

# SENIOR REPORTER

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OCTOBER 2021

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



## Liam Neeson

*"Acting is invigorating. But I don't analyse it too much. It's like a dog smelling where it's going to do its toilet in the morning."*  
—Liam Neeson



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\* CalOptima PACE is a member of the California PACE Association. The association works with Vital Research, an independent research firm, to conduct the survey. Results were published in January 2020 in the I-SAT Participant Satisfaction Report, Page 56.

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# Rest Rooms

By Jim McDevitt



I was 5 years old when my mother took me shopping with her to a large department store. While I was following my mother around, I saw this big sign hanging on a wall with a big red arrow pointing in one direction with the words in big red letters under it that said, 'RESTROOMS.'

As a 5- year-old I thought to myself, 'Wow! They have rooms here where you can go and take a rest, maybe even a nap.'

Of course, now I realize that every large facility has restrooms, but I know what they are for, and it isn't resting.

Over the years occasionally I will see other wording such as a sign that says bathrooms that they have on some planes I've been on, but I really wonder

why they call them bathrooms when no one certainly has ever taken a bath in them while flying on a plane.

I'd like to know what is so terrible about having signs that tell the truth and say TOILETS instead of BATHROOMS or RESTROOMS. If I ever want to take a rest, it won't be in one of these places but in a nice large chair where I can lay back and put my feet in the air. I do understand that a sign that says TOILETS with an arrow creates a bad image in a person's mind, but it would be truthful. It's where we deposit, shall we say, digested food and excess body fluids. I have never in my life been in a RESTROOM or a BATHROOM where I rested. It was always to take care of business, flush, wash hands, dry them and get out. With all the activists out there in our society, I am surprised people aren't picketing outside stores with signs that say, 'IT'S NOT A RESTROOM OR BATHROOM, IT'S A TOILET.'

This may catch on. I can see it now, a Supreme Court ruling that says it's a toilet, not a bathroom or restroom. If you have been in a large store this week, I bet you have seen or walked past a sign that said RESTROOMS. I have had guests in my home who asked where the bathroom was and of course, I said the bathroom is right this way and pointed in a direction. I didn't correct them and say you mean the toilet.

We have come a long way from the days when all people had to use outhouses in the yard which was usually a little woodshed which we all called an outhouse and had circular holes cut in the boards you sat on to take care of business.

There was of course a wooden door you shut for privacy; I mean we weren't uncivilized in those days. My grandmother who lived with my aunt in New Egypt, N.J. had one of these shacks on her one

*Continued on page 13*



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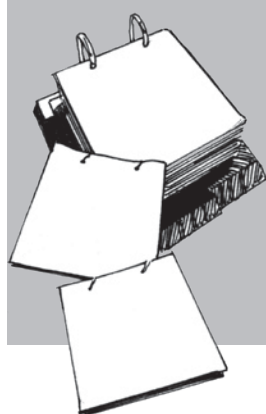
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# OCTOBER Calendar of Events



Autumn is a wonderful season for spending time outside with friends and family. As many events, venues, and the like start returning to normal, a wide array of things to do in and around the area are available. Be sure, however, you check with each event before attending any of the options below.

## Tiller Days

### Tustin

#### Through Oct. 3

Tustin Tiller Days has taken place in Tustin since 1957 and celebrates Orange County's agricultural heritage. Features a parade, carnival, rides, food, and entertainment. No admission fees. At, Columbus Tustin Middle School and Recreation Center, 17952 Beneta Way Tustin. Call, 714-573-3326.

## Taste of Brea & Business Expo

### Oct. 7

#### 5 p.m. to 9 p.m.

Participants may sample the best of local restaurants, breweries, and wineries with the purchase of a wristband. The Brea Chamber's annual family-friendly festival attracts more than 2,500 visitors and highlights the city's business community. Visitors may enjoy dancing to live music fea-

turing Cold Duck. A DJ will be present during the event. At, Downtown Birch St. Promenade. Call, 714-257-9535.

## Cypress Community Festival

### Cypress

#### Oct. 8-9

One of the largest one-day festivals in Orange County attracting more than 20,000 people. The event includes an early morning 5K / 10K run, a pancake breakfast, car show, chili cook-off, family games, food booths, the Chamber of Commerce business expo, children's rides, arts, and crafts booths, and four stages with continuous entertainment. Admission is free. At Cypress Community Center Oak Knoll Park, 5700 Orange Ave., Cypress. Call, 714-827-2430.

## Irvine Global Village Festival

### Irvine

#### Oct. 9

#### 10 a.m. to 7 p.m.

Annual festival representing cultures from around the world; international cuisine; kids' crafts and activities; cultural and religious exhibits; and an international marketplace. Cultural displays, international cuisine, international marketplace. Festival admission and parking are free. At,

Orange County Great Park, 6000 Great Park Blvd, Irvine. Call, 949-724-6606.

## San Clemente Micro-Brew Fest

### San Clemente

#### Oct. 9

#### 12 to 5 p.m.

The San Clemente Chamber of Commerce will host the 10th Annual San Clemente Micro-brew Fest, presented by Left Coast Brewing Co. This year, the wine will also be introduced. VIP guests' early entrance at noon and the public from 1 to 5 p.m. Admission will include eight 4 oz micro-brew samples, four wine samples, food trucks, and local band entertainment. Guests must be 21. Attendance is limited. At, Left Coast Brewing Co., 1245 Puerta Del Sol, San Clemente. Call, 949-492-1131.

## Carnival Colossal

### San Clemente

#### Oct. 14-17

San Clemente's four-day Carnival Colossal and Food Truck Festival is offering thrill rides, games, food, a one-day Special Needs Resource Fair and two days of games of strength presented by the International Highland Games Federation. At, Vista Hermosa Sports Park, 987 Avenida Vista Hermosa, San Clemente. Call, 949-361-8200.

## Silverado Days

### Buena Park

#### Oct. 15-17

Community festival includes games, crafts, contests, rides, food, and fun for the whole family. Featured contests include a car show, a world amateur arm-wrestling championship, an amateur horseshoe contest, a pie-eating contest, and more. At, William Peak Park, 7225 El Dorado Dr., Buena Park. Visit <https://www.silveradodays.com/cms/>

## Glitterfest

### Fullerton

#### Oct. 17

Collection of creative people who express their talent through mixed media art. It includes handmade jewelry, sculpture, primitive dolls, paper whimsy, and more. Free admission. For 2021, masks may be required. Due to Covid restrictions, there may be extended wait times for entry to Glitterfest. At, 501 N. Harbor, Fullerton.

Visit <https://www.glitterfest.com/>

## Newport Beach Film Festival

### Newport Beach

#### Oct. 21-28

Set in Newport Beach this year's festival will be screening more than 300 features and short films and welcoming more than 500 filmmakers

and 50,000 film fans to Orange County. At, various theaters in Newport Beach, Costa Mesa, and Santa Ana.

Call, 949-253-2880.

## OKTOBERFEST

### Huntington Beach

#### Through Oct. 31

This year's OKTOBERFEST has been changed a bit to a new casual drinking and dining experience on the outdoor patio and Biergarten. Enjoy the sounds of OKTOBERFEST with German music, food, and imported beer. OKTOBERFEST is different this year due to the pandemic, please note masks will be required on entry and at all times when not seated at your designated area. At, Old World Festival Hall, 7561 Center Ave., Huntington Beach.

Call, 714-696-TAP1 (8271).

## Dinosaur Dash

### Tustin

#### Oct. 31

A fund-raiser for the Tustin Public Schools Foundation the Dinosaur Dash features four events: 5k and 10k timed races for all ages, a 2k non-timed "Fun Run" and the non-timed 50k bike tour. After the race, there will be entertainment, a food court, and an expo with games, activities, and more. At, The Marketplace, Tustin. Call, 714-832-3060.

