

# SENIOR REPORTER

VOLUME 50, NUMBER 1

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JANUARY 2023

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



## Celine Dion

*"It's really all about family, love, and the children for me. I work at that every day."*

— Celine Dion

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# Surprises

By Jim McDevitt



It's been cold up here in the mountains where we live. I have a wood pellet stove going 24 hours a day to keep warm. My dogs don't seem to mind the weather as they are always very happy to go for a walk. Recently my wife and I drove our Toyota Venza Hybrid about 50 miles to see our doctor. During the drive, my wife said she smelled something burning and closed the vents on the car blaming it on the trucks traveling on Interstate 5 with us. She continued to smell what she described as a burning smell even with the vents closed.

We arrived at the doctor's office early so we had some extra time and I popped up the hood to take a look at our engine just in case it was us with the smell. To my surprise there sitting on the top of our engine was someone's nest made up of intricate woven together white strips of cloth that fit together into a 12-inch circular nest for some mouse's family. It was smoldering from the engine heat, and I tossed it on the ground and made sure it was out before I found a trash can to put it in. But little did I know that more surprises were in store for me.

We returned home and I parked our vehicle in the usual spot. We have no garage and park our cars under our wooden deck. We have been living here for 19 years and never had anything like this happen before. That is one reason we were so shocked when this happened. The next morning, just to be on the safe side, the first thing I did the morning went downstairs and pop the hood up, and check the car before either of us drove somewhere. This time I came face-to-face with a big fat rat who had already been hard at work putting together another large nest. He looked at me as if to say, 'Not again' as the rat scampered away. I looked at him and said, 'Not again.' I picked up the nest and put it in our garbage can. I decided it was time to take our garbage can to the dump. On our mountain, we don't have garbage pickup, but we do have a local dump that is open seven days a week where we can dispose of it.

I loaded everything into my car and headed to the dump which is about three miles away. A few cars were waiting in line to enter the dump ahead of me, but the line moved quickly. A few minutes later I was in front of the dumpster getting out of my car and grabbing my garbage can from the back of the car.

As I moved toward the dump-

ster watching my steps, out of the corner of my eye I saw a big brown dog running loose across the dump past some cars. Then as I turned my head to look at the dog, I realized it wasn't a big brown dog, it was a big brown bear! To say I was shocked is an understatement. The other men dumping their garbage appeared just as shocked as me. The bear paid no attention to us and quickly crossed the dump to the back of the bin where he or his mother had pulled a bag of garbage out from somewhere and was intending to have a snack on what he could find. As quickly as he appeared, he left. The good news is that there was no mother bear with him who might have taken offense of us being near their food. The only thing that will top this surprise is if a martian lands in my backyard and knocks on my door.



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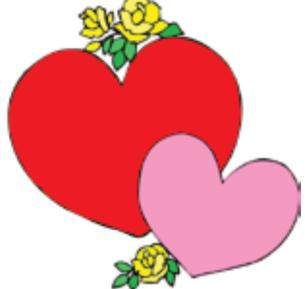
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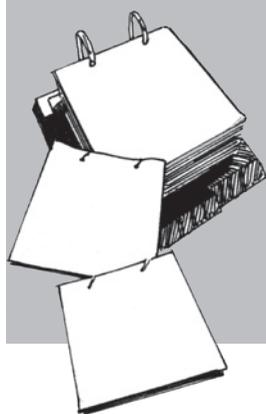
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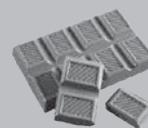
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# With A Heart for Seniors



# JANUARY Calendar of Events



Happy New Year!

Now that the holiday season has come and gone, it's time to get back to doing more than simply shopping for gifts

Check out some of these exciting events in and around the area from fiestas to wacky contests to keep you busy.

## **Fiesta Association Hairiest Man Contest**

**San Juan  
2023 TBA**

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

## **Bowers Museum Presents: International Festival of Chocolate**

**2023 TBA**

Celebrate with the Bowers Museum during our free family festivals held monthly in the beautiful Key Courtyard.

Calling all chocolate lovers! Indulge in chocolate samples from around the world, including from Africa, represented by MIA (Made in Africa) and Tradeworks. Chef Martin will present chocolate recipes from Mexico. Enjoy music and dance performances from the chocolate lands and unique art projects and face painting for the entire family. At, Pretend City Children's Museum, 29 Hubble, Irvine. Call, 714-567-3600.4.567.3600 714.567.3600

## **Main Place Mall's Lunar New Year's Event Santa Ana**

**January – TBA**

Celebrate the Year of the Pig with fun for the whole family in Macy's Court and Center Court. It will be a fun afternoon for the whole family with a face painter, a balloon twister, crafts, stilt walkers, calligraphy artists, Wishing Tree, Lion Dances, and giveaways. Performances will be hosted by the UVSA (Union of Vietnamese Studies Associations of Southern California). At, MainPlace Mall, 2800 N. Main St., Santa Ana. Call, 714-547-7000.

## **SnowFest**

**Lake Forest**

**2023 TBA**

Be a part of this annual winter event and hit the snow-laden slopes at Pittsford Park! Grab

the kids, the camera, and your friends, and play in the snow at this special event. Sleds and saucers will be available to slide down Mount Pittsford. There will also be a free snow play area for kids 10 and under open during the entire event. Check out additional attractions and games at the event and bring your camera for guest appearances from a galaxy far away. Food and drinks are also available for a nominal fee. Pre-registration is mandatory. Sledding wristbands are usually sold out by the time of the event. Everyone who sleds down the hill must have a pre-purchased wristband. At, Pittsford Park, 21701 Pittsford Dri., Lake Forest. Call, the event hotline number at 949-461-3459 for information.

## **Santa Ana Art Walk**

**Santa Ana**

**First Saturday of the Month  
6 p.m. to 10 pm.**

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. This free event attracts as many as 1,500 individuals from Los Angeles and Orange County to walk more than 150 participating studios and galleries in historic buildings in the heart of downtown Santa

Ana. The monthly event gives access to buy original artwork from some of Southern California's most talented artists. It also will have open viewings of working lofts owned by artists and designers all in an award-winning urban setting.

## **Orange County Museum of Art Lecture Series**

**Newport Beach**

These informal salons bring together artists participating in "15 Minutes of Fame: Portraits from Ansel Adams to Andy Warhol" and "New Art for a New Century: Contemporary Acquisitions 2000-2010," who will participate in casual conversations with other artists, OCMA curators, and critics. At, 850 San Clemente Dr., Newport Beach. Call, 949-759-1122.

## **Beach Cleanups**

**San Clemente &  
Huntington Beach**

**Held the second Saturday of  
every month**

Invite your friends and family to the monthly cleanup event to keep the beaches clean and learn about coastal conservation and marine debris. The cleanups are held on the first Saturday in San Clemente and the second Saturday in Huntington. At, Huntington State Beach, Lifeguard Tower No. 2, San Clemente State Beach.

## **Beach Cleanups**

**Seal Beach**

Held from 9 am to noon, the third Saturday of every month. A community event where all are welcome. They provide gloves, bags, and pickers, but you're asked to bring a reusable water bottle if you need one. At, 15 First Street (beach parking lot at the end of First Street, Seal Beach), Seal Beach. Call, 562-884-6764.

## **Mission Art Center Painting Workshop**

A painting workshop is great for friends, couples, or individuals looking to have fun with music and painting. This workshop teaches how to paint with a simple method. At the end of the session, participants will have one completed canvas to take home. All supplies are provided. No prior art experience is required. A 2-1/2 hour workshop supplies included refreshments available. At, Mission Art Center, 1730 N. Tustin St., Orange. Call, 888-702 5277.

## **Sawdust Studio Art Classes**

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*Continued on page 28*

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## FLASH BACK

## 'Let's Pull the Job!'

By Randal C. Hill

Las Vegas takes our money, sure, but what if the tables were suddenly turned and we took their money? Who wouldn't enjoy that?

In 1958, actor Peter Lawford paid \$10,000 for a story idea that a movie-director pal claimed to have heard from a gas station attendant. Lawford then approached his fellow members of the celebrated Rat Pack (the men preferred the more dignified nickname of The Summit), which included Frank Sinatra, Dean Martin, Sammy Davis, Jr., and Joey Bishop. Lawford shared a proposal about using the idea for a heist-caper film set in Sin City. When he heard the concept, Sinatra joked, "Forget the movie, let's pull the job!"

The "Ocean 11" plot line became a setup for the five hard-drinking, chain-smoking, dame-chasing headliners to make whoopee onscreen, which they did with ease and aplomb as they adlibbed many of their lines.

The premise of the gather-the-guys yarn stars Ol' Blue Eyes as leader Danny Ocean. He has assembled a squad of Army-veteran paratrooper pals for a civilian commando raid in Las Vegas on New Year's Eve. Each participant exudes a different level of passion, and each has a personal reason to be

involved. One hopes to help his wife stop stripping for a living. Another is terminally ill and wants to provide for his kid's college tuition. Yet another sees a chance to buy his way out of a mundane life that includes driving a truck.

The plan was to simultaneously cut off the electricity at midnight at five major casinos — the Sahara, the Riviera, the Desert Inn, the Sands, and the Flamingo. The thieves would then break into casino cages, stuff \$5 million in cash into trash cans, and have one of the raiders drive a treasure-laden garbage truck out of town and into hiding. But, to prove that (Hollywood) crime never pays, one of the 11 scofflaws unexpectedly dies, and a monkey wrench is tossed into the mechanism of the 'perfect' plan.

Sinatra and Martin earn the lion's share of screen time together, with Frank once saying, "You know, sometimes I think the only reason I got into this caper was to see you again."

Cameo appearances weave through the story and include such icons as Shirley MacLaine, Red Skelton, Angie Dickinson, and George Raft.

Filming often took place in Las Vegas in short bursts during the daytime before the superstars appeared onstage to perform for the likes of JFK and other celebrities of the time.

The original "Ocean's 11" became one of Warner Brothers' most profitable pictures on its August 1960 release. And while some movie critics harrumphed that the tale was immoral, most reviewers declared it a romp — and quite a clever scheme.

The original "Ocean's 11" is now a low-tech time capsule that delights to this day, and it allows us to appreciate larger-than-life fellows with oversize personalities who try to live life by their own rules.

Check out this classic; it's one of the reasons we once loved going to the cinema.

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## Health News

## Be a Hero: Give Blood

As families plan their fall activities, the U.S. Department of Health and Human Services encourages you to make another plan—to donate blood.

