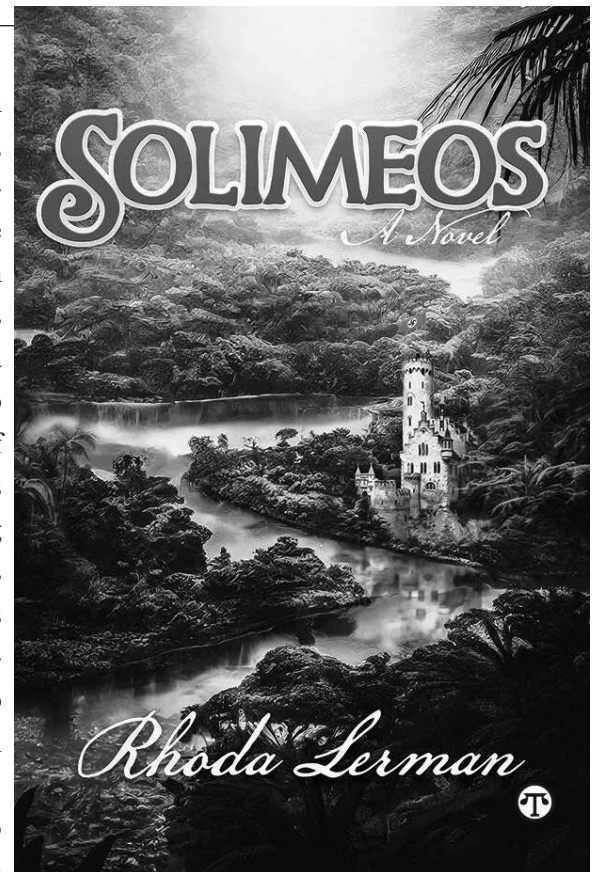
Protected from Nazi hunters, the baron prepares for the Fourth Reich while Axel is guided by a shaman into the wisdom of the jungle. It is there the young man discovers ancient truths linking an Israelite king to a river known as Solimeos. Axel is also passionately in love with his father’s mistress: beautiful, Polish-Jewish Luba. He becomes torn between his love for his father, his desire for Luba, and the growing realization that he and his family can never atone for the past.

Utterly original, highly entertaining, and sometimes shocking, Rhoda Lerman’s *SOLIMEOS*—a provocative parable about the sins of the father visited upon the son—is a powerful and elegantly written story of family, fanaticism, and fate.

Highly recommended for book clubs and reading groups who enjoy historical fiction, *SOLIMEOS*—available in paperback and as an eBook—begs to be discussed.

The *New York Times* famously wrote: “Rhoda Lerman is a find. Go out and find her.”

Published by Wicked Son Books, *SOLIMEOS* is avail-



*A fascinating new novel about Nazis hiding in post-war South America is a great summer read.*

able in paperback and eBook at Amazon, Barnes & Noble, Target, and all major bookstores.

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OF OC**

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

Telephone

**(714) 975-6345**

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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**

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## Travel & Discovery

# Save Time, Save Money And Go See The World

A recent trend in travel is taking many people far—and you can be among them.

### The Way to Travel Today

Here's what's going on:

- Subscription travel is increasingly popular.

- According to recent research, 55% of American travelers belong to a travel subscription club or are interested in joining one.

- Saving money is the primary reason for joining. For example, members of Travel + Leisure GO, part of the world's most influential travel brand, save on average 25% on bookings and up to 60% off at 600,000+ hotels and resorts, car rentals, tours, excursions and more—with no waiting on cash back or points.

### A World Of Perks For Savvy Travelers

Adventure seekers in that travel club get expert advice from the editorial team at Travel + Leisure magazine, preferred pricing and big savings on travel, members-only perks and access to a personal concierge to help take vacations to the next level. Each member's personal concierge can help travelers create the vacations they've only dreamed about, build itineraries, book airfare and rental cars, as well as make hard-to-get dinner reservations at 1,500 restaurants around



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*Continued on page 37*

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# The Gadget Geezer

By Les Goldberg

## Robots, AI Steal the Show

You've probably heard the expression, "a kid in a candy store," referring to people of all ages who are surrounded by so many things they would like to have but, for whatever reason, can't have.

Well, let me tell you, after the recent visit to the Consumer Electronics Show in Las Vegas, which is exactly how I and the more than 250,000 attendees felt while being exposed to the thousands of technology-based products at the world's largest gadget expo.

