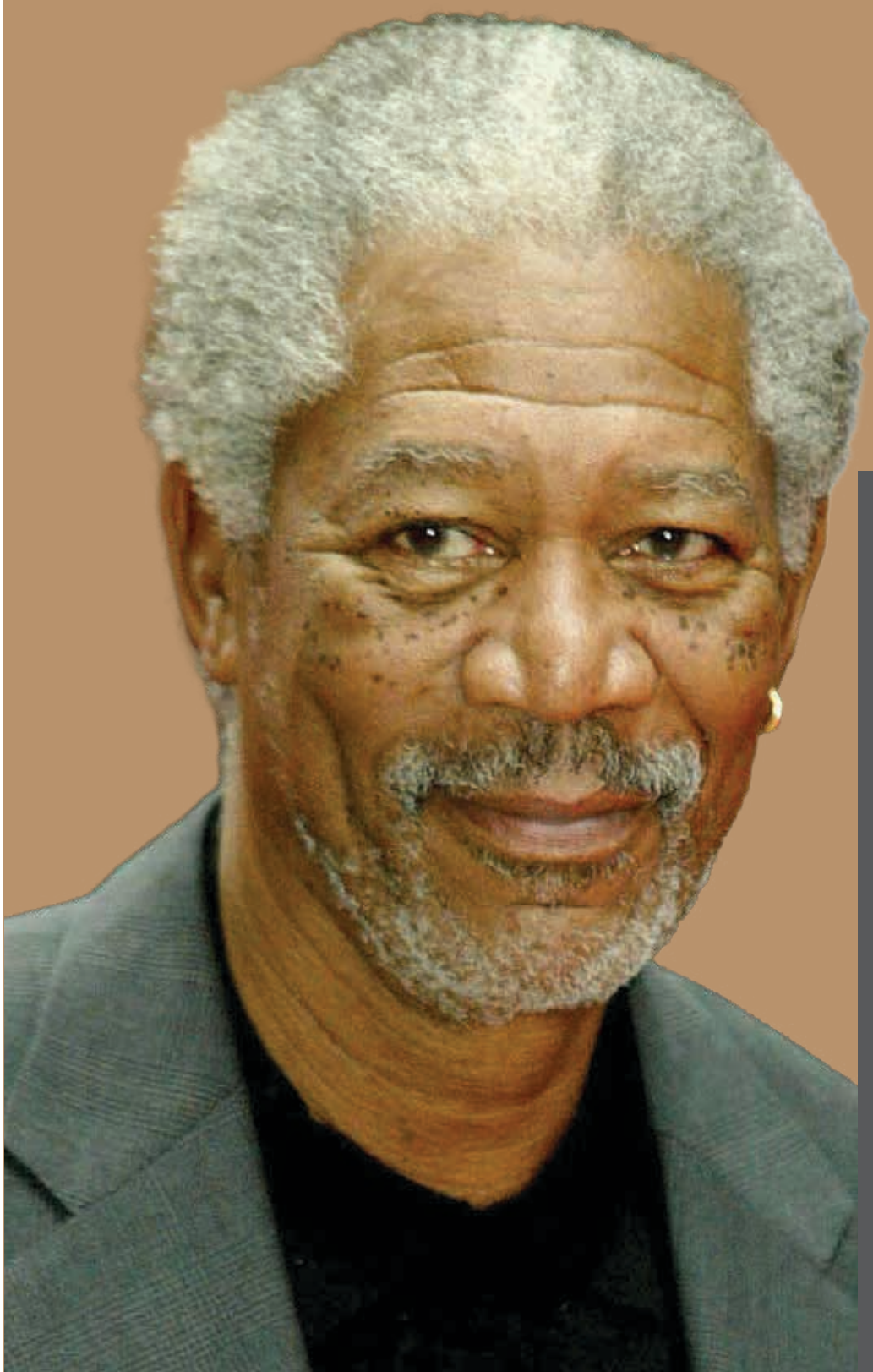
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VOLUME 53, NUMBER 11

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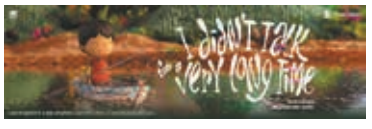
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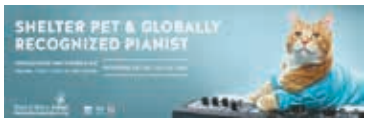


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A Clever Solution

Pat Vautrinot could never find a good way to get lotion on her back. The South Florida resident sometimes tried putting a cloth on a back brush.

"It was really kind of cumbersome," she said.

Now the local senior citizen reaches her back with ease. She purchased a seashell-shaped product from Solo Beauty.

"I love it," Vaurtinot exclaimed. "It is the right size, and you can reach the whole back. I have a back condition. This makes me feel much better if I keep lotion on my back."

Vaurtinot found out about the product when Kathe D'Alfonso, of Rochester, New York, decided to target South Florida for her invention.

"There are so many older people," D'Alfonso said. "The people buying them up here are elderly and disabled. Florida seems like a perfect place. I thought that Naples would be a great place to put an ad to start getting it out."

D'Alfonso started formulating the idea for her invention more than 30 years ago when she had skin cancer. That melanoma scare made her adamant about having sun lotion on any exposed skin.

"I needed to be able to reach

Continued on page 27

Morgan Freeman:

A True Renaissance Man

By Les Goldberg



Photo courtesy of FLICKR.

If you are like most Americans, you enjoy watching TV and the movies and maybe even attending a live theater play. It is safe to say then that one of the most prominent actors to appear in all those venues is Morgan Freeman.

At 89, he's still going strong. And when he is not on screen or on stage, he is a featured spokesperson in numerous commercials or offering his golden voice to ads, documentaries and audio books.

