

SENIOR REPORTER

VOLUME 47, NUMBER 11

Contributing Writers:

Les Goldberg
Randal C. Hill
Lyn Jensen
Shana McCann
Jim McDevitt
Debbie L. Sklar
Nick Thomas

NOVEMBER 2021

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

Debbie Harry

*"I'm a culture vulture, and I just want
to experience it all."*

—Debbie Harry



What's Inside ...

Calendar of Events	5
Flashback	6
Classifieds	7-8
Song Preview	9
Off The Beaten Path	10
In The Spotlight	11
Debbie Harry	14
Book Club	17
Life After Mother	21
Tinseltown Talks	23
Gadget Geezer	25
Movie Preview	26
Busy Boomers	27
Catalina Island	29
Fabulous Finds	30

Top-Rated Care* Brought Home to You

Telehealth
 Medications

Home Care
 Meals

At Your PACE
Program of All-Inclusive Care for the Elderly

- Health Care
- Activities
- Exercise
- Healthy meals
- And much more

1-855-785-2584
caloptima.org/pace

PARTICIPANT SATISFACTION #1
by CalOptima and Vital Research, 2020

All at Your PACE

Program of All-Inclusive Care for the Elderly

Learn more at:

caloptima.org | 1-855-785-2584



Participants must receive all needed services, other than emergency care, from CalOptima PACE providers and will be personally responsible for any unauthorized or out-of-network services.

* CalOptima PACE is a member of the California PACE Association. The association works with Vital Research, an independent research firm, to conduct the survey. Results were published in January 2020 in the I-SAT Participant Satisfaction Report, Page 56.

H7501_20AD005 (Approved 9/24/2020)

SAVE MONEY BY SHOPPING ST. VINCENT DE PAUL THRIFT STORES OR DONATE YOUR UNWANTED ITEMS

FREE Pickup ▶ 3571

Schedule a FREE Pickup (800) 974-3571

Get 20% off your next purchase!

Present this coupon to the cashier upon check out. We cannot give cash back or credit for coupons not presented at purchase.*

We sell and accept clothing, furniture, appliances and cars to provide for those in need.*

*Visit our website to learn about all items that qualify for pickup at www.svdpla.org

A-1 Home Care
www.a-1homecare.com
Info@a-1homecare.com

949-650-3800

24-Hour Care
Live-in Caregivers
Hourly Caregivers
Elderly & Senior Care

SHELTER PET & GLOBALLY RECOGNIZED PIANIST

I didn't talk for very long time

Reflections Funeral Services

We are a family owned and operated funeral service provider. The services we offer to our families can range from Cremation to Traditional Funerals, Catering to each individual family and their requests.

Military Honors, Veteran services, Reflection of Life, Veterans are assisted with preparations with honor detail from either the United States Army, Marines, Air Force, Navy or Coast Guard depending on the branch they served in. For more information please call the Funeral Director.

Traditional Funeral, Viewing, Rosary, Vigil, Reflection of Life We provide Pre-Planning/or Advanced Planning options to better serve our families

Our families can choose from as simple as Direct Cremation to Traditional Services followed by Cremation. Inviting them to be able to see their loved one and say good-bye. Cremation gives a sense of closure with more options than burial. Options like spreading remains out to sea, bringing them home, dividing the remains and bringing some home and some scattered or taken to a cemetery.



We understand the emotional stress families have during this time. We offer in-home appointments. We are available 24 hours a day to serve your family with superior services.

For further information, please call us at
(714) 587-0615 Fax (657) 208-1655

937 S. Roberts Street, #3, Anaheim, CA 92802
www.reflectionsfuneralservices.com

Customer Service

By Jim McDevitt



I am old enough to remember the days when I phoned a business to get customer service and my call was answered within seconds.

A cheery courteous person would answer and announce the business name and say convincingly 'How can I help you? Jane Doe speaking.'

Everyone I speak to now agrees that those days are long gone, and we can only hope that one day these companies will bring them back.

Today when I phone, I usually get a robot that asks me a bunch of questions before transferring me and putting me on hold. Sometimes I am transferred to another robot after answering a bunch of questions.

Then that robot makes me answer the same questions all over again. I am not especially patient, and I have to bite my tongue.

Sometimes when I am on hold, I get disconnected and have to call again and go through the same questions with the robot.

I've even had my phone calls dropped during the transfer and no explanation is ever provided. Maybe the robot was having a bad day?

Once on hold, you are lucky if you are connected to a customer service person within 10 minutes. A recorded message keeps repeating that due to heavy volume there will be an extended wait. I have had to wait on hold for 46 minutes before I finally was able to speak to a customer service person.

Considering that I was trying to order a part for my refrig-

erator, I would have thought customer service would be quicker since the company is going to make good money on the sale.

It was a good thing I had taken my blood pressure medicine because the person I spoke to said I needed another department and transferred me again, putting me on hold. This time the wait was only 12 minutes.

The part I needed attaches to the inside of the refrigerator door and costs \$55.26. I think it couldn't have cost more than two dollars to make. It's been two weeks since I paid by credit card and placed my order, but I am not going to call back and check on the order unless I have a sedative to take before phoning.

I have a question for the experts: is it a crime to shout at a robot and threaten that you will pull their plug? I don't think

Continued on page 21



Make the *simply better* choice that takes care of Orange County.

MemorialCare Orange Coast Medical Center has once again been recognized as the "Best of Orange County" in 2021. This honor has not only brought recognition to our hospital, but also to our physicians and staff members whose unwavering dedication to our community shines brighter than ever.

This past year has proved that now, more than ever, your health is of utmost importance. Thank you for choosing us to provide Orange County with *simply better* care.

Learn more about our services.
memorialcare.org

MemorialCare
Orange Coast Medical Center

Talk to me about YOUR possibilities!

- Eliminate mortgage payments
- No income qualifying!
- Extend Retirement \$\$\$
- Establish long-term care
- Create income

RRhome loans



Reverse Robert Slater
(714) 770-7057
sr.rslater@gmail.com

BRE Lic #00982503
NMLS #338253

RobertSlaterHomeLoans.com
Your knowledgeable Reverse Mortgage consultant

Medicare Plan Benefits Have Changed for 2022.



If you are looking to change your Medicare plan for the new year, the Annual Enrollment Period is here.

Don't delay, the annual enrollment period ends on December 7!

Call **TODAY** for your no-cost benefit review!

Nikki Johnson
(714) 853-3700

www.NikkiJohnsonInsurance.com

Lic. #0M82324. By calling the number above, you will be directed to a licensed insurance agent.



pgia
Prudential General Insurance Agency, Inc.



Preparing Today Eases Tomorrow™

FEIG LAW FIRM

- WILLS • TRUSTS •
- PROBATE • SPECIAL NEEDS TRUSTS •
- TRUST LITIGATION • FAMILY LAW •



SCOTT FEIG, J.D., M.A.
ATTORNEY AT LAW
949-689-9715

FEIGLawFirm.com

800 Roosevelt • Suite 306 • Irvine, CA 92620
(near Jeffrey Rd.)

Take the plunge!
PLAN AHEAD TODAY



Plan Ahead & Register Your Wishes Today

Planning in advance provides significant savings.
Call for a free consult to learn about the many benefits.

Request your **FREE** personal planning guide. (949) 382-7782



22772 Centre Drive, Suite 130
Lake Forest, CA 92630 | FD 2241
PacificCremationServices.com



Advertise in
The Senior Reporter's
CLASSIFIED & PROFESSIONAL SERVICE DIRECTORY

Only
\$37.50 /
mo with a 6-mo. commitment

seniorreporterofoc@aol.com
or call
Bill Thomas at
(714) 458-5703

BATH REFINISH

BATH-BRITE

Repairing and Refinishing Tubs, Tile, Fiberglass and Sinks Since 2001

(714) 864-4797

Servicing Orange County and Parts of Los Angeles County

CALL FOR A FREE ESTIMATE!!!

Kyle Thompson
www.bath-brite.com



GETTING MEDICARE RIGHT

Open Enrollment - October 15
Call Me, Find out whats new!



Why Me?

- ✓ 34 years as an RN
- ✓ 18 years of health insurance advisor experience
- ✓ I can help you enroll or changes plans
- ✓ Independent agent for the top insurance carriers

CALL ME AND SEE WHAT'S RIGHT FOR YOU "Sadie" Suzanne Moriarty
Independent Agent #0804860

2022 Medicare Advantage plans are different
Know what matters most to you

- Plans pay you \$125/month
- Unlimited Chiropractor/Acupuncture
- Over the counter \$680 Annually
- No limit Dental

Medicare Supplement Plans

- Can go to any doctor/hospital
- Innovative/Extra (NEW!)
- Gym • Hearing
- Vision • Chiropractor

5252 Orange Ave. #107, Cypress, CA 90630
CALL NOW FOR AN APPOINTMENT!
714-348-8195

AL assistance league®
Huntington Beach

Thrift Shop
8071 Slater Ave
just east of Beach Blvd

• 100% Volunteer Operated • www.facebook.com/assistanceleagueofhb

• Learn more www.ALHB.org • www.ebay.com/usr/assistance_league_of_huntington_beach

BRING IT IN FOR A BIRTHDAY BEAR HUG



SMOKEYBEAR.COM

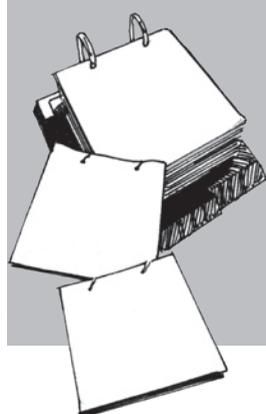


American Heart Association

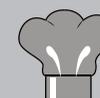


USO

Until Every One Comes Home®



NOVEMBER Calendar of Events



(Ed Note: Be sure to contact the venue or event to make sure it is still being planned as many places are still closed and/or require masks or vaccines to attend.)

Here are some fun things to do this month to keep you busy and get you in the mood for the upcoming holiday season or if you just want to get out.

A Taste of San Clemente San Clemente

Nov. 5

6 to 10 p.m.

Held at the beautiful and historic Casino San Clemente come for the live music and dancing, delicious food, and tastings from area vineyards and microbrews. 2021 will mark the 30th year celebrating the Taste of San Clemente.

The cocktail-style event will include complimentary valet parking, a commemorative Taste of San Clemente wine glass or beer mug, and a silent auction with more than 40 baskets and gifts. Call, 949-492-1131.

2021 SDCCU OC Running Festival

Newport Beach

Nov. 6-7

The 2021 SDCCU OC Running Festival races will include the OC Half Marathon, the OC 5K, and Kids Run the OC. Virtual and in-person runs will be available. Call, 949-222-3327.

Veteran's Day

Nov. 11

Check your city for local events

Gem & Mineral Show Costa Mesa

Nov. 12 -14

The West Coast Gem & Mineral Show features 80 selected dealers from California and across the US. The show is sponsored by LLD Productions, Inc. Vendors are retail and wholesale, and include many top mineral and gem dealers. Fossils, meteorites, beads, lapidary supplies, and decorator items contribute to the general appeal of the show. The West Coast shows are recognized as the largest mineral and fossil shows in California. At, Hilton Orange County/ Costa Mesa, 3050 Bristol St., Costa Mesa.

Surfing Santa Competition

Dana Point

Nov. 20-21

A fun surf competition where men, women, and children dress like Santa or other holiday-inspired characters and surf Salt Creek to help Surfers Healing. At, Salt Creek Beach, Dana, Point. Call, 949-240-5088.

Turkey Trot

Dana Point

Thanksgiving Day

Considered to be California's largest Thanksgiving Day run event. The Dana Point Turkey Trot is hosted by The Dana Point Chamber of Commerce. Tour the beautiful beach, majestic cliffs, and coves of Dana Point. The flat, scenic race features a 10k, 5k, and Kids Gobble Wobble. Participants will receive a shirt and medal. Call, 949-496-1555.

Plymouth Rock N' Run 5k

Anaheim Hills

Thanksgiving Day

Information TBA

The 5k, 10k, and a new 10-mile course are around the perimeter of the Yorba Regional Park, and the Santa Ana River Trail. There will be a finish-line festival with a silent auction, costume contest, food, and more. All the funds raised

by sponsors and race participants support the Reeve-Irvine Research Center at UC, Irvine. At, Yorba Regional Park, Anaheim Hills.

Holiday Home Tour and Gift Boutique

Tustin/ Santa Ana

Information TBA

A tour of three beautiful homes and a garden tour of a neighboring home. All the homes are decorated for the holidays and feature views and beautiful landscaping. Lunch is included in the ticket price and served at the Clifton Miller Community Center, where guests can view and buy special items from more than 30 vendors. At, Clifton Miller Community Center 300 Centennial Way, Tustin. The location of homes on the tour will be on the Home Tour ticket. Call, 714-573-3326.

Día De Los Muertos Annual Festival

Information TBA

Come join in at Moreno's Restaurant for its 7th annual Día De Los Muertos celebration with iconic Mariachis, Folkloric dancers, and music native of the state of Veracruz, featuring the talented Los Danzantes del Sol.

There will also be face painting, treats, and giveaway prizes,

dinner, and drinks. Families welcome. At, Moreno's Restaurant, 4328 E. Chapman Ave., Orange. Call, 714-639-2181.

Anaheim Ballet's Nutcracker

Anaheim

Nov. 27

2 to 6 p.m.

The holiday season comes to life in Anaheim Ballet's Nutcracker, the heartwarming tale of Clara and her Nutcracker Doll who changes her woeful winter into a fanciful feast in Candyland. At, City National Grove of Anaheim, 2200 E. Katella Ave., Anaheim. Call, 714-712-2700.

