

SENIOR REPORTER

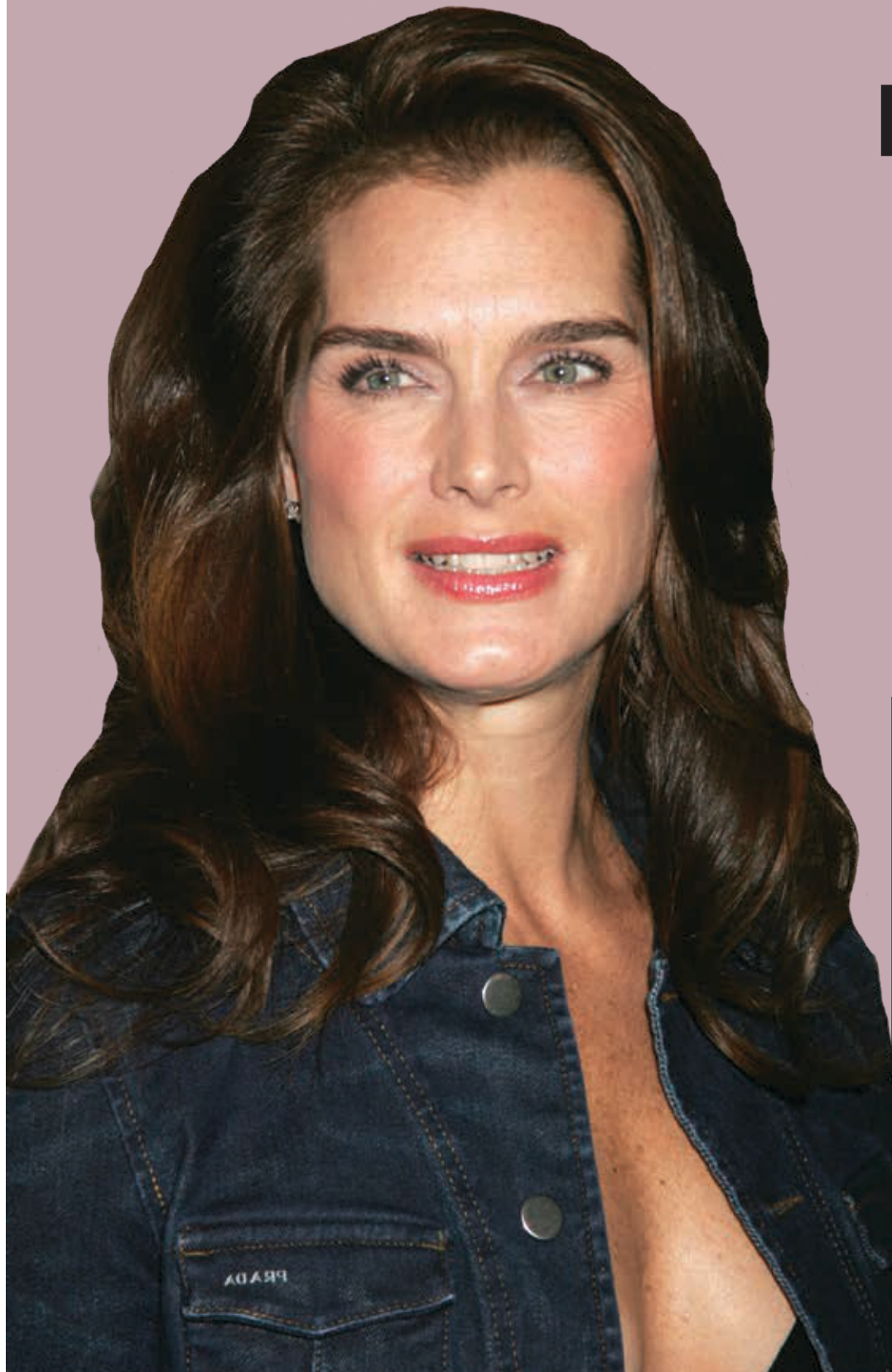
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MAY 2023

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



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— Brooke Shields

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Sneak Attack

By Jim McDevitt

Without warning my body was attacked by large amounts of fat around my stomach. It was sneaky fat, slowly and secretly accumulating around my waist. It started innocently enough.

After a Thanksgiving dinner, I let my belt out one notch. As I grew older that fat kept forcing me to let out more notches on my belt. Soon those notches added up and I was walking around with what is called a pot belly. I joined Weight Watchers and made that fat pay dearly for what it had done to me. I ate like a monk until I lost 60 pounds. By that time people I worked with told me I looked like a person who needed a good meal. My body said nothing but as soon as I reached my goal at Weight Watchers it started urging me to eat and then the fat snuck back on.

Now I like my body, but it has a sick need to hoard fat. I could sit down and talk with my body but if I do it in a public place like a restaurant everyone will move away from my table area and sit far away. My doctor says it would be good if I lost

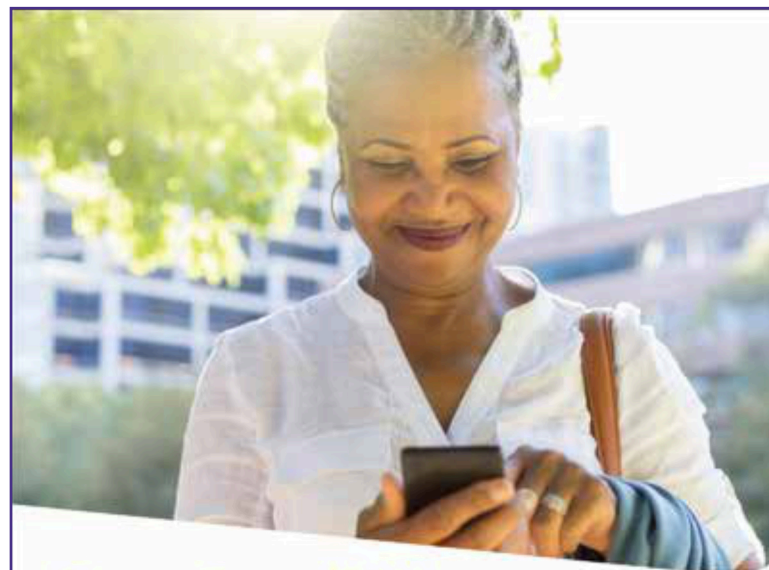
10 or 20 pounds. Well, that's easy for him to say because he doesn't live with my body. In a perfect world, everyone could have two jelly donuts with coffee for breakfast every day. Lunch would consist of three large pieces of chocolate cake. Dinner would be nutritious with a cheeseburger and fries topped off with just under a half gallon of ice cream.

I wonder if I have a fat gene in my DNA because my body just seems to want to get fat. It wasn't always like this. When I was a child, I fed a lot of my food to my dog who waited for it under the table. He knew enough to keep quiet and eat very silently so no one caught on. This worked to keep the weight off me, but the dog did not do so much. I managed to stay fairly slim until about age 50. One morning I was shaving, looking in the mirror, and low and behold, I discovered a pot belly.

If this hasn't happened to you yet, get prepared because it's frightening. It's not like you can report it to the police and get something done. They just don't come to the house with fat handcuffs and take them away.

I don't think my congressman's office would be concerned if I called them and said 'A lay-

er of fat about 6 inches thick has wrapped itself around my stomach. I need your help.' They may get a restraining order against me, but they will not help me. The only thing left that I could think of is to starve the fat off my body. My body will not be happy, but I have to teach it, tough love. That means no more sweets. It's going to be a tough fight, but I know I can do this. I am going to start this diet as soon as the holidays are over. There is one slight problem though. There are holidays throughout the whole year. I am going to have to think of another plan.



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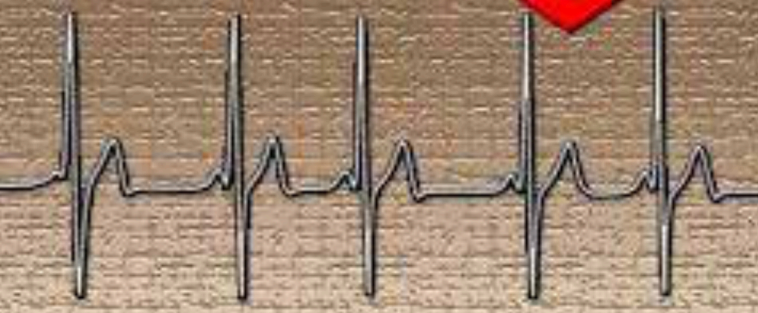
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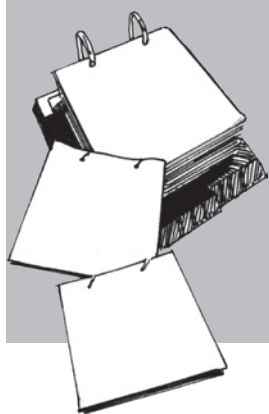
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MAY



Calendar of Events

It's time to mark your calendars for all the fun events and happenings in and around the area this May. From car shows to fairs, and more there's plenty to keep you busy.

Spring Citrus Fair

La Habra

May 5-7

The La Habra Chamber of Commerce hosts its Annual Spring Citrus Fair — full of period charm — showcasing the history of the La Habra Valley. The event will include entertainment, carnival rides, local food, exhibits, and character mascots. Free admission. At La Habra Boulevard between Euclid and Cypress streets. Call 562-697-1704.

Rancho Days Fiesta

May 6

11 a.m. to 3 p.m.

Come explore the rich history of Orange County's rancho era through hands-on activities, crafts, music, dance, and more at the annual Rancho Days Fiesta at Heritage Hill Historical Park.

Activities and performances include Native American and Folklorico dancing, Early California ranching with hands-on activities and exhibitors, music, piñata breaking, Charro horse

riding and roping demonstrations plus historic buildings will be open, courtesy of the Amigos de la Colina docents. At Heritage Hill Historical Park, 25151 Serrano Road, Lake Forest. Call, 949-923-2230.

Orange May Parade

Orange

May 6

10 a.m.

A historic parade brought back in 2019, the Orange May Parade is a hometown procession that brings the community together. The Orange May Parade is a community event, with local entities joining in the fun. At Historic Old Towne Orange, Orange.