The need for blood is constant—every two seconds someone in the U.S. needs blood. That's why it's important to donate throughout the year, including this fall.

Generally, donors must be aged 17 or older, weigh at least 110 pounds, be in good health, feel well and not be taking antibiotics. Eligibility varies by location, so check with your local donation center.

### Why should I donate?

Donating blood helps cancer patients, accident and burn victims, transplant recipients and individuals suffering from blood disorders and chronic conditions. Plus, there is no substitute for blood. Donors are the only way to ensure that blood is available when people need it.

### What happens during the donation?

Whether you choose to give through a mobile blood drive or at a donation center, the process is similar.

**1. Registration:** You will sign in, show your ID, and read some information.

**2. Health History and Health Check:** You will fill out a questionnaire about your health,



*Supplies of life-saving donated blood are low—but you can easily help with that.*

travel, and lifestyle to confirm your eligibility. Someone will also check your temperature, blood pressure, iron levels, and pulse.

**3. The Donation:** Your arm will be cleaned and sterilized, then blood will be drawn from your arm.

**4. Snack Time:** You can then enjoy a snack and a drink while waiting 10 to 15 minutes before you leave.

### Are certain blood types needed?

Blood banks need a diverse supply of blood and their needs change daily. Plus, blood types vary and can be more or less common in certain racial and ethnic groups, so we need a wide range of people with different blood types to donate regularly.

### Can I give blood if I had COVID-19?

If you tested positive for COVID-19, but did not have symptoms, you're eligible to donate blood 10 days after the

positive test result. If you tested positive and had symptoms, then you must wait to donate until you are symptom-free for at least 10 days. If you were hospitalized, you may have received a treatment that requires you to defer your donation. For example, if you received a blood transfusion or convalescent plasma, you cannot donate for one year.

### Can I give blood if I received a COVID-19 vaccine?

If you had an inactivated or RNA based COVID-19 vaccine from AstraZeneca, Janssen/Johnson & Johnson, Moderna, Novavax, or Pfizer, you can donate blood if you are feeling well. If you got a live attenuated COVID-19 vaccine or do not know what type of COVID-19 vaccine you received, you must wait two weeks before giving blood. At your appointment, you'll be asked for the manufacturer name, so bring your vaccination card with you.

### Learn More

The Office of Infectious Disease and HIV/AIDS Policy, part of the Office of the Assistant Secretary for Health, launched the new Giving = Living campaign to increase awareness of the importance of donating blood and to encourage Americans to create new, regular donation habits.

You can go to [hhs.gov/give-blood](https://hhs.gov/give-blood) to find a donation center nearby.



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by Robert Bruce Woodcox

Whether you want to capture your life as a memoir, autobiography, or legacy book (coffee table style), most people need some help. I am a **Best Selling local author** and **ghostwriter** and I can help you get started. (See adjacent ad on this page.) **I've ghostwritten 46 books**, was a **Pulitzer Prize nominee** (2012) and have helped more than 30 individuals and families tell their stories for children, grandchildren, friends, and for business books.

I come to you.

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](mailto: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*



By Randal C. Hill

## 'Crocodile Rock'

### Elton John

"Crocodile Rock" became Elton John's first No. 1 hit single on MCA Records. (In time, eight more would follow.) But rather than appreciate his rare good fortune, John grew weary of the song and later grumbled, "The last time I have to sing 'Crocodile Rock,' I will probably throw a party ... It became a big hit, and people love to sing along with it ... I play to amuse people and to entertain people, but I have to say when the last show is done at the end of the last tour, I will never sing that song again."

*"I remember when rock was young*

*Me and Susie had so much fun*

*Holdin' hands and skimmin' stones*

*Had an old gold Chevy and a place of my own ..."*

"Crocodile Rock" is a microcosm of the past. A retrospective fueled by a longing for bygone days with a girlfriend. Priceless moments impossible to retrieve. Yet John's lyricist Bernie Taupin has admitted, "I don't mind having created it, but it's not something I would listen to ... I don't want people to remember me for 'Crocodile Rock.' I'd much rather they remember me for songs like 'Candle in the Wind,' songs that convey a message, a feeling. Things like 'Crocodile Rock,' which was fun at the time, was just pop fluff."

John's hit song was based on two Bill Haley oldies — "(We're Gonna) Rock Around the Clock" and "See You Later, Alligator" ("After 'while, crocodile".)

*"But the biggest kick I ever got was doin' a thing called the Crocodile Rock*

*While the other kids were rockin' 'round the clock*

*We were hoppin' and boppin' to the Crocodile Rock ..."*

John told Rock historian Fred Bronson, "I wanted it to be a record all about the things I grew up with, all the great 50s and 60s records that we used to love. I always wanted to write one song, a nostalgia song, a Rock and Roll song which captured the right sounds. 'Crocodile Rock' is just a combination of so many songs, really — 'Little Darlin,' 'Oh, Carol,' some Beach Boys, they're in there as well, I suppose. Eddie Cochran, too. It's just a combination of songs."

John (who was born Reginald Kenneth Dwight in 1947) was 10 when his parents divorced. By then the chubby, soft-spoken lad had six years of piano playing under his belt. With his Rock-music-hating father out of the picture, John received encouragement from his mother when she handed

him a copy of Elvis Presley's breakout hit "Heartbreak Hotel."

"I went on from there," he says. "Pop was my whole life."

He began using his pocket money to buy records and then pick out their melodies by ear on the family piano.

In "Crocodile Rock," Elton John manages to create an enduring music masterpiece that roars along with high-octane gusto, pounding piano lines, and whirling synthesizer riffs adding to the Retro-Rock feel, as do the growling guitar lines, pulsating bass notes, and throbbing drumbeats.

It is, one might say, a just-about-perfect Pop disc.

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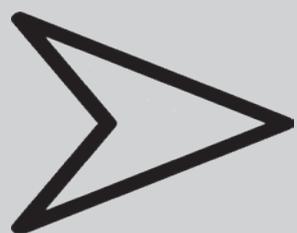
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# In The Spotlight

## Visiting with Author Beverly A. Battaglia

Never one to slow down, Beverly A. Battaglia, née, Bennett, at 84 years old could probably run circles around half those her age.

In between a variety of hobbies, she's authored a few books, one about surviving colon cancer herself, that may help many others.

Here's more about her and how she got the idea to author this important book, and others.

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

**A: I was born and raised in Amsterdam, New York, and married Stephen Battaglia in 1961. We then moved to California. Currently live in Palm Desert from October to May and in the Huntington Beach area from June to September.**

**Q: What did your parents do?**

**A: Since my mother was divorced from my father, I had no siblings. She remarried when I was 19. My mother worked in a glove factory in Amsterdam to help pay the bills after the divorce. Back in the 1930s and 1940s people did not move far from their birthplace. All the families were very close. In fact, with no siblings, I grew up with a close girl cousin who was like a sister I did not have.**

**Q: What kind of jobs did you have?**

**A: After marriage and moving out to California with my husband, Steve, I worked for two West Coast partners of a major accounting firm in Los Angeles. A year and one-half later I left the workplace to have our two sons. At this point, I stayed at home while raising our two boys and got involved in leadership positions in civic organizations as president of the local Junior Women's Club.**

**Q: Education?**

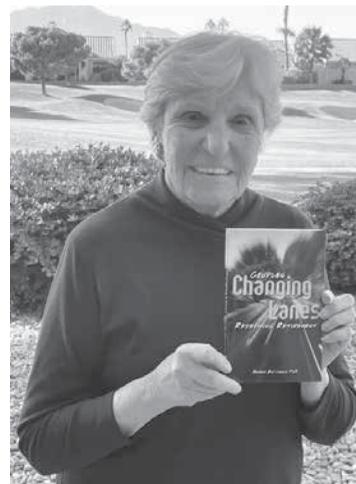
**A: I began my college education when our boys were in grade school and continued my education as we moved around the country due to Steve's job. I obtained a Business Management Degree from the University of Louisville. While there, they surprisingly granted me a full scholarship to complete my education. The year I graduated two women were the top graduates — one was the Valedictorian, and I was the Salutatorian of the Business School. This was surprising — especially since women were only 20 percent of the student body. While working, I continued my education and earned an MBA from Pepperdine University in 1988 and a Doctorate in Human and Organizational Systems from Fielding Institute in 1991.**

**Q: You also worked for an aerospace company ...**

**A: Yes, I formed a management development consulting company called — Battaglia Ltd. My clients were such companies/organizations as The United Nations, and Toyota, and I taught management classes at Long Beach College and Chapman University. In one UN project, I went to Poland to train business managers in the art of operating a company in the United States. In 1999 I retired from my successful company, and we moved to Sun City Palm Desert.**

**Q: Then retirement, what happened?**

**A: I found my passion for helping retirees by writing books that would help them. My first book was titled 'CHANGING LANES: COUPLES REDEFINING RETIREMENT.' To develop this book, I interviewed over 100 retirees across the country to learn about their problems in retirement and how they solved them. At some point, I developed colon cancer and as I went through all the situations and concerns, I thought I should write a book on how one should think of their problems in cancer treatment and beyond.**



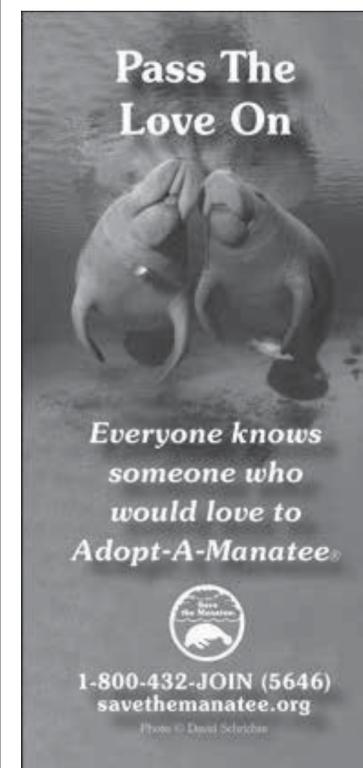
This book is titled 'Surviving: A COLON CANCER DIARY.' While at Sun City Palm Desert Retirement Community I noticed the developing problems of individuals who have lost a spouse and their reaction to life by themselves or developing a relationship with another individual. This inspired me to write 'LATE LIFE RELATIONSHIPS.' In this community, I had the opportunity to interview over 50 individuals in such a situation to complete this book. All of my three books are on Amazon in softcover or e-book formats.

