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SEPTEMBER 2026 "Serving The Needs of Orange County & Long Beach Seniors Since 1974"



Dick Van Dyke

"If I'd known I was going to live this long, I would have taken better care of myself."
— Dick Van Dyke

What's Inside ...

Dick Van Dyke.....	4
Flashback.....	5
The Magic of Old Hollywood	7
Savvy Senior	8
On the Road Again.....	11
Classified & Professional Service Directory.....	16-17
Calendar of Events	18
Gadget Geezer	19
Off The Beaten Path.....	21
In The Spotlight	23
Cooking Corner	27
Movie Review.....	28
Fabulous Finds	31
Life After Mother	32
Take a Hike.....	35
Busy Boomers.....	36
Song Preview.....	37
Book Club.....	40

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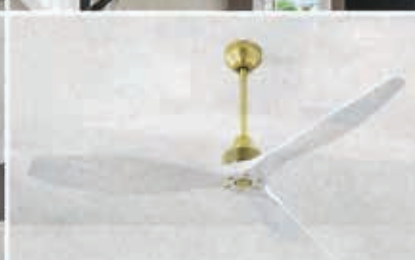
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Dick Van Dyke: 100 and Counting

By Les Goldberg



Photo courtesy of Public Domain Pictures.

Out of West Plains, Mo., emerged one of the most renowned, best loved entertainers of all time. There is no award he hasn't won, no medium he hasn't conquered with his unmatched talents as an actor, comedian, singer, dancer and writer.

Of course, we are talking about the legendary Dick Van Dyke, who is now a Centurian.

Best known for his iconic roles in the 1960s, including his own "*Dick Van Dyke Show*," "*Bye Bye Birdie*," "*Mary Poppins*," "*Chitty Chitty Bang*" and so many others, Van Dyke today is lucky to be alive, not just from

his life's natural endurance, but from the wildfires that forced him to evacuate his homes last year in Malibu and the Pacific Palisades.

As he tells it, "I was trying to crawl to (my) car. I had exhausted myself. I couldn't get up. Three neighbors came and carried me out."

A few months before the fires and just days before his 100th birthday, Van Dyke described his longevity in an interview with the press by saying "I've made it to 99 in now small part because I have stubbornly re-

Continued on page 6



‘Were You in the Mood for a Ring?’

By Randal C. Hill

Every decade has its fads—in-tense and often silly crazes that set the popular culture ablaze only to quickly flame out and disappear overnight. The 1950s saw the coming and going of 3-D movies, Davy Crockett caps and Hula Hoops. Mini-skirts, lava lamps and tie-dyed clothing helped to define the next decade. The 1970s brought us Pet Rocks, water beds and mood rings.

Ah, yes. Mood rings. How cool were those! Pieces of jewelry that claimed to change color to reflect a wearer’s emotional state. If you were happy, your band turned blue. Brown meant that you were a grouch. Black? You lived under a cloud of gloom. (Cheer up, please!)

The fact that mood rings responded to body temperature rather than emotions didn’t seem to concern anyone.

What do you remember about these once-hot hoops? They hit their popularity peak in the summer and fall of 1975, and, in addition to the rings themselves, additional mood-revealing items offered included mood nail polish, mood shoes, and mood underwear. (One assumes that the last-mentioned involved the smallest audience.)

While the rage was fresh and exciting during the middle of the decade, the technology it-

self was old hat. Inside the “quartz stones” was heat-sensitive liquid crystal, chemically synthesized from grease extracted from sheep’s wool. Sheep’s wool had also been utilized in an earlier craze: 3-D glasses.

Okay, so what was unique about these baubles? One answer is that they were associated with the psycho-spiritual gibberish of the time. For this, we can praise or blame (depending on your point of view) a business-driven Wall Street dropout named Joshua Reynolds.

During a search to overcome debilitating anxieties, Reynolds had discovered biofeedback—a modulating of one’s brain-wave emissions. This led him to establish Q-Tran (“Tran” for tranquility), a meditation center in the Big Apple. Here stressed-out patrons were promised relief if they were hooked up to a complicated biofeedback machine. But a pair of problems clouded the picture: the machine was jaw-droppingly expensive, and it broke down with seeming regularity.

Reynolds countered both issues with a simple solution: create a “portable feedback aid” in the form of a band that featured about a dime’s worth of liquid crystal. He hired a press agent, convinced the cosmetic company Faberge to back him, and soon found himself rocketing to pop-culture popularity.

For a while, mood rings reigned as the ultimate “in” item. On the first day they went on sale at Manhattan’s posh Bonwit Teller department store, 1,000 rings were snapped up at \$45 each (around \$275 in today’s money). By the end of the year, 15 million had been sold. The knick-knacks ranged from \$5 knock-offs to 14-karat-gold specialties with a \$250 price tag. Superstar celebrities (Paul Newman, Barbra Streisand, Muhammad Ali) vouched for them. Muhammad even wrote a poem about his.

Eventually, mood rings ended up on the slag heap of discarded fads once deemed essential to coolness. Today they are only remembered with a smile, and possibly—or probably—a bit of embarrassment.

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Dick Van Dyke

Continued from page 4

fused to give into the bad stuff in life: failures and defeats, personal losses, loneliness and bitterness, the physical and emotional pains of aging ...being alive has been doing life – not like a job but rather like a giant playground.”

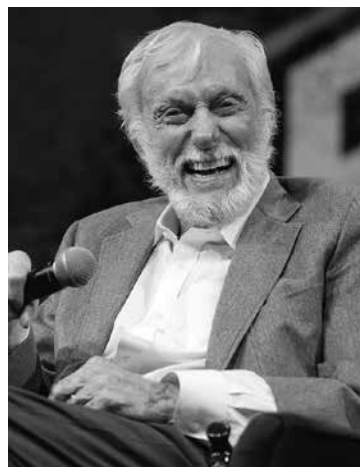


Photo courtesy of Wikimedia Commons.

His longevity is also remarkable considering the fact that he overcame alcoholism in the early 70s and had been a heavy smoker for most of his adult life.

Based on his pure energy, enthusiasm, comedic talent and zest for life throughout his storied career, Van Dyke is a true American treasure.

Asked who influenced him to become an entertainer, he cites Stan Laurel, Buster Keaton and Carl Reiner. And those who idolized Van Dyke include such big stars as Bryan Cranston, Jim Carrey, Conan O'Brien, Chevy Chase, Steve Martin and others.

A descendent of Mayflower passenger John Alden and younger brother of fellow actor Jerry Van Dyke, Richard Wayne Van Dyke of Danville,



Photo courtesy of Wikimedia Commons.

Ill. got the entertainment bug in high school where he was part of the school choir and drama club. He was forced to drop out of high school in his senior year during World War II.

His goal was to become a pilot for the U.S. Army Air Forces, but he later decided to join the Special Services where he built and painted sets and performed for military personnel in Texas. He also served as a radio announcer before being discharged in 1946. He received his high school diploma in 2004.

During the late 40s, he landed jobs as a mime performer, morning disk jockey and radio talk show host. In the 50s, he worked on TV as a comedy program emcee and performer on various network programs like the “*Phil Silvers Show*,” “*The Polly Bergen Show*” and “*The Pat Boone Chevy Showroom*.”

Following his first Broadway appearance in “*The Girls Against the Boys*” in 1959, Van Dyke’s career took off with his Tony-winning performance in “*Bye Bye Birdie*” in both the Broadway and movie productions.

Meanwhile, in 1964, his name would be further embellished with his starring role in the Walt Disney classic movie hit, “*Mary Poppins*,” in which he played a chimney sweep and other characters. His singing of the hit song, “*Chim Chim Cher-ee*,” earned him a Grammy.

During the 70s and 80s, his voice turned “*The New Scooby-Doo*” animated movies into an Emmy-nominated TV series, and his dramatic talents were on display in the television movie “*The Morning After*,” an episode of *Columbo* and the made-for-cable remake of “*The Country Girl*” with Faye Dunaway.



Photo courtesy of PICRYL.

Van Dyke totally reversed his usual comedic demeanor again when he played a murdering judge on a “*Matlock*” TV episode. In the late 90s, he took on such characters as District Attorney Fletcher in “*Dick Tracy*,” as Dr. Mark Sloan in “*Jake and the Fatman*,” and as Lieutenant Detective Steve Sloan in the popular TV drama “*Diagnosis: Murder*.”

That role led to more starring roles, including the made-for-

Continued on page 8



The Small-Screen Vote for Charm: Rediscovering



Photo courtesy of Plex.

When *The "People's Choice"* premiered on NBC in October 1955, American television was undergoing a rapid transformation. The era of live broadcast theater and vaudeville-style variety hours was making way for filmed, suburban narrative comedies. Amidst this mid-century shift came a bright, engaging half-hour sitcom that blended small-town politics, romantic tension, and one of the earliest breakout animal novelty acts in television history. Starring former child icon Jackie Cooper, *The "People's Choice"*

ran for three successful seasons through 1958, capturing a unique slice of 1950s Americana while marking a pivotal transition in its star's legendary Hollywood career.

A Star Reinvented: From Child Icon to Leading Man

To fully understand the appeal of *The "People's Choice,"* one must look at its lead actor. Jackie Cooper had been a household name since early childhood. As a breakout star of Hal Roach's *Our Gang* shorts and an Academy Award nominee at age nine

for *Skippy* (1931), Cooper was deeply ingrained in the public consciousness as an earnest, teary-eyed youth.

By the mid-1950s, however, Cooper faced the notorious challenge that confronts almost every child actor: transitioning into a viable adult career. After a stint serving in the U.S. Navy during World War II and working on stage, *The "People's Choice"* provided Cooper with the ideal platform to re-establish himself. Playing natural, affable, and slightly exasperated young men suited his natural comedic timing. He was no longer the child star of yesterday; he was a relatable, charismatic adult leading man for the suburban television age.

Small-Town Politics and Secret Romance

The premise of *The "People's Choice"* centered on Herbert "Sock" Miller (Jackie Cooper), an idealistic, honest young veteran living in the fictional city of New City, California. Sock earns his living as an ornithologist for the state fish and game department—a detail that frequently brought lighthearted eccentricities to the plot. However, his life takes a sharp turn into civic responsibility when his fellow townspeople elect him to the city council as a reform candidate.

This political backdrop set up the show's core domestic tension. Sock falls in love with Amanda "Mandy" Peoples (played by Patricia Breslin), the bright and practical daughter of New City's conservative may-

Continued on page 34

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by Jim Miller

Savvy SENIOR

Flu Shots for Seniors: What's New This Fall

Dear Savvy Senior,

I always get my annual flu shot, but I never know whether I'm getting the right one. Can you explain which flu vaccine is best for seniors this fall and whether there are any other recommended vaccines I should get?

— Trying to Stay Healthy

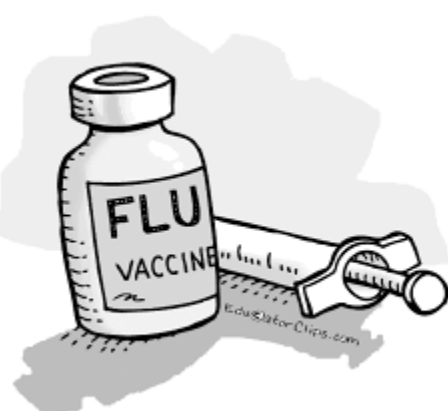
Dear Trying,

If you're 65 or older, getting your annual flu shot is one of the most important things you can do to protect yourself during flu season. But with new vaccines and changing recommendations, many older adults aren't sure which shots they need.

The good news is that this fall's advice for seniors is simple: Get an enhanced flu vaccine, and use the opportunity to make sure you are up to date on other important vaccines, including RSV, pneumonia, shingles and, depending on your health situation, COVID-19.