Annual Cinco de Mayo Fiesta

San Clemente

May 6

The Annual Cinco de Mayo Celebration showcases live entertainment featuring traditional Mariachis and Ballet Folklorico to Cumbias, Tex Mex, and Salsa dancers. Community groups will be serving authentic Mexican food fare and other activities will include a juried Art Contest, Carnival Game booths, and a vendor area. At Max Berg Plaza Park, 1100 Calle Puente, San Clemente. Call, 949-361-8264.

Soka University's Annual International Festival

Aliso Viejo

May 6

This free, day-long event marks the anniversary of the university's dedication and is open to all. Enjoy eclectic programming of musical performances from contemporary artists, food and drink selections, and a variety of activities for the whole family, including balloon animals, bubble artists, inflatable slides, and a Bounce House. Admission is free for everyone. Parking is \$10 cash on campus. At Soka University, 1 University Drive, Aliso Viejo.

OC MARATHON

Newport Beach

May 6-7

Join thousands of other community-minded runners and walkers at the OC Marathon, beginning at Newport Beach Marriott Hotel & Spa south of Santa Barbara Drive. Pledges to benefit 11 local children's charities through Run for Orange County Kids (ROCK). Call 949-222-3327.

Astrology Charts of Famous Celebrities

Costa Mesa Senior Center

May 8

Come and see an exhibit of the astrology charts of famous celebrities by Alan Mayeda and discover the secret in the chart

that indicates fame and fortune. This free exhibit and reception will be held 12 noon – 1:30 pm at the Costa Mesa Senior Center at 695 W. 19th St., Costa Mesa. The exhibit will be up from May 6, 2023 until August 30, 2023.

Open Garden Day

Santa Ana

May 13

10 a.m. to 4 p.m.

Experience the neighborhoods of West Floral Park and Jack Fisher Park in North Santa Ana. You are invited to stroll through a variety of gardens throughout the day. Tranquil spaces, unique planting ideas, and inspiring yard designs are open for your viewing. The one-day community event offers an array of activities: lovely gardens to tour, garden expert talks and demonstrations, vintage cars, a street of vendors selling unique garden treasures, and gourmet food trucks with tasty treats. At neighborhoods of West Floral Park and Jack Fisher Park in North Santa Ana. Call 714-836-9777.

Greek Festival

Anaheim

May 19-21

12 to 10 p.m.

Come and experience the sight, sounds, and tastes of Greece. Along with authentic Greek foods and homemade Greek

pastries, you will find traditional Greek dancing, outdoor marketplace games, and other activities for the children. At St. John Greek Orthodox Church, 405 North Dale St., Anaheim

Jurassic Trails & Tales

Laguna Niguel

May 19 to 21

Take a step back through time and experience a wild adventure at Crown Valley Park. You don't want to miss this opportunity to visit the Triceratops, Brachiosaurus, Dilophosaurus, Velociraptor, and T-Rex in their natural environment. Be sure to check out the prehistoric crafts and activities. Food will be available for purchase. Wristbands will be available for purchase in person at Crown Valley Community Center during normal operating hours, Monday through Friday from 8 a.m. to 5 p.m. You may also purchase wristbands during event hours. At Crown Valley Park, 29751 Crown Valley Parkway, Laguna Niguel.

StandUp for Kids

Orange County

Car Show 2023

Lake Forest

May 20

3 to 6 p.m.

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Continued on page 26

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‘+A Breaking Board, a Witch Cackle, Stardom’

By Randal C. Hill

“Surf music is one of those things that makes people happy when they hear it,” declares Bob Berryhill, at age 75 the lone surviving member of the group responsible for the best-known surf instrumental in history.

Jim Fuller, Pat Connelly, and Berryhill were three 15-year-old guitarists who attended Glendora High School, located in a middle-class suburb east of Los Angeles. Their drummer, Ron Wilson, was the “grand old man” of their band at the advanced age of 17. They called themselves the Surfaris.

Dale Smallin, Berryhill’s former scoutmaster, was a cartoon voice-over actor who owned a photography studio nearby Azusa. With no experience in band management, he took on the Surfaris’s affairs and lined up gigs for the guys.

One night, when Ron Wilson came to practice with his bandmates, he told the others about a dream he had had about a surfer who joined the Marines. That dream had inspired Wilson to create an ingenious spoken-word story-song he called “*Surfer Joe*.”

Smallin felt that “*Surfer Joe*” was good enough to record as a novelty single — something they could sell at their concerts

— and scheduled a recording date. As none of the boys had a driver’s license, Berryhill’s father offered to drive the band members to the studio that day.

The soon-to-be-immortal session took place nearby Cucamonga, at a cramped former shoe store now dubbed the PAL Recording Studios, which was owned and operated by Paul Buff, a self-taught electronics genius who had built the recording studio by himself.

After the Surfaris finished “*Surfer Joe*,” Buff announced, “Boys, you need a second side for your 45.” A second side? Uh-oh. They hadn’t thought about that.

Ron Wilson began a furious drum riff called a paradiddle, a quick succession of drumbeats alternating left- and right-hand strokes. Lead guitarist Fuller joined in with some basic rock guitar chords, with bassist Connelly and rhythm guitarist Berryhill soon adding to the effort. Within 10 minutes, “*Wipeout*” had been created.

For the third and final “take,” Berryhill’s father suggested adding the sound of a surfboard breaking as a novel way of announcing the introduction. Mr. Berryhill found a sun-dried plywood board break near the microphone in the alley behind the studio. Smallin, who had named the future classic instrumental, later recalled,

“I came up with the idea for a laugh. That laugh was based on a witch’s cackle that I did for a cartoon voice-over for a series called Fractured Fairy Tales ... I pictured a little wannabe surfer sitting on the rocks, laughing at some surfer who’s wiped out.” (In surfing lingo, a “wipeout” means being thrown off one’s surfboard and has nothing to do with a board breaking.)

Issued on Dot Records, “*Wipeout*” — not “*Surfer Joe*” — raced to No. 2 on “*Billboard’s Hot 100*” chart by mid-summer 1963, the peak of surf music’s popularity. It has since been recorded over 700 times and is frequently used by rock drummers and guitarists as the first tune they learn to play.

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Helping Others

Around the Clock, Around the World: How the American Red Cross Helps Military Families

In November 2022, Jim Cheatham was stationed across the country from his family when his grandmother's health began to quickly decline.

Help From The Red Cross

"It became very obvious that she was not going to make it to the end of the year," said Beth Cheatham, Jim's mother. "My son had leave planned and approved for Christmas and I became very afraid that he would not be able to say goodbye, so we reached out to the American Red Cross Hero Care Network to bring him home early."

One of the many ways the American Red Cross supports U.S. service members is through the Hero Care Network, which is available 24 hours a day. When a service member or their family member initiates an emergency message, as Beth did on behalf of her son, Red Cross staff work with the family and appropriate professionals, such as doctors and nurses, to verify the emergency. Emergencies include the illness/injury or death of an immediate family member, as well as birth messages. Once initiated, this verified message is provided to the command, enabling the service member's commander to make an informed decision regarding emergency leave.



Jim Cheatham was able to see his beloved grandmother before it was too late.

"Within 24 hours, I had put in the request, talked to someone from the American Red Cross and my son was on a plane the next day," said Beth. "We knew time was of the essence, and my son knew time was of the essence, and for it to move that quickly gave us comfort that he was going to get home in time."

U.S. military service members and their families can initiate a request for Red Cross emergency assistance and track its progress from anywhere in the world.

A Grateful Mother

"I would do anything to get the word out about the Hero Care Network. Having my son home to have special memories with his grandmother and to hold her hand and get this opportunity to say goodbye. It's something that he and I will always treasure."

Learn More

For more information on the Hero Care Network and how you can help, or to initiate an emergency message, you can call the Red Cross at 1-877-272-7337, visit www.redcross.org/ecm, or download the Hero Care app.



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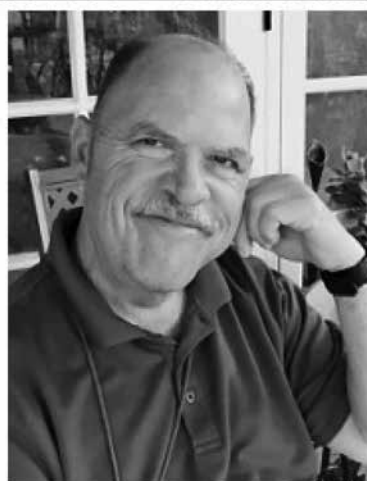
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by Robert Bruce Woodcox

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My process includes interviews, recording, organizing your materials, research, writing original content from your memories and editing. I am also a publisher for my clients and can design and print from one to 1,000 quality full color books for you at very reasonable rates. All of this work is done locally in Newport Beach.

This wonderful process is quite fun and is confidential. It begins by you calling me

(949-244-7880) or emailing (ighostwrite@icloud.com) to explore how we will work together, what it will cost, how long it will take and any other questions you have. Once you decide you are comfortable with me and the process, we will create an outline together to get started. From that point on, we will meet approximately twice a month to share the previous work I've completed, and to obtain new content from you. It's really that simple. We continue in that manner until the completion of the writing and editing. Generally, the process takes 4 to 6 months.

These books can be for your own family or for public sale, whichever you choose. I can also set up an Amazon account for you in some cases where you can sell your books.

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

Continued on page 13



'Stuck in the Middle with You' Stealers Wheel

By Randal C. Hill

Even before he became a successful and respected musician, Gerry Rafferty had developed a loathing for the often-underhanded machinations of the pop-music industry.

He was born in 1947 in Paisley, Scotland, a town that borders Glasgow, Scotland's largest city. Rafferty came from a working-class family, where his mother taught him Scottish and Irish folk songs. As he grew into his teens, he became influenced by the Beatles and Bob Dylan music.

