

SENIOR REPORTER

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



Eva Longoria

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— Eva Longoria

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Eva Longoria: From Girl Next Door to Hollywood Powerhouse

By Les Goldberg



Photos courtesy of
Wikimedia Commons.

Actress, producer, director, businesswomen, spokesperson. Multi-talented and still going strong at 51, Eva Longoria is the latest in a long line of Hollywood celebrities who rose from humble girl-next-door beginnings.

From her birth home in Corpus Christi, Texas to her mansion in Beverly Hills, to her home in Mexico and to her new home in Spain, Longoria's love of family is her primary motivation for living.

Although her love for the slower, more relaxed lifestyle she enjoys overseas, she admits that she misses her family, particularly her relatives in Texas.

"We have a big family – a lot of cousins are in Spain and in Mexico. And we like to be surrounded by family," she said.

roots, however, the demand for the "Desperate Housewives" star never wanes.

Longoria's relatively quick journey to the Hollywood Walk of Fame began in 2001 when she gained immense popularity for her role as Isabella Brana in the CBS daytime soap opera "The Young and the Restless." Her star shined brighter when she was cast as Gabrielle Solis in

the eight-year run of "Housewives," earning her two Screen Actors Guild awards and a Golden Globe nomination.



She has since appeared in the films "The Sentinel," "Over Her Dead Body," "For Greater Glory," "Frontera," "Lowriders," and "Overboard," which won her the Imagen Award. She guest-starred on the Hulu mystery comedy-drama series

Wherever she puts down her

Continued on page 6



‘Nothing Could Go Wrong!’

By Randal C. Hill

At Disneyland one afternoon, as he observed speaking automaton Abraham Lincoln, Sci-Fi writer Michael Crichton wondered what would happen if such a machine broke down. Thus, was planted the seed for 1973’s now-classic “Westworld” movie.

In the script that Crichton created and directed, well-heeled guests paid a daily fee of \$1,000 (\$7,500 in today’s cash) to Delos, a company that ran an adult-fantasy resort consisting of (as did Disneyland) three parks — in Crichton’s case, Romanworld, Medievalworld, and Westworld.

Each setting in the interactive playground featured life-like robots with whom guests could indulge all their fantasies, no matter how ignoble or dangerous those reveries might be. There was nothing to worry about, Delos officials told customers; everything had been designed with their utmost safety in mind.

Chicago chums John Blane (James Brolin) and Peter Martin (Richard Benjamin) visit the resort. Opting for Westworld, they become cowboys who stroll through an 1880s frontier town with six-shooters (harmless to guests but not robots) astride their hips. The two visit a saloon, where a bully, Gunslinger (Yul

Brynner), goads Peter into a fight. Martin shoots him, and the baddie’s blood-spewing body thuds to the floor. The next day, Peter would kill him again.

It is all part of a fun fantasy. For a while.

The “bang-bang-you’re-dead” concept, however, comes to an end later when a robot snake unexpectedly attacks Blane for real. In the park’s underground control center, operations rapidly break down, and the supervisory team becomes trapped. Soon, the automatons are rampaging through the resorts, wantonly slaughtering the overwhelmed and helpless guests.

By now, the Gunslinger has already murdered Blane, and the evil robot has Peter in his sights as a deadly game of cat-and-mouse drives the story to its intense conclusion.

“Most of the situations in the film are clichés,” Crichton admitted later. “They are incidents out of hundreds of old movies.”

In his script, the best-selling author and screenwriter sought to emphasize corporate greed by having Delos operators initially resist halting operations. “There is a very specific scene where people discuss whether or not to shut down the resort,” Crichton said. “I think the movie was as much about that decision as anything.” Film fans, however,

seemed to pay little attention to that part of the tale.

“Westworld” was shot in various locales — in California’s arid Mohave Desert, throughout the gardens of the sprawling Harold Lloyd Estate in Beverly Hills, and on MGM sound stages.

“Westworld,” made in 30 days and on a low budget, became MGM’s top-grossing release of 1973. It also proved to be groundbreaking in many ways. With pixelated photography that simulated the Gunslinger’s point of view, it became the first movie to utilize digital image processing and computer-generated imagery. Also, years before personal computers and the Internet became commonplace, “Westworld” explored the concepts of intelligent machines, computer viruses, and artificial sentience.

Crichton’s “theme park gone haywire” in “Westworld” set the stage for his later “Jurassic Park” novel, which begat seven “Jurassic Park” films over the years.

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Eva Longoria

Continued from page 4

“*Only Murders in the Building*,” earning her a third SAG award.

In 2005, at age 30, Longoria founded UnbeliEVAble Entertainment, a film and television production company. In 2023, the company was acquired by Hyphenate Media Group, a production company co-founded by Longoria and Cris Abrego.

She also executive produced the Lifetime television series “*Devious Maids*,” the short-lived NBC sitcom “*Telenovela*” in which she starred, and the films “*The Harvest*”) and “*Food Chains*.”



Her directorial ventures include the television series “*Ashley Garcia: Genius in Love*” in 2020, for which she was nominated at the Daytime Creative Arts Emmys, and the Oscar-nominated film “*Flamin’ Hot*” in 2023.

She has appeared in several advertising campaigns, including with L’Oréal, New York & Co, Pepsi, and launched her own fashion and perfumes brand in 2017. Her other business ventures include opening the restaurant Beso in 2008, investing in businesses and films such as “*John Wick*,” and publishing a cookbook.



Longoria’s involvement in various business ventures is widespread, from her restaurant Besos (the Spanish word of kiss) on Hollywood Boulevard, to her financial backing of movies, and to her investment in professional men and women’s soccer organizations.

Her philanthropic endeavors are admired worldwide. Twenty years ago, she founded Eva’s Heroes, a charity when helps young adults with developmental disabilities and is based in San Antonio.



She is the national spokesperson for PADRES Contra El Cancer. She signed shoes for the Spirit of Women Red Shoe Celebrity Auction. She also supports the Clothes Off Our Back Foundation, OmniPeace, the National Center for Missing and Exploited Children, the National Stroke Association, Project HOME and St. Jude Children’s Research Hospital.

She is an executive producer of

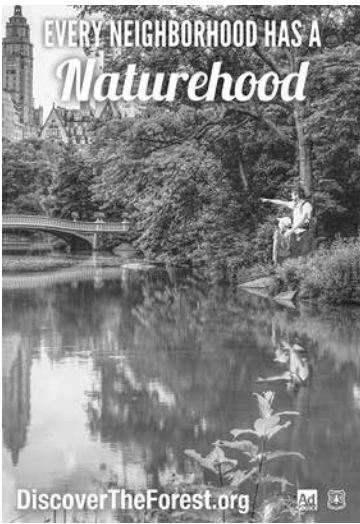
Shine Global Inc.’s documentary *The Harvest*, which focuses on the 500,000 child migrant farm workers in the U.S. and promotes awareness and support to enact the Children’s Act for Responsible Employment (CARE Act).

Her other charity, the Eva Longoria Foundation, co-funded by philanthropist Howard Buffett, son of investor Warren Buffett, aims to close the education gap plaguing Latinas and to confront Latino poverty. It also provides Latina entrepreneurs with career training, mentorship, capital and opportunity.

For her charitable contributions, Longoria was named Philanthropist of the Year in 2009 by “*The Hollywood Reporter*.”

Today she is listed among the 200 Most Influential Philanthropists and Social Entrepreneurs Worldwide by the United Kingdom-based company Richtopia.as

Interesting Note: Based on ancestral research by Dr. Henry Louis Gates of “*Finding Your Roots*” TV fame, Longoria is related to another pretty well-known actress – Meryl Streep.



Making Life More Fun

How Playing A Quick Puzzle Can Improve Your Workday

You probably know the feeling: you've been staring at your screen for hours, your inbox keeps growing, and your next meeting starts in five minutes.

Sometimes, the best way to reset is to take a quick moment to focus on something completely different.

Where to Find It

Daily puzzle games have become a popular way to take those quick mental breaks, and platforms like LinkedIn are leaning into that trend. LinkedIn's newest game, Wend, blends word finding with logic-based problem solving.

"Wend is a word-finding game where players connect letters in a grid to uncover hidden words, using every letter exactly once," says Helen Smith, Group Product Manager at LinkedIn. "While it may seem like a traditional word game, it adds a logic twist, as players also have to figure out how the entire board fits together."

In addition to Wend, the LinkedIn games lineup includes word-based puzzles like Pinpoint and Crossclimb, alongside logic challenges like Queens, Tango, Mini Sudoku, Zip, and Patches, each offering a different way to exercise your brain throughout the day.

1. Why your brain needs a recharge

Stepping away from a task for

even a minute or two can sometimes be exactly what's needed to return with fresh eyes.

Unlike checking email again or scrolling through your phone, a quick puzzle gives your attention something entirely different to focus on. The result is a short reset with a clear beginning and end, making it easy to fit between meetings, projects, and other responsibilities.

"That's part of the appeal of LinkedIn's games, which can often be completed in just a few minutes," says Thomas Snyder, LinkedIn's Principal Puzzle-master and 3-time World Sudoku Champion. "It's a quick mental break that feels especially satisfying when everything clicks into place."

2. The social side of puzzle games

While LinkedIn games are played individually, they can create a great opportunity for connection with others.

Players often share scores with colleagues, discuss strategies, send puzzles to friends, or spark friendly competition through posts and messages. After you play a game, you'll see how you stack up against other players you know on a leaderboard.

"For people working across teams, offices, and time zones, games can provide an easy reason to reconnect," says Lakshman Somasundaram, Senior



Director of Product at LinkedIn. "A shared puzzle score, a little friendly rivalry, or a quick discussion about strategy can turn into a meaningful conversation that can open the door to new professional opportunities."

And sometimes, according to Somasundaram, that conversation can start with something as simple as, "Did you play today's puzzle?"

3. A win before the workday starts

There's something satisfying about solving a challenge before your day fully gets underway.

Completing a puzzle may not clear your inbox or finish your project plan, but it can provide a small sense of accomplishment early in the day. For many players, solving a puzzle becomes part of a daily routine—a quick challenge that helps them ease into work mode before tackling larger tasks.

Learn More

In a workday filled with constant notifications and multitasking, a quick puzzle may be one of the simplest ways to pause, refresh, and reconnect. To try Wend and LinkedIn's other games, visit [linkedin.com/games](https://www.linkedin.com/games).

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by Jim Miller

With Social Security Uncertainty, Should You Claim Benefits Early?

Dear Savvy Senior,

I turn 62 early next year and plan to retire soon after. Most advice says I should wait to claim Social Security because my monthly benefit will be higher. But with all the recent news about Social Security's financial problems, I'm wondering if taking benefits early might be the safer choice. Is there ever a good reason to claim at 62?

--Ready to Retire



Dear Ready,

You're definitely not alone in asking this.