My favorite Freeman roles are many, but the standouts include his portrayal of Red, the redeemed convict in "*The Shawshank Redemption*," and Hoke Colburn in "*Driving Miss Daisy.*" But who can forget all his box office hits, like "*Glory,*" "*Lean on Me,*" "*The Bucket List,*" "*Attica,*" "*Amistad,*" "*Evan Almighty,*" "*Olympus Has Fallen*" and so many more.

His narrations, featuring his resonant deep voice, are distinctive in documentaries that include "*The Long Way Home,*" "*March of the Penguins,*" "*Through the Wormhole,*" "*The Story of God with Morgan Freeman,*" "*Our Universe and Life on Our Planet.*"

Throughout his six-decade-long career, Freeman has received numerous awards and accolades, including five Oscar and Golden Globe nominations. Playing a former boxer in Clint Eastwood's sports drama "*Million Dollar Baby*" (2004), he

Continued on page 6



'Down at the Heels'

By Randal C. Hill

Some people swore by Earth Shoes; others swore at them. Supporters claimed that the footwear fostered good posture and alleviated foot problems. Opposers maintained that such maladies were made even worse.

Whichever outlook was embraced, there's no denying that Earth Shoes became a "must-have" item during the 1970s.

In summer 1969, advertising worker Eleanor Jacobs felt miserable. She and her photographer husband, Raymond, were on a European vacation, and Eleanor's back was aching, as had been since her first pregnancy.

"Everywhere we went, I kept buying shoes, hoping they would help," she recalled.

But those purchases never solved the problem.

One day in Copenhagen, Eleanor visited a store filled with clunky, unorthodox shoes that featured a wide front and heels lower than the toes. She slipped on a pair and — voila! —instant relief. The Jacobses learned that the shoes' patent belonged to Anna Kalso, who at that moment was walking in Greenland on a shoe-testing trek. When Anna returned to the shop, the Jacobses approached her with the idea of them opening a similar business in New York.

Earth Shoes had had their origin more than a decade earlier, in a dense, rarely traversed Brazilian jungle. Kalso, a yoga instructor/good-posture advocate, had become fascinated by the age-old footprints there. She had learned that indigenous folks had obviously possessed excellent posture, and she wanted to know why.

She found that for generations jungle people had navigated their terrain by sinking their heels into the spongy earth as they walked. In doing so, they had been forced to stand erect along the way. Inspired, Kalso jetted back to Copenhagen to design and create styles of wide-toed leather shoes that sat lower at the back than at the front. For years afterward, she undertook treks of up to 500 miles each to test her latest funky footwear.

Kalso had already rejected some Americans who had approached her with a business proposal, but this time she felt that perhaps the vibes that the Jacobses radiated were valid. (Still, she insisted on checking their birthdates with astrology charts before granting her approval.) Anna also mandated a pair of odd caveats: The shoes wouldn't be advertised, and the couple's store would be located away from busy streets.

Raymond and Eleanor lived on a quiet street in Manhattan, and the shop below their apartment happened to be for rent. The couple signed contracts promising royalties to Anna, and, just before the first Earth Day celebration in 1970, the Earth Shoe Co. opened for business. (In a nod to counterculture coolness, a free perk offered to store employees was a course in Transcendental Meditation.) Word of the weird new shoe offering spread quickly among Big Apple hipsters.

In America, the Jacobses' business boomed, with "well-heeled" customers paying an average per-pair price of $35 ($250 now). By 1976, annual sales reached $14 million. Sadly, Raymond and Eleanor's business went bankrupt the next year, due to daunting competition from nearly 100 rivals selling knockoffs of the original Kalso design.

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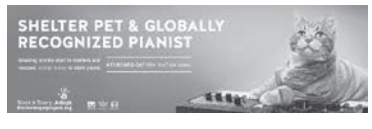
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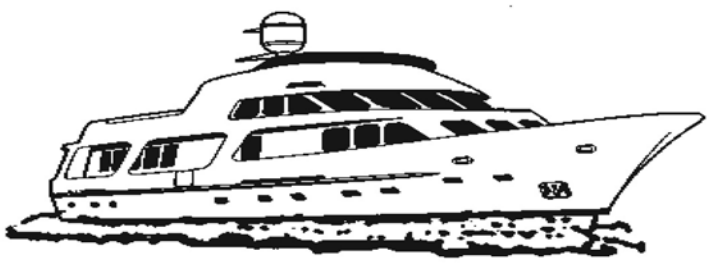
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Morgan Freeman

Continued from page 4

won the Academy Award for Best Supporting Actor.

He was honored with the Kennedy Center Honor in 2008, an AFI Life Achievement Award in 2011, the Cecil B. DeMille Award in 2012, and Screen Actors Guild Life Achievement Award in 2018. In a 2022 readers' poll by "*Empire*," he was voted one of the 50 greatest actors of all time.

Born in Memphis, Freeman is the descendant of slaves. His ancestry discovered that his great-great-grandfather was white, and that most of his ancestors came from the Congo-Angola region of Africa.

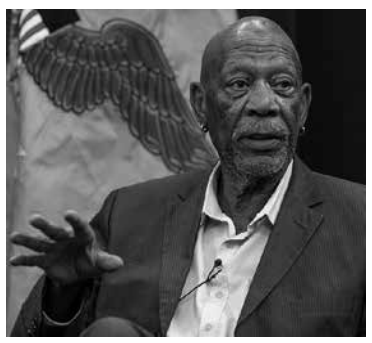


Photo courtesy of PICRYL.

As an infant, Freeman was sent to his paternal grandmother in Charleston, Miss. During his childhood, however, he moved frequently, finally landing in Chicago, where he made his acting debut at age nine, playing the leading role in a school play.

At the age of 12, he won a statewide drama competition and discovered music and theater. After graduating from high school in 1955, he turned down a partial drama scholarship to Jackson State University to enlist in the U.S. Air Force.

