

SENIOR REPORTER

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DECEMBER 2022

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

Matt Damon

"I can't think of any more important value to instill in our children than the desire to help others ..." — Matt Damon



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The Apple of His Eye

By Jim McDevitt

I have two dogs and a cat. All are rescues and continually bring joy and happiness to my wife and me. It was a fall day, and the weather was just starting to turn toward winter.



Our German shepherd has appointed herself as our protector. We live in a three-story house with its basement carved into the side of a mountain. We also have two flights of stairs to climb from the basement to the top floor that is equipped with a spare bedroom if any of our children or grandchildren stay and visit. Most of our time is spent on the second floor where our bedrooms, kitchen, living room, and dining room are.

We have a large deck on the second floor with wooden stairs leading down to the backyard with a four-foot high wooden fence to keep our dogs safely in our yard.

Our dogs are always with us, either in the house or running around the wooden deck which extends three-quarters around the house on the second floor. My neighbor has two apple trees in her yard. She is gone most of the time and right now her two apple trees are full of apples that are ripening. She usually only comes up here on the occasional long weekend. One late afternoon as it was starting to get dark, our dogs

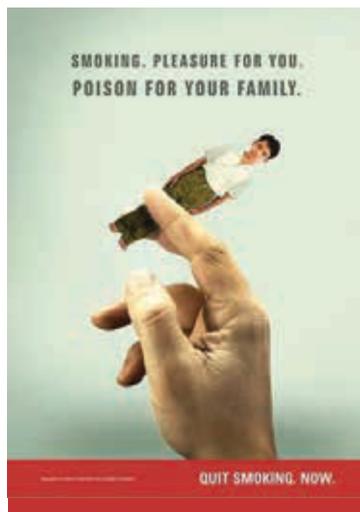
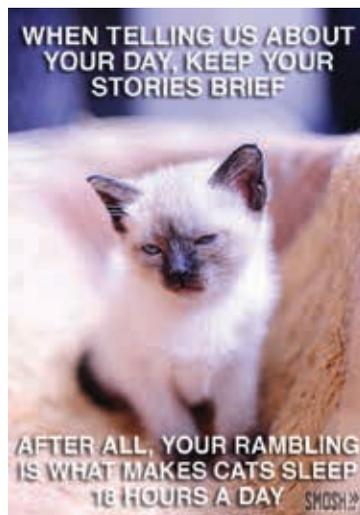
started barking like mad. Our German shepherd was at our four-foot-high wooden fence barking furiously looking up into the apple trees in the neighbor's yard. I went down into the yard to investigate and to my surprise, there was a big bear in one of the apple trees.

My shepherd doesn't back down from anything and was ready to take the bear on. I grabbed her by the collar and yelled out to my wife upstairs in the house that there was a bear in the neighbor's apple tree. I got my fearless German shepherd up the wooden stairs and into the house as my wife rushed by me with a camera in her hands down into the backyard and over to the fence. Before I could stop her, she was standing at the fence taking photos of the bear in the tree. The bear came down from the tree and started picking up the apples it had knocked down and eating them while looking at my wife.

I have included with this article a photo my wife took of

the bear with an apple in his mouth. Thank goodness she retreated up the stairs to our deck before the bear got annoyed with all the clicking of the camera. As the bear left the property with his mouth full chewing on apples, he looked back over his shoulder as if to say,

"You really should do something about that dog. He is annoying." Now you have all the latest bear facts with a photo to show why my hair is much grayer now than it used to be.



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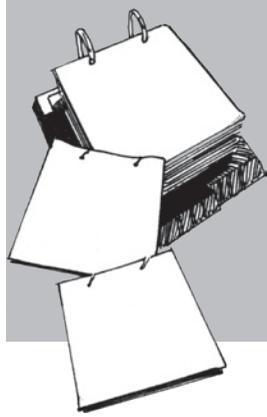


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With A Heart for Seniors



DECEMBER Calendar of Events



It's the holiday season and that means there are all kinds of fun things to do from Aliso Viejo to Villa Park and more. Get your calendars ready and get going!

Aliso Viejo

Christmas Chalk Walk

Aliso Viejo/Laguna Niguel

The Church of Jesus Christ of Latter-Day Saints

22851 Aliso Creek Road, Aliso Viejo

Dec. 9-11

5 to 9 p.m.

The Christmas Chalk Walk is a unique holiday event where artists of all skill levels and ages are invited to register to participate and create chalk art depicting festive holiday scenes that celebrate the season.

Anaheim

Disney Merriest Nites

Disneyland Park

1313 Disneyland Drive,

Anaheim

In addition to holiday décor throughout Disneyland Park, Mickey and friends will host 6-holiday parties on select nights in December. Find full event details on the Disneyland website.

Disney On Ice

Honda Center

2695 E. Katella Ave., Anaheim

Dec. 15-19

Disney On Ice is a family experience where you can see Mickey and his friends at the Honda Center for a timeless show.

Brea

Movies Under The Stars

City Hall Park

401 S Brea Blvd., Brea

Dec. 10

6 p.m.; Free

Come out to Movie Under The Stars for a showing of the holiday favorite, 'Nightmare Before Christmas!' Bring blankets and chairs to bundle up.

Buena Park

Knott's Berry Farm

8039 Beach Blvd.,

Buena Park

Enjoy the festivities at Knott's Merry Farm with Charlie Brown, Snoopy, Linus, and the gang. For the Holiday season, Knott's becomes a magical place to celebrate with a Christmas Crafters Village, holiday decorations, and more.

Costa Mesa

Holiday Snowland

Balearic Park

1975 Balearic Drive,

Costa Mesa

Dec. 17

This local park will be covered in snow to become an exciting winter wonderland.

Dana Point

Holidays At The Harbor

Dana Point Harbor

Through early January

Enjoy a stroll through holiday lights, boat rides, and photos with Santa, a Menorah lighting, live music, and more as Dana Point Harbor transforms into a Southern California holiday setting.

Boat Parade Of Lights

Dana Point Harbor

Dec. 9 from 7 to 10 p.m.

Dec. 10-11, from 6 to 9 p.m.

Dana Point Harbor's annual boat parade takes place with a holiday theme. The festive, decorated boats cruise the harbor for onlookers to enjoy.

Fullerton

Holiday Festival

at the Muck

Muckenthaler Cultural Center

1201 West Malvern Ave.,

Fullerton

Dec. 18

12 to 4 p.m.

Celebrate the holiday season at

the Muck with family-friendly activities, live music, free art workshops for kids, and an arts and crafts sale.

Huntington Beach

Cruise of Lights –

Huntington Harbour

Huntington Harbour Mall

16889 Algonquin St.,

Huntington Beach

Dec. 16-23

The annual Cruise of Lights, hosted by the Huntington Harbour Philharmonic Committee takes guests on a Harbour Cruise to view festive holiday lights and decorations. Participants climb aboard a large, chartered boat and head into Huntington Harbour for a 45-minute narrated tour. All proceeds from the Cruise of Lights support music education programs for Orange County public and private schools by the Philharmonic Society of Orange County.

Live Nativity

First Christian Church of

Huntington Beach

1207 Main St.,

Huntington Beach

Dec. 7-9

6 to 9 p.m.

Bring the whole family for this free event in the FCCHB parking lot. See eight different, live scenes depicting the story of Jesus' birth. Live animals, lights, music, and more.

Huntington Harbour

Boat Parade

Huntington Harbour

Dec. 10 and 11

5 to 8 p.m.

The parade begins at 5:15 p.m.

Decorated boats don lights and holiday displays as they cruise through the waterways of Huntington Harbour.

Surf City Winter

Wonderland

Huntington Beach Pier Plaza

Main Street and PCH,

Huntington Beach

Through Jan. 8, 2023

Monday – Thursday 2 to 10 p.m.

Friday & Saturday 10 a.m.

to 11 p.m.

Sunday 10 a.m. to 10 p.m.

Experience Huntington Beach with a beach-front ice skating rink next to the Huntington Beach Pier just steps from the sand.

Irvine

Orange County Great Park

8000 Great Park Blvd., Irvine

Through Jan. 1, 2023

Daily from dusk to 9:30 p.m.

The Orange County Great Park will be transformed into a winter wonderland with holiday-themed events, displays, and lights. The event includes light displays in Palm Court, photos with Santa, a gingerbread house decorating work-

Continued on page 7



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FLASH BACK

No More Mister Nice Guy

By Randal C. Hill

In the early days of television, talk-show hosts were always seen as being really, really nice folks. In a 2000 video, Regis Philbin said, “When you get right down to it, the personality of the person who is conducting that show is the chief selling factor in making it a success.”

But what if he or she is not so pleasant? In fact, just the opposite?

Case in point: Joseph Edward Pyne. He was born in 1924 in Chester, Penn. the son of a bricklayer and a homemaker. As a child, he stuttered and was often mocked by his classmates. He finished high school in 1942 and immediately escaped Chester by enlisting in the Marine Corps.

After the service, Pyne enrolled in a drama school and successfully overcame his handicap. He found work in radio, drifting through a series of announcing jobs. By 1949, he was in Kenosha, Wisc., taking song requests from people who called in. Back then, listeners could hear only the announcer’s part of a conversation. One night, Joe held his phone receiver up to his microphone — and two-way, call-in radio was born.

As a strongly opinionated loose cannon, the chain-smoking Pyne grew increasingly conservative and outspoken over the years. He began arguing with

— and eventually insulting — callers who disagreed with him, sometimes ending a debate with, “Go gargle with razor blades!” As his ratings soared, Joe moved inexorably from smaller radio markets to larger ones. When his show became syndicated, he was eventually heard on 254 stations around the country.

In time, Pyne landed a bigger venue — television. He was lured to Los Angeles to independent station KTLA, which offered him \$1,000 a week — more than the Yankees paid Mickey Mantle. “*The Joe Pyne Show*” then went into syndication, and he became a household name in 240 national markets.

The eternally skeptical Pyne invited guests from society’s fringe — astrologers, psychics, faith-healers, UFO witnesses, hippies, “pinkos,” women’s-libbers, Manson followers, KKK members, and American Nazis, sparring with them all through a fog of cigarette smoke as he sat at his desk. “The subject must be visceral,” Joe said. “We want emotion, not mental involvement.”

Media historian Donna Halpin enthused, “Pyne was one of broadcasting’s truly unique figures — the original angry talker. He rose from the lowest ranks of radio and founded the modern TV shoutfest.”

The money flowed in like a tsunami. In 1965, the 40-year-old celebrity married a 21-year-old Norwegian model. Together they shared a Hollywood Hills mansion complete with a swimming pool and high-end foreign cars in the driveway.

But the good times weren’t to last. In the late 1960s, Pyne was diagnosed with lung cancer, and he died at age 45 in 1970. He quickly disappeared from the public consciousness. (Later TV producers often recorded over his videotapes.) However, Joe’s spirit lives on through such abrasive would-be Pynes as Howard Stern, Bill Maher, and Bill O’Reilly.

Does he deserve our thanks or blame him for what he has brought to our TV screens today?

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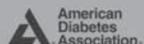
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December Calendar

Continued from page 5

shop, and pajama party drive-in movie nights.

Laguna Niguel **Laguna Niguel Chanukah Celebration & Menorah Lighting**

Laguna Niguel

Dec. 18

4 to 6 p.m.

Enjoy live entertainment, Chanukah treats, lighting the menorah, crafts, activities, and more.

Laguna Niguel Holiday Parade

29751 Crown Valley Parkway

Dec. 10

10 a.m. to noon.

The annual Laguna Niguel Holiday Parade has more than 100 exciting entries including marching bands, floats, youth groups, equestrian units, exotic cars, military members, local heroes, fun attractions, and of course, Santa. There is a free shuttle available from the Federal Building parking lot.

Laguna Beach **Winter Fantasy Sawdust Festival**

Laguna Beach

935 Laguna Canyon Road,

Laguna Beach

Through Dec. 18

(Black Friday and weekends)

10 a.m. to 7 p.m.

The Sawdust Festival Winter Fantasy transforms the 3-acre art village into a magical winter wonderland during the holiday season, complete with lights and decorations, falling

snow, Santa, art demos, live music, and entertainment, and 150 artists and craft makers.

Lake Forest **Holiday Lights at Heritage Hill**

Heritage Hill Historical Park

25151 Serrano Road,

Lake Forest

December 9-11, 2022

5 to 9 p.m.

During the holiday season, Heritage Hill is adorned with lights; enjoy a stroll through the festive historic buildings including the Serrano Adobe dating to 1863, St. George's Episcopal Mission circa 1890, the El Torro Grammar School, and the Harvey Bennett Ranch House.