His father was a hot-tempered alcoholic who died in 1963 when Gerry was 16. That year, young Rafferty left school to work in a butcher store and a shoe shop, although deep down he wanted only to earn a living by making music. On weekends, he and best pal Joe Egan played in a local Rock band called the Maverix, primarily offering up covers of Beatles and Stones hits. Gerry later joined a folk-pop group called the Humblebums, which included the future comic star, Billy Connolly. The Humblebums cut a pair of albums for Transatlantic Records, which received critical appreciation but sold poorly.

When the Humblebums disbanded in 1971, Rafferty continued with Transatlantic as a solo performer and recorded

his first album, "*Can I Have My Money Back?*" His creation received enthusiastic praise but was ignored by the record-buying public.

In 1972, he and Egan reunited to form a soft-rock outfit called Stealers Wheel. They promptly struck gold with "*Stuck in the Middle with You*," which became a Top 10 single in America, the UK, and Canada. That hit 45 gave Rafferty a chance to vent his spleen against the negative forces that controlled the music business. In a voice that mimicked his idol, Bob Dylan, Gerry set the scene for his tune at a record-company party that made him uncomfortable being in the midst of the powerful people he always preferred to avoid:

"Well, I don't know why I came here tonight

"I got the feeling that something ain't right ..."

Rafferty just wanted to make music, revel in the satisfaction of its creation, and ignore that part of the picture that included insensitive bean counters and "friends" who were supposedly furthering his career:

"Clowns to the left of me, jokers to the right

"Here I am, stuck in the middle with you ..."

He found his frustrations maddening:

"Trying to make some sense of it all

"But I can see that it makes no sense at all

"Is it cool to go to sleep on the floor?"

'Cause I don't think that I can take anymore ..."

Stealers Wheel cut a trio of albums, but by the time the first one was issued, Rafferty had already left the outfit. Stealers Wheel officially disbanded in 1975, and for three years Gerry's creative hands were tied by legal hassles that prevented him from releasing new material.

In 1978, his 6-million-selling LP "*City to City*" featured his signature song, the worldwide hit "*Baker Street*." As a result, his success brought Rafferty financial independence — ironically, thanks to the industry he despised.

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In The Spotlight

‘It Was Never About the Books’ Says Author Robert Pacillo

In America’s public schools today, teachers are overwhelmed by the number of students in their classrooms, the challenges of meeting their students’ emotional and academic needs, and the daunting administrative tasks thrust at them. What can be done to inspire teachers to stay on the course? How can future generations of teachers be convinced to embark on a career that has meant so much to the advancement of an educated citizenry? So, says one retired teacher.



came to San Diego in 1977. Pacillo was born in Brooklyn; N.Y. and has a Master’s in education and is an alumnus of Cal State Fullerton.

Here is more about Pacillo and his book, “*It Was Never About The Books.*”

SR: How many books to date now have you written?

A: ‘*It Was Never About the Books*’ is my sixth book, but my first memoir. My first two novels were *Young Adult books* (‘*Meetings at the Metaphor Café*’ and its sequel), followed by two contemporary romances (‘*The Restoration*’ and ‘*Meet Me at Moonlight Beach*’). In 2021, I penned my first courtroom drama ‘*Whitewash.*’

Q: Why should folks read this one and where do they get it?

A: Perhaps the best answer to this question of why folks should read my memoir is given by a former student (now a lawyer in Berkeley) Robert

new their faith and hope in the future for their kids and grand-kids.”

Q: Is anything else in the works?

A: Yes. I am considering another courtroom drama about a teacher challenging the censorship of books like ‘*To Kill a Mockingbird*’ and the issue of ‘wokeness.’

Q: How long did it take to write?

A: As is true of all my books, it took a year and a half from manuscript to self-publishing and into the hands of my loyal readership. I have my own team of editors, readers, designers, and a publicist who have helped me to successfully produce my independent works. (If I waited for the mainstream publications, I would either never see my work published in a timely manner (if at all since I avoid

Continued on page 25

Living with Macular Degeneration or other vision limiting condition?

dependence/availability of support groups
ab and aids will not restore vision, but maximize their ability to perform ADL
cannot damage eyes by using them, the may experience eye strain and fatigue is to be expected, but not detrimental
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ated regarding central vision and their function for rehabilitation
d QoL re... computer a... showing, too... ing road... waiting tele...
ology... to cur... gain mail re... on goals ar... at... match family... to the patie...
adv... write better... vision aids... see television... not al... days...
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nce or prop... issues: statu... ent and rea... see face... mental... am ju...
will remain ch... comput... eye fatigue is ex...
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led regarding their emotional/psychological adjustment to vision loss: risk of depres...
dependence/availability of support groups eye fatigue is expected, but not detrimental I...
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Author Robert Pacilio has written a memoir about a teacher’s influence and his students’ remarkable journeys. He is dedicated to the principle that teachers who teach to their students, not at them, can make a difference.

Pacilio asked former students, “Did it matter that I was your teacher? Students told him they had found a safe space in his classroom with a teacher they could trust and emulate. They had gained confidence and learned that their “I Will” was more important than their IQ. Almost all had found success in life. In the end, they said, “It was never about the books.”

He served as a teacher at Mt. Carmel High (for 32 years) and

May Crossword Puzzle

Across

- 1. Killarney's isle
- 5. Desert Storm weapons
- 10. Date tree
- 14. Fruity flavored cereal for kids
- 15. Ike's bride
- 16. Double-reed woodwind
- 17. Gemini grp.
- 18. Country club set
- 20. Creates Looney Tunes
- 22. Kathy of country
- 23. Veto, slangily
- 24. Not zero, in binary
- 25. Thick creamy antacid
- 30. Like powdered milk
- 34. "If all ___ fails . . ."
- 35. Rash of adolescents
- 37. Vermont and Virginia, to Veronique
- 38. PC key beside the space bar
- 39. Madison Avenue catchphrases
- 41. Grazing spot
- 42. Unwilling (to)
- 44. Campbell of Hollywood
- 45. Winglike
- 46. DiMaggio's was 56
- 48. Kind of permit
- 50. Lanka leader?
- 51. First name in the James Bond series
- 52. Word with metric or nervous
- 55. Plant sprout
- 60. Hoi polloi
- 62. Foot problem
- 63. Gelling substance
- 64. Palestinian fundamentalist group
- 65. Big name in environmental activism
- 66. Plots a course
- 67. Campaign topic
- 68. Cast furnace refuse

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18					19				
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52	53	54					55	56	57				58	59
60						61					62			
63					64						65			
66					67						68			

Down

- 1. Mediterranean peak
 - 2. Land where Farsi is spoken
 - 3. Emerging talent
 - 4. Scrutinize
 - 5. Obscene material
 - 6. Good Hope or Fear
 - 7. Strike arbiters?
 - 8. Run out of gas
 - 9. Oration from the Mount
 - 10. Foreshadowing sign
 - 11. Touch
 - 12. Misplace
- 13. Prefix with physics or data
 - 19. Transports in "The Last of the Mohicans"
 - 21. Give the pink slip
 - 25. Offerings on the table
 - 26. Dispense
 - 27. Actor Mineo
 - 28. Religious symbol
 - 29. Haloed guardian
 - 31. Has-been diva
 - 32. "Don't shed ___"
 - 33. Russian emperors until 1917
- 36. Roof overhang
 - 39. Unselfish sort
 - 40. Educators org.
 - 43. Examination administrators
 - 45. Clocks with sweepng hands
 - 47. Korean pickled cabbage
 - 49. Eliminate
 - 52. Tennis grand ____
 - 53. A quiet stretch?
 - 54. Exchange
 - 55. Club for shoppers
 - 56. Brother of Jacob
- 57. Latin 101 word
 - 58. Nick's lady in "The Thin Man"
 - 59. Eldest of the Brady boys
 - 61. Vegas opener

Tell Your Life Story...

Continued from page 10

Or...

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May Book Club



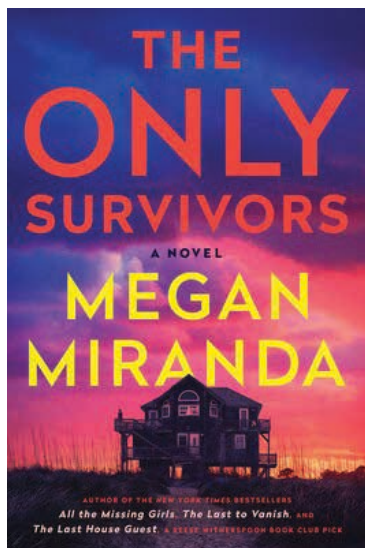
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If you're in the mood to kick back and relax with a good book, you're in luck as there are all sorts of new releases to keep you busy. Here are a few that might intrigue you this spring.

The Only Survivors

A Novel

By Megan Miranda



"A decade ago, two vans filled with high school seniors on a school service trip crashed into a Tennessee ravine — a tragedy that claimed the lives of multiple classmates and teachers. The nine students who managed to escape the river that night was irrevocably changed. A year later, after one of the survivors dies by suicide on the anniversary of the crash, the rest of them make a pact: to come together each year to commemorate that terrible night:

"Their annual meeting place, a house on the Outer Banks, has long been a refuge. But by the 10th anniversary, Cassidy Bent has worked to distance herself from the tragedy and the other survivors.

"She's changed her mobile number. She's blocked the others' email addresses. This year, she is determined to finally break ties once and for all. But on the day of the reunion, she receives a text with an obituary attached: another survivor is gone. Now they are seven — and Cassidy finds herself hurling back toward the group, wild with grief — and suspicion.

"Almost immediately, something feels off this year. Cassidy is the first to notice when Amaya, the annual organizer, slips away, overwhelmed. This wouldn't raise alarm except for the impending storm.

"Suddenly, they're facing the threat of closed roads and surging waters ... again. Then Amaya stops responding to her phone. After all, they've been through, she wouldn't willfully make them worry. Would she?

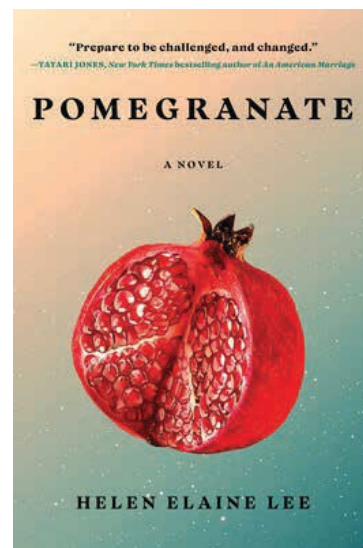
"And — as they promised long ago — each survivor will do whatever he or she can do to

save one another. Won't they?" according to Publisher S&S/Marysue Rucci Books.