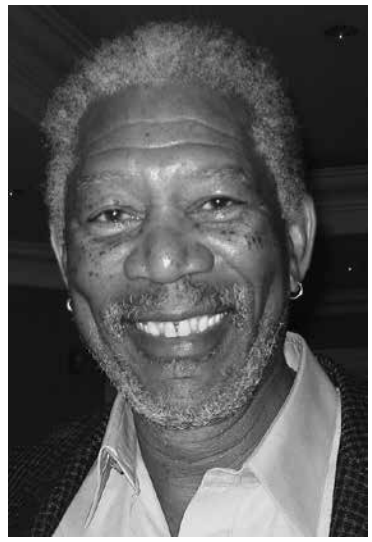


Photo courtesy of Wikimedia Commons.

Following his discharge in 1959, he moved to Los Angeles, took acting classes at the Pasadena Playhouse and studied theater arts at Los Angeles City College, where a teacher encouraged him to embark on a dance career.

After several dancing jobs, he decided that his heart was really into acting. From 1964 to 1988, Freeman could be seen on Broadway in plays that included *"The Royal Hunt of the Sun," "The Pawnbroker"* and the all-black version of *"Hello, Dolly!"*

He also was active in TV roles, including *"The Electric Company," "The Mighty Gents," "Eyewitness," "Another World,"* and "*That Was Then ... This Is Now."*

His big screen movie breakthrough came in 1989 in "*Glory*," starring as a Union Army sergeant in the Civil War. Next, he starred in "*Driving Miss Daisy," "Lean on Me," "Robin Hood; Prince of Thieves"* and others that catapulted him into one of Hollywood's most sought-after actors.

From the hit films *"Outbreak," "Shawshank Redemption," "Amistad"* and *"Kiss The Girls*," to *"Sum of All Fears"* and "*Million Dollar Baby*," he caught the praise of movie critics everywhere.

Freeman also was admired by his co-stars, including rapper Common from the movie "*Wanted:* "Freeman is a cool guy. He'd be walking around joking and singing and just dancing. You know, artists are free and I just felt the freedom in him."

Throughout this century, one of the most prolific actors of our time has continued to entertain us with his multi-genre presence. Following last year's release of "*Now You See Me: Now You Don't,"* he was asked about the possibility of retiring. Freeman's answer:

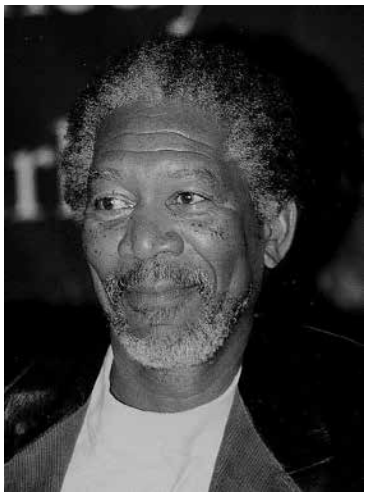


Photo courtesy of Wikimedia Commons.

"Sometimes the idea of retirement would float past me but, as soon as my agent says there's a job or somebody wants you or they've made an offer, the whole thing boils back into where it was yesterday. 'How much you're going to pay, where we're gonna be?' The appetite is still there. I will concede that it's dimmed a little, but not enough to make a serious difference."

Good to hear!



December Bride: A Golden Age Sitcom Pioneer

During the Golden Age of Television, the classic domestic sitcom took root in American culture, offering viewers lighthearted comedy centered around suburban living, family dynamics, and light romantic intrigue. One of the standout programs of the 1950s that captivated television audiences were "*December Bride*." Airing on CBS from October 1954 to May 1959, the show ran for five successful seasons and 156 episodes, establishing itself as a top ten Nielsen ratings hit for much of its tenure.

Origins and Premise

Created by writer Parke Levy — who based the central character on his own mother-in-law — "*December Bride"* began its life as a CBS radio show running from 1952 to 1953.



Recognizing the growing popularity of visual broadcasting, CBS transitioned the property to television in the fall of 1954, produced in partnership with Desilu Productions.

The title refers to the idiom "December romance," describing courtship later in life. The series follows Lily Ruskin, a charming, lively 60-year-old widow living in Westwood,



Photo courtesy of Wikipedia.

LA. Lily moves in with her daughter, Ruth Henshaw, and her son-in-law, Matt Henshaw. Unlike the typical mother-in-law tropes of 1950s television, Lily is warm, sharp-witted, and deeply loved by her family. She stays active writing a newspaper advice column called *"Tips for Housewives"* while her family and friends continuously scheme to match her with eligible bachelors.

Cast and Characters

The success of "*December Bride"* was largely driven by its strong ensemble cast:



Photo courtesy of IMDb.

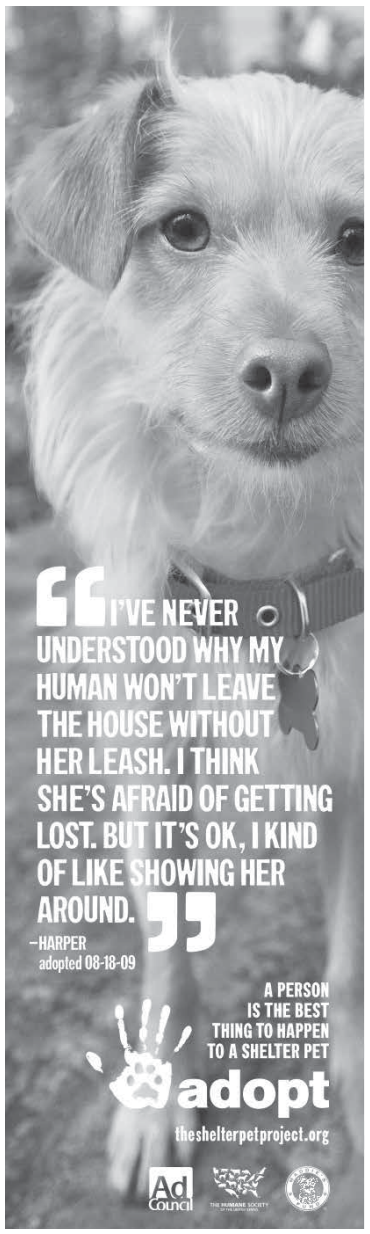
Spring Byington as Lily Ruskin: Byington, an accomplished Oscar-nominated movie actress, brought immense warmth, dignity, and comedic charm to the role of Lily. Her portrayal subverted the era's cliché of intrusive mothers-in-law, making Lily the beloved heart of the home.