Best flu shot for seniors

Influenza can be especially



dangerous for older adults. As we age, our immune systems don't respond as well to infection, which is why people 65 and older account for most flu-related hospitalizations and deaths.

The Centers for Disease Control and Prevention (CDC) recommends that adults 65 and older receive one of three enhanced flu vaccines instead of a standard-dose shot: Fluzone High-Dose, Fludax or Flublok.

Each of these vaccines is designed differently, but all produce a stronger immune response in older adults. Studies have not shown that one works better than the others, so there's no need to wait for a specific brand. The important thing is

to get one of these enhanced vaccines when it's available.

Also new for the 2026-27 flu season is Moderna's mFLUSIVA, the first mRNA flu vaccine authorized in the United States. It is fully approved for adults ages 50 to 64 and has received accelerated approval for those 65 and older, pending additional study results. While mRNA technology could eventually allow flu vaccines to be updated more quickly to match circulating strains, adults 65 and older should continue to follow CDC recommendations and choose one of the three enhanced flu vaccines whenever possible.

The best time to get your flu shot is September or October, but it's not too late if you miss that window. Even a flu shot in November or later can still provide valuable protection.

Medicare Part B covers one flu shot each flu season at no cost when it's given by a Medicare-participating doctor, clinic or pharmacy.

Other vaccines

While you're getting your flu shot, it's also a good time to review your other vaccinations with your healthcare provider or pharmacist.

The CDC recommends a one-time RSV vaccine for everyone age 75 and older, as well as adults ages 50 through 74 who are at increased risk for severe RSV illness. Medicare Part D covers RSV vaccines.

Adults age 50 and older who have not received a pneumococcal vaccine should also consider getting protected against serious forms of pneumonia. The preferred options are Prevnar 20 (PCV20) or Capvaxine (PCV21). Most people need only one dose, and Medicare Part B covers these vaccines.

If you have not received the Shingrix shingles vaccine, it is another important vaccine to consider. The two-dose vaccine is more than 90 percent effective at preventing shingles and the painful nerve problems that can follow. Medicare Part D covers both doses.

COVID-19 recommendations have become more individualized in recent years, but older adults remain at higher risk for serious illness. Talk with your healthcare provider about whether an updated COVID vaccine is appropriate for you. Medicare Part B covers COVID vaccines.

Vaccine timing

Flu, RSV, COVID-19 and other recommended vaccines can generally be given during the same visit. But if you're concerned about temporary side effects such as fatigue, muscle aches or a sore arm, ask your healthcare provider or pharmacist about spacing them out. To find pharmacies and other providers offering vaccines near you, visit [vaccines.gov](https://www.vaccines.gov).

Send your questions or comments to questions@savvysenior.org, or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.

Dick Van Dyke

Continued from page 6

TV movie *"The Gin Game,"* a doctor in *"Scrubs,"* and the *"Dick Van Dyke Show Revisited"* which received a Prime-time Emmy nomination in 2004. Playing with his son Barry, he portrayed a college professor in a Hallmark *"Murder 101"* mystery, followed by roles in the film *"Curious George"* and *"Night at the Museum: Battle of the Night at the Museum."*

In 2010, Van Dyke changed gears to tap into his love of music by appearing on a children's album, *"Rhythm Train,"* with members of the Red Hot Chili Peppers, producing a solo album, *"Step (Back) In Time,"* and recording a Christmas album with actress Jane Lynch in 2017.

At age 97, in 2023, he competed in season nine of *"The Masked Singer"* in a highly anticipated episode that was promoted as "the most legendary, decorated and beloved unmasking in history." It lived up to its billing when he received a lengthy standing ovation from the audience. He was the oldest person ever to complete in the series.

Van Dyke has since been honored for his career in a CBS special, *"Dick Van Dyke: 98 Years of Magic,"* in the PBS *"American Master"* series, a special documentary of his life for his 100th birthday.

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On the Road Again ...

Riding the Rails Across Canada

By Shana McCann

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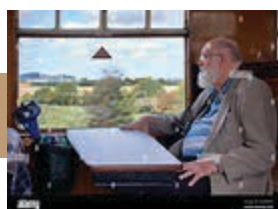
If you select the popular VIA Rail Canadian trip, your first day can be spent touring Vancouver and taking either the city or food tour, a day trip to Victoria and or a whale-watching cruise.

On Day 2, you’ll have time in the morning to continue sightseeing in Vancouver before boarding the train.

Day 3 includes one of the most scenic vistas of the entire trip, as the train follows the Fraser and North Thompson Rivers through the Canadian Rockies. Your chances of seeing wildlife are strong, including bear and moose, with the snow-capped mountain peaks in the background.

Day 4 takes you through “The Prairies” featuring hills, lakes and rivers, and the famous Watrous mineral hot springs.

You will also pass through Winnipeg, the capital of Manitoba and home of the Canadian Museum of Human Rights.



Day 5 is a journey through what is known as the “Canadian Shield”, one of the world’s largest continental shields, with vast expanses of exposed Precambrian rock and beautiful lakes. The terrain alternates between gently rolling hills and flat landscape which was the scene of glacial activity millions of years ago. A highlight of the area is Longlac on the northern tip of Long Lake, an historic canoe route for fur traders.

Day 6 and 7 is all about Toronto. Once you disembark the train, you are free to find a hotel, peruse the iconic markets, such as the St. Lawrence and Kensington markets, and visit the Casa Loma Royal Ontario Museum, the Art

Tower to look out over Toronto from the 114th floor or take the ferry across Lake Ontario. And, of course, dining is like visiting the finest eateries in Paris.

Day 10 is for exploring Montreal and its more than 200 points of interest. Tour highlights include the Notre Dame Basilica, the historic Old Montreal and the Olympic Complex. In the afternoon you’ll hop back on the VIA Rail Corridor Service

Continued on page 25

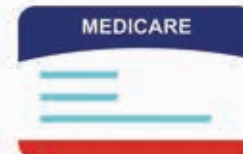
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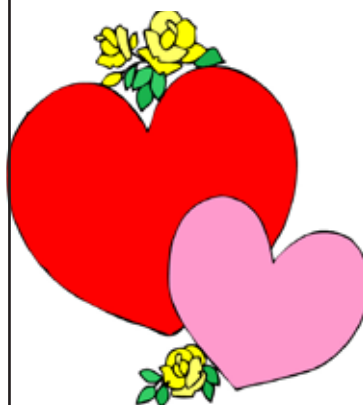
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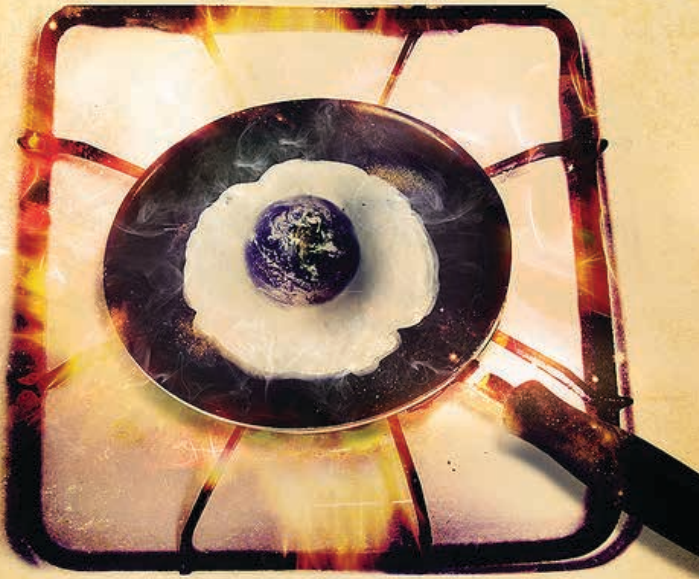
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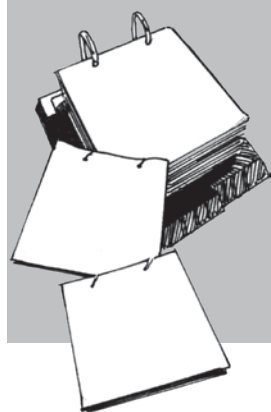
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SEPTEMBER Calendar of Events



September brings the return of fall favorites, food festivals, cultural celebrations, family activities and plenty of opportunities to get out and enjoy Southern California. Here are some events happening throughout the month.

**Primetime Players:
'Those Naughty Seniors'
Lakewood
Tuesday, Sept. 1
11 a.m.**

The Long Beach Primetime Players will present "Those Naughty Seniors," a free live theater performance for seniors and the community. Admission is free, and donations are welcome.
Location: Weingart Senior Center at Mayfair Park, 5720 Clark Ave., Lakewood.
Info: Jim Meyer at (714) 269-7496.

**Primetime Players:
'Those Naughty Seniors'
Long Beach
Wednesday, Sept. 2
11:30 a.m.**

The Long Beach Primetime Players will present "Those Naughty Seniors," a free live theater performance for seniors and the community. Admission is free, and donations are welcome.
Location: Alpert Jewish Community Center, 3801 E. Willow St., Long Beach.
Info: Jim Meyer at (714) 269-7496.

**Huntington Beach Civil War Days
Huntington Beach
Sept. 5-6
Opens 10 a.m.**

The Huntington Beach Historical Society presents its 31st annual Civil War Days Living History Event, featuring hundreds of volunteers portraying people from various walks of life and recreating aspects of Civil War-era life. The event is free to the public.
Location: Huntington Beach Central Park, on Gothard Street between Slater and Talbert.
Info: hbhistory.org

**International Street Fair
Orange
Sept. 4-6 Labor Day weekend**
Enjoy international food, crafts, folk dancing, music and entertainment at this annual celebration.

The four-square-block event surrounds the historic Orange Plaza.
Location: Chapman Avenue and Glassell Street, Orange.
Info: orangestreetfair.org

**Wiener Dog Race at Old World Village
Huntington Beach
Sept. 6
10 a.m. to 2 p.m.**

The "Inge Invitational" Race & Pet Expo features dachshunds racing to the finish line, along with family activities and pet-related vendors.
Location: Old World Village Festival Hall, 7561 Center Ave. No. 49, Huntington Beach.
Info: OldWorldVillage

**Annual Original Lobster Festival
Fountain Valley
Sept. 11-13**
Fresh Maine lobsters are flown in daily and prepared at this annual food festival.
Location: Fountain Valley Sports Park, 16400 Brookhurst St., Fountain Valley. Free parking.
Info: originallobsterfestival.com

**Maritime Festival
Dana Point
Sept. 11-13**
The festival features Tall Ships, cannon battles, pirate and mermaid activities, live music, food, vendors, reenactors and more.
Location: Dana Point Harbor/Ocean Institute. Shuttle service is

available from Salt Creek Beach Park and Dana Hills High School.
Info: 949-496-2274 or maritime-fest.org

**Creep It Real Nostalgic OC EXPO
Santa Ana
Sept. 11-13
Noon to 6 p.m.**

Celebrate 1980s and 1990s Halloween nostalgia with more than 120 themed vendors, live entertainment, celebrity appearances, photo opportunities and roaming characters.
Location: Heritage Museum of Orange County, 3101 W. Harvard St., Santa Ana.
Admission: \$7 for ages 13 and older.
Info: creepitrealoc.com

**Murder Mystery Scavenger Hunt
Old Town San Diego
Sept. 12
11:20 a.m.**

Arrive by 11 a.m. for this walking mystery in which teams follow clues, solve puzzles and investigate suspects while exploring Old Town San Diego. Designed primarily for adults.
Info/Tickets: murdermystery-scavengerhunt.com. Use promo code OCNET for 25% off.