This year, most of the innovations took shape in the form of robots or devices embedded with artificial intelligence software. All of them garnered collective "Wows!" from the crowds. The usual tech fare, however, also stood front and center, like giant TVs and cool car accessories.

Proof of this could be found throughout the convention halls and casino resorts, especially in the CES Innovations section of the show. Here's a sample of what we found:

### Ballie Robot

**Samsung's Ballie** is a personal assistant on wheels. The size of a bowling ball, it acts as a roving smart speaker mounted on three wheels. It can rotate up or down, allowing Ballie to aim a



camera/projector mounted on the front to beam content on the floor, walls, and ceiling.

You can personalize the content with welcome messages, workout videos, and video calls, and it will transfer notifications from a Samsung smartwatch. Pricing has not yet been revealed but Ballie is expected to hit the market later this year.

### LG WashCombo



It took some years in the development cycle, but an all-in-one washer/dryer has finally become a home appliance reality.

The **LG Smart WashCombo**, which uses 60 percent less energy, attracted thousands of eyes at CES where the visitors were able to hear about what this new concept could do, like do a full load of laundry in less than two hours. The speed is due to LG's Inverter HeatPump

technology which includes built-in AI that can analyze not just what kinds of clothes you put in the washer, but how dirty they are.

In addition, the product is a ventless dryer. It runs at 120 volts, so you can plug it in anywhere since there is not an outside duct.

### Beamo



Some of you "Star Trek" fans might remember the "tricorder," a fictional, multifunctional hand-held device that can perform environmental scans, data recording, and data analysis.

Turn the clock forward to the present when the Withings Co. introduced its **Beamo** medical monitoring device which is the size of a stubby highlighter.

Expected to be sold this summer, Beamo is designed to detect blood oxygen desaturation, atrial fibrillation, heart murmurs, asthma, COPD, and other symptoms and share them with a healthcare professional.

This digital stethoscope also can stream its audio findings directly to your telehealth appointments.

### Artly Barista

Working with a smartphone App, the **Artly Robot Barista** is a mechanical arm that can whip up lattes, cappuccinos, espressos, and other frothy cups of java in about three minutes.

Here's how it works: You put in your request via the Artly App, then watch the robot go to work. The arm sits in the center of a coffee station, and moves around, from the grinder to the espresso maker to the milk frother.

While everything is blending, a projected image lets you know how long it will take until your brew is ready. No timetable was given for the product's price or availability.

### Seergrills



There are no limits to where AI can pop up. Case in point: outdoor BBQing.

According to its owners, the **Seergrills Perfecta** is the world's first AI-powered grill. It uses a powerful processor and suite of smart sensors to measure the food you're cooking and the environment.

It also has vertical burners and 360-degree cooking, so you don't need to flip anything. One

thing is certain, however, at \$3,500 you will be doing some serious grilling.

### What's Gnu?



Now that the summer months are on us, you are probably gearing up for some new travel gear. If you need new suitcases for the kiddos, the new **Gnu rideable luggage** could be the best buy. Why?

Because this motorized three-wheeler is steered by moving its horns forward and back, the front wheel lights up, while a Bluetooth speaker in the front can play music. Its speed maxes out at five miles per hour so parents don't have to chase after it.

The Gnu's seat pops open to reveal a small storage area.





# New Study Estimates YouTube's Impact on U.S. Economy and Culture

The next time you enjoy watching something on YouTube, you may care to consider there's a lot more to the service than fun and learning. It's an important part of our economy, too.

## Study Shows

For example, Oxford Economics—a global advisory firm—published a study assessing the impact of YouTube creators on the United States' economy, culture, and society. The report found that in 2022, YouTube's creator ecosystem contributed more than \$35 billion to the U.S. gross domestic product and supported over 390,000 full-time equivalent jobs.

In the U.S., the number of YouTube channels with 1 million subscribers increased by more than 15% year over year between 2021 and 2022. The number of YouTube channels making \$100K or more in revenue also went up by 5%.

## A Big Help For Small Business

The report also provides insight into how YouTube creators and users, parents and teachers feel about the platform's impact on American life.

Small businesses are also figuring out how to turn YouTube subscribers into opportunities. Oxford Economics' research found that 78% of small businesses that use YouTube agreed it's essential to their business growth.



