

SENIOR REPORTER

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OCTOBER 2026

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

Eva Marie Saint

*"My mom lived to be 91, and her advice was,
'Honey, just keep moving.'"*

— Eva Marie Saint

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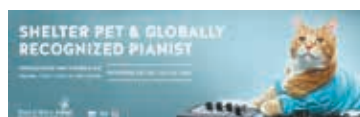
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Eva Marie Saint: A True Movie Star

By Les Goldberg



Photo courtesy of PICYRL.

It is fitting that Eva Marie Saint, now 102 years young, was born on the Fourth of July and has rightfully earned legendary status for her seven decades of stardom as a film and TV actress.

Today her retirement days are spent with her family in Los Angeles, not far from her two stars on the Hollywood Walk of Fame, one for the movies and the other for television.

There she reflects on her career in which she shared starring roles with other superstars from the Golden Age of Hollywood like Marlon Brando, Alfred Hitchcock, Bob Hope, Eliza-

beth Taylor, Cary Grant and so many more.

Following her mother's advice of "just keep moving," Saint has been able to outlive her mom and give out her own quotes, including this one of inspiration: "When you reach a certain age, 'you're so proud that you're walking and breathing and loving and working ...'"

After high school in New York where she was a cheerleader, her lifelong philosophy took roots in the late 1940s. At Bowling Green State University, where a theater is named

Continued on page 6



'Revenge of the Spider Woman'

By Randal C. Hill

Sigourney Weaver's personal Yellow Brick Road seemed paved with gold.

But was it? Let's tick some boxes. Born into a wealthy show-business family. Check. Went to posh private schools and colleges. Check. Possessed a classically beautiful face and slender body. Check. Became an overnight film sensation. Check.

Now, here's the reality of a strenuous climb to stardom and respect.

Born Susan Weaver in Manhattan in 1949, by age 12 she stood nearly 6 feet tall. "I was like a big spider moving around, knocking things over. Being that tall made me want to disappear." In middle school, she adopted the monicker Sigourney from a minor character in F. Scott Fitzgerald's *"The Great Gatsby."* ("I felt too tall to have a short name like Susie or Sue.")

At Stanford, she earned a BA Degree in English and was set to enter the PhD program before deciding that the courses that lay ahead promised to be tedious. What to do? "I'd always done theater in extracurricular ways ... I applied to the Yale Drama School and got in."

Elizabeth Weaver, a former Hitchcock actress, worried that her daughter wasn't cut out for

the acting world. ("Dear, they will eat you alive!") A few Yale professors brought even more discouragement; Weaver admits, "They told me I had no talent and that I'd never get anywhere."

Later, with a Yale drama MFA in hand, Weaver found agents often grumbling about her unusual height when she auditioned for various roles. This beefed up her resolve: "I thought, I'm never going to get it, so I'm going to go in and do what I want and not care at all about what they're looking for."

That whimsical approach sometimes worked. Sigourney became an occasional understudy in a few stage plays, shot some TV ads, landed blink-or-you'll-miss-her film roles.

Then she met British movie director Ridley Scott, who was seeking an unknown actor with a commanding presence to star in *"Alien,"* his forthcoming Sci-Fi fright fest. The original role called for a man, but that would soon change. Weaver explains, "The writers took a male part and made it into [Ellen] Ripley." Scott's wordsmiths assumed that theatergoers wouldn't expect a woman to be the lone survivor from an ill-fated spaceship after a grotesque outer-space beast kills everyone on board but her. (Ellen manages to eventually slay the evil creature.)

"I had doubts that I could play her as strongly as she needed to be played," Weaver said. "But it was fun exploring that side of myself. Women don't get to do that very often."

Dubbed the movie world's first action heroine with *"Alien,"* Weaver later professed, "I think I've been successful playing strong women because I'm vulnerable; I don't try to pretend that I have the answers."

"Alien" became a 1979 blockbuster and threw open doors for the actor to shine in such future winners as *"Ghostbusters,"* *"Gorillas in the Mist,"* *"Working Girl,"* and *"Avatar."*

That once-gangly girl? Gone. Replaced by a Hollywood heavyweight.

We're glad she didn't disappear.

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Eva Marie Saint

Continued from page 4

after her, she was an active member of the theater's honorary fraternity and served as a record keeper of the student council in 1944.

Saint's introduction to television began in 1946 as an NBC page and an appearance in the network's live show, Campus Hoopla. Her performances on this program are recorded on rare kinescope, and audio recordings of these telecasts are preserved in the Library of Congress.



Photo courtesy of PICRYL.

She also appeared in "Bonnie Maid's Versa-Tile Varieties" on NBC in 1949 as one of the original singing "Bonnie Maids" used in the live commercials. That same year Saint was featured in a "Life Magazine" article about her as a struggling actress earning minimum amounts from early TV while trying to make ends meet in New York City.

Her struggles finally ended in 1954, however. That's the year she won her first Outer Critics Circle Special Award for her Broadway stage role in the play, "The Trip to Bountiful,"



Photo courtesy of Wikimedia Commons.

and she made her motion picture debut in "On the Waterfront" with Marlon Brando.

Her performance earned her the Academy Award for Best Supporting Actress, the British Academy of Film and Television Arts (BAFTA) nomination as "Most Promising Newcomer, and a whopping \$7,500 salary for her role. It also kickstarted her film career.

During the 1950s, Saint appeared with Bob Hope in "That Certain Feeling," which earned her \$50,000. She was then offered twice that much to star in the Civil War drama "Raintree County" with Elizabeth Taylor and Montgomery Clift.



Photo courtesy of PICRYL.

Before the decade ended, Alfred Hitchcock chose her over dozens of other candidates for the femme fatal role in "North by Northwest" with Cary Grant and James Mason, a film which ranks among the 100 Greatest American Movies of All Time.

The 1960s saw her in movies such as "The Sandpiper" with Elizabeth Taylor and Richard Burton, "36 Hours" with James Garner, "The Russians Are Coming, the Russians Are Coming" and "Grand Prix."

Saint switched over to television in the 1970s, starring in the "How The West Was Won" miniseries, "Taxi" and "Fatal Vision." She also played the mother of Cybill Shepherd in the TV series "Moonlighting," a role that spanned episodes over three years.

Later in her career, during the 1980s, 1990s and 2000s, she returned to the big screen while continuing to appear in several TV roles.



Photo courtesy of Wikimedia Commons.

Her movies include "Nothing in Common" with Tom Hanks, "I Dreamed of Africa" with Kim Basinger, "Don't Come Knocking" with Jessica Lange and Sam Shepard, and "Because of Winn-Dixie" with AnnaSophia Robb, Jeff Daniels and Cicely Tyson.

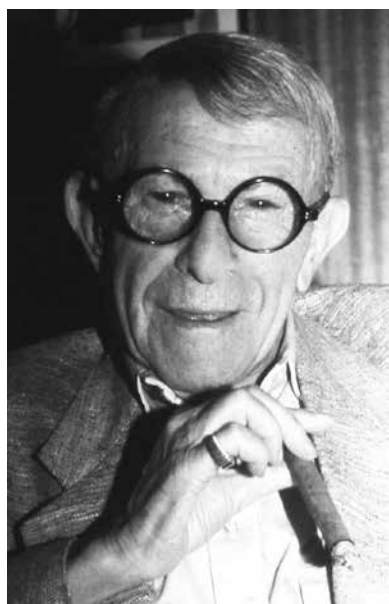
In 2006, Saint appeared in "Superman Returns" as Martha Kent, the adoptive mother of the man of steel. Six years later, her voice was used in "The Legend of Korra," and she also played Willa in the film adaptation of the novel "Winter's Tale."

Continued on page 8



Breaking the Fourth Wall: How ‘The George Burns and Gracie Allen Show’ Rewrote Television Comedy

Long before *Fleabag* turned to address the camera or Seinfeld mined the absurdity of everyday life, a cigar-chomping showman and his delightfully eccentric wife redefined what television could accomplish. Running from 1950 to 1958 on CBS, “*The George Burns and Gracie Allen Show*” was more than a golden-age hit; it was a groundbreaking meta-comedy that established the structural playbook for American television sitcoms.



*Photo courtesy of
Wikimedia Commons.*

From Vaudeville Stage to Airwaves

The magic of “*The George Burns and Gracie Allen Show*” was built on decades of real-life chemistry. George Burns and Gracie Allen began their partnership on the vaudeville circuit in the early 1920s, marry-

ing in 1926. Originally, George played the comedy lead with Gracie acting as the traditional “straight person.” However, audiences instantly fell in love with Gracie’s unique, deadpan delivery, prompting George to pivot. He took on the role of the ultimate straight man, setting

up the punchlines and letting Gracie shine.

Their seamless routine transitioned naturally to radio in the 1930s, where they refined their signature “illogical logic.” By the time television emerged as America’s dominant home entertainment medium in 1950, Burns and Allen were master craftspeople ready to adapt their live theatrical discipline to the screen.

“Illogical Logic” and Meta-Comedy Innovations

At the heart of the show’s humor was Gracie Allen’s legendary persona. Gracie did not play a simpleton; rather, her character operated on a completely internal, hyper-literal wavelength known in the industry as “illogical logic.” When presented with everyday problems, Gracie solved them using complex, perfectly ordered reasoning that made absolute sense only to her—leaving neighbors, salespeople, and husband George completely bewildered.

Yet the show’s most revolutionary achievement was George Burns’ narrative technique. Decades before “breaking the fourth wall” became a mainstream TV trope, George regularly stepped out of the scene, held a lit cigar, and spoke directly to the home audience. He acted as an inline commentator, master of ceremonies, and active participant all at once.

• **Direct Audience Address:** George routinely paused the narrative to comment on Gracie’s antics or express his exasperation directly to the viewer.



Photo courtesy of Facebook.

• **The TV Monitor Gag:** In later seasons, George possessed a TV set in his study that allowed him to watch the other characters’ storylines unfolding live in other rooms, turning him into a viewer within his own show.

• **Self-Referential Humor:** The characters openly acknowledged that they were performing on a television broadcast, blurring the boundaries between fiction and reality.

Domestic Life Meets Postmodern TV

Set in a fictionalized version of their real-life Beverly Hills home, the show grounded its surreal comedy in familiar domestic tropes. Neighborly interactions with Harry and Blanche Morton provided classic sitcom setups, but the show constantly subverted those expectations through structural innovation.

