

SENIOR REPORTER

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JANUARY 2022

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

Brenda Lee

*"The music business can be very cold.
And it doesn't honor its elders."*

—Brenda Lee



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Travel

By Jim McDevitt

rations completed and approved by different jurisdictions. The street will be named 'Detective Henry McDevitt Way' in Deer Park, Long Island.

At Burbank airport, we checked our luggage, got boarding passes, and passed through security without any problems. We now had a two-hour wait for takeoff. The new rules tell you to get to the airport two hours before your flight and we did.

Our time arrived to board our flight. We were very lucky as my wife booked us in row six and I had an aisle seat. This is great because I have a bladder that nags me until I rush to the bathroom. The plane was 100% full. Everyone was wearing a mask, and no one acted out on the flight attendants. All the instructions about safety were read over the intercom by someone who had to be in the 'Guinness Book of Records' for talking fast. I never

in my life heard someone talk that fast. It was like one of the commercials you hear on the radio where the law requires them to say this or that and the rest comes so fast it is gibberish.

The flight was uneventful except for some turbulence as we prepared to land at JFK airport. The flight attendants were very good and handled it well when they asked me to stop screaming, explaining that I was scaring the other passengers. We landed and were able to quickly grab our luggage. The good news was that, unlike another time, I grabbed the correct luggage, and we didn't have to go back to the airport when we unpacked at the hotel. My son had booked a car for us, and we took a train to two stops to pick up the car.

We attended the memorial service for my sister-in-law the next day. I was amazed to see all my nephews and nieces. There were also grandneph-

Continued on page 22

I am heading to Burbank airport. My daughter-in-law is driving my son and I to catch a Jet Blue plane nonstop to JFK. My wife is staying up in the mountains taking care of my ailing Toby, a lab mix, and our German shepherd named Koda as well as Isabella our cat. All are rescues. The reason I am going to New York is to attend a memorial service for my sister-in-law who died suddenly while COVID-19 was peaking on April 1, 2020. Additionally, we will be attending on the same day a street name dedication to my brother who died from his injuries on a burglary run in the Bronx in the 48th Precinct where he worked.

Although he died in 1977, my deceased sister-in-law wanted him to have this honor on the street where they lived, it took his family until Nov. 13 to have the dedication prepa-

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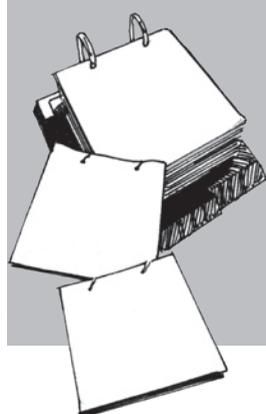
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JANUARY Calendar of Events



It's a new year and there are plenty of things to see and do around the area. Now that the holidays season has passed it's time to get active.

Check out the below listings and make sure if an event requires masks and if it is still going to proceed. Some COVID-19 restrictions are still in place at various venues.

Fiesta Association Hairiest Man Contest San Juan Capistrano Check back for 2022 information

One of the coolest contests the Fiesta Association hosts, and you must come to the sign-ups with a "Smooth Puss" (clean-shaven) and be ready to be photographed for the "Most Wanted" poster. You then have 8 weeks to grow a beard or mustache that will be judged at the Fiesta Grande in March. There is a \$5 entry fee that goes to support the Swallow's Day Parade. At, Swallows Inn, Ortega Hwy and Camino Capistrano, San Juan Capistrano. Call, 949-615-1920.

Annual Pet Days Costa Mesa 2022 date TBA

Pet Days is back for its ninth year featuring local rescues

for pet adoptions, non-profit vendors offering animal education, and small business owners offering pet supplies and services for purchase. See pets from 9 a.m. to 3 p.m. on Saturday and Sunday. Please, no personal pets are allowed at this event. For free admission into the Market Place, simply bring a donation and the \$2 fee will be waived. At, Orange County Market Place/OC Fair & Event Center Lot A, 88 Fair Drive, Costa Mesa.

Brewer Brothers Model Kit & Hobby Expo Huntington Beach January - check back for 2022 information

For Model Kit & Hobby enthusiasts, Old World Village will have some super vendors lined up this year such as Multiple Model Kit vendors including cars, ships, planes, helicopters, tanks, and 1/6 scale figure and armor vendors, and much more. Also gets involved in the traditional Model Make and Take for first-time builders to educate and instruct future Model Builders of America. Tickets are \$6 at the door and children under 12 are free and so is parking. At, Old World Huntington Beach, 7561 Center Ave., No. 49, Huntington Beach.



Main Place Mall's Lunar New Year Event Santa Ana

January - check back for 2022 information

Celebrate the Year of the Pig with fun for the whole family in Macy's Court and Center Court.

Fun for all, see a calligraphy artist, Wishing Tree, lion dances, giveaways, and more. Performances will be hosted by the Union of Vietnamese Student Associations of Southern California. At, Main Place Mall, 2800 N. Main St., Santa Ana.

SnowFest Lake Forest Saturday

January - check back for 2022 information

The annual winter event offers snow-laden slopes at Pittsford Park. Sleds and saucers will be available to slide down Mount Pittsford. There will also be a free snow play area for kids 10 and under open during the entire event. Check out additional attractions and games and bring your camera for guest appearances from a galaxy far away. Food and drinks are also available for a nominal fee. Pre-registration is mandatory. Sledding wristbands are sold out by the time of the event. Everyone who sleds down the

hill must have a pre-purchased wristband. At, Pittsford Park, 21701 Pittsford Dr., Lake Forest. Call, event hotline at 949-461-3459 for rain date information

Winter Fest OC Through January 2022 (TBA)

Enjoy the magic of winter at Winter Fest OC with Santa, snow, carnival games, food, and more. Stroll through holiday-themed lands in the Festival of Lights, build a snowman in the snow play area, and explore Alpine Village where guests will enjoy a snow tubing slide, inflatable maze, craft tent, and food trucks. There's a tree lighting ceremony every night at 5:30 with fresh falling snow and a parade, with fireworks to light up the sky. At, OC Fair & Event Center, 88 Fair Drive, Costa Mesa. Winter Fest offers complimentary admission with a valid ID on Community Hero Days for First Responders, Nurses, Active-Duty Military & Veterans, and Teachers.

Tết Festival Costa Mesa/OC Fair & Event Center

January date TBA

The Tết Festival is the celebration of the Vietnamese Lunar New Year, the most important holiday in Vietnamese culture.

According to the Festival page, "Tết celebrates the arrival of a new spring where families reunite, enjoy each other's company, forget about the troubles of the previous year and look forward to a better upcoming year."

The Tết Festival includes a Vietnamese Culture Village with exhibits, galleries, performers, vendors, and replicas of traditional Vietnamese villages. There are also several contests to enter, including the Pho eating contest, balut eating contest, children's pageant, dance contests, and more. At, 88 Fair Drive, Costa Mesa. Cost: \$6 per person, ages 2 and under free.

Huntington Beach Surf City Nights Farmers Market Downtown Huntington Beach

Tuesdays from 5 p.m. to 9 p.m. The weekly Surf City Nights Farmers Market and Street Fair is a popular local event. Main Street is closed to traffic and filled with pedestrians shopping for goods and produce from local vendors. There are also food booths, live entertainment, and more. At, Main Street and Pacific Coast Highway, Huntington Beach.

Continued on page 21

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FLASH BACK

‘And the Winning Bid Is ...’

By Randal C. Hill

On Jan. 13, 2013, Lot 5037 rolled smoothly onto center stage at the prestigious Barrett-Jackson car auction in Scottsdale, Ariz. The sleek, low-slung vehicle, owned by California auto customizer George Barris, glistened like a black diamond under the lights. Moments later, furious bidding erupted among the well-heeled. After 13 minutes, it was all over, the buyer elated, the audience was stunned. TV’s original Batmobile had found a new home.

During the 1950s, American car companies held annual auto shows, where attendees were often enthralled by what the factory folks called ‘concept cars.’ Such boldly designed vehicles were constructed to showcase new styling and technology but were never offered for sale.

A decade before the Batmobile appeared on TV’s ‘Batman’ show, the Lincoln-Mercury division of Ford Motor Co. had proudly displayed its Lincoln Futura concept car at the 1955 Chicago Auto Show. Bill Schmidt, the company’s chief stylist, had been inspired to produce the design for the Futura one day after he had scrutinized a shark while scuba-diving.

Schmidt later designed what would amount to a ‘laboratory

on wheels,’ an experimental machine loaded with advanced — *really* advanced — engineering and design features. Measuring nearly 19 feet in length, the Futura was 7 feet wide but stood less than 4½ feet high. It sported rakish tail fins, Plexiglas bubble canopies, a push-button gearshift, and space for a telephone behind the center console.

Most concept cars, expensive as they were to design and build, were eventually scrapped. In this case, though, the Futura was later bought by George Barris. Never titled and therefore uninsurable, the auto sat idle for years, slowly deteriorating behind Barris’s Kustom City shop in North Hollywood.

In August 1965, two producers from the forthcoming TV show ‘Batman’ approached another California car customizer, Dean Jeffries, about building a Batmobile for the program. Jeffries soon began working on the body of a 1959 Cadillac before realizing that he wouldn’t have time to finish the project before the three-week deadline. He was paid off, and the producers turned to Barris.

‘They said, ‘You’ve got 15 days and \$15,000,’ Barris recalled later. “But the challenge was worth it. I said, ‘Let’s go

for it!’ What I had to create was a fantasy.’ He rounded up five people to revamp the Futura. Barris himself painted it a glossy black and added bright red-and-orange trim to help make it ‘pop’ on color television.

Miraculously, the project was completed on time, and the Batmobile debuted on national TV on Jan. 12, 1966. That’s when the Caped Crusader and Robin first roared out of the Batcave in a gadget-loaded vehicle meant to instill fear in the hearts of Gotham’s lawbreaking louts.

In Scottsdale, the new Batmobile owner set an auction record by paying \$4.2 million (plus another \$420,000 for the 10% buyer’s premium) to acquire the iconic collectible. That was quite a markup for Barris as, decades earlier, Ford had sold him their \$250,000 Futura for the princely sum of \$1.

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“*The Ultimate 1966 Batmobile Resource.*” 1966batmobile.com/history Video:

The Batmobile Documentary. YouTube/Warner Brothers Entertainment, 2020. **Barris’s quote comes from here.**

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Healthy Hints

Ring In the New Year With an 'Anti' Resolution List

As the world celebrates the new year, many will make an annual list of resolutions and goals, which often include improving overall health and fitness.

As we continue to weather the COVID-19 pandemic, improving overall health is front and center, more so than usual. However, according to the U.S. New Year's Resolutions 2020 study conducted by YouGov, over half of those who set New Year's resolutions can't follow through.

Luckily, exercise physiologist and Bowflex fitness advisor Tom Holland has a new approach to setting and reaching your health and fitness goals this year.

Focus on Anti-Resolutions

Holland recommends turning the typical New Year's resolutions list on its head by creating "anti-resolutions" to focus on what you're not going to do. For example, instead of saying "I'm going to work out every day" or "eat only healthy foods," resolve to not make excuses. This can take the focus off the broader goal and onto in-the-moment actions. The next time you plan to go the gym or cook a healthy meal, and you start to come up with reasons today's not the day, you can remember your resolution to not make excuses. If you set unrealistic resolutions to transform your entire lifestyle all at



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once, it's more difficult to take the necessary steps to get there.

Most people have made excuses for not making a workout or sticking to a routine. This anti-resolution approach changes the focus from overly ambitious goals to a more subtle mindset shift.

