

# SENIOR REPORTER

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JANUARY 2024

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

# Cate Blanchett

*"If you know you are going to fail,  
then fail gloriously." — Cate Blanchett*



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# What to Know About RSV

You may remember the old saying, “An ounce of prevention is worth a pound of cure.” That’s never been more true than it is right now about good health and older adults, especially when it comes to protecting yourself during what is commonly known as respiratory disease season (fall through early spring).

Last year saw the devastating effects of an increase in COVID, flu, respiratory syncytial virus (RSV) and pneumonia on the wellbeing of older Americans. Fortunately, most people had access to vaccines for all but RSV last year. And in good news for this year, for the first time ever, there is a vaccine approved by FDA for preventing RSV in older adults.



surface as well as through the air (when someone infected sneezes or coughs), so anyone at any age can get it.

## A Solution

RSV vaccines are now approved and available throughout the U.S. and the cost is covered fully for Medicare beneficiaries. These vaccines can truly protect your health across your lifespan as they are now available for adults aged 60 years or older, as well as for infants through maternal immunization.

## What Else You Should Know

It is always a good idea to review your health plan. When contacting Medicare, make certain that you are contacting the actual government agency itself. Only government agencies can use the .gov ending and the best number to use to reach trained Medicare experts is 1-800-633-4227. It’s easy to remember—it’s 1-800-Medicare.

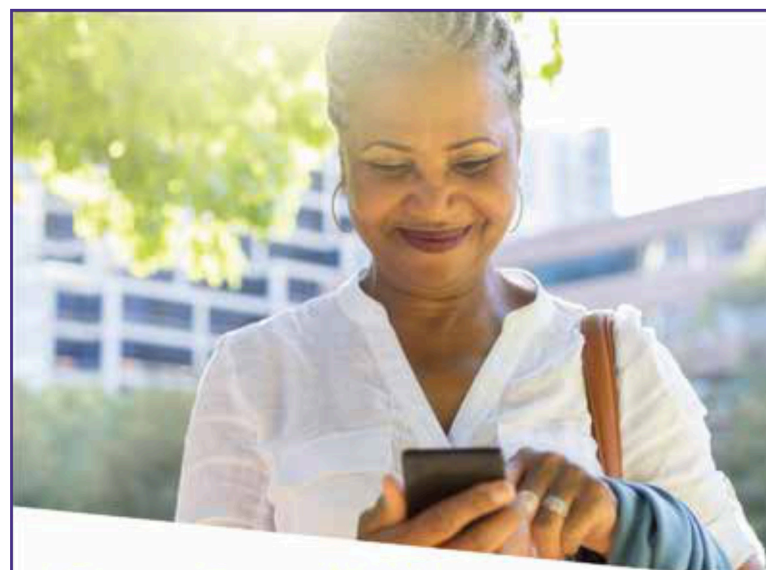
The National Association of Nutrition and Aging Services Programs (NANASP) created a resource outlining the five things to know about RSV to help get the word out about this important opportunity to protect the health of older adults. English and Spanish versions

*Continued on page 6*

## The Problem

RSV is a serious respiratory virus whose full toll on seniors is just now being recognized. Each year, RSV results in up to 160,000 hospitalizations among people aged 65 and over and leads to as many as 10,000 deaths in older people in the U.S., according to the Centers for Disease Control and Prevention (CDC).

It can also prove serious for anyone with chronic conditions such as asthma, COPD, heart or other lung problems, certain autoimmune conditions and those receiving chemotherapy or radiation treatments. It is easily spread from contact with a contaminated



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## 'Love Story'

By Randal C. Hill

*"Be careful what you wish for, lest it come true."* — Aesop's Fables

In 1958, Erich Segal graduated from Harvard University as both the class poet and a Latin salutatorian. He earned a doctorate in comparative literature from Harvard and began lecturing at Yale as a Classics professor. He wrote scholarly works on Plato and Plautus, and lecture halls were always packed for his talks. One of his students, future *"Doonesbury"* creator Garry Trudeau, once pronounced Segal's presentations "electrifying."

But Erich also nurtured an obvious desire to be considered a hip guy as well as an erudite scholar. Through some contacts on Broadway, he became a co-writer of the animated Beatles feature *"Yellow Submarine."* (And what could be hipper than being involved with the Fab Four?) Thus, Segal was able to enjoy being both a respected university professor and a pop-culture icon. "Sometimes I amaze even myself," he boasted to film critic Roger Ebert. "I blow the minds of these freshmen who come to take a Greek tragedy class, and the professor is the same guy who wrote *"Yellow Submarine!"*

Segal then turned to writing screenplays on the side and

produced *"Love Story,"* which was released as a best-selling 131-page novella on Valentine's Day 1970 before it became a box-office smash film at Christmastime.

The primary *"Love Story"* characters — two star-crossed lovers — were wealthy pre-law Harvard student Oliver (Ryan O'Neal) and Jenny (Ali McGraw), a baker's daughter who studies music at Radcliffe and calls herself "a social zero." Eventually, they fall in love and marry, only to have Jenny fall ill with leukemia.

There's a key line in the story that is now iconic in our culture: "Love means never having to say you're sorry." McGraw later admitted that she didn't know what that line meant at the time but now has her definition: "Saying sorry isn't what it's about. It's about really feeling badly for the hurt ... and then absolutely trying never to do it again."

For a while, Segal was riding high. "I lucked out, that's what happened," he explained to Ebert. "My book came out just as the world was turning from cynicism to romance." But Segal eventually acknowledged that his incredible, head-spinning success unleashed "ego-tism bordering on megalomania," and for that, he would pay a hefty price. Also, despite the overwhelming popularity of Erich's creation, critics

often dismissed *"Love Story"* as a sentimental tearjerker — shallow, melodramatic, and ultimately disposable.

He later claimed the book — a phenomenon among the hoi polloi — "totally ruined me." In 1972, he was denied tenure at Yale, meaning that he would not be guaranteed a full-time professorship until retirement. Segal was devastated at the rejection, and although Yale never cited his mainstream popularity as the reason, they denied him becoming a permanent campus fixture.

Trudeau explained it best: "You can't dress up in tight leather pants to chat with starlets on *'Johnny Carson'* Friday night and expect to be taken seriously in a classroom Monday morning."

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## Health and Beauty News

# Lip Care is an Important Part of Your Oral Health Routine

Lips are one of the most sensitive organs in the body, composed of more than a million nerves, yet they are often neglected and not treated properly. Without healthy, fully functioning lips, your everyday life would look very different—which is why it's so important to take the necessary steps to protect them.

## Why protect your lips

Lips are the body's thinnest and most fragile layer of skin, and lack the sweat glands—or sebaceous oil glands—necessary to provide strong protection. This combination of thin skin and lack of natural moisturizing leads to dryness and susceptibility to becoming chapped, especially in drastic weather conditions. Over time, untreated chapped lips could lead to severe oral deterioration and susceptibility to wounds.

As seasons and temperatures change, your lips can be greatly affected if not properly cared for. During the hot summer months, it's important to protect your lips with lip balm and SPF lip care. Continuous and unprotected sun exposure can cause breakage to the skin barrier and lead them to look aged and discolored, and in some cases, even to oral cancer.

No matter the weather—or your age—it's important to pay close attention to your lips, and to develop a regular lip



*Don't kiss off your lips. Protect them from damage and neglect.*

care routine to help keep your lips soft, smooth and healthy.

“The lips are one of the most overlooked parts of the body, and ongoing neglect can lead to serious consequences including mouth cancer,” warns Kyle Dosch, DDS, who serves as Delta Dental of Washington's dental director. “It is important to schedule your twice annual check-ups with your dentist where they perform oral inspections to detect any urgent mouth issues.”

## How can I protect my lips?

Many think that licking your lips provides them with sufficient moisture but, in reality, this actually dries them out even more. To keep your lips hydrated, use a moisturizing lip balm, which can be applied as often as you feel your lips need a hydration boost.

When looking for a good lip balm, check the ingredients for shea butter, which is a great source of moisturization. Also, when choosing a lip balm, check for SPF 30 or SPF 40. Even if it's not sunny out, there are still strong UVA and

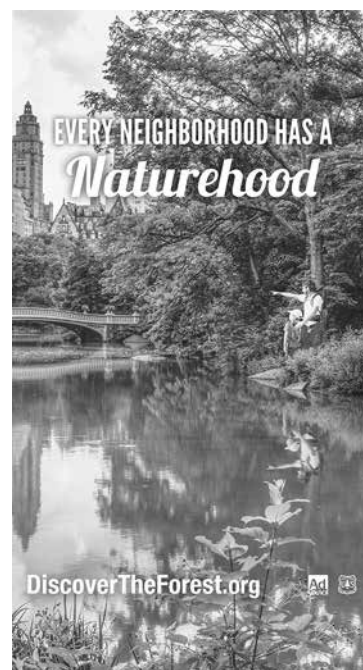
UVB rays that can cause more damage to your lips, according to Healthline experts.

Another way to protect your lips is by exfoliating at least once a week using sugar or salt mixed with your preferred nourishing oil, then follow up with a lip balm. Make sure, when exfoliating, you're not applying too much pressure because you don't want to break the skin barrier any further.

Your body works in wonderful ways to communicate what it needs, so make sure to listen and look at what it is saying. Following these simple and easy steps will let your lips be full and healthy, which contributes to your overall well-being.

## Learn More

For further information on lip care visit [www.deltadentalwa.com](http://www.deltadentalwa.com).



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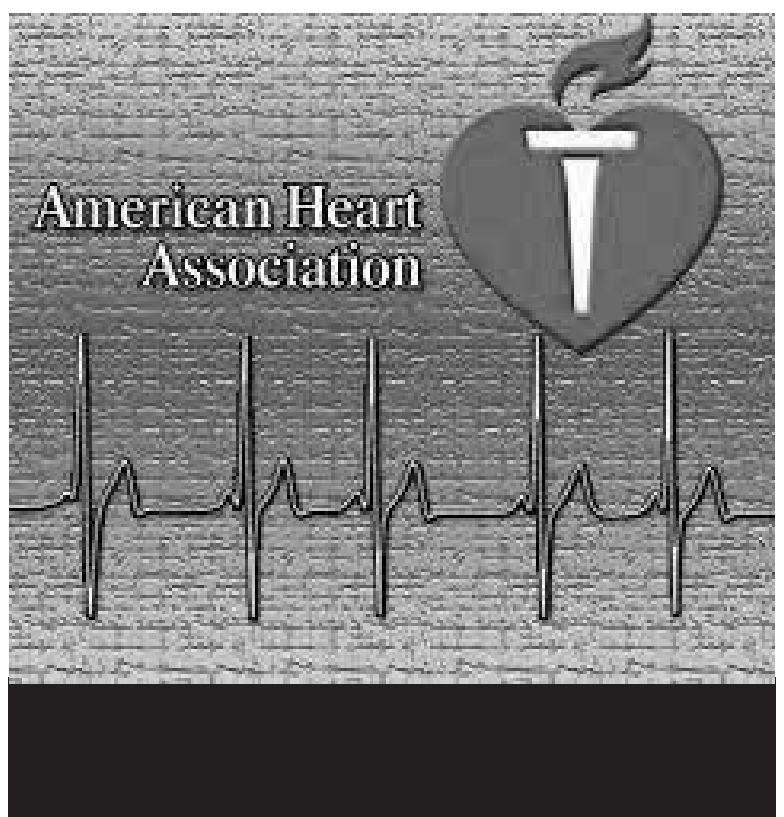
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# Cate Blanchett: From Down Under to Top Star

By Les Goldberg

When talking about Cate Blanchett, “fail” is the last word that could be used to describe one of the most accomplished actresses of our generation.

However, it did come up in an interview she gave to the film press several years ago when asked about her early career struggles. Those struggles were short-lived.

At age 55, her journey to stardom spans three decades, beginning in her native Australia where, during her teenage years, she discovered her passion for the performing arts while attending the University of Melbourne.

She dropped out of school after one year to travel overseas. While in Egypt, Blanchett was asked to be an extra as an American cheerleader in the Egyptian boxing film “*Kabaria*” in 1990. In need of money, she accepted the job.