**Oktoberfest
Huntington Beach
Sept. 12-Nov. 8
Wednesday-Sunday**

Old World Village celebrates Oktoberfest with German food, imported beer, live German music, competitions, games and other festivities.
Location: Old World Village Festival Hall, 7561 Center Ave., Huntington Beach.
Info: oldworldhnb.com

**Fiestas Patrias Festival and Parade
Santa Ana
Sept. 12-13**

Celebrate the area's Hispanic and Latino communities with a street fair, live music, food, carnival rides and cultural exhibits.
Location: Downtown Santa Ana, along Flower Street between Civic Center Drive and Santa Ana Boulevard.
Info: santa-ana.org

**Murder Mystery Scavenger Hunt
Laguna Beach
Sept. 19
11 a.m.**

Arrive by 10:40 a.m. Teams follow clues through downtown Laguna Beach, including Main Beach, Heisler Park, Browns Park and the area around PCH and Forest Avenue, to solve a murder mystery.

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Continued on page 27

The Gadget Geezer

By Les Goldberg

To Buy or Not to Buy an EV?

With gas prices at record highs, especially here in Southern California, electronic and hybrid vehicles are becoming more attractive as an alternative means of transportation for consumers.

I remember a few years ago when EVs first arrived on the scene, the buying decision was based on more cons than pros. The big questions at the time were: How far can they travel on a charge? Where are the charging stations? Can I afford them? Not to mention: There were only a couple of brands to choose from?



Fast forward to today. Automakers are now offering a variety of models, from the modest prices to the highest, some with driving ranges up to 430 miles, increased power with most features found in their gas-guzzling competition. And the charging situation is steadily improving with EV facilities being installed in convenient locations.

So, if you are interested in saving money at the pump and are considering “going electric, here are some of the top EV



Photos courtesy of Car & Driver Magazine.

brands as determined by the expert reviewers at “Car and Driver” magazine:

Chevy Bolt

At a starting price of \$29,000, Chevy’s Bolt is the lowest priced EV on the market, but with standard features to keep you safely on the road for about 230 miles between charges. It has a 220-horsepower front-wheel drive powertrain, or you can opt for a 300hp, 307-mile range model for a slighter higher price.

Nissan Leaf

The newest version of the Nissan Leaf EV features a single 214hp electric motor to drive the front wheels. Driving range is up to 300 miles, and the small SUV boasts modern styling, from the wheels up to the sloped roof line, unique lighting elements and several interior improvements including entertainment and driver-assistance features. The basic S+ trim model is just over \$31,000.

Toyota bZ

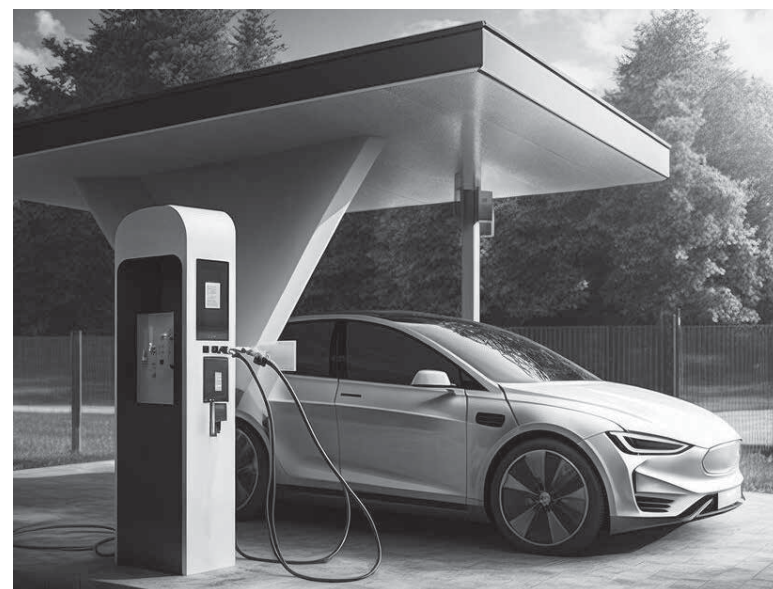
This year’s compact EV from Toyota comes with an improved electric powertrain, charging technology and interior layout. Power is generated at 221hp for the front-wheel drive model, while the all-wheel drive version packs 338hp. Depending on which model you choose, you can expect driving ranges between 236 and 314 miles between charges. Prices start at \$36,500.

Hyundai Ioniq 5

One of the best-selling EVs on the market today is the Hyundai Ioniq 5. For a starting price of \$36,262, it delivers on range (245-318 miles), horsepower (225) and comfort with five seats and functional interior design. It comes in only one exterior color, Digital Teal, and one interior color, black. Buyers also get a battery warranty of 120 months or 100,000 miles.

Toyota C-HR

Returning this year after its



discontinuance four years ago, the Toyota C-HR is back with a new look and an electric powertrain. In the subcompact category, it features two electric motors, one in front and the other in back, which allows for its all-wheel drive and 338 horsepower. On a full charge, the vehicle will go about 287 miles between charges available at any Tesla Supercharger ports. Price: \$38,595.

Tesla Model 3

For simplicity and the no-frills approach to EV construction and design, Tesla’s Model 2 continues to set the bar in the electric vehicle category with its core strengths of quick acceleration, long-range (309-363 miles), and fast charging times. Distinguishing features are the simplified instrument panel and a center-mounted display for the speedometer and gear selector.

If you decide to purchase a Tesla, don’t think you’re going to go to a showroom, kick the tires

and bargain with a salesperson. Instead, you will be going on the Tesla website, choose the trim package, place a deposit, get an estimated delivery time, finalize payment or financing and prepare to pick up your new car at a delivery center near you.

Kia EV6

Climbing on the sales charts is the Kia EV6 SUV with its spacious five-seat passenger interior, choice of rear or all-wheel powertrain and contemporary design inside and out. The Light Standard Range (237-319 miles) single motor base model provides strong acceleration and plenty of horsepower.

It also features fast charging speeds, taking the battery from 10 to 80 percent in 20 minutes or less. Price: \$39,445.

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Continued on page 28



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PASADENA, Calif., Sept. 1, 2026 – Tournament of Roses Parade fans can buy "the best seats in the house" without camping out for days on the streets of Pasadena, Calif. in hopes of nabbing a great parade-watching spot. That's right. While tickets last, reserved grandstand seats for prime parade viewing are available through Sharp Seating, the ONLY Official Seating and Ticket Company of the Tourna-

ment of Roses Parade for more than 85 years.

The 138th Tournament of Roses Parade will roll through the streets of Pasadena on Friday, January 1, 2027. This immensely popular event that attracts 40+ million TV viewers and more than a million visitors from around the world to Pasadena annually will be here in no time.

Parade fans wishing to secure

reserved grandstand seats are urged to place their ticket orders now for the best selections. Tickets are going fast for seating at what is historically known as "TV Corner," which offers the same views seen on Rose Parade television broadcasts. Prices range from \$82-\$133 per seat, depending on location, plus \$57.50-\$67.50 for a parking permit.

"The Tournament of Roses is one of the greatest spectacles

in the world," said Sharp Seating President Sindee Riboli. "Nothing else compares with its magnificent floral floats, high-stepping marching bands and exceptional equestrian units. Musicians and equestrians from around the globe compete to be in the Rose Parade, so viewers really enjoy the best of the best. While the floats look beautiful on television, they are breathtaking to see live. It's truly a not-to-be missed, experience of a lifetime."

Sharp Seating also provides tickets for a variety of pre- and post-parade events. Fans can purchase tickets for close-up previews of the Rose Parade's legendary floats while the finishing touches are being applied at Decorating Places December 28-30, 2026. Additionally, tickets are available to view the floats on display after the parade at Floatfest held January 1-3, 2027.

Another crowd-pleaser, Bandfest will feature bands from

around the world showcasing their musical and marching talents with performances at Pasadena City College's football stadium Tuesday, December 29, 2026, at 2:00 p.m.; and two shows Wednesday, December 30, 2026 – 10:00 a.m. and 2:00 p.m.

At EquestFest — happening Tuesday, December 29, 2026, 10:00 a.m. – 3:00 p.m., at the Los Angeles Equestrian center — horse-lovers can meet many of the equestrians they will see on the parade route January 1st, and take photos with their beautiful horses. Visitors will also enjoy riding demonstrations and equestrian drills, as well as ongoing exhibits, musical performances and great food.

For more information or to purchase tickets to the Tournament of Roses Parade and other events, visit www.sharpseating.com or call (626) 795-4171. Sharp Seating recommends advance ticket purchases for all events as they often sell out quickly.



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10 Things to Know About September



Photo courtesy of Pixabay.

September may signal the unofficial end of summer, but the month has plenty of history, traditions and interesting connections of its own. Here are 10 things you may not know about the ninth month of the year.

1. September wasn't always ninth.

The name comes from the Latin word *septem*, meaning seven. In the ancient Roman calendar, September was the seventh month. January and February were later added to the calendar, moving September into the ninth position.

2. Labor Day arrives first.

In the United States, Labor Day is observed on the first Monday in September. In 2026, it falls on Sept. 7. The federal holiday

recognizes the contributions of American workers.

3. It's the month of the autumnal equinox.

The September equinox marks the astronomical beginning of autumn in the Northern Hemisphere. In 2026, it occurs on Sept. 22 at 5:05 p.m. Pacific Daylight Time. At that moment, the sun crosses the plane of Earth's equator as it moves southward.

4. September has two birth flowers.

The traditional birth flowers associated with September are the aster and morning glory. Asters are associated with love and wisdom, while morning glories are known for their colorful, trumpet-shaped blooms.

Continued on page 28



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In The Spotlight

By Debbie L. Sklar

The Things We Stop Doing After 50 — and Why We Should Start Again

September has a way of making us think about new beginnings.

The grandkids are back in school; summer vacations are winding down; the weather eventually cools and there is something about the changing calendar that makes us want to get organized and perhaps try something different.

But somewhere along the way, many of us begin putting limits on ourselves.

We decide we're too old to learn something new. Too old to make new friends. Too old to go somewhere alone. Too old to change our style, take up a hobby or simply do something we've never done before.

Who made those rules?

Turning 50 — or 60, 70 or beyond — doesn't mean life has to become smaller. In fact, it can be a good time to revisit some of the things we stopped doing and ask ourselves whether we really needed to stop in the first place.

Make New Friends

Making friends was easier when we were younger. School, work, children's activities and neighborhood life provided

built-in opportunities to meet people.

Later, those opportunities can disappear.

That doesn't mean friendships have to.

Try a class, walking group, volunteer activity, book club or community organization. The National Institute on Aging notes that staying connected with others can support well-being, and that taking a class or learning something new can be a way to meet people.

And don't worry if your new friend is 10 years younger or 15 years older. Friendship doesn't require matching birth certificates.



Learn Something You're Not Good At

At some point, many adults become reluctant to be beginners. We don't want to look foolish. We don't want to struggle with technology, stumble through a dance class or admit that we've never learned how to play an instrument.



Photos courtesy of Pixabay.

But being a beginner can be good for us.

The National Institute on Aging specifically notes that older adults can continue learning new skills and that activities such as learning photography or quilting have been associated with improvements in memory. Social activities such as dance classes and book clubs can also provide opportunities to keep the brain engaged.

So, sign up for the class.

You don't have to become an expert. You just have to show up.

Go Somewhere Alone

For some people, eating at a restaurant alone feels awkward. Going to a movie alone feels even stranger. And taking a day trip by yourself? Forget it.

But there is something liberating about discovering that you don't need to wait for someone else's schedule to enjoy yourself.

Have lunch at the restaurant you've been meaning to try. Visit a museum. Go to a matinee. Browse a bookstore. Take yourself somewhere you've always wanted to go.

Being comfortable with your own company isn't the same as being lonely.

Change Your Routine

Routine can be comforting, but too much of it can make life feel like a series of repeats.

Take a different route. Try a new restaurant. Visit a neighborhood you've never explored. Take a walk somewhere different. Rearrange a room. Pick up a hobby you abandoned years ago.