George’s quiet study became an anchor point for the broadcast. While Gracie drove the kinetic narrative chaos in the living room, George’s calm, detached observations offered a masterclass in comic pacing. This dual-narrative layout allowed the show to run two comedies

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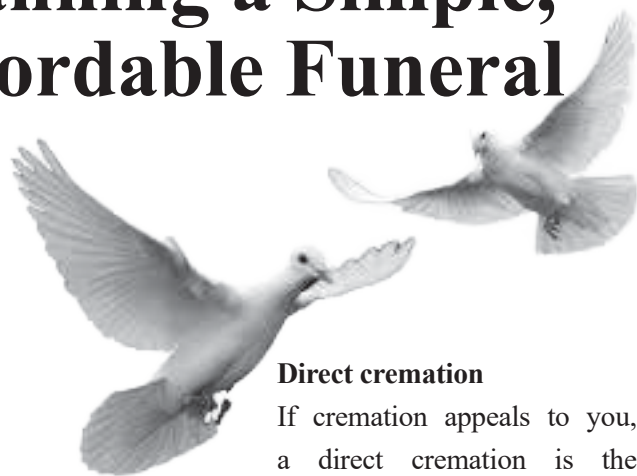
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by Jim Miller

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Planning a Simple, Affordable Funeral



*Dear Savvy Senior,
I'd like to make my end-of-life arrangements, but I want to keep things simple and affordable. What are my options?*

— 86-Year-Old

Dear 86,
Smart thinking! Planning ahead can save your loved ones a lot of stress, and money. With a traditional burial averaging around \$10,000 and a full-service cremation near \$6,500, it's easy to see why many seniors are looking for simpler, lower-cost ways to say goodbye.

The good news is, there are plenty of options that are dignified, straightforward, and much easier on your wallet. Here's a look at some choices, depending on the kind of farewell you want.

Direct cremation

If cremation appeals to you, a direct cremation is the simplest – and usually the least expensive – option. It includes picking up the body, completing the required paperwork, the cremation itself, and returning the ashes to your family. There's no embalming, formal viewing, or casket; a simple cardboard box called an “alternative container” is used to hold the remains.

Depending on where you live and which provider you choose, direct cremation typically costs \$700 to \$3,500. If you want extra services, ask for an itemized price list so you know exactly what you're paying for. Funeral homes are required by law to provide this.

Immediate or Direct Burial

If burial is your preference, an immediate or direct burial is the most basic option. The body is buried in a simple container

soon after death, skipping embalming, viewings, and the use of funeral facilities. Families can still hold a memorial service at the graveside, at home, or at a place of worship without the body present.

These services usually run \$2,000 to \$3,000, not counting cemetery fees, which can add \$1,000 to \$3,000. Every funeral home offers direct burial.

To find local providers, you can search online for “cremation” or “funeral” along with your city and state. You can also compare prices on sites like *Funeralocity.com* or *Parting.com*. Another handy approach is to use AI tools like ChatGPT or Gemini: you can ask them to pull together lists of nearby funeral homes or cremation providers, see which services they offer, check estimated costs, and even compare options side by side – all in a matter of minutes. It's a quick way to get a snapshot of what's available without making a bunch of phone calls.

Green Burial

For the environmentally minded, green burial is a simple, natural option. The body is buried in a biodegradable coffin or shroud, without embalming chemicals or a vault. Costs typically range from \$2,000 to \$5,000.

The Green Burial Council (*greenburialcouncil.org*, 888-966-3330) maintains a state-by-state directory of cemeteries and funeral professionals who offer these services.

Water Cremation

Also eco-friendly, water cremation

(or alkaline hydrolysis) uses water, chemicals, and heat instead of fire. Costs usually range from \$2,000 to \$3,500, and it's legal in more than 20 states. Search “alkaline hydrolysis” to find a provider near you.

Donate your body

If you want the lowest-cost option, consider donating your body to science. Medical schools use donated bodies for teaching and research, then return the cremated remains to your family or bury them in a local cemetery – usually free. Some schools may charge a small transport fee.

To find a program in your state, check the University of Florida's U.S. program directory at *Anatbd.acb.med.ufl.edu/usprograms*, or call the Whole-Body Donation Referral Service at 800-727-0700.

Planning ahead gives you control, saves your family money, and ensures your final wishes are honored. With these options, you can choose a farewell that's simple, meaningful, and within your budget – and doing a little homework now makes it easier for everyone later.

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



Eva Marie Saint

Continued from page 6

At the age of 93, she received a well-deserved standing ovation as she arrived on stage at the 2018 Academy Awards ceremony to present the award for costume design. Her last public performance was in 2021 when she appeared alongside Marisa Tomei in the podcast play series, “*The Pack Podcast*” as part of the segment “*The Bus Ride*.”

Saint, who was married to producer/director Jeffrey Hayden for 65 years until his death in 2016, has a son, daughter and four grandchildren.

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On the Road Again ...

Ready for an Ice Cream Tour?

By Shana McCann



Photos courtesy of North American Ice Cream Association.

If you are like me, I am always ready for ice cream. In fact, most of you crave the cold creamy dessert as much now in your senior years as you did when you were younger. Remember the Good Humor Man?

To prove my point, I checked in with the National Institute on Aging. The preference for ice cream among seniors is not just a casual craving but is “rooted in a complex blend of physiological needs, emotional comfort and sensory satisfaction.”



Besides the nutritional benefits, the NIA says ice cream has unmistakable psychological advantages that we can all recognize, like powerful mood boosts, memory enhancements and pure pleasure.

Available in hundreds of flavors and in hard and soft for-

mats, and offered in supermarkets and convenience stores, the only thing left to wonder is where are actual ice cream parlors that bring back cherished memories of our youth. Who can forget those days when we all went to the local parlor and were served our favorite scoops by a real-life “soda jerk”?

So where can you find a dish or cone of Butter Pecan, Coffee Oreo, Chocolate Mint or Strawberry Swirl, for instance? We did a little research resulting in a little tour of the most highly rated ice cream parlors in Orange County and Long Beach.



Here's what we found:

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1701 Atlantic Ave.

Long Beach Creamery

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Orange County

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Of course, no story about local ice cream stores would be complete without mentioning the giant Baskin-Robbins. With 8,000 locations, it is a fixture in almost every retail location throughout Southern California, offering its 31 familiar flavors, which, according to its founders, allows customers to enjoy a different flavor each day of the month.

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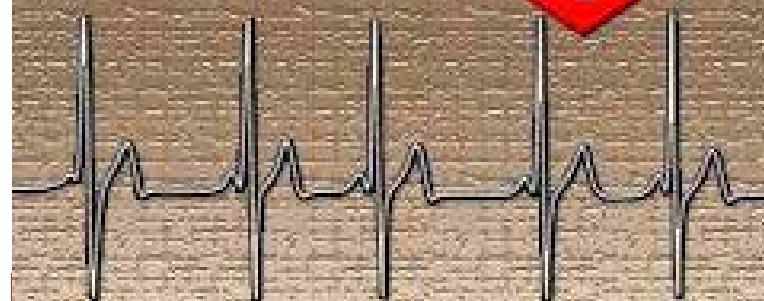
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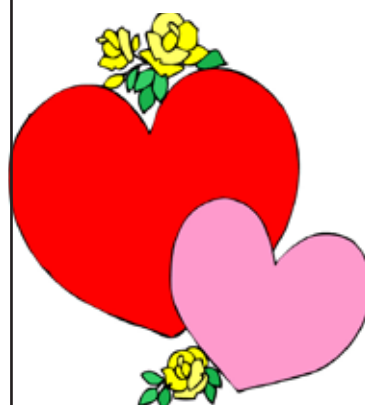
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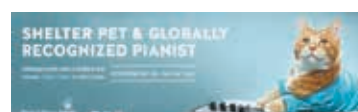
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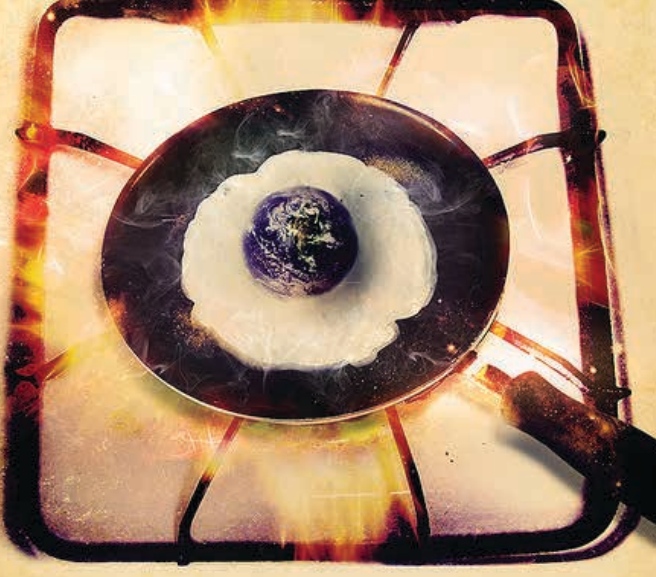
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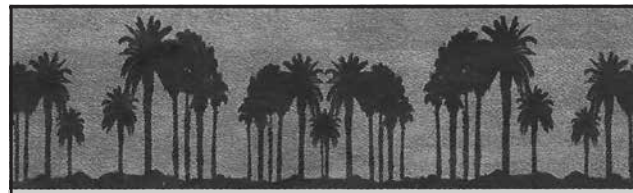
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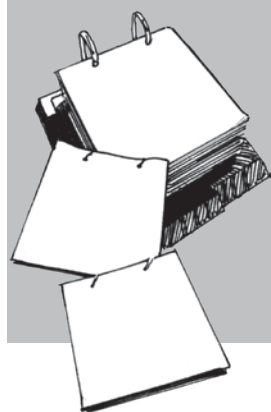
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OCTOBER Calendar of Events



October brings fall festivals, cultural celebrations, art events, family activities and plenty of opportunities to enjoy Orange County. Here are some events happening throughout the month.

Oktoberfest

Huntington Beach

Sept. 12-Nov. 8

Wednesday-Sunday

Old World Village celebrates Oktoberfest with German food, imported beer, German music, competitions, games and other festivities.

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

Info: oldworldhb.com



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German Unity Day Celebration

Huntington Beach

Oct. 1

6-10 p.m.