Mission Viejo

Rudolph's Rink

Civic Center Plaza

200 Civic Center,

Mission Viejo

Dec. 5 to 12

Mon-Fri 4 to 8 p.m.

and Sat and Sun 2 to 9 p.m.

For one week only, enjoy Santa's Village, and ice skating at Rudolph's Rink. A Christmas Cafe is on-site with food and drinks for purchase.

Aslan's Winter Ball **Potocki Center for the Arts**

27301 La Paz Road,

Mission Viejo

Dec. 9

6 to 7:30 p.m.

Free

Visit the enchanted land of Narnia at this magical winter event at the Potocki Center. The Royal Ball is open to participants of all ages to enjoy dancing, music, refreshments, and crafts.

Community Chanukah Wonderland

Norman P. Murray

Community Center

24932 Veterans Way,

Mission Viejo

Dec. 18

3 to 5 p.m.

Celebrate the Jewish Festival of Lights with Chanukah music, entertainment, games, activities, crafts, cookie decorating, bounce houses, and more. There will be a menorah lighting, traditional songs, latkes, and spinning of the dreidel.

Newport Beach

Newport Beach Christmas Boat Parade & Ring of Lights

Newport Landing

309 Palm St., Ste. A,

Newport Beach

Dec. 14 to 18

6:30 to 10 p.m.

Every year for 110 years, Newport Bay has hosted Christmas light displays on and off the water. Bayfront residents elaborately decorate their homes with holiday lights and décor for spectators who admire the dazzling Christmas displays. In addition to the decorated homes, there is a boat parade during the evenings of Dec. 14-18, when hundreds of decorated boats cruise Newport Bay.

San Clemente

Sunsets With Santa

622 Avenida Del Mar,

San Clemente

Dec. 10, 11, 17, and 18

3 to 5 p.m.

Take photos with Santa on the San Clemente Pier with a holiday tree and the ocean. Enjoy Christmas music and special guests.

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San Juan Capistrano

Capistrano Lights

Nightly Program

Mission San Juan Capistrano,

26801 Ortega Hwy,

San Juan Capistrano

Through Dec. 30

Join in the nightly tree lighting in the Ruins of the Great Stone Church on select evenings. Enjoy the Mission in lights and sing along with the holiday songs of the 30-foot Christmas tree. A 10-foot wreath in the front courtyard provides a good holiday photo op. Stroll the Mission grounds to see community Christmas trees, festively lit.

Tustin

Tustin Tree Lighting &

Holiday Boutique

Tustin Library Courtyard

345 E. Main St., Tustin

Dec. 9

6:30 p.m.

Villa Park

Dry Land Boat Parade

Villa Park

Dec. 11

5 p.m.

The dry land boat parade is a tour where more than 50 vessels travel through the streets of Villa Park. The parade starts at 5 p.m. and follows a route to the Villa Park Town Center.

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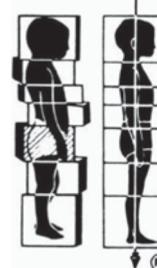
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by Robert Bruce Woodcox

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

I come to you.

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

This wonderful process is quite fun and is confidential. It begins by you calling me

(949-244-7880) or emailing (ighostwrite@icloud.com) to explore how we will work together, what it will cost, how long it will take and any other questions you have. Once you decide you are comfortable with me and the process, we will create an outline together to get started. From that point on, we will meet approximately twice a month to share the previous work I've completed, and to obtain new content from you. It's really that simple. We continue in that manner until the completion of the writing and editing. Generally, the process takes 4 to 6 months.

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

Everyone who comes to me says the same things: "I've been wanting to do this for a long time, but didn't know how to start. I'm not a writer and so time seems to just keep slipping away."

Continued on page 17



By Randal C. Hill

'You're So Vain'

Carly Simon

"You walked into the party like you were walking onto a yacht

"Your hat strategically dipped below one eye, your scarf it was apricot

"You had one eye in the mirror as you watched yourself gavotte

"And all the girls dreamed that they'd be your partner; they'd be your partner

"And you're so vain, you probably think this song is about you

"Don't you, don't you?"

Some lyrics of Carly Simon's No. 1 hit often left many music fans scratching their heads in wonder. Let's start with the little-known word *gavotte*. "A gavotte is a French dance," Carly explains. "I thought I would use a word that was slightly presumptuous ... He's gavotting because that's what a pretentious, vain man would do."

Then there is that mysterious line, "There were clouds in my coffee." That statement came about during a flight that Carly took with her piano player, Billy Merritt. She explains, "As I got my coffee, Billy said to me, 'Look at the clouds in your coffee.' There were clouds outside the window of

the airplane, and you could see the reflection in a cup of coffee." (And we were supposed to figure this out?)

But the question that most fans asked was: Whom was Carly ridiculing in "You're So Vain," an Elektra Records tune that topped the "Billboard" singles chart for three weeks in the waning days of 1972? That hit, whose creation consumed nearly a year of Simon's time, came from her third LP, "No Secrets," a No. 1 "Billboard" album for over a month.

Carly claims that "You're So Vain" actually refers to a total of three famous, arrogant individuals. She has stated that her ex-husband James Taylor and Rolling Stone Mick Jagger are definitely NOT the men she had in mind when she put pen to paper many years ago. Other possible candidates — deep breath here — have included David Bowie, Cat Stevens, Kris Kristofferson, David Cassidy, and Jack Nicholson.

"I was brought up by a mother who was adamant that you didn't even kiss a man until you were in love with him," Simon has admitted. "So, I was in love with a lot of men. I was besotted by the lads! I was definitely a romantic."

Recently, Carly admitted that the second verse was about actor Warren Beatty — but *only*

the second verse.

"You had me several years ago when I was still quite naïve

"Well, you said that we made such a pretty pair and that you would never leave

"But you gave away the things you loved, and one of them was me

"I had some dreams, they were clouds in my coffee, clouds in my coffee ..."

In August 2003, she agreed to reveal the unknown names to the highest bidder of a Martha's Vineyard charity auction. Dick Ebersole, the head of NBC Sports, won with a bid of \$50,000, but he had to agree to never reveal what she told him.

And so, to this day, Carly Simon's mystery men have remained a mystery.

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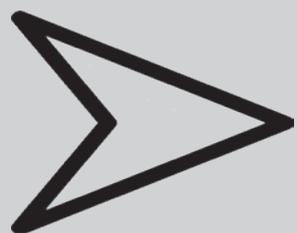
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In The Spotlight

Chatting with the Author of 'Books In A Nut Shell' Stephen S. Battaglia

Stephen S. Battaglia currently has three non-fiction books on Amazon all titled "Books In A Nut Shell, -1, -2, -3," and he's already working on No. 4 to be out early next year.

He says there are very unusual in that each includes numerous chapters of various topics of non-fiction books such as medicine/health, finance/money, people, politics, sports, etc.

"In each chapter, there are several books reviewed and each includes key and interesting points of that book in the space of from 2-4 pages," he said. "These are all for individuals who are looking for information and don't have to time to read an entire book or just want the information on a topic."

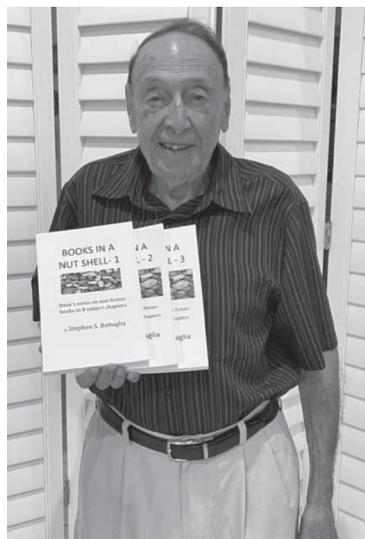
A neat idea huh? Keep reading about how these books came about and more about Battaglia.

SR: Where do you reside?

A: In Palm Desert from October to May, and Huntington Beach from June to September.

Q: Where were you born?

A: I was born and lived in Amsterdam, and New York for my first 22 years. In 1958, I was drafted into the United States Army.



Q: Job?

A: I retired in 1999 when I sold my manufacturing representative business Battaglia Engineering Company selling engineering products to major companies, such as oil, water, and aerospace, in California, Mexico, and South Korea.

Q: Education?

A: I attended Villanova University and earned a BSME, also California State College in Los Angeles, where I earned an MBA, and Rancho Santiago College, Santa Ana, LA, where I earned an AA degree with a major in legal assistance, and a professional engineering license from California.

Q: What about family?

A: My wife, Beverly, and I have been married for 61 years. We have two successful sons one a lawyer and the other an architect. We also have four grandchildren, all of

whom have to complete a college degree.

Q: Spare time and hobbies?

A: As for me, I play golf once a week, work out in the gym two or three times a week, and love to cook. I even wrote a Sicilian family heritage cookbook in 1980, to maintain all the past favorite recipes of my mother, grandparents, and 14 aunts and uncles. Besides all that I am the family historian with family information that goes back in Sicily to 1646.

Q: When did you become interested in writing?

A: I only started to write books in my retirement to keep busy along with playing golf, once a week. One never knows what lies ahead in retirement as one can see from a book that Beverly, my wife, wrote called 'Changing Lanes — Couples Redefining Retirement.' This book goes through couples' problems, while in retirement and how individuals/couples solved them. It entailed the interviewing of over 100 couples.

Q: Any more info about how you got started writing?

A: Two years into retirement in early 2001 I was diagnosed with clogged arteries and had a four-way heart bypass. Six months later, I began to present a first-grade elementary

school music appreciation program, which I developed. This occurred when our granddaughter, Kate, asked me if I could present a music program for her first-grade class. Of course, I said yes even though I was not a musician, only a classical music lover. The presentation was well received and soon I was a volunteer presenting this program to elementary schools in three school districts in Coachella Valley, and Riverside.

Q: Anything more about those music programs?

A: Later, I developed six other music programs for these same schools and have been presenting them with about 10 to 14 volunteers for the past 20 years to over 250,000 children in grades 1 to 6. These programs include teacher/presenter guides as well as five children's reading books that go along with the program and are donated to each school library. These were my first venture in publishing books, under the trademark name of 'Mr. McSymphony' is on Amazon. As you can now understand, my book writing started with the help of my granddaughter over 20 years ago.

Q: Your wife is an inspiration it seems.

A: Yes, as an added note, my

wife suggested it would be helpful if I played an instrument for the children in the schools along with my presentation. Well, we went shopping and I purchased a harmonic. I could almost immediately play songs by ear and, of course, I now do a lot of practicing around the house. Now, I always carry a harmonica with me at all times to play spontaneously when the moment arrives, at birthdays in restaurants.

Q: Any other fun stories about the music?

A: On three occasions while traveling on an airplane a young child started to cry and the mother could not get the child to stop. Well, after a short while I took out my harmonica and started to play some soft music. Well, you might know what happened, each time the child stopped crying and looked up to see what it was. The passengers all applauded and thanked me.

Q: How did you cope during the pandemic?

A: When the pandemic arrived, we were not allowed to go into the schools. At that point, I videotaped my six music programs and offered them to the local schools. The schools will let me know when we can return to physical presentations.

