

# SENIOR REPORTER

VOLUME 48, NUMBER 2

## Contributing Writers:

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

FEBRUARY 2022

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## Johnny Mathis

*"I don't think about retiring. I think about how  
I can keep singing for the rest of my life!"*

— Johnny Mathis



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**I didn't talk for very long time**

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# I Bet My Bad Day Beats Your Bad Day

By Jim McDevitt

The dishwasher was going, and I noticed the water in the kitchen sink was backing up. This is never a good sign. On top of that our microwave had just gone out and was out of warranty.

My wife went online and started shopping for a new microwave. I tried a plunger on the kitchen sink, and it didn't work. I called a plumber who we had used before but only got a recording to leave a message.

My wife had better luck at shopping and ordered a microwave but couldn't get my Veterans discount unless we drove down to the store off the mountain.

We did this and 53 miles later we were at the store. I got my Veterans discount after showing my military service card and we drove the 53 miles

back home. At home, I noticed the plumber had not returned our phone call, so I called another with no answer and another where I left a message.

It was on my fifth call for another plumber that I got someone who said they would come the next day. The next day they did not come, and I called again. I was told they were backed up but would be at my house by 4 p.m. the following day.

Well, 4 p.m. came and went with no plumber but at 5 p.m. they did come. It was two men and they proceeded to run the wire down my pipes but said that the wire had broken on another call, and it may not reach the clog. Sure enough, it didn't. They promised to return the next day with a longer wire. The next morning, they were at my house for the second time. I didn't want to ask what this was going to cost because at this point I didn't want to know. The wire didn't do the job they said.

They would return a third time the following day with a hose that was a power hose that would force open the clog. After they left the company we ordered the microwave from called and said it would be another 10 days before it was delivered and installed above the stove.

The plumber came the next day and we finally had success on the third visit. To my surprise and delight, the bill was only \$95 after three visits. They had been here about 4 hours total, so this was a good day.

The following week we had rain and snow and the microwave delivery company called and said that our delivery wouldn't take place until the following Monday after the weekend. Apparently, they don't deliver in the mountain in the snow.

Then my wife started cooking

*Continued on page 21*

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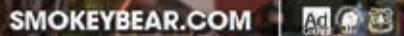
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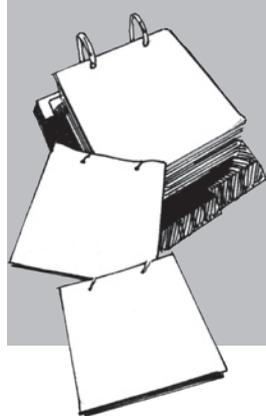


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# FEBRUARY Calendar of Events



Here are some fun things to do and see in and around the area if you're tired of sitting in the house. Be sure to check with each venue to see if the event (s) are still taking place as COVID-19 mandates are still in effect in some places.

## Taste of San Juan Capistrano

San Juan Capistrano

Feb. 3

6 to 9 p.m.

Help launch the kick-off celebration of the Fiesta de las Golondrinas at A Stone's Throw Winery. The Taste will have a variety of restaurants under one roof with all sorts of foods. Includes live music. Tickets are \$45 for general admission. At, San Juan Hills Golf Club, 32120 San Juan Creek Road, San Juan Capistrano. Call, 949-615-1920.

## Pacific Symphony presents: Lunar

New Year

Costa Mesa

Feb. 5

8 p.m.

Pacific Symphony's annual festivities honor the Lunar New Year. Celebrating the Year of the Tiger, this performance will be a colorful presentation of Eastern and Western music and dance.

Audience Advisory: All tick-

et holders must wear a mask AND provide proof of full vaccination against COVID-19, or a negative COVID-19 test (PCR test taken within 48 hours or antigen test taken within 6 hours of the performance). Home tests will not be accepted. Guests over the age of 18 must also bring a photo ID. At, Orange County Performing Arts Center - Renée and Henry Segerstrom Concert Hall, 600 Town Center Drive, Costa Mesa. Call, 714-755-5799.

## TET FESTIVAL

Costa Mesa

Feb. 5-6

Helping preserve Vietnamese culture, the Tet Festival has attracted 100,000+ audiences and hundreds at its three-day weekend event. Visitors enjoy an array of traditional foods, live entertainment, festive games, and customs celebrating the Vietnamese Lunar New Year. At, OC Fair & Event Center Costa Mesa.

## Surf City USA Marathon & Half Marathon

Huntington Beach

Feb. 6

The award-winning, Boston-Qualifying, course is considered one of the best courses in the country and is known for being scenic and flat. Runners come from everywhere to experience the run. The race

starts along the Pacific Coast Highway and passes by the famous Huntington Beach pier. At, 21100 Pacific Coast Highway, Huntington Beach. Email info@runsurfcity.com or call, 888-422-0786.

## Bowers Museum Presents: Chinese Lunar New Year Festival

Feb. 6

11 a.m. to 3 p.m.

Celebrate with the Bowers Museum during its free family festivals held monthly in the beautiful Key Courtyard. Ring in the New Year with the roar of the Tiger! Dance with a dragon and lion and watch beautiful traditional performances from China. The entire family will enjoy art projects and more. At, Pretend City Children's Museum, 29 Hubble, Irvine.

## SJC500 Engine Fest Benefit Rotary Charities

San Juan Capistrano

Feb. 12

SJC500 Engine Fest is considered one of the best in Southern California. It draws around 500 exotic and classic show cars and more than 1,000 automotive enthusiasts. This car show is a major fundraising event that lets the SJC Rotary Club help local charities thrive.

See an impressive row of cars and trucks, shop the vendor's booths, and enjoy food with

your family as well as the Incredible Disc Dogs Exhibition. At, San Juan Capistrano Community Center/Sports Park, 25925 Camino del Avion, San Juan Capistrano.

## The Kid's Pet Parade

San Juan Capistrano

Feb. 19

(Rain date is Feb. 26)

Signups start at 10 a.m.

Part of the annual Fiesta de las Golondrinas celebration. Kids between the ages of 5 to 12 can show off their favorite animals in a contest for, The Cutest, Most Unusual, Best Team Costume (owner and pet), Funniest & Most Obedient (pet, not child). A special "Judges Choice" prize will be awarded, and this winner will be allowed to be in the Swallows' Day Parade. Bring the grandkids to Los Rios Park, 31747 Los Rios Street, San Juan Capistrano. Call, 949-615-1920.

## Pacific Symphony: Lantern Festival

Costa Mesa

Feb. 26

11 a.m.

Bring the entire family to the Pacific Symphony's annual Lantern Festival, celebrating the Year of the Tiger! The Lantern Festival, which can be traced back 2,000 years, marks the return of spring and the reunion of family. The act of

lighting and appreciating lanterns is a way for people to let go of the burdens of their old selves and express their best wishes for themselves and their families for the future. Admission is free, but tickets are required. Due to venue capacity, admission will be granted on a first-come, first-served basis throughout the event. Though a ticket does not guarantee immediate admission, ticket holders will be given priority access. Be sure to print out all print-at-home tickets. At, Renée and Henry Segerstrom Concert Hall, 615 Town Center Drive, Costa Mesa. Call, 714-556-2787.

## Irvine Park Railroad Anniversary Celebration

Feb. 26-27

9 a.m. to 4 p.m.

To celebrate its 26th year of business and to show appreciation to all its loyal customers Irvine Park is rolling back to its original 1996 prices during its anniversary weekend... including \$2.00 train rides. The anniversary celebration will also feature other \$2-\$4 activities and concessions including carnival games, hot dogs, sodas, ice creams, popcorn, bounce house tickets, and cotton candy. At, Irvine Regional Park, 1 Ir-

*Continued on page 26*

## Is it Time to Think About Moving?

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## FLASH BACK

## 'Is This All There Is?'

By Randal C. Hill

One toasty day in the summer of 1959, New York songwriter Paul Vance took his family to Long Island's Lido Beach. There his wife, Margie, surprised their nine-year-old daughter Paula with a bikini bathing suit. Paula's reaction: "Is this all there is to it, Mommy?" The youngster changed in the Lido's public locker but felt embarrassed about her new swimwear. She was eventually coaxed out, but when she eased into the water, her bathing costume bottom soon slipped off.

Paula was understandably mortified. But an hour after the family returned home, her enterprising father, always on the lookout for a new song idea, used the embarrassing moment to write the lyrics to a silly novelty. Vance then passed them to his songwriting partner, Lee Pockriss, who quickly worked up a snappy melody. The result was the million-selling 1960 single "Itsy Bitsy Teenie Weenie Yellow Polkadot Bikini" by 17-year-old Brian Hyland.

That hit marked a breakthrough in America's inevitable acceptance of a once-scandalous swimwear item. Two years later, in "Dr. No," the first James Bond flick, Ursula Andress caused jaws to drop worldwide when she emerged from the sea in a clinging two-piece. The next year, voluptuous

ex-Mouseketeer Annette Funicello appeared in one (to the chagrin of Walt Disney) in "Beach Party." In 1964, "Sports Illustrated" published its first swimsuit edition, a stunning bikini-clad model adorning its cover.

The skimpy beachwear as we know it has actually been around since July 1946, when it first appeared at a poolside fashion show in Paris. So scandalous was the design that the fashion models who were scheduled to debut it refused to wear the daringly cut item, which was made from a meager 30 inches of fabric and showed (horrors!) the female belly button. As a result, the designer instead hired a 19-year-old stripper named Micheline Bernardini. She was photographed later holding a matchbox to show that the new swimsuit could be stuffed inside.

The international news in 1946 included reports of the U. S. testing atomic bombs on the remote Bikini Atoll in the Marshall Islands. The adjective "atomic" was often used to describe anything intense, and, in less politically correct times (sorry, ladies), attractive women were often called "bombshells," which was a forerunner of the term "sex symbol." So it made sense that, in that year, two competing French designers, Jacque Heim and Louis Reard, dubbed their ul-

tra-brief outfits *atome* and *le bikini*, respectively.

During the later 1940s, seaside dress codes began to loosen. Film stars Ava Gardner, Lana Turner, Rita Hayworth and Esther Williams frequently appeared in two-piece costumes.

In 1956, French sexpot Brigitte Bardot caused a sensation in her skimpy two-piece in the film "And God Created Woman." But it was Brian Hyland's 1960 ear candy that, along with shifting social mores and increasing independence for women, helped to knock down remaining barriers to make way for the bikini to become an accepted part of American summer wardrobes, as young women everywhere rushed out to embrace the once-disreputable outfits.

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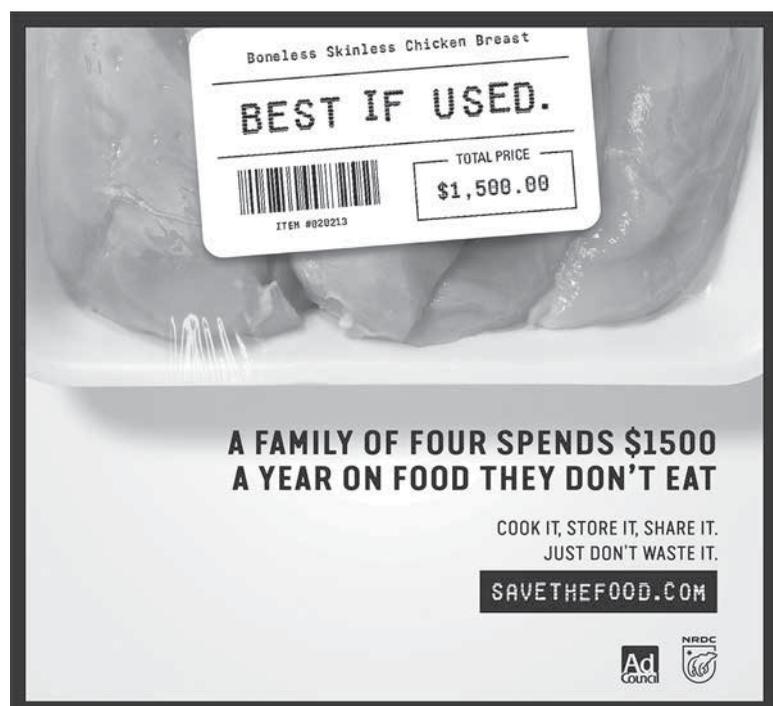


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—TUCK  
adapted 05/04/11

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## What is IRMAA?