Frances Rafferty and Dean Miller as Ruth and Matt

Continued on page 27

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Savvy SENIOR

by Jim Miller

Where to Get Help Timing Your Social Security

Dear Savvy Senior,
Can you recommend any online tools or services to help soon-to-be retirees figure out the best time to start collecting Social Security benefits? My wife and I are approaching retirement, and we don't have much savings, so we want to make sure we choose a strategy that maximizes our lifetime benefits.
— Need Some Help



Dear Need,
You're asking a really smart question. When you start Social Security can make a big difference in your lifetime income, so it's worth taking some time to compare your options before you file. Here's what to consider before you claim.

Key Factors
You can claim Social Security retirement benefits as early as 62. But claiming before your full retirement age permanently reduces your monthly benefit. For most people approaching retirement today, full retirement age is 67. If you claim at 62 instead of 67, your monthly benefit will be about 30 percent lower. On the other hand, if you wait past your full retirement age, your benefit increases by 8 percent for each full year you delay, up to age 70.

But age isn't the only factor. Your health, family longevity, whether you plan to work in retirement, taxes, and spousal or survivor benefits can all affect your decision.

For example, when one spouse is the higher earner, delaying that person's benefits can increase the survivor benefit the other spouse may receive. That can be particularly important for married couples.

It's also worth knowing that Social Security representatives can explain the rules and tell you how your benefits are calculated, but they generally won't tell you when you should start collecting. That's a decision you'll need to make based on your own situation.

Gather Information
A good first step is to visit *ssa.gov/myaccount* to get your personalized Social Security statement. It estimates your retirement benefits at different claiming ages based on your actual earnings history.

You should also consider how long you may need your benefits. A quick estimate is available at *ssa.gov/oact/population/longevity.html*. For a more detailed estimate, try *livingto100.com*. Knowing your potential life expectancy can help you weigh starting earlier for income against waiting for larger monthly payments.

It's also important to look at your other sources of retirement income, such as pensions, savings and part-time work. These can affect how much you need from Social Security in your early retirement years.

Online Calculators
Once you have your benefit estimates and a better idea of how long you may need your Social Security, online calculators can help you compare different claiming strategies.

Open Social Security at *opensocialsecurity.com* is a free tool that lets you compare different claiming ages and estimates which strategy may provide the most total spending dollars over time.

Or, if you want to dig a little deeper, Maximize My Social Security at *maximizemysocialsecurity.com* costs $49 for one year. It lets you run what-if scenarios for married couples, divorced or widowed individuals, including situations where one spouse claims while the other continues working.

Professional Help
If you prefer face-to-face guidance, consider working with a fee-only CFP professional who has experience with Social Security claiming strategies. They can help you compare different claiming ages and coordinate Social Security with your other retirement income.

You can find fee-only planners through the National Association of Personal Financial Advisors at *napfa.org*. A planner can be especially helpful if you're divorced, widowed or have other complicated circumstances that could affect your benefits. Ask about fees before hiring someone.

Taking some time to compare your options now can help you make a more informed decision about when to claim. And if you decide to delay your Social Security benefits, remember that you generally still need to deal with Medicare at 65.

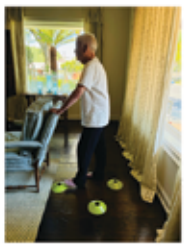
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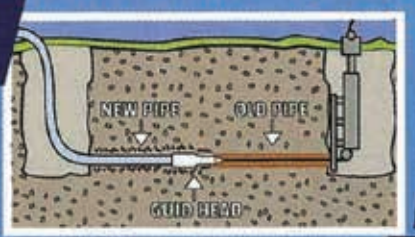
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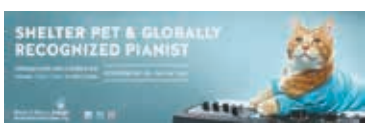
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On the Road (Water) Again ...

Relax and Enjoy Local Cruising

By Shana McCann

Maybe you are reluctant to fight Southern California traffic. Maybe you have been there, done that with the usual tourist sites. Don't worry, let me suggest a relaxing, enjoyable alternative within your travel and budget reach.

I'm talking about local champagne brunch cruises launching from LA, Long Beach and Orange County.

For a little more than $100, you can escape for two-hour boat rides around the Marina del Rey and Newport Beach harbors, complete with a chef-prepared, delicious brunch buffet with unlimited champagne, sparkling cider and bottomless mimosas.

During the entire cruise, you are entertained with live musicians.

Marina del Rey

Leaving out of Fisherman's Village at 13755 Fiji Way, the modern and fully equipped cruise boat offers spectacular views of the Southern California coastline and clear blue waters, including the scenic harbor and landmarks like the Balboa Peninsula and Mariner's Mile.

As someone who as born and raised in West Los Angeles, and loves being on and near the water, the cruise was a welcome escape from the hustle and bus-



tle of the big city. Others on the boat agree:

"What a great trip," said Albert DeFriese, 64, of Glendale. "The food was great and plentiful, and the staff was very hospitable. I enjoyed every minute of the experience."