The latest Social Security Trustees Report projects the retirement trust fund could be depleted around 2032 if Congress doesn't act. If that happens, Social Security will still collect payroll taxes and pay benefits, but retirees could face an across-the-board cut of about 22 percent.

Before you rush to file, keep things in perspective. Most

experts still expect Congress to step in, as it has before, to strengthen Social Security. And even if lawmakers don't act, waiting would still produce a higher monthly benefit because any across-the-board benefit cut would apply to everyone. While claiming at 62 means collecting benefits sooner, it also permanently locks in a smaller check.

That said, there are several situations where claiming Social Security at 62 can make good financial sense.

How claiming age affects your benefits

You can start Social Security at 62, but doing so permanently reduces your monthly benefit by about 30 percent compared with waiting until full retirement age (67 for those born in 1960 or later). Delaying until 70 increases your benefit by about 24 percent.

For example, a \$2,000 monthly benefit at full retirement age would drop to about \$1,400 at 62 or rise to roughly \$2,480 if you wait until 70.

When claiming early makes sense

For some retirees, claiming at 62 is a practical move. If you've stopped working and need income for basic expenses, Social Security can provide a steady check right away. It can also serve as a bridge if you retire early or lose a job in your early 60s while delaying withdrawals from retirement accounts or a pension.

Some retirees also claim Social Security early to reduce withdrawals from their IRA

or 401(k) during market downturns. The tradeoff is a permanently reduced lifetime benefit.

For married couples, timing can be coordinated as part of a broader strategy. One spouse may claim early to bring in income while the other delays to boost their future or survivor benefit.

Health is another big factor. Delaying only pays off if you live long enough to collect those higher monthly checks. The break-even point between claiming at 62 and full retirement age is around age 78 or 79.

If you're still working, be careful here too. Before full retirement age, earnings above Social Security's annual limit can temporarily reduce your benefit and claiming early locks in that lower amount for life.

Why delaying helps

For many retirees, waiting means a larger guaranteed monthly benefit for life and often a higher lifetime payout if you live into your late 70s or beyond. It can also provide stronger protection against outliving savings.

For couples, delaying the higher earner's benefit can increase the survivor benefit, which may help provide more financial security for a surviving spouse.

Before deciding, it's smart to review your numbers. You can create a free account at SSA.gov/myaccount to check your earnings record and estimate benefits at different ages. Tools like OpenSocialSecurity.com

or MaximizeMySocialSecurity.com (a paid tool with a \$49 fee) can also help you compare claiming strategies.

There's no one-size-fits-all answer. For most people, waiting still makes the most sense. But if you need income, have health concerns or are coordinating benefits with a spouse, claiming at 62 may be the better choice. The key is to base your decision on your own circumstances – not fear about Social Security's future.

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

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On the Road Again ...

Cruising Into The Golden Years

By Shana McCann

Take it from me, folks, there is a great way to spend your retirement or leisure years that is not in a rocking chair. Try sailing on the open seas on a luxury cruise liner. And I can tell you that whether you are paying top dollar for an ocean view suite or an inside cabin near or below the water line, you'll feel like you are in the lap of luxury.

If you are pondering a travel adventure this Fall, this is an ideal time to book a cruise which offers specific benefits to seniors, including:



Photos courtesy of AARP.

1. Relaxation – Cruises allow you to travel at a leisurely pace, with ample time to enjoy onboard activities, take in the scenery and relax in your cabin.

2. Convenience – From meals to evening shows, and from nightclubs to casinos, you can enjoy the ship without the hassles of planning and schlepping luggage.

3. Socializing – If you are seeking new friends and even romance, the cruise ship is the place to do it.

4. Easy access – Today's modern ships are all equipped for



accessibility by wheelchairs, ramps and pool lifts.

5. Medical care – Most cruise ships have onboard medical facilities and staff, providing peace of mind for anybody with health concerns.

6. Affordable rates – The best way to book a cruise is through a certified travel agent, a knowledgeable and experienced friend or relative, or the Automobile Association of America (AAA). Either way, you will get the best advice on pricing, travel times and the cruise that fits your needs. Last-minute bookings offer especially great deals, too.

Follow these tips for the best cruise experience for seniors:



1. When deciding which cruise to take, make sure the ports have minimal walking distances and exertion, such as Caribbean and Mediterranean cruises.

2. Consider smaller ships that offer a more intimate and relaxed atmosphere.

3. Look for cruises that offer senior-friendly activities, such as bridge, bingo and trivia games.

4. Check to see which cruises have flexible dining options, including early seating and alternative restaurants.

5. If you can, book a cabin with a balcony.

6. Pack wisely by bringing comfortable clothing, sunscreen and any medications and equipment, i.e.: CPAP machines, oxygen.

7. Bring your passports and visas.

8. Invest in travel insurance, bring a power of attorney and medical certificates.



Now, let's get to the fun part. For those of us lucky enough to live in Southern California, taking an ocean cruise is as easy as hopping a ride down to the Port of Los Angeles. If you book your trip this month, your cruising options are many. For instance:

- The Navigator of the Seas has a seven-night cruise to what is known as the Mexican Riviera (Cabo San Lucas, Puerto Vallarta and Mazatlán) for \$479 per person, leaving Aug. 28.

- Royal Caribbean is offering

a four-night cruise to Catalina and Ensenada for \$348 per person, departing Aug. 31.

- Princess Cruises is ready to set sail for seven nights to the Mexican Riviera on Oct. 3 for \$559 per person.



- The Carnival Radiance will be cruising to Hawaii for 14 days beginning Nov. 8 for \$952 per person.

- On Nov. 15, the Mexican Riv-

iera is the destination for the Norwegian Encore cruise ship for \$609 per person.

Have you ever been to the Panama Canal where the Pacific and Atlantic oceans intersect? If not, here's your chance. The Princess Cruise ship will be sailing there on a 16-night adventure for \$1,301, beginning Dec. 3.

Next year's cruises are already scheduled so if you want to celebrate the New Year in style, check out the 2027 itineraries at www.cruisecritic.com.

Meanwhile, smooth sailing and may the wind always be at your back.



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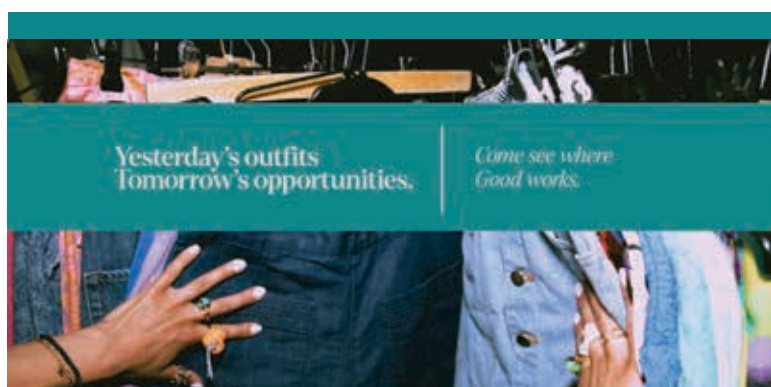


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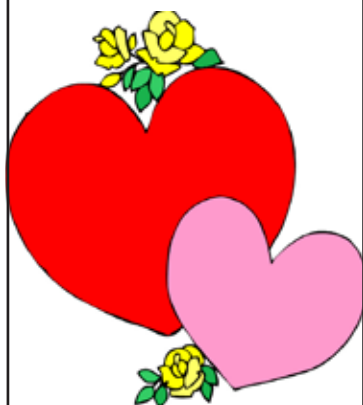
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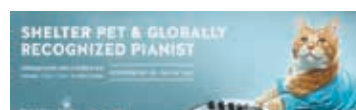
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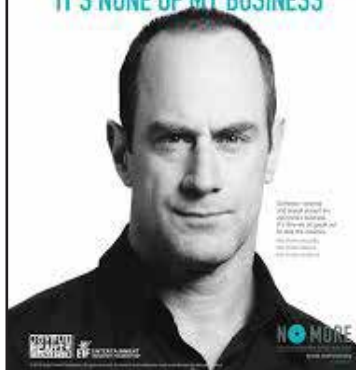
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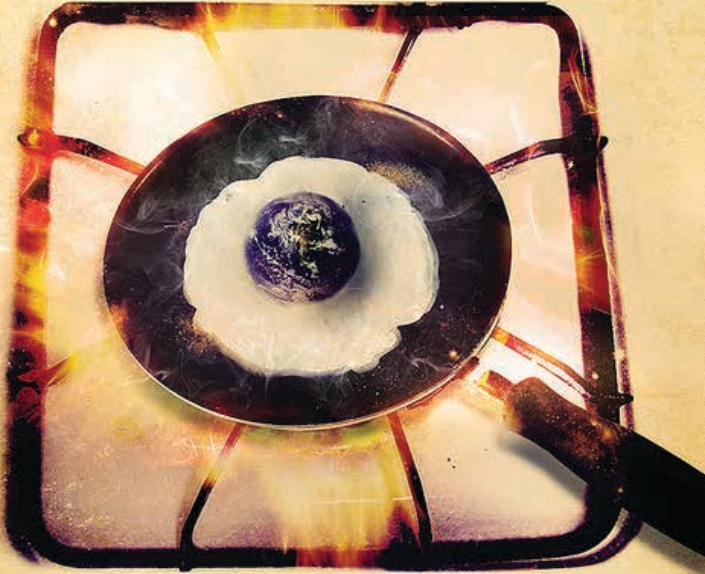
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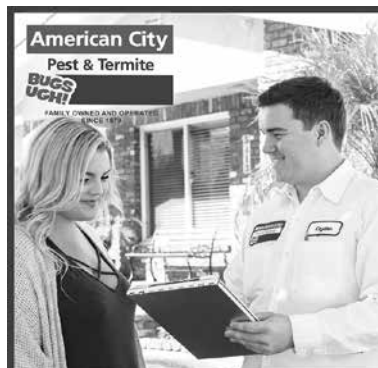
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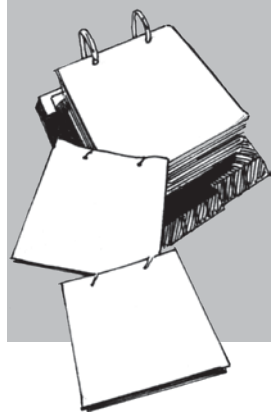
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AUGUST Calendar of Events



August brings plenty of opportunities to get out and enjoy summer, with community festivals, family celebrations, live entertainment, food events, and unique activities happening throughout Orange County. From local traditions that have been celebrated for decades to new adventures for families and friends, there is something for everyone to enjoy before summer comes to an end.

City of Westminster Safety Day

Westminster

Thursday, Aug. 6

4 to 8 p.m.