Continued on page 18

December Crossword Puzzle

Across

1. Cabinet wood
4. "Do __ others ..."
8. Fruity snack
14. Third letter
15. Golda of Israel
16. Nile's locale
17. Stored, as wine
19. Like winter skies, say
20. Annual award from a sports network
21. Not nude
23. Trashy pads
25. "Earth's Children" series author Jean
26. Secretly include in an email
29. Eli, to Archie Manning
30. Louise's film cohort
33. Sleek, informally
34. Wheat & barley
36. Took it easy
38. Looks upon
40. Irritates
41. Circumvented
42. Pub obligation
43. Cataract surgery implant
44. Riddle or puzzle
46. Campus in the Sooner State capital: Abbr.
49. Gilbert __ Sullivan
50. In due time
51. Stage, as a play
53. They can't learn new tricks, it's said
56. Wall support
57. Panda food
60. Sleeveless undergarment
62. One lacking pigment
63. Scurried, poetically
64. Org. whose final telethon was in 2014
65. Standard car feature
66. Soeur's summers
67. Downcast

Down

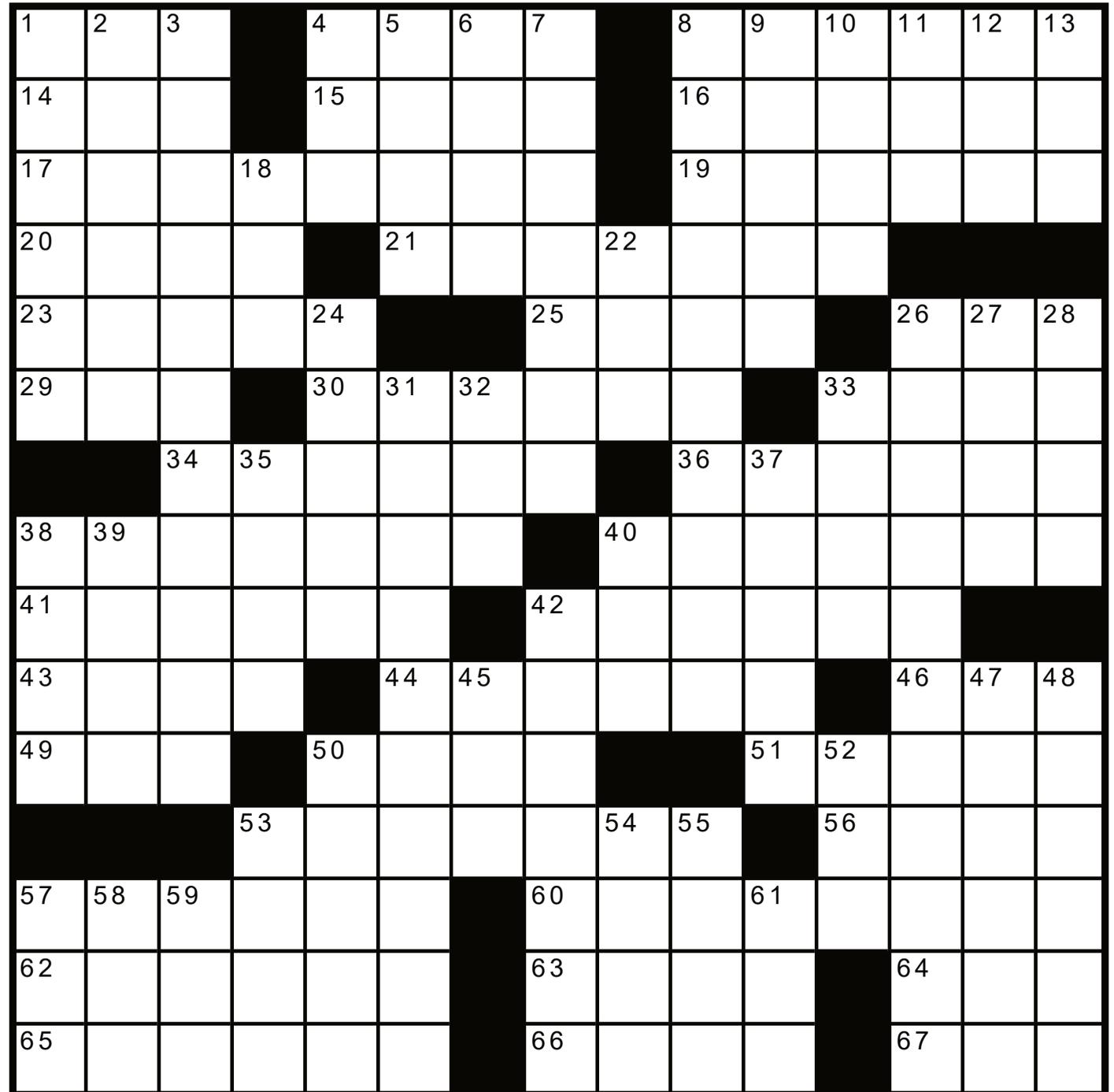
1. Availability
2. Takes care of

3. Something offered in assistance
4. Thurman of filmdom
5. Uncool sort
6. Cake layer
7. Baptisms of fire
8. It may get you all worked up for no reason
9. "__ the Earth Move"
10. One with a degree
11. eBay try
12. Hardware franchise

13. Wasn't colorfast
18. Caustic cleaner
22. Arithmetic result
24. No longer fresh
26. 1970s fashion items (they're seen in 3-, 8- and Down)
27. Saskatchewan native
28. Fish of the family Gadidae
31. Feature of a mysterious old house, maybe
32. Fanny Brice's double?

33. __-Seltzer
35. Piston attachments
37. Available by the mug
38. Fleck with a banjo
39. Like two
40. Cleaning item
42. Actor Juliette ("Jet Lag")
45. Land of __
47. "I __ been a contender!"
48. Like zombies
50. Without equal
52. __ Maine

53. Words abt. one departed
54. Walk or trot
55. Disney animated pirate
57. Disparaging word
58. Brewpub staple
59. Wharton degree
61. Wallet items



Busy Boomers

By Les Goldberg

Tech Training Closes Generation Gaps

As someone who lives with family members who are not as technology-savvy as me, I have always encouraged them to go back to school.

And I'm not talking about enrolling in a 4-year university or getting a degree.

For those of us who want to catch up to the fast-moving technology train, there are hundreds of different tracks to follow, including computer classes at local high school adult education facilities, community colleges, private tutors, and even senior centers.

If you are what I call a 'junior senior' between ages 50 and 60, you should take some refresher courses. However, if you are a 'sophomore senior' in your 60s and 70s or an older 'senior senior,' your tech education becomes increasingly important, not just for your ability to use technology, but for your social well-being.

Let me explain:

Based on the latest research by the AARP, older adults with tech training are three times as likely to make new contacts, almost four times as likely to participate in new activities, and twice as likely to conduct video calls with those contacts.

The research, conducted during

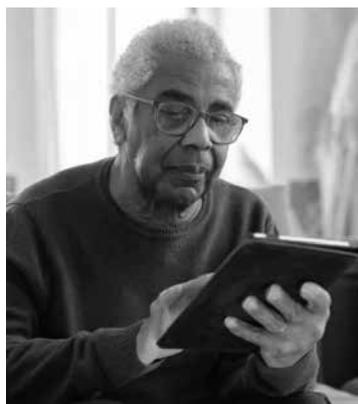


households headed by older adults lack high-speed Internet in their homes.

"Even worse, the patterns of digital disconnection closely tracked existing inequities in American society," the report stated. "Older adults who were

lower income, lived alone, lived in rural communities, were Black or Latino, or had health challenges all were without broadband access."

In case after case, the benefits of technical knowledge and skills are apparent in a variety of applications today, including telemedicine, government service delivery, workforce arrangements, online continuing education programs, online banking, travel booking, civic engagement, and ultimately longevity.



So where can you go to become computer literate?

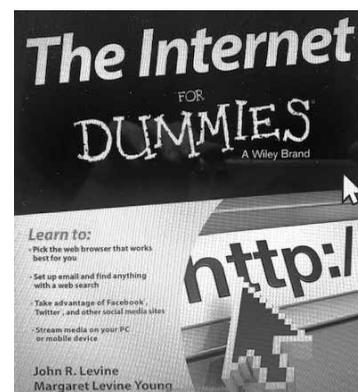
If you have a family member (grandkids are naturals!) or friend to show you some ba-

the height of the pandemic in public housing, also revealed that the 10,000 participants in the study were less likely to suffer from depression and isolation when they had the technology training offered. It also showed that while some seniors are adopting the digital transition, others continue to face challenges.

For instance, one of the participants, 65-year-old Brenda Miller, learned how to use an iPad and managed to get a job as a poll worker for the state board of elections. With her earnings, she bought a new car so she could visit her friends at her social club.

"Seventy percent of Americans over 50 made a tech purchase in the past year and continued to expand their repertoire of tech devices," the study reported.

One of the biggest challenges for seniors to want to become more tech-savvy is the lack of access. Another national study by The Humana Foundation determined that 42 percent of



sics, that's great. If not, then there are several choices out there.

How-to Books for Seniors

Visit your local library, bookstore, or Amazon.com. There you'll be sure to find a variety of senior-friendly books to help you learn how to use different types of technologies.

Online Instruction

If you already have access to a computer and can use the Internet, then there are several online services like GCFLearn-Free.org and TechBoomers.com that offer free technology lessons and instructional videos while allowing you to go at your own pace.

Take a Local Class or Workshop

You will be able to find a local workshop or class for seniors right in your community. One option is the AARP Tek Workshops which are free to the public and offer technology learning events on tablets or smartphones. Go to AARPTEK.org.

SeniorNet

This organization offers a variety of basic online computer courses geared toward seniors. It also offers instructor-led workshops at 36 learning centers throughout the United States. There is a membership fee of \$43 for the first year. Visit SeniorNet.org or contact them at 239-275-2202 for more information.

Oasis Connections

Free computer and digital technology classes are available at local senior centers, church halls, public libraries, or employment centers, across 30 U.S. cities. Visit OasisNet.org/connections.

Most of your lives were indeed lived without the modern gadgets of today, but that doesn't mean you can't use technology. Give it a chance and let technology show you what it can do for you.

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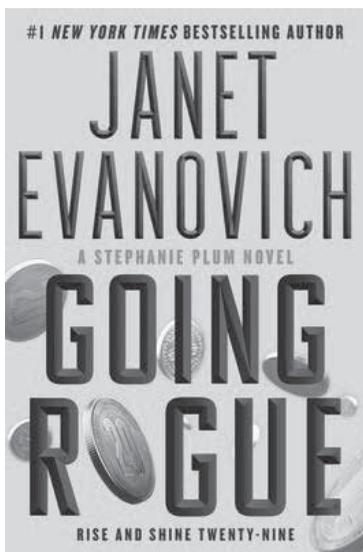


December Book Club

It's time to pick up a good book this month and read a new mystery, romance, or whatever you like to pass away the day.

Before you get busy holiday shopping go ahead and delve into a page-turner like any of these below.

***Going Rogue
Rise and Shine
Twenty-Nine***
Stephanie Plum
By Janet Evanovich



“Monday mornings aren't supposed to be fun, but they should be predictable. However, on this particular Monday, Stephanie Plum knows that something is amiss when she turns up for work at Vinnie's Bail Bonds to find that long-time office manager Connie, who is as reliable as the tides in Atlantic City, hasn't shown up.

“Stephanie's worst fears are confirmed when she gets a call from Connie's abductor. He says he will only release her in exchange for a mysterious coin that a recently murdered man left as collateral for his bail. Unfortunately, this coin, which should be in the office — just like Connie — is nowhere to be found.

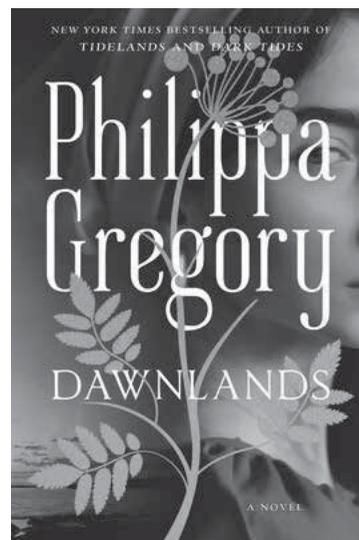
“The quest to discover the coin, learn its value, and save Connie will require the help of Stephanie's Grandma Mazur, her best pal Lula, her boyfriend Morelli, and hunky security expert Ranger. As they get closer to unraveling the reasons behind Connie's kidnapping, Connie's captor grows more threatening and soon Stephanie has no choice but to throw caution to the wind, follow her instincts, and go, rogue.

“Full of surprises, thrills, and humor, *'Going Rogue'* reveals a new side of Stephanie Plum, and shows Janet Evanovich at her scorching, riotous best,” according to Publisher Atria Books.

Dawnlands
A Novel

By Philippa Gregory

“It is 1685 and England is on the brink of a renewed civil war. King Charles II has died without an heir and his brother



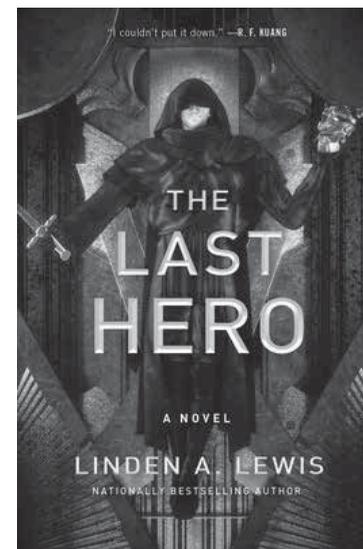
James is to take the throne. But the people are bitterly divided, and many do not welcome the new king or his young queen. Ned Ferryman cannot persuade his sister, Alinor, that he is right to return from America with his Pokanoket servant, Rowan, to join the rebel army. Instead, Alinor and her daughter Alys, have been coaxed by the manipulative Livia to save the queen from the coming siege. The rewards are life-changing: the family could return to their beloved Tideland, and Alinor could rule where she was once lower than a servant.

