

SENIOR REPORTER

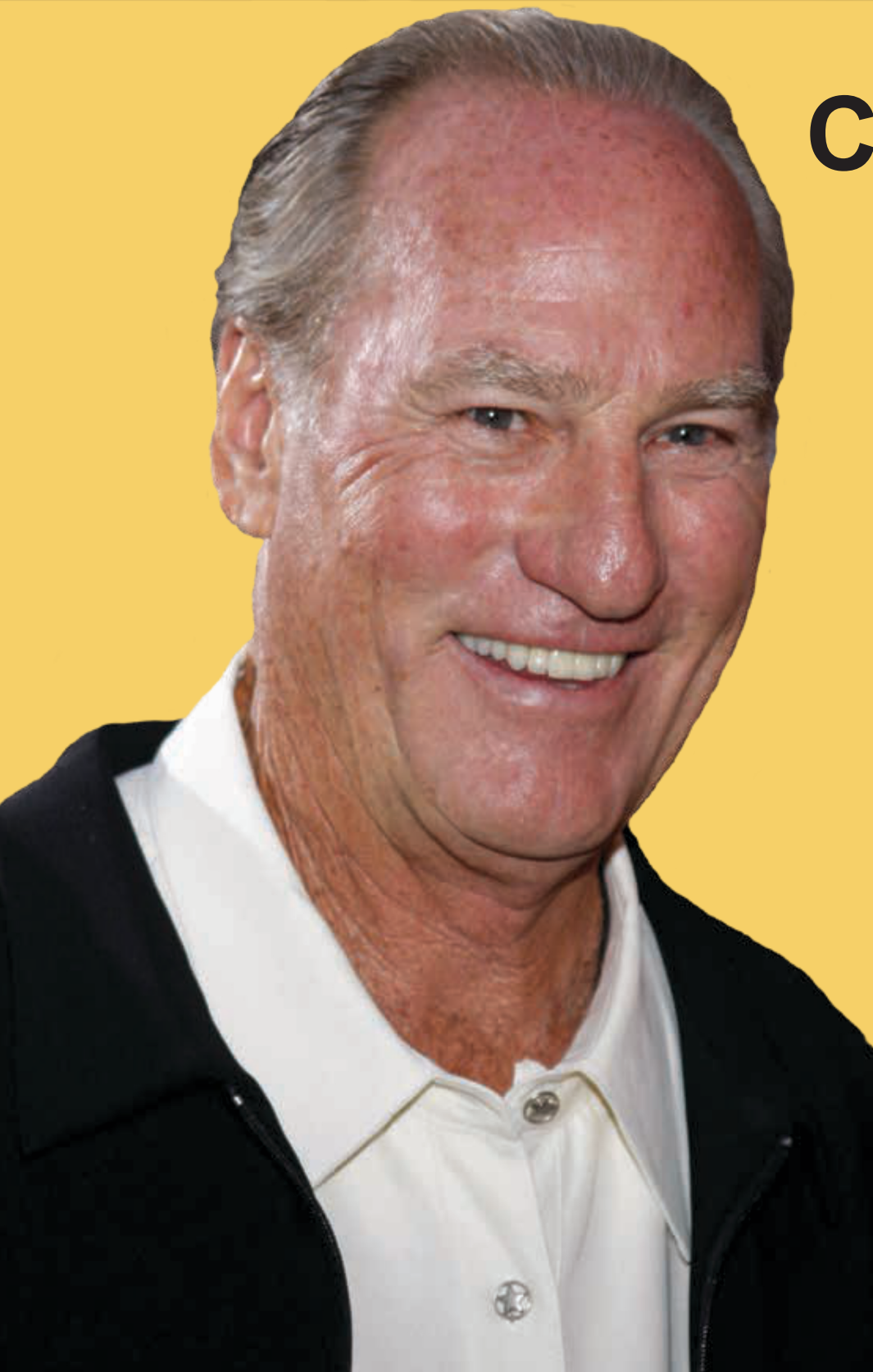
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JUNE 2022

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



Craig T. Nelson

*"When there's forgiveness present
and compassion, it just helps
you live so much easier."*

— Craig T. Nelson

What's Inside ...

Calendar of Events	5
Flashback	6
Classifieds	8-9
Song Preview	10
In The Spotlight	11
Craig T. Nelson	14
Book Club	16
On The Road Again	18
Life After Mother	21
Tinseltown Talks	22
Off The Beaten Path	24
Movie Preview	26
Busy Boomers	27
Gadget Geezer	28
Fabulous Finds	30

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**I DON'T TALK
FOR A VERY LONG TIME**



Dedication

By Jim McDevitt

I live in the mountains surrounded by other houses and nature. We have a nice wooden deck where we sometimes eat dinner on the warm days of summer. We have a metal table with see-through plastic covering the table and an umbrella that opens nice and wide and provides nice shade. Of course, in the winter I close the umbrella and don't open it again 'till spring.



Spring came to our mountain community, and I opened the umbrella. My wife has a bird



feeder (it's not me) that she puts out during the daylight hours to feed some of the birds who live in the surrounding pine trees. It was the end of March, and I opened the umbrella to sit in the shade and do a little reading. I find nonfiction to be my favorite material. I also play solitaire in between and try to beat my best score of 100 moves but as hard as I try I haven't been able to do it for years now.

Last year we had a Steller Jay build a nest inside the top of our umbrella and successfully hatch and raise a couple of babies. I never saw them building the nest and they had to be very neat because I didn't even realize it was there until one day I heard some chirping. Before long, the family moved out and winter was coming. I lowered the umbrella and removed the abandoned nest.



This year I wasn't terribly surprised when I looked up from

Continued on page 21

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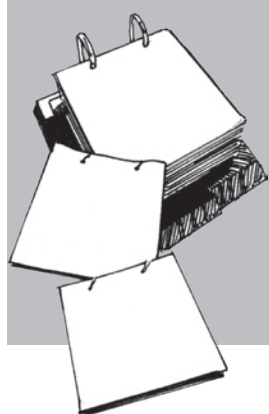
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With A Heart for Seniors



JUNE Calendar of Events



Here are some June events to add to your calendar and get out and enjoy. There's everything from festivals to car shows.

Lions Club Fish Fry & Carnival

Costa Mesa

June 3-5

Held since 1945, the event features opportunity drawing, a beer, and wine garden, carnival rides, and bands throughout Lions Park. The Fish Fry is presented to help raise money for local schools, clubs, and other organizations in the community. Admission is free; fish dinners are \$15. At, Lions Park, 570 18th St., Costa Mesa.

Farmakis Farms Craft Market

San Juan Capistrano

June 11

10 a.m. to 3 p.m.

Family-owned Christmas tree farm and certified farmers' market located in San Juan Capistrano now offer a monthly craft market. See crafts, arts, handmade goods, and one-of-a-kind items. Free to attend, the second Saturday of every month. At, 29932 Camino Capistrano, San Juan Capistrano. Call, (949) 364-1270.

Huntington Beach Concours

Huntington Beach

June 4-5

The Huntington Beach Concours is a fun event where car lovers and enthusiasts can come to enjoy themselves while helping a worthy cause, The Huntington Beach Library Children's Resource Center. At, Huntington Beach Library, 7111 Talbert Ave.

Tustin Street Fair & Cook-Off

Tustin

June 5

11 a.m. to 6 p.m.

The event features a one-day chili cook-off, salsa competitions, craft booths, non-profit food vendors, commercial vendors, entertainment, a kids area, music, family-friendly contests, wine and beer booths, and a family plaza, and carnival attractions. Admission is free. At, Old Town Tustin, El Camino Real, and Main Street. Call, (714) 573-3326.

Celebration of the Arts

Yorba Linda

June 5

11 a.m. to 4 p.m.

Dozens of artists exhibit and sell their works, including paintings, photography, ceramics, mosaics, jewelry, sculptures, wood carving, glass art, mixed media, and cultural ac-

tivities. This is a family-friendly event offering free activities for all ages, sharing the creativity and talent of the community. This event is not a carnival, craft fair, Beerfest, or fundraiser, but where talent and creativity are shared. Free parking and admission. At, Hurless Barton Park, 4601 Casa Loma Ave. Yorba Linda. Call, (714) 996-1960.

Annual Pier Swim Huntington Beach

June 11

8:30 a.m. to 11 a.m.

Join or watch this annual tradition as groups of swimmers from 12 years old and up to swim approximately 1/2 mile around the Huntington Beach Pier. \$25 entry fee. At, Huntington Beach Pier, Main Street & PCH, Huntington Beach. Call, Huntington Beach Community Services Department, at (714) 960-8870.

Huntington Beach Symphony Orchestra, Family Summer Concert

Huntington Beach

June 12

3:30 p.m.

Golden West College Mainstage Theatre, 15751 Gothard St, Huntington Beach, (off Center Ave, Parking Lots H & I) Tickets \$25.00 (\$30.00 @ door) Student/Senior \$22.00

(\$25.00@door) , Online Promo \$4 tickets for \$75.00. Purchase (check or cash only) AB Music Studios, 19171 Magnolia St, HB 714-962-8911, Online: hbsymphony.org (Paypal). Program, Peer Gynt Suite No. 1-Edward Grieg, Aram Khachaturian-Glenn Wescott, Ennio Morricone, Gabriel's Oboe from movie "The Mission", Naomi Ozawa-Oboe, Piano Concerto N-2- Ludwig Van Beethoven, Dylan Huang-Piano

Summerfest

Fountain Valley

June 16-19

Carnival rides, vendors, food booths and the Fountain Valley Classic Car Show, plenty of entertainment, and a beer garden. At, The Recreation Center and Sports Park, 16400 Brookhurst St., Fountain Valley. Call, (714) 649-2760.