Marge O'Connel, 70, of Valencia added that "everything about the cruise was perfect, even the weather."

Long Beach

This fully narrated Long Beach harbor cruise is only $15 and lasts for 45 minutes. It features stunning views of the Long Beach skyline, the iconic Queen Mary and the Aquarium of the Pacific.

As the cruise unfolds, you will be able to witness playful California sea lions and impressive cargo and container ships from around the world. Along the way, enjoy insightful commentary detailing the harbor's historical and economic importance.

Former passenger Jill Simpson, 76, of Lakewood, said the "the experience was exhilarating, enjoyable and interesting, especially with the expert narration from the tour guides onboard. I am definitely going to do it again."

Orange County

Similarly, the cruisegoers in Orange County enjoyed their experience on the comfortable yachts leaving from the Newport Beach departure location at 2431 West Pacific Coast Highway.

According to Jim and Sylvia Brewer of Placentia, "we enjoyed everything about the champagne cruise from the time we arrived until we left. The food selection was excellent with lots of choices and tons of desserts."

The scenic highlights of the cruise are the former home of Shirley Temple, the surfer haven at The Wedge and the magnificent landscape of Corona del Mar State Beach.

Getting Ready to Launch

It is recommended by the cruise hosts in each location that you bring sunglasses and wear weather-appropriate clothing. The dress code is upscale to business casual. For more information about rates, availability and booking, go online to www.citycruisescalifornia.com and www.getyourguide.com.

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- How will this affect YOUR Medicare insurance plan for 2027?
- Will your Medical Group and doctors still be covered in 2027?
- Is there a plan that is cheaper and with better benefits?
- What are my options?
- Are you confused by Medicare? [You are not alone!]

Call, text or email to schedule a one-on-one meeting in person, online, or by phone. There is no cost or obligation to you.



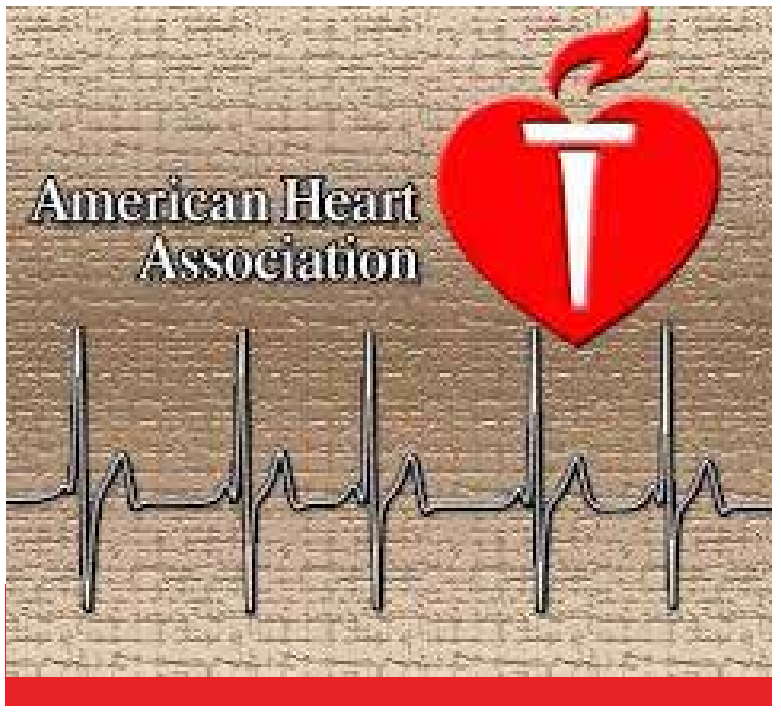
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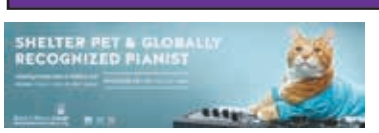


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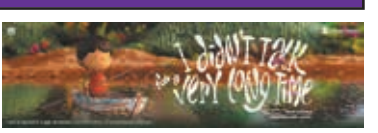


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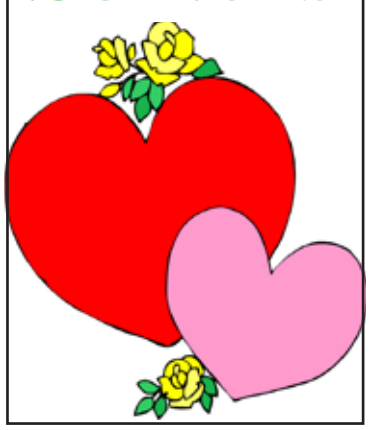






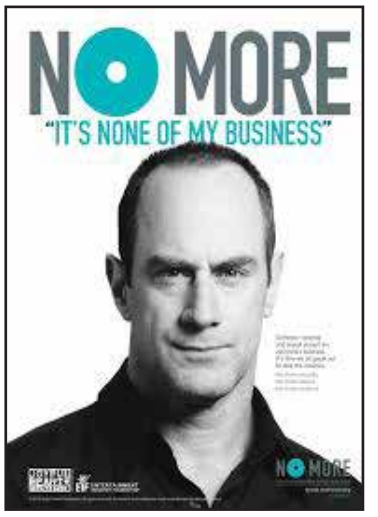


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Medicare Questions ? Changes ? Turning 65 ?

