

SENIOR REPORTER

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JANUARY 2026

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Kate Winslet

*"I really believe in,
'Move on, live and let live, forgive and forget.'"*

— Kate Winslet



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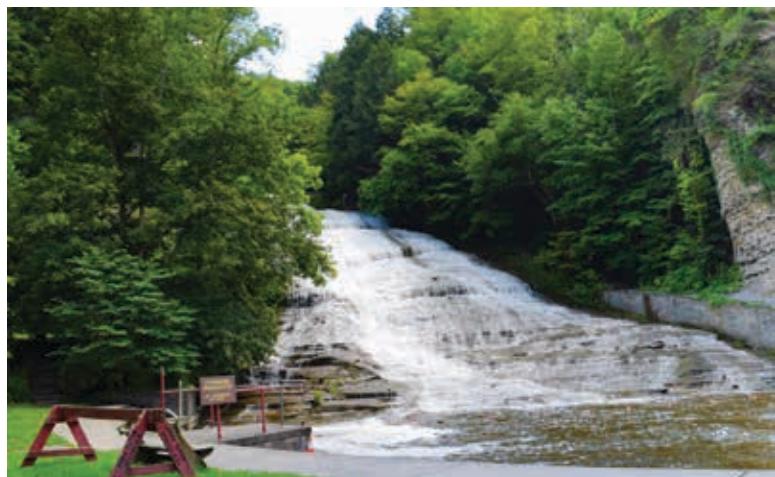
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Take a HIKE

To Buttermilk Falls, New York



Buttermilk Falls, the main waterfall. Photos courtesy Nick Thomas.

Gazing up from the base of Buttermilk Falls near the north entrance of the New York State Park, it's evident why this majestic waterfall is so aptly named. With its turbulent water cascading over 165 feet of rock, the tumbling fluid creates a continuous milky foam of tiny water droplets and air bubbles, making a visit to Ithaca's Buttermilk Falls State Park truly worthwhile.



Looking back toward the park entrance along the way up Buttermilk Falls.

The falls are deceptive, however, concealing a secret visible only after a brief hike along

Continued on page 8

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Until Every One Comes Home®

Kate Winslet — A Family Affair

By Les Goldberg

Believe it or not, Kate Winslet, who just turned 50 and is one of the most successful actresses to emerge from the United Kingdom, is a true rags-to-riches story. Well, she didn't exactly wear rags while growing up in a family that struggled financially, but she and her siblings were largely supported by charity.

Despite her circumstances during her childhood in Reading, a large town on the Thames and Kennet rivers in southern England, Kate was born into a family full of actors. Her father was a struggling actor who also worked as a laborer, her maternal grandparents were both actors and leaders of the Reading Rep-



Photo courtesy
Wikimedia Commons.

tory Theatre Co., and her two sisters were actresses.

Living with so many actors inspired her to pursue art further.

At age five, Kate made her first stage appearance as Mary in her school's production of the "Nativity" play. At the time, she described herself as an overweight child who was called "blubber" by her schoolmates and bullied for her appearance. But she has always shrugged off the criticism.

At age 11, she was admitted to an independent theater school where students were taken to London for auditions, while also working with Reading's Starmaker Theatre Co. Her young resume was filling up with parts in plays such as "Alice's Adventures in Wonderland," "The Lion, the Witch

and the Wardrobe," and "Peter Pan." Just before graduation, she made her screen debut as one of the main cast members in a BBC TV series, "Dark Season."



Photo courtesy GoodFon.

By the time she turned 17 and weighed 185 pounds, she had a small part in the TV film "Anglo-Saxon Attitudes," playing the daughter of an obese woman. During filming, after hearing an offhand comment from the director about the likeness between her and the actress who played her mother, Kate became motivated to lose weight.

From then on, her career soared, earning her leading roles in several movies, including the highly successful psychological drama "Heavenly Creatures" in 1994. The film was a critical breakthrough for Winslet, prompting one "Washington Post" critic to write: "She's a bright-eyed ball of fire, lighting up every scene she's in."

She also recorded "Juliet's Aria" for the movie's soundtrack and appeared in the Royal Exchange Theatre production of "What the Butler Saw."

While promoting "Heavenly Creatures" in Los Angeles, Kate auditioned for a minor part in the 1995 film adaptation of Jane Austen's novel "Sense and Sensibility," starring Emma Thompson. So impressed with her performance, Thompson cast her for a much larger role in which she had to practice tai chi, read gothic literature, and learn to play the piano. The result: she won the Best Supporting Actress award from the British Academy Film Awards and was nominated for an Oscar.

After starring in such films as "Jude and Hamlet," Winslet decided she wanted to play Rose DeWitt Bukater, a socialite aboard the ill-fated Titanic in James Cameron's epic romance "Titanic" in 1997.



Photo courtesy Flickr.

Cameron was initially reluctant to cast her, preferring the likes of Claire Danes and Gwyneth Paltrow, but Winslet pleaded with him, "You don't understand! I am Rose! I don't know why you're even seeing anyone else!" Her persistence paid off as she got the part opposite Leonardo DiCaprio, who played Jack, her love interest.

Continued on page 6

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‘Scorning His Success’

By Randal C. Hill

Picture this: You're a one-time stage actor who, along with a fellow stage actor, has created a book that becomes a winning stage play that becomes a hit movie that begets a best-selling soundtrack. You both become millionaire success stories, yet you often complain about the changes that eventually made your R-rated creation palatable to a mainstream audience.

What's going on here?

When the stage musical *“Grease”* closed on Broadway in 1980, it had been playing there for a record-breaking 3,388 performances. But what had premiered in 1971 in a seedy Chicago nightclub as a raunchy musical with an amateur cast had been radically transformed on its journey to Big Time Theater.

Stage actors Jim Jacobs and friend Warren Casey had based their original tale on Jacobs's experiences at Taft High School in northwest Chicago. The *“Grease”* story — first as a book, then as a music-tinged play — followed the misadventures of rowdy blue-collar hoods there. “It was about having leather jackets and beehive hairdos,” claimed Jacobs, “about doing a lot of smoking and spitting on the sidewalk.”

The original *“Grease”* picked up momentum as it morphed

from off-Broadway to the Great White Way itself. During the transition, much of the original crude content had been diluted so order not to offend any theatergoers.

In filming the story in 1978, Paramount Pictures initially tapped Henry Winkler for the pivotal role of Danny. Winkler, though, famed as Fonzie on TV's *“Happy Days,”* rejected the offer for fear of being typecast. Thus, John Travolta from TV's *“Welcome Back Kotter”* was ushered in as the male headliner.

The primary female lead of Sandy, pitched first to Carrie Fisher, then to Marie Osmond, went to Australian recording star Olivia Newton-John. A young-looking 29, to appear even more youthful alongside the 23-year-old Travolta, she was filmed using “soft” camera lenses.

Both stars were, of course, a bit long in the tooth to be portraying adolescents, but Jacobs staunchly defended the casting, admitting, “You may say Olivia Newton-John was too old, but look at Stockard Channing. Stockard's my age.” (Jim was born in 1942, Stockard two years later.)

On the silver screen, *“Grease”* proved to be a music-saturated romantic comedy about a tough local hood (Travolta) and an Australian transfer student

(Newton-John) who develop an attraction for each other during a summer fling. Later, as Sandy prepares to return home, she's convinced that she'll never see Danny again, but he assures her that summer is only a beginning for them as a couple.

The campy frolic sold nearly \$400 million worth of tickets as a movie, and the two-disc soundtrack, with sales of 30 million copies, became one of history's biggest albums ever.

There's little doubt that Jacobs enjoyed his success, but years later, we found him still grumbling: “We had written the show as the real nitty-gritty story of the kids I went to school with. It went from an in-your-face show about delinquents to a gang of lovable people singing Rock 'n Roll.”

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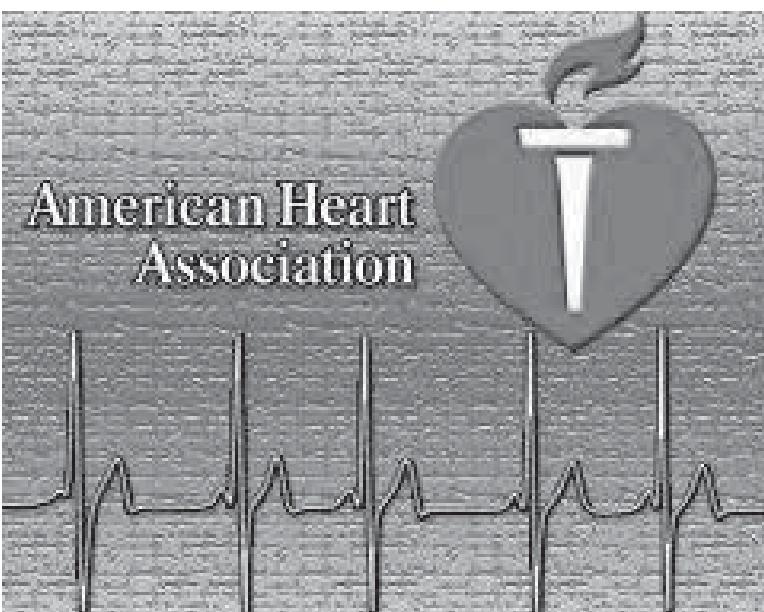


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Kate Winslet

Continued from page 4

As we all know, "Titanic" became the highest-grossing film to date (over \$2 billion) and established Winslet as a global star. At 22, she was nominated for Best Actress by the Academy Awards, the Golden Globes, and the Screen Actors Guild.

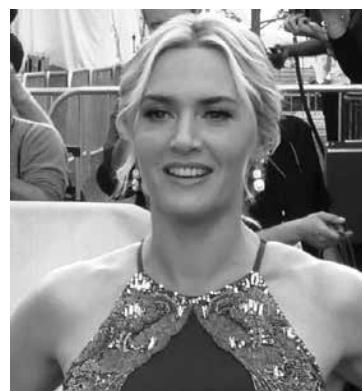
Rather than pursue "blockbuster" movie offers, she preferred independent films that she believed would better ensure her career's longevity. Her decision worked. In every film she has appeared in since, she has achieved her goal of becoming a better actress.

Her subsequent roles entering the 2000s include "Holy Smoke," "Faeries," "Quills," "Iris," "Christmas Carol: The Movie," "The Life of David Gale," "Eternal Sunshine of the Spotless Mind," "Finding Neverland," "Romance & Cigarettes," "All the King's Men," "Little Children" and "The Holiday."



Photo courtesy Apollo Media.

Winslet had two critically acclaimed roles in 2008: "Revolutionary Road," in which she plays an unsatisfied housewife, and "The Reader," based on a novel about an illiterate Nazi



*Photo courtesy
Wikimedia Commons.*

concentration camp guard who has an affair with a teenage boy. Both films earned her a Golden Globe, Oscar, and BAFTA awards as Best Actress.

At age 33, she surpassed her own record as the youngest performer to accrue six Oscar nominations, and she also became the third actress in history to win two Golden Globe awards at the same ceremony.

During the nearly two decades that have gone by, Winslet's star has gotten brighter in every role she has played, including "Insurgent," "Unforgiven," "The Dressmaker," "Steve Jobs," "Triple 9," "Collateral Beauty," "The Mountain Between Us," "Wonder Wheel," and "Blackbird."

After taking a year off to spend time with her family, she starred with her daughter Mia Threapleton in a feature-length episode of "I Am Ruth" about the negative effects of social media. She also filmed two sequels to James Cameron's sci-fi film "Avatar" in which she learned freediving and held her breath for seven minutes underwater, a movie record. Last year, Winslet reprised her role in the sequel "Avatar: Fire and Ash," and made her directorial

debut with the Netflix drama film "Goodbye June," in which she also starred and produced.

Today, Kate is open to new roles involving "women who are either finding their way out of a situation, looking for love, having some struggle within love, or questioning the big things in life."

In a recent interview, she said she finds it difficult to detach herself from her roles, saying that "you have to confront your true feelings every single day. And that's pretty exhausting. Then you have to go home and make dinner."

According to industry journalists and her fellow actors, Winslet is considered to be among the finest actresses of her generation. I agree.