“Alinor's son is determined to stay clear of the war, but, to keep his secrets in the past, Livia traps him in a plan to create an imposter Prince of Wales — a surrogate baby to the queen.

“From the last battle in the desolate Somerset Levels to the hidden caves on the slave island of Barbados, this third volume of an epic story fol-

lows a family from one end of the empire to another, to find a new dawn in a world which is opening up before them with greater rewards and dangers than ever before,” according to Publisher Atria Books.

The Last Hero
By Linden A. Lewis



“The flame of rebellion burns across the solar system in this dazzling conclusion to Linden A. Lewis's stunning *'First Sister'* trilogy perfect for fans of *'Red Rising,' 'The Handmaid's Tale,'* and *'The Expanse.'*

“Astrid is finally free of the *'Sisterhood,'* yet her name carries on. She's called the *'Unchained'* by those she's inspired and the Heretic by those who want her voiceless once more. Now Astrid uses knowledge of the Sisterhood's inner workings against them, aiding the moon born in raids against abbeys and Cathedrals, all the while exploring the mysteries of her forgotten past.

“However, the Sisterhood

thrives under the newly appointed Mother Lilian I, who's engaged in high-stakes politics among the Warlords and the Aunts to rebuild the Sisterhood in her image. But the evil of the Sisterhood can't be purged with anything less than fire ...

“Meanwhile, Hiro val Akira is a rebel without an army, a Dagger without a Rapier. As protests rock the streets of Cytherea, Hiro moves in the shadows, driven by grief and vengeance, as they hunt the man responsible for all their pain: their father ...

“Transformed by the Genekey virus, Luce navigates the growing schism within the Asters on Ceres. Hurting in her new body, she works to bridge two worlds seemingly intent on mutual destruction. All while mourning her fallen brother, though Lito sol Lucius's memory may yet live on.

“Yet Souji val Akira stands in judgment on them all, plotting the future for all of humanity, and running out of time before war erupts between the Icarii and Geans. But can even the greatest human intellect outwit the Synthetics?

“The emotional *'First Sister'* trilogy comes to a sensational climax in this final installment and is a must-read for science fiction fans everywhere,” ac-

Continued on page 27

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CalOptima Health, A Public Agency

Holiday Hints

Tips for a Stress-Free Holiday Season

The holidays are right around the corner and sending your mail and packages with the U.S. Postal Service has never been easier or more reliable. With a little planning and the right tools, you can ensure that the perfect gift reaches everyone on your list.

Here are seven tips to make your holiday shipping stress-free:

1. Visit USPS online: Visit the USPS website at usps.com. You'll have access to tools like ZIP Code lookup, Find Your Local Post Office, Hold Mail, Click-N-Ship, Schedule a



Following a few simple steps can make it easier for you to send out gifts this holiday season.

Pickup, and more. It's open 24 hours a day.

2. Check the USPS Holiday Newsroom...often: Have you ever wished there was one place where you could get all the information about holiday

shipping? Wish no more. From deadlines to the latest news, the Holiday Newsroom at usps.com/holidaynews is your one-stop shop for all things holiday- and shipping-related.

3. Visit the Postal Store online: From stamps to supplies and even gift ideas, usps.com/store has everything to make holiday gift shipping—and shopping—easier than ever. Need free boxes? They've got those too. It also never closes.

4. Check the U.S. Postal Inspection Service website: At uspis.gov you'll find tips to protect packages and prevent

fraud, along with information on items that are prohibited or restricted.

5. Get Informed Delivery: When you sign up at informed-delivery.usps.com, not only can you get a preview of your daily mail and packages, you can also customize your delivery before your carrier arrives. Want to leave instructions to deliver your package to a specific location on your property? Now you can! You'll even get notified the moment your package is delivered.

6. Visit USPS Operation Santa online: Get all the news and information you need at uspsoperationsanta.com. Find information on adopting a letter, getting your ID verified,

shipping your gift and more. Letters to Santa will be posted beginning Nov. 28.

7. Join the conversation on social media: Stay "in the know" with the latest USPS news via Facebook, Twitter, Instagram, LinkedIn and YouTube. There's also the official podcast of the United States Postal Service, "Mailin' It," taking you behind the scenes with USPS.

It pays to be prepared. With these tips from the Postal Service, you'll be ready to make this year's holiday season the best yet!



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UCI Health



Newport Beach: Beautiful and Nautical

Quick, what's the first thing you think of when the words Newport Beach are mentioned? Well, not only is Newport Beach a beautiful place but its history is filled with neat factoids from the origins of its name to its boating atmosphere.



and check its opening hours visit <https://ocma.art/visit/>.

Check out these fun factoids about Newport Beach:

- The origin of the name "Newport" dates to the 1870s when Capt. Samuel S. Durnells arrived in Southern California looking for "new port" facilities.

- The Newport Harbor is partially artificial. It was created in the early 20th century by dredging the Newport Beach estuary. Some of the artificial islands include Newport Island, Balboa Island, Little Balboa Island, Collins Island, Bay Island, Lido Isle, and Linda Isle.

- The coastal town is more than shopping, restaurants, and pretty natural scenery. Newport is home to the cultural institution, the Orange County Museum of Art. To learn more about the museum

- Newport Beach has a busy boating scene. For example, according to official statistics, Newport Harbor has 4,300 boats and 1,230 piers. Newport's enthusiasm for boats is on full display every Christmas with a Holiday Boat Parade that has become a tradition in Southern California.

- Boats are an integral part of the Newport lifestyle. If you don't have a boat, you can enjoy Newport Beach like a local by chartering a boat with Newport Sunset. Whether you want to take in the harbor at sunset or look forward to great food surrounded by the beauty of the Pacific Ocean it all awaits in Newport Beach.

- It has an estimated permanent population of 86,738 but during the summer months, the population grows to more than 100,000 with 20,000 to 100,000 tourists daily.

- The City of Newport Beach was incorporated on Sept. 1, 1906, and the current City Charter was adopted in 1954. The City operates under a Council-Manager form of government.

- The city flower is the bougainvillea and the city tree in Newport Beach is the Coral Tree.

Source: Wikipedia, various online sources

Tell Your Life Story...

Continued from page 10

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In The Spotlight
continued from page 11

For other schools outside my local school districts, they can download the six videos from the website: TeachersPay-Teachers.com using the subject 'mrmcsymphony' or go to my website: mrmcsymphony.com for all the program information.

Q: What about your current book?

A: Now how did I ever start thinking about and writing my current book titled 'Books In A Nut Shell'? I was never a heavy reader except for the daily newspaper. In about 2012, I purchased a Kindle reader. We joined three libraries and selected books to read. I was only interested in non-fiction books, as I wanted to learn something from each book I read. While I was reading the books on my Kindle, I started to underline some key facts that I wanted to remember for future use. When I completed the book, I would think that I should put this book information into my computer for future use. I then set up a computer folder titled 'book summaries.' Well, after 4 years and 164 books on my computer, I decided to assemble the books into specific topic book chapters for easy information access.

Q: What is the structure?

A: The first book has eight specific topic chapters encompassing between 14 to 24 books reviewed. I mentioned my project to a friend, he suggested that I publish a book with my information.

Q: Is it self-published?
A: I decided that I would self-publish this book and contacted Amazon's publishing section for help. At the same time, I kept on reading and accumulating book information on my computer. Well, now I have three books titled 'Books In A Nut Shell -1,-2,-3,' and am working on the fourth. A couple of individuals who purchased these books suggested that I accumulate each specific topic from the books I produced into a separate book. It sounded like a great idea as individuals who are looking for information on a specific topic would then have more books to review for the specific information they wanted. Well, that is my current project.

Q: What other info can you offer about the book?

A: This project will entail six topic books. The topic books and their chapters will be:
1. Ancient History/History, 2. Finance/Money/Economics, 3. Sports- Individual/Group, 4. Medical/Food/Plants, 5. People, 6. Presidents/Politics.

Q: When will it be done?

A: I hope to have the project of six separate topic books out by mid-2023.

Q: How do you keep youthful at 87 years old?

A: To stay young and hopefully healthy, I am trying to stay mentally and physically busy. This all makes life interesting and fun.

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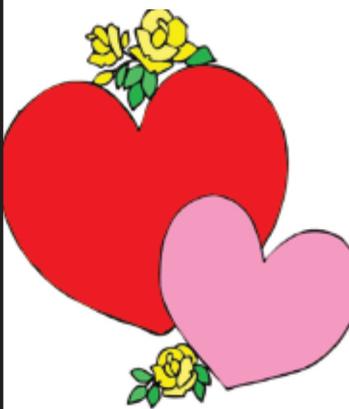
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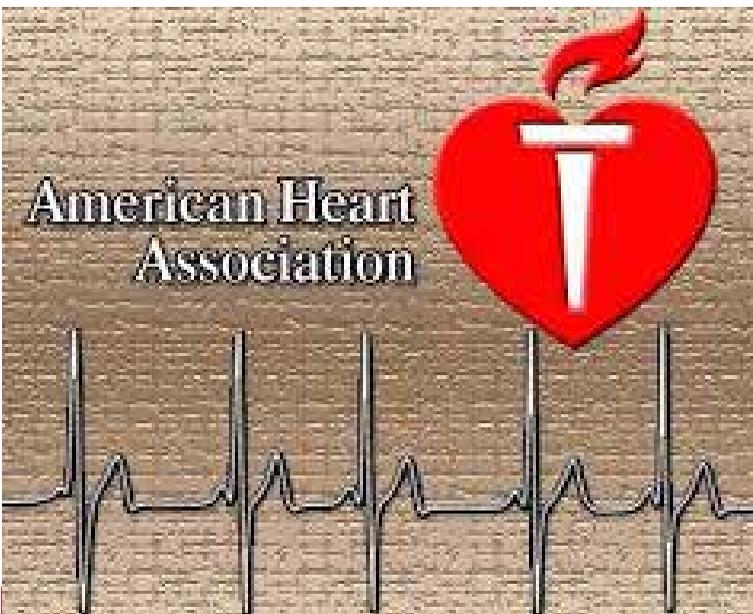
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Good News in Medicare For 2023

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\$35 Cap on Insulin Cost Sharing for Part D

All Medicare beneficiaries, regardless of income, will pay a maximum of \$35 for a one-month supply of covered insulin products with no deductible. There are Medicare Advantage plans made specifically for Diabetics. Some cover insulin at a lower cost share and will even cover your insulin cost through the gap phase.

Medicare Premiums reduce

2023 Medicare premiums, deductibles, and coinsurance amounts are going down from the previous year! The standard monthly premium for Medicare Part B enrollees will be \$164.90 for 2023, a decrease of \$5.20 from \$170.10 in 2022. The annual deductible for all Medicare Part B beneficiaries is \$226 in 2023, a decrease of \$7 from the annual deductible of \$233 in 2022.

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Christmas will always be as long as we stand heart to heart and hand in hand.

Dr. Seuss

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Healthy Living

What You Need To Know About Skin Cancer

If you or someone you care for is ever among the 5 million people diagnosed with basal cell or squamous cell carcinoma every year in the U.S., here are a few facts it would be healthy for you to know.

Skin Cancer Stats

1. Skin cancer is the most common type of cancer in the U.S.
2. Basal cell and squamous cell carcinoma account for 95% of all skin cancers.
3. Your risk increases with age.

Skin Cancer Signs

A change in your skin is the most common sign of skin cancer, advises the Centers for Disease Control and Prevention (CDC). This could be a new growth, a sore that doesn't heal, or a change in a mole. If you notice any of these, see your dermatologist. Nearly all skin cancers can be treated effectively if they are found early.

Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. UV rays come from the sun, tanning beds, and sunlamps. UV rays can damage skin cells.

Reduce Your Risk

It's a good idea to protect your skin from UV rays from the sun, and from tanning beds and sunlamps advises the CDC. Here's how:



Dr. Shen has come up with a non-invasive, inexpensive treatment for certain skin cancers.

- Stay in the shade when you go out all year round and regardless of the weather.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses that wrap around and block both UVA and UVB rays.
- Use a broad spectrum sunscreen with a sun protection factor (SPF) of 15 or higher.
- Avoid Indoor Tanning. A tan does not indicate good health.

Types of Treatments

If, despite such precautions, you still develop skin cancer, there are several kinds of treatments that can remove or destroy basal cell skin cancers

Continued on page 30

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Matt Damon: A Man for All Seasons

By Les Goldberg

We all know 53-year-old Matt Damon for his award-winning roles in “*Good Will Hunting*,” “*Saving Private Ryan*,” “*Courage Under Fire*,” “*The Bourne Identity*” and so many more.