Ongoing Events

Santa Ana Art Walk

Santa Ana

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

Downtown Santa Ana is the place for the arts on the first Saturday of each month when galleries, theatres, artists, and performers in the Artists Village monthly Open House for the public. The free event attracts 1,500 individuals who come from Los Angeles and Orange counties to walk more than 150 participating studios and galleries found in historic buildings in the heart of downtown.

Continued on page 21



Is it Time to Think About Moving?

Lily has the Resources to Help You Plan Your Next Move!

Call Lily at 714-717-5095, She can provide you with the following information:



DRE Lic #01229782

- Top 20 best cities to retire within California
- Top 30 best cities to retire within America
- Top 16 over-55 communities in Orange County
- Top 5 tips for downsizing
- How to move your current tax bill to your new home
- List of single-story homes in your price range
- Home Consultations with preparation, advice, and strategies to get you the most money for your home

Lily Campbell
714.717.5095
lily@lilycampbell.com
www.lilycampbell.com

#1 in Orange County - 2020*
#1 in Fountain Valley - 20 years

FIRSTTEAM
REAL ESTATE

The
Lily Campbell
Team

*Based on information from the Association of REALTORS®/Multiple Listing. Data Obtained as of 1/1/16 through 10/05/21 and/or other sources.

FLASH BACK

'Skirting the Issue'

By Randal C. Hill

Miniskirts were not born, as many of us believe, during the U.K. youthquake (as it was called) of the frenzied 1960s. Over the years, archeologists have unearthed short-skirted European figurines created between 5400 and 4700 BC. Some ancient Egyptian frescos have depicted female acrobats wearing them, as well. During the 20th century, the "flapper" era saw entertainer Josephine Baker shock Parisian audiences with a miniskirt made of bananas when she performed in the Folies Bergere. Fifties Sci-Fi movies such as "Flight to Mars" and "Forbidden Planet" also featured controversial clothing. A decade later, Mexico City fashionistas were wearing skirts that stopped far above the knee.

Modern cultural historians, though, have given British fashion designer Mary Quant much of the credit for this worldwide clothing revolution. Since 1955, she and her husband Alexander Plunkett Greene had operated Bazaar, an upscale boutique in the Chelsea area of London. (Bazaar was one of only two such shops there that catered to the young.) Quant initially offered the short dresses to allow wearers to run for city buses more quickly.

The term miniskirt was derived from Quant's favorite British car, the popular Mini Cooper. (In 1988, Quant de-

signed the interior of a limited-edition Mini. Of the 2,000 built, each featured black-and-white-striped seats with red trimming, red seatbelts, and Quant's signature on the driver's and passenger's seats. These rare vehicles have now become coveted collector's items for certain nostalgia buffs.)

By the 1960s, Chelsea was emerging as a place of beatnik joints, cellar music clubs, and fashion shops. Young women who shopped there became known as Chelsea girls, and Quant was more than happy to outfit them in ribbed poor-boy sweaters, fishnet gloves, patterned stockings, and, due to increasing demand, coquettish miniskirts that measured up to 10 inches above the knee. Quant's skirts were often worn with flat Mary Janes or zip-up knee-high boots and thick, brightly colored tights.

Thanks to such fashion icons as Twiggy and Jean Shrimpton, miniskirts quickly captured the zeitgeist of ultra-hip London during the Beatle era, and before long the fashion trend surfed the slipstream of the British Invasion to seemingly become a mandatory dress for ladies worldwide for years to come.

To its wearers, the miniskirt wasn't only "groovy," it also showed support for female liberation — something long

overdue in the hearts of many. Women's movement pioneers such as Gloria Steinem and Marlo Thomas tacitly endorsed the skirts when they made public appearances in them.

The short-dress trend lasted throughout the remainder of the decade, thanks in part to Goldie Hawn. She prolonged the fashion fad as a pop-culture phenomenon on TV's "Laugh-In," with young women often embracing Hawn's signature skirts.

The fashion world is ever-changing, of course, and by the end of the 1960s hemlines fell to the ankles in a style dubbed the "maxi," with skirt lengths becoming the longest since World War I. No problem for Quant, though; by then, she had created another fashion rage: short shorts. Or, as they came to be known, "hot pants."

Bibliography

Book:

Stern, Jane & Michael. *Encyclopedia of Pop Culture: An A to Z of Who's Who and What's What*. New York: HarperPerennial/HarperCollinsPublishers, 1992.

Internet:

Bourne, Leah. "A History of the Miniskirt: How Fashion's Most Daring Hemline Came to Be." <https://stylecaster.com/history-of-the-miniskirt>.
Foreman, Katya. "Short but Sweet: The Miniskirt." <https://www.bbc.com/culture/article/20140523-short-but-sweet-the-miniskirt>. Oct. 21, 2014.

Quezada, Brianna. "How the Mini Skirt Shook Up Style." <https://groovyhistory.com/how-the-invention-of-the-mini-skirt-shook-up-the-1960s>. Nov. 29, 2016.

Williams, Jenessa. "The Evolution of the Mini Skirt." <https://www.readersdigest.co.uk/lifestyle/fashion-beauty/the-evolution-of-the-mini-shirt>. No date shown.

“EVERY MORNING MY HUMAN AES OF HS FACE FURHS FUNNY LIKE THAT.”
—TUX
accepted 05/04/11

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

adopt
theshelterpetproject.org

Boneless Skinless Chicken Breast

BEST IF USED.

TOTAL PRICE
\$1,500.00

ITEM #020213

**A FAMILY OF FOUR SPENDS \$1500
A YEAR ON FOOD THEY DON'T EAT**

COOK IT, STORE IT, SHARE IT.
JUST DON'T WASTE IT.

SAVETHEFOOD.COM

**American Heart
Association**

CLASSIFIED & PROFESSIONAL SERVICE DIRECTORY

REAL ESTATE

INCOME INVESTMENT

- Reliable income
- Earn 8-12%
- Secured First Trust Deeds

Call **Greg McCloskey**
949-851-4969

Guiding You In The Right Direction

What happens next?

Who do we need to speak to?

Where do we go from here?

When? Why? How?

Probate & Trust
Realtor
CPRES

These are all questions I can help you with.

Whether Buying, Selling

Don't work with just any Real Estate Agent...

Work with an agent who knows Leisure World

I specialize in the Resale of Leisure World Properties

Call Me Today!
Diana Dugan-Flores
(562) 242-6162

Berkshire Hathaway
BRE # 01497232

The Lord is My Shepherd I shall not want. Psalm 23



Estate Sales

Glinda Davis
Certified Appraiser

714-943-1818

e-mail: glinda_davis@yahoo.com
Lic. #GDD0001
www.glindadadvisestatesales.com

Your Ad Here

WILLS & TRUSTS

Living Trust

Only \$599.00 Complete!

Call **Greg**
(949) 851-4969

HOME & HEALTH CARE

RAINBOW HOME CARE

Attendants make life easier

All Orange County

Mobility, Errands, Housekeeping, Meal Prep, Transportation

Toll Free #1-800-811-9767

WE CAN HELP



Ayanna Cares
In Home Care Service

Ayanna & Dwayne Armstead
Owners - License #011231

- Adult Day Care
- Appointments
- Companionship
- Hospice
- Laundry
- Meal Prep
- Errands
- Post Hospital Care
- Light Housekeeping

Nights and Weekends Available

(562)576-3893

www.ayannacares.com

AUTOMOTIVE

CASH AUTO BUYER

WE REALLY TRY TO
PAY YOU THE MOST
MONEY WE CAN.
BECAUSE WE WANT
YOUR BUSINESS



Wrecked, damages, running or not.
We handle all DMV Papers



WE TAKE ALL TYPES OF
VEHICLES AND RV'S

714-980-1790

RESEARCH

VOLUNTEERS WITH PARKINSON'S NEEDED

Free Genetic Testing
at PRI Research

Multiple participating locations

Learn about this and other clinical trials:

888-774-4673

www.priresearch.com

*Insurance is not needed to participate in a clinical trial.

WANTED/ I BUY

Lladros, Capodimontes,
Waterford, Laliques, etc.
High end merchandise
for resale

Nick

714-679-5153

949-566-4661

PRIVATE HOME HEALTHCARE SERVICES



Services include:

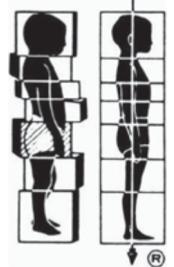
- Assist with daily care
- Meal planning & preparation
- Shopping & errands
- Doctor appointments
- Medication management
- Pet care

Mary Duarte CNA

949 525-8860

Serving South Orange County

English Speaking • Certified • Insured



Rolfig®

Structural Integration

a manual therapy method
for optimal alignment of
your body, so you can move
with ease and freedom.

Realign Uplift Live

Hilde Otterholt

Certified Rolfer™

949 933 6317

www.rolfigoc.com

Your Ad Here

EXPERIENCED PROFESSIONAL CARE GIVER NEEDED

\$13.00per hour • **562-576-3893**



We Help You Carry On!

E&M Senior Care

- Alzheimer Dementia
- Personal Care
- Transportation
- Meal Preparation
- Light Housekeeping
- Companionship
- Medication Monitoring
- Competitive Pricing

In-Home Caregiving

714-699-8938

Info@eandmseniorcare.com • www.eandmseniorcare.com

MISC.

LOSE SOMEONE SPECIAL?

Get your **FREE ebook** that guides you
through your Executor and Administrator duties.

Visit: probateresources.net

Call (949) 697-0420

CLASSIFIED & PROFESSIONAL SERVICE DIRECTORY

PLUMBING

Plumbing Expert



Copper Re-Pipes, New Plumbing Additions, Gas Leak Detection/Repair, Slab Leaks, Drain/Sewer Cleaning & Inspection, Water Heaters, Affordable & Professional Service
 20 Years Exp. Family Owned & Operated

714-540-4469



ELECTRIC

Cheaper Plumbing

Drains Cleared

\$39

All Plumbing Repairs
 Senior Discount

949-910-9818

GARDENING / LANDSCAPING

GARDENING

One Time Yard Cleanup

Trimming, Weeding, Planting, Drought Tolerant, Ground-Cover, Landscaping, Design, Hauling

Small / Big Jobs Welcome
 Free Friendly Estimates

GK:714-716-4491
 gklandscape.biz

Visa/MC/DC/Amex • Lic. #918209

TREE TRIMMING

Professional Tree Trimming
 Tree Removal
 Crown Reduction & Tree Pruning
 Powder Stump Grinding
 Palms Skinned Trimmed & Removed
 Ivy Topping & Removal
 Lot & Hill Clean-ups for Fire Regulation

CORTEZ

Tree Trimming Service

Lowest Prices Guaranteed!
 Free Estimates
(562) 233-1564

LANDSCAPING

E.V. LANDSCAPE AND GARDENING SERVICE

As low as
 \$25.00/weekly

Clean-ups, trimming, trees, sprinklers, sod

714-822-1870
 Call Elvis Vega

LANDSCAPING

OC Landscaping and Hauling

Trimming, Weeding, Planting, Drought Tolerant, Ground-Cover, Garden/Yard/Slope Cleanups, Design, Hauling

Small / Big Jobs Welcome
 Free Friendly Estimates

GK:714-716-4491
 gklandscape.biz

Visa/MC/DC/Amex • Lic. #918209

THE SPRINKLER GUY

- Complete Irrigation
- Commercial & Residential
- Installation and Maintenance
- Retro-Fitting
- Drip Systems
- 24 Hour Emergency Service
- Senior Citizen Discounts

Contact Leo at **909-437-7532**

AC & HEATING

DISCOUNTED DEEP WATER PLUMBING HEATING & AIR

Service & Repair • Installation
 Free Estimates (New Systems)
 All Makes/Models

Senior Discount
 No Results/No charge

714-234-6826
 CALL ANYTIME

Lic# 974510

HANDYMAN

SOUTH COUNTY HANDYMAN

PAINTING/CARPENTRY
 PLUMBING REPAIR
 ELECTRICAL REPAIR
 DRYWALL REPAIR
 STUCCO REPAIR
 CLEAN UP & HAULING
 FULLY INSURED



SENIOR DISCOUNTS AVAILABLE
 CALL CHRIS 949-370-8912

MOVING \ STORAGE

SENIOR MOVING SPECIALISTS

West Coast Relocation & Storage
 Local & Long Distance Moves, Packing Services
 Storage & Small Moves



\$50 Off
 Moving or Storage Costs

562-537-0312

FREE insurance with every move
 www.westcoastrelo.com Lic. # 191386

ROOFING

ROOFING

Dun-Rite

Commercial & Residential
 New Roofs & Repairs
 Flat & Shingle Experts & Home Improvements
 Same Day Service
 Family Owned & Operated
 20 Years Experience!

(714) 252-4989
(626) 415-6776

10-15% Senior Discount Lic# 961485

APPLIANCE REPAIR

ROCA APPLIANCE REPAIR

- Washer
- Dryer
- Refrigerator
- Stoves
- Ranges
- Cook Tops
- Dishwashers
- Plumbing



Also Air Conditioning and Heating

Call Alejandro
949-478-9053
 Lic. # A48272

MISC.

GOT BUDS

Indica, Sativa, Hybrid
 Premium Indoor:
 \$200 / oz.
 \$100 / 1/2 oz.
 \$75 / oz.



(714) 737-4965

TELEVISION SERVICES

Grasp, LLC
 Technology Services



Grasp TV

(714) 263-6240
 David Wooten
 GraspTV.Service@gmail.com

Television Services
 Mounting, Set-up, Troubleshoot
 Cable Alternatives,
 Entertainment systems

PAC MASTERS LLC

We assemble and disassemble for you.
 We Also Pack And Organize Garages
 We Now Hang Pictures And Mirrors
 Buy And Sell Furniture
FREE ESTIMATES • Call 888-250-2204

Your Ad Here



By Randal C. Hill

'Peace Train' Cat Stevens

Remember Cat Stevens? He came to prominence here in the early 1970s as a singer-songwriter responsible for such ethereal ballads as "Peace Train," "Wild World," "Moon Shadow" and "Morning Has Broken." He was equally popular in his home country of England at the same time, but to his British fans he was more like Cat Stevens 2.0, a rocker revamped from the turbulent late 1960s.