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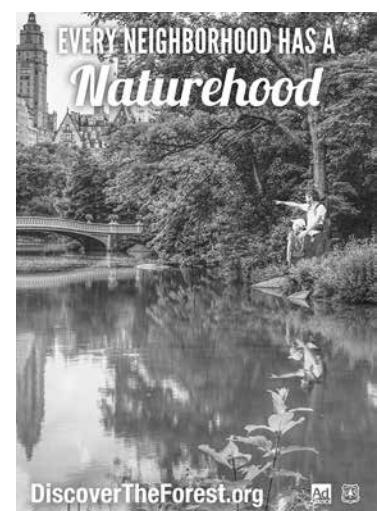
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Continued on page 19

Take a HIKE

Continued from page 3

A perfect spot to pause is the quaint wooden pedestrian bridge about three-quarters of the way up. I counted over 400 stairs along the path to reach it, so take your time if needed. If you choose to continue, you'll discover more waterfalls and pools, along with 40-foot Pinnacle Rock – a striking free-standing rock column sculpted by water erosion through the years.



Bridge near the top of Buttermilk Falls.

From there, you have two options to return to the north car park. You can either take Rim Trail on the eastern side, which is slightly longer at 0.82 miles, or retrace your steps along Gorge Trail. Whichever route you choose, it's advisable to use a hiking pole, as the path can be slippery from water spray in places.

Keep in mind that the water flow is seasonal and may be reduced to a trickle during summer droughts. Trails are also closed during winter months, so this makes a great hike when the spring rains hit. Therefore, it's a good idea to check the conditions before making plans to visit to avoid disappointment.



Tackling a number of steps is required to reach the end of Buttermilk Falls Gorge Trail.

One of the best features of Buttermilk Falls is the choice of hiking options. For instance, you may want to merely walk the several hundred yards to the top of the first falls, then return for a relaxing lunch at a picnic table and enjoy the view of the main cascade. You may even consider a summer dip in the pool formed at the base of the falls before it empties into Cayuga Lake.

Or, for the more adventurous, you can hike all or part of the way up Gorge Trail, continuing on to Rim Trail if you wish. The choice is yours, depending on your fitness level. Be prepared, though – each new waterfall might inspire you to keep exploring for more around the next corner.

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" column describes short trails, hikes, and walks from around the country that seniors might enjoy while traveling. See www.itsawonderfulhike.com.



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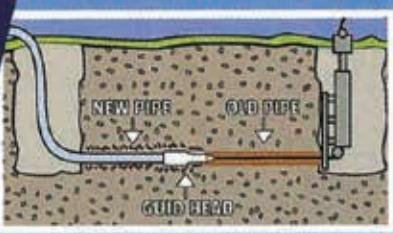
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On the Road Again ...

For Winter Fun – Think Zoo

By Shana McCann

If you are like me, you probably wake up each weekend morning and ask yourself: "What am I going to do for fun today?" In this column, we've suggested many day trips or mini vacations, all within close driving distance and all for the enjoyment of your entire family, old and young alike.

This month, we want to tell you about an activity you can enjoy along with your grandchildren, grand nieces and nephews, neighbors, and all your friends, which is right in your "backyard" of Orange County, Los Angeles, and San Diego – the zoo.

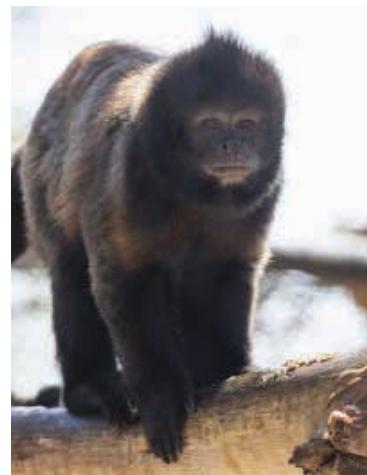
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The Santa Ana Zoo



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Located in the center of Orange County, an easy drive from every direction, sits the Santa Ana Zoo. It occupies nearly 20 acres



Crested Carpuchin.

in Prentice Park, where resident Joseph E. Prentice bought the land in 1952 and donated the site to Santa Ana. At the time, he stipulated that the zoo must house at least 50 monkeys at all times, making it one of the more unique facilities in the country.

Today, the zoo, which is accredited by the Association of Zoos and Aquariums, maintains an extensive primate collection with more than a dozen species from around the world. In addition, its attractions include the 60-year-old Jack Lynch Aviary, a large amphitheater, Amazon's Edge, the Colors of the Amazon Aviary, the Zoofari Express Train Ride, the Crean Family Farm, and the Tierra de las Pampas or "Land of the Grasses."

For a photo-op view of howler monkeys, black-necked swans, and crested screamers, you'll visit the Amazon Edge exhibit, a replica of the Brazilian rainforest with a water moat and forested riverbank.

The 9,000-square-foot Colors of the Amazon Aviary allows you to walk through the displays of South American birds in meandering streams. Be sure to also visit the zoo's Ocelot Habitat and Education Center, where you'll find a breeding pair of Brazilian Ocelots within two linked habitats.

Among the vast collection of animals are greater macaques and bushbaby primates, sika and mule deer, mountain lions, swamp wallabies, and burrowing owls, channel-billed toucans, emus, a magpie goose ocellated turkey.

Also featured is a 33-animal Conservation Carousel with a wheelchair-accessible Studded Leather Swan Chariot.

The Santa Ana Zoo is one of the most affordable attractions in Southern California. General admission tickets are \$14 or free on certain days for city residents.

Orange County Zoo



Having visited the Orange County Zoo many times, I can tell you it puts the word "affordable" front and center. With general admission at \$2

per person and children 2 and under free, your family will appreciate the experience.

As you arrive at the zoo, nestled inside beautiful Irvine Regional Park, you'll find yourself walking under giant sycamore trees and coastal oaks and surrounded by a variety of plants native to the southwestern U.S.

The exhibits show the animals in natural habitats, and feature black bears, mountain lions, bald eagles, ocelots, red-tailed hawks, great horned owls, porcupines, coyotes, turkey vultures, and more.

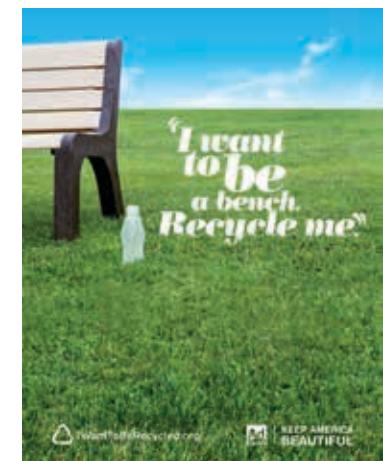


Golden Poison Dart Frogs.

Your grandkids and the youngsters you are with will especially enjoy the petting zoo in a barnyard setting with domestic goats, two breeds of sheep, pot-bellied pigs, doves, chickens, and pheasants. Many of the animals are available for touching through the fence. Grain may be purchased to feed some of the animals in the petting zoo only.

And while you are at the park, you and your family can also enjoy the miniature train ride, pony rides, paddle boating, and horseback riding.

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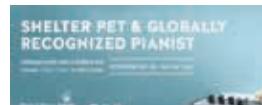
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The advertisement features a festive background with a large red ribbon and a smiling emoji. At the top, a colorful diamond logo is followed by the company name 'DIGITAL PHOTO GRAPHIX & PRINTING' in large, bold, black letters. Below the company name, the services 'Photo/Film Processing • Digitizing • Printing' are listed. A large, stylized text 'Every picture tells a story!' is written across the top. To the left, the text 'This Holidays, Give the Gift of Memories.' is displayed. In the center, a list of products is shown: 'We turn your cherished moments into puzzles, mugs, ornaments, and keepsakes that bring smiles to every face.' To the right of this text is a smiling emoji wearing a Santa hat. Below this, the phone number '949.858.7465' is prominently displayed. The address '31441 Santa Margarita Pkwy Ste F Rancho Santa Margarita, CA 92688' is listed. A promotional offer '10% Off first online orders. (Code: SROC10)*' is shown with a background of winter houses. The bottom of the ad features the website 'DigitalPhotoGraphix.com'.

The advertisement features a blue hanger icon with a white cloud and stars on the left. The company name "Sea Breeze" is in blue, with "LAUNDRY COMPANY" in smaller letters below. To the right is a stack of laundry including a dark blue shirt, a pink shirt, a green and white striped towel, a yellow shirt, and a purple mask. A green laundry basket is partially visible. A dark blue circle on the right contains the text "25% OFF". At the bottom, a white delivery van with "Sea Breeze" and the hanger logo is shown, with the address "10806 Los Alamitos Blvd" and "Los Alamitos, CA 90720" below it. The phone number "(562) 672-7033" and website "www.seabreezelaundryco.com" are also provided.



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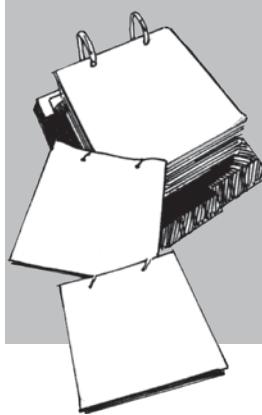
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JANUARY Calendar of Events



Start the new year with fun, family-friendly events across Orange County! From interactive scavenger hunts to winter wonderlands and live magic shows, there's something for everyone this month.

Jan. 3, Saturday
Murder Mystery
Scavenger Hunt
Newport Beach
11:20 a.m.

Put your detective skills to the test in this interactive, adult-oriented scavenger hunt. Teams receive a list of suspects along with tricky clues, riddles, and puzzles to explore Newport Beach—including The Fun Zone, Balboa Pier, Peninsula Park, and the ferry to Balboa Island. Solve the mystery and find out “Who Done It?” Not a phone app—event hosted live. Great for locals and tourists.

Through Jan. 4
Winter Fest OC
Costa Mesa

OC Fair & Event Center is transformed into a winter wonderland with more than a million lights, ice skating under the stars, a 150-foot-long ice tubing slide, carnival rides, a holiday market, food, drinks, and photo opportunities.

Location: OC Fair & Event Center, 88 Fair Dr, Costa Mesa.

Jan. 10, Saturday

Fiesta Association

Hairiest Man Contest

San Juan Capistrano

11 a.m. to 3 p.m.

Contestants start clean-shaven and have nine weeks to grow the longest beard or mustache. The winner will be judged at the Fiesta Grande in March. Location: Swallows Inn, Ortega Hwy & Camino Capistrano, San Juan Capistrano. Information: 949-615-1920.

Jan. 10, Saturday

Murder Mystery

Scavenger Hunt

San Clemente

10:45 a.m.

Explore Downtown San Clemente—including the pier, beach trails, and local shops—while solving clues, riddles, and puzzles to determine “Who Done It?” Teams receive packets of information and guidance.

Jan. 10, Saturday

SnowFest

Lake Forest

10:30 a.m.

Slide into the new year with snow-themed games and sled rides down Mount Pittsford. Three family-friendly sessions.

Wristbands \$10 per person; limited availability.

Location: Pittsford Park, 21701

Pittsford Drive, Lake Forest.

Information: 949-273-6960.

Jan. 29, Thursday

Taste of San Juan

San Juan Capistrano

6 to 9 p.m.

Kick off the Fiesta de las Golondrinas with tastes from local restaurants and live music.

Location: San Juan Hills Golf Club, 32120 San Juan Creek Road, San Juan Capistrano.

Information: 949-615-1920.

Jan. 31, Saturday

2:30, 5 & 7:30 p.m.

Feb. 1, Sunday

2:30 & 5 p.m.

Magic at the Majestic

with David Minkin

Anaheim

Experience mind-bending magic with International Champion David Minkin. Family-friendly for ages 7+, adults will enjoy the storytelling and illusions.

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

Information/Tickets: 888-624-4233, online purchase available.

December–April

Whale Watching

Dana Point & Newport Beach

Gray whales migrate along the West Coast and can be seen from Orange County's coast. Summer/fall brings blue whales; other species are visible year-round. Cruises last 2–2.5 hours.

Dana Point: Captain Dave's Dolphin & Whale Safari, Dana Wharf Sportfishing & Whale Watching.

Newport Beach: Davey's Locker, Newport Landing.

\$16 Cruise Special! Reservations recommended

Feb. 22, Sunday

Huntington Beach

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Spirits of the Golden Age: Remembering television's 'Topper'

Before *Bewitched* twitched her nose or "*I Dream of Jeannie*" emerged from her bottle, American television audiences were captivated by a different kind of supernatural comedy: "*Topper*." Airing originally on CBS from 1953 to 1955, and subsequently enjoyed through reruns throughout the rest of the 1950s and well into the 1960s, *Topper* was a sophisticated, whimsical entry in the "Golden Age of Television." It blended high-society glamour with slapstick farce, creating a unique sitcom that remains beloved by classic TV aficionados today.

The series was based on the popular novels by Thorne Smith and a successful string of films starring Cary Grant in the late 1930s. The television adaptation, however, found its own distinct voice, largely thanks to the impeccable casting and chemistry of its leads.



Photo courtesy Google Images.