### Income Related Monthly Adjustment Amount

When you are considering retirement and starting Medicare you need to calculate the total cost of the Medicare health insurance coverage.

One area most people are not prepared for is how much Medicare Part B will cost. First thing to consider is your prior income. Social Security looks at your income taxes from 2 years prior to determine your Part B and Part D costs. Look at the boxes to the right and below to find your adjusted gross income from 2020. The total in the column to the far right of the chart is the amount you will pay for your Part B and Part D.

Second thing to consider is in addition to Original Medicare, what type of additional insurance coverage do you want. Are you considering a Medicare Supplemental? That will add to the Medicare Part B costs. Typically adding an HMO instead won't cost you any additional amount.

This can be very confusing to understand, so please feel free to give me a call if you have questions.

#### 2022 Part B IRMAA adjustments

Beneficiaries who file individual tax returns with modified adjusted gross income:	Beneficiaries who file joint tax returns with modified adjusted gross income:	Income-related monthly adjustment amount	Total monthly premium amount
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Greater than \$91,000 and less than or equal to \$114,000	Greater than \$182,000 and less than or equal to \$228,000	68.00	238.10
Greater than \$114,000 and less than or equal to \$142,000	Greater than \$228,000 and less than or equal to \$284,000	170.10	340.20
Greater than \$142,000 and less than or equal to \$170,000	Greater than \$284,000 and less than or equal to \$340,000	272.20	442.30
Greater than \$170,000 and less than \$500,000	Greater than \$340,000 and less than \$750,000	374.20	544.30
Greater than or equal to \$500,000	Greater than or equal to \$750,000	408.20	578.30

#### 2022 Part D IRMAA adjustments

Beneficiaries who file individual tax returns with modified adjusted gross income:	Beneficiaries who file joint tax returns with modified adjusted gross income:	Income-related monthly adjustment amount
Less than or equal to \$91,000	Less than or equal to \$182,000	\$0.00
Greater than \$91,000 and less than or equal to \$114,000	Greater than \$182,000 and less than or equal to \$228,000	12.40
Greater than \$114,000 and less than or equal to \$142,000	Greater than \$228,000 and less than or equal to \$284,000	32.10
Greater than \$142,000 and less than or equal to \$170,000	Greater than \$284,000 and less than or equal to \$340,000	51.70
Greater than \$170,000 and less than \$500,000	Greater than \$340,000 and less than \$750,000	71.30
Greater than or equal to \$500,000	Greater than or equal to \$750,000	77.90

What is Part B? Part B covers your doctors and services outside of a hospitalization.

Hospitalization is covered by the Part A portion.

What is Part D? Medicare drug coverage helps pay for prescription drugs you need even if you don't take prescription drugs now. If you decide not to get it when you're first eligible, and you don't have other creditable prescription drug coverage (like drug coverage from an employer, VA or union) or get Extra Help, you'll likely pay a late enrollment penalty if you join a plan later. Generally, you'll pay this penalty for as long as you have Medicare drug coverage. To get Medicare drug coverage, you must join a Medicare-approved plan that offers drug coverage.

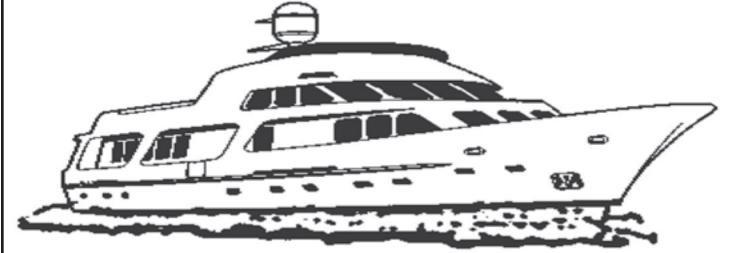
Most HMO plans include the Part D. If you are considering a Medicare Supplemental then you will need to add the Part D to your plan.

See [www.Medicare.gov](http://www.Medicare.gov) for additional information.

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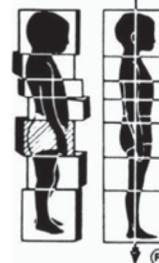
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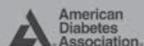
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## 'The Lion Sleeps Tonight' Robert John

By Randal C. Hill

The first time the world heard of Brooklyn-born Robert John was in 1958 when he was 12 years old. Back then, the singing youngster was going by his real name: Bobby Pedrick, Jr. An appearance on TV's "American Bandstand" — occasionally the ticket to stardom for a struggling unknown — showcased his "White Bucks and Saddle Shoes," a catchy but forgettable Big Top Records ditty. It struggled nationally to a lowly No. 79 slot on the "Billboard Hot 100" chart. Similar teen-oriented follow-ups— "Pajama Party," "Summer Nights"— sank without a trace.

Five years later, as the lead singer of doo-wopping Bobby and the Consoles, Pedrick recorded another adolescent-oriented 45, a silly piece of fluff called "My Jelly Bean" on the Diamond label. With surf and hot-rod records roaring up the 1963 singles charts, doo-wop was in its death throes. "My Jelly Bean" earned some East Coast airplay but not enough to make it a national hit. Pedrick and his pals never earned a second invitation into Diamond's recording studio.

But Bobby proved tenacious and felt in his heart that his distinctive and powerful voice would prove to be his ticket to the top of the "Billboard" charts someday. He would even reach No. 1.

During the 1960s, he drifted from label to label, leaving behind a few failed singles at each stop. Later in the decade, he changed his stage name to Robert John (John being his middle name). He then turned to songwriting for such established artists as Bobby Vinton and Lou Rawls.

John signed with Atlantic Records in 1971 and drew closer to making his lifelong dream a reality when he recorded "The Lion Sleeps Tonight," which rose to No. 3 on the Hot 100.

The song is one of those tunes that seems to have been around forever, with various renditions being released as "The Lion Sleeps Tonight" and by its earlier title "Wimoweh." The tune has been a worldwide standard since 1939 when it had been created and first recorded as "Mbube" (Zulu for "lion".)

The song had been written in South Africa by a 30-year-old factory worker named Solomon Linda, who packed 78-rpm discs and swept the floors for the Gallo Record Co. On weekends, he performed with his vocal group The Evening Birds. One crowd favorite was his "Mbube," which incorporated a call-and-response pattern, well known to the Zulus and common in black churches everywhere. Solomon uti-

lized an underlying chant and a meshing of male voices, with countertenor leader Linda yodeling and howling throughout.

Gallo had The Evening Birds record the tune. During the third taping, Solomon improvised the melody that would become familiar to audiences internationally. "Mbube" sold 100,000 copies and made Linda a star, although he would die in poverty later, with \$22 to his name. His contribution to music has lived on, though, through such groups as Lady-smith Black Mambazo.

As for Robert John? In 1979, he released his final hit, "Sad Eyes," which rocketed all the way to No. 1.

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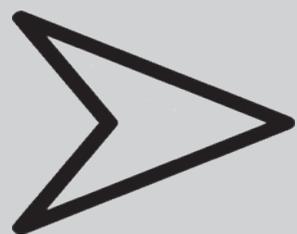
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# In The Spotlight

## The Multi-Talented Esther Luttrell

Esther Luttrell is a multi-talented writer, podcast producer, and screenwriter who keeps on moving.

She worked at MGM, was a production coordinator on a number of national TV Shows including “CHiPs,” but also wrote and sold screenplays.

The last feature film she was hired to write was about four years ago and can now be seen on Netflix called “Te Ata” and you can see the trailer at [www.teatathemovie.com](http://www.teatathemovie.com).

She was 65 when her husband Larry left her with \$1 to her name and she had to start her life from scratch.

Now, at 86 she founded an audio production company called Mohave Beach Productions, and her podcasts have a variety of entertainment. There’s plenty of thought-provoking, heartfelt true stories, mysteries, children’s stories, stories of faith, the paranormal, UFOs, and more.

Here’s more about this busy, busy lady.

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

**A: Born in Daytona Beach, Fla., raised wherever daddy stopped the car. I call Ft.**



**Myers, Fla., Houston, Tampa, and Kansas City, all home.**

**Q: Parents’ jobs?**

**A:** Daddy was a con artist, but I guess not a very good one since we were on the road so much. I wasn’t aware of his occupation until I was in my 20s and he’d been gone for several years.

**Q: Schooling?**

**A:** Twenty-six schools in 12 states though I had to quit a week into the 10th grade. That’s when dad kept on traveling but forget to take mom and me. Amazingly enough, although I completed my formal education, 19 years later, I was writing films for Ivy League College psych departments when I was offered a Ph.D. grant by a major university, and I was accepted. I’ve also lectured in colleges and universities around the country.

**Q: Dreams as a kid in terms of career?**

**A:** I never thought in terms of a career. I only knew I had no skills and didn’t think I was smart enough to acquire any.

I never thought of writing as a career. I was surprised anyone paid me to scribble out a few thoughts on paper. Even working at a top Hollywood studio (and selling my screenplays) it never once crossed my mind that I had a ‘career.’

**Q: When did you discover you had writing talent?**

**A:** I still haven’t made such a discovery. I just can’t do anything else. I loved that I got out of so many math classes in elementary schools because I always got to write the annual class plays. Sometimes teachers would ask me to illustrate and write a story on a particular subject and present it to various classes. I don’t know why, or how they came to ask, but I loved doing it. Especially the research it took to learn a subject well enough to write about it. Books have always been a passion. I loved reading the dictionary as one would read a novel. I made my mom nuts.

**Q: Tell us more about the podcasts, what they are called, where folks can listen, where you got the inspiration, etc.?**

**A:** I produced children’s programs for Cable television as early as 1970. ‘Mystery House’ was especially successful. It was one of Cable

TV’s first nationally syndicated series. Years later, I produced personalized children’s programs, but I was ahead of my time. No computers were around to make such a thing viable. About a year and a half ago, I decided that technology had caught up with me, so I launched Mojave Beach Productions with the goal of it becoming the PBS of podcasting. We released our first programs on March 24, 2021. People can hear them wherever podcasts are heard, but we love for them to listen through our website, [www.mojavebeachproductions.com](http://www.mojavebeachproductions.com)

**Q: Where did I get the inspiration?**

**A:** The timing was ‘coincidental’ as COVID had suddenly left everyone confined to their homes, desperate for entertainment. The sow’s-ear-turned-into-a-silk-purse syndrome.