On returning to Australia, she moved to Sydney and enrolled at the National Institute of Dramatic Arts, graduating in 1992 with a Bachelor of Arts degree.

That same year, she was cast in her first stage role opposite actor Geoffrey Rush in the play “*Oleanna*,” followed by a leading role in Sophocles’ “*Electra*,” resulting in positive critical acclaim and earning the Sydney Theatre Critics’ Best Newcomer award for Best Actress in that performance as well as in another play, “*Kafka Dances*.”

The late 1990s saw her appear in several Australian TV shows and miniseries while making her first big-screen movie debut as a nurse captured by the Japanese Army during World War II in “*Paradise Road*” with Glenn Close and Frances McDormand.

Blanchett’s first leading role came in 1997 when she played Lucinda in the romantic drama “*Oscar and Lucinda*” with co-star Ralph Fiennes. Her performance earned her a Best Leading Actress nomination in the

Australian Film Institute (AFI) awards.

From then on, the sky was the limit. Catapulting her to international fame was her role as a young Elizabeth I in the film of the same name in 1998. For her critically acclaimed performance, she won the Best Actress awards from the Golden Globes, the British Academy Awards, the Screen Actors Guild, and the American Academy Awards. In addition, a writer for the Boston Phoenix called her “a bona fide screen queen.”

Her other major award-winning roles include the “*Talented Mr. Ripley*,” “*The Lord of the Rings*,” “*Bandits*,” “*Heaven*,” “*The Missing*,” “*The Aviator*,” “*The Good German*,” “*Indiana Jones*” and the “*Kingdom of the Crystal Skull*,” “*The Curious Case of Benjamin Button*,” “*A Streetcar Named Desire*,” “*The Monuments Men*” and the list goes on.

Blanchett, in addition to her acting on stage, film or TV, or in the U.S., Europe, or Australia,

is considered most unique in the industry for her ability to play characters from many different walks of life, and for headlining and being in a wide range of film genres and production scales, from low-budget independent films to high-profile blockbusters.

She has also been praised for her mastery over a wide array of diverse accents, including English, Irish, French, and various regional American accents. In a 2022 readers’ poll by “*Empire*” magazine, Blanchett was voted one of the 50 greatest actors of all time.

## Behind the Camera

When it comes to speaking her mind about the issues she cares about, Cate Blanchard is no wallflower.

She is a long-term advocate of individual and collective action on climate change and the environment in general. She is a former member of the Climate Project, an ambassador of the Australian Conservation Foundation, and supports SolarAid, an international development charity working to provide solar lights in Africa.

For the past seven years,

Blanchett has been an official global goodwill ambassador for the United Nations High Commissioner for Refugees and holds the World Economic Forum’s prestigious Crystal Award for her humanitarian efforts.

A resident of England, she and her husband, playwright, and screenwriter Andrew Upton, have three sons and an adopted daughter.

*Continued from page 3*

can be found at <https://www.nanasp.org/vaccines>.

It’s a good idea to talk to your pharmacist or healthcare provider about whether you should get the RSV vaccine, and any other recommended vaccines.

“Respiratory syncytial virus (RSV) vaccines are now approved and the cost is covered fully for Medicare beneficiaries, reports The National Association of Nutrition and Aging Services Programs.”







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## On The Road Again ...

# Hidden Museum Treasures

By Shana McCann

If you've been following this column for any length of time, you know that I love museums.

In the past, we've visited the major Southland sites like The Getty Center, the LA Museum of Fine Arts, and others which have plenty of notoriety and huge followings. All of them are worth seeing, of course.

Interestingly, however, Southern California also is a treasure trove of smaller, lesser-known museums that have their own unique stories of nostalgia, antiquity, and history. They are convenient and easily accessible by car or public transportation, affordable, and highly educational for all ages. Here is a sample of what I am talking about:

### The Banning Museum



In the heart of Wilmington, near the Port of Los Angeles, sits The Banning Museum, a restored 23-room residence (18 are open to the public) on a 20-acre parkland which is now a National Historic Landmark owned and operated by the city of Los Angeles.

The city of Wilmington and the Port of LA were both founded by Phineas Banning, an entre-

preneur and shipping tycoon in the mid-19th century. After arriving by boat in 1864, he needed a better way to transport goods up to the heart of LA which grew rapidly following the Civil War. He developed a six-horse staging business that made him his first fortune.

He also built the residence which he lived in along with subsequent generations of his family until 1925.

When the city bought the property two years later, it fell into disrepair for decades, but an intrepid group, the Friends of Banning Park (now called the Friends of the Banning Museum, spearheaded by Phineas' great-granddaughter, Nancy Banning Call,) restored the mansion to its original Victorian beauty.

Today, the museum is one of the finest examples of domestic Greek Revival architecture in Southern California. The house interiors perfectly reflect early American living.

Reservations are not needed to visit the museum and take the docent-led tour of the residence, its Stagecoach barn, and its unique Gateway Exhibit. Admission is \$5 for adults; and \$1 for children. The hours are 12:30, 1:30 and 2:30 p.m. on Tuesdays and Thursdays, and a 3:30 p.m. tour is added on Saturdays and Sundays.

### Pasadena Model Railroad Museum



The introduction of the railroads into Southern California in the early 20th Century also spurred a special love affair with trains, passengers, and freight, especially among men and boys alike. As a result, model trains became a huge hobby as companies like Lionel and Marx sold millions of products, including cars and all miniature railroad accessories.

By 1940, there was enough interest in the hobby for several enthusiasts to form the Pasadena Model Railroad Club, meeting first at members' homes and then moving to a building at 856 E. Maple St.

Sixteen years later, the club and its Sierra Pacific Lines track layout moved to a larger facility that could accommodate the expanding membership. Over the next several decades, the club became a museum to reflect the members' passion and heritage for model railroading.

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*Continued on page 33*

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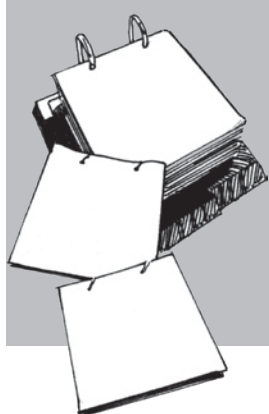


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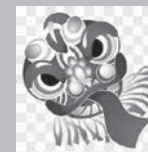






# JANUARY

## Calendar of Events



*It's 2024!*

In honor of the new year, here is a variety of events going on in and around the area you can partake in and happily ring in 2024.

### **Artists Village Art Walk**

**Jan. 6**

**Santa Ana**

**First Saturday of the month**

**7 p.m. to 1 p.m.**

Downtown Santa Ana comes alive with arts on the first Saturday of each month when galleries, theatres, artists, and performers in the Artists Village host a monthly open house for the public. The free event attracts as many as 1,500 people from throughout Los Angeles and Orange County to walk more than 150 participating studios and galleries located in historic buildings in the heart of downtown Santa Ana. Call 714-571-4229

### **Winter Fest OC**

**Through Jan. 7**

**Costa Mesa**

Enjoy the magic of winter at Winter Fest OC with Santa, snow, carnival games, food, and more. Stroll through holiday lights, build a snowman in the snow play area, and enjoy a snow tubing slide. There's a tree lighting ceremony every

night at 5:30 p.m. with fresh falling snow and a parade, with fireworks to light up the sky. Kids will delight in the magic that Winter Fest offers and the whole family will feel the spirit of the season as they wander through the winter wonderland. Winter Fest offers complimentary admission with a valid ID on select days for First Responders, nurses, Active-duty military and veterans, and Teachers. At OC Fair & Event Center, 88 Fair Drive, Costa Mesa.

### **Casa Cinema: The Taming of the Shrew (1967)**

**Jan. 9**

**San Clemente**

**6 p.m. to 8 p.m.**

"The Taming of the Shrew," starring Elizabeth Taylor and Richard Burton, is a critically acclaimed film based on the William Shakespeare play of the same title. Film Rating: Not Rated. Cost \$5-\$10. At Casa Romantica, 415 Avenida Granada, San Clemente.

### **Tet Festival**

**January**

**Huntington Beach**

**Friday, Jan. 20, 5 p.m. to 10 p.m.; Saturday, Jan. 21, 10 a.m. to 10 p.m.; Sunday, Jan. 22, 10 a.m. to 9 p.m.**

Celebrate the Lunar New Year

and the Year of the Rabbit at this annual Tet Festival. Hosted by Orange County Supervisor Andrew Do, guests can enjoy traditional Vietnamese performances, music, food, and fun. The event features many food vendors, live entertainment, carnival rides, a firecracker ceremony, lion dances, and more. At Mile Square Park, 16801 Euclid Street, Huntington Beach.

### **Lunar New Year Festival**

**January**

**Garden Grove**

**12 to 10 p.m.**

Family-friendly celebration for the community to participate in and explore the ways various cultures celebrate the Lunar New Year. At SteelCraft Garden Grove, 12900 S. Euclid St., Garden Grove.

### **UVSA Tet Festival**

**January**

**Costa Mesa**

**Friday, Jan. 27, 4 p.m. to 10 p.m.; Saturday, Jan. 28, 11 a.m. to 10 p.m.; Sunday, Jan. 29, 11 a.m. to 9 p.m.**

The Tet Festival celebrates the Vietnamese Lunar New Year, the most important holiday in Vietnamese culture. According to the Festival page, "Tet 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 Tet 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 OC Fair & Event Center, 88 Fair Dr., Costa Mesa.

### **Lunar New Year Celebration**

**January TBA**

**Costa Mesa**

Celebrate the Lunar New Year with music, dance, and a fusion of musical traditions from East and West. At Renee & Henry Segerstrom Concert Hall, 615 Town Center Drive, Costa Mesa.

### **Anatolia Food Festival**

**January**

**Irvine**

**10 a.m. to 4 p.m.**

What better way to savor your Sunday than to enjoy a day of food and fun exploring Turkish and Mediterranean culinary cuisines? In addition to sampling new flavors, carnival games will be available for kids to play. This free event is open to the public and donations are requested for food and games. At Mason Re-

gional Park, 18712 University Drive, Irvine.

### **Costa Mesa Playhouse presents: "Buried Child"**

**by Sam Shepard**

**Jan. 26 to Feb. 18**

**Costa Mesa**

An alternately funny and macabre look at a Midwestern family with a very dark secret, weaving a twisted family drama of epic proportions. When a grandson brings home his girlfriend to meet the family, he uncovers the destructive nature of family secrets. At 661 Hamilton Street, Costa Mesa. Call 949-650-5269.

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by Robert Bruce Woodcox

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

*Continued on page 26*



## 'You're Sixteen'

Ringo Starr

By Randal C. Hill

Since you are reading this in a senior publication, there's a good chance that you not only remember Ringo Starr's "You're Sixteen" from 50 years ago, but the original 1960 version by Johnny Burnette, as well.

Burnette was born in 1935 and lived with his parents and brother Dorsey in a Memphis housing project that included equally poor neighbors Vernon, Gladys, and Elvis Presley. After school days ended, music lovers Johnny, Dorsey, and a mutual friend formed the hard-driving Johnny Burnette Trio. They toured constantly and recorded some high-octane 45s that went nowhere. (Rockabilly collectors now lust after those obscure plastic discs.)

Later, Johnny and Dorsey moved to Los Angeles to become songwriters for Ricky Nelson ("Believe What You Say," "It's Late"). As a solo artist, Johnny signed with Los Angeles's Liberty Records and proceeded to cut some minor hit singles.

Burnette's only Top Ten career tune was the bouncy, violin-saturated "You're Sixteen," which ended up on the best-selling soundtrack of George Lucas's 1973 nostalgia movie "American Graffiti." In 1964, Johnny died in a California boating accident.

Ringo, the oldest Beatle, was born Richard Starkey in 1940 in the Dingle, Liverpool's most depressed inner-city district. Housing there usually meant cramped quarters, poor ventilation, and a rear door that opened onto an outhouse.