The Premise: High Spirits and Low Tolerance

The story revolved around Cosmo Topper, a highly responsible, somewhat stuffy, and easily flustered vice president of a bank. Topper's orderly life is upended when he moves into a new home, only to discover it is already inhabited by the ghosts of its former owners: George and Marion Kerby.

The Kerbys were a fun-loving, wealthy, and mischievous young socialite couple who met an untimely end in an av-

anche during a ski trip. Returning to their former home as spirits, they find their afterlife incredibly boring. To entertain themselves, they decide to "haunt" the new homeowner. The comedic hook was simple but effective: only Cosmo Topper could see or hear George and Marion.

The Glamorous Ghosts

The spectral couple was played by the real-life husband-and-wife team of Anne Jeffreys and Robert Sterling. They brought genuine sparkle and glamorous chemistry to the roles.

Anne Jeffreys as Marion Kerby was glamorous, witty, and deeply affectionate toward Topper, whom she often referred to as "Topper darling." Robert Sterling as George Kerby played the role of the playful, somewhat immature playboy who enjoyed nothing more than creating chaos for the sake of a good laugh.

They were often joined by another casualty of the avalanche, their martini-slurping St. Bernard, Neil (played by a dog named Buck). Neil was famed for being the "ghostest with the mostest," often seen by the audience as a floating brandy snifter being drained by an invisible tongue.

The Befuddled Banker

The anchor of the show was the brilliant performance of Leo G. Carroll as Cosmo Topper. Carroll, a distinguished British character actor known for serious roles in Alfred Hitchcock films, was inspired casting. He played Topper with a perpetual-

ly pained expression, constantly trying to maintain his dignity while invisible forces lifted his hat, drank his liquor, or held loud conversations that made him appear insane to onlookers. Much of the show's humor derived from Topper trying to explain away the bizarre occurrences to his strait-laced wife, Henrietta (played perfectly by Lee Patrick), or his stern bank boss, Mr. Schuyler.

A Lasting Legacy

While the show only ran for two original seasons, its production values were high, and the writing—which early on featured contributions from a young Stephen Sondheim—was sharp. "*Topper*" paved the way for future fantasy sitcoms where ordinary people have their lives disrupted by magical beings. It remains a charming time capsule of mid-century elegance, proving that sometimes, the best roommates are the ones you can see right through.

Fund Your Future

Continued from page 8

If you work in the tech sector, there's often more to the paycheck than salary alone. Restricted stock units (RSUs), employee stock purchase plans (ESPPs) and performance bonuses are now key parts of compensation. However, understanding how to use these types of benefits is essential. First Tech's Envision Future Finance™ offers you educational resources and options to engage with experts to assist in decoding these complex benefits,

diversifying portfolios and reducing exposure to market risk.

Investing in Your Future Today

Even if retirement feels far away, starting now is key. Hicks recommends considering these steps to maximize long-term gains:

- Max out your 401(k), especially if your employer offers matching.
- Consider Roth 401(k) or Roth IRA options for long-term tax advantages.
- Use a high-interest savings account for your emergency fund so your safety net grows passively.
- Explore safer investments such as certificates of deposit (CDs) and monitor long-term opportunities in real estate or the stock market.

Your Bank Should Work for You, Not Vice Versa

Your financial future deserves to be a priority. By committing to small, consistent steps and choosing an institution that supports your growth, you'll be better positioned to navigate uncertain markets and achieve lasting independence.

For financial wellness tips and resources tailored to support your goals, <https://www.firsttechfed.com/discover/future-finance>.



The Gadget Geezer

By Les Goldberg

Happy Techie New Year!

Now that the 2026 ball has dropped, resolutions have been made and so far unbroken, and hopes for a happy new year are high, there's a whole new slew of cool gadgets to gather in your collection of technology-based stuff.

Here's a sample of some of the hottest new products that the manufacturers and inventors believe will make your life easier this year in the categories of wearables, audio and entertainment, smart home and productivity, and everyday personal use:

Wearables

The Apple Watch Series 11



Photo courtesy Apple.

How many of you thought that a wristwatch would someday monitor your blood pressure, track your sleep habits, and check your heart rate? As someone born in the 1940s, I never did, although I used the popular Dick Tracy timepiece.

As you know, technology has come a long way to the level of today's smartwatches or computers worn on the arm. The latest is the **Apple Watch Series 11**, which sells for around \$300.

This device, which is water-resistant and boasts an always-on display, can spot signs of high blood pressure and notify you of possible hypertension. A sleep score is provided to let you know how well you are sleeping, and it acts like an electrocardiogram (EKG) when it notices an irregular heart rhythm. Unlike earlier smartwatches, this one is thin and lightweight.

The Oura Ring 4

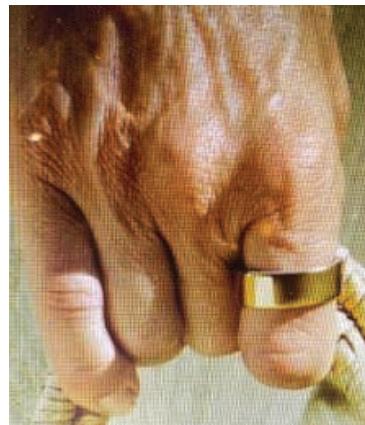


Photo courtesy Oura.

If you don't want the wristband version, you can always opt for the smart ring that is designed for health monitoring as well. One such product is the **Oura Ring 4**.

This device is built around a new sensing technology, Smart Sensing, which adapts to your finger to deliver accurate and continuous data 24/7. It features a fully titanium design and recessed sensors on the interior to enhance durability and wearability, according to a company spokesperson.

The Oura Ring 4, priced at \$349, is available in six finishes: black, silver, stealth, brushed silver, gold, and rose gold.

Audio & Entertainment

Sony WH-1000XM6

Headphones

When it comes to sound, there is no question that Sony is one of the top brands in the world.

That is why you need to pay attention to the company's newest line of headphones, the **WH-1000XM6/B**, which retails for \$459.99.

The headphones are being promoted by Sony as "the next evolution in noise cancellation." Powered by enhanced processors and an adaptive microphone system, noise cancellation is optimized with speeds seven times faster than earlier models.

In the Auto Ambient Sound mode, the headphones are able to better adapt to your surroundings by balancing music and external sound. Multiple microphones can filter out the noise and let in what matters. You can adjust the settings automatically or fine-tune them manually in the Sony Sound Connect app.

Kindle Paperwhite



Photo courtesy Kindle.

Amazon's fastest Kindle yet is

now available for about \$160, depending on what sales discounts are being offered at the time of purchase. The new **Kindle Paperwhite** boasts a seven-inch paperwhite display, a higher contrast ratio, and can turn pages at a 25 percent faster rate.

In addition, the ultra-thin design with the larger glare-free screen also has an auto-adjusting front light that allows reading in the brightest sunlight or late into the night.

Among the popular features is what the Kindle doesn't have – distractions like social media, notifications, and other apps that might disturb your reading enjoyment. It is waterproof and can operate up to 12 weeks on a single USB charge.

Smart Home/Productivity

Enbrighten Wi-Fi Plug-in Smart Outlet



Photo courtesy Enbrighten.

If you are like me, you want to be "the first on your block" to try new technology. That is why the **Enbrighten Smart Plug**, at \$10 for one, should be on your shopping list.

Continued on page 27



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January: A Fresh Start to the Year



Photo courtesy Pixabay.

Besides starting a new health and diet routine after the holidays, January, the first month of the Gregorian calendar, marks the beginning of a new year and a season of fresh starts. Its name comes from Janus, the Roman god of doors and gates, symbolizing transitions and new beginnings. Traditionally, January is a time for reflection on the past year and setting goals for the months ahead.

In many cultures, January is associated with resolutions — personal commitments to improve health, relationships, or lifestyle habits. Popular goals often include exercising more, eating healthier, learning new skills, or dedicating time to personal growth. While resolutions can be challenging to maintain, the month's symbol-

ism as a fresh start offers motivation and inspiration.

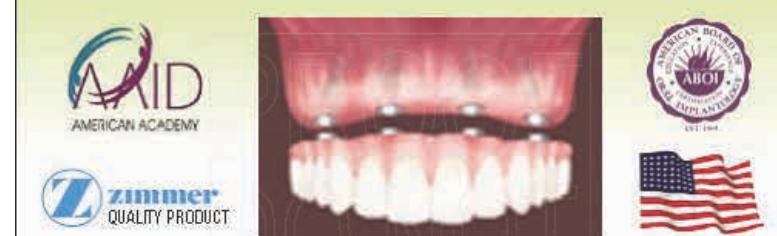
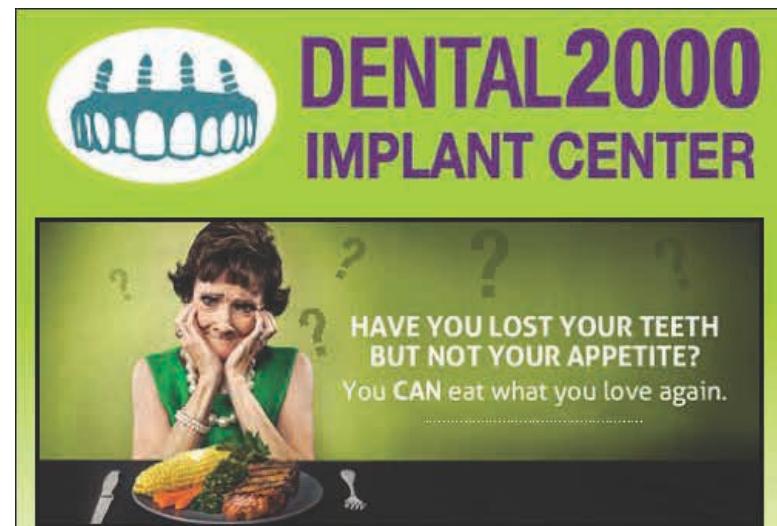
January is also a winter month in the Northern Hemisphere, often bringing colder weather, shorter days (even in Southern California), and seasonal activities. Snowfall and frost shape landscapes in many regions, encouraging winter sports, indoor hobbies, and cozy traditions. For gardeners and farmers, it is a month of planning, preparing, and anticipating spring planting.

Beyond weather and personal goals, January holds cultural and historical significance. It is a time for celebrating New Year's Day, honoring national observances, and recognizing historic events that occurred during the month. In many

countries, festivals, parades, and community gatherings help reinforce social connections and traditions, even during the quietest winter days.

For individuals, January can be both reflective and aspirational. It provides an opportunity to pause, assess progress, and embrace change. Whether through personal growth, seasonal activities, or cultural observances, January sets the tone for the year ahead, reminding everyone that each day offers a chance to start anew.

(Sources: various websites)



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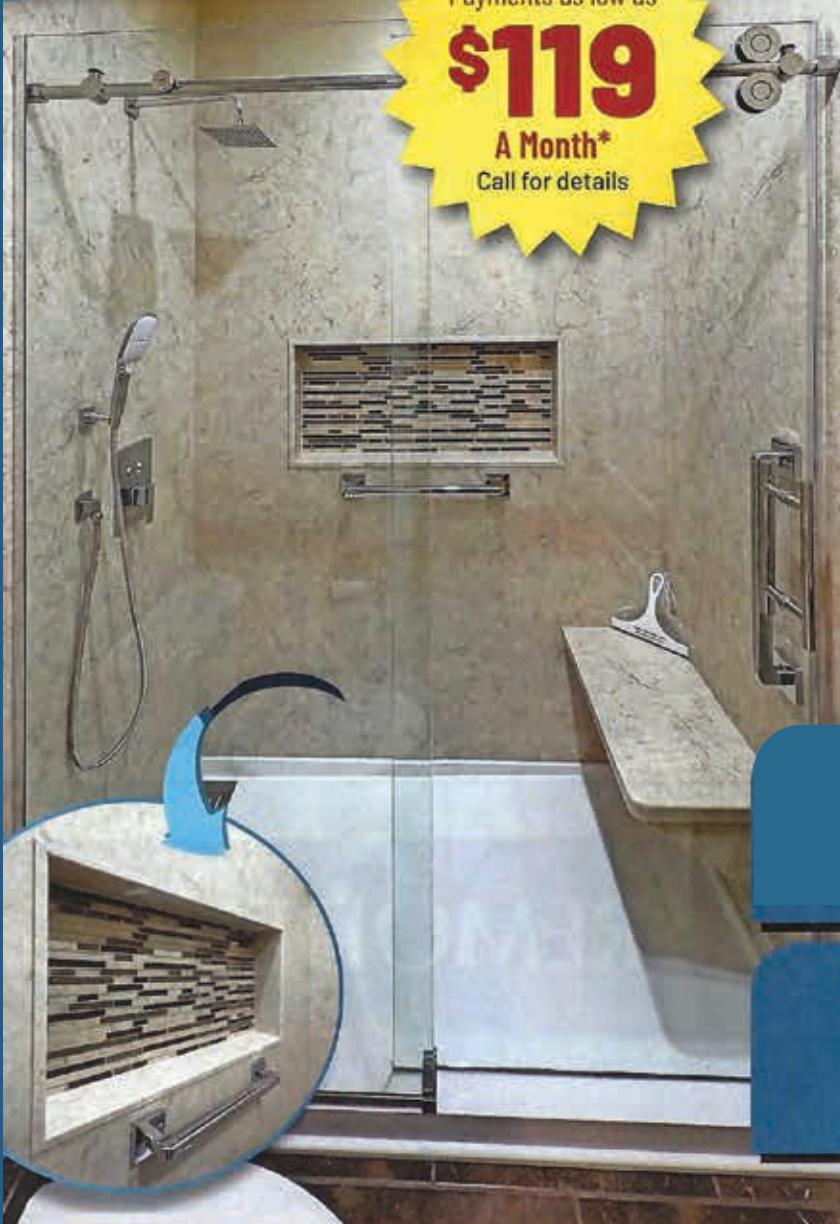
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In The Spotlight

By Debbie L. Sklar

Getting Fit After 50: Tips for Starting the New Year Strong

As the new year begins, many people see January as an opportunity to start fresh, set goals, and focus on health. For adults over 50, this often includes getting more active, building strength, and improving overall fitness. Exercise is not only important for maintaining mobility and independence, but it also supports heart health, mental well-being, and quality of life. Whether you're returning to exercise after a break or trying something entirely new, there are safe and effective ways to get started.