**Q: Tell us how the new movie on Netflix came about.**

**A:** I’d been a screenwriter for many years, but when I left California and moved to Kansas to be near my daughter, Brooke, I decided to leave Hollywood behind. I don’t respect what they’ve become. I love the old classic movies and the old classic movie stars, but not what’s dumped onto the public today. When I got a call from a producer friend to accept a screenwriting as-

signment, I turned it down. I did respect this producer very much, though, and I knew if he was involved it was bound to be a project of integrity. In the end, I researched the subject of the film – a Chickasaw woman who became an Oklahoma national treasure, she was so respected – and fell in love with Mary Francis Thompson, better known as *Te Ata*. I finally said yes and spent the next 18 months on research and writing. The film, named simply ‘Te Ata,’ won numerous awards, enjoyed a brief theatrical run, and, more recently, has been made available on Netflix. I even get fan mail. Amazing!

**Q: What projects are you working on now?**

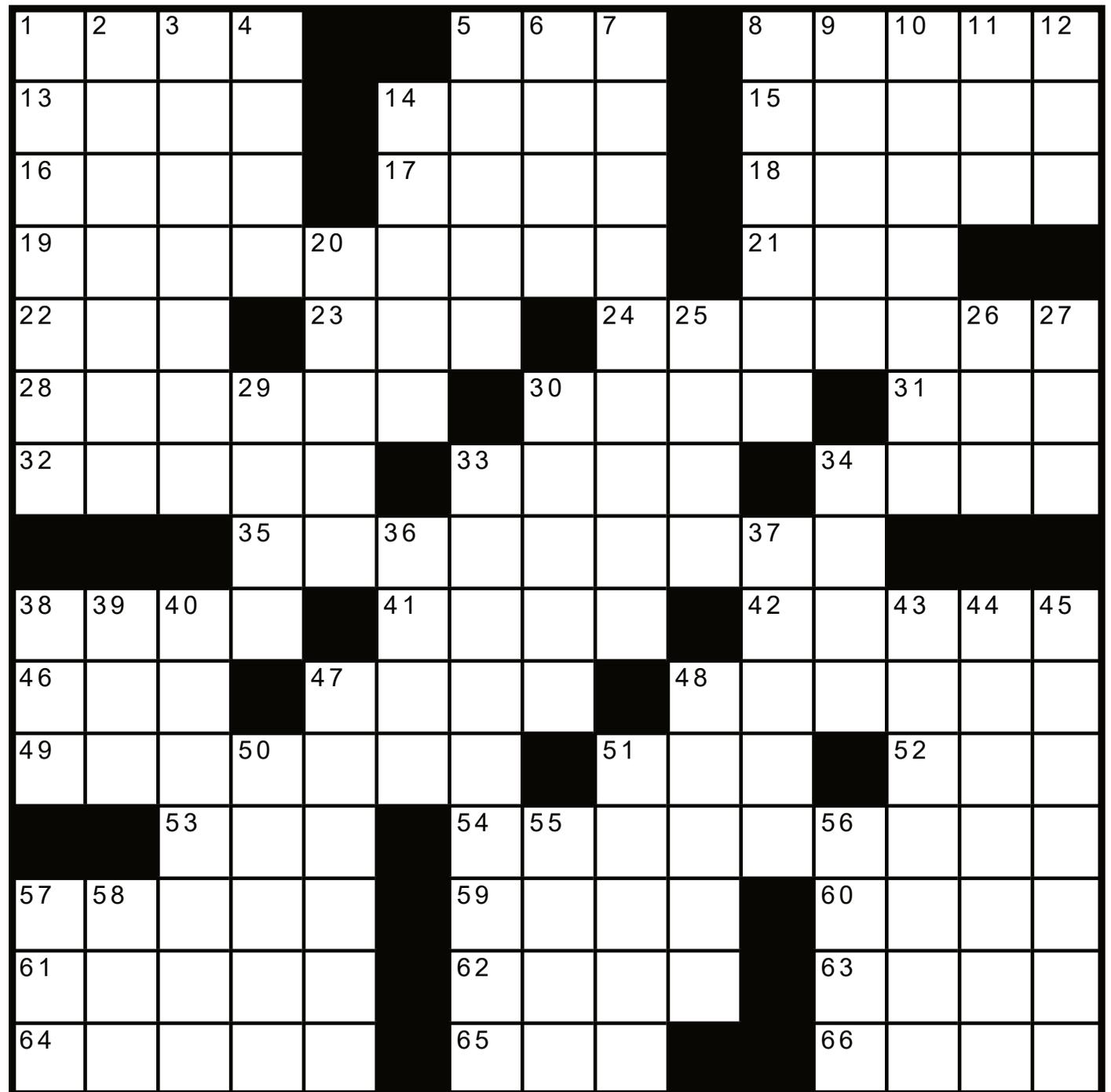
**A:** I’m so busy with Mojave Beach, but I do want to complete the three **mystery novels** I’d started writing two years ago. I also want to write a book about my years married to a child molester. I have something to share that will help others whose children have been molested by a parent. He was a young, handsome executive, head of the youth program at the large church we attended, a past Eagle Scout, not anyone you would ever suspect of such a horrible thing. Years after our divorce, I remarried and didn’t show any better judgment that time around. Af-

*Continued on page 22*

# February Crossword Puzzle

## Across

1. Scrapes (out)
5. Collector's goal
8. Ebbets Field hero
13. Actress Heche
14. Soccer legend
15. Steve of country music
16. Network of nerves
17. Lascivious look
18. Take \_\_\_ for the worse
19. Gazette
21. Flop
22. Samuel's teacher, in the Bible
23. Naval rank, briefly
24. Tool to break solid water
28. Nissan model
30. Headliner
31. Skater Babilonia
32. Tire feature
33. Latin love
34. Funny Foxx
35. Work clothes
38. Oscar winner Paquin
41. Airport near Paris
42. Gillette razors
46. Feathery wrap
47. Examine by touch
48. Most loyal
49. Gallery event
51. Wager
52. Fine hair
53. Pro \_\_\_ (for now)
54. Muse of tragedy
57. Look after
59. ...\_\_\_ saw Elba
60. Mother of the Valkyries
61. Chilean pianist Claudio
62. Require
63. Hunt for
64. Poles for sails
65. Recipe amt.
66. Ethereal



## Down

1. Serious in intention
2. One bent in reverance
3. Fold
4. Witnesses
5. Oozes
6. Robt. \_\_\_
7. Region
8. Person with a paper, perhaps
9. Devour
10. Learned
11. Camera type, briefly
12. Poet's dusk
14. Primary strategy
20. Lost in Paris?
25. Have concern
26. Structural engineer's software
27. Rib
29. And here it is!
30. Little
33. Mutual arrangement
34. Queue after Q
36. Christmas
37. Keep an \_\_\_ the ground
38. Attorneys' org.
39. \_\_\_'easter
40. Chats
43. Arbitrator
44. Into separate parts
45. A poorly-wiped window?
47. Renowned
48. Lukewarm
50. Went after
51. Censor
55. "\_\_\_ Tu" ('70s hit)
56. City near Phoenix
57. Friend of Frodo
58. Pitching stat

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- **It moves with you:** The money in your 401(k) belongs

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# Johnny Mathis

By Les Goldberg

*He jumped into a singing career.*

One of the most interesting aspects of writing about a Boomer era celebrity each month is the path taken from obscurity to fame. This is what makes the story of Johnny Mathis, now 86 years young, so remarkable.

Not long after his birth in Gilmer, in East Texas, Mathis' parents, Clem Mathis and Mildred Boyd moved him and his six siblings to San Francisco's Richmond District where he grew up. His father, a singer, and pianist who had worked in vaudeville noticed that his young son had singing talent after watching him perform at church and school functions.



To encourage Johnny to develop that talent, he bought an old upright piano for \$25 and taught him some songs to sing and play. At age 13 his father introduced him to a voice teacher who accepted him as her student in exchange for



working around her house. He studied with her for six years, learning vocal scales and exercises, voice production, classical and operatic singing.

By the time he reached George Washington High School in San Francisco, Mathis had already formed a band and discovered his other talents as a star athlete – both on the track as a hurdler and high jumper and on the basketball court.

It was his high-jumping prowess that got him an athletic scholarship to San Francisco State College, where he was intent on becoming an English teacher and physical education teacher. While there, Mathis set a high-jumping record of 6'-5 1/2," which remains one of the college's top jump heights and only three inches short of the 1952 Olympic record.

Just as when he was in high school, Mathis' name was frequently mentioned in the sports sections of the newspapers. He and future NBA star Bill Russell were featured in a

1954 article in the "San Francisco Chronicle." During one meeting at the University of Nevada, Mathis beat Russell's highest jump attempt that day and he was often referred to as "the best all-around athlete to come out of the San Francisco Bay Area."

In 1956, while still in college, Mathis faced a life-changing decision: should he accept an invitation to try out for the U.S. Olympic Team or should he keep an appointment made by his new manager to sign a contract with Columbia Records in New York and embark on a professional singing career. He obviously chose the latter.



Although his first album, "Johnny Mathis: A New Sound in Popular Song," failed to meet sales expectations, he continued to sing in nightclubs in New York. His second album was produced by Columbia Executive Mitch Miller who preferred Mathis to sing soft, romantic ballads, resulting in two of his most popular hits: "Wonderful! Wonderful!" and "It's Not for Me to Say."



## The Velvet Voice

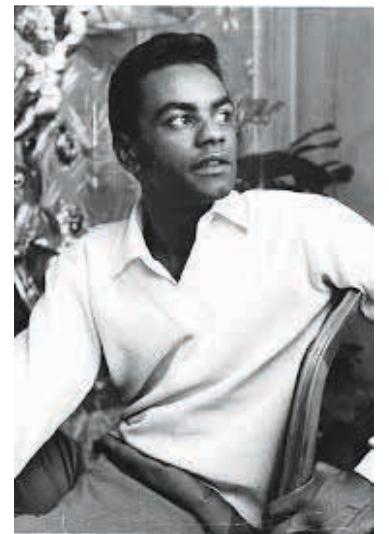
Mathis' appearance on the popular TV program "The Ed Sullivan Show" in June 1957 helped increase his popularity. Later that year, he released "Chances Are," which became his second single to sell a million, and "Wild Is the Wind," which was featured in the film of the same name and was nominated for the Academy Award for Best Original Song. He performed the song at the ceremony in March 1958.

The week before his appearance at the Academy Awards, "Johnny's Greatest Hits" was released, and spent an unprecedented nine and one-half years atop the "Billboard 200" album charts, including three weeks at No. 1.

Later in 1958, Mathis made his second film appearance for 20th Century Fox, singing the song "A Certain Smile" in the film of that title. The song was also nominated for the Academy Award for Best Original Song. By the end of the year,

he was a millionaire and critics were calling him "the velvet voice."

After moving to Southern California, Mathis appeared on ABC's "The Pat Boone Chevy Showroom," produced two of his biggest hits — "Gina" and "What Will Mary Say," and formed two companies, one to record his albums and another to handle his concerts, TV appearances, and promotional activities.



While the British invasion dominated the Pop music world during the 1970s, Mathis continued to stay in the spotlight with 12 TV specials of his own and more than 300 TV guest appearances, including 13 on the "Tonight Show with Johnny Carson," who called Mathis "the best ballad singer in the world."

He also has recorded new musical collaborations with other artists and is Columbia Records' longest signed recording artist.