To help you continue or take those first steps on your fitness journey, Holland also recommends connected fitness services and apps, such as the JRNY digital fitness platform (<https://www.bowflex.com/jrny.html>). With the JRNY app, you can easily fit exercise into your schedule with a wide range of personalized, trainer-led workouts. JRNY is integrated with Bowflex cardio equipment, including stationary bikes and treadmills, and features off-product workouts such as HIIT, strength, yoga, stretch and Pilates, which can be accessed from a mobile de-

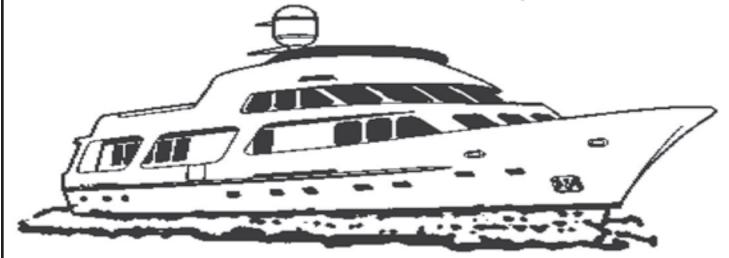
vice or tablet via the JRNY app. So many options means no more excuses. No matter your fitness level, goals or lifestyle, JRNY has exercise programs to help you stay motivated and active so you can make exercise a habit in your life.

Determine What Works Best for You

Often people struggle to get started working out because they think they need to go to the gym all the time or sacrifice privacy, comfort and entertainment to see results. Holland notes that it's important to not let trends, other people's opinions or even your own preconceived notions get in the way. It's easier than ever before to find a workout routine that aligns with your lifestyle. If going to the gym isn't your speed, you could pick up a versatile fitness product such as a set of Bowflex SelectTech 552 dumbbells (<https://www.bowflex.com/selecttech/552/100131.html>) or download the JRNY mobile app (<https://www.bowflex.com/jrny/subscribe/check-out>) for access to hundreds of video workouts that can be done from the comfort of your own home—no expensive gym membership or commute required.

If you find your motivation is dwindling, the Bowflex Max Total 16 (<https://www.bowflex.com>)

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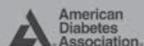
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'American Pie:' Don McLean

By Randal C. Hill

In the early-morning hours of Feb. 3, 1959, a small private plane slammed into a cornfield in north-central Iowa. The accident took the life of pop-music superstar Charles Hardin "Buddy" Holly, age 22. Fellow touring stars Ritchie Valens, the Big Bopper, and the pilot, Roger Peterson, died also in the still-unexplained catastrophe.

While millions of teenage Rock fans were undoubtedly devastated by the news, few probably felt more pain than 13-year-old Don McLean, who learned of Holly's demise from headlines in the newspapers he delivered.

"Buddy Holly was the first and last person I ever really idolized as a kid," McLean has said. The loss that he felt would inspire his multi-million-selling touchstone that, to him, lamented "the day the music died." (Of course, it didn't die. What died was the innocence of the times; the music, as always, continued to evolve.)

McLean, born in New York in 1945, dropped out of Villanova University to follow his muse as a folk singer/songwriter. Mentored by pal Pete Seeger, McLean drifted around the East Coast club circuit for years but never became a headliner.

He spent two years creating 'Tapestry,' a 1969 album of

original tunes. A small label — Mediarts — released it to good reviews but few sales. Mediarts was eventually absorbed by United Artists Records, a major company that had the clout to aggressively promote McLean's second LP, the 1971 multi-platinum-selling 'American Pie.'

'American Pie' wasn't just another nostalgia-fueled 45; in reality, it was an 800-word epic poem in musical form. McLean would later explain, "I wanted to write a song that summed up everything I felt about America and music."

As with many complex poems, deeper meanings lay beneath the surface of 'American Pie.' It's dense, often confusing lyrics grow increasingly more somber as McLean's tune unfolds amid religious references and enigmatic characters that begged several questions: Was Bob Dylan the jester? Did the crown once belong to Elvis Presley? Was the marching band the Beatles? Was Mick Jagger the Devil incarnate?

McLean has always divulged little about 'American Pie,' but it's easy to see that he bemoans the loss of the carefree times of his, the first Rock 'n' Roll generation. While his sing-along single may appear to be rollicking, even carefree, there's little to cheer about here. To Don, America was moving inexorably toward adverse

times, due in part to inner-city riots, Vietnam war protests, and political assassinations. "In 'American Pie,' things are headed in the wrong direction ... becoming less idyllic ...," he once confessed. "It is a morality song, in a sense."

On April 7, 2015, in Christie's auction room in New York, McLean's 16-page working manuscript for 'American Pie' sold for an astounding \$1.2 million. It became the third-highest price ever paid for an American literary item.

The normally closed-mouthed McLean has often used a wry retort when people press him too hard about his song's meaning: "It means," he would answer, "I don't ever have to work again if I don't want to."

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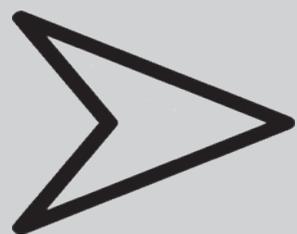
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In The Spotlight

Charles Redner Hosts New TV Show: ‘Writers & Readers’

On Jan. 3, a new show, “*Writers & Readers*,” aired on Village Television in Laguna Woods Village for everyone who loves books.

The monthly show features nationally known best-selling authors and local authors interviewed by Charles Redner, 82, longtime former co-host of the popular “*Write Now Show*” and 14-year-resident of the Village.

Each show will be broadcast at 10:30 a.m. every Monday on Channel 406.

The first author, Hong My Basrai authored her true story of daring and danger. Imagine you are a 13-year-old sitting on the roof of the U.S. Embassy in Saigon, during the final day, April 30, 1975, of the Vietnam War and watch the last helicopter depart with no additional “dragonfly” returning to lift you to safety.

That little girl, now an adult living in SoCal joined Redner to discuss her memoir, “Behind the Red Curtain,” he said. “I am so excited about the new show and thrilled to talk with Basrai about her escape from communist Vietnam,” Redner said.

In addition to author interviews, reader guests will be



Charles Redner (right) with actor Jeff Goldblum taken during a recent Disney shoot in Laguna Woods for a segment with the world-famous Aquadettes for “The World According to Jeff Goldblum.” Photo courtesy Charles Redner

welcomed to talk about books including the guests’ favorites. Not to be left out, Redner mentioned a few books off his shelves that he’d like to cover: “*Western Star*,” Stephen Vincent Benet; “*Alexandria, Birthplace of the Modern World*,” Justin Pollard and Howard Reid; “*Kite Runner*,” Khaled Hosseini; “*Bliss*,” O.Z. Livaneli. Future shows will also feature Village authors discussing their works like Nancy Klann-Moren’s “*The Clock of Life*” and “*Wide Open*” by Larry Bjornson.

In subsequent shows, reader guests will review and discuss “*New York Times*” bestsellers, National Book Award recipients, Pulitzer Prize winners, as well as classics, poetry, and works by both established and upcoming regional and local authors.

Here’s more about the talented Redner.

Q: Where were you born and raised?

A: Born in Philadelphia, raised in southern N.J. until freshman year in high school when we moved back to Philly. Graduated from Rutgers with a degree in psychology. Spent seven years in the NJ Army National Guard, retired as a first lieutenant.

Q: Dreams in terms of career?

A: Began working at an ad agency after school, career found me. The owner sent me to Bessie V. Hicks School of Dramatic Arts, broadcast division, learned to be a D.J., announcer, and newscaster. Stayed in the agency business entire career. Worked as an account supervisor in a Subaru region for the last 15 years of my career. At age 50 started my own print media buying company and provided print ads to 300 newspapers across the country for every auto manufacturer who sold cars in the U.S.

Q: What did your folks do?

A: My father was a union truck driver, and my mother was a housewife.

Q: Any siblings?

A: A sister 10 years my junior. When I moved to Tucson in 2000, we became very close. She died of lung cancer seven years ago, heavy, heavy smoker, as were my mom and dad who also died of lung cancer.

Q: What was your profession? Are you retired?

A: Retired but busier than when I held down a 40-hour week. Love keeping busy with writing and ancillary activities ... The Spoken Word Club, Old Pros Club, Video Club.

Q: When did you discover you had writing talent?

A: Still waiting to be discovered, I don’t know that I do have talent. Began writing radio commercials for Emmerison Quiet Cool Air Conditioners at age 19, Subaru television commercial at 40, then poetry, novels, and fiction at 60.

Q: What makes writing fun for you?

A: Hard to explain, writing in the ad world had unbelievable time issues, actually received a call from the Subaru marketing manager about 9 a.m. who said meet me at the recording studio at 1 p.m., he had just had a brochure delivered to me written in Japanese for a new model and he expected me to write the commercial by then. Now I write when the mood strikes

and finish when I finish. When writing fiction, I like to work late into the night (early mornings) and sleep later which one can do when fully retired.

Q: What makes The Spoken Word such a great club for you to still be the president of throughout the pandemic?

A: For some, the club was their only outside activity, it was needed even more so for those people during the pandemic. I’ve been president for 10 years and I get more reward for bringing the spoken word to them, be it poetry, essay, or short stories than any reading that I do of my work.

Q: How many books have you written? All self-published?

A: I have written four books. I have an independent publisher who has published my first two books and three of seven Hummingbird reviews. I am looking for a publisher for my latest book, ‘*Raised on the Run*.’ I will self-publish my second poetry book.

Q: Where did you get the subject for the current one? The holocaust survivor?

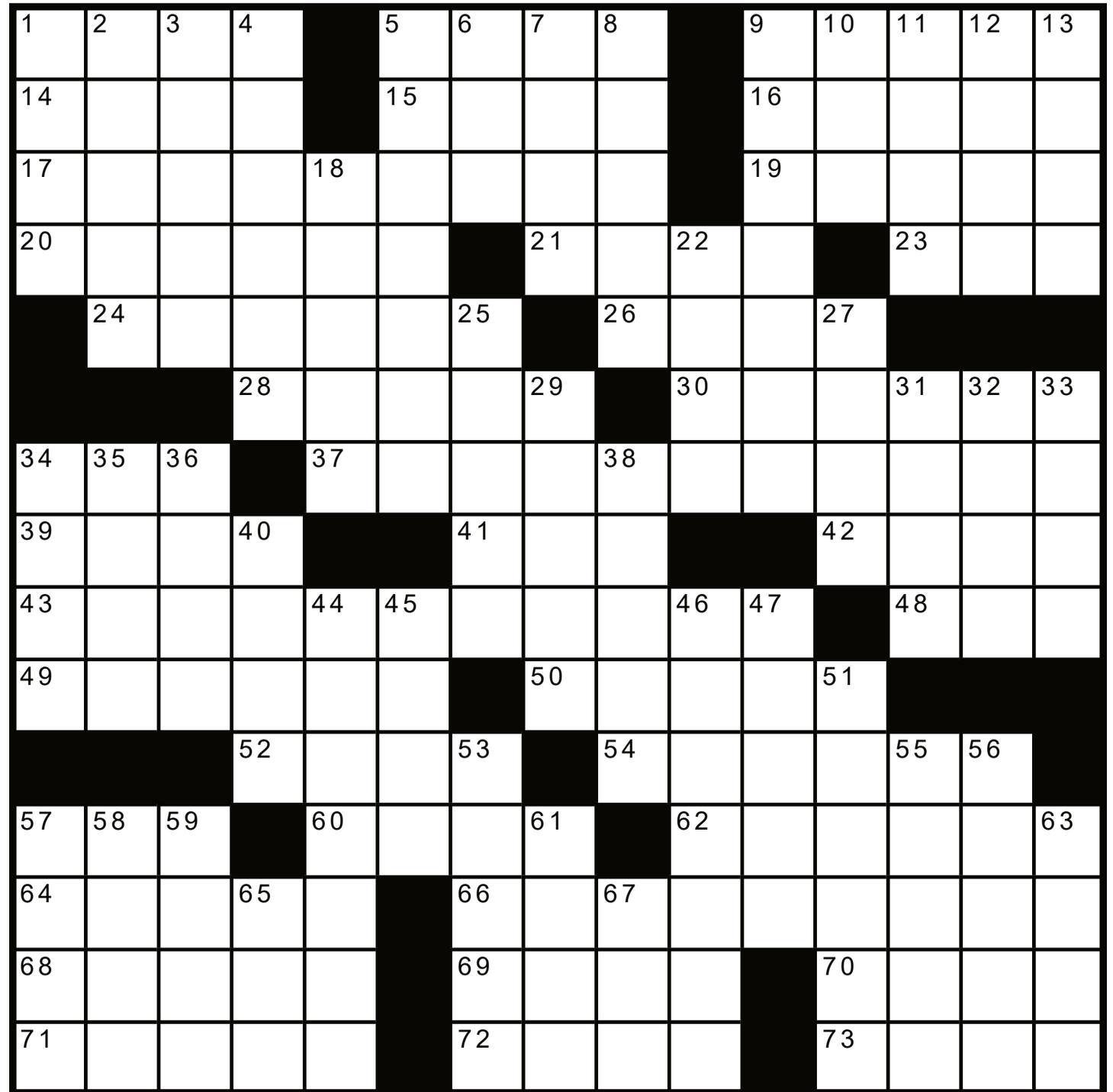
A: He was my neighbor, Fred Emmerich, here in Laguna Woods as we were driving around the golf course one day he asked me if I knew why they called him ‘Jungle Boy.’ I said no and, so he told me. I had to write it.

