

SENIOR REPORTER

VOLUME 53, NUMBER 2

Contributing Writers:

Les Goldberg
Samantha Hammer
Randal C. Hill
Lyn Jensen
Shana McCann
Debbie L. Sklar
Nick Thomas

FEBRUARY 2026

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



Leo DiCaprio

*"I realize that I do not change the course of history.
I am an actor. I do a movie; that's the end of it."*

— Leonardo DiCaprio



What's Inside ...

Leonardo DiCaprio	4
Flashback	5
Travel	11
Classified & Professional Service Directory.....	16-17
Calendar of Events	18
The Magic of Old Hollywood	19
Gadget Geezer	20
Off The Beaten Path	21
In The Spotlight	23
Book Club.....	25
Movie Review	28
Fabulous Finds	31
Life After Mother	35
Busy Boomers.....	36
Song Preview	37
Dining Out With Sam	41

FUNERAL PLANNING SEMINARS  FD1212 FD1112

WEDNESDAY, MARCH 18TH

Join us for one of our upcoming informational seminars. During your free meal, you will receive some important information about Funeral Planning & More.

MEET US AT BJ'S RESTAURANT, LAGUNA HILLS

Call to Register TODAY!

for Lunch at 11:30 am **949-403-6183** for Dinner at 5 pm **949-312-4995**

MEDICARE +MEDI-CAL BUILT AROUND YOU



Get quality, low-cost care in Orange County

If you have Medicare and Medi-Cal, **CalOptima Health OneCare** (HMO D-SNP) is the plan built just for you. You'll get all your benefits on **one simple card**, with **access to a local network of over 7,000 doctors**.

Take advantage of benefits like:

- \$0 generic prescriptions
- Personal care coordinator
- More dental coverage
- Flex card for over-the-counter items
- Transportation to plan-approved locations and more!

Join the plan that puts you at the center. **Enroll in CalOptima Health OneCare**.



Call or visit today:

1-877-412-2734 | caloptima.org/OneCare-SR

CalOptima Health OneCare (HMO D-SNP), a Medicare Medi-Cal Plan, is a Medicare Advantage organization with Medicare and Medi-Cal contracts. Enrollment in CalOptima Health OneCare depends on contract renewal. Call CalOptima Health OneCare Customer Service toll-free at **1-877-412-2734** (TTY 711), 24 hours a day, 7 days a week. Visit us at www.caloptima.org/OneCare. For information on dental benefits available in Medi-Cal Dental, call **1-800-322-6384** (TTY 1-800-735-2922).



Full-Service Home Construction & Remodeling Experts



Specializing in

- Kitchen remodeling
- Bathroom remodeling
- Garage conversions/ADU
- New construction ADU
- Room additions
- Second story room additions
- Patio covers
- Patio rooms
- Flooring
- Interior paint

SPRING
SPECIAL

UP TO

35% OFF

LIMITED TIME OFFER

Restrictions may apply,
Call for details

We handle
everything from
start to finish
including
obtaining
city permits



FREE BLUEPRINTS
INCLUDING ENGINEERING
Upon signed contracts for Room
Additions or ADU Projects.

FINANCING AVAILABLE O.A.C.



UNLIMITED
CONSTRUCTION &
REMODELING, INC.

Lic No: 1047565

Call Today for a **FREE** Estimate
310-500-7234

DEAL DIRECTLY WITH THE OWNER, NO SALES PERSON

www.ucandrinc.com

Family-owned business with over 21 years combined experience!

DiCaprio, the Pride of LA

By Les Goldberg

Like most children, we have dreams or visions of who we want to be when we grow up. In my case, I wanted to be a life-guard on the beach. My friend who lived next door saw herself as a ballerina.



Photo courtesy
Wikimedia Commons.

For Los Angeles native – and

“*Titanic*” movie legend -- Leonardo DiCaprio, now 52, he had thoughts of becoming a marine biologist. But that idea was squashed quickly when he realized that he liked imitating people and watching the reactions he got from the people around him. In fact, at the age of two, he was applauded after dancing at a performance festival.

In fact, his destiny to become an actor was further entrenched a few years later when he was paid \$50,000 for appearing in a TV commercial. By age 14, DiCaprio’s presence in commercials was commonplace, with appearances in ads for Kraft Singles, Bubble Yum, and Apple Jacks.

Breaking into non-commercial acting roles was not so easy, however. Despite more than 100 auditions in the early 1990s, he remained jobless for a year and a half. He had thoughts of giving up acting until he found an agent who persuaded him to persevere. It paid off as he began securing regular TV roles, including



Photo courtesy Heute.at.



Photo courtesy Heute.at.

Direct Cremation \$875.00

- Family owned and operated
- Affordable Cremation and Burial Services
- Preplanning Options
- Veteran assistance for burials in National Cemeteries
- Domestic and International flight and burial arrangements

Available 24 hrs / 7 days

Call for Details



soap operas and pilots, eventually in more permanent roles.

Grape,” which earned him his first Oscar nomination.

One of those was in the TV series “*Parenthood*,” in which he played a troubled teenager. His work earned him two nominations at the Youth Film Awards for best young actor.

His acting acclaim reached momentous heights in the mid-90s. It helped that his roles in “*Romeo & Juliet*” and “*Titanic*” propelled the films to blockbuster hits. DiCaprio, however, did not want to be typecast strictly as a romantic comedy actor, so he decided to reduce his workload for a few years and sought roles in other genres, including the 2002 crime dramas “*Catch Me If You Can*” and “*Gangs of New York*,” which was his first of

In 1991, DiCaprio’s career took off, as he made his film debut in *Critters 3*, followed by recurring appearances in the TV sitcom “*Growing Pains*” and a solo role in *Roseanne*. His first major film, “*This Boy’s Life*,” was followed by his starring role in “*What’s Eating Gilbert*



Reflections Funeral Services

FD2133

616 S. Chaucer St.
Anaheim, CA 92806

714-587-0615

Web: reflectionsfuneralservices.com

Continued on page 6



'Friede's Folly' Takes Flight

By Randal C. Hill

Eleanor Friede was discouraged. As a senior editor at New York's prestigious Macmillan Publishers, she seemed to be the only person there who believed in her latest project, a small hardcover book by aviation writer Richard Bach. Its title was "*Jonathan Livingston Seagull*," and it consisted of fewer than 9,000 words of text spread over 43 of its 93 pages, as well as copious (and often blurry) photos of seagulls.

Bach's work was a simple, allegorical account of one gull's goal. Bach had wanted to achieve perfection in flight, something that others in his flock had labeled impossible, or at least a silly waste of time. Friede's workplace peers had called Bach's heartfelt creation

"*Friede's Folly*." But she, undaunted, persisted until her publisher — with scant fanfare and minimal promotion — put "*Jonathan Livingston Seagull*" on the market in 1970.

Bach, who had been advanced a paltry \$2,000, was as amazed as anyone — including Friede — about what happened next. Fueled primarily by word-of-mouth support, "*Jonathan*" flew off the bookshelf (pun intended) during the early 1970s. For 38 weeks, it held the No. 1 spot on the "*New York Times*" best-seller list. It eventually sold over 3 million hardback copies.

Some literary critics dismissed Bach's work as lightweight hipsterism, although many book buyers proclaimed his Christian Science-influenced handiwork either a spiritual or a self-help guide that, doggone it, made people feel good—well, maybe more than just "good" — when they read it.

The idea of piloting a plane had always intrigued Bach. By age 17, he was polishing small aircraft in exchange for flying lessons. He later became an Air Force captain and, after departing from the military, penned three books and numerous aviation articles. But times were often hard for the writer. Sometimes, he delivered phone books or sold jewelry to put food on the table for his rapidly growing family. Once his car was repossessed by his bank.

However, an incident in 1959 in the Belmont Shores area of Long Beach would change his fortunes — and his life. Strolling alone by a fog-shrouded canal one night, he heard a crystal-clear voice behind him utter three words: "*Jonathan Livingston Seagull*." (Jonathan Livingston had been a great racing pilot in the 1930s.) When Bach turned around, nobody was there. He hurried home and dashed off a 3,000-word tale.

Bach then forgot about it for eight years.

In 1967, he awoke one morning

from a dream about seagulls. So strong was the impression it made on him that he hurriedly rewrote "*Jonathan Livingston Seagull*," the story gushing forth in a tsunami of words. When he had honed the brief book to a misty sort of perfection, Bach rushed it off to several publishers. They all turned thumbs down on the thin manuscript before it landed on Friede's desk.

Some booksellers expressed frustration over just where to shelve the best-seller. Should it be filed under Philosophy? Nature? Religion? Children's books?

Friede's sage advice? "Put it next to the cash register."

Bibliography

Book:

Bach, Richard. "Jonathan Livingston Seagull: A Story." New York: The Macmillan Company, 1970.

Internet:

Richard Bach, Jonathan Livingston Seagull. (No author or date listed) en.wikipedia.org.
De Chardin, Teilhard. "It's a Bird! It's a Dream! It's Super-gull!" Nov. 13, 1972. time.com.

Walters, Jr., Raymond. "Seven Ways Not to Make a Best Seller." July 23, 1972. www.nytimes.com. The Friede quote is from here.

Lily Campbell Realtor

Expert in Senior Real Estate for Over 27 Years
 #1 in ALL of Orange County - 5 Years**

Call Lily for a FREE Home Evaluation!

714-717-5095

lily@lilycampbell.com

www.lilycampbell.com

LILY & LILY'S TEAM ALSO SPEAK CHINESE & VIETNAMESE

*Based on information from the Association of REALTORS®. Multiple Listing Data obtained as of 1/1/00 through 1/1/2025 and/or other sources. The MLS does not guarantee, or is in any way responsible for its accuracy. If your home is currently listed, please disregard. **Based on Resale Homes.

Reverse Robert



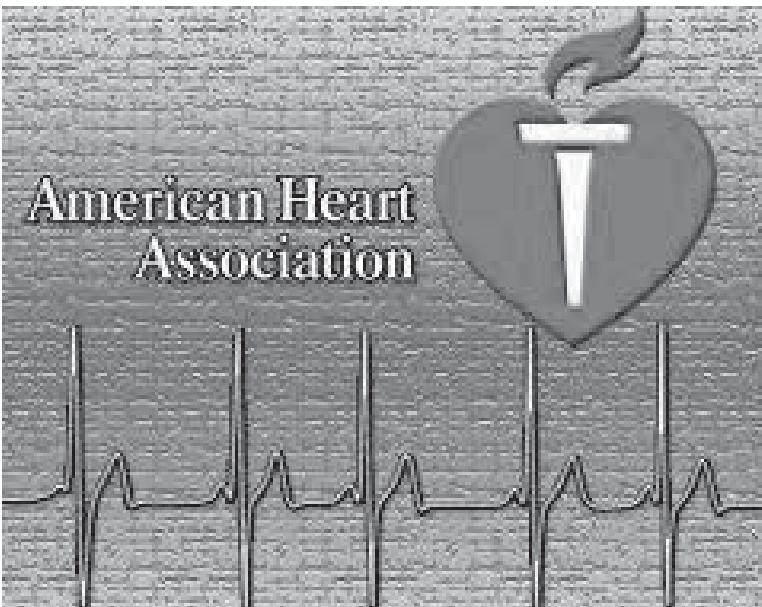
Seniors: keep your home, end your payment, get the cash you need, all from home equity. Call me for details, it really works and it's safe!

Your HECM* Specialist
 (714) 770-7057

sr.slater@gmail.com

DRE 00982503/NMLS 338253
RobertSlaterHomeLoans.com

*Home Equity Conversion Mortgage



NEPTUNE SOCIETY



CREMATION LOW COST

SEND FOR A **FREE** BROCHURE

Name _____

Address _____

City _____

State/Zip _____

THE NEPTUNE SOCIETY

758 W. 19th St., Costa Mesa, CA 92627

(949) 646-7431

State Lic. FD-1305

\$\$ GET CASH \$\$ For Your Old Things

Collectibles • Memorabilia • Autographed Items

Celebrities • Entertainment • Sports • Politics

Small Old Vintage • Antique Items

Signed Photos & Memorabilia

Movie • Music • Magazine Collectibles

*Advertisement is by an elderly, disabled veteran
with over 50 years' experience in collectibles.*

P. F. L.

721 N. Rose Drive, Apt. C-306 • Placentia, CA 92870

Telephone / Text: (626) 257-1793

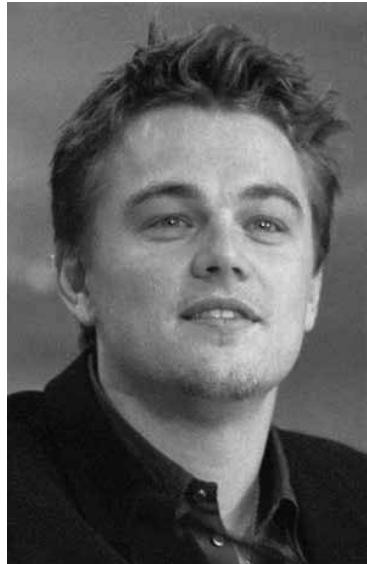
Email: dondocmil@gmail.com

Leonardo DiCaprio

Continued from page 4

many collaborations with director Martin Scorsese.

The first decade of the new century saw his star rise to new heights with his iconic performances in movies like *"The Aviator,"* *"Blood Diamond,"* *"The Departed,"* *"Revolutionary Road,"* *"Inception,"* and *"Shutter Island."*



*Photo courtesy
Wikimedia Commons.*

He continued down his road to acting immortality with starring roles in the western *"Django Unchained,"* the romantic drama *"The Great Gatsby"* for which he won the best actor award from the Australian Academy of Cinema and Television Arts, and *"The Wolf of Wall Street,"* which earned him the Golden Globe Award for best actor and nominations as a leading actor by the Academy of Arts and Sciences and the British Academy of Film and Television Arts.

In 2014, DiCaprio was nominated for an Emmy for his

documentary *"Virunga"* about the fight against the killing of mountain gorillas, a film which he produced and premiered at the Tribeca Film Festival.

Following his passion for preserving animal rights, he continued as an executive producer of several documentaries, including *"Sustainability Secret,"* *"The Revenant,"* *"The Ivory Game,"* and *"Catching the Sun."* Among his successful ventures was *"Before the Flood,"* a documentary on climate change which he also produced, hosted, and narrated.

After producing and narrating the 2019 global warming documentary *"Ice on Fire,"* DiCaprio returned to acting following a four-year break in Quentin Tarantino's comedy-drama *"Once Upon a Time in Hollywood,"* in which he teamed up with Brad Pitt. Tarantino later said in an interview that the acting pair was the most exciting since Robert Redford and Paul Newman. As for DiCaprio, he was nominated for an Oscar, a Golden Globe, a BAFTA, and the Screen Actors Guild Award for best actor in the film that quadrupled the cost of making it.

At His Peak

His star has been shining as bright as ever in recent years. He has been the executive producer of *"The Right Stuff,"* a TV series adaptation of the 1973 book, a featured actor in the 2020 miniseries *"The Last Dance,"* and in the 2021 satirical comedy *"Don't Look Up,"* in which he co-starred with Jennifer Lawrence as two astronomers attempting to warn



*Photo courtesy
Wikimedia Commons.*

humanity about an extinction-level comet.

In 2023, he starred in Scorsese's crime drama *"Killer of the Flower Moon,"* which prompted one major movie critic to declare his performance "the best of his career."

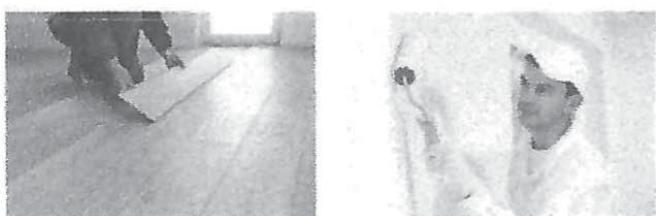
Last year, DiCaprio continued his successful acting journey, appearing in the film *"One Battle After Another"* with Sean Penn and Regina Hall, and confirmed that he has been cast in an undisclosed role in Michael Mann's planned sequel to the 1995 film *"Heat."*

Throughout his career, his personal reputation ranged from "reckless" and "party boy" to "family-oriented" and "socially conscientious." According to the *"New York Times,"* he is credited as one of the few actors to use his stardom to further social causes.

His acclaim is further documented in an *"Empire Magazine"* poll that found him to be "one of the finest actors of his generation."

At age 52, his fans can only hope he continues doing what he is doing for as long as he wants to do it.

HOME IMPROVEMENT ETC.



Handyman Painting & Flooring

One Call Does It All...

- Carpet Repair • Flooring
- Blind Repair • Plumbing
- Painting

949.603.4771



NABEX CARE



HOME CARE SERVICE

With our Home Care Services, receive the best of healthcare in the warmth and comfort of your own home. Care that feels like family.