"Peace Train" was Stevens's third entrée into the 1971 American Top 10, the song being gleaned from his million-selling album "Teaser and the Firecat." Arriving at a time of social upheaval (especially concerning the unpopular Vietnam conflict), "Peace Train" brought a message of hope and encouragement to his followers. Infused with a Greek-influenced calypso beat and powered by handclaps, violins and a gospel-tinged chorus, Cat's hit offered an escape from the country's malaise and a welcome to a world of tranquility and contentment via a metaphorical train ride. Who wouldn't want to be on such a conveyance?

Born Steven Demetre Georgiou in 1948 in London, the youngest child of a Greek father and a Swedish mother, he developed a love of music and took to playing the fam-

ily's grand piano. But at 15, intoxicated by the success of the Beatles, he switched to the guitar and started creating tunes.

Steven set his heart on becoming a songwriter in the same vein as Bob Dylan and Paul Simon. He signed a publishing deal at 17 with a London music company and cut several original demos (demonstration records), including the future Tremeloes hit "Here Comes My Baby" and "The First Cut is the Deepest," recorded later by Rod Stewart and Sheryl Crow. He changed his stage name to Cat Stevens, in part because a girlfriend claimed he had eyes like a cat. Also, he has said, he couldn't imagine anyone going into a record store to ask for a Steven Demetre Georgiou album.

Never a standout student, Stevens later dropped out of art college to become a velvet-suit-wearing teen idol who placed three rock singles high on the British record charts. What followed for him was a schedule of personal appearances, recording sessions, and an indulgence in the seductive (and often destructive) world of the rock star.

He contracted tuberculosis and landed in a London hospital for a year-long recuperation. While taking stock of his life

during that time, Stevens meditated, did yoga, became a vegetarian, and considered different spiritual paths.

During his recovery, he composed numerous songs in an easy-going, folk-pop style, his new works more intimate than the hard-edged rockers that had first brought him fame in the U.K.

"In the old days, I was more concerned with melody," Cat said later. "Now it's what I have to say."

"Peace Train" became a fan favorite, and for a while, Cat Stevens ended every concert his beloved (and still-relevant) anthem, which opened with unabated optimism:

'Now I've been happy lately/Thinking about the good things to come

And I believe it could be/Something good has begun.'

Bibliography

Internet:

"Cat Stevens." Wayback Machine. <https://www.yusufislam.com/biography/> The quote comes from here.

"Cat Stevens/'Peace Train'." en.wikipedia.org.

Harris, Bob (Radio 2) "Cat Stevens – A Musical Journey" Jan. 5, 2001.

Martoccio, Angie. "Yusef/Cat Stevens Celebrates the 50th Anniversary of 'Peace Train' with Children's Book." <https://au.rollingstone.com/music/music-news/yusuf-cat-stevens-peace-train-childrens-book-21714/> Jan. 12, 2021.

Pareles, Jon. "Review: It's a Wild, But Peaceful, World for the Former Cat Stevens." <https://www.nytimes.com/2016/09/22/arts/music/yusuf-cat-stevens-beacon-theater-review.html/> Sept. 21, 2016.

Yusuf Cat Stevens. <https://catstevens.com/life/>

Community Funeral Service Herald N. Snyder

Phone: (562) 947-1960 • Fax (562) 947-1910

Toll-Free: 1-877-688-5533

E-Mail: info@communityfuneralservice.com

FD# 1659

1301 S. Beach Blvd. Suite B, La Habra

8/1/05

86 MILLION
AMERICANS
MAYBE EVEN YOU,
HAVE PREDIABETES.
PERSON-ABOUT-TO-
FACT-CHECK-THIS-FACT.

DoIHavePrediabetes.org

Text KNOW to 97779



Message & Data Rates May Apply. Reply STOP to opt out.
No purchase necessary. Terms and Privacy: adccouncil.org/About-Us/Privacy-Policy



NEPTUNE SOCIETY



CREMATION LOW COST

SEND FOR A FREE BROCHURE

Name _____

Address _____

City _____

State/Zip _____

THE NEPTUNE SOCIETY

758 W. 19th St., Costa Mesa, CA 92627

(949) 646-7431

State Lic. FD-1305

BURNED BY YOUR STOCKBROKER?

SECURITIES LAW CLAIMS AGAINST STOCKBROKERS

Stock Market Losses Caused by:
Excessive Trading in Account
Unsuitable Investments • Misrepresentation
Variable Annuities

LAW OFFICE OF JONATHAN W. EVANS & ASSOCIATES

44 Years of Experience
Highest Avvo rating - 10.0 out of 10.0
Selected by peers as "Super Lawyer"
2007 - 2013 and 2015 - 2020

**No Recovery - No Fee
Free Initial Consultation**

Call today for an appointment

(213) 626-1881 • 1-(800) 699-1881 • (818) 760-9880

www.stocklaw.com

12711 Ventura Blvd, Suite 440, Studio City, CA. 91604



California which is also known as the "Golden State," has some interesting factoids you might not have known or heard about.

For instance, California's Mount Whitney measures as the highest peak in the lower 48 states. Its most famous climb is Mount Whitney Trail to the 14,495 feet summit. Wilderness permits are required.

And even though it rarely if ever snows here, in 1925 a giant sequoia in California's Kings Canyon National Park was named the nation's national Christmas tree. The tree is more than 300 feet tall.

Also, gobble, gobble, when it comes to turkeys, more turkeys are raised in California than in any other state in the United States.

Los Angeles might be a vast county, but Alpine County is the eighth smallest of California's 58 counties. There's no high school, ATMs, dentists, banks, or traffic lights.

If you love avocados in your salads or a big batch of guacamole to dip your chip, Fallbrook is known as the Avocado Capital of the World and hosts an annual Avocado Festival. More avocados are grown in the region than in any other county in the U.S.



Photo courtesy Pexels.com

The Golden State is also serious about its butterflies so if you're ever in Pacific Grove there is a law on the books establishing a \$500 fine for molesting butterflies.

Back in 1922 demonstrations on making toothpaste from orange by-products were popular attractions at the Los Angeles County Fair, today the same fair is held in Pomona.

Located in Sacramento, the California State Railroad Museum is the largest museum of its kind in North America.

Love to see caverns when sightseeing? California Caverns claims the distinction of being the most extensive system of caverns and passageways in the Mother Lode region of the state.

Totaling nearly 3 million acres, San Bernardino County is the largest county in the country.

On Catalina Island in 1926, American author Zane Grey built a pueblo-style home on the hillside overlooking Avalon Bay. It was there he spent much of his later life and the home is now a hotel.

Klamath Basin National Wildlife Refuge contains the largest winter population of bald eagles in the continental United States.

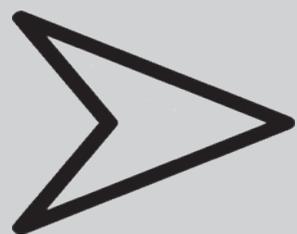
Source: <https://www.50states.com/facts/california.htm>



History of Veterans Day

Soldiers of the 353rd Infantry near a church at Stenay, Meuse in France, wait for the end of hostilities. This photo was taken at 10:58 a.m., on November 11, 1918, two minutes before the armistice ending World War I went into effect

World War I – known at the time as "The Great War" - officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of "the war to end all wars."



In The Spotlight

Barbara Powell: Keeping Busy Amid COVID-19 and More

At 67, Laguna Woods Village resident Barbara Powell continues to keep busy amid lockdowns, lock-ins, and more.

Born in San Francisco, she's active in everything from theatre to helping a friend do a podcast about mysteries.

Here's more about Powell, the youngest of four; two boys and two girls, and who is a true inspiration to many in the Village and elsewhere.

Q: When did you move to LWV and why?

A: We moved to LWV in 2005, from the Bay area and moved from Mill Valley to Dana Point in 1986. In 1998 we 'retired' to Prescott, Ariz. after a two-month drive across the United States in our Pontiac Grand Am sedan. Prescott was one of the first stops on our cross-country trip and we loved it. I retired at 43 and we had some adventures, including working for the Grand Tetons Lodge Co. at Teton National Park in Wyoming.

I worked part-time in Prescott as a temp, working in law offices and doing resets in grocery stores, delivering phone books. The dot.com bust in 1999-2000 got me a little worried, then when 911 hit in



Photo courtesy: Barbara Powell

2011, I thought it was time to re-enter the workforce. I did some temp assignments in San Francisco Bay area and stayed with my mom in Tiburon.

Finally, we decided to move somewhere we enjoyed living and that was South Orange County. But real estate had gone so high, and my husband, Bob, was finally old enough to get us into Laguna Woods, so we sold our place in Prescott and moved to Laguna Woods.

Q: Other jobs?

A: I managed Workers' Compensation Claims for the state, national insurance companies, lawyers, self-insured companies (Disney), and boutique insurance companies in Northern and Southern California. Funny, when I went to work as a temp for the law firm in Prescott on my interview they asked, 'Have you done dictation?' I said, 'Yes, I've dictated letters for years.' They said,

'That's not the side of the desk you'll be sitting on here ...' So, I learned how to TYPE dictated letters.

Q: What groups are you involved in now?

A: I am Program Chairwoman for the Theatre Guild which keeps me busy, a member of the video club and the scriptwriting group.

My husband and I had a TV show on our local station called, *"Food, Friends, and Fun."* My passion (besides the outdoors) is cooking, and I wanted to encourage seniors to cook with simple recipes that they could freeze in individual portions, as many are single people. There was no kitchen at the station, so everything was done with an electric skillet, microwave, and even hash browns in a waffle iron.

The cooking segment was about 10 minutes. Since I had talented friends in the theatre, I conned them into performing songs, dances, and sketch comedy bits. Actors are hams so not much conning is needed. I wrote the whole show and rehearsed the talent.

This ran for 18 months and, though I loved it, I got burned out. It was a lot, and I did not

have a background in TV, writing, or theatre so it was the steepest learning curve you can imagine.

Q: What got you started in theatre?

A: I was working, and my husband was retired. I saw an ad for an old-time radio show audition with The Old Pros another theatre group in our community. My husband has a wonderful baritone voice and is drop-dead gorgeous so I thought he would be great on stage. And with a radio show, you don't have to memorize. He got the lead role in a show called, *'Easy Aces,'* a kind of a Bickersons/Burns and Allen type comedy show. I began to help backstage with makeup and goofed around singing and cutting up until I was double-dog-dared into auditioning. The rest is history.

Q: What are these podcasts you do with your friend from Kansas?

A: I have been enamored of Old-Time radio since I was a kid and have been listening for 10 years to a podcast by Adam Graham called, *'The Great Detectives of Old Time Radio.'*

I wrote a radio show last year called, *'Creature from the Black Laguna,'* which I set in Laguna Woods, and we performed live.

So, when I talked to my friend who does a podcast, Esther Luttrell, it was like a dream to do a well-crafted mystery for a podcast. She was a finalist in the 2021 International Women's Podcast Awards!

She is an amazing talent who has worked in television and film in Hollywood for many years. She also writes compelling stories. She created Mojave Beach Productions and her lineup of different shows from stories that are inspirational, for children, western, itty-bitty stories, and mysteries.

Q: Any other hobbies? Spare time?

A: I love to travel; we went to Europe five times after I retired in 2017. With the pandemic, we are taking driving trips, most recently to Utah and the national parks of Zion/Arches/Bryce. I like to hike/walk with my friends. I love to read or listen to books from Libby (a library app).

Q: Anything else fun?

A: My paternal grandmother worked for Levi Strauss making jeans at the factory in San Francisco. She was so proud of me that she told people I was a secretary even though I told her many times, I am not a secretary, I HAVE a secretary.