*Continued on page 19*





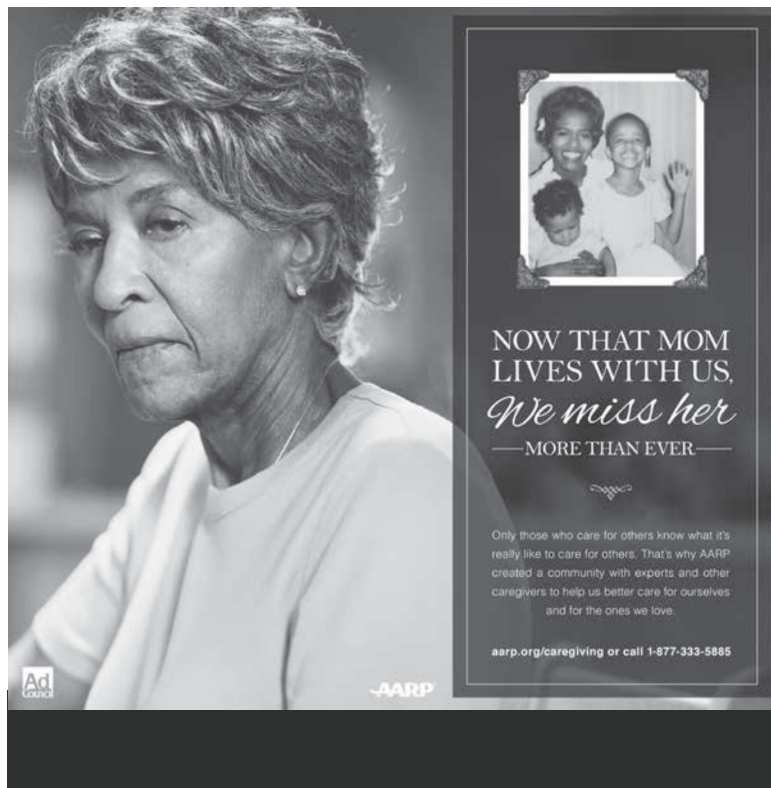
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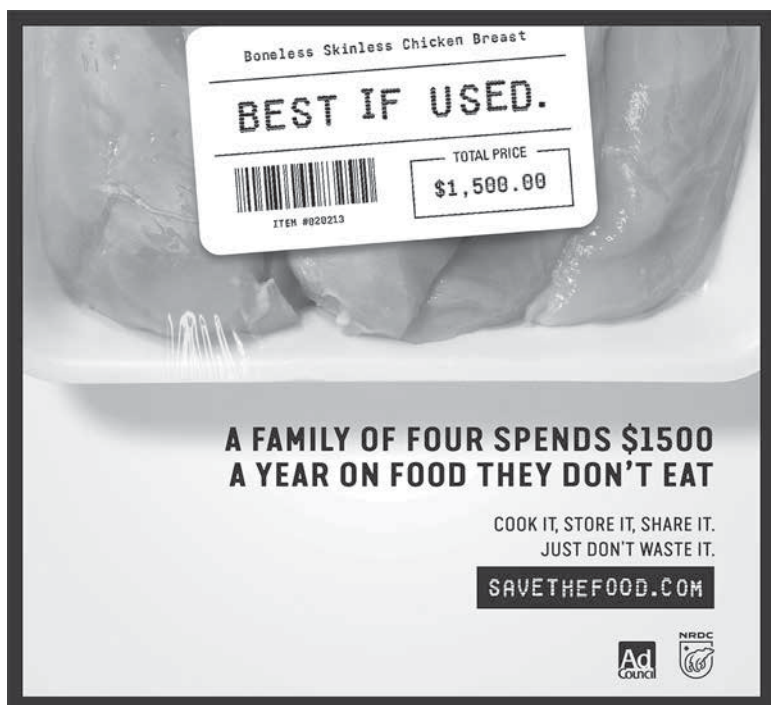


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## FLASH BACK

By Randal C. Hill

# ‘The Day I Died’

On Nov. 22, 1963, entertainer Vaughn Meader got into a cab at the Milwaukee airport. He later recalled, “The cabbie said, ‘Did you hear about Kennedy in Dallas?’” “I said to him, ‘No, how does it go?’ I thought he was telling me a joke.”

Then Vaughn heard the tragic bulletin on the taxi’s radio. He would refer to it later as “the day I died.”

Famous because of numerous TV appearances and with his face adorning millions of record-album covers, he was used to being recognized as America’s top mimic of the president.

In the early 1960s, the New Englander began including JFK impersonations in a musical comedy act he developed for the Greenwich Village club circuit. Meader found it easy to assume the president’s distinctive accent and persona, and in time even adopted the iconic leader’s hairstyle.

Meader’s debut comedy LP from November 1962 was dubbed “*The First Family*.” Written by Bob Booker and Earle Doud, the good-natured Cadence Records parody featured 26-year-old Vaughn supplying the voices of both JFK and his brother Robert, while Jackie Kennedy was portrayed by theater actress Naomi Brosart. A supporting cast of New

York character actors completed the fun.

Tapping into the public’s fascination with the Kennedys, “*The First Family*,” recorded live before a studio audience, quickly became the fastest-selling album in the history of the record industry. It locked down the top position on the “*Billboard*” LP charts for a dozen weeks and by January 1963 had sold 7 million copies. Eventually, it earned a Grammy Award. A March 1963 sequel, “*The First Family Volume Two*,” became a second hit.

President Kennedy had reportedly enjoyed the sendup — Jackie, not so much — and went so far as to hand out copies of the first LP as Christmas gifts.

On that infamous November Friday afternoon, celebrity Vaughn Meader vanished and was reborn as anonymous Abbott Meader. (Vaughn was his middle name.) Copies of his discs were yanked from record-store shelves and destroyed, Cadence Records not wanting to appear to be “cashing in” on the tragedy. Meader never did his JFK impression again.

For the next few years, he drifted in and out of alcoholism and drug abuse. In the late 1960s, he experienced a religious awakening and in 1970

recorded an album called “*The Second Coming*,” on which he played a hip Jesus. It didn’t sell.

Meader married four times and divorced three. In later years, he managed a restaurant in Hallowell, Maine, where he became a part-time singing pianist who offered sometimes-perplexed customers a peculiar mix of gospel and bluegrass tunes.

A lifelong smoker, Meader developed the chronic pulmonary disease. To help pay his mounting medical expenses, he sold the movie rights to his life story. The film was never made.

He died at age 68 in October 2004, his little-noted passing a far cry from the time when JFK greeted a Democratic Party-event crowd by wryly announcing with a grin, “Vaughn Meader was busy tonight, so I came myself.”

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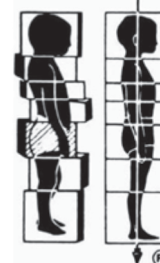
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## 'Gypsies, Tramps & Thieves'

### Cher

By Randal C. Hill

Thomas "Snuff" Garrett was a Dallas high school dropout who became a Lubbock, Texas, disc jockey at 17 and befriended local music star, Buddy Holly. Two years later, Garrett became a staff producer at Liberty Records in Los Angeles. Snuff wasn't a musician, but he did have the uncanny knack of finding — and later producing — hit songs. During the 1960s, he created million-sellers for the likes of Bobby Vee (a Buddy Holly soundalike) and Gary Lewis & the Playboys.

Snuff lived in the Hollywood Hills, next door to Salvatore and Cherilyn Bono — better known in the entertainment world as Sonny and Cher. (As with Garrett, both were also high-school dropouts themselves.) In 1965, the husband-and-wife duo had rocketed to international fame when their Atco single "I Got You Babe" became one of the biggest pop successes of the decade. But two years later, neither the pair together nor Cher on her own found themselves putting out any hits. Then, in 1971, Cher signed with Kapp Records, hopeful of finding a successful song that would return her to prominence.

Garrett asked songwriter pal Bob Stone to come up with something noteworthy that would bring Cher a hit and an

audience beyond teenyboppers. Stone responded with an adult-level story-song called "Gypsies and White Trash." Garrett sensed that Stone's creation had hit potential but needed some tweaking to avoid controversy. The result was one of the finest pop tunes of Cher's career — and one she never really liked.

The melodramatic "Gypsies, Tramps & Thieves" unfolds at near-breakneck speed — it lasts just two-and-a-half minutes — but unfurls a poignant tale of poverty and misfortune:

*"I was born in the wagon of a travelin' show*

*"My mama used to dance for the money they'd throw."*

Cher as the 16-year-old narrator tells of meeting a 21-year-old drifter in Mobile, Ala. Her family befriends him, feeds him, and gives him a ride to Memphis. He travels on from there, deserting the girl:

*"Three months later, I'm a gal in trouble*

*"And I haven't seen him for a while."*

The narrator's daughter is, as she was, born in a wagon. Now the teenager is the one who must dance for money when men of the visited towns come to do their ogling. Hypocritically, those who frequent the traveling show later reject the gypsy families as lowlife carnies and grifters.

Cher all but spits out the words in a sort of punkish anger that renders Stone's lyrics haunting and depressing.

"Gypsies, Tramps & Thieves" held the No. 1 position on "Billboard's" Hot 100 chart for two weeks. Cher never liked her comeback hit and dismissed it as "a song I recorded in, like, an hour." In concert, she would pare the tune to 90 seconds by eliminating a verse and a chorus.

We'll never know the reason for Cher's antipathy toward the song, but it does seem an odd way to treat Stone's creation that had granted her a rare return to music-world stardom.

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## Take a Fall Road Trip in the Golden State

There's no better time to explore California than fall when the temperatures are cooler and there's not so much traffic. Here are a few ideas to get you in the mood for taking to the open road this season if you have time to take a few days off and be adventurous.

### Yosemite National Park's Less-Explored Tuolumne Meadows

Outside Yosemite National Park is the less-explored Tuolumne Meadows along the Tioga Pass (Hwy 120). The grassy plain is surrounded by mountainous peaks and the Tuolumne River is perfect for whitewater rafting. Take a hike through the Tuolumne Grove of Giant Sequoias and see the third longest-living tree specimen, and rest for the night in historic Groveland, one of the county's official Gold Rush towns. End the trip hiking the nature trails of Red Hill surrounded by unique wildflowers, plant species, and the endangered Bald Eagle.

### Historic Highway 101 Along with San Diego's North County Coastline

Take a relaxed drive along San Diego's North County coast via Highway 101 from Del Mar to



*Photos courtesy Pexels.com*

laid-back Oceanside. See the Del Mar Thoroughbred Club, where the "turf meets the surf" and shop the Cedros Design District in Solana Beach. Surf at Encinitas' Swami Beach, and then it's off to Carlsbad. Visit the 1,942 foot, Oceanside Municipal Pier considered the longest wooden pier on the West Coast.