Families are invited to this free educational event designed to help children become familiar with the city's safety staff and services. Attendees can enjoy exciting displays and demonstrations from the Westminster Police Department and the

Orange County Fire Authority while learning more about community safety.

LOCATION: Civic Center, 8200 Westminster Boulevard, Westminster.

INFORMATION: Community Services and Recreation Department at (714) 895-2860 or www.westminster-ca.gov

Primetime Players: 'Those Naughty Seniors'

Long Beach

Thursday, Aug. 6

12:30 p.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: EXPO Arts Center, 4321 Atlantic Ave., Long Beach.

INFORMATION: Jim Meyer at (714) 269-7496.

Brea Fest

Brea

Friday, Aug. 7

6:30 to 10 p.m.

Known as the "tastiest" celebration of the year, Brea Fest invites guests to sample food and beverages donated by local restaurants while enjoying live music and entertainment. The evening also includes gallery exhibitions, demonstra-

tions, live theater performances, shopping in Market Row and Kidsville activities featuring face painting, balloon animals, crafts, a bounce house and more. Admission, parking, and entertainment are free. Food and beverage tickets are available for purchase.

LOCATION: Brea Civic & Cultural Center, 1 Civic Center Circle, Brea

INFORMATION: (714) 990-7771

San Clemente Fiesta Music Festival

San Clemente

Saturday, Aug. 8

11 a.m. to 6 p.m.

This annual celebration, which began in 1953, returns as one of San Clemente's biggest summer traditions. Avenida Del Mar closes to traffic as downtown transforms into a lively festival featuring live music, food booths, arts-and-crafts vendors, community exhibits, kids' activities, and more. Admission is free.

LOCATION: Avenida Del Mar, San Clemente

INFORMATION: (949) 492-1131

Murder Mystery Scavenger Hunt

Huntington Beach

Saturday, Aug. 8

11 a.m. (arrival by 10:40 a.m.)

Put your detective skills to

the test during this interactive, adult-friendly competition. Teams follow clues, solve puzzles, explore downtown Huntington Beach locations, including the Huntington Beach Pier, downtown shops, beach walking trails, Pacific City, and Triangle Park, while trying to uncover the mystery. This is a hosted event — not a phone app game — and combines teamwork, problem-solving and sightseeing.

INFORMATION/TICKETS: Use promo code OCNET for a discount on tickets.

Bier Fest at Old World Huntington Beach

Aug. 8 to 16

Enjoy eight days of German-inspired fun featuring a variety of beers, authentic German food, live German bands, and entertainment. Families can enjoy free admission, free parking, and a festive atmosphere with food, music, and activities.

LOCATION: Old World Village, 7561 Center Ave., Huntington Beach

Old World Wiener Nationals Dachshund Races

Huntington Beach

Sunday, Aug. 9

10 a.m. to 2 p.m.

Dog lovers of all ages are invited to cheer on adorable dachshunds as they race to-

ward the finish line during this family-friendly event. The day promises plenty of laughs, excitement, and furry competitors.

LOCATION: Old World Village Festival Hall, 7561 Center Ave., No.49, Huntington Beach

Primetime Players: 'Those Naughty Seniors'

Long Beach

Friday, Aug. 14

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: Silverado Park Senior Center, 1545 W. 31st St., Long Beach.

INFORMATION: Jim Meyer at (714) 269-7496.

Murder Mystery Scavenger Hunt

Dana Point

Saturday, Aug. 15

10:45 a.m. (arrival by 10:25 a.m.)

Grab a team and become a detective for the day during this interactive scavenger hunt through Dana Point. Participants follow clues and solve puzzles while exploring lo-

Continued on page 19

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AUGUST Calendar

Continued from page 18

cations including Dana Point Harbor, Doheny Beach, Dana Island, Lantern Bay Park, Heritage Park, and nearby landmarks.

INFORMATION/TICKETS:
Use promo code OCNET for a discount on tickets.

Primetime Players:
'Those Naughty Seniors'
Long Beach
Friday, Aug. 21
1 p.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: Long Beach Senior Center, 1150 E. Fourth St., Long Beach.

INFORMATION: Jim Meyer at (714) 269-7496.

Sea Country Festival
Laguna Niguel
Aug. 21 to 23

Celebrate the end of summer with music, rides, games, food, and family entertainment at this annual community festival. Admission is free, with nominal fees for attractions and games.

LOCATION: Aliso Creek Road between Alicia and La Paz, Laguna Niguel

La Habra Corn Festival
La Habra
Aug. 21 to 23

The La Habra Corn Festival celebrates community tradi-

tion, local history, and family fun. Hosted by the La Habra Host Lions Club, the event dates back to 1947. It has grown from a small neighborhood gathering into a popular annual celebration featuring food, entertainment, and activities. This year's festival also recognizes La Habra's 100th birthday.

LOCATION: Portola Park, 301 South Euclid Street, La Habra

Murder Mystery
Scavenger Hunt
San Clemente
Saturday, Aug. 22
10:45 a.m. (arrival by 10:25 a.m.)

Evaluate your detective abilities during this walking mystery adventure through downtown San Clemente. Teams follow clues and solve puzzles while exploring the San Clemente Pier, beach trails, and downtown shops along Del Mar.

INFORMATION/TICKETS:
Use promo code OCNET for a discount on tickets.

Plum Festival
Huntington Beach
Aug. 22 to 23
12 to 8 p.m.
Old World Biergarten celebrates
Continued on page 28

Volunteers Ages 56-90 Needed for Brain Health Research Study in Costa Mesa

Advanced Brain Monitoring (ABM), a neuroscience company, is inviting healthy adults ages 56 to 90 to participate in a research study on healthy aging and cognitive health.

The goal of the study is to better understand normal brain function as we age and to support the development of new tools that may help researchers evaluate memory and cognitive health in the future.

Participation includes a **single 2-hour visit** to our Costa Mesa study location, where volunteers will:

- Complete computer-based memory and attention activities
 - Wear a comfortable, non-invasive EEG cap with soft sensors to measure brain activity
 - Complete questionnaires about medical history and demographics
- Participants will receive \$30 per hour for their time.

To be eligible, volunteers must:

- Be between **56 and 90 years of age**
- Complete a brief telephone screening about their medical history
- Be comfortable using a computer for approximately two hours
- Be available for a study visit in Costa Mesa on **Monday, August 10 or Friday, August 14**

If you are interested in participating or would like to learn more, please contact our research team:

Email: INSPECDS@b-alert.com (include your name and phone number)

Phone: 760-795-7020 (please leave your name and phone number)

Your participation can help advance research on healthy aging and future brain health technologies.

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for Detailed Information

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of vendors offering **FREE** health screenings, helpful information, product demonstrations, free samples, special discounts, and chances to win exciting prizes.

Join us on **Saturday, August 8** for a day filled with valuable resources, health and wellness information, educational opportunities, entertainment, and more. This annual community favorite is designed to connect attendees with services and programs that support healthy aging and independent living.

Visit with a wide variety

Whether you're looking for resources for yourself, a loved one, or simply planning ahead for the future, this event has something for everyone. All ages are welcome! This event will be taking place at the Buena Park Senior Activity Center located at 8150 Knott Avenue in the Ehlers Event Center. For more information, please call (714) 236-3870.

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The Gadget Geezer

By Les Goldberg

Newest Smartphones Do It All

Remember when your phone was used for, well, phoning? Those days are long gone, thanks to microchips, semiconductors, and other technology that has changed our world.

Chose changes are on display in the newest generation of “smartphones,” aka mobile phones or cellphones.

Smartphones have become the one device we rely on for just about everything. Besides their phone functions, they also support mapping, photography, videography, games, movies, TV streaming, and much more.

The question you must ask yourself is: Do you want or need an upgrade to your

current device? Is your phone’s camera sharp enough? Are you experiencing slow response times? How much money do you want to invest?

To answer some of your questions, we have put together a list of the five top-selling smartphones incorporating all of the latest technology and features that customers have asked for:

Samsung Galaxy A37



Photo courtesy of Samsung.

If your budget is tight, the Android-based (as opposed to

the Apple IOS operating system software) **Samsung Galaxy A37** model is an ideal solution at \$329.99.

This is a sleek and powerful device that provides performance, design, and premium features like a triple-lens camera with new AI photo editing tools, a Samsung Wallet 1 and 6 OS upgrades, and 6 years of security updates to keep the phone secure and up to date. The 6.7” Super AMOLED display³ offers massive detail and clarity for gaming, streaming, or browsing.

Samsung Galaxy Flip-phone



Photo courtesy of Samsung.

If you want to follow the latest trend in smartphones, try the new **Samsung Galaxy Z Flip 7 FE** device. In addition to a brighter screen and sharper camera lenses, it provides easy content creation, daily tasks, video calls, and a long-lasting battery. Price: \$619.99.

Motorola Moto G

Rated “excellent” by most tech experts, the **Motorola Moto G Play** is a folding phone with two displays, long battery life, and fast performance. The 50 megapixel (50MP) camera is designed for everyday use, and



Photo courtesy of Motorola.

the 4GB RAM memory and 64GB storage provide ample capability at the very reasonable price of \$85.49.

Apple iPhone 15



Photo courtesy of Apple.

For those of you who prefer Apple’s iOS smartphones, the **iPhone 15** is an effective, cost-effective solution for \$589. It comes with privacy protections that help keep you in control of your data. It’s made from more recycled materials to minimize environmental impact. And it has built-in features that make the iPhone more accessible to all.

You can see who’s calling, track your next ride, check your flight status, and so much more. It also features a durable color-infused glass and aluminum design that is splash-, water-,

and dust-resistant. A USB-C connector lets you charge your Mac or iPad with the same cable you use to charge your phone.

Cell Phone Plans

Once you have made your smartphone hardware purchase decision, it is important to consider which cell phone plans work for you. According to “*Consumer Reports*” experts, make sure you know what kind of features you want in a cell phone.

“For example, are you a heavy smartphone user, or do you just use your phone to call and text? If the former, you’ll need a phone plan with more high-speed data, but you will be saving considerable dollars by going with a talk-and-text-only plan.”

Other considerations include whether the calls are unlimited in minutes and location, whether unused minutes roll over, whether you have to pay for the internet if all you want are phone calls, and whether the plan includes medical alert technology.

Finally, ask the companies about customer service. Your ability to communicate well with a service representative is paramount since the last thing you want to worry about is the ability to get help when you need it. Here are some of

Continued on page 28



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August and the Dog Days of Summer

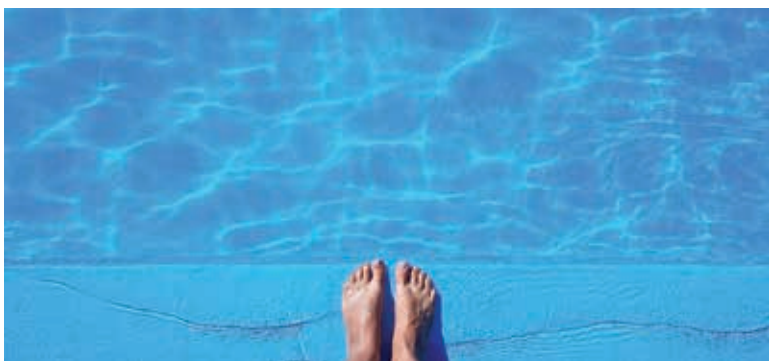


Photo courtesy of Pixabay.