*Continued on page 20*

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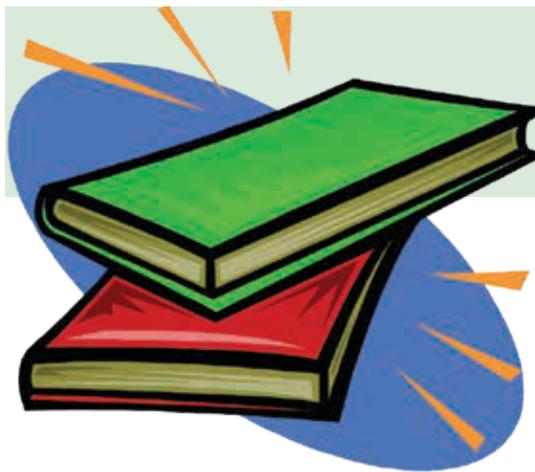
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# February Book Club

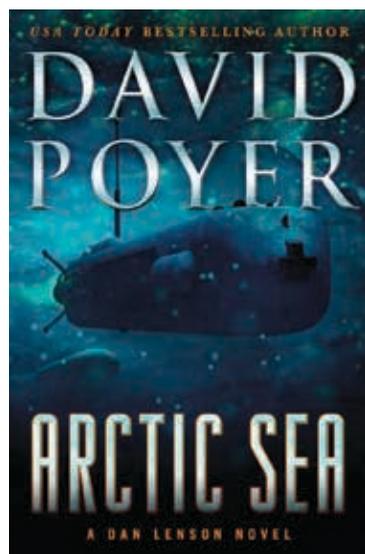
The weather is getting warmer, but it's still chilly outside so staying in to read a good book this month may not be a bad idea.

Here are some good new titles to check out and immerse yourself in be it morning, noon, or night!

## *Arctic Sea*

*A Dan Lenson Novel*  
*Dan Lenson Novels*  
*(Volume 21)*

By David Poyer



“*Arctic Sea*’ is the next thrilling entry in David Poyer’s critically acclaimed future war series. In the aftermath of a world war with China, Admiral Dan Lenson is assigned to set up a US Navy base on the rugged North Slope of Alaska, in response to Russian seabed claims that reach to the US coast. Yet the

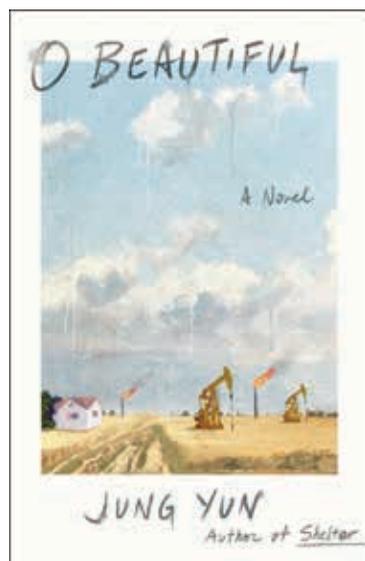
current administration seems oddly reluctant to confront Russian aggression. At the same time, the International Criminal Court is accusing Dan of a war crime.

“Back in Washington, Blair Titus is running Jim Yangerhans’s campaign for President, while Dan’s daughter Nan battles disease in a radiation-soaked Midwest. But when Moscow plans to test the Apocalypse, a nuclear-powered city killer torpedo, in the ‘*Arctic Sea*,’ Dan is sucked into a perilous covert mission. Will a barely victorious America survive dangerous new threats ... both from without, and within?,” according to Publisher St. Martin’s Press.

## *O Beautiful*

*A Novel*

By Jung Yun



“Elinor Hanson, a 40-something former model, is struggling to reinvent herself as a

freelance writer when she receives an unexpected assignment. Her mentor from grad school offers her a chance to write for a prestigious magazine about the Bakken oil boom in North Dakota. Elinor grew up near the Bakken, raised by an overbearing father and a distant Korean mother who met and married when he was stationed overseas. After decades away from home, Elinor returns to a landscape she hardly recognizes, overrun by tens of thousands of newcomers.

“Surrounded by roughnecks seeking their fortunes in oil and long-time residents worried about their changing community, Elinor experiences a profound sense of alienation and grief. She rages at the unrelenting male gaze, the locals who still see her as a foreigner, and the memories of her family’s estrangement after her mother decided to escape her unhappy marriage, leaving Elinor and her sister behind. The longer she pursues this potentially career-altering assignment, the more her past intertwines with the story she’s trying to tell, revealing disturbing new realities that will forever change her and the way she looks at the world.

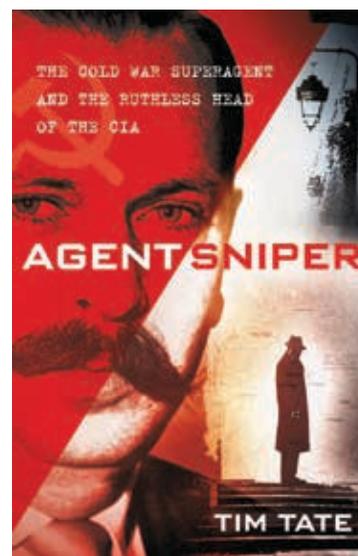
“With spare and graceful prose, Jung Yun’s ‘*O Beautiful*’ presents an immersive portrait of a community rife with tensions and competing interests, and one woman’s attempts to reconcile her anger with her love

of a beautiful, but troubled land,” according to Publisher St. Martin’s Press.

## *Agent Sniper*

*The Cold War Superagent and the Ruthless Head of the CIA*

By Tim Tate



“Michal Goleniewski, the cover name ‘Sniper,’ was one of the most important spies of the early Cold War. For three years, as a Lieutenant Colonel at the top of Poland’s espionage service, he smuggled thousands of top-secret Soviet bloc intelligence and military documents, as well as 160 rolls of microfilm, from behind the Iron Curtain. Then, in January 1961, he abandoned his wife and children to make a dramatic defection across divided Berlin with his East German mistress to the safety of American territory. There, he exposed more than 1,600 Soviet bloc agents operating undercover in the West — more than any single spy in history.

“The CIA called Goleniewski, ‘one of the West’s most valuable counterintelligence sources,’ but in late 1963, he was abandoned by the US government because of a split inside the agency, and over questions about his mental stability and his trustworthiness. Goleniewski bears some of the blame for his troubled legacy: He made baseless assertions about his record, notably that he was the first to expose Kim Philby. He also bizarrely claimed to be Tsarevich Aleksei Romanoff, heir to the Russian throne who had miraculously survived the 1918 massacre of his family.

“For more than 50 years, American and British intelligence services have sought to erase Goleniewski from the history of Cold War espionage. The vast bulk of his once-substantial CIA and MI5 files remain closed. Only fragments of his material crop up in the de-classified dossiers on the KGB spies he exposed or the memoirs of CIA officers who dealt with him, but his newly-released Polish intelligence file reveals the remarkable extent of his espionage on behalf of the West.

“A never-before-told story that brings together love and loyalty, courage and treachery, betrayal, greed and, ultimately, insanity, Tim Tate’s ‘*Agent Sniper*’ is a crackling page-turner that takes readers back to the post-

*Continued on page 18*



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*Not a Library sponsored event. The opinions expressed are not endorsed by the Huntington Beach Public Library or the City of Huntington Beach.*

# Live it Up in Death Valley

By Shana McCann

If there ever was a better time to visit the hottest and driest place in America – Death Valley National Park – it is now. Don't let the mystique of its name and the summer's average 130-degree temperatures deter you from taking a spring-time road trip to this country's second-largest wilderness preserve (Alaska has the biggest) which is more than 2 million acres near the California-Nevada border and east of the Sierra-Nevada Mountain range. If you've driven to Las Vegas, you can't miss it.



Take it from me, the trip is worthwhile whether you do it one day, a weekend, or an entire week through April. Here's why:

1. Recent rains are expected to result in a virtual explosion of wildflowers that will blanket the desert floor in a rainbow of colors just waiting to be admired and photographed. Among the plants which have adapted to the harsh environment are the creosote bush and the Joshua Tree.
2. Keep your camera poised to shoot some of the most unique and beautiful rock formations in North America, formed at least 1.7 billion years ago by a succession of events that receded the Pacific Ocean, caused a series of volcanic



eruptions, glaciers, and the pulling apart of the Earth's crust to form valleys, ranges, and lakes.

3. If you are lucky, you might also see native wildlife, such as bighorn sheep, coyotes, the Death Valley pupfish, rattlesnakes, and scorpions (a long lens with zoom would be handy in your camera bag).

4. Some of the highest dunes in North America are located near the town of Stovepipe Wells and close to the Saratoga Springs marshland. All are accessible only on unpaved roads.

5. And speaking of accessibility, sightseeing is achieved via cars, four-wheel-drive vehicles, motorcycles, bicycles, and hiking. State Route 190, the Badwater Road, Scotty's Castle Road, and paved roads to Dante's View and Wildrose provide access to the major scenic viewpoints and historic sites.

6. There are nine designated campgrounds within the park, and overnight backcountry camping permits are available at the Visitor Center. The four main hotels operating on parkland are the private Xanterra and the public Oasis at Death Valley, the Inn at Death Valley, and the Ranch at Death Valley.

A few motels can be found near entrances to the park, in Shoshone, Death Valley Junction, Beatty, and Pahrump.

7. The northeast corner of the park, at Saline Valley, has several developed hot spring pools. However, they can only be accessed by driving on the unpaved Saline Valley Road for several hours, or by flying a personal aircraft to the Chicken Strip, an unchartered airfield a short walk from the springs.

8. Last, but not least, the park is a popular location for stargazing. It has one of the darkest night skies in the U.S. Although Las Vegas lights 'pollute' the sky's visibility on the northern side, the northwest side is still dark enough to be able to marvel at the Andromeda and Triangulum galaxies with the unaided eye.



Unless you are planning to stay close to your hotel, motel, or campground destination, there's no need to be concerned about safety in the wilderness. But if you will be four-wheeling and exploring the miles and miles of the open road, the park rangers suggest you take the following precautions:

1. Bring extra water, food, shovel, tire chains, off-road tires, and flat tire tools.

2. Stop to help people in need of assistance on the roads.

3. Travel in groups of two or more and leave a trip plan with someone you trust.

4. Do not rely on GPS and instead, carry good maps and study them in advance. Be alert for washouts and other road damage.

5. Follow state laws for driving any vehicle in the park.

Oh, in case you are wondering how Death Valley got its name. During the Gold Rush of 1849, a group of European-Americans became trapped in the valley while looking for a shortcut to the goldfields of California. Only one of the miners died there. But the moral to this story is: if you can't make the trip this spring, wait 'till next year.

## February Book Club

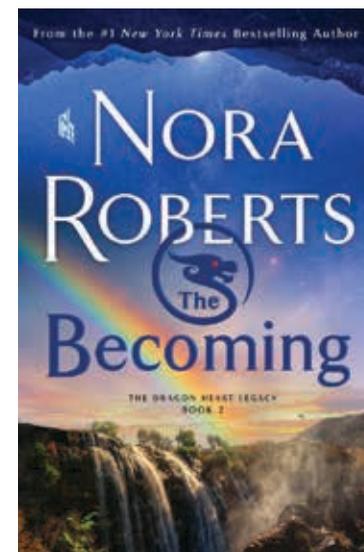
*Continued from page 16*

war world and a time when no one was what they seemed," according to Publisher St. Martin's Press.

***The Becoming  
The Dragon Heart  
Legacy, Book 2  
The Dragon Heart  
Legacy (Volume 2)***

***By Nora Roberts***

"The world of magic and the world of man has long been estranged from one another. But some can walk between the two — including Breen Siobhan



Kelly. She has just returned to Talamh, with her friend, Marco, who's dazzled and disoriented by this realm — a place filled with dragons, fairies, and mermaids (but no Wi-Fi, to his chagrin). In Talamh, Breen is not the ordinary young schoolteacher he knew her as. Here she is learning to embrace the powers of her identity. Marco is welcomed kindly by her people — and by Keegan, leader of the Fey. Keegan has trained Breen as a warrior, and his yearning for her has grown along with his admiration of her strength and skills.