### San Bernardino Mountains

The San Bernardino Mountains are picturesque thanks to the Rim of the World Scenic Byway. Drive the 110-mile route through the Cajon Pass through the desert, coastal valley, and elevated forests for panoramic views. Be available to stop at Heaps Peak Arboretum, Running Springs, Lake Arrowhead, Big Bear Lake Village, and more.

### Route 66 and Historic Pasadena

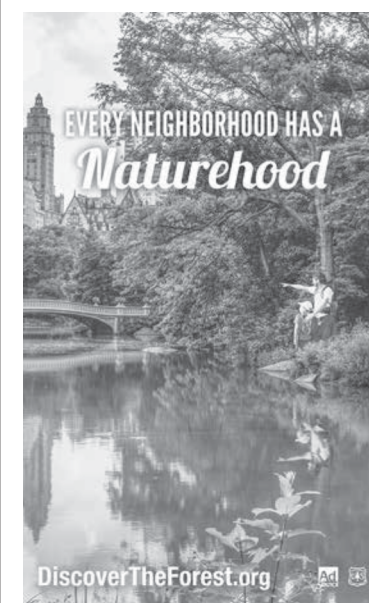
Route 66 is the historic highway built-in 1926 that runs through the U.S., connecting cities from Chicago to Los



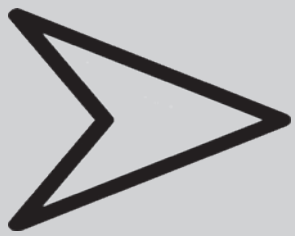
Angeles. At the time, Pasadena was a busy resort town offering the ideal oasis from harsh winters and became the gateway to the highway's final stretch into Los Angeles and to the Pacific Ocean. Route 66 visitors can find classic motels, Colorado Street Bridge, historic Old Pasadena, the iconic Rose Bowl Stadium, and more than 1,000 buildings on the National Register of Historic Places.

Source: VisitCalifornia.com

*\*\*Note: As communities re-open after COVID-19-related closures, some parks, businesses, and attractions may still be closed or have new protocols. Please verify local guidelines and regulations for all destinations and hours and availability before visiting any of the above suggestions.*







# In The Spotlight

## Linda Mac Dougall: Helping Seniors Feel Better

Linda Mac Dougall's experiences as a holistic health practitioner and certified massage therapist working with hundreds of patients have opened her eyes to the unmet needs of older Americans, particularly those who are searching for lives that afford them the greatest span of good health and quality of life.

At 73, she is a Boomer herself and, therefore, doubly invested in sparking a discussion about ways "senior living" might be transformed, especially for the 77 percent of people over 50 who told an AARP Survey in 2018 that they prefer to age in place.

Mac Dougall who resides in SoCal says, "I want things to change. Seniors don't have to get so sick and die. We can live long and healthy lives. It is a waste of human potential and costs individuals and this country way too much in so many ways to keep doing what we are doing. Health is life's bottom line."

The author of the book, *"The SPIRIT Method of Massage for Seniors: Raising the Bar ... A Primer for Massage Therapists and Caregivers,"* Mac Dougall is also a teacher, speaker, and mentor and appeared on multiple podcasts.



She operates Mac Dougall Consulting for Disabilities and says, *"The SPIRIT Method of Massage for Seniors: Raising the Bar ... A Primer for Massage Therapists and Caregivers,"* is her first book.

Here's more about this entrepreneur, who has an M.A. in counseling psychology and a B.A. in Anthropology with a minor in Special Ed, and who has worked with hundreds of seniors.

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

**A: A veterinarian.**

**Q:** You're described as a "holistic health practitioner, Certified Massage Therapist, author, teacher, speaker, and mentor," how long have you been in these roles?

**A:** HHP and CMT 16 years, author six, a teacher most of my adult life and I'm 73, speaker 10 and mentor 25-plus.

**Q:** What is the best part of what you do?

**A:** I love helping my seniors feel better and live a healthier life as they age.

**Q:** What tips can you give to Boomers and seniors for a healthier and more rewarding life?

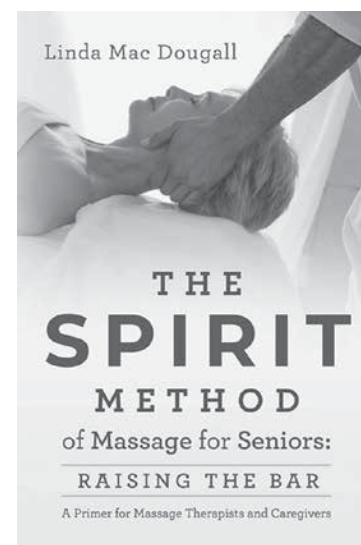
**A:** Feed your bones so they won't break when you fall or crumble from osteoporosis. Teeth are bones so if your teeth are bad then so are your bones. It takes an array of minerals and not just calcium. Bone cancer clients are often given a mineral, strontium, so be sure you have that in the mix. Try Xylitol instead of sugar but keep it away from dogs.

**Q:** How did the book come about and how long did it take to write?

**A:** I was tired of seeing my seniors not being understood or their needs not being recognized by the people caring for them each day. The foods they are given are the same foods that got them sick ... too much sugar, fat, and salt. No one recognizing that the medications they take deplete nutrients that need replenishing. No one adjusting their mobility devices to their needs and no postural supports being offered in their wheelchairs. All this and more made me write the book which took about a year.

**Q:** Who should read it?

**A:** It is meant for massage therapists and caregivers of all types who work with this age group.



**Q:** Where can it be purchased?

**A:** Amazon: *"The SPIRIT Method of Massage for Seniors: Raising the Bar... A Primer for Massage Therapists and Caregivers."*

**Q:** Are you working on anything new?

**A:** I am always working on new things. Next year I hope to partner with a lady to bring out a series of books and a gentleman is considering collaborating on posters. I do podcasts often.

**Q:** Family? Married? Kids? Grandkids? Pets?

**A:** Divorced with one son and daughter-in-law and one grandson, 11. Two small dogs, a mini poodle, and a Yorkie, and a bird.

**Q:** Hobbies and spare time?

**A:** I am 73 so taking naps and dog walks and visiting family are my spare time activities. My purpose as a senior health advocate and life, in general, take up most of my time.

For more info visit her website [www.loveyourlongevity.com](http://www.loveyourlongevity.com) where you can listen to some of her podcasts, email her, or phone her. She's also on LinkedIn, too.

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**Jim McDewitt, Lyn Jensen,**  
**Nick Thomas, Randal C. Hill**



# October Crossword Puzzle

Across

1. Bartlett alternative
5. "Hey, that's not \_\_\_\_ idea!"
9. Keats's feet?
14. Scot's swimming spot
15. U2 front man
16. Spiral-horned antelope
17. Middle-of-the-road, to a hotel reviewer
19. Sans\_\_\_\_ (plain font)
20. Work-related quip, part 1
22. On the \_\_\_\_ (fleeing)
24. 90° pipe turn
25. Wonderland party drink
26. Photo \_\_\_\_ (media events)
27. The quip, part 2
31. Greek war god
32. That, to a señorita
33. Longtime hockey announcer Cole
34. Foot bones
36. U.S. army field rations
38. Pony tail places
42. "There's something with this letter": Abbr.
44. Pink-slip
46. Not quite canter
47. The quip, part 3
50. Barley bristle
52. Gloater's cry
53. Capital of Canada?
54. Deflating sound
55. End of the quip
59. "What am I, chopped \_\_\_\_?"
60. Ability to keep, as a memory

2. "Aah" preceder, maybe
3. Penny pincher
4. "Hell's Kitchen" competitor
5. Let off the hook
6. Food poisoning
7. Tops for pots, say: Abbr.
8. Taco chip giant
9. Currently ripe
10. Parliamentary pros
11. Strand on an island, say
12. Opposite of a string bean
13. Good calls, to base runners
18. One who checks out, in a way
21. Action word
22. You pass it on the way to the bar?
23. Special "je ne sais quoi"
28. German industrial centre
29. Polley who directed "Away from Her"
30. Take \_\_\_\_ (get ripped off)
35. Calling the shots
37. Legal processor of a will
39. In an overly dainty way
40. Forever and a day
41. Bay St. buys: Abbr.
43. Burn black
45. Like worms and some potatoes
47. "How dare you!"
48. Units of heat
49. First time driver, often
50. Where the world is flat?
51. Be a bellyacher
56. Vault cracker
57. Model T contemporaries
58. Posties' paths
61. Understanding words
62. What a picky person picks

Down

1. Diner sandwich

1	2	3	4		5	6	7	8		9	10	11	12	13
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# Rest Rooms

Continued from page 3

acre of property and lived in a house on that property that was built in the 1800s. When I visited her, she never referred to it as a restroom.

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A collage of framed photographs showing various people, illustrating the concept of 'many times is a sign'. The photos are arranged in a grid-like pattern on a wall above a couch with patterned cushions.



# Irish Eyes are Smiling: Liam Neeson

By Les Goldberg

In case you've been living under a rock for more than 30 years, one of the busiest and most famous movie stars of the new millennium is Liam Neeson.