Even physical activity doesn't have to mean joining a gym. The NIA recommends finding activities you enjoy, and notes that walking, gardening, dancing, biking and other everyday activities can count toward staying active.

Sometimes a small change is enough to make an ordinary week feel different.

Dress for Yourself

Somewhere along the way, the phrase "I'm too old to wear that" can become a little too familiar.

Of course, there are clothes we may no longer want to wear. That's called having different tastes.

But there's a difference between deciding something isn't your style and deciding you're not allowed to wear it because of your age.

If you like bright colors, wear them. If you love sneakers, wear sneakers. If you want a new haircut, get one.

The goal isn't to dress younger.

It's to dress like yourself.

Say Yes to Fun

Adults can become remarkably good at being responsible.

We work. We take care of homes. We raise families. We help relatives. We volunteer. We pay bills. We make appointments.

And eventually, "fun" can become something we schedule around everything else.

That's backwards.

Continued on page 37

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On the Road Again ...

Continued from page 11

for the four-hour jaunt to Quebec City, known as the most romantic corner of French Canada.

The only remaining fortified city north of Mexico, Quebec City exudes old-world charm and is beloved for its distinct European ambiance.

Day 11-14: After a full day of exploring the enchanted city, including a motorcoach guided tour of its landmarks, you will again board the VIA Rail for the overnight trip to the east coast and the city of Halifax in Nova Scotia. If you are hungry, the place to go is Argyle Street downtown with its variety of restaurants serving fresh Nova Scotian seafood.

The best way to enjoy Halifax

is on a half-day guided tour that begins with a scenic drive down the coast to Peggy's Cove, a charming fishing village complete with historic lighthouse, and continues with a reenactment demonstrating what life was like there 400 years ago.

When your cross-country trip is complete, you can either book a return train ride to Vancouver or take it to the air for a quick trip home.

No matter which rail excursion you choose, from the lowest-priced at around \$800 per person to the most expensive at upwards of \$10,000 per person, you will be riding in luxury aboard Canada's finest trains.

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Public Service Announcement

September Crossword Puzzle

Across

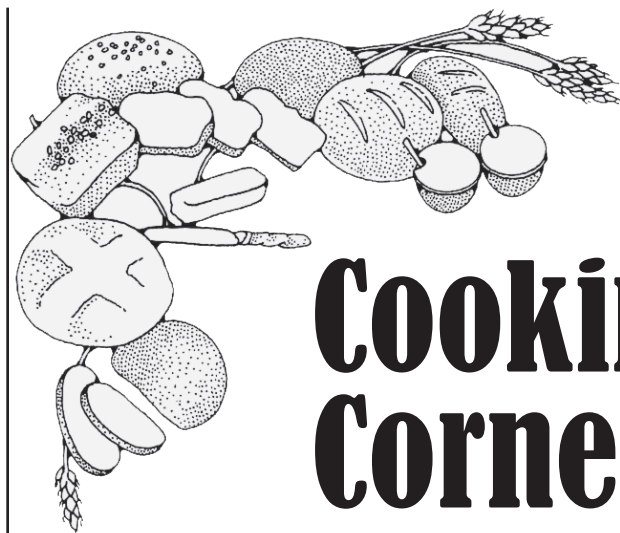
1. So long!
5. Atty.-to-be exams
10. Famous tower's city
14. Mature male
- European red deer
15. Ruhr city
16. Bug-eyed
17. Rat
18. Tractor pioneer John
19. Italia's capital
20. Postpone
22. Incinerate
24. Existed
27. Liberal ____
28. Italian adventurer
32. Sarcastic
35. Single unit
36. Slumbered
38. Simple seat
40. Gyro bread
42. Affectation of
sophisticates
44. Adamson's lioness
45. Unanimously
47. 1965 march site
49. Suffix for human
50. Computer key
52. Aloft
54. Gen. Robert ____
56. Animal skin
57. Throb
60. Piano piece
64. The Elder or The Younger
65. Capital of Tibet
68. Organic compound
69. Break sharply
70. Skinflint
71. AAA recommendations
72. Tennis great
73. View
74. Like some losers

Down

1. Niger neighbor
2. Must've been something
3. Shrinking sea of Asia
4. Capital of Canada
5. Conducted
6. Reverse of NNW
7. Wait
8. Earth
9. Scoffs
10. Sponger
11. ____Rhythm
12. A few
13. Turkish honorific

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
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	50				51		52				53			
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	57	58					59			60		61	62	63
64					65			66	67		68			
69					70						71			
72					73						74			

21. Itches
23. Range: Abbr.
25. Part
26. Levels
28. Nightclub of song
29. Liqueur herb
30. Attack
31. Sleeping disorder
33. Sorrow
- 34.Silk dye
39. Bell-shaped flower
39. Stow, as cargo
41. Eland
43. Nagy of Hungary
46. Long fish
48. Fully qualified
51. Kingdoms
53. Furry swimmers
55. Moral precept of conduct
57. Gives a bad review
58. D-Day beach
59. Comfort
61. Do ____others...
62. Take-charge type
63. Ultimatum word
64. 1860s insignia
66. One of a D.C. hundred
67. ____we having fun yet?



Cooking Corner

Harvest Chicken Salad

September brings the first hint of autumn, and this Harvest Chicken Salad captures that shift beautifully. Crisp apples, cranberries, and pecans add color and crunch, making it a fresh, easy dish for any midday meal.

Prep 15 min Cook — Serves 4

Ingredients

2 cups cooked chicken, diced or shredded

1 medium apple, diced (Honeycrisp or Gala)

1/2 cup dried cranberries

1/3 cup chopped pecans

1/2 cup celery, finely chopped

1/4 cup red onion, finely chopped

1/2 cup mayonnaise or Greek yogurt

1 tbsp Dijon mustard

1 tbsp lemon juice

1/4 tsp salt

1/4 tsp black pepper



yogurt), Dijon mustard, lemon juice, salt, and pepper.

3. Combine

Pour dressing over the chicken mixture and stir gently until evenly coated.

4. Chill

Refrigerate at least 30 minutes to allow flavors to blend.

5. Serve

Enjoy on lettuce leaves, croissants, whole-grain bread, or as a scoop alongside crackers.

Source: reciprunner.com



SEPTEMBER Calendar

Continued from page 18

Info/Tickets: murdermystery-scavengerhunt.com. Use promo code OCNET for 25% off.

Anaheim Craft and Vintage Fair

Anaheim

Sept. 19

9 a.m. to 4 p.m.

Shop more than 30 vendors offering handmade crafts and vintage items. The event also features food, a bake sale and homemade jams and jellies. Admission is free.

Location: Annunciation Byzantine Catholic Church, 995 N. West St., Anaheim.

Info: annunciationbyzantine.org

Toast to the Casa: An Evening in Paradise

San Clemente

Sept. 19

5 to 9:30 p.m.

This tropical-themed fundraiser benefits Casa Romantica's cultural programs and historic preservation. The evening includes more than 20 food and beverage vendors, auctions, entertainment and games.

Location: Casa Romantica Cultural Center and Gardens, 415 Avenida Granada, San Clemente.

Info: casaromantica.org

San Clemente Annual Car Show

San Clemente

Sept. 20

10 a.m. to 3 p.m.

Nearly 300 classic cars, hot rods, muscle cars, exotics and vintage trailers will line histor-

ic Avenida Del Mar. The event also features live music, dancing and slot-car racing for kids.

Location: 100 and 200 blocks of Avenida Del Mar, San Clemente.

Info: sccarshow.com

Orange County Children's Book Festival

Costa Mesa

Sept. 20

10 a.m. to 3 p.m.

Authors, illustrators, book-sellers, storytellers, costumed characters, crafts, entertainment and more fill this family festival. Admission and parking are free.

Location: Orange Coast College, 2701 Fairview Road, Costa Mesa.

Info: 714-838-4528 or kids-bookfestival.com

J.F. Shea Therapeutic Riding Center Annual BBQ and Family Faire

San Juan Capistrano

Sept. 26

4 to 10 p.m.

This annual fundraiser features a barbecue dinner, beverages, entertainment, client demonstrations, family activities and opportunities to support the Shea Center's therapeutic horse-related programs.

Location: J.F. Shea Therapeutic Riding Center, 26284 Oso Road, San Juan Capistrano.

Info: 949-240-8441 or sheacenter.org

Murder Mystery Scavenger Hunt

Huntington Beach

Sept. 26

11:20 a.m.

Arrive by 11 a.m. for this walking mystery through downtown Huntington Beach, with clues

leading teams around the pier, downtown shops, beach walking trail, Pacific City and Triangel Park.

Info/Tickets: murdermystery-scavengerhunt.com. Use promo code OCNET for 25% off.

San Juan Capistrano Greek Festival

San Juan Capistrano

Sept. 26-27

Enjoy Greek food and pastries, live music and dancing, a Greek bazaar, family activities, Byzantine icons and traditional Greek costumes.

Location: San Juan Capistrano Community Center, 25925 Camino del Avion, San Juan Capistrano.

Info: 949-542-3445 or sjc-greekfest.org

Old World Wiener Nationals Dachshund Race

Huntington Beach

Sept. 27

10 a.m. to 2 p.m.

Watch dachshunds race to the finish line at Old World Village's annual Wiener Nationals, with family activities and a pet expo.

Location: Old World Village Festival Hall, 7561 Center Ave. #49, Huntington Beach.

Info: OldWorldVillage





Continued from page 21

5. Sapphire is September's birthstone.

The deep blue sapphire is the traditional September birthstone. Although blue is its best-known color, sapphires can actually occur in several colors.

6. September babies have two zodiac signs.

People born from Aug. 23 through Sept. 22 generally fall under Virgo, while those born from Sept. 23 through Oct. 22 are generally Libra.

7. The month can feel like two seasons.

Meteorologically, fall begins Sept. 1, while astronomical autumn begins with the September equinox. That's why you can legitimately hear both dates described as the beginning of fall.

8. September was a busy month in American history.

The month includes the anniversaries of significant events ranging from the signing of the U.S. Constitution to the attacks of Sept. 11, 2001. September's historical calendar is filled with moments that shaped the nation.

9. The full moon has a famous name.

The full moon occurring in September is traditionally called the Harvest Moon when it is the full moon closest to the autumnal equinox. The name reflects the historical importance of moonlight for farmers harvesting crops.

10. September is a month of transition.

Perhaps that's what makes it so appealing. Summer isn't quite forgotten, but cooler weather, shorter days and the approach of fall are unmistakable. September offers a natural pause between seasons — a chance to enjoy what remains of summer while looking ahead to autumn.

Sources: *National Archives; NASA; National Oceanic and Atmospheric Administration.*



Movie Preview

'Shaun the Sheep: The Beast of Mossy Bottom'

By Randal C. Hill

Here's another animated treasure from Nick Park, England's seeming answer to Walt Disney, and whose works with Aardman Animations have secured him four Academy Awards and a Peabody Award.

From the creator of "Wallace & Gromit" and "Chicken Run" comes another adventure for everyone, in this case a Halloween-focused race against time called "Shaun the Sheep: The Beast of Mossy Bottom." Originally a minor character in the 1995 "Wallace & Gromit" short feature "A Close Shave," Shaun the Sheep has, over time, built an audience of diehard devotees in 170 markets around the globe.

Loaded with sheep thrills (groan!), this romp-for-all-ages has the residents of Mossy Bottom Farm looking forward to Halloween—until the clumsy Farmer accidentally trashes the flock's beloved pumpkin patch. Shaun quickly turns mad scientist in an attempt to correct the problem. But his well-intentioned antics spiral out of control, as the Farmer goes missing and a wild, hairy beast roams the nearby woods of Mossingham. Shaun and the flock venture deep into the unexplored forest in an attempt to save the forthcoming holiday.

Aardman Animations delivers

its usual plethora of stellar visual gags and physical comedy. There's zero dialogue in the film's 91-minute running time, the story unfolding via physical comedy that includes expressive gestures and a whole lot of grunts.