August arrives with a feeling that summer is beginning to wind down, even as the days remain warm and bright. It is a month of long afternoons, family vacations, backyard barbecues, and one last chance to enjoy the outdoors before the routines of fall return.

Named after Augustus Caesar, the first Roman emperor, August was originally called Sextilis because it was the sixth month in the early Roman calendar. In 8 B.C., it was renamed in honor of Augustus, whose military victories and achievements were closely associated with the month.

Across much of the United States, August is known for its sunshine and high temperatures. Beaches, parks, and hiking trails remain popular destinations, while gardens and farmers' markets overflow with seasonal favorites such as tomatoes, corn, peaches, melons, and berries. The month also marks the peak of sunflower blooms in many regions.

For families, August often signals the final stretch of summer vacation. Children prepare to head back to school, parents shop for school supplies, and communities host end-of-summer festivals, fairs, and outdoor concerts. Baseball season is in full swing, and many people take advantage of the remaining daylight for evening walks, picnics, and neighborhood gatherings.

August is also a month of notable observances. National Parks Month encourages people to explore America's natural treasures, while National Wellness Month reminds us to focus on healthy habits before the busy fall season begins. The annual Perseid meteor shower, one of the year's most spectacular celestial events, typically reaches its peak in mid-August, offering stargazers a dazzling display on clear nights.

Whether spent traveling, relaxing at home, or simply enjoying the last carefree days of summer,



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at home, or simply enjoying the last carefree days of summer, August offers an opportunity to slow down and savor the season. Its warm days, colorful sunsets, and anticipation of autumn make

it a memorable bridge between the excitement of summer and the promise of a new season.



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In The Spotlight

By Debbie L. Sklar

August Wellness: Smart Ways for Seniors to Stay Safe During the Summer Heat



Photos courtesy of Pixabay.

August is often the hottest month of the year, making it a great time to enjoy the outdoors — but also an important time to take extra precautions. Older adults are more vulnerable to heat-related illnesses because the body's ability to regulate temperature changes with age. Certain medications and chronic health conditions can also increase the risk of dehydration and heat exhaustion.

Fortunately, a few simple habits can help you stay comfortable, healthy, and active throughout the month.

Top Tips

One of the most important things you can do is stay hydrated. As we get older, we may not feel thirsty even when our bodies need fluids. Drink water regularly throughout the day, even if you don't feel thirsty. Keep a reusable water bottle nearby, and add slices of lemon, cucumber, or berries if you prefer a little

flavor. Limit sugary drinks and alcohol, which can contribute to dehydration.

Try to schedule outdoor activities during the cooler hours of the day. Early morning or early evening walks are often much more comfortable than heading out during the hottest afternoon hours. If you're gardening, golfing, or attending an outdoor event, take frequent breaks in the shade and wear a wide-brimmed hat along with lightweight, light-colored clothing.

Air conditioning remains the best defense against extreme heat. If your home doesn't have air conditioning, consider spending part of the day at your local library, senior center, shopping mall, or community center. Many cities also open cooling centers during periods of excessive heat. Even a few hours in an air-conditioned building can help your body recover from high temperatures.

Don't overlook the importance of sunscreen. Skin becomes thinner and more sensitive with age, making it more susceptible to sun damage. Choose a broad-spectrum sunscreen with a SPF of at least 30, and reapply every two hours if you're outdoors, especially if you're swimming or perspiring.

It's also wise to review your medications with your physician or pharmacist. Some prescription medications, including certain blood pressure medications, diuretics, and antihistamines, may affect your body's response to heat or increase your risk of dehydration. Never stop taking medications on your own but ask whether additional precautions are recommended during hot weather.

Know the warning signs of heat-related illness. Symptoms such as dizziness, headache, nausea, rapid heartbeat, confusion, muscle cramps, or unusual fatigue should never be ignored. If you or someone you know experiences these symptoms, move to a cooler location, drink water if appropriate, and seek medical attention if symptoms worsen or don't improve quickly.

Good Food and Friends

August is also a wonderful month to enjoy fresh, seasonal foods. Farmers' markets are

filled with nutritious fruits and vegetables, including peaches, watermelon, tomatoes, cucumbers, corn, and berries. These foods not only provide important vitamins and minerals but also contain plenty of water, helping you stay hydrated while eating healthily.

Staying socially connected is another important part of summer wellness. Heat waves can sometimes lead people to stay indoors, increasing feelings of isolation. Consider inviting a friend for coffee at an air-conditioned café, joining a class at your local senior center, attending a book club, or calling neighbors to check in. A simple phone call can brighten someone's day and ensure they're doing well during periods of extreme weather.

If you're planning an August vacation, prepare ahead. Carry extra water, pack medications in your carry-on bag, wear comfortable clothing, and take breaks while traveling. If you're flying, stand up and stretch periodically when possible. If you're taking a road trip, avoid leaving pets or passengers in parked vehicles, even for a few minutes.

Check on Folks

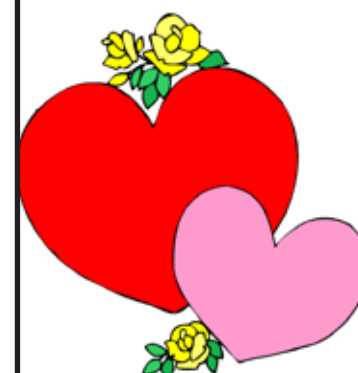
Finally, remember to check on older relatives and neighbors, especially those who live alone. A quick visit or phone call can make a significant difference

during periods of excessive heat. Community is one of the best tools we have for staying safe.

Summer doesn't have to keep you indoors. With a little planning and a few healthy habits, August can be filled with enjoyable walks, family gatherings, gardening, community events, and relaxing evenings outdoors. By respecting the heat and taking sensible precautions, you can make the most of everything this beautiful month has to offer while protecting your health.

After all, the best summer memories are the ones made safely — and August still has plenty of opportunities to create them.

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August Book Club

By Debbie L. Sklar



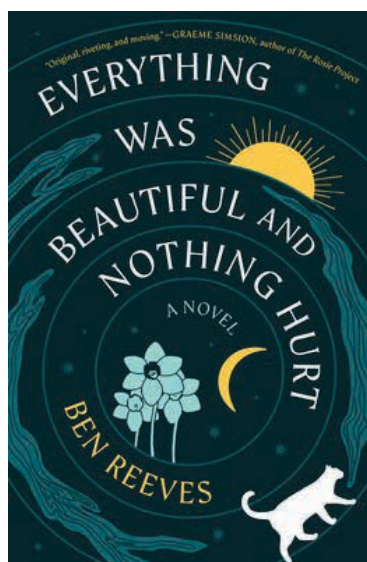
ing Hurt” takes readers on an emotional journey through life, love and loss — told from the perspective of Death.

August is the perfect month to slow down with a good book. Whether you’re relaxing by the pool, enjoying a quiet afternoon indoors, or looking for a title to take on vacation, this month’s selections offer something for nearly every reader. From an uplifting novel told from an unusual perspective to a gripping psychological thriller, a heart-felt romance and a witty tale of survival, these new releases are generating plenty of buzz and deserve a spot on your summer reading list.

Everything Was Beautiful and Nothing Hurt

By Ben Reeves

Publisher: Avid Reader Press/
Simon & Schuster



One of the most talked-about novels of the summer, “*Everything Was Beautiful and Noth-*

While that premise may sound dark, Ben Reeves has crafted a story filled with warmth, compassion, and hope.

The novel introduces Travis, who serves as Death in the modern world. Quiet, gentle, and free of judgment, Travis spends his days comforting people during their final moments. He never interferes with fate, believing every life has its natural beginning and end. His routine existence changes when he meets Dalia, a kind-hearted midwife, and her energetic young daughter, Layla. As the unlikely friendship grows, Travis begins to experience emotions and connections he has never known, leading him to question what it truly means to live.

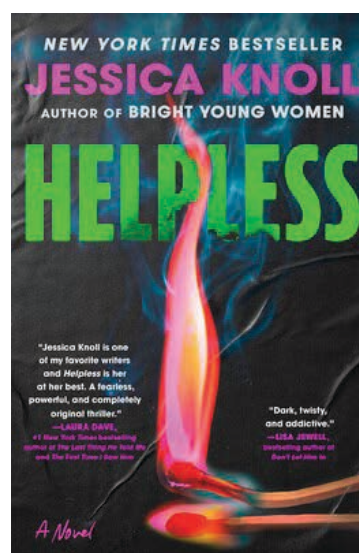
Rather than focusing on sadness, the novel celebrates the beauty found in everyday moments, reminding readers to cherish the people and experiences that make life meaningful.

Helpless

By Jessica Knoll

Publisher: Scribner

Jessica Knoll, bestselling author of “*Luckiest Girl Alive*,” returns with another suspense-filled psychological thriller in “*Help-*



less” that explores obsession, memory and dangerous relationships.

The story follows Faye Heron and Henry Spalding, former college sweethearts whose intense romance ended years earlier. Their lives appear successful on the surface until a reunion at a beloved professor’s funeral forces them back into each other’s orbit. What begins as an uncomfortable encounter quickly turns into a terrifying nightmare when Henry kidnaps Faye and takes her to a remote mountain cabin.

As Faye struggles to understand Henry’s motives, long-buried memories begin resurfacing, challenging everything she thought she knew about their past. Twisting between psychological suspense and emotional drama, the novel keeps readers questioning what is real until its shocking conclusion. Fans of smart, fast-paced thrillers filled with unexpected turns will find this one difficult to put down.

Every Version of You

By Natalie Messier

Publisher: Gallery Books



Natalie Messier blends romance, humor, and a touch of fantasy in this charming debut novel about second chances.

Joey Vasquez appears to have built a successful life as a Los Angeles attorney, but after an unexpected tragedy, she wakes up as her 18-year-old self with all of her adult memories intact. Believing she finally has the opportunity to win the man she’s loved for years, Joey soon discovers that changing the past is far more complicated than she imagined. As old friendships and relationships take new directions, she begins to question whether the person she thought was “the one” really was.

Filled with wit, heart, and plenty of emotional moments, “*Every Version of You*,” explores how our choices shape who we become and reminds readers that sometimes life’s greatest surprises come from the paths we never expected to take.

Man Overboard!

