

# SENIOR REPORTER

VOLUME 48, NUMBER 5

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MAY 2022

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## Jennifer Lopez

*"My mom always told me that if you work hard,  
you can achieve anything. And it's true."*

— Jennifer Lopez

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# My Buddy, Toby

By Jim McDevitt



When my Yellow Lab, named Casey left this world, I was devastated. My wife started looking at rescue places a few weeks later and she came across a facility in Arkansas that had puppies from a just closed puppy mill. The facility had so many dogs that they thought they might have to euthanize some of them. A couple at the facility who had just gotten married and moved into an apartment brought one of

the puppies homes. Unfortunately, they were told by the landlord that no dogs were allowed.

It was at this time that my wife learned of this poor

puppy being brought back to the shelter. She thought it was a Black Lab and thought it wouldn't remind me of Casey. We agreed to adopt him, and Last Chance for Arkansas Animals decided to have cars transport the puppy several hundred miles to an airport in Memphis where he was flown to the Los Angeles Airport by Northwest Airlines in a dog crate in cargo. We were at the cargo area when the plane

landed on September 1st, 2009, and he was wheeled out to us in his crate. We opened the crate door and took this Yellow Lab mix bundle of joy into our arms and hugged him as he wagged his tail and licked our faces.

We were blessed with his presence for over 12 ½ years. He was Mr. Happy, always wagging his tail no matter what was happening. The German shepherd rescue that we had at the time treated him as her puppy. I have enclosed a photo of them taking a nap together when he was a puppy. The shepherd looked out for him in our wooden fenced back-

*Continued on page 21*

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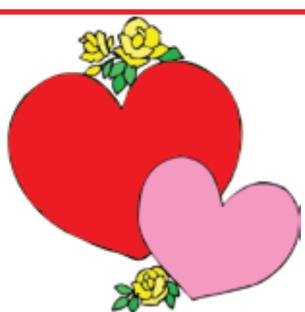
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Lots happening in and around the area in May from strawberry festivals to arts, crafts, and fiestas, you'll find plenty of entertainment to keep busy.

### **Farmakis Farms Craft Market**

**San Juan Capistrano**

**May 7**

Family-owned Christmas tree farm and certified farmers' market located in San Juan Capistrano has a monthly craft market.

See crafts, arts, handmade goods, and one-of-a-kind items. Free to attend and is held on the second Saturday of every month. At, 29932 Camino Capistrano, San Juan Capistrano. Call, (949) 364-1270.

### **Orange May Parade**

**Orange**

**May 7**

**10 a.m.**

The historic parade brought back in 2019, the Orange May Parade is a hometown procession that brings the community together. The Orange May Parade is an all-encompassing community event, with local entities joining in the fun. At, Historic Old Towne Orange, Orange. Call, (949) 837-2141.



### **Annual Cinco de Mayo Fiesta**

**San Clemente**

**May 7**

**2 to 6 p.m.**

The annual Cinco de Mayo Fiesta highlights live entertainment featuring traditional Mariachi and Ballet Folklorico to Cumbias, Tex Mex, and Salsa dancers. Community groups will be offering authentic Mexican food fare and other activities will include a juried art contest, carnival game booths, and a vendor area. At, Max Berg Plaza Park, 1100 Calle Puente, San Clemente. Call, (949) 361-8264.

### **Rose Garden Tour**

**May 7**

The Rose Society of Saddleback Mountain sponsors elegant and enchanting garden tours of four unique and innovative private gardens in south Orange County.

The self-guided tour offers visitors floral and plant displays, garden architecture, and ideas for environmentally sound garden practices. RSSM funds horticulture and plant science-related scholarships for college and university students. Call, (949) 837-2141.

### **Open Garden Day**

**Santa Ana**

**May 7**

Visit the inviting neighborhoods of West Floral Park and Jack Fisher Park in North Santa Ana. You are invited to stroll through a variety of gardens throughout the day. Tranquil spaces, unique planting ideas, and awesome yard designs are open for your viewing. This one-day community event offers an array of activities: gardens to tour, water-wise front yard sidewalk tour, garden expert talks and demonstrations, vintage cars, a street full of vendors selling unique garden treasures, and gourmet food trucks with treats. This year marks the 10th annual Open Garden Day. In, the neighborhoods of West Floral Park and Jack Fisher Park in North Santa Ana. Call, (714) 836-9777.

### **Greek Festival**

**Anaheim**

**May 13-15**

**12 to 10 p.m.**

Check out the sights, sounds, and tastes of Greece along with authentic Greek foods and homemade Greek pastries. Also, there will be traditional Greek dancing, an outdoor market place and a Kids Zone with carnival rides, games, and other activities. At, St. John Greek Orthodox Church, 405 North Dale St., Anaheim.

### **Mariachi Festival**

**San Juan Capistrano**

**May 14**

The festival will include entertainment "Battle of the Mariachis" and authentic Mexican food. Mariachi performers will compete for cash prizes. At, Mission San Juan Capistrano, El Camino Real/Ortega Hwy., San Juan Capistrano. Call, (949) 234-1321.

### **Balboa Island and ArtWalk**

**Balboa**

**May 15**

The Balboa Island Artwalk is a showcase for talented local artists and marks the start of Balboa Island's summer season. This fine art show features 100 artists exhibiting paintings, fine jewelry, blown glass, sculpture, and photography. Spectators will enjoy live music throughout the day. Admission is free. At, Balboa Island.

### **Crawfish Festival**

**Fountain Valley**

**May 20 to 22**

Fri. 5 to 11 p.m., Sat. 2 to 11 p.m.; and Sun. 1 to 9 p.m. Fresh live crawfish were flown in daily from Louisiana and prepared true, Louisiana-style with Cajun potatoes, corn on the cob, and tangy remoulade dipping sauce. For more than 26 years the Crawfish Festival has become a tradition

for thousands of festivalgoers annually. Come experience a New Orleans tradition. At, Fountain Valley Sports Park, 16400 Brookhurst St., Fountain Valley.

### **All American Dance**

**Huntington Beach**

**May 21**

**6:00pm to 9:00pm**

Join the HBCOA (Huntington Beach Council On Aging) for a spring dance at the Senior Center in Central Park on Saturday, May 21 from 6pm-9pm, as they celebrate with an "All American" dance to commemorate Armed Forces Day. The event is open to singles, couples, and groups. The evening will feature live music from the Larry Fresch experience as well as a duet, BBQ dinner plate, drinks, commemorative photo station, and opportunity prizes. Come enjoy an evening among friends and dance the night away. Tickets are \$20 for HBCOA members and \$25 for non-members. Advance purchase is required. For additional information please call the front desk at (714) 536-5600.

### **Taste of Brea & Business Expo**

**May 26**

**5 to 9 p.m.**

Brea's Annual Foodie Extrav-

*Continued on page 23*

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## 'Four Young Stars, One Clean Old Man'

By Randal C. Hill

good-natured cynic, Paul McCartney a friendly, urbane schmoozer, quiet guy George Harrison the philosophical perfectionist, and loveable Ringo Starr everybody's favorite Sad Sack guy.

In "A Hard Day's Night," interviewers are depicted as inane drones caught off guard by the Beatles' cheekiness. When John is asked, "How did you find America?", he smirks and answers, "Turned left in Greenland."

So busy are the superstar Liverpudlians that they can enjoy some childlike romping only when they slip away from their manager and cavort like schoolkids in an empty park.

One relentless demand from the record-business "suits" was that the Beatles create commercial pop tunes as fast as possible. The group (mainly Lennon and McCartney) worked well under pressure, and some of their finest quickly created works became tracks on the critically acclaimed soundtrack album. The movie culminates with the Beatles performing on television, lip-synching many of their earlier hits (although not "I Want to Hold Your Hand").

Originally titled "Beatlemania," the latter title came about from something an exhausted Ringo had said during the filming. "We happened to

work all night," he explained in an interview. "I came up still thinking it was day, I suppose, and I said, 'It's been a hard day ...' and I looked around and saw it was dark, so I said, '... night.' So, we came to "A Hard Day's Night." John Lennon wrote the memorable title track the next day.

Throughout the film, well-known British actor Wilfrid Brambell portrays Paul's mischievous (and well-dressed) grandfather. He is constantly referred to as being "clean," a reference that most American audiences missed. The explanation? Brambell had earlier won UK fame as a slovenly junk dealer on the TV show "Steptoe and Son," where he was often chided as being a "dirty old man."

In 1972, Brambell's show came to America under a title more familiar to us — "Sanford and Son."

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DVD:  
A Hard Day's Night (Collector Series). Miramax Films. (No release date shown).

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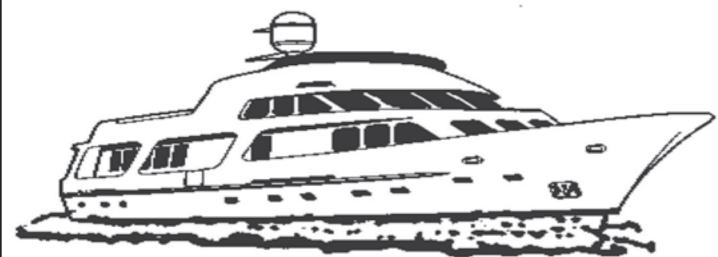
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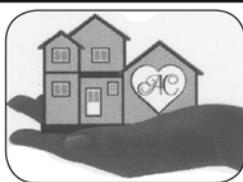
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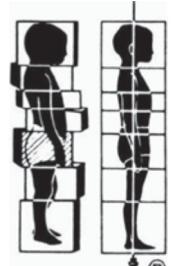
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by Robert Bruce Woodcox

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Continued on page 23

## 'Rockin' Robin'

### Michael Jackson

By the early 1970s, Motown's teenage brother group the Jackson 5 was regularly burning up the "Billboard" singles and album charts.