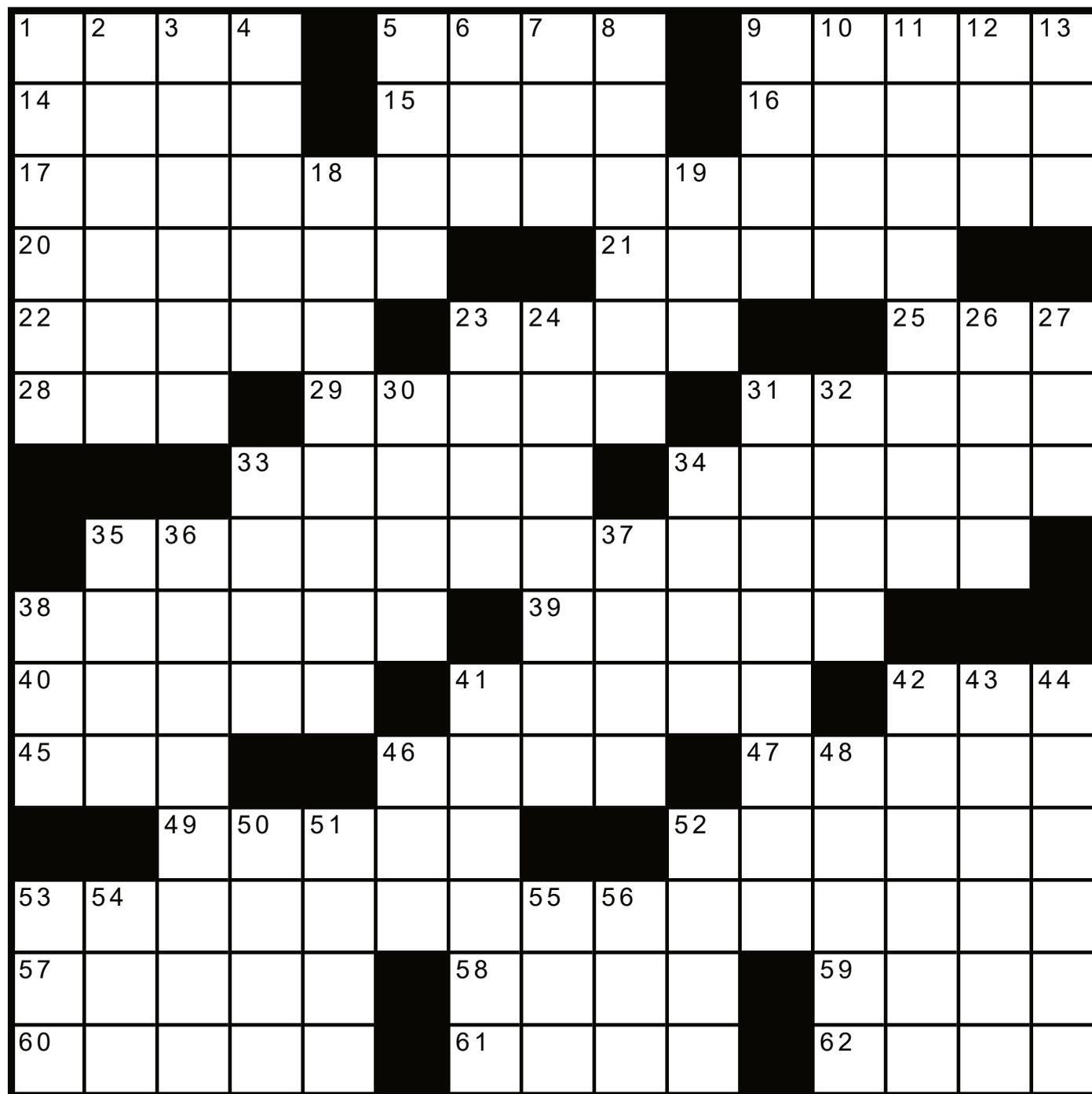
But for her, an office job as a

Continued on page 23

November Crossword Puzzle

Across

1. Carry on, as war
 5. Go at _____ speed (zoom along)
 9. Colorful talker
 14. Made a great impression
 15. Fanboy's fave, perhaps
 16. Island that is part of 18-D
 17. Rapper/tapper?
 20. TV's Mork and ALF, for 2
 21. Sounding all stuffed up
 22. Impetuously utter
 23. Help in the wrong way
 25. Ready-fire connector
 28. Siri runs on it
 29. Dunderhead
 31. "Muscle"
 33. 23-D, e.g.
 34. Veteran sailor
 35. Filler of many positions
 38. Don't bring them to gunfights
 39. Severely injures
 40. Innovative thoughts
 41. Jeans and khakis
 42. Miracle-_____
 45. One of many to be connected
 46. Slight car mishap
 47. Ready for bed
 49. Fall flower
 52. House where 100 deliberate
 53. Handy person to have on call



57. Actor Alan or Adam
 58. Go fast
 59. Capone's pursuer
 60. Sprints lightly
 61. Trade show
 62. "Como _____ usted?"
5. They're worth 2 points in the NHL
 6. Do sums
 7. Fishing pole
 8. Mercury or Saturn
 9. They're big at the Golden Arches
 10. It's measured in square units
 12. Attorneys' org.
 13. Pallid
 18. Netherlands _____ (island group)
19. _____ King Cole
 23. Isn't wrong?
 24. Terrifying person
 26. Marty's role in "Young Frankenstein"
 27. Where Rangers play in NYC
 31. Truck driver
 32. Makes bales of grass
 33. Hindu god of destruction
 34. Use a letter opener
 35. Edit menu option
36. Men's neckwear pins
 37. Hungry feeling
 38. Pull one's leg
 41. Skull-and-crossbones sort
 42. A or B, but not AB
 43. Do-over requested by a failing student
 44. "The _____ File"
 46. With 53-D, major hip-hop recording label
 48. Ludicrous
 50. SNL staple
51. Shipping units
 52. Houston baseballer, familiarly
 53. See 46-D
 54. Flesicher, Gold or Shapiro

Down

1. Condiment at the sushi bar
 2. Classic Harlem theater
 3. High IQ type
 4. Landscaping tool



No nonsense, just extra Medicare Advantage benefits.

Welcome to Wellcare

We're working hard to improve the Medicare experience for our members. That's why we've simplified our plans and streamlined our benefits. So now when you switch to our Medicare Advantage Plan for 2022, you may enjoy:

- \$0 or low monthly premiums
- \$0 copay for most common prescriptions
- Free telehealth appointments
- Free rides to your doctor or pharmacy
- A prepaid flex card for extra dental, vision, and hearing expenses
- More money back in your Social Security check

Don't miss out. Annual Enrollment Period:

October	December
15	7

Contact:

- 📞 1-866-285-9944
- 📅 7 days a week, 8 a.m. - 8 p.m.
- 🌐 WellcareforCA.com

Cosmetic procedures are not covered under this benefit. Plans vary by region and not all benefits are covered on all plans. Qhana Health Plan, a plan offered by WellCare Health Insurance of Arizona, Inc. and Centene, Inc. is an HMO, PPO, PFFS, PDP plan with a Medicare contract and is an approved Part D Sponsor. Our D-SNP plans have a contract with the state Medicaid program. Enrollment in our plans depends on contract renewal. Contract services are funded in part under contract with the State of Arizona. Such services are funded in part with the state of New Mexico. For detailed information about Louisiana Medicaid benefits, please visit the Medicaid website at <https://ldh.la.gov/Medicaid>. Notice: TennCare is not responsible for payment for these benefits, except for appropriate cost sharing amounts. TennCare is not responsible for guaranteeing the availability or quality of these benefits.

YO020_WCM_80071E_M CMS Accepted 08102021

NA2WCMADV80071E_0000 ©Wellcare 2021

SENIORS ARE SPECIAL TO US

TICKETS FOR THE 2022 ROSE PARADE® AND ITS EVENTS ON SALE NOW!

626.795.4171
WWW.SHARPSEATING.COM

SHARP SEATING COMPANY
 OFFICIAL GRANDSTAND SEATING COMPANY

THE **ONLY** OFFICIAL SEATING COMPANY OF THE TOURNAMENT OF ROSES®

Debbie Harry a.k.a. Blondie

By Les Goldberg

The story of Debbie Harry starts with her name.

She was born 76 years ago in Miami with the name Angela Trimble but was given up for adoption as an infant by her birth mother. A couple in Hawthorne, N.J. Richard, and Catherine Harry, who owned a gift shop, immediately adopted Angela and renamed her Deborah Ann Harry.



Like many young talents during the late 60s, Harry started her musical career as a backup singer. Her confidence grew working for the folk-rock group, The Wind in the Willows, and later with the Stilettoes, where she met her boyfriend, guitarist Chris Stein. In her memoir, "Face It," Harry describes having been raped at knifepoint during a burglary of the home she shared with Stein.

After leaving the Stilettoes, Harry and Stein formed Angel and the Snake, the band which later changed its name to Blondie because Harry decided to bleach her hair. By the late 70s, Harry, with her two-tone blonde hair, her beauty, and daring choice of fashion, became a punk icon.



A fourth album release in 1979, "Eat to the Beat," reached platinum ranking in both the U.S. and the U.K. Her hits kept

coming, including "Call Me," "Atomic," "The Tide is High" and "Rapture."

During this time, Harry, and Stein befriended graffiti artist Fab Five Freddy, who introduced them to the emerging hip-hop scene in the Bronx.

Harry was immortalized by Andy Warhol in 1980, who produced several artworks of her image from a single photo-shoot at the Factory. The artist created a small series of four acrylic and silkscreen ink on canvas portraits of the star in assorted colors, as well as Polaroids and a small number of rate silver gelatin prints from the shoot.



According to Harry, "... the best thing Andy Warhol taught me was always open to new things, new music, new style, new bands, new technology and just go with it. Never get mired in the past and always accept new things whatever age you are."

Going Solo

Harry began her solo career in 1981 with the release of the



album "KooKoo," which immediately topped the charts worldwide. However, her efforts to go it alone were hampered by the illness of Stein and lagging sales of her subsequent albums and singles.

A year later, she landed a leading role in the horror film "Videodrome," which generated raving reviews for her performance and triggered her acting career but didn't stop her solo successes on the singing circuit.

During the 80s and 90s, Harry recorded several albums and achieved sales successes for both the complete albums and the singles within them. Among the hits were the "Married to the Mob" soundtrack album, "Def, Dumb and Blonde," "Brite Side," "Angel's Song" and "Kiss it Better."

The list of "Blondie" recording successes is a long one, too long to include here, but also includes the album "Debravation," singles "Prelude to a

Kiss," "Summertime Blues," "I Can See Clearly," "Tear Drops," "Close Your Eyes," "Ordinary Bummer," and the "Zombie Birdhouse" album.

At the same time, she starred opposite Alec Baldwin in the comedy-mystery film "Forever, Lulu," and later appeared in a supporting role in "Tales from the Darkside: The Movie."

Harry, or Blondie, has spent the beginning of the new millennium performing in duets and choruses while continuing to record new music. Her latest, "Pollinator," was released in May 2017 and debuted at No. 4 in the U.K. And, in 2020, she cameoed on the third episode of the romantic comedy Web TV series "High Fidelity."



Today she lives in her homes in New York City and New Jersey, with her four dogs, where she is devoted to her philanthropic efforts, including the fight against HIV/AIDS. In a previous interview, she said:

"I have the privilege of being able to get involved, so I do."

Finally . . . a better mobility solution than Scooters or Power Chairs.

The **Zoomer's** versatile design and 1-touch joystick operation brings mobility and independence to those who need it most.

If you have mobility issues, or know someone who does, then you've experienced the difficulties faced by millions of Americans. Simple tasks like getting from the bedroom to the kitchen can become a time-consuming and potentially dangerous ordeal. You may have tried to solve the problem with a power chair or a scooter but neither is ideal. Power chairs are bulky and look like a medical device. Scooters are either unstable or hard to maneuver. Now, there's a better alternative . . . the Zoomer.

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.

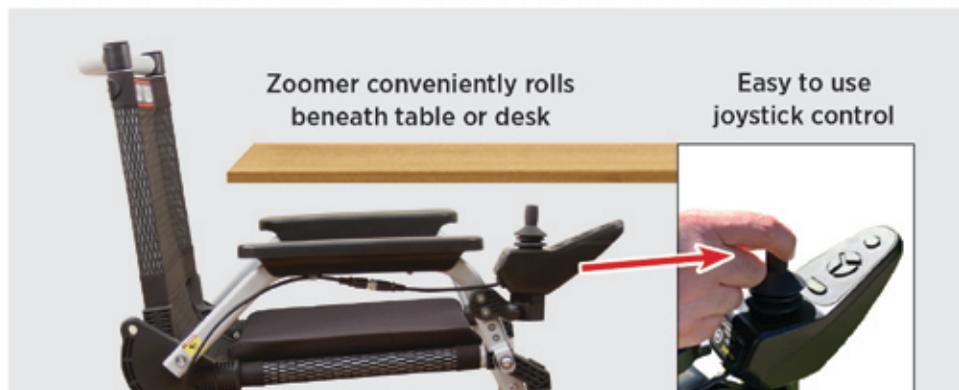
Sincerely, A. Macon, Williamsburg, VA

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, it's exclusive foldable design enables you to transport it easily and even store it in a closet or under a bed when it's not in use.

Why spend another day letting mobility issues hamper your lifestyle? Call now and find out how you can have your very own Zoomer.



Now available with sporty two-arm lever steering (Zinger Chair)

Ready to get your own Zoomer? We'd love to talk to you.

Call now toll free and order one today! **1-888-664-0818**

Please mention code 115888 when ordering.



The Zoomer and Zinger Chairs are personal electric vehicles and are not medical devices nor wheelchairs. They are not intended for medical purposes to provide mobility to persons restricted to a sitting position. They are not covered by Medicare nor Medicaid. © 2021 Journey Health and Lifestyle

What's in YOUR bubble?

Connect, Engage and Thrive

We invite you to come see what's in our bubble. Discover a safe and tight-knit community with strong connections and bountiful opportunities for exploration, friendship, growth and joy.

Join our community

Learn about our incredible amenities, services and wellness offerings. **Call 949-763-2668** or visit wrcbubble.com/coronadelmar.



WE ARE OPEN AND WELCOMING YOU AND YOUR FAMILY SAFELY

We are proud to uphold the highest level of safety and wellness. Our communities enjoy a high vaccination rate for residents and associates. Watermark's commitment to your safety and well-being includes mandatory vaccinations for associates, a comprehensive plan and certification process implemented in our community.



CROWN COVE
A WATERMARK RETIREMENT COMMUNITY™

3901 East Coast Highway
Corona del Mar, CA 92625
coronadelmar.watermarkcommunities.com

**ASSISTED LIVING
MEMORY CARE**

21-CMC-1847 RCFE LICENSE #306005642



Sandra Teel
Cell: (657) 204-4224
steelmedagent@gmail.com
Lic. #4031244

Get local help with your Medicare questions.