By Kathleen Rooney

Publisher: Gallery Books



Kathleen Rooney delivers an entertaining mix of comedy, family drama and self-discovery in “*Man Overboard!*” The novel begins with Patrick “Kick” Kilpatrick unexpectedly falling off a cruise ship into the open ocean. Alone and fighting to survive, he reflects on the family vacation that brought him there, including complicated relationships, old resentments, and years of unresolved conflict.

As Kick struggles to stay afloat, memories of his childhood, parents, and siblings rise to the surface, revealing humorous and heartbreaking moments. Rooney skillfully balances laugh-out-loud observations with thoughtful reflections on forgiveness, resilience, and appreciation in life, even during its most difficult moments.

With memorable characters,

Continued on page 28

August Crossword Puzzle

Across

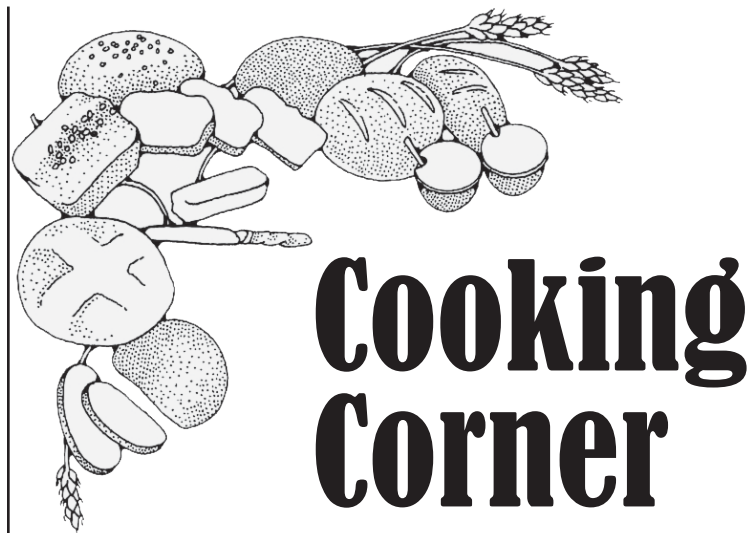
1. Cottonwoods
7. ____kwon do
10. Conked out
14. Go over again
15. Egyptian cobra
16. The King _____
17. Theater district
18. Go downhill fast?
19. Cornfield cacophony
20. Aviation mechanic
23. Belle or Bart
26. Boy
27. Unfolds
28. Amos or Spelling
29. Like some ears
30. Cat (winter vehicle)
31. Imperial dynasty of Russia
33. Injection amts.
34. Sprechen ____Deutsch?
37. Mineral suffix
38. "Lord, is ____?": Matthew
39. That's gotta hurt!
40. Tolkien ogre
41. Third degree?
42. Legume
43. Uncommon
45. Belief system
46. Get older
47. Annapolis sch.
48. Hippodrome, e.g.
51. Menu words
52. Distinguishing characteristic
53. Made to resist breaking
56. Pigeon coop
- 57.Cinco de Mayo, e.g.
- 58.Scoffs
- 62.Polecat's defense
- 63.Common Market abbr.
- 64.People of courage
- 65.Neutral shades
66. D.C. advisory grp.
- 67.Size up

Down

1. Sheet music abbr.
2. Wreath of flowers
3. I've got it!
4. Swampfever
5. Blender maker
6. Restaurateur Toots
7. Dutch navigator
8. Inquired
9. Larger-than-life
10. Repeatedfromthe beginning
11. Mindlessly stupid

1	2	3	4	5	6		7	8	9		10	11	12	13
14							15				16			
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56					57				58			59	60	61
62					63				64					
65					66				67					

12. Newsman Newman
13. Flat circular plates
21. Singer Newton-John
22. Island in central Japan
23. Piece of bacon
24. Fang, e.g.
25. Equipped
29. Tribal emblem
30. Teatime treat
32. Tries to bite
33. Puma
34. March man
35. Afghan's neighbor
36. Brilliance
- 44.Wave riders
45. Buries
46. Llama relative
- 48.Cravat
- 49.Role for Valerie
50. Stationery brand
51. Sign of spring
52. Shades
54. First place
55. Dept. of Labor divi-sion
59. Fair-hiring abbr.
60. Hi-____graphics
61. Conscription org.



Fresh Summer Peach Cobbler

A light, refreshing, no-bake dessert that celebrates July with bright summer berries and cool whipped layers.

Prep: 20 min Cook: 40 min Serves: 10–12

August brings the height of summer; when our kitchens fill with the fragrance of ripe peaches, sun-kissed produce, and the simple joy of gathering around a homemade treat. This month's Cooking Corner celebrates those bright flavors with a recipe that's as comforting as it is refreshing—a classic peach cobbler that captures the sweetness of the season and brings a little sunshine to every table.

Ingredients

6 cups fresh peaches, peeled and sliced

1 cup granulated sugar

1/2 cup brown sugar

1 tsp lemon juice

1 tsp vanilla extract

1 tsp ground cinnamon

1/4 tsp ground nutmeg

1 cup all-purpose flour

1 cup milk



1/2 cup unsalted butter, melted

2 tsp baking powder

1/4 tsp salt

Instructions

1. Prepare peaches

In a saucepan, combine peaches, granulated sugar, lemon juice, vanilla, cinnamon, and nutmeg. Cook 5–7 minutes until juicy and fragrant.

2. Heat oven

Preheat oven to 375°F.

3. Make batter

Whisk flour, brown sugar, baking powder, and salt. Stir

in milk until smooth, then add melted butter.

4. Assemble

Pour batter into a greased 9×13 dish. Spoon peaches and their juices evenly over the top—do not stir.

5. Bake

Bake 35–40 minutes until golden and bubbling.

6. Serve

Cool slightly and serve warm with vanilla ice cream or whipped cream.

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AUGUST Calendar

Continued from page 19

its 30th Plum Fest with a family-friendly weekend featuring live German music, special plum-inspired foods, drinks, desserts and entertainment. Guests can enjoy treats including plum cake, plum crepes, plum-infused drinks, and more. Admission, parking, and live music are free.

LOCATION: Old World Village, 7561 Center Ave., Huntington Beach

Primetime Players: 'Those Naughty Seniors' Long Beach

Thursday, Aug. 27

1 p.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: El Dorado Park West Senior Center, 2800 N. Studebaker Road, Long Beach.

INFORMATION: Jim Meyer at (714) 269-7496.

The Fit Expo Anaheim

Aug. 29 to 30

Fitness enthusiasts are invited to a weekend celebrating health, strength, and wellness. The event brings together athletes, trainers, fitness experts, and wellness seekers for demonstrations, expert advice, competitions, and appearances from industry personalities.

LOCATION: Anaheim Convention Center, 800 W. Katella Ave., Anaheim

Laguna Art-A-Fair

Laguna Beach

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Celebrating its 60th year, Laguna Art-A-Fair highlights a diverse collection of fine art in a variety of media. Visitors can enjoy artwork, daily hands-on workshops, weekend entertainment, food and beverages, including the event's signature margaritas.

LOCATION: 777 Laguna Canyon Road, Laguna Beach

INFORMATION/TICKETS: (949) 494-4514; daily and season passes available online.



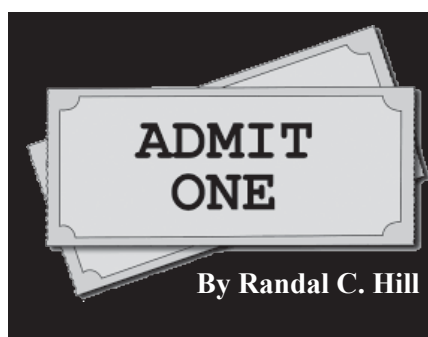
"I'VE NEVER UNDERSTOOD WHY MY HUMAN WON'T LEAVE THE HOUSE WITHOUT HER LEASH. I THINK SHE'S AFRAID OF GETTING LOST. BUT IT'S OK, I KIND OF LIKE SHOWING HER AROUND."

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Movie Preview

'Cookie Queens'

By Randal C. Hill

Filmmaker Alysa Nahmias ("Unrest," "Wildcat") has created a candid—and sometimes painful—documentary centered on the annual business of selling Girl Scout cookies. "Cookie Queens" follows four girls during the high-pressure merchandising season. These are hard-working kids who swap playtimes in order to earn 0.70 cents to \$1.10 per box for their troops.

The movie focuses on four diverse entrepreneurs who immerse themselves in the money-making spirit.

Ara is 5 years old and comes from San Diego. Although only in kindergarten, multi-racial Ara is already into her second year of peddling the treats. Part of her sales strategy is to play the piano at a local market to attract customers. She has Type 1 diabetes, although her daily injections of insulin are never sensationalized. (Ara can only nibble the cookies in small amounts; later, though, she is inspired to create her own sugar-free products.)

Nikki, 9, hails from Chino, Calif., and is a Black girl from a Hispanic-majority town. She hopes to match the previous success that her older sisters have enjoyed—winning a trip to Europe. (Nikki's sisters have aged out of participation.) The girls' relationship dynamics

shown are heartwarming and insightful.

The only White girl featured, Olive is already a sales legend of sorts in her hometown of Charlotte, N.C., having established a state record of 12,801 boxes sold, thanks to her promotional strategies of websites, videos, and signs. At 12 years of age, she has set herself a heady goal of becoming a Supreme Court justice one day. However, doubts quietly nigger at Olive's confidence when she wonders aloud to Nahmias, "If I'm not the top seller, what am I?"

Shannon Elizabeth is 8 years old and calls El Paso home. She is Latinx and Native American and an only child. Her mother raised her alone for a few years until her partner, Juan, came into her mother's life. Juan helped the girl sell enough cookies to win a free Girl Scout summer camp. Shannon Elizabeth's goal now is to sell more than 2,000 boxes of cookies, on her way to carving out opportunities to be a leader for her culturally and ethnically diverse local troop.

Despite the girls' intensity, there's a good balance in Nahmias's story, as light-hearted energy blends with thought-provoking musings on just how ambition and

sacrifice feed into the portraits of four young ladies who hustle tirelessly to sell each box of treats.

Released by Roadside Attractions, "Cookie Queens" opens in limited release nationwide on Aug. 7. It's worth seeing.

The Gadget Geezer

Continued from page 20

the highly rated services for seniors:

TracFone
Straight Talk
Lively,
PureTalk
Consumer Cellular
Total Wireless
Lively (for Jitterbug
smartphones only)

AUGUST Book Club

Continued from page 25

sharp humor, and an uplifting message about perseverance, "Man Overboard!" is a perfect late-summer read for anyone who enjoys character-driven fiction with equal parts heart and humor.