Lead singer Michael later recalled, "It was [Motown founder] Berry Gordy's idea that I should do a solo recording, and so I became one of the first people in a Motown group to really step out."

And did he ever step out! "Got to Be There" established Jackson's groundbreaking solo path. But his next offering of a kid-oriented "oldie" brought grumbles from those in the industry who felt the bouncy ditty too "lightweight" for any Motown artist, even 13-year-old Michael.

Young Jackson's fans heartily embraced the single release, though, and bought enough copies to rocket it to No. 2 on the charts.

When Michael's "Rockin' Robin" was hot, the Jackson 5 issued another blast-from-the-past winner called "Little Bitty Pretty One." As it turns out, both "Rockin' Robin" and "Little Bitty Pretty One" had first been done in the late 1950s by the same little-remembered artist, Bobby Day.

Day was a fixture on the Los Angeles R & B scene for

years, having first achieved success as the leader of the Hollywood Flames ("Buzz-Buzz-Buzz"). Day recorded for Class Records, a small-time label owned by brothers Leon and Otis Rene.'

Near the end of 1957, Bobby cut a minor hit called "Little Bitty Pretty One." (Fellow L. A. singer Thurston Harris recorded a Top 10 cover version.) Day's next release in early 1958 would sell a million copies and become his signature song — and his only real success. Leon had approached the musician with the idea of Day recording the tune for the teenage market.

The genesis of "Rockin' Robin" was a Rock 'n Roll story of legend. Leon Rene wrote the song after his wife complained about a bird keeping her awake at night.

"She asked me to chase him away so that she could get some sleep," Leon explained. "I told her I couldn't unless I threw a rock at him. But the next night the bird flew into a tree outside my window and woke me up ... and about 2 a.m. every morning thereafter." (The culprit was a mockingbird, by the way, and not a robin.)

Rene was a university-educated, middle-aged musician

whose songwriting credits included the classic "When the Swallows Come Back to Capistrano." When he decided to turn his nocturnal annoyance into a pop novelty, he started with the term "mockingbird," which morphed into "rockin' mockin' bird" and, finally, "rockin' robin." The song proved a godsend to the career of Bobby Day (whose real last name was — coincidentally — Byrd). Rene, though, would later admit, "I thought so little of the song that I decided not to put my name on it. Instead, I gave it to my wife, Irma, and she put my mother-in-law's name down as the writer — Jimmie Thomas."

Rene never renewed the copyright, and no doubt lost a fortune in royalties when Michael Jackson sold a million copies of "Rockin' Robin" in 1972.

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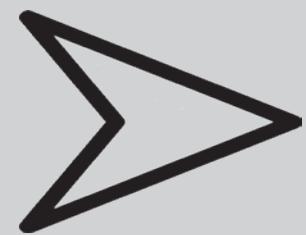
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# In The Spotlight

## Meet Writer Brian Lebeau, Author of 'A Disturbing Nature'

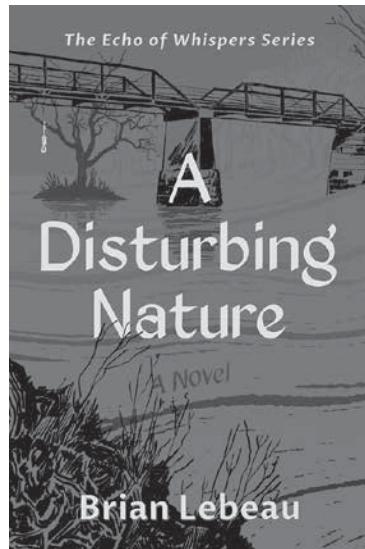
SoCal author Brian Lebeau is celebrating the release of his debut novel, "*A Disturbing Nature*," dropping on May 10.

This insightful, psychological thriller draws inspiration from the most infamous serial killers of the '60s and '70s, and it's perfect for fans of "CSI," true crime podcasts like "*Crime Junkie*" and the endless stream of serial killer documentaries on Netflix.

*"A Disturbing Nature"* follows a prolific killer and an investigator in post-Vietnam War-era New England, blurring the line between man and monster.

And Lebeau, 58, is just as colorful as the story he crafted — the novel is set in his hometown, and he once voluntarily slept on the floor of the Lizzie Borden house where a brutal ax murder took place 130 years before, all in the pursuit of authenticity while writing his book.

For those who want a sneak peek here's a synopsis: "*When FBI Chief Investigator Francis Palmer and Maurice Lumen's paths collide, a dozen young women are already dead bodies were strewn in the woods across southern New England. Crippled by the loss of their*



*families and haunted by mistakes, they wrestle with skeletons and ghosts neither understands. Who is destined to pay for the sins of their fathers and who will pay for their own?..."*

Here's more about this talented writer and how he got started and much more.

**SR: Why did you become a writer? Were you always interested in writing?**

**A: I write because I'm an explorer at heart. From the age of 11, I've always wanted to explore and share my adventures. And while I've traveled much, the most extraordinary places I've visited lie within. So, I write, and I share, just as I'd hoped, only the perspective is different. The stories that have been with me for years — the ones I couldn't share over lunch or at a house party — I knew would require my**

**full attention when the time came to put ink to paper. And even though it took almost a quarter of a century in the business world to get there, I finally found myself alone at the keyboard in late 2017. Physically, I've aged, but inside, I'm still that 11-year-old explorer hoping to one day write a literary masterpiece.**

**Q: What draws you to the page and motivates you to write?**

**A: I'm motivated to write by an unquenchable thirst for knowledge — to understand what motivates myself and others and what conditions those motives. I enjoy introspective studies wrapped in psychological thrillers and dark romances — the ones that bare the writer's soul. So, what draws me to the page is a constant need to place myself under the microscope and evaluate what I'm thinking, why I'm thinking it, and how thinking about it influences my mood and behavior. If I write my thoughts down on paper, I'm exorcising the unnecessary or misguided ones and focusing on the ones that matter. I write because it's therapeutic. I read because it's comforting.**

**Q: Which authors most influenced your writing style?**

**A: For "A Disturbing Nature,"**

I needed to create two distinct voices to accommodate the two very different primary characters. This required two dissimilar writing styles that would converge as the two men are inevitably drawn together.

For Lumen's settings, I was inspired by the earnest simplicity of John Steinbeck's style, "*Of Mice and Men*" being a primary influence. Ernest Hemingway influenced Lumen's dialogue and introspective scenes — accessible and non-threatening, even as Lumen's perspective grows darker.

For the settings in Palmer's scenes, I drew on my love of film noir from the 1930s, 1940s, and early 1950s and the literary dark romanticism of the 1800s. Palmer's dialogue and memories were influenced by Raymond Chandler, though more succinct and updated for today's audience, with descriptions kept to a minimum and character nuance handled through extreme visuals. As "

*A Disturbing Nature*" is an allegorical tale, the use of symbolism throughout was heavily influenced by F. Scott Fitzgerald and his masterpiece, "*A Great Gatsby*."

**Q: Education:**

**A: B.A. in economics from**



Stonehill College; M.A. economics from Clark University.

**Q: Where were you born and raised?**

**A: Fall River, Mass., home of the infamous Lizzie Borden.**

**Q: Retired from?**

**A: DoD contracting.**

**Q: When inspired you to write it and how long did it take?**

**A: The inspiration for "*A Disturbing Nature*" came from a dream in spring 1989, though it took more than 32 years to complete. I began writing "*A Disturbing Nature*" in earnest on Dec. 23, 2017, and completed it on July 1, 2021, so the actual writing time was about three-and-a-half years.**

**Q: Are you writing another, what's it about and when do expect it to be completed?**

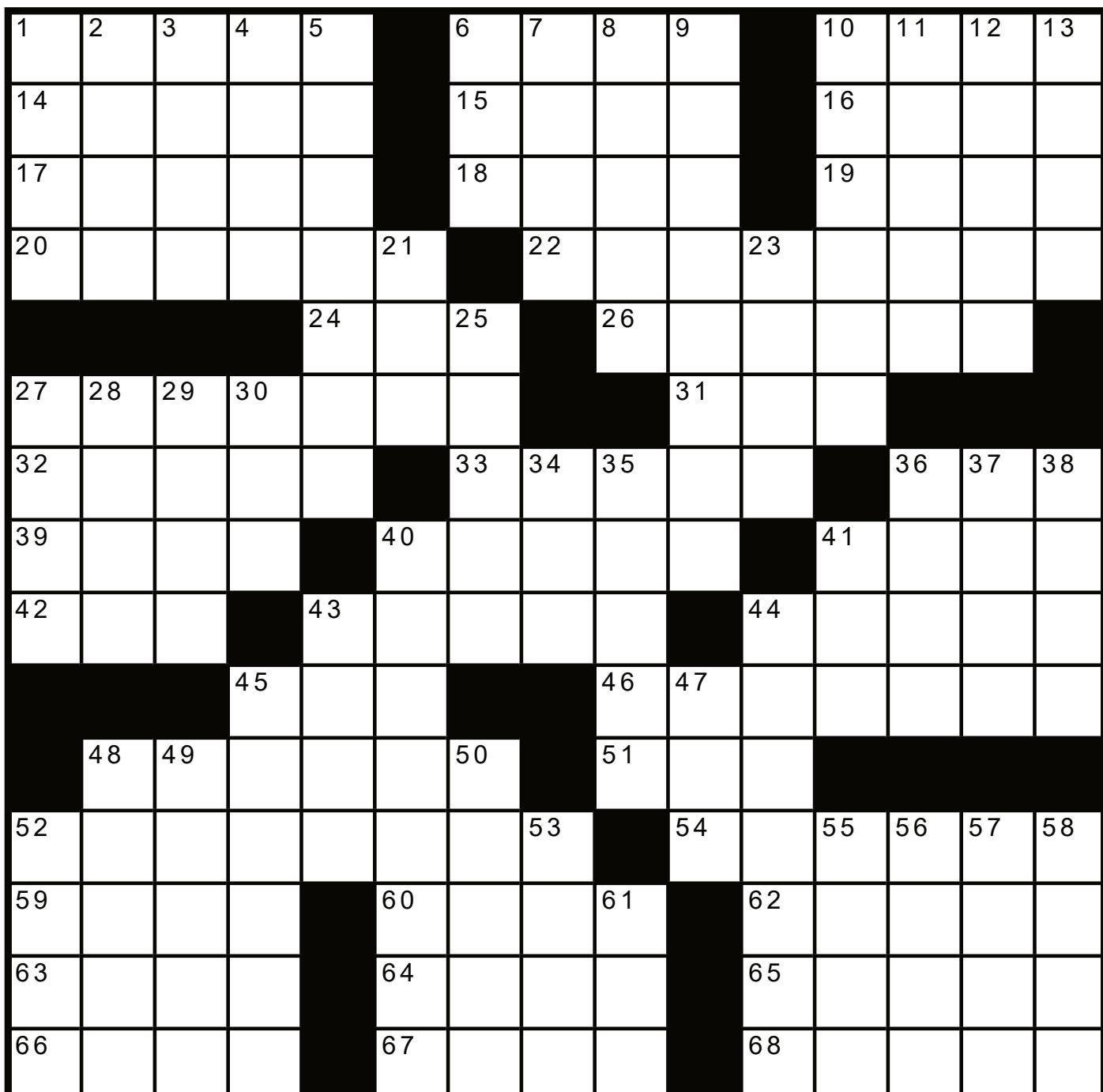
**A: There are four books in "*The Echo of Whispers*" series, with "*A Disturbing Nature*" being the first. All four**