What I found out about this very active movie star is a revealing peek into a man who demonstrates his true character in front of and behind the cameras.

Damon’s story begins in Newton, a suburb of Boston, where he was born to a stockbroker, realtor, and tax preparer father, and a mother who was an early childhood education professor. His older brother, Kyle, became a sculptor.



At the age of 2, his parents divorced, and he and Kyle moved with his mother to Cambridge where he grew up in a stable community with Ben Affleck living just two blocks away.

In high school, Damon performed in several theater productions. After graduation, he



attended Harvard as an English major but dropped out when his outside acting jobs, including parts in “*Rising Son*,” “*School Ties*” and “*Geronimo: An American Legend*,” inspired him to pursue his film career.

His breakthrough came in 1997 with “*Good Will Hunting*,” a screenplay that he wrote for his Harvard English class. The film garnered nine Academy Award nominations.

He and Affleck both won the Oscar for Best Original Screenplay that year, a remarkable achievement considering that these two best friends shared the same Boston bank account during their early years as struggling actors.

It is also interesting to note that both were paid \$20,000 in 1995 to be in a Tommy Lee Jones film, “*The Good Old Boys*,” and the money helped free up time for them to write “*Good Will Hunting*.”

And it happens that Damon’s next-door neighbor in Cambridge was radical historian Howard Zinn, who served as the character development of Will in the movie, played by Robin Williams.

In addition, Skylar, played by Minnie Driver, was inspired by Skylar Satenstein, whom he had dated while in college.

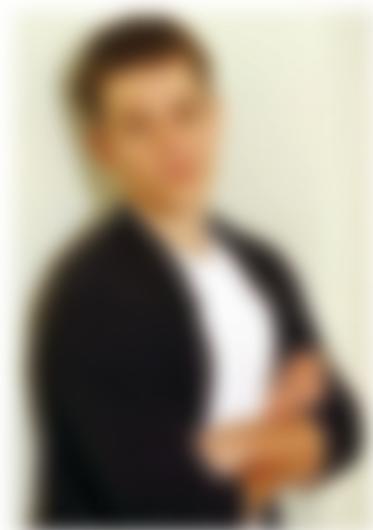
How close are these ‘best friends?’ Their ancestry records reveal that they are 10th generation cousins, descendants of William Knowlton Jr., a bricklayer who came to the U.S. from England in the 1630s.



Damon’s newfound fame led to more starring roles in such films as “*Saving Private Ryan*,” “*Rounders*,” “*The Talented Tom Ripley*,” “*Stuck on You*” and, of course, the Bourne franchise.

On his decision to take on “*The Bourne Ultimatum*” in 2007, Damon said:

“We’re (the cast) all signed on



in principle ... we’ve agreed we want to do it ... but we’re not going to do it unless we have a great script.

“If you have any ideas for a script, please call Universal,” he stated. “Author Robert Ludlum wrote it as a trilogy and we’ve really kind of ignored that plot because it’s very Cold War.

“And so, in the updating process, we kind of threw out most of what we had so we’re kind of on our own to find a third one. ‘*Bourne Ultimatum*’ is the third one and I feel like I’ve given ultimatums in both the first two.” To give you further insight into Damon the man, he once told an interviewer:

“If anybody wanted to photograph my life, they’d get bored in a day. ‘Here’s Matt at home learning his lines. Here’s Matt researching in aisle six of his local library.’ A few hours of that and they’d go home.”

He also once said: “I’m not being a monk. I live my life in

New York. I have a girlfriend. But it’s not cost-effective for the paparazzi to follow us. They can get one picture of us walking down the street.”

On being a ‘nice’ celebrity, Damon said:

“I don’t know why people like me, and I don’t know if I want to know. That might be the kiss of death. I’d rather people not know a lot about me and see the movies.”



I think if you ask anybody who has been a fan of Damon throughout his illustrious career, you’ll have to agree that he is liked – a lot!



Tinseltown Talks

By Nick Thomas

Christmas with Ilene Graff

Perhaps you remember her as TV mom Marsha Owens in ABC's popular 80s sitcom "Mr. Belvedere" starring alongside baseballer-turned-actor Bob Uecker and British actor Christopher Hewett in the title role. But Ilene Graff is also an established singer whose career began in musical theater. In recent years, her live festive Christmas special, "The Ilene Graff Holiday Show," has delighted audiences at 54 Below, a supper club in the basement of New York's famed Studio 54 theater.

"We couldn't do it because of COVID for a couple of years, but I'm thrilled to be back on stage December 28 with a new show," said Graff from Los Angeles. "I loved the holiday specials of the 60s and 70s on programs like 'The Andy Williams Show,' so that's the mood I've always tried to bring to my shows. I have special guests, we chat, sing holiday songs, and just try to keep it warm and friendly with a family feeling including some light-hearted moments of reflection and love."

A native of Queens, New York, Graff lives in Los Angeles but always enjoys returning "home" to the East Coast where she and her husband, composer Ben Lanzarone, maintain an apartment.



Cast of Mr. Belvedere including Ilene Graff with Bob Uecker at right and Christopher Hewett at left. Photo courtesy ABC.

"I love celebrations and hosting parties, and I do love the holidays," she said. "So, a few years ago I pitched this idea to my family, and we put together the first-holiday show which was a huge success. It just became something I wanted to continue."

That first show was a real family affair also featuring brother Todd, an actor, writer, and director, her Tony Award-winning cousin Randy, actress/dancer daughter Nikka, as well as Ben. But with their busy schedules, only her husband could regularly join her in subsequent December holiday presentations.

"I love working with him so that's another reason I wanted to continue doing them," she said.

Ilene says she still encounters people unaware of her musical background.

"Most know me from television but don't realize that I started on Broadway, so they are kind

of surprised that I'm a real singer!" she said, laughing (see www.ilenegraff.com). "I also sang a little on maybe three episodes of 'Mr. Belvedere' so that was always a surprise for the audience."

One of those episodes first aired in December 1989. In "A Happy Guy's Christmas" the Owens family is cast in a local production of a Charles Dickens classic.

"We did a silly take-off of 'A Christmas Carol,'" she recalled. "They dressed me up with this beautiful long blonde wig and Christopher was attached with wires so he could fly. It was exactly what you wanted from a Christmas episode - goofy and yet heartfelt and sincere."

Graff remembers her years on the "Mr. Belvedere" set with fondness. "It was an amazing cast and crew who worked so well together. You know how some people are just funny? Well, that was Bob, completely natural and comfortable on camera and one of the smartest people I've ever known - and he still broadcasts baseball (at 88, for the Milwaukee Brewers)! Both he and Christopher were such great guys and insisted that everybody in the cast and crew be treated equally on the set. How lucky I am to have



A festive Ilene Graff. Photo courtesy Ilene Graff.

those memories in my career." Graff hopes to create new memories for herself and the audience when she returns for this year's holiday show.

"I've always thought of myself as a singer who got into acting and the acting really took over for many years," she said. "But I never stopped singing because that's just who I am. Music, singing, and of course family are everything to me."

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.

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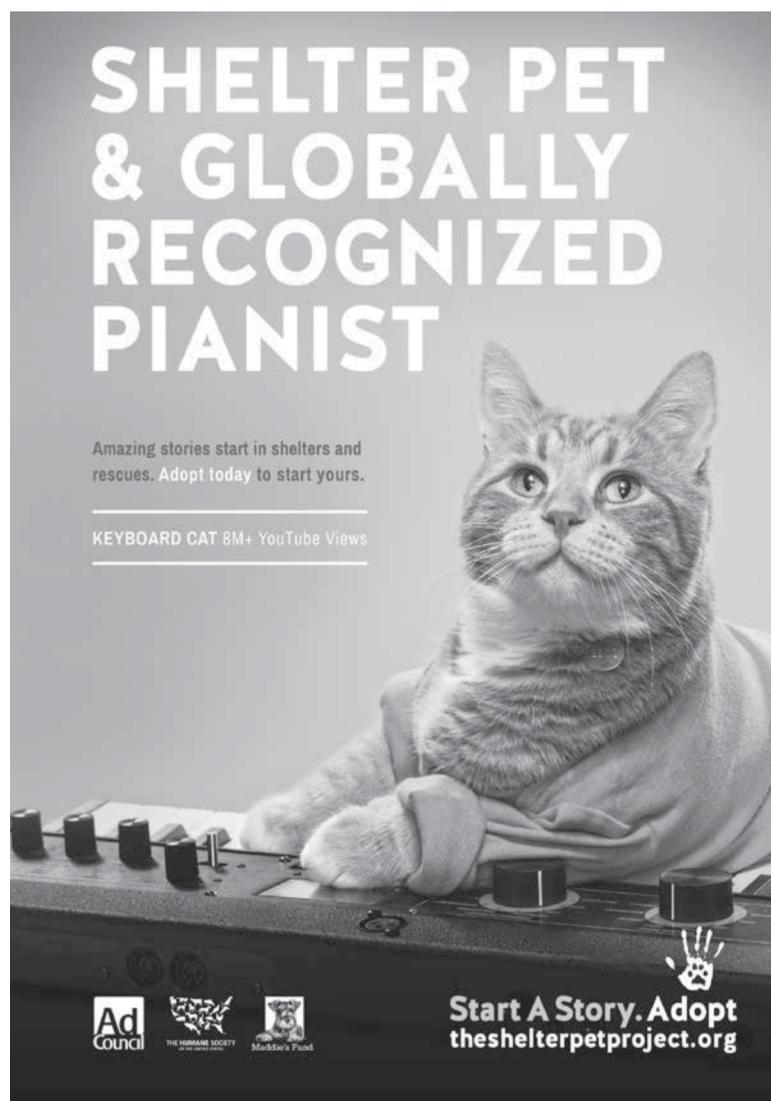
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Crossword Puzzle Answers from page 12

1	A	S	H		4	U	N	T	O		8	F	I	G	B	A	R		
14	C	E	E		15	M	E	I	R		16	A	F	R	I	C	A		
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62	A	L	B	I	N	O			63	H	I	E	D		64	M	D	A	
65	H	E	A	T	E	R			66	E	T	E	S		67	S	A	D	

On The Road Again

'Tis the Season for Cruising

By Shana McCann

After nearly four long years of pandemic doldrums, your itch to travel is finally getting some soothing relief.

And it's coming from the big blue seas where hotel-like cruise ships are waiting to whisk you away on the ocean adventures you've dreamed about.

According to Truly St. Bonore, a travel expert in the Costa Mesa office of the Automobile Association of America, the demand for cruising by the over-50 crowd is growing in momentum as COVID restrictions are gradually easing.

" she said, "both vaccinated and unvaccinated passengers are allowed onboard – if the cruise is for 15 days or less. COVID testing has been eliminated by all of the cruise lines."

She strongly advises prospective travelers, however, to use a travel agency because "the rules change daily."

In any case, she added, seniors are chomping at the bit to book their cruises. "One of my customers, for instance, has gone on six of them in the past year." When I asked her which cruise lines are the most popular among seniors, she told me that Princess and Holland cruises top the list of the most



affordable, while Cunard, Viking, and Oceana lines with their smaller ships are for the luxury-seeking travelers who are willing to pay the higher rates.

"More importantly, my older customers prefer the amenities onboard the Princess and Holland lines that are geared more to their entertainment and dining preferences, like ballroom dancing, Broadway-style shows, casinos, etc.," she said.

The convenience of accessing the ships is another big factor in their decisions to take to the sea, and the Ports of Los Angeles, Long Beach, and San Diego are just a few minutes' drive or train ride away.

Once those decisions are made, the only decision left is where to go. For cruises along the Pacific Coast, for instance, you can spend three, four, or up to 10 nights on destinations

such as Mexico up to Alaska, or across the Pacific to Hawaii with prices ranging from \$120 to \$1,300/ per night, depending on the season and your accommodations on the ship.

Princess, with departures from Los Angeles, offers one of the best California and West Coast cruises in the country, offering passengers a chance to explore all the state's natural wonders through its partnerships with Discovery and Animal Planet, including redwood forests, pristine beaches, amazing sunsets, and even wine-tasting.



Of course, as we enter the winter months, people, like birds, would rather go south to the warmer climates of Mexico. The cruise lines would charge higher rates for their south-bound trips.