From here and possibly my next project, I am in the process of reviewing writings on my dreams that I have kept for the past 20 years and seeing if they could be developed into a book.

**Q: Hobbies, Spare time?**

**A: Besides all of my writings I am active three days a week in water aerobics, couplers putting group, and in numerous**

Sun City clubs a Wine Tasting, The Forum Club, and the Italian Heritage Club. As one can see, I have very little spare time, which is OK with me.



# January Crossword Puzzle

## Across

- 1. Aware of
- 6. Lugosi of film
- 10. Quaint oath
- 14. Area units
- 15. Elvis's middle name
- 16. First name of actor Steve Forrest's actor brother
- 17. Will names
- 18. Position to be filled
- 19. Mad scientist's right-hand man
- 20. Tom's powerful, long-range weapon?
- 23. Pic on a fin
- 25. St. crosser
- 26. Uses a strop
- 27. Tyrone's driving aid?
- 32. Roller coaster rides, to many
- 33. A tide
- 34. Merit
- 35. Mythical being
- 37. Prefix meaning both
- 41. Lana Turner in "The Postman Always Rings Twice"
- 42. Its official language is Castilian
- 43. Martin's electrical problems?
- 47. Fall flower
- 49. 4.0 is an uncommon one
- 50. It means new
- 51. Gale's weather alerts?
- 56. Work together with someone (with "up")
- 57. Berrylike fruit
- 58. Like Nehru jackets
- 61. Initial bet
- 62. Fit of pique
- 63. Yucca cousin
- 64. \_\_\_ Macdonald, creator of private eye Lew Archer
- 65. Soccer legend
- 66. Lamina

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
		20			21					22				
23	24			25						26				
27			28				29	30	31					
32							33							
34					35	36					37	38	39	40
				41						42				
			43	44					45	46				
47	48							49				50		
51					52	53	54				55			
56					57						58			59 60
61					62						63			
64					65						66			

- |   |  |   |  |
|---|--|---|--|
| <ul style="list-style-type: none"> <li>2. Do in</li> <li>3. Commercial competition</li> <li>4. Future state, often: Abbr.</li> <li>5. Bone depository</li> <li>6. Short-legged hound</li> <li>7. Della's creator</li> <li>8. Appear threateningly</li> <li>9. Not pro</li> <li>10. New Jersey township with motto "Let There Be Light"</li> <li>11. Measuring the amount of</li> <li>12. Tropical lizard</li> </ul> | <ul style="list-style-type: none"> <li>13. Acts the hero</li> <li>21. OR needs</li> <li>22. Deliver</li> <li>23. Building projection</li> <li>24. ___ Raton</li> <li>28. Ocean flyer</li> <li>29. Early computer acronym</li> <li>30. Poetic contraction</li> <li>31. Shark's close relative</li> <li>35. In support of</li> <li>36. "Jeopardy!" host before Alex</li> </ul> | <ul style="list-style-type: none"> <li>37. ___ Nahasapeemapetilon of "The Simpsons"</li> <li>38. Most basic part</li> <li>39. "Don't be afraid. I don't ___!"</li> <li>40. "Not ___ many words"</li> <li>41. Underground plant stem</li> <li>42. Tabloid staple</li> <li>43. Ermines</li> <li>44. Messenger of Greek gods</li> <li>45. Light</li> <li>46. Sch. in Troy, New York</li> </ul> | <ul style="list-style-type: none"> <li>47. "___ Is Born"</li> <li>48. Word with pad or pool</li> <li>52. Stinger</li> <li>53. Teen concern</li> <li>54. Criticize severely</li> <li>55. Lady ___: star of 47-Across</li> <li>59. Biblical exile</li> <li>60. German article</li> </ul> |
|---|--|---|--|

## Down

# Tell Your Life Story...

Continued from page 10

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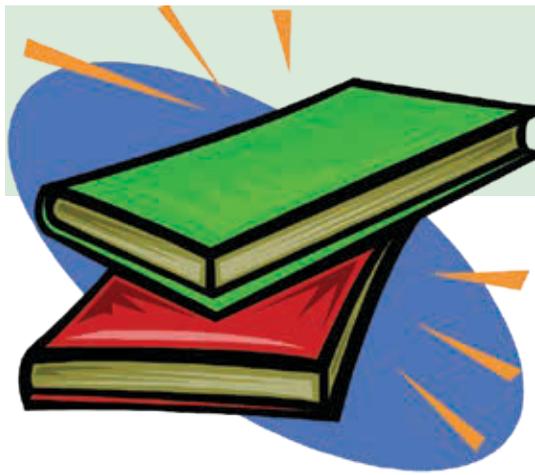
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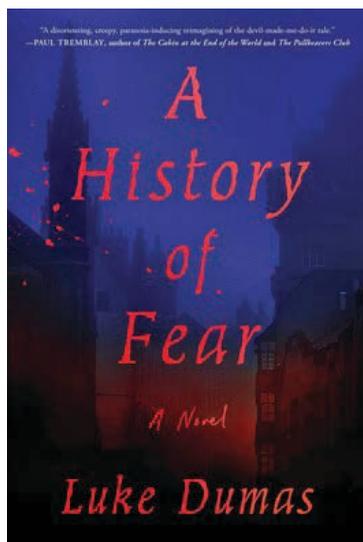
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# January Book Club

## *A History of Fear* A Novel

By Luke Dumas



"The Devil is in Scotland.

"Grayson Hale, the most infamous murderer in Scotland, is better known by a different name: the Devil's Advocate. The 25-year-old American grad student rose to instant notoriety when he confessed to the slaughter of his classmate Liam Stewart, claiming the Devil made him do it.

"When Hale is found hanged in his prison cell, officers uncover a manuscript that promises to answer the question that's haunted the nation for years: was Hale a lunatic, or had he been telling the truth all along?

"Unnervingly, Hale doesn't fit the bill of a killer. The first-person narrative that centers this

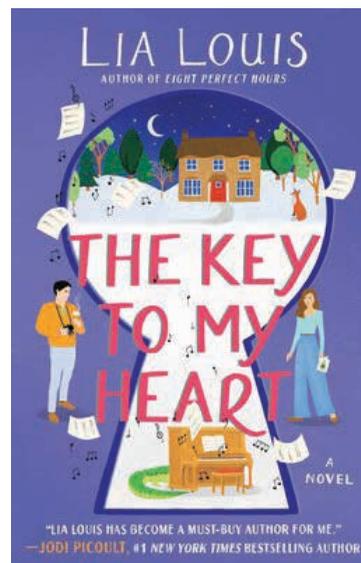
novel reveals an acerbic young atheist, newly enrolled at the University of Edinburgh to continue the legacy of his recently deceased father. In need of cash, he takes a job ghostwriting a mysterious book for a dark stranger but has misgivings when the project begins to reawaken his satanophobia, a rare condition that causes him to live in terror that the Devil is after him. As he struggles to disentangle fact from fear, Grayson's world is turned upside-down after events force him to confront his growing suspicion that he's working for the one he has feared all this time — and that the book is only the beginning of their partnership.

"*'A History of Fear'* is a propulsive foray into the darkness of the human psyche, marrying dread-inducing atmosphere and heart-palpitating storytelling," according to Publisher Atria Books.

## *The Key to My Heart* A Novel

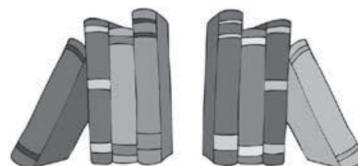
By Lia Louis

"Sparkly and charming Natalie Fincher has it all — a handsome new husband, a fixer-upper cottage of her dreams, and the opportunity to tour with the musical she's spent years writing. But when her husband suddenly dies, all her hopes and dreams instantly disappear.

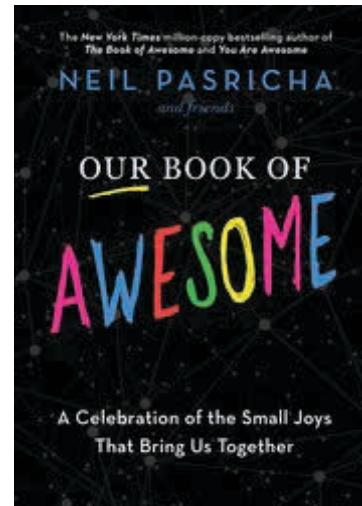


"Two and a half years later, Natalie is still lost. She works, sleeps (well, as much as the sexually frustrated village foxes will allow) and sees friends just often enough to allay their worries, but her life is empty. And she can only bring herself to play music at a London train station's public piano where she can be anonymous. She's lost motivation, faith in love, in happiness... in everything.

"But when someone begins to mysteriously leave the sheet music for her husband's favorite songs at the station's piano, Natalie begins to feel a sense of hope and excitement for the first time. As she investigates just who could be doing this, Natalie finds herself on an unexpected journey toward newfound love for herself, for life, and, for a special someone," according to Publisher Atria/Emily Bestler Books.



## *Our Book of Awesome: A Celebration of the Small Joys That Bring Us Together* By Neil Pasricha



Welcome to "*Our Book of Awesome*," a celebration of the small joys that bring us together.

"In an overwhelming world, it's time to return to the simple things, the AWESOME things, all around us... if only we take a moment to see them:

-Carrying the ice cube tray from the sink to the freezer without spilling.

-Finally unsubscribing from that annoying email you've been getting forever.

-Seeing your parents dance.

-Adding a gift note to yourself on your online order.

-Sending a private message during the video conference and then seeing your coworker look down and silently smirk.

-When your kids don't hear you opening a bag of potato chips.

-When the hand sanitizer isn't that extra slippery kind that never dries.

-Texting your husband to do something when he's upstairs and you're downstairs.

-When the cake plops flawlessly out of the pan.

"These are just a few of the hundreds and hundreds of things you'll find in this new volume. You'll also find comments, letters, and submissions from the AWESOME community around the world, leading to a final cacophony of awesome, by all of us, for all of us.

"*Our Book of Awesome*" is an injection of joy, a heartfelt gift, and a smacking high five for humanity. Read it to be reminded of the endless AWESOME things that give laughter and happiness to our beautiful and brief lives," according to Publisher Simon & Schuster.