Stand Up for Kids 3rd Annual Car Show

Costa Mesa

June 18

3 p.m. to 7 p.m.

This third annual car show fundraiser benefits homeless and at-risk youth in Orange County. Come check out vintage, classic, and sports cars while enjoying food, drinks, and live music. At, The Crossing Church, 2115 Newport Blvd., Costa Mesa. INFOR-

MATION / TICKETS online at <https://standupforkids.ticketleap.com/car-show/>

A Taste of Greece

June 24-26

Festival for the whole family with pastries, dancing, boutique, and delicious Greek food. There will also be Greek folk dancing lessons, church tours, and a kids' play zone. Admission is \$3, and children under 10, are free. At, Saint Paul's Greek Orthodox Church, 4949 Alton Pkwy., Irvine

Sawdust Festival

Laguna Beach

June 24-Aug. 28

11 a.m. to 7 p.m., Sunday-Thursday

11 a.m. to 10 p.m., Friday and Saturday

Outdoor arts and crafts festival, watch artists create their work and buy directly from the artists while enjoying the atmosphere. At 35 Laguna Canyon Road, Laguna Beach. Call (949) 494-3030.

HBCOA Golf Tournament Huntington Beach

June 24

8 a.m. to 1 p.m.

Join the HBCOA (Huntington Beach Council on Aging) for its 30th-anniversary Golf Tour-

Continued on page 26



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‘The Flying Nun:’ ‘It Was Just Drivel!’

By Randal C. Hill

“I was in heaven, learning as much as I could learn. I loved, loved, loved every minute of it,” Sally Field once enthused to a writer from *“O, The Oprah Magazine.”*

High praise for Sally’s time spent as *“The Flying Nun?”* Actually, no. Field was waxing nostalgic about her first television series, *“Gidget,”* a 1965 show on ABC-TV based on the Sandra Dee movie of the same name. (In 1959, *“Gidget”* had kicked off the beach party/surfing film craze of the early 1960s.)

Sally’s remembrance of her *“Flying Nun”* years was quite different. She had landed the *“Gidget”* role right out of Birmingham High School in the Los Angeles suburb of Van Nuys, shortly after she was spotted by a casting agent at an acting workshop. When *“Gidget”* folded after a year of mediocre ratings, Field was devastated. She was then offered the lead role in another ABC-TV series, this time as a Puerto Rico-based Catholic sister who could soar through the air. (*“The Flying Nun”* was based on Tere Rios’s 1965 book *“The Fifteenth Pelican.”*) Sally rejected the role, later explaining, “The show just made no sense to me. It was just drivel! There wasn’t any piece of it that had human behavior in it.”

Her stepfather was a stuntman/actor named Jock Mahoney, who Sally found intimidating and controlling. When Mahoney warned her, “If you don’t take this part, you may never work again,” Sally capitulated and signed to play the cartoonish sister. When she later requested more depth to the *“Nun”* scripts, Field was told, “[People] want to know what they’re going to see before they see it. They don’t want to be touched. They don’t want to be surprised. They don’t want to think.”

The series ran for three years — from 1967 to 1970 — for a total of 82 episodes. It quickly became a rating winner, but as the weekly stories unfolded, viewership dropped steadily. By the third year, the show was on life support. In the meantime, Sally had married her first husband, Steve Craig, and was pregnant during the last season’s filming. (“You can only imagine what a pregnant flying nun looked like. I was a walking sight gag.”) The show’s producers used props and scenery to block the view of Field’s body below the chest.

But eventually, Sally came to realize that the time she spent on *“The Flying Nun”* did, to her surprise, have an actual upside. “Something in me started to take care of myself in a way that I hadn’t been able to before,” she said later. “I start-

ed to change and heal. I grew up and moved out of the fog. And ultimately, the experience of being on the series gave me tremendous strength. It made me want to be a real actor, no matter what.”

She certainly achieved that goal. In her superlative movie career, Sally Field carried home an armful of Tinseltown trophies, including two Academy Awards for Best Actress for *“Norma Rae”* and *“Places in the Heart.”*

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Field, Sally. *“In Pieces.”* New York: Grand Central Publishing/Hachette Book Group, 2018.

Internet:

Drake, Samantha. “Sally Field’s Role in ‘The Flying Nun’ Sent Her into a Deep Depression.” July 21, 2017. <https://www.yahoo.com/life-style/sally-field-apos-role-apos-162709737.html> The first, third, and sixth quotes are from here.

Drake, Samantha. “Why Sally Field Hated Being in ‘The Flying Nun.’” <https://www.countryliving.com/life/entertainment/a44034/sally-field-hated-being-in-the-flying-nun> The fifth quote is from here.

Kenney, Jane. “Sally Field Admits She Hated ‘The Flying Nun’: ‘The Show Made No Sense to Me; It Was Drivel.’” (No date listed) <https://doyouremember.com/135079/sally-field-hated-the-flying-nun> The second and fourth quotes are from here.

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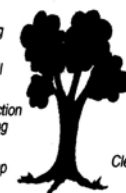
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by Robert Bruce Woodcox

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

Continued on page 23



By Randal C. Hill

'Candy Man' Sammy Davis, Jr.

"It's horrible. It's white bread, it's 'cute-ums.'"

Sammy Davis, Jr., couldn't imagine singing lyrics that included such cloying phrases as "groovy lemon pies." But Davis was being pressured to record "*The Candy Man*" by both his manager and Mike Curb, the 26-year-old hotshot president of MGM Records.

Curb was convinced that the song had "hit" written all over it — but only if done by Sammy. Before he approached the legendary vocalist, Curb recruited his 16-member recording group — the Mike Curb Congregation — to tape a childlike background for "*The Candy Man*."

Now if only Davis could be convinced to lay down a vocal track ...

As a member of the legendary Rat Pack, Sammy had earned celebrity by performing for sophisticated adult audiences. Was he willing to risk his reputation now by recording a featherweight kiddie ditty?

"*Willie Wonka and the Chocolate Factory*" was the classic 1971 movie based on the 1964 book "*Charlie and the Chocolate Factory*" by children's writer Roald Dahl. In Dahl's novel, the main character is Charlie Bucket, who, along with four other juveniles, visits

a candy factory owned by the eccentric chocolatier Willie Wonka (played to perfection by Gene Wilder).

British entertainment partners Anthony Newley and Leslie Bricusse had created the music for the film's soundtrack. The first tune heard is "*The Candy Man*." Sung by actor Aubrey Woods as the neighborhood candy-store owner named Bill, the shopkeeper enthusiastically extols the magical properties of Wonka's seductive sweets:

*"Who can take a sunrise,
sprinkle it with dew*

*"Cover it with chocolate and
a miracle or two?"*

*"The Candy Man, Oh, the
Candy Man can*

*"The Candy Man can 'cause
he mixes it with love*

*"And makes the world taste
good."*

Woods did a serviceable job on the tune, but Newley hated the rather stiff rendition and felt that Woods's version could easily doom a potential hit single. Newley decided to record his own interpretation, but Mike Curb got the jump on him.

Eventually, Sammy capitulated, still fearing that this could become a regrettable decision. Focused on a forthcoming trip to Vietnam to entertain the troops, he hurried through

"*The Candy Man*" in two takes. When he listened to the playback in the recording studio, Davis moaned, "This record is going straight into the toilet, and it may just pull my whole career down with it."

To his amazement (but not Curb's), the single caught the nation's ear when music fans of all ages embraced the joy that Davis offered here. "*The Candy Man*" shot to No. 1 on "*Billboard's*" chart and even earned a Grammy nomination.

In time, the 45 topped playlists worldwide. "There are lots of regional hits, but rarely does a record become an international hit," Davis explained later, probably with a smile and perhaps a slight feeling of guilt. "With a 5% royalty, I made half a million dollars."

*"Who can take tomorrow, dip
it in a dream*

*"Separate the sorrow and
collect up all the cream?"*

*"The Candy Man. Oh, the
Candy Man can."*

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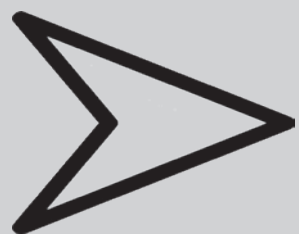
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In The Spotlight

Top Hollywood Acting Coach to Celebrities Writes Second Book; It's a Doozy!

Margie Haber, who at 76 is one of Hollywood's top acting coaches – she has worked with Brad Pitt, Halle Berry, Vince Vaughn, and Tiffany Haddish, among others.

She is also an author who released her second book, *'F*ck Your Comfort Zone'* (Simon & Schuster | Regan Arts) last month.

This self-help book is not just for actors – it is for anyone who wishes to become present, the lead in their own life, and experience greater happiness.

Haber has coached actors, business professionals, writers, day workers, stay-at-home parents, and anyone looking for a way to live more authentically. She shares in the book her therapy sessions, along with in-class experiences with her students and their personal stories.

The book provides six victories to overcome personal obstacles, simple self-guides that anyone can apply, and writing exercises to help one shatter unhealthy thought patterns.

"I am 76 trombones! In Yiddish, one would call me 'an Alte Kaker' (old \$%@!) but I live life as if I'm in my 40s – taking risks and being the lead in my own life," she says.



Here's more about this talented lady who was born and raised in Long Island, N.Y., and now lives in SoCal.

SR: What did you learn from writing the book?