Continued on page 24

January Crossword Puzzle

Across

1. Jr.'s exam
 5. Former Virginia senator Charles
 9. Swan-like aquatic birds
 14. Patron saint of sailors
 15. Fall birthstone
 16. Actor's parts
 17. Republic in N Central America
 19. Personal quality of material belonging
 20. Nero's tutor
 21. Apple computer
 23. Chances ____
 24. Crooner Vic
 26. Kazan
 28. Slant
 30. Monetary unit of Panama
 34. Unconscious
 37. Eternal
 39. Zwei cubed
 41. Extra-wide shoe size
 42. "Song of the South" song syllables
 43. Glowing
 48. Attention
 49. Get down
 50. Forest makeup
 52. Florida's Miami-____ County
 54. Aquanaut's base
 57. ____ in Charlie
 60. Queue after Q
 62. Stage plays
 64. Sharp
 66. Interpret
 68. Oktoberfest vessel
 69. Exchange premium
 70. Siouan speaker
 71. Exhausted
 72. Spanish muralist
 73. Intellectual faculty



Down

1. Clothes-pins

2. Swung around
 3. Radarange maker
 4. Clan emblems
 5. Imperial dynasty of Russia
 6. ____-Locka, FL
 7. Indonesian island
 8. Hold responsible
 9. Thank you, in Mexico
 10. Goddess of dawn in Greek mythology
 11. Movie lioness

12. Fortuneteller
 13. Ferrara family
 18. French school
 22. Goya's "The Duchess of ____"
 25. Tools for duels
 27. Utah ski resort
 29. Standing up
 31. Linger
 32. Most draftable
 33. Antiquing agent

34. Clods
 35. Arthur Ashe's alma mater
 36. Dull sound
 38. Dirty looks
 40. Mary ____ Lincoln
 44. Hindmost part
 45. Finishes
 46. Is unobliged to
 47. Eye drops
 51. Zigzag
 53. Kett and James

55. Fine fiddle
 56. Twirler's stick
 57. Play group
 58. Play start
 59. Plaintiff
 61. Driving force
 63. Bird feed
 65. Father's Day gift
 67. Show

Answers on Page 25

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Making Life More Fun

2022 Set to Be a Big Year for Kate and William

In the midst of a pandemic, family drama and the passing of Prince Phillip, the Duke and Duchess of Cambridge were shining examples of grace and optimism over the last couple of years. Picking up the pace of their Royal engagements, the couple has provided a glimpse into what the Monarchy might look like in the future.



The Duke and Duchess of Cambridge have a busy year ahead—and you can get a glimpse of what all the excitement is about.

In 2022, expect to see a lot more of this powerful pair as they embark on a heavy schedule of events around the Queen's Platinum Jubilee. Celebrating the Queen's 70 years of service, the Platinum Jubilee will consist of festivities throughout the year,

with the bulk taking place in June when the Queen's birthday is traditionally celebrated. William and Kate will play a central role at these events, which will include a live concert from Buckingham Palace that will bring together some of the world's biggest entertainment stars to celebrate the

most significant moments of the Queen's seven-decade reign.

Perhaps most significant for Americans is the royal couple's upcoming trip to the U.S., their first in seven years. The Cambridges have announced that their environmental initiative called the Earthshot Prize will hold its second annual ceremony in the U.S. in 2022. The Royal Foundation of the Duke and Duchess of Cambridge launched the Earthshot Prize in October 2020 and it is the most prestigious global environment prize in history.

On a personal note, William and Kate will each celebrate their 40th birthdays in 2022—Kate's on January 9 and William's on June 21. The couple have three children: George, Charlotte and Louis.

If you want to learn more about the Duke and the Duchess, you can check out the many documentaries on True Royalty TV to find out what Kate and William were like as kids, how they met and their very public courtship, their glamorous wedding, what they are like as parents and what kind of Royals they are turning out to be.

You can give the Royal history

buff in your life the gift of hundreds of documentaries about the British Royal Family and monarchies around the world this holiday season through a True Royalty TV special holiday offer. Go to www.trueroyalty.tv for details.



'Rockin' Around ...' Brenda Lee

By Les Goldberg

Now that the holiday season is in the rearview mirror, there is always one song that stays in my head for weeks down the road. There is something about Brenda Lee's iconic tune – *'Rockin' Around the Christmas Tree'* – that brings back memories of my long-ago youth.

For those of us born in the early to mid-1940s, our versions of the 'happy days' (the fabulous 50s) consisted of listening to radios, many of the transistor and battery variety, and marveling at the very beginning of the Rock 'n Roll era.

And for Brenda Mae Tarpley, a.k.a. Brenda Lee, who celebrated her 78th birthday last month in her hometown of Nashville, timing really is everything.



the counter where she sang for candy or coins. You could say that Lee became a professional singer when she was barely out of diapers.

Lee's voice, face and stage presence won her wider attention from the music industry. At age six, she won a local singing contest sponsored by local elementary schools. The reward was a live appearance on an Atlanta radio show, *'Starmakers Revue.'* (*"Singer Brenda Lee turns 77 today | Pop Expresso."*)

Her father died in 1953, and by the time she turned 10 she was the primary breadwinner of her family, through singing at events and on local radio and television shows.

During this time, her mother remarried a man who moved the family to Cincinnati, where he worked at a record store. He arranged for his daughter to sing on Saturday programs that were broadcast over a Kentucky radio station.

The family soon returned to Georgia where Lee's fame blossomed.

A Young Star is Born

Lee's breakthrough came in February 1955, when she turned down \$30 to appear on her local radio station to see Red Foley and a touring promotional unit of his ABC-TV program *'Ozark Jubilee in Augusta.'* (*"Brenda Lee - Wikipedia."*)

"I still get cold chills thinking about the first time I heard that voice," Foley said. "One foot started patting rhythm as though she was stomping out a prairie fire but not another muscle in that little body even as much as twitched. ("One Step at A Time by Brenda Lee - 1957 Hit Song...") And when she did that trick of breaking her voice, it jarred me out of my trance enough to realize I'd forgotten to get off the stage.



"There I stood, after 26 years of supposedly learning how to conduct myself in front of an audience, with my mouth open two miles wide and a glassy stare in my eyes." (*"One Step at A Time by Brenda Lee - 1957 Hit Song ..."*)

On March 31, 1955, the 10-year-old made her network debut on *'Ozark Jubilee'* in Springfield, Mo. Less than two

months later Decca Records offered her a contract, and her first record was *'Jambalaya,'* backed with *'Bigelow 6-200.'* Lee's second single featured two novelty Christmas tunes: *'I'm Gonna Lasso Santa Claus,'* and *'Christy Christmas.'* (*"Brenda Lee | 2022 Nominees | East Coast Music Hall of Fame ..."*)

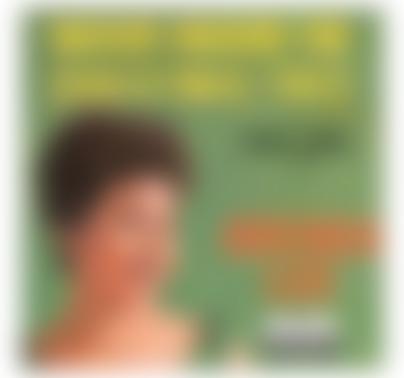


Neither of the 1956 releases charted, but her first issue in 1957, *'One Step at a Time,'* became a hit in the Pop and Country fields. (*"Brenda Lee | 2022 Nominees | East Coast Music Hall of Fame ..."*) Her next hit, *'Dynamite,'* coming out of a 4-foot 9-inch frame, led to her lifelong nickname, *'Little Miss Dynamite.'*

From the late 1950s through the mid-1960s, her streak of rockabilly and Rock 'n Roll-styled songs (*'Jambalaya,'* *'Sweet Nothin's,'* *'I Want to Be Wanted,'* *'All Alone Am I'* and *'Fool No. 1'*) set a record for a female solo artist that was not equaled until 1986 by Madonna.

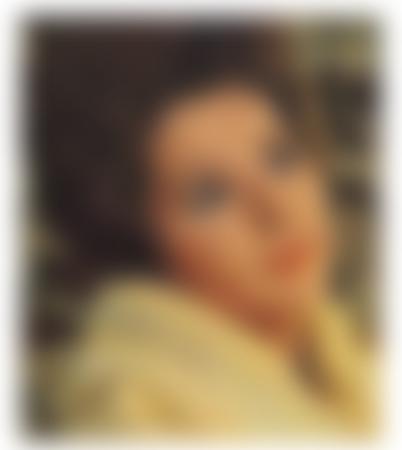
The Big One

"The biggest-selling track of



Lee's career was a Christmas song." (*"Brenda Lee Biography, Discography, Chart History @ Top40 ..."*) In 1958, when she was 13, Lee was asked to record a new song by Johnny Marks, whose successful writings include Christmas tunes for Country singers, most notably *'Rudolph the Red-Nosed Reindeer'* (Gene Autry) and *'A Holly Jolly Christmas'* (Burl Ives).

Lee recorded the song, *'Rockin' Around the Christmas Tree.'* Although it initially sold only 5,000 copies, it eventually sold more than 5 million copies and the number keeps climbing by each seasonal day.



In 1960, she recorded her signature song, *'I'm Sorry,'* which hit No. 1 on the Billboard Pop chart. It was her first gold sin-

Continued on page 18

The Invention of the Year

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Once in a lifetime, a product comes along that truly moves people. Introducing the future of battery-powered personal transportation . . . The Zinger.

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

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

—Kent C., California

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum. It weighs only 47.2 lbs but can handle a passenger that's up to 275 lbs! It features one-touch folding and unfolding – when folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward,



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The Zinger folds to a mere 10 inches.