Nisha Vora, YouTube creator and founder of Rainbow Plant Life. (Photo: Rainbow Plant Life)

"YouTube leveled the playing field between us and big box stores because it puts our business in front of customers who may not otherwise find us," said Steve Andrianos, who runs Hercules Candy with his family in Syracuse, NY.

Others are leveraging platforms such as YouTube to launch new, rewarding careers. Nisha Vora of San Diego, CA left her career as an attorney at a top law firm to pursue her passion for vegan cooking. Her YouTube channel—Rainbow Plant Life—has over 1 million subscribers.

"Online success doesn't just mean having a viral video or 15 minutes of fame anymore," said Vora. "People are waking up to the realization that you can build lasting careers and successful businesses by leveraging platforms like YouTube."

## Parents And Teachers Approve

The report also shows that parents and teachers find value in YouTube. According to the study, 85% of U.S. parents who use YouTube agree that it provides quality content for

their children's learning and entertainment. Additionally, 73% of teachers who use the system agree that it helps students learn.

## Learn More

For further facts and to see the full report, visit [www.yt.be/impact](http://www.yt.be/impact).

## Retire with Confidence

*Continued from page 19*

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Source: 2018 Resident Programs survey

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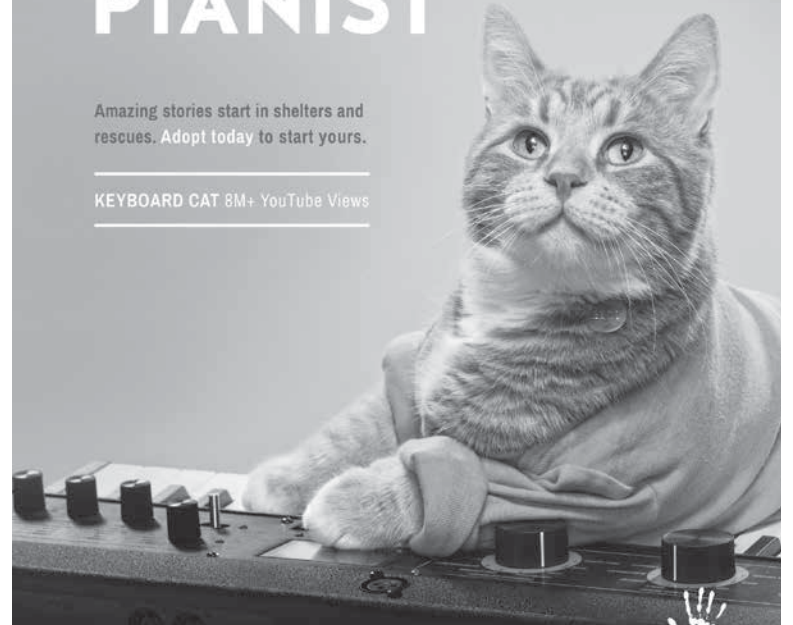
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### Crossword Puzzle Answers from page 15

1	S	T	E	P		5	A	D	A	G	E		10	L	E	D		
13	T	O	G	O		14	W	O	M	A	N		15	B	A	R	R	
16	U	R	G	E		17	A	M	E	N	D		18	O	B	O	E	
19	B	O	O	M	20	E	R	A	N	G		21	C	O	E	D	S	
					22	L	E	I		23	S	24	T	A	B	L	E	S
25	A	L	O	H	A		29	N	O	T	A	R	Y					
31	O	O	L	O	N	32		33	R	E	P		34	T	R	E	S	
38	N	O	L	O		39	L	O	I	R	E		41	R	A	M	P	
42	E	T	A	L		43	O	V	O		44	S	45	T	A	T	I	C
					46	I	N	V	E	N	T		49	O	P	E	R	A
50	T	A	N	G	I	E	R		53	H	A	T						
55	I	D	E	A	L		56	H	O	O	V	E	58	R	D	A	M	61
62	D	O	W	N		63	S	E	L	M	A		64	E	U	R	O	
65	A	R	T	S		66	A	R	E	A	S		67	D	A	I	S	
68	L	E	S			69	Y	E	A	S	T		70	O	L	D	S	



# Life After Mother

By Lyn Jensen

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

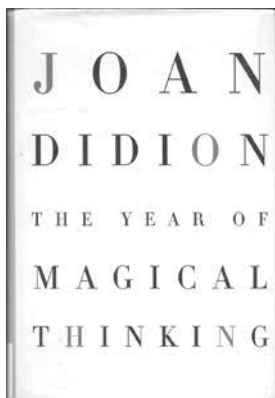
## Magical Thinking, a Sense of Disbelief

"Life changes fast. Life changes in an instant. You sit down to dinner and life as you know it ends." Joan Didion opens her memoir, *"The Year of Magical Thinking"* with these words.