◆ Know Your Options ◆ How to Enroll / Sign up ◆ How to Change Plans

October 15 - December 7 Medicare Annual Election Period

Here to help with your opportunity to :
- Re-evaluate your coverage
- Make changes
- Understand 2026 & 2027 Medicare Benefits
- No Fees for my help: *Phone or In-person*



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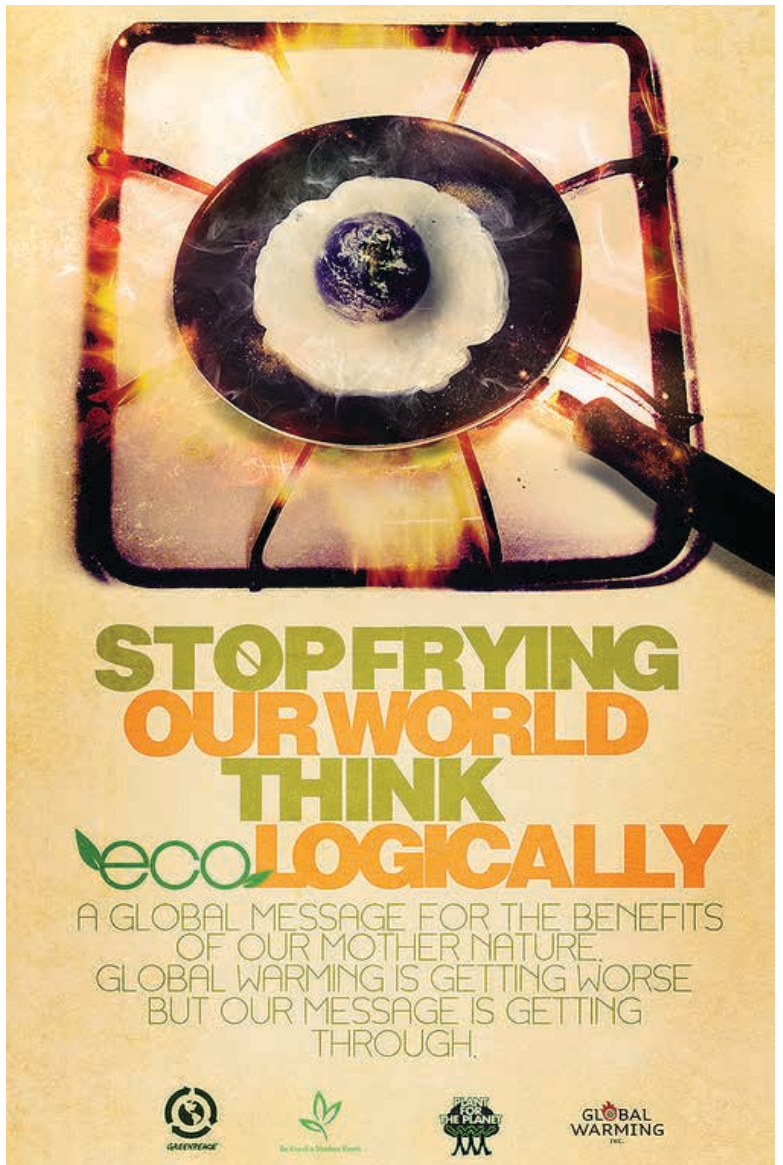
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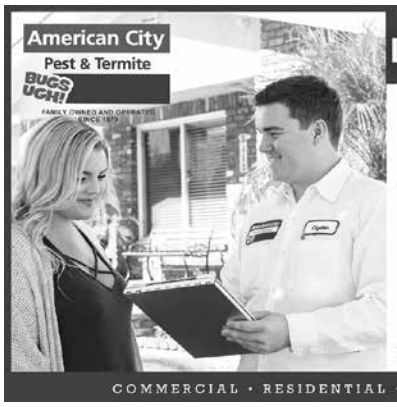
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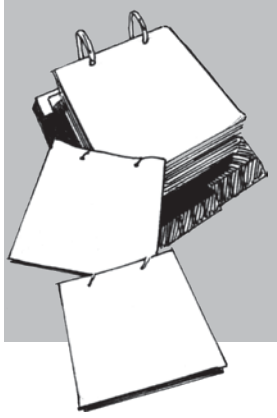
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NOVEMBER Calendar of Events











November brings holiday markets, live entertainment, community celebrations and Thanksgiving traditions to Orange County and Long Beach. From artisan shopping and close-up magic to theater, concerts, holiday lights and seasonal whale-watching excursions, there are plenty of ways to enjoy the month.

Oktoberfest

Huntington Beach

Through Nov. 8

Celebrate the final days of Oktoberfest at Old World Festival Hall, where festivities include German food, imported beer, live music, games and competitions. Check the website for daily hours, admission and age restrictions.

LOCATION: Old World Festival Hall, 7561 Center Ave., Huntington Beach. INFORMATION: Oktoberfest details or call 714-895-8020.

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Artisan Market

Aliso Viejo

Nov. 8, 11 a.m. to 3 p.m.

Shop locally made goods from artists, crafters and designers at this free, family-friendly market. Browse handmade crafts, accessories, home décor and seasonal gifts. Food will be available for purchase.

LOCATION:AlisoViejoRanch, 100 Park Ave., Aliso Viejo. INFORMATION: City of Aliso Viejo.

The Laugh Track

Long Beach

Nov. 4 to Nov. 22

International City Theatre presents Wendy MacLeod's comedy inspired by Madelyn Pugh, one of Hollywood's first female television writers. The play explores the challenges of working in early television and Pugh's role in helping shape the beloved sitcom *I Love Lucy*.

LOCATION: Beverly O'Neill Theater,

Long Beach Convention and Entertainment Center, 330 E. Seaside Way, Long Beach. INFORMATION / TICKETS: International City Theatre or call 562-436-4610.

Little Women: The Musical

Long Beach

Nov. 6 to Nov. 22

Musical Theater West brings Louisa May Alcott's story of the March sisters to the stage. Follow Jo, Meg, Beth and Amy as they navigate family, ambition, growing up and the pursuit of their dreams in this musical adaptation of the classic novel.

LOCATION: Carpenter Performing Arts Center, 6200 E. Atherton St., Long Beach. INFORMATION / TICKETS: Musical Theater West or call 562-856-1999.