OUR SERVICES:

- Personal Care
- Home Health Care
- Companion Care
- Meal Preparation
- Housekeeping

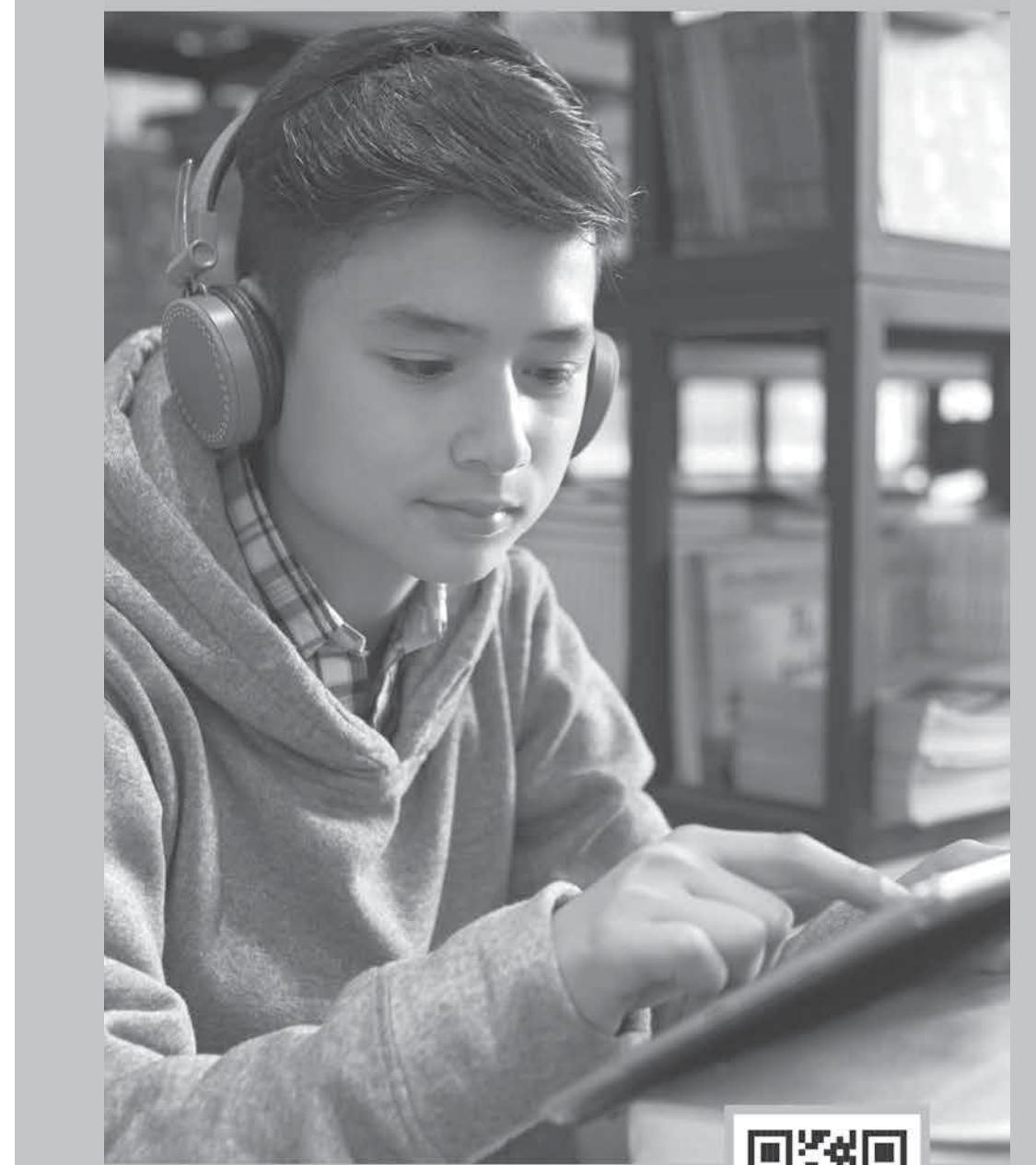
424-337-1099  NABEXCARE.COM



**While they're
watching videos,
their activity is
being watched.**



**Working Hard to
Make Privacy Easy.**



*Learn more
at Privacy.ca.gov*





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

—HARPER
adopted 08-18-09



Ad Council THE HUMANE SOCIETY



Health Alert

A Virtual Second Opinion Can Be a First-Rate Option

A little research led to a big relief for one 70-year-old and his family—and it could help you or someone you care about as well.

One Man's Story

His physicians told Mike Pressler he needed major surgery to remove an advanced recurrent polyp—a procedure that would leave him with an ostomy bag and threaten his active lifestyle.

As a gym-going, golf-playing 70-year-old retired school administrator who walks regularly and enjoys traveling with his wife, Kathy, Pressler was terrified.

“I was researching hard, trying to figure out any way I could get out of this,” he said.

The Problem

The polyp was non-cancerous, but the cauterization from a previous polyp removal was creating issues.

An Answer

He remembered a friend’s positive experience at Cleveland Clinic, which Pressler noted as having a “stellar reputation.” That led him to seek a virtual second opinion, which he learned he could obtain without leaving his home, through The Clinic by Cleveland Clinic.

Pressler signed up online and



Mike Pressler worried he would lose the active lifestyle he enjoys with his wife, Kathy, when he was told he needed an ostomy bag. A virtual second opinion would make all the difference.

was impressed by the virtual second opinion program. They pulled, collected and compiled his medical records on his behalf, saving him time and effort. Soon after, the care team matched Pressler with Dr. David Liska, Chair of the Department of Colorectal Surgery at the Cleveland Clinic, who then consulted with Dr. I. Emre Gorgun, a top robotic surgery specialist. Dr. Gorgun was confident he could remove the polyp without Pressler needing an ostomy.

Within just 10 days of starting the second opinion process, Pressler was scheduled for a new, less invasive procedure. That’s a common occurrence with this program, where 67% of virtual second opinions recommend a diagnosis or treatment plan change. You may benefit from a second opinion if you:

- Have a condition that is not improving or is getting worse despite treatment.

- Have been told a health condition is not treatable.
- Are considering a treatment that involves significant risks, such as surgery.

- Need guidance choosing from multiple treatment options.
- Want confirmation about a diagnosis or treatment.

How It Works

Step 1: Registration and Live Intake with a Nurse Care Manager. They’ll take it from there and get you on your path to peace of mind.

Step 2: Records Collection and Expedited Matching. The Clinic does all the work of collecting your medical records, then matches you with a Cleveland Clinic Specialist in just a few days.

Step 3: Expert Second Opinion. Following an optional virtual visit with the Cleveland Clinic physician, your second opinion will be delivered via a written report.

Pressler urges other patients to visit The Clinic by Cleveland Clinic at www.clinicbyclevelandclinic.com/lp/vso/ and tap into Cleveland Clinic’s specialized expertise. Those who use promo code 2NDLOOK15 can get a discount on their virtual second opinion.

ONE REALTY**ONE** GROUP
WEST

MARTIE GARCIA

714.655.5810
go2martie@gmail.com
gomartie.com
Certified Probate Specialist
Realtor, SRES, GRI, RENE
MLS DRE # 00910596
Ex-Registered Nurse, #354961



**SENIORS
ARE SPECIAL
TO US**



**BEST FOR LESS
FLOORING**

WHOLESALE PRICES

Senior Discount, Contractor
& Real Estate Agent
Laguna Woods Resident
68 Yrs Experience in Flooring Industry

FREE Estimates Gladly Given
949.292.8682 

www.bestforlessflooring.net

Legacy Glass Installation

CUSTOM FRAMELESS SHOWER ENCLOSURE SPECIALIST



- Frameless shower units
- Frameless sliders
- Glass railing system
- Wardrobe doors
- Wall mirrors
- Table tops
- Custom tile cut-outs

Not valid with any other offer or discount.
Expires 4/18/25

\$50 OFF
Mention
purchase of \$850 or more

Looking for the finest and most luxurious frameless shower enclosures?
Call today and our specialist will assist you on your custom shower enclosure needs.

CALL US FOR RUSH JOBS
714-290-2330 • 626-833-0650
legacy5120@yahoo.com



SMALL DONATIONS MAKE A BIG DIFFERENCE



SupportDisasterRelief.org

ad COUNCIL

Dear Choice
Senior Services



Southern California's Assisted Living Experts
Call Toll Free 800-409-1917

Use Our No-Cost Personalized Services to
Assist in your Search for Elder Care:
Independent Living • Assisted Living
Licensed Residential Care Homes
Alzheimers/Dementia Care
Short-term Respite Care • Hospice Care

What our clients have to say: "Much, much appreciation! I truly value you and what you have to offer on a professional level. Your knowledge, compassion, and ethics truly made a difference." —K.B.

Matters of Your Heart

RISKS

- 56% of adults have been told by a healthcare professional to improve their health
- 83% of heart attack victims are men, while women are more likely to be younger
- 99% of Americans need to improve their heart health
- 72% don't consider themselves at risk for heart disease
- 58% of heart attack victims are women
- 60% of adults experience other blood disorders and cardiovascular diseases
- 44% of adults report they had previous family history of heart disease

Heart disease
#1 leading cause of death
in the United States

FACTS

- Every 25 seconds, an American has a heart attack.
- Every 39 seconds, someone dies from heart disease.
- Each year, an estimated 785,000 Americans have a heart attack.
- 470,000 Americans will have another heart attack.
- Lowering your blood pressure by just 10 points can reduce your risk of heart attack by about 50%.

More than 62,000 visits per day on heart.org and stroke.org

f329 Facebook.com/StrokeAware



*Preparing Today
Eases Tomorrow™*

- WILLS • TRUSTS •
- PROBATE • SPECIAL NEEDS TRUSTS •
- TRUST LITIGATION • FAMILY LAW •



SCOTT FEIG, J.D., M.A.
ATTORNEY AT LAW
949-689-9715

FEIGLawFirm.com

930 Roosevelt • Irvine, CA 92620
(near Jeffrey Rd.)

BATH REFINISH

BATH-BRITE

Repairing and Refinishing Tubs, Tile,
Fiberglass and Sinks Since 2001

(714) 864-4797

Servicing Orange County and Parts
of Los Angeles County

**CALL FOR A
FREE ESTIMATE!!!**

Kyle Thompson
www.bath-brite.com



Located in Fountain Valley with three locations to serve you. Specializing in serving the needs of individuals living with Dementia, Alzheimer's, memory loss, stroke and Parkinson's. All rooms are private and have 24 hour awake staff. Call to schedule a tour.

16827 Mount Eden St., Fountain Valley, CA 92708
714-396-7614 • FAX: 714-531-1147 • ivycottages123@gmail.com
www.ivycottages.org • LIC#306003765, 66, 67

**SHELTER PET & GLOBALLY
RECOGNIZED PIANIST**

**TRASHING ONE EGG WASTES
65 GALLONS OF WATER**

Getting Medicare Right



Unhappy with your plan? Call Me!
Supplement vs Advantage Plans?

Why Me?

- ✓ 37 years as an RN
- ✓ 18 years of health insurance advisor experience
- ✓ Independent agent for over 20 insurance carriers

Know what matters most to you!

Large doctor group * medication costs* *dental, vision, hearing*
or
Freedom to go to any hospital or doctor in US!*

I love my job in finding the right plan for you!

Advantage plans, Prescription plans, Supplements plans

Disclaimer: I do not offer every plan available in your area. Any information we provide is limited to those plans I do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

5252 Orange Ave. #107, Cypress, CA 90630

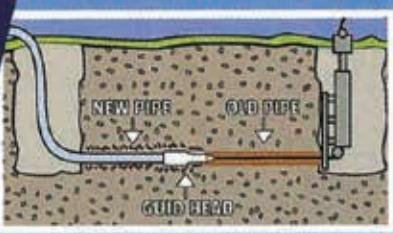
CALL NOW FOR AN APPOINTMENT!

(714) 348-8195

ROOTER SERVICES

- Drain Cleaning • Drain Repairs • Leak Detection • Faucets • Toilets •
- Garbage Disposals • Sewer Camera Inspections •
- Trenchless Sewer Re-Lining • Hydrojetting & More!

24/7 EMERGENCY SERVICE

\$79
DRAIN CLEANING

With proper clean out access.
During normal business hours.
Call for details. Restrictions apply.

10% OFF
**MILITARY AND
SENIOR DISCOUNT**

Call for details. Restrictions apply.

Blue Diamond 
Plumbing & Rooter

License #: 1116370

CALL TODAY FOR A **FREE ESTIMATE!**
with any repair during normal business hours
562-287-9572

On the Road Again ...

Celebrate Presidents Day At the Reagan Library!

By Shana McCann

Those of us who are lucky enough to live in Southern California can appreciate the multitude of recreational and educational destinations available in the region and easily accessible either by car, train, or bus. One of the most popular day trips is just north of Los Angeles in Simi Valley: The Ronald Reagan Presidential Library.



February is an ideal time to visit the library, which will be celebrating the 40th President of the United States' 115th birthday. A ceremony on Feb. 6 will feature the Camp Pendleton Marine Corps Division Band, color guard, a brass quintet, 21-gun salute, and the placing of a wreath at Reagan's gravesite, which is shared by the former First Lady, Nancy Reagan. The event is free, but reservations are needed.

Following the ceremony, you can explore the 153,000-square-foot facility, which opened in 1991 and houses 50 million pages of presidential documents, more than 1.6 million photographs, half a million feet of motion picture film, and



Photos courtesy Reagan Library.

thousands of audio and video tapes. Also included in the archives are personal papers from Reagan's eight years as California's governor. (During that time, this columnist befriended the governor and his wife while covering their many news-making events as a reporter for the old "Los Angeles Herald-Examiner".



One of the most unique attractions at the library is the 90,000-square-foot Air Force One Pavilion. The massive hangar exhibit is home to the actual Air Force One aircraft used during his administration from 1981-89.

Also popular is the full-scale replica of the Oval Office,



where you will find his Resolute Desk, a bronze statue of "Old Bill Williams," a renowned mountain man of Arizona. The hilltop grounds provide expansive views of the area with a recreation of the White House Lawn, a piece of the Berlin Wall, and an F-14 Tomcat fighter jet.

Another favorite is the large equestrian statue of Reagan riding his favorite horse, El Alamein. Also on display is Reagan's 1984 presidential parade limousine, a 1982 Los Angeles Police Department police car, and two motorcycles, a 1986 Secret Service vehicle, and several exhibits on the Cold War and of his travels aboard Air Force One.

Most interesting to seniors who are avid history buffs is the permanent exhibit featuring the story of Reagan's life, which began in Dixon, Illinois, and continues through his film career and military service, the marriage of Nancy Davis Reagan, and his political career.



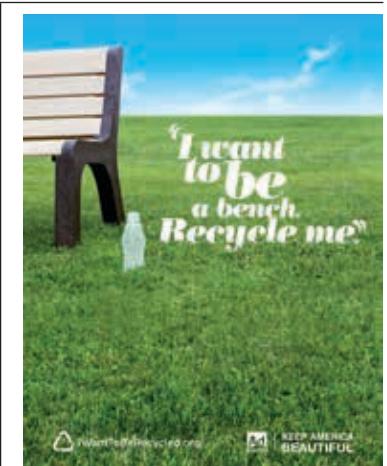
get a \$3 discount. Guided tours are available upon request.

The "Citizen Governor" gallery shows footage of Reagan's 1964 "A Time for Choosing" speech and contains displays on his eight years as governor. The gallery includes a 1965 Ford Mustang used during his first gubernatorial campaign, as well as the desk he used as governor.



His 1980 and 1984 presidential campaigns are also highlighted, as well as his inauguration suit. Also shown are news footage of the 1981 assassination attempt on his life, and information about the proposed Strategic Defense Initiative (SDI), dubbed "Star Wars".

Access to the Reagan Library is easy. If you are driving, parking is free, and shuttles are available. Admission cost for seniors is \$22.00, and veterans



Custom Built Rollout Shelves FOR ANY EXISTING CABINET!