Young Starkey was often in and out of hospitals with various illnesses. At age 13, he began a two-year stay in a sanatorium after he contracted tuberculosis. As with many other long-term patients, he was encouraged to join the institution's musical group. (He was often heard beating upon the cabinets next to his bed with a mallet that he fashioned from a cotton bobbin.) "I was in the hospital band," he explained. "That's where I really started playing. I never wanted anything else from then on."

At 15, barely literate and uninterested in school, he took menial Liverpool jobs until he found employment as a Rock 'n Roll drummer and soon became well-known as a member of Rory Storm and the Hurricanes, one of the premier rock groups in the city. As he wore two rings on each hand, he adopted the stage name Rings (later Ringo) Starr. In 1962, the Beatles hired him to replace their dour original drummer Pete Best, who hadn't meshed well with fun-loving John, Paul, and George.

Ringo's version of "You're Sixteen" featured a "chugging" lope and a lot of help from his friends (get it?) on his million-selling Apple Records single. Among the many musicians who offered background support that day in the recording studio were — no surprise here — John Lennon, George Harrison, and Paul McCartney. During the bridge of Ringo's "You're Sixteen," Paul McCartney made a sound like a kazoo with his mouth, although his quirky contribution was credited as a "vocal sax solo" on Starr's "Ringo" album. Go figure.

Sometimes thought of as the neglected Beatle who dwelt in the Lennon-McCartney-Harrison shadow, Sir Richard Starkey is said to have a net worth of \$350 million today.

### Bibliography

*Book:*

Bronson, Fred. "The Billboard Book of Number One Hits." New York: Billboard Publications, Inc., 1992.

*Internet:*

Johnny Burnette, Ringo Starr (the Ringo quote is from here), "You're Sixteen." en.wikipedia.org.

"You're Sixteen" by Ringo Starr. www.songfacts.com.





# January Crossword Puzzle

Across

1. Church offering
6. Gator's cousin
10. Remainder
14. Chef's garment
15. Timber wolf
16. Popular cookie
17. Tournament type
19. Applications
20. "\_\_\_ to Billie Joe"
21. Donated
22. Motor City team
24. Evaluate
25. Phnom \_\_\_
26. Particles
28. Support financially
32. Put on (a show)
33. Painful foot problem
34. Concept
35. Cairo's river
36. Gets an "F"
37. Dire fate
38. Mideast ruler
39. \_\_\_ small world . . .
40. Captain Nemo's creator
41. Place for a Christmas partridge
43. Brusque
44. Dumbfounded
45. Morsels
46. Philly hero Rocky
49. Positive
50. I love: Lat.
53. Riyadh native
54. Luxury SUV
57. Fuzzy fruit
58. Postal delivery
59. Santa \_\_\_ race track
60. Bridge position
61. Fill to excess
62. Orange variety

Down

1. Hawaiian tuber
2. Portable media player
3. Test choice
4. Sweetie
5. Final stage
6. Pungent spice
7. Choir attire
8. \_\_\_-Wan Kenobi
9. Ingredients
10. TR's cavalry regiment
11. Gaelic
12. Palm reader, e.g.
13. Jettison
18. Charlie Brown expletive

23. Toner
24. Title toon in a 1988 film
25. Songstress Abdul
26. There's \_\_\_ for everything
27. Actress Shire
28. Western capital
29. Febreze target
30. Sierra \_\_\_
31. Flimsy, as an excuse
32. Lose it
33. Like some communities
36. The "F" in ATF

40. Warhorse
42. What it takes to tango
43. Wear down
45. Brass instrument
46. Make cookies
47. "Tosca" tune
48. Statutes
49. Agitated state
50. Tel \_\_\_
51. Apportion, with "out"
52. Test type
55. Motorists' org.
56. Out \_\_\_ limb

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and you feel you qualify for extra help, you can apply for extra help anytime by going to: Welcome!, Extra Help With Medicare Prescription Drug Plan Costs, Social Security (ssa.gov) or call your local Social Security Office and make an appointment to go in and fill out the application.

**You also may be able to get help from your State with other Medicare costs under the Medicare Savings Programs.** By completing this form, you will start your application process for a Medicare Savings Program. They will send information to your State who will contact you to help you apply for a Medicare Savings Program unless you tell us not to when you complete this application.

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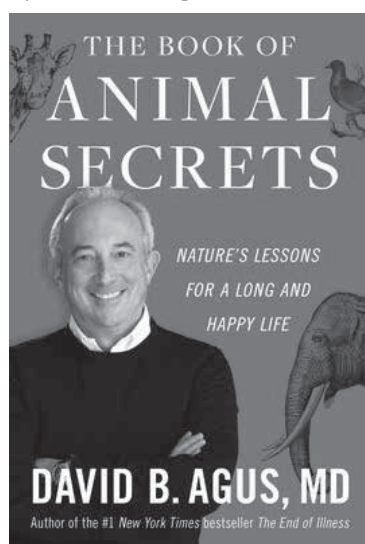


# January Book Club

It's a new year and that means there are more books to read and immerse yourself in after the chaos of the holidays. Check out these below and start turning those pages!

## ***The Book of Animal Secrets***

***Nature's Lessons for a Long and Happy Life***  
By David B. Agus



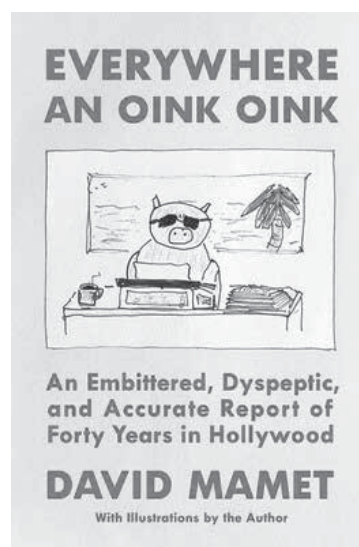
“Mother nature has a lot to teach us if only we open our eyes. Pigeons and dolphins offer creative strategies for preserving our memories and warding off dementia, while squirrels and pigs harbor secrets for managing chronic pain. Rhinoceroses demonstrate the subtle power of our environments — and how to exercise better — while chimps have surprising parenting tips, not to mention great

diet advice. Studying elephants has unlocked insights into preventing cancer, and we can look to giraffes for solutions to cardiovascular issues. Ants reveal the unusual benefits of collaboration and altruism, dogs are masterful mentors in living the good life, prairie voles hold clues to connection, and hitchhikers from our evolutionary past may bring us to the edge of immortality.

“In ‘*The Book of Animal Secrets*,’ visionary physician and biomedical researcher David B. Agus, MD, explores all these ways — and more — that we can harness the wonders of the animal kingdom in our own, very human lives. Filled with lively storytelling and astonishing practical takeaways, this revelatory guide will have you rethinking what’s possible for your health and well-being — now and for years to come,” according to Publisher Simon & Schuster.

## ***Everywhere an Oink Oink*** ***An Embittered, Dyspeptic, and Accurate Report of Forty Years in Hollywood*** By David Mamet

“Award-winning playwright, screenwriter, and director David Mamet shares scandalous and laugh-out-loud tales from his four decades in Hollywood



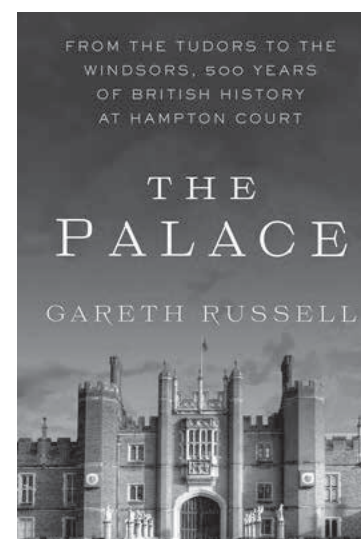
where he worked with some of the biggest names in movies.

“David Mamet went to Hollywood on top — a super successful playwright summoned west in 1980 to write a vehicle for Jack Nicholson. He arrived just in time to meet the luminaries of old Hollywood and revel in the friendship of giants like Paul Newman, Mike Nichols, Bob Evans, and Sue Mengers. Over the next 40 years, Mamet wrote dozens of scripts, was fired off dozens of movies, and directed 11 himself.

“In ‘*Everywhere an Oink Oink*,’ he revels in the taut and gag-filled professionalism of the film set. He depicts the ever-fickle studios and producers who piece by piece eat the artist alive. And he ponders the art of filmmaking and the genius of those who made our finest movies. With the bravado and flair of Mamet’s best theatrical work, this memoir describes a world gone by, some of our most beloved film stars with their hair down, and

how it all got washed away by digital media and the woke brigade. The book is illustrated throughout with three dozen of Mamet’s pungent cartoons and caricatures,” according to Publisher Simon & Schuster.

## ***The Palace*** ***From the Tudors to the Windsors, 500 Years of British History at Hampton Court*** By Gareth Russell

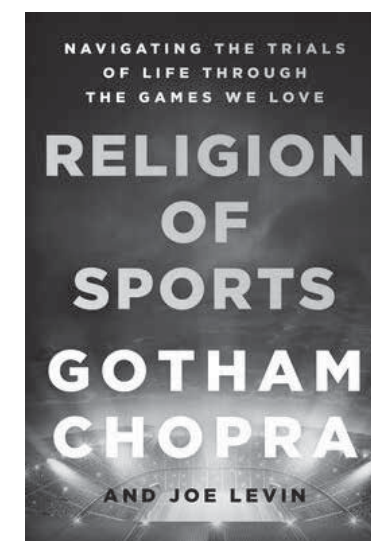


“The popular and ‘scrupulous historian’ (‘*Daily Mail*,’ London) Gareth Russell presents 500 years of British history — from King Henry VIII to Queen Elizabeth II — as seen through the doorways of the exquisite Hampton Court Palace.

“Architecturally breathtaking and rich in splendid art and décor, Hampton Court Palace has been the stage of some of the most important events in British history, such as the commissioning of King James’s version of the Bible, the staging of many of Shakespeare’s plays, and Queen Elizabeth II’s coronation ball.

“Accessible, engaging, and unputdownable, ‘*The Palace*’ takes us into every room in the castle, revealing the ups and downs of royal history and illustrating what was at play politically, socially, and economically at the time. An engaging and charming history book that is perfect for fans of Alison Weir, Philippa Gregory, and Andrew Lownie, ‘The Palace’ makes you feel as if you were in the room as history was made,” according to Publisher Aria Books.

## ***Religion of Sports*** ***Navigating the Trials of Life Through the Games We Love*** By Gotham Chopra and Joe Levin



“From the acclaimed director who has gone behind the scenes with many of the greatest athletes in the world, a memoir-meets-manifesto featuring never-before-heard stories about Tom Brady, Simone

*Continued on page 24*



# In The Spotlight

## A Passion for Pickleball

In the vibrant community of Laguna Woods resides Sheryl Strich, a dynamic 71-year-old with a deep passion for pickleball. Beyond being a resident, Strich takes on the role of the publicist for the Laguna Woods Pickleball Club, a position she has held since 2021.

Her engagement goes beyond the courts, as she also shares her insights into the world of pickleball through a weekly column in the Laguna Woods Globe.

Join us as Sheryl provides a glimpse into the joys of pickleball, the thriving community in Laguna Woods, and the unique experiences that come with this engaging sport.