Miel San Marcos Conference 2026

Long Beach

Nov. 6 to Nov. 7

The Guatemalan Christian worship band Miel San Marcos headlines this two-day worship and leadership gathering. The program includes teaching sessions and live worship performances, with Elevation Español scheduled for the opening night and Miel San Marcos featured Saturday.

LOCATION: Terrace Theater, 300 E. Ocean Blvd., Long Beach. INFORMATION: Miel San Marcos or Long Beach Convention and Entertainment Center.

Veterans Day Events

Orange County

Nov. 11

Communities throughout Orange County will mark Veterans Day with ceremonies honoring military veterans and those who served the country. Events vary by city, so check local listings for ceremony times, locations and participation details.

LOCATION: Various locations throughout Orange County. INFORMATION: Orange County Veterans Day events.

Holiday Home Tour and Gift Boutique

Tustin

Nov. 13

Tour three decorated homes and a neighboring garden while taking in local architecture, landscaping and holiday décor. The event also features a gift boutique. Proceeds from the annual Jack and Jill Guild fundraiser benefit CHOC Children's Hospital. Home-tour addresses are provided with tickets.

LOCATION: The boutique is at Clifton Miller Community Center, 300 Centennial Way, Tustin. INFORMATION:Holiday Home Tour and Gift Boutique.

Magic at the Majestic: An Intimate Evening of Wonder with David Minkin

Anaheim

Nov. 14 to Nov. 15

Enjoy close-up magic, laughter and mystery at the Anaheim Majestic Garden Hotel. The shows feature a rotating cast of magicians performing illusions just feet from the audience.

SHOWTIMES:Saturday at 2:30, 5 and 7:30 p.m.; Sunday at 2:30 and 5 p.m.

LOCATION: Anaheim Majestic Garden Hotel, 900 Disneyland Drive, Anaheim. INFORMATION / TICKETS: David Minkin's website or call 480-359-7469.

Old World Christmas Fest and Market

Huntington Beach

Beginning Nov. 15, to Jan. 3, 2027

Explore a German-style holiday market filled with festive decorations, twinkling lights, seasonal treats, live music and family activities. The indoor European shopping village features artisans, crafts and gift ideas for the holiday season.

LOCATION:

Old World Village, 7561 Center Ave., Huntington Beach. INFORMATION:Christmas Market OC.

St. Martin Day Lantern Parade

Huntington Beach

Nov. 15 Check official event schedule for time

Gather the family for a traditional lantern parade at Old World Village. The free event celebrates St. Martin's Day with a festive community gathering.

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

INFORMATION:

Event details.

Continued on page 22

The Gadget Geezer

By Les Goldberg

Cool Gadgets for Cooler Days

Traditionally, the fall season is for shopping, sales and new product introductions. That is why, whether you are looking for holiday gifts or you are treating yourself, we enjoy giving you some ideas on the best way to spend your hard-earned dollars.

Like death and taxes, one thing that is certain about this time of the year is preserving your holiday and seasonal memories. And, to do that, you'll need a quick and easy way to capture, organize and store your digital photos. Thankfully, technology has a solution:

Photo Backup



Photo courtesy of Clickfree.

Major tech experts agree, the **Clickfree** is the clear winner in the photo backup category. It does everything you want to organize and store your precious digital with features that include one-click backup, automatic file detection, compatibility with the PC and Mac, large storage capacity, easy set-up, plug-and-play simplicity, duplicate file skipping and video backup.

Clickfree does not require adapters or wire and easily fits into pockets and purses.

My favorite feature: it lets you upload old photos with your phone—without a scanner. The results are just like professional digitization. Price: $34.99

Smart Ring



Photo courtesy of Herz P1.

When Smartwatches were introduced several years ago, they were all the rage as folks could look on their wrists to check their steps, blood oxygen and sugar, sleep habits and other health indicators. Today, they are being challenged by the **Smart Ring**, a growing bestseller in the wearable tech category.

And, according to "*The Consumer Advisory Report,*" the **HerzP1 Vital Health Ring** rates the highest. It is considered ideal for seniors with a complete set of features, its lightweight, waterproof design, long battery life, and user-friendly interface. Price: $59.99.

E-Readers



Photo courtesy of Amazon.

Without a doubt, the word E-Reader has become synonymous with the Amazon Kindle. Until now, the popular digital pocket library has been limited to black-and-white displays. Not anymore. The company just introduced its **Kindle Colorsoft Signature Edition** 32-gigabyte (GB) model.

In addition to its sharp color display, it features an auto-adjusting front light, wireless charging and long battery life. For the first time, you can see your book covers in color and instantly access more than 15 million titles in the Kindle Store worldwide.

The Kindle Colorsoft also allows you to read in the "dark mode" for comfortable reading in low light, and its glare-free display lets you read in bright sunlight. Price: $289.99.

Smart Bird Feeders

In my semi-retirement years, one of the things I like to do to relax and enjoy the peace and quiet of my quaint backyard is watch the birds flock to my traditional non-tech bird feeder. They come and go so quickly that I often miss the occasional rare species and interaction that make birdwatching fun.

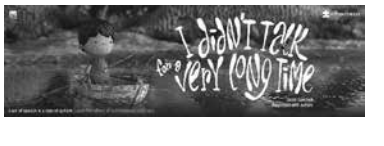


Photo courtesy of Happy Birdy, Inc.