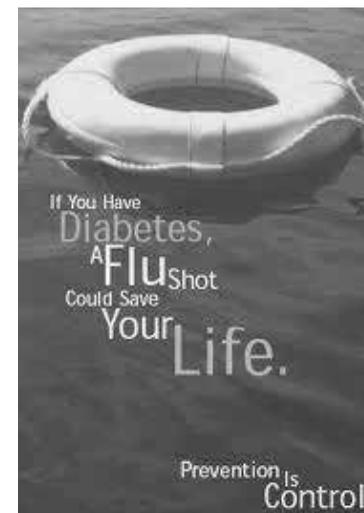
However, because of their desperate need to keep the ships full, they are offering steep discounts – as much as 50 percent in some cases – for the popular seven-day Mexican

Riviera cruises that include stopovers in Cabos San Lucas, Mazatlán, and Puerto Vallarta. The average price right now is about \$1,400 per person.

Said, St. Bonore: "The cruise lines are just trying to get people on the ship. And many are at 100 percent capacity. I don't know how they are making any money."

Sounds like the perfect time to take advantage of these cruising deals and let the gentle sway of the ocean waves take you away from a land-based life. It's always worked for me as I grab my favorite book, find a comfortable deck lounge chair and sip on a bubbly cold brew until sunset.

Shana McCann is a Southland-based freelance writer and frequent contributor to "Senior Reporter."



Happy Holidays



Fabulous Finds

By Debbie L. Sklar

As the holidays get closer you might have already done your shopping for those on your list to get ahead of the chaos.

If so, good for you. But what about your four-legged furry friends who give you unconditional love year-round?

According to a new survey by PetSmart, pets are a crucial consideration for pet parents when planning for the holidays, with 87 percent of respondents intending to carve out special time to bond with their pets and 82 percent saying it doesn't feel like the holiday season without their pets by their side.



When it comes to gift-giving, all pet parents (83 percent) are very likely to buy a gift for their pet, and more than half (54 percent) say they would spend more time shopping for their pets than for some family members. And keep an eye out for new companions under the tree, as 35 percent of pet parents plan to gift a new pet to someone else or add one to their household.

“The holidays have a way of

making us feel extra special, so it's only natural that we want our pets to feel special, too,” said Stacia Andersen, executive vice president, and chief customer officer for PetSmart. “By doing anything for pets during this most wonderful time of year, we're just helping pet parents share the joy of the season with their furry, winged, and scaly family members.

So, with further ado don't forget them this holiday season with these great gifts for dogs, cats, puppies, and kitties.

Skout's Honor Goodies

If you're like me you're always looking for the best shampoo for your furry friend that leaves them smelling great, and their coats silky.

Look no further, **Skout's Honor** is one of the best shampoos and conditioners, and other dog products that I have tried for my Shih Tzu, Gabby.

No matter how hard I try to keep her brushed and combed and smelling good, it only lasts a few days after she has been bathed and groomed.

But I recently tried **Skout's Honor Puppy Shampoo and Conditioner** that's an all-in-one and I was pleasantly surprised. As soon as I applied this great-smelling shampoo/con-



ditioner it lathered up beyond what I am used to.

Once I towel-dried her and started the overall process with the pet dryer, I continued to be amazed. Rather than a big old puf ball, her hair stayed flat and dried quickly. It was soft and silky, and she smelled like a dream. And about five days later the same!

Made with probiotics to help soothe and heal skin, I must say I am sold on this shampoo/conditioner. It's all-natural and made in Oceanside. And each bottle bought a donation is used to save a pet.

Skout's Honor's products are considered “next-gen” earth-friendly, effective, and life-changing pet essentials featuring safe, high-quality ingredients that perform beyond competitive products in the pet wellness category. And they do.

Skout's Honor products include solutions to pet cleaning and grooming issues with labels that ensure pet parents feel



confident integrating into daily routines through the brand's dedication to eco-friendly, plant-derived, sulfate-free, paraben-free ingredients and the core value of never testing on animals.

Beyond products designed to solve common pet cleanliness issues, Skout's Honor is driving the growing trend of topical probiotic use in dogs and cats as a disruptor brand. This unique approach to preventative pet care mirrors the beauty/wellness industry's current growing trend of probiotic benefits beyond oral consumption.

Skout's Honor probiotic SKUs include shampoo/conditioner, detangler, paw spray, deodorizer, and more which through regular use help to block unwanted bacteria from pet skin which, when ignored, can result in itching, odor, shedding, hot spots, and overall discomfort.

If you've been looking for a great shampoo and conditioner as well as an in-between wash and have about to give up do

try Skout's Honor and you, too, will be sold.

Also, Skout's Honor will be donating one week's worth of food to the Greater Good Charities' Rescue Bank Program on your behalf. Giving back is at Skout's Honor's very core, not just for the holidays, but all year long. With Skout's Honor's Paw Pledge, every purchase of a Skout's Honor product provides one day's worth of meals for a rescue animal in need.

To date, the brand has donated over 10 million meals to rescue animals around the country. Find Skout's Honor products on its website at SkoutsHonor.com or PetSmart, Wild's, and Pets Plus stores near you. Prices range.

Santa's Pet Picks from PetSmart



The most festive gifts for pets are at PetSmart this season, with top picks across a wide range of categories, including: **Toys:** Gift a toy that gives back with puppy and guinea pig plush toys by **Chance &**

Continued on page 30

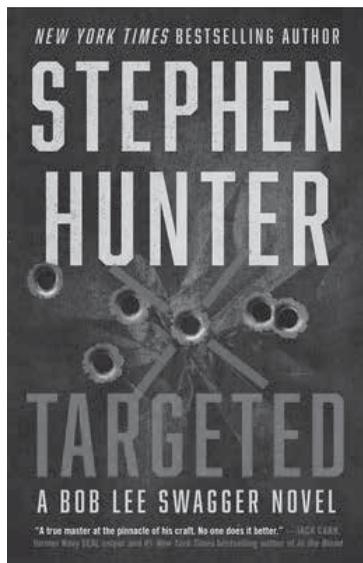
December Book Club

Continued from page 14

and is a must-read for science fiction fans everywhere,” according to Publisher Skybound Books.

Targeted

By Stephen Hunter



“After his successful take-down of a dangerous terrorist, Bob Lee Swagger learns that no good deed goes unpunished. Summoned to court by the United States Congress, Swagger is accused of reckless endangerment by a hardheaded anti-gun congresswoman. But what begins as political posturing soon turns deadly when the auditorium where the committee is being held is attacked.

“Swagger, the congresswoman, and numerous bystanders are taken hostage by a group of violent criminals. Soon, the very people who had accused him are depending on him to save their lives. Trapped in the auditorium and still struggling with injuries from his last assignment, Swagger must rely

on his instincts, his shooting skills, and the help of a mysterious rogue operator on the outside to ensure that everyone makes it out alive.

“A heart-pounding and crackling action-packed novel, Targeted proves that Stephen Hunter is ‘a true master at the pinnacle of his craft. No one does it better,’” (Jack Carr, former Navy SEAL Sniper and author of The ‘Terminal List’), according to Publisher Atria/Emily Bestler Books.

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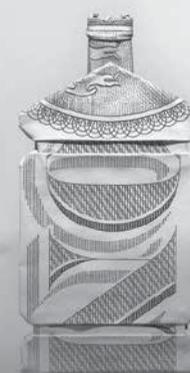
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Movie Preview

'Emancipation'

By Randal C. Hill

We all remember the slap seen and heard around the world when Will Smith smacked Chris Rock across the face during the live 94th annual Oscar ceremony, this coming after Rock made an unkind remark about Will's wife, Jada Pinkett Smith.

Since then, A-lister Smith has repeatedly apologized for his actions, but moviegoers now have concerns about the damage done to his career. Smith, a Best Actor award winner for "King Richard" at the same ceremony, has been banned from attending the prestigious ceremony for the next decade.

However, he can still be in contention for Academy Awards.

It is Will who stars in the forthcoming "Emancipation," a historical thriller that is already generating Oscar buzz at advanced showings. The monochrome movie, based on a true story, tells of a runaway Louisiana plantation slave named Peter, who plans to escape through the nearby swamps after a savage whipping nearly kills him. Before he flees, Peter shares his plan with some of his fellow slaves. One of them warns, "There are many ways to die in a swamp," to which Peter responds, "There are many ways to die here."

On his 10-day journey, he is pursued by slave hunters on horse-

back and vicious bloodhounds through the daunting morass. Once he is safely in the North, his back is photographed. The image appeared in the July 4, 1863, issue of "Harper's Weekly," which ran the heart-wrenching photo under the title "The Scrounged Back." Readers around the world registered shock when they viewed Peter's hideous constellation of thick scars crisscrossed with welts and strafe marks. That photo is said to have hastened the abolition movement.

"Emancipation" was written by Bill Collage and directed by Antoine Fuqua, who says of the release, "We have a lot of healing to do here, but if we can look with open hearts and open minds and have a real conversation about the ugly brutality and reality of slavery, which might help with the healing. I think it is important for people to see that."

"Throughout my career, I have turned down many films that were set in slavery," Will Smith said. "I never wanted to show us like that. And then this picture came along. It is a film about the heart of a man and what can be called the first viral image. Cameras had just been created, and that image of what Peter went through went around the world and was a rallying cry against slavery."

"Emancipation" shows in theaters on Dec. 2 and on Apple TV a week later.

Consumer Alert

Avoid Malicious Online Advertisements

Beware, cybercriminals target consumers with malicious ads that use scare tactics to trick them into downloading malware, including ransomware that takes over files to force victims to pay to regain access—but you can protect yourself.

The Problem

A new joint investigation—dubbed The Unholy Triangle—by the Digital Citizens Alliance, White Bullet, and Unit 221B found that consumers, who use online piracy sites to watch and download unauthorized movies and television shows, are highly susceptible to scams that prey on fears by deploying scare tactics and other dubious means to trick or entice users to click on dangerous ads.

Piracy operators, advertisers who use ads to install malware on computers (malvertisers) and ad intermediaries are reaping monster profits. The investigation found more than \$121 million in malicious ads on piracy sites. Nearly 80 percent of pirate sites served up malware-ridden ads to their users. And the volume of malvertising targeting pirate-site users is significant. Visitors to piracy sites faced an estimated 321 million ads designed to harm them.

The starkest example of the cyber threat was a ransomware attack that occurred while visiting a piracy site. Investigators were prompted to click on



Crooks lurk online. Be careful what you click on and keep malware protection current a new report advises.

an ad—but instead found their files locked up, followed by a demand to make a payment to regain access.

"Ransomware is the most serious cyber threat that consumers, small businesses, governments, and corporations face," said Tom Galvin, executive director of the Digital Citizens Alliance. "The revelations that piracy operators, malvertisers, and ad intermediaries are profiting by harming Internet users is a wake-up call that we need a concerted and coordinated response to combat this growing threat."

Previous Digital Citizens Alliance research estimates piracy is a \$2 billion-plus ecosystem fueled by illicit access to movies, TV shows, and live entertainment. While investigations have previously shown how piracy is used to infect devices, the Unholy Triangle report is the first to detail the relationship between piracy operators, malvertisers, and certain players in the ad intermediary ecosystem.

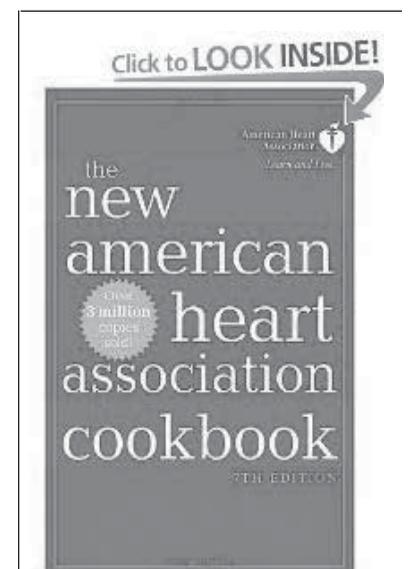
What You Can Do

Consumers need to be vigilant and protect themselves. Essential tips for maintaining your cybersecurity include:

- Visit only authorized content sites. If a movie or television show is free to download, it is most likely pirated/illegal content. While not every visit to a piracy site results in malware, the investigation found that—on average—1 in 6 times a visit to a piracy site leads to an attempt to serve malware.
- Do not click on advertisements. Never click on an ad that purports to know about viruses or specific information about your computer. It is a scam.
- Ensure that you use the most up-to-date anti-virus and malware protection software.

Learn More

The Unholy Triangle report can be found at: www.digitalcitizensalliance.org.



The Gadget Geezer

By Les Goldberg

New Year, New Tech Toys

As we enter the new year, it's a good time to sit back and reflect on the things we need to make our life easier in the coming months. Fortunately, those 'things' come in the form of gadgets, or consumer products that integrate the latest electronics and digital innovations available today.