*Continued on page 26*

# May 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

Answers on Page 25

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## Health Bulletin

### Vaccines Continue To Be Essential To Our Safety

After a few weeks without rain, most people don't throw out their umbrella. Just because someone has driven thousands of accident-free miles, that doesn't mean seatbelts should be abandoned. Similarly, health officials encourage people to think about such prevention measures as wearing masks in the same way that we think about our umbrellas. People shouldn't stop taking steps to protect themselves and others from COVID-19, even if there is a lull in cases.

"Like the weather, COVID changes over time, and what we know about the virus has expanded, providing effective



*Protect yourself and your family from COVID with a vaccine.*

tools for preventing severe illness, hospitalizations, and deaths," said Dr. Winston Price, Past Chief of Staff, Memorial Hospital and Manor in Bainbridge, Georgia. "It is vital that we continue to layer prevention strategies appropriate for your health status and COVID rates in your community to keep from getting and spreading the virus."

The most effective ways to prevent COVID are simple and widely available to all Americans.

**Stay up to date on vaccines.** Vaccines and boosters protect people from the worst outcomes of COVID and help reduce the spread of the virus in communities, further reducing risks for the most vulnerable populations. Boosters provide extra protection. Like seatbelts prevent injuries in accidents, vaccines are highly effective at preventing hospitalization and death from COVID, but they don't work if you don't use them. Vaccination is the best way to slow the spread of

COVID and prevent hospitalizations and deaths. COVID vaccines are available to anyone age 5 and older in the United States.

**Wear a mask.** After vaccines, wearing a mask is one of the most effective ways to help reduce the spread of COVID. The Centers for Disease Control and Prevention (CDC) recommends wearing a mask in public indoor spaces, especially in areas where community transmission is high. A mask should fit closely on the face, covering the nose and mouth, without any gaps along the edges or around the nose. Masks are still required on most methods of public transportation.

**Keep your distance.** If you are not up to date on COVID vaccines, stay at least six feet away from other people, especially if you are at higher risk of getting very sick with COVID. In areas where community levels are high, it is best to avoid crowded places where it is difficult to stay distanced from others who may not be vaccinated. When spending time with people who don't live with you, outdoors is the safer choice. Holding gatherings outdoors decreases the chance of COVID exposure.

Layering these proven prevention strategies in line with your personal health risk and current community levels of COVID transmission, is the best way to

*Continued on page 21*

# J.Lo's Dream Comes True

By Les Goldberg

And dream she did – at age 5. Encouraged by her Puerto Rican parents who filled their Bronx home with music, singing, and dancing – and the original “West Side Story” Broadway hit -- Jennifer Lynn “J.Lo” Lopez, now 52, knew she wanted to be an entertainer.

As a child, she took dance lessons at Ballet Hispanico on the Upper West Side of New York City. As a teenager, she learned



flamenco, jazz, and ballet at the local Boys and Girls Club.

In high school, when she wasn't running track, doing gymnastics, and playing on the softball team, she was dancing in school musicals and playing a lead role in a production of “Godspell,” had a secretarial job at a law firm, and studied business at New York’s Baruch College for one semester.

After graduating from high school, she enrolled as a full-time student at Manhattan’s

Phil Black Dance Studio. Unhappy that their daughter decided to drop out of college to pursue a dance career, her parents asked her to move out of the family home and they stopped speaking for nearly a year.



Kids on the Block at the 1991 American Music Awards.

During this period, she performed in Broadway musicals, music videos, and TV shows, including her highest-profile job as a professional dancer to date, “In Living Color” in which she played a jazz-funk dancer alongside Jamie Foxx and Jim Carrey.

## Star Quality

When auditioning for the role, Rosie Perez, the show’s choreographer noticed that Lopez had “star quality” and “did not complain, not once” when asked to repeatedly perform the dance routine.



Lopez moved to Manhattan where she slept at the dance studio office for a few months until she landed her first professional job in 1989. She spent five months touring Europe with the musical revue show Golden Musicals of Broadway and was the only member of the chorus not to have a solo.

A year later, she danced alongside MC Hammer in an episode of “Yo! MTV Raps” and traveled around Japan for four months as a chorus member in “Synchronicity.” When she returned to the U.S., she became a backup dancer for New

*Continued on page 17*



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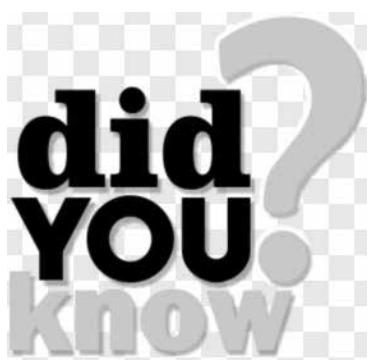
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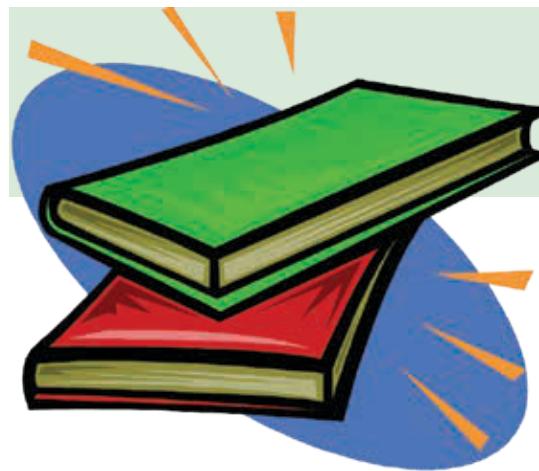
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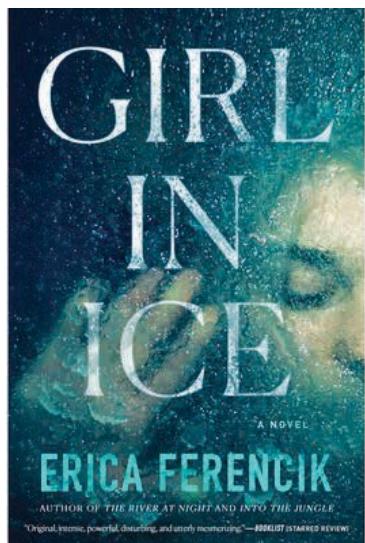
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### Girl in Ice

By Erica Ferencik



"From the author of '*The River at Night*' and '*Into the Jungle*' comes a harrowing new thriller set in the unforgiving landscape of the Arctic Circle, as a brilliant linguist struggling to understand the apparent suicide of her twin brother ventures hundreds of miles north to try to communicate with a young girl who has been thawed from the ice alive.

"Valerie 'Val' Chesterfield is a

linguist trained in the most esoteric of disciplines: dead Nordic languages. Despite her successful career, she leads a sheltered life and languishes in the shadow of her twin brother, Andy, an accomplished climate scientist stationed on a remote island off Greenland's barren coast. But Andy is gone: a victim of suicide, having willfully ventured unprotected into 50 degrees below zero weather. Val is inconsolable—and disbelieving. She suspects foul play.

"When Wyatt, Andy's fellow researcher in the Arctic, discovers a scientific impossibility—a young girl frozen in the ice who thaws out alive, speaking a language no one understands—Val is his first call. Will she travel to the frozen North to meet this girl, and try to comprehend what she is so passionately trying to communicate? Under the auspices of helping Wyatt interpret the girl's speech, Val musters every ounce of her courage and journeys to the Arctic to solve the mystery of her brother's death.