**SR: What is pickleball, and how is it played?**

**A: Pickleball is best described as a combination of badminton, ping-pong, and tennis. It can be played indoors or outdoors on a badminton-sized court with a net similar to a tennis net. Players use paddles, larger than ping-pong paddles, and usually made of advanced materials.**

**Q: How did pickleball come to Laguna Woods, and when was the club officially established?**

**A: Pickleball was introduced to Laguna Woods in 2010 by Dale and Mary Rayner. They added pickleball lines to existing outdoor paddle tennis**

**courts and set up removable nets in the gym for both indoor and outdoor play. The official Laguna Woods Pickleball Club was established in 2012.**

**Q: How many members does the club currently have, and what makes pickleball enjoyable for them?**

**A: The club currently boasts 535 members. Members appreciate the fun and social aspects of the game. It provides great exercise, offers opportunities to meet like-minded people, and has even led to couples meeting on the pickleball court. It's a sport that's not only enjoyable but also addictive.**

**Q: What facilities are available for pickleball in Laguna Woods, and how are games organized?**

**A: Laguna Woods residents are fortunate to have seven courts available. While many people organize games ahead of time, it's easy to pick up a game by heading down to the courts. There's no charge or reservation system; instead, they use a sign-in system called Brad's Boxes. Pickleball shares the courts with paddle tennis, with specific time slots allocated for each.**

**Q: Does the club offer any tournaments or competitive events?**

**A: Yes, the club organizes**



**tournaments and ladders for its members. Additionally, once a year, Laguna Woods hosts the 'Village Games,' where various sports, including pickleball, competition, and medals are awarded.**

**Q: Do you play pickleball year-round, and what's your preferred playing time?**

**A: Yes, I play year-round. I prefer playing early in the morning before it gets too hot, but the courts are lit until 10 p.m., allowing for evening games. On cold days, I layer up, shedding clothes as the game progresses.**

**Q: Who is eligible to join the Laguna Woods Pickleball Club, and what does membership entail?**

**A: The club is open exclusively to Laguna Woods residents. Any resident can join for an annual fee of \$20. Membership includes access to tournaments, social play events, newsletters about pickleball in Laguna Woods, finding play-**

**ers at similar skill levels, and the use of the Lobster ball machine.**

**Q: Can anyone play on the Laguna Woods pickleball courts, and what equipment is needed?**

**A: Non-club members can play on the courts, but they won't have access to club membership perks. To play, you need a pickleball racket and balls, which are readily available online or in sporting goods shops. Proper court shoes are essential for safety, and running shoes won't suffice.**

**Q: Is there a cost associated with playing on the pickleball courts in Laguna Woods?**

**A: No, there's no cost to playing on the pickleball courts. The \$20 annual membership fee for the club covers additional perks and events.**

**Q: How did you get involved in pickleball, and what do you enjoy most about the sport?**

**A: I started playing pickleball in 2015 when I moved to Laguna Woods. Having played tennis in my youth, I appreciated that pickleball has an underhand serve that I found easy to pick up. It's been a great way for me to meet people and enjoy a sport I truly love.**

**Q: Besides pickleball, what else are you involved in, especially in Laguna Woods?**

**A: Aside from pickleball, I'm also engaged in theatre and**

**currently have a television show called 'How We Met.' In this show, I interview Laguna Woods couples, sharing their unique stories of how they met. Each episode airs twice a week during the month.**

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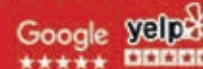


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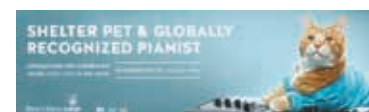
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# Fabulous Finds

By Debbie L. Sklar

Now that 2024 has arrived it's time to put away the holiday decorations, toss the fruitcake, and get back to daily life.

And that means making sure you are well rested and taking time out to get rejuvenated after the bus season.

Here are some wonderful **Fab Finds** to help you look and feel your best as we enter into a new year.

## Smooth Facial Balm for Menopause Patients



Respect Wellness, known for its CBD products targeting menopause symptoms, now offers **'Smooth,'** a luxurious facial balm that provides a transformative skincare experience for women navigating the complexities of hormonal changes and aging.

'Smooth' stands out as an exceptional skincare product, combining organic full-spectrum CBD and carefully selected organic and wild-harvested botanicals.

Smooth promotes the skin's natural self-stabilizing capacity to brighten and reduce fine lines.

It seamlessly integrates with the Respect Wellness product line, which is tailored for women undergoing menopausal changes, aiming to optimize their wellness routines during this pivotal life stage.

### Highlights of 'Smooth'

**Luxurious Experience:** Inspired by the soothing sensation of massage candles at fine spas, 'Smooth' provides an opulent and therapeutic skincare experience.

**Effective Formulation:** Incorporates organic botanicals CBD, and premium soy wax to target fine lines, enhance skin hydration, and promote a natural, radiant complexion.

**Ideal for Menopausal Wellness:** 'Smooth' seamlessly integrates with the entire Respect Wellness product line, which is specifically tailored for women undergoing menopausal changes, aiming to optimize their wellness routines during this pivotal life stage.

**Availability:** 'Smooth' is available at [respectwellness.com](http://respectwellness.com) for \$79, MSRP, \$45 wholesale.

### Enhance Your Natural Beauty

**Lenoir Skin Care**, a new personal skincare brand formulated to enhance your natural beauty and revitalize your skin has arrived.



Lenoir Skin Care aims to provide a diverse range of products crafted with cruelty-free, vegan formulations suitable for all skin types and concerns.

The Spa Collection features luxurious formulations with an emphasis on anti-aging and the Essential Collection focuses on everyday skincare needs for radiant and rejuvenated skin. Here are some of what's included:

**Vitamin C Serum (\$64.95)** - A light facial serum that provides three different forms of stable Vitamin C along with Hyaluronic Acid and Rosehip Seed Oil. Skin will feel toned, moisturized, and refreshed.

**Hyaluronic Acid Serum (\$59.95)** - An ultra-lightweight serum delivering weightless hydration with Hyaluronic Acid and Sea Algae, Vitamin C, and Plant Peptides to help the skin feel replenished, soothed, and revived.

**Anti-Aging Face Oil (\$54.95)** - This lightweight face oil helps turn back the clock with a powerful lineup of nutrients, including Vitamin C & E, Rosehip Seed Oil, Bakuchicol, Capaiba, and Squalane.

**Anti-Aging Face Cream (\$49.95)** - This rich anti-aging

cream is formulated with active rejuvenating nutrients that help restore youthful skin for a healthy, radiant complexion.

**Vitamin C Cleanser (\$35.95)** - A delicately foaming facial cleanser that gently bathes the skin with Vitamin C, Botanicals, and Raspberry Seed Oil.

### The Lenoir Skin Care Essential Collection

Another great skincare collection is the **Lenoir Skin Care Essential Collection**.

**Facial Cream (\$44.95)** - This Facial Cream features a hydrating formulation uniquely curated to quench, nourish, and revitalize dry, thirsty skin.

**Facial Cleanser (\$39.95)** - This sulfate-free Facial Cleanser utilizes organic plant extracts to cleanse and replenish skin for a refreshing, invigorating clean.

**Exfoliating Facial Scrub (\$35.95)** - This Facial Scrub utilizes the gentle yet powerful combination of Organic Brown Sugar Cane crystals, Jojoba Beads, and Hawaiian Lava Sea Salt to slough off rough, patchy skin cells and reveal a supple, hydrated, youthful glow.

**Rose Oil Facial Cleanser (\$48.95)** - Rose Facial Cleanser contains a combination of

complex botanical ingredients for intense and effective oil cleansing, perfect for both dry and sensitive skin types.

Lenoir Skin Care is available at [lenoirskincare.com](http://lenoirskincare.com).

## Dollar Shave Clubs New Products



Dollar Shave Club introduces the **Style Detailer** and the **3-in-1 Freestyler**. The new products join the existing Double Header Electric Trimmer.

The Style Detailer is a waterproof precision trimmer with two interchangeable heads, including a 360° rotary head for nose and ear hairs, and the 3-in-1 Freestyler is a simplified tool with a power trimmer on one end, and a razor on the other, to trim, shave, shape, and edge facial hair to perfection.

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*Continued on page 24*

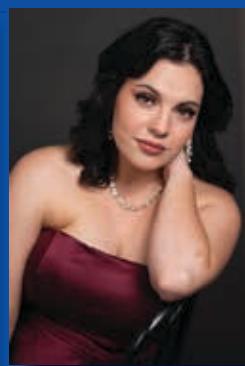


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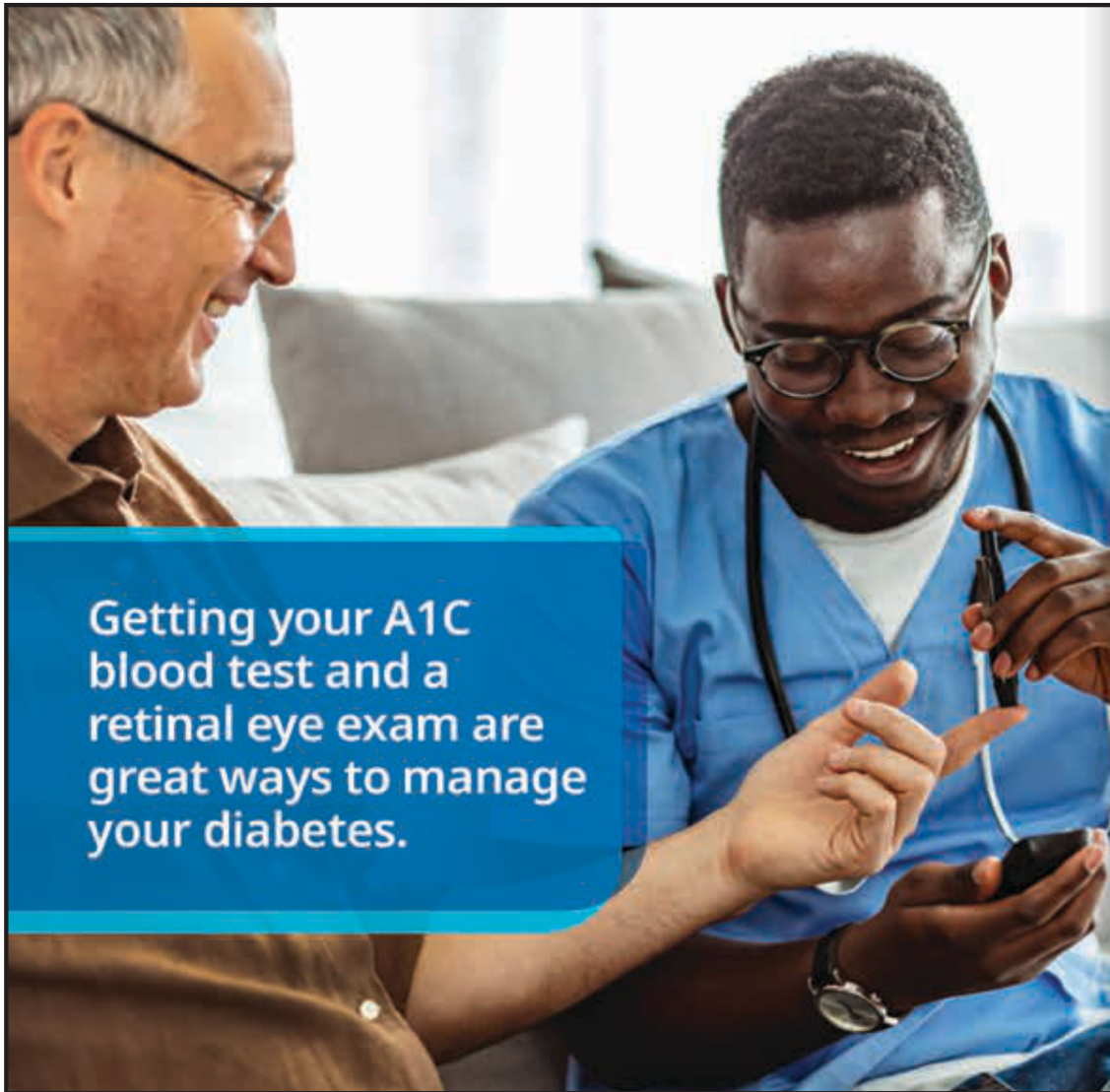
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# Tinseltown Talks

By Nick Thomas

## Joyce Bulifant's Ups and Downs of Marriage and Career

For those who keep track of Hollywood nuptials, the title of Joyce Bulifant's 2017 autobiography may not represent a marital world record, but it's certainly an attention grabber. The actress, who co-starred in TV series such as "Flo" and "Mary Tyler Moore," recounted her life and career in "My Four Hollywood Husbands."