Beginning with his first big starring role as Oskar Schindler in *"Schindler's List,"* his acting stock has risen to box office heights with such major films as *"Michael Collins,"* *"Les Misérables,"* *"Star Wars,"* *"Batman,"* *"Taken,"* *"The Grey,"* *"Silence,"* *"The Chronicles of Narnia,"* and *"A Monster Calls."*

His ascent to Hollywood's elite began, however, in the most humbling environment – Belfast, Northern Ireland in the 50s, 60s, and 70s. He was born on June 7, 1952, as William John Neeson, the son of a cook and primary school caretaker, into a Catholic family with three sisters. His nickname, Liam, was given to him in honor of the local priest.



*Photos courtesy of bing.com/images*

He attended St. Patrick's College from 1963 to 1967 and later recalled that his love of drama began at this school.

Neeson has said that growing up as a Catholic in a Protestant town made him cautious, and once said he felt like a



"second-class citizen" there but has also said he was never made to feel "inferior or even different" at the town's Protestant technical college.

He has described himself as being "out of touch" with the politics and history of Northern Ireland until becoming aware of protests by fellow students after the 1972 Bloody Sunday massacre. That experience encouraged him to learn more about local history.

In a 2009 interview, he said, "I never stop thinking about it. I've known guys and girls who have been perpetrators of violence and victims. Protestants and Catholics. It's part of my DNA."

## From Boxer to Actor

At age nine, Neeson began boxing lessons at the All-Saints Youth Club, going on to win several regional titles before discontinuing at age 17 and played football (soccer) for a short while when he wasn't acting in school productions. He also took computer science classes at Queen's University Belfast.

Like most actors, he worked at some "normal" jobs before pursuing his new love of acting. His resume includes positions as a forklift operator and truck driver. After joining the Lyric Players' Theatre in Belfast, he landed his first film experience, playing Jesus Christ and Evangelist in the religious film *"Pilgrim's Progress."*



By 1978, Neeson had moved to Dublin where he was offered a part in several stage plays.

In 1980, filmmaker John Boorman saw him on stage as Lennie Small in *"Of Mice and Men"* and offered him the role of Sir Gawain in the Arthurian film *"Excalibur."*

After *"Excalibur,"* Neeson moved to London, where he continued working on stage, in small budget films, and on television. From 1982-87, he co-starred with Mel Gibson, Anthony Hopkins, Robert De Niro, Jeremy Irons, and others.

Neeson guest-starred in the third season of the television series *"Miami Vice"* in 1986 and moved to Hollywood. Several high-profile roles would follow, including *"Sus-*



*pect"* with Cher and Dennis Quaid and *"The Dead Pool,"* the Dirty Harry movie with Clint Eastwood.

## 1993–2000: Rise to Prominence

In 1992, Steven Spielberg offered Neeson the role of Oskar Schindler in his holocaust film, *"Schindler's List,"* beating out Kevin Costner, Mel Gibson, and Warren Beatty for the leading role.

His critically acclaimed performance earned him an Oscar nomination for best actor and put him front and center as a most in-demand leading actor.

*"It's interesting, the more successful you become the more people want to give you stuff for nothing."*



He went on to star in *"Rob Roy,"* *"Michael Collins"* -- which earned him Venice Film Festival best actor honors and another Golden Globe nomination – *"Les Misérables"* and *"The Haunting."*



## A 'Star Wars' Star

In 1999, Neeson starred as Jedi Master Qui-Gon Jinn in *"Star Wars: Episode I – The Phantom Menace."* Director George Lucas cast Neeson in the role because he considered him a "master actor, who the other actors will look up to, who has got the qualities of strength that the character demands."

Neeson's connection to *"Star Wars"* started in the Crown Bar, Belfast. He told Ricki Lake, "I probably wouldn't have taken the role if it wasn't for the advice of Peter King in the Crown during a lyric reunion." His performance as Qui-Gon received positive reviews and a Saturn Award nomination.

## 2001–2007: Mainstream Roles

After being nominated for a Tony Award for his role opposite Laura Linney in *"The Crucible,"* Neeson appeared with Harrison Ford in *"K-119:"*

*Continued on page 22*





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HH016\_21MM038 (Accepted 9/21/2020)



## Pet Health

# Five Ways to Treat Your Pet to a Spooky, Safe Halloween

It's no secret that pets are like family—holiday traditions included. This Halloween bring your pups in on the spooky fun by decking them out in a scary cute costume and training them to be the most polite trick-or-treater on the block.

From fun costumes to virtual and in-person dog training, Petco has everything a pet parent needs to make Halloween a howling good time for the whole family. Whether your family is planning to trick-or-treat or celebrate at home, here are five surefire ways to help prep your pet:

### • Plan Your Pet's Look: Pet-



*You and your pets can enjoy a happy Halloween in cute matching costumes.*

co's latest "Bootique" collection features an array of ready-to-wear Halloween apparel, accessories, matching costumes and more. Dogs can play a different role in the animal kingdom as a shark or cow or even twin with their human as tigers. From easy-on options to full-body costumes, the "Bootique" is full of cos-

tumes designed with care so all types of pets and preferences can find their match.

• **Take Precautions:** Once the whole pack has picked their costumes, have a pre-Halloween dress rehearsal so your pup can get used to the outfit and accustomed to everyone else's. Before any festivities begin, triple-check your pet's costume for any hazardous materials that could be chewed or cause choking. To stay safe after sundown, every Halloween look should also include reflective gear and proper pet identification.

• **Learn the Training Basics:** Basic skills such as "sit" and "stay" can make all the difference for dogs when it comes to safely interacting with trick-or-treaters and helping your pet navigate the Halloween commotion. "Drop it" or "leave it" are additional key training cues in case your curious pup sniffs or picks up any human treats—such as chocolate—that could be toxic to dogs. Preemptive Petco positive dog training can be helpful to teach your pet proper Halloween etiquette and keep the holiday fun for all.

• **Offer Treats in Moderation:** Although it's tempting to in-

dulge pets around the holidays, it's important to remember that no more than 10% of a pet's daily calorie intake should be from treats. Help keep pets energized for the Halloween festivities by giving them protein-packed treats, such as Wholehearted stick treats for dogs or new freeze-dried treats for cats, or find other ways to celebrate the season with them through fun seasonal toys such as a plush pumpkin spice latte or rope toy. To help keep pets feeling their best year-round, give them the ultimate treat of Vital Care for just \$19 a month to enjoy savings on grooming, vet exams and more.

*Continued on page 21*





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The individuals pictured above are models and are not actual therapist and patient.

## October Calendar

*Continued from page 5*



### Laguna Beach Plein Air Painting Invitational

Laguna Beach

October 2021 dates TBA

The Laguna Beach Plein Air Painting Invitational will be held in Laguna Beach, a famous seaside community and historic artist colony. North America's most renowned, Plein air landscape painters will compete for prestigious prizes and participate in the week of events including public paint-outs and artist meet and greets. At, Festival of Arts Grounds, Laguna Canyon Road, Laguna Beach. Call, 949-376-3635.

### Annual Silverado Country Fair and Folk Festival

Silverado

October - 2021 date TBA

The Annual Silverado Country Fair and Folk Festival explore the wonders of the area's Old West rustic culture. live Bluegrass, Country, and Folk music, Wild West reenactments, handmade arts and crafts, 1800's activities & lock 'em up makeshift jail, tasty food, beer & wine saloon, plus some contests at Orange County's famous Saddleback Mountain. \$6 adult admission, \$4 kids 4-12, under 3 are free. At, Silverado Community Center & Fairgrounds, 27641 Silverado Canyon Road, Silverado. Call, 714-649-2411.



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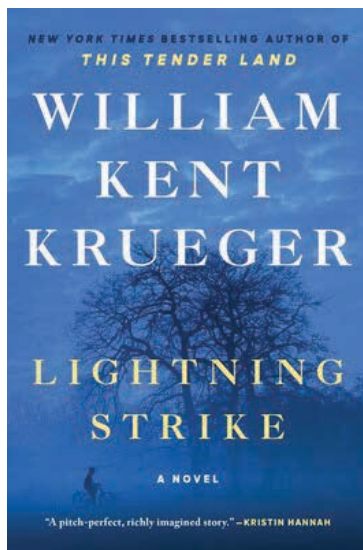


# October Book Club

Finally, it's fall and the perfect weather for snuggling up with a good book to read when you have time. Here are some new titles to keep you busy and entertained until the holiday season starts up!

## ***Lightning Strike*** ***A Novel***

***Book No. 18 of Cork O'Connor Mystery Series***  
***By William Kent Krueger***



"Aurora is a small town nestled in the ancient forest alongside the shores of Minnesota's Iron Lake. In the summer of 1963, it is the whole world to 12-year-old Cork O'Connor, its rhythms as familiar as his heartbeat. But when Cork stumbles on the body of a man he revered hanging from a tree in an abandoned logging camp, it is the first in a series of events that will cause him

to question everything he took for granted about his hometown, his family, and himself.

"Cork's father, Liam O'Connor, is Aurora's sheriff and it is his job to confirm that the man's death was the result of suicide, as all the evidence suggests. In the shadow of his father's official investigation, Cork begins to look for answers on his own. Together, father and son face the ultimate test of choosing between what their heads tell them is true and what their hearts know is right.