I'm a licensed sales agent, specializing in Medicare. Take advantage of my knowledge and experience to:

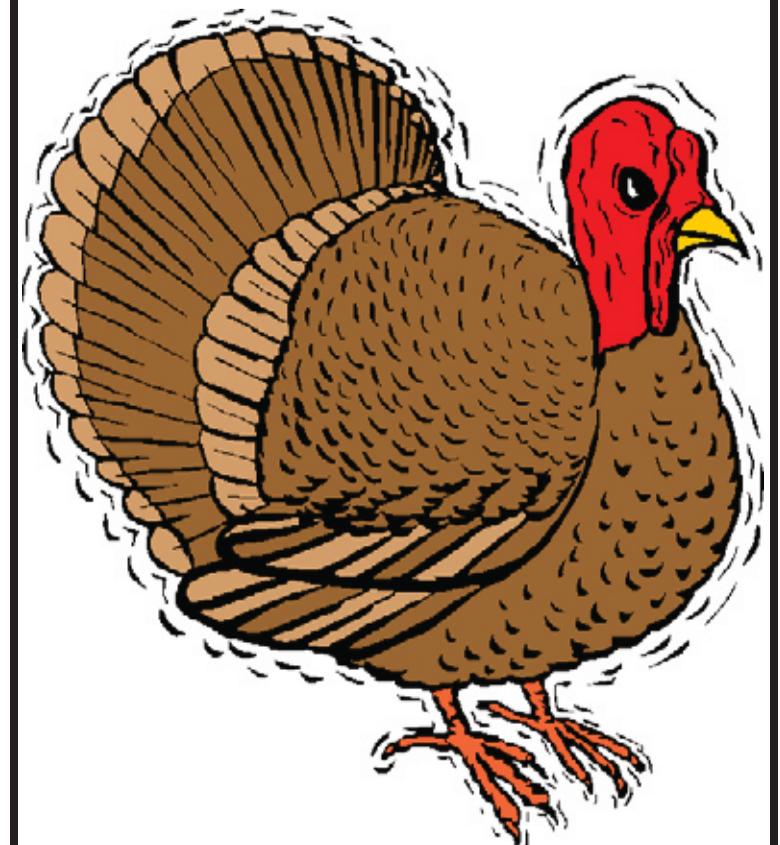
- ✔ Take the confusion out of Medicare
- ✔ Receive one-on-one services
- ✔ Get help comparing plans
- ✔ Make enrolling in a plan easier

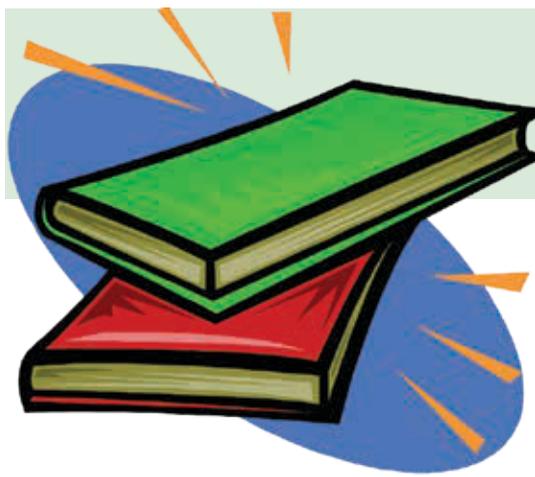
All at no cost to you!

I look forward to helping you start exploring your Medicare plan options, so you can enroll in a plan with confidence.

By calling the number above, you will be directed to licensed insurance agent.

Happy Thanksgiving



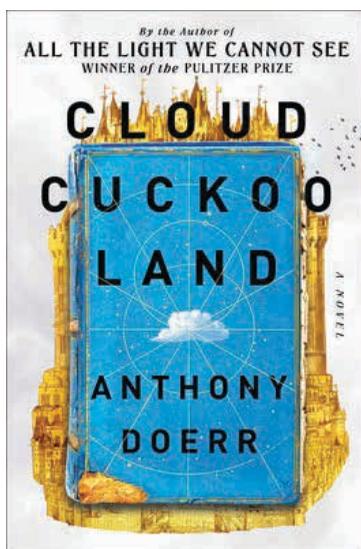


November Book Club

Before you start getting immersed in the holiday season consider spending time with a delightful book like any of these below. Now that the weather is a little cooler and you're spending more time indoors, reading is a good way to relax.

Cloud Cuckoo Land A Novel

By Anthony Doerr



A finalist for the 2021 National Book Award."

"From the Pulitzer Prize-winning author of *All the Light We Cannot See*, perhaps the most bestselling and beloved literary fiction of our time, comes the highly anticipated *Cloud Cuckoo Land*."

"Set in Constantinople in the 15th century, in a small town

in present-day Idaho, and on interstellar ship decades from now, Anthony Doerr's gorgeous third novel is a triumph of imagination and compassion, a soaring story about children on the cusp of adulthood in worlds in peril, who find resilience, hope — and a book. In *Cloud Cuckoo Land*, Doerr has created a magnificent tapestry of times and places that reflect our vast interconnectedness — with other species, with each other, with those who lived before us, and with those who will be hereafter, we're gone.

"Thirteen-year-old Anna, an orphan, lives inside the formidable walls of Constantinople in a house of women who make their living embroidering the robes of priests. Restless, insatiably curious, Anna learns to read, and in this ancient city, famous for its libraries, she finds a book, the story of Aethon, who longs to be turned into a bird so that he can fly to a utopian paradise in the sky. This she reads to her ailing sister as the walls of the only place she has known are bombarded in the great siege of Constantinople. Outside the walls is Omeir, a village boy, miles from home, conscripted with his beloved oxen into the invading army. His path and Anna's will cross.

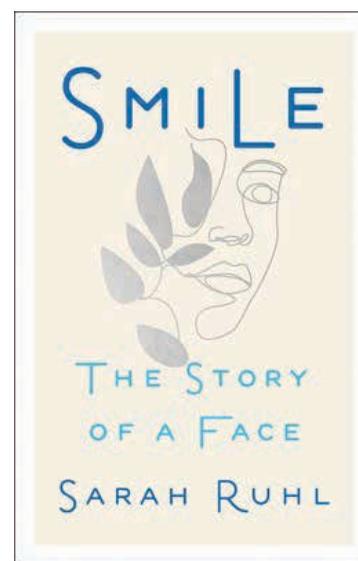
"Five hundred years later, in a library in Idaho, octogenarian Zeno, who learned Greek as a prisoner of war, rehearses five children in a play adaptation of Aethon's story, preserved against all odds through centuries. Tucked among the library shelves is a bomb, planted by a troubled, idealistic teenager, Seymour. This is another siege. And in a not-so-distant future, on the interstellar ship Argos, Konstance is alone in a vault, copying on scraps of sacking the story of Aethon, told to her by her father. She has never set foot on our planet.

"Like Marie-Laure and Werner in *All the Light We Cannot See*, Anna, Omeir, Seymour, Zeno, and Konstance are dreamers and outsiders who find resourcefulness and hope in the midst of gravest danger. Their lives are gloriously intertwined. Doerr's dazzling imagination transports us to worlds so dramatic and immersive that we forget, for a time, our own.

"Dedicated to 'the librarians then, now, and in the years to come,' *Cloud Cuckoo Land* is a beautiful and redemptive novel about stewardship — of the book, of the Earth, of the human heart," according to Publisher Scribner.

Smile *The Story of a Face* By Sarah Ruhl

"The extraordinary story of



one woman's 10-year medical and metaphysical odyssey that brought her physical, creative, emotional, and spiritual healing, by a MacArthur genius and two-time Pulitzer finalist.

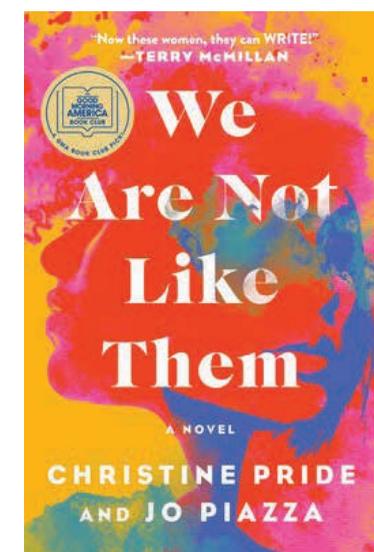
"With a play opening on Broadway and every reason to smile, Sarah Ruhl has just survived a high-risk pregnancy when she discovers the left side of her face is completely paralyzed. She is assured that 90 percent of Bell's palsy patients see spontaneous improvement and experience a full recovery. Like Ruhl's own mother. But Sarah is in the unlucky 10 percent. And for a woman, wife, mother, and artist working in theater, the paralysis and the disconnect between the interior and exterior bring significant and specific challenges. So Ruhl begins an intense decade-long search for a cure while simultaneously grappling with the reality of her new face — one that, while recognizably her own — is incapable of accurately communicating feelings or intentions.

"In a series of piercing, witty, and lucid meditations, Ruhl chronicles her journey as a patient, wife, mother, and artist. She explores the struggle of a body yearning to match its inner landscape, the pain of postpartum depression, the story of a marriage, being a playwright and working mom to three small children, and the desire for a resilient spiritual life in the face of illness.

"Brimming with insight, humility, and levity, *Smile* is a triumph by one of America's leading playwrights. It is an intimate examination of loss and reconciliation, and above all else, the importance of perseverance and hope in the face of adversity," according to Publisher Simon & Schuster.

We Are Not Like Them A Novel

By Christine Pride and Jo Piazza



"Jen and Riley have been best friends since kindergarten. As adults, they remain as close as

Continued on page 20

No-Cost Transportation

with OneCare Connect

A health plan with unlimited transportation to:

- Doctor visits
- Pharmacy
- Gym

To learn more, visit caloptima.org or call **1-855-705-8823**.



TWITTER, TWEET, RETWEET and the Twitter Bird logo are trademarks of Twitter, Inc. or its affiliates.

OneCare Connect Cal MediConnect Plan (Medicare-Medicaid Plan) is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees. OneCare Connect complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Contact OneCare Connect Customer Service toll-free at 1-855-705-8823 (TTY 711), 24 hours a day, 7 days a week. HS016 22AD002b (Accepted 9/20/2021)



By Randal C. Hill

In 1984, “*Ghostbusters*” was unleashed in theaters throughout the USA. The supernatural comedy generated rave reviews and became a cultural phenomenon as one of the most successful laugh fests of the 1980s. A sequel — “*Ghostbusters II*” — followed five years later but saw fewer ticket sales and a tsunami of negative reviews.

Now, more than three decades later, comes “*Ghostbuster: Afterlife*.” The story this time focuses on Callie (Carrie Coon), a single parent, and her children Trevor (Finn Wolfhard)

‘*Ghostbusters: Afterlife*’

and Phoebe (Mckenna Grace). Evicted from their home, they move into a rundown Oklahoma farmhouse that they have inherited from Callie’s father. They soon discover that the dilapidated building houses an assortment of Ghostbuster gear, and unsettling occurrences soon become commonplace. In time, the children learn of their mysterious grandfather’s secret legacy and his involvement with the original Ghostbuster gang.

“*Ghostbusters: Afterlife*” — the third offering — was directed by Jason Reitman, the son of Ivan Reitman, who brought the original blockbuster to life. (The younger Reit-

man also joined forces with Dan Aykroyd and Gil Kenan to create the “*Afterlife*” script.)

This time, the kids move about in a world of childhood innocence — think Steven Spielberg’s earlier offerings — in occasional conflict with Stephen King’s scariness in the form of CGI monsters that could come roaring out of the darkness at any moment and conjure moments from the 1984 original.

This is a sequel that understands how to pay adequate homage to the original while also being able to stand alone as its own film. There are enough iconic “*Ghostbusters*”

moments here to satisfy the long-time fans, as well as fresh and unique twists and turns that a new moviegoing generation will enjoy. It’s the done-right follow-up that Sci-Fi fans have been waiting for. To wit: Movie critic James Preston Poole seemed to be barely able to contain his enthusiasm when he recently proclaimed, “It’s the best of the series ... Stupendously well written, not leaning too hard on nostalgia, and telling a story better than even the original could muster. A winner in every sense.”

Nearly all of the key players from the 1984 classic return here — Bill Murray, Dan Aykroyd, Sigourney Weaver, Ernie Hudson, Annie Potts. (Harold Ramis died in 2014.) The movie, which was shot

mostly in Calgary, Alberta, Canada was scheduled for a summer 2020 release, but the ongoing pandemic forced schedule changes until now.

It’s rated PG-13 for some scary images and a bit of suggestive language, but overall, this should be a great choice for everyone from tweens to seniors. Look for the release around the Thanksgiving holiday.





HomeWorks
PHYSICAL THERAPY
WWW.HOMEWORKSPT.COM

**PHYSICAL
THERAPY
IN
YOUR
HOME**



**OUTPATIENT PHYSICAL THERAPY IN THE
COMFORT OF YOUR HOME**

MEDICARE ACCEPTED

(714) 580 - 2868

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



**Celebrating
60 years**

*Caring for the community
since 1961*

EDINGER
MEDICAL GROUP

Specializing in Internal Medicine
& Family Medicine

**Accepting New Medicare
Advantage Patients!**

Medicare Open Enrollment 2021 occurs
October 15 - December 7.

*Call our Medicare Information Hotline
for more information:*

714-965-2557



714-965-2500
edingermedicalgroup.com

9900 TALBERT AVE., FOUNTAIN VALLEY
18682 BEACH BLVD., HUNTINGTON BEACH

EDINGER
MEDICAL GROUP

Most HMO, PPO, Fee for Service and Medicare Advantage plans accepted.

ONE TIME
IS A BAD
PHOTO.
MANY TIMES
IS A SIGN.