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

—COLBY
adopted 06-18-11

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Crossword Puzzle Answers from page 26

1	A	2	L	3	A	4	M	5	O	6	S	7	T	8	A	9	E	10	D	11	I	12	E	13	D
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Fabulous Finds

By Debbie L. Sklar

Fab Finds: August's Must-Have Products for Beauty, Wellness and Everyday Living

Summer often brings a mix of sunshine, travel, outdoor activities, and a desire to refresh our routines. From skincare designed to help restore moisture after time in the sun to innovative products created to address specific beauty and wellness needs, this month's **Fab Finds** features a collection of items that combine thoughtful ingredients with practical benefits. Whether you're looking to update your skincare routine, soothe sensitive skin, or simply add a little luxury to your everyday life, these products offer something special.

Clarins Double Serum Eye Brings Advanced Science to Skincare

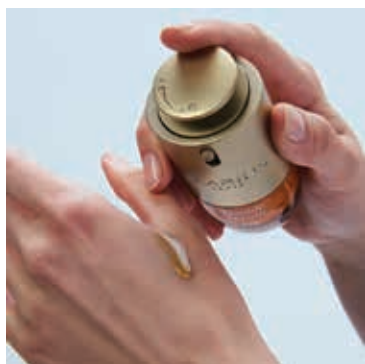


Photo courtesy of Clarins.

If your eyes are the first place to reveal sleepless nights, stress, or simply the passage of time, **Clarins Double Serum Eye** may be worth adding to your skincare routine. The French beauty brand has introduced its

latest generation of eye treatment, combining decades of longevity research with plant-based ingredients to address common concerns around the delicate eye area.

Unlike traditional eye creams that focus primarily on fine lines, Double Serum Eye takes a broader approach. Clarins says its formula targets both chronological aging—the natural process that comes with getting older—and the effects of daily life, including stress, lack of sleep, pollution and environmental exposure. Those factors can contribute to wrinkles, puffiness, dark circles, and a loss of firmness, making the eyes appear older than they really are.

The lightweight, two-phase formula blends a hydrating serum with a nourishing emulsion to mirror the skin's natural balance of water and oils, allowing the ingredients to absorb effectively. Key botanicals include organic marjoram extract to help improve skin elasticity and turmeric, a signature Clarins ingredient that supports the skin's natural functions. Niacinamide helps brighten the appearance of dark circles, while horse chestnut extract and plant-de-

rived caffeine work together to minimize discoloration and reduce under-eye puffiness.

According to Clarins, users reported noticeable improvements after one week, including softer-looking wrinkles, reduced puffiness, and less visible dark circles. The treatment also delivers long-lasting hydration, an important benefit for the thin skin surrounding the eyes.

The product comes in an eco-conscious dual-chamber bottle made with recyclable materials and features a precision dosing system. Consum-

ers can also scan a QR code to learn more about ingredient sourcing, reflecting Clarins' commitment to transparency.

For anyone looking to refresh tired-looking eyes or add an advanced treatment to their beauty routine, this serum offers a blend of modern skincare science and botanical ingredients.

Price: \$95.

Where to Buy: Clarins.com and Clarins retailers nationwide beginning in August.



Triple Paste Expands Into Eczema Care for the Whole Family



Photo courtesy of Triple Paste.

Living with eczema can feel like an endless cycle of itchy flare-ups followed by periods of calm, only to have symptoms return. **Triple Paste Eczema Care** takes a new approach by offering products designed not only to soothe irritated skin during flare-ups but also to help strengthen the skin's protective barrier between outbreaks.

Continued on page 38



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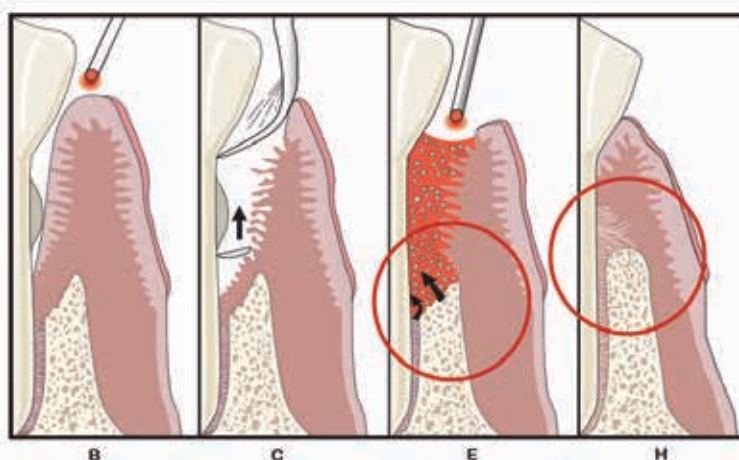
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1. Gregg RH II, Gregg DM. Laser-assisted periodontal regeneration with the LANAP protocol. *Dent Today* 2019 May;38(5):78, 80-83
2. FDA Clearance K151763



The Compassion You Leave Behind Remains In The Hearts of Others

Dear valued readers and friends:

This is a story of one person's tireless commitment to dedicating her life to the human spirit.

My hope is that each of you may find a place in your heart to add something special to your life-time or just read this story and feel your internal gratitude for the gifts gained by those who experienced her presence.



Angie Kardashian holds a treasured piece of glass from the World Trade Center. Photo courtesy of Samantha Hammer.

Let me introduce you to Angie Kardashian.

I had the pleasure to meet and spend time with Janet "Angie" Kardashian. I was invited to her home, giving me the opportunity to learn more about this dedicated champion who has accomplished so much goodwill for so many people. Angie shared a portfolio of accolades which included leadership awards, letters of appreciation, recognized volunteerism

and her deep commitment to humanity. The binder holding all of these acclaimed achievements was at least 6 1/2 inches deep. There were hundreds of pages of credible remarks towards this remarkable woman as a pillar of her community and beyond.

Angie was raised in Springfield, Mass., although life led her forward and now, she is a

Continued on page 35

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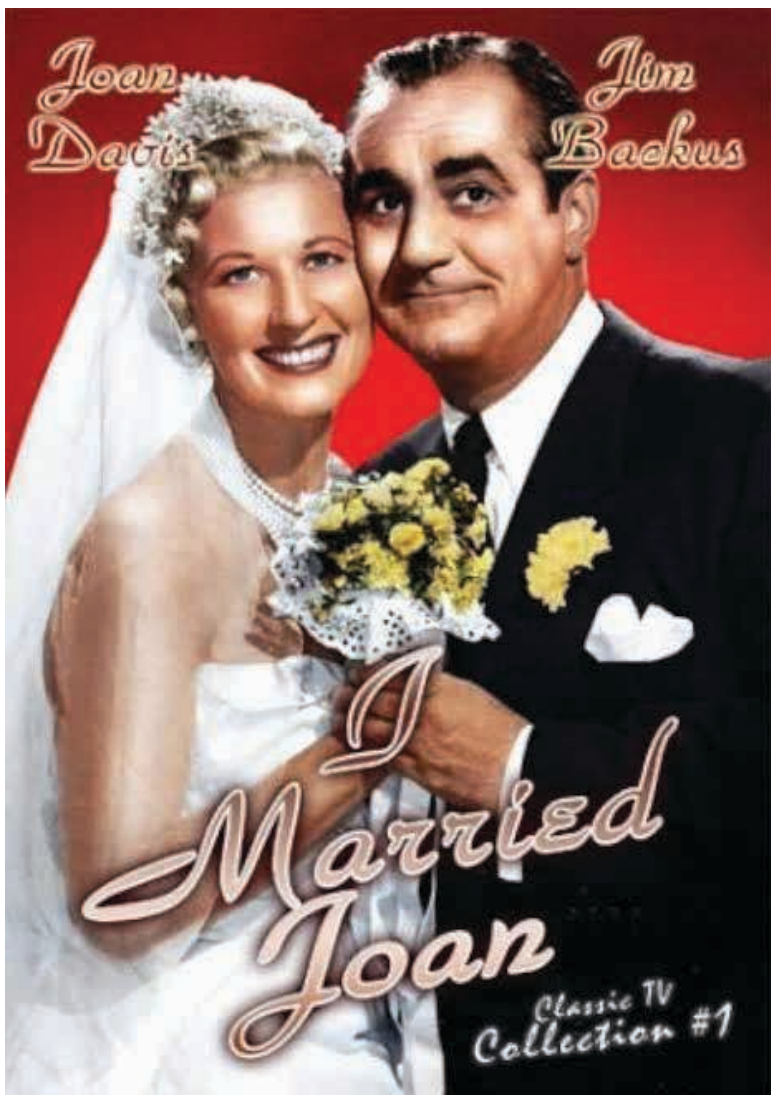
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Domestic Mayhem in the Golden Age: The Legacy of ‘I Married Joan’



Photos courtesy of IMDb.

In the early 1950s, American television was undergoing a massive shift. As families purchased television sets in record numbers, networks rushed to find the next big hit. They quickly realized that domestic sitcoms — especially those featuring a chaotic housewife and a patient, long-suffering husband — were ratings gold. While CBS struck legendary gold with “*I Love Lucy*,” NBC countered with its own masterclass in domestic mayhem: “*I Married Joan*.”

Airing from 1952 to 1955, the sitcom was a high-energy vehicle for one of the era’s most talented physical comedians, Joan Davis. Across 98 episodes, “*I Married Joan*” entertained millions with its broad slapstick, charm, and unique premise. Yet, despite its initial success, the show’s journey from prime time hit to forgotten relic offers a fascinating window into the early days of television and the volatile nature of Hollywood legacies.

The Odd Couple:

A Scatterbrained Wife and a Mild-Mannered Judge

At the heart of “*I Married Joan*” was the relationship between Joan Stevens (Joan Davis), a manic, scatterbrained housewife, and her husband, Judge Bradley Stevens (Jim Backus), a mild-mannered, respected community judge. This pairing provided an immediate and effective comedic engine. Bradley represented order, logic, and civic duty; Joan represented well-intentioned, energetic chaos.

The series initially used an inventive framing device to set up

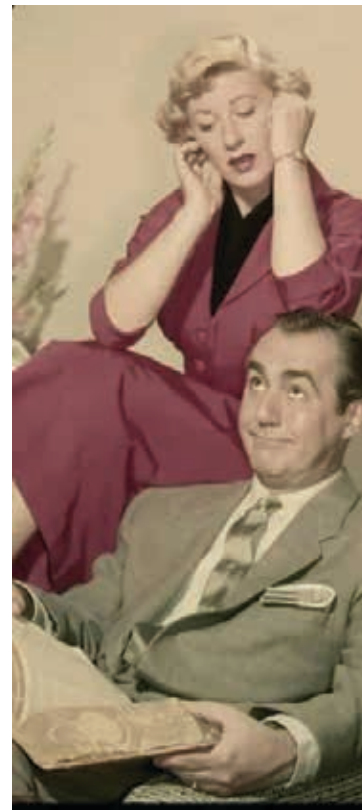


Photo courtesy of Facebook.

each episode’s narrative. Early episodes began with Judge Stevens in his judicial chambers, counseling a bickering young couple on the verge of divorce. To help them resolve their issues, he would recount a wacky misunderstanding or mishap from his own marriage. The episode would then dissolve into the flashback story, showing Joan’s latest misadventure, before returning to the courtroom where the judge’s tale had successfully saved another marriage.

