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The 250-Year Fight for Freedom

By Les Goldberg



As we celebrate our country's 250th birthday, now, more than ever, it's time to reflect on where America has been and where it is going. In all that time, there is one common thread that weaves us together – our willingness to fight for the freedoms won since the Revolutionary War and fought for throughout our history.

Although some of those battles resulted in human sacrifice, others have brought us victories in our American way of life which have made us the envy of people all over the world.

Despite our success as a model democracy, we have had to endure and overcome many challenges. Today, those challenges involve political division, racial and gender inequality, accessibility to education, health care and affordable housing, among others.

However, historians will tell you that in a democracy, as in life, there are seasons of brightness as well as darkness. According to John Hope Bryant, founder of Operation Hope, "In the moment, the hard seasons feel endless. But time shows us something different: even the

longest nights eventually give way to morning."

He goes on to say that while our democracy is not perfect and often frustrating, "it is resilient. Our capitalism, for all its flaws, remains dynamic and connects us to the world. Our culture prizes individual dignity, personal freedom and the right to dream.

"These are not fragile beliefs. They are part of our DNA and woven into the fabric of our society. They are what keeps the foundation of this country from crumbling, even when the cracks appear."

That is why we as Americans need to look at this 250th anniversary as a unifying moment, a time to bring people together. "Anniversaries offer a shared starting point," says former Supreme Court Justice Sandra Day O'Connor. "Whether through classroom activities, public programs, community service or family conversations, this milestone is a chance for all Americans to learn more about the country and each other."

There has been a great deal of

Continued on page 8

70s FLASH BACK

'The Outsiders'

By Randal C. Hill

In the mid-1960s, Oklahoma adolescent Susan Eloise Hinton had a problem with books available to her.

"Realistic teenage fiction didn't exist," she claimed. "If you didn't want to read *Mary Jane Goes to the Prom*, there was nothing to read. I wanted to write something that dealt with what I saw kids really doing."

The book that Hinton wrote for herself ended up becoming something for millions of others to read and think about while also struggling to navigate the often-turbulent waters of teen society that sweep students through their hectic high school years.

Born in 1948, the older daughter of a Tulsa door-to-door salesman and a factory worker, she began composing her novel when she was 15 and completed it a year later. Much of it was written in the library at Will Rogers High School, where she was an apathetic student. (Hinton earned a D in a creative writing class.)

She found her groove with *"The Outsiders,"* a tale that left out parents, teachers, or any other authority figures. "Every teenager feels that adults have no idea what's going on," she maintained.

Her gritty narrative detailed conflicts between two young

groups in her town. One was the "socs" (pronounced "soshes"), for "socials," the privileged Tulsa students who lived in tony neighborhoods and often took cruel delight in provoking working-class "greasers" who were out walking the streets.

Greasers were poor kids from ramshackle neighborhoods, adolescents who smoked and wore leather jackets and committed petty crimes — and who dreaded confrontations with the socs.

Hinton's working-class neighborhood included lots of greasers, kids whom Hinton counted among her closest friends. Her inspiration for *"The Outsiders"* came about when a local friend was beaten after leaving a movie theater one night. She focused her story on a tough but sensitive 14-year-old greaser nicknamed Ponyboy Curtis.

Hinton took care of craft characters with good and bad traits from both groups. "I had friends on the rich side of town, too," she said. "They had their share of problems, also."

She later showed her manuscript to a friend's mother, who wrote children's books. The lady helped Hinton shop *"The Outsiders"* around, and it was snapped up by Viking Press, only the second publisher to look at it.

Viking recommended that Hin-

ton use her initials to hide her identity as a female writer.

"The Outsiders" went ignored at first, and S. E. Hinton's first royalty check was for a paltry \$ 10. Viking considered axing the publication until the company realized that teachers and librarians were the main people ordering copies. Over time, lots and lots of copies. Today, it's a mainstay in many school English classes, although controversy has often followed the work due to its portrayal of gang violence, family dysfunction, and use of strong language and slang.

Hinton's groundbreaking work has now sold over 15 million books. Honored as the first YA (Young Adult) novel — and the best-selling work ever from that genre — *"The Outsiders"* continues to sell about 500,000 copies each year.

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Upholstered Furniture Shopping Tips: 7 Questions to Ask

Are you shopping for upholstered furniture? Whether you are furnishing a new home, updating a room, or replacing a single item, there are many factors to consider. Here are seven questions to ask to help you make an informed decision:

1. Will it fit? Measure the length and width of your room, including windows, alcoves, and doorways. Create a floor plan on paper with the measurements to scale. Sketch the dimensions of furniture you like and what you plan to keep. Recreate your plan on the floor, marking spaces for each piece with tape (painter's tape may not damage the floor). Alternatively, you could use an interior design app. Some retailers have online features that will let you "picture" how a new item looks in your space.

2. What's your style? Magazines and design look-books, as well as Pinterest and Houzz, are terrific for honing your style. Visiting local stores and seeing the wide array of choices in person can also help. Don't hesitate to take advantage of design consultations—virtual or in-home—offered by many furniture stores.

3. Will it clean up and wear well? Ask your salesperson how the fabric will age over time and how to clean it. Is it stain-resistant? Will its color fade from sunlight streaming through a window? Fabrics are subjected to a "rub test" to rate



Asking the right questions lets you relax and enjoy furniture shopping.

their durability. A fabric should be at least 15,000 rubs for heavily trafficked areas, such as living and family rooms. Medium duty (9,000-15,000 rubs) may be adequate for less-used areas. Some fabrics are rated for family and pet friendliness! Ask for a sample swatch and experiment with how the sample cleans up after a coffee or wine spill. You might be surprised to find out how strong and stain-resistant many performance fabrics are made.

4. Does it make sense to invest in better quality furniture? High-quality, better-made upholstered furniture generally costs more because it is built with materials that are designed to last longer. A small percentage increase in cost now can translate to a sofa that maintains its shape and comfort for much longer.

5. Is flexibility in configuration important? If you plan to stay in your home for many more years, it may not matter if the furniture you buy can adapt.

But if you plan to move, or simply like to rearrange furniture periodically, today's modular styles create endless arrangement possibilities and eliminate permanent left or right alignments.

6. What's inside? People are increasingly concerned about the materials they bring into their homes that might affect indoor air quality. Look for upholstered furniture made with CertiPUR-US® certified foam. Certified foams are made without formaldehyde; ozone depleters; mercury, lead and other heavy metals; or phthalates regulated by the U.S. Consumer Product Safety Commission. It also means the foam has low VOC (volatile organic compound) emissions for indoor air quality (less than 0.5 parts per million). Certified foams are screened for relevant chemicals, including flame retardants, that are classified as carcinogens, mutagens or reproductive toxins and are harmful to human health. Vis-

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—TUCK adopted 05-04-11

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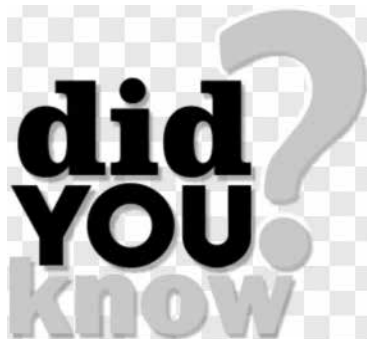
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Continued on page 8



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➔ Into The Wild by best-selling author Anh Do is the first in a thrilling new middle-grades trilogy about a young girl who must learn how to survive with only her new canine found family by her side. Learn more or order the book at www.harpercollins.com.

➔ Your health care provider can help you decide which obesity treatments are best for you. Learn more about treatment options at <https://patient.gastro.org/obesity/>.

➔ A person's genes may play a role in how they respond to mental health medications. Practitioners can use the GeneSight test (a simple cheek swab) to help patients based on genetics. Learn more from your clinician and at <https://genesight.com/mental-health-monitor/>.



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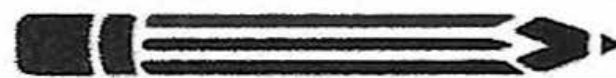
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by Jim Miller

Savvy SENIOR

What to Do When Medical Bills Pile Up

Dear Savvy Senior,

I'm 63 and recently had a hospital stay that left me with bills I can't afford to pay. I had Affordable Care Act health insurance, but after my premiums went up in January, I had to drop my coverage. Now I'm overwhelmed by medical bills. What can I do?

— Struggling Patient



Dear Struggling,

You're definitely not alone. Medical debt is very common. About 1 in 12 Americans are dealing with it, and many had insurance when the bills started piling up. The good news is that there are ways to reduce what you owe and make it more manageable. Here are some steps that can help.

Check your bills

Medical billing errors are more common than you might think, so start by taking a close look at every bill and explanation of benefits you receive. Watch for duplicate charges, services you did not receive, or prices that seem off.

If something does not look

right, call your provider's billing office and ask for an itemized bill. Do not be shy about asking questions. Even small mistakes can add up.

Ask for help

Most hospitals, especially non-profit ones, are required to offer financial assistance programs, often called charity care. Depending on your income, you may qualify to have part or even all of your bill forgiven.

Call the hospital billing office and ask specifically about financial assistance. You can also visit *DollarFor.org*, a nonprofit that helps patients apply for charity care programs at no cost.

Negotiate costs

If you do not qualify for assis-

tance, you still have options. Many hospitals and doctors are willing to collaborate with patients, especially if you reach out early.

Ask if they can lower the bill or offer a discount if you can pay something up front. You can also request a no-interest payment plan to spread the cost over time. If this feels overwhelming, a medical billing advocate can help. The Alliance of Professional Health Advocates, at *aphadvocates.org*, can connect you with professionals who review bills and negotiate on your behalf.

Find programs

Since you recently lost coverage, it is also worth checking whether you qualify for Medicaid, especially if your income has dropped. You can apply through *Healthcare.gov* or your state Medicaid office.

Another helpful tool is *BenefitsCheckUp.org*, from the National Council on Aging, which can point you to programs that help lower health care and prescription costs.