LACK OF EYE CONTACT IS A SIGN OF AUTISM.
Learn the others at autismspeaks.org/signs



MEALS on WHEELS[®] ORANGE COUNTY

Nourishing the wellness, purpose, & dignity of seniors and their families in Central and North Orange County



Call or visit us online to
Get Meals • Volunteer • Donate

714-220-0224 • MealsOnWheelsOC.org

Community SeniorServ, Inc. dba Meals on Wheels Orange County is a 501(c)(3) nonprofit organization

American Heart Association

CERTIFIED
Meets Criteria For
Heart-Healthy Food



TM

November Book Club

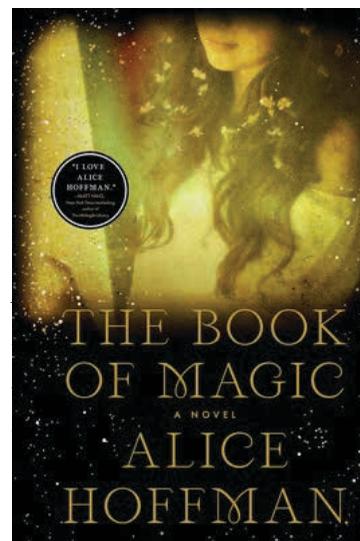
Continued from page 17

sisters, though their lives have taken different directions. Jen married young, and after years of trying, is finally pregnant. Riley pursued her childhood dream of becoming a television journalist and is poised to become one of the first black female anchors of the top news channel in their hometown of Philadelphia.

“But the deep bond they share is severely tested when Jen’s husband, a city police officer, is involved in the shooting of an unarmed black teenager. Six months pregnant, Jen is in freefall as her future, her husband’s freedom, and her friendship with Riley are thrown into uncertainty.

“Covering this career-making story, Riley wrestles with the implications of this tragic incident for her black community, her ambitions, and her relationship with her lifelong friend.

“Like Tayari Jones’s *An American Marriage*’ and Jodi Picoult’s *Small Great Things*,’ *We Are Not Like Them*’ explores complex questions of race and how they pervade and shape our most intimate spaces in a deeply divided world. But at its heart, it’s a story of enduring friendship — a love that defies the odds even as it faces its most difficult challenges,” according to Publisher Atria Books.



“Master storyteller Alice Hoffman brings us the conclusion of the *Practical Magic*’ series in a spellbinding and enchanting final Owens novel brimming with lyric beauty and vivid characters.

“The Owens family has been cursed in matters of love for over 300 years but all of that is about to change. The novel begins in a library, the best place for a story to be conjured when beloved aunt Jet Owens hears the deathwatch beetle and knows she has only seven days to live. Jet is not the only one in danger — the curse is already at work.

“A frantic attempt to save a young man’s life spurs three generations of the Owens women, and one long-lost brother, to use their unusual gifts to break the curse as they travel from Paris to London to the English countryside where their ancestor Maria Owens first practiced the Unnamed Art. The younger generation discovers secrets that have been hidden from them in mat-

ters of both magic and love by Sally, their fiercely protective mother. As Kylie Owens uncovers the truth about who she is and what her dark powers are, her aunt Franny comes to understand that she is ready to sacrifice everything for her family, and Sally Owens realizes that she is willing to give up everything for love.

“*The Book of Magic*’ is a breathtaking conclusion that celebrates mothers and daughters, sisters and brothers, and anyone who has ever been in love,” according to Publisher Simon & Schuster.



**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



55 AT FIRST I WAS EMBARRASSED. ME: A CAT. LIVING WITH A SINGLE GUY. BUT WHEN I WATCH HIM PICK SOMETHING UP WITH HIS HANDS AND EAT IT I CAN'T HELP BUT LOVE HIM.

—MARIU
adopted 01-10-10



adoption
A PET IS THE BEST THING TO ADD TO A HOUSEHOLD

Life After Mother

By Lyn Jensen

'Exploring probate and estate issues from personal experience.'

Telemarketers Prey on Seniors

My mother is still alive on countless telemarketing lists, from robocalls and actual salespersons.

It's bad enough I get calls for 'Madeline' (or my father 'Dale' because his name is still on the phone account). Some junk accounts mangle my mother's name, turning it into 'Modelo' or Modello or 'Modelho.'

I explain there's no such person here and please 'remove us from your call list' but the calls keep coming.



Other calls come for 'John(ny)' and to make a long story short, no 'John/ny' has been near my family's home phone number for the entire 21st century. I say, 'No John(ny) here, please remove us from your call list,' and soon comes the next one.

Some robocalls pitch dubious Medicare options or claim a healthcare professional has recommended me for a medical alert system or say, 'Thank you for choosing a hotel chain I never chose. Others seek to panic me about a non-existent charge on my Amazon account



or extend my auto warranty. (One of those has been giving me 'final notice' for two years.)

Dealing with this kind of nuisance is one more battle my mother left me to fight alone. Whether I don't answer the call or answer the phone and ask to be removed from the list or go through the hassle of placing my home phone number on a do-not-call registry and reporting any calls that still come, the junk-call horse is out of the barn.

I suspect some calls can't be controlled by a do-not-call list. One example is ghoulish real estate predators who want to talk to my mother about her property in probate. The caller obviously lacks the sense to figure out that if a person's property is in probate that indicates the person's dead. I'm supposed to do business with someone so clueless.

Then there are the calls that pretend to be from the IRS or other federal entities, threatening legal action unless — it's easy to see why a person with

dementia or Alzheimer's could fall for such a set-up.

My mother, her mind clouded by dementia, spent hours on the phone with callers who claimed they wanted to perform maintenance inside her computer, or some similar story. I'd try to explain such calls were from scammers and identity thieves, trying to get information from inside her computer, and she should just hang up.



'I don't have anything in my computer!' she'd bellow. She was a victim of identity theft, though — some racket counterfeited her driver's license, and she had no idea how they targeted her. Someone looking into her computer could've been how.

Obviously, a patient with Alzheimer's or dementia can't be expected to understand such calls — and could sign up for six 'extended auto warranties' in one day, for example. Relatives and caregivers have enough challenges without hassling junk calls.

November Calendar

Continued from page 5



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

Informal salons bring together artists taking part 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 take part in casual conversations with other artists, OCMA curators, and critics. At, 850 San Clemente Drive., Newport Beach. Call, 949-759-1122.

Surf City Nights

Huntington Beach

Tuesdays, 5 to 9 p.m.

Orange County's weekly street fair and certified farmers' market is held every Tuesday. Around 90 vendors present unique handcrafted wares: furniture, jewelry, art, clothing, live music, street performers, community groups, and kids' activities.

Rest Rooms

Continued from page 3

it is because it's like walking up to a dummy in a store and threatening to knock it down although I have to admit dummies don't talk.

The most frustrating thing I find is in dealing with robots when they say they don't understand what I am saying.

I do have a New York accent like a mob figure from the 'Sopranos,' but I speak English. Sometimes I have to spell the words out for them. When I call I always give the robot my personal information but then the robot starts asking the same questions I just gave them. I guess they don't process information unless they ask for it. I hope that in the future robots will lose their jobs and be replaced by human beings who really listen to what we say when we call.

Or maybe what will happen is that one day we will all have robots. Robots will have names by which we call them. My robot may call the business robot and they both will spend time discussing what I want.

When the call is finished my robot will then give me the update.

Connect
with loved
ones



Open Every Wednesday!

HUNTINGTON BEACH ELKS

BINGO

WEDNESDAY MATINEE

Doors Open at 9:00 AM. - \$15.00 Minimum Buy-In

23 TOTAL GAMES

ALL GAMES PAY \$250.00
PULL TABS

COLOR MONITORS
COMPUTERIZED VERIFICATION

CASH BALL

STRIP GAMES - \$500 - \$500 - \$500 - \$300 - \$300
PLUS 2 TAB GAMES OF AT LEAST \$1199.

EARLY BIRD – 10:30 AM.

REGULAR – 11:00 AM.

LATE BIRD – Following Regular Games

6 ON – 4 UP (Plus 1 Strip)

6 ON – 15 UP (Plus 2 Strips, 2 tabs)

6 ON – 4 UP (Plus 1 Strip)

FOOD AND SOFT DRINKS AVAILABLE FOR PURCHASE
FREE COFFEE – TEA – POPCORN

HUNTINGTON BEACH ELKS LODGE
7711 TALBERT AVENUE (2 BLOCKS WEST OF BEACH BLVD.)
HUNTINGTON BEACH.
(714) 848-9440

Overflow Parking Available at the Center for Spiritual Living just West of the Lodge on Talbert Avenue.

Eye Care America

Untreated Vision Loss Can Speed Cognitive Decline

There's a reason you shouldn't skip your routine eye exam—and many people don't even know about it. A growing body of research shows that vision loss can affect how well your brain works. The most recent study found that people who scored poorly on vision tests were more likely to suffer from deficits in memory, language and the ability to identify and locate objects in space. To protect your brain, get an eye exam to make sure correctable vision problems are detected and treated. The American Academy of Ophthalmology recommends all adults receive a comprehensive eye exam by age 40, and every year or two after age 65.

Why Check Your Eyes

Here are three more reasons to get your eyes examined:

1. The leading causes of blindness—including glaucoma and age-related macular degeneration—can begin without any noticeable symptoms. The best way to protect your vision is to see an ophthalmologist, a physician who specializes in medical and surgical eye care.

2. Seeing an ophthalmologist can improve your overall health. Blood vessels and nerves in your eyes are reflective of the rest of your body. Ophthalmologists are sometimes the first to diagnose systemic diseases, such as diabetes, multiple sclerosis or vitamin deficiencies. For example, when David Hibler, Sr. went to get his eyes checked,



Getting a thorough eye exam can solve some surprising health matters for many people.

his ophthalmologist detected signs of a blood clot just by looking into his eyes. Seeing an ophthalmologist helped save Hibler's life, as it led him to get appropriate medical attention to avoid a potential stroke.

3. Some adults shouldn't wait until they are 40 to have a complete eye exam. See an ophthalmologist now if you have an eye disease or risk factors such as:

- diabetes
- high blood pressure
- family history of eye disease.

EyeCare America Can Help

If the cost of an eye exam is a concern, the American Academy of Ophthalmology's EyeCare America program may be able to help. This national public service program provides eye care through volunteer ophthalmologists for eligible seniors 65 and older and those at increased risk for eye disease.

Learn More

For further information regarding EyeCare America and to see if you or someone you care for can qualify, visit www.aao.org/eyecare-america.

**SMALL DONATIONS
MAKE A BIG
DIFFERENCE**

SupportDisasterRelief.org



ad
COUNCIL

Tinseltown Talks

By Nick Thomas

Advice from Susan Sullivan

Best known for her extensive television career that includes starring roles in shows such as “Falcon Crest,” “Castle,” and “Dharma and Greg,” Susan Sullivan is always keen to offer advice to others and that includes sharing with seniors her family’s experience with health issues.



Susan Sullivan promoting the TV series “The Kominsky Method” in 2019. Photo courtesy Susan Sullivan.

“Exercise!” she declared from her home in Los Angeles. “I’m 78, and about 5 years ago Connell (her longtime partner) was suffering from back issues and we began a program of high-intensity interval training. A lot of our health issues were relieved. The benefits to strength, memory, balance, and overall well-being from exercise are well-known. Of course, the difficulty is staying with it and I find the mantra ‘just show up’ helps. I know this sounds simplistic, but a little self-talk is encouraging. You see, I am also giving rather annoying advice to myself on a daily basis.”

Her passion to counsel was



Cast of ABC sitcom “Dharma and Greg” that began airing in the late 90s. Susan at left. Photo courtesy ABC publicity.

highlighted on-screen earlier this year in “What Friends Do (#Expendables),” a story she wrote and acted in with several longtime friends and veteran colleagues for Smartphone Theatre, a livestream digital performance platform presented via Zoom and created during the early pandemic months (free to watch at www.smartphonetheatre.com).

During the 25-minute story, the characters (portrayed by Sullivan, plus Kathryn Leigh Scott, Mitchell Ryan, and David Selby) banter back and forth with Sullivan’s art-imitating-life character offering advice aplenty.

“I wrote this play about being a senior and getting back into life,” she explained. “Like many people, I wasn’t working after the pandemic hit and was faced with two choices. Part of my brain told me to just collapse into myself —stay home, sleep late, and reread my favorite books. But another part urged me to

remain engaged with friends and to keep my mind active. Fortunately, I listened to myself. And trust me, I don’t always.”

Her experience with the Smartphone Theatre production inspired Sullivan to continue writing, delving into a personal issue many will recognize.

“My father was an alcoholic and I’ll be doing an upcoming Zoom monologue about our relationship,” she said. “He comes back as a dog to give me advice - obviously, a family trait!”



Susan Sullivan, with Mitchell Ryan, David Selby, and Kathryn Leigh Scott in the Smartphone Theatre 2021 production of “What Friends Do (#Expendables)”. Photo courtesy Producer Todd Felderstein.

Her hope, she said, is to encourage people to explore difficult relationships they have with others, including parents.

“While we should acknowledge our parents for their positive role in our lives, very often we need to forgive a parent for what they didn’t give us. Has the relationship enriched you or has it created an obstacle for you? Even people in their



Robert Foxworth and Susan Sullivan from the 80s CBS primetime soap *Falcon Crest*. Photo courtesy of CBS publicity.

70s and 80s may be still unable to forgive the shortcomings of a parent, a sibling, or even a slight from a former boss.

“Perhaps my story will encourage others to write their own and release some resentments, the biggest killers of love. Let them go. Oh, there I go again.”

With Thanksgiving approaching, I asked Susan if her holiday memories of growing up were difficult.

“Our family holidays were usually chaotic,” she admitted. “So, there aren’t a lot of good memories to share. But I will share what gets me up in the morning if you want to hear it.”

Naturally, I did.

“It’s basically three things,” she began. “I need to have something to do, something to love, and something to hope for. These, and a good cup of coffee, allow me to show up and get on with the extraordinary business of being alive!”