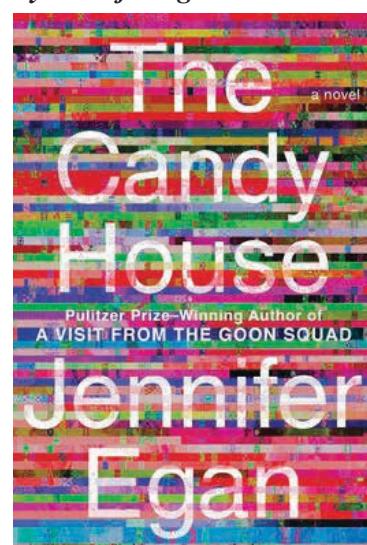
# May Book Club

"The moment she steps off the plane, her fear threatens to overwhelm her. The landscape is fierce, and Wyatt, brilliant but difficult, is an enigma. But the girl is special, and Val's connection with her is profound. Only something is terribly wrong; the child is sick, maybe dying, and the key to saving her lies in discovering the truth about Wyatt's research. Can his data be trusted? And does it have anything to do with how and why Val's brother died? With time running out, Val embarks on an incredible frozen odyssey—led by the unlikeliest of guides—to rescue the new family she has found in the most unexpected of places," according to Publisher Gallery/Scout Press

### *The Candy House*

A Novel

By Jennifer Egan



"*The Candy House*" opens with the staggeringly brilliant Bix Bouton, whose company, Mandala, is so successful that he is 'one of those tech demigods with whom we're all on a first-name basis.'

"Bix is 40, with four kids, restless, desperate for a new idea, when he stumbles into a conversation group, mostly Columbia professors, one of whom is experimenting with downloading or 'externalizing' memory. It's 2010. Within a decade, Bix's new technology, 'Own Your Unconscious'—that allows you access to every memory you've ever had, and to share every memory in exchange for access to the memories of others—has seduced multitudes. But not everyone.

"In spellbinding interlocking narratives, Egan spins out the consequences of Own Your Unconscious through the lives of multiple characters whose paths intersect over several decades. Intellectually dazzling, *The Candy House* is also extraordinarily moving, a testament to the tenacity and transcendence of human longing for real connection, love, family, privacy, and redemption. In the world of Egan's spectacular imagination, there are 'counters' who track and exploit desires and there are 'eluders,' those who understand the price of taking a bite of the Candy House. Egan introduces these characters in an astonishing array of narrative styles—from omniscient to first-person plural to a duet of voices, an epistolary chapter, and a chapter of tweets.

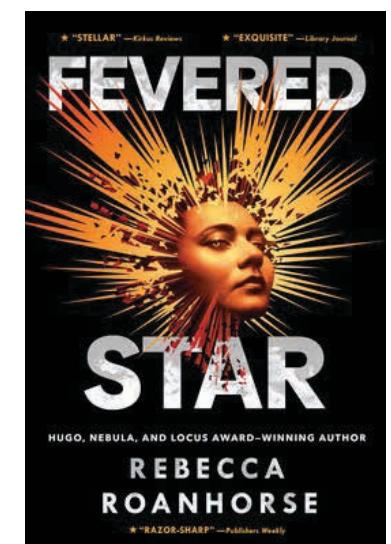
"If Goon Squad was organized like a concept album, '*The*

*Candy House*' incorporates Electronic Dance Music's more disjunctive approach. The parts are titled: Build, Break, Drop. With an emphasis on gaming, portals, and alternate worlds, its structure also suggests the experience of moving among dimensions in a role-playing game.

"*The Candy House* is a bold, brilliant imagining of a world that is moments away. Egan takes to stunning new heights her 'deeply intuitive forays into the darker aspects of our technology-driven, image-saturated culture' (Vogue). '*The Candy House*' delivers an extraordinary combination of fierce, exhilarating intelligence and heart," according to Publisher Scribner

### Fevered Star

By Rebecca Roanhorse



"...The great city of Tova is shattered. The sun is held within the smothering grip of the Crow God's eclipse, but a comet that marks the death of a rul-

*Continued on page 20*



## Jennifer Lopez

*Continued from page 14*

dancing opportunities to pursue acting.

Lopez's first professional acting job was a small recurring role on the TV show "South Central" in 1994, followed by appearances in CBS' "Second Chances" and "Hotel Malibu."

However, another critic, Janet Maslin of "The New York Times," said Lopez's performance in "Out of Sight" with George Clooney was "her best movie role thus far..."

Despite her newfound stardom on the big and small screens, she said her portrayal of Selena made her realize how much she missed her singing career and "the excitement of the stage."

She subsequently signed a record contract with Sony and released her first album, "On the 6," which was a success, and two singles, "If You Had My Love" and "Waiting for Tonight," topped the Billboard Hot 100.

One year later she landed her first major movie role in "Mi Familia," a role that catapulted her to stardom as she was nominated for the Independent Spirit Award for Best Supporting Actress.

Before she knew it, Lopez was starring in big money-making films such as "Money Train," "Jack," "Blood, and Wine," co-starring with the likes of Jack Nicholson, Wesley Snipes, Woody Harrelson, and others.

### A Household Name

Still in her 20s, and gaining the attention of Hollywood's elite, she managed to land the leading role in "Selena," the story of famed Latina artist Selena Quintanilla-Perez.

According to movie critic Roger Ebert, Lopez "has the star presence to look convincing in front of 100,000 fans."

In 2000, Lopez achieved a milestone in the entertainment industry, becoming the first woman to have a number one film, "The Wedding Planner" co-starring Matthew McConaughey, and album, "J.Lo," simultaneously.

Another personal milestone occurred in 2002 when "Maid in Manhattan," in which she received rave reviews, became

the highest-grossing film of her career. All her success did not come without sacrifice for her health.

In the movie "Enough," in which she played an abused wife seeking revenge, she suffered a severe nervous breakdown. She spent the following year returning to her singing while opening her restaurant, Madre's, in Los Angeles and releasing her first fragrance, Glow by JLo, which became the top-selling fragrance in the U.S.

For the next 10 years, Lopez's career was a roller-coaster, high on her music and dipping to the lowest level in her acting which critics blamed mostly on the roles she accepted and not on her abilities as an actress.

But a big turning point came in 2011 when she became a judge for "American Idol," effectively returning her to prominence on the world stage. According to a critic for "Forbes Magazine," "viewers who know only an attention-grabbing siren met a hardworking, self-made, empathetic sin-

*Continued on page 22*

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*On The Road Again*

# Tripping Into Art & History

By Shana McCann

With more than 200 museums and cultural centers just a few miles from wherever you live in Southern California, you don't need to break your bank account on admissions and gas to enjoy them.

No matter what your age or interests, there are places to go where you can escape into different times and subjects – like bringing history books to life.

Now that COVID restrictions are easing, the urge to emerge from our cocoons of quarantines is taking hold.

It is one thing to visit art galleries and museums on the Internet, it's another to see them up close and in-person – to gaze at original paintings and works of art, to admire the artisanship of antiquity in planes, trains, automobiles, and the history of our planet.

I don't have the space in this column to recommend all the area's museums, so I will mention those that are the most popular among our local citizenry:

**USS Iowa**

If you are a Navy veteran or simply interested in maritime mystique, one of the Southland's biggest attractions is the USS Iowa, permanently docked at 250 S. Harbor Blvd., in San Pedro on Los Angeles' waterfront.

Guided tours of the massive ship reveal its many adven-

tures during its 50 years of active duty, including stories of the thousands of Navy sailors who were aboard.

**Grammy Museum***Grammy Museum*

For music lovers, a visit to the new Grammy Museum at 800 W. Olympic Blvd. in the downtown LA Live complex is a must. In addition to tributes to the many Grammy winners, the museum offers a deeper look into music, from the technology of recording to the creative process of songwriting.

It also hosts numerous special exhibits, movies, workshops, and live performances in the Clive Davis Theater.

**Hollywood Museum***Hollywood Museum*

What would a trip to Hollywood be without touring the – yes, you named it – Hollywood Museum at 1660 N. Highland Ave.?

With more than 10,000 movie mementos and images on dis-

play, the facility houses props from the most popular movies and TV shows ever made, including "Star Trek," "The Silence of the Lambs," "The Exorcist," "Psycho," "Gone with the Wind" and "The Great Escape," to name just a few. Special exhibits celebrate the lives of iconic actors such as Jean Harlow, Clark Gable, and Marilyn Monroe.

**Natural History Museum of LA County**

Located in downtown Los Angeles' Exposition Park, the Natural History Museum is a favorite of all ages who are fascinated with the prehistoric Earth. Famous for its Dinosaur Hall, the museum offers some 35 million specimens from billions of years of planetary history.

Exhibits include the Nature Gardens, Age of Mammals, and the Gem and Mineral Hall. And we guarantee you will stop and stare at the six-story high glass cube containing a giant skeleton of a fin whale.

**The Getty Center**

Just off the I-405 at aptly named Getty Center Drive is the sprawling, hilltop haven of art, history, and nature. Whether touring on your own or with a guide, you will be exposed to the Getty Conservation Institute, the J. Paul Getty Museum, the Getty Research Institute, and the Harold M. Williams Auditorium, on nearly 90 acres of landscaped gardens.

Visitors also enjoy the diverse art collection of the late J. Paul Getty, including ancient artifacts, medieval sculptures, 17th-century Baroque art, and hundreds of photographs from the 19th to 21st centuries.

**Griffith Observatory***Griffith Observatory*

While you are in the Los Angeles area, another must-see is the Griffith Park Observatory. There you will find free admission to a dazzling show of the universe with stars, planets, and flaming comets, free use of the giant telescope, and a short movie on the history of the observatory that opened in the 1930s.

During the daylight hours, you also can view the city and the Hollywood sign and take one of the many hiking trails in the surrounding park.

**Orange County****Lyon Air Museum**

Located on the north side of John Wayne Airport runways is the 30,000-square-foot Lyon Air Museum, housing a fleet of perfectly preserved and fully operational World War II-era aircraft and vehicles.

Founded by Maj. General William Lyon, whose name is associated with Orange County's

homebuilding industry, the museum is part of the Martin Aviation facility established in 1923 by aviation pioneer Eddie Martin to repair jet, turboprop, and piston-powered aircraft.

Since the museum opened, the collection has expanded with military motorcycles and vehicles as well as vintage autos, including the rare Mercedes-Benz W31 used by Adolf Hitler and the SS. Only three of these vehicles exist of the original 57 that were made between 1937 and 1939. The other two are in museums in Germany and Spain.