"In this masterful story of a young man and a town on the cusp of change, beloved novelist William Kent Krueger shows that some mysteries can be solved even as others surpass our understanding," according to Publisher Atria Books.

## ***Another Kind of Eden*** ***By James Lee Burke***

"The American West in the early 1960s appears to be a pastoral paradise: golden wheat fields, mist-filled canyons, frolicking animals. Aspiring novelist Aaron Holland Broussard has observed it from the open door of a boxcar, riding the rails for both inspiration and odd jobs.

"Jumping off in Denver, he finds work on a farm and meets Joanne McDuffy, an ar-

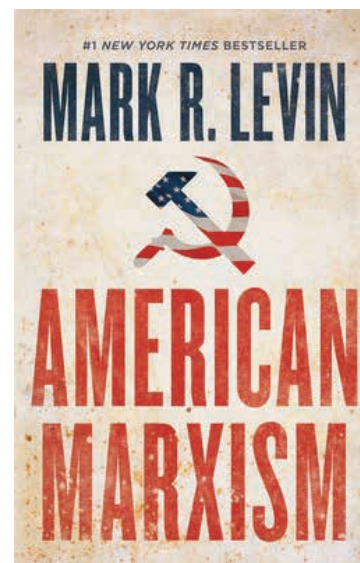


ticulate and fierce college student and gifted painter. Their soul connection is immediate, but their romance is complicated by Joanne's involvement with a shady professor who is mixed up with a drug-addled cult. When a sinister businessman and his son who wield their influence through vicious cruelty set their sights on Aaron, drawing him into an investigation of grotesque murders, it is clear that this idyllic landscape harbors tremendous power — and evil. Followed by a mysterious shrouded figure who might not be human, Aaron will have to face down all these foes to save the life of the woman he loves and his own.

"The latest installment in James Lee Burke's masterful Holland family saga, *'Another Kind of Eden'* is riveting and one of Burke's most ambitious works to date. It dismantles the myths of the 20th century American West and the peace-and-love decade, excavating

the beauty and idealism of the era to show the menace and chaos that lay simmering just beneath the surface," according to Publisher Simon & Schuster.

## ***American Marxism*** ***By Mark R. Levin***



"In 2009, Mark R. Levin galvanized conservatives with his unforgettable manifesto *'Liberty and Tyranny,'* by providing a philosophical, historical, and practical framework for halting the liberal assault on Constitution-based values. That book was about standing at the precipice of progressivism's threat to our freedom and now, over a decade later, we're fully over that precipice and paying the price.

"In *'American Marxism,'* Levin explains how the core elements of Marxist ideology are now pervasive in American society and culture — from our schools, the press, and corporations, to Hollywood, the Democratic Party, and the

Biden presidency — and how it is often cloaked in deceptive labels like 'progressivism,' 'democratic socialism,' 'social activism,' and more. With his characteristic trenchant analysis, Levin digs into the psychology and tactics of these movements, the widespread brainwashing of students, the anti-American purposes of Critical Race Theory and the Green New Deal, and the escalation of repression and censorship to silence opposing voices and enforce conformity. Levin exposes many of the institutions, intellectuals, scholars, and activists who are leading this revolution, and provides us with some answers and ideas on how to confront them.

"As Levin writes: "The counter-revolution to the American Revolution is in full force. And it can no longer be dismissed or ignored for it is devouring our society and culture, swirling around our everyday lives, and ubiquitous in our politics, schools, media, and entertainment." And, like before, Levin seeks to rally the American people to defend their liberty," according to Publisher Threshold Editions.

## ***Damnation Spring*** ***By Ash Davidson***

"Colleen and Rich Gundersen are raising their young son, Chub, on the rugged Califor-

*Continued on page 21*



# Life After Mother

By Lyn Jensen

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

## How to Procrastinate about Estate Planning

Getting my mother to stop procrastinating and decide, any decision, about her estate, was a 'someday' task for which 'someday' never came. In hindsight, I understand her habit of procrastinating well enough to know that making helpful suggestions, such as passing along printed information or lawyers' phone numbers, was no substitute for scheduling action. I should have fought my habit of procrastinating, forced the issue, and made a greater effort for 'someday' to be 'now.'



My mother had options at her fingertips, she just steadfastly refused to act. She left her house full of blank papers that are intended to make end-of-life planning easier. She'd started some paperwork but gave up when the questions got tough.

Shortly after her death, some phone solicitor called and said he'd been talking to her about a trust fund for years. At first, I thought the guy meant she did have a trust fund that I didn't know about, but he just went into a standard sales story and, further, had the nerve to insist



I was my dead mother. I got rid of him, while I thought how the guy must've pitched her aggressively multiple times — but she never said either 'yes' or 'no,' just strung him along.

I got her to a lawyer, a few months before her death, telling her it was just a free consultation and all she had to do was listen. She told the lawyer she could do the will herself (she and my father had something in common that way), she'd just use the local law library. She also said there were some matters she didn't want to discuss in front of me. The lawyer suggested I leave the room, but she still balked.

At last, I saw a way to go, I thought, except the path revealed itself several years too late. I don't know what she didn't want to discuss — I knew family secrets unless there were some I didn't know — but that partly explained her reluctance. Had she still been of sound mind, I would've taken her to the law library and sat her down with what was needed, but she was no longer capable of that.

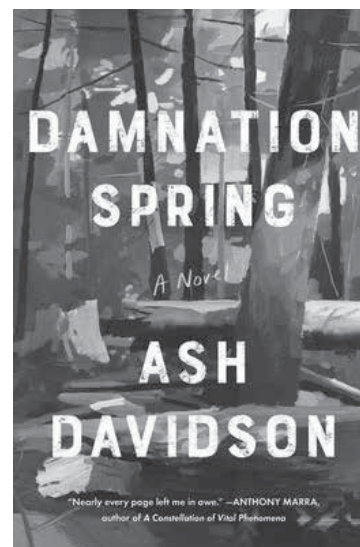
Now I'm looking through those booklets and papers she left behind about making a will and conveying your last wishes and struggling to answer those questions myself. My urge to procrastinate is strong. Here are some resources I'm consulting:

- Orange County Office on Aging provides a downloadable brochure, *"Everything My Loved Ones Need to Know About Me"* available online at: <https://www.officeonaging.oc.gov/resources/downloads>
- Personal Planning Guide available from Dignity Memorial may be downloaded at: [https://www.rvcfirel2881.org/wp-content/uploads/2019/09/Personal\\_Planning\\_Guide.pdf](https://www.rvcfirel2881.org/wp-content/uploads/2019/09/Personal_Planning_Guide.pdf)
- *"Your Way: A Guide to Help You Stay in Charge of Decisions About Your Medical Care"* may be ordered for free at the Helping the Elderly Live Productively (HELP) website.



## October Book Club

*Continued from page 20*



nia coast. It's 1977, and life in this Pacific Northwest logging town isn't what it used to be. For generations, the community has lived and breathed timber; now that way of life is threatened.

"Colleen is an amateur midwife. Rich is a tree-topper. It's a dangerous job that requires him to scale trees hundreds of feet tall — a job that his father and grandfather died doing. Colleen and Rich want a better life for their son — and they take steps to assure their future. Rich secretly spends their savings on a swath of ancient Redwoods. Colleen, desperate to have a second baby, challenges the logging company's use of herbicides that she believes are responsible for the many miscarriages in the community — including her own. Colleen and Rich find themselves on opposite sides of a budding conflict that threatens the very thing they are trying to protect: their family.

"Told in prose as clear as a spring-fed creek, *'Damnation Spring'* is an intimate, compassionate portrait of a family whose bonds are tested and a community clinging to a vanishing way of life. An extraordinary story of the transcendent, enduring power of love — between husband and wife, mother and child, and long-time neighbors. An essential novel for our times," according to Publisher Scribner.

## Five Ways to Treat Your Pet

*Continued from page 18*

- **Create a Spook-Free Safe Ha en:** Between constant doorbell rings, unknown trick-or-treaters and spooky costumes, Halloween festivities can add to pets' anxiety. The best way to help your pet is by learning to identify their anxious behavior and which calming tactics work best for them. Petco offers an array of calming aids, chews or oil diffusers to help keep pets at ease. Background noise from either music or the TV can help drown out unusual sounds, but it's also a good idea to give pets a quiet room away from the action.

For more tips on how to safely celebrate Halloween with the whole family—cats, bearded dragons, and guinea pigs included—check out a Petco pet care center or [petco.com/halloween](http://petco.com/halloween).

- *Darris Cooper, CPDT-KA, is the National Dog Training Manager at Petco. He has worked in the industries of animal training and behavior, pet lifestyle and broadcast journalism, and has been a professional dog trainer for more than 10 years.*



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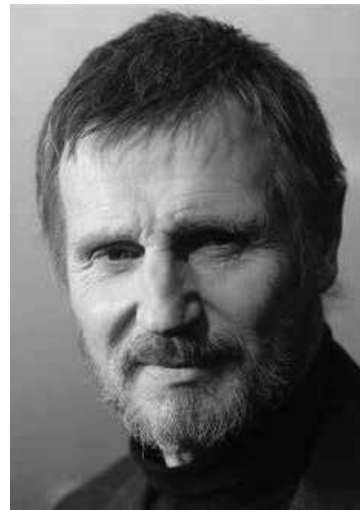
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## Liam Neeson

*Continued from page 14*



*The Widowmaker*," in "Gangs of New York" with Leonardo DiCaprio, and in the comedy "Love Actually" for which he was nominated for another Golden Globe.