Pomegranate

A Novel

By Helen Elaine Lee



"Ranita Atwater is 'getting short.'

"She is almost done with her four-year sentence for opiate possession at Oak Hills Correctional Center. With three years of sobriety, she is determined to stay clean and regain custody of her two children.

"My name is Ranita, and I'm an addict, she has said again and again at recovery meetings. But who else is she? Who might she choose to become? As she claims the story housed within her pomegranate-like heart, she is determined to confront the weight of the past and discover what might lie beyond mere survival.

"Ranita is regaining her freedom, but she's leaving behind her lover Maxine, who has in-

spired her to imagine herself and the world differently. Now she must avoid the temptations that have pulled her down while atoning for her missteps and facing old wounds. With a fierce, smart, and sometimes funny voice, Ranita reveals how rocky and winding the path to wellness is for a black woman, even as she draws on family, memory, faith, and love to choose life.

"Perfect for fans of Jesmyn Ward and Yaa Gyasi, *'Pomegranate'* is a complex portrayal of queer black womanhood and marginalization in America: a story of loss, healing, redemption, and strength. In lyrical and precise prose, Helen Elaine Lee paints a humane and unflinching portrait of the devastating effects of incarceration and addiction, and of one woman's determination to tell her story," according to Publisher Atria Books.

To Swoon and Spar

A Novel

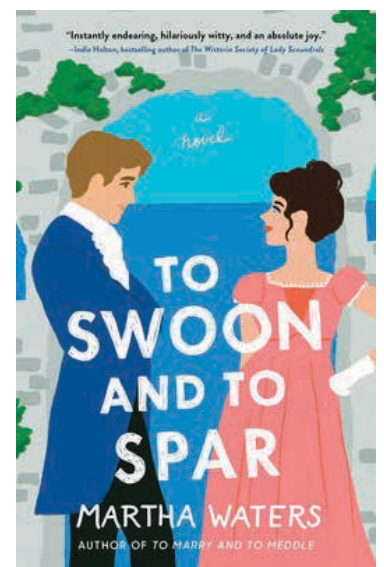
Book No. 4 of

The Regency Vows

By Martha Waters

"Viscount Penvale has been working for years to buy back his ancestral home, Trethwick Abbey, from his estranged uncle. And so, he's thrilled when his uncle announces that he is ready to sell but with one major caveat — Penvale must marry his uncle's ward, Jane Spencer.

"When the two meet in Lon-



don, neither is terribly impressed. Penvale finds Jane headstrong and sharp-tongued. Jane finds him cold and aloof. Nevertheless, they agree to a marriage in their name only and return to the estate. There, Jane enlists her housekeeper for a scheme: to stage a haunting so that Penvale will return to London, leaving her to do as she pleases at Trethwick Abbey. But Penvale is not as easily scared as his uncle and as their time together increases, Jane realizes that she might not mind her husband's company all that much," according to Publisher Atria Books.

Old Flame

By Molly Prentiss

"Emily writes for women's catalogs for a living, but she'd rather be writing books. She has a handsome photographer boyfriend, but she actively wonders how and when they will eventually hurt each other. Her best work friend Me-

Continued on page 29

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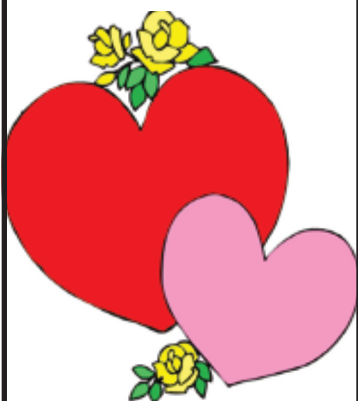
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Hollywood's Grown-up 'Pretty Baby'

By Les Goldberg

You've probably heard the old TV commercial line, *"You've come a long way, baby."* All products aside, it certainly fits the profile of Brooke Shields, one of the most recognizable celebrities on the planet.

From child star to magazine cover girl to grown-up film and stage actress, Shields is closing in on her 56th birthday (May 31) and the release of her new documentary, appropriately titled: *"Pretty Baby: Brooke Shield."*

For whatever reasons, film critics have criticized her talent. She has said that "many people think of me as a mannequin — lots of show without substance." However, throughout her entire career, which began when she was still in diapers, the word that best describes her is "resilient."

When her mother announced that she was pregnant, her father's family paid her to terminate the pregnancy. Ignoring the agreement, her mother took the money and gave birth to Shields.

When Shields was only five days old, her mother openly stated she wanted her to be active in show business, saying: "She's the most beautiful child and I'm going to help her with her career."

Growing up, Shields took piano, ballet, and horse-riding lessons.

Shields attended high school in New Jersey, then enrolled at Princeton University, graduat-

ing in 1987 with a bachelor's degree in French literature.

With her mother's intentions and connections as a professional photographer, Shield's career as a model began when she was 11 months old in 1966. Her first job was for Ivory Soap and continued as a successful child model with model agent Eileen Ford. In 1978, when she was 12 years old, Shields played a child prostitute in the controversial film *"Pretty Baby."*

In 1980, 14-year-old Shields was the youngest fashion model ever to appear on the cover of *"Vogue."* Later that same year, Shields appeared in controversial print and TV ads for Calvin Klein jeans. The TV ad included her saying the famous tagline: "You want to know what comes between me and my Calvin's. Nothing."

By the age of 16, Shields had become one of the most recognizable faces in the United States because of her dual career as a provocative fashion model and child actress.

of Favorite Female Performer and two Golden Globe nominations.

Since then, she's been a popular TV actress with roles that include a USO tour with Bob Hope, *"The Simpsons," "That 70s Show," "FX's Nip/Tuck," "Two and a Half Men," "The Middle," "Law & Order: Special Victims Unit"* and *"The Today Show."*

While featured on an episode of *"Who Do You Think You Are?"* it was revealed that, through her father's ancestry, she is the distant cousin of King Louis XIV of France and a descendant of Saint Louis and Henry IV of France.

In addition, Shields has appeared in several Broadway musical theater productions, including *"Grease," "Cabaret," "Chicago"* and *"The Addams Family."*

Shields has been married twice, first to tennis star Andre Agassi and currently to TV writer Chris Henchy. They have two daughters and live in New York City's Greenwich Village.



Long Beach, CA at night via Wikipedia.com

If you've ever been to Long Beach, located in Los Angeles County, you know it's a place to discover a lot from marinas and shopping to water sports, and more.

But here are a few things that you didn't know that are not "Off the Beaten Path."

1. It is the 42nd-most populous city in the United States, with a population of 466,742 as of 2020.

2. A charter city, Long Beach is the seventh-most populous city in California.

3. Incorporated in 1897, Long Beach lies in Southern California in the southern part of Los Angeles County.

4. Long Beach is about 20 miles (32 km) south of downtown Los Angeles and is part of the Gateway Cities region. The Port of Long Beach is the second busiest container port in the United States and is among the world's largest shipping ports.

5. The city is over an oilfield with minor wells both directly beneath the city as well as off-shore.

6. The city is known for its waterfront attractions, including the permanently docked RMS Queen Mary and the Aquarium of the Pacific.

7. Long Beach also hosts the Grand Prix of Long Beach, an IndyCar race, and the Long Beach Pride Festival and Parade. California State University, Long Beach, one of the largest universities in California by enrollment, is within the city.

8. Indigenous people have lived in coastal Southern California for over 10,000 years, and several successive cultures have inhabited the present-day area of Long Beach. By the 16th-century arrival of Spanish explorers, the dominant group was the Tongva people.

9. They had at least three major settlements within the present-day city. Tevaaxa'anga was

an inland settlement near the Los Angeles River, while Ah-waanga and Povuu'nga were coastal villages. Along with other Tongva villages, they were forced to relocate in the mid-19th century due to missionization, political change, and a drastic drop in population from exposure to European diseases.

10. In 1784, the Spanish Empire's King Carlos III granted Rancho Los Nietos to Spanish soldier Manuel Nieto. The Rancho Los Cerritos and Rancho Los Alamitos were divided from this territory. The boundary between the two ranchos ran through the center of Signal Hill on a southwest-to-northeast diagonal.

11. A portion of western Long Beach was originally part of Rancho San Pedro. Its boundaries were in dispute for years, due to flooding changing the Los Angeles River boundary between Rancho San Pedro and Rancho Los Nietos.

12. A portion of western Long Beach was originally part of

Continued on page 22

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On The Road Again ...

The Whole World's An Oyster

By Shana McCann

As the world slowly pulls back on pandemic restrictions, many of you may be finally ready to take that exotic trip you've always dreamed about and saved your hard-earned money for.

If that is the case, I would like to offer you some ideas for destinations to consider in your travel planning. These jewels on the world map are sure to provide you with life-long memories:

Baku, Azerbaijan



Dubbed the Dubai of the Caucasus Mountains, Baku, the capital of Azerbaijan, is a city of contrasts with a population of more than 2 million people. Its most remarkable landmark, the glitzy Flaming Towers, is adjacent to the walls of the city's medieval old town and mosques, and next to the oil rigs which opened up the economic floodgates in the mid-1800s.

Baku also is the home of the Azerbaijan Grand Prix. Fans

of Formula One races flock to the city every year to watch the blazing-fast cars zoom through the streets.

Botswana



Getting to Botswana might be somewhat of a flight challenge, but it will all be worth it once you arrive. With a backdrop of the Kalahari Desert and the lush forests of the Okavango Delta — and sightings of incredible wildlife — you will see why Botswana is known as one of the best safari locations in Africa.

Carcassonne, France



Located in southwest France, this ancient and charming city feels like a movie set because no actual medieval city could be so intact. If you've ever dreamed of storming the ramparts of an ancient castle while peeking through the holes archers used for centuries, you're in the right place.