**The Hilbert Museum***Hilbert Museum*

Located in the historic district of Old Town Orange is Chapman University's Hilbert Museum of California Art. The collection of more than 1,000 paintings valued at more than \$7 million consists mostly of works in oil and watercolor between the 1930s and 1970s by artists from the California Scene Painting movement.

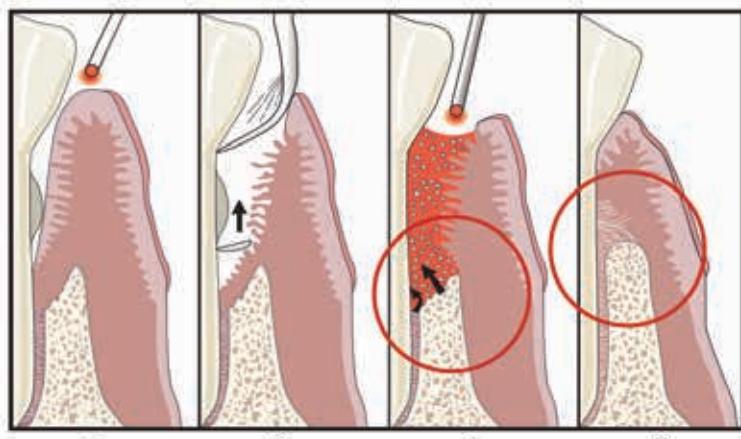
Each artist depicted everyday life in California – landscapes, places, and people. Also, exhibits display motion-picture production art and animation

*Continued on page 19*

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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

## TRAVEL

*Continued from page 18*

created by the artists who found work in the movie studios during the Great Depression.

The Hilbert plans to expand to triple its size in the months ahead with money from grants and donations.

### Heroes Hall

At the Orange County Fairgrounds in Costa Mesa is the relatively new Heroes Hall



*Heroes Hall*

honoring America's military veterans.

Housed in a renovated 1942 Santa Ana Army Air Base barracks building, the museum consists of 3,600-square-feet of exhibit space as well as the

Medal of Honor Courtyard and Walk of Honor. Admission is free and is open year-round.

### The Future

The Orange County Museum scene continues to expand. Currently under construction in Costa Mesa is the new OC Museum of Arts scheduled to open in October. Still in the planning stages is the Jack and Shanaz Langson Institute and Museum of California Art to be built on the campus of UCI.

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## May Book Club

*Continued from page 16*

er and heralds the rise of a new order is imminent.

"The Meridian: a land where magic has been codified and the worship of gods suppressed. How do you live when legends come to life, and the faith you had is rewarded?

"As sea captain Xiala is swept up in the chaos and currents of change, she finds an unexpected ally in the former Priest of Knives. For the Clan Matriarchs of Tova, tense alliances form as far-flung enemies gather and the war in the heavens is reflected upon the earth.

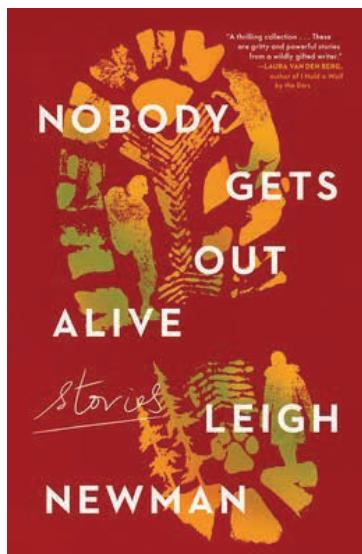
"And for Serapio and Naranpa, both now living avatars, the struggle for free will and personhood in the face of destiny rages. How will Serapio stay human when he is steeped in prophecy and surrounded by those who desire only his power? Is there a future for Naranpa in a transformed Tova without her destruction?

"Welcome back to the fantasy series of the decade in '*Fevered Star*'— book two of '*Between Earth*' and '*Sky*,'" according to Publisher Gallery/Saga Press.

### ***Nobody Gets Out Alive Stories***

**By Leigh Newman**

"Set in Newman's home state of Alaska, *Nobody Gets Out Alive* is a collection of dazzling, courageous stories about wom-



en struggling to survive not just grizzly bears and charging moose but the raw, exhausting legacy of their marriages and families.

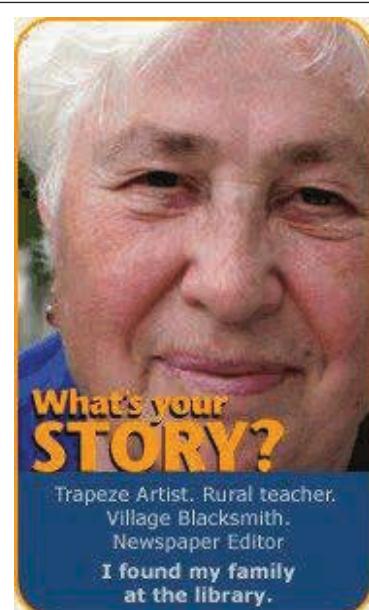
"In '*Howl Palace*'— winner of *The Paris Review's* Terry Southern Prize, a Best American Short Story, and Pushcart Prize selection — an aging widow struggles with a rogue

hunting dog and the memories of her five ex-husbands while selling her house after bankruptcy.

"In the title story, '*Nobody Gets Out Alive*', newly married Katrina visits her hometown of Anchorage and blows up her wedding reception by flirting with the host and running off with an enormous mastodon tusk.

"Alongside stories set in today's Last Frontier — rife with suburban sprawl, global warming, and opioid addiction — Newman delves into the remote wilderness of the 1970s and 80s, bringing to life young girls and single moms in search of a wilder, freer, more adventurous America. The final story takes place in a railroad camp in 1915, where an outspoken

heiress stages an elaborate theatrical to seduce the wife of her husband's employer, revealing how this masterful storyteller is 'not only writing unforgettable, brilliantly complex characters, she's somehow inventing souls,' (Kimberly King Parsons, author of '*Black Light*')," according to Publisher Scribner.



# Life After Mother

By Lyn Jensen

*'Exploring probate and estate issues from personal experience.'*

## Overwhelmed by Free Gifts

My parents gave generously to non-profit organizations, and those organizations were very generous with the "free gifts" often packaged with fundraising appeals.

My parents were good at saving everything, too, so that means I have enough fundraising freebies — calendars, greeting cards, notepads (including the kind with sticky backing), address labels, stickers, postcards, appointment books, pens, pencils, bookmarks, tote bags, dreamcatchers, gift wrap, gift tags, stick pins, key chains, and more--to stock a stationery store.

I'd like to support the same causes my parents did, but a look at my budget warns me not to. When I was young I gave generously to multiple non-profit organizations. Now that I'm into my Social Security years, though, I need my limited fixed income to pay my bills, and I need to save thousands of dollars for the day my life becomes one long stream of health ailments.

I've tackled the junk mail monster, written, and asked to be removed from mailing lists, but I don't think I've been able to stop the flow entirely. I recycle what I can, but all these carefully saved freebies overwhelm even three bedrooms' worth of storage space.

One reason organizing my mother's house has taken so long is because I've had to sort, keep, store, use, recycle, or trash years of "free gifts." Take the stacks of greeting cards and envelopes that come with some fundraising appeals. I sorted hundreds of greeting cards and envelopes into six accordion-style expandable files. Dozens more just went into the recycling bin. I won't have to shop for any greeting cards — for birthdays, holidays, "get well," or just about any other occasion — for years.

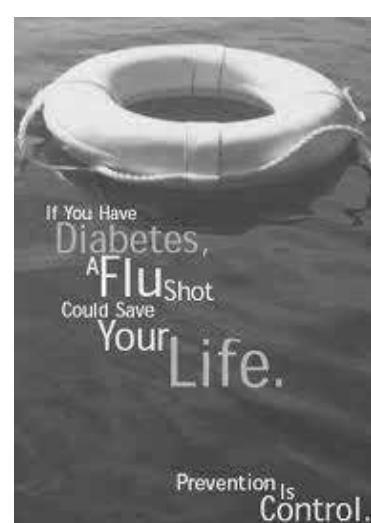
Dozens upon dozens of reusable shopping bags—almost all "swag" bearing a company's or non-profit's logo — fill a drawer in the kitchen, clutter my car trunk, hang in the coat closet, on pegs in the service porch, on a hat rack in a bedroom, and some old-fashioned paper and plastic kinds are under the kitchen sink. It's not even like I'm careless about using bags when I shop, but as fast as I move bags out of the house, more show up.

Not every freebie can be reused or recycled, so how much goes into the waste stream? I've got two drawers full of notepads, enough to last me a decade, and I know not many households are going to be as scrupulous about saving and using



them as I am. Just how many stickers campaigning against animal abuse or for women's rights does any household need? I have so many address labels, they fill one drawer and spill into another. Stickers can't be recycled, and if there are too many to use, they have to be thrown away.

I've got to question the waste of natural resources that these freebies represent. If these fundraising groups care about the planet as much as they want us to think they do, then they'd be wise to design campaigns that don't generate so much — trash.



## My Buddy, Toby

*Continued from page 3*

yard when they visited it after dinner or before going to bed. They enjoyed our walks together in a wooded area near our home. On June 26, 2020, My Yellow Lab Toby was diagnosed with inoperable cancer. The cancer had spread the tests revealed that even if his whole front left leg were amputated, it would not stop the spread and the vet didn't recommend it because of the pain he would experience. He was given 6 months to live.

Starting that very day as I drove home with him in my car, I prayed daily for him not to be in pain, and I treated every day with him as precious. He had medications which included pain pills which I administered to him 3 times daily with food or treats to keep him free of pain. With the use of just three legs, he hopped around and was able to manage himself to go down the outside stairs to our backyard to take care of business when nature called. My wife purchased fabric-covered foam stairs for him to use to get up on the bed so he could sleep next to me or take a nap during the day.