A: It was written during COVID. I learned to get out of my comfort zone. It taught me to be an empathetic and curious human being, allowing me to share the truth of myself with others. Wisdom has replaced youth and empathy has replaced sensitivity. It has taken me years to understand the differences between reacting and responding.

SR: What is your education?

A: Ithaca College, Brooklyn College graduate school.

Q: Career aspirations as a kid?

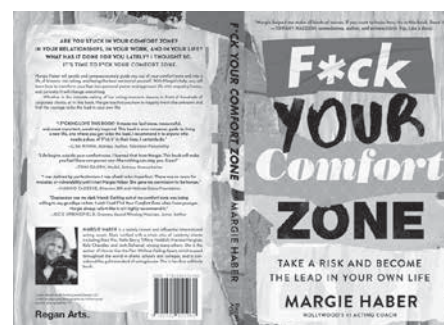
A: In 1970, I first moved to Los Angeles because my best friend, Mary Wilson of The

Supremes lived here. Mary opened me up to a world unknown to me of famous celebrities and helped me fulfill my dreams to be a singer and an actress. Little did I know that teaching would be my true inspiration after I was given the opportunity at Lee Strasberg Institute.

Q: Who are some celebrities with which you have worked?

A: Tiffany Haddish ('Girls Trip'), Brad Pitt (I coached him on his role in 'Thelma & Louise'), Heather Locklear ('Dynasty/Melrose Place' days!), Mariska Hargitay ('Law and Order'), Kyle Chandler (as a young student and then on to 'Bloodline,' 'Friday Night Lights,' etc.). I coached Halle Berry on a few of her iconic film roles.

Q: Why did you write the book?



A: People are always referencing my first book and while that is an amazing book for actors, I have evolved so much as a teacher. I have realized that actors need to understand

themselves before they can step into the life of a character. My book, *'F*ck Your Comfort Zone'* is all about helping people in finding their power and being the lead in their own life!

Q: Who is this book for? What would be your advice for those who want to get out of their comfort zone?

A: 'FYCZ' is the vehicle to start your journey to become the best version of yourself – letting go of control, getting out of your comfort zone, removing yourself from the drama triangle, lowering the voices of the Critical Parent, Fearful Child, and raising the voices of your Playful Child and your Nurturing Parent. And as we get older, appreciate being present so our days get longer and are filled with serenity and joy. This book is for everyone who wants to grow and become the best

version of themselves. It doesn't make a difference how old you are. It is never too old to grow. The first step is the willingness to acknowledge that your comfort zone is not serving you. Acknowledgment is a victory. Then you can take an action, which will get you out of neutral, and lastly, acceptance of your limitations and of those you love.

Q: What is your favorite part of the book?

A: Getting out of the drama queen triangle. I tend to go into the Rescuer very easily. An example of this for me was when I adopted my son at birth. I was 44 and he was my whole world. I wanted to give him the moon and instead, I enabled him. I didn't have the tools to cut my umbilical cord. I remember when he was 3 years old, and we passed a toy store, he had a tantrum in the street, and I ran into the store and bought him the Batman toy. That was the first point of my drama queen triangle – the Rescuer. But it's easy to swirl around in all three corners of the RESCUER/PERSECUTOR/VICTIM triangle with no way to escape. But there is a way. I needed to get into my Adult – the observing mind, not the emotional reactions.

Now I have realistic expectations. I am grateful to hear his voice and so happy when he watches a Celtics basketball game with me. I accept his silence. I accept and love him.

Q: What are 2-3 tips to help people become more present, lead in their own life, and experience greater happiness?

A: 1. Detach with kindness.

Continued on page 26

June Crossword Puzzle

Across

1. Elaine's last name on "Seinfeld"
6. Cpls.' superiors
10. Sigher's word
14. Gladiator's venue
15. Dynamic introduction?
16. Jester Jay
17. Ninth-century pope
18. Cut of beef
19. ___ close to schedule
20. Flammable material
22. Mouthpart of arthropods
24. Actor Herbert
26. Natural gas component
27. Monetary unit of Nicaragua
31. Colorful moths
32. Yippee!
33. Horn-shaped structure
36. ___ Kapital
39. Nabokov novel
40. Beta preceeder
41. Racer Yarborough
42. Canon camera
43. You ___ right!
44. Speak
45. Spanish article
46. Divert
48. 1994 Denis Leary comedy
51. We ___ the World
52. Pretext
54. Verdi title bandit
59. Troubles
60. Razor brand
62. Column style
63. WWII battle site
64. Hard work
65. Keen!
66. Long time
67. Piece of fencing?
68. City on the Ruhr

Down

1. Latvian, e.g.
2. ... saw Elba

3. Sign gas
4. Novelist Bagnold
5. Seasoned pork sausage
6. Actor Mineo
7. An earth sci.
8. Triple
9. Short composition
10. Island greetings
11. Bolshevik leader
12. Make ___ of (write down)
13. Annoyed

21. Burgle
23. Ten C-notes
25. Twinned crystal
27. Deal (with)
28. Cry of disbelief
29. Baseball stats
30. Family head
34. Photo ___
35. "The Mary Tyler Moore Show" spinoff
36. Facts and figures

37. Knighted Guinness
38. Spanish muralist
40. Certain salt
41. Geom. point
43. Bern's river
44. Womb-related
45. Pretends
47. Before, to Byron
48. Old hat
49. Nametag word
50. Setting on the apertu

52. Que ___?
53. Sandusky's lake
55. Refusals
56. Collections of anecdotes
57. TV's "Nick at ___"
58. Screen image
61. Potent potable

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penses, furniture and personal household items.

I think I might qualify, what do I need to do?

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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.

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Craig T. Nelson

By Les Goldberg

Most of us remember Craig T. Nelson, now 78, for his most notable acting role as Hayden Fox in the highly successful TV sitcom *"Coach."* By the time the show appeared in 1989 and ran for eight years, Nelson had already established himself as a career actor on the small and large screens, and as a standup comic.

His biggest roles in some 34 movies include Deputy Warden

Wilson in the 1980 film *"Stir*

Crazy," as Steve Freeling in the 1982 film *"Poltergeist,"* as Peter Dellaplane in *"Action Jackson,"* as Chief Howard Hyde in *"Turner & Hooch,"* and the warden in *"My Name is Earl."*

Among his more than three dozen TV appearances are his roles as Zeek Braverman in the *"Parenthood"* series, and as the voice in *"The Incredibles"* and its sequel.

Of all his numerous acting awards, however, none are as impressive as those he received for *"Coach."*

Wash., on April 4, 1944, the son of Vera Margaret, a dancer, and Armand G. Nelson, a businessman. He attended Lewis and Clark High School where he played football, baseball, and basketball.

After flunking out of Central Washington University, he attended Yakima Valley College where he was inspired to study acting by his drama teacher, Mr. Brady. He then enrolled at the University of Arizona on a scholarship to study drama.

Emmy Award as Outstanding Lead Actor in a Comedy Series, Golden Globe award as Best Lead Actor in a Television Series – Comedy or Musical, American Television award as Best Actor in a Situation Comedy, and Viewers for Quality Television award as Best Actor in a Quality Comedy Series.

In 1969, he dropped out of school and moved to Hollywood to pursue an acting career but needed to support himself initially by working in a variety of jobs, including a security guard at a soap factory.

Nelson finally found a job as a comedy writer which inspired him to become a comedian. He was an early member of The Groundlings improv and sketch comedy troupe which appeared at The Comedy Store

Continued on page 20



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Humble Beginning

Nelson was born Craig Theodore Nelson in Spokane,



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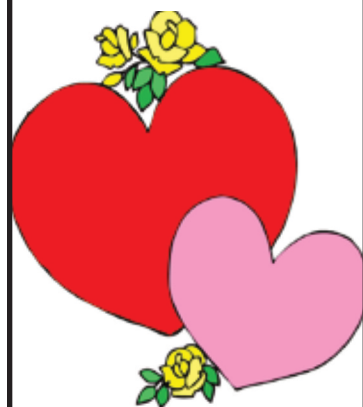


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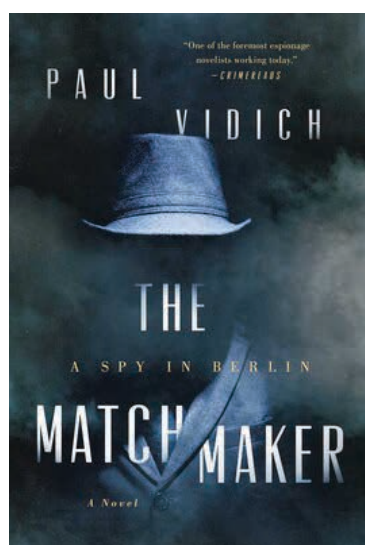


June Book Club

The weather is now wonderful for getting outside, sitting on your patio, or swaying in a hammock with a good book.

Here are some options to keep you busy as you get your reading list together during this lovely time of year whether it's with a real book in hand or on your e-Reader.

The Matchmaker ***A Spy in Berlin*** **By Paul Vidich**



"Berlin, 1989. Protests across East Germany threaten the Iron

Curtain and Communism is the ill man of Europe.

"Anne Simpson, an American who works as a translator at the Joint Operations Refugee Committee, thinks she is in a normal marriage with a charming East German. But then her husband disappears, and the CIA and Western German intelligence arrive at her door.