Celebrate German Unity Day, which marks the reunification of Germany. Admission is free. Guests under 21 must be accompanied by a parent.

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

Info: [Old World Village](http://OldWorldVillage)

Tustin Tiller Days

Tustin

Oct. 2-4

Tustin Tiller Days has been a local tradition since 1957, celebrating the city's agricultural heritage with a parade, carnival, rides, food and entertainment. The parade is on Saturday at 10 a.m. Admission is free.

Location: Columbus Tustin Park, 14712 Prospect Ave., Tustin.

Info: 714-573-3326 or tustintillerdays.org

St. NorbertFest

Orange

Oct. 2-4

The annual festival features food, games, rides, raffles and entertainment for the community.

Location: St. Norbert Catholic Church, 300 E. Taft Ave., Orange.

Info: 714-637-4360 or stnorbertchurch.org

Murder Mystery

Scavenger Hunt

Dana Point

Oct. 3

10:45 a.m.

Arrive by 10:25 a.m. for this walking mystery through Dana Point. Teams follow clues and solve puzzles while exploring the harbor, beaches, parks and local landmarks.

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

Walk to End Alzheimer's

Irvine

Oct. 3

Participants in the Alzheimer's Association's annual walk raise awareness and funds in the fight against Alzheimer's disease and other forms of dementia.

Location: Mike Ward Community Park, 20 Lake Road, Irvine.

Info: alz.org

Laguna Beach Plein Air Painting Invitational

Laguna Beach

Oct. 3-11

Renowned plein air painters gather for a week of outdoor painting events, public paint-outs, artist meet-and-greets and competition.

Location: Festival of Arts Grounds, Laguna Canyon Road, Laguna Beach.

Info: lpapa.org

Carnival Colossal

San Clemente

Oct. 8-11

The four-day festival features thrill rides, games, food trucks, a Special Needs Resource Fair and Highland Games competitions.

Location: Vista Hermosa Sports Park, 987 Avenida Vista Hermosa, San Clemente.

Info: friendsofsanclemente.org

Magic at the Majestic:

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Minkin

Anaheim

Oct. 9-10

Oct. 9 at 5 and 7:30 p.m.; Oct. 10 at 2:30, 5 and 7:30 p.m.

Magic at the Majestic features close-up magic and performances by a rotating cast of magicians.

Location: Anaheim Majestic Garden Hotel, 900 Disneyland Drive, Anaheim.

Info/Tickets: davidminkin.com or 480-359-7469.



Murder Mystery Scavenger Hunt

San Clemente

Oct. 10

10:45 a.m.

Arrive by 10:25 a.m. Teams follow clues through downtown San Clemente, including the pier, beach trails and downtown shops, to solve a murder mystery.

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

Irvine Global Village Festival

Irvine

Oct. 10

10 a.m. to 6 p.m.

Celebrate cultures from around the world with international food, music, art, performances and hands-on cultural activities.

Location: Orange County Great Park, 6000 Great Park Blvd., Irvine.

Info: 949-724-6606 or cityofirvine.gov

The Heritage Festival and Parade

Placentia

Oct. 10

10 a.m.

The annual celebration of Placentia's heritage includes a parade, family games, food

Continued on page 38

The Gadget Geezer

By Les Goldberg

When Buying E-bikes, Try Trikes

Last month we delved into E-bikes and offered tips on how seniors can avoid becoming a sad statistic. This month we recognize that this newest form of personal transportation has benefits that are increasingly attractive to the older generation.

And hopefully this column can give you some ideas about what to consider when buying an E-bike, including safety features, costs and driving rules.

According to the experts at www.electricbikereport.com, “electric bikes offer one of the lowest-impact and most senior-friendly modes of exercise.

“Their motors can help to take the edge off of hills that seniors using traditional pedal bikes might otherwise avoid. Yet, depending on the type of E-bike, they can still require enough physical effort to make for a great workout.”

Studies also show that low levels of pedal assistance can inspire confidence, improve self-esteem, and help maintain cognitive and mental health in older adults.

After many recent reviews of the various varieties of E-bikes, including two-wheel, wide-tire and three-wheelers or “trikes,” I am recommending the latter

for purely safety and comfort reasons. Here’s why:

- Electric bikes, as opposed to three-wheeled motorcycles, operate with pedal-assisted power. Most e-trike motors won’t start unless you start pedaling.
- The fastest you can go on an e-trike is about 18 miles per hour (m.p.h.).
- Battery life is in the 50 miles per charge range.
- They are reasonably priced to fit smaller budgets.

In our research, we found the following e-trikes to offer the best value for your money:

Addmotor Arisetan II M360



Photos courtesy of Amazon.

One of the biggest e-trikes is the **Arisetan II M360 from Addmotor**. It measures almost seven feet long and nearly three feet wide at the rear wheels and features a rear-drive motor that runs a differential axle for better handling, stability and traction.

It also comes with a rear basket,

a backlit LCD screen, a horn, and front and rear lights.

QLife



Priced around \$500, the **QLife Triker** is an affordable electric tricycle that features a 50-mile range, 750-watt motor, disk brakes and 400-pound weight capacity, ideal for running errands and pleasure rides around the neighborhood.

In addition, it is lightweight, durable and quiet, and comes with a shock-absorbing system, cushioned seat and two baskets. The QLife is made of strong carbon steel and folds easily for storage in your garage or SUV trunk.

NARRAK



The **NARRAK electric trike** is also foldable and reasonably priced at \$579, while offering

most of the features of similar products on the market, like a powerful motor, long battery life (up to 30 miles on a single charge) and smooth pedaling.

This trike is equipped with a Shimano 7-speed transmission, allowing riders to switch to the electric assist level or tackle rides with human power alone. The company also claims the product is ergonomically designed to enhance the rider’s posture with its extended front frame, Cruiser handlebars and two detachable baskets.

Nakto S02



The **Nakto S02 E-trike** is a stable and versatile option for riders seeking comfort, control, and extended range. Designed with a rear hub 500W motor, it delivers smooth power for effortless commuting or leisurely rides. Its 48V 16Ah lithium battery provides a range of 30–60 miles per charge, while the 6-speed Shimano derailleur ensures smooth shifting across any terrain.

Equipped with all-terrain tires, front and rear disc brakes, and a speed sensor, the S02 offers

both safety and stability. The M6 display keeps you informed with ride stats, and front LED and rear reflective lights enhance visibility. Compact yet robust, this trike supports riders from 5’3” to 6’3” and comes with waterproof wiring for durability and reliability in all conditions. Price: \$1,699.

XP Trike2



According to **Lectric**, its **XP Trike2** “is freedom on three wheels! And is “capable, comfortable and completely foldable.”

The company said it is available in six new colors on a redesigned frame with a new suspension fork that provides a smoother ride. It also has a nine-degree stem position for improved posture, and an adjusted seating position for more stability.

For additional power, range and hauling capacity, the XP Trike2 is available in the 750W model which features a “beginner preset” that will limit power to slow acceleration and limit the maximum speed to five miles per hour. Once the rider gets comfortable, the faster settings can be unlocked.

Continued on page 28



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

ment of Roses Parade for more than 85 years.

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

Parade fans wishing to secure

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

"The Tournament of Roses is one of the greatest spectacles

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

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

Another crowd-pleaser, Bandfest will feature bands from

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

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

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



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October: A Month Full of History, Traditions and Little Surprises

October arrives with a change in the calendar, cooler evenings and, depending on where you live, the first real signs that summer is giving way to fall. It is also a month with a surprisingly long history — and one oddity right in its name.

October is the 10th month of the year, but its name comes from the Latin word *octo*, meaning eight. That is because in the ancient Roman calendar, which originally began in March, October was the eighth month. When January and February were eventually added and the beginning of the year shifted to January, October moved to the 10th position but kept its original name.

October has long been associated with the changing seasons and preparation for winter. In earlier times, the month marked the end of the harvest season and a time to preserve food and prepare for colder weather. The full moon traditionally associated with October is the Hunter's Moon, a name connected to the time when people prepared for winter by hunting and preserving meat.

For many of us, however, Oc-



Photo courtesy of Pixabay.

tober means something else entirely: Halloween.

The holiday has roots stretching back centuries. Ancient Celtic traditions included Samhain, a festival marking the end of summer and the beginning of winter. Oct. 31 became associated with the idea that the boundary between the living and the dead was especially thin. Over time, those traditions evolved into the Halloween customs familiar today — costumes, decorations, parties and, of course, candy.

October is also a month for looking up at the night sky. The Orionid meteor shower appears during October and is

Continued on page 28

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In The Spotlight

By Debbie L. Sklar

Friendships After 50: Why Making and Keeping Friends Can Change

Friendships can look very different at 50 than they did at 25. When we are younger, making friends can seem almost automatic. School, work, raising children, neighborhood activities and other routines put us in the same places with the same people day after day. Friendships can grow simply because there are plenty of opportunity for them to grow.

Later in life, that structure can begin to disappear.

Children grow up and leave home. Careers wind down or change. People move. Retirement can mean leaving behind coworkers who were part of everyday life for decades. Some friendships fade simply because there is no longer a regular reason to see one another. And then there are the more difficult changes: divorce, illness, the death of a spouse or longtime friend, or simply realizing that a relationship that once felt important no longer fits the person you have become.

None of this means friendships become less important after 50. In many ways, they become more important.

A 2024 National Poll on Healthy Aging from the University of Michigan found that

90% of adults age 50 and older reported having at least one close friend. But one-quarter said they did not have as many close friends as they wanted. The poll also found that 42% of adults 50 and older believed making new friends was harder than it was when they were younger.

That may be because making friends as an adult requires something that often wasn't necessary when we were younger: intention.

There is no homeroom anymore where you automatically sit next to someone every morning. There may be no office break room, children's soc-

cer practice or neighborhood block party putting the same people in your path.

Instead, friendships often have to be created deliberately.

That doesn't necessarily mean joining a dozen organizations or filling every evening on the calendar. Sometimes it begins with something much smaller: accepting an invitation for coffee, talking to someone in a class, joining a walking group, volunteering or finally introducing yourself to a neighbor you've seen for years.

The goal isn't necessarily to accumulate friends.

In fact, the quality of a friendship may matter more than the number of names on your phone.