Get support

You do not have to manage this on your own. Several trusted organizations offer free or low-cost help. The Patient Advocate Foundation (*patientadvocate.org*) provides case management services and can help you find financial assistance. The National Foundation for Credit Counseling (*nfcc.org*) offers nonprofit credit counseling and guidance on managing debt. You can also visit *NeedyMeds.org* to locate programs that can

help lower the cost of prescriptions and other medical expenses.

The most important thing is to act sooner rather than later. Ignoring medical bills can lead to collections and added stress, but many providers are willing to collaborate with you if you reach out.

Start by reviewing your bills, then explore assistance programs and payment options. With some persistence, you can often lower what you owe and set up a plan that fits your budget. Medical debt is common, even among people who had insurance, but it is often negotiable, and there are real resources available to help you through it.

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

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Fight for Freedom

Continued from page 4

change over the last two and a half centuries, and one of the lessons learned is that every generation of Americans helps shape the future.

Our 250th anniversary of independence is not just a moment to look backward – it's also a time to think forward. It invites people of all ages to consider the following questions:

What kind of America are we building together? And, how will each of us help shape its future.

Furniture Shopping

Continued from page 6

it certipur.us/directory to find manufacturers and retailers offering upholstered furniture, mattresses and pillows made with certified foam before you make a purchase.

7. When will it be delivered?

If you are shopping with a deadline in mind and need that new recliner before a major event or holiday, plan ahead. If you customize your purchase, check on the delivery time frame and plan ahead.

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On the Road Again ...

Route 66: A Century of Nostalgia

By Shana McCann

As one of the most famous roadways in America celebrates its centennial anniversary, there's no time like the present to visit – or revisit – Route 66.

In fact, it is the perfect time to steer your vehicle along the pavement from Santa Monica to Chicago to honor this country's 250th birthday. And during your travels, you will be able to join many of the year-long celebrations planned by the cities and venues along the way.

When you consider how Route 66 came to be, you are reflecting on a significant period in American history – a period known as the U.S. industrial revolution, dominated mainly by the development of the automobile, the expansion of the nation's highway infrastructure, and a lifestyle based on newfound mobility.

A century ago, the country was in the throes of a “Go West” phenomenon and the “Roaring Twenties.” The automobile became more affordable and more reliable for long-distance travel. Paved roads were forming a network connecting large and small communities, and restaurants, garages, gas stations, and motor hotels – or motels – were popping up in every direction.

It was also a time when the government established a nationwide highway system, which



Photos courtesy of AAA.

resulted in many of the narrower corridors, like Route 66, succumbing to the progress of wider, faster, longer roadways, aka freeways and expressways.

But as Baby Boomers got older and yearned for a slower way of life, Route 66 became somewhat of an icon – a symbol of the post-World War II lifestyle.

And so, it has remained that way today.



Highlighted by the western deserts, rolling hills, midwestern farmland, and big city landscapes, “getting your fix on Route 66” is still a familiar jingle for touring motorists from one end of the 2400-mile, eight-state journey to the other.

According to my fellow travel writer, Jon Miksis, “Route 66 is not just a road trip ... it is

a full-blown American rite of passage.”

He adds: “One day you are eating in a dusty diner in Oklahoma; the next, you are driving past red rock mesas in Arizona or rolling into the California desert with the windows down.”

This year, especially, you'll want to book ahead of your lodging since the Route 66 Centennial Celebration is expected to attract more visitors than ever before. The highway won't be like the Hollywood Freeway at rush hour, but you're going to run into festivals, parades, car shows, caravans, and special events along the route.

Miksis' advice: “Don't rush. The charm of Route 66 lies in the journey itself, not just the destinations. Enjoy the iconic roadside stops, chat with locals, and soak in the unique vibe of each place.”

Among the “must-see” attractions are Shea's Gas Station Museum in Springfield, Ill., a restored filling station; Motorheads Bar & Grill with the huge Muffler Man outside and home to the “world's largest collection of Route 66 memorabilia; the Cozy Dog Drive-in where the locals claim is the site of the first corn dogs, and the Route 66 Historical Village in Tulsa, Okla., an outdoor museum featuring restored trains, oil derricks and a vintage filling station.

One of the highlights of the trip is the Big Texan Steak Ranch in Amarillo, famous for its 72-ounce steak challenge. Another Route 66 legend is the Cadillac Ranch, where 10 Cadillacs are buried nose-down in the field and serve as canvases for your own spray paint artwork.



When you get hungry in Albuquerque, you can feel the Route 66 vibe at the 66 Diner, featuring classic American food, a vintage jukebox, and a soda fountain.

In Kingman, Ariz., the Route 66 museum offers a deep dive into the road's history with artifacts and an hour-long documentary film. You can also take a family photo in front of the historic Route 66 sign.



As your momentous road trip continues throughout the eight states, you'll discover that it is not only educational from a historical perspective, but it is a real throwback to earlier times when life was slower, simpler, and less crowded with bumper-to-bumper cars and trucks.

Once you embark on a Route 66 adventure, you will quickly find a blending of Americana landscapes, history, and freedom that surpasses any road trip in the country.



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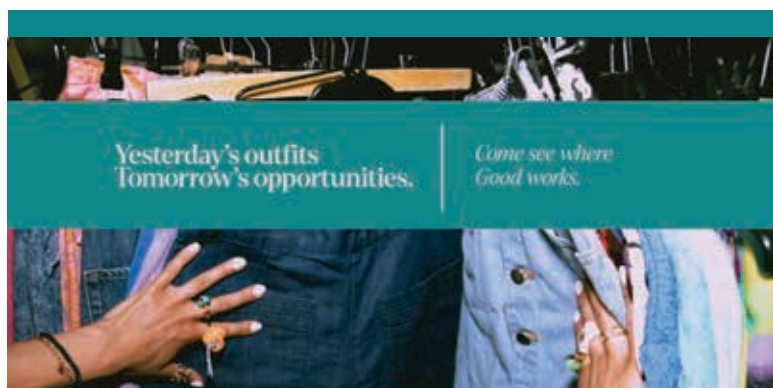


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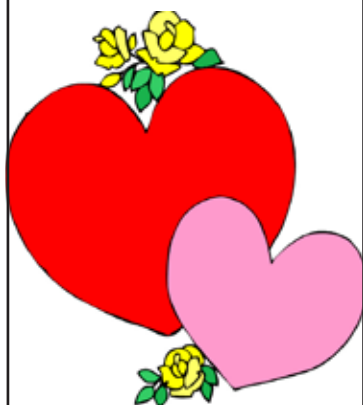
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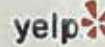
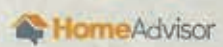
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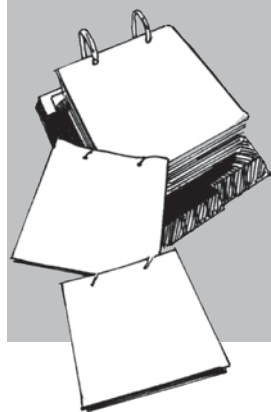
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JULY

Calendar of Events



July brings peak summer energy to Orange County, with major festivals, the opening of the Orange County Fair, coastal celebrations, art shows, food festivals, live music, and community traditions across the region. From beach-front surf competitions to cultural celebrations and outdoor entertainment, the month is packed with events for all ages. Here's a look at what's happening throughout Orange County this July.

Murder Mystery Scavenger Hunt

Dana Point

July 5

11:20 a.m. (arrive by 11 a.m.) Participants explore Dana Point Harbor, Doheny Beach, Lantern Bay Park, Heritage Park, and surrounding coastal landmarks while solving clues, riddles, and puzzles in a live-action murder mystery adventure designed for adults.

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Festival of Arts Fine Art Show

Laguna Beach

July 7–Sept. 3

This juried fine art exhibition features more than 100 Orange County artists in an open-air gallery setting. Guests can explore artwork, enjoy live demonstrations, dine on-site, and experience one of Southern California's premier summer art destinations.

LOCATION: 650 Laguna Canyon Road, Laguna Beach.

Pageant of the Masters – ‘The Greatest of All Time’

Laguna Beach

July 9–Sept. 4

8:30 p.m.

One of the most unique theatrical productions in the world, the Pageant of the Masters, brings famous works of art to life with live performers in an outdoor amphitheater under the stars.

LOCATION: 650 Laguna Canyon Road, Laguna Beach.

BBQ Music Fest

Mission Viejo

July 10–12

Enjoy award-winning barbecue, live music performances, DJ sets, dance lessons, and country

line dancing at this high-energy summer festival in Mission Viejo.

LOCATION: Oso Viejo Community Park, 24932 Veterans Way, Mission Viejo.

Murder Mystery Scavenger Hunt

San Clemente

July 11,

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

Participants explore Downtown San Clemente, the pier, beach trails, and Del Mar shops while solving interactive clues in a walking detective adventure along the coast.

INFO: Use Promo Code OCNET for 25% discount on tickets.

German Heritage Day

Huntington Beach

July 12

12 p.m. to 10 p.m.

Celebrate German culture with authentic food, beer, live music, and traditional entertainment at Old World Village in Huntington Beach. Guests are encouraged to dress in traditional attire or casual wear.

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



Orange County Fair

Costa Mesa

July 17–Aug. 16

The Orange County Fair returns with rides, live entertainment, food vendors, exhibits, livestock shows, competitions, and headline concerts, offering one of the biggest summer attractions in Southern California.

LOCATION: OC Fair & Event Center, 88 Fair Drive, Costa Mesa.

Magic at the Majestic: An Evening of Wonder

Anaheim

July 18–19

An intimate magic experience featuring performers seen on “America’s Got Talent,” Las Vegas stages, and the Magic Castle. Guests enjoy close-up illusions, storytelling, and live entertainment inside the historic Anaheim Majestic Garden Hotel.

LOCATION: 900 Disneyland Drive, Anaheim.

Murder Mystery Scavenger Hunt

Newport Beach

July 18

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

Teams explore the Balboa Peninsula, Fun Zone, Balboa Pier, and ferry routes while solving clues in a coastal detective-style walking game.

INFO: Use Promo Code OCNET for 25% discount on tickets.