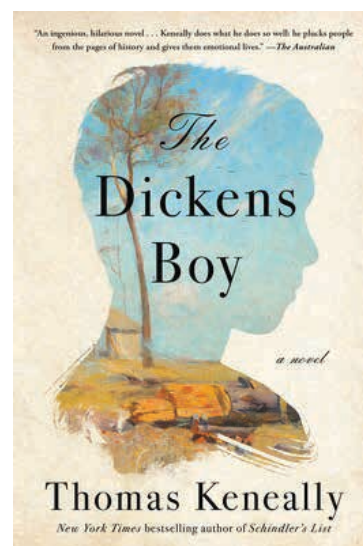
"Nothing about her marriage is as it seems. *'The Matchmaker'* had targeted her — a high-level East German counterintelligence officer — who runs a network of Stasi agents. These agents are his 'Romeos' who marry vulnerable women in West Berlin to provide them with cover as they report back to the 'Matchmaker.' Anne has been married to a spy, and now he has disappeared and is presumed dead.

"The CIA is desperate to find the *'The Matchmaker'* because of his close ties to the KGB. They believe he can establish the truth about a high-ranking Soviet defector. They need

Anne because she's the only person who has seen his face — from a photograph that her husband mistakenly left out in his office — and she is the CIA's best chance to identify him before *'The Matchmaker'* escapes to Moscow. Time is running out as the Berlin Wall falls and chaos engulfs East Germany.

"But what if Anne's husband is not dead? And what if Anne has her motives for finding *'The Matchmaker'* to deliver a different type of justice?," according to Publisher Pegasus Crime.

The Dickens Boy **A Novel** **By Thomas Keneally**



"Edward Dickens, the 10th child of England's most famous author Charles Dickens, has consistently let his parents down. Unable to apply himself at school and adrift in life, the teenage boy is sent to Australia in the hopes that he can make something of himself — or at least fail out of the public eye.

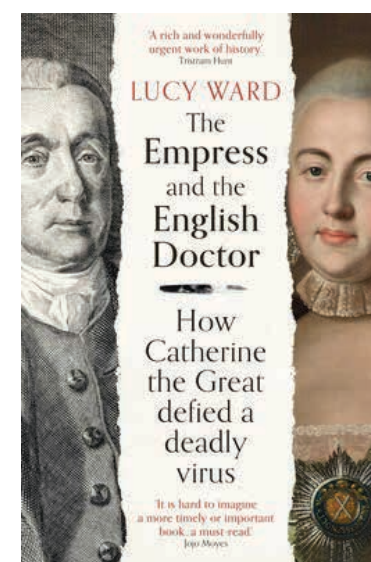
"He soon finds himself in the remote Outback, surrounded by Aboriginals, colonials, ex-convicts, ex-soldiers, and very few women. Determined to prove to his parents and more importantly, himself, that he can succeed in this vast and unfamiliar wilderness, Edward works hard at his new life amidst various livestock, bushrangers, shifty stock agents, and frontier battles.

"By reimagining the tale of a fascinating yet little-known figure in history, this 'roguishly tender coming-of-age story' (Booklist) offers penetrating insights into Colonialism and the fate of Australia's indigenous people, and a wonderfully intimate portrait of Charles Dickens, as seen through the eyes of his son," according to Publisher Atria Books.

The Empress and the English Doctor ***How Catherine the Great defied a deadly virus*** **By Lucy Ward**

"Within living memory, smallpox was a dreaded disease. Over human history, it has killed untold millions. Back in the 18th century, as epidemics swept Europe, the first rumors emerged of effective treatment: a mysterious method called inoculation.

"But a key problem remained: convincing people to accept the preventative remedy, the forerunner of vaccination. Ar-



guments raged over risks and benefits, and public resistance ran high. As smallpox ravaged her empire and threatened her court, Catherine the Great took the important decision to summon the Quaker physician Thomas Dimsdale to St. Petersburg to carry out a secret mission that would transform both their lives. Lucy Ward expertly unveils the extraordinary story of Enlightenment ideals, female leadership, and the fight to promote science over superstition," according to Publisher Oneworld Publications.

Forgiving Paris **A Novel** **By Karen Kingsbury**

"In Indiana, Ashley Baxter Blake and her husband are about to take an anniversary trip to Paris, but she is hesitant. More than two decades ago, she made her most grievous mistake in that same city. She has never forgiven herself for what happened there, and she still harbors secrets that she's afraid

Continued on page 20



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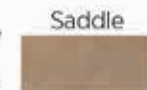
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On The Road Again

Read the Sign: 'Gone Fishing!'

By Shana McCann

Think about it: while anglers from all over the country yearn to drop their hooks and sinkers into California waters, local fisherman can simply pack their poles into their vehicles, tackle the traffic (pardon the pun), and arrive in just a few minutes at a nearby lake, ocean pier or charter boat dock.

In Southern California especially, the fishing scene is action-packed. Just ask the hundreds of sports fishermen and women who can be found taking advantage of the year-round ideal weather and huge bounty of species waiting to bite your bait, from tuna, halibut, and rockfish to marlin, bass, and even lobster.

If you are targeting tuna, now is the time to head to the deep Pacific waters where Yellowfin, Bluefin and Albacore varieties abound, many weighing as much as 200 pounds. Fishing aficionados warn that tuna fishing requires a great deal of strength and savvy but will be well worth the effort.

Tuna might be the exotic trophy many anglers want, but the favorite species in these parts is the Yellowtail Amberjack. You'll find these gorgeous fish around reefs and wrecks in deep waters from now through August, and the experts tell us that there is an ample supply of all sizes for all ages of pole holders.



The spring and summer months also are ideal for hunting halibut which are caught in abundance all along the southern Pacific Coast.

Fishing Methods

Not only are there incredible amounts of fish to be found, but there are also many ways to do it. How you fish is up to you, your preferences, and your time. Here are some choices:

From a Kayak

Kayak fishing has become very popular in recent years as families enjoy the state's calm lakes and bays. Some of the best spots for doing it include Dana Point and Newport Beach.



From a Pier

Like death and taxes, you can be certain that there will be a pier near you along the So-Cal Coast, from Santa Barbara south of San Diego. Pier fishing is most popular among beginners, retired folks who just want to enjoy the scenery while hoping for a bite on their lines, and those who avoid the

expense of fishing licenses and charter boats.

With Spears

For the more adventurous types, spearfishing has become one of the fastest-growing sports in the region. The reasons? The waters are clear, and training is available along with professional 'scouts' who can identify the best places to find your prey underwater (Catalina is recommended destination for Southern California anglers.) A variety of species can be found, but the Spiny Lobster is off-limits, say the experts.



From a Boat

Take it from me, there's nothing like fishing on a boat. While you feel the gentle sway of the waves under you and your line is thrown off the side, the anticipation of the next catch is intoxicating. There's also a sense of camaraderie among your fellow boatmates.

But the most valuable benefit of deep-water fishing is the availability of experts on board, especially if you are a beginner. Experienced charter captains know where the species of fish congregate, and they know the law.

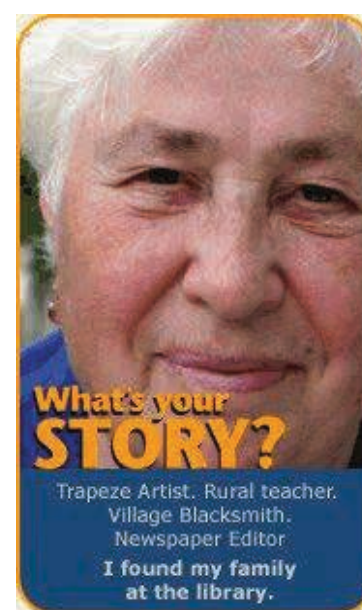
Whether you are on a four-hour party boat excursion or fishing hundreds of miles from land, fishing guides are usually locals who have spent most of their lives on the water, so their insights are invaluable.



Licensing

In California, anyone age 16 and above is required to get a sport fishing license to take any fish; shellfish, reptile, or amphibian. It is intended to protect the fish populations. The only exception is for fishing from a public pier in ocean waters. Also, the state offers two free fishing days each year that allow anglers to try sport fishing without getting a license. You can check The California Department of Fish and Wildlife website for those dates.

One thing is for sure, fishing in Southern California is an outdoors experience you'll cherish for the rest of your life. Who knows? You might even catch your next meal.



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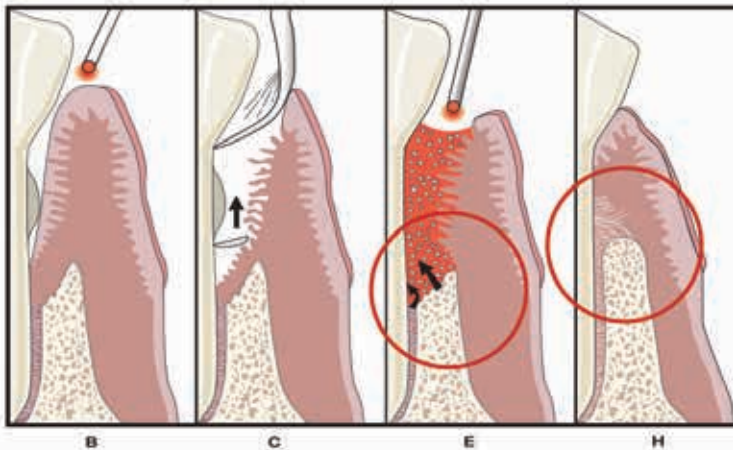
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Hints for Homeowners

Home Maintenance Made Easier

If you have 30 seconds—and a free new app—you can save yourself time, money and trouble, and help preserve the planet at the same time. The app helps people tackle and reduce home maintenance costs, organize service pros and make every home, apartment, condo and townhouse more environmentally sustainable.