The walled city which dates back to before Roman times is a town of modern restaurants and shops along pedestrian areas that have hosted commerce for a 1,000 years, surrounded by its historic castle and cathedral.

Corsica



A French island in the Mediterranean, Corsica looks like coastal Southern California. The greatest attraction to travelers is the balmy weather amid rugged, snow-covered mountains and warm-water beaches that rival the Caribbean.

It also is known as the more affordable alternative to the luxurious French Riviera. And in case you are wondering, it is Napoleon's birthplace.

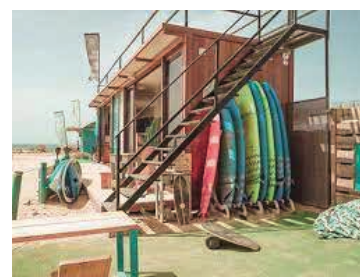
Edinburgh, Scotland



If you are interested in culture and history, look no further than Edinburgh, Scotland. A city with a unique blend of historic charm and modern vibes, it is the home to some of the most stunning architectural

sights in the world, including Edinburgh Castle and the Royal Mile.

El Palmar de Vejer, Spain



Just south of Sevilla lies a tiny little beach town, El Palmar de Vejer. This is the place if you are seeking a relaxing escape from the tourist hustle and bustle. Over the years, the sleepy village has also become popular for its surfing and skating attractions. The beachfront offers visitors a variety of surf and skating shops, like 9 Pies and Homies Surf & Skate. It is off the beaten path but isn't that what adventure is all about?

Malta



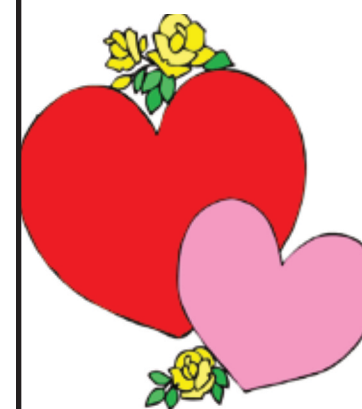
With an average of 12 hours of sunshine daily, Malta is a favorite vacation spot for sun-seeking Europeans and tourists worldwide.

The country is brimming with ancient walled cities, multiple fortresses, and subterranean

temples. In the capital of Valletta, you'll find hilly, cobbled pedestrian streets and spectacular harbor views. You can visit the island of Gozo to relax or explore Ggantija, the megalithic temples built between 3600 and 3200 B.C.

This is a small sample of the traveling options you have this summer. Stay tuned to the June issue for more ideas to see the world as you've never seen it before.

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The Gadget Geezer

By Les Goldberg

Keeping Your Home Safe

Is there anything more important than keeping your home and family safe? While technology-advanced home security systems are designed to prevent burglaries, home invasions, and other crimes, not all are alike or affordable.

That is why it is important for seniors, among the most vulnerable to be victimized by in-home intrusions, to choose their security systems carefully, through research and professional consultation.

The good news is there is more competition in the home security market, which is helping to drive costs down. The bad news: the larger market leads to increased vulnerabilities, including an upswing in hacking.

Leading technology research companies, like CNET and “Consumer Reports,” have assessed the top brands and concluded that the following systems are highly recommended:

Comcast Xfinity



Comcast Xfinity is rated highly for its affordability, its compatibility, and its no-contract requirement.

According to CNET, the online computer network, “it could cost

you thousands less than comparable setups from direct competitors like Vivint and ADT, it works with plenty of third-party smart home gadgets, and it doesn’t require a contract.”

With Xfinity’s mobile app, you can see if a window or door is open, a light is on, or a motion sensor is actively triggered. You can adjust your thermostat and check your cameras. The system will notify you when your doors are locked after leaving the home, and you can turn the system on and off remotely from anywhere inside or outside your home.

Ring Alarm Pro

The Ring Alarm Pro, the most recognizable of all home security systems, is considered one of the smartest do-it-yourself home security systems on the market today.

It is rich in features, including cellular-powered backup Wi-Fi, network security monitoring, local processing, and storage for all of your Ring devices like the cameras and sensors.

The systems come in various configurations, from five to 14 pieces. The deluxe kit provides full security coverage for a home with 2,000 square feet or more and includes alarm base stations, two keypads, eight window and door sensors, two motion detectors, an alarm range extender, and a free 30-day trial of Ring Protect.

SimpliSafe

Rated highly by “Computer Reports,” “PC Magazine,” and “U.S. News & World Report,” SimpliSafe offers consumers the ability to mix and match a variety of devices – cameras, sensors, etc. – and connect with mobile app controls and smart home voice support via Alexa and Google Assistant.

The professional monitoring plans start at \$15 per month, but the \$25 per month full-featured plan is recommended.

Wyze



Like SimpliSafe, Wyze allows you to build a custom security system. A home subscription starts at either \$10 per month and includes the free Wyze Sense Hub, and the ability to add motion sensors, cameras, keypads, video doorbells, and more.

The second option is the Amazon home security bundle which includes a v3 camera, two door or window sensors, a motion detector, a keypad, and a six-month monitoring subscription for less than \$150.

COVE



The test lab at PC Magazine

Continued on page 26

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Fabulous Finds

By Debbie L. Sklar

The warmer weather has finally arrived, and you'll be spending more time in the Great Outdoors. So, you will want to be careful of the elements like the sun and chemicals in swimming pools as the season kicks into high gear. Here are some new **Fab Finds** you will want to check out for your mind, body, and soul.

Professional Skincare



Eminence Organic Skin Care

has launched its **Tropical Superfood Collection** which harnesses the power of tropical superfoods with energizing formulas.

This collection pairs replenishing PHA, which gently exfoliates, with vitamin-rich botanicals to boost your natural glow. The innovative textures and tropical scents treat your skin to a unique, glow-enhancing experience.

These three new products work in harmony to visibly smooth, renew and brighten skin with potent antioxidant-rich botanicals and gentle exfoliation:

Pineapple Refining Tonic (\$54) This refreshing, pineapple-scented tonic is rich in PHA, bromelain, and tranexamic acid to visibly renew dull, textured skin without irritation. Designed to exfoliate, brighten, and hydrate while preparing skin for the next step in your daily ritual, this mild exfoliating tonic works for all skin types and can be used daily.

Superfood Booster-Powder (\$60) Packed with superfoods, this ultra-fine powder targets uneven skin tone and reduces the appearance of dark spots. Using the dosing spoon provided, add a spoonful to your favorite cream moisturizer to give your skin a healthy natural glow. Enriched with Kakadu plum, spirulina, and coix seed, this must-have for lackluster skin boosts brightness and evens skin tone.

Yuzu Solid Body Oil (\$56) This aromatic, transformative solid body oil infuses dry, dull skin with dreamy yuzu and vitamin-rich Camu Camu for radiant skin. Refining PHA and lush tropical oils from buriti and passion fruit seeds enhances hydration for all skin types to leave you with supple, glowing skin.

Visit Eminence Organic Skin Care at eminenceorganics.com/us

Skin Protectant

Summer means it's time for more beach days and vacations,



but those long hours of daylight and hot weather can greatly affect your skin health. Increased sun exposure without proper protection can result in rapid visible aging. Staying hydrated, wearing sun-protective accessories, and improving your skincare regimen with products like **Beverly Hills MD Dermal Repair Complex** are key. This dietary beauty supplement helps your body combat the visible effects of sun exposure, the appearance of sagging, wrinkles, and skin dullness from the inside out.

Beverly Hills MD Dermal Repair Complex is a revolutionary dietary supplement that is designed to minimize visible signs of aging through age-fighting nutrients and scientifically backed ingredients. This blend of ingredients in Beverly Hills MD Dermal Repair Complex works from the inside out at the deepest level to repair the appearance of crepey skin, dullness, and sagging.

Formulated with hydrolyzed collagen, Hyaluronic Acid, and essential vitamins, with just two capsules a day this supplement can result in noticeably firmer, more lifted-looking skin, especially in the cheeks, chin, jowls,

neck, and jawline. Beverly Hills MD Dermal Repair Complex helps fight off the loss of collagen that comes with age as well as sun exposure and helps combat skin-aging hormones. This can result in a tightening, smoothing effect on all parts of the body, renewed plumpness, and youth-enhancing bonus effects such as thick-looking hair and strong nails.

These key ingredients in Beverly Hills MD Dermal Repair Complex include Hydrolyzed Collagen, a potent protein containing essential amino acids that can help soften the look of wrinkles for an increased youthful look. Vitamin A is a nutrient full of antioxidants that helps fight off damage caused by sun exposure and pollution that cause visible signs of aging such as pucker lines, fine lines, crow's feet, and forehead creases. Vitamin B is an essential vitamin that supports healthy cell turnover — resulting in noticeably firmer, more lifted-looking skin.

Also, Saw Palmetto, a powerful extract that contains antioxidants and fatty acids that can help reduce the negative effects of the skin-sagging hormone, DHT for noticeably smoother, tighter-looking skin from head to toe.

Hyaluronic Acid is a moisture magnet that helps the skin on

Continued on page 22

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Tinseltown Talks

By Nick Thomas

Still Dreaming of Jeannie

No doubt many a teenage lad, and even a few adults, developed a major crush on Barbara Eden during her 5-season run in the 1960s sitcom *"I Dream of Jeannie."* Now 91, fans are delighted to see the actress looking so youthful and healthy.

"I have exercised all my life and now do a mild spin (stationary) bicycle and walking," Eden said from her home in Los Angeles. "I've always been careful about what I eat but I'm not fanatic about it — I'm a carnivore! I try to stay away from sugar, but unfortunately, I like it too much."



As for her skincare, she does adhere to a ritual. "I use sunscreen every day and Estee Lauder line repair that I put underneath the sunscreen and underneath moisturizer before I go to bed."