Why Fitness Matters After 50
 Aging naturally brings changes to the body. Muscle mass decreases, bones can lose density, joint mobility can decline, and metabolism slows. Physical activity helps counteract these changes. Strength training can preserve muscle mass, reduce the risk of falls, and improve balance. Cardiovascular exercise supports heart and lung health, while flexibility and mobility exercises maintain range of motion.

Exercise also benefits mental health. Studies show that regular activity reduces stress, anxiety, and symptoms of depression, while promoting better sleep. Social interaction through classes or group workouts can boost mood and provide accountability. For those



Photo courtesy Pixabay.

over 50, even modest amounts of activity can have significant benefits for longevity and quality of life.

Getting Started Safely

Before beginning a new exercise program, it's important to consult a healthcare professional, especially if you have chronic conditions, recent injuries, or concerns about heart health. A physician or physical therapist can provide guidance on safe activity levels, appropriate exercises, and any necessary modifications.

Start slowly and focus on consistency rather than intensity. For beginners, even 10 to 15 minutes of moderate movement a few times a day can be effective. The key is to gradually build endurance, strength, and confidence. Listen to your body and rest as needed; avoiding injury is more important than completing a high-intensity

workout right away.

Types of Exercise for Adults Over 50

A balanced fitness routine includes four main components: cardiovascular exercise, strength training, flexibility, and balance.

1. Cardiovascular Exercise: Activities that increase heart rate improve circulation, lung capacity, and overall endurance. Walking, swimming, cycling, and low-impact aerobics are excellent choices for beginners. For those with joint concerns, water-based exercises reduce stress on knees and hips while still providing a cardiovascular workout. Aim for at least 150 minutes of moderate aerobic activity per week, spread across several days.

2. Strength Training: Maintaining muscle mass is crucial for preventing falls, supporting joints, and boosting metabo-

lism. Bodyweight exercises such as squats, wall push-ups, and step-ups are effective and require no equipment. Resistance bands and light weights can add variety and challenge. Begin with one or two sessions per week and gradually increase intensity as strength improves.

3. Flexibility and Mobility:

Stretching and mobility exercises help maintain joint health and range of motion. Yoga, Pilates, and simple stretching routines can be performed at home or in group classes. Focus on major muscle groups and movements you use daily, such as reaching, twisting, and bending.

4. Balance and Stability: As people age, the risk of falling increases. Balance exercises like standing on one foot, heel-to-toe walking, or gentle tai chi improve stability and coordination. Incorporating balance work a few times per week can significantly reduce fall risk and improve confidence in daily activities.

Creating a Sustainable Routine

The most successful fitness plans are ones that fit your lifestyle and are enjoyable. Choose activities you look forward to, whether it's dancing, hiking, swimming, or group classes. Setting specific, realistic goals

— such as walking 15 minutes daily, completing a set of strength exercises, or attending one class per week — helps maintain motivation.

Tracking progress can also be motivating. Keep a journal of workouts, note improvements in endurance or strength, and celebrate milestones. Even small changes, like taking stairs instead of the elevator or walking with friends, contribute to overall fitness and well-being.

Incorporating Fitness Into Daily Life

Exercise doesn't have to be confined to a gym. Everyday activities can support physical health: gardening, cleaning, carrying groceries, and playing with grandchildren all contribute to strength, mobility, and cardiovascular health. Short bouts of activity throughout the day can be just as effective as longer sessions.

Staying consistent during the winter months or busy schedules can be challenging. Consider joining local senior centers, community fitness programs, or online classes geared toward older adults. Group settings offer social support, structure, and guidance from instructors familiar with age-specific modifications.

Nutrition and Recovery

Continued on page 24



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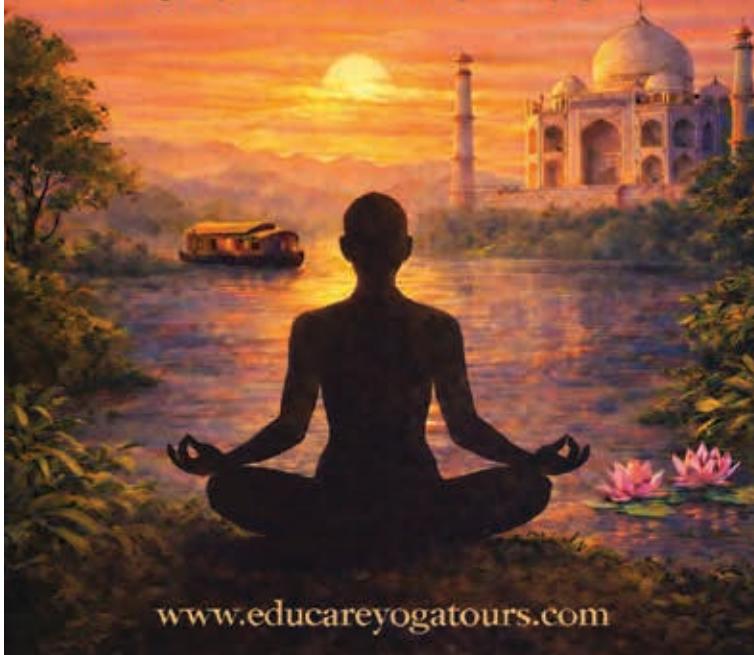
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In The Spotlight

Continued from page 23

Exercise works best when paired with a healthy diet. Adequate protein intake supports muscle repair, while calcium and Vitamin D help maintain bone health. Hydration is also important, as the sense of thirst may decrease with age.

Recovery is equally vital. Older adults may need longer periods between intense workouts. Stretching, rest days, and sleep all contribute to safe, effective fitness. Paying attention to signs of overexertion, joint pain, or fatigue can prevent injury and ensure long-term success.

Starting the New Year Strong

The beginning of a new year is a natural time to set fitness intentions, but it's never too late to start. Small, consistent steps — daily walks, brief strength routines, gentle stretching, and balance exercises — can add up to meaningful improvements in health, mobility, and overall quality of life. By approaching fitness with patience, safety, and enjoyment in mind, adults over 50 can make 2026 a year of strength, vitality, and confidence.

Tips for Success:

- Consult your healthcare provider before starting a new program.
- Begin gradually and increase intensity slowly.

- Include cardio, strength, flexibility, and balance exercises.

- Track progress and celebrate small achievements.

- Choose activities that you enjoy to sustain motivation.
- Incorporate movement into daily life whenever possible.

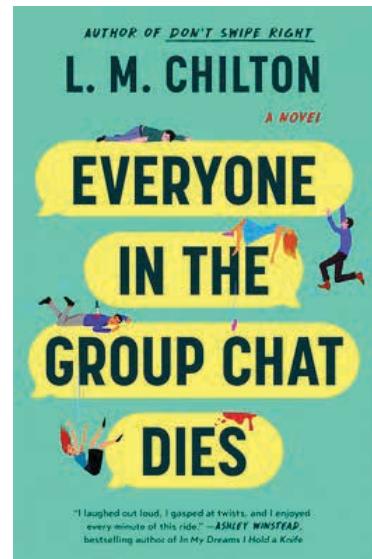
With realistic goals, enjoyable activities, and a focus on overall well-being, the new year can be a time of renewed energy, better health, and lasting fitness for adults over 50.





The holidays have come and gone, and now it's back to the routine. But in between, why not grab a good book from this list and settle in on a cold winter's day?

Everyone in the Group Chat Dies
A Novel
By L.M. Chilton



“From the breakout author of ‘Swiped’ comes a compulsively readable, surprisingly funny, and genuinely thrilling page-turner about a TikTok true crime investigator, a ’90s serial killer that may not be as dead as everyone would like, a text thread from hell, and long-buried secrets that just won’t stay in the grave where they belong.

“Kirby Cornell needs a break from everything:

serial killer from the 90s).

- Her dead-end job.
- Her sleazy landlord
- Her messy roommates.
- And, most of all, the terrible thing they all did.

“Luckily, that hasn’t caught up with her just yet. Until a new message on their old group chat pops up: *Everyone in the group chat dies*.

“It’s the first text her ex-roommate Esme has sent for ages, but that’s not the really weird thing.

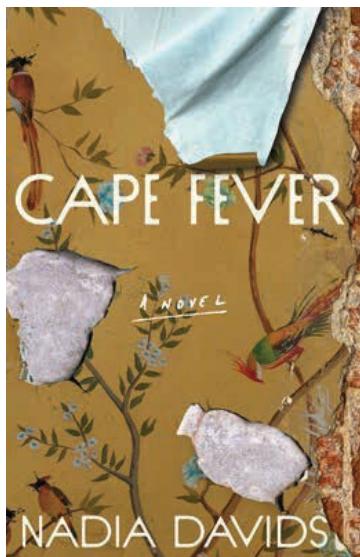
“The really weird thing is, Esme died 12 months ago ...

“Don’t miss the new laugh-out-loud thriller from L.M. Chilton, *‘Everyone in the Group Chat Dies’* — a murder mystery that fuses the comedy of *‘Friends’* with the serial killer thrills of *‘I Know What You Did Last Summer’*,” according to Publisher, Gallery/Scout Press.

Cape Fever
A Novel
By Nadia Davids

“From award-winning South African author Nadia Davids comes a gothic psychological thriller set in the 1920s, where

January Book Club



a young maid finds herself entangled with the spirits of a decaying manor and the secrets of its enigmatic owner.

“I come highly recommended to Mrs. Hattingh through sentences I tell her I cannot read.

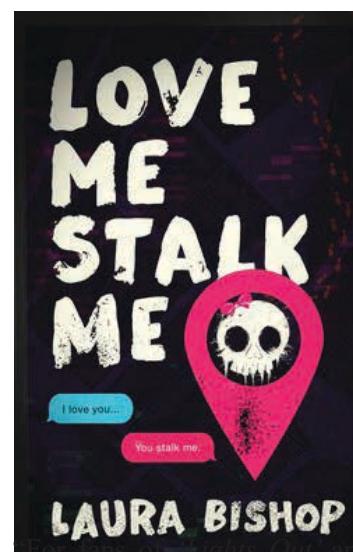
“The year is 1920, in a small, unnamed city in a colonial empire. Soraya Matas believes she has found the ideal job as a personal maid to the eccentric Mrs. Hattingh, whose beautiful, decaying home is not far from The Muslim Quarter, where Soraya lives with her parents. As Soraya settles into her new role, she discovers that the house is alive with spirits.

“While Mrs. Hattingh eagerly awaits her son’s visit from London, she offers to help Soraya stay in touch with her fiancé, Nour, by writing him letters on her behalf. So begins a strange weekly meeting where Soraya dictates, and Mrs. Hattingh writes—a ritual that binds the two women to one another and eventually threatens the sanity

of both.

“*Cape Fever* is a masterful blend of gothic themes, folktales, and psychological suspense, reminiscent of works by Silvia Moreno-Garcia and Daphne du Maurier, and Soraya Matas is an unforgettable narrator, whose story of love and grief is also a chilling exploration of class and the long reach of history,” according to Publisher Simon and Schuster.