An AI-powered platform polls publicly available data about an address, including square footage and zip code, to instantly calculate:

- **Annual Maintenance Cost:**

The total home maintenance, utility, vehicle, EV and insurance cost to help you budget better.

- **Annual Carbon Footprint:**

Your estimated carbon dioxide emissions—the amount of carbon dioxide (CO2) emitted by you and your possessions into the Earth's atmosphere each year—which collectively and negatively affect climate change. Tips and articles offer ways to live more sustainably and even begin the journey toward net-zero home ownership.

- **Personalized Home Maintenance:**

That's because the app, Dwellin, shows you the total cost of annual home maintenance, and how to budget for it, when to plan it throughout the year, tips and hacks for DIY projects, and ways to easily store and share your information about service pros, utility numbers and appliance facts with household members.

App Description:

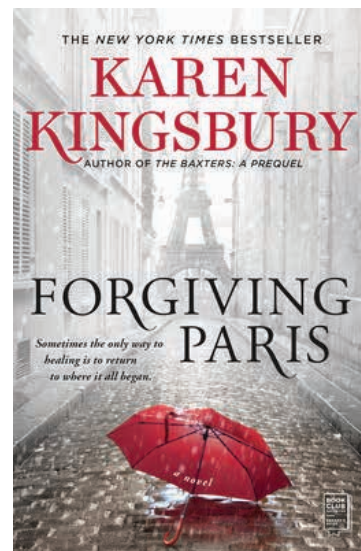
In only 30 seconds, it can estimate your annual home maintenance costs and carbon footprint and recommend steps you can take to reduce both.

Here's How

Continued on page 23

June Book Club

Continued from page 16



will become known. Just before the trip, Ashley gets a call from her niece. Jessie explains that her French boyfriend's mother remembers working at a bakery with an American named Ashley. 'Could that be you?'

"When Alice and Ashley meet, a flood of memories comes for both women, taking Ashley back to a reckless affair and an unexpected pregnancy and Alice to the night she nearly ended it all. Can this reunion bring healing and closure? Maybe it is finally time for Ashley to forgive herself ... and Paris," according to Publisher Atria Books.

Craig T. Nelson

Continued from page 14

and on the short-lived "Tim Conway Comedy Hour" in 1970.

school coach of Tom Cruise and co-starred with Meryl Streep, and a starring role in Sam Peckinpah's final film, "The Osterman Weekend."

Nelson has since become one of Hollywood's most recognizable and respected celebrities. In addition to his acting, he owns a production company, Family Tree Productions, and is heavily involved in motorsports, as a fan and a race driver.

Three years later he left the comedy world, explaining that "the standup comedy life was pretty unfulfilling for me." His next move was retreating to a more sedate environment in Montgomery Creek, Calif. where he lived in "contentment, like 'The Waltons'" without electricity or running water.

During that time, he took on odd jobs, including janitor, plumber, carpenter, surveyor, and high school teacher (a position which turned out to influence his future roles.)

He first participated in the 1991 Toyota Celebrity Long Beach Grand Prix, finishing ninth, prompting him to find the Screaming Eagles Racing team. As a driver, he rode three of his cars on the 1994, 1996, and 1997 championship circuits.

Personal Life

Nelson, who lives in Malibu, has three children from his previous marriage to Robin McCarthy. His second wife, Doria Cook Nelson is a freelance writer, president of a martial arts association, karate instructor, tai chi teacher, and a former film and TV actress who once was featured in the movie musical "Mame."

Five years later he returned to acting, first as a prosecuting attorney in the 1979 film, "... And Justice for All," co-starring Al Pacino. That was followed by his appearance in "All the Right Moves" in which he played the high

Life After Mother

By Lyn Jensen

'Exploring probate and estate issues from personal experience.'

Compassion, Choices, and Courage

My mother often expressed her support for the right of terminal patients to end their own lives, sometimes saying she'd want that for herself. She was even a supporter of Compassion & Choices, a non-profit organization that advocates for terminal patients' right to self-administer lethal drugs legally.

When the end of her own life loomed ever larger, however, the deeper into denial she went. Even if she'd been more courageous and honest about her declining health, she wouldn't have met the criteria that California's End of Life Option Act (EOLOA) requires.



inally, changed to 48 hours recently), and they must be able to self-administer the drugs.

For neither my mother nor father, no doctor ever gave them less than six months to live. One doctor gave my father, who was dying of cancer, three to five years to live, another doctor told him, one year. I was no doctor, but I knew those estimates were overly generous. He was gone a few months after those estimates were given.

Dementia, a common term for memory loss, was what my mother was diagnosed with, but she was never diagnosed with its most common form, Alzheimer's. Whatever the condition may be labeled, it's a particularly controversial aspect of a patient's options for end-of-life care. By the time, a patient with Alzheimer's or dementia is given six months to live, the patient's mental capability is no longer sound.

I was present when a doctor told my mother, about a month before her death, that her condition would last indefinitely. I asked for a timeframe. The doctor looked at my mother and proclaimed, 'For the rest of your life!' Neither she nor I asked how long that might be.

I sometimes wonder if the doctors didn't discuss a timeline of six months or less out of reluctance to perhaps deal with a right-to-die situation. My mother's HMO has a web page that provides information about the EOLOA and states that a patient may explore this option, but how willing staffers may be to discuss this option may be another matter.



Sometimes when my mother ranted about a right-to-die law, I'd get pragmatic and tell her she didn't need any law, she could just jump off a cliff. Terminal patients, though, deserve better choices than that. This is where a living will, a Physician's Orders for Life-Sustaining Treatment, and/or a power of attorney allow a patient and the patient's relatives some control, whether or not a legal end-of-life option applies.

Dedication

Continued from page 3

my reading to see a Stella Jay standing in the center of the umbrella where the old nest had been. When I went back into the house I mentioned it to my wife, joking that we may have to start charging rent. The real surprise came the next morning when I looked through my window out at the deck and saw two Stella Jays flying back and forth from inside the umbrella working very hard at building a nest. After they got the nest started I thought it was the Mama Stella Jay who stayed putting the twigs, straw, and grass clippings that the Daddy kept bringing up to her.

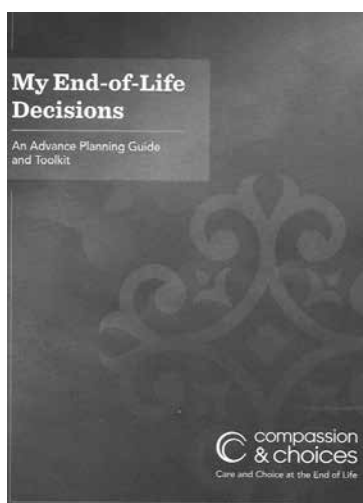
Both birds were working hard and long even as some of the nests slipped away and floated down onto the table and chairs. By the next day, I checked on them and the nest was built, and Momma Stella Jay was sitting silently in the nest. Some strong gusting winds were forecast for the following week, and I said a silent prayer that the nest would stand up. That was the week my wife and I were treated by our daughter and her family to a week with them in a rented house in Oxnard a half block from the beach.

It turned out to be too cold for swimming, but we had a great time. When the week was over our daughter and her family flew home from LAX and we drove home. Even before I unloaded our luggage the first thing I checked on was the



nest on the deck. I could see Momma still sitting in the nest very quietly. Over the next few days, I observed Daddy flying in bringing food to Momma who must have been sitting on the eggs for what became over two weeks. Soon we heard what we thought was some chirping and my wife quietly snuck out with her camera to the deck to snap some photos which are attached to this article.

I am astounded at the dedication of both parents. Momma was sitting so long and quietly on the nest taking care of her babies while Daddy was flying back and forth bringing food. Strong winds didn't send Momma scrambling for cover as I saw gusts shaking the umbrella which made me worry that maybe the whole table would be blown over. It's astounding when you think of how dedicated these birds are to protecting their young. As I write this, the parents continue to work very hard each doing their part. What dedication!



California allows terminal patients to request drugs from a doctor to end their lives. The patients must meet the following criteria: they must have six months to live as determined by a doctor, they must receive permission to self-administer lethal drugs from two physicians, they must be mentally capable, and they must request the drugs twice (15 days orig-

American Heart Association



Tinseltown Talks

By Nick Thomas

60s Pop singer Donna Loren Traded Fame for Family

When a top female British singer declined to appear on the premiere episode of the new American musical variety show “Shindig!” on Sept. 16, 1964, the producer knew who to call - Donna Loren.

“Dusty Springfield couldn’t make the first show, so I was invited to sing her hit ‘Wishin’ and ‘Hopin’ and became a regular cast member for the rest of the series,” said Loren, who turned 75 in March, from her home in Bisbee, Ariz.



Donna Loren, right, next to Annette Funicello on “The Mickey Mouse Club” in 1958. Photo courtesy ABC Disney.

Loren had already impressed American television audiences six years earlier with stunning performances guest-starring as a child singing prodigy on “The Mickey Mouse Club.”

By 1963, she was also gaining nationwide recognition as the model and spokesperson for the Dr Pepper Co., performing at promotional events across the country since the age of 16. In films, she appeared in two 1964 musical comedies, “Muscle Beach Party” and “Bikini Beach,” with a third, “Pajama



Donna Loren on the cover of the 1965 Beach Blanket Bingo album. Photo courtesy Donna Loren.

Party,” released shortly after her first “Shindig!” appearance. All three films starred beloved former lead Mouseketeer, Annette Funicello.

With film, television, advertising, and song contracts before her, the dark-haired beauty with a killer voice seemed poised to take the 60s entertainment world by storm, even acting on popular shows such as “Batman,” “The Monkees,” and “Gomer Pyle: USMC.” An additional beach film, “Beach Blanket Bingo,” was released in 1965 featuring Loren’s signature song, “It Only Hurts When I Cry.”