Ocean Festival – ‘The Greatest Show on Surf’

San Clemente

July 18–19

This signature beach festival features surf competitions, dory boat races, ocean swims, sand sculpting, a 5K run, live music, and family-friendly beach activities along the San Clemente Pier.

LOCATION: San Clemente Pier.

Murder Mystery Scavenger Hunt

Old Town San Diego

July 25

11 a.m. (arrive by 10:40 a.m.) Participants explore historic Old Town San Diego while solving puzzles and clues in a live, interactive detective experience. (Note: the event is outside Orange County.)

INFO: Use Promo Code OCNET for 25% discount on tickets.

Pretzel Fest at Old World

Huntington Beach

July 25–Aug. 1

A two-weekend celebration featuring live music, beer garden offerings, and a wide variety of pretzel-inspired foods at Old World Village.

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

Health Hints

5 Questions to Ask at Your Medicare Annual Wellness Visit

Your Medicare Annual Wellness Visit is an opportunity for you and your primary care provider to check in on your health and create a personalized plan for moving forward. A trusted relationship with your provider helps ensure you have support and guidance whenever health needs arise. To get the most out of your visit, here are 5 questions you can ask to help you maintain or improve your health:



Knowing what questions to ask helps you get the most from your health care visits.

Do any changes need to be made to my medications?

Be sure to review your current medications and supplements during your visit, especially if you're seeing a new provider. It's important to know whether you're taking the appropriate medications and if any refills will be needed. If you're having issues with your current medication(s), let your provider know. If you are prescribed a new medicine, ask if there are any side effects or interactions with your current medication(s). Make sure you're comfortable knowing how often and for how long you should take a particular medication.

What health screenings or tests do you recommend for me?

Depending on your age and other risk factors, your provider may recommend screening tests for conditions such as high blood pressure, diabetes, osteoporosis and colorectal cancer. If you're female, your provider may recommend screenings

for breast and/or cervical cancer. For males, screening for prostate cancer may be recommended. Be sure to disclose if you have any personal or family history of certain cancers or diseases, as this may increase your risk.

What vaccinations do I need this year?

As people get older, their immune system gets weaker, making it harder for their body to fight off infections. This makes older adults more susceptible to illnesses such as the flu, pneumonia, respiratory syncytial virus (RSV) and shingles. Complications from these conditions can lead to long-term illness, hospitalization and even death. Based on your lifestyle and other risk factors, your provider may recommend specific vaccines that could reduce your risk.

What can I do to stay independent as I age?

Aside from treating your health

issues, your provider wants to make sure you have the information you need to improve your health and prevent other problems from occurring. Ask about any changes you should make in your diet, which physical activities you can do and what habits you should start or stop. As you age, maintaining mobility is essential for preserving independence and preventing injury. Mental health also plays an important role in influencing your cognitive function and quality of life. Strong social connections help reduce isolation and are linked to longer, healthier lives.

Will I need a follow-up exam sooner than one year?

Ask your provider's opinion on the best follow-up schedule for you. Based on your current health or risk factors, your provider may want to see you sooner or more frequently than once a year. Also, be sure to ask what you should do in the event of having a sudden illness or

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

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

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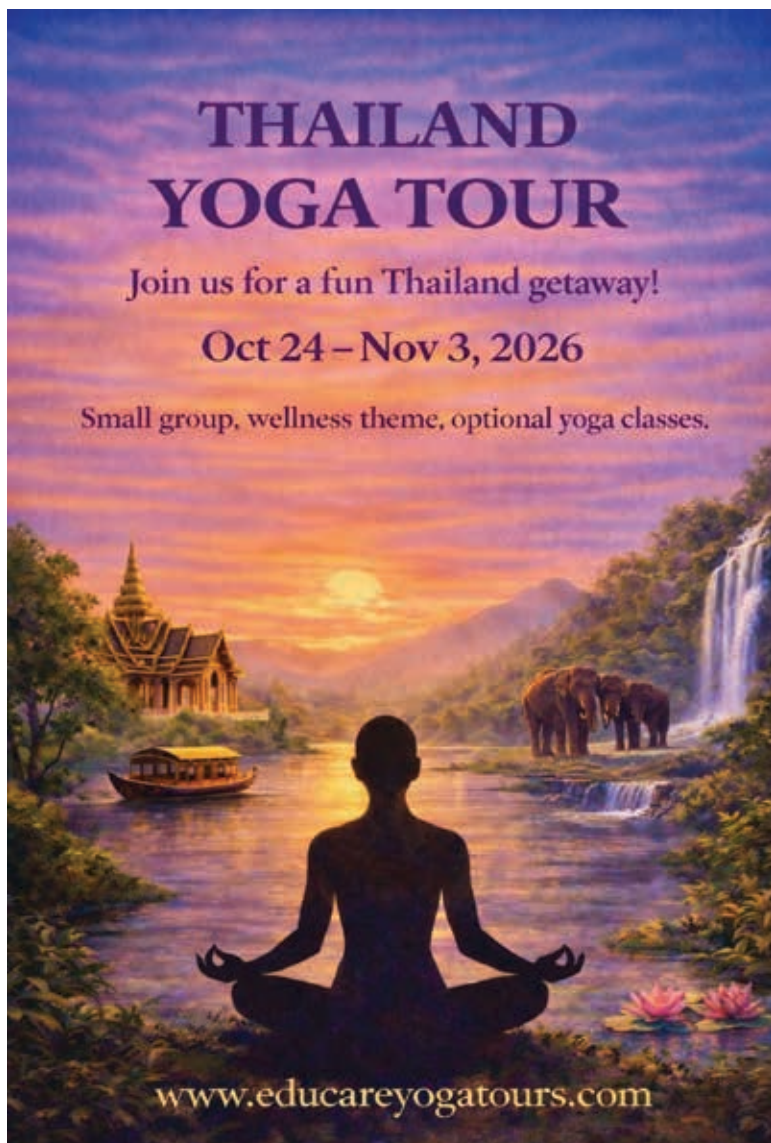


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The Gadget Geezer

By Les Goldberg

Smart Homes Getting Smarter

If you have been following this column for the last 16 years, you know that I have written ad nauseam about the “Smart Home.” Technology has managed to transform your domestic domain into a more secure, more convenient, and more efficient environment.

Thanks to cellphones, apps, Wi-Fi, the Internet, and advanced semiconductor chips, your refrigerator can let you know when it is time to restock your food, your garage door will open and close at your command, your lights will come on at a scheduled time, and your digital alarm system will warn you when you’re in an emergency.

Let’s talk about your security, since it is so important to your safety and well-being:

The invasion of tech-based security products and services is continuing at rocket speed.

Here are a few examples:

Aqara Camera Hub G5

Some of the most useful connected home gadgets can be found in your front yard. For instance, one of the more popular products is the **Aqara Camera Hub G5 security camera**.



Photos courtesy of Amazon.

It features high-resolution video, color night vision, and artificial intelligence (AI)-powered motion detection and alerts, while also acting as a hub for other smart home devices with support for built-in software from programs like Matter, Thread, and Zigbee protocols.

Arlo Video Doorbell



Answering the question, “Who’s at the door?” is a mystery to many when your old-school doorbell rings. Is it a friend, neighbor, delivery person, or an unwanted solicitor?

There has been an influx of new smart video doorbells on the market, and one of them stands out – the **Arlo Video Doorbell**. A first-line defense against

porch pirates, this device lets you see and speak with the person outside while it records footage of visitors approaching your door.

It offers HD or 2K sharp video, a wide 180-degree field of view, wired or wireless installation, and third-party support, including voice control.

Ultraloq Bolt Fingerprint Door Lock



Another piece of tech you may want to consider is a smart lock like the one called **Ultraloq Bolt Fingerprint**.

Whether you are entering or leaving your home, this versatile smart lock monitors your movements using voice and fingerprint recognition, a mobile app, keypad, or traditional keys.

Feather River Smart Glass Doors

I must admit, this product blew my mind. Instead of deciding to

Continued on page 22



Photo courtesy of Pixabay.

July arrives at the height of summer, bringing long days, warm nights, and a slower rhythm that seems to settle over everything from neighborhoods to coastlines. It is a month defined by lighter sunrises, late sunsets, and the kind of golden glow that makes even ordinary moments feel a little more memorable.

In many communities, July is centered around outdoor life. Beaches are busier, parks stay full well into the evening, and backyards become gathering places for barbecues, celebrations, and quiet dinners under the sky. It is a month when people naturally spend more time outside, whether that means a walk after dinner, a weekend trip to the coast, or simply sitting on the porch as the day winds down.

July also carries a strong sense of tradition. In the United

States, it is anchored by Independence Day on July 4th, a national holiday marked by parades, family gatherings, and fireworks displays that light up the night sky. For many, it is one of the most recognizable moments of the year, blending history with summer celebration.

Beyond the holiday, July often feels like a bridge in the year. School is out, routines loosen, and travel picks up as families take advantage of mid-year breaks. Road trips, airport crowds, and packed destinations become part of the seasonal landscape. At the same time, there is still space for quieter moments—early morning coffee before the heat sets in, or late evenings when the air finally begins to cool.

In literature and culture, July is often associated with reflection and transition. It sits firmly

Continued on page 22



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The Gadget Geezer

Continued from page 20



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Continued on page 21

in the middle of the calendar, a point where the year can be looked at with both hindsight and anticipation. Goals set in January may be revisited, adjusted, or renewed. It is a natural pause point, even as life continues at full summer pace. Gardens and landscapes also reach their peak in July. Flowers are in full bloom, trees are dense with leaves, and everything feels alive with growth. It is a reminder of nature's cycle at its most vibrant stage before the gradual shift toward late summer begins.

Ultimately, July is a month of fullness—of light, activity, and experience. It does not ask for urgency, but it rarely feels still. Instead, it offers a stretch of time where days feel both long and fleeting, and where ordinary summer moments often become the ones remembered most clearly.