We Rollout the Best

- Access entire cabinet space easily
- Up to 100 lb. weight capacity
fully extended
 - Dovetail construction
 - 9-ply Baltic Birch & 1/2 Melamine

Lic. #B436300

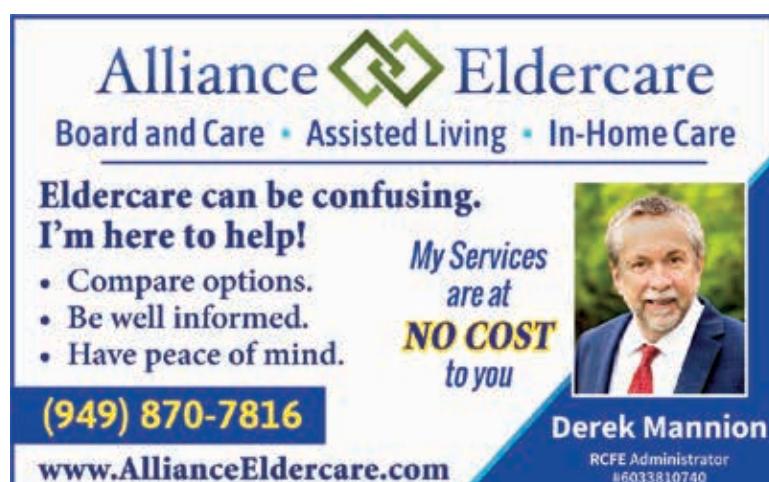
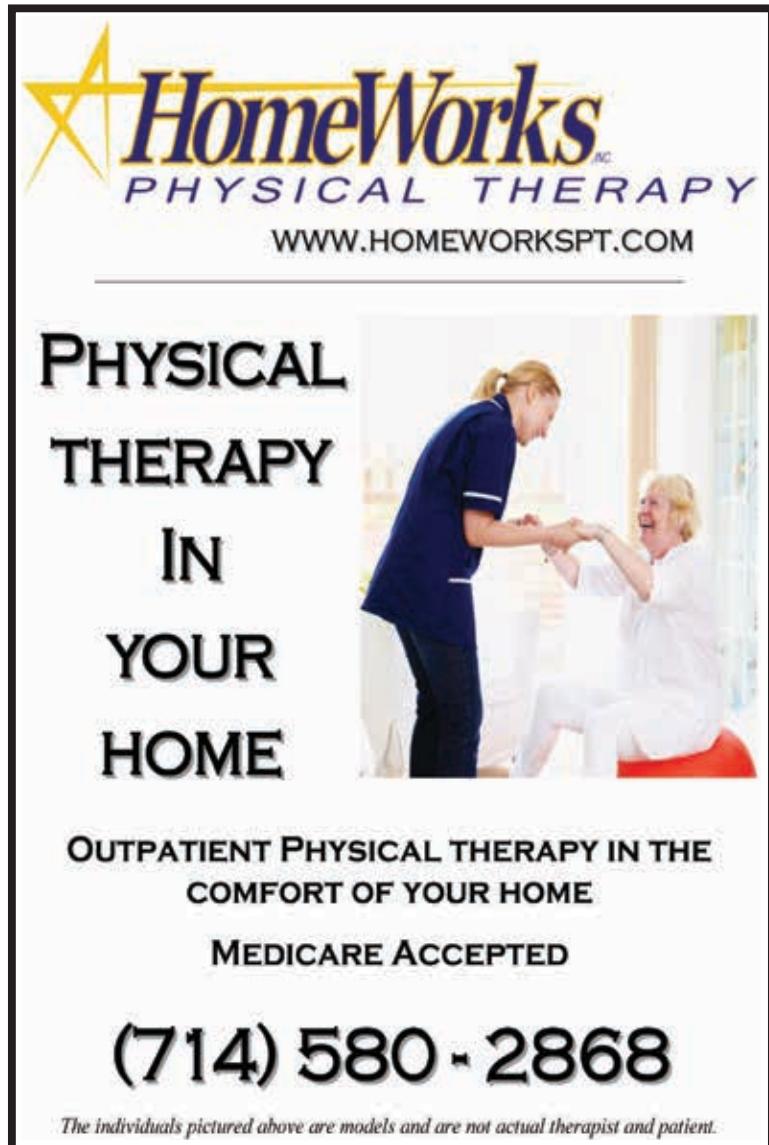


5-Year Warranty

Mobile Showroom

**10% OFF
ROLLOUTS & INSTALLATION**

with purchase of 5 or more rollouts.
Cannot be combined with any
other offer. Expires 2/28/26.



Advertise in
The Senior
Reporter's
CLASSIFIED &
PROFESSIONAL
SERVICE
DIRECTORY

Only
\$37.50
mo. with a
6-mo.
commitment

seniorreporter
@aol.com
or call
Bill Thomas at
(714) 458-5703

CELEBRATING 40+ YEARS OF EXCELLENT SERVICE

BEST TERMITE & PEST CONTROL & STRUCTURAL REPAIRS IN OC

Let "The Squad" Tackle Your Pest Problems

POW! BUG SQUAD
EXTERMINATING

Wood Destroying Organisms
Subterranean and drywood termites, beetles, dry-rot and fungi

Structural Repair - Facia, trim, eaves, gazebos, patios, decks and walls

Roof Repair - Call for info

Rodents - Rats, mice, gophers, birds and animal trappings

Pests - Ants, spiders, earwigs, roaches, bees and wasp removal

ASK ABOUT OUR BED BUG SPECIALS!

\$200 OFF
termite or repair treatment
minimum job of \$750 or more

\$100 OFF
pest or rodent control, attic cleaning
minimum job of \$425 or more

BEST WARRANTY

BUG SERVICES
with contract

Monthly \$60	Bi-Monthly \$80	Quarterly \$95
---------------------	------------------------	-----------------------

Offers valid for new customers only • Must present this ad

Schedule your FREE INSPECTION today!

949-461-9600 Office
949-413-5267 Warehouse

bugsquad-pow.com

Angi ACREDITED BUSINESS A

HomeAdvisor Licensed & Bonded
Lic #PR1255/PR1256

Yelp

Stanford Grad 1979
Protecting your home since 1980
Licensed & Bonded
Servicing Orange, San Diego, Los Angeles,
San Bernardino and Riverside Counties



**American
Heart
Association®**
Learn and Live

Making Medicare Easy

SHANA GHEISARI

Licensed Insurance Agent



SGHEISARI@PRESLEYGA.COM



Mobil: 949-529-7710

Office: 949-806-4813



Turning 65 or already on Medicare?

Let me help you find the plan that fits your health and budget.

Call today for free, trusted advice



License # DM62537

Please call with any Medicare Questions!

LIVING TRUSTS & WILLS

PREVENT PROBATE NOW!



GET YOUR ESTATE PLAN TODAY!

***PROTECT YOUR HEALTH, WEALTH, & ASSETS:**

- Certificate of Trust
- Revocable Living Trust
- Last Will & Testaments
- Power of Attorneys
- Health Care Directives
- HIPAA Forms



ROCKY PAVONE, CFEd®

CALL NOW: (562) 682-1899



Senior Care to Keep You Active and Living at Home



A leader in complete care for OC seniors.

CalOptima Health PACE is much more than just personalized medical care, whether at home, in our PACE Centers, or in the community. It's your invitation to live life to the fullest, healthiest, and most independent. Doctor visits, home care, healthy meals, recreation, social activities, transportation, and more – all at low or no cost for Medi-Cal or Medi-Medi members. Join Orange County's leading PACE program today and see the difference.



caloptima.org/PACE-SR
1-844-999-PACE
(7223)

CalOptimz Health, A Public Agency

The advertisement features a large, stylized logo in the top left corner composed of overlapping colored squares in yellow, blue, red, and black. To the right of the logo, the company name "DIGITAL PHOTO GRAPHIX & PRINTING" is written in a large, bold, serif font. Below the company name, the services "Photo/Film Processing • Digitizing • Printing" are listed. A large, cursive script text "Every picture tells a story!" is positioned above a photograph of Santa Claus holding a large white sack tied with a red ribbon. To the left of the photo, the text "This Holidays, Give the Gift of Memories." is displayed in a bold, sans-serif font. Below this, 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 the list is a smiling emoji wearing a Santa hat. The price "949.858.7465" is prominently displayed in large, bold, black digits. Below the phone number, the company's address "31441 Santa Margarita Pkwy Ste F Rancho Santa Margarita, CA 92688" is given. A small note "Valid until 12/31/2025." is located near the bottom right. At the very bottom, a decorative illustration of a snowy town with houses and trees is shown, and the website "DigitalPhotoGraphix.com" is written in a large, bold, sans-serif font.

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". Below the main text are two columns of bullet points. At the bottom, there is descriptive text, a phone number, a website, an address, and a small image of a white delivery van with the company logo on its side.



CALIFORNIA SHADE

SHUTTERS

SHADES & BLINDS

EXPERIENCE CALIFORNIA STYLE
WITH CALIFORNIA SHADE!

WE DESIGN, WE MEASURE, WE INSTALL, & WE DO IT ALL... WHILE YOU RELAX!

WE BRING THE SHOWROOM TO YOU!

ROLLER SHADES | ROMAN SHADES | SHEER SHADES
EXTERIOR SHADING | PLANTATION SHUTTERS
WOOD & FAUX BLINDS | RETRACTABLE SCREENS
HOME AUTOMATION | MOTORIZED PRODUCTS & MORE!

BOGO OFFER
BUY ONE
GET ONE
50% OFF

Restrictions may apply.
Call for details.

CALL TODAY FOR
A FREE ESTIMATE!

657-334-6211

www.CaliforniaShade.com

Lic# 1122566



unicef



**Grace Affordable Senior Care
Referral Agency**

GRACE AFFORDABLE SENIOR CARE

Grace Affordable Senior Care connects seniors with compassionate, independent caregivers, helping them stay safe and comfortable in the homes they love. From companionship to support with Alzheimer's, dementia, and hospice care, we provide trusted care tailored to each family's needs.

- 24/7 Care
- No Overtime
- Personal Care
- Alzheimer's & Hospice
- Dementia & Memory Care
- Vetted Cargivers

(714)-235-7110
graceaffordableseniorcare@gmail.com



Turn Your GOLD INTO CASH!

WE PAY CASH FOR GOLD!

RECYCLE YOUR OLD JEWELRY!
Buy, Sell, Trade or Recycle
Your Old Jewelry! WE DO IT ALL!



Suzie Diamonds
jewelry • repairs • gifts
jewelry for everyone

228 Main Street • Seal Beach • 562-430-6880

20% OFF

ALL REPAIRS

With Coupon Only • Expires 3/31/26

FREE

**WATCH BATTERY
INSTALLATION**

\$6.95 Battery • Tax/Reg\$10. No Limit
Most Watches • With Coupon Only
Expires 3/31/26



American Heart Association
Learn and Live

AMERICAN LUNG ASSOCIATION
IN CALIFORNIA

CLASSIFIED & PROFESSIONAL SERVICE DIRECTORY

PLUMBING

Cheaper Plumbing

Drains Cleared
as low as

\$59

All Plumbing Repairs
Senior Discount

714-215-1083

FAST RESPONSE PLUMBING

- CLOGS
- LEAKS
- DRIPS
- FLOODS

Call or Text – Live Answering

(949) 480-7911

Patriot Plumbing & Rooter

Google: 306 Reviews (4.9★) | Yelp: 104 Reviews
(4.6★) | BBB: A+ Rated | Lic# 834662

Advertise Here

JUNK REMOVAL

JUNK REMOVAL

ORANGE COUNTY HAULING

"We Haul Away Anything!"

Furniture, Trash, Appliances, Electronics,
Construction Debris, Yard, House, & Garage Cleanout.
Same Day Service. Free Estimates.

Orangecountyhauling.com

(949) 315-0532 • (714) 328-0720

CONSTRUCTION

ROOFING

THE LEAK STOPS WITH ME

RIGHT WAY ROOFING FLAT & SHINGLE ROOF EXPERTS

Residential & Commercial
New Roof & Repairs

LOWEST PRICES ON TEAR OFFS
& OVERLAYS GUARANTEED.

Leak Detection Expert.

SENIOR DISCOUNTS 10-15%

All Work Guaranteed & Free Estimates

626-824-8729 • 562-349-1773

www.rightwayroofingca.com

20 yrs exp Family owned & operated

PAINTING - HANDYMAN

RELIABLE PAINTING & HANDYMAN SERVICES FOR YOUR HOME

Fine Finish • Wood Replacement
Bringing Walls & Wood Back to Life

SM Painting Corp.

Sal Mungia

Call 714-322-9006

CA License #842915

LANDSCAPING



CORTEZ TREE SERVICE

562-233-1564

- TREE REMOVAL
- STUMP GRINDING
- PRUNING
- YARD CLEAN-UP
- CROWN REDUCTION
- & MORE

PEST CONTROL



Live Pest Free.

EXPERT ELIMINATION OF:
Ants • Fleas • Roaches • Spiders
Gophers • Wasps • Rats • Mice
Rodent Exclusion
Competitive Monthly Service Rates!

TERMITES:
Inspections • Escrow Reports
Yearly Control
Fumigation • Spot Control
Call Today for a **Cheerful Quote!**
(800) 842-3181
www.americancitypest.com
email: info@americancitypest.com

FLOORING

FLOORING

WHOLESALE PRICES Senior Discount

Laguna Woods Resident
68 Yrs Experience in
Flooring Industry

FREE Estimates Gladly Given

(949) 292-8682
www.bestforlessflooring.net

Advertise Here

CLASSIFIED & PROFESSIONAL SERVICE DIRECTORY

HOME & HEALTH CARE



**CLOUDS OF HOPE
CAREGIVING
SERVICES**
(310) 292-8592

Affordable rates with experienced and trustworthy caregivers! Available 24/7!
Call for quote! License #01594



**Vandervoort
Insurance Agency**

**Medicare questions?
I can help.**

Offices located in
San Clemente and Seal Beach

**Sherry M. Vandervoort
Principal / Insurance Broker**
949-702-9488
sherry@sva.healthcare
License 6011485





**SEAL BEACH
Health & Rehabilitation**

**Do you need Skilled Care
after a hospital stay?**
We are located next door!

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Wound Care Nurses
- In-house Dietician
- Recreation Therapy
- 24/7 nursing care
- In-House Nurse Practitioner
- Admissions 7 days

Premier Post-Acute Care to get you and your loved one's home sooner and safer.

CALL US FOR A TOUR TODAY!
(562) 598-2477
3000 N. Gate Rd., Seal Beach, CA 90740
www.sealbeachhc.com

PIANO INSTRUCTION



the original
TIME MACHINE
music for everyone

John Brunac (310) 831-9991
jrbtm@gmail.com

WILLS & TRUSTS

**Living
Trust**
Only
\$795.00
Complete!
Call Greg
(949) 851-4969



**Estate
Sales**
Glinda Davis
Certified Appraiser
714-943-1818
e-mail: glinda_davis@yahoo.com
Lic. #GDD0001
www.glindadadvisestatesales.com

GHOSTWRITER

VETERAN GHOSTWRITER FOR HIRE

**Specializing in life stories, memoirs
and legacy books for seniors**

I am a 27 year veteran ghostwriter living in Newport Beach. I've ghostwritten over 50 books, am a National NYTimes and Los Angeles Times bestseller as well as a Pulitzer Prize nominee for fiction in 2012. I specialize in helping seniors capture their life stories, particularly for family (children, grandchildren, others).

If you want to know how we can start please go to my site at: www.theghostwriter.net/library or www.theghostwriter.net/testimonials, or call me at 949-244-7880. I'd be happy to discuss your needs.

COMPUTER TECHNICIAN



THATHELPINGUY^{com}
A mobile computer techie
Dennis deFancy
Laptops. Desktops. Printers. WiFi
Phones. Email. Tutoring. Etc
562.285.7812

REAL ESTATE



Gloria Andia

Local Realtor specializing
in Senior Relocation,
Living Trust, Sell & Probate

O. **949.235.5607**

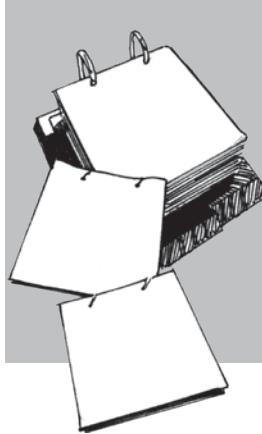
Gloria.Andia78@gmail.com

www.coldwellbankerhomes.com

Hablo Espanol



COLDWELL BANKER REALTY
27782 Vista Del Lago, Ste. C28-29
Mission Viejo, CA 92692
Owned by a subsidiary of Anywhere Advisors LLC



FEBRUARY Calendar of Events



February may be the shortest month of the year, but it offers a full slate of cultural celebrations, outdoor events, and family-friendly activities across Southern California. From scenic races and music festivals to Lunar New Year traditions and hands-on adventures, here's a curated look at what's happening around the region this February.

Feb. 1, Sunday
Surf City USA Marathon & Half Marathon
Huntington Beach

This award-winning, Boston-Qualifying race is known for its flat, scenic course along the coast. Runners begin along Pacific Coast Highway and pass the iconic Huntington Beach Pier.

Location: 21100 Pacific Coast Highway, Huntington Beach. Information: info@runsurfcity.com or (888) 422-0786.

GARDEN / YARD CLEANUP

**One Time
Yard Cleanup**

Trimming, Weeding, Planting, Drought Tolerant, Ground-Cover, Landscaping, Design, Hauling, Junk Removal
Small / Big Jobs Welcome
Free Friendly Estimates

**GK: 714-716-4491
949-344-4490**

Visa/MC/DC/Amex • Checks Accepted
Lic. #918209

**Feb. 2-7,
Monday-Saturday**
Laguna Beach Music Festival

Laguna Beach
A co-presentation of Laguna Beach Live! and the Philharmonic Society of Orange County, the festival features a series of classical and contemporary concerts, special events, and community programs. Locations vary throughout Laguna Beach; check the festival website for venue details.

Feb. 7, Saturday
Black History Parade and Unity Festival

Anaheim, 8 a.m. to 5 p.m.
This annual celebration features a community parade with elected officials, schools, church groups, dancers, musicians, and organizations honoring Black history and unity in Orange County.

Location: 205 West Center St. Promenade, Anaheim.

Annual San Juan Capistrano Rotary Car Show
San Juan Capistrano, 9 a.m. to 2 p.m.

Nearly 400 exotic and classic cars are showcased at this popular fundraiser benefiting local charities through the San Juan Capistrano Rotary Club. Location: Rancho Mission Vie-

jo Riding Park, 30753 Avenida La Pata, San Juan Capistrano.

Murder Mystery

Scavenger Hunt

Newport Beach, 11:20 a.m.

Participants explore Newport Beach, including Balboa Pier and Balboa Island, solving logic-based clues to uncover "who done it." Arrival required by 11 a.m.