Bulifant describes how alcohol influenced her four husbands: "Hawaii Five-O" star James ("Danno") MacArthur; TV/film producer, director, and screenwriter William Asher; "Days of Our Lives" actor Edward Mallory; and her last husband actor Roger Perry who died in 2018.



successful on stage as well as in film and television and was a frequent game show panelist in the 70s and 80s. She even appeared briefly in the classic 1980 comedy "Airplane!" as the mother of a sick little girl with an intravenous drip.

"I didn't want to do that dadgum movie, I thought it was so silly," she recalled. "I was married to

met Jimmy (MacArthur) while we were at boarding school together and we started dating a couple of years later."

She remembers her spouses as unhappy men especially MacArthur in their decade-long marriage.

"When he wasn't working, he would drink more and it became a terrible situation," she said. "I thought if I just loved them enough, they wouldn't need to drink and would become happy, but it just didn't work that way."

She remained happily married to her last husband Roger Perry although he too experienced some early rough patches. "He wanted to get better, so that's why this marriage worked," she said.

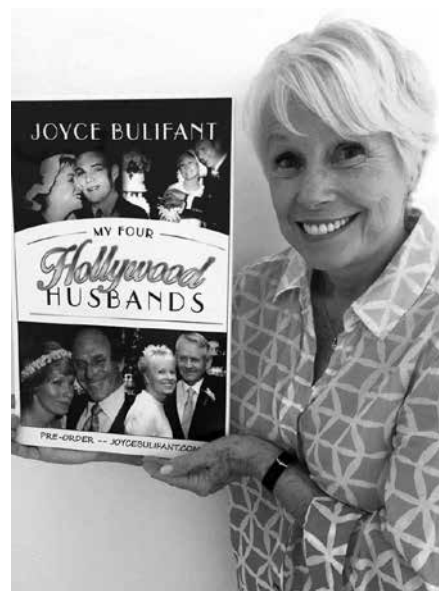
Career-wise, Bulifant has been

William Asher at the time, and he told me 'You're an actress – you act!' Now it's been called one of the 100 funniest movies ever made."

But one major TV role did slip past.

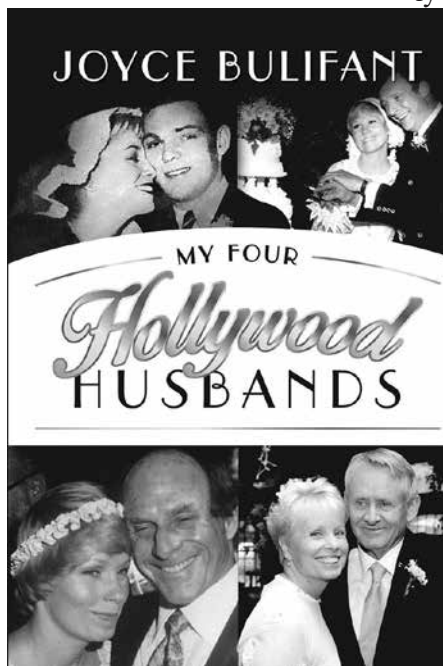
"I was all signed, sealed, and delivered to play Mrs. Brady on 'The Brady Bunch,'" she recalled. "One Friday, I was showing the director and producer (and writer, Sherwood Schwartz) my wardrobe, but they were acting very strangely. When I asked what was wrong, they sat me down and said the executives at ABC in New York wanted Florence Henderson for the role."

Schwartz called that evening confirming the bad news. "That's the way it goes in this business," said Bulifant. "Florence was a wonderful actress and a lovely lady."



true for anyone with self-doubt which is why my book resonates with people from all walks of life. So, I'm very pleased when I hear from people it has helped."

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

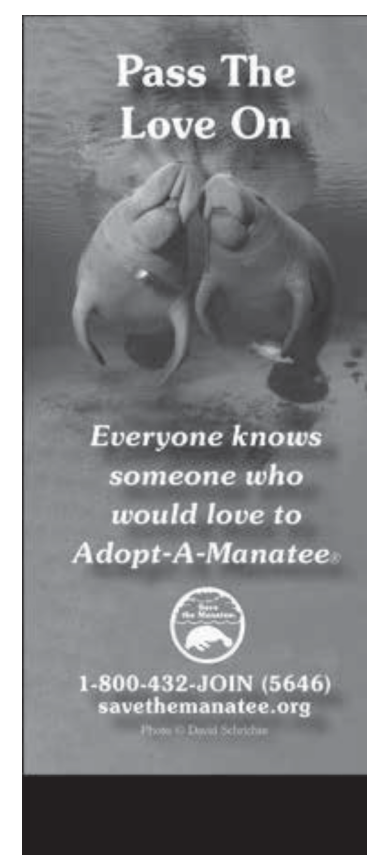


"It was never my intention to marry famous Hollywood men, it just happened that way," said Bulifant from Los Angeles. "I was 14 when I first

Concentrating on TV work, Bulifant only appeared in about a dozen films. Her first main feature role was in the 1967 Disney musical "The Happiest Millionaire," memorable for her "Bye-Yum Pum Pum" song with Lesley Ann Warren. It would be the last live-action feature produced by Disney, who died a year before the film's release.

Bulifant's radiant cheerful on-screen personality and distinctive youthful voice made her a favorite comedic actress with audiences. Despite some missed career opportunities and marital challenges, she has always remained optimistic.

"When you're in the entertainment business, you have to deal with disappointment and rejection so if you don't feel strong and confident about yourself it can be very disheartening," she said. "That's





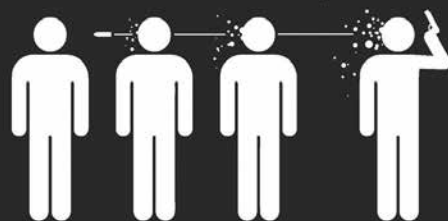
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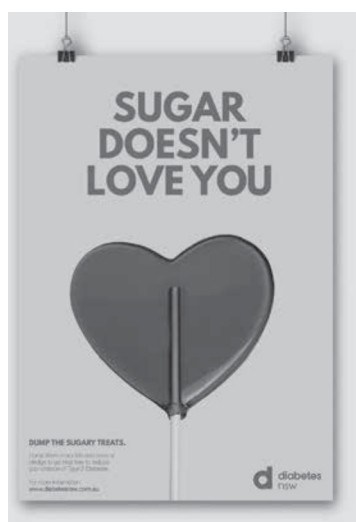
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## January Book Club

*Continued from page 17*

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the Tokyo Olympics, Golden State Warriors sharpshooter Stephen Curry developed the greatest three-point shot of all time and much more. Chopra weaves together stories from Kobe Bryant, Alex Morgan, LeBron James, Michael Strahan, Shaun White, and more into modern-day parables that unlock secrets of competition — and life.

“Passionate and inspiring, the *‘Religion of Sports’* is not just for diehard sports fans, but for anyone who’s ever believed in something greater than themselves.”

## Fabulous Finds

*Continued from page 20*

features and a stylish design. Two interchangeable heads for peak multitasking use; a head for nose and ear hairs and a precision blade for detailing. USB-C is rechargeable with a Lithium-Ion battery, 100 minutes of cordless runtime (full-charge in 90 minutes), and a high-speed 7,000 rpm motor. Water-resistant, for wet or dry use, and safe for use in the shower. Rinse-to-clean blades for easy maintenance and cleanup.

The Style Detailer and the 3-in-1 Freestyler are available for purchase on Dollar Shave Club’s website retailing for \$29.99 and \$36.99.

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ADMIT  
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By Randal C. Hill

# Movie Preview

## *'Sometimes I Think About Dying'*

The first order of business here is to not be put off by the title of this quiet but worthwhile little gem of a film, which is worlds apart from the standard offerings found at your local multiplex.

The ravishing English actor Daisy Ridley (Rey in the *"Star Wars"* sequel trilogy) is all but unrecognizable here as a wan, slump-shouldered office drone named Fran. She is single, lonely, and shy and contrary to the downbeat title, she doesn't really want to stop living. What she desires — desperately — is to establish a connection with other people but doesn't know how to do so.

Living alone in a dreary, rain-soaked town on the Oregon coast, she works in the cramped port authority office. Here she processes spreadsheets and budget reports in a three-sided cubicle, which is set against a wall and isolated from the other workaday folks. She listens to the low-level thrum of her banal officemates (they are about her age) when she's not lost in one of her many death-based daydreams (brief images rather than complete thoughts). She's not suicidal but then neither is she much involved with life.

When her lady boss retires, a balding, bearded, and friendly Goofus arrives at the office as the new head honcho. His

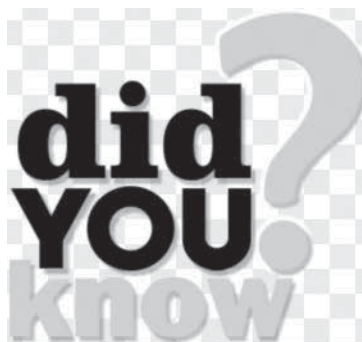
name is Robert (Dave Merheje, a Canadian stand-up comic who plays Ahmed on the Hulu comedy series *"Ramy"*). He is slightly weird but takes an immediate and sincere interest in frumpy Fran. The rapid-fire questions he throws at her in the break room drive Fran's anxiety level to new heights as she stumbles through the minefield of his unending attempts to befriend her. (Fran detests small talk — or indeed any talk that involves her.)

When it comes to establishing basic human communication, Robert will be as good as it ever gets for the lonely lady. Can Fran overcome her resistance to the efforts made to move close enough to establish — gasp! — a real relationship? Robert blurts out at one point, "I like you. I want to get to know you, but you just won't let me. I don't know what to do."

Fran's a hard nut to crack.

Scriptwriter Stefanie Abel Horowitz directed the original short film that this movie is based on, and Rachel Lambert (*"I Can Feel You Walking"*) has ably managed the directing chores in this unhurried observation of loneliness that also shows the courage of undertaking cautious baby steps toward a more fulfilling life.

*"Sometimes"* releases on Jan. 26 and can be rented or purchased from iTunes or Amazon.



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➡ In the heavily male-dominated industry of welding, only 5.1% of the workers are female, according to the U.S. Bureau of Labor Statistics, but Texas State Technical College, with 94 female welding students, is working to change that. Learn more at [tstc.edu](http://tstc.edu).

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

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

### A World Of Perks For Savvy Travelers

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

the world, provide exclusive access to popular sporting events, concerts, culinary VIP and wine events and more.

With savings on every trip, members quickly earn back their membership fees after booking just one or two get-aways.

Members also get 110% Best Price Guarantee on cruises with up to \$1,500 onboard credits, and savings on parks, shows, and attractions. Plus you can get inspired for future adventures with a subscription to Travel + Leisure magazine, included with membership.

A vacation planning and booking gateway lets you explore curated travel itineraries on featured destinations and then build and book your next dream vacation with a quick call. You can choose from thousands of destinations around the globe or design your own trip with recommendations, activity ideas, and tips from the experts.

### Cutting Costs

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

**Four more ways travelers can save money and have fun:**

1. Travel during "shoulder season", the less popular travel times such as early autumn at the beach and winter in Europe.

2. Find free things to do. Look for concerts in the park and museums that are free on certain days of the week.

3. Eat like a local. Visit local markets and food stands for a taste of the area's cuisine.

4. Keep souvenirs to a minimum. Take lots of photos instead.

### Learn More

For further facts and tips, [www.go.travelandleisure.com](http://www.go.travelandleisure.com)

## Tell Your Life Story...

*Continued from page 14*

Or...

"I've wanted my husband to tell his story for years. Our family and friends have also been after him, to no avail. You came along at just the right time to kick start this important project for us."

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## Health Awareness

## Surprising News About the Fight Against Polio

When it comes to combating polio, there's good news, bad news and better news.

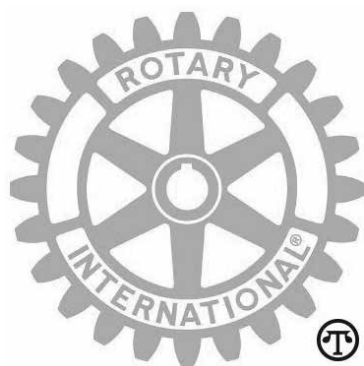
The good news is that efforts to eradicate the dreaded disease have been going on for decades. Back in the disease's peak years in the 1940s and 50s, it affected between 13,000 and 20,000 people in the United States each year, many of them children. Thousands died. Many others were permanently paralyzed. Then Jonas Salk and Albert Sabin developed vaccines and the number of cases dropped. As of August 30, 2023, only seven cases of "wild polio virus" (two in Pakistan, five in Afghanistan) have been detected in 2023.