Here's a small sampling of the advancements in technology designed for everyday use:

Light Bulb Camera

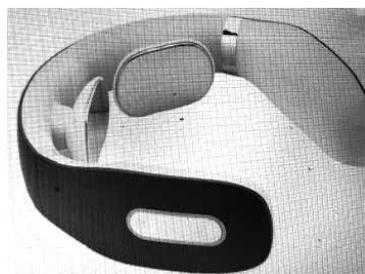


The latest technology breakthrough in affordable home security is the **Light Bulb Camera**, a high-resolution camera that screws into any standard lightbulb plug.

It connects directly to your home Wi-Fi and is viewable on any iPhone or Android smartphone.

In addition to its compact design and excellent night vision, it can pan in all directions, track motion, and hold a 64-gigabyte SD card to save on monthly payment charges. Price: \$23.99.

Pulse Point Neck Massager



As most of you who are reading this know, getting older means dealing with nagging neck and back pain. (I can hear you saying: 'Tell me about it!'). That is why so many technology-based products today try to give you relief, if at least temporarily.

Products like the new mobile **Pulse Point Neck Massager**, which is worn around the neck, are designed to relax tension while alleviating pain wherever you are located. Price: \$13.98.

The Chill Pill



If you use sleeping pills regularly, you already know they're not a smart long-term solution. Studies show that they can increase your risk of death more

than four times – without improving your sleep quality.

Taking the safer route is **The Chill Pill**. It's not a pill, but a new handheld device that you hold in your hand while you go to sleep.

Send safe electronic pulses that calm your brain and lull you to sleep in a matter of minutes. Moreover, it is designed to help reduce anxiety and panic attacks while restoring balance to your brain's neurochemicals. Price: \$16.89.

The Peppy Pet Ball



Speaking of chilling, here's a product that will keep your dog happy, and entertained and you, the owner, relaxed. **The Peppy Pet Ball** is a toy made of tear-resistant materials that can withstand lots of chewing while providing a game of automated fetch.

Its smart built-in programming technology moves the ball in a randomized pattern. This means the ball will bounce and roll in a variety of different directions, always keeping your dog guessing on its next move.

A single hour of charge can

provide up to eight hours of nonstop entertainment for your pup. Price: \$24.99.

BarxBuddy



While we are on the subject of dogs, check out this nifty gadget designed to help train your pooch to reduce barking, calm it down and improve its ability to pay attention.

The remote-control compact **BarxBuddy** has two modes:

- 1) Deterrent mode in which it emits a higher intensity ultrasonic sound while the flashlight flashes to drive more aggressive dogs away, and 2) Training mode which emits a lower intensity sound to assist in daily dog training, such as stopping excessive barking, fighting, biting, and correcting other unwanted behaviors.

The LED flashlight is rechargeable and has a 25-foot bright mode for walking your dog at night. And the product takes only about 1-2 hours to charge for about 30 days of regular use. It also features an adjustable wrist strap. Price: \$29.99.

The Alpha Heater



Are you ready for what the national weather services are predicting as a 'super cold winter?' Here in Southern California, we're not going to be buried in snow (except in the mountains), but we're not used to blustery cold temperatures near freezing either.

What we are going to suffer is the agony of high heating bills.

Introducing the **Alpha Heater**, a convection ceramic plug-in heater that the company says has 99.8 percent efficiency. It can heat any mid-sized room – living, den, dining, garage, RV – in less than one minute.

The small device also serves as an air filter with an antimicrobial filter to catch dust and prevent mold. It is portable and features a timer that will automatically shut the Alpha Heater off when the desired temperature is reached. Price: \$22.95 for one, \$48.95 for two, and \$64.99 for three.

All of these products are available at Amazon.com for the

Continued on page 30

What You Need To Know About Skin Cancer

Continued from page 21

explains the CDC. These cancers very rarely spread to other parts of the body, although they can grow into nearby tissues if not treated. One of the most common is surgery. That, however, can leave scars and have other serious side effects.

In addition, radiation therapy, chemotherapy, photodynamic therapy, immunotherapy, and other drug therapy may be tried. Each has its benefits and drawbacks.

Special Treatment

Fortunately for many people, dermatologist Dr. John Shen has developed a non-surgical treatment for certain kinds of basal cell and squamous cell carcinoma of the skin. This non-invasive treatment is a combination topical therapy called “The Shen Cocktail,” applied to the cancerous area and closely monitored for six-weeks.

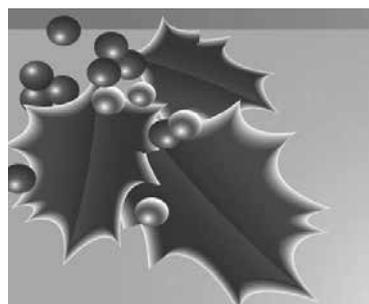
According to Dr. Shen, dermatologists in Australia, Europe, and the UK were using Imiquimod 5% Cream, sometimes with 5-Fluorouracil, to treat basal cell and squamous cell carcinoma.

He was inspired to add Tretinoin 0.1% Cream to the combination to peel off the top layer of skin so the other ingredients could signal the body’s immune response to attack the cancerous and precancerous skin cells.

Researchers have found “The Shen Cocktail” to have a 99% cure rate in people with basal and squamous cell carcinoma of the skin less than 2cm in width, another reason it’s important to get the disease dealt with as soon as possible.

Learn More

To treat as many people as possible and keep costs of treatment low, The Shen Cocktail is not trademarked or patented. To learn further facts, see videos or read academic papers about the treatment and to find out whether you may be eligible for the Shen Cocktail, go to www.shendermatology.com or call Shen Dermatology at (951) 526-2044.



*Happy Holidays
from the
Senior
Reporter*



Fabulous Finds

Continued from page 26

Friends. For each Chance & Friends purchase, \$1 is donated to PetSmart Charities, the leading funder of animal welfare in North America. And keep your small pets up on the latest holiday-hosting cuisine trends with a **charcuterie board chew**.

Treats: The holiday countdown is on with **Advent calendars** made for small pets or a **gingerbread house kit** that’s perfect for dogs, available later this month.



Festive Decor: New releases from PetSmart can set the holiday mood in your small pet’s habitat, including an Advent calendar cling for aquariums, and a **fireplace bubbler aquarium**.



Apparel: Make sure your favorite pets are dressed for the occasion with holiday lights and reindeer headbands, festive pajamas for dogs and small pets, and **Santa costumes** for all sizes.

Stocking Stuffers Under \$10: Top stocking stuffers from PetSmart include a reversible plaid bandana and a “Naughty or Nice” beanie for small pets.

Give the Gift of Pampering

Many shoppers prefer to gift experiences rather than tangible items, and that mindset extends to pets as well. A day at the spa salon can have pets looking and feeling their best this holiday season, and almost half of the pet parents (48 percent) plan to take their pets to the groomer ahead of holiday gatherings.

For those looking to go the extra jolly mile, **PetSmart salons** now offer a holiday add-on **Holiday Package** that includes a premium shampoo, conditioner, and cologne spritz, a choice of a holiday-themed bandana, a delicious holiday dog cookie and a coupon book with \$200 in discounts and savings.

The Salon Holiday Special is available while supplies last through Dec. 31, 2022. Pet age, health, and vaccination requirements apply. Appointments are subject to availability. See store associate for details.

For more information on deals, gifts, and other holiday happenings at PetSmart, including ways to shop and ways to give back, visit petsmart.com.

Kitties, and Cats

Mud Bay Felt Cat Cave Cat Bed: Give your kitty a cozy place to curl up. This hand-crafted bed exclusively from Mud Bay is made in collaboration with Kent-based company

Three Vectors from vegetable-dyed, felted New Zealand wool. \$49.99 at Mud Bay and shoplocal.mudbay.com

Ciao Gatto Cat Market Organic Cat Nip Sardines: Spoil your cat with this cute metal tin of three soft sardines hand-made from Oeko-Tex-certified natural linen cotton canvas and stuffed with U.S.-grown organic catnip by a woman-owned company. \$18 at Sfingiday (Capitol Hill) and sfingiday.com



Savvy Tabby Holiday Wand Cat Toy: Your festive feline will love this irresistible, holiday-themed wand toy with a feathery mouse to bat, bite and chase. \$5.99 at All the Best Pet Care and shop.allthebestpet-care.com

The Gadget Geezer

Continued from page 29

prices listed here, and all are perfect for starting your new year with the technology best suited to your needs. You’ve just gifted your friends and family during the holidays. Now it’s time to gift yourself.

Happy New Year!



Holiday Hints

Tis the Season for Streaming! Holiday Movie Tool Simplifies Movie Night

The next few months will be filled with holiday cheer—not just in spirit, but on our screens. From Thanksgiving hits to Christmas classics, there's no shortage of holiday movies to snuggle up with during the coziest time of the year.



From now through Christmas and beyond, a new database makes it easier to find and stream trending content.

But if you're like us, you might be suffering from the never-ending scroll brought on by content choice overload. You're not alone—a whopping 49% of viewers say they find it hard to know what content is on which streaming service. Meaning, we're all spending a lot of time clicking through what to watch, and where to watch it. While the luxury of streaming has made entertainment more accessible than ever before, it comes with the potential downside of spiraling into indecision.

An Answer

Enter the Holiday Movie Discovery Tool, just in time for the festivities. You can now explore the best movies of the holiday season all in one place.

Not only will you be able to find top-rated films for any mainstream holiday in seconds, you can also narrow the search based on rating and genre. Plus, you can instantly see where to stream your movie of choice.

Family-friendly, familiar or new, the Holiday Movie Discovery Tool is designed to connect viewers with trending movies for each season:

- Thanksgiving
- Hanukkah
- Christmas
- New Year's
- Valentine's Day
- St. Patrick's Day
- Easter
- Mother's Day
- Father's Day
- The 4th of July

Start getting into the holiday spirit today by finding the perfect seasonal storyline for you www.smartmove.us/streaming/holiday-movies.



Life After Mother

By Lyn Jensen

'Exploring probate and estate issues from personal experience.'

Living One Year at a Time

Answering the question, “What are you doing with the rest of your life?” can begin with, what's doing this holiday season — which takes up the rest of this year—and what are you doing with the coming year. I don't make resolutions, as those tend to be about habits that often require a change in lifestyle. I prefer to make plans and set goals, the kind of things that can be put on a list, given calendar space, and when they're done, they're done.



When I look back at what I've accomplished in 2022, and compare it to what I planned to accomplish, I find most of what I did get done involved putting the family home in my name, and managing my “new” household. I got probate closed and I now own a three-bedroom home, free and clear. I got the third bedroom painted and a dresser painted, the gate on the south side of the house replaced, and some broken-down lawn furniture disposed of. Whole carloads of haz-mat and scrap metal and obsolete electronics either got hauled away, or were given a permanent storage solution. I



got the family collection of antique dolls and toys repaired, spruced up, and on display.

I didn't have another estate sale, but I had a garage sale that earned me a week's worth of pocket money while taking more than a dozen surplus items off my hands.

Of course the life that happens as we make other plans interfered. I had several minor health and major dental issues that threw me off schedule. A sprinkler pipe broke, and four companies and four weeks (and several hundred dollars) went into fixing it. My car needed some major work I didn't anticipate.



Where I faltered most obviously though, was for anything that required more than checking off a “to do” list. Complicated open-ended projects like producing more income, organizing the family photos,



stamp collection, scrapbooks, genealogy, those are jobs that have no end. They'll eat up as much time as you can give them, month after month, year after year. Anything involving personal habits, too, whether “spend less money” or “get more exercise,” is more complicated and involves more motivation than simple household management.

Now that the house is organized, I've decided travel is my top priority for 2023, while I still can classify myself as an ‘active senior’ with both time and money. Looks like I can take an overnight ‘staycation’ to San Diego in March, and make a little longer trip to Arizona and the Grand Canyon later in the spring. If I can block two weeks in early fall, I can perhaps add ‘visit Mt. Rushmore’ to my list of lifetime achievements. Somewhere I'll attempt to squeeze in a visit to the relatives near Seattle. The house and everything in it will still be here for me to work on when I get back.

American Heart
Association



Jest a Moment: Electric Flyswatters Make Stunning Gifts

by Nick Thomas

Back in 2020, a bizarre news story described a man in France who, while in pursuit of an annoying fly, apparently ignited leaking gas with a spark from an electric flyswatter and demolished part of his home in the resulting explosion.