Information and tickets are available online.

**Feb. 13-15,
Friday-Sunday**

Tet Festival

Costa Mesa

Celebrating the Vietnamese Lunar New Year, this three-day festival features traditional food, live entertainment, cultural performances, games, and community booths, drawing more than 100,000 visitors annually.

Location: OC Fair & Event Center, Costa Mesa.

Feb. 14, Saturday

Murder Mystery

Scavenger Hunt

Dana Point

10:45 a.m.

Teams follow clues through Dana Point Harbor, Doheny Beach, Lantern Bay Park, and surrounding landmarks to solve an interactive mystery. Arrival required by 10:25 a.m.

Information and tickets are available online.

Feb. 21, Saturday
2026 Tet Parade

Westminster, opening ceremony 8:30 a.m.

A long-running Lunar New Year celebration in Little Saigon featuring floats, marching bands, lion dances, cultural groups, veterans organizations, and community leaders.

The route begins at Bolsa Avenue and Magnolia Street and ends near Bishop Place.

Kid's Pet Parade & Animal Rescue Expo

San Juan Capistrano

Signups begin at 10 a.m.

Part of Fiesta de las Golondrinas, children ages 5-12 compete with their pets in categories such as best costume, best exotic pet, and best barnyard animal.

Location: Historic Town Center Park, 31806 El Camino Real, San Juan Capistrano.

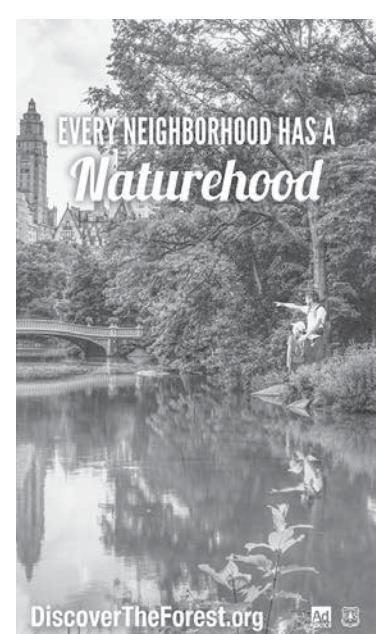
Feb. 22, Sunday
Huntington Beach Symphony Orchestra
Piano Concerto N23 - W.A. Mozart
"Farewell" Symphony - J. Haydn
Flute and Harp Concerto - W.A. Mozart

Huntington Beach
Central Library Theater
Contact: HBSymphony.org
info@hbsymphony.org
714-274-5524

Ongoing Seasonal Events

Whale Watching – Dana Point and Newport Beach, December through April

Gray whales migrate along the Orange County coast during the winter months, with dolphins and other whale species commonly spotted. Cruises last 2-2.5 hours and depart daily. Locations: Dana Point: Captain Dave's Dolphin & Whale Safari, 24440 Dana Point Harbor Drive; Dana Wharf Sportfishing, 34675 Golden Lantern. Newport Beach: Davey's Locker, 400 Main Street; Newport Landing, 309 Palm Street, Suite A.





The Enduring Allure of Old Hollywood: A Look Back at Cinema's Golden Age

The term “Old Hollywood” evokes a specific kind of magic: a world of dazzling stars, grand romances, thrilling adventures, and meticulously crafted storytelling. Spanning roughly from the late 1910s to the 1960s, this era in American cinema and television laid the foundation for much of what we recognize as entertainment today. It was a time of unprecedented creative output, technological innovation, and the birth of a star system that continues to captivate audiences.

One of the defining characteristics of Old Hollywood was its reliance on the studio system. Major studios like MGM, Warner Bros., 20th Century Fox, and Paramount operated like factories, employing actors, directors, writers, and technical crews under long-term contracts. This system, while sometimes criticized for its rig-



id control over artists, allowed for the consistent production of high-quality films. It fostered collaboration and specialization, leading to iconic partnerships like director Frank Capra and actor James Stewart, or the legendary dance duo Fred Astaire and Ginger Rogers.

The glamour of the era is undeniable. Actresses like Marilyn Monroe, Audrey Hepburn, Grace Kelly, and Elizabeth Taylor became fashion icons, their elegance and charisma defining an entire generation. Their

male counterparts, including Cary Grant, Humphrey Bogart, Gregory Peck, and Spencer Tracy, exuded a timeless masculinity, whether playing dashing heroes, world-weary detectives, or charming rogues. These stars weren't just actors; they were larger-than-life personalities, their public personas often as compelling as their on-screen characters.

The films themselves covered an incredible breadth of genres. Musicals, with their elaborate song-and-dance numbers and vibrant Technicolor palettes, offered an escape into pure joy. Think of Gene Kelly splashing through puddles in “*Singin' in the Rain*” or Judy Garland wishing for a world “*Someplace Over the Rainbow*” in “*The Wizard of Oz*.” Film noirs, with their shadowy cinematography and cynical narratives, explored the darker underbelly of society, giving us unforgettable femme fatales and hard-boiled detectives. Westerns, epics, romantic comedies, and dramas all thrived, each genre contributing to the rich tapestry of cinematic history.

Beyond the silver screen, the advent of television in the mid-20th century began to shift the landscape of entertainment. While initially seen as a threat by the film studios, television eventually carved out its own niche, bringing entertainment directly into American homes. Early television shows often featured live performances, variety acts, and adaptations of radio programs. Sitcoms like “*I Love Lucy*” became cultural phenomena, showcasing

Lucille Ball's comedic genius and setting the template for countless shows to follow. The transition from radio stars to TV personalities, and even film stars venturing into the new medium, marked a significant evolution in celebrity culture.

Old Hollywood was also a period of significant technological advancement. The transition from silent films to talkies in the late 1920s revolutionized storytelling, adding a new dimension of realism and emotional depth. The refinement of Technicolor brought a vivid richness to the screen, making films like “*Gone With the Wind*” visually stunning. Wide-screen formats and improved sound systems further enhanced the immersive experience of going to the movies.

While the studio system eventually faded, giving way to independent productions and new artistic freedoms, the legacy of Old Hollywood endures. Its films are still celebrated for their timeless storytelling, compelling characters, and artistic craftsmanship. They offer a window into a bygone era, reflecting the societal values, anxieties, and aspirations of the time. For many, the magic of Old Hollywood remains an irreplaceable part of cinematic history, a golden age that continues to inspire and entertain new generations of film lovers.

The Senior Reporter

is published monthly by:

**SUNSET
PUBLISHING AGENCY**

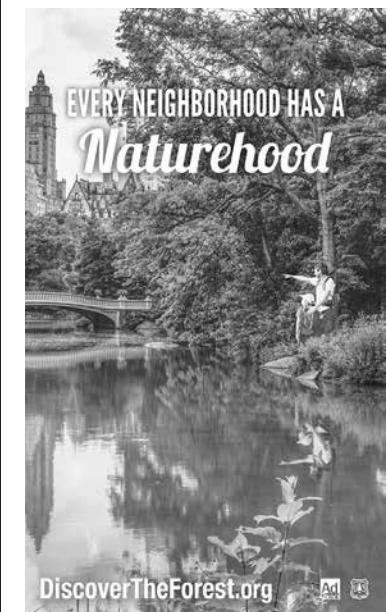
9114 Adams Avenue, Suite 358
Huntington Beach, CA 92646

Email: [jcampos@
seniorreporterofoc.com](mailto:jcampos@seniorreporterofoc.com)

Telephone
(714) 975-6345
Fax
(714) 968-2311

Rate is \$28.00 per year.

Guest articles, commentaries and photographs are invited, however, publication is at the discretion of the editor



ONE TIME
IS A BAD
PHOTO.
MANY TIMES
IS A SIGN.

LACK OF EYE CONTACT IS A SIGN OF AUTISM.
Learn the signs at www.susancomen.org



American Heart Association 

**susan g.
Komen
FOR THE
CURE** 

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, productivity, and everyday personal use:

Wearables

The Apple Watch Series 11

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

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

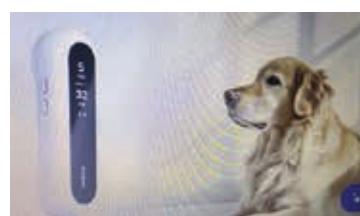
Sony WH-1000XM6

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 sur-



roundings 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

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 for up to 12 weeks on a single USB charge.

Smart Home/Productivity

Enbrighten Wi-Fi Plug-in Smart Outlet

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.

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.

Continued on page 28



Get local help with Medicare questions.

Take advantage of my knowledge and experience.

I make Medicare simpler and the process easier and offer personalized services for your needs and budget.

All at no cost to you!



Life + Health

Sandra Teel

Cell: (657) 204-4224

steelmedagent@gmail.com
Licensed Sales Broker
Lic. #4031244 75698_080323_MK



February: The Short Month With a Long Story



Photo courtesy Pixabay.

February may be the shortest month on the calendar, but it carries an outsized sense of symbolism, history, and transition. Tucked between the deep stillness of January and the cautious optimism of March, February often feels like a pause — brief, reflective, and quietly meaningful.

Historically, February traces its roots to ancient Rome, where it was originally the final month of the year. Its name comes from *Februa*, a Roman festival centered on purification and renewal, themes that still echo today. Even the oddity of its length — 28 days, or 29 in a leap year — adds to its reputation as the calendar's anomaly, a reminder that time itself is not always tidy or predictable.

In modern life, February is

perhaps best known for Valentine's Day, a holiday that turns the month into a symbol of love in all its forms. While red roses and heart-shaped chocolates dominate store shelves, the day has also evolved into a broader celebration of connection — romantic, familial, and platonic. For some, it's a festive highlight; for others, it's a gentle nudge to reflect on relationships and self-care.

February is also a month of remembrance and recognition. In the United States, it marks Black History Month, a time dedicated to honoring the achievements, resilience, and contributions of Black Americans throughout history. Schools, museums, and community organizations use the

Continued on page 38

ATTENTION VETERANS & WIDOWS OF VETERANS

We help you qualify for the VA benefits you deserve.

Call today for a free, no-obligation consultation.



VA BENEFITS

Real Answers. Real Help. For Veterans & Their Families.

Apply the RIGHT WAY, the FIRST TIME

Get Monthly Compensation for Service-Related Injuries such as:

- Prostate Cancer • Parkinson's • Sleep Apnea • Anxiety
- PTSD • Depression • High Blood Pressure • Hearing Loss
- Ringing in the ears (Tinnitus) • Neuropathy • COPD
- Thyroid Cancer • Diabetes • Heart Disease • CKD • **And More...**

IMPORTANT NOTICE!

Qualified Veterans may receive up to \$4000/month.

Tax **FREE!**
Call **714-397-3308**
Now!

Denied by the VA? Don't give up.

Our team specializes in getting veterans like you APPROVED.

Call 714-397-3308 for Personal Help!

VA Accredited Claims Agent #36850

Best Lodging Value in Orange County



We look forward to serving you!



1611 El Camino Real
Tustin CA 92780

Lemonheightsinnoc.com

714-832-3220

BOOK DIRECT
& SAVE

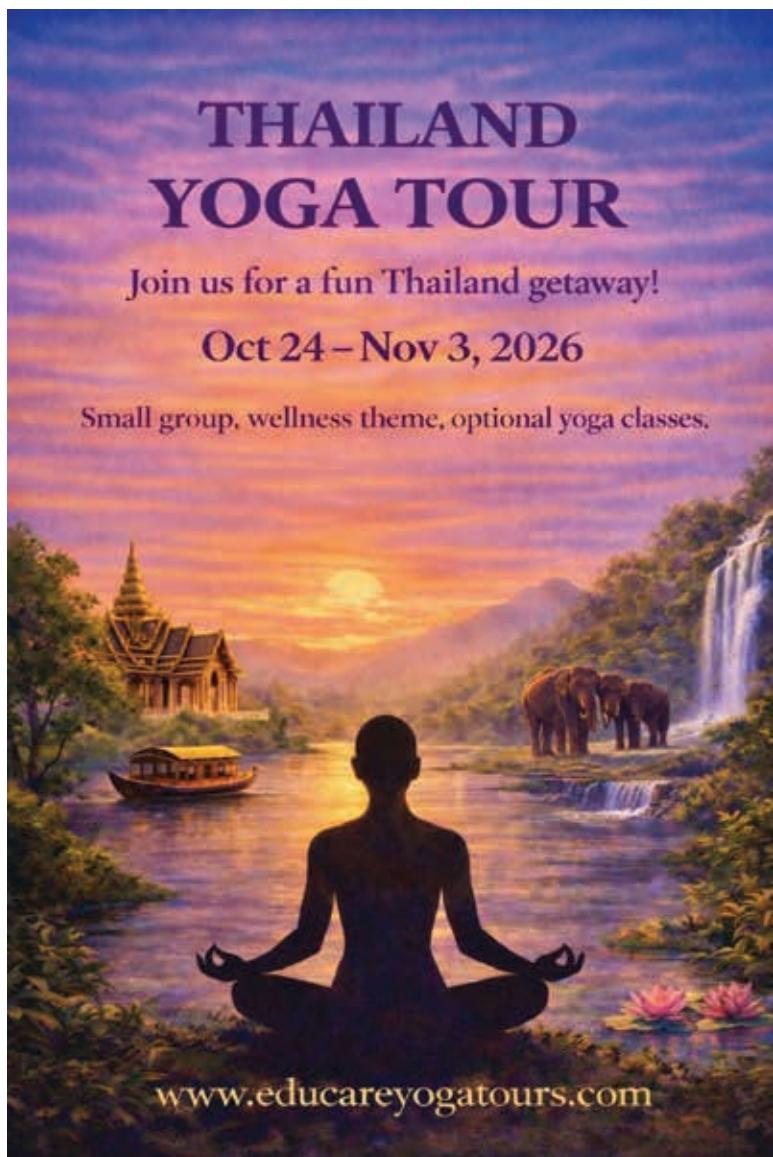


**THAILAND
YOGA TOUR**

Join us for a fun Thailand getaway!

Oct 24 – Nov 3, 2026

Small group, wellness theme, optional yoga classes.

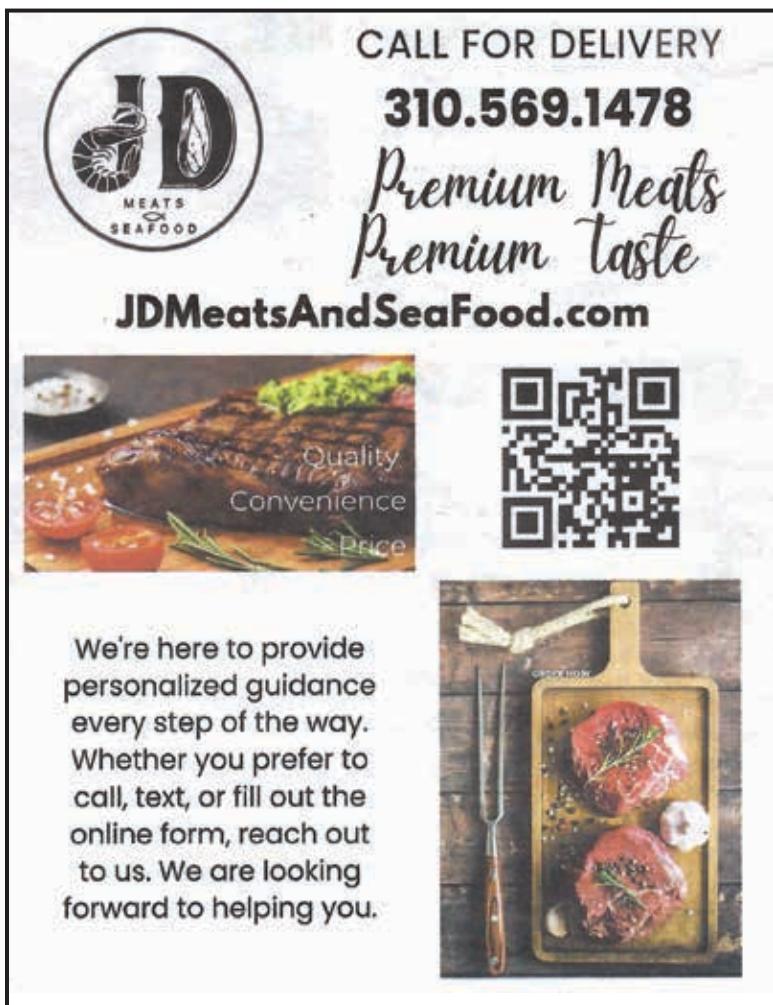


www.educareyogatours.com

CALL FOR DELIVERY
310.569.1478

*Premium Meats
Premium Taste*

JDMeatsAndSeaFood.com



We're here to provide personalized guidance every step of the way. Whether you prefer to call, text, or fill out the online form, reach out to us. We are looking forward to helping you.