The weekend before Valentine's Day, Toby stopped eating. He was in pain and the medications didn't help. My wife had some pain pills on hand after some surgery she had, and she gave him one to ease the pain and was able to get him to eat some soft salmon cat food and drink some water. He was so good; he still

hopped up and down the stairs to take care of business. Emotionally, I couldn't call the vet and make the needed appointment to get him out of his pain. At night, he still hopped up the foam stairs on 3 legs as he couldn't put wait on one leg and went to sleep next to me. Even in pain, he wagged his tail when I kissed him on his head. On Valentine's Day, February 14, my buddy, Toby left this life while my wife and I tried to hold back our tears and kiss him goodbye. Even our vet was crying. My God answered my prayers in keeping Toby pain-free for 19 ½ months after he was given only 6 months at most by the vet. I was blessed to have him in my life for 12 ½ years.

In my over 82 years on this earth, all of them have been made better by a dog and or cat in my life. I have been given priceless gifts of love from all the animals I have ever had. It does get harder emotionally each time when we have to say goodbye to them. They all made me a better person.

## Vaccines

*Continued from page 13*

prevent severe illness, hospitalization, and death. Don't throw away that umbrella, keep wearing a seatbelt, and stay current on COVID vaccines even when cases are lower in your community.

For accurate, science-based information about vaccines, visit [www.vaccines.gov](http://www.vaccines.gov).

# Tinseltown Talks

By Nick Thomas

## Bill and Susan Hayes Still Having the Time of Their Lives on 'Days of Our Lives'

Actors Bill Hayes and Susan Seaforth were married in 1974. Or was it 1976? It was both! The pair tied the knot when their "Days of Our Lives" characters (Doug and Julie) married two years after the couple wed in real life.

Some 50 years and a collective 5,000 episodes later, the Emmy Award-winning stars of the perennial NBC daytime soap opera are still together both on-screen and off.

They recently produced a website, "Secrets of Soap Opera Lovers," explaining how the two have lived, loved, and worked together for five decades (see [www.soapoperasecrets.com](http://www.soapoperasecrets.com)).

"Our grandson, David Samuel, came up with the idea," explained Bill from the couple's home in Los Angeles. "He had been divorced and wanted to know the secrets of our long and happy marriage."

"So, we wrote them down for him and he suggested we share them with others on the Internet," Susan added.

Their secrets, are a collection of personal tips for building a successful long-term relationship, including singing and dancing together, saying 'I love you' every day, keeping



*Bill Hayes and Susan Seaforth Hayes in their living room filming Secrets of Soap Opera Lovers Photo courtesy of publicist.*

promises, and supporting your partner's dreams.

Another involves kissing, an activity their TV characters frequently embrace. The couple's first kiss - on-screen and in real life - was in a premarital episode airing on July 23, 1970.

"That's our number one secret," Bill said. "Give your lover a kiss first thing in the morning and the last thing at night."

"We have love scenes on the screen, so naturally we have to rehearse them at home," added Susan as Bill laughed in the background. "We need to practice a lot - we have to perfect them!"

On the website, Bill and Susan explain their secrets in a series of short videos filmed in the couple's living room, each reinforced by an illustrative clip of their characters from the show.

"We chose scenes from 'Days of Our Lives' that demonstrate the point we make in each video," Susan said.

Bill, who is 96, and Susan, 78, expect their characters to continue displaying on-screen affection through 2022 and beyond.

"The show is produced five days a week and they used to shoot day-for-day, but now they shoot eight episodes in five days," Susan said. "Bill and I have been working about four to seven times a month which is plenty right now."

In addition to their daytime soap duties, both Bill and Susan have each appeared (separately) in a dozen feature films, as well as numerous TV movies, series, and theatrical productions throughout their careers. Bill even enjoyed a smash hit in the 50s singing "The Ballad of Davy Crockett," outselling versions by Fess Parker and Tennessee Ernie Ford.

"We recorded it on the first take in one day," Bill recalled. "I still get a royalty check each year for about \$3,000. So, someone must still be buying it!"

Long-time fans of "Days of

*Our Lives*" are still buying the love that Bill and Susan's characters share on-screen.

"It's not Shakespeare, but the writers continue to make Doug and Julie fresh as the times change and as we age," Susan said. "We haven't even thought about stopping. Old actors don't retire, they just lose their agents!"

This iconic daytime TV couple, however, can expect to retain their management for quite some time.

"It's been hard work for many years, but we still love it," she adds. "We're proud to be producing a quality product as the matriarch and patriarch of the show."

*Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See [www.tinseltowntalks.com](http://www.tinseltowntalks.com).*



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## Jennifer Lopez

*Continued from page 17*

self-made, empathetic single parent who got emotional when contestants did well or when they failed."

From that point forward, the rest as they say is history. She released one successful album and hit song after another, her movie performances were star-worthy and her entrepreneurial spirit soared.

Today you can watch JLo in the romantic comedy, "Marry Me," and the soon-to-be-released "Shotgun Wedding" on Amazon Prime Video. What's next: Lopez has a multi-year contract with Netflix to produce several TV shows and movies.

### On a Personal Note

After three failed marriages, including to rapper Puff Daddy and singer Marc Anthony with whom she had fraternal twins, Lopez is now reportedly dating her former boyfriend, Ben Affleck. The "Bennifer" relationship began 20 years ago when they met on the set of "Gigli." At the time of their original breakup, she described it as her "first real heartbreak."

Hopefully, things will be better the second time around.



## May Calendar

*Continued from page 5*

aganza is where you can enjoy a delicious mix of food, drinks, and fun in Brea Downtown.

Come and enjoy dancing to live music with family and friends and spend the evening strolling the Brea Downton enjoying tasty samples from Brea restaurants and beer/wine providers. At, Downtown Birch Street Promenade.

### Strawberry Festival

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The festival is a parade and carnival celebrating the city's strawberry-growing history. Free admission. At, Euclid and Main streets, Garden Grove. Call, (714) 638-0981.

### Scottish Fest

Costa Mesa

**May 28 to May 29**

The event features hundreds of bagpipers and drummers, Scottish and Irish food and

vendors, Scottish clans, Highland dancing, and traditional Scottish feasts of strength like the hammer throw, putting the stone, and caber toss. Part of the United Scottish Society, the festival was established in 1932 and was called the Highland Games in the tradition of Scottish heritage. At, OC Fair and Event Center, 88 Fair Drive, Costa Mesa.

### Pretend City Presents:

#### Dino City

Irvine

May 28 to Sept. 2  
Venture to Pretend City for Dino's in The City and explore interactives with life-like animatronic dinosaurs and educational content. Learn how paleontologists unearth bones and dig in the dinosaur pit. Take home an etching of several species of dinosaurs. Cost: included with museum admission. At, Pretend City Children's Museum, 29 Hubble, Irvine.

**Tell Your Life Story**  
*Continued from page 10*  
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## Intensive Aphasia Therapy- A Different Approach

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

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

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

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

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

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

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

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

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

Lyda says wants people with aphasia to feel empowered in

*Continued on page 26*



## Laguna Beach Beckons

If you haven't visited one of the prettiest places in Orange County, you should sooner rather than later.

Laguna Beach is one of the oldest communities in Southern Orange County and was founded in 1870 by farmers. It became an official city in 1927.

It is surrounded by the hills of the San Joaquin range, and there are only three routes into and out of the city.

The city's highest point is 1,000 feet above sea level and of course, its lowest is right down at the water.

Laguna Beach has more than 30 coves and beaches, making it a great spot for coastal fun; 8 miles of coastline offers something for everyone.

Twenty-thousand acres of wilderness attract hikers, bicyclists, bird watchers, and plein air painters to the hills, dramatic cliffs, and majestic canyons.

It is also known for its mild, year-round weather with temperatures averaging from the mid-60s degrees F to about 80 degrees F with the cool-



*Photo via Pexels.com*

est conditions from December to February and the warmest weather from July to October.

The Pacific Marine Mammal Center is free to the public, open daily, and is located on Laguna Canyon Road. This rescue center, run by resolute volunteers, rehabilitates marine mammals that are stranded along the 42 miles of Orange County coastline.

Many bungalows and cottages from the late 1800s to the early 1900s are still in existence and are part of a self-guided tour.

In 1918, artist Edgar Payne opened an art gallery that later became today's Laguna Art Museum, one of the first art museums in the state of California.

The Laguna Playhouse is the oldest, continuously operating playhouse on the West Coast.

Skimboarding started in Laguna Beach and dates to the late

*Continued on page 26*

**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 12

1	B	E	N	E	S	6	S	G	T	S	10	A	L	A	S			
14	A	R	E	N	A	15	A	E	R	O	16	L	E	N	O			
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27	C	O	R	D	O	B	A				31	I	O	S				
32	O	H	B	O	Y	33	C	O	R	N	U	36	D	A	S	38	S	
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42	E	O	S		43	A	R	E	S	O		44	U	T	T	E	R	
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48	T	H	E	R		49	E	F	50		51	A	R	E				
52	P	R	E	T	E	53	S	E		54	E	R	55	N	56	57	58	
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	



# Movie Preview

## 'Top Gun – Maverick'

By Randal C. Hill

After more than 30 years of service as one of the Navy's top test pilots, Pete "Maverick" Mitchell (Tom Cruise) is where he belongs — pushing the envelope hard and dodging an advancement in rank that would ground him. A commanding officer (Ed Harris) growls to Maverick, "You can't get a promotion, you won't retire, and despite your best efforts, you refuse to die. You should at least be a two-star admiral by now, yet here you are, captain. Why is that?"

Maverick can't resist a smirked response: "It's one of life's mysteries, sir."

Are you ready to feel the need for speed once more? *'Top Gun: Maverick'* is about to zoom onto the scene 36 years after the first box-office smash of *'Top Gun'* cemented Cruise's status as a bona fide movie star.