But by 1969, Donna had large-



Donna Loren on “Shindig” in 1966 singing “Sunshine, Lollipops and Rainbows.” Photo courtesy Donna Loren.

ly vanished from the entertainment scene.

“Privately, my life growing up had been difficult,” she admitted. “My mother had me out of wedlock and was mired in shame back in the 1940s. She didn’t want me and didn’t even like me which I’ve had to try to balance all my life.”

Loren married in 1968, at the age of 21, as her 5-year contract with Dr Pepper was coming to an end. But then, tragedy struck her new family.



Adam West and Donna Loren, as Susie, who appeared in a pair of 1966 episodes of “Batman.” Photo courtesy ABC.

“Two months after the wedding my mother-in-law passed away suddenly,” she explained. “I’d had the contract with Dr Pepper since I was 16 and on my 21st birthday they wanted me to fly to the company headquarters in Dallas to perform for the executives.”

Around this time, with all her earnings going straight to her parents, she also became pregnant.

“I knew the Dr Pepper CEO,

Foots Clements, so I called him to say I was getting out of the business,” she said. “I did not want to be used anymore and I needed my child to know who I was. I have absolutely no regrets about the decision.”

Loren went on to raise several children and remarried. After 40 years of private life and with her family grown, she began recording and performing again in the late 2000s.

With numerous singles and CDs released in the past decade, she even relearned 100 songs she had performed in the 60s, posting many online for fans. If Loren had any doubts about recording after a prolonged absence, the words of “Mickey Mouse Club” teen idol Funicello confirmed her self-confidence.



Donna Loren, right, next to Annette Funicello on “The Mickey Mouse Club” in 1958. Photo courtesy ABC Disney.

“I still remember my appearance on the show and Annette later sending me a Christmas card in which she wrote: ‘I wish I could sing like you!’” recalled Loren, whose still-powerful vocal perfor-



Donna Loren then as the Dr. Pepper model, and now. Photo courtesy Donna Loren.

mances are cataloged on her website (www.donnaloren.com).

Loren has been recounting her life and career recently on a series of weekly podcasts titled “Love is a Secret Weapon” co-hosted by Dr. Adam Gerace (see www.anchor.fm/lovesa-secretweaponpodcast).

“I love communicating with people,” she says. “Give me a minute and I’ll give you my all.”

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



Home Maintenance Made Easier

Continued from page 20

nance Calendar: Walk through monthly maintenance tasks designed to keep your home running smoothly. Learn about home maintenance projects and organize your service pros to get every job done.

• **Appliance and Asset Tracker:** Organize and share models, manuals, warranties and maintenance schedules for your home appliances, HVAC and mechanical systems, solar, vehicles and EVs with your household members.

Some Suggestions

For example, the app offers these seven tips on reducing carbon emissions:

1. Use smart plugs: These have a single on/off plug for multiple devices so you don't have to unplug each socket individually.

2. Install a smart thermostat that can regulate itself when you're home and away.

3. Use the dishwasher. It seems surprising but that uses less water and energy than doing dishes by hand.

4. Replace your old appliances with new, energy-efficient models.

5. Dry your clothes on a clothesline outdoors on sunny days.

6. Secure windows and doors by caulking the gaps.

7. Save water. Turn off faucets when not in use—while you're brushing, shaving, and so on. Fix leaky faucets and pipes. Take short baths rather than long showers. Use a drip irrigation system for your garden.

Here's Why

"EV manufacturers, governments, and businesses are all working toward net-zero carbon emissions to slow the global climate crisis," explained Santhana Krishnan, CEO of Dwellin Inc. "It's time for homes to do their part." The company's mission is to empower 10 million homeowners to reduce costs and carbon emissions. Plus, Dwellin helps you capitalize on the one percent annual increase in home value that comes with having a well-maintained home. If your maintenance includes adding sustainability features, that added home value can be as high as 3.5 percent.

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Intensive Aphasia Therapy: A Different Approach

Located in Anaheim, CA is a small speech therapy practice called Instrumental SLP, founded by Lyda Kongswangwongsa, an ASHA Certified Speech Language Pathologist (CCC SLP). It could be any other small speech therapy private practice, except for two big differences. The first difference is that Instrumental SLP specializes in adult speech therapy. Most private practices offer services mainly for children, but adults have different needs and problems to address. Adults really need someone who specializes in speech therapy for adults. The second difference is that it offers the only Intensive Comprehensive Aphasia Program in California or the West Coast.

Intensive Comprehensive Aphasia Programs (ICAPs) are programs for people who have aphasia. Aphasia is a language disorder that can happen after a brain injury or stroke and over 2 million people in the United States have aphasia. There are a handful of other ICAPs located across the country, many of them are big programs at universities or hospitals.

When asked why she thought she should offer this program, she says her “clients just wanted more”. She also wanted to give more. Traditional speech therapy is typically a 45 minute session 2-3 times a week. When Lyda would treat people with aphasia, she always felt like having more time with them would give better results. But working as an employee

you have to meet certain billing and productivity requirements, so there was little opportunity to explore this.

In 2020 Lyda founded her company, Instrumental SLP, after working for seven years in hospitals, skilled nursing facilities, subacute rehab centers, and home health companies in Southern California. Lyda wanted to provide longer sessions using research based therapies designed to improve the abilities of those with aphasia. ICAPs typically offer several hours of speech therapy a day, several days a week, for up to several weeks at a time. Some of the really big programs in the U.S. even do programs lasting for 6 weeks at a time. Lyda says her program isn’t ready for that just yet, but she is building up to that capacity.

As far as her clients are concerned, Lyda says the progress she has seen since beginning these programs is substantial. “ICAPs are for people who want to see the most improvement possible in a short amount of time. People get tired of waiting for results, and with this format we get the intensity required for learning and neuroplasticity. This helps us achieve the best results possible for the deficits that are present. We test at the beginning and end of the programs so we can measure success. Everyone we saw last year showed clear improvement.”

ICAP sessions are held 4 days per week and last for 3-4 hours

each day. Clients must meet program requirements in order to participate in ICAP, but Lyda tailors each program based on what the client will benefit most from. “Some people struggle with maintaining their attention and by the 4th hour they aren’t getting anything from the sessions. So when possible, we modify each program so that our client isn’t forced to attend sessions longer than they can benefit from.” They aren’t always able to do this, but Lyda says she enjoys giving her clients the best program they can design.

Lyda says she also works with clients who have the ability to communicate with only mild deficits, but she wants help getting ready to communicate at high levels. Specifically they want to prepare to return to work, so in therapy they work on practicing all the different scenarios someone might face like communicating with superiors or having hard conversations at work with employees. Lyda says she has even helped people who want to be able to return to work using Java and Javascript coding languages. “I am not a coder, but I can walk someone through the necessary steps to be able to better understand symbols or languages. My job is to help them find out what they need help with, and to show them how to implement different tools to ease their transition back to work.”

Lyda says wants people with aphasia to feel empowered in

Continued on page 26



More Fun Facts About the Golden State

Whether you live or you are visiting the Golden State *a.k.a.* California here are some more fun facts you may or may not have known about the state.



Golden Gate Bridge

Alpine County is the eighth smallest of California’s 58 counties. It has no high school, ATMs, dentists, banks, or traffic lights.

Coffee is now grown alongside the avocado as part of an experimental project in Southern California. Many new coffee farms between San Diego and Santa Barbara are growing coffee under the canopies of old avocado trees. When successful, the United States could become a major coffee producer.

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

The Golden Gate Bridge was often referred to as the bridge that couldn’t be built – because the strong choppy tidal waters of the area cover the San Andreas fault line. It became an engineering wonder at the time of construction.

The state flower of California is the golden Californian poppy. This grows in abundance here and seeds are available in other countries too.

You can’t travel far in the state without seeing plenty of homegrown favorites. California takes second place after Florida as the biggest cultivator of oranges in the USA.

Californians are well versed in cultivating fruit and vegetables. The weather helps too as melons, lemons, raisins, grapes, peaches, nectarines, apricots, avocados, kiwis, plums, figs and dates, olives, and pistachios all grow in abundance throughout the state.

The biggest airport in California is Los Angeles International; its code letters are LAX.

Often known as tremor country, earthquakes occur regularly in California. The National Earthquake Centre reports that

Continued on page 26

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Crossword Puzzle Answers from page 12

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42	E	O	S		43	A	R	E	S	O		44	U	T	T	E	R		
				45	L	A	S			46	47	D	E	T	R	A	C	T	
		48	49	T	H	E	R	E	F		51	A	R	E					
52	P	R	E	T	E	N	S	E		53		54	E	R	N	A	N	I	
59	A	I	L	S		60	A	T	R	A		61		62	I	O	N	I	C
63	S	T	L	O		64	T	O	I	L		65	N	E	A	T	O		
66	A	E	O	N		67	E	P	E	E		68	E	S	S	E	N		



ADMIT
ONE

By Randal C. Hill

Movie Preview

'Elvis'

"I'm not about lionizing Elvis," says Australian director/producer/writer Baz Luhrmann, the driving force behind the forthcoming big-budget "*Elvis*" biopic. "I just saw him as the best canvas on which to explore America in the modern age, the '50s, '60s, and '70s. I saw the story of the Colonel and Elvis as a great prism through which to explore the latter part of the 20th century."

Best known for his 2013 feature "*The Great Gatsby*," Luhrmann has shouldered the task of bringing (back) to life the groundbreaking king of early Rock 'n Roll music.