## *Leonard Cohen, Untold Stories: That's How the Light Gets In, Volume 3* Book No. 3 of Leonard Cohen, Untold Stories series

By Michael Posner

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*Continued on page 22*

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# Research Suggests an Eye-heart Connection

If you are like the majority of Americans, heart disease and eye disease run in your family. So you should know that a growing body of research suggests that eye and heart health are related. The latest study suggests that people with a specific form of age-related macular degeneration (AMD) are at significant risk for cardiovascular disease and stroke.



happens when the central area of the retina called the macula becomes damaged from the formation of small yellow cholesterol deposits under the retina. These deposits deprive the retina of blood and oxygen, leading to vision loss. The type of deposits the researchers believe are linked to heart disease are called subretinal drusenoid deposits.

The new study adds to the list of several health conditions an eye exam may help detect.

### The Eye as a Window into Heart Health

Blood vessels and nerves in the eyes are reflective of the rest of the body. That's why medical conditions such as stroke, heart disease, some cancers, and diabetes are sometimes first diagnosed by an ophthalmologist during a routine eye exam.

Here's what ophthalmologists want you to know about protecting both your eye and heart health:

**1. Eat well.** A heart-healthy diet full of leafy greens and colorful fruits is also good for the eyes. Studies show foods rich in vitamins C and E, zinc, lutein, zeaxanthin, and omega-3 fatty acids can lower risk of certain eye diseases, including macular degeneration, cataracts, and dry eye.

**2. Exercise.** The American Heart Association recommends 30 minutes of exercise a day. For eye health, the science shows regular exercise can protect your vision and, if you already have an eye disease, it can help you manage it better.

### 3. Know your family history.

Early detection is key. Many leading causes of blindness run in the family, such as macular degeneration and glaucoma. Know your family history and share it with your ophthalmologist at your next eye exam.

### 4. Get routine eye exams.

Seeing an ophthalmologist could do more than save your eyesight, it can also save your life. When David Hibler, Sr. went to get his eyes checked, his ophthalmologist detected signs of a blood clot. Thanks to a thorough eye exam, Hibler got treated and avoided a potential stroke. The American Academy of Ophthalmology recommends all adults receive

*Continued on page 22*

# In the Fight of Her Life

By Les Goldberg

As we sat down to write this cover story, we heard the news: Celine Dion has been diagnosed with a brain disorder commonly known as “stiff person syndrome.”

According to medical experts, it is a very rare condition that affects about 1 million people and has features similar to those found in stroke victims. The bad news: there is no known cure. The good news is: The symptoms of muscle spasms, imbalance, and light sensitivity can be treated successfully with the latest medications.

Even better news for Dion, doctors believe that with the proper medical treatments and time she can resume her superstar singing career. The big question is when, but her world-renowned medical team and Dion herself remain optimistic.



As the title of her 2020 album, “*Courage*,” demonstrates, Dion possesses all the qualities to allow her to fight her new challenge to a winning conclusion, to continue to live up to her title



as a legend of popular music, one of the most powerful and moving voices ever heard.

The legend began in March 1968 as one of 14 children born in a small town outside of Montreal, Canada. From her earliest childhood, Dion became part of a family musical group that performed concerts in the local communities. With help from her mother Therese and brother Jacques, she wrote her first song at age 12.

And thanks to her mother, who sent a cassette of the song to a famous Canadian record producer, her career took off like a cannon shot. The rest, as they say, is history:

- 1981 – her first time singing on TV.
- 1982 – she wins the gold medal at the Yamaha Popular Song Festival in Tokyo.
- 1983 – she becomes the first Canadian to win a gold album in France.
- 1984 – she sings in front of Pope John Paul II at a packed stadium in Montreal.
- 1985 – she launches her first major tour of Quebec.

Still, a teenager, Dion’s career took another leap during the next two years when she recorded a full album, “*Incognito*.” It topped the charts, selling more than a half million copies on her new CBS label, later to become Sony.

By the time she turned 20, she had become a global superstar. Every album and every song turned to gold and platinum and earned her the entertainment industry’s top honors.



For instance, in 1990 she successfully entered the American market with her first album in English, *Unison*, and the single, “*Where Does My Heart Beat Now*,” climbing to No. 5 on the charts.

While appearing on the “*Tonight Show*,” host Jay Leno predicted she would go on to an “extraordinary” career in America. His prediction proved true when she performed the theme song of the Disney Film “*Beauty and the Beast*” alongside singing sensation Peabo Bryson.

The song immediately went to

No. 1 on the charts worldwide and won both the Grammy and Academy awards. The duo performed the hit song during the Oscars broadcast on Dion’s 24th birthday.



A day later, Dion launched her second English-language album, prompting the “*Wall Street Journal*” to proclaim her as a “once-in-a-generation voice.”

Not long after singing “*The Power of Love*” for President Clinton at the Kennedy Center, she announced her love for her long-time manager, René Angélil. The couple married in 1994 in a wedding that was described by the media as “fit for a princess.”

Included were her many recording triumphs, the album “*Falling Into You*,” which became the biggest-selling album of 1996 worldwide, and the winner of two Grammys. That same year, she sang “*The Power of the Dream*” during the opening ceremonies of the

Olympic Games in Atlanta and before an audience of 3.5 billion TV viewers.

At the height of her stardom, Dion’s momentous accomplishments also include:

- A collaborative album featuring such stars as Luciano Pavarotti, Barbra Streisand, the Bee Gees, Carole King, and Sir George Martin.
- The recording of “*My Heart Will Go On*,” the theme song from “*Titanic*” would become the jewel of her repertoire.
- The introduction of her first Las Vegas residency, “*A New Day*,” forever changed the face of the entertainment capital.
- A historical world tour of 23 countries, 93 cities, and 3 million spectators.



The list goes on and on, but through it all, she managed to have three children, including twins, continue performing in Las Vegas, record new songs, and serve as a caretaker to her cancer-stricken husband who died in 2016.

Dion fans around the globe had lined up buy tickets for her 2023-24 concerts sched-

*Continued on page 20*

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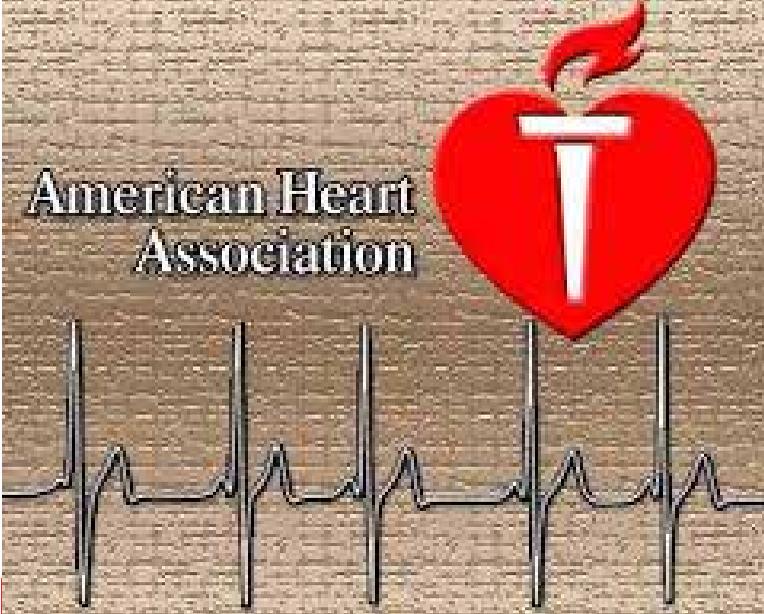
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*On The Road Again*

# Exploring SoCal Desert Desserts

By Les Goldberg

Many of us who have lived in Southern California most of our lives think of our year-round great weather, beaches, and suburbia. Except for the TV weather reports, we sometimes forget that beyond the metro sprawl to the north and south is a massive desert landscape that spreads to Texas.

We also tend to associate the desert with extreme heat, which is perfectly justified since it is baked in unbearable temperatures during the long summers, sometimes as high as 135 degrees in aptly named Death Valley.

The short winters, however, are the ideal time to enjoy the unique beauty of desert flowers, the night stars, wildlife, and historic towns. So, whether you want to escape your daily routine or are just tired of seeing tract homes and tall buildings at every turn, you'll find the stark contrast and change of scenery you seek on a trip to our neighboring desert.

Here are some ideas:

## Joshua Tree

The most popular non-resort-like destination for Southern Californians is Joshua Tree National Park, nestled between the San Jacinto and Santa Rosa mountains and just off the I-15 freeway.

About 3 million visitors swarm



the park's 800,000 acres each year to enjoy hiking, camping, photography, rock climbing, painting or simply appreciating the desert scenery.

## Red Rock Canyon



A visit to Red Rock Canyon State Park, 120 miles north of Los Angeles on Highway 14, is more than simply a trip to colorful badlands, cliffs, and canyons.

Hidden behind the scenes is a treasure trove of natural history. For more than a century, paleontologists and archeologists have been combing through the layers of rock, making important discoveries of mammalian life as it once existed in this area.

The massive park offers miles of meandering trails, hiking, horseback riding, and off-road vehicle recreation for licensed drivers. First-come camping

is available in Ricardo Campground for \$25 per night. Wildlife includes roadrunners, hawks, lizards, mice, and squirrels.

## Yucca Valley



This high desert community which is 17 miles west of Twentynine Palms and Joshua Tree and 62 miles south of Barstow sits at 3,300 feet above sea level, offers another chance to enjoy the beauty of the desert landscape along with activities such as hiking, camping, star-gazing, and horseback riding. The rural town of just over 20,000 people also features its annual Yucca Valley Film Festival. A popular attraction is the Sky Village market open on weekends.

It is also possible that you might experience snowfall if the snow level falls below 4,000 feet in the San Bernardino Mountains.

## Pioneertown

Four miles northwest of Yucca Valley is the Old West-inspired Pioneertown, built in the 1940s for the express purpose of serving as a Western movie and TV set for productions that



included *"The Cisco Kid"* and *"Judge Roy Bean."*

The town, complete with a motel, old-timey saloons, and trading post, once allowed the casts and crews of the films to live and work close to their jobs so they didn't have to commute to L.A. or Palm Springs. If you're a fan of old western movies, Pioneertown is the place to visit.

## Death Valley

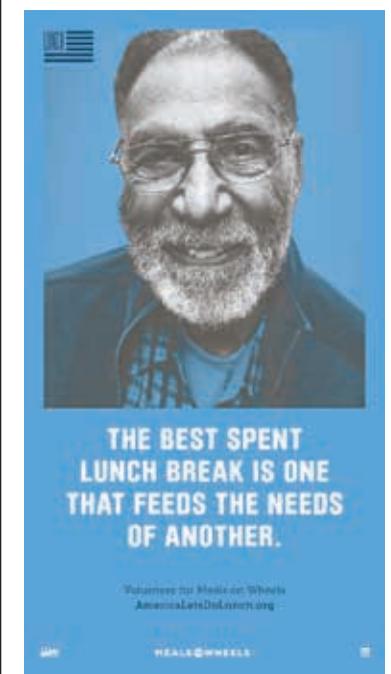


The name itself is intimidating. It is derived from early explorers who, without modern air-conditioned vehicles and ways to keep their limited water supplies cool, lost their lives trekking on foot in the horrific summer heat.