During this period, Neeson took a variety of TV roles, including "Saturday Night Live," "The Simpsons" and a voiceover in the blockbuster fantasy film "The Chronicles of Narnia: The Lion, the Witch, and the Wardrobe." In 2007, he starred in the American Civil War Epic "Seraphim Falls."

### 2008-present: Later Success

When the action thriller film "Taken" was introduced in 2008, Neeson played the starring role as the father of his kidnapped daughter.

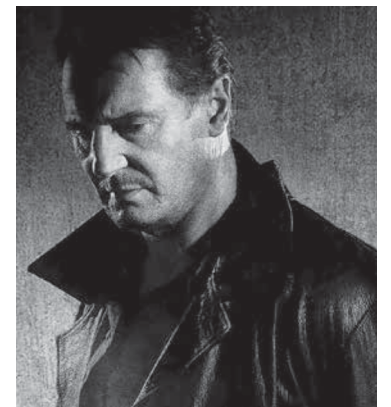
*"I'm a big believer in acts of kindness, no matter how small."*

The movie was a worldwide box-office hit, grossing \$223.9 million worldwide, making \$200 million more than its production budget. Neeson has said in interviews that he believed the film had put some

people off the idea of traveling to Europe.

"Taken" triggered a resurgence for Neeson as he was again in big demand to star in Hollywood's big-budget films, including, "Black Holes: The Other Side of Infinity," "The Chronicles of Narnia: Prince Caspian, Clash of the Titans" and "Chloe."

More action films followed like "Non-Stop," "Run All Night" and "The Commuter."



In 2012, Neeson starred in Joe Carnahan's "The Grey." The film received mostly positive reviews and Neeson's performance received critical acclaim. He also starred in "Taken 2," a successful sequel to his 2008 blockbuster.

### Super Bowl "Player"

During Super Bowl XLIX, Supercell did a Clash of Clans commercial with Neeson playing the game "AngryNeeson52" and vowing revenge on his opponent "BigBuffet-Boy85" while waiting for his scone at a bakery. The appearance was a parody of his role in "Taken."

Today, Neeson is just as popular and in-demand as ever. He's still a box office smash.

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# Tinseltown Talks

By Nick Thomas

## Mummy and Cartwright Launch New 'Lost in Space' Book

If you were a child growing up during the 1960s and a fan of Sci-Fi television of the day, the nostalgic value of shows like "Lost in Space" can't be overstated. Cast members Bill Mumy and Angela Cartwright recognize the connection many seniors may have to the series and have updated and expanded their 2015 "*Lost (and Found) in Space*" book into a new volume, released Sept. 14 (see [www.NCPBooks.com](http://www.NCPBooks.com)).

"The new book is now 350 pages and contains over 900 photographs," said Bill Mumy, who played plucky junior astronaut Will Robinson in the series, from his home in Los Angeles. "The original was largely a scrapbook with a few captions, but this one contains a lot more stories about the show as well as the intertwining lives of Angela and me who have remained friends for over 50 years. Much of the credit for the expanded book goes to (the late producer, director, and screenwriter) Kevin Burns."



*Lost (and Found) in Space 2. Front cover. Photo courtesy of the publisher.*



*Angela Cartwright with the new book. Photo courtesy of the publisher*

Angela Cartwright (the show's genial and imaginative space-teen Penny Robinson) says Burns called her after acquiring the CBS photo archives of the show.

"We were planning to update the book with maybe 50 additional pages, but it ended up so much more with all these never-before-seen photos," she explained from her Los Angeles art studio. "Bill and I got on the phone and began writing down all the personal memories the photos brought back."

"I was 10 when the show began," Bill recalled. "Angela and I were at school together for 4 years, we went through puberty together, we became each other's first loves, traveled the world together, and went on to have our own families. So, it's both a book on 'Lost in Space' and our long friendship."

Why the show, and Science Fiction in general, remains so popular with audiences is no mystery to Mumy. "Sci-Fi is just a canvass for the imagination. And because our show had children, kids watching could relate to those characters and go along on the space adventures with us each week."

After the 3-season show ended in 1968, Mumy and Cartwright continued to act including cameos in the new Netflix "*Lost in Space*" series. But both have enjoyed successful careers beyond the screen in other artistic areas. Mumy is a respected musician and singer/songwriter (see [www.bill-mumy.com](http://www.bill-mumy.com)) while Cartwright is a noted photographer and painter (see [www.angelacartwrightstudio.com](http://www.angelacartwrightstudio.com)). However, the pair never distanced themselves from the iconic Sci-Fi series.



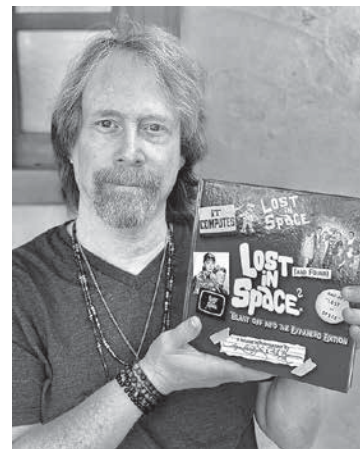
*Angela and Bill as Penny and Will Robinson from Season 1. Photo courtesy of CBS.*

"The props, the cast, the stories - I loved every minute working on the show," Bill



*Bill Mumy with the new book. Photo courtesy of the publisher.*

recalled. "We've been living through a hard time on this planet lately, so a little nostalgia can take you back to a happy time. '*Lost in Space*' even inspired people to go into the space program."



*Lost in Space case from Season 3. Photo courtesy of CBS.*

"When we visited NASA to watch the Discovery liftoff, an experience I'll never forget, that's what technicians told us," Angela added. "We just made this little show, but it really captured the imagination of the youth of the day. Now, people in their 50s and 60s have introduced it to their children and grandchildren. In 30 or 40 years when we're all no longer around, there will probably be new generations still watching it with fond



*Bill and Angela as Will and Penny Robinson. Photo courtesy of CBS.*

memories. So, we're grateful for the fans and hope the book brings back a snippet of their childhood."

And as the stars have aged, so have their fans. "That's a special connection we have with them," Angela noted. "They've even been very forgiving about my white hair!"

"We've told our story and told it honestly," Bill said. "'*Lost in Space*' just makes people happy."

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for numerous magazines and newspapers.

See [www.getnickt.org](http://www.getnickt.org).





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Crossword Puzzle Answers from page 12

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# The Gadget Geezer

By Les Goldberg

## Time to Think About Holiday Gifts

Here we are in October already. It's hard to believe that this year is flying by, and the holidays are on us. Which means it is time to start thinking about what cool gifts you want to bestow on your favorite people.

In fact, since most folks are going online to shop these days, you may want to give yourself this early start to allow for shipping time.

Each year, the gadgets we show you represent the latest and greatest technology geared toward adults young and old alike. This year is no different. Here's a sample:

### Digital Photo Frame



Digital photo frames are the perfect gift for family members who want to share their milestone moments – vacations, birthdays, graduations and more. This one from Napatek, Inc. features a 10-inch screen that displays photos in the highest resolution. It also plays music and videos. For the next family gathering, all you need to do is pre-load the

frame with your favorite photos and videos and enjoy the show. Price: \$59.99.

### Mini Projector



Sharing videos on a digital photo frame is limited only by display size. If you want to show a movie from your phone or computer on a larger scale, like your patio, for instance, try the Topvision Mini Projector.

By using the compact video projector, you no longer need to order the Expensive HDMI adapters! For watching movies on Netflix, Prime Video or Hulu, you get the best results by connecting it to your laptop, fire tv stick, Roku, or Chromecast.

Other features include higher brightness, HiFi stereo speakers, advanced cooling system and two variable-speed fans to minimize power consumption.

According to the manufacturer, the projector is very suitable for home movie entertainment, backyard, games, yoga, and party usage. Price: \$89.99.

### Portable Photo Printer



How many times have you, while taking pictures with your phone at family functions, on vacation or even at business functions, wished that you could print the photos at once – instantly!?

No, we're not talking about a Polaroid. We're talking about the new HP Sprocket Select Portable Photo Printer.

Now you can print 2 by 3-inch photos directly from your smartphone or social media accounts. Using Bluetooth 5.1 wireless technology, it is designed for either Apple or Android operating systems and uses no ink.

Instead of toner or ribbon replacement, the printer uses glossy sticky-back photo paper with the colors embedded inside for resistance to water, smudges, and tears. It also features editing tools on the free HP app that allow you to apply stickers, borders, emojis and share albums.

This pocket-sized rechargeable printer is small enough to carry in a backpack, purse, or pocket. It comes with a micro-USB charging cable that allows for 35 prints per charge. Price: \$67.99 and free shipping.

### Smartphone Vase



Have you ever sprung out of bed with the blaring sound of your smartphone ringing from the opposite side of your bedroom or wherever you may have left it overnight? If so, you'll appreciate this device – the Bedside Smartphone Vase.