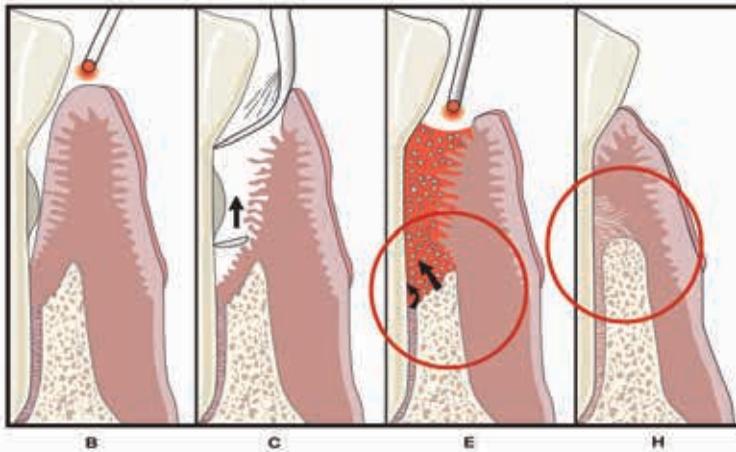
"But one member of Breen's bloodline is not there to embrace her. Her grandfather, the outcast god Odran, plots to destroy Talamh — and now all must unite to defeat his dark forces. There will be losses and sorrows, betrayal, and bloodshed. But through it, Breen Siobhan Kelly will take the next step on the journey to becoming all that she was born to be," according to Publisher St. Martin's Press.



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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



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## Johnny Mathis

*Continued from page 14*



Today, Mathis holds the highest awards any singer can achieve, including the Lifetime Achievement Award from the Academy of Recording Arts and Sciences and induction into the Grammy Hall of Fame and Great American Songbook Hall of Fame. He also is enshrined in the Society of Singers, the Hit Parade Hall of Fame, and the American Academy of Achievement. San Francisco State University has recognized his contributions with an honorary Doctor of Fine Arts Degree.



Holding fast to his goal of singing for the rest of his life (“I just have to pace myself,” he said), he is bringing his velvet voice to the concert circuit early this year at scheduled venues in California, Arizona, Louisiana, and Florida. And if he’s not on stage, you’ll find him on the tennis court or golf course. Singing and sports – he can hurdle them all!



Did you know that ‘The Great Seal of the State of California’ has the state’s motto” Eureka” written on it?

Robert S. Garnett first designed it, a US Army Major and later a Confederate General.

The seal has undergone minor changes since it was adopted in 1849, the last change was its standardization in 1937.

The Roman Goddess of wisdom and war” Minerva” is featured on the seal along with California’s state animal, a grizzly bear, eating grapevines representing the state’s wine production.

Other historical events such as the Gold Rush have also been symbolized on the seal. The 33 stars signify the number of states that existed at the time of California’s admission to the US.

### Flag

The state flag of California was officially adopted on Feb. 3, 1911

A few years before California was admitted into the Union, a small group of American settlers marched on the Mexican garrison, took the commander, Mariano Vallejo prisoner, and



raised a bear flag at Sonoma on June 14, 1846.

They issued a proclamation that declared California to be a Republic independent of Mexico. This historical moment had come to be known as the Bear Flag Revolt.

The flag was designed by William Todd, cousin of Mary Todd Lincoln, on a piece of new unbleached cotton. The star imitated the lone star of Texas. A grizzly bear represented the many bears seen in the state as well as strength. The word, “California Republic” was placed beneath the star and bear.

### Symbols on the California Flag

- Red Stripe – Courage
- Star – Sovereignty
- White – Purity
- Bear – Strength

Source: [50states.com/](http://50states.com/)



# Life After Mother

By Lyn Jensen

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

## Kinky Kitty

When I moved into my mother's house, I immediately found it came with a challenging backyard fixture: a neighborhood cat, with motely tuxedo markings, and a tail so kinky it resembled a corkscrew. So, I called him Kinky.

Normally I wouldn't mind a cat hanging around, but this kinky kitty wasn't compatible with my cats. He hassled my female cat, Faith, who hissed and swatted at him often. My senior male cat, Ben, was too old to defend his territory from the intruder. I couldn't eat lunch in my backyard because I couldn't keep the visitor's nose out of my burger long enough to take a bite myself.

Morning, noon, and night he was getting his claws caught in my kitchen screen door and giving me a pitiful 'feed me' look. If he had a home anywhere else, he obviously wasn't spending time there, and he always acted hungry.



discouraging him, so I started feeding him my cats' leftovers. That took care of the leftovers.

Then came the day my north-side neighbors' son peeked over the fence and said, "Our cat's on your porch!"

I was already fighting multiple challenges with managing my mother's estate. A pesky cat was one challenge too many. I contacted the county animal shelter but was told they didn't pick up stray cats. Rescue groups weren't willing to do the dirty work either.

I wasn't sure how friendly the nuisance was, so I was reluctant to handle him myself. I'd have to shoulder the burden of buying or renting a cat trap, trapping the visitor, and taking him to a shelter or rescue group, where the main focus appeared to be on 'trap, neuter, release.'

I was concerned someone may have already trapped, neutered, and released the intruder back into his territory — my backyard.

One mealtime I was scraping my cats' leftover food into the trash when I looked through the sliding glass kitchen door and saw the visitor giving me his usual pitiful 'feed me' look. Not feeding him wasn't

So, if I wanted to complain about the cat, I finally knew where to complain. I knew these neighbors had a large noisy dog, so I was surprised to learn the cat was theirs, but that also explained why the cat preferred my yard to the one with the large noisy dog in it. I also learned the cat's real name, although I still call him Kinky.



Strangely, though, I've had no reason to complain about Kinky since. Two more neighborhood cats have caught on to my putting out cat food that would otherwise go in the trash. Besides Kinky, there's my south-side neighbor's Maltese, Falcon ("the Maltese Falcon"), and a third Tom that I don't know where he lives. He has a brotherly resemblance to Kinky and a mark like a mustache, so I call him Spike, after Snoopy's weird



mustache-wearing bro in "Peanuts." If there are no kitty leftovers, I put out cat treats or dry food or even some leftover 'people food.' I keep food out of the waste stream and the neighborhood cats have a neighborhood hangout.

## Bad Day

*Continued from page 3*

Then my wife started cooking dinner in the oven and the oven went out. I went downstairs and checked the fuse box, but the fuse wasn't tripped. This meant that the oven which is out of warranty was broken.

I think this last event gives me the winning ticket for having a bad day but if I am wrong, please let me know and I will see if I can get the Red Cross and Salvation Army to get you help.



## Did you know that Scammers LOVE gift cards?



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\$245 million to gift card scams since 2018 according to the Federal Trade Commission (FTC). And that's only the people who reported it. AARP has a fraud watch network helpline. If you think you or a loved one were targeted by a scam call 877-908-3360.



American Heart Association



# Tinseltown Talks

By Nick Thomas

## Lana Wood Still Questions Sister Natalie's Death

The movie world was shocked when the body of 43-year-old Natalie Wood was found floating lifeless in the ocean off Catalina Island on the morning of Nov. 29, 1981. Forty years later, sister Lana still can't accept that the incident was nothing more than a tragic accident.

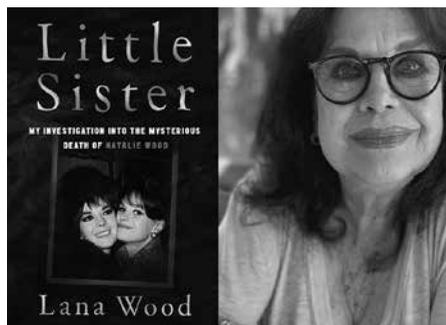
Natalie's watery demise remains one of Hollywood's enduring mysteries recently resurrected in Lana's *"Little Sister: My Investigation into the Mysterious Death of Natalie Wood,"* published Nov. 2021, 40 years after the beloved actress's death (see [www.amazon.com/Lana-Wood/e/B001KDRGZ8?](http://www.amazon.com/Lana-Wood/e/B001KDRGZ8?)).

Despite a morbid fear of drowning, Natalie would often go boating with her husband Robert Wagner but, according to Lana, remained especially terrified of "dark ocean water."



Lana, left and Natalie in the Wagner's backyard for a barbecue. Photo courtesy of her publicist.

"How did she end up in the sea at nighttime?" asked Lana from her home in Los Angeles. "The circumstances remain a question for many people.



Cover of Lana Wood's book alongside photo of Lana. Photo courtesy of her publicist.

I wanted to present the facts about her death in this new book, including the police and coroner's reports, as well as a new witness who heard screams that night."

Natalie and Wagner, along with fellow actor Christopher Walken, had embarked on a weekend cruise aboard Wagner's motor yacht skippered for the trip by Dennis Davern. Although the group had been drinking and the couple apparently argued, Lana doesn't believe her sister merely fell overboard or that she tumbled into the water while attempting a nighttime launch of a dingy attached to the boat to leave after the argument.

While no one on board at the time has ever been charged with involvement in Natalie's death, speculation on how Natalie got into the water the night before her body was discovered continues to haunt her sister.

"I wrote another book (in 2011)

that looked at Natalie's life and happier times," Lana called. "But the new book wasn't as easy to write because I'd get emotional and have to walk away from it periodically."

Both sisters were close, having been thrust into acting by their mother. But each took a different career path with Natalie working mostly in film to reach true superstar fame while Lana embraced the television route and enjoyed modest success in films such as the perky Bond girl Plenty O'Toole in *"Diamonds Are Forever."*



Sean Connery and Lana Wood as Plenty O'Toole in *Diamonds Are Forever*. Publicity photo for United Artists.

And while Lana may have lived in her famous sister's shadow, she appears to have been comfortable in that shade.

"Natalie loved being a movie star," Lana said. "Any time she left home, she would put on her make-up, do her hair, and dress impeccably because she never wanted to disappoint when out in public. While I enjoyed working, I didn't want to be scrutinized everywhere

I went or be constantly photographed. I didn't seek that fame."

She is, however, still convinced there's more to the story of her sister's death.

"I don't know if the truth will ever come out," she said. "I hope my book will keep people probing for answers and keep Natalie's memory alive."

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).

### In The Spotlight

continued from page 11

and didn't show any better judgment that time around. After 18 years together, I learned he'd had more than 20 affairs. He lived a double life. Again, a churchgoer, known for his kindness and good heart. I want to share that with women, too. Not to tell my stories, but to share what women can learn from my experiences.

Q: How did you pick yourself up after being homeless for a year?

A: I wasn't really "down." Life is life. It's a winding road that goes in all sorts of directions.