However, today's visitors know better. They leave their hiking and camping adventures to the cooler winters. Death Valley from October through April offers a beautiful panorama of colorful wildflowers, friendly townspeople, clear stargazing, and off-road camping.

## Not Roughing It?

Don't worry, the desert offers more than campsites and critters. If your taste is a bit more refined, the luxury resorts in Palm Springs, Palm Desert, La Quinta, and Rancho Mirage are there to meet your every relaxation endeavor — dining, spas, and, of course, world-class golf.



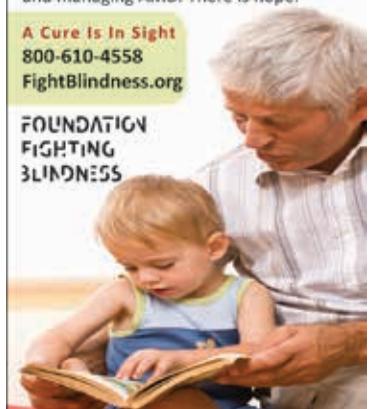
**MOMENTS LIKE THESE ARE PRECIOUS. DON'T LET THEM FADE AWAY.**

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

Protect your vision from fading away. Call the **Foundation Fighting Blindness** today for a free info packet about preventing and managing AMD. There is hope.

**A Cure Is In Sight**  
800-610-4558  
FightBlindness.org

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## Discovering Dana Point

Dana Point is a southern Orange County oceanfront community on seven miles of breathtaking coastal bluffs and rolling hills midway between Los Angeles and San Diego.



It's a world away from fast-paced city life but easy reach and enjoyed by locals and visitors alike.

It offers easy access from the San Diego freeway, just take the Pacific Coast Highway turnoff, turn left on Dana Point Harbor Drive and follow it down to the Harbor.

Dana Point is within an hour's drive of four major airports: John Wayne (just 18 miles away), San Diego, Ontario, and LAX.

Here are some more interesting factoids about this popular O.C. city:

- Elevation: 144 feet
- Geographic coordinates: 33°28'01"N, 117°41'50"W
- Population: 36,669
- Number of registered voters: 22,756
- Median age: 41.5 years old
- Incorporated in 1989, the city of Dana Point is named after

Richard Henry Dana Jr. (1815-1882), a Harvard-trained lawyer, seaman, and author of the classic sea journal, *"Two Years Before the Mast"* (1840).

• In his journal, Dana documents his voyage from Boston around Cape Horn to California on the merchant ship, *Pilgrim*. Therein, Dana describes the area once known as Capistrano Bay, as "the most romantic spot in California."

• Today, Capistrano Bay is known as Dana Point.

• The most noteworthy of Dana Point's bluffs is a unique promontory known as the Headlands, which overlooks Dana Point Harbor, one of the most significant landmarks of the Orange County coastline.

• Dana Point Harbor provides slips and mooring for thousands of boats along with over 50 specialty shops and restaurants.

• The Harbor attracts thousands of visitors annually for shopping, sport fishing, walk-

*Continued on page 21*

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# Fabulous Finds

By Debbie L. Sklar

It's a new year, so it's time to get back into the swing of things – be it your health, appearance, or mind.

Here is some great and new **Fab Finds** to get you back on track now that the holiday season is over along with all of its chaos.

## Grooming Beards



Walker and Co. the makers of the men's grooming brand **Bevel**, is now available at national beauty retailer Ulta Beauty, in select stores, and on ULTA.com.

Renowned for delivering premium hair, beard, skin, and body care for Black and brown men since its launch in 2013, Bevel is committed to developing innovative, solution-oriented products and tools.

Bevel's newest addition, the "*Black Panther: Wakanda Forever*" Safety Razor Gift Set" was inspired by the innovation in Marvel Studios' highly anticipated film, "*Black Panther: Wakanda Forever*." Exclu-

sively available at Ulta Beauty stores and Ulta.com.

## Soul Wipe



While the holidays are fun and festive, it's also important to acknowledge that they can also be a point of stress.

In addition, Americans should consider what they can do to manage that stress as it starts to build up. That's where **Soul Wipe** comes into the picture.

The solution is Soul Wipe, a line of seven different sanitation wipes, each infused with a combination of essential oils and high-frequency crystals to unblock chakras. This union of cleanliness and calm enables Soul Wipe users to turn every cleaning event into an opportunity to slow down, take a deep breath, and release stress.

Soul Wipes are a useful de-stressing tool at any point of the year. As people move from one place to another more often than is normal, the need to use sanitation wipes increases. At the same time, the ability to address stress every time quietly and consistently a wipe is used

provides a perfect way to stay both clean and stress-free anytime.

Soul Wipe is focused on the mission of creating serene moments throughout the day — even while a person is sanitizing their hands. Inspired by the ancient modalities of pure essential oils and high-frequency crystals to unblock chakras, Soul Wipe guides others into a space of inner clarity and realization of the present moment.

Center your soul, wipe your hands, and raise the collective vibration. Learn more at [soul-wipe.com](http://soul-wipe.com).

## Makeup Storage Case



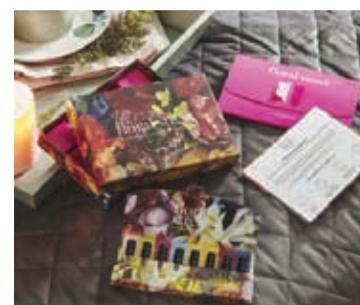
**OSHEN** has launched the first makeup storage case made with recycled ocean-bound plastic. Sourcing materials from Oceanworks.

The case holds up to 200 pieces of makeup/tools, is easy to clean, features a unique stand-up brush section, and is compact enough to fit under a countertop, but pretty enough to leave on top.

The first makeup case was made with recycled ocean-bound plastic. Available in matte white and gunmetal sil-

ver or dusty pink and rose gold. Limited availability at [www.oshenco.com](http://www.oshenco.com). Price: \$150, shipping: Free to Canada & U.S., Material is 32% recycled ocean-bound plastic and prevents 1.3 pounds of plastic from entering our oceans. Limited availability: visit online at [oshenco.com](http://oshenco.com)

## UK Award-winning Sensory Gift Experience in the US



Independent, clean, British brand **Floral Street** has shaken things up again in the world of fragrance with its innovative Scentschool in a box.

With fragrance reported as the most popular gift in beauty and 'gift experiences' being the fastest-growing segment of the gifting industry, it's always ahead of the trend!

Responding to the shift in customer shopping habits, this joyful voyage of fragrance discovery is so much more than just perfume. It immerses senses in colors, smells, and relatable words, and educates on the art of fragrance and the provenance of sustainable ingredients from around the world. It just launched in the United States exclusively on [www.floralstreet.com](http://www.floralstreet.com)

A code in the box leads to a video with Floral Street's Founder and expert Floralista and interactive 'rub and release' ingredient cards offer a tease of eight cult scents from the Discovery Set in Scentschool in a box.

Each is a mood-enhancing luxury vegan fragrance from the global bestseller Wonderland Peony for when you are feeling delicate and dreamy to free-spirited Arizona Bloom through to Wild Vanilla Orchid for those confident yet comforting moments. And with vanilla being the most popular perfume ingredient of all time this clean and conscious gift is for everyone! Visit [FloralStreet.com](http://FloralStreet.com).

## Celine Dion

*Continued from page 16*



uled in Switzerland, Cypress, Italy, Israel, and several other countries. However, with all of her shows canceled due to her health issues, they are hoping and praying for her full recovery.

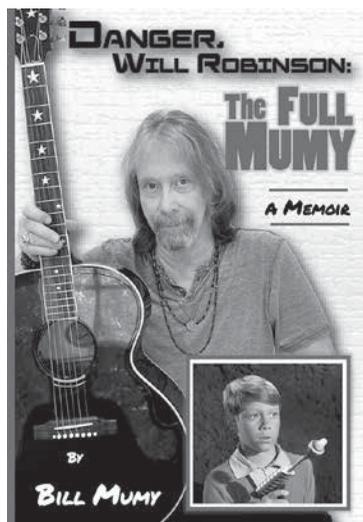
# Tinseltown Talks

By Nick Thomas

## Bill Mummy: More than 'Lost in Space'

With a new 400+ page autobiography recently published, Bill Mummy's *'Danger Will Robinson: The Full Mummy - A Memoir'* is crammed with fascinating facts and stories recalling his long acting and musical career (see [www.NCPBooks.com](http://www.NCPBooks.com)).

"'Lost in Space' is definitely covered and certainly Will Robinson is the character most people identify with me," said Mummy from Los Angeles. But despite the book's title, the author examines much more than just the galaxy-wandering Robinson family.



Cover of Bill Mummy's new book. Photo courtesy publisher.

Ironically, Mummy ended up working alongside his Zorro idol — Guy Williams — who would play space dad to the adventurous boy astronaut who "saved the day" on many occasions beginning with the first season of "Lost in Space" in 1965.

Riding high on the success of earlier roles in popular 60s series such as "The Twilight Zone" and "Alfred Hitchcock Presents," 1965 proved a particularly good year for little Billy, not yet a teenager, that included guest-starring roles in beloved TV classics such as 'I Dream of Jeannie,' 'Bewitched,' and 'The Munsters.'

That year, the young actor also portrayed a key character in the Twentieth Century Fox film 'Dear Brigitte' starring Jimmy Stewart.

"(He) was the best overall

artist I ever worked with," recalled Mummy. "He truly was a wonderful man and showed me how you strive to be a good actor and to treat your coworkers well. The vast majority of actors and directors I worked with as a child were very happy with me because I always knew my lines and got things done quickly."

While he experienced few professional 'horror stories' during his career, an exception was Alfred Hitchcock who terrified 7-year-old Billy on the set of "Alfred Hitchcock Presents" Mummy says the director apparently whispered in his ear during a scene to stop shuffling about or he would nail his feet to the floor!