Part smartphone stand, part vase, this bloom box brightens up your bedside table. Handmade by Heather and Myles Geyman in Pittsburgh out of glazed stoneware, the stand holds a bouquet of fresh-cut flowers or ever-lovely, dried blooms and your phone.

Keep your existing phone cord nestled into the groove on the bottom of the stand so you can charge your device while it sits pretty among the flowers. Price: \$32

### Pillow Pad Stand

While this isn't necessarily a gadget, it makes using one a lot

Pillow Pad



easier. The Pillow Pad Cushioned Tablet and iPad Stand not only holds your tablet, but it also has a built-in pocket to store glasses, headphones and more.

Simply rotate Pillow Pad while lying down, sitting, and standing to find one of three angles that is suitable to your comfort for using your device or reading a book.

Designed to help relieve uncomfortable neck and hand strain, it is made of ultra-durable, light weight foam providing stability and comfort. The ultra-suede cover is removable and machine washable. A convenient carrying handle lets you take Pillow Pad with you while traveling or on long car rides. Price: \$15.99 at Bed, Bath & Beyond.

### Suitcase Record Player

I'll bet many of you out there can remember the days when vinyl records – 78s, 45s and 33LPs – were the only way to buy music. Of course, you had to play them on a record player which were common household appliances before the digital age.

*Continued on page 28*



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ADMIT  
ONE

By Randal C. Hill

# Movie Preview

## 'No Time to Die'

An Aston-Martin spraying machine-gun bullets from its headlight cavities. Powerful motorcycles soaring over low walls and thundering across rooftops. Speeding priceless cars sailing in slo-mo off cliffs.

This can only mean one thing: it's time for another James Bond adventure. Rescheduled from 2020, this latest spy drama comes replete with high-speed chases, menacing futuristic gadgets, mind-bending stunts, astounding explosions, and breathtaking European locales. In other words, typical Bond. James Bond.

In *"No Time to Die,"* James Bond (Daniel Craig) has retired and is living in a remote waterfront home in Jamaica. But an old friend, CIA agent Felix Leiter (Jeffrey Wright), drops by with a request. "I need a favor, brother," Leiter says. "You're the only one I trust for this." Leiter asks to find a kidnapped scientist of maximum importance to world safety. Bond reluctantly accepts the assignment, not knowing that his mission will be far more treacherous than expected.

Bond's old love interest, Dr. Madeleine Swann (Lea Seydoux) returns, as does James's old nemesis, the disfigured supervillain Bloefeld (Christoph Waltz). In time, we meet a new agent, the stunning Nomi (Lashana Lynch), who has been assigned Bond's old

number. "The world has moved on, Commander Bond," she proclaims with an icy grin. "Stay in your lane." The pair, however, end up forming an uneasy alliance.

A new villain appears in the form of Safin (Rami Malek), who is more mysterious and more sinister than Bloefeld and is armed with treacherous new technology.

"License to kill...history of violence," Safin sneers through a *"Phantom of the Opera"*-type mask. "I could be speaking to my own reflection."

Bond coolly retorts, "History isn't kind to men who play God."

The 2021 Bond is a bit more human than his all-but-perfect predecessors and is shown here as someone who makes occasional errors in judgment, asks for help when it's needed, and often seems exhausted from helping to rid the world of bad guys.

Producer Barbara Broccoli says, "[Daniel] has been the most extraordinary Bond. When you trace the evolution of the Bond character from [2006's] *"Casino Royale"* to now, it feels very epic. This film feels like a culmination."

*"No Time to Die,"* directed by Cary Joji Fukunaga, is the 25th movie featuring Bond in the series created by British author

Ian Fleming, who wrote his first 007 thriller in 1952. Neal Purvis, Robert Wade, Scott Z. Burns, and Phoebe Waller-Bridge wrote the screenplay.

This will mark the fifth and final Bond film by 51-year-old Craig. The pandemic permitting, the onscreen action detonates nationwide on Oct. 8.

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MANY TIMES  
IS A SIGN.

LACK OF EYE CONTACT IS A SIGN OF AUTISM.





# Busy Boomers

By Les Goldberg

## Bring on the Party Bands

Are you ready to party? As the restaurants, nightclubs, and other public and private venues loosen their pandemic restrictions, new opportunities are opening for nightlife entertainment – at least for now. Musicians and a variety of entertainers are returning to stages throughout the Southland while audiences clamor for their favorite talent.

Rock to Blues, Country to Jazz, there is bound to be a venue where you can go dancing, karaoke, or simply listen to the music. In fact, in Southern California alone there are more than 100 entertainers for hire by the public and private groups.



For instance, one of the most in-demand local musical ensembles is the Kelly Rae Band, founded by Kelly Rae Roemer of San Clemente and who grew up in Santa Ana.

Today, her six-piece, the high-energy band plays mostly at corporate-sponsored events but is frequently seen at fes-



tivals and outdoor concerts, including major venues like Disneyland, Treasure Island in Las Vegas, and the Stagecoach, California's largest country music festival in Indio.

Depending on the venue, and the event organizer's requests, her band also can perform in a duo, trio, or quartet format.

Making a career out of her musical talents as a singer was a no-brainer, she says, as she was bitten by the entertainment bug in middle school where she got lead roles in the school plays and was a soloist in the choir.

While attending Saddleback High School in Santa Ana, she became a member of the world-renowned touring group, The Young Americans.

"After performing in Michigan and Japan, I started singing more locally while in college and I entered a competition at the Orange Mall," she said. "It was there that I was asked by the backup band to be their new lead singer."

Kelly Rae also entered and won cash and a trip to Mexico on "Star Search," a popular TV talent competition hosted by Johnny Carson's sidekick, Ed McMahon.

"I found myself really enjoying country music and the direction it was going in the early '90s. The thought of singing in a band and possibly going to Nashville to land a recording deal became my clear vision," she added.

"After a year, I started my own band and never looked back after 30 years."



Meanwhile, in between her singing gigs, she and her bass-strumming husband have managed to raise their two girls, Alexa, 16, and Avery, 14, who already have embarked on their musical careers.

She attributes her musical gift, and that of her daughters to her mother, Linda, a former sales representative for a computer magazine and singer.

"I grew up watching my mom perform, and she not only gave me the singing gene," she said, "but also taught me how to be a



businesswoman that could sell my band. Sometimes she'll sit in and sing with me."

Kelly Rae said she is most proud of the fact that she's had good loyal clients and agents over the years and can "pick and choose what gigs I take. I enjoy each one ... I am able to make good money ... and am lucky to have such stellar musicians that have stuck with me for all these years."

The executive producer of Stargazer Productions, an entertainment management company and one of Kelly Rae's clients, told her: "You are truly the best country band in the Southland ... a true entertainment experience!"



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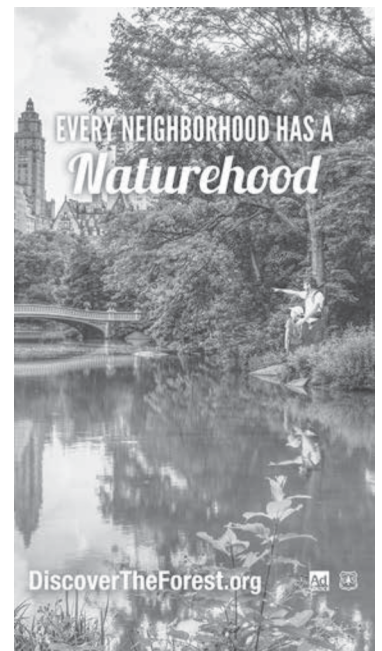
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# Fabulous Finds

By Debbie L. Sklar

Fall arrived on Sept. 22 ... have you changed your make-up and clothing to accommodate for the new season? Here are some new **Fab Finds** that you might want to consider adding to your daily routine. From eye shadows to mascara, these are fun items to experiment with.

## Get a Boost with 24/7 Eyeshadows



Give eyes a wake-up call with **Urban Decay's 24/7 Shadow** — the latest reboot to everyday eyeshadow with a boost of caffeine. This lineup of 25 high-performance, ultra-pigmented shades goes on smooth with a velvety texture and stays put for up to 12 hours. With finishes from matte and metallic to satin and shimmer, this lineup was made with every beauty lover in mind. No matter your mood, there's a hue for you.

Price: \$19 each; Available at Sephora.com, Ulta.com, UrbanDecay.com, and select Macy's stores/.com.

## Cool 24/7 Shadow Sticks

These **Urban Decay 24/7 Shadow Sticks** serve up a long-lasting, ultra-creamy high-impact color in a sin-



gle swipe. With 15 shades made to mix and match, these can easily be blended out for a more diffused look or layered for an intense shot of crease-proof color that lasts up to 24 hours. The sticks also feature a rounded tip for comfortable application and a built-in sharpener. The best part? Vegan, caffeine-infused formula instantly perks up your eyes. Available in a range of finishes from satin and shimmer to matte and metallic.

Price: \$26 each; Available at Sephora.com, Ulta.com, UrbanDecay.com, and select Macy's stores/.com.