Nick Thomas teaches at Auburn University at Mont-

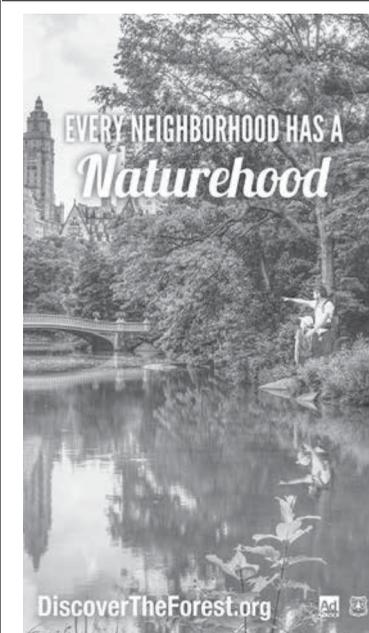
gomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See www.getnickt.org.

In The Spotlight

continued from page 11

secretary was the pinnacle for a woman, especially as she was an indentured servant (which was one of the legal paths for immigration) when she arrived from Mazatlán, Mexico. She could never imagine a female Vice President, especially a woman of color.

I wish the younger generations could appreciate how far we have come as women and minorities in such a brief period and see the world through the lens of someone like my grandmother. They enjoy freedoms for which our generation and our parents and grandparents’ generations fought for inch by inch.



DiscoverTheForest.org

The Gadget Geezer

By Les Goldberg

Time to Unwrap These Gift Ideas

Now that we're knee-deep into the holiday season, it's time to stand up to the spirit of gift-giving. And that is where I can help you decide which cool tech-based gizmos have the best chance to brighten the eyes and bring smiles to your gift recipients.

To narrow the field, I have chosen the following products for your consideration:

Uber Mini-Fridge



The Uber Chill Portable Mini Fridge from Uber Appliance is a smart addition to any active room in your home – gym, office, mancave, garage, bedroom, den – or in your car or RV.

The compact mini fridge comes with a 12-volt car plug and is spacious enough to hold up to six regular-size soda or beer cans, snacks, makeup, or medical supplies, i.e. insulin. Price: \$45-90 at www.uberappliance.com and Amazon.

Chilling Your Senses



According to its inventors, the new Sensate app is a “break-through device for profound relaxation.” They say that it is “the ideal gadget to help you get into a state of mindfulness and stay stress-free.”

How does it work? It is a palm-sized wearable and audio app that uses infrasonic sound waves to send resonant frequencies through the body. Place it on your chest and it targets your nervous system, especially the vagus nerve, to enhance relaxation and minimize stress. Sensate also works with any headphones. Price: \$249 at www.sensate.com and Amazon.

DNA Vibe



While ridding your body of stress, why not get rid of some aches and pains with the help of the DNA Vibe device.

This product, which wraps around the body's most painful areas, uses “intelligent light therapy for pain relief.” Used by professional athletes and research hospitals for more than 50 years, DNA Vibe is now available for consumers and is approved by the FDA. Its infrared light and magnetic signals are designed to relieve muscle and joint discomfort, improve circulation, and promote muscle relaxation. Price: \$249 at www.dnavibe.com and Amazon.

RangeXTD Wi-Fi Extension



If your home Wi-Fi connection is spotty, has moments of inconsistency, and often causes for frustration, then this little USB device is the ideal, cost-effective solution.

The RangeXTD USB Wi-Fi Repeater simply plugs into a wall electrical outlet using a USB port or adopter to extend your home or office wireless coverage. It boosts range and speed by 300 megabits per second (Mbps) and a frequency of 2.4 gigahertz (GHz). Price: \$49.99 for one; \$99.99 for

two; \$111.99 for three at www.rangextd.com and Amazon.

Bril Toothbrush Cleaner



Did you know that your toothbrushes can become as dangerous to your oral hygiene as the uncleaned teeth themselves? It's true, according to the dental experts who invented the new Brill toothbrush cleaner.

They say that the toothbrush is the third most contaminated object in your entire home. To solve the problem, the Brill is a portable toothbrush case that automatically sterilizes your toothbrush after every use.

It contains an all-natural ultra-violet (UV) light that kills 99.9 percent of germs on contact, the experts say. The case has a rechargeable battery that gives out 30 days of usage on one charge. Price: \$29.99 at www.getbril.com and Amazon.

The Clipperpro



The problem for cutting fingers and toenails has always been the difficulty of holding the traditionally very small clippers. In my case, my eye-

sight prevents me from getting a good close view of what I am doing, especially with my toes, even with my glasses.

The solution is here. Called the ClipperPro, it is designed by three surgeons to make nail-cutting simple. It is bigger than the little clippers we are all used to but small enough to hold in our hands like a stapler or scissors. According to the manufacturer, the clippers which feature swiveling blades, provide better control, positioning, and ease of use for people with back issues, arthritis, or vision loss. Price: \$29.99 at www.theclipperpro.com and Amazon.

*Advertise in
The Senior
Reporter's
CLASSIFIED &
PROFESSIONAL
SERVICE
DIRECTORY*

*Only
\$37.50,
mo with a 6-mo.
commitment*

*seniorreporter
ofoc@aol.com
or call
Bill Thomas at
(714) 458-5703*

SUGAR
DOESN'T
LOVE YOU



DUMP THE SUGARY TREATS.

Dump them in our bin and make a pledge to go treat free to reduce your chance of Type 2 Diabetes.

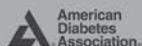
For more information:
www.diabetesnsw.com.au



86 MILLION
AMERICANS
MAYBE EVEN YOU,
HAVE PREDIABETES.
PERSON-ABOUT-TO-
FACT-CHECK-THIS-FACT.

DoIHavePrediabetes.org

Text KNOW to 97779



Message & Data Rates May Apply. Reply STOP to opt out.
No purchase necessary. Terms and Privacy: adcouncil.org/About-Us/Privacy-Policy

ADMIT
ONE

By Randal C. Hill

Movie Preview

'Dune'

In 1957, an Oregon newspaperman/Sci-Fi magazine writer named Frank Herbert made a trip to the town of Florence, Ore. He was there to gather information for a feature story about the wide-ranging dunes, shore pine trees, and beach grass that encompassed 40 miles of the central Oregon coast. What he saw inspired a story idea about a barren, distant planet called Arrakis.

The feature story was never written. Herbert spent six years creating *"Dune,"* then endured rejection from 20 publishers before the Chilton Co. (best known for its auto-repair manuals) accepted Herbert's massive manuscript in 1965. *"Dune"* became the world's most popular — and to many, the best — Sci-Fi novel ever. Five sequels also became best-sellers, but none would contain the impact of the original.

Seven attempts have been made to bring *"Dune"* to the big screen, the only commercial release until now being the critically trashed box-office bomb by David Lynch in 1984. Roger Ebert would proclaim it "a real mess."

The 2021 *"Dune"* is a new adaptation rather than a remake of Lynch's work, and the early buzz has WINNER writ large all over it. Director Denis Villeneuve (*"Blade Runner 2049," "Arrival"*) has managed to breathe life into Herbert's opus in a way that

most audience members will easily be able to follow the complex — some would even say convoluted — *"Dune"* storyline.

The focus of Herbert's 772-page epic is on young Paul Atreides (rising star Timothee Chalamet, whose breakout role came in *"Call Me By Your Name"*). He's a brilliant young man whose family has taken on the stewardship of Arrakis, a planet considered the most dangerous — and coveted — in the universe. Arrakis is the only source of *mélange*, the most precious resource in existence, a spicy drug that manages to unlock humanity's greatest potential.

Not surprisingly, powerful, and ruthless forces seek to wrest control of Arrakis and reap the benefits of *mélange* as well as control its trade. Atreides, born to fulfill a family prophesy, realizes he must conquer his near-crippling fears to effectively vanquish insurmountable foes.

The Warner Bros. film was, as with so many movies, delayed in 2020 because of the pandemic. Herbert's honored creation — it won the inaugural Nebula Award for Best Novel — opened in late October.

Drawing on elements of ecology, philosophy, and adventure, and powered by mind-bending psychedelic special effects, Villeneuve's offering (budgeted at

\$200 million) will cover the first 2/3 of Herbert's tome; Part 2 will conclude with the remainder of the story.

Pass The
Love On



Everyone knows
someone who
would love to
Adopt-A-Manatee.



1-800-432-JOIN (5646)
savethemanatee.org

Photo © David Schindler

ONE TIME
IS A BAD
PHOTO.
MANY TIMES
IS A SIGN.

LACK OF EYE CONTACT IS A SIGN OF AUTISM.
LEARN THE SIGNS OF AUTISM THROUGH THE EYE CONTACT SIGN.



susan g.
komen
FOR THE
cure

Busy Boomers

By Les Goldberg

No Lights and Sirens for These Cops

The Canadian Mounties made them famous, even glamorous. In the U.S., old western movie action featured the town sheriff and his posse chasing the bad guys with their trusty steeds.



According to a former police chief and mounted officer and now an adjunct professor at John Jay College of Criminal Justice in New York, there is still a need for mounted patrols despite the growth of autos and other technologies such as drones.

“For sheriff’s offices and smaller police forces in suburban or rural areas, the equines are the only means to traverse hilly woods or rugged deserts,” he said, adding: “They provide an advantage for patrolling and getting to areas we can’t get to in motor vehicles. A car just can’t get through some of the tight spaces.”

For those reasons, several law enforcement agencies maintain fully equipped and trained mounted police capabilities.

In Orange County, the Mounted Enforcement Unit (MEU) is an integral part of the Sheriff’s Department, providing high-profile patrol to parks, beaches, and special events. Operating out of the James A. Musick Facility in Irvine, the equestrian unit employs more than 20 members, including

sergeants, investigators, and deputies whose work is related to their regular duties. In addition, the MEU members utilize their personally owned horses during training and on assignment.

Recently, the MEU has expanded its role to include school education programs and a mounted color guard to honor the nation’s flag at special events, in parades, and at funerals.

Similarly, the Los Angeles County Sheriff’s Department uses its 180-person unit, comprised mostly of volunteers to patrol the county’s parks, for crowd control and regular policing operations.

According to Sgt. Joe Haertsch, “the equestrian unit I supervise may seem dated, and it might be deemed old technology, but it’s very, very valuable in the 21st century. We can do things deputies in patrol cars often can’t, like jump a curb, turn into a tight alley, or chase down a suspect who’s fleeing on foot through a narrow alley or path.

He added that most of the deputies and citizen volunteers

in the equestrian unit are horse people: “They grew up riding and made it part of their career.”

The 30 officers who belong to the Los Angeles Police Department are part of the Metropolitan Division’s special forces, said LAPD Lt. Tony Lomedico.

Each member of the mounted unit is required to have good marksmanship, maintain good physical fitness and be a skilled horse rider, he added.

“Among our primary duties are patrolling parks, quelling riots, and conducting search and rescue missions.”

Despite their usefulness in actual police functions, “in general, mounted units are more of a public relations tool than anything else,” said Michael Roth, a criminologist at Sam Houston State University in Huntsville, Texas.

“You can’t beat seeing a police officer on a horse in a public setting,” he said. “People like to see tradition and history, and this is one of the few things that connects modern policing to the past – seeing them on top of a horse.”

Happy Thanksgiving



American Heart
Association



unicef



Pets and People

The Taste of Fall—You Can Share With Your Dog

Now is the time for all things pumpkin: From pumpkin spice lattes and candles to pumpkin patches and carving, there's something pumpkin for everyone—including your four-legged friends. Now you can share your love of pumpkin with your pooch. Just like us, dogs go crazy over the taste of pumpkin," says Ronna Krahl, Vice President of Marketing—Companion Pet, Manna Pro Products, maker of Fruitables pet treats. "But what many people don't realize is that there are also a number of health benefits that come along with the tasty treat."

The Power of Pumpkin

Pumpkin isn't just a delicious treat. When fresh, it can be an excellent food for supporting digestive health and weight loss. Pumpkins are 90 percent water, which makes them naturally low-calorie. They're also rich in soluble and insoluble fiber, which helps promote satiety. The high fiber content coupled with the low calorie content makes pumpkin a terrific food to help your dog cut calories while feeling full.

Why is this so important? Well, according to the Association of Pet Obesity Prevention, 56% of dogs are overweight or obese. Since obesity leads to a decreased quality of life for pets, finding something as effective at supporting weight-loss as pumpkin can have exciting implications.



While your dog enjoys the irresistible flavor and aroma of pumpkin flavored treats, you can make delicious pumpkin cookies for yourself.

To that end, Fruitables has canned pumpkin digestive and weight-loss supplements that can help support your pet's digestive issues or weight-loss journey. The supplements feature fresh pumpkin and vitamins in an easy-to-feed format. Introducing your pets to the power of pumpkin can help them live their best lives.

Share the Love of Pumpkin

With the many benefits associated with feeding pumpkin, you can feel good about giving it to your dog. In fact, pumpkin is so beneficial for dogs that it's the first ingredient in 18 Fruitables pet products, including canned pumpkin supplements and a variety of dog treats.

"Our unique flavor combinations aren't just delicious for your dog, but for you and your family too," adds Krahl. "You can experience the same bold flavors with the Pumpkin Spice Lofthouse-Style Cookies with Yogurt Frosting reci-

pe inspired by the classic Fruitables Greek Vanilla Yogurt baked treats."

Pumpkin Spice Lofthouse-Style Cookies with Yogurt Frosting
Recipe by Stacie Billis
Makes 2 dozen cookies

2 cups all-purpose flour
1 tablespoon cornstarch
1¼ teaspoon pumpkin pie spice
½ teaspoon baking powder
¼ teaspoon baking soda
¼ teaspoon salt
½ cup (8 tablespoons) unsalted butter, room temperature
1 cup granulated sugar
1 egg, room temperature
1 cup unsweetened canned pumpkin puree
1 tablespoon sour cream
½ teaspoon vanilla extract
¼ teaspoon almond extract (optional)
1 cup (16 tablespoons) unsalted butter, room temperature
⅓ cup plain Greek-style yogurt, room temperature
1 tablespoon milk
Scant 1½ cups confectioners sugar, plus more to taste as desired

In a medium bowl, whisk together flour, cornstarch, pumpkin pie spice, baking powder, baking soda, and salt; set aside. Add butter and sugar to bowl of stand mixer fitted with paddle attachment. Cream until light and fluffy, about 3 minutes. Add egg and mix for another minute. Add pumpkin, sour cream, vanilla and al-

mond extracts. Mix until well combined.