While the “courtroom framing” was eventually dropped to let the stories breathe freely, the core dynamic remained unchanged. Whether Joan was accidentally ruining an important dinner with a prospective campaign contributor, taking up ballet to get in shape, or trying to hide a massive, accidentally purchased taxidermy moose head, Bradley was always left to pick up the pieces with exasperated affection.

The Slapstick Royalty of Joan Davis

If the show was a well-oiled machine, Davis was the high-octane fuel that ran it. Before starring in the series, Davis had already built a formidable career in vaudeville, radio, and film. She was widely respected in the industry for her fearlessness. Unlike many leading ladies of the era who prioritized glamour, Davis was entirely willing to look ridiculous, take hard falls, contort her face, and throw her entire body into a joke.

“*I Married Joan*” was specifically designed to highlight these physical strengths. Writers structured nearly every script to build toward a major slapstick set piece. If Joan went shopping, she would end up doing bizarre acrobatics in a crowded restaurant to avoid a social rival. If she tried to help a neighbor, she would end up trapped in a bizarre physical predicament.



Photo courtesy of IMDb.

Backus supported Davis beautifully. Best known to later generations as the voice of the cartoon character “*Mr. Magoo*” and the wealthy Thurston Howell III on “*Gilligan’s Island*,” Backus possessed a brilliant, dry comedic timing. He played the “straight man” with a warm, weary sincerity that kept the show grounded, ensuring Joan’s cartoonish antics felt anchored to a real, loving relationship.

Continued on page 37

Dining Out with SAM

Continued from page 32

30-year-old resident in North Tustin.

Angie's careers include her community involvement, philanthropy and numerous credentials opening up the window of her heart to luckily carry out her dreams throughout many years in her life.

Angie was very successful in sales for a high-profile company for 10 years and was the first woman to be hired in the sales capacity for this company.

As time moved forward, Angie purchased an existing pizza shop and turned it into a full-service Italian restaurant. The restaurant's name was Angie's Cuisine Italiano. The restaurant opened in 1980, and Angie remained there for 22 years. She was the "chief cook and bottle washer" and took on a major role in every bit of the operations of the restaurant. She created many wonderful Italian recipes and the menu expanded to six legal sized pages long. Angie eventually originated a great crew and a great team that supported her in her success as restaurant owner and operator.

The restaurant was a very successful endeavor, and you could find many diners from local city government, firemen, and police officers, enjoying many of their favorite choices from the vast menu of creation.



United States Marine Corps Wall Showcase. Photo courtesy of Samantha Hammer.

Also, during this time she volunteered for the Tustin Chamber of Commerce where she served as Chairman of the Board for two consecutive years.

Angie loved the opportunity of serving others and was looking for an opportunity to carry that desire on a larger scale. Her vision became alive and offered free Thanksgiving dinners to the Marines and their families from the Tustin and El Toro Marine bases.

Her dream came true after 18 years.

In the beginning she was extending this wonderful opportunity to 125 Marines and as time moved forward, she was serving more than 750 meals for a Thanksgiving holiday dinner.

Unfortunate times presented themselves and due to government setbacks, at that time, both air stations had to close. Angie deeply valued her time with the Marine and family experience. For her dedicated contributions to the Marine Corps, she was awarded the Meritorious Public Service Medal, the highest

honor a civilian can receive, presented by General Charles C. Krulak, Commandant of the Marine Corps.

On Aug. 4, 2001, Angie was an invited guest to celebrate a retirement ceremony for Major General Fred McCorkle held at Marine Barracks Washington in Washington, D.C. Following the ceremony, she was provided with a private tour of the Marine/Navy wing at the Pentagon.

Just weeks later, all of those sites were swept into the historic September 11 attacks.



9-11 Tribute Wall. Photo courtesy of Samantha Hammer.

Following the ceremony, Angie went to New York to have lunch at Windows on the World which was on the 106th and 107th floors of the North Tower, Building One of the original World Trade Center in lower Manhattan. Following the luncheon, Angie went to the Observation Deck which was on the 110 floor of the South Tower, World Trade Center. Only 30 days later the horrific 9-11 tragedy occurred and all the above perished forever.

When Angie gained the knowledge of this horrific event, her spirit of humanitarianism be-

Continued on page 40



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Busy Boomers

By Les Goldberg

E-Bikes: Look Both Ways

Normally, in this column, I try to inform and entertain you with various activities that adventurous seniors enjoy, such as model boat racing, scuba diving, paragliding, and mountain climbing, to name a few.

This month, however, I am going to veer off the usual path and talk about a growing trend that is affecting every American – the E-Bike, electric-powered bicycles.

In one of my future “Gadget Geezer” columns, I will let you know which E-Bikes are best suited to seniors, their features and benefits for your riding pleasure and convenience.

For now, my focus is on safety – not while riding them, but



Photo courtesy of California Department of Transportation.

how to avoid getting hurt by other riders while you are an unsuspecting pedestrian. Let me tell you why I decided to tackle this subject:

Yes, it's personal. I am 83 and blind in my left eye. As I walked out of my home last month, I routinely stepped down the driveway toward my car.

I was looking straight ahead, but when I was about to cross the sidewalk, I was startled as a teenage E-Bike rider sped in front of me. If it weren't for the sound I heard of speeding wheels approaching from my left, I would have no doubt ended up in a hospital or worse. The rider didn't stop, didn't look back, and kept on racing on the sidewalk.

Shaking momentarily, I took a deep breath and tried to restore my faculties while thinking about all of the what-ifs. What if I were hit? What if I were knocked unconscious? What if there were no witnesses? (In this case, my wife and son saw the whole thing).

This close call to my safety made me think: what can we as seniors do to escape E-Bike danger and not make headlines like these?

“E-Bike Runs Down Elderly Woman in Seal Beach”

“OC Veteran, 81, Dies After Crash With Teen on E-Motorcycle”

“Teen, 14, On E-Motorcycle Hits Man, 81, And Flees Scene in Orange County”

According to the experts, teenage E-bike riders are increasingly engaging in reckless behavior – weaving through traffic, popping wheelies, playing “chicken” with motorists, and even targeting police vehicles while recording stunts for social media.

Staying alert is key.

- E-Bikes are faster than traditional bikes, making stopping harder.

- Young riders may not fully grasp traffic laws or the consequences of aggressive riding.

- E-Bike accidents are more se-

vere, with a higher risk of head injuries to crash victims.

What can you do to stay safe?

- When walking, approach roadways and sidewalks slowly and deliberately – look both ways.

- Keep your distance from E-Bike riders.

- Avoid confrontation with the riders.

- Report suspicious rider behavior to local authorities.

- Encourage your fellow seniors to follow these safety tips.

It is a fact that falls are a leading cause of injuries to seniors. In addition to the usual culprits of reduced vision, impaired mobility, and medication-induced dizziness, you can now add injuries from falls caused by E-bike accidents.

So, let me just say: Be careful out there!

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'You Should Be Dancing' The Bee Gees

A 1976 disco hit suggested to actor John Travolta that he should be dancing. To his good fortune, he listened.

The Bee Gees began as a singing English family trio called the Rattlesnakes in 1958, when leader Barry was 12 and fraternal-twin brothers Maurice and Robin were nine. The music-loving lads developed a harmony so seamless they could have been the Everly Brothers — that is, had Americans Don and Phil been a trio who sang with an English accent.

With no musical training, the British siblings, who never wanted a career other than singing and writing songs, formally became the Bee Gees (*"Brothers Gibb"*) in 1963 when they signed their first recording contract with a small-time English label.

In 1967, after the Beatles-led British Invasion had eased a bit in America but was still strong, the Bee Gees signed a contract with Atco, a subsidiary of New York powerhouse Atlantic Records. For the next five years, the Gibbs guys turned out hit after hit, segueing from orchestrated sophistication to "blue-eyed soul." Then things went quiet for a while, but eventually the hit-making threesome returned to the *"Billboard"* record charts again. When the trio became

reborn as disco artists, they trounced other bands who were likewise hustling to clamber aboard the lucrative disco bandwagon.

On *"You Should Be Dancing,"* everything on the nascent RSO Records label worked to rocket the Gibbs' offering skyward. Their chart-topping anthem was fueled by disco "thumps" of hard-slammed conga drums, and the track was reined in just short of overload. *"Dancing"* also featured ear-candy hooks, synthesizer stings, blaring horns, well-placed guitar licks, and a brief hard-rocking instrumental bridge to bind the work's introduction and coda.

Barry had honed his newfound falsetto voice 10 months earlier when he recorded an album track called *"Baby, As You Turn Away."* Instantly at ease with this new approach to lead vocal chores for the act, Gibb had recently utilized his high-pitched wail on the group's best-selling singles *"Nights on Broadway"* and *"Fanny (Be Tender with My Love)."*

"You Should Be Dancing" wasn't a perfect song by any means. The lyrics seemed childlike, almost gibberish, and the boisterous chorus of *"You Should Be Dancing"* was offered up a total of five mind-numbing times as the song pounded along:

"What you doin' on your bed on your back?"

"What you doin' on your bed on your back?"

"You should be dancing, yeah

"Dancing, yeah ..."

"You Should Be Dancing" was a year old when it became a centerpiece of *"Saturday Night Fever,"* the mega-hit movie (and resulting soundtrack) that featured, in its most iconic segment, Travolta dancing as Brooklynite Tony Manero. For a few fleeting but majestic moments, Manero's life as a paint-store salesman was transformed when, with the local disco his temporary stage, he became a human peacock on the dance floor.

Travolta had requested — insisted, actually — that *"You Should Be Dancing"* be used for this performance, as that's the only song that he had been practicing to.

Good choice, John!

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Continued from page 34

Shifting Behind the Scenes and the Rivalry with Lucy

It is impossible to discuss *"I Married Joan"* without addressing its overlap with *"I Love Lucy."* Debuting just a year after Lucy took the world by storm, *"I Married Joan"* was NBC's direct answer to CBS's crown jewel. The comparison was deliberate, and the talent behind the camera actually overlapped. Legendary cinematographer Karl Freund, director Marc Daniels, and producer Al Simon all lent their expertise to both productions.

Furthermore, both Lucille Ball and Davis were pioneers of a crucial business model: they owned their respective shows. In an era where networks and male executives held absolute power, Davis was a shrewd businesswoman who retained ownership rights to her series, securing her financial future through syndication.