Sarah Cox, the chief creative director at Aardman, enthuses, "Shaun the sheep is an iconic character, beloved by viewers of all ages around the world. In our new animated movie, we bring family-friendly thrills to this light-hearted, spooky Halloween adventure. Expect smashed pumpkins, wayward science, and a wild, hairy beast on the loose in Mossy Bottom."

Cox's enthusiasm is reinforced by another Aardman executive, Anna Marsh: "We have taken such pride in establishing Shaun the Sheep and the flock as a cinematic must for audiences across the globe. In this, our third feature film in the franchise, we have a tantalizing seasonal hook in Halloween with thrills, spills, surprises, a touch of science, and characters old and new."

Aardman's releases employ stop-motion animation techniques, where films are meticulously shot one frame at a time and clay models are moved ever so slightly to create motion. (Think Gumby.)

"Shaun the Sheep: The Beast of Mossy Bottom" is the third Shaun offering, coming on the heels of internationally successful "The Shaun the Sheep Movie" (2015) and "A Shaun the Sheep Movie: Farmageddon" (2019). Given the success of Shaun's past sheepy shenanigans, it's unlikely that he'll be put out to pasture anytime soon.

The release date here in the States is September 18.

The Gadget Geezer

Continued from page 19

EVs, your first consideration before buying should be safety. Make sure the vehicle you choose contains active features to help reduce impact severity or help prevent accidents altogether. Forward collision warning, emergency braking and lane departure avoidance systems are essential and are either standard or options.



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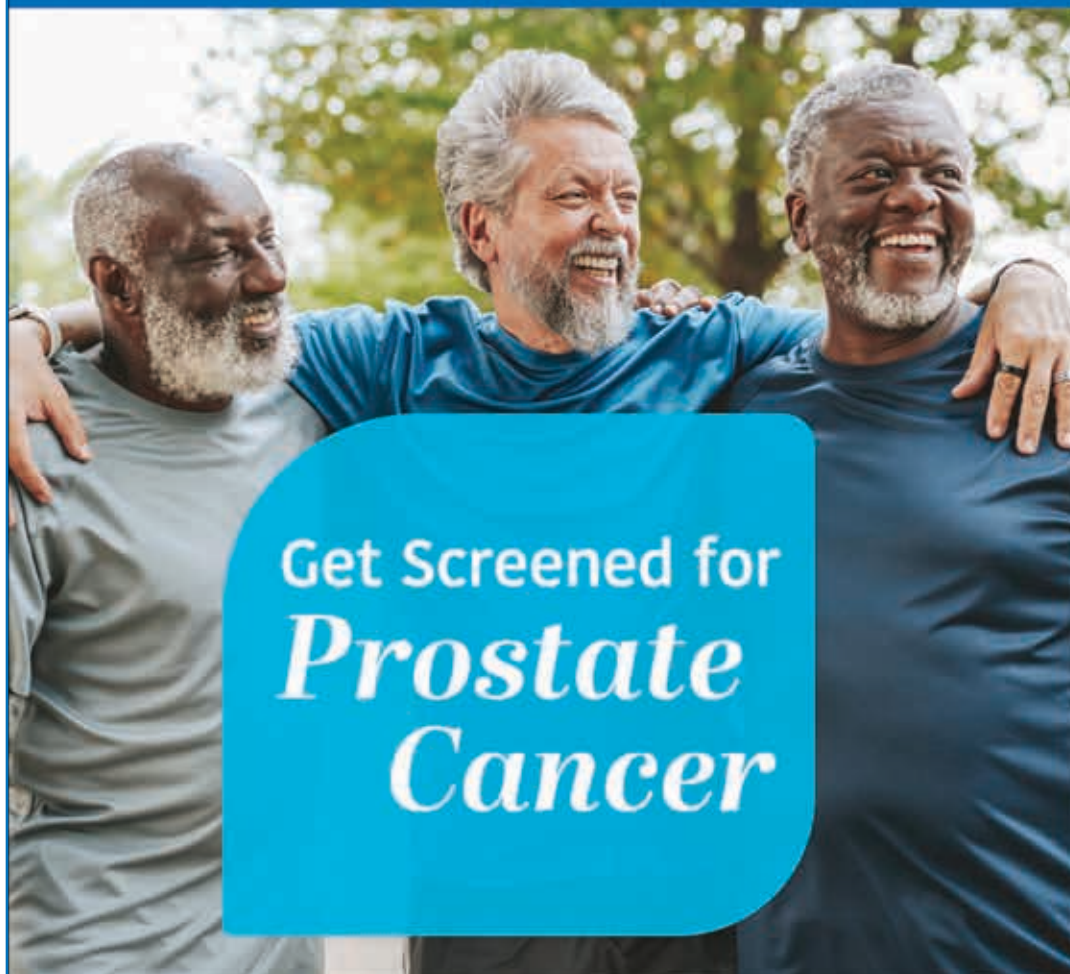
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1868

Crossword Puzzle Answers from page 26

1	C	I	A	O	5	L	S	A	T	S	10	P	I	S	A	
14	H	A	R	T	15	E	S	S	E	N	16	A	G	O	G	
17	A	T	A	T	18	D	E	E	R	E	19	R	O	M	A	
20	D	E	L	A	21	Y	22	C	R	E	23	M	A	T	E	
24	W	E	R	E	27	A	R	T	S							
28	C	A	S	A	N	O	V	A	31	S	N	I	D	E		
35	O	N	E	36	S	L	E	P	T	37	S	T	O	O	L	
40	P	I	T	A	42	E	N	N	U	I	44	E	L	S	A	
45	A	S	O	N	E	47	S	E	L	M	48	A	49	O	I	D
50	E	N	T	E	R	52	A	I	R	B	53	O	R	N	E	
54	E	L	E	E	56	P	E	L	T							
57	P	U	L	S	A	T	E	59	E	T	61	T	62	U	D	E
64	C	A	T	O	65	L	H	A	S	A	67	E	N	O	L	
69	S	N	A	P	70	M	I	S	E	R	71	R	T	E	S	
72	A	S	H	E	73	S	C	E	N	E	74	S	O	R	E	

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Fabulous Finds

By Debbie L. Sklar

Fab Finds: New Beauty Finds to Refresh Your Routine

September is a good time for a beauty refresh, whether that means paying more attention to your scalp, trying a new facial tool or finding a moisturizer for skin that needs extra hydration. This month's **Fab Finds** spotlight four new products that take familiar beauty routines in slightly different directions, from scalp-first haircare to peptide-powered eye care.

Nutrire Puts the Scalp First



Photo courtesy of Nutrire.

Haircare is increasingly taking a cue from skincare, and **Nutrire** is built around the idea that the scalp deserves its own routine. The Chicago-based brand, developed with estheticians, trichologists and hairstylists and incubated within Tricoci Salon and Spa, has made its national retail debut through an exclusive partnership with Ulta Beauty.

One of its standout products is **Nutrire T.1 Day Nourishing Scalp Serum**, a leave-in treatment designed to be applied directly to the scalp. The formula contains a tetrapeptide, red clover extract and pea sprout ex-

tract. Nutrire says clinical testing showed reduced flakes and increases in visible hair density and bounce after four weeks. Those are company-reported clinical results, rather than a guarantee of what every user will experience.

Another option is **Nutrire T.2 Night Exfoliating Scalp Treatment**, designed to be applied to a dry scalp before bed and rinsed out the following morning. It contains lactic acid along with jojoba, tea tree, rosemary and pumpkin seed oils. The overnight treatment is intended to address scalp buildup while providing hydration.

For those who prefer to start with shampoo, **Nutrire S.1 Calm Shampoo for Dry Scalp** is formulated for dry or itchy scalps. The brand also offers conditioners designed around different hair needs, including **C.1 Densify Conditioner** for fine hair.

The collection is particularly interesting for anyone who has noticed that hair and scalp needs can change over time. Rather than treating all hair concerns with one shampoo and conditioner, Nutrire asks consumers to consider the scalp and strands separately.

Where to buy: Ulta Beauty and Nutrire.com. **Cost:** Approximately \$36 for the shampoo and conditioner and \$68 for the scalp treatments.

KAHI CAXA M1 Gives Facial Massage a Makeover

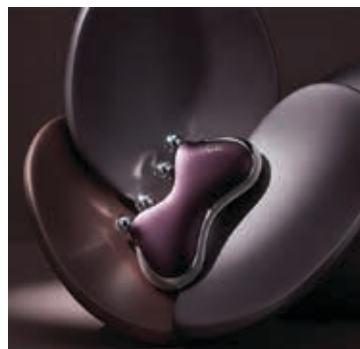


Photo courtesy of KAHl CAXA M1.

If you enjoy facial massage, **KAHI CAXA M1 Facial Tool** takes the traditional gua sha

concept and gives it a more engineered design. The Korean skincare brand developed the device through a partnership with Japanese beauty-device company ReFa.

One side features four rollers positioned at a 70.5-degree angle. KAHl says the design is intended to imitate the sensation of a thumb pressing and kneading along facial massage points. The opposite side features a curved edge called the SeaGull Line, designed to follow the contours of the jawline. The approximately 40-gram tool can be used on the face, neck, under-eye area and body. KAHl says an eight-week study

involving 34 women ages 20 to 50 found measurable improvements in skin elasticity and facial contour. Because the study was relatively small, those findings shouldn't be viewed as a guarantee for every user.

The tool comes in White, Purple and Red and doesn't require batteries or charging, making it easy to take along while traveling.

Where to buy: Amazon and TikTok Shop through KAHl's official channels. **Cost:** \$110.

Aquaphor Moves Beyond Its Famous Ointment

Aquaphor has been a medi-

Continued on page 38

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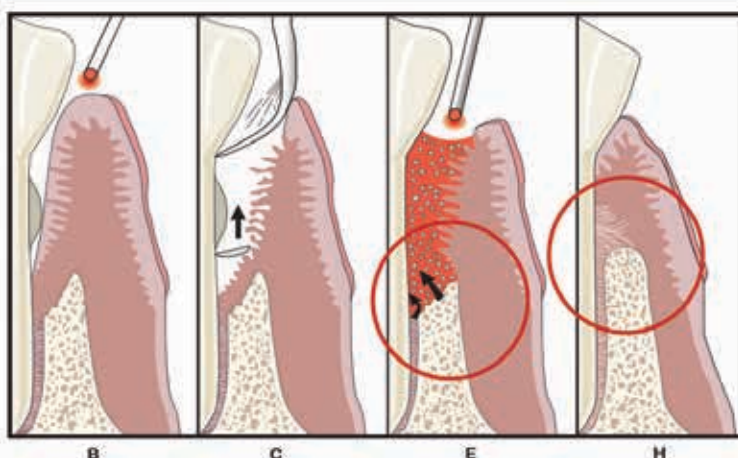
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1. Gregg RH II, Gregg DM. Laser-assisted periodontal regeneration with the LANAP protocol. *Dent Today* 2019 May;38(5):78, 80-83
2. FDA Clearance K151763



Life After Mother

By Lyn Jensen

'Exploring probate and estate issues from personal experience.'

Find Treasure in Strange Places

We often find advice about keeping our money, and other valuables, safe. The more secretive and untrusting someone was, the more likely that person squirreled away valuables in some hiding place and never said where. When clearing out a late loved one's possessions, expect some unexpected treasure in strange places. Here are some places to look and some things to look for:



Photos courtesy of Lyn Jensen.

• **Trunks, chests and drawers:** look for false bottoms and secret compartments. Women's vanities often have at least one false bottom to hide fine jewelry. Military trunks from World War II often had a secret compartment for a serviceman to hide love letters and the like.