Love Me Stalk Me
A Novel
Book No. 1 of
Obsessively Yours
By Laura Bishop



“*Love Me Stalk Me*

“*Love Me Stalk Me*” comes a dark rom-com debut about a woman who confides her fantasies to an AI boyfriend app—unaware she’s really talking to her hot, tattooed coworker who hacked her phone.

“When overworked department store manager Izzy Russo downloads an AI boyfriend app to fill the emotional void

left by her inattentive real one, she thinks she’s just venting to a harmless chatbot named “Caleb.” In reality, she’s been pouring her deepest, dirtiest fantasies into the ears of Callahan Knight—her store’s brooding new head of security.

“Because Cal? He’s been listening. The moment he saw Izzy, he knew she was his. Did he hack her phone? Absolutely. But who could blame him? A woman like Izzy deserves to be cherished by someone who truly knows her worth—and he’ll do anything to be that man.

“So when Izzy finally sees her boyfriend for who he really is, and the danger she’s unknowingly been caught up in, Cal is ready to protect her, no matter the cost. Even if it means revealing the truth.

“She might not have meant to build the perfect man. But he’s here now. And he’s never letting her go,” according to Publisher Atria Books.

When the Fireflies Dance
A Novel

By Aisha Hassan

“Inspired by a shocking true story, this haunting debut novel of love, brotherhood, resilience, and redemption set in Pakistan calls to mind the modern classics *‘The Kite Runner’* and *‘The Beekeeper of Aleppo’*.

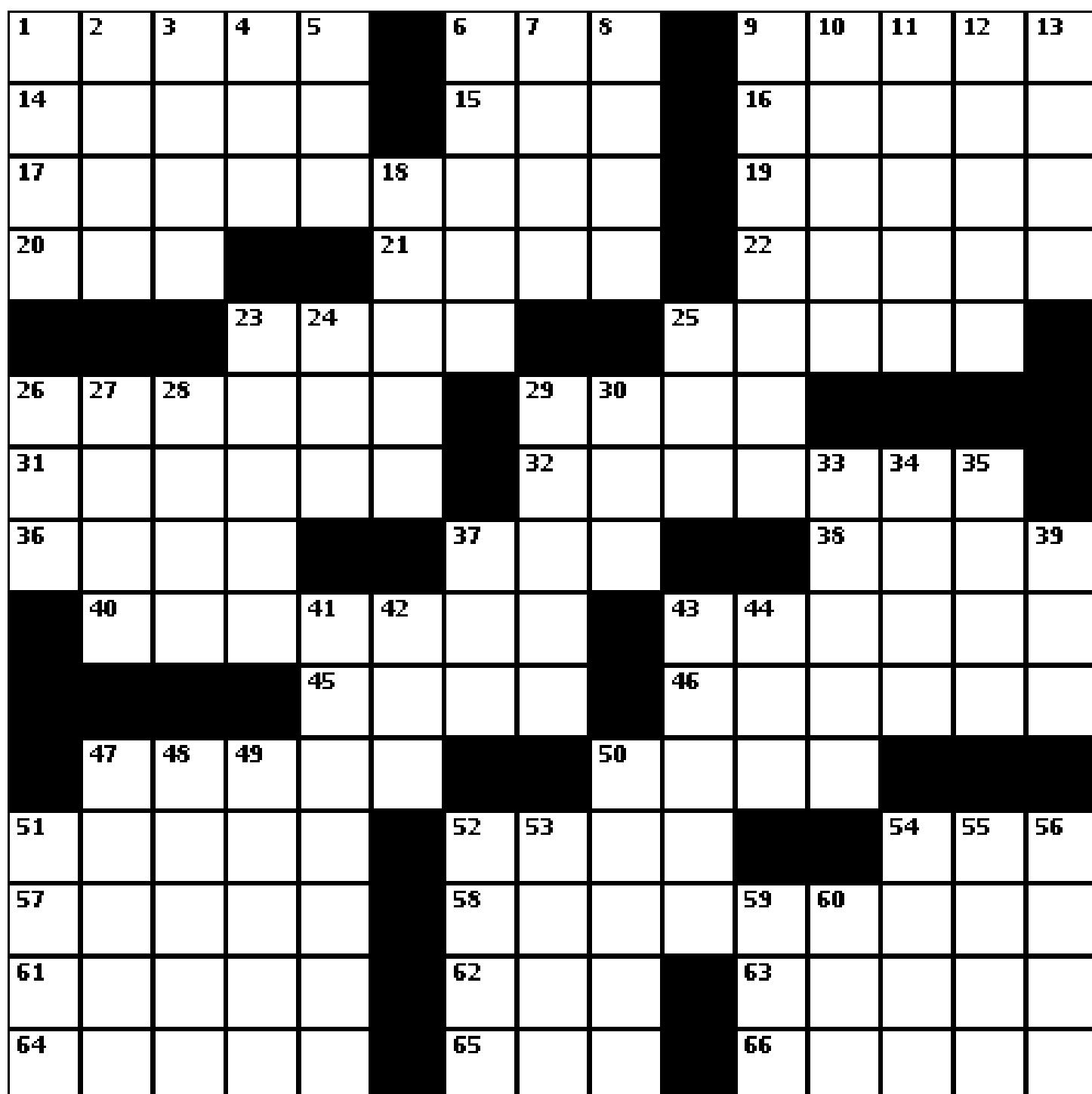
“On the outskirts of Lahore,

Continued on page 27

January Crossword Puzzle

Across

1. "The Crucible" setting
6. Mediterranean isl.
9. Carries
14. Stop on _____
15. Airline until 2001
16. Bandleader Shaw
17. Done by free choice
19. Italian white wine
20. That, in Tijuana
21. Attention getters
22. Koran religion
23. Honest-to-goodness
25. Fishhook line
26. Give out
29. Fraternal org.
31. Stealthy walk
32. Used in a rite of purification
36. Gillette brand
37. Young bear
38. Omigosh!
40. Normal contraction of the heart
43. Nymph loved by Apollo
45. Composition
46. Scrape
47. Maze word
50. In that case
51. Smell
52. Lord's worker
54. JFK watchdog
57. Chilean pianist Claudio
58. Toy
61. Polite refusal
62. High-pitched
63. Reeves of "The Matrix"
64. Designer Simpson
65. Foot digit
66. Port of old Rome

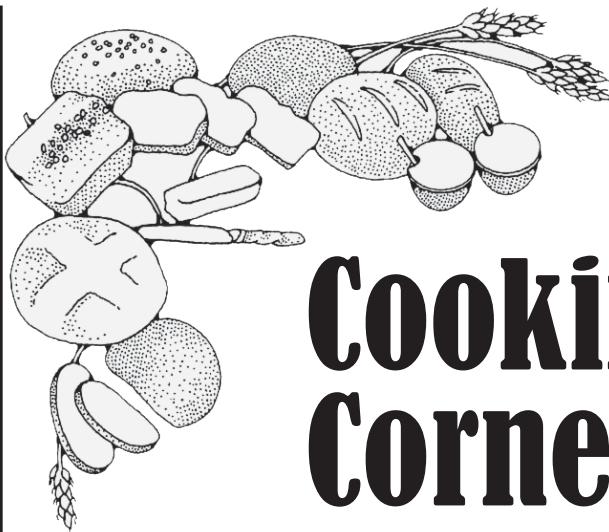


Down

1. Rescue
2. Bustles
3. Reader's Digest-co-founder Wallace
4. Relative of an ostrich
5. Adult males
6. Madame de _____
7. Askew
8. Sunbeams

10. Uneven, as if gnawed away
11. In the least
12. Competitor
13. Look
18. Macbeth, for one
23. Rudner and Moreno
24. Self
25. Mayday!
26. One-time link
27. Takes a load off
28. Nimble
29. Depressed spirits
30. Tavern
33. Dupe
34. Turkish bigwig
35. Ground
37. Actor Gulage
39. Actress Sandra
41. Agonize
42. Make a decision
43. Silly
44. Tummy muscles
47. Young haddock
48. Succinct
49. For want of _____....
50. Hopping mad
51. Yemen's capital
52. Squabble
53. Cockney greeting
54. Decree
55. Years in old Rome
56. Juan's water
59. Ring result
60. Guys

Answers on Page 29



Cooking Corner

Peanuts Deliver Good Food Fast

Life today often seems to be in overdrive, leading many Americans to make snack and meal decisions quickly without really thinking about the nutritional makeup of what they're consuming—but it doesn't have to be that way.

Think Twice

“Being mindful about what you eat each day can have a significant impact on so many aspects of your life. Food choices can influence your mood, energy level, cognition and memory, as well as your overall health and well-being,” says Samara Sterling, Ph.D., director of research for The Peanut Institute.

Unfortunately, most “fast food” is overly processed and relies on sugar, salt and saturated fat to make it taste good in the moment, but it can end up having detrimental effects down the road and may even increase the risk for certain cancers.

Food As Medicine

Peanuts and peanut butter, on the other hand, are convenient and healthy superfood choic-



es that satisfy immediate hunger while delivering lifelong benefits.

According to numerous research studies, regular consumption of peanuts has been shown to: reduce Alzheimer's disease risk by 70%; reduce diabetes risk by 53% and cardiovascular disease risk by 13%; and aid memory, cognitive function and concentration. Daily consumption can even help reduce anxiety and depression.

“Peanuts deliver such a plethora of benefits. A single serving of peanuts, which is about a handful, is packed with 19 vitamins and minerals and contains seven grams of plant-based protein,” adds Sterling.

The Science

The benefits of plant-based protein are becoming more and more apparent. Research that

Continued on page 28

The Gadget Geezer

Continued from page 20

What does it do? Basically, it adds functionality and control to your home's Wi-Fi network. Besides being easy to set up and use, it allows for convenient and remote scheduling, countdown with the app, and it is versatile with both indoor and outdoor versions.

Apple AirTag



Photo courtesy Apple.

If you have ever been in a situation where you can't find your keys, your luggage, or your backpack, **Apple Air Tags** are for you.

Using Bluetooth, they transmit a signal with the tag's ID, once every three to five minutes, to save battery life, and work within the Apple “Find My Network” system, which consists of literally millions of iPhones.

For travel, for instance, you can find your luggage once you get off the plane using any nearby iPhone. Price: \$29.

Personal Accessories

Panasonic Body Groomer

Although Christmas is in the rearview mirror, it is not too early to think about a gift for



Photo courtesy Panasonic.

Valentine's Day – something for both men and women. That something could be the new **Panasonic Body Groomer**.

Priced at about \$50, the groomer features a unique V-shaped head, a powerful motor, and two attachments for precise and gentle trimming. Its Skin Protective Blade technology helps reduce skin irritation on the most sensitive and delicate areas.

This waterproof groomer operates for nearly one hour on a full charge and is sold with an easy-to-transport pouch.

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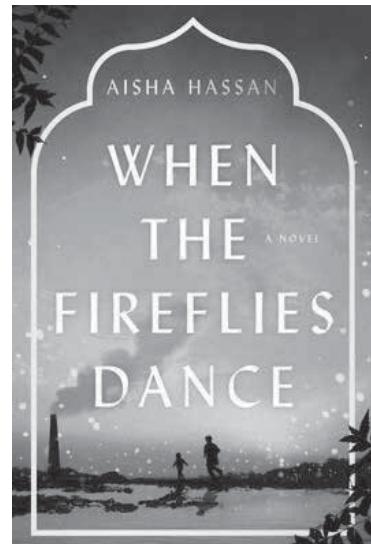
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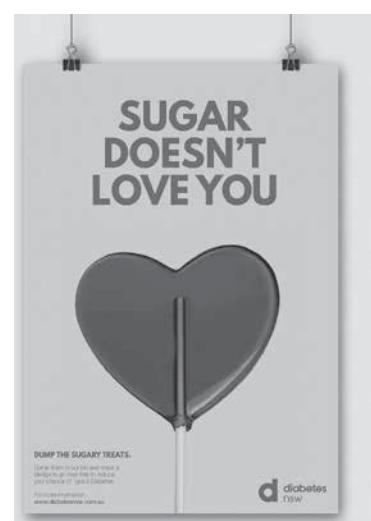
JANUARY Book Club

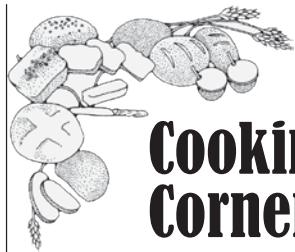
Continued from page 25



Pakistan, a large yellow moon hung low in the sky when the men came with dogs and guns and cricket bats. In front of his family's small hut on the edge of a looming brick kiln, Laloo's brother was murdered.