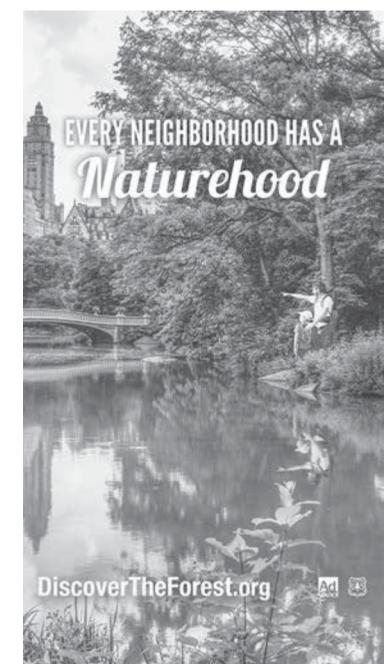
I went from a 4,000-square-foot estate to a rundown shack in the middle of the desert, sans running water. But what wonderful lessons! I came to appreciate cactus blossoms. I loved the peace of the desert. And I wrote my first novel (I was just trying to think how to murder my philandering ex-husband) then wrote a textbook (it's still the only book on screenwriting endorsed by the Writers Guild of America). And then I was asked to write another screenplay. That, and my published novel, got me topside again.

Q: Any siblings? Kids? Married now?

A: No siblings. not married. Good heavens, I am teachable!

Q: How do you keep young at heart?

A: My heart and I are one. It's the same age as the rest of me. I don't know how to answer that. We, all of us, just put one foot in front of the other and keep moving forward. The days drag by, the year's speed along, and it all happens in a twinkling.



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## Contest Corner

# Winning the Future

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## The Contests

Popular science fiction author L. Ron Hubbard created the Writers of the Future Contest in 1983 for aspiring writers of speculative fiction. The award is considered the genre's most prestigious and the largest, most successful and demonstrably most influential vehicle for budding creative talent in speculative fiction. Its success inspired the companion Illustrators of the Future Contest, created in 1988.

## The Winners

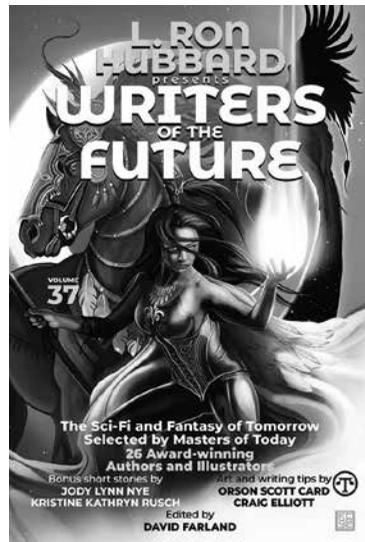
The annual contests draw entrants from around the globe and are free to enter. Winners retain full rights to their work and each gets a cash award and a trip to Los Angeles for a free, week-long workshop with professional writers and a black tie gala awards event.

The 2020 and 2021 winners include:

- C. Winspear, from Blacktown, NSW, Australia, Grand Prize Winner of the 36th Annual Writers of the Future Contest.

- Anh Le, originally from Ho Chi Minh, Vietnam, was Grand Prize Winner of the 31st Annual Illustrators of the Future Contest.

- Barbara Lund, from Draper, UT, was named Grand Prize Winner of the 37th Annual Writers of the Future Contest.



- Dan Watson, from Earley, Reading, Berkshire, UK, was the Grand Prize Winner of the 32nd Annual Illustrators of the Future Contest.

The 428 past winners of the Writing Contest have published 1,150 novels and nearly 4,500 short stories. They have produced 33 New York Times bestsellers and their works have sold over 60 million copies.

The 358 winners of the Illustrating Contest have produced over 6,000 illustrations, 360 comic books, graced 624 books and albums with their art and visually contributed to 68 television shows and 40 major movies.

## Learn More

For further facts, including how to enter, visit [www.writersofthefuture.com](http://www.writersofthefuture.com) and [www.galaxy-press.com](http://www.galaxy-press.com).



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## There's Never Been a Better Time to Tell Your Life Story...

by Robert Bruce Woodcox

Whether you want to capture your life as a memoir, autobiography, or legacy book (coffee table style), most people need some help. I am a **Best Selling local author and ghostwriter** and I can help you get started. (See adjacent ad on this page.) **I've ghostwritten 46 books**, was a **Pulitzer Prize nominee** (2012) and have helped more than 30 individuals and families tell their stories for children, grandchildren, friends, and for business books.

I come to you.

My process includes interviews, recording, organizing your materials, research, writing original content from your memories and editing. I am also a publisher for my clients and can design and print from one to 1,000 quality full color books for you at very reasonable rates. All of this work is done locally in Newport Beach.

This wonderful process is quite fun and is confidential. It begins by you calling me (949-244-7880) or emailing (ghostwrite@icloud.com) to explore how we will work together, what it will cost, how long it will take and any other questions you have. Once you decide you are comfortable with me and the process, we will create an outline together to get started. From that point on, we will meet approximate-

### Is It Time to Tell Your Life Story?

Let me help you tell your life story, memoir or business story as a legacy. I can also publish it for your children, grandchildren or the business world. I'm a best selling ghostwriter and author having written more than 46 books.

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949-244-7880**

[www.theghostwriter.net](http://www.theghostwriter.net)

ly twice a month to share the previous work I've completed, and to obtain new content from you. It's really that simple. We continue in that manner until the completion of the writing and editing. Generally, the process takes 4 to 6 months.

These books can be for your own family or for public sale, whichever you choose. I can also set up an Amazon account for you in some cases where you can sell your books.

Everyone who comes to me says the same things:

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Or...

"I've wanted my husband to tell his story for years. Our family and friends have also been after him, to no avail. You came along at just the right time to kick start this important project for us."

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Robert Bruce Woodcox  
949-244-7880  
ghostwrite@icloud.com  
3857 Birch St., 702  
Newport Beach CA 92660

## Welcome 2022! What's New This Year?



1. Many of you are already aware of the Cost of Living Adjustment (COLA) for your 2022 Social Security. Social Security beneficiaries will see the 5.9% increase to their benefits starting in January 2022!

2. Medicare Part B Premium update: The standard monthly premium for Medicare Part B will increase to \$170.10 for 2022. Please note this does not include the IRMAA adjustment.

3. For those who have the "Giveback" Medicare HMO plans, you should see your credit by April, if not sooner.

4. If you have a Medicare Supplemental policy that is NOT an F plan you will notice the Part B deductible has increased to \$233.00/year starting January 1.

5. For those who only have the Original Medicare without an HMO or PPO plan, you will see an increase in all of the Part A deductible and co-payments for 2022.

Should you have any Medicare related questions, please feel free to contact me. Sandra Teel Medicare Insurance Broker 657-204-4224

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

—HARPER adopted 08-18-09

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

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Ad Council THE HUMANE SOCIETY





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

-COLBY  
adopted 06-18-11

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

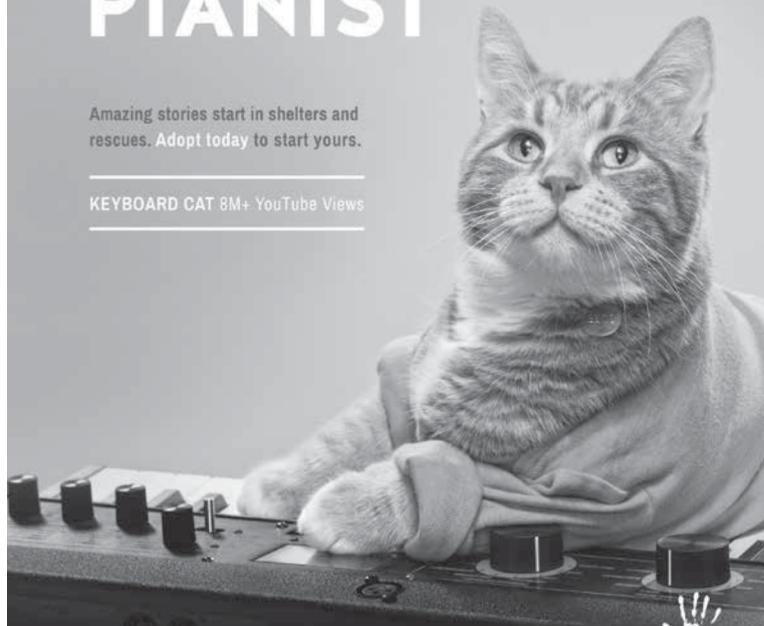
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# SHELTER PET & GLOBALLY RECOGNIZED PIANIST

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or visit:  
[www/som.uci.edu.willedbody](http://www/som.uci.edu.willedbody)

No cost to donor or family. Final cremation and scattering at sea included.

### Crossword Puzzle Answers from page 12

1	E	K	E	S		5	S	E	T		8	R	E	E	S	E				
13	A	N	N	E		14	P	E	L	E		15	E	A	R	L	E			
16	R	E	T	E		17	L	E	E	R		18	A	T	U	R	N			
19	N	E	W	S		20	P	A	P	E	R		21	D	U	D				
22	E	L	I		23	E	N	S		24	I	C	E	P	I	C	K			
28	S	E	N	T		29	R	A		30	S	T	A	R		31	T	A	I	
32	T	R	E	A		33	A	M	O	R		34	R	E	D	D				
					35	D	U	N	G	A	R	E	E	S						
38	A	N	N	A		41	O	R	L	Y		42	A	T	R	A	S			
46	B	O	A		47	F	E	E	L		48	T	R	U	E	S	T			
49	A	R	T		50	S	A	L	E		51	B	E	T		52	F	U	R	
					53	T	E	M		54	M	E	L	P	O	56	M	E	N	E
57	S	E	E		58	T	O			59	E	R	E	I		60	E	R	D	A
61	A	R	R		62	A	U			62	N	E	E	D		63	S	E	E	K
64	M	A	S		65	T	S	P							66	A	E	R	Y	



ADMIT  
ONE

# Movie Preview

## 'Dog'

By Randal C. Hill

In the midst of so many movie offerings of graphic horror flicks, computer-generated extravaganzas, and ear-shattering shoot-'em-ups, it's a relief to see a good, old-fashioned film about a dog. And that's what's coming our way this month. Its title is *'Dog.'* Yep. That's it. Plain and simple. One word. *'Dog.'*

What we have here is a buddy comedy — not one involving a pair of mismatched males but, in this case, a man and a female

canine. Hunky Channing Tatum plays a troubled soldier named Briggs; his equally troubled Belgian Malinois companion is Lulu. Early on, Briggs is warned: "She won't work with anyone. One minute she's good, the next minute she sends three guys to the ER."

The two, both former Army Rangers, are thrown together against their will. Before long, the disparate duo is racing down the Pacific Coast Highway in

Briggs's ratty old Ford Bronco to arrive on time for the funeral of a fellow soldier, who at one time was Lulu's handler.

Along the way, Briggs and Lulu narrowly avoid death, break a handful of laws and, in general, drive each other crazy, while each is unknowingly helping the other to make progress into solving long-buried, soul-crippling problems. Joining Tatum in this forthcoming cinema success are Jane Adams (*"Twin Peaks"*), Kevin

Nash (*"John Wick"*) and Q'orianka Kilcher (*"Yellowstone"*).

Tatum co-directs (with Reid Carolin of *"Magic Mike"* fame) this delightful, heartfelt narrative about a most unusual creature and her human companion.

Together, the Tatum/Carolin team has issued this message: "Dog is a story that has been growing in our lives for years, so we're deeply honored that [MGM chairman] Mike Deluca and MGM have chosen to help us bring it to life, and to support our first film as directors ... We couldn't be more excited to join forces with him and the entire team at MGM to share *"Dog"* with audiences everywhere."

Appreciated by many fans as a lovable goofball, Channing adds, "If you would enjoy watching me get bit by a dog, this will be a very fulfilling and funny movie for you."