The bad news is that even one case of polio is one too many, and while cases of polio have fallen over 99% worldwide since 1988, a variant of the polio virus is causing outbreaks and consuming critical resources needed to stop the transmission of wild poliovirus. What's more, the COVID-19 pandemic disrupted efforts to combat vaccine-preventable diseases, including polio.

The better news is we know how to eradicate polio. Vaccines are highly effective, and the more people who are vaccinated, the less the virus can spread.

### What's Being Done

The Global Polio Eradication



Initiative developed tailored strategies to end polio. It offers multi-vaccine campaigns with polio and other vaccines, and increased environmental surveillance sites to quickly detect the virus.

Also, Rotary and its partners are using a new vaccine, nOPV2, to address outbreaks of the variant poliovirus. Millions of doses have been administered.

### Who Is Helping

Polio eradication is the flagship priority of Rotary, a global humanitarian organization with more than a million members around the world. These men and women are business, professional, and community leaders with a shared commitment to making the world a better place.

The organization had the audacity to take on a global effort to protect children everywhere from disability and death due to polio and the tenacity to finish the job and keep its promise to children everywhere.

*Continued on page 30*

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# The Amazing Parks of California



California is filled with many beautiful parks located in the state that make up the State Park System.

Here's a sample of parks to see:

## Best Place to View California's State Flower – The California Poppy

Antelope Valley California Poppy Reserve

## Best Place To Watch Gulls in the State

Mono Lake Tufa State Reserve. A huge California gull population nests here in spring – 44,000 to 65,000 of them nest on the lake's islands.

## Best View of the World in the United States

Mount Diablo State Park. The summit - 3,849' - offers

a sweeping panorama – on a clear day you can see over 8,500 square miles, and parts of 40 of California's 58 counties.

## Coldest Place in California State Parks

Mount San Jacinto State Park - Lowest recorded temperature -12 ° below zero 1972-73.

## Hottest Places in California State Parks

Anza-Borrego Desert State Park - Summer temperatures in the range of 120°  
Salton Sea State Recreation Area - Summer temperatures in the range of 120°

**Driest California State Park**  
Anza-Borrego Desert State Park – Some areas average only 2" of rainfall a year.

**Wettest California State Park**  
Del Norte Coast Redwoods State Park - 92.77" average rainfall.

Sinkyone Wilderness State Park - Unofficial 100" rainfall a year.

## Highest Point in California State Parks

Mount San Jacinto State Park - The view from the top – 10,804 feet – takes in most of Southern California; the highest point in the State Park System, and the second highest peak in Southern California.

## Lowest Point in California State Parks

Salton Sea State Recreation Area - 230 feet below sea level.

**Largest California State Park**  
Anza-Borrego Desert State Park - 600,000 acres.

**Smallest California State Park**  
Watts Towers of Simon Rodia State Historic Park – 0.11 acres.

## Largest Collection of European Antiquities in California State Parks

Hearst San Simeon State Historical Monument

**Largest Lake in California**  
Salton Sea State Recreation Area

## The largest Natural Lake in California

Clear Lake State Park

**Largest Off-Stream Reservoir Anywhere in the World**  
San Luis Reservoir State Recreation Area - 2,041,000-acre feet capacity.

## Largest Amount of Sand Dunes in California State Parks

MacKerricher State Park - Ten Mile Dunes.

Oceano Dunes State Vehicular Recreation Area

## Oldest California State Park

Big Basin Redwoods State Park - 1902 – founded as California Redwood Park.

## Oldest Structures in California State Parks

El Presidio de Santa Barbara State Historic Park Cañedo Adobe, 1782 – part of Spanish Presidio; El Cuartel, 1788 – only remaining intact building of the Santa Barbara Presidio.

## Plants or Animals Native only to California State Parks

Caswell Memorial State Park - Riparian Brush Rabbit *Sylvilagus bachmani riparius*.

Mount Diablo State Park - Mt. Diablo bird's-beak *Cordylanthus nidularius*.

Providence Mountains State Recreation Area - Mitchell Caverns Niptus Beetle (*Niptus arcanus*) and Mitchell Cavern Pseudoscorpion (*Archeolarca aalbei*).

## Tallest Tree in the World

Coast redwood, (*Sequoia sempervirens*), 379.3 feet tall in the Redwood National and State Park.

## Tallest Waterfall in California State Parks

McArthur-Burney Falls Memorial SP - Burney Falls –129.'

## Widest Diameter Tree in California State Parks

Calaveras Big Trees State Park - Louis Agassiz Tree, South Grove – over 25' wide.

## Wilderness within a City Limit

Topanga State Park

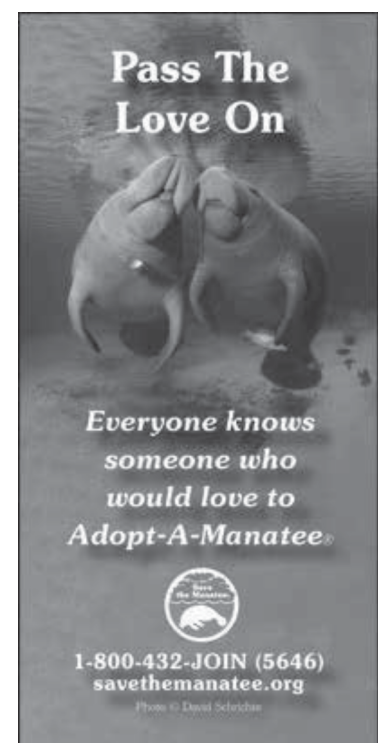
## The Farthest North State Park

Pelican State Beach, near the Oregon Border.

## The Farthest South State Park

Border Field State Park, near the Mexican border.

Source: California Department of Parks and Recreation





## Travel Trends

# Discover the Latest Travel Trends in a Surprising Spot

Nestled between the Tennessee River and the Great Smoky Mountains in Eastern Tennessee is charming Loudon County—an underrated travel destination and a very special place to visit in Tennessee. Loudon has been called the ultimate affordable mountain lake vacation with everything from local shopping and family-friendly activities to breathtaking views and outdoor adventures.

## Tennessee Grown

Agritourism is an ongoing trend and one of Loudon's biggest charms, with a number of farms in the area producing Tennessee-made goods and products. Sweetwater Valley Farm, a beautiful family dairy farm, produces award-winning farmstead cheeses, offering samples as well as full farm tours to see how everything is made. The Seed to Sandwich Café is a must-visit, serving up grilled cheese sandwiches and milkshakes made from Sweetwater's own products. Windy Hill Farm & Preserve is a peaceful, all-inclusive getaway on 650-acres. The on-site restaurant's ingredients are harvested on the property, and the resort offers a range of rustic outdoor activities, from beekeeping to wine hikes. Loudon also has seasonal farm activities throughout the fall, including Maple Lane Farms Legendary Corn Maze, the pumpkin patch and petting zoo at Deep Well Farm and Dead Man's Farm's famous haunted house.



## Dine Like a Local

With culinary travel on track to be another big trend in 2024, Loudon County boasts local flavors with exciting twists at many of the beloved restaurants in the area. Monkey Town Brewing is a brewpub in the historic train depot in downtown Loudon serving 20 draft beers and a versatile menu. If there's one thing Tennessee knows it's good barbeque, and Loudon County is no exception. Smokin' F, Sons of Smoke and Calhoun's are three of the best spots in the area, highlighted along The Visit Loudon County BBQ Trail. From live music to craft beer, each of these spots boasts something completely unique, along with amazing barbeque.

## Antiques, Boutiques & Charming Main Streets

Culture and connections are inspiring leisure travel for 2024, and Loudon County is a small-town destination with locals that treat you like family. Downtown Loudon and Lenoir City have charming main streets with small-town businesses that specialize in everything from beautiful clothing to antique furniture. Shop new trends at Brikel Boutique, a mother-daughter owned cloth-

ing shop that specializes in styling/consulting, or peruse The Tennessee Homestead Exchange's inventory of everything from soaps and lotions to coffee and hand-made art; everything here is produced by locals within 30-40 miles of Loudon.

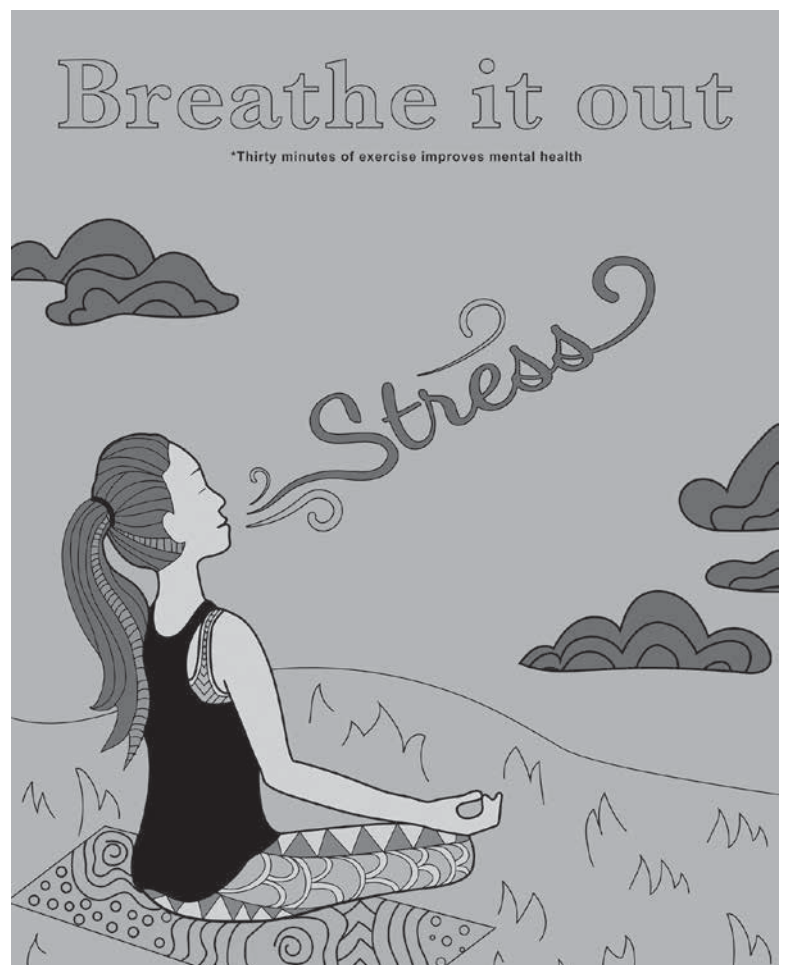
## Lakeway to the Smokies

No Tennessee vacation is complete without enjoying some time in the state's beautiful wilderness. Loudon boasts both lakes and rivers in addition to easy access to the Smokies, making way for diverse outdoor adventures. If you're looking for things to do in Tennessee, enjoy lake activities on Fort Loudon Lake and hike the scenic East Lakeshore Trail. Play a round of golf at one of five top-rated courses in the Southeast designed by some of the sport's biggest names, including Greg Norman. Loudon is the perfect weekend trip from larger cities like Atlanta, Knoxville and Nashville.