Research involving nearly 13,000 adults over 50 found that stronger friendships were associated with better outcomes in several areas of physical health, health behaviors and psychological well-being. The researchers looked at the size of people's friendship networks, how often they were in contact and the quality of those relationships.

There is also an important distinction between being alone and being lonely.

A person can live alone and be perfectly content. Another person can be surrounded by people and still feel lonely. The National Institute on Aging defines loneliness as the distressing feeling of being alone or separated, while social isolation refers more to having few social contacts or interactions.

That distinction matters because the answer isn't always "get out more."

For some people, what is missing isn't a crowded social calendar. It is one person they can call when something happens — good or bad — and knows that person will answer.

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October Crossword Puzzle

Across

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

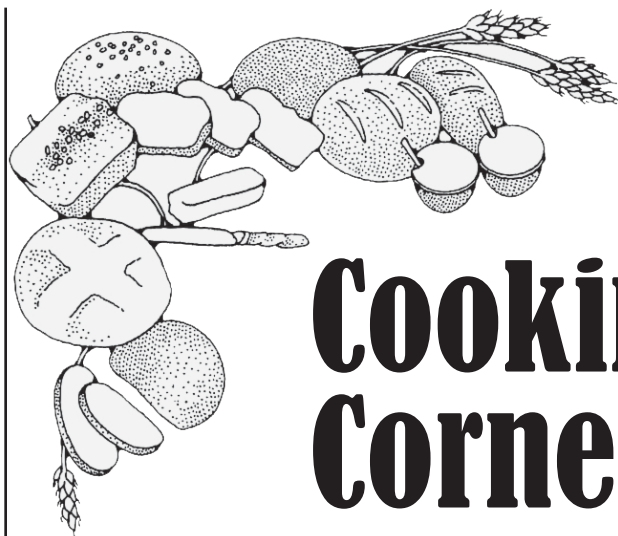
Down

1. Latvian, e.g.
2. _____ saw Elba
3. Sign gas
4. Novelist Bagnold
5. Seasoned pork sausage
6. Actor Mineo
7. An earth sci.
8. Triple
9. Short composition
10. Island greetings
11. Bolshevik leader
12. Make _____ of (write down)

13. Annoyed
21. Burgle
23. Ten C-notes
25. Twinned crystal
27. Deal (with)
28. Cry of disbelief
29. Baseball stats
30. Family head
34. Photo _____
35. “The Mary Tyler Moore Show” spinoff

36. Facts and figures
37. Knighted Guinness
38. Spanish muralist
40. Certain salt
41. Geom. point
43. Bern’s river
44. Womb-related
45. Pretends
47. Before, to Byron
48. Old hat
49. Nametag word

50. Setting on the aperture
52. Que _____?
53. Sandusky’s lake
55. Refusals
56. Collections of anecdotes
57. TV’s “Nick at _____”
58. Screen image
61. Potent potable



Cooking Corner

Creamy Pumpkin Soup

As the temperatures begin to cool and autumn colors appear, nothing is more comforting than a warm bowl of homemade soup. This Creamy Pumpkin Soup combines the rich flavor of pumpkin with warm seasonal spices to create a delicious meal that's easy to prepare and perfect for a cozy October lunch or dinner. It's nutritious, satisfying, and a wonderful way to celebrate the flavors of fall.

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 4 cups pumpkin puree
- 4 cups vegetable or chicken broth
- 1 teaspoon ground cinnamon
- ½ teaspoon nutmeg
- Salt and pepper to taste
- ½ cup heavy cream

Directions

- Heat olive oil in a large pot over medium heat.
- Add onion and cook until softened, about 5 minutes.
- Stir in garlic and cook for 1 minute.
- Add pumpkin puree, broth,



"A bowl of creamy pumpkin soup is the perfect way to enjoy the cozy flavors of autumn."

cinnamon, and nutmeg. Stir well.

- Bring to a gentle boil, then reduce heat and simmer for 20 minutes.
- Use an immersion blender if a smoother texture is desired.
- Stir in heavy cream and season with salt and pepper.
- Serve hot, garnished with a sprinkle of cinnamon or roasted pumpkin seeds.

Serving Suggestion: Served with crusty bread and a side salad for a complete fall meal.

Senior Nutrition Note: Pumpkin is an excellent source of vitamin A, fiber, and antioxidants, making this soup a nourishing choice for older adults while remaining gentle and easy to eat.



Then and Now: Halloween Through the Decades

As October arrives, store shelves fill with candy, elaborate decorations, and costumes inspired by the latest movies and television shows. Yet for many seniors, Halloween memories come from a simpler time when imagination mattered more than money and neighborhoods came together to celebrate.



Looking back reminds us that while costumes, candy, and decorations may evolve, the joy of sharing special moments with family and friends never goes out of style. For many seniors, some of the sweetest Halloween memories are not about what was received in a candy bag, but about the laughter, friendships, and traditions that made the holiday special.

That enduring spirit may be the real treat of Halloween, yesterday and today.

Decades ago, Halloween preparations often began weeks in advance. Instead of purchasing costumes from a store, many children and parents created their own. Old sheets became ghosts, cardboard boxes transformed into robots, and a little face paint could turn anyone into a pirate, clown, or cowboy. The goal was not perfection but creativity.

Trick-or-treating looked different as well. Children typically visited homes throughout their own neighborhoods, often recognizing every resident on the street. Parents worried less about traffic and spent less time checking candy wrappers. Many treats were homemade. Popcorn balls, caramel apples, cookies, and fudge frequently appeared alongside store-bought candy.

School Halloween parties were often highlights of the season. Classrooms were decorated with paper pumpkins and handmade decorations. Games included bobbing for apples, costume contests, and simple party activities that brought classmates together. For many children, these

celebrations became cherished memories long after graduation.

Television also played a role in Halloween traditions. Families gathered to watch seasonal specials and favorite programs. Without streaming services or endless viewing choices, annual broadcasts became special events that children anticipated throughout the year.

Decorations have changed dramatically over time. Today's homes may feature towering inflatable figures, synchronized light displays, and elaborate yard scenes. In earlier decades, a carved jack-o'-lantern on the porch and a few paper decorations in the windows were often all that was needed to signal that Halloween had arrived.

Despite these changes, some things remain the same. Children still enjoy dressing up, neighbors still welcome visitors at their doors, and families continue creating memories together. Halloween remains a celebration built around community, imagination, and fun.

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Continued from page 21

created by debris left behind by Halley's Comet. The shower typically reaches its peak in the latter part of the month.

For those celebrating an October birthday, the month has two official birthstones: opal and tourmaline. Opal is famous for its flashes of changing color, while tourmaline comes in an extraordinary range of colors, including pink, green, blue and red. The Gemological Institute of America notes that California has a particularly interesting connection to tourmaline: San Diego County was historically an important source of the gemstone.

October also has two traditional birth flowers: the calendula, sometimes called the pot marigold, and the cosmos.

And then there are the little pieces of October folklore that have been passed down through generations. Old weather sayings attempted to predict what the coming winter might bring based on October's conditions. One traditional saying claims that a warm October means a cold February. Whether those predictions hold up is another question, but they are reminders of a time when people paid close attention to seasonal signs because they had few other ways to anticipate the weather. Perhaps that is part of what makes October so appealing. It sits between seasons, combining old traditions with modern celebrations.

It is a month of changing weather, bright decorations, birthday celebrations, moonlit evenings and memories — a reminder that the calendar may move forward, but some traditions have a way of staying with us.

Sources: Various websites



Continued from page 7

simultaneously: a traditional suburban farce and a self-aware parody of television production.

Legacy and Enduring Impact

The George Burns and Gracie Allen Show ran for 291 episodes, earning eight Emmy nominations. When Gracie retired in 1958 due to heart condition complications, the series came to a natural close, ending one of the longest and most successful partnerships in entertainment history.

The series pioneered technical and creative standards that remain foundational to modern television:

- **Multi-Camera Production:** Early adoption of live-audience filming techniques preserved the dynamic energy of vaudeville.

- **The Meta-Sitcom Structure:** Direct influence on modern

Continued on page 38



By Randal C. Hill

The thought of scaling Everest, the world's tallest mountain at 29,031 feet above sea level, might give pause to even the bravest and most adventurous soul.

Some people, however, welcome daunting physical challenges, with daunting being the key word here. After ascending Everest's severely steep sides, a climber nearing the summit must confront the dreaded "death zone," an area where thinning oxygen threatens severe fatigue, altitude sickness, and the potential breaking down of one's brain functions. Below-freezing temperatures, unrelenting winds, sudden storms, loose snow, and falling rocks and ice add to the potential angst.

Then there was the trip back down, riddled with its own dangers and dilemmas and just as risky as the ascent.

For centuries, people had declared that Everest would never be conquered. Between 1921 and 1953 alone, though, at least ten attempts were made to summit the majestic mountain. Each failed.

That changed one spring morning when, on May 29, 1953, two men became the first people to reach the apex of the world's highest place. Standing

atop a sheet of ice about two feet wide and the size of a horizontal filing cabinet, New Zealander Edmund Hillary and his sherpa partner, Tenzig Norgay, gazed out over Tibet from the literal top of the world.

"*Tenzig*" focuses on the perspective of an illiterate yak shepherd who had become a sought-after Himalayan guide. The movie builds much of its story around Norgay's spiritual reverence for Chomolungma ("the sacred mother goddess") and his soul-crushing conflicts with Western mindsets. "*Tenzig*" also dives deeply into the mutual trust that eventually draws Hillary and Norgay close to each other.

Behind *Tenzig*'s radiant smile thrums an engrossing chronicle of the courage and ambition of a man who triumphs over incredible odds. Born in a sacred Tibetan valley in the shadow of the challenging chunk of real estate, Norgay experiences a life journey that takes him from being an anonymous mountain guide to, over time, establishing a friendship with Indian statesman Nehru and other dignitaries worldwide.

In his career-defining role of Norgay, Tibetan English teacher-turned-actor Genden Phuntsok shines as the film's confident main character. Tom Hiddleston

("The Life of Chuck") plays Edmund Hillary, and English expedition leader Colonel John Hunt is portrayed by Hollywood veteran Willem Dafoe. The supporting cast includes Caitriona Balfe as expedition ally Jill Henderson, and Thinley Lhamo as Dawa, *Tenzig*'s patient wife.

Australia's Jennifer Peedom directs, with scriptwriting chores assigned to fellow Aussie Luke Davies.