We first meet the future megastar as a poor southern boy, played by 14-year-old Australian actor Chaydon Jay. He sets the stage for the adult Elvis, portrayed just about perfectly by former child actor Austin Butler, recently seen as Manson murderer Charles "Tex" Watson in "*Once Upon a Time in Hollywood*."

Over the years, numerous biopics have covered the life stories of many early Rock legends, including Ray Charles, Buddy Holly, Ritchie Valens, Bobby Darin, and Tina Turner. But none of these artists, talented and popular as they may have been, came close to matching the worldwide impact of Elvis Aron Presley.

Luhrmann's offering focuses on

the final two decades of Presley's life and career, as well as the tumultuous relationship he endured with Andreas van Kruijk, an illegal immigrant from Holland who called himself "Colonel" Tom Parker. Through barely recognizable Tom Hanks, we come to know the dark side and sheer ruthlessness of the carnival barker-turned-hustler music promoter who steered Presley to international celebrity. At one point, Parker tells the future icon, "We are the same, you and I. We are two odd, lonely children reaching for eternity."

Parker smoothed out Elvis's rough edges (so important to his early persona and fame) and goaded and guided him through vacuous movies with insipid soundtracks before Presley returned to live performances for adoring Las Vegas audiences.

California native Butler, adamant about performing Elvis's hits on-screen, began voice coaching a year before filming started. It's Austin that you hear doing the early material; as the story unfolds, Butler's vocals are blended with the original later recordings.

"*Elvis*" was filmed primarily in Queensland, Australia, but does offer a glimpse of Graceland where, on Aug. 16, 1977, Presley expired on an upstairs bathroom floor.

Australian actors Helen Thomson, Richard Roxburg, and Olivia DeJonge portray Gladys Presley, Vernon Presley, and Priscilla Beaulieu (later Presley), respectively.

"*Elvis*" does a credible job of painting a reasonably accurate portrait of the ultimately tragic pop-culture legend.

See it on June 24.

June Calendar

Continued from page 5

namement on Friday, June 24 at Meadowlark Golf Course in Huntington Beach. Registration begins at 6:30 a.m. with a putting contest and breakfast; the shotgun start begins at 8 a.m. There will be fun games on the course along with great opportunities to win prizes such as gift baskets each valued at \$200, a golf bag/putter, a hotel stay, and more. A delicious luncheon will be held following the tournament. Proceeds benefit local seniors by providing life-enriching services aimed at fostering independence and active aging. Register to join at www.hbcoa.org/golf or call (714) 536-5600 for more information. HBCOA is a nonprofit 501(c)3, ID #51-0179431; all donations are tax-deductible under all applicable federal and state laws.

Intensive Aphasia Therapy

Continued from page 24

their recovery. "Feeling powerless is awful. I regularly ask my clients to do things that they don't think they can do yet, just to try. I want them to recognize that even with language deficits, they can do so much." Lyda says she is excited to be the first one to offer ICAP in California, but that "surprisingly people in other states found out about us, so we are also licensed in Oregon, Washington, Arizona, and Florida. I want to keep growing our program and provide even more as we grow, so it's a really exciting time for us." If anyone is curious if an ICAP is right for them, Instrumental SLP offers free initial consultation to help determine if they can help you. For more information, call them at (714) 683-0811 or visit the website at www.islppro.com.



Continued from page 24

up to 13,000 earthquakes occur annually in California but most are barely detectable.

The tallest building in California is the 73-story Wilshire Grand Center in Los Angeles; it's 340 meters high (1,100 feet).

Source: factcity.com



In The Spotlight

continued from page 11

set, 'I feel scared') while you express what you need.

2. It's a pinch, not a punch, don't take it personally. Go into your observing mind, STOP (Stop, take a breath, observe, and proceed). Your goal is to respond not to react.

3. Letting go of control is freedom. Trust. In the example of my son, I must trust that he will grow his wings. Then I remove myself from the equation.

Q: Are you married? Kids? Pets?

A: Yes, I am married to a woman, Susan and I have a 32-year-old son. I also am in love with my favorite person – Georgie my Tibetan terrier.

Q: Spare time? Hobbies?

A: Canasta, bridge, singing, and golf. I love to go to the theater to watch my actors live their life on stage!

Q: Are you writing another book?

A: I have plans for two additional books and once '*FY CZ*' has been released, I will start!

Q: Where can people buy the book?

A: Amazon and all good bookstores. Also, there will be a link on my website margiehaber.com and our social media platforms @margiehaberstudio.

Busy Boomers

By Les Goldberg

Volunteering Helping Others While Helping Yourself

Recent studies show that most seniors today do not “retire” in the traditional sense. While some decide to spend their post-career days traveling, visiting relatives, working on their hobbies, or playing chess in the park with their cronies, many others opt to use their free time to become volunteers for causes they care about.

Research also reveals that people over age 60 tend to live longer and healthier when they participate in activities that benefit their fellow man. Using their vast experiences, knowledge, and skills by volunteering at the hundreds of non-profit charitable and philanthropic organizations in Southern California provides several benefits. They include that volunteerism:



- Improves physical and mental health – According to the National Institute on Aging, volunteering keeps the brain active, contributing to your cognitive health. It also has been shown to lower the risks of dementia and other health problems. Physical activities,



such as helping a local sports team, delivering meals to other seniors, or greeting customers at large department stores are proven remedies to seniors' longevity.

- Prevents isolation and depression – While getting out of the house is important at any age, studies show that volunteering provides seniors with a sense of purpose and accomplishment which reduces the onset and duration of depression.

- Helps bridge the generation gap – It's also been proven that old and young working and socializing together breeds a greater understanding of cultures, trends, experiences, and perspectives of life.

When you decide to volunteer, experts advise that you should find an activity you are passionate about, something you enjoy contributing your time and knowledge to.

Getting Started

Locally, the best places to start looking for your perfect volunteer activity are OneOC in Santa Ana (www.oneoc.org)

and TNP in Long Beach (www.tnpsocal.org). Both organizations partner with hundreds of non-profits throughout Southern California to recruit, train and deliver qualified volunteers to wherever they are needed.

For instance, you might be a great match for one of the following organizations currently seeking volunteers:

Goin' Native, San Juan Capistrano – teaching gardening and life skills to special needs adults, seniors, youth, and veterans who help them in their vocational career paths.

The Butterfly Sanctuary, Huntington Beach, Yorba Linda – supporting and maintaining the longevity of butterfly habitats and gardens by watering, planting, and other duties.

Working at Wardrobes, Irvine – assisting with administration, business development, workshops, copywriting, and veteran's outreach at retail outlets throughout Orange County.

Assistance League of Santa Ana, Tustin, and other cities – assisting with sorting, pricing, cashiering, and other duties at the league's thrift stores.

Standup for Kids, Costa Mesa – delivering food and supplies to homeless and at-risk youth and their families. Other areas of volunteerism include housing support, program outreach, and youth check-in, most in a virtual setting.

The Orchards Health Center, Mission Viejo – assembling first aid kits for the people of Ukraine, where medical supplies – along with food, water, and other essentials – are among the most valuable as the war rages with Russia.

Guide Dogs of America, Sylmar – preparing puppies for their future lives as service dogs for the visually impaired, veterans, children with autism, and others. Volunteer puppy raisers take a puppy into their home for a little more than a year and help with initial training and socialization.



I can vouch for the validity of volunteering. Throughout my life, I have donated my spare time to such causes as fighting cancer, drug addiction, and human trafficking. It is true what studies have shown – that giv-



ing back to society gives you a sense of unbridled satisfaction, confidence, and usefulness.

If you are seeking a way to volunteer your time to those in need, you can start by contacting OneOC (www.oneoc.org, (714) 953-5757 or TNP, The Non-Profit Partnership, at www.tnpsocal.org, (562) 888-6530, or directly to any of the organizations listed.

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The Gadget Geezer

By Les Goldberg

Gizmos Rising on the Horizon

A visit to this year's Consumer Electronics Show in Las Vegas, combined with new technology revelations since then, confirms the national statistics that the average American spends an average of \$1,200 per year on gadgets.

And, according to the studies, that number is expected to increase over time as increased gizmos are invented and used by a growing audience of increasingly savvy consumers who are bent on making their lives easier and more enjoyable.

But after covering this gadget beat for more than four decades, one thing is inevitable: If there is a need, clever inventors will continue to find ways to satisfy it.

For instance, here is just a small sample of products on the market today or on the near horizon that will certainly be available to our children and grandkids:

Footwear



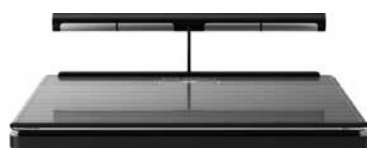
The sustainable shoe market is booming, and major companies are trying to create the shoe that leaves the smallest carbon footprint. One of them is made by the Cole Haan company.

Its Generation ZeroGrand II is made almost entirely of recycled

materials. The upper design is made from vegan microfiber and recycled plastic bottles. The laces are completely recycled, and the soles consist of 25 percent dandelion rubber.

You pick up the ZeroGrand at Saks Fifth Avenue, Bloomingdale's, or Dick's Sporting Goods for around \$120.

Health Aids



Not quite ready for prime time is the Withings Body Scan. It looks like a normal household bathroom scale, but it's much smarter than that.

In addition to the weight scale function, the scan will tell you the fat mass of your whole body, your vascular age, and your neuropathy score. It is all done through a bar that comes up out of the scale and sends and measures low-voltage electrical currents through the body via electrodes. Don't worry, the manufacturers assure us that it is safe and dependable.