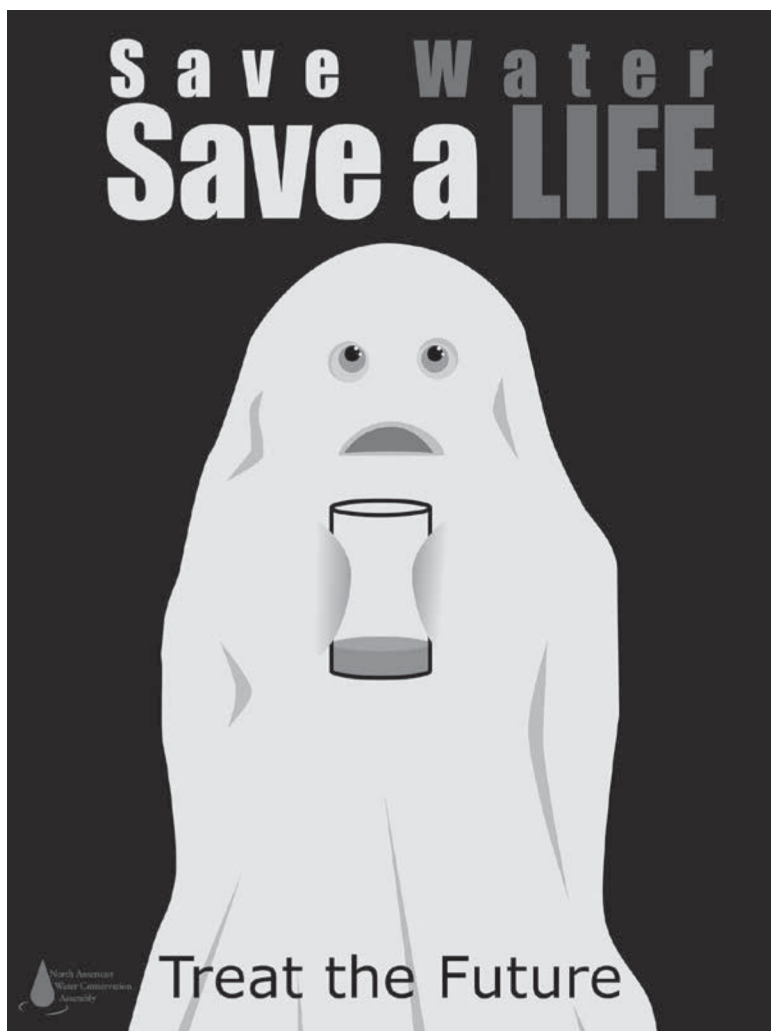
In 2024, travelers are interested in slow travel destinations that boast natural beauty and landscapes. Loudon County Tennessee encourages visitors to immerse themselves in the local community and culture for an authentically stunning experience.

## Learn More

For further facts, visit [www.visitloudoncounty.com](http://www.visitloudoncounty.com).







## Fight Against Polio

*Continued from page 27*

You can be part of the effort to end polio in four ways:

1. **Donate** to the End Polio Now Campaign. Donations will be matched 2:1, up to U.S. \$50 million by the Bill & Melinda Gates Foundation.

2. **Contact** government leaders and encourage them to prioritize financial and political support for polio eradication.

3. **Participate** in World Polio Day on October 24, 2023, to raise awareness of the importance of polio vaccination and to celebrate the parents, professionals and volunteers who make eradication achievable.

4. **Join** Rotary. Rotary members have contributed over \$2.6 billion dollars and countless volunteer hours to immunize up to 400 million children a year. As a result, more than 20 million people who would otherwise have been paralyzed are walking, and more than 1.5 million people are alive who would otherwise have died.

### Learn More

For further information visit:  
[www.polioeradication.org](http://www.polioeradication.org) and  
[www.endpolio.org](http://www.endpolio.org).



## Technology in Our Lives 5G Home Internet: Powerful Enough for Your Home?

5G Home Internet is making waves when it comes to connectivity. And while the technology behind 5G is a great choice when it comes to mobile data and serving remote areas with limited connectivity, the same might not be said for powering most home Internet needs.



*5G strives to be a reliable connection but struggles to power the Internet needs of many households.*

### What is 5G Home Internet?

Simply put, 5G networks are mobile networks. Because 5G Home Internet relies on the same cell towers as 5G mobile devices, they are essentially competing for capacity. When many mobile users utilize the 5G network at once, the 5G Home Internet users must wait in line behind them for connectivity. Think of it as a congested interstate highway, with everyone headed for the same exit.

Additionally, signal obstructions such as weather, buildings, and trees have to be taken into account. Such interferences can lead to unwanted speed fluctuations and lag during video calls or while gaming — what insiders refer to as latency.

Essentially, this means wireless 5G networks are often less reliable and less secure than wired networks.

According to Speedtest Intelligence® results from Ookla®, the global leader in fixed broadband and mobile net-

work testing applications, 5G Home Internet struggles to consistently maintain broadband speeds over 25 Mbps during peak times.

This has led to online forums filling up with users lamenting about not being able to keep up with binge-worthy streaming shows, and homes with multiple users competing for quality connections for online work, school or play.

The truth is, 5G can be great for those without options such as cable broadband or other fiber-based services. Otherwise, it results in slower speeds and lag as it shares limited space with mobile user traffic.

Learn more at [5ghomeinternetreviews.com](http://5ghomeinternetreviews.com).







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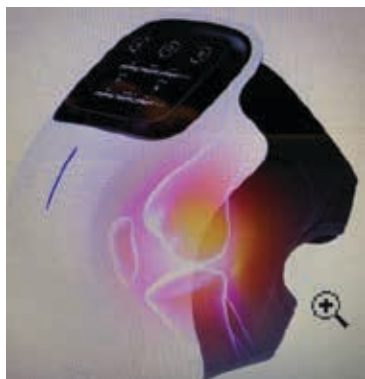
By Les Goldberg

## New Year Rejuvenation Resolutions

The holidays are in the rear-view mirror. It's a new year with new beginnings. It's also time to relax and give yourself a little "me time." To help you do that, technology is now available in many new shapes and sizes.

Now ready for prime time in the consumer tech arena are some innovations that will put your mind and body in a better place as you embark on 2024:

### FORTHiQ



Do you have knee pain? Most of us who are "getting on in years" experience knee discomfort after long periods of standing or lack of movement in the complex area of the body – the knees.

Enter **FORTHiQ** from Hubforth International. It is the latest tech-based cordless knee massager that is designed to bring relief to swelling stiff joints, stretched ligament and muscle injuries.

Approved by the FDA, the ergonomic device has three vibration modes, three heating

modes and automatic switching, powered by a 3000mAh high-performing battery.

The LED touchscreen control panel is easy to operate and intuitive to your individual needs. The user manual features large text and explanatory drawings and the massager includes a quick start guide. Price: \$139.99 on Amazon.

### Nektech



Specialists in the electronic massage industry, **Nektech** now offers the new Shiatsu Neck and Back Massager.

Whether in your home, office or car, this massager is designed to provide shoulder, leg and muscle pain relief with soothing heat and effective pulsating action.

The Nektech, made of durable high-quality leather and breathable mesh fabric, features three speeds, adjustable pressure levels, and long straps for easy adjustment to whichever part of the body is being massaged. It

comes with AC and car adapters, a one-year warranty and lifetime support from the manufacturer. Price: \$49.99 at Amazon.

### Auterfar Bidet



There are no limits to how and where technology can enter our lives. Take the **Auterfar Bidet**, for example.

For cleaner derrieres and feminine private areas, Auterfar has introduced a bidet attachment for toilets. With a simple twist of the knob on the dual nozzle, you can adjust the water spray from soft to strong, providing a gentle and hygienic cleaning experience with naturally soothing water, according to a company spokesperson.

The bidet toilet seat attachment features a self-cleaning mode that rinses the nozzles with fresh water. After each use, the nozzle automatically retracts behind a guard gate that shields the nozzles from splash-back and provides long-lasting protection.

The ultra-thin attachment also is compatible with two-piece

standard toilets and requires no plumbing expertise, the spokesperson said. Price: \$28.99 on Amazon.

### Flex Focus Eyewear



Have you been to your optometrist lately? The usual routine is you are given an eye exam, and the doctor determines the proper lenses to fit your vision specifications. When your eyesight changes, your glasses are adjusted accordingly. With each visit, you are paying for the exam and the new glasses.

What if, based on the latest technology, there is a better, more affordable way to achieve 20/20 vision. Introducing **Flex Focus**, an innovation in eyewear that allows you to adjust the lenses by turning a dial on the side of the glasses.

No prescription is needed for the glasses with the "sliding lens technology" that lets you see up close, into the distance and all around you.

In two quick simple steps, simply adjust each eye's dial until the included eye chart comes into focus.

The lenses are made of durable acrylic materials, and the design is suitable for both men and women. The glasses are

lightweight and do not leave marks on the nose bridge. Price: \$79.98.

### Xander Glasses



A winner of the Consumer Electronics Society Innovation Award nomination, **Xander Glasses** are not for your vision, but for hearing loss!

The smart glasses display real-time captions on in-person conversations. They work anywhere people need them, whether at home, work or in a recreational setting, and do not rely on a smartphone or cloud connectivity.

According to the glasses manufacturer, Vuzix Corp., "They are remarkably reliable and perfectly private. In this augmented reality experience, captions are displayed seamlessly in the field of view of the wearer." Price is to be determined when the product is ready for sale later this year.





## On The Road Again ...

Continued from page 8

model railroad institutions in Los Angeles. Visitors can witness the history of the railroads as members display their model equipment, from original engines and rolling stock to the newest.

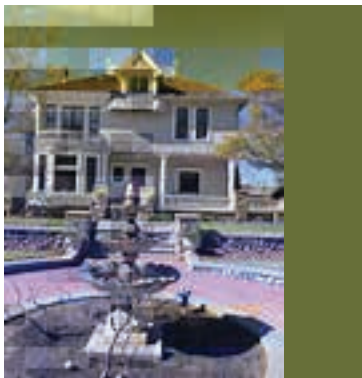
In addition to the trains, the museum houses a research center, complete with books, photos, magazines, video, and film. Open only on Saturdays, it is located at 5458 Alhambra Ave., Los Angeles. Admission is free.

### OC Heritage Museum



The Heritage Museum of Orange County (HMOC), a historic and popular Southern California destination, covers 12 acres featuring a historic plaza, several buildings from the 1890s, extensive floral gardens, and citrus groves. It is located in the heart of Santa Ana at the corner of Fairview Avenue and West Harvard Street, adjacent to Godina High School and Centennial Park.

Among the buildings is the Kellogg House, familiar to teachers and students throughout Orange County as a favorite field trip destination for over 30 years.



The other major building on the site is John A. Maag Farmhouse. The home, built in 1899, features three stories in 5,600 square feet of interior living space and is planned for the housing of museum archives, offices, and exhibitions. Two original outbuildings of the Maag Farmhouse currently house offices, meeting space, and our gift shop.

According to Candace Chromy, executive director, the museum is a cultural and natural history center dedicated to preserving, promoting, and restoring the heritage of Orange County and the surrounding region through quality first-hand educational programs for students and visitors of all ages.

Additional features found at HMOC include the Gospel Swamp Farm, the Gospel Swamp Natural Area, and a fully operational blacksmith shop that is the headquarters for the Orange County Blacksmith Guild and their regular blacksmith classes.

To schedule tours and learn about upcoming events, you can visit the non-profit museum's website at [www.heritage-museumoc.org](http://www.heritage-museumoc.org).



### The Hilbert Museum

Last but not least is the Hilbert Museum of California Art at Chapman University in the city of Orange.

It is the only museum in the world dedicated to honoring the rich history of the Golden State through the works of leading California scene artists, Hollywood studio artists, and animators, said Mary Platt, museum director.

Newly expanded, the museum, founded by philanthropists Mark and Janet Hilbert, is scheduled to open late next month at its new location across from the Orange Train Station, the site of the original facility.

In addition to its numerous exhibitions of narrative art, the museum's 22,000 square feet of space will include a community room for events, lectures, and classes, a research library, and the Cypress Street Café. For more information, you can visit the museum's website at [www.hilbertmuseum.org](http://www.hilbertmuseum.org).

*(Shana McCann is a local freelance writer with more than four decades of exploring and writing about travel in Southern California and beyond).*

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Source: 2018 Resident Programs survey

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







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**HBSymphony.org**

**St. Vincent de Paul (front desk)**

## **Dvořák's New World Symphony & Khachaturian's Cello Concerto (Ruslan Biryukov)**

Sunday, March 10 - 3:30pm // HB Central Library Theatre  
7111 Talbert Ave, HB 92648 **(Tickets - HBSymphony.org)**

**Tickets:**

**Adult: \$28 (\$35 at the door)**

**Senior/Student: \$25 (\$28 at the door)**

**Online Promo: 4 tickets for \$80**

**HBSymphony.org**

### *Making Family Life Better*

## **Study Shows Link Between Financial Confidence and Money Talk**

Here's something to think about the next time you're with your significant other: money.