"*Tenzig*," from See-Saw Films, opens in theaters across America on Oct. 9, followed one week later on Apple TV.

The Gadget Geezer

Continued from page 19

Prices start at \$1,799.

Like automobiles, several accessories are available to E-Bike and E-Trike owners, including rearview mirrors, bike covers, additional reflector lights, portable electric air pumps and cargo baskets, to name a few.

There are many reasons to enjoy owning and riding electric two and three-wheel vehicles. But be sure to obey traffic laws and abide by all safety protocols. Happy trails!

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Crossword Puzzle Answers from page 26

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14	A	R	E	N	A		15	A	E	R	O		16	L	E	N	O		
17	L	E	O	I	V		18	L	O	I	N		19	O	N	O	R		
20	T	I	N	D	E	R		22	G	N	A		23	T	H	I	T	E	
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32	O	H	B	O	Y			33	C	O	R	N	U			36	D	A	S
39	P	N	I	N			40	A	L	P	H	A			41	C	A	L	E
42	E	O	S			43	A	R	E	S	O			44	U	T	T	E	R
					45	L	A	S				46	D	E	T	R	A	C	T
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52	P	R	E	T	E	N	S	E			53	E	R	N	A	N	I		
59	A	I	L	S			60	A	T	R	A			62	I	O	N	I	C
63	S	T	L	O			64	T	O	I	L			65	N	E	A	T	O
66	A	E	O	N			67	E	P	E	E			68	E	S	S	E	N

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Fabulous Finds

By Debbie L. Sklar

Five New Beauty Finds for Fall

Fall is a good time to take another look at the products on the bathroom counter. From barrier-supporting skincare to lip treatments and hair products, these new **Fab Finds** and beauty launches are designed to simplify routines while addressing some of the concerns that become more noticeable with age.

CeraVe Skin Renewing Super Boost Serum



Photo courtesy of CeraVe.

CeraVe's new **Skin Renewing Super Boost Serum** takes a barrier-first approach to skincare. The fragrance-free, non-comedogenic serum combines three essential ceramides with hyaluronic acid, peptides, niacinamide, vitamin B12 and lipohydroxy acid (LHA). The ingredients are designed to address hydration, radiance, firmness, skin texture and the appearance of fine lines.

A patent-pending Ceramide Booster Technology uses pre-ceramides designed to help strengthen the skin barrier and retain moisture. CeraVe says

it is suitable for all skin types, including sensitive skin.

Available at CeraVe.com and major retailers. \$29.99.

OLAY Regenerist Retinol24 Starter Night Repairing Lotion

Photo courtesy of OLAY.



Retinol can be intimidating for anyone who has experienced dryness or irritation from stronger formulas.

OLAY's new Regenerist Retinol24 Starter Night Repairing Lotion is formulated as a lower-potency introduction to retinol.

The fragrance-free lotion combines OLAY Pro-Retinol, a blend of retinol and retinyl propionate, with three peptides and aloe. OLAY says its slow-release technology is designed for overnight use, making this a potentially appealing option for someone who wants to ease into a retinol routine.

Available nationwide at OLAY.com and major retailers. \$27.49.

COSRX 5 Peptide Lip Collection

Lips deserve some attention, too, and COSRX has expanded

its peptide skincare line with a collection devoted entirely to them.



Photo courtesy of COSRX.

The 5 Peptide Collagen Lip Fill Tinted Treatment comes in seven shades, from Strawberry and Peach to Cocoa and Black Cherry. It combines five multi-peptides and collagen with ceramide, hyaluronic acid and squalane for sheer, buildable color and a glossy finish.

There are also a B5 Barrier

Repair Salve Lip Balm and a Ceramide Barrier Comfort Lip Mask for overnight conditioning. Available at Ulta.com, COSRX.com and COSRX's official TikTok Shop. \$15-\$16.

Allies of Skin Peptint Tripeptide & Goji Cells Plumping Lip Treatment



Photo courtesy of ALLIES OF SKIN.

Allies of Skin's Peptint combines the look of a gloss with a treatment formula. It comes in three shades: Fearless, a clear glaze; Utopia, a cool

mauve; and Nirvana, a warm blush.

The formula includes a Tripeptide Lip Complex, rose cells and goji berry cells, while a cooling metal applicator is designed for easy application. The company reports that an independent 30-person clinical study found an improvement in the appearance of dry, cracked lips after one use.

Available at AlliesofSkin.com, Dermstore.com, Revolve.com and Nordstrom.com. \$28.

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Continued on page 38

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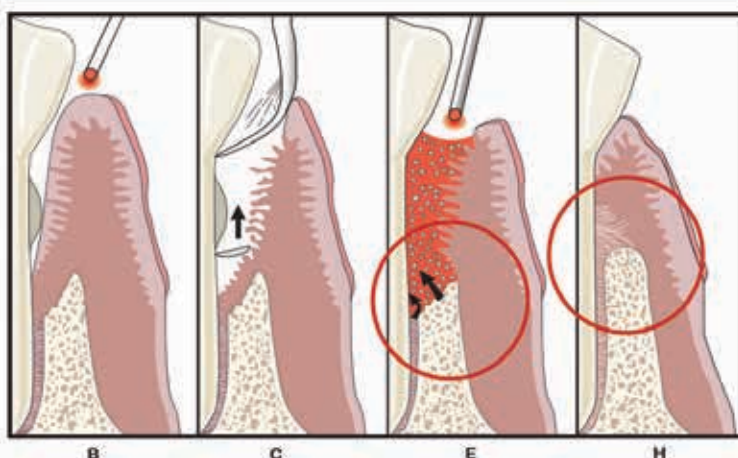
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1. Gregg RH II, Gregg DM. Laser-assisted periodontal regeneration with the LANAP protocol. *Dent Today* 2019 May;38(5):78, 80-83
2. FDA Clearance K151763

Life After Mother

By Lyn Jensen

'Exploring probate and estate issues from personal experience.'

How to Hire an Estate Planning Attorney

To draft a will contact an estate planning attorney in your county. If you have a personal lawyer, he/she may do the work or refer you to a specialist. For the rest of us, though, we'll probably have to search online. Los Angeles and Orange County bar associations have websites.



an estate planning lawyer, an estate planner, an estate lawyer, and an elder law lawyer? An "estate planner" helps manage the financial aspects of an estate, similar to a financial planner, and who may or may not have a law license. An estate planner who has a license to perform legal services is likely an "estate planning attorney." An "estate lawyer" normally gets hired only when an estate needs to be settled. Lawyers who specialize in "elder law" work across a broad range, from wills to disability rights to Social Security.



Everything you need to Prepare your Last Will & Testament

Photos courtesy of Lyn Jensen.

Some other websites may be helpful, too, depending on what service you're seeking: National Association of Estate Planners and Councils (naepc.org), National Academy of Elder Law Attorneys (naela.org), the American College of Trust and Estate Council (actec.org). Hiring someone who's a member of one of these organizations helps ensure you're getting someone who's an expert in the field.



Talk to at least three attorneys before making your decision about which to hire. Any lawyer can draw up a will, but a

What's the difference between

Continued on page 38



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Life Before Weather Apps

Today, most of us can check the weather with a quick glance at our phones. We know if rain is expected, how strong the wind will be, and even what the temperature will be hour by hour. But before smartphones and weather apps, predicting the weather was a little less scientific and a lot more personal.

For many people, the day began with a simple look out the window. Dark clouds, changing winds, or a bright red sunrise often provided clues about what lay ahead. Farmers, gardeners, and outdoor workers became experts at reading nature's signals.

Weather sayings were also

popular. Many of us remember hearing, "Red sky at night, sailor's delight. Red sky in morning, sailor's warning." Another favorite was, "Ring around the moon, rain coming soon." Whether completely accurate or not, these sayings were passed down from generation to generation.

Animals were often considered unofficial weather forecasters. Birds flying low, squirrels gathering extra nuts, and even cows lying down in a field were thought to signal changing conditions. Some folks joked that aching joints could predict rain better than the local meteorologist.

For reliable forecasts, families often turned to the radio. Morning weather reports were listened to carefully before heading to work, school, or the grocery store. When television became common, local weathercasters became familiar faces in many households. Long before colorful computer graphics, they used simple maps and markers to explain approaching storms.

Many people also relied on the Farmers' Almanac, comparing its long-range forecasts to the weather that actually arrived.



Whether they believed every prediction or not, reading it became a tradition.

Today's technology is certainly more accurate and convenient. Satellites, radar, and powerful computers help forecasters predict storms days in advance. Yet there was something special about the old ways. People paid attention to

the skies, listened to nature, and shared weather wisdom with neighbors and friends.

Even now, weather remains one of our favorite conversation topics. Perhaps that's because, whether we're checking an app or watching clouds roll across the horizon, we're all trying to answer the same question:

"What's the weather going to do next?"



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Busy Boomers

By Les Goldberg

Fighting Age Discrimination

If you are planning to retire soon, or have already “hung ‘em up” in your long career, the question always arises: What’s next?

The answers most frequently heard among seniors include traveling, spending time with family, going fishing, RVing and other forms of relaxation and long-awaited adventure.

However, not all of us can afford to leave the workforce, especially in an uncertain economy that is in an upward spiral of high inflation, rising healthcare, food, rent and everyday living costs. That’s why, according to the latest studies, more people are either staying in their jobs as long as possible



Photos courtesy of AARP.

or trying to find new sources of income.

The latest research shows that re-entering the workforce is far from easy. In fact, about 25 percent of seniors who are retired or have been laid off in the past decade have not been able to find a new job. Here’s why:

1. Companies are cutting budgets and laying off older employees with larger salaries at record rates, replacing them

with younger workers with smaller paychecks and increased responsibilities.

2. Older workers – the Boomers and Gen Xers – are thought to be lacking in technology skills. Employment experts suggest they brush up on the latest advancements that effect their areas of expertise.



3. AI – While employers are contemplating which jobs can be best managed by artificial intelligence and how many em-



ployees can be replaced, there is a glimmer of hope, according to the experts who believe the AI bubble may burst in the next few years.

4. Age Discrimination – Despite current laws preventing age discrimination, employers often look for other ways to rid workers who will soon be eligible for pensions and other retirement benefits. An AARP survey found that 74 percent of workers over age 50 believe their age is a barrier to being hired.