## Great 24/7 Glide-On Eye Pencils



Creamy, forever-lasting, award-winning, and waterproof, 24/7 **Urban Decay 24/7 Glide-On Eye Pencils** delight with lush tropical hues, deep metallics, and unusually vibrant neutrals. Velvety soft, this never-before-seen formula stays soft and creamy for blending (about 30 seconds), then dries down to a long-last-

ing finish that WILL NOT budge. Line eyes with a hint of color or go for the full artistic, multi-hued effect. Created with 50 percent moisturizing ingredients suspended in a sophisticated waterproof formula, 24/7 Eye Pencils offer long-lasting color and a dreamy, creamy feel when applied. With Jojoba oil, Vitamin E, and Cottonseed oil. Available in 40 habit-forming shades from vivid brights to shimmering metallics, wear-anywhere neutrals to dark, smoky hues, there's an option for everyone for every time of the day. Price: \$20, Available at Sephora, ULTA, select Macy's, Sephora.com, Ulta.com, Macys.com, and UrbanDecay.com.

## Magnifying Waterproof Mascara



**L'Oréal Paris Age Perfect Lash Magnifying Waterproof Mascara** is now available in a waterproof formula. It features an easy-to-remove waterproof technology that removes easily with warm water to help resist lash fall out. It's infused with conditioning serum and Jojoba oil to volumize and care for lashes. Price: \$10.99, Available at mass, food, and drug retailers nationwide and lorealparisusa.com.

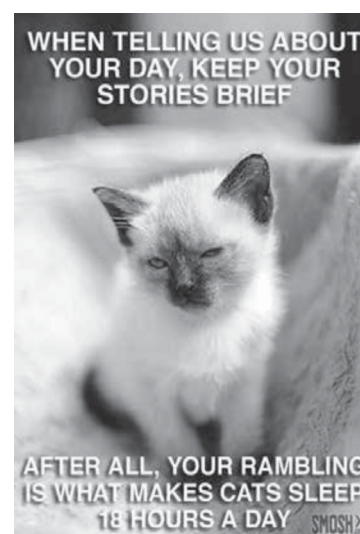


## Perfect Blurring Face Primer

Finally, this make-up has been designed for mature skin.

## L'Oréal Paris Age Perfect Blurring Face Primer

**Primer** is instantly and visibly transforming skin quality in one use. Lines are diffused with a natural-looking, soft-focus effect for a healthy-looking complexion. Infused with a caring serum, the primer also works to improve skin appearance over time, for more radiant and smoother, softer skin. Price: \$13.99, Available at mass, food, and drug retailers nationwide and lorealparisusa.com.



## The Gadget Geezer

Continued from page 25



Like most things in life, however, many past trends have a way of reinventing themselves, including vinyl recordings and players. One example is the Victrola Vintage Blue-tooth Portable Suitcase Record Player.

It combines classic style with loads of modern features, including built-in stereo speakers, wireless Bluetooth connectivity that allows you to sync your smart device and stream your favorite music from up to 33 feet away and a three-speed belt-driven turntable is designed to reduce vibration making for a clear listening experience.

Weighing under 10 pounds, the player comes with an RCA headphone jack and a 45-speed adapter. Price: \$49.99 at Target.





# Solvang: A Taste of Denmark

By Shana McCann

If you have a craving for real authentic Danish pastries as only the Danish can bake them, but aren't quite ready to travel to Denmark, there is a much more affordable and convenient alternative – Solvang.

Nestled quaintly along the Central Coast of California's wine country in the Santa Ynez Valley, the village settled by Danish settlers in 1911 is an ideal day trip or weekend outing. It is only about a three-hour drive from Los Angeles and Orange counties, and 45 minutes north of Santa Barbara along Highway 101.

Known as the "The Danish Capital of America," the city has the smell and feel of Christmas all year long, attracting tourists from all over the world, especially those from the Nordic countries or Europe.



Many of the buildings and facades reflect the traditional architecture and style of Copenhagen, which makes the location a photographer's delight.



For fans of California history, Solvang is the site of Mission Santa Ines, one of the state's many missions along the route taken by Father Junipero Serra and his followers.

For gamblers, it also is where you'll find the Chumash Casino, located just outside the city on Native American land.

For families, tourists, and especially seniors, the city offers a wide range of activities for all ages.

## The Famous Bakeries

A Solvang itinerary is not complete without a stop at the many Danish bakeries where you can choose between fruit-filled pastries, butter rings, napoleons, puff pastries, chocolate eclairs, and more, made from original recipes.

## Wineries



Up until the 1980s, the Santa Ynez Valley was best known for its thoroughbred horse

ranches. However, some of the landowners in the area, realizing that the climate and soil were ideal for wineries, converted to vineyards, competing for the lucrative wine business enjoyed by their neighbors to the north, in Napa and Sonoma counties.

Many of these wineries can be found in the main village of Solvang and nearby surrounding areas where wine-tasting tours are abundant and highly popular throughout the year. One of my favorites is the Buttonwood Farm Winery, a super cute vineyard with delicious varieties of reds and whites.

## Family Fun



This highly unique Danish enclave features a plethora of other activities that can be enjoyed between devouring delicious pastries and dining in the colorful and culture-filled restaurants. There is a nature center, museums, arts, theater, farms, a miniature horse ranch, and even an Ostrich farm. You can drive around town in a horse-drawn trolley, or choose to rent bikes, strollers, wheelchairs, and Segways.

One of the museums, the Elverhoj, is devoted to preserv-



ing the Danish heritage and the Danish-American pioneer spirit, highlighted by a garden cottage with a scale model of what Solvang looked like in the 1920s.

Another is the Hans Christian Anderson Museum with displays of the author's childhood home and hundreds of his works, including illustrated first editions.

Just outside of the town is the Neverland Ranch, Michael Jackson's former home, and Nojoqui Falls in a county park seven miles to the south.

An ideal time to visit Solvang is in December, starting on Dec. 3 with the annual Christmas parade. Other celebrations are scheduled throughout the year, depending on current pandemic restrictions.

## Interesting Tidbits

Solvang is often used as a location for books, movies, and television, including the films "Homicidal," "The Unseen," "Sideways," Netflix' "Paddleton" and from the Dean Koontz novel, "Watchers."

While some of the bakery menu items are sugar-free or gluten-free, don't let that detail deter you from enjoying a getaway to one of California's most charming destinations.

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### Financial Facts and Figures

# How Millennials, Gen X Feel About Finances Now

Americans are navigating a rapidly evolving pandemic environment—and that extends to how they're feeling about their finances, according to the latest Wealth Watch survey.

“As people across the country begin to emerge from the pandemic, they are reporting a combination of emotions—from happy (48%) and excited (36%) to anxious (21%) and overwhelmed (13%)—and these feelings are extending to their financial outlook,” said Aaron Ball, Senior Vice President, Head of Insurance Solutions, Service and Marketing, New York Life. “We saw the starkest differences in financial confidence among Millennials and Gen X, both groups that have faced unique financial challenges before and because of the pandemic.”

### The Generational Divide Created by COVID-19

With priorities shifting across generations, different financial outlooks have developed. Millennials appear to be most concerned about post-pandemic budgets, while also expressing high levels of confidence in their long-term financial futures and retirement preparation. Gen Xers, conversely, are more confident about their short-term budgets, but more uncertain about their financial futures.

Compared to Gen X, Millen-



*While confident about their long-term future, many Millennials and Gen-Xers are concerned about how the pandemic affects their finances now.*

nials appear to have a more optimistic long-term outlook, with 45% (vs. 35% of Gen X) showing confidence that their retirement savings will last the rest of their lives and 68% (vs. 62%) confidence that they will be able to retire at the age they choose.

Millennials, however, are feeling a crunch in short-term navigation of the evolving COVID-19 environment and shifting financial responsibilities day-to-day. Compared to 32% of Millennials, Gen X had 61% of respondents say that resuming costs that the pandemic otherwise paused would not affect their budgets.

When asked how best to describe their financial strategy, 24% of Millennials said they “absolutely” know what they are doing, compared to 18% of Gen X who said the same. Millennial men were the demographic most likely to report that they “absolutely” know what they are doing (35%), compared to 14% of Millennial women, 21% of Gen X men, and 16% of Gen X women.

### Moving Forward

Both generations have hurdles ahead, whether it be post-pandemic budgets or future financial responsibilities to anticipate.

“Protecting yourself and your family against a financial loss, while also taking the right steps to grow your wealth and prosper across all phases of life is a constant balancing act,” added Ball. “It’s difficult for individuals to navigate that on their own. Guidance from a financial professional helps maintain this equilibrium.”

### Learn More

For further facts and stats and to see the entire report and survey methodology, visit [www.newyorklife.com](http://www.newyorklife.com).





# The Invention of the Year

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Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough . . . a personal electric vehicle. It's called the **Zinger**, and there is nothing out there quite like it.

*"What my wife especially loves is it gives her back feelings of safety and independence which has given a real boost to her confidence and happiness! Thank You!"*

*—Kent C., California*

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum. It weighs only 47.2 lbs but can handle a passenger that's up to 275 lbs! It features one-touch folding and unfolding – when folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward,



Available in Green,  
Black (shown) and Blue



The Zinger folds to a mere 10 inches.

backward, turn on a dime and even pull right up to a table or desk. With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life.

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