My mother also detested the flying nuisances in the house, especially when they inevitably circled our table just as the food arrived. While she wielded the traditional plastic flyswatter with laser-like precision, she was not opposed to emptying half a can of fly spray in the dining room killing both an elusive fly and our tastebuds under an aerosolized cloud of insecticide.

The commercial flyswatter originated in 1900 when an Illinois man patented a consumer version, while the high-tech electric swatter is generally credited to a Taiwanese inventor in the mid-1990s. As discoveries go, the printing press, electric light bulb, and wheel are often cited among humanity's best. Perhaps. But you can't take down a single house bug with any of them.

Despite my mother's aversion to fancy gadgets, when electric swatters became popular in the late 90s, I bought several and presented her with one for Christmas. A simple device delivering up to 3,000 volts,



"Amped up with a capacity to test her new electric flyswatter during the Christmas meal, the author's mother soon discovered family members were not insulated from the gadget's reach."

the low current makes them harmless to humans although they can deliver a surprising jolt. Shaped like a mini tennis racket, you simply push a button on the handle just before making contact with the aerial invader resulting in a loud and satisfying 'zap!' as it plummets earthward on its dying scorched descent.

Mom toyed with her new device a few times that Christmas, but after accidentally zapping another family member, the shock was too much — for both of them — so we encouraged her to resume her traditional insect massacring methods. Although contemporary models include a safety mesh preventing human contact with the wiring, I continue to brandish my original electronic bug slayer with delight and still consider it one of the most ingenious household inventions.

However, I rarely use mine for flies which only make spo-

radic appearances around mealtime. Apparently, they have no taste for my cooking. But I have found the electric swatter quite useful on larger airborne pests such as wasps, immobilizing them to make removal quite efficient.

They are also effective on cockroaches, notoriously difficult to catch as they speed skate across a surface to elude capture.

Of course, if you're fast enough, you can always impede a roach's progress with a regular flyswatter or other heavy weapon in hand, but they tend to 'explode' when whacked, discharging a mass of insect entrails that can turn even the most robust stomach. But after one touch from the nifty zapper, the stunned roaches can be easily scooped up for disposal.

While bugs may be less common in December, that hasn't prevented me from giving more as Christmas gifts over the years. With the exception of my mother, most recipients have safely added them to their bug-fighting arsenal throughout the year.

We lost mom some time ago, but she would have surely applauded that Frenchman's dedication to fly eradication (while scolding his failure to recognize gas seepage). I'm convinced if there were flies in

heaven when she arrived, it's a no-fly zone now.

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for many newspapers and magazines. See www.getnickt.org

Holiday Safety — Prevent Holiday Fires

Statistics show that the incidence of home fires and electrical accidents typically increases during the winter holiday season. To combat this, the Electrical Safety Foundation International (ESFI) is launching its annual holiday safety campaign by providing tips to help consumers prevent household fires and accidents caused by improper cooking, heating, and holiday decorating practices.

"According to the National Fire Protection Association, 860 home fires are caused by holiday decorations, while an additional 210 home fires are caused by Christmas trees per year," said ESFI President Brett Brenner. "Taking preventative measures when cooking, heating, and decorating can help prevent fires while you enjoy this festive time of year."

The organization's website,

holidaysafety.org, offers a variety of free-to-share resources that can be shared with your family, your workplace, and throughout your community. Follow these steps to help ensure your safety during the winter holidays:

Decorating Safety

- Twenty-five percent of holiday fires are caused by electrical decorations. Never leave these on while sleeping or away from home.

- When purchasing a live tree, check for freshness and be sure to water your tree daily until it's properly disposed of.

- Never leave an open flame, including the fireplace or candles, unattended.

- Keep young children and pets away from holiday lights, electrical decorations, and extension cords to prevent injuries.

- Use electrical decorations and lights only for their labeled purpose, indoor or outdoor. Don't use indoor decorations outside, as water and electricity should never mix.

- Keep all decorations three feet away from heat sources.

- Carefully inspect decorations before use. Cracked or frayed sockets, loose or bare wires, and loose connections may cause a shock or start a fire.

- Use only electrical decorations and lights that have been approved for safe use by a nationally recognized testing laboratory.

- Avoid plugging too many decorations into a single out-

Continued on page 35

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October 15 - December 7. Call our Medicare Information Hotline for more information:

714-965-2557



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FLOWER: 1/2 OZ | 1 OZ

INDICA HYDROPONICS

KUSH BREATH OG THC: 38% 120 240

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BALLS OF FIRE 36% 100 200

INDOOR SATIVA

DURBAN POISON THC: 35% 100 200

WEDDING CAKE 140

ICE CREAM CAKE 140

SUPER SKUNK 140

MEAN GREEN 140

TITAN 140

CAPTAIN KUSH 140

MATAMUSKA 140

JOLLY RANCHER GUMMIES 600MG 20

MOON ROCKS 1G 25

RAW GARDEN CARTRIDGE 1G 35

MAD PIG 102 | 11/2 OZ 80 100

CHOCOLATE THAI 80 100

AMNESIA HAZE 80 100

BIRTHDAY CAKE 80 100

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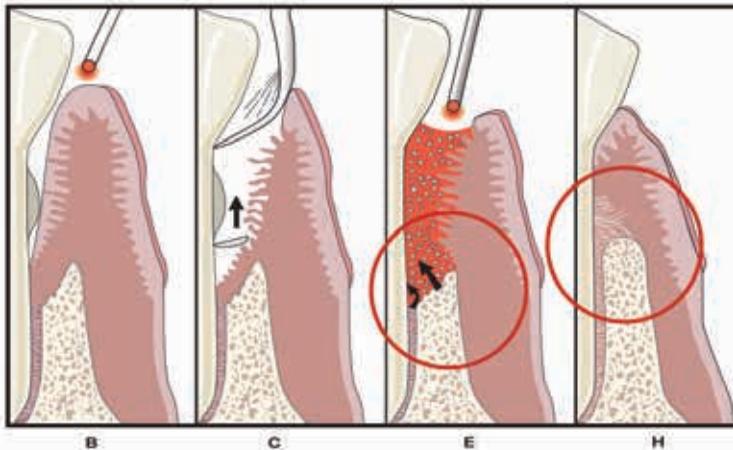
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1. Gregg RH II, Gregg DM. Laser-assisted periodontal regeneration with the LANAP protocol. *Dent Today* 2019 May;38(5):78, 80-83
2. FDA Clearance K151763



PHYSICAL THERAPY IN YOUR HOME



OUTPATIENT PHYSICAL THERAPY IN THE COMFORT OF YOUR HOME

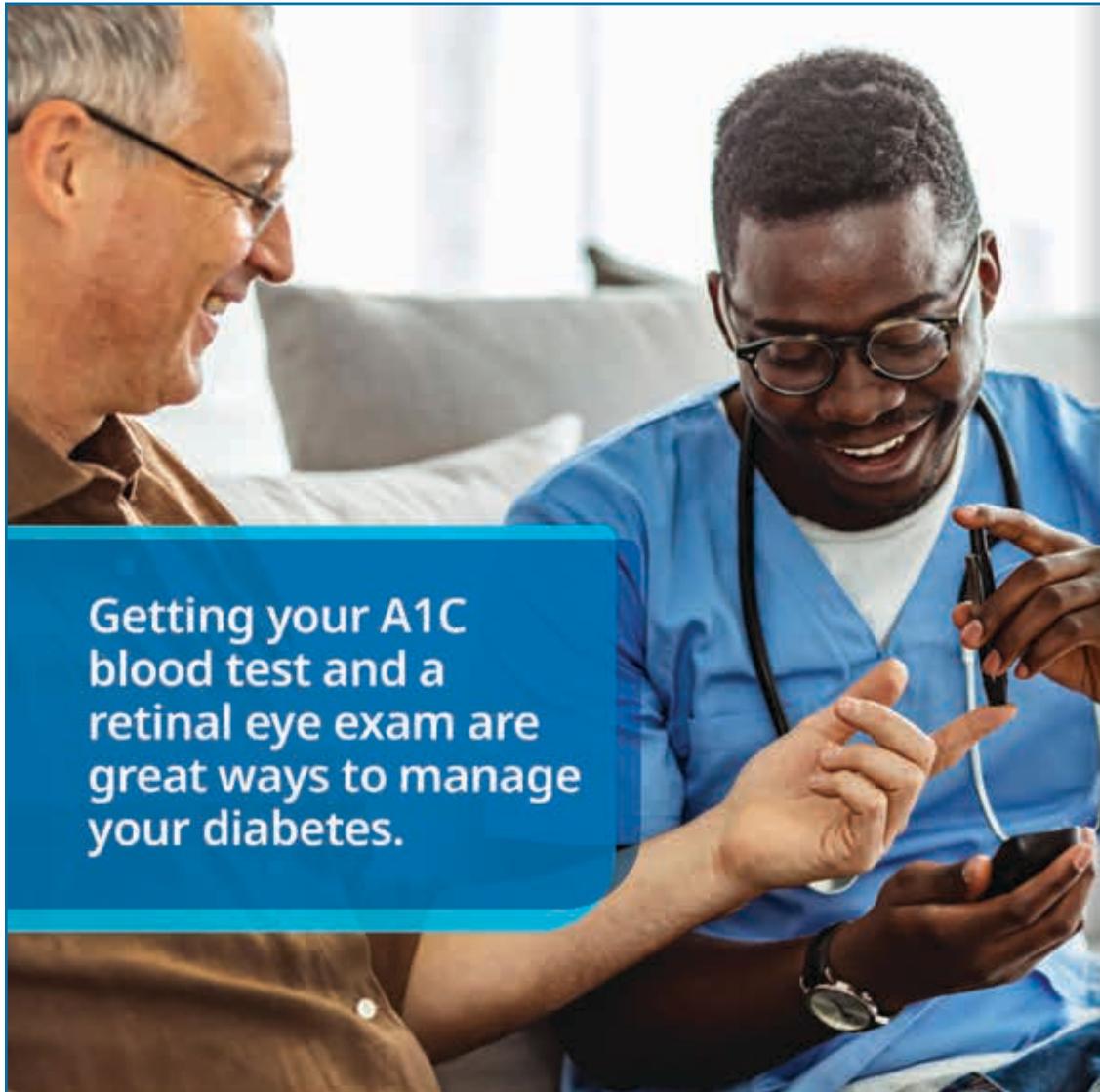
MEDICARE ACCEPTED

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



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CalOptima Health, A Public Agency

Prevent Holiday Fires

Continued from page 32

let. Overloaded outlets can overheat and cause fires.

- Ensure cords are not pinched in doors, windows, under heavy furniture, or rugs that could damage the cord and cause a fire.
- Always unplug decorations using the gripping area. Pulling on the cord could damage the wire and present a shock or fire hazard.

Heating Safety

- Replace worn or old heating pads and electric blankets. Look for dark, charred, or frayed spots or cracked or frayed electric cords.



- Do not allow anything on top of a heating pad or electric blanket when it is in use. It may cause the device to overheat.
- Keep anything that can burn at least three feet from heat sources.
- Never leave a space heater unattended. Turn off when leaving a room or sleeping.
- Never plug a space heater into an extension cord or power strip, as this could cause the cords to overheat and cause a fire.

- Never use a cooking stove to heat your home or dry clothes.
- Place space heaters on level, flat surfaces on the ground.
- Have a qualified service professional inspect your heating system annually.

- Install and maintain smoke and carbon monoxide alarms.

- Never use a space heater or appliance with a damaged cord.

Cooking Safety

- Keep anything that can catch fire away from your stove top.
- Always unplug countertop appliances when not in use.
- Double-check that everything is off when you finish cooking.

- Prevent fires by keeping your oven and stove top clean of grease and dust.

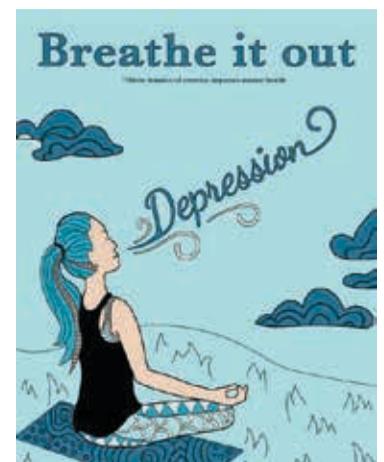
- Never leave the kitchen while cooking.

- Never cook while tired, drinking alcohol, or taking medication that makes you drowsy.

- Never disable a smoke alarm while cooking.

- Children should be closely supervised and kept at least three feet away from all cooking appliances.

- Keep anything that can catch fire away from your stove top.





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