5. Manual Labor – Factory work, farming, construction and other physically demanding jobs are seen as liabilities for older job candidates by prospective employers.

6. Employers are reluctant to hire experienced and knowledgeable candidates who deserve and demand higher salaries when they can fill positions for less money with younger applicants.

7. Obsolescence – In a recent Microsoft study, it said: “The world has changed very quickly, and it has made some jobs – and entire career paths – obsolete. This can put 50 to 60-year-olds in the impossible spot of being too young to retire

but too old to start over when their job vaporizes into nothing.

So, what’s the solution?

According to AARP, don’t give up looking for a new job, and try not to be as selective as you might have been in your youth. Also, and most importantly, stay visible. Out of sight can too easily become out of mind. It’s important to cultivate old and new networks. Think about creating your own consulting business and engage in a full-scale marketing plan. Create and/or update a professional website.

Continue to attend events that attract potential job opportunities, such as conferences, trade shows, seminars and yes, even class reunions.

Make sure you have an ample supply of business cards with your latest contact information. Bottom line: it is true that finding a job requires the same time and effort as being in one.

Happy hunting!

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‘Magic Man’ Heart

By Randal C. Hill

There’s a little-known story — and it’s a doozy — behind “Magic Man,” Heart’s first Top 10 single.

Born in 1950 in Bothell, Wash. (15 miles northeast of Seattle), Ann Wilson began singing at age six in an effort to overcome shyness and rid herself of a stutter. In doing so, she developed a voice of might and self-assurance and later formed a singing/writing partnership with her guitar-playing sister Nancy, who was four years younger.

They joined an all-male band called Heart, stepping into the spotlight and building a loyal fan base in the area.

In time, Heart problems began to loom large. In 1974, the Vietnam-era draft board tapped guitarist/band manager Michael Fisher for military duty. Opposed to the war, Fisher fled north to Vancouver, British Columbia. Ann, his then-girlfriend, opted to follow him, as did Nancy later. (She had hooked up with Roger Fisher, Michael’s band-member brother.)

Ann had been living at home and studying art in college when she announced her decision. She later recalled for “Rolling Stone” magazine, “My mom was, like, ‘You’re so young and immature. Do you even use birth control ‘Back then you didn’t talk to your mother about that kind of stuff.’”

The “Magic Man” lyrics reveal much of the story:

“Come on home, girl,” Mama cried on the phone

“Too soon to lose my baby yet, my girl should be at home”

“But try to understand, try to understand

Try, try, try to understand, he’s a Magic Man, Mama

“He’s a magic man ...”

Michael was two years older than Ann but light years ahead of her in sophistication, and his allure proved hard to resist.

“Come on home, girl,” he’d said with a smile.

“I cast my spell of love on you, a woman from a child

“But try to understand, try to understand

“Oh, oh, try, try, try to understand

“He’s a Magic Man

“Oh, he’s got the magic hands ...”

Mrs. Wilson was resolute that her daughter stays in America. Ann: “She would go, ‘You don’t know what you’re doing!’ She had no idea about the reality in the seventies of girls and boys and free love and whatever ... She was formidable, but I won in this case.” Nancy followed soon afterward.

In Vancouver, Heart landed numerous gigs and eventually made a demo (demonstration) tape at the local Mushroom Studios. “Dreamboat Annie,” the hauntingly exquisite titular track from Heart’s debut album, became a hit on Canadian Top 40 radio. Opening for a Rod Stewart concert also helped to up the buzz on the band.

Two other Wilson-created works earned radio airplay — “Crazy on You” and “Magic Man,” the latter Heart’s first foray into “Billboard’s Top 10” list in America, and the beginning of years of best-selling releases on different labels.

“[Magic Man] is about leaving home.” Ann maintains. “It’s like looking back on a love affair of the past from this great distance ... to look back on all that naivete and just what it’s like when you fall in love for the first time.”

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In The Spotlight

Continued from page 23

The University of Michigan poll found that among adults 50 and older who had at least one close friend, 79% said they could definitely count on those friends for emotional support, while 70% said they could count on them to discuss their health. Half said a close friend had encouraged them to make healthier choices, such as exercising or eating better.

Those relationships can also cross generations.

Nearly half of adults 50 and older with at least one close friend reported having a close friend from a different generation — someone at least 15 years older or younger.

That can be especially valuable in a world where it is easy to divide people into age groups. A 60-year-old doesn’t necessarily want to spend every afternoon with other 60-year-olds. A 70-year-old may have more in common with a 45-year-old neighbor than with someone the same age. Shared interests, humor, curiosity and similar outlooks can be more important than birthdays.

The harder part can be knowing when to let an old friendship change.

Not every friendship is meant to last forever. People grow in different directions. Priorities change. Sometimes maintaining a friendship becomes an obligation rather than a source of pleasure.

That doesn’t erase what the friendship once meant.

It simply means that relationships, like people, can have different chapters.

For those who want to strengthen their social circle, the National Institute on Aging suggests participating in meaningful activities, volunteering, taking a class, pursuing hobbies and making regular contact with family, friends and neighbors.

The important word may be “regular.”

A text once every six months is different from a standing Tuesday morning coffee. A holiday card is different from a monthly lunch. Friendships tend to survive when people create small rituals that keep them connected.

And sometimes, the person who needs to make the first move is you.

Call the friend you’ve been meaning to call. Invite someone to lunch. Say yes to the invitation you almost declined. Take the class. Join the group. Sit next to someone new.

After 50, friendship may no longer happen automatically. But that doesn’t mean it has to happen less often.

Sometimes the best friendships of our lives are the ones we make when we finally have the freedom to choose them.





Continued from page 28

postmodern comedies ranging from “*The Office*” to “*It’s Always Sunny in Philadelphia*.”

• **The Comedy Duo Blueprint:** Perfected the straight-man/eccentric-lead dynamic that inspired generations of comedic duos.

Every time a modern television character winks at the camera, steps out of a scene to explain a plot point, or breaks the narrative illusion for a laugh, they are paying homage to George Burns and Gracie Allen — two vaudeville veterans who looked at a primitive black-and-white television box and saw a brand-new way to tell stories.



OCTOBER Calendar

Continued from page 18

booths, crafters, local businesses and nonprofit displays.

Location: Tri-City Park, 2301 N. Kraemer Blvd., Placentia.

Info: 714-524-8535 or placentia.org

Annual Silverado Country Fair and Folk Festival

Silverado

Oct. 10-11

Starts at 10 a.m.

The two-day event features live music, food, arts and crafts, children’s activities, demonstrations, contests and other family entertainment.

Location: Silverado Community Center & Fairgrounds, 27641 Silverado Canyon Road, Silverado.

Info: silveradocountryfair.org

Newport Beach Film Festival

Newport Beach

Oct. 15-22

The annual festival features more than 100 feature films and 30 short-film programs, along with premieres and special events.

Location: Various theaters in Newport Beach, Costa Mesa and Santa Ana.

Info: 949-253-2880 or newportbeachfilmfest.com



Silverado Days

Buena Park

Oct. 16-18

This community festival features food booths, arts and crafts, carnival rides and games, music, entertainment and contests. Admission and parking are free.

Location: William Peak Park, 7225 El Dorado Drive, Buena Park.

Info: silveradodays.com

Doheny Woody Car Show

Dana Point

Oct. 17

8 a.m. to 3 p.m.

More than 100 classic woodies and beach cruisers will be featured at this annual car show, with food, raffles and awards. The show is free; state beach parking fees apply.

Location: Doheny State Beach, south end of the park, Dana Point.

Info: socalwoodieclub.com

Murder Mystery Scavenger Hunt

Newport Beach

Oct. 24

11:20 a.m.

Arrive by 11 a.m. Teams follow clues through Newport Beach, including the Fun Zone, Balboa Pier, Peninsula Park and Balboa Island, while working to solve a murder mystery.

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



Life After Mother

Continued from page 32

lawyer who is an estate-planning specialist is most familiar with applicable law. Such a person is also likely to be experienced in helping guide you through emotional blocks that go into making a will. Such an attorney can help you decide who to leave what to, and set up tax-planning strategy.



Writing a will requires expert guidance, because each state has different laws, and you want to make sure there are no legal technicalities that may interfere with your wishes. It may seem easier not to make a will, because, after all, when you’re dead, someone else will take care of everything. This approach can cause enormous hardship, both in terms of how much of your estate may be lost to court costs, and to your survivors’ peace of mind.

Hiring an estate planning attorney is likely to cost a few hundred dollars for a will, a few thousand dollars for additional services. This isn’t cheap but it is wise. If you die without a proper legal document, your survivor(s) will have to pay hundreds, or thousands, of dollars, to clean up whatever mess you left behind.

Fabulous Finds

Continued from page 31



Photo courtesy of soapbox.

free finishing mists, available exclusively at Sally Beauty. The lightweight sprays are designed to add fragrance without the drying alcohols commonly found in traditional hair perfumes.

Four scents are available: Vanilla Sandalwood, Jasmine Pistachio, Lychee Hibiscus and Vetiver Amber. The mists are also designed to smooth flyaways and add shine while helping protect against UV exposure and color fading.

Soapbox also introduced **Blowout Brilliance Heat Protectant** and a **Jasmine & Sweet Almond Daily Moisture Wash Collection**.

Available at SallyBeauty.com and Sally Beauty stores nationwide. Hair fragrance mists, \$16.99; Blowout Brilliance Heat Protectant, \$10.99; Jasmine & Sweet Almond Daily Moisture Wash Collection, \$9.99.

Prices are manufacturers’ suggested retail prices and may vary by retailer.