Cruise, still looking "GQ-magazine" hot at age 59, again dons his cooler-than-cool aviator sunglasses and leather jacket, although now he's a flight instructor rather than an ace pilot, a hands-on teacher who silences the smug recruits seated before him in a classroom by challenging two at a time to practice dogfighting with him.

But Maverick must also confront some past ghosts, and he is inexorably drawn into a confrontation with his deepest fears. This culmi-

nates in a mission that demands the ultimate sacrifice for those who will be chosen to fly it.

Along the way, we are treated to several reminders of Cruise's 1986 breakout flick. Pilots sing at a bar. An occasional fistfight erupts. Beach sports are played (football, not volleyball, this time). There's a cameo appearance from Cruise's original rival, Tom "Iceman" Kazansky (Val Kilmer). And, as expected, Maverick roars down the highway on his motorcycle, something that seems to almost be mandatory for every film Tom shoots.

*"Top Gun: Maverick"* spends more time than before with Cruise in the cockpit. We see him going through some impressive — and risky — flight maneuvers as a voiceover explains to the training program's students (and to the viewing audience, as well) that Maverick is one of the finest pilots to ever emerge from the prestigious Top Gun flight academy.

Six IMAX-quality cameras in the cockpit depict the cast members enduring rigorous flight training alongside U. S. Navy pilots. "In everything you see in this film," Cruise told people at a recent Comic-Con convention. "I wanted to give an experience of being inside that aircraft."

New cast members include Jennifer Connelly (who replaces Kelly

McGillis as Maverick's love interest), Jon Hamm, Miles Teller, and Anthony Edwards.

*"Top Gun: Maverick"* lands in town this month.



*Continued from page 24*

na Beach and dates to the late 1920s when Laguna Beach lifeguards used to skim board on pieces of wood, to get from one lifeguard tower to the next.

The city of Laguna Beach has a Sister City Partnership with Menton, France (est. 2008); San Jose del Cabo, Mexico (est. 2012); and St. Ives, England (est. 2014).

Source: visitlagunabeach.com

### Intensive Aphasia Therapy

*Continued from page 24*

their recovery. "Feeling powerless is awful. I regularly ask my clients to do things that they don't think they can do yet, just to try. I want them to recognize that even with language deficits, they can do so much." Lyda says she is excited to be the first one to offer ICAP in California, but that "surprisingly people in other states found out about us, so we are also licensed in Oregon, Washington,

### In The Spotlight

*continued from page 11*

were laid out while writing the first, so the outlines and drafts are already in progress for the final three. The second book in the series, *"An Anxious Resolution,"* will be completed later this year, with an expected release in late 2023.

Q: Where can people buy the first one?

A: *"A Disturbing Nature"* is available for pre-order on Amazon currently. Physical copies will be available on Amazon, Barnes & Noble, and [www.brianlebeau.com](http://www.brianlebeau.com) on May 10.

Q: Where do you get your ideas?

A: I'm inspired by travel, the people I meet, and looking honestly within. I question everything and ignore nothing. I'm also not afraid to open myself up and let my questions and thoughts spill on the page. Honesty and empathy are a writer's greatest gifts.

Q: Do you have a writing background?

A: Not in the traditional sense.

Arizona, and Florida. I want to keep growing our program and provide even more as we grow, so it's a really exciting time for us." If anyone is curious if an ICAP is right for them, Instrumental SLP offers free initial consultation to help determine if they can help you. For more information, call them at (714) 683-0811 or visit the website at [www.islppro.com](http://www.islppro.com).

As an economics professor, DoD consultant, and business leader over the past 30 years, I have published several government documents, but nothing that approaches fiction. I have been writing semi-autobiographical stories and fictional works — but not publishing — for those three decades, as I have worked on a unique writing voice. Over the next decade, I will dust off those drafts and publish them.

Q: Spare time? Kids? Pets? Hobbies?

A: I enjoy time at home with my family and a pair of Cavalier King Charles Spaniels, Millie and Shandie, Lucy our cat, and, to a lesser extent, the family hermit crab. I also enjoy pine-scented candles, hot baths, and long naps. I've been an avid collector of baseball cards since my youth, though I seldom have time now, choosing only to upgrade my graded 1975 Topps set now. When I'm not writing, relaxing, or searching eBay, you'll find me traveling or watching documentaries, preferably about World War II or notorious serial killers.

Q: What keeps you young at heart?

A: The desire to share my experiences with younger generations to flatten their learning curves when it comes to professional pursuits and personal obsessions.

Q: Your ultimate accomplishment in life thus far?

A: My five children. Nothing else comes close.

# Busy Boomers

By Les Goldberg

## Back to the Big Screen *Smell that popcorn*

One of the things I missed most about being couped up for the last two years was the ability to go to the movies. Watching your favorite flicks on TV, regardless of how large it is, is just different from sitting in the theater with the huge widescreen, comfortable chairs, Surround Sound, and, of course, popcorn!

That is why movie-lovers like me are relieved that the pandemic restrictions are easing to the point that we're allowed to do what we've been doing since childhood—escape to the magic of Hollywood.

So, with our newfound freedom, what films should we go see with our senior discounts? Here's a preview of five recently released films that are sure to entertain those of us who are a bit long in the tooth:

### The Survivor

This is the true story of Holocaust survivor Harry Haft, who not only survived the horrors of Auschwitz but the gladiator-like boxing matches forced on him by his Nazi camp officers. Starring Ben Foster as Haft, he had to fight such notable boxing opponents as Rocky Marciano. The screenplay of Haft's book was co-written by Danny DeVito, John Leguizamo, and other contributors

from Hollywood's elite writers and producers.

### Memory

If you loved Liam Neeson in the "Taken" series, you'll want to see "Memory." In it, he plays Alex, an expert assassin who refuses to complete a job for a dangerous criminal organization and becomes a target. He manages to stay ahead of the bad guys while also being pursued by the FBI and Mexican intelligence agents. The only problem for him, however, is that he is suffering from severe memory loss that affects his every move.

### The Lost City

Sandra Bullock is at her quirky best in this romantic adventure depicting a reclusive author, Loretta Sage, who writes about exotic places in her popular novels featuring a handsome cover model, Alan, played by Channing Tatum.

While on tour promoting her new book with Alan, Loretta gets kidnapped by an eccentric billionaire who hopes she can lead him to an ancient city's lost treasure from her latest story. Determined to prove he can be a hero in real life and not just on the pages of her books, Alan sets off to rescue her.



### Father Stu

When an injury ends his amateur boxing career, Stuart Long, played by Mark Wahlberg, moves to L.A. to find money and fame.

While scraping by as a supermarket clerk, he meets Carmen (Teresa Ruiz), a Sunday school teacher who seems immune to his bad-boy charm. Determined to win her over, the longtime agnostic starts going to church to impress her.

However, a motorcycle accident leaves him wondering if he can use his second chance to help others, leading to the surprising realization that he's meant to be a Catholic priest.

### Everything Everywhere All at Once

Michelle Yeoh, 59, and Jamie Lee Curtis, 63, make beautiful movies together—and I hope to see them joined in everything from Westerns to crime

thrillers. In this whacked-out, exuberant, multiple-time-line Sci-Fi actioner, Michelle Yeoh, 59, plays Evelyn Wang, a bedraggled Chinese immigrant living above the family laundromat with her husband, Waymond (Ke Huy Quan, 50). While sandwiched between her cranky father, Gong (James Hong, 93), and her moody daughter, Joy (Stephanie Hsu), she finds herself on the wrong side of IRS auditor Deirdre (Jamie Lee Curtis, 63), in a crowd-pleasing, physically comic performance.

See you at the movies!



Remember, that Medicare will typically not cover medical care you receive outside the U.S. However, you may want to keep paying for your Medicare if you plan to move back to the U.S. in the future or if you visit frequently. Paying the premium when abroad will ensure that Medicare will cover your care whenever you travel to the U.S.

What if I am only visiting another country? Some Medicare Advantage Plans and Supplemental Plans offer emergency coverage in a foreign country. You will want to call your Medicare Advantage Plan or your Medicare Supplemental Plan to find out what they cover.

### Am I covered with Medicare outside the U.S.?

Many people choose to live outside the U.S. when they retire. Before you decide to move you need to know what Medicare covers. In most situations, Medicare doesn't pay for health care or supplies you get outside the U.S. You will need to plan for another type of healthcare if you permanently move to another country. The term "outside the U.S." means anywhere other than the 50 states of the U.S., the District of Columbia, Puerto Rico, the U.S. Virgin Islands, Guam, American Samoa, and the Northern Mariana Islands.

What if I live abroad on a temporary basis and/or travel back to the U.S. frequently?

What if I'm on a cruise ship and need medical attention? Medicare may cover medically necessary health care services you get on a cruise ship in these situations: 1) The doctor is allowed under certain laws to provide medical services on the cruise ship. 2) The ship is in a U.S. port or no more than 6 hours away from a U.S. port when you get the services, regardless of whether it's an emergency. Medicare doesn't cover health care services you get when the ship is more than 6 hours away from a U.S. port

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# The Gadget Geezer

By Les Goldberg

## Medical Alert Systems: Life on the Line



Here's a scary statistic: One-in-four seniors experience a fall every year. This fact hits home as my 75-year-old wife has fallen at least once in the last three years.

The research reveals that since falls are more common among older adults and are the leading cause of their life-threatening injuries, it has become increasingly necessary for them to wear some type of medical alert system to prevent or minimize danger.

But how do you decide what features will best meet your needs? To help answer this question, here are some things to consider when choosing which system to buy.

1. In-home alert systems will either run on a landline or cellular connection. If you don't have a landline, be sure your cellular network provider has reliable coverage.