Beyond acting, Mummy has worn many hats including those of musician, singer, songwriter, author, and voice actor (see [www.billmummy.com](http://www.billmummy.com)), but still recognizes the nostalgic value "Lost in Space" has for fans who grew up in the 60s. It's hardly surprising, therefore, that Mummy included the name of his plucky young space adventurer in the new book's title.

"Every child has a gift and mine from an early age was being able to easily memorize a script and deliver the dialogue believably," he says. "I loved being little Superhero,



Bill Mummy and Jonathan Harris in "Lost in Space." Photo courtesy CBS.

Will Robinson. As a child actor, he was everything I ever wanted to be."

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](http://www.getnickt.org).



Continued from page 19

ing, bicycling, parasailing, and a host of recreational activities.

- The Dana Point Harbor is also considered the gateway to Doheny State Park, one of California's most popular beach facilities. The 62-acre state park offers camping, picnicking, swimming, surfing, bicycling, tide pool exploration, and more.

- Currently, the city is undergoing major renovations and has added many new restaurants, offices, living areas, and more.

Source: [www.danapoint.org/i-want-to-/city-history-facts](http://www.danapoint.org/i-want-to-/city-history-facts)



## Welcome to 2023! What's new for 2023?

1. Many of you are already aware of the Cost of Living Adjustment (COLA) for your 2023 Social Security. Social Security beneficiaries will see the 8.7% increase to their benefits starting in January 2023!

2. Medicare Part B Premium update: The standard monthly premium for Medicare Part B will DECREASE to \$164.90 for 2023.

3. For those who have the "Giveback" Medicare HMO plans, you should see that credit on your Social Security Statement that was sent in December.

4. If you have a Medicare Supplemental policy that is NOT an F plan you will notice the Part B deductible has DECREASE to \$226/year starting January

5. For those who only have the Original Medicare without an HMO or PPO plan, you will see an increase in all of the Part A deductibles and co-payments for 2023.

Should you have any Medicare related questions, please feel free to contact me. Sandra Teel Medicare Insurance Broker 657-204-4224



## January Book Club

Continued from page 14

a true giant in contemporary western culture, entertaining and inspiring the world with his work. From his groundbreaking and bestselling novels, *"The Favourite Game and Beautiful Losers,"* to timeless songs such as *"Suzanne," "Dance Me to the End of Love,"* and *"Hallelujah,"* Cohen is one of the world's most cherished artists. His death in 2016 was felt worldwide by many fans and followers who would miss his warmth, humor, intellect, and piercing insights.

*"Leonard Cohen, Untold Stories"* chronicles the full breadth of his extraordinary life. This third and final volume in biographer Michael Posner's sweeping series of Cohen's life — *"That's How the Light Gets In"* — explores the last 30 years of his life, starting with the late 1980s revival of his music career with the successful albums *"I'm Your Man"* and *"The Future."* It covers the death of his manager, Marty Machat, and the appointment of another who would be accused of stealing more than \$5 million from Cohen.

"Personally, Cohen suffers the traumatic end of his long relationship with French photographer Dominique Issermann and begins a public romance with actress Rebecca De Mornay. When that relationship ends in 1993, as Cohen is about to turn 60 years old, he begins a deeply spiritual phase, entering the



Mount Baldy monastery under the tutelage of Zen master Joshu Sasaki Roshi — the most important relationship in Cohen's life. Ever the seeker, he then goes to Mumbai in 1999, the first of half a dozen trips to India to investigate Advaita Vedanta Hinduism, expanding his growing fascination with spirituality.

"In 2008, Cohen makes his triumphant return to the concert stage, and for 5 years travels the world in an extraordinary final act of his life, giving almost 400 performances over three continents. The book provides the first full chronicle of Cohen's final months, fighting debilitating disease, while still creating three new studio albums, adding to his remarkable legacy.

"Cohen's story is told through the voices of those who knew him best — family and friends, colleagues and contemporaries, business partners and lovers. Bestselling author Michael Posner draws on hundreds of interviews to reveal the unique, complex, and compelling figure of the man *"The New York Times"* called "a secular saint."

This is a book like no other, about a man like no other," according to Publisher Simon & Schuster.

## Eye-heart Connection

Continued from page 15

a comprehensive eye exam by age 40, and every year or two after age 65.

### Eye Exams Can Save Lives. EyeCare America Can Help

There could be good news for individuals age 65 or older who are concerned about their risk of eye disease and/or the cost of an eye exam: You may be eligible for a medical eye exam, often at no out-of-pocket cost, through the American Academy of Ophthalmology's EyeCare America® program. This public service program matches volunteer ophthalmologists with eligible patients in need of eye care across the United States. To see if you or a loved one qualifies, visit EyeCare America. EyeCare America is co-sponsored by the Knights Templar Eye Foundation Inc., with additional support provided by Alcon and Regeneron.

### Learn More

For more information, visit [www.aao.org/eyecare-america](http://www.aao.org/eyecare-america).



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# Busy Boomers

By Les Goldberg

## Having Fun With Funnies

What is it about kids and their fascination with comic books?

Back in the day, when we were young and without the Internet and when some families couldn't afford television, entertainment came in the form of radio, movies, and comic books.

In my case, I couldn't wait to visit the '5 and Dime' store to see if the latest comic book adventures of my favorite Superheroes, the likes of Superman, Batman, Captain America, Wonder Woman, Flash, and others, had arrived on the shelves.

Although the oldest known comic book, *"The Adventures of Obadiah Oldbuck,"* was published in Europe in 1837, the first American comic, *"Funnies on Parade,"* appeared in 1933 and spurred the popular newspaper comic strips. Comic book sales soared during World War II when the iconic Superman character debuted.

Fast forward to today. There are thousands of seniors who have held onto their collections, for nostalgic and monetary reasons. If you happen to have a copy of the first Action Comics' *"Superman"* comic book, you are holding a multi-million-dollar classic antiquity.



*"The Art of Jack Kirby" book by Ray Wyman Jr.*

But as comic book aficionado and author Ray Wyman Jr., 67, of Orange, will tell you:

"Don't get into comics (as a collector) with the idea of investing." Instead, he advised, "Enjoy the art because you enjoy the stories. I think that's the best way to honor both the art and the artist."

Wyman, who works as a computer software manager by day, said, "I became a comic book geek when I was seven. My first books were 'Superman,' 'Batman,' 'Flash' and 'Justice League.' Then I got into war comics, like 'GI Combat,' 'Our Army at War' and others. That was the 60s.

"In my mind," he recalls, "reading comics was way better than watching television ... it was my entry into novels, as it is for many readers."

When asked what he enjoys most about comics, he explains that "comics are portable, but not the way you might think. As a medium, it has excellent agility and flexibility for storytellers to ask profound questions about the human condition and all sorts of philosophical topics – more so than novels because they're comparatively easier to produce and consume.

"I think reading comics and manga keep minds open to new ideas. And they're visual, which doubles the entertainment value."



*Ray Wyman Jr., left, attends WonderCon with Jack Kirby family.*

Wyman adds "as an advanced reader, I pick stories I like based on the writer or artist. The bolder storytellers weave their questions and answers as debates and arguments between characters."

"Most of the time, the 'discussion' will conduct as they fight massive battles. The artist's message could be amusing delections about human behavior or deep insights into ideology or religion. But, of course,



*Ray Wyman Jr., left, with Jack Kirby.*

there's no 'Justice League,' no 'Guardians of the Galaxy,' and no magic or super-miracle to sort out these arguments for us in real life."

One of Wyman's biggest idols in the comic book world is the late Jack Kirby, regarded as the undisputed "King of the Comics." Wyman's book, *"The Art of Jack Kirby,"* published in 1993, delves into one of the medium's major innovators, most prolific and influential creators.

It was Kirby who in 1940 created *"Captain America"* for Timely Comics, the predecessor of Marvel Comics. He subsequently partnered with writer-editor Joe Simon to create several other characters for National Comics Publications, later to become DC Comics.

"One of the greatest honors of my life (so far) was writing the book about Kirby," he says. In the years since, Wyman has become a well-sought-after comic

book historian and expert who is a frequent speaker at comic book conventions, including the Comic-Cons.

His research for the book has resulted in a significant expansion of his comic book collection, including books from artists he has never read and a handful of pulp science fiction books with 'great stories and illustrations.'

For those of you who want to learn more about the art of comic book collecting, he suggests you first find a local comic book store specializing in the books in which you are interested. Wyman's favorite local stores are Torpedo Comics in Orange and Pop Comics in Anaheim. If you want to immerse yourself in the comic book world, attendance at the big Comic-Con – the granddaddy of them all in San Diego, Anaheim's Wondercon, and the Los Angeles event – is necessary.





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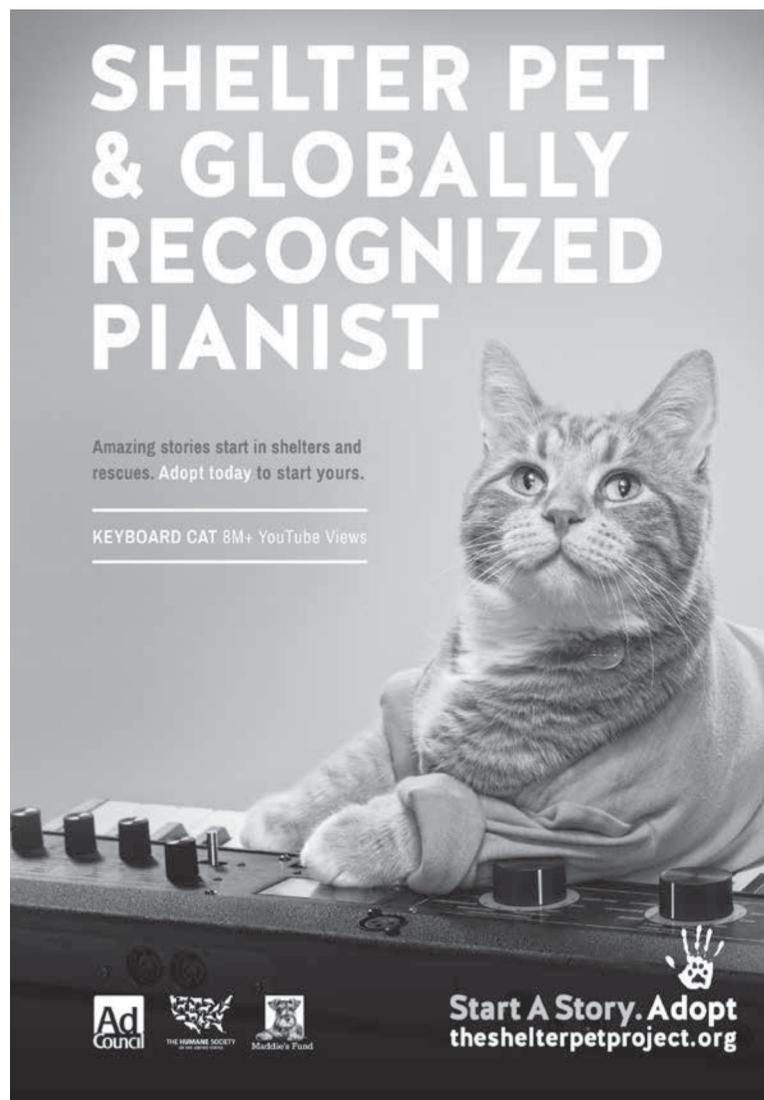
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### Crossword Puzzle Answers from page 12

1	H	I	P	T	O	6	B	E	L	A	10	E	G	A	D		
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## Protecting Your Finances

# Boiler Rooms—An Old Stock Scam Gets a Technology Makeover

While tactics may have changed, “boiler room” operations are still used to pitch dubious investment schemes, according to the experts at the Financial Industry Regulatory Authority (FINRA). Typically run as outbound call centers, boiler rooms target retail investors with highly speculative—often fraudulent—investments. In addition to phone calls, today’s boiler rooms also rely on messaging apps and social media to contact potential investors.