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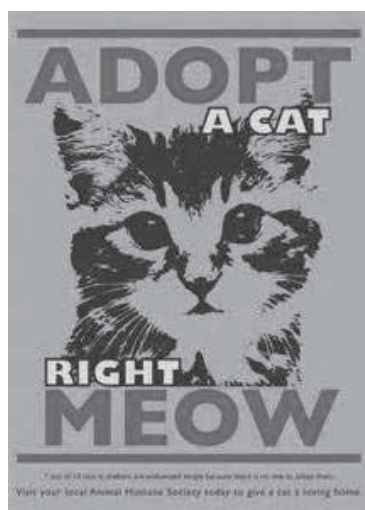
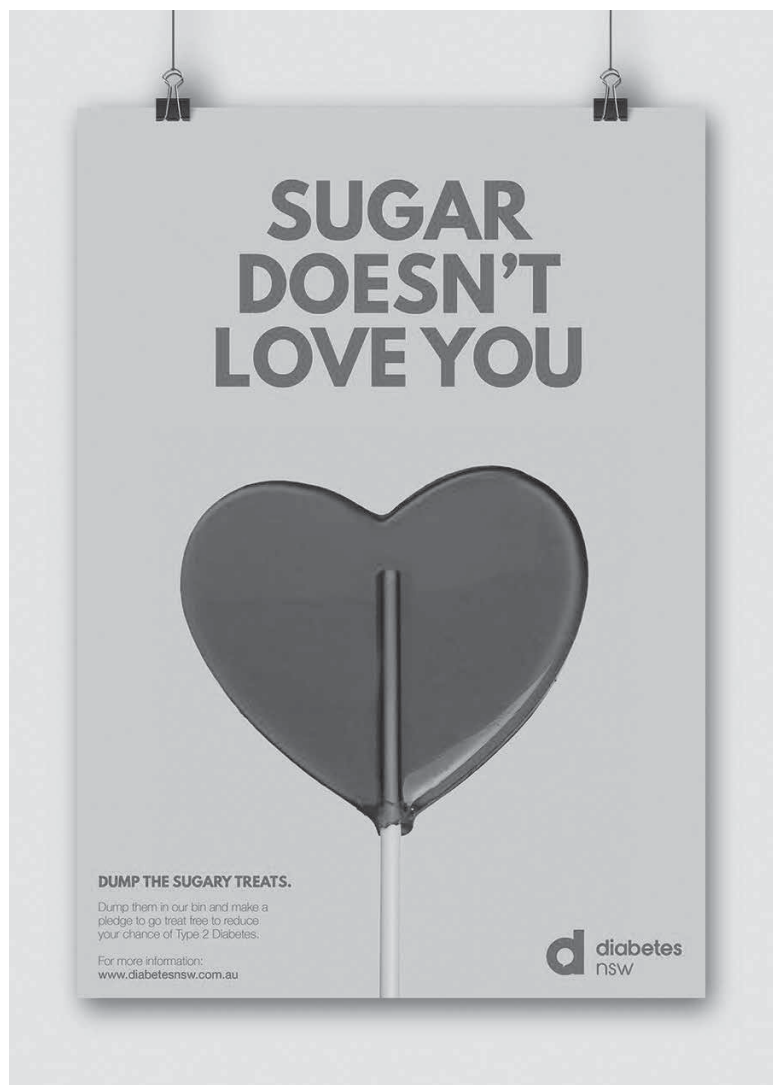
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Every Life Is a Story

By Marvin Weinbaum, M.Ed.

"Who you are has more than a little to do with who your father was, and his father before him."

My father didn't talk much; he worked. An immigrant, he was strong, self-sufficient and private. The 'strong, silent type' may be appealing in movies, but it isn't helpful. Much of what I know came from others, and from tears he shed at weddings and graduations. I regret never prompting him to tell me his story.

Don't make the same mistake I did.

Too many of us assume our stories aren't worth telling. 'Who would be interested in me? My life isn't particularly remarkable.'

I disagree.

Our children, grandchildren, family and friends want to know us — not just the highlights, but our struggles, fears, pleasures and turning points. I've begun a memoir of my own life, hoping it will help someone understand where I came from or learn something about themselves. That is reason enough.

Stories are magical, and the small ones may be the most important. Your grandchildren may want to know how you met their grandmother, your first job, what worried you as a child, or how you overcame a failure. Don't sanitize your story. Younger generations may

learn more from the times we made mistakes, recovered and tried again.

The ordinary details of our lives become history faster than we realize.

Technology makes telling history easier. Consider:

- **Audio or video recordings:** Have someone interview you and record the conversation. Video can capture personality.

- **A memory book:** Answer questions in a "Grandmother/Grandfather Remembers" book.

- **A digital photo album:** Digitize photographs and add stories and commentary.

- **A family tree:** Names and dates identify ancestors; photographs show them; stories make them come alive.

- **A journal:** Record random thoughts and memories as they occur.

- **A memoir or autobiography:** Write wherever your interest takes you. As Mark Twain advised, don't feel compelled to follow chronology; wander among the memories that matter.

Most important, don't wait to have something notable to say. Someday, someone who loves you may want to know what you were like when you were young. What made you laugh.

What scared you. What you believed. What you learned.

You may not be there to answer. **Your stories can be.**

So, if you've spent a lifetime collecting memories, don't take them with you.

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OCTOBER Book Club

By Debbie L. Sklar



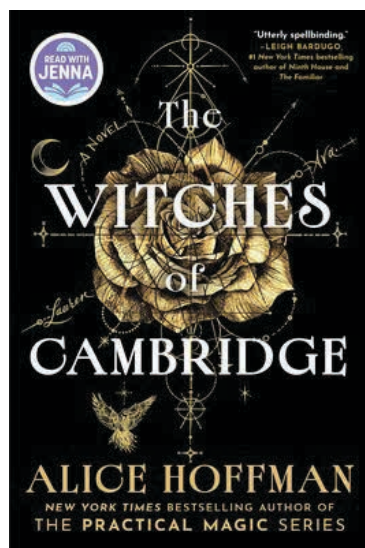
Five New Books to Add to Your Fall Reading List

September brings a new crop of books spanning historical fiction, fantasy, mystery, darkly comic literary fiction and music biography. Five books arriving this month offer very different reading experiences — from a secret society of witches at Radcliffe to the creative legacy of Queen frontman Freddie Mercury.

The Witches of Cambridge

By Alice Hoffman

Publisher: Scribner



Fans of Alice Hoffman's "*Practical Magic*" will find familiar territory in her newest novel, which begins a new series centered on two young women and a secret society.

Set in 1950s Cambridge, Mass., the story follows Ava, a bright young woman from Maine who arrives at Radcliffe College,

where she meets Lauren, the rebellious daughter of a prominent Cambridge family. The two are recruited into the Lilith Society, a secret organization of witches whose history reaches back to colonial times.

As Ava and Lauren discover their powers, their friendship and love deepen, but the world around them is becoming increasingly dangerous. McCarthyism casts a shadow over Cambridge's intellectual and creative communities, while members of the Lilith Society begin disappearing.

Hoffman, author of 30 works of fiction including "*Practical Magic*," "*The Dovekeepers*" and "*Magic Lessons*," blends magic, history, friendship and the dangers of persecution. The 416-page novel is also a Read With Jenna Book Club Pick.

Burn of the Everflame

By Penn Cole

Publisher: Atria Books

Fantasy readers have a substantial new book to sink into with "*Burn of the Everflame*," the 880-page conclusion to Penn Cole's "*Kindred's Curse Saga*."

The story returns readers to the world of Emarion, where war



has spread across the continent. In the north, Ophiucae and his army of mortals are determined to eradicate the Descended. In the south, the Guardians of the Everflame are preparing for a rebellion that has been generations in the making.

Meanwhile, in Lumnos, the Realm of Light and Shadow, the Crowns must confront the growing danger and attempt to form an unlikely alliance.

Cole describes the book as the fourth and final installment in the series. For readers who need a refresher before starting, the author has made recaps of the first three books — "*Spark*," "*Glow*" and "*Heat*" — available through her website.

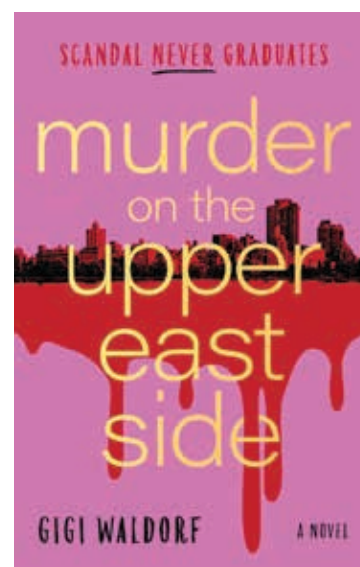


The 880-page novel was published Sept. 8 by Atria Books.

Murder on the Upper East Side

By Gigi Waldorf

Publisher: Atria/Emily Bestler Books



For mystery fans, "*Murder on the Upper East Side*" moves between two time periods and into the glittering world of New York's wealthy elite.

In 2016, scholarship student Hannah Miller is a senior at the prestigious Prescott Academy, where she finds herself on the outside of the school's powerful social circle. At its center are Queen Bees Madison Dupont and Elle Harrington.

Ten years later, the academy's alumni gather for a lavish charity gala hosted by Madison. The

celebration turns deadly when Madison is found dead shortly after giving a speech. Hannah, who was seen talking to Madison immediately before her death, quickly becomes a suspect.

To clear her name, Hannah must uncover what happened a decade earlier — and determine which members of the old social circle have the most to hide.

Gigi Waldorf is the pseudonym of author Kit Frick, whose previous mysteries include "*The Split*," "*Friends and Liars*" and "*I Killed Zoe Spanos*." The 336-page novel is described by its publisher as a glossy, locked-room mystery filled with secrets, betrayals and wealthy New York families. The book was published Sept. 8.