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In The Spotlight

By Debbie L. Sklar

Rethinking Home Protection: Why Seniors Are Moving Toward Layered Safety Instead of Single Solutions

Home protection is no longer built around a single tool or a single moment. For many seniors and homeowners in California, the older mindset of relying solely on locks, alarms, or even firearms is shifting toward something more practical: layered safety built around time, awareness, and controlled response.

The idea, increasingly echoed by safety professionals and industry voices, is that most real-world incidents are not decided instantly — they unfold in short bursts where each layer either slows or escalates what happens next.

Start with the basics that still matter most.

Despite new technology and evolving tools, the foundation of home security remains simple and often overlooked.

That includes:

- Locking doors and windows consistently, even during the day
- Reinforcing sliding glass doors and weak entry points
- Installing motion-activated lighting around the perimeter
- Keeping visibility clear around entrances
- Ensuring emergency access points are visible and accessible

Security professionals say these steps matter because opportunistic incidents often rely on speed and ease — not planning or persistence. Remove easy access, and many situations never develop further.

The awareness layer: cameras and alarms

Modern alarm systems and cameras add a second layer: awareness. They don't physically stop an entry, but they change behavior by increasing the likelihood of detection.

This “notification layer” is increasingly seen as a behavioral deterrent. People act differently when they believe they are being recorded or could be interrupted at any moment.

But awareness alone still has limits. It informs—but does not delay.

A growing category: less-lethal launchers

Another layer gaining attention among homeowners is the use of less-lethal launchers. Unlike traditional self-defense tools that require close contact, these devices are designed to provide a stand-off distance between a user and a potential threat.

Depending on the product,

launchers may deploy pepper-based irritants, inert projectiles, or other less-lethal rounds intended to disrupt, deter, or create an opportunity to escape. Supporters of these systems say the appeal lies in adding distance and reaction time without immediately escalating to lethal force.

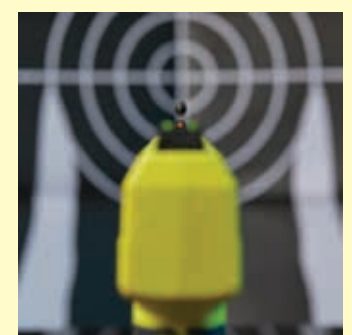
For seniors, the concept can be especially relevant. Many older adults are looking for options that are easier to use under stress than a firearm, but more active than relying solely on alarms or emergency calls.

Where SABRE fits, creating distance before escalation

This is where SABRE enters the broader safety conversation.



Founded in 1975 and still family-owned, SABRE has spent decades developing personal safety products, including pepper sprays, home-defense solutions, and other less-lethal protection tools. Today, the company's products are sold by major retailers and used by consumers, law enforcement



Photos courtesy of Sabre.

agencies, and security professionals worldwide. CEO David Nance says the company's mission has long centered on helping people protect themselves while creating opportunities to avoid or de-escalate dangerous encounters.

Nance frames modern protection less as a question of force and more as a question of timing. In his view, most people misunderstand home safety because they imagine a clear, controlled confrontation. In reality, these situations are fragmented, fast-moving, and often defined by confusion on both sides.

A key part of his argument is

that stress changes behavior. People hesitate, misread intent, or freeze entirely. That “decision gap,” as safety psychologists often describe it, is where outcomes are actually determined—not in strength, but in reaction time.

As Nance puts it:

“Most people don't lose safety because they're unprepared—they lose it because everything happens faster than they can process it.”

Nance believes that creating even a few extra seconds can change the course of an en-

Continued on page 24



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In The Spotlight

Continued from page 23

counter, allowing someone to retreat, call for help, or avoid a confrontation altogether.

Within that context, SABRE's focus on less-lethal, distance-based deterrence is intended to fill a specific role: not to "win" a confrontation, but to interrupt it.

Nance often describes this as creating a buffer zone—adding just enough disruption to break momentum, increase distance, and restore decision-making time. It is less about escalation and more about preventing escalation from locking in.

One example is SABRE's personal safety launcher, a device designed to provide stand-off distance and an additional layer of protection between a user and a potential threat.

Critically, even within that philosophy, SABRE products are not positioned as standalone protection. They are part of a sequence—meant to work alongside environmental security, awareness systems, and basic home hardening.

California residents should also be aware that laws governing defensive tools vary by product type, making it important to understand state and local regulations before purchasing or carrying any personal protection device.

Firearms and the reality of pressure

Firearms remain part of many home defense strategies, but instructors increasingly point out the complexity of high-stress decision-making.

Storage requirements, legal responsibility, and the speed of real-world encounters all factor into outcomes. Under pressure, even trained individuals can experience hesitation or confusion.

That is why some safety educators now emphasize "progressive response planning"—a layered approach that starts with deterrence and only escalates if necessary.

Why seniors are driving this shift

Older adults are a major reason this layered approach is gaining traction. Not because they are less capable, but because their priorities are different: simplicity, clarity, and reliability under stress.

Mobility considerations and comfort levels with firearms also influence decisions. For many seniors, the goal is not maximum force—it is maximum time and control.

The bigger shift: safety as a sequence, not a single moment

Across all layers—locks, lighting, alarms, and less-lethal deterrence, the underlying shift is the same.

Instead of asking, "What stops an intruder?" the question becomes:

"What slows this situation

down long enough for me to stay in control?"

That framing reflects the core of modern safety thinking: most outcomes are not decided by force, but by how much time each layer adds before a situation becomes unmanageable.

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July Book Club

By Debbie L. Sklar



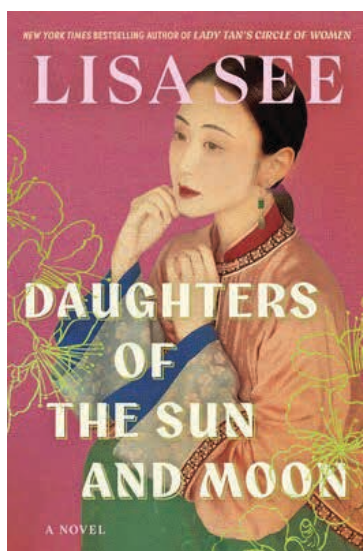
In *“Daughters of the Sun and Moon,”* Lisa See returns to the sweeping historical storytelling

Summer reading season is in full swing, and July’s new releases deliver exactly what readers want right now—stories that travel across time, place, and emotion. From historical fiction rooted in post-Civil War Los Angeles to sun-drenched Italian summers and modern explorations of friendship and motherhood, this month’s book club picks offer something for every kind of reader. Whether you’re building your beach stack or looking for your next group discussion title, these five novels are worth a closer look.

Daughters of the Sun and Moon

By Lisa See

Publisher: Scribner



“Some friendships are not planned—they are survival.”

that has made her one of the most widely read voices in contemporary fiction. Set in post-Civil War Los Angeles, *“Daughters of the Sun and Moon”* follows three Chinese women whose lives intersect during a time of displacement, rebuilding, and cultural tension in a rapidly changing city.

What begins as a story of endurance becomes something deeper in *“Daughters of the Sun and Moon,”* a portrait of how women create community in places where they are not always welcomed. As the characters navigate prejudice, shifting social structures, and personal loss, their unexpected friendship becomes the center of their survival.

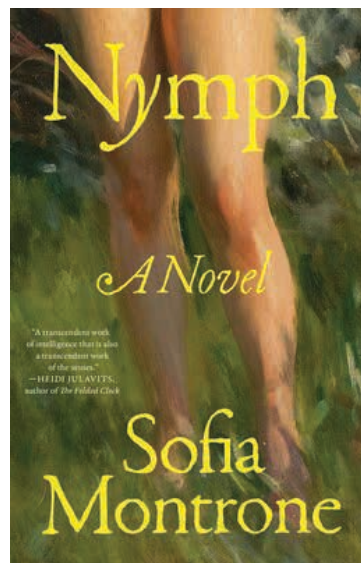
Readers familiar with See’s earlier novels will recognize her attention to historical detail and her ability to weave intimate emotional lives into larger cultural landscapes. *“Daughters of the Sun and Moon”* is a strong book club pick, especially for discussions about identity, migration, and resilience.



Nymph

By Sofia Montrone

Publisher: Scribner



“Summer can be beautiful, but it never stays simple for long.”

Sofia Montrone’s debut novel *“Nymph”* unfolds in the heat and haze of the Italian countryside, where a young girl spends her summers working at her family’s agriturismo. In *“Nymph,”* the rhythm of seasonal life is disrupted by a tragedy that divides everything into “before” and “after.”

At its heart, *“Nymph”* is a coming-of-age story about first love, self-discovery, and the fragile moment when childhood begins to break apart. When the protagonist becomes involved in a relationship with an American girl, the connection brings both intensity and consequence, reshaping her understanding of desire and identity.

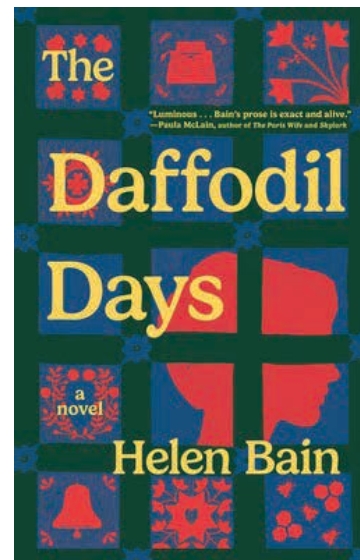
“Nymph” “is especially notable for its sensory writing—sun-drenched landscapes, quiet

village routines, and emotional undercurrents that build slowly but steadily. Readers who enjoy layered, character-driven fiction will find *‘Nymph’* a compelling summer read that lingers well beyond the final page.”

The Daffodil Days

By Helen Bain

Publisher: Scribner



“Every story has a center—but not every story is told from it.”

In *“The Daffodil Days,”* Helen Bain takes an inventive approach to historical fiction by revisiting the final year of Sylvia Plath’s life through the voices of those around her. Instead of focusing solely on the poet herself, *“The Daffodil Days”* constructs a mosaic of perspectives from friends, neighbors, and acquaintances in the English countryside.