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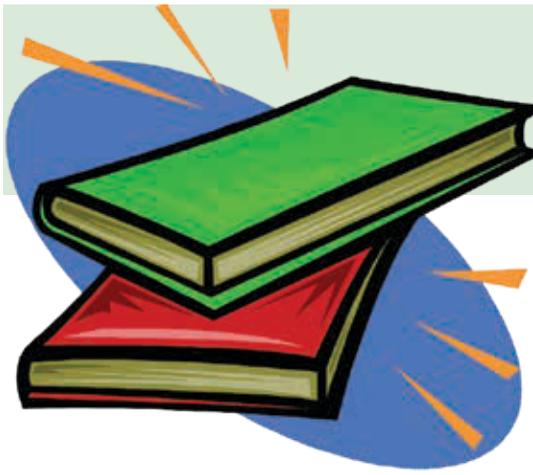
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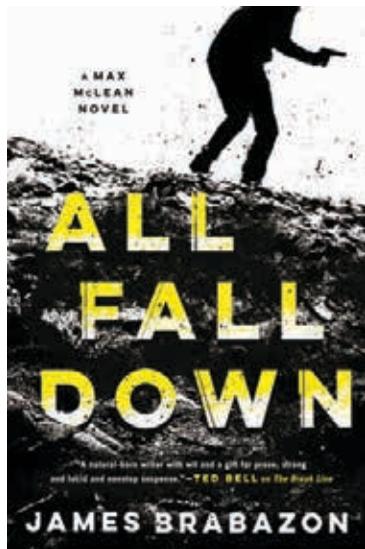
January Book Club

Happy New Year!

With the chaos of the holiday season finally behind you, it's now time to take a few minutes to relax and catch up.

Here are some good books to read and rest with your feet up. You deserve it, right?

All Fall Down By James Brabazon



“A failed mission sends a British intelligence operative running for his life in this electrifying new thriller from the author of *“The Break Line.”*”

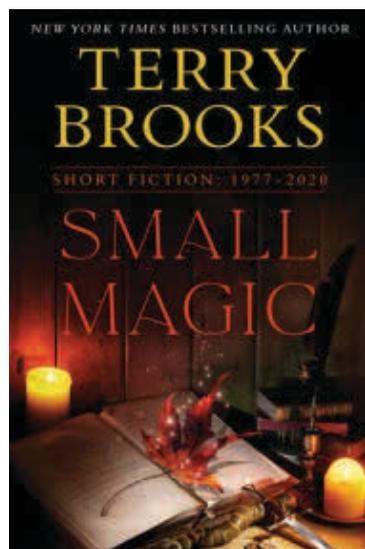
“Soldier, assassin, and special agent — Max McLean works for a highly secretive unit called The Unknown: a black ops team which delivers off-the-books justice on behalf of the British Government.

“When a straightforward operation to kill a terrorist commander goes badly wrong, Max finds himself framed for murder. Cut off from his base and cut loose by his government handlers, he’s forced to go even deeper underground, propelled across Europe on a personal, high-stakes investigation to clear his name.

“Racing against time to find out who his enemy is before his enemy finds him, Max has to unravel the only clue he has to their identity: an unusual hundred-dollar bill clutched in the dead terrorist’s fist,” according to Publisher Berkley.

Small Magic Short Fiction, 1977-2020

By Terry Brooks



“Escape to worlds full of adventure and magic in the first-ever Terry Brooks short-story collection, featuring new and fan-favorite sto-

ries from all three of his major literary worlds: *“Shannara,”* *“Magic Kingdom,”* and *“The Word and the Void.”*”

“Here are heroes fighting new battles and struggling to conquer the ghosts of the past. Here are quests small and far-reaching, heroism intimate and vast. Here we learn of Gareth Jax’s childhood, see how Allanon first located Shea Ohmsford, and follow an old wing-rider at the end of his life. Here we see Knights of the Word fighting demons within and without, and witness Ben Holiday and his daughter each trying to overcome the unique challenges that Landover offers.

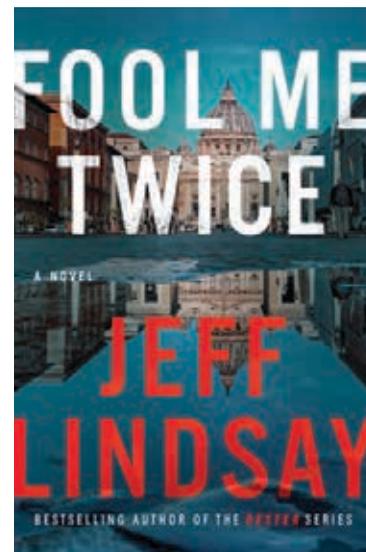
“This collection of 11 tales is a must-have addition to the Terry Brooks canon — a delightful way to spend time with favorite characters, and a wonderful reminder of what makes a Brooks story such a timeless classic,” according to Publisher Del Rey.

Fool Me Twice A Novel

By Jeff Lindsay

“Pulling off an impossible crime is the only way he can stay alive.

“Stealing a Fabergé egg. Surviving a double-cross. And pulling off the most incredible robbery ever, for the world’s most demanding — and dangerous — collector.



“This will be the challenge of thief extraordinaire Riley Wolfe’s life.

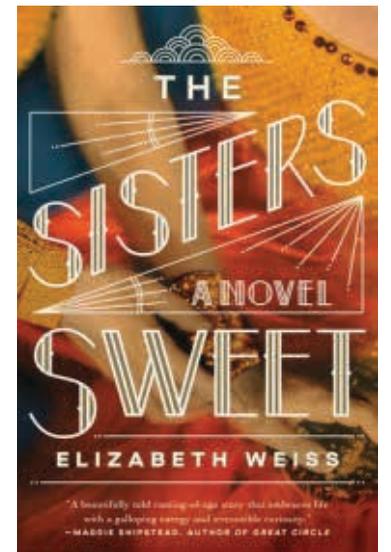
“Held prisoner by a top-dog international arms dealer, and a top-notch art collector, Riley has to steal artwork. Small problem — it’s a fresco, *‘The Liberation of St. Peter.’* Slightly larger problem — it’s in the Vatican.

“And, it’s a literal wall.

“Riley has no choice: agree or die. But when his captor turns him loose, he finds even more dangerous criminals waiting to ensnare him, threatening his life and the life of the woman he loves. The threat is clear. Riley knows they both have only one way out.

“With wicked dialogue, tons of explosive twists, and cinema-worthy scenes, Jeff Lindsay’s *‘Fool Me Twice’* is a wildly entertaining caper starring an antihero you’ll root for, Riley Wolfe,” according to Publisher Dutton.

The Sisters Sweet A Novel By Elizabeth Weiss



“All Harriet Szász has ever known is life on stage with her sister, Josie. As *‘The Sisters Sweet,’* they pose as conjoined twins in a vaudeville act conceived of by their ambitious parents, who were once themselves theatrical stars. But after Josie exposes the family’s fraud and runs away to Hollywood, Harriet must learn to live out of the spotlight — and her sister’s shadow. As Josie’s star rises in California, the Szászes fall on hard times. Striving to keep her struggling family afloat, Harriet molds herself into the perfect daughter. She also tentatively forms her first relationships outside her family and begins to imagine a life for herself beyond the role of dutiful daughter that she has played for so long. Finally, Harriet must decide whether to honor her mother, her father, or the self she’s only beginning to get to know.

Continued on page 22



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Health News and Notes

How Blood Donations Help Save Lives

A lifeline.

That's how Lydia Langford views the monthly blood transfusions she gets.

"If I don't get that blood, then I'm going to die," Langford said. "And it truly, truly, is life or death."

The Problem

Since birth, Langford has been living with sickle cell, an inherited disease that causes extreme pain when red blood cells become hard, crescent-shaped and have difficulty carrying oxygen to the rest of the body.

Langford experienced her first pain crisis as a freshman in col-



People with sickle cell disease can be greatly helped by blood donations.

lege, calling it "the worst pain imaginable." Since then, she has received more than 600 blood transfusions—a gift from blood donors whom she credits for helping to keep her alive.

"That moment, when that nurse comes in and she's like, 'We got your blood!'—it's like you can finally breathe," she added.

In the U.S., Langford is one of

100,000 people living with sickle cell disease, most of whom are of African descent.

Each blood donation must be matched very closely—beyond the A, B, O and AB blood types—to reduce the risk of complications. In the case of sickle cell disease—which disproportionately impacts the Black community, it can require patients to receive thousands of blood transfusions in their lifetimes. Receiving blood from a donor with the same race or similar ethnicity often provides the best opportunity for the most compatible unit for the patient.

Otherwise, frequent transfu-

sions can cause patients with sickle cell disease to develop an immune response against blood from a donor that is not closely matched, leading to serious complications.

That's what happened in 2013 to Langford, who is African American, when she suffered a hemolytic transfusion reaction—a severe complication in which her immune system quickly began to destroy the red blood cells that she received during a blood transfusion to treat a sickle cell crisis.

"Without many African-American blood donors, people like myself—people with sickle cell—would not be here," she said. "It's just as simple as that. I would not be alive. So that is why it's so important that everyone from every race,

background, every ethnicity, donates blood."

Who's Helping

Because a cure for sickle cell is not widely available, the Red Cross helps ease the suffering of people such as Langford by increasing the number of closely matched blood products through its new Sickle Cell Initiative.

In 2021, the Red Cross expanded its blood donation testing to include sickle cell trait screening on all donations from self-identified African-American donors. This additional screening helps the Red Cross identify compatible blood types more quickly for sickle cell patients. And it provides Black donors with additional health

Continued on page 20

Ballooning In New Mexico

By Shana McCann

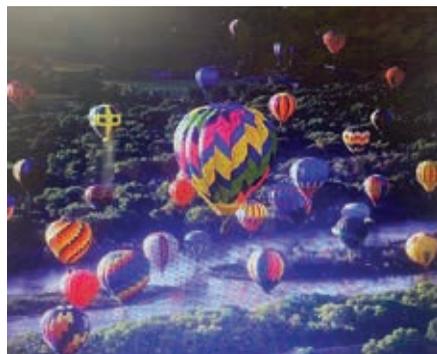
Imagine soaring through the high desert skies of New Mexico in a hot-air balloon. Imagine doing it with hundreds of other balloonists in one of the most unique adventures of its kind.

That is exactly what you can do in Albuquerque, indisputably the hot air balloon capital of the world.

The city's Southwest weather is ideal for a trip to the site of the famous International Hot Air Balloon Festival in October, but ballooning has become a year-round tourist attraction for people of all ages. In addition to a romantic balloon flight, you also can ride the 2.7-mile Sandia Peak Aerial Tramway that gently takes you more than 10,000 feet above deep canyons and lush forested mountains.

Once atop the peak, the view is a panorama of more than 11,000 square miles of spectacular beauty. At night, the city lights below sparkle like a million jewels. You do not want to leave your camera behind!

The festival started 50 years ago with a small gathering of 13 balloons. The following year, 13 countries took part in the First World Hot Air Balloon Championships. Gas balloons entered onto the scene in 1981 and today, more than 750 uniquely shaped and artistically designed balloons par-



ticipate in the event, highlighted by the Mass Ascensions, Balloon Glow, Night Magic Show, Special Shape Rodeo, and "Glowdeo."

If you plan to wait until the annual festival (Oct. 1-9) to visit Albuquerque, it's a good idea to start making your reservations now with one of the private companies that offer balloon rides. For more information, you can call (505) 821-1000. Ticket prices for the Fiesta range from \$10 general admission to \$45 for groups of five. Children 12 and younger can enter for free.

Flying in a balloon is like riding in a convertible car with the top down while it is being lifted into the air. Before you enter the balloon's basket, you will be briefed by the trained pilot. Flights begin at around 5:15 a.m. and are among multiple launches of more than 750 balloons.

A special effect, called the Albuquerque Box, is a favorite among the pilots because it allows them to go back over the field they launched from and land close by! This is a real

treat as most balloon flights are in a straight line.

The afternoon hours, when the weather is not ideal for launches, are reserved for other activities like the Balloon Glow, one of the most spectacular of all. This is

when the balloons all inflate and heat up as they are still tethered to the ground. When it gets dark, they fire their burners on command and light up the field like giant Christmas tree ornaments.