We Love You, Bunny

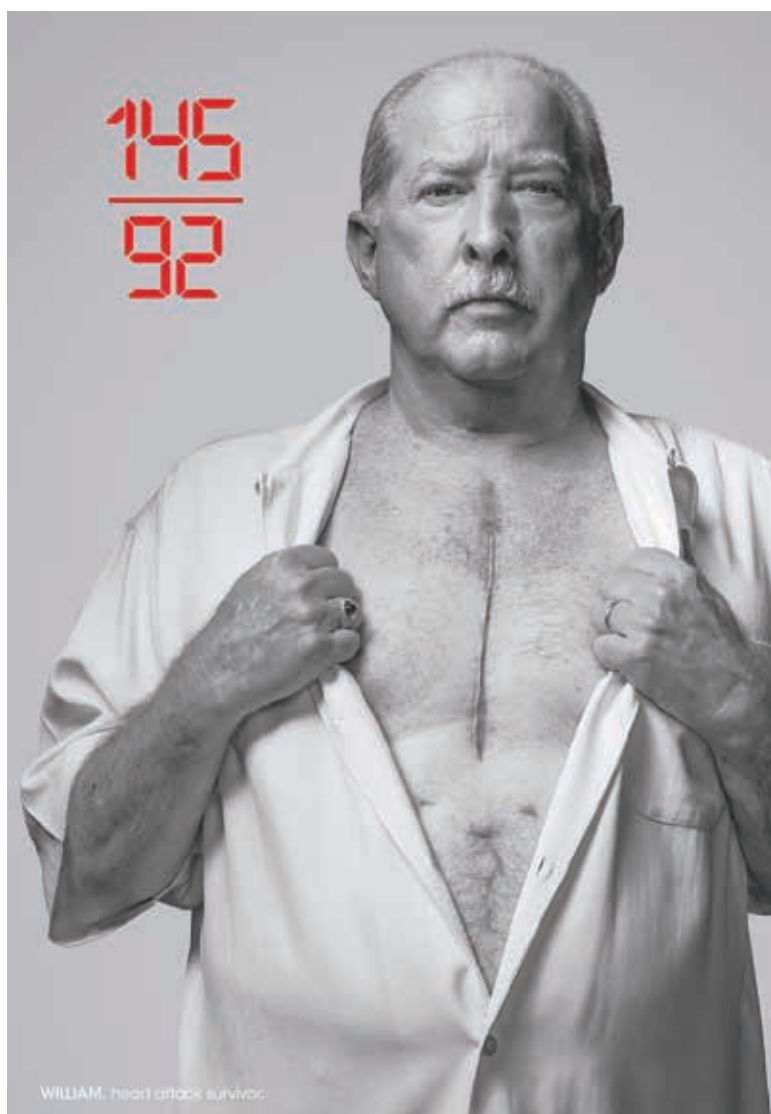
By Mona Awad

Publisher: Scribner

If your book club likes its fiction strange, dark and unpredictable, Mona Awad's "*We Love You, Bunny*" may be the book to choose.

The novel returns to the bizarre world of Awad's 2019 novel "*Bunny*," which introduced readers to Samantha

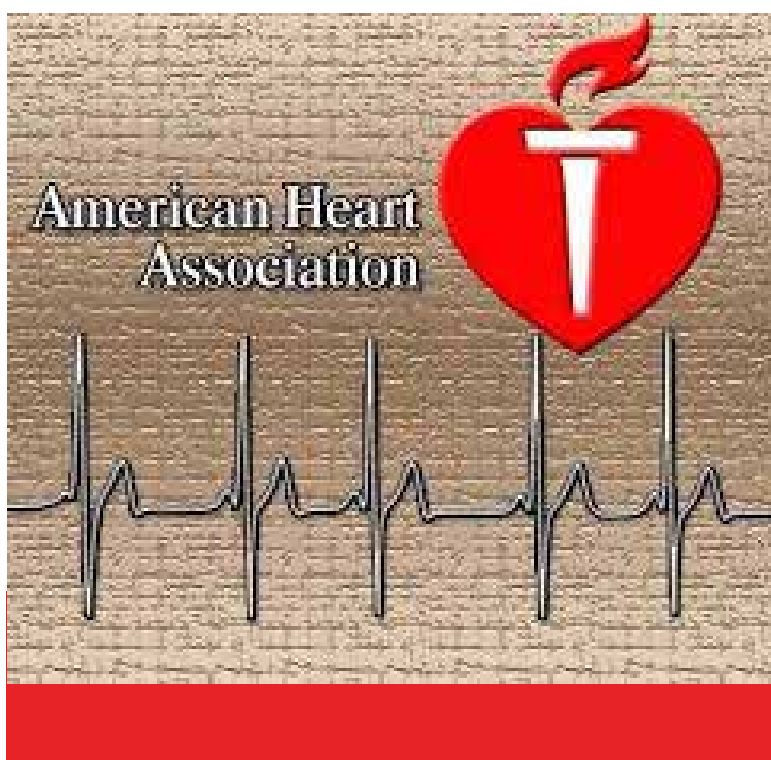
Continued on page 42



THIS IS WHAT **HIGH BLOOD PRESSURE** LOOKS LIKE.

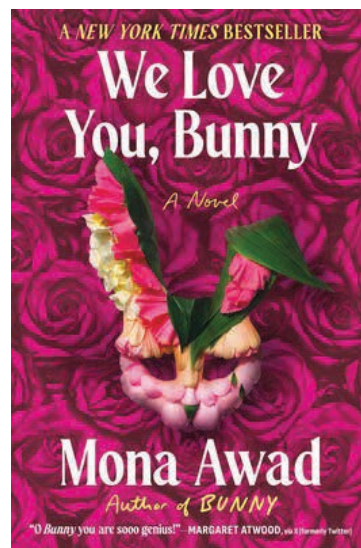
You might not see or feel its symptoms, but the results – a heart attack or stroke – are far from invisible or silent. If you've come off your treatment plan, get back on it or talk with your doctor to create a new exercise, diet and medication plan that works better for you.

Go to LowerYourHBP.org before it's too late.



OCTOBER BOOK CLUB

Continued from page 41



Heather Mackey and a clique of wealthy, unsettling MFA students who call themselves the Bunnies.

In the new book, Sam has published her first novel to critical acclaim. But during a stop on her book tour, the Bunnies — angry about the way they have been portrayed — kidnap her. This time, readers get to hear their side of the story.

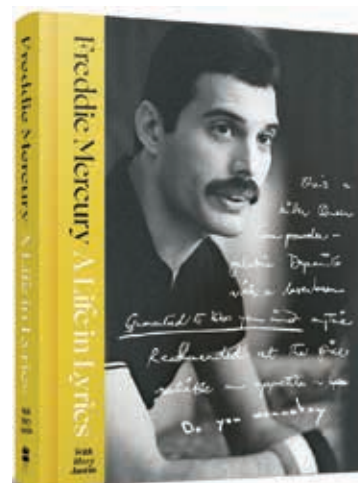
The publisher describes the novel as a prequel and sequel, while also standing on its own. At 512 pages, it is the longest of these five September releases. Awad is also the author of “Rouge,” “All’s Well” and “13 Ways of Looking at a Fat Girl.” The novel was published Sept. 8 by Scribner.

A Life in Lyrics

By Freddie Mercury with Mary Austin

Publisher: Dey Street Books

For music lovers and Queen fans, “A Life in Lyrics: The Official Creative Legacy of Freddie Mercury” offers an unusually intimate look at the singer



and songwriter behind some of rock’s most enduring songs.

The 320-page book draws on Mercury’s personal archives and collections, including handwritten lyrics, notebooks, photographs and other material documenting his creative process. Mary Austin, Mercury’s former fiancée and longtime confidante, provides memories and context surrounding the songs and the man who wrote them.

The book includes original handwritten lyrics and working material connected to some of Mercury’s best-known songs, including “Bohemian Rhapsody,” offering readers a glimpse at how ideas developed on the page before becoming finished recordings.

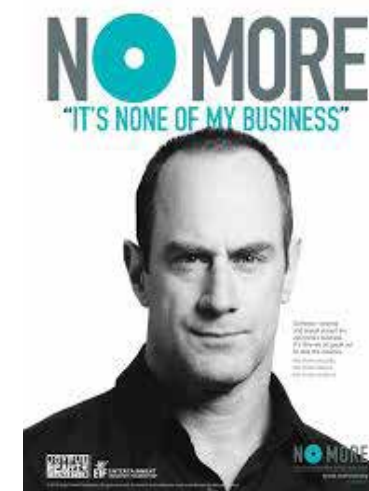
Austin met Mercury in the early 1970s, and although their romantic relationship eventually ended, the two remained close friends. She was one of the people Mercury trusted most and became the keeper of much of his personal and creative archive after his death in 1991.

The book also includes photographs from Mercury’s personal collection, providing a more private view of the performer

whose flamboyant stage persona often overshadowed the songwriter at work behind the scenes.

Published Sept. 1, the book arrived just days before what would have been Mercury’s 80th birthday on Sept. 5. For Queen fans, it offers something different from a conventional biography: a look at Mercury’s own words, ideas and creative process, accompanied by the memories of someone who knew him intimately.

Whether your group prefers witches, fantasy battles, murder mysteries, surreal literary satire or a behind-the-scenes look at one of Rock’s greatest songwriters, September’s new releases offer plenty of possibilities for the next book-club discussion.



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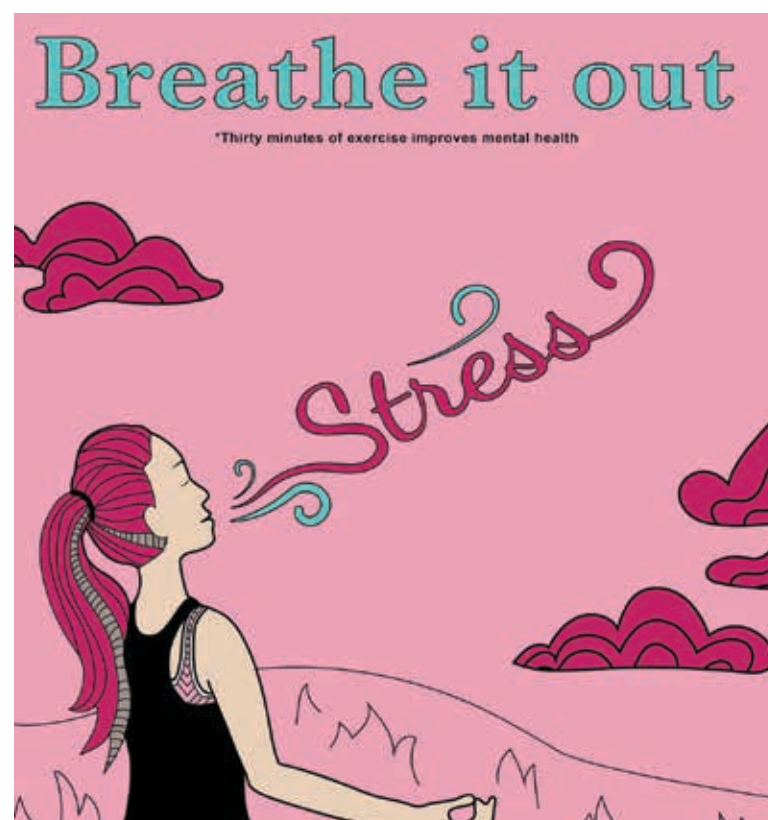
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Mayo Retina offers groundbreaking treatment for dry AMD

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.