But Eden and her husband of over 30 years, Jon Eichholtz,

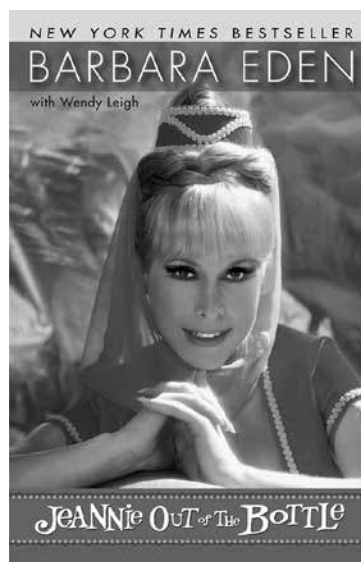
did experience a health scare after contracting COVID.

"We caught it early and Jon was very ill," she recalled. "Our doctor had us infused with the antibodies right away and luckily, I wasn't sick. We did catch the variant later, but it was just like a cold."

Growing up in San Francisco, young Barbara dreamt of becoming a singer, spending two years at the local Conservatory of Music and taking singing engagements with bands around the Bay Area. But after moving to LA in the early 1950s, her stunning beauty, charm, and talent inevitably led to Hollywood.

Best known for her role as the magical genie in the popular NBC series, Eden has delighted fans for decades with appearances at TV conventions and Hollywood autograph shows. She continues to travel, speaking to audiences and showing clips of her film and TV career, and taking questions. This year, she's already visited Georgia, Florida, and North Carolina (see www.barbaraeden.com).

And while some actors who became closely associated with one standout role may distance themselves from that character, Eden never resented her connection to *"Jeannie."*



"Why would I want to step away from it?" she asked. "I'm lucky to have very polite fans and have loved meeting them over the years in so many cities."



Beyond her *"Jeannie"* role, Eden's entertainment career has been extensive with over 25 film roles, appearances in numerous TV movies and series, and a vast stage career that includes touring major U.S. cities in the beloved play, *"Love Letters,"* first performing it with *"Jeannie"* co-star Larry Hagman.

Hagman dealt with alcohol problems while working on

"Jeannie" which could be difficult on the set.

"Larry was his own worst enemy but was always wonderful to me," she said. "He acted out with the crew and would be difficult with male guest stars who came on the show. But we had a good rapport and worked together very well. I toured with him in *'Love Letters'* and he was just wonderful."

Eden is also an author, releasing her best-selling autobiography *"Jeannie Out of The Bottle"* in 2012. Two years ago, she also published her first children's book, *"Barbara and the Djinn,"* which perhaps not surprisingly features a young girl named Barbara and yes, a genie.

"The little girl magically travels to different places and meets different people learning what is most important in life which is kindness and understanding," she explained. "I've loved to read ever since I was 3 or 4 when my mother and aunt would read to me. I



thought how sad it is that children today just look at their phones and computers, so I wanted to give them a book to hold that can take them on an adventure using their imagination. It's a great book to give to the grandchildren."

While she has no plans for more books, Eden may appear on stage again for those still dreaming of seeing *"Jeannie"* in person.

"I don't have any dates, but I'd love to do *'Love Letters'* again," she said. "It's gratifying that people still want to see me perform and hear me talk about my career."

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



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Continued from page 17

Rancho San Pedro. Its boundaries were in dispute for years, due to flooding changing the Los Angeles River boundary between Rancho San Pedro and Rancho Los Nietos.

13. A portion of western Long Beach was originally part of Rancho San Pedro. Its boundaries were in dispute for years, due to flooding changing the Los Angeles River boundary between Rancho San Pedro and Rancho Los Nietos.

14. Following the U.S. Conquest of California, Temple had his Rancho Los Cerritos deeded to him by the Public Land Commission. In 1866, Temple sold Rancho Los Cerritos for \$20,000 to the Northern California sheep-raising firm of Flint, Bixby & Company, which consisted of brothers Thomas and Benjamin Flint and their cousin Lewellyn Bixby.

15. Two years previous Flint, Bixby & Co had also purchased, along with Northern California associate James Irvine, three ranchos which would later become the city that bears Irvine's name. To manage Rancho Los Cerritos, the company selected Lewellyn's brother Jotham Bixby, the "Father of Long Beach."

16. The City of Long Beach was officially incorporated in 1897. The town grew as a seaside resort with light agricultural uses.

17. The Pike was the most famous beachside amusement zone on the West Coast from 1902 until 1969; it offered bathers food, games, and rides, such as the Sky Wheel dual Ferris wheel and Cyclone Racer roller coaster. Gradually the oil industry, Navy shipyard and facilities, and port became the mainstays of the city. In the 1950s it was referred to as "Iowa by the sea", due to a large influx of people from that and other Midwestern states. Huge picnics for migrants from each state were a popular annual event in Long Beach until the 1960s.

Source: tonssofacts.com

Fabulous Finds

Continued from page 20

the cheeks, chin, neck, jowls, and jawline look soft, supple, and healthy.

MSM (Methylsulfonylmethane) is an organic compound that supports the strength of the skin to help achieve a firmer-looking appearance.

Beverly Hills MD Dermal Repair Complex can be purchased on the Beverly Hills MD website at beverlyhillsmid.com/ for the purchase price of \$58.00 with a 60 Day Money Back Guarantee.

Chia Body Oil

Innovative and clinically proven skincare brand, Perricone MD, announces the latest addition to its award-winning Essential Fx Acyl-Glutathione



Collection, the **Essential Fx Acyl-Glutathione Chia Body Oil**, the brand's first introduction into an oil for the body. This fast-absorbing dry body oil immediately conditions elbows, knees, and ankles with essential moisture and intense nourishment.

Essential Fx Acyl-Glutathione Chia Body Oil offers the power of the brand's patented Acyl-Glutathione, a master antioxidant, to reduce wrinkles and replenish thin, fragile skin. Working in tandem with an omega-rich vitamin F blend of chia, flax, and macadamia seed oils that intensely moisturizes and improves the skin's moisture barrier, leading to increased suppleness and improved skin elasticity.

The results are evident from both clinical and consumer trials. 87% said it smooths cracked, dry skin, 86% saw softer, healthier, and replenished skin, and 81% saw improved hydration on elbows and shins for 72 hours, in a clinical study of 32 women and a consumer study of 103 women after 28 days.

The Essential Fx Acyl-Glutathione Chia Body Oil (4 US. fl. oz. / \$69) is available on PerriconeMD.com and from a variety of other retailers.

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Busy Boomers

By Les Goldberg

Ballet Keeps You On Your Toes

Have you ever tip-toed in ballet pointe shoes or worn a tutu? For most of us, the answer is probably no.

But did you know that classical dance is becoming a trend among fitness seekers — especially among the 55-plus crowd that wants a less-strenuous, more artful alternative to fitness centers and neighborhood YMCAs?



require some multitasking — moving arms through a “port de bras” while lifting or bending your legs. It can be tricky at first but repeating the motions will result in your brain and body becoming more coordinated over time.



According to the Royal Ballet Academy and other organized dance groups, there are many reasons why ballet is now considered a good workout. Among them are:

1. It improves flexibility, muscle tone, and strength. “As we get older, our muscles get tighter and shorter. An adult ballet class offers “elongation exercises” that focus on smaller, postural muscles and a full range of motion to improve body movement,” said an RBA spokesperson.
2. Your stamina and energy levels improve by keeping the heart rate up but avoid resting too much between exercises.
3. Ballet exercises usually

4. It is also proven that ballet is a great way to improve and maintain your posture. The adult classes do not require awkward backbends and twists.

What seniors seem to like about ballet exercises is the concentration required to achieve maximum mindfulness. The combination of benefits such as posture, balance, and music are designed to result in an increased state of contentment and calm, according to the experts.

You don’t need to convince Terry Scribner, 80, a former Southern California resident who now lives in Minnesota where she spends her “retirement” years writing mystery novels, attending ballet classes, and being the proud mother of

11 children and more than 35 grandchildren.

“I started ballet much later than most people — I was 72,” she said, adding that eight of her kids took ballet, jazz, and tap dance lessons. “After seeing so much ballet, it seemed like something I would enjoy.

“At age 73, I received my first tutu and performed in my first recital with two other people in my class,” she said. “For eight years, I have been in the local ballet company’s production of ‘The Nutcracker,’ experiencing the excitement of performing on stage for large audiences.”

Scribner said that in addition to the enjoyment of performing, ballet “keeps you active. Almost every muscle is used while you are benefitting from the stretching, the balance, and the agility.



“It’s always fun to do the barre to beautiful music. And while taking the class everything else about life recedes — you are only focused on music and movement.

“It keeps me feeling young!”

If you are interested in finding out more about how ballet can make you feel young, here are a few websites of Southern Cali-

fornia ballet studios to check out:

<https://www.alignballetmethods.com>

<https://www.festivalballet.com>

<https://www.ccdance.org>

<https://www.anaheimballet.org>

Scams 2023



I’ve been receiving a lot of emails telling me I have purchased something that I KNOW I did not purchase. The email is sending me a confirmation receipt of an auto renewal for a product, or an invoice for something they say I purchased. These can look very real and convincing. **DO NOT OPEN THE ATTACHEMENT AND DO NOT CALL THEM.**

Most of the time these are scam emails and their objective is to get you to call so they can get information from you. They often will ask you to give them remote access to your computer to fix or install something. **DON’T GIVE ANYONE YOU DON’T KNOW REMOTE ACCESS TO YOUR COMPUTER!**

When you get an email like this, send it to the spam box, don’t just delete it.

Another popular scam is attaching a virus while you’re surfing the internet. Next thing you

know you have WARNINGS popping up on your screen saying your computer is about to crash. **DON’T EVER CALL THAT NUMBER EITHER.**

Ask a trusted family member or a legitimate local company to look at your computer. Most of the time the virus is an overseas hacker trying to steal your money in various schemes. These people will also ask to remotely access your computer. Don’t do it! Some schemes are very elaborate and it doesn’t matter if you are 15 or 95, they will say whatever they need to say to get as much money out of you as possible.

The third popular scam is calling you saying they are your grandchild who needs money or a family member who is in trouble. This scam will often ask you to send money via wire transfer or ask you to purchase gift cards and give them the information on the gift cards. **PLEASE** verify with your family if this is a real situation before you send or spend money.

Scammers are very creative and convincing.