“Unable to escape the memory of that horrible night, Laloo's parents and sisters remain trapped, the kiln chimney churning black smoke into the sky as the family slave, brick by brick, to pay off their debts. To rescue them, Laloo must free himself from his past and carve out his own destiny,” according to Publisher Gallery/Scout Press.





Continued from page 27

compared nuts and legumes to animal protein showed higher intake from meat was associated with increased mortality risk. Another study found that replacing animal-based protein with plant-based protein can substantially lower the likelihood of developing diabetes. Finally, an interesting study of older adults found that faster walking speed was associated with a higher intake of plant protein, while slower walking speed was associated with greater animal protein intake.

To easily incorporate peanuts and peanut butter into a busy schedule, check out The Peanut Institute's collection of simple yet tasty recipes.

Tasty Peanut Ramen

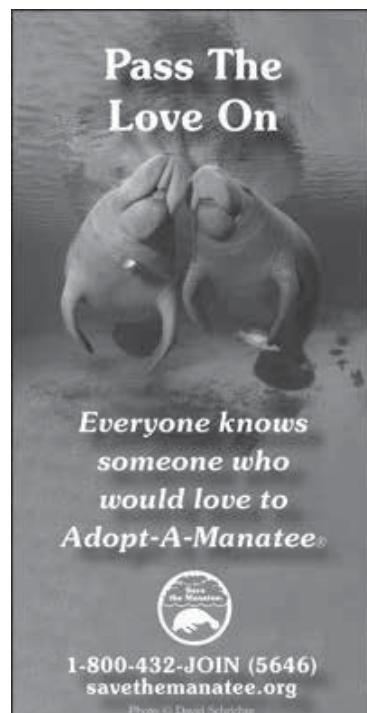
1 (3 oz.) package ramen
1 Tbsp shallot, diced
2 tsp minced garlic
1/2 cup shredded carrot
1/2 cup sliced mushrooms
1/2 cup coleslaw blend or chopped broccoli florets
1/2 cup red pepper, large dice
1/4 cup peanut butter
1/2 cup - 2/3 cup water
1 Tbsp soy sauce
1 Tbsp brown sugar
1 Tbsp Sriracha
1/4 cup roasted peanuts, chopped
1 Tbsp cilantro, for garnish

Cook ramen according to package directions. Strain noodles and set aside. In a medium

sauté pan, warm 1 Tbsp of oil over medium high heat. Add shallot and garlic and cook until aromatic. Add mushrooms to pan, sauté until tender. Combine carrots, broccoli and red pepper into the pan and sauté about 2 minutes. Remove from the pan. Combine water, peanut butter, soy sauce, brown sugar and Sriracha in the pan. Simmer and reduce until sauce is thickened, about 2 minutes. Top ramen noodles with sauce and combine well. Top with vegetables, chopped peanuts, and cilantro.

Learn More

For other recipes and further information, visit www.peanutinstitute.com or follow The Peanut Institute on Instagram, Facebook or Twitter.



Movie Preview

‘People We Meet on Vacation’



By Randal C. Hill

Emily Henry is one of the reigning masters of the contemporary romance novel. Since 2020, she has written six *New York Times* bestsellers, and five of those witty “chick lit” publications have now been optioned for both the big and small screens.

Henry's first book to become a movie arrives via TV on Jan.

9. That's when *“People We Meet on Vacation”* streams on Netflix. Emily's 2021 offering, which has sold more than 2 million copies, features a lightweight romantic plot (of course) but one that also thrums—as do all her well-written works—with an undercurrent of concerns of honesty and respect among the characters involved.

Poppy Wright and Alex Nilsen are best friends who have almost nothing in common. Poppy is an extroverted wild child with insatiable wanderlust (she's a travel writer), while reserved high-school English teacher Alex is happy to just stay home with a good book.

Despite living far apart, the two have always enjoyed getting together for a week each summer, as they have for a decade now. At least, that was the case until two years ago, when their annual trip involved a massive blow-up. As a result, they haven't spoken since.

Poppy misses her friend and somehow convinces Alex to take one last journey with her, keeping to herself the fact that this will also be a personal mission to win back a valued friendship. In putting their relationship to the test, Poppy has only a week to set things right ... and to possibly include the laying out of her true feelings for Alex.

Emily Bader (*“My Lady Jane”*) plays the female lead. “Poppy’s like sunshine,” she gushes. “She burns really hot and fast, and she talks too much. She’s loud...But that’s just who she is.”

Alex is portrayed by Tom Blyth (*“The Hunger Games”* prequel): “They’re each other’s yin and yang. They’re each other’s counterbalance. [This is] a beautiful story about what people can really give to each other.”

Director Brett Haley (*“Hearts Beat Loud,” “All the Right Places”*) adds, “Emily and Tom’s chemistry is electric ... I hope that fans of the book see the care we put into bringing Poppy and Alex to life on the screen, and that new audiences will fall for them just as deeply.”

The film was shot in and around New Orleans and Barcelona, the latter making a change from the book's Palm Springs locale.

“This is a movie that doesn’t just tell a love story,” Haley concludes. “It makes you feel like you’ve gone on vacation right alongside Poppy and Alex.”





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Crossword Puzzle Answers from page 26

1	S	A	3	L	4	E	5	M		6	S	7	A	8	R		9	B	10	E	11	A	12	R	13	S
14	A	D	I	M	E				15	T	W	A				16	A	R	T	I	E					
17	V	O	L	U	N	18	T	A	R	Y				19	S	O	A	V	E							
20	E	S	A			21	H	E	Y	S				22	I	S	L	A	M							
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26	A	S	S	27	28	I	G	N		29	B	30	P	O	E											
31	T	I	P	T	O	E			32	L	U	S	T			33	R	34	A	35	L					
36	A	T	R	A					37	C	U	B				38	E	G	A	39	D					
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Home Maintenance

Why Changing Your HVAC Filter in Winter Matters More Than You Think

When temperatures drop and we spend more time indoors, your HVAC system becomes one of the hardest-working appliances in your home. From keeping your living spaces warm and comfortable to circulating the air your family breathes every day, your system is busy around the clock during the winter months. That's why changing your HVAC filter regularly in winter is one of the simplest and most important steps you can take to protect your home's indoor air quality.



Winter = More Indoor Air Contaminants

During the colder season, windows stay closed, doors open less often, and fresh outdoor air doesn't move through your home as easily. Meanwhile, indoor activities like cooking, cleaning, burning candles, and simply staying inside more often all increase the amount of dust, dander, and particles floating around your home.

A clean HVAC filter helps trap these contaminants before they circulate through your air ducts and back into the air you breathe.

A Dirty Filter Makes Your System Work Harder

When your filter becomes clogged with dust, pet hair, debris, and other winter buildup, the airflow through your HVAC system decreases. That means your furnace must work harder to push warm air into your home, using more energy and increasing the risk of breakdowns.

A clean filter keeps air moving freely, helping your system run efficiently and reducing stress on expensive components.

Clean Filters = Cleaner Air All Season Long

Winter air is often dry, and when combined with a dirty filter, it can leave your home feeling stuffy or dusty. Clean filters help:

- Reduce allergens like dust and dander
- Minimize odors
- Improve airflow and overall comfort

- Keep your home's air fresher and healthier

For families with pets, allergies, or respiratory concerns, winter filter changes are even more important.

Don't Forget the Bigger Picture

Your HVAC filter is just one part of your home's air quality puzzle. Dust, debris, and contaminants can still build up inside your air ducts, especially when your system is running nonstop all winter long. Scheduling a professional inspection or cleaning with a NADCA-member company can ensure your entire system is working efficiently and circulating truly clean air.

Keep Your Home Breathing Easy This Winter

Changing your filter is a small task that pays off big, helping your HVAC system run better, improving indoor air quality, and keeping your home comfortable all season long. Make it part of your winter routine and enjoy cleaner, healthier air every day.

Learn more about protecting your indoor air quality at BreathingClean.com.



Fabulous Finds

By Debbie L. Sklar

Ring in the New Year with Self-Care and Skincare Finds

As we step into a new year, many people are thinking about renewal—refreshing routines, setting intentions, and taking small steps toward feeling and looking their best. One easy place to start is self-care. From skincare innovations that lift, tone, and hydrate, to body mists and serums that turn everyday routines into a ritual, there are plenty of products to help you start 2026 on the right note. Here are some of the latest **Fab Finds** for the new year.

StriVectin TL Advanced Sculpting Neck & Jawline Mask



Photo courtesy StriVectin.

StriVectin, known as the No. 1 skincare brand for neck and décolleté, has expanded its premium line with the **TL Advanced Sculpting Neck & Jawline Mask**. Formulated with Alpha-3 Peptide, NIA-114, and caffeine, the mask is clinically proven to tighten, tone, and depuff the neck and jawline. In a study, 88% of users reported firmer skin after just 20 minutes, and after two

weeks, participants noticed sharper jawline contours and lifted facial lines. The hydro-gel design is engineered to fit snugly along natural contours, optimizing ingredient absorption for areas prone to sagging. Perfect for a pre-event boost or a weekly self-care ritual, this mask is a simple way to enhance your skincare regimen.

Where to buy: Ulta, StriVectin.com (\$18, 1 count). Available at Amazon and Sephora starting January 2026.

eos Cashmere Body Mists



Photo courtesy eos.

The popular beauty and personal care brand **eos** is entering the fragrance space with Cashmere Body Mists in eight scents, including Vanilla Cashmere, Strawberry Dream, Crème de Pistachio, and Coconut Waters. Infused with moisturizing hyaluronic acid and aloe, the mists hydrate skin while delivering long-lasting fragrance. They are designed to layer with eos body lotions and washes for a fully personalized scent experience. These lightweight mists are ideal for daily use, travel, or adding a subtle scent boost before heading out.

Where to buy: evolution-ofsmooth.com (\$12.99) and select retailers, including Target, Walmart, and Amazon.

Sol de Janeiro Rosa Charmosa Dewy Cream & Cheirosa 91 Perfume Mist



Photo courtesy Sol de Janeiro.

Sol de Janeiro continues to innovate in body care with Rosa

Charmosa Dewy Cream, offering 48-hour hydration and a luminous glow with a whipped texture that melts into the skin. The formula features crystal peptides, rosewater, and Brazilian yacón essence to boost skin radiance. Complementing the cream, Cheirosa 91 Perfume Mist combines Rio Pink Rose, passionfruit, and honey caramel to create a vibrant, modern scent. Together, these products make everyday care a ritual of reflection and indulgence.

Where to buy: Sephora and Sephora at Kohl's in the U.S. (price varies, typically \$34–\$48).

COSRX Peptide Collagen Hydrogel Eye Patch

Best Sellers in Eye Masks

#1



COSRX Pink Peptides Collagen Hydrogel Eye Patch for Puffy Eyes and Dark Circles, Under Eye Mask, 60 Under Eye Patches, Korean Skin...

Photo courtesy CORSX.

Ideal for tired mornings or long nights, **COSRX's Peptide Collagen Hydrogel Eye Patches** are Amazon's No. 1 eye mask. Infused with peptides, collagen, niacinamide, hyaluronic acid, caffeine, and vitamin B12, these pink-toned hydrogel patches reduce puffiness,

Continued on page 37

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Dining Out with SAM

....at Tierra De Fuegos

By Samantha Hammer, Contributing Columnist

I have always loved delicious food, whether prepared at home or at a lovely restaurant. My experience dining out began when I was very young, growing up in San Francisco. My parents always loved fine dining, and I remember having so many incredible experiences. My favorite dining experience was a perfectly grilled ribeye steak at Grison's Steakhouse, a very loved and popular restaurant that ended its journey and closed in 1984.

I remember when I was just 7 years old. I loved tuna sandwiches. At that time, I can remember this wonderful cocktail rye bread, which I would toast and make my special tuna salad sandwich with lettuce and tomato, and invite the whole neighborhood over for lunch. Everyone always enjoyed my sandwiches, and I still make them.

Over the years, my travels have taken me to many major cities across the United States and



Tierra De Fuegos
Photos courtesy Samantha Hammer.

Hawaii. Dining out is such a joy for me.

What I learned through my dining out experiences and what makes a restaurant stand out from others is not only the quality of the food and the decor, but the flavor of the owners and staff, and how one is treated while dining out. And of course, having some lovely music in the background is always a plus.

There are several important expressions for forming a team of staff that love what they do, love providing the best customer service experience, serve the freshest and healthiest food items, and have a team in the kitchen who takes pride in everything they do.

The best feeling ever is when you receive a wonderful dining experience beyond your expectations with a delicious presentation of what you ordered and looking forward to, and a customer service experience that is extraordinary.