Dream
**KITCHENS, BATHROOMS,
FLOORING, ROOFING**
HIGH STANDARDS & CRAFTSMANSHIP



**FREE
3D
DESIGN**

SPRING SPECIAL
UP TO 25% OFF ANY KITCHEN PROJECT

Offer Expires 9/15/26



SENIOR CITIZEN & FIRST RESPONDER DISCOUNTS

High Quality Vanities & Countertops • Custom Cabinets
Backsplashes • Spa Tubs • Faucets • Fixtures • Walk In Showers
• Flooring • Electrical & Plumbing • 3D Design • Roofing



Call for your FREE ESTIMATE

714-868-7406

www.ibdreamdesign.com • Lic. #1092516







In The Spotlight

By Debbie L. Sklar

The Quiet Month: Why February Feels Different as We Age

February has a way of sneaking up on you. It doesn't announce itself loudly, doesn't come with the clean slate optimism of January or the promise of spring that March hints at. February just arrives, quietly, and settles in.

When you're younger, February can feel like something to get through. It's cold, it's gray, and it seems to stretch on despite being the shortest month of the year. There are school Valentines and pink decorations, sure, but the days still feel heavy. Time feels slow when you're young. You notice every hour.

That changes as you get older.

Somewhere along the way — often without realizing it — February becomes less about endurance and more about awareness. The month doesn't drag anymore. It pauses.

For people over 55, February often feels like a moment to take stock. The holidays are long gone. The rush of January resolutions has faded. There's no performance required. No big expectations. Just quieter days and longer evenings that invite reflection, whether you ask for it or not.

You start to notice things you once overlooked. The way the light lingers a little longer at the



Photo courtesy Pixabay.

end of the day. The fact that the sun feels warmer on your face, even if the air is still cold. The subtle shift that tells you winter is moving slowly, toward something else.

February is also when the body speaks up.

After decades of pushing through busy schedules, late nights, and endless obligations, February has a way of making people listen. It's the month when aches are harder to ignore, when routines slow down not by choice but by necessity. Doctor appointments get scheduled. Walks replace workouts. Soup replaces salads. There's less guilt about resting.

And maybe that's not a bad thing.

With age comes a different relationship to time. February, once

just a short month on the calendar, becomes a reminder that time moves faster than it used to. Years feel shorter. Seasons blur. That realization can be unsettling, but it can also sharpen your sense of what matters.

February doesn't ask you to reinvent yourself. It asks you to pay attention.

It's a month filled with memories. Valentine's Day brings back images of handwritten cards slipped into paper bags, candy hearts exchanged in classrooms, long-ago dinners, and relationships that shaped who you became. Some memories are warm. Others are bittersweet. Loss tends to feel closer in February. So does gratitude.

For many people, February is also a month of quiet resilience. You've made it through a lot by now — caregiving, career

changes, illness, grief, reinvention. February doesn't celebrate those things loudly, but it acknowledges them. It sits with them. There's comfort in that.

Black History Month adds another layer of reflection. It's a time when stories, contributions, and struggles are brought forward — not just as history lessons, but as reminders of endurance, progress, and the unfinished work of understanding one another. For older readers, it often reconnects personal memories with larger moments in time.

February is also practical. It's when many people reassess — not grand goals, but small ones. Walking a little more. Sleeping a little better. Calling someone they've been meaning to check on. These aren't resolutions. They're adjustments.

And then there's the quiet hope that sneaks in toward the end of the month.

A tree begins to bud. A bird that wasn't there last week. A morning that doesn't feel quite as dark. You don't rush these moments anymore. You let them arrive.

That may be the real gift of February as we age. It teaches patience without preaching it. It reminds us that not every sea-

son needs to be loud, productive, or full. Some seasons are meant to be still.

February doesn't demand attention. It earns it.

In its quiet way, it gives us space — to remember, to rest, to notice, and to prepare for whatever comes next. And sometimes, especially later in life, that's exactly what we need.



#1 ROOFING CONTRACTOR IN LOS ANGELES



CA Lic. #1095647

Senior
Discounts
10%-15%

EXPERT ROOF INSTALLATIONS & REPAIRS

Residential & Commercial



- ✓ Flat Roofs Installation, Coatings & Repair
- ✓ Shingle Roofing & Repair
- ✓ Tile Roof Installation & Repair
- ✓ Leak Repair & Leak Detection
- ✓ Roof Inspections & Skylight Services
- ✓ Rock Roofing, Rubberized Roof Coatings, Wood Shake Roofing

THE LEAK STOPS WITH ME!!

- ✓ Family Owned and Operated
- ✓ 30 Years of Experience
- ★ Top-Rated on Google

Call Alex: (562) 349-1773

RightWayRoofingCA.com

(626) 824-8729

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

—COLBY
adopted 06-18-11

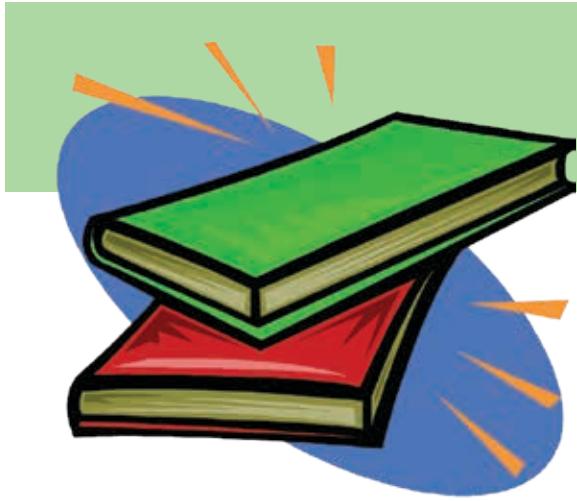
A PERSON IS THE BEST THING TO HAPPEN TO A SHELTER PET

adopt

the shelterpetproject.org

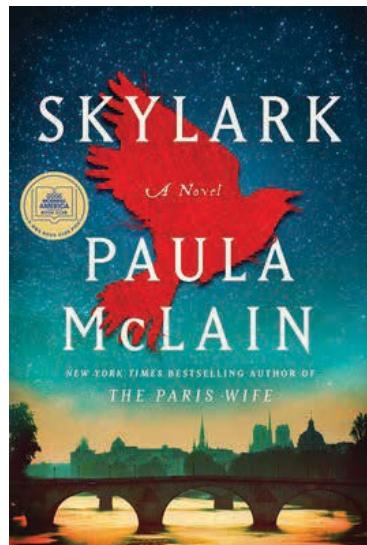
  





In between running errands and tending to regular chores, take some time out to read a good book. Here are some of the newest to keep you busy during these cooler days.

Skylark
A GMA Book Club Pick: A Novel
 By Paula McLain



“When her father is unjustly imprisoned, Alouette’s efforts to save him lead to her own confinement in the notorious Salpêtrière asylum, where thousands of women are held captive and cruelly treated. But within its grim walls, she discovers a small group of brave allies, and the possibility of a life bigger than she ever imagined.

“1939: Kristof Larson is a medical student beginning his

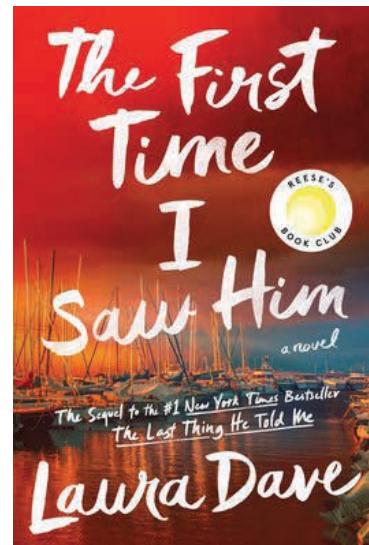
February Book Club

psychiatric residency in Paris, whose neighbors on the Rue de Gobelins are a Jewish family who have

fled Poland. When Nazi forces descend on the city, Kristof becomes their only hope for survival, even as his work as a doctor is jeopardized.

“A spellbinding and transporting look at a side of Paris known to very few — the underground city that is a mirror reflection of the glories above — Paula McLain’s unforgettable new novel chronicles two parallel journeys of defiance and rescue that connect in ways both surprising and deeply moving,” according to Publisher Atria Books.

The First Time I Saw Him (A Reese Witherspoon Book Club Pick)
 By Laura Dave



“Laura Dave continues Hannah Hall’s pulse-pounding journey in the riveting and deeply moving sequel to the No. 1 ‘New

York Times’ bestselling blockbuster and Apple TV+ show, ‘The Last Thing He Told Me.’

“How far would you go for a second chance?

“Five years after her husband, Owen, disappeared, Hannah Hall and her stepdaughter, Bailey, have settled into a new life in Southern California. Together, they’ve forged a relationship with Bailey’s grandfather, Nicholas, and are putting the past behind them.

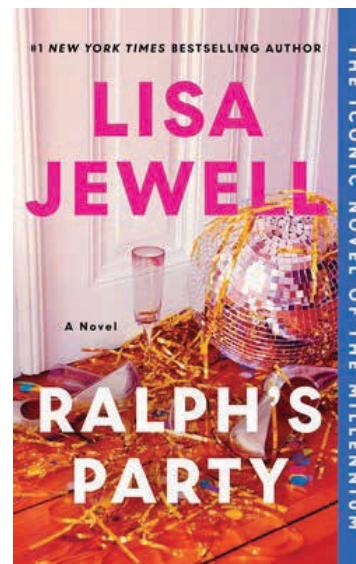
“But when Owen shows up at Hannah’s new exhibition, she knows that she and Bailey are in danger again.

“Hannah and Bailey are forced to go on the run in a relentless race to keep their past from catching up with them. As a thrilling drama unfolds, Hannah risks everything to get Bailey to safety — and finds there just might be a way back to Owen and their long-awaited second chance,” according to Publisher Scribner.

Ralph’s Party
A Novel
 By Lisa Jewell

“Welcome to 31 Almanac Road, where the walls don’t talk, but the people sure do.

“First, we have Ralph and Smith. Roommates and lifelong best friends. Nothing can come between them ... That is, until Jemima moves in, and the



two find themselves in a battle for her affections. Neither Ralph nor Smith can boast a successful love life, but maybe their luck is about to change.

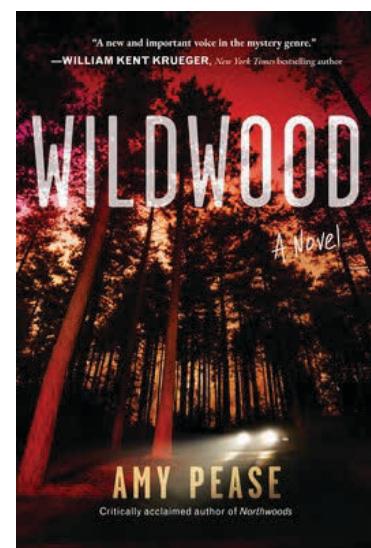
“The real question, though, is who does Jemima want?

“Take the stairs up a flight, and you’ll find Karl and Siobhan. On the outside, they’re the perfect couple. Look a little closer, though, and you might just spot some cracks in their 15-year relationship. And those cracks are suspiciously shaped like their upstairs neighbor, the beautiful and smooth-talking Cheri.

“In a building packed with this many secrets, everything is bound to unravel eventually. So, really, what better place for tears and laughter, breakups and makeups than at Ralph’s party?” according to Publisher Atria Books.



Wildwood
A Novel
 By Amy Pease



“Deputy Sheriff Eli North has spent the last year getting his life back together. He hasn’t touched a drop of alcohol, he’s working through his PTSD from his military deployment, and he’s repairing his most important relationships. When an undercover informant disappears, and all signs point to murder, Eli must expose the dark underbelly of his idyllic Wisconsin small town while safeguarding his newfound stability.

“Then, with the unexpected arrival of FBI Agent Alyssa Mason, Eli and his mother, the sheriff, are pulled deeper into a violent criminal network built on the backs of the lost and forgotten.

“As the case deepens, loyalties fracture, and the line between justice and survival begins to blur. In a town where everyone has something to hide, exposing the truth may cost them everything,” according to Publisher Atria/Emily Bestler Books.

February Crossword Puzzle

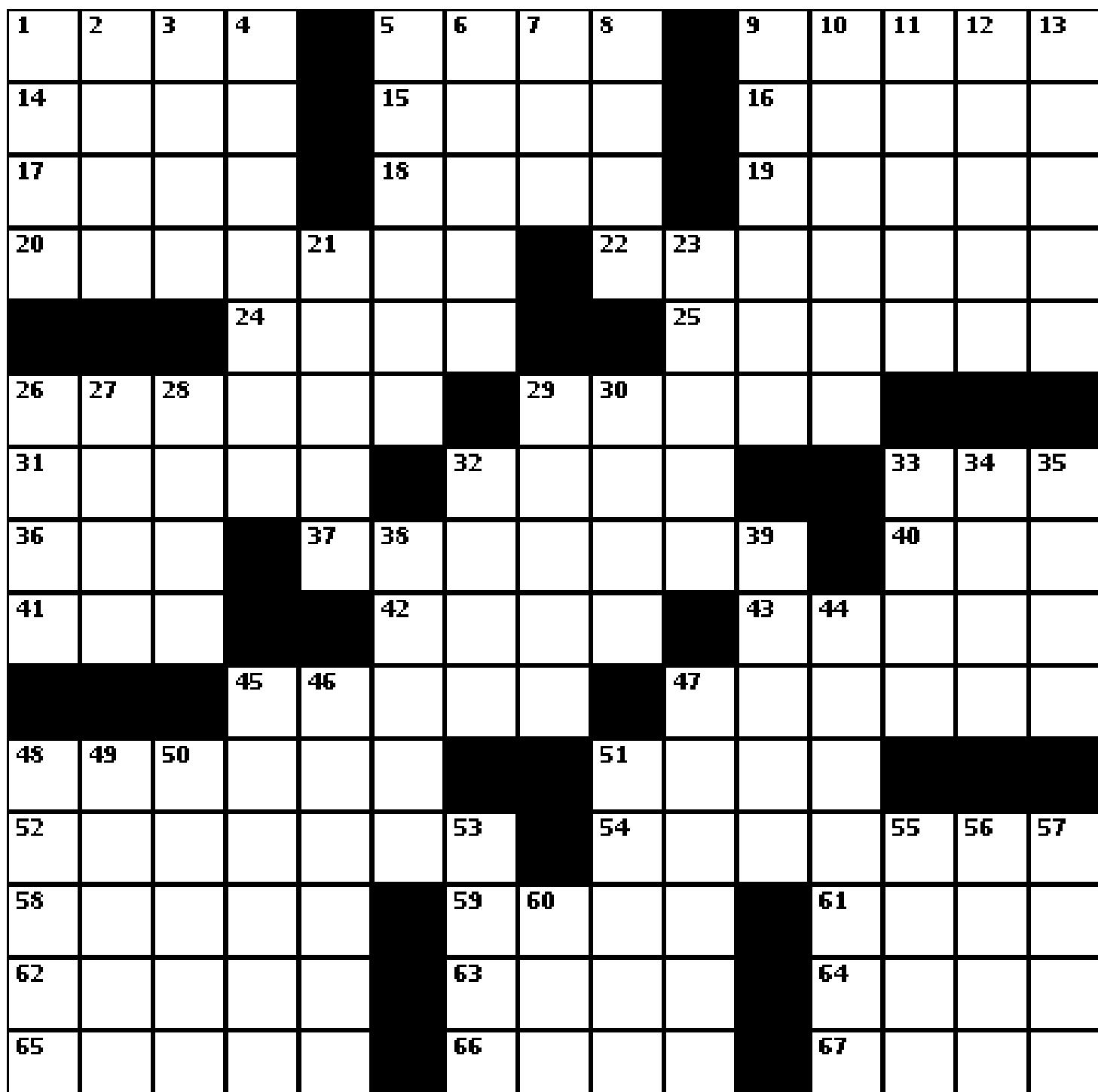
Across

1. Old despot
5. Like some dorms
9. Seize
14. Entr' ____
15. Territory
16. Street show
17. Appraise, charge per unit
18. Like some fir trees
19. Thespian
20. Forsake
22. Easily seen
24. Sharp taste
25. Fix, as a shoe
26. Plot
29. Tempest
31. Swahili for "freedom"
32. Look ____ hands!
33. AFL partner
36. Fannie
37. Overture
40. Web address ending
41. Old California fort
42. Helper: Abbr.
43. Buenos
45. Capital city of Yemen
47. Collar
48. Country singer Kathy
51. Remain sullen
52. Sets straight
54. Spencer
58. ____ Haute
59. Golfer Aoki
61. Oil of ____
62. "Lovergirl" singer

63. At no time, poetically
64. Microscopic arachnid
65. ____ the hills
66. Dressy event
67. French summers

Down

1. Skater Lipinski
2. Sign of healing
3. Kofi ____ Annan
4. Go in again
5. U.S. gangster
6. Rubber gasket
7. Dusk, to Donne
8. Belafonte bellow
9. Sculptor
10. Intolerance
11. Threepio's pal
12. Capital of South Korea

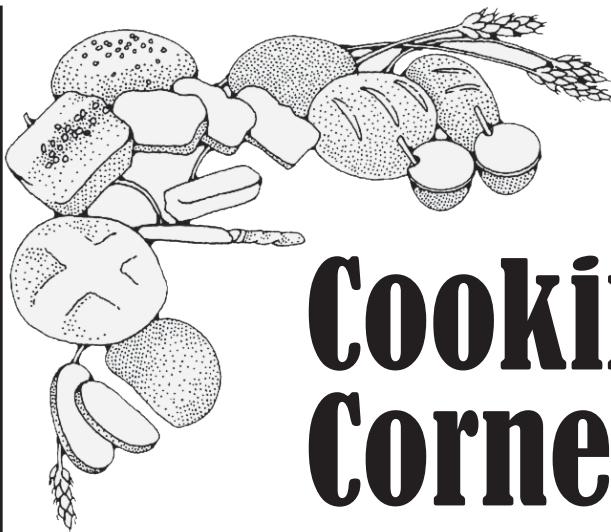


13. In and of itself
21. Block
23. Young
26. Ring contest
27. Scorch
28. Colored
29. Burrito topping
30. Hardware fastener
32. Small plateau
33. Part of a bird's beak

34. Bad time for Caesar
35. Send packing
38. Charged toward
39. Ahead of time
44. Annoying
45. Breastbones
46. Trojan War hero
47. Roman goddess of the dawn
48. Maxim

49. Staggering
50. Exhausted
51. ____ Madame de
53. Do a number
55. Hit the ground
56. ____ Must've been something
57. Caustic solutions
60. Hemingway title word

Answers on Page 29



Cooking Corner

A Deliciously Romantic Valentine's Day Meal, That's Easy From Start To Finish

This Valentine's Day, you can fan the flames of romance by making an intimate dinner for two at home.