This structure gives *“The Daffodil Days”* a layered quality, where memory and interpretation shape the narrative as much as events themselves. The result is a novel that feels

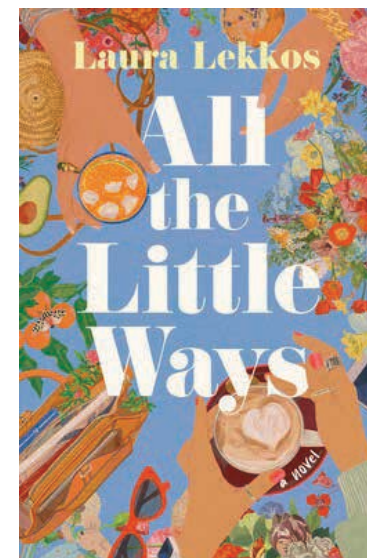
both intimate and fragmented, echoing the complexity of legacy and artistic mythmaking.

For readers interested in literary history, creative structure, or character-driven storytelling, *“The Daffodil Days”* offers a thoughtful and unconventional reading experience that encourages discussion about how stories are told—and who gets to tell them.

All the Little Ways

By Laura Lekkos

Publisher: Scribner



“Friendship doesn’t disappear under pressure—it reveals itself.”

In *“All the Little Ways,”* Laura Lekkos explores the shifting terrain of adult friendship through the story of two women preparing for motherhood. As they navigate pregnancy, family expectations, and evolving personal identities, their bond becomes both essential and increasingly complicated.

Continued on page 28

July Crossword Puzzle

Across

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

Down

1. Latvian, e.g.
2. _____ saw Elba
3. Sign gas
4. Novelist Bagnold

5. Seasoned pork sausage
6. Actor Mineo
7. An earth sci.
8. Triple
9. Short composition
10. Island greetings
11. Bolshevik leader
12. Make _____ of (write down)
13. Annoyed
21. Burgle

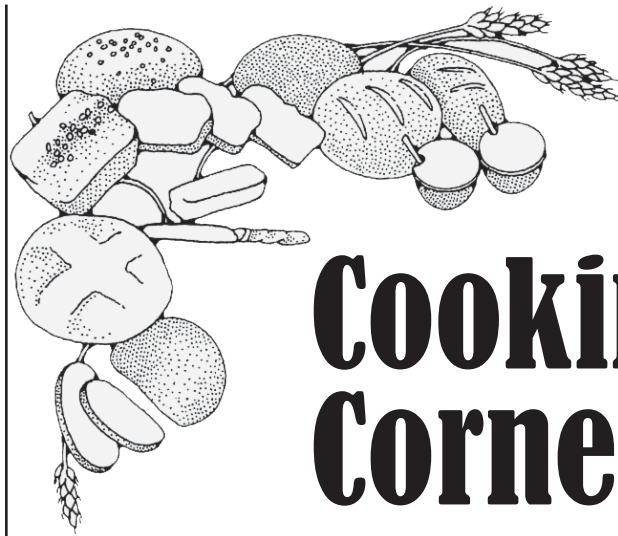
23. Ten C-notes
25. Twinned crystal
27. Deal (with)
28. Cry of disbelief
29. Baseball stats
30. Family head
34. Photo _____
35. "The Mary Tyler Moore Show" spinoff
36. Facts and figures

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

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

Answers on Page 29

1	2	3	4	5		6	7	8	9		10	11	12	13
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66						67					68			



Cooking Corner

Red, White & Blue Berry Trifle

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

Prep: 20 min Cook: 0 min Serves: 10-12

Summer berries are at their sweetest in July, making this Red, White & Blue Berry Trifle a festive treat for any gathering. With its bright layers and cool, creamy texture, it's an easy no-bake dessert that brings a burst of patriotic color to your holiday table.



Ingredients

- 1 (10-12 oz) pound cake or angel food cake, cut into 1-inch cubes
- 2 cups fresh strawberries, sliced
- 1 1/2 cups fresh blueberries
- 1 cup fresh raspberries (optional)
- 2 cups cold heavy whipping cream
- 1/3 cup powdered sugar
- 1 tsp vanilla extract
- 1 (3.4 oz) box instant vanilla pudding mix
- 1 1/2 cups cold milk

Instructions

Make the cream layer

Whip heavy cream with powdered sugar and vanilla until soft peaks form. In a separate bowl, whisk pudding mix with cold milk until thickened. Fold the whipped cream into the pudding to create a light, fluffy filling.

Layer the trifle

Place half the cake cubes in the bottom of a clear trifle bowl. Spoon half the cream mixture over the cake, then add a layer of strawberries and blueberries.

Repeat

Add the remaining cake cubes,

the rest of the cream mixture, and another generous layer of berries.

Decorate

Arrange strawberries, blueberries, and raspberries on top in a simple flag pattern or circular starburst.

Chill & serve

Refrigerate at least 1 hour before serving to allow flavors to blend.

Tips for a Perfect July Trifle

Choose Fresh Berries —

Look for firm, brightly colored berries without soft spots

Keep Layers Distinct —

Pat berries dry and spoon cream gently to maintain clean stripes

Make Ahead —

Assemble up to 6 hours early; refrigerate to let flavors meld

Easy Serving —

Use a long-handled spoon to reach all layers, or portion into small cups for guests

Patriotic Garnish —

Add a few star-shaped strawberry slices on top for a festive finish

Celebrate



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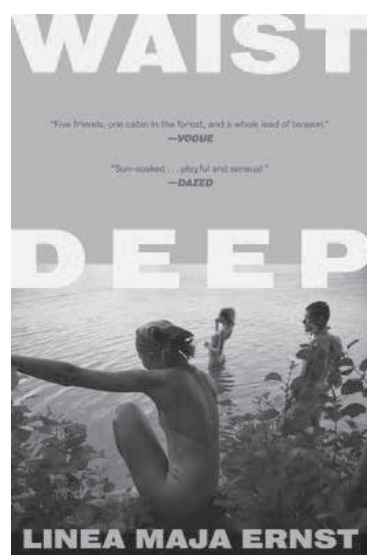
Continued from page 25

At first, “*All the Little Ways*” presents a portrait of support and shared experience. But when a surprising revelation surfaces, the foundation of that friendship begins to crack, forcing both women to reconsider what trust really means.

What makes “*All the Little Ways*” stand out is its attention to everyday emotional detail—the small conversations, quiet doubts, and unspoken comparisons that define close relationships. It’s a novel that will resonate strongly with readers interested in contemporary women’s fiction and the realities of modern family life.

Waist Deep

By Linea Maja Ernst
Translated by Nicolette
Sherilyn Hellberg
Publisher: Scribner



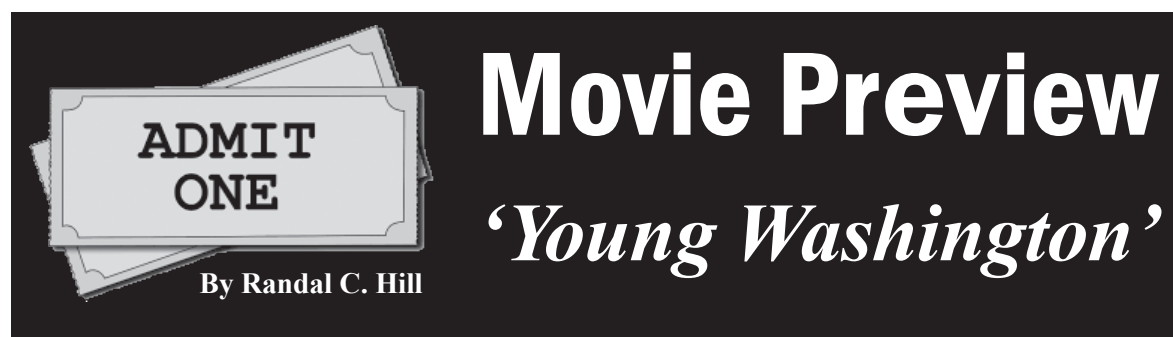
“Some summers change nothing. Others change everything.”

In “*Waist Deep*,” Linea Maja Ernst delivers a witty, sharply observed story about friends, lovers, and the blurred space

in between. Set during a long, restless summer, “*Waist Deep*” follows a group of interconnected relationships that shift in unexpected and often messy ways.

What makes “*Waist Deep*” compelling is its emotional honesty. The characters are flawed, impulsive, and deeply human, making choices that ripple through their friendships and romantic lives. As boundaries blur and loyalties are evaluated, “*Waist Deep*” becomes less about resolution and more about experience itself.

With its mix of humor, desire, and self-awareness, “*Waist Deep*” offers a smart, modern take on relationships that feels both entertaining and grounded in emotional truth.



Move over, Timothee Chalamet, there’s a new kid coming to town. He’s British, he’s young (just 22), and he could just be about to enter the American moviegoing lexicon in a big way. William Franklyn-Miller, a GQ-handsome actor, will soon grab folks’ attention here on our shores.

Franklyn-Miller had enjoyed limited success in an Australian soap opera, as well as with a stint on the Netflix drama “*Medici*.” This feature, though, marks his first lead movie role, and certain Tinseltown moguls are 100 percent behind William’s possible vault into the Big Time. Jon Erwin, director and co-writer of the “*Young Washington*” script, proclaims, “William is absolutely the actor to bring this role to life. He’s an incredible talent, and I am ecstatic to have him playing the title character in our film.”

In “*Young Washington*” George is portrayed as a soldier thrown into a global conflict, much of which was his fault due to a tactical error that eventually fueled the French and Indian War of 1754 to 1763. The support of once-dependable allies was crumbling, and the horrors of a coming war were closing in like scudding storm clouds. Washington had to choose who to trust and who to confront as the leader he was becoming.

The events portrayed here, of course, occurred decades before the Virginia-born soldier became commander of the Continental Army during the American Revolution and our first president.