For Bill and Marcia Timberlake of Long Beach, the trek to Albuquerque can be compared to an astronaut's first trip into outer space. "Flying with balloons all around you is absolutely fantastic," Bill said. "I wouldn't miss it. I plan to return every year for the foreseeable future."



As for Dennis and Avery Mueller of Villa Park, "Albuquerque is one of the most unique experiences one can have in ballooning. I have been to festivals all over the world, and this ranks among the best."

Before you return home, be sure to visit the Anderson-Abruzzo Albuquerque International Balloon Museum

located near the Balloon Fiesta Park. Now in its 17th year, the museum is home to the world's finest collections of ballooning equipment and memorabilia with exhibits highlighting the adventurous spirit, endeavors, and innovation of individual record-breaking balloonists.

Brenda Lee

Continued from page 14

gle and was nominated for a Grammy Award. Even though it was not released as a Country song, it was among the first big hits to use what was to become the Nashville sound — a string orchestra and legato harmonized background vocals. (*"I AM IN THE BAND: Tales of Rock'n'Roll Women: Brenda Lee"*).

'Rockin' Around the Christmas Tree' was finally noticed in its third release a few months later, and sales snowballed; the song remains a perennial favorite each December and is the record with which she is most identified by contemporary audiences. (*"Brenda Lee – Wikipedia."*)

Her last top hit records on the U.S. pop charts were 'Losing You,' 'As Usual,' 'Coming on Strong,' 'Is It True,' 'Sweet Nothings,' 'I Want to be Wanted,' 'All Alone Am I,' 'Fool No. 1,' 'That's All You Gotta Do,' 'Emotions and many more.

Another highlight of her career occurred in 1962 when she as the opening act for The Beatles at the famous Star-Club in Hamburg, Germany. That was followed by an appearance at the annual Royal Variety Performance before Queen Elizabeth II at the London Palladium.

The early 1970s saw Lee re-emerge as a Country music artist with such hit songs as 'Nobody Wins,' 'Sunday Sunrise,' 'Wrong Ideas,' 'Big Four Poster Bed,' 'Rock on Baby' and 'He's My Rock.'

In recent years, she has enjoyed the sales of her book, 'Little Miss Dynamite: The Life and Times of Brenda Lee,' and her involvement with the Country Music Hall of Fame. Lee and her husband of 59 years, Ronnie Shacklett, have two daughters and three grandchildren.

SoFi Stadium, the New Sports Mecca

Inglewood Site of Next Month's Super Bowl LXI

By Les Goldberg

In case you've been living under a rock for the past few years, or if you're just not into sports, one of the world's greatest – and most anticipated -- sports and entertainment complexes is now a reality in Southern California.

After three years of construction, the new SoFi Stadium in Inglewood is ready to host the biggest football game of the year, Super Bowl LVI on Feb. 13.



The home of the Los Angeles Rams and Chargers football teams, which played the first full season in 2021, SoFi sits on land previously occupied by the Hollywood Park racetrack for thoroughbred horse racing. It is currently being transformed into a master-planned development to include The Forum indoor arena, a new casino, and commercial and residential facilities.

As of press time, the Super Bowl participants from the National Football League were still undetermined, but the game is expected to attract more than 100,000 fans into the stadium as well as millions of TV viewers from around the country. Typically, the stadium holds about 70,000 people but



is expandable to accommodate larger events.

Architectural Marvel

So far, SoFi has won several industry awards for its design, including stadium of the year honors from the StadiumDB.com jury, the American Society of Civil Engineers, the West Basin Municipal Water District, the city of Inglewood, and state, county, and municipal agencies.

The multi-billion-dollar complex features design elements not found in any other sports venue in the country. They include the stadium itself, a pedestrian plaza, and a performance venue called the YouTube Theater that has a 6,000-seat capacity.

Above the stadium is an independently supported canopy that covers the entire building and can be opened for ventilation. It contains thousands of LED lights that can project images and videos visible to airplanes flying into LAX airport.

Another component of the stadium's design is the Infinity Screen by Samsung. The oval-shaped, double-sided high-definition video board is the first of its kind and is suspended from the roof over the

field. The screen also houses a 260-speaker audio system with 56 5G wireless antennas.

Stadium History

SoFi was not the first stadium proposed for the site.

Twenty-four years ago, when the Rams left for St. Louis, the NFL supported a plan to build a privately funded stadium on the Hollywood Park property for the then Los Angeles Raiders. That idea was summarily rebuked by Raiders' owner Al Davis who did not want to share the stadium with a second team.

The question of what to do with the vacant land remained for 19 years when another plan was proposed to turn the property into a Walmart Supercenter. However, Rams owner Stan Kroenke who was unhappy that St. Louis refused to help finance a new stadium for the team, decided to buy a 60-acre parcel at the Hollywood Park site.



As an NFL owner, any purchase of land designated for a stadium site had to be disclosed to the league, and after a year of speculation, construction began in November 2016.

Continued on page 26

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Off The Beaten Path

California has everything from the high deserts to the cool waters of the Pacific Ocean, but it also has so much more.

Sure, there are celebrities and amusement parks, but California is also known for beautiful national parks and other fun stuff.

Here are some more interesting tidbits and things **Off the Beaten Path** you might not have known about the Golden State.

The Hollywood Bowl is the world's largest outdoor amphitheater.

The first person to receive a star on the famous Walk of Fame in Hollywood was actress Joanne Woodward in 1960.

Death Valley is recognized as the hottest, driest place in the United States. It isn't uncommon for the summer temperatures to reach more than 115 degrees Fahrenheit.

The first motion picture theater opened in Los Angeles on April 2, 1902.

Inyo National Forest is home to the bristlecone pine, the oldest living species. Some of the gnarled trees are more than 4,600 years old.



Photo: The Hollywood Bowl. The original uploader was Morn at English Wikipedia; photo via https://en.wikipedia.org/w/index.php?title=File:Hollywood_Bowl.jpg

San Francisco Bay is known as the world's largest landlocked harbor.

Sequoia National Park contains the largest living tree; its trunk is 102 feet in circumference.

Yorba Linda is home to the Richard Nixon Library.

The Coachella Valley is nicknamed "*The Date Capital*" of the world and "*The Playground of Presidents*."

One out of every eight United States residents lives in California.

California is the first state to ever reach a trillion-dollar economy in gross state product.

California has the largest economy in the country.

If California's economic size were measured by itself to other countries, it would rank the 7th largest economy in the world.

Simi Valley is the home of the Ronald Reagan Presidential Library and Museum.

It is estimated there are 500,000 detectable seismic tremors in California annually.

During his engagement at the Fillmore West in San Francisco, Otis Redding stayed on a houseboat in Sausalito. While there he wrote his last song and greatest hit: "*The Dock of the Bay*."

The state motto is *Eureka!*, a Greek word translated to: "*I have found it!*" The motto was adopted in 1849 and alludes to the discovery of gold in the Sierra Nevada.

Source: 50states.com/facts/california.htm

Blood Donations

Continued from page 17

insight at a time when health information has never been more important.

How You Can Help

Eligible individuals who are feeling well can make an appointment to donate blood by visiting RedCrossBlood.org/OurBlood, using the Red Cross Blood Donor App or calling 1-800-RED-CROSS.

Life After Mother

By Lyn Jensen

'Exploring probate and estate issues from personal experience.'

Cash Instead of Trash

One of my mother's friends was featured on a TV show about hoarding. To this day, if you try to persuade her to part with so much (or so little) as a years-old mail-order catalog, be prepared for a passionate argument.

Her home came to the attention of the local fire department, which had to intercede for fire-safety reasons, which brought her to the attention of a TV news crew. She explained her living habits to a TV interviewer with, 'I'm the queen of procrastinators,' although I believe my mother would have given her stiff competition for that title.



On the opposite end of the spectrum may be the family that lived next door to my mother for decades. After the couple died, their daughter threw what looked like the entire contents of the home into a giant dumpster and hauled it all away, even though the home's contents were far from hoarder-house trashiness. Even if the daughter had a cash register for a heart, you'd think she'd value her inheritance more than that.



I fall between these two extremes, as I suppose most people do. We love our material possessions and find happiness in them, despite all admonishments not to. What our possessions mean for our hearts and financial wealth depends on what our families have built and what we leave or don't leave for our heirs. I think one reason my mother was so reluctant to make any decisions about disposing of her possessions was that she wanted to leave the hard part to me.

When a family's property is appraised, the value of jewelry, art, furniture, and household possessions is included when totaling up the worth of the estate. The downside to that can come when that wealth may need to be turned into cash.

As Cate Blanchett's character complained in the film *'Blue Jasmine'*: "You buy jewelry and art because you think it's a good investment, but when you try to sell it, no one wants it. You end up practically giving it away."

Lead with your heart, though,

and you may suffer the level of trauma hoarder experiences when the fire department insists a hoarder house be made fire safe.

Selling possessions for cash simply depends on finding the right buyer. A friend of mine was fond of saying, you can sell anything — you just must sell it to the right person. The likelihood of finding that right person, though, may rise and fall erratically.



VHS tapes were treasured in the 1980s but now you may not be able to give them away — and even to trash them, they must be trashed as e-waste. Record collections of vinyl LPs and 45s were valuable until the 1990s, then became worthless as 'everybody' dumped their collections in favor of CDs. Then CDs were dumped for streaming and burning and whatever high-tech systems came into style. Now old-fashioned vinyl is valuable again, and so are CDs.

Right now, I'm looking for someone interested in my mother's antique dolls and toys, her sewing remnants, some extra eyeglasses. Even if there's little to be gained in



terms of financial wealth, at least I won't be trashing my inheritance.

'Anti' Resolution List

Continued from page 7

Total 16 (<https://www.bowflex.com/max-trainer/mt16/100915.html>) is a great option that lets you do high-intensity, interval workouts at home while streaming your entertainment subscriptions including Netflix, Hulu, Amazon Prime Video, HBO Max, and Disney+.

This new year, try a different approach to health and fitness resolutions by kicking the overly ambitious goals of the past to the side in favor of setting anti-resolutions instead. At the same time, take advantage of what today's fitness technology has to offer to improve your odds of success and make this your year.



January Calendar

Continued from page 5

Irvine Regional Park Farmers Market

Irvine Regional Park

Tuesdays from 9 a.m. to 1 p.m. The Irvine Regional Park Farmers Market in the city of Orange is a year-round weekly event that offers shoppers free entry to the park during the farmers market hours if you're shopping at the market. Several vendors are offering a variety of products including fresh produce, beef jerky, roasted peanuts, honey, and sauces. The farmers market will be closed during rainy weather. At, 1 Irvine Park Road, Orange.

Irvine Mariners Church Farmers Market

Irvine

Saturdays from 8 a.m. to 12 noon (Rain or Shine)

Pick up fresh produce, eggs, honey, local-made products, and much more at this weekly walkthrough farmers market at Mariners Church. At, 5001 Newport Coast Drive, Irvine. The parking lot is located at Bonita Canyon Drive and Turtle Ridge.

Laguna Beach Farmers Market

Laguna Beach

Saturdays from 8 a.m. to 12 p.m.

The weekly year-round Laguna Beach farmers market features more than 40 vendors offering fresh-picked produce, flowers, local honey, nuts, bread, homemade delicacies, coffee, empanadas, and more. This farmers market is a local favorite. At, The Lumberyard Parking Lot, 521 Forest Avenue, Laguna Beach.

Tinseltown Talks

By Nick Thomas

Tinseltown Talks: Ring in the New Year with some 'Marx Brothers Council Podcast' Fun

It's a personal resolution I observe every January: celebrating the New Year with duck soup, animal crackers, and, of course, the cocoanuts.