Food & Family Magazine's Andrea MacAlpine recommends this simple recipe: Take a delicious, yet easy-to-prepare menu, add soft music, blend with candlelight and dish up with a generous sprinkling of affection.

Passion Punch

Empty 1 tub Crystal Light Raspberry Ice Drink Mix in large pitcher. Add 2 cups each cold cranberry juice cocktail and water; stir well. Refrigerate until chilled. Stir in half a bottle of sparkling water or club soda just before serving. Pour over frozen raspberries in champagne glasses.

Shrimp in Love Pasta

Cook a large handful of linguine according to package directions. Drain and transfer pas-

ta to a large bowl. Heat a skillet over medium high heat. Add a cup of uncooked, peeled, deveined shrimp, half a 19-oz. can diced tomatoes and half a tub softened Philadelphia Spreadable Cream Cheese Spread. Stir and cook 3-4 minutes or until sauce is blended and shrimp are cooked through.

Toss a large handful of spinach leaves into cooked pasta. Pour shrimp mixture over; toss to coat. Divide between 2 bowls, or share by eating out of the same one.

Chocolate Truffle Cups



These Chocolate Truffle Cups, with two kinds of chocolate nestled side by side, can be a luscious ending to a romantic meal.

Microwave 2 squares Baker's White Baking Chocolate

with 1 tbsp. milk on High for 1½ minutes; stir until melted and smooth. Beat in 2 spoonfuls Philadelphia Light Cream Cheese Spread. Repeat first two steps, re-placing white baking chocolate with Baker's Semi-Sweet Baking Chocolate and increasing milk to 2 tbsp. Spoon mixtures, side by side, into 2 dessert dishes. Chill 15 minutes.

Tips To Set The Mood

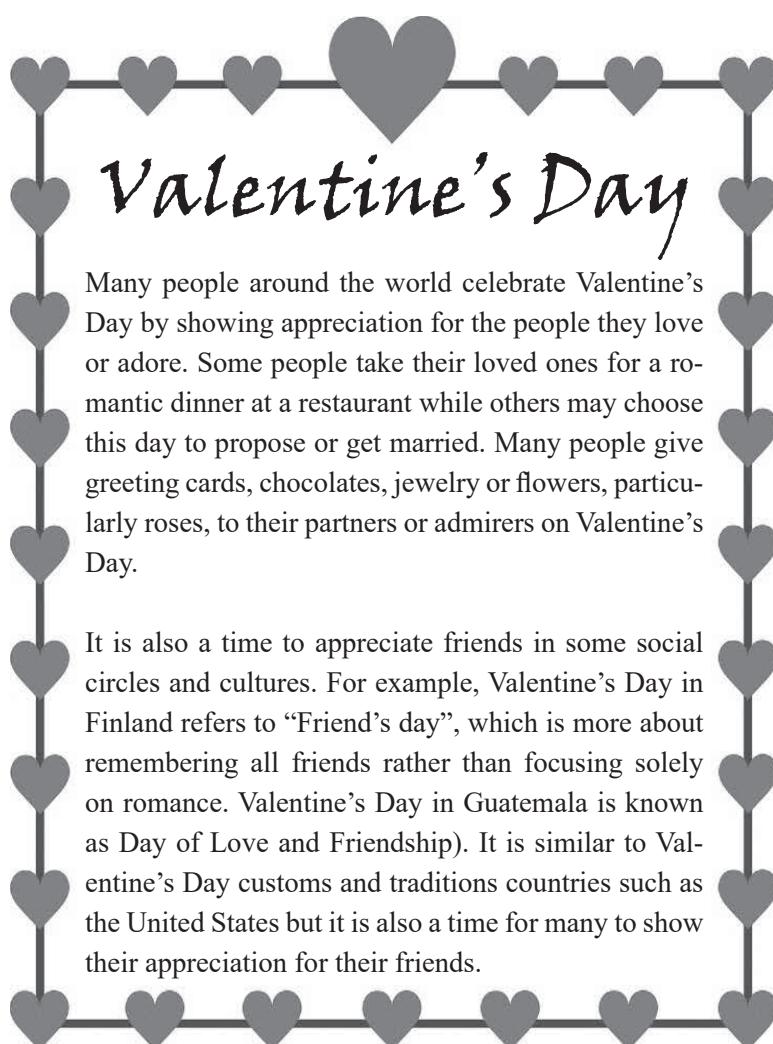
- *Write a romantic invite* — "You have a reservation with your love" — and slip it in your significant other's briefcase or gym bag a few days before the big night.
- *A change of scenery can spice things up* — Move the table to a cozy corner, in front of the fireplace, or simply throw a blanket and some cushions on the floor.
- *Nothing casts a spell like gentle, flickering candlelight* — Fill the room with votives or bask in the glow of a single pillar centerpiece.
- *Red echoes its radiance on everything around it* — Create that first blush of love with a red tablecloth, napkins and place mats.

For more great recipes and entertaining ideas, see the current issue of Food & Family Magazine.

THERE'S NOTHING MIGHTIER THAN THE SWORD

AMERICAN CANCER SOCIETY

FOR MORE INFORMATION
CALL TOLL FREE: 1-800-ACS-2345



Valentine's Day

Many people around the world celebrate Valentine's Day by showing appreciation for the people they love or adore. Some people take their loved ones for a romantic dinner at a restaurant while others may choose this day to propose or get married. Many people give greeting cards, chocolates, jewelry or flowers, particularly roses, to their partners or admirers on Valentine's Day.

It is also a time to appreciate friends in some social circles and cultures. For example, Valentine's Day in Finland refers to "Friend's day", which is more about remembering all friends rather than focusing solely on romance. Valentine's Day in Guatemala is known as Day of Love and Friendship. It is similar to Valentine's Day customs and traditions countries such as the United States but it is also a time for many to show their appreciation for their friends.



 IWantToBeRecycled.org

 **KEEP AMERICA BEAUTIFUL**



FOOD WASTE A GLOBAL ISSUE

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



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

\$ & \$310 Billion
in Developing Countries

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

6-11 kg the per capita food waste for people in sub-Saharan Africa, south and south-east Asia

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

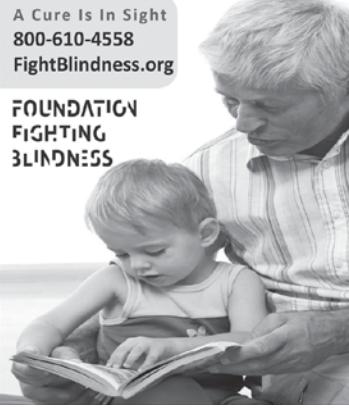
You can learn more from the Food and Agricultural Organization of the United Nations <http://www.fao.org/save-food/resources/keyfindings/en/>

**MOMENTS LIKE THESE ARE PRECIOUS.
DON'T LET THEM FADE AWAY.**

Age-related macular degeneration (AMD) is the leading cause of blindness in people 55 and older, sadly robbing sight and independence. It is a chronic disease affecting over 10 million Americans, and early detection is key to saving your sight. Protect your vision from fading away. Call the Foundation Fighting Blindness today for a free info packet about preventing and managing AMD. There is hope.

A Cure Is In Sight
800-610-4558
FightBlindness.org

**FOUNDATION
FIGHTING
BLINDNESS**



SHELTER PET & FASHION ICON

Amazing stories start in shelters and rescues. Adopt today. To start yours.

TOAST 325K+ Instagram Followers



Start A Story. Adopt. theshelterpetproject.org

Ad COUNCIL THE HUMANE SOCIETY OF THE UNITED STATES

The Gadget Geezer

Continued from page 20

Apple AirTag

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 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 in the most sensitive and delicate areas.

This waterproof groomer operates for nearly one hour at full charge and is sold with an easily transportable pouch.



By Randal C. Hill

Imagine going on your honeymoon alone.

That's what happens with Matt Taylor, portrayed here by former stand-up comic Kevin James ("The King of Queens," "Home Team") in the romantic comedy drama "*Solo Mio*."

In his most compelling role to date, the 60-year-old actor finds himself jilted at the altar in Rome when his would-be bride unexpectedly sends him her engagement ring and a terse note that opens with, "By the time you read this, I will be gone." (She needs time to "find herself.") Not only is Taylor humiliated — he has flown his American family over for the ceremony — but he's left adrift with a pre-planned honeymoon that will never take place. Or so it would seem.

A sympathetic hotel clerk advises Taylor to go on his honeymoon alone, and he decides maybe that's not such a bad idea. He sets off on a journey through scenic Italy, which sees him rent a rowboat, ride a bike, enjoy ice cream, and eat sumptuous meals. All alone.

Of course, what he'd really like to do is meet a suitable replacement for the originally anticipated Mrs. Taylor.

During his wanderings, Taylor

Movie Preview 'Solo Mio'

Mark Fasano and Jeffrey Greenstein of Nickle City Pictures headed the production team. It is Fasano who enthuses, "*'Solo Mio'* is an incredible project that shows audiences it's never too late to reinvent your life."

Opening day is Feb. 6.



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

—HARPER adopted 08-18-09

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

adopt

theshelterpetproject.org

Ad COUNCIL THE HUMANE SOCIETY OF THE UNITED STATES

“SOMETIMES MY HUMAN DOESN’T WEAR PANTS AT HOME. IT’S A RIOT.”

—COLBY
adopted 06-18-11

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

adopt
theshelterpetproject.org

Ad Council THE HUMANE SOCIETY OF THE UNITED STATES Maddie's Fund

SHELTER PET & GLOBALLY RECOGNIZED PIANIST

Amazing stories start in shelters and rescues. Adopt today to start yours.

KEYBOARD CAT 8M+ YouTube Views

Start A Story. Adopt
theshelterpetproject.org

Ad Council THE HUMANE SOCIETY OF THE UNITED STATES Maddie's Fund

UC Irvine Willed Body Program
Whole Body Donations For Medical Science

For information on donating your body to medical education and research, call:
949-824-6061

or visit:
<https://medschool.uci.edu/community/willed-body-program>

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

Crossword Puzzle Answers from page 26

1	T	S	A	R		5	C	O	E	D		9	G	R	A	S	P	
14	A	C	T	E		15	A	R	E	A		16	R	A	R	E	E	
17	R	A	T	E		18	P	I	N	Y		19	A	C	T	O	R	
20	A	B	A	N	D	21	D	O	N		22	O	B	V	I	O	U	
						24	T	A	N	G		25	R	E	S	O	L	E
26	S	C	H	E	M	E		29		30	S	T	O	R	M			
31	U	H	U	R	U		32	M	A	N	O		33	C	I		O	
36	M	A	E		37	P	38	R	E	L	U	D	39	E	40	E	D	U
41	O	R	D		42	A	43	S	S	T		44	A	I	R	E	S	
					45	S	46	A	N	A		47	A	R	R	E	S	
48	M	A	T	T	E	A		51		S	U	L	K					
52	O	R	I	E	N	T	53	S		54	T	R	Y	S	55	S	56	57
58	T	E	R	R	E		59	I	60	S	A	O		61	O	L	A	Y
62	T	E	E	N	A		63	N	E	E	R		64	M	I	T	E	
65	O	L	D	A	S		66	G	A	L	A		67	E	T	E	S	

"The Yaruss Group is a team that reduces the stress of selling a house by taking care of details beyond the normal responsibility of a realtor. They came through for me in my time of need" - M. White

25+ Years serving Southern Orange County. Free No Obligation Property Evaluation.

Downsizing, Donation coordination, Staging. Call for a variety of resources catering to your specific needs.

JAYE Yaruss, Associate Realtor
DRE #01434016

949 842 2961
Jaye@TheYarussGroup.com

Senior Real Estate Specialist.
Hands on Declutter and Moving
Assistant.

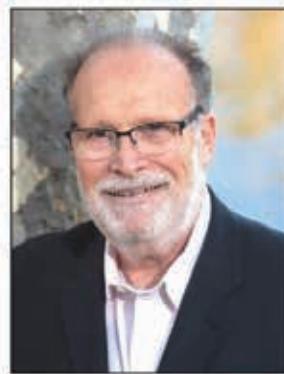


YG
Yaruss Group
REAL ESTATE

Brokered by Davar & Co—DRE #00847909

BOKER Yaruss, Associate Broker
DRE #01362392

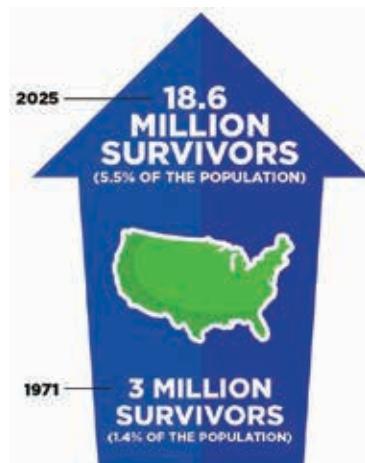
949 929 7187
Boker@TheYarussGroup.com
GRI & Probate Certified Specialist.
Skilled Negotiator. Affiliate
Member of PFAC



News of Health

Cancer Research is Improving, Extending, and Saving Lives

Good news: According to a recent report from the American Association for Cancer Research (AACR), discoveries across basic, translational, and clinical research as well as population sciences are driving advances in cancer medicine and early detection, leading to a steady decline in the overall U.S. cancer death rate, and allowing more people to live longer and fuller lives after a cancer diagnosis.



Millions of Americans have survived cancer thanks, in part, to medical research.

At the same time, FDA also approved:

- New uses for eight previously approved anticancer therapeutics;
- A wearable device that uses low-intensity electrical fields to slow the growth of lung cancer cells;
- The first T-cell receptor (TCR) T-cell therapy, approved for patients with soft tissue sarcoma;
- A new therapeutic antibody targeting a novel protein on stomach cancer cells, which helps those with gastric or gastoesophageal cancer;
- Two new minimally invasive early detection screening tests, including the first liquid biopsy test and a next-generation multitarget stool DNA test for colorectal cancer screening;
- A device for at-home sample collection for cervical cancer screening; and
- The first IDH-targeted therapy for treating brain tumors, which is bringing new hope to young adult patients who have a mutation in this gene; and
- Two new antibody-drug conjugates, both of which were approved to treat lung cancer and one that was also approved to treat breast cancer.

Survival Statistics: Due to a reduction in smoking rates as well as advances in prevention, early detection, and treatment,

Continued on page 38

EVERY MORNING MY HUMAN SHAVES OFF HIS FACE FUR, HE'S FUNNY LIKE THAT.

TUCK
adopted 05-04-11

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

adopt
thebitterpetproject.org

Ad Council

Fabulous Finds

By Debbie L. Sklar

Fresh Beauty, Smart Science, and a Little Something

If the start of the year has you thinking about refresh, repair, and maybe a bit of indulgence, you're not alone. This month's **Fab Finds** lineup leans into science-backed skincare, meaningful self-care, and a few innovations that caught my eye for all the right reasons. From sunscreen you'll actually want to wear lip care, light therapy, and even honey-powered solutions for pets, here's what's worth knowing right now.

Dot & Key Makes Everyday Sunscreen Feel Effortless



Photo courtesy Dot and Key.

Sunscreen may be a daily must, but it's often the step people skip. **Dot & Key**, India's science-led skincare brand, is trying to change that with SPF formulas designed for real life. Its SPF 50+ PA++++ sunscreens are lightweight, fast-absorbing, and leave zero white cast — key for everyday wear, especially under makeup. Standouts include the Vitamin C + E Sunscreen for dull or tired skin

and the Watermelon Cooling Sunscreen, an aqua-gel formula that delivers a refreshing feel while standing up to humid weather. Backed by in-vivo testing on real skin, these sunscreens aim to make daily protection simple, comfortable, and consistent. More at dotandkey.com.

N2B4B Brings Meaningful Self-Care to the Spotlight



Photo courtesy N2B4B.

Francelys Infante's new wellness-driven beauty brand, **N2B4B** — short for Not Too Broke For Beauty — launches with a message that resonates: "You're not too broken to be beautiful." Inspired by Infante's recovery from a near-fatal health crisis, the brand's debut product, **Glow Fuel Liquid Collagen**, is designed as a nightly ritual rather than a quick fix. The liquid supplement blends collagen peptides, Vitamin C, hyaluronic acid, and biotin to support skin, hair, and nails, with consumer studies showing strong results in hydration and strength after eight weeks. Thoughtfully packaged with symbolism drawn from the art of Kintsugi, N2B4B is as

much about intention as it is about results. Details at n2b4b.com.