Smart Alarms

Visitors to CES couldn't help but notice the "buzz" when they heard the "ring" on Apple Watch's new NightWatch Orb.

The nifty gadget magnifies the watch's display to effectively turn



it into an alarm clock for your bedside table.

There's a slot in the back that holds the watch's MagSafe charger and tapping the surface of the orb will wake up the screen so you can see the time. Plus, the shape of the NightWatch amplifies the sound to transform your watch into an effective alarm clock. Price ranges between \$85 and \$112 at either Amazon, QVC, or eBay.

Portable Printer



Often in our daily routine, our smartphone serves as the only outlet for on-the-go shopping, conducting business, or simply browsing websites and other internet offerings. Until now, the only thing we couldn't do with our phones was printing.

That problem is being solved by the folks at Fujifilm. The company's new instant printer connects wirelessly to your phone, allowing photos and video still pictures to be printed in less than 15 seconds, according to the manufacturer.

In addition to printing up to 100 photos on a full charge, the printer features a "party mode" which combines images from several phones to create mystery prints, with options to form a collage or insert an image into 27 various frame styles. Price: \$250 at Amazon.

Portable Projector



While we're about portability, Kodak has developed a solution for those of us who love to watch our collection of movies, whether at home, in a hotel room, or at grandma's house.

The company's Luma 150 portable projector can expand the screen up to 150 inches while delivering bright, vivid images.

It features built-in surround-sound speakers a headphone for private viewing and a rechargeable battery that lasts up to two and a half hours on a full charge. Price: \$350.00.

Laundry Folder

That's right. You read it correctly – "laundry folder." A company that is best known for its automated office products is preparing for the



launch of the FoldiMate, a home appliance designed to automatically fold your clothes.

How will it work? As you feed your shirts, pants, towels, pillowcases, etc. into the five-foot-high, two-foot-wide folder, the machine simultaneously folds the laundry while adjusting the size of each item.

According to FoldiMate officials, "you can fold a full laundry load (around 25 items) in less time than it takes to brew a cup of coffee."

The product currently is in the prototype stage and there is no estimate as to when it will be ready for purchase. My opinion? Bring it on!



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This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors.

Fabulous Finds

By Debbie L. Sklar

Yay, it's June and the weather is warm and breezy and there are all sorts of summer activities to partake in.

But before you hit the Great Outdoors consider some of these new **Fab Finds** to help you look your best be it at an art festival, hosting a garden party, or whatever!

Sigma Beauty Blushes, Bronzers, and Highlighters



Sigma is starting the summer

strong with new and beloved shades of blushes, bronzers, and highlighters. Pressed powders are perfectly pigmented for a universally flattering flush of color and glow that lasts all day. Each shade of **Blush, Bronzer, and Highlighter** is a part of Sigma's Clean Beauty Program, and they're free of harsh chemicals and made with the clean, safe ingredients you and your skin love.

These individual shades are designed to help you achieve gorgeous sun-kissed skin. This lavishly soft, vegan-friendly brush features an extra-large domed brush head to perfectly sweep and blend your favorite

bronzers or powders onto your face, neck, and décolletage.

Each individual Blush, Bronzer, and Highlighter retails for \$35, and the F78 Ultimate Bronze Brush retails for \$36. Visit www.SigmaBeauty.com

Hydro Silk Dermaplaning Wand

The **Hydro Silk Dermaplaning Wand** is a new refillable, premium, full-face dermaplaning tool. The product features a professionally inspired ergonomic handle, exfoliating edge with unique micro guards to protect delicate facial skin, and offers seven skin benefits, including:

- Removes fine hairs
- Radiant skin
- Smooths
- Softens
- Improves skin texture
- Helps absorption of lotions and serums
- Smooth make-up application

This multi-purpose tool is dermatologist-tested and clinically proven to create a flawless base for makeup or skincare product application and makes it easy to skip the salon and dermaplane from home. The Hydro Silk Dermaplaning Wand is currently available for purchase in stores, on retailer websites, and at Schick.com.

Sculpting Palette



The **Eastern Beasts Sculpting Palette** by Florasis brings together its award-winning art and unique product formulation. This subtle palette has matte and shimmery shades and is a perfect way to welcome summer. Key elements of the palette include:

Function: 4-in-1 palette: The multi-functional palette can be used for contouring and highlighting, as well as blush and eyeshadow. With matte and shimmering shades, you just need one palette for all your face contouring needs:

- Warm Taupe Bronzer
- Light Beige Highlighter
- Pink Champagne Gold Highlighter
- Milky Peach Blush

Formulation: The highly pigmented and easily blended formula is enriched with peony and calendula extracts. The silky soft micron-sized fine powder can be applied with wet or dry brushes, depending on the look one wants to achieve.

Exquisite Presentation of an Ancient Myth: Florasis reinvents traditional artistry and engraves the mythical "Four Eastern Beasts" onto the palette. More than a contour pal-

ette, it is an ode to Eastern art and ancestry. Also known as the Four Guardians, the Eastern Beasts form the Four Symbols of the Chinese constellation, each associated with a compass direction, an element, and a season. Price: \$49. To purchase Florasis' Eastern Beasts Sculpting Makeup Palette, visit Florasis.com

Facial Mist

Rya Organics by Cymbiotika, a CBD and plant-based wellness and beauty brand that creates pure, clinically backed supplements, launched its reformulated facial mist to nourish and hydrate skin.



Rya Organics' Hydrating Facial Mist is bursting with anti-oxidant-rich adaptogens, hyaluronic acid, CBD, and restorative

peptides. The formula works to assist in increasing skin moisture and reducing the appearance of fine lines and wrinkles. The botanical mist is naturally scented with aloe, cucumber, chamomile, and rose.

Cymbiotika's broad-spectrum cannabidiol (CBD) is grown in Oregon and extracted using a gentle CO2 extraction to preserve the cannabinoids. The Hydrating Facial Mist utilizes CBD's anti-inflammatory antioxidants and anti-aging properties that aid in treating a variety of skin conditions. Rya Organics' Hydrating Facial Mist retails for \$48; visit cymbiotika.com

Senior Health and Wellness Event

CalOptima's Program of All-Inclusive Care for the Elderly (PACE) offers complete senior care to keep you active and living at home.

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Saturday, June 11, 2022
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➔ Creating a quit plan and using proven-effective resources, such as those available, free, from Tobacco Free Florida, can significantly increase your chances of quitting tobacco for good. Check out www.TobaccoFreeFlorida.com or call 1-877-U-CAN-NOW (1-877-822-6669) to start your Quit Journey.

➔ “Backyarding”—the trend to move indoor activities outdoors—is here to stay and will continue to expand in 2022, according to the Turf-Mutt Foundation, an environmental education and stewardship program that encourages outdoor living and caring for green spaces. Learn more at TurfMutt.com.

➔ Connected digital fitness platforms, such as JRNY, can help you fit exercise into your schedule with a range of personalized, trainer-led workouts. It’s integrated with select Bowflex cardio products and available via an app on mobile devices or tablets. Learn more at www.bowflex.com/jrny.html.

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Remember when you were a child and got your first bicycle? I do. It gave me a sense of independence . . . I felt like I could go anywhere, and it was so much easier and more enjoyable than walking. Well, at my age, that bike wouldn’t do me much good. Fortunately, there’s a new invention that gives me the freedom and independence to go wherever I want . . . safely and easily. It’s called the Zoomer, and it’s changed my life.

***My Zoomer is a delight to ride!** It has increased my mobility in my apartment, my opportunities to enjoy the out-of-doors, and enabled me to visit the homes of my children for longer periods of time. The various speeds of it match my need for safety, it is easy to turn, and I am most pleased with the freedom of movement it gives me.*

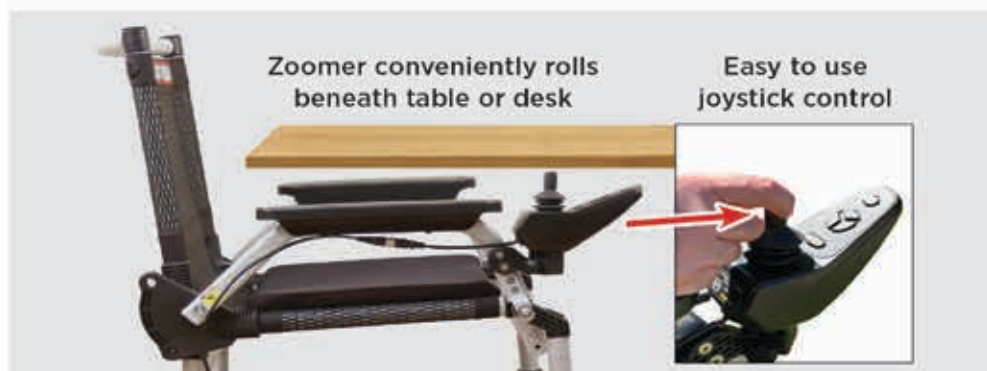
Sincerely, A. Macon, Williamsburg, VA

After just one trip around your home in the Zoomer, you’ll marvel at how easy it is to navigate. It is designed to maneuver in tight spaces like doorways, between furniture, and around corners. It can go over thresholds and works great on any kind of floor or carpet. It’s not bulky or cumbersome, so it can roll right up to a table or desk—there’s no need to transfer to a chair. Its sturdy yet lightweight aluminum frame makes it durable and comfortable. Its dual motors power it at up to 3.7 miles per hour and its automatic electromagnetic brakes stop on a dime. The rechargeable battery powers it for up to 8 miles on a single charge. Plus, its exclusive



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