According to a recent survey by Quicken, maker of personal finance software, dollars and cents can be an important part of your sweet talk. Here are four facts and figures that explain why your table for two should be paired with an open conversation about finances.

### **1. Talking about money is**

**hard.** People report anxiety about the topic and many have a hard time opening up about finances. Nearly a third of survey respondents said that talking about money made them feel anxious and over a quarter said that they avoid checking bank account balances because ignorance is bliss. Another 31 percent said they wished people talked about money less. In fact, the survey revealed that only 43 percent of people tell their partners how much they make.

**2. Talking pays off.** People who are most confident in their path to retirement talk about money with their spouse or partner more than any one else in their lives. They even favor chats with their significant other over their financial planners by 20 percent. People who identify as less confident in their path to retirement are 15 percent less likely to talk to their spouse or partner about money matters.

### **3. Money talk can even be**



**romantic.** Over half of millennials say they've talked about personal finance on a first date. For Gen X'ers, the number drops by nearly half, and boomers stick to more traditional topics—only 8 percent have talked about money on the first date.

### **4. Conversations are key.**

In short, open conversations about your finances—especially with your spouse or

partner—are a cornerstone of confidence in your financial future.

To help, here are some money talk tips that pair nicely with candlelight:

- **Don't avoid the conversation.** Discussing and agreeing on spending limits, big purchases, and being equally informed about your finances are vital.

- **Choose the right time to talk.** Try to find a time when you and your partner are more likely to be at your best, rather

*Continued on page 39*





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

—COLBY  
adopted 06-18-11

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Crossword Puzzle Answers from page 15

1	T	2	I	3	T	4	H	5	E		6	C	7	R	8	O	9	C		10	R	11	E	12	S	13	T
14	A	P	R	O	N					15	L	O	B	O					16	O	R	E	O				
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60	E	A	S	T				61	S	A	T	E			62	N	A	V	E	L							



# Life After Mother

By Lyn Jensen

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

## Swedish Death Cleaning

When the great singer-songwriter Leonard Cohen was facing end-of-life health issues, he gave one last interview in 2016, where he said, "Putting your house in order, if you can do it, is one of the most comforting activities, and the benefits of it are incalculable."

So begins Margareta Magnusson's book *"The Gentle Art of Swedish Death Cleaning"* which has generated a wave of interest in the Swedish custom of recognizing the grim reality that one day you'll put your house for the last time — or someone else will. It's meant to combine a physical transformation of organizing one's home and possessions while at the same time allowing an emotional transformation, discovering what matters and what doesn't.



Magnusson's book is not primarily a how-to manual, it's more a series of anecdotes about involving her family of five children and their families in the process of clearing her clutter.

Perhaps her most important rule is, "If you don't like something, get rid of it."

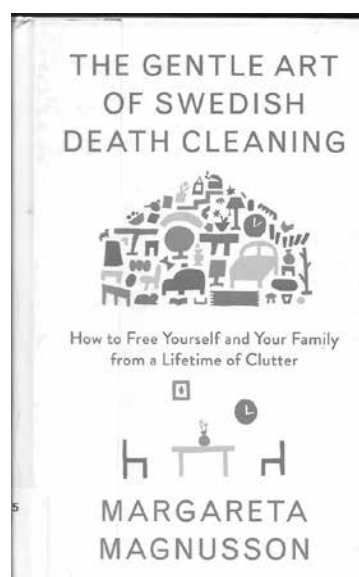
She suggests starting by scheduling a week for each room, even small simple space such as a laundry room — finishing early is all right. Determine what to take care of, sort, keep, sell, or throw away, what can go to an auction house or even a museum, and what has value. Invite family, friends, and neighbors over to see what they want, and they can either take it, or a note can be made for future reference.



Other helpful advice includes, "Don't start with photographs — or letters and personal papers, for that matter. It can be both a lot of fun and a bit sad to go through photographs and letters, but one thing is certain: if you start with them, you will definitely get stuck down memory lane and may never get around to cleaning anything else."

When you do get to the photos and papers, you have several options. You may want to make photo albums — or virtual photo albums—for various family members or sort the materials into different envelopes to pass along.

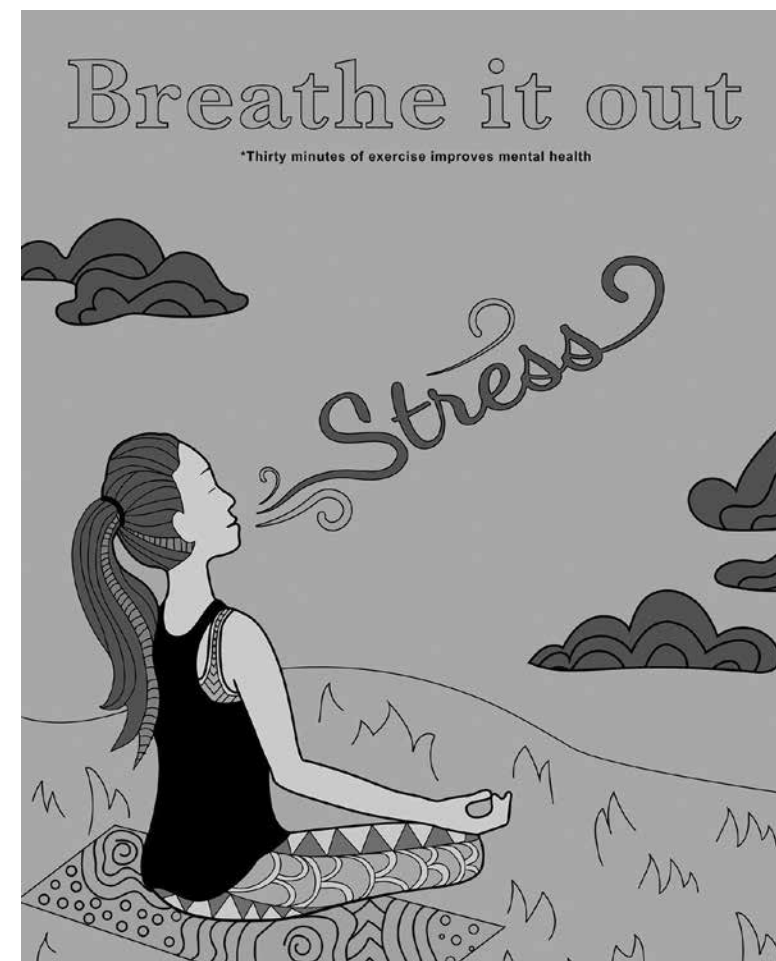
Magnusson also provides some



cautionary tales. Discussing books, she mentions she was able to give an encyclopedia set to a school, but her greatest problem was what to do with several old leather-bound Bibles. A local church didn't want them, so she kept the two that had family records — births and deaths — written in them and threw away the others. She—what?

I understand her quandary, but I wonder how much effort she made before she threw those Good Books away, which she admits feeling bad about. She asked a church but what about another church, a school (maybe the one that took the encyclopedias), a non-profit organization, or a used bookstore?

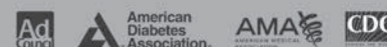
On the other hand, I know sometimes, you just take the simplest option, and you throw something away because you don't need it right now and you've got bigger issues to deal with. I've had a few bloopers like that myself. When



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you throw something away, it doesn't come back, and you risk regretting it.

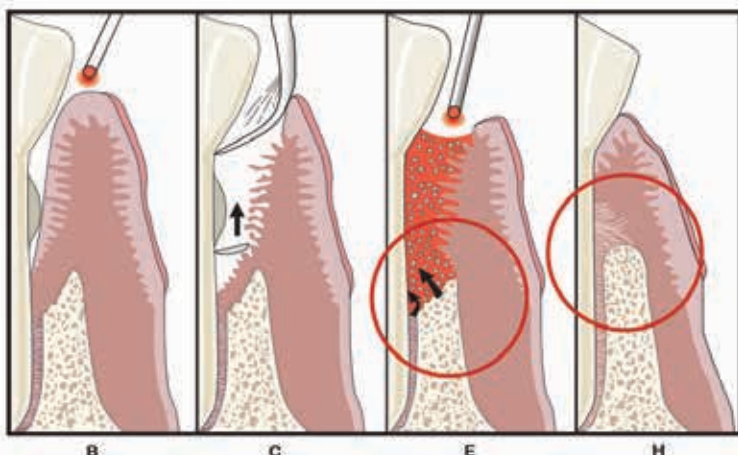




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1. Gregg RH II, Gregg DM. Laser-assisted periodontal regeneration with the LANAP protocol. *Dent Today* 2019 May;38(5):78, 80-83  
2. FDA Clearance K151763



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# Busy Boomers

By Les Goldberg

## An Old Hobby Sets Sail

Have you ever dreamed of owning your yacht, schooner, or motorized speedboat and sailing it across oceans, lakes, and rivers?

OK! You can't afford one of those big boats, or they are too impractical in the real-world scheme of things. And, you don't have to abandon your dream.

For thousands of people across this country and the rest of the world, the dream is kept alive through the many model sailing clubs where hobbyists gather to share the thrill of radio-controlled and model boating action.



As any model boating enthusiast will tell you, the hobby involves much more than putting miniature craft in the water. It is mostly about the boat itself.

The art of miniature boatbuilding began centuries ago when it was customary for shipbuilders to make a miniature model of the vessel under construction, whether a steamship or sailing ship. Examples of these can be seen in exhibits at museums such as the Victoria and Albert Museum in London and at several maritime museums worldwide.



Many of these models displayed exquisite workmanship, with every rope, pulley, or engine reproduced to the original specs.

In the case of sailing yachts, these models were often pitted against each other on small bodies of water, so the modern pastime began.

Today's hobbyists focus more on sailing than they do on the construction of their model ships, relying on hobby shops and model yacht clubs for their seaworthy crafts. There are several diverse types of models used for short or long cruising and racing but the most popular is the radio-controlled (RC) variety.

RC boats typically use a servo motor to control the rudder and throttle as well as other functions, such as reversing, lighting, and mechanical novelties.

To watch these modern sailing marvels in action here in Orange County, you can take a short trip to Mason Park in Ir-

vine, the site of sailing by the Orange County Model Sailing Club.

Whether a full member or observer, the 9-acre lake is a "great place to meet, learn and participate" in the long-standing hobby, according to a club spokesperson.

"I have been involved in model boat sailing since I was a kid," says Dean McMasters, 70, of San Clemente, "and it has provided me great satisfaction, fun, and stress relief. The OCMSC offers a variety of activities for me and my family, including frequent regattas that always bring out the competitive spirit in me."

John Echellon, 84, of Lake Forest says he loves the competition. "As a retired Navy officer, I keep my sailing skills alive by navigating my VO70 schooner through the various races and events offered by the OCMSC. I also believe it keeps me young."

The club's activities include seven series of races for the different boat classifications, two regattas, Wednesday Fun Sailing, schooner argosies, and the Christmas Model Boat display.

While most enthusiasts prefer the local clubs and activities, there are several "skippers"

who want to take their model boat sailing skills to the next level – the national Championship of Champions – held each year by the US Sailing organization ([www.ussailing.org](http://www.ussailing.org)).

One of those sailors is Peter Feldman, who won the title of National Champion last October.

"Conditions were super light at the Corinthian Sailing Club of Dallas, and we had a great racecourse, great wind direction, and great viewing platform," he said while holding his huge trophy. "It was the most fun I've had at a sailing event in a very long time."

No matter if you are a national champion, a devoted hobbyist, or an interested spectator, the operative word heard repeatedly and passionately by club members and others is "fun."

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## Study Shows

Continued from page 35

than when you're running out the door to work or have just gotten home and may need time to decompress. Many couples have standing monthly dates to review their financial picture together.

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