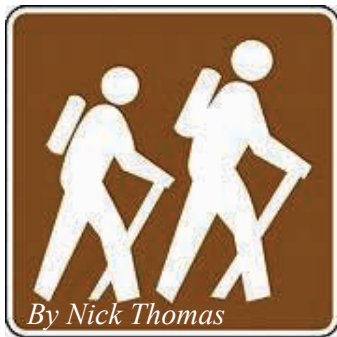
The supporting cast includes such familiar folks as Ben Kingsley and “*Frasier*” alum Kelsey Grammer.

Director Erwin (“*House of David*”) does not attempt to curb his excitement: “With ‘*Young Washington*,’ I am honored to be able to show a modern audience what it felt like to be George Washington during such an early and pivotal time in his life; his ambition, his heartbreak, his failures and the events that drove him to become the revered figure we all know ... George Washington’s early years is a story I’ve wanted to tell for a very long time. The trials he faced shaped the man who would lead a nation, and so much of that journey remains largely untold. Bringing this powerful story to life with such an extraordinary cast is a dream come true.”

Brandon Purdie, the head of theatrical distribution at Angel Studio, which is releasing “*Young Washington*,” adds, “[The movie] captures the tension, courage and humanity of a leader whose formative story

has rarely been told on screen ... Opening in theaters during the Independence Day holiday and the 250th anniversary of America, the film will bring an untold chapter of our founding to audiences nationwide.”





Take a HIKE

To Roosevelt National Park, North Dakota



Wild horses in the park.

Those heat sources cooked the rocks above, producing the red baked rock still capping the surrounding hills. Eventually, the heat caused some areas to collapse and formed the depression that hikers walk through today. Most recently, fires started in the 1950s and burned for three decades.

The striking scenery while hiking includes stunningly colorful rock layers, undulating hills, and vegetation, including prickly pear cactus. Visitors should keep a watch out for the bison and wild horses that can pop up anywhere and always maintain a safe distance. You probably won't find any prairie dogs on this trail since they prefer, well, prairies. While they are terribly cute, they are very skittish, being low down on the food chain and sought out by coyotes, badgers, bobcats, and various birds of prey.



Early morning at the park.

Our last visit to the park was in early spring, before the summer crowds invaded this beautiful vacation gem. Early mornings were still chilly and foggy, but they were an excellent time to visit with the mist hovering in the valleys. Of the Grand Canyon, Teddy Roosevelt once



Photos courtesy Nick Thomas.

Yellowstone is renowned for its huge bison population. Badlands National Park is famous for stretches of surreal striped landscape. On the Outer Banks, herds of wild horses roam freely. But you don't have to travel to Wyoming, South Dakota, and North Carolina to experience them.

be sure, North Dakota is a bit off the beaten track, but the park still receives more than half a million visitors a year. For nature lovers, it's worth the drive.



Part of the Coal Vein Trail.

Hikes range from short and easy to long and challenging. The Coal Vein Trail in the South Unit is a 0.8-mile loop that's fairly easy with a few stairs and mildly steep sections. The views are wonderful, and the trail highlights the area's natural history and geology. Once an ancient swamp, underground coal fires burned in the area thousands of years ago, caused by "spontaneous combustion, range fires, and lightning," according to the park's website.

Dozens of hiking trails spread across the park's more than 70,000 acres (110 square miles) that are divided into North and South Units, 80 miles apart. To

said, "Leave it as it is. You cannot improve on it." That applies equally to the park that carries its name.

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



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Fabulous Finds

By Debbie L. Sklar

Fab Finds: The Summer Glow-Up Edit

Summer is officially in full swing, and July's **Fab Finds** spotlight products that blend wellness, beauty, and a little seasonal escape. From gut-health innovation that also supports skin radiance to nostalgic fragrance collections and multitasking first-aid essentials, this month's lineup is all about easy upgrades that fit seamlessly into everyday routines. Think smarter supplements, sensory beauty, and practical care products designed to simplify the season.

Florastor Digest + Skin Renew



Photo courtesy of Florastor.

Florastor is expanding beyond digestive health with its newest innovation, **Florastor Digest + Skin Renew**, a probiotic designed to support gut balance while also promoting healthier-looking skin. As interest continues to grow around the gut-skin connection, this formula aims to bring internal wellness and visible radiance into a single daily supplement.

At its core, the product combines clinically studied probiotics with botanicals and Vi-

tamin C to support digestion while addressing skin concerns like firmness, tone, and overall glow. It reflects a larger shift in wellness toward holistic solutions that treat the body as an interconnected system rather than separate concerns.

Product highlights:

- Supports digestive balance and gut microbiome health
- Helps reduce bloating and promote immune support
- Combines probiotics with Vitamin C and antioxidant botanicals
- Includes French melon superoxide dismutase, damask rose extract, and acerola cherry Vitamin C
- Designed to support skin radiance, firmness, and tone uniformity
- Backed by consumer findings showing improved skin glow and texture with continued use

Early clinical findings linked to the formula suggest noticeable improvements in skin appearance over time, reinforcing its positioning as a dual-action wellness product. The brand is also highlighting the growing consumer demand for simplicity—one supplement that serves multiple needs without complicating daily routines.

Where to buy: Florastor.com, select retailers, and major online health stores.

Price: Approximately \$45–\$60 per bottle (varies by retailer).

Marc Jacobs Beauty (Re-Launch Collection)



Photo courtesy of Marc Jacobs Beauty

The return of **Marc Jacobs Beauty** marks one of the most anticipated relaunches in prestige cosmetics. Reintroduced in partnership with Coty and Sephora, the collection revives the brand's bold, expressive approach to makeup—where color, texture, and creativity take center stage.

The line is designed around “Joyride Sensoriality,” a concept that emphasizes makeup as an experience rather than just a routine. Each product is meant to be layered, blended, and played with, encouraging individuality and experimentation.

Product highlights:

- Includes eyeliner, eyeshadow, mascara, blush sticks, bronzers, and highlighters
- High-impact pigments with long-wear formulas
- Designed for layering and buildable color expression
- Signature packaging featuring daisy, heart, and star motifs
- Collectible design aesthetic with metallic and soft-touch finishes

• Range designed for eyes, lips, and complexion versatility

The collection reflects a return to playful, fashion-forward beauty with a strong focus on personality-driven makeup rather than minimalist trends.


Where to buy: Sephora.com, Sephora app, MarcJacobs.com

Price: \$26–\$42 per product.

T.N. Dickinson's Witch Hazel First Aid Essentials

For everyday skin care emergencies, **T.N. Dickinson's Witch Hazel** introduces two new multitasking products designed to simplify first aid: the **Wound**

Continued on page 35



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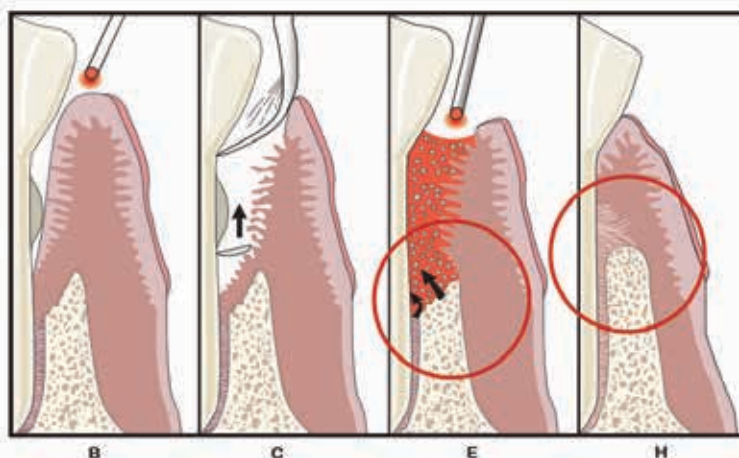
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1. Gregg RH II, Gregg DM. Laser-assisted periodontal regeneration with the LANAP protocol. *Dent Today* 2019 May;38(5):78, 80-83
2. FDA Clearance K151763

Senior Health

What You Should Know About Healthy Aging

Seniors, caregivers and their families and support systems should prioritize certain steps to promote healthy aging—many of which can happen from the comfort and convenience of their homes—including the following:



ures Report” states that 54% of people who believe they have cognitive decline have not consulted a healthcare professional.

1. Improve your lifestyle: Improving lifestyle is crucial with age, with 95% of adults over 65 having one or more chronic conditions—diseases heavily influenced by lifestyle decisions that can be prevented with the right education, support and personal health engagement. Giving up smoking, changing your diet, cutting out alcohol, and moving your body are all incredibly important.

Getting the proper behavioral health screenings for mental health issues and cognitive impairment is thus incredibly important for seniors, as is getting connected to the right support and health care providers to help seniors take the next best action.

2. “Know your numbers,” get routine testing: Early detection is vital for controlling chronic disease progression. Seniors should regularly track key health indicators, such as blood pressure, weight, cholesterol levels, and blood sugar, and get screened for the most common yet debilitating diseases, such as heart disease, kidney disease, COPD, and diabetes.

4. Understand your medications: Not taking medications correctly (or at all) can cause a snowball effect of unmanaged health conditions, while certain combinations of drugs—including common over-the-counter medications and supplements—can lead to avoidable interactions, emergency room visits, and hospitalizations. Getting a comprehensive medication review is one of the most important steps seniors can take to stay on the right track with their health and adhere to their care plans.

3. Get screened for cognitive changes: Many aging adults don’t know they’re experiencing cognitive decline but will recognize and get frustrated by certain changes (e.g., memory loss, attention deficit, loneliness and depression). Unfortunately, a lot of this decline is untracked—the Alzheimer’s Association’s “2024 Alzheimer’s Disease Facts and Fig-

5. Get connected to your primary care doctor: Staying engaged with your primary care doctor can have a huge effect on improving your overall health. However, it can be easier said than done. One in five Americans lives in a rural area and often has a harder time accessing health care services.



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In the mid-1950s, American television was dominated by traditional, white-picket-fence family dynamics. Audiences tuned in weekly to watch wholesome, stable couples navigate mild domestic misunderstandings in shows like *“Father Knows Best”* and *“The Adventures of Ozzie and Harriet.”* However, on January 2, 1955, a wildly different kind of sitcom debuted on NBC.