She and her husband, fellow writer John Gregory Dunne, sat down to dinner, on Dec. 30, 2003, and he died of a heart attack. For a year she couldn't give away his clothes and shoes. Of course, she knew he was dead — but he might need them. He might "come back." She calls such behavior her "magic trick," her year of magical thinking. She compares it to a reaction to a death notice, if you don't let the messenger in, you don't hear the news — the news can somehow be more readily denied.

To explain such thinking she turned to medical literature, to studies showing that grief is not simply an emotion but has a physical component. From *"Bereavement: Reactions, Consequences, and Care"* by the National Academy of Science's Institute of Medicine, she learned that the most frequent immediate responses to death



were shock, numbness, and a sense of disbelief. In her case, the disbelief lingered.

Another study she consulted was the Institute of Medicine's 1984 compilation which found, "like many other stressors, grief frequently leads to changes in the endocrine, immune, automatic nervous, and cardiovascular system; all of these are fundamentally influenced by brain function and neurotransmitters."

She even consulted Emily Post's etiquette for funerals. Post advised the bereaved should sit in a sunny room, preferably one with a fire in the fireplace, and someone should stay at the house during the funeral, to tend the fire and serve (not offer, serve) cups of hot tea or hot soup to the mourners upon their return.

Didion commented, "As I read it, I remembered how cold I had been in New York Hospital the night John died. I had thought I was cold because it was December 30 . . . but I

was also cold because nothing in my body was working as it should."



My experience with my parents' deaths is not like what Didion experienced with her husband. I lost both of them emotionally decades before I lost them to death. I didn't consciously grieve for either one. Didion's book, though, helped me understand how grief may have affected my subconsciousness. I still sometimes physically balk at using common household items that used to belong to my parents. When I moved into my mother's house, for weeks I avoided the bathtub — the same tub I used thousands of times in my youth — until I forced myself to. Such behavior is a mystery unless grief explains it.



Only on Dec. 31, 2004, did Didion's grief become less immediate, less raw, "I realized today for the first time that my memory of this day a year ago

is a memory that does not involve John." All the past year her life had been built around, this time, last year, her and John. To live herself, she had to relinquish the dead and let him become the photograph on the table.



## Save Time

*Continued from page 31*

a trial membership, and sign up for the platform when you're ready to book an itinerary, says Fiona Downing, Chief Membership Officer Travel + Leisure GO.

Four more ways travelers can save money and have fun:

- 1. Travel during "shoulder season",** the less popular travel times such as early autumn at the beach and winter in Europe.
- 2. Find free things to do.** Look for concerts in the park and museums that are free on certain days of the week.
- 3. Eat like a local.** Visit local markets and food stands for a taste of the area's cuisine.
- 4. Keep souvenirs to a minimum.** Take lots of photos instead.



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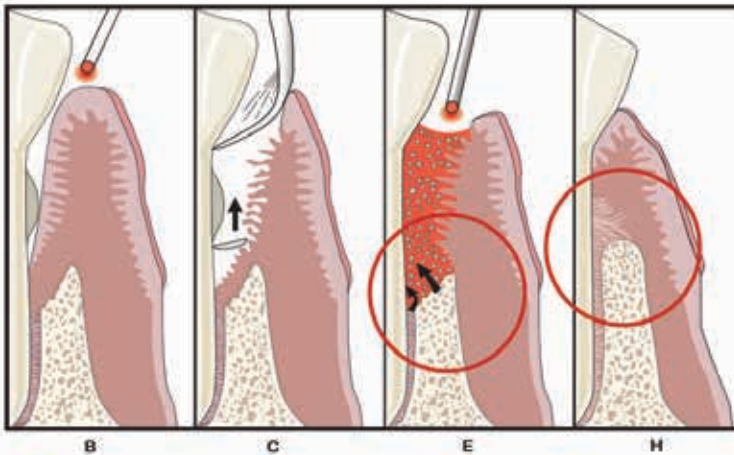




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1. Gregg RH II, Gregg DM. Laser-assisted periodontal regeneration with the LANAP protocol. *Dent Today* 2019 May;38(5):78, 80-83  
2. FDA Clearance K151763



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