Orange County is known for its hub of creative and adventuresome chefs.

This leads me into my latest dining experience at Tierra De Fuegos, an authentic Argentine foodie delight. It's right here in Laguna Niguel in our own backyard!

I was out having lunch with a group of friends in Laguna Beach. I was thinking about writing a special restaurant story. One of the ladies at our table said to me, "Samantha, you have to go to Tierra De Fuegos!"

My birthday was coming up, and a dear friend said, "I want to take you out to dinner, and you pick the place." So, I picked Tierra De Fuegos. One of the main reasons I wanted to dine at this restaurant is that they are particularly known for their authentic Argentine style, firewood, and grilled food. Especially their grilled meats.



Tierra De Fuegos dining room.

It was a lovely, early, quiet Friday evening. When we arrived, we were treated like we'd



Executive Chef and owner Mariano (Maro) Molteni.

known them for years. We started with some Beef Empanada appetizers. And I, of course, along with my friend, ordered rib-eye, wood-fire grilled steak, 12 oz., medium, rare, topped with (house-made) chimichurri sauce and assorted fresh vegetables. We also enjoyed some lovely Chardonnay and great conversation.

Our experience was so special. The steaks were prepared perfectly, and this special chimichurri flavoring was definitely a swirl in the palate.

While we were dining, I noticed the chef had come into the dining room. Every table was filled with families and small groups, and everyone had a wonderful time. The chef stopped at many tables, and people stood up and hugged him. He was the friendliest and kindest person. I signaled to him at one point to come over to our table because I wanted to thank him for this wonderful dining experience, not only with our selections, but with the delightful staff. He was really so gracious and thanked us so much for choosing his restaurant. I told him I write restaurant stories and would like to do his story! So,

let's dive into this wonderful gentleman and how he created this restaurant.

Mariano (Maro) Molteni and his wife, Patricia, are owners of Tierra De Fuegos. Maro was born in 1974 and raised in Buenos Aires, Argentina. Born into a culinary family, his mother owned a restaurant in Villa Gesell, a popular beach town on Argentina's Atlantic coast, known for sandy beaches and vibrant nightlife.

Maro's brother is a prominent and well-known executive chef and has spent much of his life's culinary experience in France and Spain.

When Maro graduated from high school, he desired to be in the culinary industry, and he was accepted into a culinary and hotel management certification program and graduated with honors.



Almacen (Storehouse).

The culinary school offered opportunities for students with higher grades and the opportunity to work in the culinary world. Maro selected opportunities working in many capacities within the kitchens of hotels and was especially given positions in customer service roles because of his high grades at the culinary school.

As time moved forward, an op-

Continued on page 41

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Life After Mother

By Lyn Jensen

'Exploring probate and estate issues from personal experience.'

She's Being Unusual

"She's being unusual? What's so unusual about that?" is a classic line from the movie *"Driving Miss Daisy"* when Miss Daisy's son reacts to the news that his mother is, well, being unusual. She thinks she's still teaching school. It's obvious she can no longer manage her own care.

Being "unusual" was nothing unusual for my mother, either. I see those TV commercials for pharmaceutical drugs to treat dementia-related psychosis, the ones that say, "She'd even throw things!" and, "She started swearing!" In my experience, that's nothing. My mother and father both routinely swore and threw things. My father exhibited unmistakable features of mental illness and alcoholism, but I think my mother may have suffered some of the same symptoms, just in a more indirect way that was easier to shrug off.

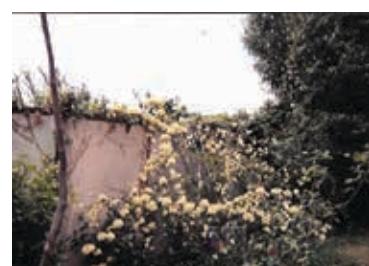


My mother's HMO was not modelled to address this type



Photos courtesy Madeline Jensen via Lyn Jensen.

of unusual behavior. I recall the appointment where a staffer accused me of "elder abuse" because I'd had it up to here with my mother being her "unusual" self on that particular day.



Whenever I went to my mother's HMO appointments, I always asked for my own copy of her paperwork, so I could keep track of her future appointments and any other information that I thought a daughter (whom the HMO staff may call "caregiver" even if the patient doesn't) understandably needed to know. Normally, my request was honored. This time, the receptionist refused, and sneered, "Patient confidentiality."

My mother immediately grabbed the paper, literal-

ly shoved it in my face, and sneered, "Here! You want it! See it! Here!" The receptionist saw this and said nothing. When I'd raised my voice in a heated discussion at that same appointment, a staffer's response was to cry, "Elder abuse." My asking for a paper got a sneer of, "Patient confidentiality." My mother shoving that paper in my face, like James Cagney with a grapefruit in that old movie scene, got nothing. My mother's behavior apparently wasn't "unusual" enough.



My mother never had another neurology appointment in the last two years of her life, despite her HMO knowing about her dementia. At a routine check-up, where the HMO didn't see "unusual" behavior but probably should have, a staffer asked my mother a routine question, "Who puts on your shoes?" My mother got sarcastic and sneered, "My neighbor comes in every morning and puts them on." The healthcare worker had no way of knowing if that was an honest answer or not, but apparently didn't think it was unusual enough to label "unusual."

Like Miss Daisy, my mother's behavior didn't neatly fit boxes labeled "usual" or "unusual." Unlike Miss Daisy, she never

had an episode that was as obviously unusual as thinking she was back in school. An HMO built on accessing healthcare delivery systems is inadequate for addressing such behavior and determining what is psychosis and what's just being unusual.



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MANY TIMES
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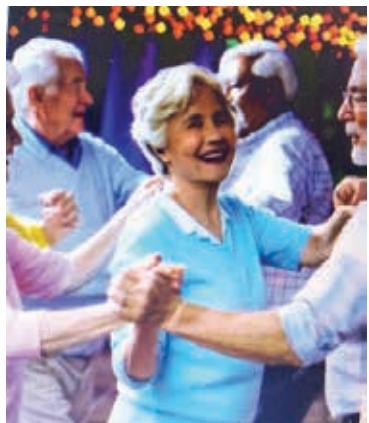
Busy Boomers

By Les Goldberg

Finding Fun & Fitness in Dance

When my wife and I were in our 20s and 30s, we went dancing every Friday night, mostly to nightclubs where slow, rock, and swing dancing were the norm. We did it purely for fun – the music, the friendships we made, and the desire to escape from the daily routine of work and raising a family were the main attractions.

As our age crept up on us, the fun aspect of dancing slowly dissipated while the need for exercise and fitness played a bigger role in our lives. Today, the over-50 crowd has found a way to combine both local dance studios and nightclubs are putting out the welcome mat to meet their needs.



Photos courtesy The Villa Club.

Throughout the Southland, including Long Beach and Orange County, you can literally dance the pounds away without setting foot in a traditional gym or fitness center. Instead, you can step out to places like the Atomic Ballroom in Irvine, the Copper Door in Santa Ana, 99 Bottles & Cocktails in Anaheim, or the At the Top Club in Long Beach.

Whether you are a novice or an experienced dancer, you will be learning the moves that will improve your mental and physical health while enhancing your social interactions. The latest studies confirm that dancing can improve your balance, mobility, and lower body strength, overall endurance, heart health, and more.

In addition, it has been scientifically proven that dance can increase your motivation, emotional well-being, social cognition, and some aspects of memory, and reduce depression. According to one study, “dancing can help you meet new people in an enjoyable setting, resulting in a reduction in your feelings of stress and loneliness.”

Medical experts advise seniors to keep a few things in mind before going out onto the dance floor:

- Consult with your doctor.
- Warm up and stretch before any physical activity.
- Stay hydrated.
- Eat a balanced, nutritional diet.
- Wear appropriate shoes so and won’t fall off.
- Go at your own pace.
- Don’t be intimidated by more experienced dancers.



And, said John and Gloria Ebert, both 69 of Garden Grove, “We’ve been dancing since we were kids. It is our outlet for fun and exercise. We’ve met so many people, many who have become lifelong friends.” Their favorite dance is the West Coast Swing.

“What we have found is that dancing and our desire to stay active for as long as we can have become a way of life. They are the reasons we enjoy life as much as we do,” said Richard, 70, and Athena, 71, Buford of Bellflower. Among their favorite dances are Salsa and country line dancing.



You can be assured that dancing, whether for exercise, social interaction, or just plain fun, allows you to participate in a variety of styles, including waltz, foxtrot, jazzercise or Zumba, line dancing, tap or clog dancing, ballet, or seated dancing designed for the mobility challenged.

Other dance halls in the Long Beach and Orange County areas include:

- Costa Mesa: The Arena, Sovilla Nightclub, TIME Nightclub, and the Country Club
- Newport Beach: The Villa Club and Legacy Nightclub
- Anaheim: The Bravo club
- Fullerton: In Cahoots and Club Haven
- Long Beach: DH-Khumar Lounge and Savilla Nightclub

As one dance studio manager said, “You’ll never be bored.”

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By Randal C. Hill

'50 Ways to Leave Your Lover'

Paul Simon

Paul Simon, in partnership with heavenly-voiced Art Garfunkel, established himself as a major recording force during the 1960s. When Simon and Garfunkel went their separate ways in 1970, each continued as a solo act.

While Garfunkel recorded a few successful albums, Simon consistently did him better, especially with *"Still Crazy After All These Years,"* his solo LP that reached No. 1 on *"Billboard."* It is from this disc that *"50 Ways to Leave Your Lover"* came, following such previous hits as *"Mother and Child Reunion"* and *"Loves Me Like a Rock."*

In 1975, Simon and his first wife, Peggy Harper, called it quits after six years of marriage. One day, Simon had their 3-year-old son Harper at his Manhattan apartment, and Paul was trying to teach the lad how to rhyme words.

Simon's enjoyable endeavors ended up working their way into *"50 Ways to Leave Your Lover,"* a masterfully crafted piece of storytelling. Here, Simon presents a snapshot of the tale as a dialogue, almost as a scene from a movie, as we witness his protagonist rushing from the ruins of a marriage into a (hopefully) better situation this time around.

Unlike numerous country classics, Simon's creation of a divorce song doesn't get bogged down with self-pity or overwrought reflection. One can almost imagine the New York-born musical poet slyly winking as his rhyming list unfolds without a trace of viciousness or callousness.

He recorded *"50 Ways to Leave Your Lover"* around the rat-a-tat-tat of a military-style drum-beat and was backed up by three women singers of note — Valerie Simpson, Patti Austin, and Phoebe Snow; their voices, though, are pushed into the background so as not to distract from Paul's playful poetry.

During the narrator's journey, his awaiting lady friend offers what she thinks will help assuage Simon's concerns about his departure:

"The problem is all inside your head," she said to me.

"The answer is easy if you take it logically.

"I'd like to help you in your struggle to be free.

"There must be 50 ways to leave your lover."

Did Simon actually come up with exactly 50 clever lines involving the abandoning of a relationship? The answer is yes, but only five survived the

limitations of a vinyl 45 at the time:

"You just slip out the back, Jack.

"Make a new plan, Stan.

"You don't need to be coy, Roy.

"Hop on the bus, Gus.

"Just drop off the key, Lee."

Simon fans were thus deprived of several clever gems:

"Act like a slob, Bob.

"Flee to a cave, Dave.

"Keep on lyin', Brian.

"Offer to pay alimony, Tony.

"Finally, use that canoe, Lou.

"Jump off the Staten Island ferry, Jerry.

"Say they're not funny, Sunny."

Simon has married twice more—to actress Carrie Fisher, then to singer Edie Brickell.

He has always dismissed *"50 Ways to Leave Your Lover"* as merely "a nonsense song."

Nonsense? Hardly. In fact, this clever concoction proves that you were really on the ball, Paul!

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grance-free formula is paraben- and phthalate-free, cruelty-free, and suitable for sensitive skin.

Where to buy: mitoredlight.com (\$39, regularly \$99).

These products make it easy to refresh and elevate personal care routines. Whether you are targeting the neck, eyes, or body—or adding a subtle scent to your day—they offer practical, science-backed solutions for starting the year with healthier, more radiant skin. As resolutions shift from intentions to daily habits, integrating small self-care rituals can make a noticeable difference over time.

With a little attention to hydration, hydration, and targeted skincare, anyone can give their skin a head start on a new year of looking and feeling its best.

Fabulous Finds

Continued from page 31

fine lines, and fatigue in just 10 minutes. Clinical results show a 25% reduction in puffiness, 68% increase in hydration, and 17% improvement in firmness after a single use. They can be integrated into any routine and provide a quick pick-me-up for the under-eye area.