Detach the bowl from the mixer. Using a silicone spatula, fold the dough once or twice so all ingredients are well combined and no flour streaks remain. Refrigerate dough for one hour up to overnight.

Prepare the frosting: In the bowl of a stand mixer fitted with paddle attachment, combine butter, yogurt, milk, and confectioners sugar. Beat until creamy and soft. Refrigerate.

Preheat oven to 350°. Line cookie sheet with parchment. Set it next to work area dusted with flour. Remove chilled cookie dough from refrigerator. With a medium (1½ tablespoon) scoop, divide dough into 24 even portions, rolling each in flour to keep it from sticking. Dust off excess flour. Place as many cookie dough balls on cookie sheet, about 2½ inches apart.

Flour the bottom of a glass and press each ball flat, to about ¾" thickness. Bake for 12 minutes. Let cookies rest on cookie sheet 2 minutes. Transfer to wire rack to cool. Repeat with remaining cookie dough balls. Remove frosting from refrigerator about 10-15 minutes before using.

Once cookies have cooled completely, frost each and cover with sprinkles. Serve immediately or store, with wax

paper between each cookie, in an airtight container at room temperature for up to 3 days.

For more facts, tips and recipes, visit www.fruitablespet.com/blog and @fruitables-pettreats.



Santa Catalina is Waiting for You

By Shana McCann

If you are reading this publication, you remember this song by The Four Preps:

*"Twenty-six miles across the sea
Santa Catalina is a-waitin' for me,
Santa Catalina, the island of romance,
romance, romance, romance ..."*

The thought of living so close to a beautiful island is one of the reasons why California, especially the southern part of the state, is a staying factor for its existing residents and a dream for out-of-staters.

You don't have to fly to Hawaii to enjoy the tropic-like environment when you can simply hop on one of the ferries or helicopters departing daily along the coastline for a fraction of the cost. Your transportation awaits at ports in Dana Point, Newport Beach, San Pedro, and Long Beach. If you're lucky, you might see dolphins or whales during your journey.



Once you get there, relaxed and without jet lag, your adventure can begin as soon as you set foot on the island. From shopping to thrilling adventures on a zip line or paddleboard, Catalina is brimming with activities and charming places to eat and spend the nights. If you are like me, the first place I'm



heading for is the beach to rest my weary bones while soaking up some rays. (Yes, those rays will have to puncture a thick layer of sunblock).

Avalon Bay



The island's main village, Avalon, is a town that makes you feel as though you've stepped back into a simpler place and time. Back in the 30s, chewing gum magnate William Wrigley Jr. was so enamored by Catalina, he chose the island as a Spring Training site for his beloved Chicago Cubs baseball team.

Just walking along the stretch of shops and cafes is a welcome escape from the hustle and bustle of the sprawling South Coast metropolis. Whether it's the pier or the bay or the little side streets, you can't escape the island's charm and hospitality.

One of the most popular things to do in Avalon is renting a



golf cart which is everywhere because car permits are very difficult to obtain. You can rent a four- or six-passenger cart to explore and discover the town at your leisure. There are no required routes, just your sense of adventure and imagination.

When in Avalon, you can't miss the iconic Catalina Casino, the beautifully restored circular Art Deco architectural jewel and historic treasure. Tours are available from informative guides who know the history and trivia of the building, including the Top Hat holders that are under the seats.

For the Birds



A lesser-known activity, but one of the most memorable on the island, is the Catalina Falconry Experience where you can get up close to some of the coolest birds of prey. The falcons are used to keep the pesky seagulls away without killing them. You also can learn how to hold and call a hawk to your gloved hand and meet and greet an owl. Have your camera ready.

For the heartiest tourist, a hike up a very steep hill will take you to the most stunning views

overlooking Avalon Bay, and to the former home of Wrigley and his wife, Ada. Their six-bedroom home is now an inn that is 400 feet above the Pacific Ocean. Down below is the baseball field where his Cubs trained.



For the ultimate experience, you can book a room and simply make a reservation for lunch on the patio or in the main dining room where the food has been rated exceptional.

COVID Precautions

In case you are wondering, the island is back in business, but Los Angeles County, which has authority over Catalina, recently reinstated an indoor mask mandate for all transportation to and from the island. Otherwise, all hotels and vacation rentals, retail shops, and recreational activities are open. The restaurants are also open for indoor and outdoor dining and take-out.

Happy sailing!



ACTING
IN YOUR
OWN
BREAST
INTEREST



Fabulous Finds

By Debbie L. Sklar

As you get ready for the upcoming holiday season you might want to check out these new **Fab Finds** to help you look and feel better.

From cosmetics created by Lady Gaga to all sorts of eco-friendly packaged products, there are some fun things to explore when you have time in between the chaos.

Trestique



Carbonfund.org Foundation reports **Trestique** cosmetics has launched the world's first 100% refillable zero-waste beauty system.

Trestique is committed to reducing its carbon impact by offsetting each product's carbon footprint, including shipping, individually by supporting Carbonfund.org's carbon offset projects.

Every Trestique component is designed to buy once and refill forever, endlessly customizable and reusable while being sustainably-packaged in a Forever Case made from 100% recycled material.

Made in Italy, with transparently clean formulas, every product is designed to buy once and refill forever.

Trestique has reduced the amount of virgin plastic in its packaging by more than 90%. Its full product line is made with an average of 86% recycled materials – the highest in the beauty industry. To learn more, visit www.trestique.com.

Fitglow



Indie beauty brand, **Fitglow Beauty** continues to pave the way toward groundbreaking, eco-conscious beauty sustainability with a new Refillable Palette 4-shade compact made from post-consumer plastic and 12 multi-use pressed shades in a recyclable paper compact.

The company says it is dedicated to turning trash into beauty with this special launch project made from 45,000 plastic water bottles (100% Post-Consumer Plastic) and recycled paper. This marks a pivotal point in the brand's history as it pivots toward its 2030 mission of reducing its carbon footprint and product

waste through eco-packaging initiatives including refillable, renewable sugarcane, post-consumer plastic, and aluminum packaging.

Skincare meets color in the Cloudberry Seed Oil and Squalane-infused pressed multi-use shadow release. Multi-use colors can be mixed and matched, and each pressed shadow shade comes in standard blush size eco-conscious paper compact for a sustainable makeup experience.

The skincare-forward formula is backed by science-based ingredients made to help your skin thrive with all-day pigment and benefits. Infused with Cloudberry Seed Oil, Bamboo, and Squalane, each shadow shade helps boost collagen and fights against the look of fine lines and wrinkles. The formula is vegan, cruelty-free, paraben-free, and made with organic ingredients, safe for all skin types. Visit www.fitglowbeauty.com

Lady Gaga's Beauty Brand



Lady Gaga's beauty brand, **Haus Laboratories**, intro-

duces its new luxuriously pigmented Love For Sale Shadow Palette. The versatile range of velvety mattes, lustrous shimmers, multi-dimensional metallics, and a universal "champagne" topper brings Lady Gaga and Tony Bennett's shared love for jazz to life through the artistic expression of makeup.

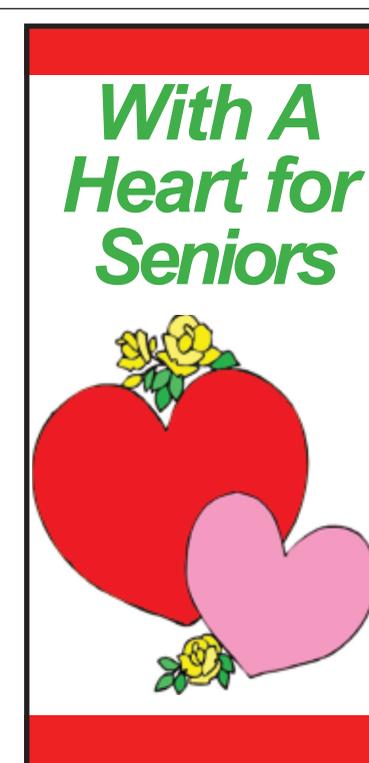
With its net-new, formulas and high-performance wear in universally flattering colorways, this limited-edition palette marks a next-level evolution for the brand.

Formulated in Italy, these high-performance pigments produce full coverage looks with the ultimate color payoff. What you see in the pans is what you get — created with pressing technology to optimize color affinity, the ultra-luxe, creamy textures only need one swipe for the unparalleled pan to skin true color and adhesion with minimal fallout.

The vegan and cruelty-free formula offers 18 shades ranging from plush mattes to iridescent, pearly shimmers, extraordinary metallics, and a sheer topper for an ethereal lustrous effect on all skin tones.

The multi-purpose shades can be applied as a highlighter, eyeshadow, or eyeliner for ultimate versatility.

Amazon.com says for every limited-edition "Love For Sale" palette sold on hauslabs.com, Haus Labs will donate \$1 to Tony Bennett and Susan Benedetto's Exploring the Arts organization, in support of its mission to transform the lives of the youth through arts education. Visit www.hauslabs.com



Myths and Realities

The Curse on the House of Grimaldi

Long before American actress Meghan Markle married into the British royal family, another famous actress, Grace Kelly, became a princess when she married Prince Rainer III of Monaco.

Like Markle, Kelly brought a global spotlight on the royal family she was marrying into. That marriage, however, was under an ancient cloud Her Most Serene Grace may not have known about.

Unhappy Endings

Princess Grace and Prince Rainier married in 1956, and had three children—Caroline, Stephanie and Albert. But the fairy tale ended in 1982 when young Stephanie and her mother were in a car crash, killing Princess Grace. Prince Rainier was understandably heartbroken and never remarried. He died in 2005 at 81.

Over the years, Caroline, Stephanie and Albert have had a succession of very public romances, divorces, illegitimate children and even deaths, including the tragic death of Caroline's husband, Stefano Casiraghi, in a powerboat racing accident.

Is it just bad luck or could there be another explanation for the dark cloud over the Grimaldi family?

Founding A Dynasty

The Grimaldi family, which has ruled Monaco for eight centuries, is Europe's longest

ruling family. It was founded in 1160—861 years ago. The Grimaldis descended from Grimaldo, a Genoese statesman at the time of the Crusades. His numerous descendants led expeditions throughout the Mediterranean, Black Sea and North Sea and quickly become one of the most powerful families in Genoa.

The Wronged Woman's Curse

But it wasn't all smooth sailing. The tragedies that have plagued the family over the last several years mirrored that of Grimaldis over history. Why? One theory is based on a long-standing legend which dates back seven hundred years and claims that a Flemish woman cursed the family for generations to come after being raped by a Grimaldi. According to the legend, the woman was said to have proclaimed that "never will a Grimaldi find true happiness in marriage."

This legend has a tendency to resurface any time there is strife in the house of Grimaldi. Such is the case when rumors circulated that there is trouble between the currently reigning prince, Albert II, who ascended to power in April 2005, and his wife, Princess Charlene. After Charlene announced she would miss her 10th an-



niversary with Albert due to a medical procedure she needed to get while visiting South Africa, separation rumors started swirling. Princess Charlene has been in South Africa since mid-May and now says she'll return at the end of October; however, there have been reports that she has been house hunting near Johannesburg.

What Will Their Future Hold?

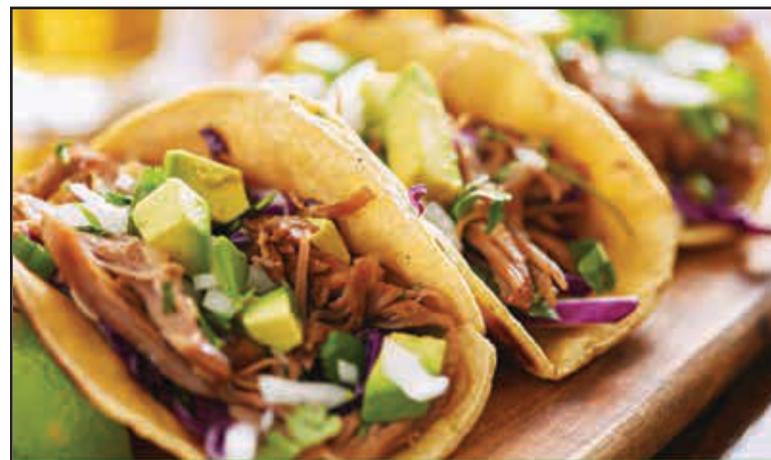
Will the Grimaldis see yet another breakup and heartbreak? Or will the ancient curse just be a myth that persists as the generations of royals go through their own trials and tribulations?

Learn All About It

You can discover more about the royal family of Monaco in an engaging three-part documentary called "Inside Monaco: Playground of the Rich." Available exclusively on True Royalty TV, this documentary features an inside look at life in this wealthy principality.

Where To Watch

Find True Royalty TV on Amazon Channels, The Roku Channel Store, on streaming apps and on www.trueroyalty.tv.



Age Well
Senior Services
A MONROE COUNTY SENIORS COUNTY SERVICE

Senior Cuisine Delivered™

Get The Best Local
Restaurants Delivered
Right To Your Door.

Exclusive Affordable Meal Program. For Orange County Residents 50+, Caregivers & Dependents.

Eat better while spending less with Age Well's Senior Cuisine Delivered. Lunch & dinner from your favorite local restaurants. One, Three, & Five Day Meal Plans! Gift cards available. Get \$5.00 off your first order when you invite a friend.

Delicious • Affordable
Nutritious • Convenient

Sign up today at
www.myagewell.org



JUST
\$10.95
PER MEAL



Are you 55 years or older?

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

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

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

To access services, you must:

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

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