Moroccanoil Takes Its Signature Nourishment to Lip Care



Photo courtesy Moroccanoil.

Fans of Moroccanoil's argan oil formulas now have a new reason to smile. The brand has introduced **Moroccanoil Lip**

Balm, a skincare-infused treatment designed to hydrate lips for up to 24 hours without feeling sticky. Formulated with argan oil, argan butter, peptides, and hyaluronic acid, the balm delivers softness, smoothness, and a healthy-looking sheen. It's available in three Mediterranean-inspired options — Moroccan Mint Tea, Berry Pomegranate, and Vanilla Date — and packaged with sustainability in mind using 50% PCR materials. The balm retails for \$22 and is rolling out through Sephora, Ulta, Nordstrom, and Moroccanoil.com.

HYDRINITY Expands Hydration Science Beyond the Face



Photo courtesy Hydrinity.

HYDRINITY Accelerated Skin Science is marking its second year of Hyaluronic Acid Month with meaningful expansion. Known for its injectable-grade Supercharged Hyaluronic Acid, the brand is stepping into body care with **ENCORE Body Hydrator** and introducing **RetaX-**

Continued on page 35

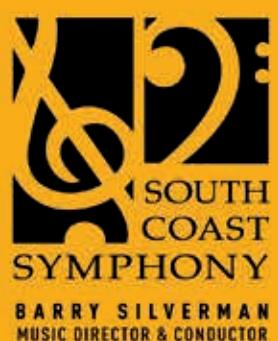
AT HOT TUB DOCTOR, LLC, WE DON'T JUST FIX HOT TUBS — WE KEEP YOUR BACKYARD OASIS RUNNING LIKE NEW. SPECIALIZING IN ABOVE-GROUND PORTABLE HOT TUBS, WE HANDLE EVERYTHING FROM LEAK DETECTION AND DIAGNOSTICS TO REPAIRS, DEEP CLEANINGS, AND WEEKLY MAINTENANCE. AS AN AUTHORIZED SERVICE CENTER, WE TAKE CARE OF BOTH IN-WARRANTY AND OUT-OF-WARRANTY REPAIRS, WITH CERTIFIED TECHNICIANS TRAINED BY LOCAL MANUFACTURERS AND BACKED BY 20+ YEARS OF HANDS-ON EXPERIENCE. WHETHER IT'S A QUICK TUNE-UP OR A TRICKY REPAIR, YOU CAN RELAX KNOWING YOUR HOT TUB IS IN EXPERT HANDS.

We haven't lost a patient yet!
Give us a call/text
(714) 714-3940
(714) 390-6450

Make sure your tub is ready for Valentine's Day. Mention this ad and get \$30 off a deep cleaning, service call or your first month of weekly service.

LET US KEEP YOUR HOT TUB READY TO USE ALL YEAR LONG WITH OUR WEEKLY VALET SERVICE.

- WE USE BROMINE TO MAINTAIN YOUR SPAS SANITATION TO KEEP YOUR WATER CLEAR AND SOFT ON YOUR SKIN
- WE PROVIDE ALL THE CHEMICALS
- WE TEST & ADJUST THE WATER CHEMISTRY
- WE WIPE DOWN THE COVER
- WE WIPE DOWN WATERLINE
- WE VISUALLY INSPECT SPA EQUIPMENT
- WE RINSE OUT THE FILTERS BI-WEEKLY
- WE CONDITION THE COVER & CABINET MONTHLY WITH A UV PROTECTANT
- WE ENTER SERVICE DETAILS INTO POOL BRAIN AND YOU RECEIVE AN EMAIL AFTER EACH SERVICE
- YOU RECEIVE DISCOUNTS ON CLEANINGS AND SERVICE CALLS



CELEBRATING Black Artists

FEATURING

The Reverend Chineta Goodjoin narrator

Candace Harrell soprano

W. Patrick Blackwell bass/baritone

The Taylor-Made Jazz Combo

Reggie Goodjoin, director

Combined Gospel Choir

Dwayne Roberts & Joan Hall, choir conductors

Original Poetry

Christina Miles

Video Realizations

February 21
Saturday
Evening
at 7:00 pm

Classical

Ragtime

Gospel

JAZZ

OPERA

Motown

BE-BOP

Spiritual

Soul

SOKA PERFORMANCE ARTS CENTER | 1 UNIVERSITY IN ALISO VIEJO

BUY ONLINE: www.southcoastsymphony.org

BOX OFFICE: (714) 731-8079

You can now select your exact seat(s) and print your tickets at home.

The McBeth Family Special

2 for 1 tickets for families with children.
Call the box office for this special pricing:
(714) 731-8079

- Always **FREE** close-up parking
- Great acoustics and viewing
- Disabled accessible friendly

Is it possible to pre-plan
A Memorial at Sea?

Yes, we have pre-planned
countless cremations with a
scattering of ashes, Memorial
at Sea option.

Simple. Personal. Memorable

For more info about Pre-planning a Memorial at Sea
Call today for a FREE Guide (949) 382-7782

PACIFIC
CREMATION SERVICES
Discover. Simplicity

23101 Lake Center Drive, Suite 150
Lake Forest, CA 92630 | FD 2241
(949) 382-7782
PacificCremationServices.com



“AT FIRST
I WAS EMBARRASSED.
ME, A CAT, LIVING WITH
A SINGLE GUY. BUT WHEN
I WATCH HIM PICK SOMETHING
UP WITH HIS HANDS AND EAT IT,
I CAN’T HELP BUT LOVE HIM.**”**

—MARU
adopted 01-10-10



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

“Best Decision I Ever Made”
Independent Home Living
Transform Your Bathtub or
Shower Into a Safe Place
Don’t Slip or Fall Down

- ✓ Aging-in-Home, Independent Living
- ✓ Walk-In Shower, Barrier-Free
- ✓ Grab Bars, Prevent Slips and Falls
- ✓ Non-Slip Flooring, Easy to Clean
- ✓ Neat and Tidy, Quality Workmanship

Modernize! Update NOW!
BATHROOMS & KITCHENS



FREE IN-HOME ESTIMATE
★★★★★ www.OCContractor.com

CALL NOW! Don’t Wait Any Longer!



714-333-5667



Ask for Dan or Glenn 

#487497

State Required Bond

Insured



**AMERICAN
LUNG
ASSOCIATION®**
IN CALIFORNIA

WHOLE HOUSE WATER SYSTEMS

- FREE FROM CHLORINE & CHLORAMINES
- FREE FROM HEAVY METALS & BACTERIA GROWTH
- FREE FROM BOTTLED WATER
- FREE FROM MAINTENANCE
- FREE FROM HARD WATER & SCALE BUILDUP
- FREE OR FLEXIBLE PAYMENT OPTIONS FOR EVERY BUDGET

AMERIFREE WATER
WATER YOUR WAY

Over 20 years of expertise in water treatment

Family owned & operated

Holiday Discount \$500 OFF

WE ALWAYS SALUTE OUR HEROES. ASK ABOUT OUR MILITARY & FIRST RESPONDER PROGRAMS.

Enjoy clean water today!
888-842-3373
AmeriFreeWater.com

NSF MADE IN USA Water Quality CA Lic #6435387

SHELTER PET & GLOBALLY RECOGNIZED PIANIST

SENIORS ARE SPECIAL TO US

alzheimer's Association
You can't always see the problem.

OC Grab Bars
Bathroom Safety Grab Bar Installation

STOP SLIPS & FALLS!

- Free Phone Safety Consultation
- Supply & Install The Grab Bars
- Show You The Best Placement
- Over 19 Years Of Experience

714-225-9215
Call For A Free Estimate
www.OCGrabBars.com

Save Water Save a LIFE

Treat the Future

North American Water Conservation Assembly

FOOD WASTE
A GLOBAL ISSUE

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

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

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

6-11 kg is the per capita food waste for people in sub-Saharan Africa, south, and south-east Asia

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

You can learn more from the Food and Agricultural Organization of the United Nations <http://www.fao.org/save-food/resources/keyfindings/en/>

American Cancer Society®

Life After Mother

By Lyn Jensen

'Exploring probate and estate issues from personal experience.'

Updating Your Will

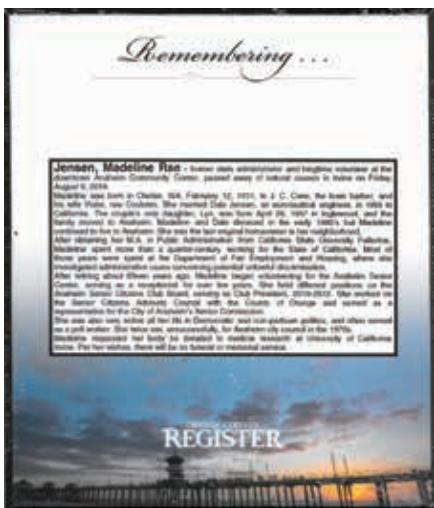
Once you've made your will, don't just forget it. Otherwise, you may someday come to realize that decades have gone by, and your will has not changed, even though your children are grown, you've sold the house, and the financial institutions your accounts used to be in don't exist anymore. Better that you review your will every few years, paying special attention should any of the following changes occur.



- Has there been a change in your family situation? Have you married, divorced, adopted a child, or had a birth or death in your family? This may affect not only how you redistribute your assets, but also who may be your executor, or guardian of dependent children.

- Have you moved to, or purchased property in, another state? That may affect your taxes and applicable inheritance law.

- Have your assets changed? Have you acquired or lost property, come into an inheritance? Did your business go under—

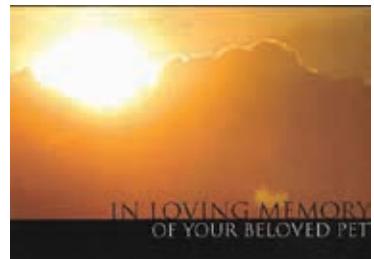


Photos courtesy Lyn Jensen.

or skyrocket? Did you win the lottery?

- Do you have a domestic partner that you now wish to include in your will?

- Have you simply changed your mind? Maybe what was a fair distribution between your children isn't so fair anymore? Maybe you want to add or subtract donations to non-profit organizations? Maybe that friend isn't a friend anymore?

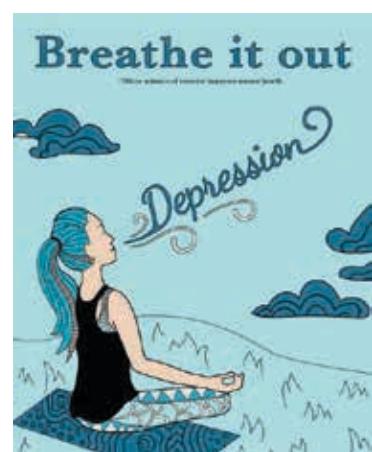


- Have tax laws changed? This is where having a lawyer comes in handy. A lawyer can help you keep up with such changes. A lawyer can also advise whether to alter a will by codicil, or make a whole new will.

Other documents that deal with your life choices should also be reviewed and, if needed, updated periodically. These include trusts, HIPAA, your healthcare proxy or power of attorney, your financial power of attorney, your living will, and online information about who may have access to your social media, your website, and your passwords.

Any other financial matters should also be evaluated periodically: your savings and checking accounts, safe deposit box(es), stocks and bonds. You financial institution(s) will notify you if an account has been inactive so long it will be closed if no action is taken, and taking money out or putting money in solves this problem.

Check your beneficiaries, too. If you don't want your ex-spouse to inherit that account, you'll need to name someone else as the beneficiary. Should a beneficiary be deceased, you'll want to change the name to someone now living.



Fabulous Finds

Continued from page 31

ome Daily Retinal Hydrator, a next-generation retinal designed for daily use with minimized irritation. HYDRINITY is focusing on education around hydration science, highlighting how advanced delivery systems can improve skin health from head to toe. It's a natural next step for a brand that's built its reputation on clinically backed performance. More information is available at hydrinity.com.

LED Light Therapy Gets a High-Tech Upgrade



Photo courtesy iSMART.

UK-based iSMART Developments has announced a strategic partnership with L'Oréal Groupe, bringing professional-grade LED light therapy closer to everyday routines. Together, they've developed ultra-thin, flexible LED Face and Eye Masks made from silicone and designed to deliver red and near-infrared light for collagen stimulation, circulation, and reduced puffiness. Lightweight and non-invasive, the masks were highlighted at CES 2026 and signal the growing role of science-led beauty tech in long-term skin health. Additional details can be found at ismartdevelopments.com and loreal.com.



Photo courtesy Vetramil.

Honey-Based Skincare — For Pets

Beauty and wellness aren't just for humans. epiq Animal Health and Vetramil have teamed up to bring Vetramil's honey-based animal skincare products to the U.S. market. Long used in Europe, these products are formulated with specially sourced pesticide-free honey combined with enzymes and essential oils to support natural skin recovery in animals — from pets to birds and reptiles. The line has just launched stateside, offering veterinarians and pet owners a natural option rooted in careful sourcing and traditional beekeeping. Learn more at vetramil.com and epiq-animalhealth.com.

The Takeaway

Whether you're refreshing your skincare routine, exploring more intentional self-care, or even looking out for your four-legged companions, this month's **Fab Finds** prove that innovation doesn't have to be flashy to be effective. Thoughtful formulas, meaningful stories, and science that actually deliver those are the finds that stick.

Busy Boomers

By Les Goldberg

Going to the Movies: Not Like the Old Days

In addition to death and taxes, there is another thing you can be sure of: going to the movies ain't what it used to be. No more double features. No more cartoons and newsreels at intermission. No more cheap tickets.

It is no wonder that our neighborhood movie theaters are in financial crisis, with one empty facility closing after another.

The good news? For seniors, going to the movies can still be a much-enjoyed experience.

Movie theaters that are managing to stay open are evolving into destinations by offering unique amenities, such as luxury seating with recliners, blankets, and trays, full dining with



Photo courtesy Yelp.

a wide selection of snacks, including popcorn, candy, pizza, hot dogs, and ice cream, and, of course, wide-screen and IMAX viewing.

Many of them have historic environments, such as the Egyptian Theater on Hollywood Boulevard, the Metrolux and The Lot in Orange County, and are ideal hubs for entertainment, education, and social outings.

To make the moviegoing ex-

perience more affordable for seniors, local theaters offer special discounts. For instance:

At Regency theaters, admission for seniors 61 and older is \$13 for films starting before 5 p.m. and \$15 after that time. (<https://regencymovies.com>).

The AMC Theatre chain (<https://www.amctheatres.com>) offers \$14.99 per ticket for adults over 60, a \$1.50 off the regular price.

Regal's (<https://regalmovies.com>) senior discount is \$3 off the normal \$16 charge, which closely resembles the cost of admission of \$13.74 for seniors at the Galaxy Theatres (<https://www.galaxytheatres.com>).

Of all the theaters we surveyed, the Cinemark Theaters (<https://www.cinemark.com>) have the best deal on Senior Days with a \$6 price tag.

My advice is to visit websites to decide which venue is nearest to you and offers the best movie experience.



Of course, your decision is going to be based on the films being shown at the time.

With the Oscar award presentations just around the corner on March 15, you might want to venture out to see the Academy Award "Best Movie" nominees to see what all the buzz is about. They are:

"Hamnet" – A fresh version of Shakespeare's 400-year-old drama of love and loss, it focuses on the playwright's life with actors Jessie Buckley and Paul Mescal in the starring roles.

"A House of Dynamite" – A nail-biting thriller about a stray missile that's been launched at the United States. It stars Kathryn Bigelow, 74, 53-year-old Idris Elba, and Rebecca Ferguson.

"One Battle After Another"

– This movie is described by AARP as "a wonderfully shaggy dark comedy about an off-the-grid political radical, played by Leonardo DiCaprio, 51, (See cover story), who comes out of hiding to save his kidnapped daughter."

"Sinners" – If you are into horror films, "Sinners" will keep you on the edge of your seat. It stars Michael B. Jordan, who does double duty playing twin brothers in the 1930s who return to their Mississippi hometown only to find unexpected evil waiting for them.

"Train Dreams" – Based on a classic Denis Johnson novella, "Train Dreams" is a soulful and poignant look at what's left of the American frontier at the dawn of the 20th century, with Joel Edgerton in the leading role.

As seniors, it is almost medicinal to continue or renew those cherished movie outings where you can share your experience, nostalgic appeal, and instinctive reactions to what's happening on the big screen with bold Dolby sound. I strongly recommend it.



SYRENTIS
CLINICAL RESEARCH



Worried about memory loss
or diagnosed with
memory issues?

Call: 1-800-NEW-STUDY

Consider participating in a clinical research trial

1401 N. Tustin Ave., Suite 130, Santa Ana, CA 92705 (714) 542-3008 | www.Syrentis.com



'I Write the Songs'

Barry Manilow

By Randal C. Hill

Who is the "I" in this well-known oldie?

"I write the songs that make the whole world sing."

"I write the songs of love and special things."

"I write the songs that make the young girls cry."