The best policy is **DO NOT ENGAGE WITH THEM AT ALL.**

Find more information about these scams at

[Youtube.com/jimbrowning](https://www.youtube.com/jimbrowning)

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Crossword Puzzle Answers from page 12

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In The Spotlight

continued from page 11

the gratuitous sex, violence, vampires, and other 'popular' trends) or be dead by the time these timely works were published.

Q: Are you working full-time or writing full-time?

A: Neither. I retired from full-time teaching 12 years ago, but for dozens of years, I was part-time at National University, coaching young teacher candidates. I am presently writing and promoting my novels (so semi-retired). The six books span 2008- 2023, so I write when the 'spirit' moves me.

Q: Is this off the beaten path for you?

A: Certainly. I have never written a memoir. My editor Katharine Valentino is an experienced pro who has worked with other memoirs. Without her guidance, I would have been lost. She lives 'out in the boonies' of northern Oregon and, at 79 years of age, Katharine has seen it all.

Q: Who should read this and why?

A: This is a memoir that a teacher will find inspiring, but more importantly, one that can be read as a series of short vignettes to the students that the teacher is working with. Why? Because the 17 students, who are the focus of my memoir, represent the wide range of teenagers today: kids who find themselves lonely, abandoned, misunderstood, and sexually challenged. From surfers to

scientists. From athletes to architects.

Here is the most important point: most teachers have no idea how much they have influenced their students. In some cases, I went back 30 years to find former students and learn what happened to them on their journey and whether I made a difference. The answer: I was shocked at how honored they felt that I was including them in the memoir, and how much my caring for them mattered when they needed it most. Teachers need to know this, so they stay on the course. Candidates for teaching need to know that it is not just what you teach, but whom you teach that makes all the difference.

As for who else should read my memoir, again I differ with Robert Harkins: "I highly recommend it not only to teachers but to parents and grandparents who want to renew their faith and hope in the future for their kids and grandkids."

Q: Spare time? Family?

A: My wife Pam is also a former elementary teacher and often my muse. We love to travel, and Ireland is next up. Golf, biking PCH, and yoga keep me healthy. My adult children now live, ironically, where my life began — in Brooklyn in the communication field.

Q: Where can your books be purchased?

A: All my books are available on Amazon in paperback or on Kindle. I often travel to schools as an author/ speak-

er, and I love attending book clubs. I can be reached on my website www.robertpacilio.net.

My latest memoir is available at https://www.amazon.com/Was-Never-About-Books-remarkable-ebook/dp/B0BX-5V86MY?ref_=ast_author_dp



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memorial
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May 29, 2023



MAY Calendar

Continued from page 5



homeless and at-risk youth in Orange County. Come see beautiful vintage, classic, and sports cars while enjoying food, drinks, and live music. This year's car show will be held at Auto Addiction OC, a classic car sanctuary. At Auto Addiction OC, 26862 Vista Terrace, Lake Forest. Buy tickets at donatenow.networkforgood.org/occarshow2023.

Anaheim Children's Festival

Anaheim

May 20

11 a.m. to 3 p.m.

The Anaheim Children's Festival returns to bringing arts to the young people of Anaheim and their families. This event is an opportunity to celebrate the arts and to engage children, parents, and everyone in the arts. The MUZEO and the city of Anaheim are the major presenters of this arts festival. More than 50 organizations, and city departments, bring art projects to the park atmosphere and invite the kids to "try art." All art activities are free for the participants. Children's Festival invites entertainers from throughout Orange County to perform on our Children's Festival Stage and share the joy of dance, song, and more. At Pearson Park, Anaheim.

Tustin LobsterFest

Tustin

May 20

The Tustin Lobsterfest is an annual fundraiser event that pro-

vides financial support for the programs and services sponsored by the Tustin / Santa Ana Rotary Club. All net proceeds from this event help pay for local Rotary programs throughout Tustin and Santa Ana. At Peppertree Park, on the corner of First and C Street, Tustin.

San Clemente Summer Kickoff Music Festival

San Clemente

May 20

11 a.m. to 3 p.m.

The San Clemente Music Festival Summer Kickoff at the San Clemente Outlets will be a fun way to get in the summer mood with great live bands, dancing, community booths, free raffle prizes, and shopping deals. This free event is family friendly. The booths will have many local organizations that will have many health and wellness awareness for a safe and healthy summer. Each booth will have raffle tickets to give away so you can enter to win a prize while attending. At Outlets at San Clemente, 101 W. Avenida Vista Hermosa, San Clemente.

Annual Muckenthaler Motorcar Festival

Fullerton

May 20-21

A one-of-a-kind automotive cultural event featuring car rallies, motor movies, Concours d'Elegance, and a horseless carriage tour. Live performances in the outdoor amphitheater by The Pleasure Tones on Sat-

urday and Janet Klein and Her Parlor Boys on Sunday. Proceeds benefit youth arts education and outreach programs. At Muckenthaler Cultural Center, 1201 W. Malvern Ave., Call, 714/738-6595.

Santa Ana Zoo's Party for the Planet/

Endangered Species Day

Santa Ana

May 21

11 a.m. to 2 p.m.

Celebrate Earth Day and Endangered Species Day with special activities. Open to the general public and free with the price of admission. Throughout the event, Zoo guests can create conservation-friendly crafts and play games, as well as learn from hands-on demonstrations and education stations. At Santa Ana Zoo, 1801 E. Chestnut Ave., Santa Ana.

Balboa Island ArtWalk

Balboa

May 21

The Balboa Island Artwalk is the premier showcase for talented local artists and marks the start of Balboa Island's summer season. This fine art show features 100 artists exhibiting paintings, fine jewelry, blown glass, sculpture, and photography. Spectators will enjoy live music throughout the day. Admission is free. At Balboa Island.

Taste of Brea & Business Expo

May 25

5 to 9 p.m.

Brea's Annual Foodie Extravaganza is where you can enjoy a mix of food, drinks, and fun in Brea Downtown. Come and enjoy dancing to live music with family and friends. Spend this evening strolling the Brea Downton enjoying tasty samples from local Brea restaurants and beer/wine providers while reveling in all Brea has to offer. At the Downtown Birch Street Promenade.

Strawberry Festival

Garden Grove

May 26-29

The festival is a parade and carnival celebrating the city's strawberry-growing history. Free admission. At Euclid and Main Streets, Garden Grove. Call 714-638-0981.

Scottish Fest

Costa Mesa

May 27-28

The event features hundreds of bagpipers and drummers, Scottish and Irish food and vendors, Scottish clans, Highland dancing, and traditional Scottish feats of strength like the hammer throw, putting the stone, and caber toss. Part of the United Scottish Society, the festival was established in 1932 and was called a Highland Games in the tradition of Scottish heritage. At, OC Fair and Event Center, 88 Fair Drive Costa Mesa.

Summer Pops Concert

Huntington Beach

June 18

3:30 p.m.

Enjoy a tribute to Henry Mancini, Strauss J. Williams, and Fly Me to the Moon by the Huntington Beach Symphony Orchestra with Music Director Grant Sevdayan and Jean Flute Salute – D. Mairs, John Barcellona - flute. At Golden West College, Mainstage Theater, 15751 Gothard St., Huntington Beach. Tickets: Adults \$25 (\$30 at the door); Student/Senior: \$22 (\$25 at the door) and online promo at HBSmphony.org; four tickets for \$80 or email info@hbsmphony.org.

The Gadget Geezer

Continued from page 19

chose a lesser-known home security system, COVE, for its highest ranking – The Editor's Choice Award.

The decision was based primarily on the system's affordability (\$226 for equipment, \$14.99 monthly monitoring cost, and zero dollars for installation).

"How can Cove Smart be so cheap without cutting corners?" asked the editors. "Because sign-up is totally automated. They pass the savings directly on to you. Almost better than the savings is building your system only without pressure or persuasion."

The bottom line: Shop around, research the home security system reviews in the aforementioned periodicals, and try to bring a tech-savvy person with you before you invest in such an important purchase.



Life After Mother

By Lyn Jensen

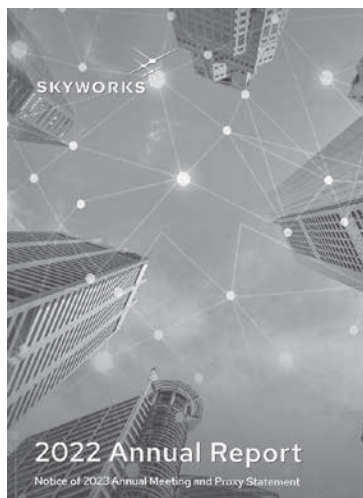
'Exploring probate and estate issues from personal experience.'

Stock Security

My mother had a powerful, irrational refusal to admit anything about her finances, even property I knew about.

I once asked her about what happened to some government bonds she used to have, and my simple question set off a week of dementia-fueled screaming fits about how she never, ever had any such thing, even though I knew she did.

I can now confidently say they're no longer around, so they must've been cashed a long time ago — but even if she forgot all about them, she could've just said so.



I could never get across concern for such behavior to medical professionals. First of all, I couldn't say her behavior was unusual when an explosive temper was normal for her. Second, my attempts to discuss her rages tended to be met with, 'That's common with dementia,' as if that was all that could be said or done.



Popular California writer Gerald Haslam has written of his mother's irrational behavior after a stroke, and fortunately for him, a doctor explained, 'Sometimes with older people symptoms of mental illness are passed off as senility or just the results of aging. But that's wrong.' The doctor referred his mother to a psychiatrist and, along with a new medication, she improved.

I was never able to find that level of care for my mother, and her failure to share her financial situation with me caused me additional hardship. My father at least let me know what accounts he had and where. My mother didn't, so I had to slowly discover what finances she left me to deal with like Alice traveling down the rabbit hole.

I was vaguely aware of some stocks, but I was left to puzzle over what turned out to be a complicated stock portfolio. Some holdings I recognized as

being part of her divorce settlement, while other investments had been added — and subtracted — over several decades.

My probate lawyer turned management of the stocks over to a fiduciary for a leading financial services firm, and I've found the arrangement satisfactory. After my mother's death, I was first left with a room full of financial papers and a pile of stock-dividend checks made out to my mother, but once the fiduciary began managing the portfolio, things got much simpler.