2. Pendants, smartwatches, and portable base stations are available options for medical alert access. For those who

don't want to – or can't – deal with multiple pieces of equipment, the wearable necklace device is ideal although slightly bulky. The slimmer alternative is the two-piece system that includes a help button on a necklace or bracelet and a small, portable base station. The other option, the smartwatch, not only tracks user activity, but it also has medical alert features like a help button and 24/7 monitoring.

3. Medical alert providers typically offer automatic fall detection pendants in certain packages or as an add-on feature. No help button is needed as the pendant will detect the downward motion followed by inactivity and automatically connect to the monitoring center.

4. Some providers offer companion mobile apps that pair up with the medical alert system so caregivers and family members can keep track of their aging parents or relatives. Standard on most apps is GPS tracking, user call history, and emergency calls.

5. What are the typical costs of these systems? Most affordable systems on the market start at about \$20 per month. More advanced systems with mobile GPS and in-home monitoring are priced slightly higher

at \$30 to \$45 per month. Fall detection, the most common add-on feature, typically has a monthly charge of \$10.

6. Finally, since medical alert systems are built to be durable and last for years, maintenance is not a major concern. Providers usually replace batteries, fix malfunctions, or replace the entire system for free.

Based on the findings of health and technology experts who have tested the crowded field of products, I have narrowed the list to the five most effective – and affordable – medical alert systems on the market today.

### Get Safe



Rated the highest by "U.S. News" reviewers, GetSafe is \$25/mo., supports small to large home sizes, has an optional caregiver tracking mobile application, and offers three packages – Starter, Standard, and Select, each designed to accommodate different home sizes. All are covered by AT&T 4G LTE cellular coverage.

### One Call Alert



One Call Alert is specially designed for on-the-go seniors who also need the service while at home. Pressing the help button connects directly and instantly to the monitoring center operator who has access to the device's GPS location. It also costs \$25/mo.

### Life Protect 24/7



Like One Call Alert, it also offers on-the-go and at-home systems with no long-term contracts or upfront equipment fees. However, it is among the most expensive of the systems with the landline and base station unit priced at \$40 per month, and the mobile unit at \$50/mo. Despite the higher costs, the systems do not have fall detection or automatic testing.

### Medical Alert

Medical Alert, with landline and cellular options, is preferred by users for its versatility in and out of the home. It



has a five-day battery charge and comes with a free lockbox whether you choose monthly, semi-annual, or annual billing. The only downside is the 800-feet in-home range, almost half the coverage of the other rated systems.

### MobileHelp



For tablet users, the MobileHelp system offers the most features, including a medical alert device and bundling options. Included are a small GPS mobile device and a tablet-like in-home base station. It is a favorite among seniors who want a discrete system when they are active. The touchscreen base station includes Bluetooth functionality, games, apps, and a rotating photo gallery. The monthly cost: is \$35 plus \$10 per month for fall detection.

The frequency of falling among the growing senior population invests in the latest medical alert devices and their pricing plans is more than a luxury – it is a life-saving necessity.



Grant Sevdayan - Music Director

Program:

**Peer Gynt Suite No.1 - Edward Grieg**

**Aram Khachaturian, Glenn Wescott**

**Ennio Morricone**

**Gabriel's Oboe from movie "The Mission"**

*Naomi Ozawa - oboe*

**Piano Concerto N2 - Ludwig van Beethoven**

*Dylan Huang - piano*



**Dylan Huang**

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**SENIORS ARE SPECIAL TO US**

# Fabulous Finds

By Debbie L. Sklar

There are quite a few new **Fab Finds** for May to get you in the mood for the warmer months ahead and for looking your best.

Enjoy a product to help your lashes grow longer and your skin appear brighter and more radiant with rhubarb, yes you read correctly.

## **GrandeLINER Liquid Eyeliner with Lash Enhancing Serum**



Looking for longer more luscious lashes, **GrandeLINER Liquid Eyeliner with Lash Enhancing Serum** can make it happen.

You dip component equipped with fine brush point for smooth precise lines and see longer looking lashes over time.

Be sure to shake well and dab off any excess product before use. Apply to your upper lash line, starting from the inner corner to the outer corner. Be mindful to not apply to the waterline. Add additional strokes until desired eyeliner thickness is achieved. Close cap tightly after use. The product



may be removed with soap and water or your favorite oil-based makeup remover.

It also provides:

- Ultra-black color.
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- Cruelty-free.

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## **Venezia 1920 Luxury Skincare**



To give women an alternative to harsh chemicals, **Venezia 1920** will roll out its safer and healthier skincare products in America later this year.

"We have developed our luxury skincare products with mostly vegetarian ingredients and minimized the use of synthetic substances," said Gi-anluca Zin, founder of Venezia 1920, which began as an artistic perfumery brand in Venice that has added a luxury skincare brand.

"Our skincare brand does not contain petroleum jelly and mineral oil, parabens, heavy metals, including Nickel, or other potentially harmful ingredients."

The products don't use BHA, BHT, animal byproducts, formaldehyde, parabens, petroleum distillates, or other potentially harmful ingredients.

"What separates our products from other brands are the high-grade botanical extracts that we use, which are proven effective for skincare," Zin said. "Our products contain ingredients, such as vitamins A, E, Hyaluronic Acid, Aloe Vera, Macadamia oil, ceramides, Chamomile essential oil, and Pomegranate."

Venezia 1920 skincare products include:

- Intense Purifying Face Cleanser with Pomegranate and Black Currant.
- Anti-Aging Micellar Lotion with Marigold E Hamamelis.
- Super Moisturizing Cream with Aloe and Hyaluronic Acid.

- Lifting Cream with Damask Rose.
- Super Moisturizing Anti-Aging Cream with Tetravalent.
- Anti-Aging Vehicular Serum with Liposomes.
- Lifting Moisturizer Serum with Crystalskin.

## **New LipDuo**

In partnership with Miss USA, **SeneGence** is proud to announce the launch of the **Miss USA LipSense Duo** – a custom collection featuring Legacy Lips LipSense, a medium earthy pink-mauve shade with a smooth matte finish, and Runway Ready Gloss, a honey-pink tinted shade with a glossy finish.



From the proceeds of this launch, SeneGence will be donating \$50,000 to Smile Train, the world's largest cleft-focused organization providing free cleft surgery and comprehensive cleft care to children globally, and \$50,000 to Best Buddies International, a non-profit that creates opportunities for people with intellectual and developmental disabilities.

The collection is available for purchase at [www.SeneGence.com](http://www.SeneGence.com) in the U.S., Canada, Australia, Mexico, New Zealand, and Hong Kong.

## **Strawberry Rhubarb Hyaluronic Collection**

Renowned professional skincare brand **Eminence Organic Skin Care** is proud to announce the expansion of its Strawberry Rhubarb Hyaluronic Collection. Powered by a new proprietary Botanical Hyaluronic Acid Complex, natural cleansing, astringent strawberry, and antioxidant-rich rhubarb, this exciting launch features two new products, the **Strawberry Rhubarb Hyaluronic Hydrator**, and the **Strawberry Rhubarb Body Lotion**.

## **The Strawberry Rhubarb Hyaluronic Hydrator (\$59)**



is a gentle gel-cream moisturizer that rejuvenates dull skin and delivers intense hydration. This moisturizer lightly exfoliates, brightens to even skin tone, and protects against moisture loss.



Soothe dry, irritated skin with the **Strawberry Rhubarb Hyaluronic Body Lotion (\$34)** that works to deliver all-

*Continued on page 31*

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Ron - Irvine, CA

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## Fabulous Finds

*Continued from page 30*

over skin-deep hydration. This long-lasting, silky, lightweight formula repairs dry skin leaving a fresh strawberry scent.

The Strawberry Rhubarb Hyaluronic Collection is available at [eminenceorganics.com](http://eminenceorganics.com) and at local spas. To locate your nearest spa, check out the Spa Locator tool at <https://eminenceorganics.com/spa-locator>.



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**9:00AM FAIR OPENS**

**9:45 - 10:15AM CLASS DEMO:  
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**PRESENTED BY:  
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**10:30-11:00AM LECTURE:  
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**PRESENTED BY:  
City of Hope Orange County**

**11:00AM FAIR ENDS**

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

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

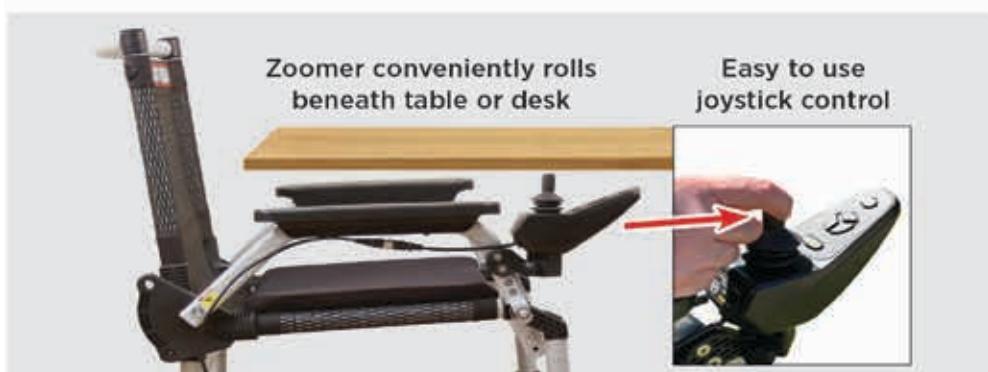
Sincerely, A. Macon, Williamsburg, VA

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



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

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



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



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

Call now toll free and order one today!

**1-888-595-8291**

Please mention code 116965 when ordering.

The Zoomer and Zinger Chairs are personal electric vehicles and are not medical devices nor wheelchairs. They are not intended for medical purposes to provide mobility to persons restricted to a sitting position. They are not covered by Medicare nor Medicaid. © 2022 Journey Health and Lifestyle