Originally titled *“The Bob Cummings Show”* — and later immortalized in syndication as *“Love That Bob”* — the series introduced a slick, self-assured bachelor archetype that challenged the era’s conventional

family mold. Created and produced by Paul Henning, who would later create 1960s mega-hits like *The Beverly Hillbillies*, the show ran for five successful seasons and 173 episodes, leaving a lasting mark on television history.

The Playboy of Mid-Century Television

The series centered around **Bob Collins** (played with charismatic, fast-talking energy by movie veteran Robert Cummings), a dashing Hollywood glamour photographer and U.S. Air Force Reserve officer. Bob’s professional life was a thinly veiled excuse to pursue a non-stop rotation of beauti-

ful models. Long before Hugh Hefner’s philosophy completely saturated American pop culture, Bob Collins was the original televised playboy—living in a sleek bachelor pad, driving sports cars, and utilizing every photographic trick in the book to charm his subjects.

What kept the character likable, rather than predatory, was Cummings’ immaculate comedic timing and a distinct lack of malice. Bob was a joyful opportunist whose elaborate schemes to secure dates almost always backfired, leaving him outsmarted by the very women he tried to woo.

Furthermore, Bob’s playboy lifestyle was constantly anchored and kept in check by his domestic living situation. He shared his home with his widowed, sensible older sister, **Margaret MacDonald** (Rosemary DeCamp), and her teenage son, **Chuck** (Dwayne Hickman). While Margaret constantly pressured Bob to settle down into respectable married life, young Chuck idolized his uncle, eagerly trying to learn the older man’s smooth “techniques” with women—a dynamic that provided endless multi-generational comedy.

The Supporting Cast and Career Breakthroughs

While Cummings was the star, *“Love That Bob”* served as a launchpad for several historic television careers. The undisputed secret weapon of the series was **Ann B. Davis**, who played **Charmaine “Schultzy” Schultz**, Bob’s fiercely loyal, plain-spoken, and structurally indispensable office assistant.



Schultzy was secretly madly in love with her boss, frequently breaking the fourth wall to crack wise to the audience about Bob’s ridiculous romantic escapades. Davis’ sharp physical comedy and deadpan delivery won her two Emmy Awards for the role. Decades before she became the iconic Alice on *“The Brady Bunch,”* Davis perfected the blueprint of the beloved, wisecracking housekeeper/assistant,

The show also boosted Dwayne Hickman, whose performance as the impressionable nephew made him a certified teen idol. Immediately after *“Love That Bob”* wrapped production in 1959, Hickman was cast as the definitive lead in the classic sitcom *“The Many Loves of Dobie Gillis.”* The series also featured memorable recurring performances from Nancy Kulp as the eccentric, bird-watching neighbor Pamela Livingstone, and Joi Lansing as Shirley Swanson, a model determined to trap Bob at the altar.

Technical Innovation and Cultural Legacy

Beyond its casting success, *“Love That Bob”* was technically progressive. It was one of the earliest sitcoms to heavily utilize the “canned laughter”

track effectively alongside filmed setups, and Cummings himself stepped behind the camera to direct more than 70 episodes. The show also uniquely mirrored Cummings’ real-life passions; an avid aviation enthusiast, Cummings ensured his character was an Air Force pilot, often weaving real planes and military reserve storylines into the plot.

By the time the series ended its run in September 1959, it had transitioned seamlessly into daytime reruns and syndication, where it took on the *“Love That Bob”* moniker. Though some of its mid-century gender dynamics feel distinctly dated today, the show remains a fascinating, highly energetic bridge between the ultra-conservative domesticity of early 50s television and the liberating, bachelor-pad culture that would fully define the 1960s.



Fabulous Finds

Continued from page 31



Photo courtesy of Witch Hazel.

Cleansing Spray and Pain & Itch Relief Foam. Both products build on the brand's long-standing reputation for gentle, natural skin care solutions.

These new launches are designed for family use and focus on combining cleansing, soothing, and relief in single-step formulas. The goal is to reduce the need for multiple products while delivering effective care for common skin irritations.

Product highlights:

- Made with 100% natural clinical-grade witch hazel
- Wound Cleansing Spray helps clean cuts, scrapes, burns, and irritations
- Pain & Itch Relief Foam targets sunburn, bites, rashes, and minor burns
- Helps remove debris while supporting skin healing
- Includes antiseptic and soothing agents for faster relief
- Free from dyes, parabens, fragrance, sulfates, and alcohol
- Suitable for all ages and everyday use

The products are designed with convenience in mind, particularly for households looking for

simple, reliable first-aid solutions that don't require multiple steps or complicated applications.

Where to buy: Amazon.com, Target.com, and select Target stores.

Price: \$7.99–\$12.99 per product.

Native Surf Club Collection



Photo courtesy of Native.

The **Native Surf Club Collection** brings fragrance and body care into full summer mode with scents inspired by coastal living. Designed to feel transportive, the collection focuses on capturing the mood of summer through layered fragrance profiles and everyday personal care products.

Each scent is built around a sensory experience—sunlight, salt air, warm skin, and ocean breeze—making the collection feel more like a lifestyle concept than traditional body care.

Product highlights:

- Two signature scent lines: Golden Sunset and Tropic Tides
- Golden Sunset: warm blend of pineapple, pink pepper, lavender, and cedar
- Tropic Tides: fresh mix of sea salt, juniper, florals, and soft woods
- Available in deodorant, body wash, shampoo, and conditioner
- Designed for layering scent across multiple products

- Long-lasting fragrance with clean, simple formulas

The collection taps into nostalgia and escapism, offering a sensory break from everyday routines while still delivering functional personal care benefits.

Where to buy: Nativecos.com, Target stores, Target.com

Price: \$10–\$15 per item, depending on product type.

July's Fab Finds reflect a clear trend across wellness and beauty: consumers want products that do more with less effort. Whether it's a probiotic that supports both digestion and skin health, a makeup line built for expression, or everyday essentials that simplify self-care, this month's picks are all about smarter, more seamless routines that still feel indulgent.



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Busy Boomers

By Les Goldberg

Hang up the ‘Gone Fishing’ Sign

During my youth and beyond, fishing has been just as much a part of my life as, well, almost everything. From my pre-teen years, I remember my uncles in Canada taking me to the nearby lake and teaching me how to bait my line on a freshwater pole.

As I grew older, I spent many summertime hours on the piers of Venice and Santa Monica, enjoying the cool offshore breezes, the smell of the Pacific waters, while waiting patiently for a slight, sometimes sudden,



Photos courtesy of Orange County Council on Aging.

jiggle on my line. Sharing my love of angling with my two sons continues to bring joy to my heart.

Anyone who lives in Southern California and loves to drop a sinker into the deep blue water can enjoy more than 15 family-friendly fishing sites at the shore, just off the coast, and in the stocked lakes. Some of these

spots are open to the public with no paid reservations required, while others require a fee.

Before you tackle your tackle-box, there are a couple of things you need to know: 1) if you're going lake fishing, you'll need a license from the California Department of Fish and Wildlife, and 2) you should brush up on the rules, including the "Catch and Release" regulation. In some cases, the fish you catch may be too small or out of season and require humane



treatment to return them to their natural habitat.



For pier fishing, your best bets are the Santa Monica Pier at the end of Pico Boulevard, the Redondo Beach Pier at Fisherman's Wharf, the Newport Beach and San Clemente Piers in Orange County, and the Oceanside Pier in north San Diego County. Each has bait and tackle shops and convenient restaurants.

Many more options are available for lake fishing.

From north to south, the lakes include:

- Lake Balboa, 6300 Lake Balboa Boulevard in Van Nuys, is stocked with trout in the Spring and Catfish in the Fall and Winter.
- Kenneth Hahn State Recreation Area and Park, 4100 S. La Boulevard Cienega,
- El Dorado East Regional Park, 7550 E. Spring St., Long Beach, is the place to find trout, large-mouth bass, bluegill, and more.
- Frank G. Bonelli Regional Park, 120 Via Verde Park Road, San Dimas, has catfish, carp, bass, and trout.
- Legg Lake, 750 S. Santa Anita Ave., South El Monte, features a variety of fish, including rainbow trout, bass, carp, and more.

• Prado Regional Park, 16700 S. Euclid Ave., Chino, is stocked with trout, catfish, and bass.

• Castaic Lake, 32132 Castaic Lake Drive in Castaic, also has trout, catfish, and bass.

• Don Knobe Community Regional Park, 19700 S. Bloomfield Ave., Cerritos, offers a popular family picnic area with two fishing lakes filled with catfish, bass, carp, bluegill, and other varieties throughout the year.

• Laguna Niguel Regional Park, 28241 La Paz Road, where the 44-acre lake is regularly stocked with catfish, bass, and trout.

• Santa Ana River Lakes, 4060 E. La Palma Ave., Anaheim. They are stocked every week with species that include rainbow trout, catfish, bass, and tilapia. No fishing license is required, and the facility is open every day but Thursday.

• Lake Gregory Regional Park, 24171 Lake Drive, Crestline, is often called a "hidden gem" since it is just below Lake Arrowhead and Big Bear. However, your chances are good for catching the golden and rainbow trout that are stocked twice a month.

• Big Bear Lake, 40824 Big Bear Boulevard, offers fishing from the shore or in a rented boat and is fully stocked with rainbow trout, bluegill, large-mouth bass, and other species. What about deep-sea fishing?

That's a whole other story. Stay tuned!



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'Afternoon Delight'

Starland Vocal Band

By Randal C. Hill

Songwriters never know when a moment will arrive that serenidipitously offers the ingredients for a hit disc. Rick Nelson's smash "Garden Party," for example, was created as a retort to the negative reaction he endured at a Madison Square Garden oldies show. Nelson had dared to toss in a Rolling Stones song, much to the audience's displeasure.

In another instance, the pop classic "Rockin' Robin" came about when the wife of songwriter Leon Rene was kept awake by a noisy bird outside their bedroom window. The culprit, by the way, was a mockingbird, not a robin.

In the case of "Afternoon Delight," a million-selling single by the Starland Vocal Band (a one-hit wonder if there ever was one), inspiration arrived via a restaurant visit.