Tatum and Carolin had worked together before, producing Deborah Scranton's 2017 highly lauded non-fiction HBO documentary *"War Dog: A Soldier's Best Friend,"* which explored the complex relationships that formed between U. S. Special Operations soldiers and the intrepid animals that served alongside them in combat.

Before you head out the door to enjoy this family-friendly offering (it's rated PG – 13), you might want to grab a few tissues. And please, please hug your dog before you leave.

### Legal & Financial Planning Workshop for Alzheimer's Disease and Related Dementia (Virtual)

Thursday, February 24th, 2022 12:30p - 3:00pm

The diagnosis of Alzheimer's disease or related dementia makes planning for the future more important than ever. Join us to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you. Register for this free workshop at [alz.org/oc](http://alz.org/oc) or call 800-272-3900.

## February Calendar

Continued from page 5

vine Park Road, Orange. Call, 714-997-3968.

### HB Symphony Orchestra Excerpts from "The Magic Flute," "Mozart," Beethoven Symphony N8

Feb. 27  
3:30 p.m.

Have fun at this event at Huntington Beach Central Library Theatre, 7111 Talbert Ave., Huntington Beach.

Tickets, Adult \$25, \$30 @ door, Seniors, Students \$22, \$25 @ door, Online Promo 4 Tickets for \$75. Purchase Tickets, (check or cash) AB Music Studios, 19171 Magnolia, HB. Call, 714-962-8911 or Kim's Piano 10200 Beach Blvd., Huntington Beach, online [hbsymphony.org](http://hbsymphony.org) or contact [info@hbsymphony.org](mailto:info@hbsymphony.org)

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# Busy Boomers

By Les Goldberg

## Beth Black: Separating Fact and Fiction

I have been a writer for six decades and in all that time never have I thought about — or attempted — fiction writing. My entire career and livelihood are rooted in journalism, reporting fact-based news, and telling tales about real-life events.

That's why I am fascinated by writers who can do both in the blink of an eye.

Take Beth Black, for instance. As a long-time Orange Countian who can remember this area before the 405, she's able to create novels, novellas, short stories, screenplays, and other writings in the fictional genre, edit them and prepare them for publishing. In that sense, I consider her a true artist.

Always curious about how the really good writers reach success, I asked her a few questions and she answered them with the eloquence one would expect from one of our finest wordsmiths:

**SR:** *What motivated you to become a writer?*

**BB:** **I grew up in a family of storytellers. When I was very young, my great uncles would visit from across the country, and we would all gather in my grandparents' living room — after a big meal, of course — to share longwinded stories and jokes.**



**But I also remember riding in the back of my parent's car, and as we cruised through the neighborhoods of pre-405 Orange County, I found myself fascinated by the houses we passed — sheltering people and their stories.**

SR: Did you have any other aspirations when you were growing up?

BB: I used to joke that I would grow up to be either a real estate agent or a writer because both choices led me to their stories. When I went to UC Irvine, writing was not a realistic option. I spent time in humanities but ended up with a degree in social ecology. Years later, I began to write in earnest and followed my mother's path into literary fiction.

SR: Did you know what type of writer you wanted to be — fiction or non-fiction — and how did you decide you were going to be both?

BB: The short answer is both.

I began with fiction, publishing short stories in literary magazines. Later, I wrote some screenplays and even spent a few years working in the film industry (not as a screenwriter).

In my 40s, I returned to UCI to pursue a degree in English with a creative writing emphasis. At that time, UCI launched a new program for literary journalism. Those classes helped me land magazine work and after graduation, I was hired as a writer/editor for Toastmasters International where I picked up many journalism and marketing communications skills.

Meanwhile, I continued to write fiction and became a member of the renowned Orange County Fictionaries and its Better Late Romance group that features senior love stories. I have one novel added to their collection and a free short story that I send out to people who sign up for my newsletter.

SR: What or who inspired you to be a prolific writer?

BB: As a young child, I read a lot of Nancy Drew and later adored Ray Bradbury's stories. Later, I branched out and seemed predestined in science fiction. But Ray's stories spoke to me because they were more about people than science.



Perhaps the biggest step I took was returning to UCI for that second degree. I like to think that it raised the quality of my work from the level of 'general practitioner' to 'surgeon.' It certainly landed me paid positions as a creative writer and editor.

SR: When did you decide to write and publish your first book?

BB: I self-published my first book, *'Where You Go, I Go,'* during the pandemic. Navigating all the puzzles of the self-publishing platforms, such as KDP/Amazon and Barnes & Noble, to produce a viable eBook and hard copy probably kept me from worrying too much during those frightening days. Learning how to create something enjoyable is a powerful salve for melancholy and anxiety.

SR: What advice do you have for our readers who may be thinking about writing a book?

BB: I learned a lot at UCI by writing response tales (a style of writing in which you are sharing your reaction to some-

thing, like a news event or one of your own personal experiences).

First, I suggest studying different literary devices, like *'The Oxford Concise Dictionary of Literary Terms'* by Chris Baldick. Find a famous short story and read it through, noting one thing about it that you would like to be able to do as a writer.

It could be a point of view, a literary device, character trait, a line or setting, or anything you find interesting. Then, start writing, using the element you chose but developing your own setting, characters, and plot. It's a good experience in building your writing toolbox.

SR: If you want to read more of Black's work, visit her websites at [www.betterlateromance.com](http://www.betterlateromance.com), [www.bethscape.com](http://www.bethscape.com), and [www.practicalpoet.com](http://www.practicalpoet.com) where she helps writers learn more about writing their own memoirs.

And, of course, you can read her latest novel available on Amazon. *'Where You Go, I Go'* is about the 'mother of two daughters who is put into a skilled nursing home and thinks her life is over. But her daring day's escape and a wild ride on a bicycle-built-for-two prove that life is always open to new chapters and love is sometimes better late!'



February is Gum Disease Awareness Month.  
www.FightGumDisease.com

# Gum Disease

See our ad  
on page 19

February is Gum Disease Awareness Month, an initiative that started in Cerritos, CA by the Institute for Advanced Laser Dentistry to raise awareness of the prevalence of gum disease and its impact on overall health.

Gum disease, or periodontal disease, is one of the most common diseases worldwide and affects more than 64.1 million Americans over the age of 30. Because the disease progresses slowly and symptoms show up gradually over time, it is called a 'silent' disease. Similar to high blood pressure, you may not know you have periodontal disease until you are diagnosed by a dentist. If left your gum disease is left untreated, it progresses to severe levels with advanced inflammation, bleeding, and bone loss.

Concern over the widespread incidence of gum disease in the U.S. has increased as studies show its relationship to major systemic health issues, including heart disease, breast cancer, stroke, diabetes, obesity, and even COVID-19.

Systemic disease is a term used to describe conditions that affect many organs and tissues. In other words, systemic diseases affect the whole body. If you

have a systemic disease, it lowers your body's ability to fight off infection and inflammation.

Growing evidence suggests inflammation could be the connection between systemic disease and gum disease, and, as a result, treating the inflammation could help manage both the conditions. Let's take a closer look at some of these connections.

## Diabetes

People with diabetes are more likely to develop severe gum disease and lose more teeth from it than people who don't have diabetes. Also, gum disease could have adverse consequences on their ability to regulate glucose levels. It creates a circular relationship because the inability to control glucose levels provides an environment for the bacteria that cause gum disease (which thrive on sugars) to grow. Controlling blood sugar levels decreases the risk of gum disease, as well as other complications from diabetes.

## Heart Disease

Experts see a correlation between oral disease and heart function, although, like all the systemic conditions, it is not a causal relationship. Swelling links the two conditions. Hardened (swollen) arteries are a symptom of heart disease and decrease the flow of blood to your heart, which can lead to a heart attack or a stroke.

Swollen gums are a main symp-

tom of gum disease. However, in the case of periodontitis, the gum infection develops below the gum line, a cause for concern for people with heart disease. Why? Because that bacteria can now travel throughout the body via the many vascular pathways in the mouth, including those that lead back to the heart. In other words, the more bacteria you have in your mouth, the more bacteria you could have in your heart.

## Stroke

Gum disease increases the risk of an ischemic stroke when the patient also has severe periodontitis, particularly for men and for people under 60 years of age. An ischemic stroke is a type of stroke caused by a blocked blood vessel the gets blood to the brain. As the relationship with heart disease, the link between gum disease and stroke is the inflammation present for both and the hardening of the arteries that results from it.

## Breast Cancer

Researchers at University of Buffalo's School of Public Health found that women who had gum disease had a 14% overall increased risk of breast cancer over women who didn't have gum disease. The percentage jumps to over 30% if the woman smokes, or has smoked in the past 20 years.

The authors of the study offered at least two plausible theories for the link: cumulative exposure of breast tissue to peri-

odontal bacteria in the blood stream through brushing, flossing or chewing; or gum inflammation that could exacerbate other conditions in the body. Increasingly, researchers are finding that parts of the body thought to be sterile actually contain bacteria and microbes.

## Alzheimer's

One of the key oral bacteria that triggers periodontal disease, *P. gingivalis*, has been found in the brains of Alzheimer's patients. Gingipains, which is a toxic enzyme secreted by *P. gingivalis*, were found in 96 percent of the 53 brain tissue samples examined. Those with increased symptoms of Alzheimer's had higher levels of gingipains. Gingipains are neurotoxic, and have a negative impact on tau, which is a protein needed for normal brain function.

A study published in April 2021 found that adults who were cognitively healthy but have more harmful oral bacteria have a key Alzheimer's biomarker in their cerebrospinal fluid.

## COVID Severity and Gum Disease

In one of the largest cohort studies to date on 5,700 patients who entered the New York hospital system, Richardson et al. (2020) found that the top risk factors of people with severe COVID-19 symptoms included diseases associated with inflammation, such as hypertension (56.6%), obesity (41.7%), and diabetes (33.8%).

The COVID-19 Periodontitis study found that COVID-19 patients with gum disease 9 times more likely to die, and also that those with gum disease were 3.5 times more likely to be admitted to intensive care and 4.5 times more likely to need a ventilator.

Even before this news was released, other studies showed poor oral health shows a direct connection to COVID-19 infection and to a higher risk of severe illness in patients with COVID-19.

## Gum Disease is Treatable

More scientific research is needed to determine the exact nature of periodontal diseases and other systemic diseases. The good news is that periodontal disease is treatable. Traditional surgery has long been the only option. However, the FDA cleared the LANAP® protocol as a laser surgery option that facilitates a less painful, more successful treatment with a shorter recovery time. If you currently suffer from one of these systemic conditions, ask your dentist if you are at risk for gum disease and what treatment is right for you.

*The Institute for Advanced Laser Dentistry in Cerritos, CA offers free LANAP treatment to patients who qualify. For more information or to schedule a screening, visit TheIALD.org or call (888) 526-2748.*

# The Gadget Geezer

By Les Goldberg

## Less Gazers, More Gadgets at CES

*COVID-19 takes its toll at major consumer tech show.*

If you've been following this column for the past decade or more, you know that the Consumer Electronics Show – CES – every January in Las Vegas is the annual pilgrimage for technology fans throughout the world.

Before COVID, the event attracted 200,000 visitors who viewed the more than 2,500 exhibits like kids on their first trip to Disneyland. To techies, it is “Tomorrowland.” That is why last year's pandemic-caused virtual version was devastating and an economic disaster for the show and the city's economy.

This year brought hope that the event would return to normal. Show organizers tried to lure people with assurances that all safety precautions were being taken. As the omicron variant kept spreading and the risks of attending climbed higher, whatever optimism existed quickly soured.