• **Closets, clothes, jewelry:** go through all pockets, all boxes, check to see if anything's been tucked into sleeves or sewn into a lining. Even a shoe or a bra may have a little cash stashed in. Fine or antique jewelry and watches can be sold--but so sometimes can costume jewelry, old watches, and vin-

tage clothing. Try Buffalo Exchange, Plato's Closet, or similar consignment shops. I've consigned a leather jacket, shell jewelry, rock-and-roll tees, a brand-new French clutch. I got store credit, which I cashed in on other clothes.

• **Unlock the liquor cabinet:** see if there are any expensive unopened bottles of wine, bourbon, or scotch. Search online about where and how to sell.

• **Mid-century modern furniture:** if you don't want it, try selling or consigning it.

• **Silver:** valuable if it's solid, not plate, but how to tell the difference? If you think silver

Continued on page 37

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Continued from page 7

or, John Peoples (Paul Maxey). Mayor Peoples, a pompadoured establishment politician, views Sock as a well-meaning nuisance both at City Hall and in his personal life.

The dynamic between Sock and Mandy echoed classical romantic comedy tropes. To avoid infuriating Mandy's father, the couple secretly elopes midway through the series, keeping their marriage a strict

secret while continuing to live under separate roofs. This secret-marriage storyline provided an endless reserve of farcical situations, near-misses, and humorous misunderstandings that kept audiences tuning in weekly.

Cleo: The Basset Hound Voice of Reason

While Cooper and Breslin anchored the human cast, no discussion of *The "People's Choice"* is complete without mentioning its undisputed scene-stealer: Cleo, an expressive Basset Hound.

Long before talking animals became a staple of modern family entertainment, *The "People's Choice"* introduced a clever narrative device. Cleo would observe the human antics around her, look directly into the cam-

era, and offer sardonic, witty commentary on Sock's choices and Mayor Peoples' pomposity. Her internal monologue was voiced by veteran character actress Mary Jane Croft.

Cleo's dry, cynical observations served as a hilarious contrast to Sock's earnest enthusiasm. She acted as a surrogate for the home viewer, expressing the exact skepticism an outsider might feel when watching human romance and small-town politics unfold. The dog became a national pop culture phenomenon, generating significant fan mail and solidifying the show's place in television history.

Behind the Camera:

Cooper's Directorial Debut

Beyond its on-screen charm,

The "People's Choice" played a critical role in shaping Jackie Cooper's second career behind the camera. During the show's run, Cooper stepped into the director's chair, helming numerous episodes himself.

This hands-on experience proved transformative. Cooper discovered a deep passion for directing and producing, skills he would hone further on his subsequent military sitcom *Hennessey* (1959–1962). In the decades that followed, Cooper became a highly respected and prolific television director, earning Emmy Awards for his work on hit shows like *M*A*S*H* and *The White Shadow*.

A Beloved Modern Classic

Running for 104 episodes, *The*

"People's Choice" remains a quintessential sample of 1950s television humor. Sponsored by Borden—whose mascot, Elsie the Cow, occasionally crossed over into advertisements alongside Cleo—the series delivered clean, clever, and heart-warming storytelling. It stands as a testament to Jackie Cooper's enduring talent and a charming snapshot of a bygone era in broadcast entertainment.

American Heart
Association





Take a HIKE

To Bigfork, Montana



Photos courtesy Nick Thomas.

Bigfork is one of those quaint picturesque Montana towns that city folk visit once and never wants to leave. Surrounded by Flathead Lake, the Swan River, and soaring mountain peaks, the town of just 5,000 attracts visitors throughout the year for its peaceful natural setting, boating, fishing, skiing, and its surprisingly vibrant cultural reputation. And of course, hiking.



Just minutes from downtown, the Bigfork Nature Trail (formerly the Swan River Nature Trail) is open year-round. The path is so wide in places, you could drive a school bus along the trail as it follows eastward, high above the Swan River. The trail is carved into the mountain-

side and overlooks the turbulent river on the right as the rushing water descends to the Bigfork Dam, about a mile from the trailhead.

There are no steep hills to climb along the main path. The easy gravel trail is level and provides spectacular views of the swift river. Heavy rains in the weeks before our spring visit created the proverbial raging torrent as the water rushed toward Flathead Lake.

Although more of a scenic walk than an adventurous hike, it's perfect for seniors looking to burn some calories while enjoying nature surrounded by the soothing sounds of the fast-flowing river carving a path through the lush valley below.

There are some steep, primitive side trails along the way that lead down to a closer view of



the water for the more adventurous. In particular, there's a short, rough path by the spillway that cuts its way to the water's edge offering a splendid eye-level view of the cascading, frothy water. Be cautious, however, as it can be slippery.

There is a restroom as well as benches along the way to relax and enjoy the view. And if you find yourself wanting more after reaching the spillway, you can continue for another mile to the Kearney Rapids Bridge making a round trip of about 4 miles.



The trail begins just a few blocks from downtown Bigfork, so be sure to explore the town's quaint galleries, restaurants, and specialty stores. For example, Eva Gates Homemade Preserves on Electric Avenue is a source for all things berry – raspberry, strawberry and, of course, prized huckleberry. Peggy Ashley, who served us, took time to explain that the store is named after Eva Gates who began selling her homemade products in the 1950s (www.evagates.com). Today, her grandchildren carry on the tradition. During the summer months, visitors can watch the staff transform fresh berries into the preserves and syrups right there in the storefront.

Continued on page 38



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Busy Boomers

By Les Goldberg

A Testimonial to a Living Trust

When I was in the hospital with pneumonia last year, one of the questions asked of my wife was: “Do you have a living trust, a will or a DNR (do not resuscitate)? With confusion on her face, she said: “I don’t think so.”

It was strongly suggested by the medical team that we get a Living Trust. After I was discharged from the hospital with a clean bill of health after more than five weeks, I was at home reading my “Senior Reporter” and saw an ad from Rocky Pavone with the headline: “Don’t Wait till it’s too Late,” urging readers to protect their health, wealth and assets with a legal Living Trust.



Photo courtesy of Rocky Pavone.

Without hesitation, I called him (yes, I am “old school” and used the telephone) and made an appointment with the fully licensed and certified Pavone, who has more than three decades of experience and whose offices are in Orange County. On arrival, he proceeded to educate me about the importance of having a Living Trust and the process of setting one up.

As a reporter, I want to share what he told me with you.

SR: Why Is It Important to Have a Living Trust?

RP: A Living Trust Estate Plan protects your health, wealth and assets while you are alive and in the future. It manages your property and avoids probate courts after death. Without a plan, the State of California probate courts decide your medical care and your property decisions through the costly probate process.

SR: What are the Legal and Financial Benefits?

RP: First, a Living Trust transfers property to your heirs quickly without a long public court process. Second, advanced healthcare directives authorize who you trust to be your healthcare agents to make



Photo courtesy of AARP.

medical decisions when you are mentally unable to do so. Third, it is a durable power of attorney, designating a trustworthy individual to handle your financial decisions and money transactions when you are no longer capable of doing them yourself.

- Your loved one may fight over your medical life decisions and financial assets.

- Probate courts will manage and divide your estate, a process that can be highly costly and take several years.

Also, having a Living Trust saves your family money by lowering legal fees and court costs. Finally, it allows your information in the trust to be made public. Trusts should not be recorded to stay private.

SR: What Happens If You Don’t Have a Living Trust?

RP: There are several consequences of not having one. They include:

- Without an advanced healthcare directive, state-appointed doctors and judges can make medical choices for you.

SR: How Do You Create a Living Trust?

RP: Be sure to bring with you the names, addresses and birth dates of people who you designate to be your trust executors, successor trustees, current and successor beneficiaries, those who will hold your financial power of attorneys, health agents and doctors. Also, you’ll need the same information for a second healthcare agent and a representative from HIPAA, the federal Health Insurance Portability and Accountability Act.

Continued on page 42

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‘Disco Duck’

Rick Dees and His Cast of Idiots

By Randal C. Hill

At one time, silly novelty songs were commonplace on the radio. The 1950s brought us “*The Purple People Eater*” (Sheb Wooley) and “*The Chipmunk Song*” (the Chipmunks). The next decade offered “*Alley Oop*” (the Hollywood Argyles) and “*Hello Muddah, Hello Fadduh*” (Alan Sherman). But when shots unexpectedly rang out in Dallas on a bright, sunny Friday in November 1963, nothing on the radio seemed funny anymore.

Flash forward to the fall of 1976. Rick Dees (born Rigdon Osmond Dees III in 1950) was a fun-loving Memphis radio disc jockey who had earned a reputation for creating preposterous promotions such as the world’s largest fruitcake (3,000 pounds), the world’s largest jelly doughnut (300 pounds), the world’s largest lollipop (150 pounds), and the world’s largest T-shirt (9 feet by 14 feet).

In the mid-1970s, disco reigned as a dominant musical force, and disco’s what DJ Dees hyped as a part-time hustle at a local club, where he spun records and cracked jokes. Sensing that the time was right for a disco parody, and recalling a 1966 dance hit called “*The Duck*” by singer Jackie Lee, Rick came up with “*Disco Duck*” after hearing a fellow named Ken Pruitt making silly duck noises at a gym where the two worked out.

See if you can spot the error in Dees’s lyrics.

Went to a party the other night

All the ladies were treatin’ me right

Movin’ my feet to the disco beat

How in the world could I keep my seat?

All of a sudden I began to change

I was on the dance floor actin’ strange

Flappin’ my arms, I began to cluck

Look at me, I’m the disco duck

Rick found a minor-league Memphis recording home—Freetone Records—for “*Disco Duck*.” Before long, Dees’s yuk-producing novelty began earning radio airplay throughout the South and eventually appearing poised to go nationwide. As a result, Freetone, for \$3,500, leased the recording master to the powerful RSO label, an outfit that was keeping the charts afire with one peppy Bee Gees hit after another.

RSO mogul Al Coury admitted later, “I didn’t even want to hear it.” He didn’t mind doing a bit of research, though. “I don’t generally use my kids as a barometer, but I’ve got to admit they made me think about the universal appeal this thing might have.”

There’s little doubt that everyone involved (including Rick) watched in slack-jawed astonishment as the wacky item rocketed to the peak of the “*Billboard*” charts and eventually sold a reported 6 million copies.

RSO rushed out an LP called “*The Original Disco Duck*,” which struggled to Number 157 on the album sales lists. The next single pulled from that record was “*Dis-Gorilla*,” a romp describing the joys of a disco-dancing gorilla. But it never hit, and follow-up 45s tanked. Apparently, the record-buying public had had enough such foolishness.

Did you spot the lyrical faux pas? Ducks don’t cluck. They quack. Chickens cluck.

But then, how hip would something called “*Disco Chicken*” have sounded?

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In The Spotlight

Continued from page 23

The NIA encourages older adults to participate in hobbies, social and leisure activities and community activities, noting that such engagement can contribute to quality of life and well-being.

Go dancing even if you’re rusty. See the concert. Play cards. Join the trivia team. Take the grandchildren somewhere that is fun for you, too.

Fun doesn’t have to be productive.

Start Something New

Perhaps the biggest thing we stop doing after 50 is starting over. We may think we’ve already established who we are and what we do. But life rarely follows a straight line.

People change careers at 55. They start businesses at 62. They return to school at 68. They begin writing, painting, volunteering, traveling or playing music.

Some changes are planned. Others arrive unexpectedly.

The point isn’t to reinvent yourself because a calendar says you should.

It’s to remember that getting older doesn’t erase curiosity.

September offers a useful reminder: We don’t have to wait for January to make a change.

Pick one thing you’ve stopped doing.

Call an old friend. Sign up for a class. Go somewhere you’ve never been. Try something you’re convinced you won’t be good at.

Maybe you’ll discover you love it.

And if you don’t?

You can always try something else.

There are still plenty of September days ahead.