No, it's not some strange private culinary ritual. It's a tradition to welcome the New Year with some old-fashioned Hollywood madcap merriment by viewing several Marx Brothers films including, but not limited to, three of my favorites: "Duck Soup," "Animal Crackers," and "The Cocoanuts."

And at some point this January, I'll also enjoy the next episode of the "The Marx Brothers Council Podcast." It's a series of monthly podcasts co-hosted by three arts and entertainment veterans who are also noted authorities on the legendary 1930s/40s movie comedy team of Groucho, Harpo, Chico, and, in their five early films, Zeppo Marx (see www.marxbrotherscouncilpodcast.com).

The podcast is an offshoot of the Marx Brothers Council Facebook group which evolved from Matthew Coniam's blog, "The Marx Brothers Council of Great Britain" launched a dozen years ago, where Noah Diamond and Bob Gassel became regular contributors.

To date, some 40 episodes have aired. Each led by one of



The Marx Brothers, Groucho, Harpo, Chico, and Zeppo in Monkey Business. Photo courtesy Paramount Pictures.

the hosts with the others chiming in as the trio deep-dive into one of the films or some aspect of the Marx canon often joined by special guests. The hosts examine the films and lives of the Marx Brothers in astonishing academic detail but remain entertaining and amusing.

"I am just a big fan who often tries to hide my lack of expertise by making smart-ass remarks," said Bob Gassel (on Twitter @bobgassel), a career video editor based in Fairfield, Conn., who is also tasked with recording, editing, and publishing the podcast.

While the brothers only appeared together in 13 movies from 1929 to 1949, dedicated fans throughout subsequent decades have helped maintain the comedy team's popularity. So why their continuing appeal? It's their absurd humor and dangerous manic energy, explains author Matthew Coniam from Bath, England, who published "The Anno-

tated Marx Brothers" in 2015 (see www.marxcouncil.blogspot.com).

"It's low comedy for people with highbrow tastes," claimed Coniam. "That kind of dexterous verbal humor, that's very, very sophisticated yet shot through with a joyous foolishness."

"Their motivation is joy," added Noah Diamond, a writer and performer based in New York City (see www.noahdiamond.com). "Yes, they're anarchic comedians but they're not angry."

"I'm just going to say I love how smart they actually are," observed Gassel. "While some may see them as idiots, my perception is that in their best films they are just on a different wavelength than everyone else."

As children, all three hosts discovered the Marx Brothers for the first time, and they continue to share that enthusiasm with listeners. "I'm especially proud of the balance between the scholarly and the silly that we seem to maintain," says Coniam, indicating the group's Facebook membership is over 5,000. "We must be doing something right!"

With all past episodes archived

on their website, the holiday season is a great time to check out the informative podcast fun. And while you're at it, remember you can also enjoy "A Night at the Opera," "A Day at the Races," and even "A Night in Casablanca" without ever leaving home.

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

See www.getnickt.org.

TRAVEL

Continued from page 3

ews and grandnieces there. We had a small army. The best treat was to see my other brother's widow who at age 94 had not only recovered from COVID-19 but made her way up the aisle of the church at a better pace than mine. After the service, we attended the street dedication to my brother. There were chairs set up in the street and several speakers including the NYPD chaplain. A contingent of the uniformed NYPD held a flag ceremony and a singer sang 'God Bless America' as the covering on the new street sign unfolded to reveal Detective Henry McDevitt Way.

The VFW was right at that corner, and we all gathered in the hall for sandwiches, soda, and coffee. Of course, I stuffed myself like I was going to be the Thanksgiving turkey. Afterward, my son was driving us back to the hotel and we were in bumper-to-bumper traffic on the parkway when the car radio switched from playing soft music at the same time our cell phones went on. The message was, "Wherever you are take cover immediately. A tornado is expected to touch down shortly." Of course, this made all the hair on my head turn white as snow.

The good news is that the tornado didn't touch down, but the car was shaken, and it felt like the fire department was training its hoses on our windshield for the next 10 minutes. I'm home now, much older with white hair but safe and sound.

January Book Club

Continued from page 16

"Full of long-simmering tensions, buried secrets, questionable saviors, and broken promises, this is a story about how much we are beholden to others and what we owe ourselves. Layered and intimate, 'The Sisters Sweet' heralds the arrival of an accomplished new voice in fiction," according to Publisher The Dial Press.

American Heart
Association



How Does a 'Give Back' Plan Work?

So, you've signed up for one of those "Give Back" plans and now you want to know how it works. Here's the scoop. When someone is on Medicare, they pay a Part B premium. Typically if they are on Social Security this premium is deducted from their Social Security check each month. The "Insurance" company, like SCAN is paying the "give back" amount to the Social Security Administration for the named beneficiary. That "give back" amount will be deducted from the Part B premium the beneficiary pays.

See example below.

Beneficiary receives:
2,000.00 monthly in Social Security

Medicare Part B:
-170.10 deduction for 2022

Total SS check:
1,829.90 monthly in Social Security check

Beneficiary receives
2,000.00 monthly in Social Security:

Medicare Part B:
-170.10 deduction for 2022

Part B "Give Back":
125.00 Give back added

Total SS check:
1,954.90 monthly in Social Security check

So essentially you are getting \$125.00 more a month in your Social Security check.

Question: What if you are on Medicare but not taking Social Security yet?

Answer: If someone is on Medicare, but not taking Social Security yet, they will see a reduced Part B premium owed when they get their Medicare Part B premium quarterly bill.

Please note that Social Security is warning people that the new \$125.00 monthly credit may not show up in your Social Security payment or on your bill until April, but they will retroactively pay you from January.

You should always check to see if your doctors and prescriptions are covered BEFORE you sign up. In some cases your doctor may not be with that plan or you may pay more for your prescriptions, so please call me first!

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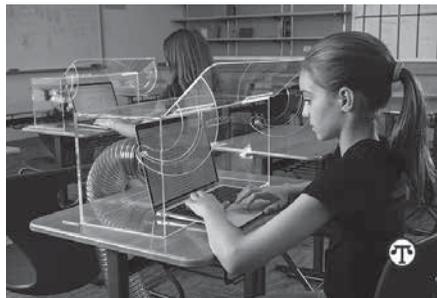
New Invention May Reduce the Need for Masks

A new approach to indoor ventilation has been developed that can significantly decrease the risk of COVID and influenza outbreaks in schools, offices and other indoor environments, and even speed a reduction in mask wear.

The innovative invention captures and cleans individuals' breaths within seconds, before potential viruses have a chance to be dispersed throughout a room, improving overall indoor air quality. Current methods, including upgrades to existing HVAC systems, have proven somewhat ineffective as COVID outbreaks continue to create disruptions in indoor settings throughout the United States.

"Existing ventilation systems in schools, offices and elsewhere were not built for virus control. Not only does better ventilation decrease the risk of catching COVID, it has been shown to also improve work productivity and school performance," said Larry Schoen, P.E., Fellow ASHRAE, Principal Engineer for Schoen Engineering Inc. "And even after upgrading a traditional HVAC ventilation system with better filters, it still allows virus-laden air to affect others in a room, creating the potential for contagion."

According to Dr. Rama Rao Amara, Emory University School of Medicine: "We know that COVID, as well as many other viruses, are airborne,



Good news for everyone tired of wearing a mask: A new device can clean a room's air and keep COVID, flu and other germs out.

meaning they spread through the air in microscopic, aerosolized particles. So, it makes sense that these particles can be easily pulled by the room's HVAC system or larger air purifier. To stop COVID and other pathogens, such as influenza or even the common cold from spreading in indoor environments, it is vital to capture an exhaled breath before these aerosols have a chance to journey around a room. We need to re-evaluate how indoor air quality is managed."

Called Air-Clenz, the new technology has been customized for classrooms so teachers can see students as they did in pre-COVID settings. The size and positioning of the unit on the desk or cafeteria tabletop let students place their computers, textbooks or lunch trays within the air collection unit, so exhaled air is captured and cleaned of viruses or other pathogens while a student studies, eats or works.

"Capturing exhaled air close to the face before it becomes dispersed has been totally overlooked," said Stuart Sheldon,

CEO of Air-Clenz Systems. "Except for a face mask, which most individuals would not want to wear for the rest of their lives, there is no known system in the world that captures even 50 percent of one's exhaled air without also cleaning 100 percent of the air in a room or enclosed space. There are literally hundreds of different commercial air purifiers and HVAC system options, but none come close to achieving what Air-Clenz can achieve."

The technology adds to the HVAC system for even cleaner air.

Dr. Anita Broach, Air-Clenz's Chief Scientist, adds: "Research demonstrates that Air-Clenz' technology typically captures and cleans more than an estimated 85 percent of a person's exhaled breath in approximately three seconds. The captured air is then cleaned to a 99.9 percent level before being recirculated.

Learn More

For further facts, visit www.air-clenz.com.

In The Spotlight

continued from page 11

Q: Married? Kids? Pets?

A: I was married twice and divorced twice. Three children first time, one back East, daughter Charlaire, one in So-Cal, Charles Jr., and youngest son, Shawn, died of lung cancer.

Q: What keeps you youthful and advice for other seniors?

A: Keep active! Stay busy. Look ahead not back. Be forgiving. Do good deeds for others. Don't smoke, drink in moderation, if you must. Some 45-years-ago Subaru gave me a gym membership, so I worked out at least twice a week ever since. Not that I like it, or am a gym rat, but I know it has helped keep me healthy. Eat lots of blueberries. As a teen, I picked blueberries one summer with the migrants in New Jersey, ate as many as I turned in for payment, believe those little blue wonders have kept me disease-free. I still eat them in my frozen morning drink along with a banana, strawberries, and apples.

I eat fresh vegetables for lunch and consume very little meat. Music, listen to lots of music, we were born to dance and sing ... a lot.

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

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

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theshelterpetproject.org

Ad Council THE HUMANE SOCIETY

Recycle, MICHIGAN

NO CITY LIMIT
POP. 9,876,187

TM

SENIORS ARE SPECIAL TO US

HAPPY NEW YEAR



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

-COLBY
adopted 06-18-11

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

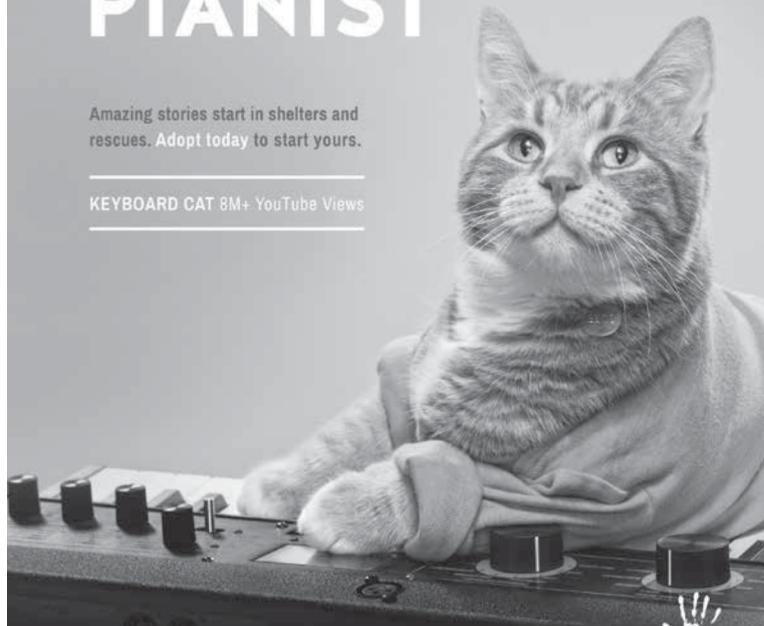
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Whole Body Donations For Medical Science



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



Crossword Puzzle Answers from page 12

1	P	2	S	3	A	4	T		5	R	6	O	7	B	8	B		9	G	10	E	11	E	12	S	13	E	
14	E	L	M	O					15	O	P	A	L					16	R	O	L	E	S					
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68	S	T	E	I	N					69	A	G	I	O						70	O	T	O	E				
71	T	I	R	E	D					72	S	E	R	T						73	M	I	N	D				



ADMIT
ONE

Movie Preview

'The 355'

By Randal C. Hill

A new action thriller with the intriguing title of "The 355" opens this month. The inspiration for the film's title goes back to the Revolutionary War era when 355 was the code number assigned to the first female spy — a woman unnamed (and obviously unappreciated) by historians to this day.