Regardless of the method of contact, the scammer’s goal is the same: Use high-pressure tactics and persuasive language to convince investors to purchase specific investments that will ultimately enrich the scammer.

### Red Flags of a Boiler Room Scam

**The Unsolicited Pitch.** If you’ve previously shown interest in higher-risk investments or been victimized by a scam, the promoter might have found your name on a lead list (sometimes called a “mooch list”). Ask yourself, why would they share this opportunity with you rather than keep it to themselves?

**The Hard Sell.** Scammers often try to pressure investors into buying shares on “can’t miss” opportunities, painting a picture of wealth from an investment and claiming time (or product) is scarce. Be aware that boiler rooms frequently



*The ways in which people communicate have changed with advancements in technology, and so have the tactics of “cold calling” boiler rooms.*

pitch speculative investments for which limited information is available.

**The Unlicensed Promoter.** Callers might claim to work for organizations that offer stock recommendations. However, the organizations often aren’t registered with FINRA, associated with any FINRA-registered firm, or involved with any legitimate business entity. Callers might use fake names and credentials, disguise their phone number, or create a new website to appear more credible.

**The Pump and Dump.** Fraudsters sometimes engage in manipulative trading to create the illusion that the stock is on an upward trend and starting to gain traction. This could be a sign of a “pump-and-dump” scheme.

### How Can You Protect Yourself?

**1. Decide now to decide later.** Even if the claims sound plausible, don’t say “yes” to an aggressive cold caller or social media promoter, particularly if the recommended stocks are very low priced. Learn to rec-

*Continued on page 26*

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# The Gadget Geezer

By Les Goldberg

## Tech Brewing Cup of Java

I don't know about you, but I can't start the day without a freshly brewed steaming cup of hot coffee.

I'm not going to delve into the pros and cons of coffee drinking here – studies show that the benefits are many – but I am going to talk about how the huge worldwide popularity of brewed java has spurred a whole new generation of tech-based coffeemakers for your home.

Forget the days when you scooped the grounds into a filter inside a giant pot that held up to 20 cups and consumed just three or four. Then came the one-cup filter which, if not placed exactly onto your coffee cup or mug caused a disastrous overflow and mess.

Thanks to technology, today's coffeemakers are digital baristas, capable of brewing one cup or a full carafe from individual pods for every kind of coffee. Whether it's regular or decaf, latte, or cappuccino, they can automatically dispense the correct amount of milk, coffee, and foam, or simply serve it black. All of the newer machines will automatically stop dispensing while you pour.

Here are the most popular of the many brands offered at Amazon:

### Keurig

A Swedish company, Keurig has revolutionized the home and office coffee-brewing world with



both its appliances and its standardized K-cups, the individual pods that contain coffee grounds in a variety of flavors and can work with most other brands.

The coffeemakers are designed for either one-cup or multi-cup brewing, or both. Features include automatic off, large water reservoirs for brewing six or more cups before the need to refill, a built-in clock, and buttons to press for 6, 8, or 12-ounce cup sizes. Price: from \$70-\$200.

### Hamilton Beach



This stainless steel two-way coffee brewer features a 12-cup glass carafe, programmable advanced brew options, and automatic shut-off. It also provides two brew-

ing strengths (regular and bold), accommodates travel cups, and mugs, and includes a mesh filter and scoop. Price: \$120.

### Cuisinart



If you tend to drink several cups of coffee daily, then the Cuisinart PerfectTemp 14-Cup coffee-maker should be on your kitchen counter. About every feature you might want is built into the appliance.

It brews quickly, has good water filtration, and is fully programmable and automatic, with one-to-four-cup setting options and auto shut-off. The only downside, according to reviewers, is that the carafe is a bit awkward to fill and clean. Price: \$99.95

### Black+Decker

Built with white stainless steel, the Black+Decker 12-cup model comes with a glass carafe, washable brew basket, large, rubberized button controls, programmable 24-hour advanced brew, and a two-hour auto-shutoff.

Made for customer convenience, this product boasts an easy-view front-facing water window and an easy-to-read screen that displays a clock, brew time, and programming options. Price: \$34.99.

### Mr. Coffee



This well-known brand makes several models to suit every coffee lover's taste, but the one that caught my eye is the single-serve machine with a 22-ounce tumbler and reusable coffee filter for \$64.99.

Features include a four-minute brew time, an easy measuring system for the perfect ratio of water, coffee, and ice, a dual-sided scoop, and a lid and straw.

There are dozens of coffeemakers to choose from and most share similar tech-based advances. Once you've made your choice, there's nothing left to do than sit and sip.

## Boiler Rooms

*Continued from page 25*

ognize the tactics fraudsters use, and don't feel guilty about hanging up.

**2. Check with regulators and other third parties.** Use FINRA BrokerCheck to verify

whether a firm and individual are registered to sell securities or give investment advice. Double-check the validity of information about the organization or individual. Also check an investment's public disclosure information using the SEC's EDGAR filings.

**3. Research the promoter.** Fraudsters constantly change the names of their outfits and set up new websites. Search domain registration databases to see how recently the website was created and by whom, and search the promoter's name along with terms such as "complaints" or "scam."

**4. Don't give second chances.** If you haven't invested, scammers will keep pressuring you. If you have invested, they'll try to convince you to invest more.

**5. Remain vigilant.** Think twice before paying for stock picks from nonregistered or unlicensed individuals—or relying on tips from social channels, subscription services, or newsletters. And be on the lookout for multiple scam attempts in close proximity to one another.

If you're suspicious about someone giving you unsolicited investment advice or promoting a particular investment, report your concerns to FINRA, the SEC, and your state securities regulator.

### Learn More

For further information on protecting your money or to file a tip or complaint, visit [www.FINRA.org/LearnMore](http://www.FINRA.org/LearnMore).

# Life After Mother

By Lyn Jensen

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

## Keep to a Schedule

My mother's home that I inherited was built for a family, not a senior. With three bedrooms, two baths, a front and back yard, and a garage, it's a heavy burden for one person who's into the Golden Years to maintain. At the same time, it's so full of the accumulations of multiple lifetimes, I'm tempted to add a room just to house the extra furniture.



are usually spent on home-office work, and afternoons on housekeeping. Cleaning the living room and the kitchen each requires an afternoon every month.

Another four days are blocked for cleaning and similar projects involving the three bedrooms and two bathrooms. Dusting the blinds only takes about half an hour but I schedule it separately from other chores.



Three more days are allotted for outside-the-house chores. Taking care of my car — washing it, checking its oil and air — rarely takes an entire afternoon but gets its slot on my monthly schedule. The yard I regret I can only give one day a month, as most of the grass has died, weeds proliferate, and efforts at planting have failed. I have a gardener but he's just a blow-and-mow guy, and not a very dependable one. I keep

telling myself I should fire him, but I've never been able to bring myself to do it.

When I moved in and looked at the garage, I guessed organizing it would take a year. Three years have passed and there's still no end in sight. I'm hoping to get to the point where I can just sweep it out and keep it from getting too dirty or cluttered every few months, but that time is still at least a year away.



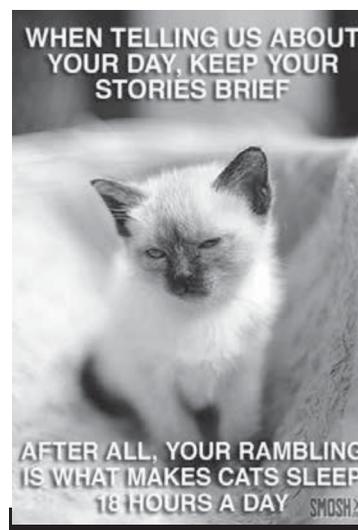
I give two days per month to never-ending projects that I'd like to spend more time on but can't, at least not yet — the stamp collection, scrapbooking, family photos, genealogy, and crafting. That leaves one week per month, or sometimes two, for free time, except there's no free time.

It's time to do any chore, project, or errand that doesn't fit the rest of the schedule. My eventual goal is to downsize enough that I can downsize into a smaller house in a more affordable area of the country, but right now I'm just plodding through my scheduled maintenance and hoping the future brings more ease and comfort to my sunset years.



Any goal needs a schedule, and over the past three years, I've developed a weekly and monthly schedule to keep the property clean and maintained. Mondays are for laundry and groceries, Tuesdays for shopping and errands — the drugstore, bookstore, hardware store, library, bank, credit union, and repair shop. Sundays are my downtime, the time to manage my senior-year health, obeying my need to rest up from the last six days and get ready to tackle the next six.

Every month, 12 days — working out to three weeks — are set aside for home cleaning and maintenance. My mornings



# The Senior Reporter

is published monthly by:

**SUNSET PUBLISHING AGENCY**

9114 Adams Avenue, Suite 358  
Huntington Beach, CA 92646

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

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Rate is \$28.00 per year.