Sources: *National Institute on Aging*, “*10 Common Misconceptions About Aging*”; *National Institute on Aging*, “*What Do We Know About Healthy Aging?*”; *National Institute on Aging*, “*Tips for Getting and Staying Active as You Age*”; *Centers for Disease Control and Prevention*, “*Activity-Friendly Communities Support Older Adults Being Active*.”

Life After Mother

Continued from page 32

has value and you want to sell, a pawnshop is a good place to ask about the value.

• **Old houses may have hiding places built into walls or floors:** just like in a movie, there may be a safe behind a painting, or a trap door under a rug. Make like Nancy Drew and knock on panels to check for a hollow sound. Loose or mismatched boards, nails, or the ragged edges of carpets may be a giveaway.

Continued on page 38

Fabulous Finds

Continued from page 31



Photo courtesy of Aquaphor.

cine-cabinet staple for generations, but the brand is expanding into everyday moisturizing with **Aquaphor Hydrating Daily Lotion** and **Aquaphor Moisturizing Cream**.

The **Aquaphor Hydrating Daily Lotion** is formulated for normal to dry, sensitive skin and can be used on the face and body. It contains hyaluronic acid, three ceramides, glycerin, panthenol, vitamin E and bisabolol. Aquaphor says clinical testing found an immediate improvement in dryness, moisturization and roughness after one application, with hydration lasting up to 72 hours. The company-sponsored clinical study involved 30 participants.

For drier skin, **Aquaphor Moisturizing Cream** provides a richer texture and contains shea butter in addition to hyaluronic acid, ceramides, glycerin, panthenol, vitamin E and bisabolol. Aquaphor says the cream provides up to 48 hours of moisture.

Both products are fragrance-free, hypoallergenic and non-comedogenic and have been accepted by the National Eczema Association. They are intended as everyday moisturizers rather than re-

placements for Aquaphor Healing Ointment, which remains the brand's targeted product for very dry or compromised areas.

Where to buy: Walmart, Target, Amazon and other mass retailers and drugstores. **Cost:** \$4.99-\$16.99, depending on size.

Mad Hippie Targets the Eye Area With Peptides



Photo courtesy of Mad Hippie.

The newest addition to Mad Hippie's skincare lineup is **Mad Hippie Wrinkle Relaxing Eye Treatment**, a peptide-focused cream designed to address several common concerns around the eyes, including the appearance of expression lines, dark circles, puffiness and dryness.

The formula features five peptide complexes: Syn-Ake, Argireline Amplified, Haloxyl, Matrixyl Synthe'6 and Sepilift. Mad Hippie says the peptides have different functions, from helping soften the appearance of expression lines to improving the look of discoloration and supporting hydration and firmness.

The treatment also contains polyglutamic acid and ceramides, adding a hydration and skin-barrier component to the formula. Mad Hippie positions the product as a non-invasive option for people interested in improving the appearance of fine lines without turning to stronger treatments or cosmetic procedures.

The brand was founded in Austin in 2009 and is known for products including its Vitamin

C Serum. Its products are sold through thousands of retailers nationwide.

As with any cosmetic product, results will vary, and peptide technology shouldn't be confused with the effects of medical procedures. But for someone looking to add a peptide-based eye treatment to a skincare routine, it's an accessible new option.

Where to buy: MadHippie.com. **Cost:** \$34.99.

Jamaican Mango & Lime Introduces EdgeForce for Hairline Care and Styling



Photo courtesy of JML-Edgeforce.

For anyone who spends time smoothing, shaping or refreshing their edges, **Jamaican Mango & Lime EdgeForce** combines styling with ingredients the brand describes as skincare-grade actives for the delicate skin along the hairline. The new EdgeForce system includes **EdgeForce Foam**, designed specifically for edges, and **EdgeForce Gel**, which uses color-to-clear technology. The foam can be used to create and shape edges or refresh an existing style, while the tinted gel is designed to make precise application easier before becoming clear as the style sets.

The formulas pair hair-focused ingredients with actives including panthenol, niacinamide, vitamin C, caffeine extract and collagen peptides. The five versions are identified by col-

or and ingredient: Dragonfruit Oil with panthenol, Batana Oil with niacinamide, Biotin with vitamin C, Blue Tansy Oil with caffeine extract and Grapeseed Oil with collagen peptides.

The **EdgeForce Foam** is available now, while the **EdgeForce Gel** is scheduled to arrive in early September through select beauty supply stores and the brand's website.

Where to buy: Select beauty supply stores and JamaicanMangoandLime.com. **Cost:** \$7.99 for the 2.5-ounce foam; \$5.99 for the 1-ounce gel and \$7.99 for the 3.4-ounce gel.

Whether you're focusing on your scalp, skin, eyes or hairline, this month's Fab Finds offer plenty of ways to give familiar beauty routines a small refresh.

Life After Mother

Continued from page 37

- **Go over the yard with a metal detector.**
- **Valuables** may have been hidden "from burglars" in the pantry, refrigerator, freezer, or even toilet tank. One or more fake soda cans may hide something.
- **Arts and crafts:** research any paintings, lithographs, sketches, sculpture, crafts, that may have resale value.
- **Sporting goods and trading cards:** you probably won't get rich selling them, but maybe you can get some pocket money.

Take a HIKE

Continued from page 35

Like much of Montana, Bigfork has seen a surge in population as people from congested urban areas across the country seek a more peaceful lifestyle in an inspiring mountain setting. This charming town is largely unspoiled and hopefully will remain that way.

Nick Thomas teaches at Auburn University at Montgomery in Alabama and has written features, columns, and interviews for many newspapers and magazines. His "It's A Wonderful Hike" website describes short trails, hikes, and walks from around the country that seniors might enjoy while traveling. See www.itsawonderfulhike.com.

- **Books:** thumb through and shake out every book, you may find dollar bills or uncashed checks or stock certificates. Offer unwanted books to a used bookstore. Watch for "hollow books" designed to hide something—whether cigarettes or old coins.
- **Old coins!** Collectors usually want ones from before 1964.

- **Records:** don't throw them in the trash! Contact a dealer who'll come to you and buy the whole collection, or you can have fun carting armloads to a store that buys used records.

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MY MOM HAD A STROKE

NBA All-Star Paul George

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SEPTEMBER Book Club

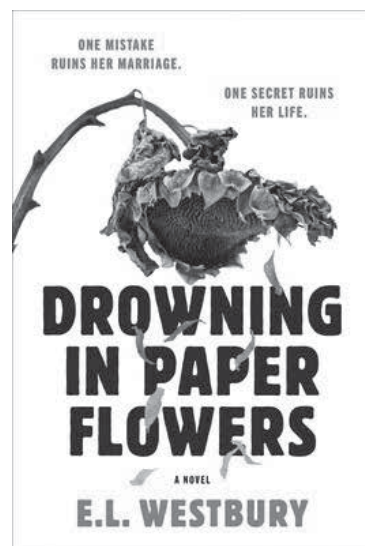
By Debbie L. Sklar

September brings a fresh batch of new books perfect for easing into fall. This month's selections range from a twisty psychological thriller and an emotional literary journey told through the eyes of a dog to a creepy folk-horror mystery and a post-apocalyptic tale filled with monsters. Whether you prefer suspense, literary fiction, family secrets or a good scare, there is something here to keep the pages turning.

Drowning in Paper Flowers

By E.L. Westbury

Publisher: Atria Books



E.L. Westbury delivers a psychological thriller about appearances, secrets and the increasingly blurry line between truth and deception. At first glance, Ruby Powell seems to have the perfect life: a beautiful home in an affluent Dallas neighborhood,

two children, a devoted husband of 18 years and prominent roles in her children's school and sports communities.

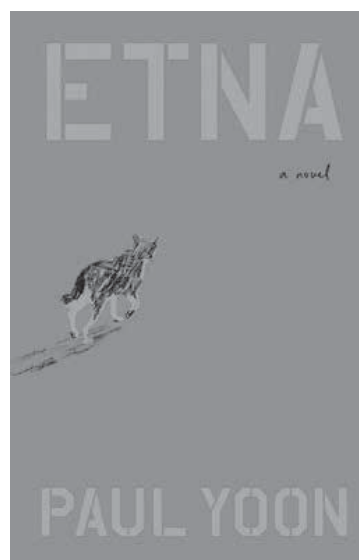
But beneath that polished exterior, Ruby's life is anything but perfect. Her marriage is unraveling, her teenage daughter resents her, and her young son is still dealing with the effects of a childhood kidnapping. Ruby also relies on anti-anxiety medication while recurring nightmares make it increasingly difficult for her to distinguish what actually happened from what she believes happened. When a body is discovered, a long-hidden secret threatens to destroy the carefully constructed life she has worked so hard to maintain.

Etna

By Paul Yoon

Publisher: Scribner

Paul Yoon takes an unusual approach to the aftermath of war in this moving literary novel, telling the story through the eyes of Etna, an ex-military dog. After years of serving alongside soldiers in a devastating war, Etna decides: He will leave and try to return to the place he was taken from as a young dog, hoping that somewhere there might still be a home for him.



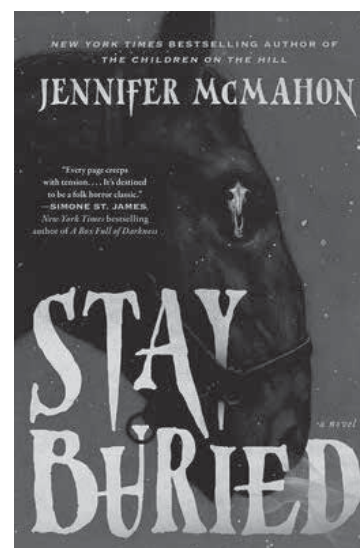
His journey takes him across a fictional war-torn country where ruined landscapes, other animals and struggling survivors reveal the lasting effects of conflict. Along the way, Etna encounters people and creatures trying to rebuild their lives and find their way forward. Yoon's novel is ultimately a story about loss, belonging and the stubborn persistence of hope. The 208-page novel has already earned attention from publications including "The New York Times," "Time" and "NPR," and "People" named it among its best books of August.

Stay Buried

By Jennifer McMahon

Publisher: Gallery Books

Jennifer McMahon, author of the "New York Times" best-sellers "The Children on the Hill" and "The Winter People," turns to folk horror in this atmospheric tale of family secrets,



superstition and a mysterious Vermont town.

The story moves between 1919 and 2016. In 1919, Frankie O'Massey, an outsider in the isolated community of Boone's Ferry, Vermont, studies medicine under her uncle, Dr. Thomas Endicott. When a mysterious illness spreads through town, the residents begin suspecting supernatural forces, while Frankie and her uncle search for a scientific explanation. Nearly a century later, siblings Ashley and Malcolm inherit property in Boone's Ferry following their grandmother's death. Their family has always avoided talking about the town, and when they arrive, they discover unsettling traditions, including offerings left for a vengeful spirit.

The two timelines gradually come together as the siblings uncover secrets surrounding their

family's past and their mother's death, making this a creepy choice for readers who enjoy mysteries with an eerie edge.

Them

By W.H. Chizmar

Publisher: Gallery Books



W.H. Chizmar makes his solo debut with a post-apocalyptic survival horror novel that begins with a government experiment that has gone terribly wrong. Scientists develop a way to transport matter across vast distances of the universe, but the experiment brings something back — something alive. When a truck carrying a mysterious shipping container crashes in rural New England, an otherworldly horror is unleashed, and civilization soon collapses.

Years later, an unidentified survivor emerges from the ruins

Continued on page 42

Kathe D'Alfonso, Founder of Solo Beauty's Back Applicator

At 25 I went to a dermatologist because my mom persisted with my large black mole looking suspicious. After my mole was excised, the dermatologist told me it was benign. Three weeks later they called to tell me they picked up the WRONG REPORT, and I had Stage 3 Malignant Melanoma. I believe that was a second chance of life! After my surgery and being scared if they were able to go deep enough to clear the margins, I received the phone call on Mother's Day 31 years ago and was cleared. Big scar to remind me every day.