Today's "The 355" features a band of women spies, and each is a potential Dirty Harry in a dress. Together, these plucky ladies embark on a mission to locate and

dispatch evil mercenaries who have secured a lethal, top-secret weapon.

In today's high-tech world, the enemy is invisible and could destabilize entire countries from a distant keyboard. Because of this, a team of elite spies — each coincidentally a gorgeous fashionista — has been assembled. They all work for different intelligence agencies — American, British, German, Columbian — and each faces a common foe; if that foe is

not stopped, the result could be World War III.

The script for "The 355" offers plenty of rock 'em, sock 'em action. Also, the four women, though seemingly working in an atmosphere of solidarity, are all playing both sides against the middle. Which means that none of them can be completely trusted.

Jessica Chastain is American CIA agent Mason "Mace" Brown. Her fellow spies include German

agent Marie (Diane Kruger), former M16 ally/computer whiz Khadijah (Lupita Nyong'o), and Columbian psychologist Graciela (Penelope Cruz). The foursome develops a tenuous loyalty that could save the world — or result in their deaths. To add to their stress levels, all must also work at staying one step ahead of a mysterious Chinese woman named Lin Mi Sheng (Fan Bingbing), a high-tech baddie who is monitoring their every move.

The story — reminiscent of some of the best James Bond works — ricochets around the globe and includes stops in such trendy locales as Paris, Morocco, and Shanghai. Dodging machine-gun bullets, scaling buildings, and leaping from rooftop to rooftop provides the action that is the mainstay of many of today's thriller offerings.

For the women actors, rehearsals included hours of combat training and learning to fight in feminine attire, including high heels — something that male action performers never have to be concerned about.

"My goals and dreams for 'The 355' are that we just accept the fact that women are awesome and tough," Chastain remarks. "I'm excited for society to start acknowledging what's happening in our world."

"The 355" is written, produced, and directed by Simon Kinberg, who is best known for the "X-Men" movies. Rated PG-13, the action explodes nationwide soon. Enjoy!

SoFi Stadium

Continued from page 19

Following a year of delays from weather, COVID, and a construction tragedy, SoFi hosted its first major event, a Selena Gomez concert featuring, among many stars, Jennifer Lopez. The first NFL game between the Rams and Chicago Bears was held on Sept. 12, 2020.

SoFi is the first venue in the 85-year history of the Rams to be specifically designed for the team.

In addition to the Super Bowl next month, the stadium has been selected to host the 2023 College Football Playoff National Championship, the new LA Bowl between the Mountain West and Pac-12 college football champions, soccer's 2026 FIFA World Cup, and the 2028 Summer Olympics.

Getting There

Currently, the easiest and least expensive way to access SoFi is by public transit. You can take a free MTA shuttle bus from the Hawthorne/Lennox station with service every five to eight minutes three hours before kickoff and until 90 minutes after the game's conclusion.

Later this year, the Metro Rail's C Line (formerly the Green Line) will take local bus transfers from the nearby Crenshaw and Hawthorne/Lennox stations to a new K-Line station in downtown Inglewood.

Also planned to open in 2026 is a 1.6 mile-long automated people mover line connecting the K-Line Inglewood station with SoFi.

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Busy Boomers

By Les Goldberg

New Year Resolutions: A Laughing Matter?

While you are making giant strides to act on your New Year's resolutions, there is a tendency to feel tinges of guilt when some of them seem to fall by the wayside during the first few weeks and months. Your guilt might even lead to depressing and negative thoughts. It could, to use a word I grew up with, turn your new year into a 'bummer.'

So, what's the solution? Try laughing.

I don't know about you, but one of my favorite things to read is the 'Laughter is the best medicine' section of *'Reader's Digest.'* However, I have a new source of giggles that is guaranteed to jumpstart your giddiness.



It's *'Dancin' Schmancin' with the Scars,'* a best-selling book by author and celebrity award-winning humorist Jan Marshall, a Laguna Woods resident and founder of the International Humor and Healing Institute. Her resume includes hosting her TV series and appearances on hundreds of TV

and radio shows, and she was a regular on the popular Steve Allen show.

'Dancin' Schmancin' with the Scars' is about, as she says, "Graying and Giggling in the age of Googling."

The book runs the gamut of humorous scenarios, from weight loss to senior romance, from how to stop smoking to cold remedies. It is truly a barrel of laughs. Here's a little taste of how the Marshall plan works to tickle your funny bone:

"Never deny any type of emotional pain or it will show up elsewhere on the body or in a car crash or other mishaps."

On dogs: "An intelligence test for dogs attempted to convince me our dog was not too bright. Tests, like elections, are open to interpretation. Some say my dog had a bird brain, but I see him as having different priorities from us. Insects bug him; burglars do not."

On "girth control" her mind tries to negotiate a truce with her body: "MIND: How about no more scolding? I won't remind you a moment on your lips is forever on your hips, thighs, and chins, both of them. And I promise not to say you are a bad person when you finish the kid's leftover dinner each night ..." BODY: Good.

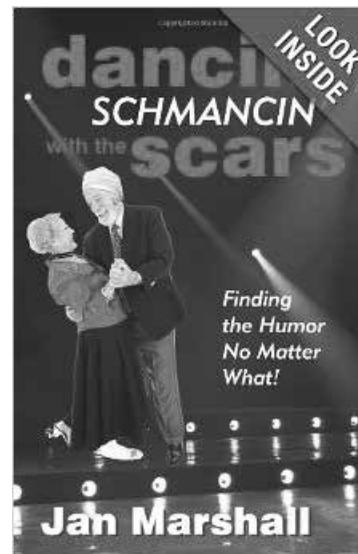
Because the more you yelled, the worse I felt, and the worse I felt the more I ate. I am convinced you are sincere in your wish to reach a lasting 'svelte-ness.' Let's celebrate with a brief interruption in our talks and order pizza."

On clutter: "While I have a place for everything, I do not really know where that place is. I long for the day when every item in the universe has its own beeper that I can click on to appear in the room that I am in."

On Ben Franklin's mother: "Benji, why haven't I heard from you? While you were signing all those declarations and had the quill out, couldn't you drop me a line?"

On computers: "All families have conflict. We love, we hate, we eat, and we get heartburn. So, it is with my Mac and PC. I loved them both as I do all my children. My job was to keep my computers compatible. We had started family therapy with the Gates/Jobs Mental Nut Case Unit. Since ever they refused to speak with one another, what hope was there for my two. The therapist stuffed a hard drive in her ear and has taken to heavy drinking."

On car mechanics, Marshall describes her visit to a car repair shop:



Mechanic: "Well it really hurts me to tell you this, Miss," said the mechanic, "but you have diminishing pressure. You appear to have corrosion around your terminals and obviously, your condenser is shot to hell."

Marshall: "I thought he was terribly rude and wondered why he didn't also mention my weight gain while he was insulting me." Then, she asked, "What about the car?"

Life hasn't always been a bowl of cherries for Marshall. She's had her share of pits, but she continues to follow her "mission statement:"

"Humor as a universal language promotes rapport among individuals. It has the potential, along with art, athletics, and music, in creating a liaison between people, perhaps the ultimate common denominator. Through shared laughter, we will bring about our global purpose of caring for one another."

One of Marshall's greatest fans

throughout the years was Phyllis Diller, pioneer stand-up comedienne, who said: "Jan's writing is so full of humor and zest for living. Her book literally sings."

While it is challenging, to say the least, to keep smiling, laughing, giggling in these trying days of pandemics, political strife, and disastrous climate change, etc., Marshall offers some tips for ways to feel happy again. They include:

- View your life as a situation comedy – who would you cast as your family, your boss, and yourself as the star and lead character?
- Sing your problems in a musical style – you can choose blues, country, jazz, rock, opera, or hip hop.
- Change your physiology to change your mood – stand up, look up, move, dance, and shake your booty!

She adds that laughter and getting older requires affirmation: "I totally accept where I am (of course I'd rather be dancing), but I totally accept where I am now and I don't like it one frigging bit, but so what?"

susan g.
Komen
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Long Term Care Insurance Explained

With aging come many questions and decisions made regarding how to prepare for long term care. As we age our needs change, and there are many different types of long term care services designed to meet those needs. These services can be provided at a facility like a skilled nursing home, assisted living, in the community at an adult day center or in the home. In fact, most long-term care services are provided at home by an unpaid family caregiver.

However, the cost of these services range with traditional health insurance like Medicare, Medicaid, and employer-sponsored insurance not covering long-term care. It is important to learn and evaluate long-term care resources available to you and your family before a health crisis happens. Long-term care insurance may be a helpful option to secure your financial and emotional wellbeing as you age.

Overview

The most common need for which long-term care provides is personal care, also known as activities of daily living (ADLs). These activities include bathing, dressing, grooming, using the toilet, eating, and mobility (such as moving from a bed to a chair.) There are many community services including meals, adult day care, and transportation. These services typically are not included in health insurance.

In most scenarios, long-term care is needed over a gradual period of time as one ages they may experience chronic conditions that get more severe and lead to frailty. However, long-term care could also be an immediate need after a health event such as a stroke, heart attack or cancer diagnosis. While health insurance will cover medical needs most do not cover non-medical support services. Without additional insurance you will be responsible for covering long-term care costs out-of-pocket.

Long-term care insurance is provided by private insurance companies. The pricing of the policy and application process is similar to disability insurance and life insurance. The premium (the amount that you pay each month) is more expensive as you age and there are benefit caps that differ across policies. For example, some policies will cap the amount paid per day and amount paid overall in a lifetime. During the application process you may be required to answer health questions and provide medical records.

It is encouraged to evaluate long-term care resources and financial implications early before you or a loved one may need the support. If you qualify for long-term care insurance you will have coverage if you continue to pay the monthly premium.

What Does Long-Term Care Insurance Cover?

The coverage of services you receive depends on the policy. If you choose to work with an agent it is helpful to discuss the support that you may want or need in the future. That will help determine which long-term care insurance policy is right for you.

Most long-term care insurance policies are comprehensive and may provide coverage for home care, nursing care, assisted living, or adult daycare facilities. For home care, your policy may cover costs for skilled nursing care, the need for occupational therapy, and rehabilitation. Additionally, your policy may contribute to costs for assistance with daily life tasks such as bill paying, eating, dressing, and cooking, etc.

Some insurance policies also cover home modification costs for installing wheelchair ramps and training a family member to provide support as a caregiver. Confirm from your insurance agent if these services are part of your policy plan.

Long-term care insurance policy may also cover hospice care (end-of-life care) for individuals suffering from a terminal illness. The purpose behind hospice care is to provide physical and emotional support to all those involved. Many policies provide coverage for beneficiaries to receive care at a hospice care center, nursing home, or their personal residence.

Some long-term care insurance policies may also cover respite care costs. This is done to provide some time off, between 14 to 21 days per year, to the individual's caregiver. Individuals can obtain respite care at home, nursing home, or an adult day-care center.

Long-term care insurance policies pay for services in one of two ways. The beneficiary can submit claims based on what the expenses they have incurred. This is called expense-incurred policies as they reimburse beneficiaries for long-term care expenses that they have already incurred, up to a maximum allowed amount. The other way is through indemnity policies that have a set dollar amount regardless of the service or expense you incur. There is typically a waiting period that you must meet before the insurance policy pays out.