The Fade to Black: Why Joan Was Forgotten

Despite solid ratings and three successful seasons, *"I Married Joan"* ended its run in 1955. Davis had been suffering from worsening health issues, which made the intense physical demands of the show increasingly difficult to maintain.

While *"I Love Lucy"* went on to achieve permanent immortality, *"I Married Joan"* slowly faded from the public consciousness. This disappearance was largely due to a tragic chain of events. In 1961, Davis passed away from a heart attack at the age of 47. Just two years later, in a devastating tragedy, her mother, her daughter Beverly Wills (who had also appeared on the show), and her grandchildren all died in a house fire.

The resulting legal complications over the Davis estate tied up the rights to *"I Married Joan"* for years, pulling it out of syndication during a crucial era when classic TV was cementing its place in pop culture re-runs. By the time the legal dust settled, the series had missed the boat of nostalgia that kept other 1950s sitcoms alive.

Today, *"I Married Joan"* exists primarily in the public domain and on retro streaming platforms. It stands as a brilliant capsule of its time — a testament to Davis's unmatched physical bravery, the charm of early television, and a reminder of a comedienne who was, for a golden moment, truly a queen of American comedy.



Fabulous Finds

Continued from page 31

Long trusted by families for its diaper rash treatments, Triple Paste has expanded its skincare expertise with its first eczema care collection for babies, children, and adults. The line includes Flare-Up Rescue Balm and Daily Barrier Cream, creating a two-step routine that addresses both immediate discomfort and long-term skin health.

One of the standout ingredients is 2% colloidal oatmeal, a skin protectant recognized for helping relieve itching and irritation associated with eczema. The products also contain 1% ectoin, an ingredient used in skincare to support the skin's moisture barrier and help it better handle everyday environmental stressors.

The collection is formulated without steroids, fragrances, or harsh ingredients, making it suitable for sensitive skin. The products are dermatologist-evaluated and carry the National Eczema Association Seal of Acceptance, offering additional reassurance for families looking for gentle skincare options.

Available in separate baby, children, and adult formulations, the line makes it easier for households with multiple family members affected by eczema to find products suited to their needs.

While eczema requires ongoing care and varies from person to person, maintaining a healthy

skin barrier is an important part of managing symptoms. Triple Paste Eczema Care combines quick relief with daily hydration support to help users maintain calmer, more comfortable skin.

Price: Flare-Up Rescue Balm, \$12.99; Daily Barrier Cream, \$17.99.

Where to Buy: Walmart, CVS, and Amazon (Baby & Children); Amazon (Adult Derma line).

Sacred Rituel Body Oil Adds Luxury to Summer Skincare



SACRED RITUEL

Photos courtesy of Rituel.

Summer sunshine, pool days, and beach vacations may be good for the soul, but they can leave skin feeling dry, dehydrated, and in need of extra care. **Sacred Body Oil** from Sacred Rituel is designed to replenish moisture while turning a simple skincare routine into a relaxing self-care ritual.

Created by a woman-founded skincare company, Sacred Rituel, this luxurious body oil features 100% organic, cold-pressed botanical oils, including tamanu, jojoba, and rosehip seed oils. Because the ingredients are minimally processed, they retain many of their natural nutrients, helping soften and hydrate skin without leaving behind a heavy residue.

The lightweight formula absorbs quickly and leaves behind a healthy-looking glow. It also

offers a sensory experience with notes of vanilla, vetiver, palo santo, and gardenia, creating a subtle spa-like fragrance.

Sacred Rituel emphasizes clean beauty standards, with products that are USDA Certified Organic, Leaping Bunny certified cruelty-free, and MADE SAFE certified. The company also focuses on sustainable practices and ingredient transparency.

The oil is gentle enough for sensitive skin and can be used during pregnancy, making it a versatile option for many households. Whether skin needs extra hydration after sun exposure or simply a little everyday pampering, Sacred Body Oil offers a nourishing way to restore softness and radiance.

Price: \$72.

Where to Buy: SacredRituel.com.

Sacred Rituel Cosmic Cleansing Oil Designed for Changing Skin



As skin changes through the years, the products that once worked may no longer provide the same results. For many women navigating perimenopause and post-menopause, dryness and sensitivity can make finding the right cleanser challenging. **Sacred Rituel Cosmic Cleansing Oil** was

created specifically with those concerns in mind.

Developed by herbalist and Sacred Rituel co-founder Marysia Miernowska, the cleanser was inspired by women who wanted a product that could remove sunscreen, makeup, and daily buildup without leaving skin feeling dry or stripped.

The 22-ingredient botanical formula is designed to cleanse while nourishing the skin. Applied to dry skin and removed with a warm cloth, it dissolves makeup and SPF while delivering skin-supporting ingredients, including rosehip and camellia oils for natural vitamin A, as well as rosehip, pomegranate, and baobab oils containing vitamin C.

The formula also includes calming botanicals such as arnica, chamomile and calendula, along with barrier-supporting oils like jojoba, sweet almond and passionfruit. The result is skin that feels clean, soft, and balanced.

Sacred Rituel avoids synthetic fragrance, parabens, PEGs, and other unwanted additives. Cosmic Cleansing Oil is USDA Certified Organic and cruelty-free, and the brand produces its products in small batches in Los Angeles.

For women seeking a cleanser that supports their skin's current needs rather than trying to recreate the past, this product offers a gentle, nourishing approach to daily care.

Price: \$77.

Where to Buy: SacredRituel.com.

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Continued from page 35

came first and foremost in her mind that she had to provide a dedicated effort to support those in need.



9-11 Tribute Wall.. Photo courtesy of Samantha Hammer.

Angie returned to California and continued being a strong part of her restaurant. As fate would have it, a fireman whom Angie served many meals to came into the restaurant to order pizza for his fire station. They talked in length about the tragedy in New York and she stated that she wished she could find a way to be of help. He said to her, "You can cook; go to New York and cook for the fire department!"

Angie spent valuable time contemplating how to make this happen. She loved the idea and made the decision to sell her restaurant for 22 years and found someone to house sit at her home in California. Angie also received financial donations from friends, family, and local businesses.

The time came, she was ready

to go to New York, and she arrived on a Thanksgiving day in 2002. On her arrival in New York, getting settled, and bringing many of the wonderful accolades of appreciation and awards from that wonderful 6-1/2-inch binder, she knocked on five firehouse doors throughout the city. She really didn't know anyone. She expressed to each of these different firehouses that she wanted to offer to cook a meal for the firehouse. She would take care of all expenses and bring all the food, of course, provide all the cooking and serving. All five firehouses agreed.

This was Angie's "Cooking Ministry," and she ended up cooking for 103 fire companies throughout all five boroughs of New York. Although her initial plan was to remain in New York for six months, she ended up staying for two years. Angie had used all the money from the profit of the sale of her restaurant and refinanced her home twice. She also cashed in an annuity, and all of which gave her the opportunity to do this work for this amount of time. In recognition of her efforts, she was given the FDNY Honor Legion Medal by the New York City Fire Department.

Angie continued her legacy, feeling compelled to help people in need. Her ability to look at others and recognize that we all have shared visions and dreams, however, unforeseen circumstances come into our lives, and we find that we need a greater support which could enable one to move forward and in a positive way.

On a special note, Angie is

thriving and enjoying life back in Southern California and additionally is a flight attendant for JetBlue where she has the opportunity to do a lot of wonderful travel and often continue her visits to New York City.

Angie remains dedicated to keeping the memory of the Sept. 11, 2001, tragedy alive through her public speaking engagements.

Join Angie for her moving tribute, honoring the courage, sacrifice and enduring spirit of those affected by the September 11 tragedy.



Captain Mike Donovan, Retired FDNY. Photo courtesy of Angie Kardashian.

As part of this special presentation, Angie will introduce retired Captain Mike Donovan, a firefighter who responded to Ground Zero on Sept. 11, 2001. Captain Donovan was placed at the epicenter of the disaster at the World Trade Center. During rescue efforts, Captain Donovan was buried beneath the collapsing debris and against overwhelming odds, and on hearing the cries from others, he pulled himself out of the debris and courageously helped as many people as he could to safety. He will share his remarkable firsthand account of survival, resili-

ence, and hope ... a story that continues to inspire audiences across the country.

Unforgettable events will be held on Sunday, Sept. 6, in the main ballroom at Orange Coast College in Costa Mesa, and on Wednesday, Sept. 9, at the Elks Club in Santa Ana.

For further information on this special tribute, please contact Angiekardashian@gmail.com

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'Exploring probate and estate issues from personal experience.'

Keep the Memories, Online or Off

Matt Paxton, TV personality and book author who specializes in helping people declutter and downsize, often advises people to “keep the memories” and “tell the stories” instead of keeping things.

I attended one of Paxton's video presentations a while back, and heard an example of how his family used to have dinner every Sunday at his grandmother's, always with the same lace tablecloth, place settings, and candlesticks. When his grandmother asked the family who wanted that Sunday table setting, nobody did—which surprised me a little. I can see where the lace tablecloth might be bothersome, but you'd think *someone* would be glad for extra dishes, utensils, glassware, and candlesticks.



Paxton's point was that the things weren't as important as the memories of those Sunday dinners. Like me, he compares going through generations of

“stuff” to an archeological dig. For people who are downsizing, he recommends starting with a few minutes, a few nights a week, then work up to 30-60 minutes every evening.

Paxton is also on the advisory board of a website called artifacts.com (that's the correct spelling, an abbreviation of “artifacts”). The site's homepage proclaims, “Hold on to the memories and the value of your belongings—digitize and organize them!” You choose an object, upload one or more photos, add the “story” behind the object, and then save on the website. You may create QR codes to link the site and the object.

Posting on the site is for members only, but if you just want to “artifact” five or fewer objects, membership is free. For \$45 per year you may make unlimited posts, receive free evaluations, and collaborate with other members.

If I were to join the site, here's some of what I might post:



Photos courtesy of Lyn Jensen.

• My model Sopwith Camel airplane, made with balsa and paper—my father and I made it as a father-daughter project

when Snoopy was fighting the Red Baron in the Peanuts comic strip. We even put Snoopy in the cockpit. After my father's death, I found the model, in bad condition, stuffed in a drawer. I tracked down a guy who still knew how to make balsa-wood models. He restored it, and it's now on top of the curio cabinet in the living room.



• My “cowboy” belt buckle, my father said his grandfather won it in a rodeo. What rodeo, what event, what year, that's lost, an

example of what happens when memories go undocumented.



• Pottery, art, and needlecraft that I, or my mother, or grandmother, or uncle, or aunts made, plus what got brought home from art shows and gift shops.

What are some of your stories? The sooner you record those stories, online or the old-fashioned way, the better.

ERRATUM: In last month's

column, my final sentence was cut off. It should have read, “I'm staying because, despite what's happening with our government right now, I still think America is the best place for me to live.”



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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.