Guest articles, commentaries and photographs are invited, however, publication is at the discretion of the editor

**EDITOR: DEBBIE SKLAR**  
**DIRECTOR OF SALES: JAMES WEBB**  
**ADVERTISING MANAGER: WILLIAM THOMAS**  
**GRAPHICS: SEASIDE GRAPHICS & PRINTING**

**Contributing Writers:**  
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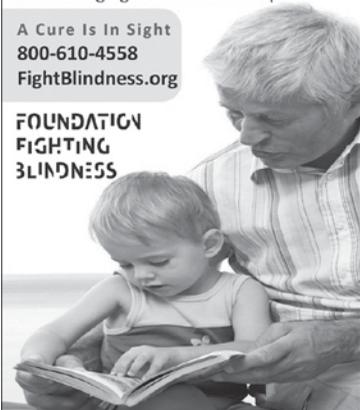
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# ADMIT ONE

## Movie Preview

### 'A Man Called Otto'

By Randal C. Hill

Tom Hanks as a bad-tempered neighbor from hell? Now that's hard to imagine!

But in *"A Man Called Otto,"* Hollywood's Mr. Nice Guy becomes irascible Otto Anderson, a bitter and isolated widower. Adrift and depressed, Otto hates everyone and everything in his orbit, and he makes it clear that he wants only to be left alone to rigidly enforce the association rules on the block where he lives.

In his railing against his immediate world, Anderson almost takes a perverse pleasure in harassing and criticizing his exasperated suburban neighbors. Nobody, it seems, is immune from his often-irrational wrath. In one scene, he yells at a UPS delivery driver, "You can't use this road without a permit!" As she drives away, Otto runs alongside her vehicle, shouting, "The other guys don't do this, the guys with the white truck!"

When not spewing copious amounts of venom, he spends time at the gravesite of his wife, where he leaves flowers and has poignant, one-way chats with her.

Anderson is permanently set in his ways, but things change after a boisterous young family moves in next door. The curmudgeon meets his match

when he is forced to deal with quick-witted (and pregnant) Marisol (Mariana Covino), a single mother with two spunky young daughters.

Otto eventually becomes involved with the trio regularly. Their spending time together slowly evolves into an unlikely friendship that flips the grump's world on its head, changes his perception of life, and even causes him to stop attempting his planned suicide that the pesky new neighbors keep interfering with.

At one point, Marisol tells him, "You think you have to do everything on your own. Guess what? No one can."

And even though he chases off dogs who might pee on his lawn, Anderson does allow a scroungy gray cat to adopt him.

"This film is about community and family," Hanks told *"People"* magazine. "The way you treat your own neighbors, the way people can come together in any time of crisis."

*"A Man Called Otto"* is an adaptation of Fredrik Backman's best-selling 2012 Swedish novel *"A Man Called Ove,"* which as a movie became a box-office sensation in 2015. (At the 89th Academy Awards, it was nominated for Best Foreign Lan-

guage Film.) Ove is now the third most-watched Swedish movie in that country's history.

The current offering was directed by Mark Forster (*"The Kite Runner," "World War Z,"*) with David McGee (*"Life of Pi"*) handling the scriptwriting.

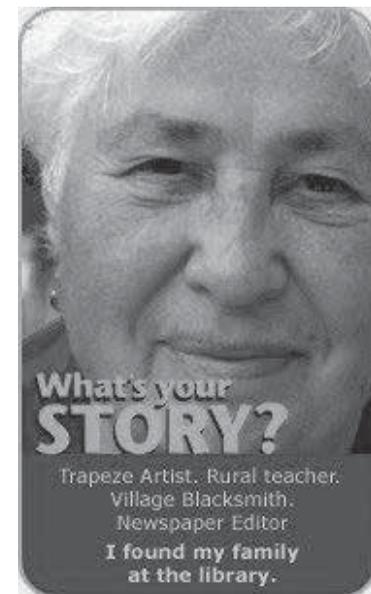
*"A Man Called Otto"* premieres nationwide on Jan. 13.

## January Calendar

Continued from page 5

session. Check the website for the current schedule of classes. Morning and afternoon classes are offered. At, Sawdust Art Festival grounds, 935 Laguna Canyon Road, Laguna Beach. Call, 949-494-3030.

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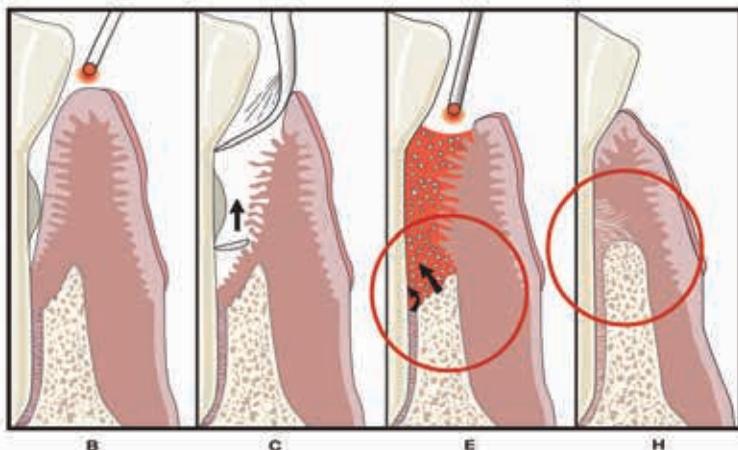
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1. Gregg RH II, Gregg DM. Laser-assisted periodontal regeneration with the LANAP protocol. *Dent Today* 2019 May;38(5):78, 80-83  
2. FDA Clearance K151763



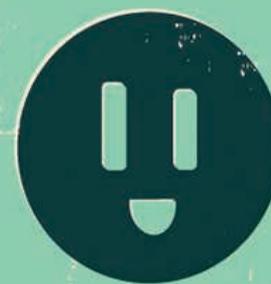
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**1. Training:** Professionals agree that introducing a brand-new behavior, working on socialization, or emphasizing counter conditioning all take incredible focus. High-value

treats are like giving your dog an A+ for behavior and training, enabling the highest focus and encouraging better results.

**2. Health:** Veterinarians have been touting the perils of pro-

cessed dog foods and treats for years. Feeding dogs sub-par treats using rendered leftover meat waste, sugar, sodium, BHA, food coloring, and additives made in potentially filthy conditions or processing plants can contribute to lower life expectancy, allergies, certain cancers and unnecessary weight gain.

**3. Taste:** A treat should be just that: a TREAT and not an hourly occurrence or something sub-par and not worth it. Consider high-value treats the ice cream of options. The "mouth

feel" that jerky-style high protein treats provide, and the quality, healthful ingredients and thoughtful, transparent production, mean even the most finicky pet (and owner) can see that high-value dog treats put the "eats" in treats.

#### Learn More

For further facts and tips, visit [www.saintroccostreats.shop](http://www.saintroccostreats.shop) and [@saintroccostreats](https://twitter.com/saintroccostreats).

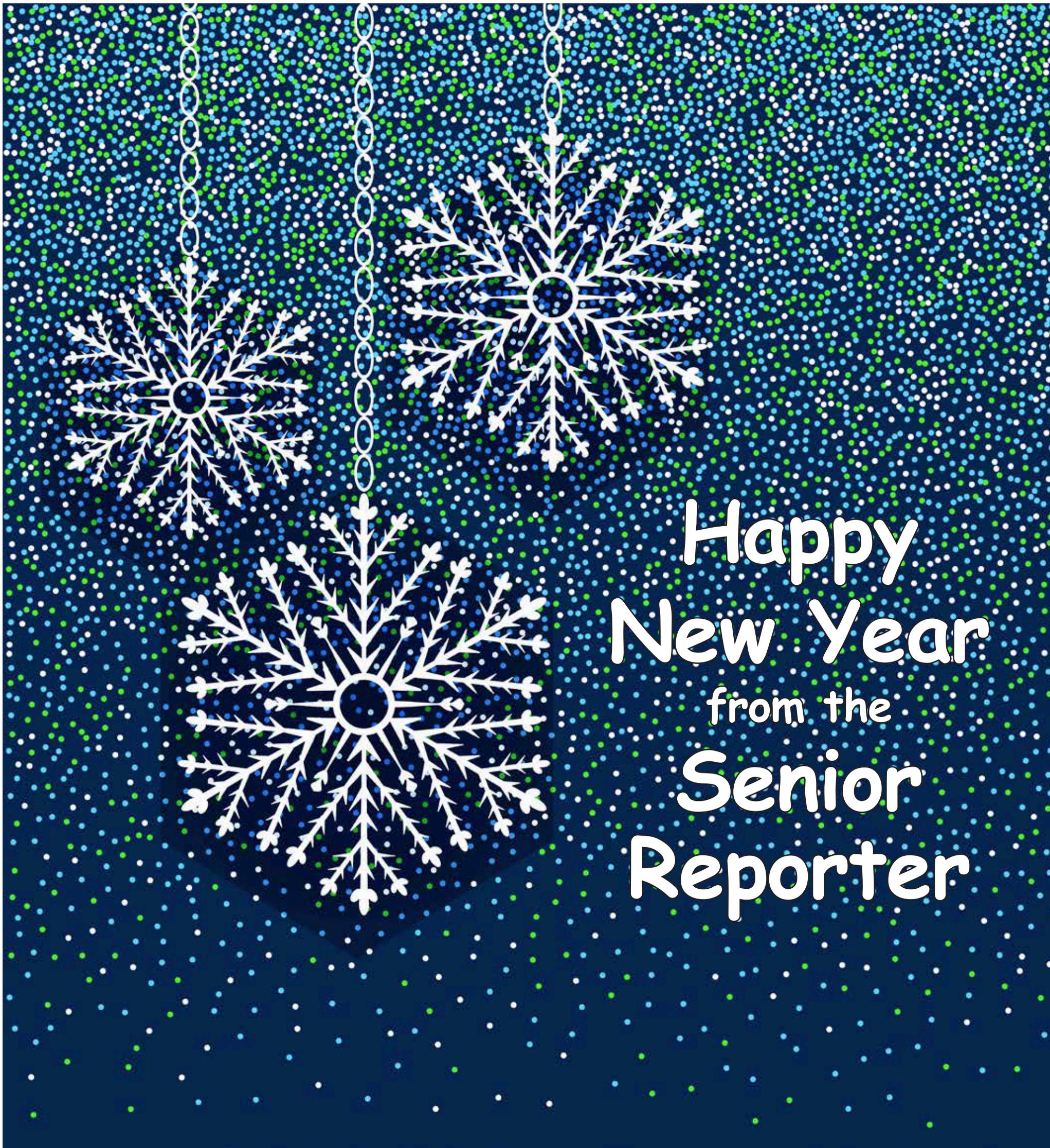


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