What Does Long-Term Care Insurance Cost?

Long-term care is expensive and can quickly drain retirement funds. In a report published by the U.S. Department of Health and Human Services, a person at 65 years of age has a 70% probability of long-term care need as they age. Unfortunately, only 24% of people can afford care for over two years because of the high costs of assisted living and other long-term care services. Long-term care insurance is becoming more expensive to purchase as well.

For example, according to the American Association for Long-Term Care Insurance 2019 price index a single male in his mid-50s with good health can purchase a long-term care policy for approximately \$2,050 per year.

A female of the same age and health can pay as much as \$2,700 per year.

If a couple were to purchase the same policy, it would cost around \$3,050 per year. However, these prices are subject to change while only a few companies offer lifetime benefits.

Your premium depends on the following factors:

Gender: Women often pay more for long-term care because of their longer life and higher chances of acquiring the policy.

Age and health condition: With growing age comes more illnesses which increases the price you'll need to pay for your policy.

Marital Status: Married couples pay a lower premium compared to individuals.

Policy Provider: Different companies will charge varied rates for the same coverage, so shop around for the right premium.

Coverage amount: Costs will

Continued on page 30

The Gadget Geezer

By Les Goldberg

Bed, Bath & Technology

While the Consumer Electronics Show in Las Vegas this month focused on technology for all that life has to offer, tucked away in a Venetian Hotel booth was a glimpse into the future of one of the least publicized, but highly important places where humans live and work.

In case you haven't guessed, I am talking about the bedroom and bathroom.

Foam Sensor Pump



Found mostly in fancy restaurants and hotels, the automatic dispenser of liquid soap and sanitizers is now available for home use. The new Simplehuman rechargeable sensor dispenser (yes, that's its real name) is designed to release the perfect amount of creamy, pre-lathered antibacterial foam without smudging and counter-cleaning.

It is available in four stainless-steel finishes and is priced at \$60.



Fogless Vanity Mirror

How annoying is it to have your bathroom mirror fog up when you are taking a shower or bath?

That problem is on the way out with the new Kristallum High-Definition LED Mirror. This luxury bathroom fixture features a smart wireless remote switch designed to perfectly fit and light up your space without any hard wire installation.

The mirror, which is available in five different sizes from 36 by 28 inches to 72 by 36 inches, has three light temperatures adjustable with one-touch on its remote. All the LED lights use less energy and are expected to last at least 15 years in between replacement.

In addition, the product is manufactured without copper to be environmentally safe, and all materials are corrosion-free and completely waterproof.

Prices range from \$248.88 to \$699.88.

Phone Holder



When you don't want to wander off from your smartphone, even when you are in your bathroom, the Lanliebao Wall-Mount Shower Phone Holder may be the answer.

This waterproof device adheres to mirror or bathroom tiles and features an anti-fog high-definition window that will not affect the clarity of your phone's screen. It is designed to allow you to adjust your phone's volume, change songs, play games, check the news, and monitor your social media accounts clearly and easily. Price: \$19.99.

Hair Iron



For anyone who styles their hair regularly and worries that their heat tools are slowly destroying it, this product is for you.

The T3 Lucea ID iron, using the same technology found in

the iPhone, has nine settings clearly visible on the built-in touch screen. Based on the information you input, the iron will choose the best one for your hair.

For example, if you have super-fine straight hair or thick curls, the iron automatically adjusts to that hair type. On those days when you want to refresh your look without going back in with too much heat so soon, the iron will self-correct to the original settings. Price: \$235.

Wi-Fi Smart Scale



Stepping on the scale is hardly anyone's idea of fun. But the Withings Body+ Wi-Fi Smart Scale is designed to alleviate some of that weighing anxiety. According to a company spokesperson, the scale "proves that your weight isn't necessarily about 'the number' because it offers the whole picture. For instance, after standing on the scale for a few seconds, you will learn your body fat composition, water weight, and muscle and bone masses." He added that the scale is highly accurate and "syncs up to an app to help you keep track of your progress." Price: \$99.99.

ACTING
IN YOUR
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Fabulous Finds

By Debbie L. Sklar

Yay, the holidays are finally gone and it's time to get back to life and normalcy.

That also means taking better care of yourself and checking out all the latest and greatest ways to look great and feel even better.

Check out these new **Fab Finds** and see what floats your boat.

Perfect Parsley



Parsley Brightening Cream is made with parsley known for its skin-healthy nutrients, including Vitamins A and K. It also has been shown to have antibacterial properties.

Plasencia's Parsley Brightening Cream formula taps into these benefits. The product is designed to provide nourishing, antiseptic properties. It also helps regulate melanin production in the skin and normalize metabolism. This helps to tone the skin, leading to a brighter, restored appearance.

Winter can be a tough time for one's epidermis and skincare routines are disrupted. Also, chilly, dry weather can lead to difficulty staying moisturized. This can make it hard to attend an endless stream of social events with confidence.

Parsley Brightening Cream — along with many of Plasencia's other skincare products — can be a helping hand as everyone tries to maintain moisturized, clean, and vibrant skin. Visit sandraplasencia.com.

Tackle Wrinkles



From apple stem cells to aloe leaf juice, the CHARLÍS line of cosmetics looks to nature to help women tackle those wrinkles and give them that confident vibrancy everyone desires.

"With CHARLÍS, you can truly #FreeYourSkin of those toxic chemicals found in nearly every luxury cosmetic line that you see in stores or online. The world we live in has the keys to success when it comes to our skin, and with CHARLÍS, you can unlock that limitless potential to become your best self," according to the company.

The CHARLÍS Collection is an organic, toxic-free, luxury skincare line of products that work in synergy, balancing, harmonizing, and complementing each other for perfect overall anti-aging effects and protection. The CHARLÍS Collection was created to be used in this order: Daily Facial

Cleanser, Nourishing Anti-Aging Toner, Breath of Life Oxygen Facial Serum, Anti-Aging Overnight Serum, and Revitalizing Daily Moisturizer. Visit charlis.beauty.com

Oats Have It

DERMALA's OAT So Sweet, Daily Moisturizer for Blemish-Prone Skin, for the "Best Moisturizer" Holy Grail Acne Award.



The OAT So Sweet was recognized for its effectiveness and efficacy, with one Cosmopolitan Beauty Assistant stating, "I like using this moisturizer to do two things: calm my complexion and rebuild my skin's microbiome. The ceramides in this formula assist in rebuilding that skin barrier and locking in moisture, so I can continue to safely use my favorite Vitamin A."

OAT So Sweet is a soothing light moisturizer formulated with prebiotics and postbiotics to balance and restore the skin microbiome. Its unique combination of ingredients was specifically formulated to help calm, restore, and heal blemish-prone skin. OAT So Sweet is suitable for all skin types. It reduces redness while hydrating and protecting the skin.

With key ingredients such as colloidal oatmeal, niacinamide, licorice root extract, ceramides, avocado oil, and green tea leaf extract, the OAT So Sweet Daily Moisturizer hydrates and plumps the skin without clogging pores.

The patented SE Microbiome Complex and SE Sugar Complex are the true differentiators of this moisturizer, providing naturally occurring prebiotics and postbiotics that support a balanced microbiome by killing *C. acnes*, the acne-causing bacteria while promoting the growth of *S. epidermidis*, the beneficial, acne-fighting bacteria.

All DERMALA products are based on innovative human microbiome science. They are formulated with patented microbiome-derived prebiotics, probiotics, and postbiotics that improve skin health naturally. Visit dermala.com.

Get Pro-Level Results Fast



TOUCHBeauty, a company specializing in delivering professional beauty and skincare solutions with pro-level results at home.

TOUCHBeauty TRIFECTA is a complete facial beauty

kit that tones, contours, and sculpts. Using three advanced microcurrent and light therapy attachments, TRIFECTA boosts skin health and collagen production for firmer skin, while enhancing facial contours and providing a youthful glow.

Its revolutionary 3-in-1 solution combines microcurrents, radiofrequency technology, and infrared light treatments. Designed to 'revive' the skin, the device helps users shape their silhouette, reduce the appearance of stretch marks, and maintain muscle tone.

Visit touchbeauty.com

Long Term Life Insurance

Continued from page 28

as increased limit of daily and lifetime benefits, inflation protection, and lesser restrictions on coverage, etc.

When Should You Enroll In Long-Term Care Insurance?

There is no ideal time to buy long-term care insurance. Some people plan and secure a plan before they or their loved one needs it. Purchasing long term care insurance at a younger age may mean lower premiums. Family medical history is a helpful factor when considering the right time to investigate a policy that works for you. Knowing your options and doing your research may help you make the best decision for your future.

Food News and Notes

How to Reduce Food Waste at Home

Here's a cool idea: A clean, well-organized refrigerator can help your family prevent food waste.

Three Ways To Fight Food Waste

1. Know and, if necessary, reorganize your fridge and pantry. Keep your refrigerator and pantry clean and organized so you can see what needs to be eaten first. If fresh food is "out of sight, out of mind," it may be forgotten until it's no longer fresh and so ultimately wasted. Food is less likely to go bad when you use the more perishable and older items first.

Also, storing food in clear containers can help you see what you have available in your fridge and pantry and can help you avoid buying food you already have.

In the fridge, extend the life of your food by putting it in the right place. For example, the temperature in the refrigerator door fluctuates more than the cabinets or the back of the unit so don't store such perishable foods as milk in the door.

2. Download the FoodKeeper App. The USDA, the Food Marketing Institute, and Cornell University jointly created FoodKeeper, which is available free at the Google Play or iTunes stores, or via desktop at www.usda.gov/foodlossandwaste.

FoodKeeper provides guidance on safe handling, preparation,



Keep your refrigerator well organized and it can help you keep your health and wealth.

and storage of more than 650 foods and beverages. With the app, you can track storage times for different foods, see cooking tips, watch helpful videos, and get information on food recalls. Users can also set up calendar reminders for when products are nearing their recommended storage date.

3. Love your leftovers. Give leftovers a makeover when you reuse them in recipes. Add broccoli stems to a salad or omelet or blend overripe fruit and peels into a low-fat smoothie. My favorite all-time smoothie was made from about-to-expire chocolate yogurt and wilting blueberries and raspberries. Make broth from vegetable and/or meat trimmings, and freeze what you don't plan to eat right away.

Be creative while keeping leftover safety in mind. If you cook often and typically have loads of leftovers, consider having one dinner a week designated as Leftover Night.

Many foods can also be safely frozen indefinitely, so if you can't use something perishable before it may spoil, pop it in the

freezer. Check the FoodKeeper app to see if your item may be frozen.

Mindfulness about food and food waste prevention in general can also help save you time and money. USDA estimates that each year at the consumer level, around \$1,500 of food goes uneaten per family of four. Imagine what your family could do with that kind of money.

• Dr. Buzby is the USDA Food Loss and Waste Liaison in the Office of the Chief Economist.

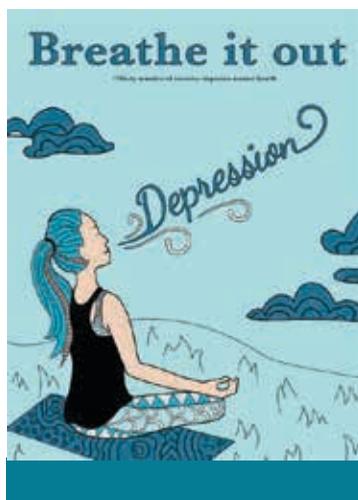


MOMENTS LIKE THESE ARE PRECIOUS. DON'T LET THEM FADE AWAY.

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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Are you 55 years or older?

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

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

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

To access services, you must:

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

FOR MORE INFO, CONTACT US AT:
866-421-1964 or email
communityoutreach@scanhealthplan.com