When the show officially opened on Jan. 5th – and opening day is the usual gauge for overall attendance – only about 20,000 people showed up and it dwindled as the week went on. Major exhibitors pulled out of the event at the last minute and the show

was shut down a day early. Normally, where the crowds were shoulder to shoulder in the five exhibit halls and hotel ballrooms, the buildings were nearly empty.

“It was like a ghost town,” several media observers commented.

Despite the disappointing turnout, however, CES did manage to offer a glimpse into the future of digital innovations, many geared toward the COVID-induced shift in workplace habits – traditional offices to home offices using remote technology – home appliances, cars, and more.

Here's a sampling:

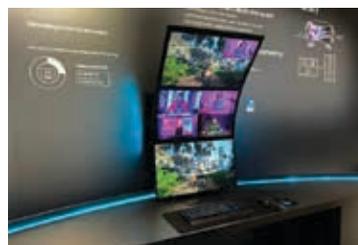
### Anker Video Bar

When it comes to virtual meetings, ie: Zoom calls, Anker's B600 Video Bar is a timely videoconferencing accessory that combines a speaker, light, microphone, and webcam in a single device. Priced at \$220, the webcam sits on top of your monitor or TV, has a 2K camera sensor that has a maximum of 30 frames per second speed, and has an array of built-in speakers. Four microphones are designed to cut background noises and enhance your voice.

A major feature of the product is the light bar that automatically adjusts brightness and

white balance so you appear on the screen like a professional broadcaster. It's ideal for grandparents who don't want to look like they are in a tunnel when Zooming with the grandkids.

### Odyssey Ark



Samsung used CES to show off its latest monitor technology, a 55-inch curved screen. With pin-sharp 4K High Definition resolution picture quality, the Odyssey Ark features a 16:9 aspect ratio to prevent “stretching” when the picture is in either horizontal or vertical modes.

The display has a height-adjustable stand and it nearly towers over the user's head, providing room for three stacked images at once, or any other number of work-focused configurations.

### Media Chair



TV manufacturer LG (stands for Life is Good) introduced its newest curved display tech-

nology, an “immersive Media Chair” consisting of a recliner with a 55-inch display that alternates between portrait and landscape orientations with the touch of a button on the chair's armrest. It also will be releasing the same concept in a stationary bike.

### Whirlpool Air Fry



From smart TVs to apps for every conceivable application, CES has something for everyone, including home chefs.

At the Whirlpool booth, the company introduced a five cubic-foot Gas 5-in-1 Air Fryer Oven. You can air fry your favorite foods like chicken wings, nuggets, and fries right using an air fryer basket that's dishwasher safe. Other new features include fan convection cooking and the high heat gas burner for flexibility. Price: \$999.

### CheckMED



In the category of telemedicine, the concept of remote medical check-ups using the latest digital communications

technology, the Italian company iNNOVA introduced CheckMED.

Using a smartphone, an app, and the company's management software, the application allows remote monitoring of the patient, interaction with medical staff, ground fall detection, the processing of alerts, therapy reminders, and data storage.

The system keeps an eye on the patient's temperature, heartbeats, blood pressure, oxygen saturation, respiratory rate, sleep, and physical activity levels.

### Next time

Despite the low turnout for CES, the quest for product innovation continues unabated. We'll make sure you are kept abreast of any new developments. Until next time.

## ACTING IN YOUR OWN BREAST INTEREST

The Breast Cancer Research Program is a leading source of funding for breast cancer research. For more information, visit [www.bcrp.org](http://www.bcrp.org).

# Fabulous Finds

By Debbie L. Sklar

With the holiday season now long gone, it's time to get yourself back to looking less frazzled. Here are some new **Fab Finds** to help get rejuvenated and ready for spring!

## Acne Relief Calming & Soothing Clay Mask & Gentle Exfoliating Toner



Known for its advancements in skincare formulations, Pericone MD has expanded its Acne Relief franchise with products that give a boost to the existing acne-fighting regimen. **The Gentle Exfoliating Toner** clarifies, smooths, and minimizes pores and the **Calming & Soothing Clay Mask** instantly detoxifies, soothes, and hydrates.

The Acne Relief Gentle Exfoliating Toner lifts impurities and removes all traces of oil, dirt, and debris for a smoother, more even-looking complexion. Maximum-strength salicylic acid and lactic and succinic acids work in tandem to exfoliate and unclog enlarged pores to clear blemishes, whiteheads, and blackheads as

citrulline help calm and soothe acne-prone skin.

This pore-minimizing, clarifying formula leaves skin feeling clean, refreshed, and invigorated with a healthy-looking, matte finish. In consumer testing\*, 97% agreed it removes all traces of oil, dirt, debris, and residue, 94% agreed it helps unclog pores, and 86% agreed it reduces whiteheads and blackheads. Acne Relief Gentle Exfoliating Toner (4 fl oz) \$45; available at Ulta.com, Nordstrom.com, ECScottGroup.com, Macys.com.

**The Acne Relief Calming & Soothing Clay Mask** instantly detoxifies, soothes, and hydrates blemish-prone skin. Maximum-strength salicylic acid, bentonite clay, and lactobacillus ferment gently exfoliate, unclog pores, remove impurities, absorb excess oil, and attack acne-causing bacteria. Combined with willowherb extract to rapidly soothe and reduce skin redness, this clarifying mask leaves skin visibly healthy and hydrated with a radiant-looking glow. In consumer testing\*\*, 94% agreed it instantly calms and soothes skin, 92% agreed it leaves skin feeling detoxified, and 86% agreed it reduces skin redness. Acne Relief Calming & Soothing Clay Mask (2 fl oz) \$45; available at Ulta.com, Nord-

strom.com, ECScottGroup.com, Macys.com.

## New Saks Digital Wellness Shop



Saks, a premier luxury e-commerce platform, announces its Wellness Shop on Saks.com. The shop, which has a dedicated place in the women's and men's top navigation on the website, encompasses four key pillars: fitness, health & nutrition, sexual wellness, and rest & relaxation. With this expansion, Saks is emphasizing a holistic approach to wellbeing, with an increased product selection and more than 100 brands, 50 of which are new to Saks.

The four pillars of wellness will ensure all customer needs are met. The assortment offers a wide range of products, from recovery items and supplements to kitchen tools, aromatherapy, and fitness apparel. To experience the Wellness Shop, please visit Saks.com.

## RETRO Glowing Skin Gummy Vitamin

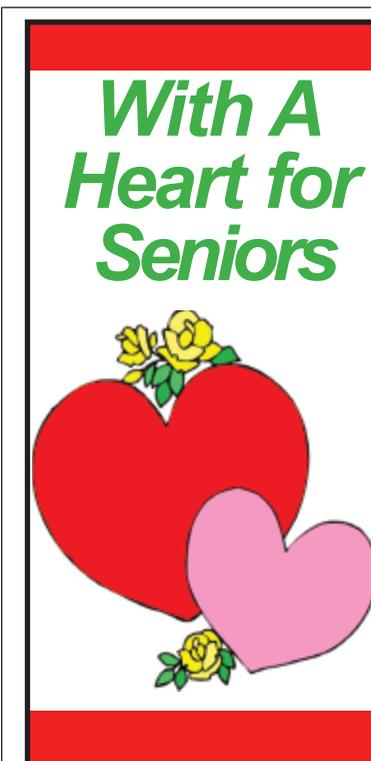
**RETRO Glowing Skin Gummy Vitamins** contain clinically studied antioxidants and have a juicy peach taste.

"We knew we wanted to tackle a wider range of issues with O Positiv," said Brianna Bitton, co-founder. "Our consumers care about their skin health, and RETRO is packed with clinically-proven ingredients that have been shown to improve skin texture. Plus, the gummies have a delicious juicy peach flavor that is hard to resist!"

Crafted with AstaReal® Astaxanthin, Vitamin C, Vitamin E, and hints of Hibiscus and Bamboo Extract, RETRO strives to empower you and your skin. Astaxanthin is a naturally occurring antioxidant produced by microalgae and phytoplankton with antioxidant power 6000x greater than Vitamin C. Promotes overall skin health and may reduce signs of aging by supporting collagen production and neutralizing free radicals. Take two gummies per day for deeply hydrated, bouncy, and glowing skin, and stay tuned for an additional RETRO format launching soon.



RETRO vitamins are vegan-friendly, gluten-free, cruelty-free, and non-GMO. The gummies can be purchased with one bottle, two bottles, or on the 'subscribe & save' model. Visit [www.опositiv.com](http://www.опositiv.com).



Until Every One Comes Home™

## Hints for Homeowners

## What to Ask When Hiring a Contractor

With record-high real estate prices, a growing number of homeowners are remodeling or renovating their existing homes rather than buying new. Increased demand and continued supply chain issues, however, have led to delays in getting quotes, uncertainties in the availability of materials, rising costs and an increase in homeowner frustration.

Whether you're looking at a new roof or siding, adding a deck, upgrading windows or insulation, you want to find a contractor who gets it right on the first try (and can meet today's fast-turn demand).

### What To Ask

To help, here are three important questions to ask potential contractors so you can find the right resource in a challenging environment:

#### 1. "Do I need to meet with you in person to get a quote?"

Contractors have followed the same manual transaction processes for decades. But home visits with pad-and-paper estimating is outdated, especially with digital-savvy homeowners.

Today, roofing, fencing and even siding companies can provide a preliminary quote without sending representatives to your house. Satellite measurements and a quick phone call are all you need to understand basic pricing and inventory availability for shingles, siding or lumber. Digital sales platforms help



*Asking the right questions of potential contractors can help you feel sure they'll do the job right.*

homeowners quickly compare contractors and reduce the time to get multiple estimates.

#### 2. "How soon can you start?"

How quickly a contractor can begin depends on pricing and availability of labor and materials. Be wary of contractors who offer services for unbelievably low prices—it's safer to pay more for a premium, professional job than take a gamble on a risky contractor.

Top contractors will prepare a digital estimate, taking current pricing into account. Using dynamic tools, your contractor should be able to make real-time changes to estimates and contracts to show how the materials selected will influence the schedule and cost. Similarly, such contractors will have access to real-time inventory via a mobile device so you can choose products, such as shingles, that are actually available, reducing delays.

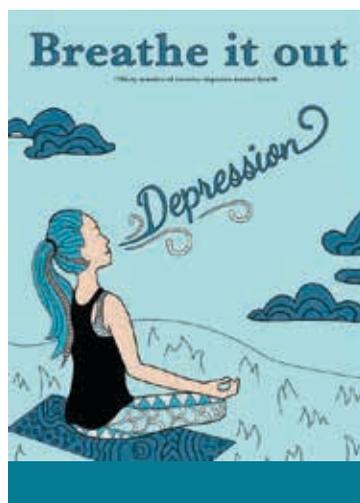
#### 3. "How do you handle changes?"

This is another area where a contractor using a digital sales platform can add value. By plugging in different options, your contractor should be able to tell you exactly how changes will affect cost and timing.

No need to wait days for a return phone call—using digital documents means a revised quote and contract can be sent quickly, helping to keep projects moving.

### Learn More

For further facts about digital tools to look for in a contractor, visit [www.leaptodigital.com](http://www.leaptodigital.com).



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## Are you 55 years or older?

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

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

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

*To access services, you must:*

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

**FOR MORE INFO, CONTACT US AT:**  
**866-421-1964** or email  
[communityoutreach@scanhealthplan.com](mailto:communityoutreach@scanhealthplan.com)