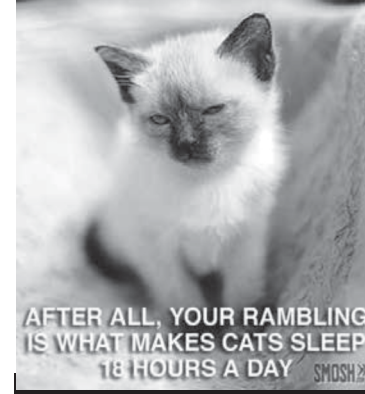
I've never had any interest in the stock market — I could care less whether stocks go up or down, what's a good investment or a bad one. What I do appreciate is how the stock dividends supplement my Social Security, providing me with more income than Social Security alone.

Now that I've been through probate, I own what used to be my mother's stock in four companies, all of which have some connection to the aerospace industry, thanks to what she got in the divorce. I get their annual reports and I'm entitled to vote on proposals presented at meetings of shareholders.

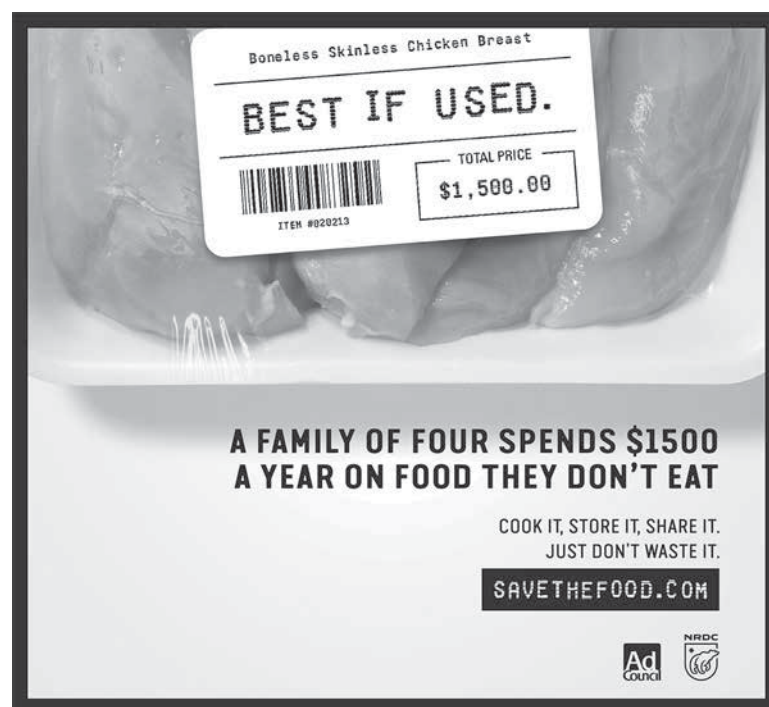
'Shareholder' has never been a goal that I've placed a priority on achieving, but now that my mother — dementia and all — has left me some security so far as my personal finances

go, I look forward to becoming more informed about the role shareholders play in corporate accountability.

WHEN TELLING US ABOUT YOUR DAY, KEEP YOUR STORIES BRIEF



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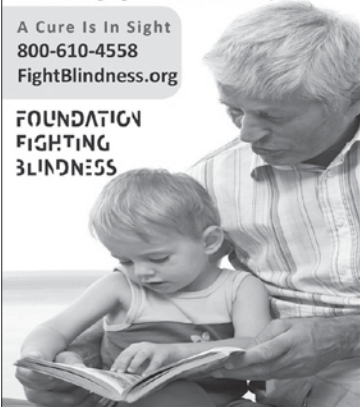
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**ADMIT
ONE**

By Randal C. Hill

Movie Preview

'The Little Mermaid'

"The Little Mermaid" is a fairy tale written by the Danish author Hans Christian in 1837 and first published as part of a collection of stories for children. Walt Disney's "The Little Mermaid" was an animated musical fantasy originally planned in the late 1930s as one of Walt's earliest feature films, although it was never made until 1989.

This year's "The Little Mermaid" comes to us as a live-action remake. It also breaks down some long-established barriers, especially with its diverse casting. As the star, powerhouse vocalist Halle Bailey (one-half of the R&B sister duo Chloe x Halle) debuts as Ariel, a mermaid who until now has always been portrayed as being white.

Director Rob Marshall and the scriptwriters, happy to shatter stereotypes, also seized the opportunity to better flesh out Ariel's love: "The role of Eric in the animated film — I'm sure the original creators will agree with this — is a wooden, classic prince character with not a lot going on," said Marshall. "There's a whole story that's developed in our film. He has a very similar trajectory in a way to Ariel: he doesn't feel like he fits in, in his world. These two kindred spirits find each other and teach the world about prej-

udice and breaking down barriers and walls between these two worlds."

When casting Ariel for "The Little Mermaid," Rob stresses that no well-defined agendas controlled matters. "We just were looking for the best actor for the role ... The goal was to find someone who can be passionate, beautiful, smart, and clever, and with great fire and joy."

Naturally, top-notch vocal skills were also a primary requirement. "That voice is something that is so signature and so ethereal and so beautiful that it captures the heart of Eric," explains Marshall.

In Disney's 2023 release, we are again offered the beloved story of Ariel, the beautiful and resolute young mermaid possessing both bravado and a thirst for adventure. The youngest daughter of King Triton (Javier Bardem), headstrong Ariel longs to find out more about the world beyond her familiar sea. In doing so, she becomes smitten with the dashing human prince Eric (Jonah Hauer-King). Mermaids are forbidden to interact with humans, but Ariel chooses to follow her heart and makes a deal with the evil sea witch Ursula (Melissa McCarthy). This gives the underwater adventurer a chance to experience life

on land, but ultimately it also places Ariel's life — and her father's crown — in jeopardy.

"The Little Mermaid" opens nationwide on May 26.

**FOOD WASTE
A GLOBAL ISSUE**

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



Food Loss & Waste

= \$680 Billion

in Industrialized Countries

\$ & \$310 Billion
in Developing Countries

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6-11 kg

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



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May Book Club

Continued from page 14

rather be writing books. She has a handsome photographer boy-friend, but she actively wonders how and when they will eventually hurt each other. Her best work friend Megan is her lifeline until Megan is abruptly laid off. When her world is further upended by an unplanned pregnancy, Emily is forced to



make tough decisions that will change her life forever.

"What will she sacrifice from her old life to make room for a new one? What fires will she be forced to extinguish, and which will keep burning? 'Old Flame' is a story about the essential — and often existential — choices that define a woman's life at every level, from which dress to wear to when to have a child to how to be in the world," according to Publisher Gallery/ScoutPress.



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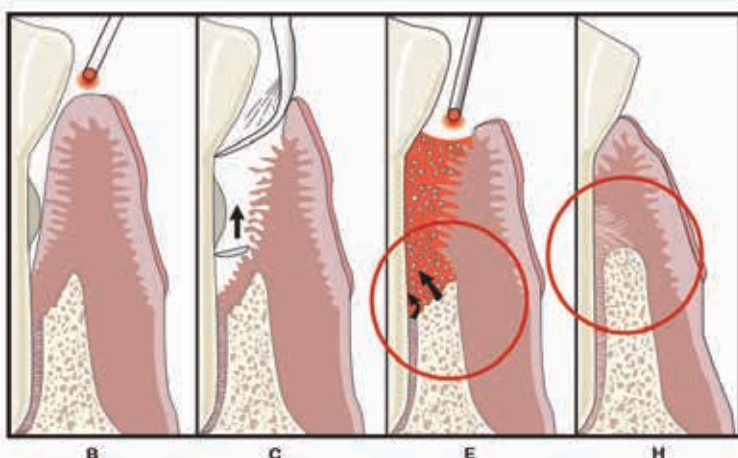


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1. Gregg RH II, Gregg DM. Laser-assisted periodontal regeneration with the LANAP protocol. *Dent Today* 2019 May;38(5):78, 80-83
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Healthy Living

Jump Start Your Spring with Tips for a Healthy Household

As the days get longer and the temperatures warm up, spring is the perfect time to take stock of your household and your health. This season is a time of renewal and rejuvenation, offering the opportunity to make some simple moves to improve your overall well-being.

To make the most out of a spring refresh, we've rounded up some of our top cleaning and health and wellness tips:

- **Clean high touch surfaces.** Cleaning surfaces in your home helps prevent the spread of germs that can make you sick, including COVID-19 and other



viruses. High-touch surfaces, such as light switches, door-knobs, and countertops, should be cleaned regularly, especially after having visitors over. Make sure to use household cleaners that contain soap or detergent to ensure you are removing germs that could cause illness.

- **Wipe down your electronics.** Many of us might remember to disinfect our phones, but it's easy to forget that remote

controls, keyboards, tablets, and other electronics all need a good scrub to keep germs at bay. Be sure to follow the manufacturer's instructions and recommendations for cleaning.

- **Break projects into small chunks.** You don't have to tackle your house from floor to ceiling to make progress on your healthy household plans. Rather, pick one 10-minute task to complete each day, such as wiping down counters, starting a load of laundry, or vacuuming the blinds. Smaller tasks can seem more manageable and will get your refresh kickstarted.

- **Improve the ventilation in your home.** Spring is a great time to check your air filters, making sure they are installed properly and replacing them as necessary. Doing so reduces air pollutants and virus particles in your home, helping to stop the spread of disease. In addition, you could consider adding a portable air cleaner to improve ventilation and reduce the number of germs in the air that people exhale when breathing, talking, singing, coughing, and sneezing.

- **Restock your medicine cabinet.** Take some time to check the expiration dates on your

medications and then purchase new items that you might need, like nasal sprays, allergy medications, and first aid materials. It's also a good idea to have extra COVID home testing kits on hand as well. With insurance or flexible spending accounts covering many health products, including at-home COVID testing kits, now is the time to stock up.





Grant Sevdayan - Music Director

=====

Tribute to Henry Mancini

J. Strauss, J. Williams

Fly Me To The Moon

American Flute Salute - D. Mairs

John Barcellona - flute



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