I decided to open a business for embroidery, design, and print. That business is called Exposures which is still going strong after 31 years. It was 4 years ago I was excited with an idea for a back applicator that would make putting your own lotion on alone easier with an angle.

Out of Playdough I created and froze my design and just knew this was it. With pure excitement I found a Patent Attorney and filed for a U.S. Patent. My attorney was so excited he called and told me I was granted a U.S. Patent, and I was ecstatic!

My thought was to create mitts (lotion and shower) to fit over the top the applicator that could go in the washer/dryer. After testing many materials, I found

the perfect blend! It was then I decided to sign up Solo Beauty at a local farmer's market. I had no idea who would be interested in my back applicator, but I knew how much I loved it. To my surprise people with arthritis, MS, who lived alone, had shoulder issues, physical therapy, etc. all started buying my product.

I made a shower brush mitt and a lotion mitt both interchangeable for the applicator. I was so happy that my product was helping so many people. I called a TV Station and started making commercials, which lead to print ads, and demonstrations. I would not have changed anything on the journey of creating Solo Beauty.

Today I get so many calls from people who have seen my ad or me on TV and said I have been wanting your product for so long, or people were taping the programs because the commercial was to fast for them to get my number.

I talk to every person and take orders over the phone. After checking on the people who bought it they all say how much they appreciated it I called to check on them. I bring back authentic customer service like we used to have.

There has been so many sold

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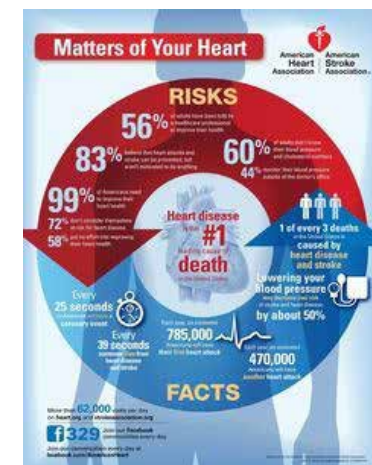
My husband helps me get the templates cut and it truly is a grass roots business. I get so much joy out of people getting excited to buy Solo Beauty. All these people tell me they have tried products, and nothing compares to Solo Beauty because IT WORKS!

People love it because it does

exactly what I say it does and the shell-like appearance, it's lightweight, easy to clean, can hang anywhere, and the mitts that truly last through washings. It's great when I run into people and they say "I use it everyday" it's an incredible feeling and then I know it works because they keep washing the mitts and that is the secret to success!

Solo Beauty is not a throw product! Hopefully one day it will be stores!

Kathe D'Alfonso, Solo Beauty
Solobeautyroc.com




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 Grant Sevdayan - Music Director

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Busy Boomers

Continued from page 36

You also want to list all of your assets, like your ID cards, drivers' licenses, Social Security numbers, real estate property addresses, bank account statements and retirement plans (401Ks, IRAs, etc.).

Once your documents – certificate of trust, revocable living trust, durable financial power of attorneys, last will and testament, advanced healthcare directives and HIPAA authorization forms—are completed, they are then signed and notarized with a notary public.

Finally, your assets and deeds are retitled into the name of the trust, giving you and your family “the gift of peace of mind”. Speaking for myself, we should have created a living trust long

ago. Putting it off only adds to our anxiety, especially when our chances of illness, memory loss and other ailments increase with age. Now it is one thing less to worry about as our time on this Earth gets shorter.

Another customer of Pavone said: “Thank God you helped our family just in time. My sister died four days after she got her Living Trust done.” And yet another added: “Thank you very much for everything you did for my brother. Now his son doesn’t have to go through the long probate process to inherit the home. You are our family now.”

Legal note:

The contents of this article are for general educational purposes only and not to be considered as individual tax or legal advice. Anyone reading this article should consult with – and rely

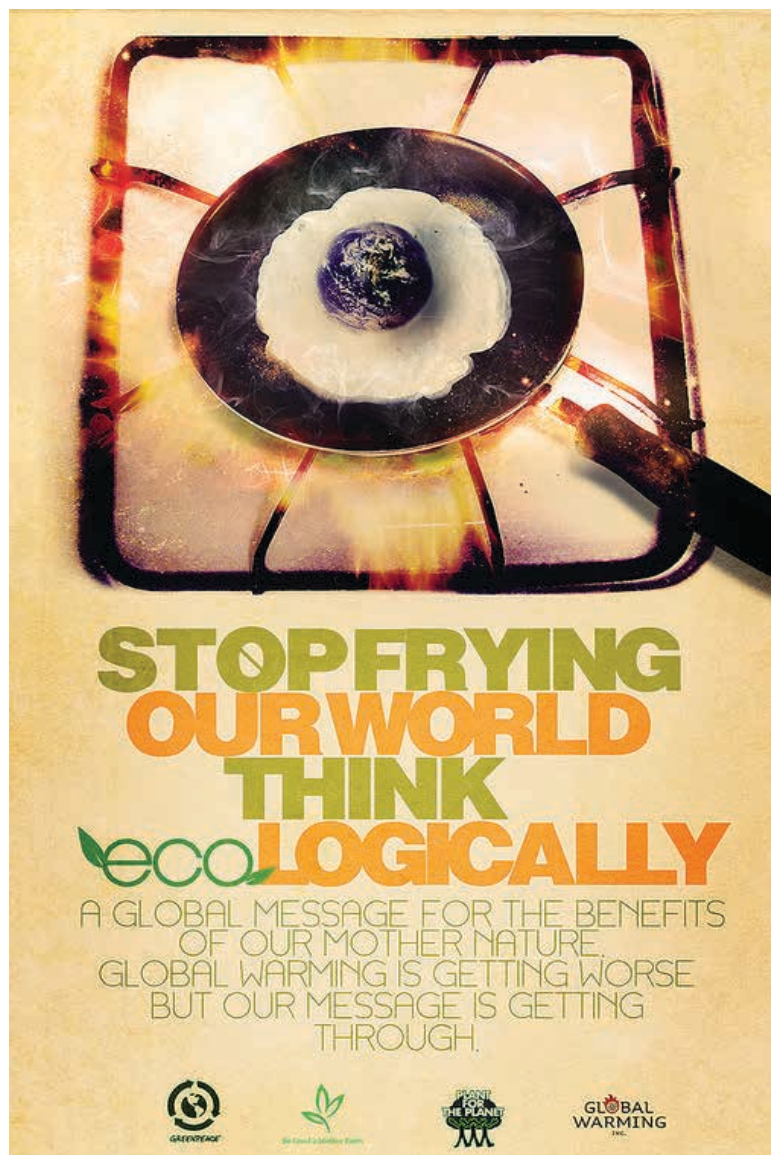
on – their own independent tax and legal professional regarding their own particular situation and the concepts presented herein.

SEPTEMBER Book Club

Continued from page 40

and travels by night along the rural East Coast, searching for other survivors while encountering a landscape transformed by the catastrophe. Along the way, he faces creatures unlike anything humanity has known and must confront not only the dangers around him, but what the new world may be turning him into.

Chizmar, the “*New York Times*” bestselling coauthor of “*Widow’s Point: The Complete Haunting*,” combines science fiction, survival and creature horror in a story that also asks a larger question: When civilization disappears, what does it take to remain human?



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Mayo Retina offers groundbreaking treatment for dry AMD

With loyal staff and innovative services, George L. Mayo, MD, FASRS, FACS keeps care personal

An FDA-authorized treatment is offering new hope to patients with dry age-related macular degeneration (AMD) — and Mayo Retina in Orange County is the first in California to make it available.

The treatment, retina photobiomodulation (PBM), is performed with the Alcon Valeda Light Delivery System. It is the first and only FDA-authorized treatment for dry AMD to improve vision.

This non-invasive therapy uses a combination of yellow, red and near-infrared light delivered in four phases to increase blood flow to the macula and stimulate energy production within the mitochondria of the retinal pigment epithelial cells, the site of pathology in AMD.

Thousands of AMD patients have already been successfully treated with the Valeda system in Europe, where it has been used clinically since 2019. Following the pivotal LIGHTSITE III study, which showed efficacy in patients with intermediate macular degeneration, FDA authorization for Valeda was granted in November 2024.

“While intraocular injections to slow the progression of geographic atrophy have been available for some time, they come with considerable risk, including causing wet AMD, and they are not indicated for patients without atrophy,” said Dr. Mayo, founder of Mayo Retina. “It’s exciting to finally be able to offer patients with intermediate dry AMD a treatment option, and studies now show that PBM treatment benefits those with early AMD as well. For the first time, we can do more than just watch and wait, we can treat and improve.”

PBM treatment with Valeda involves nine brief, painless sessions administered on non-consecutive days over three to five weeks. Treatment is four minutes and 10 seconds per eye. Unlike laser procedures or injections — which are typically used for many retinal diseases including exudative, or wet AMD — PBM is completely non-invasive and does not require anesthesia or recovery time. The patient’s eye does not even need to be dilated.

Mayo Retina is currently accepting new AMD patients for Valeda treatment. To improve access, Dr. Mayo offers evening and weekend appointments specifically for Valeda patients. In addition to retinal diseases, Dr. Mayo also has a large number of glaucoma patients.

A leading cause of blindness, primary open angle glaucoma (POAG) affects more than 4 million Americans. In POAG, elevated eye pressure damages the optic nerve and permanently constricts the patient’s visual field.

While most patients with POAG can be treated with eye drops to reduce their eye pressure, a new treatment, direct selective laser trabeculoplasty (DSLT) with the Voyager System from Alcon, was recently authorized by the FDA. Mayo Retina is the first retina practice in the United States with the Voyager DSLT system.

“Glaucoma patients now have a new treatment option available,” says Dr. Mayo. “DSLT with Voyager offers the majority of patients better control of their disease with superior outcomes.”

The additions of the Valeda and Voyager systems are just the latest examples of Dr. Mayo’s ongoing

commitment to staying at the forefront of ophthalmic care while maintaining a strong personal connection with his patients.



More about George L. Mayo, MD, FASRS, FACS

A Navy veteran with a deep commitment to service, Dr. Mayo received his bachelor of arts degree in human evolutionary biology from Pomona College in Claremont in 1989 and attended medical school at the University of Pennsylvania in Philadelphia, receiving his MD degree in 1995.

Dr. Mayo went on to serve for two years as a battalion surgeon for the Marine Corps’ First Force Service Support Group at Camp Pendleton and then ran the Acute Care Center at Naval Air Station North Island, Coronado. He left the Navy as a lieutenant commander having received both the Navy Commendation and Navy Achievement medals.

Next, Dr. Mayo completed a three year ophthalmology residency at the University of Texas Health Science Center in San Antonio before returning to Penn for a two year vitreo-retinal fellowship at the Scheie Eye Institute in Philadelphia.

Dr. Mayo is a fellow of both the American Society of Retinal Surgeons and the American College of Surgeons and is known for combining clinical expertise with a personal approach to care.

He started Mayo Retina in



2008. His staff members — Krystin, Vanessa and Rochelle — bring 42 years of combined experience to the practice.

“Having continuity in an ophthalmic care team makes a real difference,” Dr. Mayo said. “Patients appreciate seeing the same faces year after year, and I feel incredibly lucky to have such a dedicated team. Technology keeps changing, and we’re always adapting, but the core of good medicine is listening to patients and building trust over time.”

For more information about Dr. Mayo or the innovative care provided at Mayo Retina,

visit mayoretina.net. Dr. Mayo has also created the websites retinaphotobiomodulation.com for detailed information on PBM, bacsimayo.com for his Vietnamese speaking patients and retinologomayo.com for his Spanish speaking patients.

To schedule an appointment at Mayo Retina, call (657) 667-0817.