"I write the songs; I write the songs ..."

The answer may — no, will — surprise you.

These iconic lyrics are from the recording by Manhattanite Barry Manilow, a hit single that he didn't write. Manilow also didn't compose the second 45 of his to rocket to the top of the "Billboard Hot 100" chart during the 1970s.

Early in his Arista Records career, the former jingle writer for commercials had balked about recording "Brandy," a song by American singer/songwriter Scott English that had been a success in Britain. After signing with Arista, Manilow had reluctantly done English's tune as "Mandy." A wise choice, as it became Manilow's first No. 1 single.

Later, Arista's president, music veteran Clive Davis, strongly felt that "I Write the Songs" also had success written all over it if only Manilow would record the tune. Again, Manilow hesitated. He hadn't written the

work, and he felt that the lyrics sounded "egotistical." But the rising star wasn't so stubborn that he didn't listen to his business-savvy boss, and Manilow was soon on his way to releasing his second Arista disc to grab the top "Billboard" spot.

Well, just who *did* compose "I Write the Songs"? Here, we need to swing the spotlight to Southern California and the land of the Beach Boys. Born in 1942, Bruce Johnston, the adopted son of the owner of the Rexall Drug chain, had grown up in the wealthy West Los Angeles suburb of Bel Air. Always enamored with music, he mastered keyboards and the bass guitar.

He went to UCLA and later worked with record producer Terry Melcher (Doris Day's son) before joining the Beach Boys in 1965 as a replacement for leader Brian Wilson, the pop-music genius who had recently trashed his brain with psychedelic drugs.

In the mid-1970s, Johnston temporarily stepped away from the popular band to go solo with an album called "Going Public." His LP fizzled commercially, but it did contain his original composition of "I Write the Songs." Under Johnson's guidance, that track featured a quiet, lightly orchestrated offering that would lack the near-bombastic dynamics

of Manilow's million-selling version. Manilow's rendition featured an introduction of a tinkling piano and the gradual build to a dynamic conclusion, with Manilow's rich voice soaring above a studio orchestra in full-throttle mode.

Many people have opined that Bruce's ballad was a tribute to Wilson. Not true, Johnston testifies, and he cites the opening lines:

"I've been alive forever."

"And I wrote the very first song."

"I put the words and the melodies together."

"I am music, and I write the songs ..."

Had this song been about Wilson?

Nope. The answer, which is hidden in plain sight, is that Johnston was talking about God. Later, Johnston even referred to his classic as a hymn.

Bibliography

Book:

Bronson, Fred. "The Billboard Book of Number One Hits (Third Edition)." (P. 425) New York: Billboard Publications, Inc., 1992.

Internet:

Breihan, Tom. "The Number Ones: Barry Manilow's 'I Write the Songs.'" Aug. 20, 2019. stereogum.com.

"Bruce Johnston: From 'Pet Sounds' to Pink Floyd and Having Time to 'Smile.'" (No author listed) Nov. 15, 2011. rockabillyblues.blogspot.com. *I Write the Songs*, Bruce Johnston. en.wikipedia.org.

"I Write the Songs" by Barry Manilow. (No author or date listed) songfacts.com.



IWantToBeRecycled.org

Ad Council | KEEP AMERICA BEAUTIFUL

SHELTER PET & GLOBALLY RECOGNIZED PIANIST

Amazing stories start in shelters and rescues. Adopt today to start yours.

KEYBOARD CAT 8M+ YouTube Views



Start A Story. Adopt theshelterpetproject.org



This could be you,



stay in
YOUR lane.

bicyclecoalition.org

Boneless Skinless Chicken Breast
BEST IF USED.
TOTAL PRICE
\$1,500.00
ITEM #020213

A FAMILY OF FOUR SPENDS \$1500
A YEAR ON FOOD THEY DON'T EAT

COOK IT, STORE IT, SHARE IT.
JUST DON'T WASTE IT.

SAVETHEFOOD.COM

Ad Council NRDC



Continued on page 21

month to elevate stories that have too often been overlooked, reinforcing the idea that February is as much about reflection as it is about celebration.

Seasonally, February sits at winter's turning point. In many regions, it remains cold and gray, yet subtle signs of change begin to appear. Days grow incrementally longer. Early blossoms push through the soil. There is a sense — sometimes faint, sometimes hopeful — that spring is no longer just a promise, but an approaching reality.

Despite its brevity, February invites us to slow down and pay attention. It asks for patience, reflection, and renewal. Whether through honoring history, nurturing relationships, or simply noticing the light lingering a bit longer in the evening sky, February proves that even the shortest chapters can carry lasting meaning.

Sources: Various websites



Cancer Research

Continued from page 30

the age-adjusted overall cancer death rate in the United States fell by 34% between 1991 and 2023, a reduction that translates into averting more than 4.5 million deaths from cancer.

What's more, the five-year relative survival rate for all cancers combined has increased from 49% for those diagnosed between 1975 and 1977 to 70% among those diagnosed between 2015 and 2021.

As a result, there are more than 18.6 million adults and children with a history of cancer living in the United States, representing 5.5% of the total U.S. population.

The AACR's annual Cancer Progress Report is a cornerstone of the organization's educational and advocacy efforts. This comprehensive report provides the latest statistics on cancer incidence, mortality, and survivorship and highlights how federal investments in basic, translational, and clinical cancer research and cancer-related population sciences have led to impressive scientific advances that are improving health and saving lives.

The Challenge: The report also highlights how progress is now in jeopardy due to prolonged funding uncertainty and political interference that are weakening cancer research, undermining scientific integrity, and eroding the infrastructure that turns discovery into life-saving patient care.

The Call to Action

To help address the funding challenges facing cancer research, the report issues a strong, timely call to action urging policymakers to stand up in support of the National Institutes of Health (NIH), the National Cancer Institute (NCI), FDA, and the Centers for Disease Control and Prevention (CDC), and to provide a robust funding increase for cancer research in Fiscal Year (FY) 2026.

Learn More

For further facts and to read the report, visit CancerProgressReport.org.

The Senior Reporter

is published monthly by:

**SUNSET
PUBLISHING AGENCY**

9114 Adams Avenue, Suite 358
Huntington Beach, CA 92646

Email: [jcampos@
seniorreporterofoc.com](mailto:jcampos@seniorreporterofoc.com)

Telephone
(714) 975-6345
Fax
(714) 968-2311

Rate is \$28.00 per year.

Guest articles, commentaries and photographs are invited, however, publication is at the discretion of the editor

**THERE'S NOTHING
MIGHTIER THAN THE SWORD**

**AMERICAN
CANCER
SOCIETY**

FOR MORE INFORMATION
CALL TOLL FREE: 1-800-ACS-2345



**American
Cancer
Society®**

I'M PAUL GEORGE

WHEN I WAS SIX

MY MOM HAD A STROKE

Learn the signs of a stroke F.A.S.T.

Face drooping **A**rm weakness **S**peech difficulty **T**ime to call 911

FAST
strokeassociation.org

American Heart Association American Stroke Association
Together to End Stroke™

This could be you,

stay in
YOUR lane.

bicyclecoalition.org

Open Every Wednesday!

HUNTINGTON BEACH ELKS

BINGO

WEDNESDAY MATINEE

Doors Open at 9:00 AM. - \$15.00 Minimum Buy-In

23 TOTAL GAMES

ALL GAMES PAY \$250.00
PULL TABS

COLOR MONITORS
COMPUTERIZED VERIFICATION

CASH BALL

STRIP GAMES - \$500 - \$500 - \$500 - \$300 - \$300
PLUS 2 TAB GAMES OF AT LEAST \$1199.

EARLY BIRD - 10:30 AM. **6 ON - 4 UP (Plus 1 Strip)**
REGULAR - 11:00 AM. **6 ON - 15 UP (Plus 2 Strips, 2 tabs)**
LATE BIRD - Following Regular Games **6 ON - 4 UP (Plus 1 Strip)**

FOOD AND SOFT DRINKS AVAILABLE FOR PURCHASE
FREE COFFEE - TEA - POPCORN

HUNTINGTON BEACH ELKS LODGE
7711 TALBERT AVENUE (2 BLOCKS WEST OF BEACH BLVD.)
HUNTINGTON BEACH.
(714) 848-9440

Overflow Parking Available at the Center for Spiritual Living just West of the Lodge on Talbert Avenue.

Pass The Love On

**Everyone
knows someone
who would love to
Adopt-A-Manatee®**

1-800-432-JOIN (5646)
savethemanatee.org

Photo: © David Schreiber

SENIOR REPORTER

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

published monthly by
Sunset Publishing Agency

Affordable
Advertising
is within
your reach



Classified &
Professional
Service
Directory

Only \$37.50
a month with a
6-month commitment

Call for rate information
714-975-6345

jimwebb@seniorreporterofoc.com

Call Bill Thomas
714-458-5703
sunsetpublishing@aol.com



Dining Out with SAM

Samantha Hammer
diningoutwithsam@gmail.com
 Cell: 949-488-7808

A Feast of possibilities at Panda Express Chinese Kitchen, San Juan Capistrano

By Samantha Hammer, contributing columnist

I'm excited to share with each of you one of the nicest and most humble experiences in dining that I've seen in a long time.



Chow Mein.

I love to cook with many followers, and with my special event business background, sincere hospitality is such an important addition when serving others.

I have been enjoying Panda Express restaurants for many years. Panda Express is a family chain of restaurants, with the selected menu items all being the same at each location. I have noticed that each location prepares items on the menu with a different twist, along with how they offer their

services and hospitality to their customers.

A new location came about in San Juan Capistrano, off Del Obispo Street. I was really excited to see this restaurant being built, and it is right in my own backyard.



Large plate, double protein, grilled chicken breast & broccoli.

I always love fresh vegetables and stir fry, and of course, some of the favorites of the Panda group are their "original orange chicken." I decided to stop a couple of weeks after the restaurant first opened. I was greeted like I was a longtime customer



*Panda Express and Chinese Kitchen in San Juan Capistrano
 Photos courtesy Samantha Hammer*

or perhaps even a friend of the staff. I was in awe of the wonderful greetings toward me.



Erwin, favorite staff member.

Everything looked absolutely fantastic in all the serving trays. The vegetables were so green and so fresh, and all the roasted chicken was prepared perfectly. The noodles were filled with chopped celery, white cabbage, and some onion, and they looked so delicious.

One of the items that I particularly like to order is string bean chicken. The combination of flavors is so delicate and tasty, and really delicious to the palate. I usually like to add fresh vegetables and Chow Mein noodles.

The string bean chicken was in the process of being prepared in the open kitchen. Erwin, a favorite staff member, asked me if I would like to have a beverage of choice or perhaps an appetizer while I waited for my string bean chicken. Wow, that was definitely a first! We began to have some conversation while I was waiting, and he is such a kind and sincere person. I asked him a little bit about himself, and he expressed working six days a week, full-time at this location, and he also had a second job.

I don't usually dine at a restaurant but take food to go. Everything was so delicious and so exceptional. I have become a very regular customer.



Panda Express menu board.

As the weeks went on, I had the pleasure of meeting the General Manager, Jeff Lin. I had often seen him preparing the food in the kitchen, cooking the food, serving customers, and he was so connected to what he

was doing while also providing wonderful customer service to everybody that came through the line. I introduced myself and enjoyed learning about Jeff. He came from the banking industry and then got involved in the food service end of things, and has been a new general manager for this location for about six months. Jeff is an exceptional person of quality in every way.

The Panda Express organization is based in Rosemead with 2,400 locations throughout many cities.



Original Panda orange chicken.

The menu continues to grow, and now, wonderful, balanced, and delicious protein plates are available. One is a double protein plate, and the second selection comes with your choice of one side dish.

The philosophy of the Panda ownership is "Where the way we work inspires, a flavorful combination of Chinese regional cuisine and technique with bold American tastes. Welcome to our kitchen."

Some of my very special favorites are the original orange chicken (Sichuan), crisp fresh vegetables, broccoli beef, grilled teriyaki chicken, string bean breast chicken, honey, sesame chicken breast, honey walnut shrimp, Chow Mein, black pep-

Continued on page 42



Preserve Your Memories

Transform your treasured videotapes, 8mm films, photos, slides and negatives into stunning digital formats with cutting-edge technology.

Expert transfer services for VHS, Mini-DV, 8mm Film and 8mm videotapes, slides, photos, and negatives - converted to high-quality digital files or DVDs for clarity and longevity.

(949) 829-2637

www.filmandtapetransfers.info

ONE TIME
IS A BAD
PHOTO.
MANY TIMES
IS A SIGN.

LACK OF EYE CONTACT IS A SIGN OF AUTISM.
Learn the others at autismspeaks.org/signs



NO MORE
"IT'S NONE OF MY BUSINESS"



Continued from page 41

per sirloin steak, mushroom string beans chicken, Kung Pao chicken, fried rice, white steamed rice, egg rolls, spring rolls, Beijing beef, and black pepper chicken. So many choices, it's hard to decide!

The Panda Express organization is extremely conscious of calories. All items are prepared with the greatest of freshness and love, with the healthiest choices.



Beijing beef

Your order is available with several options, including a bowl with one entrée and one side, a plate, which includes two entrées and one side, a bigger plate, which includes three entrées and one side, balance, protein, plates, Panda Bundles, Panda crafted beverages, Panda Cub Meals, a five-person family meal, and à la carte choices.

This location offers a pick-up service, which is available through a very special outside window in front of the restaurant. Special catering is an additional service.



The Lunar New Year is coming in February. Panda Express is acknowledging children with a free Activity Booklet. This will be available from Feb. 17-23.

As a special note to all of you that are reading this story and perhaps might be a Panda Express favorite, or perhaps you're someone new who would like to experience this location, I would like to offer the first person who responds to me via a text message with the word "Panda," your name and telephone number, and you will receive a choice of a Bowl (one entrée and one side) or the plate (two entrées and one side). This is my gift to you.

Once you send me your contact information, I will contact the general manager at the San Juan Capistrano location, on Del Obispo Street (ONLY), and provide your name and the date you plan to visit.

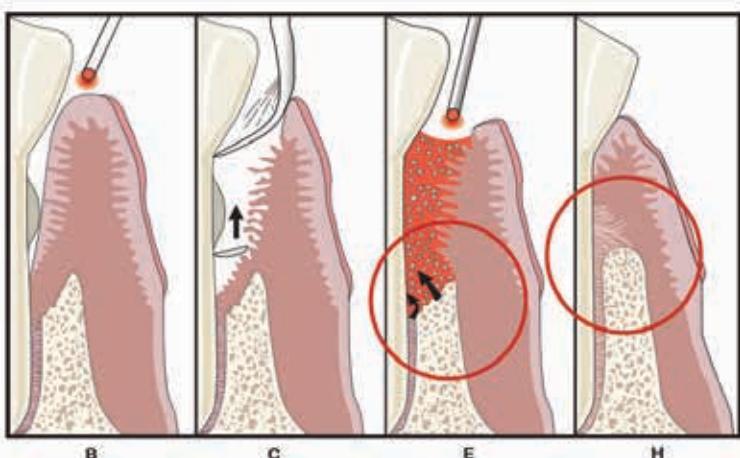
Panda Express Chinese Kitchen 31876 Del Obispo St.
San Juan Capistrano, CA 92675
949-438-2086
pandaexpress.com

Hours: 10 a.m. to 9 p.m. (Monday through Sunday)

FREE Gum Disease Treatment

For qualified patients with the research proven¹ **LANAP**® laser protocol

The **LANAP** protocol is FDA cleared² for True Periodontal Regeneration and has a 95% success rate over 21 years.



Regrow bone lost to gum disease!

CALL TODAY! ▶▶▶ www.LANAP.com

1-888-LANAP-4-YOU

526-2749

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

**SENIORS
ARE SPECIAL
TO US**



AgeWell
Senior Services


Senior Cuisine Delivered™

**Get The Best Local
Restaurants Delivered
Right To Your Door.**

Exclusive Affordable Meal Program. For Orange County Residents 50+, Caregivers & Dependents.

Eat better while spending less with Age Well's Senior Cuisine Delivered. Lunch & dinner from your favorite local restaurants. One, Three, & Five Day Meal Plans! Gift cards available. Get \$5.00 off your first order when you invite a friend.

Delicious • Affordable
Nutritious • Convenient

Sign up today at
www.myagewell.org



JUST
\$10.95
PER MEAL



Grant Sevdayan - Music Director

Piano Concerto N23 - W. A. Mozart

Kristina Aglinz - piano

“Farewell” Symphony - J. Haydn

Flute and Harp Concerto - W. A. Mozart



John Barcellona



SUNDAY, FEBRUARY 22, 2026 @ 3:30pm
Huntington Beach Central Library Theater
7111 Talbert Ave, HB 92648



TICKETS: \$30 (\$35 at the door)

Online Promo: 4 tickets for \$100

Online: HBSymphony.org / (Paypal)

Purchase (check, cash)

AB Music Studios 19171 Magnolia St. HB

**Contact us: HBSymphony.org
info@hbsymphony.org / (714) 274 - 5524**

SENIOR REPORTER

published monthly by
 Sunset Publishing Agency

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

Call for rate information

714-975-6345

jimwebb@seniorreporterofoc.com

Call Bill Thomas

714-458-5703

sunsetpublishing@aol.com