Where to buy: Amazon, Ulta, Revolve, Dermstore, Nordstrom, Target (price varies, typically \$14–\$20 per pack).

Mito Red Light Mito-AURA Activate + Amplify Serum



Photo courtesy Mito. Mito Red Light's Mi-toAURA is a light-activated serum formulated to enhance red and near-infrared (NIR) light therapy. With spirulina extract, *Thermus thermophilus* ferment, methylene blue, THD ascorbate (Vitamin C ester), and peptides, the serum supports skin tone, firmness, and radiance. It can be applied before therapy sessions to optimize results or used alone for daily skin hydration and barrier support. The lightweight, fra-

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Healthy Aging

Aging on Your Terms: Staying Healthy and Independent

Healthy aging isn't just about luck and genetics; it's about empowering yourself to live your best life as you get older. By focusing on healthy habits, strong support networks and proactive care, you can significantly improve your quality of life, allowing you to age on your own terms.

As a physician, I often hear questions from older adults about maintaining their health and independence. While individual needs and preferences vary, I typically suggest focusing on three key pillars: preventing falls, managing prescription medications and developing a personal health management plan. There are simple actions you can take as early as today to stay healthy on your terms.

Preventing Falls to Stay Steady and Independent

Aging brings changes to muscle strength, bone density, balance and reaction time. If not addressed proactively, these shifts can make older adults more susceptible to falls. Falls are the primary cause of fatal and non-fatal injuries among older adults, yet many are preventable.

Simple preventative measures can significantly reduce your risk of falling and help you maintain your independence—here are a few focus areas to consider:

- Home Safety: Modify your living environment by eliminating tripping hazards, enhancing lighting and installing grab bars in bathrooms.
- Physical Activity: Incorporate balance and strength-training exercises, such as tai chi, yoga or walking, to improve stability and coordination.
- Vision and Footwear: Ensure regular eye examinations and wear supportive, non-slip footwear to prevent stumbles.
- Medication Review: Consult with a health care provider to identify any medications that may induce dizziness or drowsiness, thereby increasing the risk of falls.

Managing Medications with Clarity and Confidence

Many older adults take more prescription medications as they age, which can be challenging to manage. The Journal of the American Medical Association reported that more than four out of 10 adults aged 65 or older take five or more medications, often prescribed by multiple health care providers.

Effective medication management goes beyond simply filling and taking prescriptions. It's crucial to know when and how to take them, as well as understanding why you need them. That's the focus of the



comprehensive medication review Signify Health clinicians complete with health plan members during an In-Home Health Evaluation (IHE). There are also steps that you can take to stay on track and be prepared:

- Know Your Medications: Understand why you take each medication, what it does and any potential side effects to monitor. Maintain an up-to-date list of all your medications, including doses and reasons for taking them. This list should include over-the-counter drugs, supplements and herbal remedies, and is something that you should share with your primary care provider (PCP).
- Use and Store Them Correctly: Understand how and when to take your medications and what to do if a dose is missed. Be sure to store them properly to maintain their effectiveness.
- Healthy Lifestyle: Maintain a balanced diet, engage in consistent physical activity and ensure adequate sleep.
- Mental and Emotional Health: Prioritize your mental and emotional well-being. This includes annual cognitive tests; seeking support for stress, anxiety or depression; and participating in activities that promote mental stimulation and social connection.

How Signify Health Can Support Healthy Aging

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By focusing on these key areas—preventing falls, managing your medications and developing a personal health management plan—you can empower yourself and your loved ones to take the necessary steps toward healthy aging.

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Volunteers Wanted

Answering the Call: Unique Volunteer Opportunities Await in the Fire Service

Joseph Maruca didn't exactly mean to join the volunteer fire service. It was April 1977, and the then high school senior had gone to the hardware store to purchase cement for footings on his family's deck. As he was arriving, he saw smoke coming up from behind a restaurant across the street.

Maruca did what many people would do—he went over to see what was going on. What he didn't expect was for a firefighter to call over to him that he needed his help. "He handed me the nozzle to the red booster hose and told me to drag it into the woods following the hose already on the ground, and hand it to the firefighters I would find," recalls Maruca. "I did it."

When he returned, the firefighter who originally called out to him asked him for additional assistance to help put out the brush fires. "He put a small water tank on my back. Then told me to follow the hose, and when I got to the fire to turn right and spray water on any fire I saw as I walked along the edge of the burning woods," Maruca said.

When it was over, Maruca was asked to come to the fire station where he was recruited on the spot as the newest volunteer. He continued to serve as a volunteer firefighter until 2005, when he became a paid chief of

a fire department that uses both paid and volunteer firefighters.

While joining a volunteer fire department requires more training and preparation now than it did in 1977, one thing holds true—it is neighbors helping neighbors. Anyone with a desire to serve their community and give back in an impactful way can become a fire service volunteer.

What Does It Mean to Volunteer in the Fire Service?

About 65% of U.S. firefighters are volunteers, and 82% of fire departments are staffed either entirely or mostly by volunteers. Small town and rural communities especially depend on volunteers to be there to respond to emergencies of all kinds, from structure and wildland fires to medical emergencies and vehicle crashes, to natural disasters and hazardous materials incidents.

Most volunteer fire departments have a variety of operational and non-operational roles they need filled. Operational roles include firefighters, EMS providers, and driver/operators. Non-operational functions include fire prevention education, fundraising, administration, and other support tasks.

Training depends on the volunteer role and is provided by the department.



Joseph Maruca has been fighting fires and helping his community for nearly 50 years.

What Are the Benefits of Volunteering?

Fire service volunteers learn skills that will help them in emergencies, in life, and in their careers. However, it is the intangible benefits that most firefighters cite as their reasons for joining and staying in the fire service. Giving back to the community, helping others in need, building lifelong friendships, and being part of a tight-knit team are all factors in why people volunteer.

Some fire departments also offer tangible benefits such as stipends, tuition assistance, retirement accounts, and even tax breaks or exemptions.

"Although I have now retired

from the fire service, it will always be a part of me," said Maruca. "The memories and experiences I have had and the relationships I have built will stay with me forever. It gets in your blood and becomes a part of who you are and defines your place in the world."

How to Join the Volunteer Fire Service

The National Volunteer Fire Council maintains a web site at makemeafirefighter.org where people can learn more about the volunteer fire service and find local opportunities. Prospective volunteers can also contact their local fire department directly to find out about volunteering.



Continued from page 32

sion. The restaurant was sold in 2017. In 2019, he had an opportunity to take over ownership of the Royal Hawaiian restaurant in Laguna Beach and unfortunately was very close to the Covid pandemic and had to shut down the restaurant in 2022.

In 2023, he found a wonderful and perfect location, which is now Tierra De Fuegos (Spanish for "Land of Fire").

Maro signed a 20-year lease and was exceptionally pleased that the property ownership allowed him to renovate and revamp the entire space to build the dream restaurant he always wanted. On April 1, 2025, not too long ago, this magical establishment became alive.

I asked Maro to express to me what he wanted to create and why it means so much to him to build this new world of excellence in dining.

Maro said, "I want people to come to my restaurant. I want a lot of people to come to my restaurant. I am so passionate and love what I do. I love to cook, and I especially love bringing my authentic Argentine background alive so that people can experience the food, the wonderful, longtime family recipes, and the best Customer Service possible."

Maro and Patricia are extremely proud of the long-time and dedicated staff members who have been with them from the very beginning and are still offering the best customer service ever. "We are a family," expressed by both Maro and Patricia.



Ribeye steak - \$57

The food is grilled with white oak wood, a perfect partner to the grilling process. All the beef, chicken, fish, pork, and lamb are prime cuts. The fish is locally sourced, and the vegetables are also locally sourced and mostly from organic farms.

The wines are mostly from California, and of course, several are favorites from Argentina.



Noquis Porteno

Criolla Sauce (Chimichurri) is a classic Argentine sauce made with yellow, orange, green, and red peppers, white onions, Roma tomatoes, oregano, salt, cracked pepper, olive oil, and red wine vinegar - and the perfect topping for Choripan (sausage sandwich) and all kinds of grilled meats.

The menu is vast with so many delectable choices. The main menu offers selections of chicken, filet mignon, flat iron steak, lamb chops, breaded eye round steak, octopus, pork chops, ribeye, fresh salmon, sausage, short ribs, and a wonderful homemade Russet potato, ricotta gnocchi, served with portobello mushroom, asparagus, cherry tomatoes, and cream. I sampled this wonderful creation. I've included a photo attachment. It was outstanding. The potato and ricotta cheese just melted in your mouth, and the flavors were swirling to perfection. It was just such a delightful experience. I loved it.



Panqueques Flan
Photo courtesy Patricia Molteni.

Assorted pizza and salad are also available.

The desserts all looked amazing and so creative. You have choices of chocolate mousse, banana, and dulce de leche stuffed crêpes with caramelized sugar crust.

There is a wonderful storefront section in the front of the house with so many items to choose from for little gifts, including a wonderful selection of California and Argentine wines, cow-

boy hats, and, of course, the homemade chimichurri sauce, and also the wonderful dulce de leche spread.

Children's menu is also available.

Special occasion events are offered, and the restaurant can seat up to 90 people. There are so many wonderful special events that are available for your dining experience, including dancing and great music, and food tasting. Be sure to check the webpage and sign up for emails so that you will know all the fabulous happenings coming your way. www.tierradefuegos.net

This is a five-star restaurant location. With very reasonable pricing.

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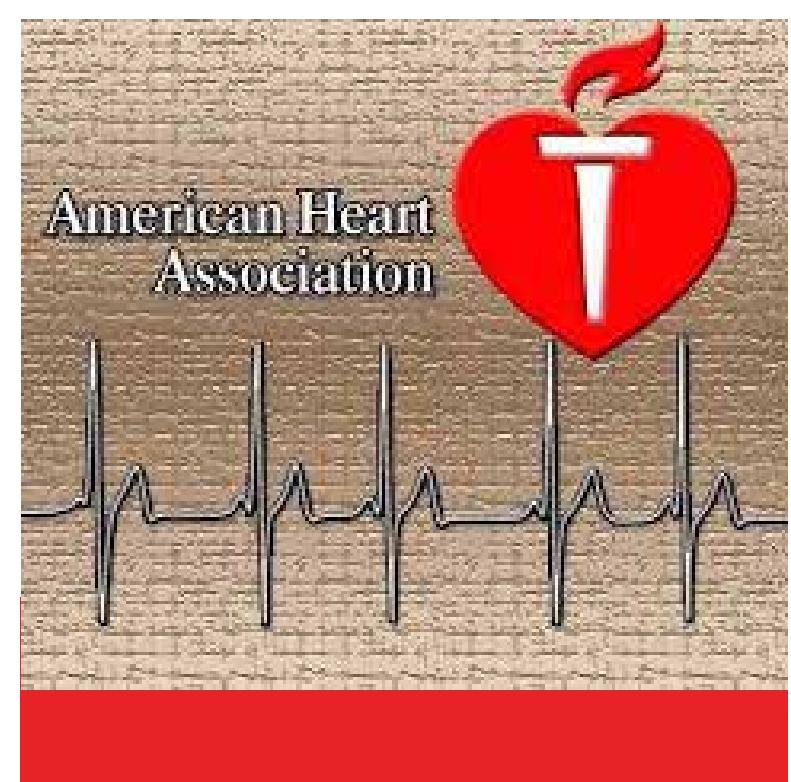
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Happy Hour:
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As always, I sign off with gratitude and thanks to those of you reading my articles, and I wish you the best dining experience at Tierra de Fuegos.



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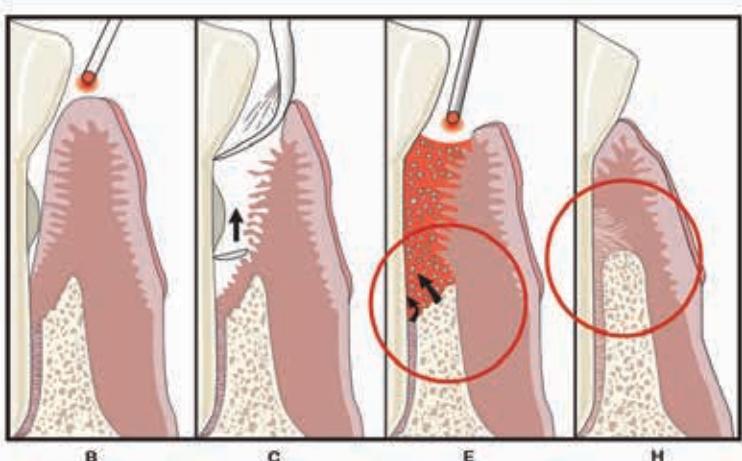
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