Let's back up a bit. Fat City was a Washington, D. C., folk duo that consisted of Bill Danoff and his partner (and future wife) Taffy Nivert. In 1971, they had co-written, with friend John Denver, the hit track "Take Me Home, Country Roads." Denver, of course, went on to superstardom, while Fat City faded into obscurity. Danoff and Nivert stayed around D. C., picking gigs whenever they could.

The couple's fortunes took a

gold-lined turn one day when Bill was eating lunch at a local restaurant called Clyde's. It was there that he noticed a menu section labeled "Afternoon Delights," which touted such taste treats as spiced shrimp and hot Brie with almonds. The term sparked an idea in Danoff's brain, and he dashed home to begin work on a double-entendre ditty that he called, not surprisingly, "Afternoon Delight."

It took him six months to hone it to perfection. Bill honored the stars on America's flag by creating the name Starland Vocal Band.

Convinced that the song would fare better with two couples singing it rather than one, Danoff and Nivert brought in folk-singing chums Jon Carroll and Margot Chapman. (They too would eventually tie the knot.) The recording session yielded a catchy blend of folk, pop, and country music that had listeners joyfully singing along with the chorus on first listen.

"I didn't want to write an all-out sex song," Bill said later about the single's release on Windsong Records, an offshoot of Denver's recording home, RCA. "I just wanted to write something fun and hinted at sex ... If the song had been banned, it would have been a real injustice. The lyrics are subtle and sophisticated and not at all raunchy."

"Gonna find my baby, gonna hold her tight

Gonna grab some afternoon delight

My motto's always been, when it's right, it's right

Why wait until the middle of a cold night?"

For the Best New Artist award at the 1977 Grammys, the Starland Vocal Band beat out the band Boston.

The Starland Vocal Band faded after releasing discs such as "War Surplus Baby," while over the next few years, the supergroup Boston enjoyed success with eight Top 40 singles and four platinum-selling albums.

Go figure.

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-TUCK adopted 05-04-11

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Celebrating July: A Month of Patriotism, Community, and Summer Joy

July arrives with bright sunshine, festive colors, and a sense of shared pride that brings communities together. For many seniors, it's a month filled with familiar traditions, meaningful memories, and simple pleasures that make summer feel special.



Honoring Independence Day

Independence Day remains one of the most cherished celebrations of the year. Whether it's the sight of waving flags, the sound of patriotic music, or the glow of fireworks, July 4th offers a moment to reflect on the values that unite us.

Ways seniors can enjoy the holiday:

- Community parades that bring neighbors together
- Flag displays at home or in the neighborhood
- Patriotic music gatherings with familiar classics

These traditions offer connection, nostalgia, and a sense of belonging.

Patriotism in Full Color

From flags waving on front porches to community parades and concerts, July is a time when Americans proudly celebrate the values that shaped our nation. Independence Day

reminds us of the courage, sacrifice, and enduring hope that define the American story. Many families mark the holiday with local celebrations, backyard gatherings, or moments of quiet reflection on the freedoms we cherish.

Community at the Heart of Summer

July also brings people together in meaningful ways — neighborhood barbecues, club luncheons, charity drives, and volunteer projects that strengthen the bonds between friends and neighbors. It's a perfect month to reconnect, lend a hand, and celebrate the organizations that make our communities vibrant and resilient. Whether it's supporting veterans, encouraging youth involvement, or participating in civic activities, July offers countless opportunities for community engagement.

The Joy of Summer Living

Beyond the patriotic festivities, July is pure summer delight

— long days, warm evenings, and the irresistible pull of outdoor fun. From picnics and pool days to gardening, travel, and simple porch-sitting, it's a month that encourages us to slow down and savor life's small joys. Many find renewed energy in summer wellness habits, light seasonal foods, and time spent in nature.



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by Jim Miller

Savvy SENIOR

How to Make Sure Your End-of-Life Wishes Are Followed

Dear Savvy Senior,

I had a living will/advance directive prepared about 10 years ago documenting my end-of-life medical wishes, but I've read that these documents are often ignored. What can you tell me about this?

— Troubled Tina

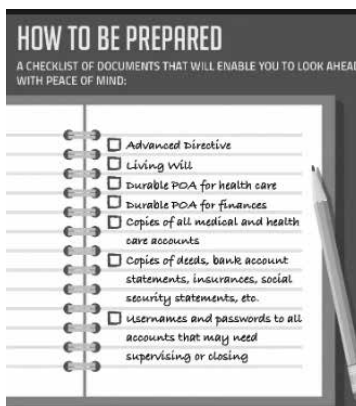
Dear Tina,

Yes, unfortunately, it's true. Living wills aren't always followed in real life. Often, it's simply because the document isn't available when it's needed or never makes it to the right people. They can also fall short because they're not medical orders, and their language may be too vague to guide doctors in an emergency. That doesn't mean your wishes won't be respected. It just means a little extra planning can go a long way and save everyone's stress later.

Here's how you can make sure your wishes are honored.

Advance directive + POLST

About 40 percent of older Americans have an advance directive. This usually includes



a living will that spells out the care you want if you become incapacitated, and a health care power of attorney (or proxy) naming someone to make decisions for you.

To give your instructions more weight, talk with your doctor about completing a POLST (Physician Orders for Life-Sustaining Treatment) – sometimes called MOLST (Medical Orders for Life-Sustaining Treatment) or POST (Physician Orders for Scope of Treatment), depending on your state. Unlike a living will, this is a doctor-signed medical order followed by EMTs and hospital staff that turns your wishes into clear instructions for treatments like CPR, breathing machines, and feeding tubes.

These treatments can save your life but may also cause serious harm if you're very sick or frail. Discussing these options now helps you think through the trade-offs and makes it easier for your family to understand your choices, which can reduce stress if a decision needs to be made quickly.

Even if you already have an advanced directive, adding a POLST can make your wishes much clearer. Without one, first responders are usually required to attempt resuscitation and take you to a hospital, where doctors may pursue aggressive treatment if your living will is on hand or specific enough.

Once your POLST form is completed, make sure it's easy to find and use when it matters most. Keep one copy on the refrigerator, carry another in your wallet, and save a photo on your smartphone. Share copies with your health care proxy, family members, and doctors so everyone understands your wishes.

It's also a good idea to ask your providers to add the form to your electronic health record, since medical information isn't always shared between hospitals and care facilities. These simple steps can make a meaningful difference and help ensure your wishes are more likely to be honored.

If talking about these matters with your family feels awkward, websites like The Conversation Project (theconversationproject.org) and Prepare for Your Care (prepareforyourcare.org) can guide you.

One more tip: if you're planning surgery, you may want to temporarily suspend your POLST during the procedure in case your heart stops briefly while in the operating room.

And if you haven't created an advance directive yet, you can do so for free at caringinfo.org or mydirectives.com, or for a small fee – \$5 to \$7.50 – at five-wishes.org. Taking these steps now can help make sure your wishes are followed and ease the burden on your loved ones when the time comes.

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

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Life After Mother

By Lyn Jensen

'Exploring probate and estate issues from personal experience.'

America is the Place for me

Last September I wrote about how if my country elected a certain administration, I would look into packing up and leaving. Now that I and the rest of the country are living under that administration, I've looked at my options and found that fleeing across international borders is neither necessary nor advisable, at least not while my right to life, liberty, and the pursuit of happiness remains intact.



Photos courtesy of Lyn Jensen.

My home I inherited from my mother is designed for a family, not for a single senior on Social Security. It's too big, and the upkeep too expensive, for me to keep managing for years or even decades. Here in California, the cost of living is high, too. A smaller house in a less expensive area is a better option. My choices are between another state and another country.



After last year's election, I researched several countries, only to find that Great Britain, Ireland, Australia, Japan, Canada,

Holland, and Denmark, all have a cost of living that isn't all that different from the USA. All have immigration requirements a person in my income bracket, my age, my employment status, would have trouble meeting. I'd also have to navigate citizenship status, either as an American citizen living abroad or as an immigrant seeking citizenship elsewhere.



For me the most likely foreign options may be Mexico or some of the other Caribbean countries, where, at least at first glance, immigration requirements may be a little more flexible, the cost of living has long been less expensive, and there are already long-established communities full of retired Americans. Plus packing and moving may be as simple as crossing a border.



By staying in this country, though, I can better deal with what this administration and this congress are doing to my benefits — my Social Security, Medicare, Medicaid (Medi-Cal, here in California), and SNAP (formerly food stamps). They're often called "entitle-

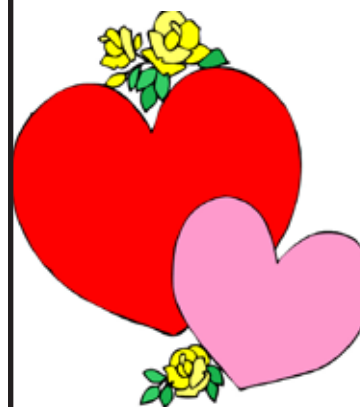


ments" because we Americans are indeed entitled to these government programs — we paid into them, we're entitled to make use of them. All these financial entitlements are being adversely affected by the people who are running our country right now. By staying I can better advocate for the preservation and expansion of these programs.

I'm not just staying for my financial status, either. I'm staying for my right to vote, my freedom of speech, and my right to peaceably assemble,

and petition the government for a redress of grievances. I'm staying because, despite what's happening with our government

With A Heart for Seniors



FOOD WASTE
A GLOBAL ISSUE

1/3 of Total Global Food Production is Lost or Wasted

Food Loss & Waste = \$680 Billion in Industrialized Countries & \$310 Billion in Developing Countries

95-115 kg of food per capita are wasted in Europe and North America Each Year

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Be Conscious of Food Waste. Just 1/4 of food that is currently lost or wasted could feed over 800 million people.

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Mayo Retina offers groundbreaking treatment for dry AMD

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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



He started Mayo Retina in 2008. His staff members — Mylan, Krystin, Vanessa and Rochelle — bring nearly 50 years of combined experience to the practice.

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

For more information about

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

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