That is why I will soon be switching to a Smart Bird Feeder like the top-rated **Happy Birdy.**

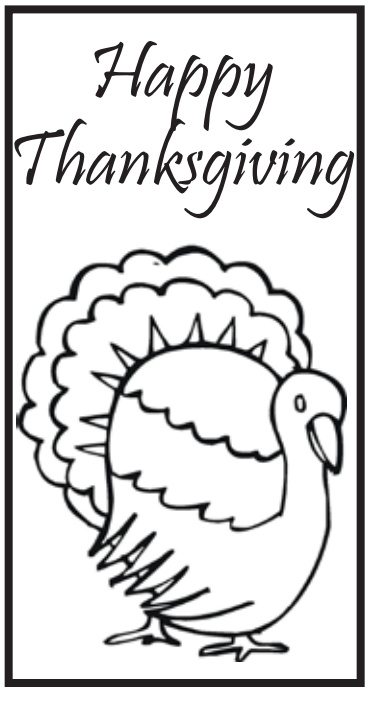
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PASADENA, Calif., Sept. 1, 2026 – Tournament of Roses Parade fans can buy "the best seats in the house" without camping out for days on the streets of Pasadena, Calif. in hopes of nabbing a great parade-watching spot. That's right. While tickets last, reserved grandstand seats for prime parade viewing are available through Sharp Seating, the ONLY Official Seating and Ticket Company of the Tournament of Roses Parade for more than 85 years.

The 138th Tournament of Roses Parade will roll through the streets of Pasadena on Friday, January 1, 2027. This immensely popular event that attracts 40+ million TV viewers and more than a million visitors from around the world to Pasadena annually will be here in no time.

Parade fans wishing to secure reserved grandstand seats are urged to place their ticket orders now for the best selections. Tickets are going fast for seating at what is historically known as "TV Corner," which offers the same views seen on Rose Parade television broadcasts. Prices range from $82-$133 per seat, depending on location, plus $57.50-$67.50 for a parking permit.

"The Tournament of Roses is one of the greatest spectacles in the world," said Sharp Seating President Sindee Riboli. "Nothing else compares with its magnificent floral floats, high-stepping marching bands and exceptional equestrian units. Musicians and equestrians from around the globe compete to be in the Rose Parade, so viewers really enjoy the best of the best. While the floats look beautiful on television, they are breathtaking to see live. It's truly a not-to-be missed, experience of a lifetime."

Sharp Seating also provides tickets for a variety of pre- and post-parade events. Fans can purchase tickets for close-up previews of the Rose Parade's legendary floats while the finishing touches are being applied at Decorating Places December 28-30, 2026. Additionally, tickets are available to view the floats on display after the parade at Floatfest held January 1-3, 2027.

Another crowd-pleaser, Bandfest will feature bands from around the world showcasing their musical and marching talents with performances at Pasadena City College's football stadium Tuesday, December 29, 2026, at 2:00 p.m.; and two shows Wednesday, December 30, 2026 – 10:00 a.m. and 2:00 p.m.

At EquestFest — happening Tuesday, December 29, 2026, 10:00 a.m. – 3:00 p.m., at the Los Angeles Equestrian center — horse-lovers can meet many of the equestrians they will see on the parade route January 1st, and take photos with their beautiful horses. Visitors will also enjoy riding demonstrations and equestrian drills, as well as ongoing exhibits, musical performances and great food.

For more information or to purchase tickets to the Tournament of Roses Parade and other events, visit www.sharpseating.com or call (626) 795-4171. Sharp Seating recommends advance ticket purchases for all events as they often sell out quickly.

Off The Beaten Path

10 Cool Things You Might Not Know About November



Photo courtesy of Pixels.com.

November brings falling leaves, Thanksgiving and the countdown to the end of the year. But the 11th month also has a surprising history, celestial attractions and quirky traditions worth celebrating.

1. November used to be the ninth month. Its name comes from *novem*, the Latin word for nine. In the early Roman calendar, the year began in March, making November the ninth month. January and February were later added to the calendar.

2. It has two birthstones. November babies can claim either topaz or citrine. Topaz comes in a variety of colors, while citrine is known for its golden-yellow to orange hues.

3. Its birth flower is a cheerful one. The chrysanthemum, often called a mum, is November's traditional birth flower. The colorful blooms are popular in autumn gardens and seasonal arrangements.

4. Look up for the Leonids. November is prime time for the Leonid meteor shower, which typically peaks in mid-November. The meteors are among the fastest, traveling at about 44 miles per second. Under dark skies, patient observers may spot shooting stars.

5. The full moon has a furry name. November's full moon is traditionally called the Beaver Moon. The name is associated with beavers preparing for winter and the historical practice of trapping them for their pelts before waterways froze.

6. A dog named Laika made space history. On Nov. 3, 1957, the Soviet Union launched Laika aboard Sputnik 2, making her the first animal to orbit Earth. Sadly, she did not survive the mission.

Continued on page 28

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USO
Until Every One Comes Home

NOVEMBER Calendar

Continued from page 18

Blithe Spirit

Long Beach

Nov. 6 to Nov. 28;

Selected dates

Long Beach Playhouse presents Noël Coward's classic comedy about novelist Charles Condomine, whose séance brings back the ghost of his first wife, Elvira. The unexpected visitor creates chaos for Charles and his current wife, Ruth, in this supernatural comedy of manners.
LOCATION: Long Beach Playhouse, 5021 E. Anaheim St., Long Beach.
INFORMATION / TICKETS: Long Beach Playhouse or call 562-494-1014. Check the theater's schedule for performance dates and times.

Murder Mystery Scavenger Hunt

San Clemente

Nov. 21, 10:45 a.m.

Arrive by 10:25 a.m.

Put your detective skills to the test in this hosted, team-based mystery adventure. Follow clues, solve riddles and investigate suspects while exploring downtown San Clemente, including the pier area, beach trails and shops along Del Mar. The organizers say the puzzles are geared toward adults and may be too difficult for young children.
LOCATION: Downtown San Clemente; consult the ticket information for meeting instructions.
INFORMATION / TICKETS: Murder Mystery Scavenger Hunt. Use promo code OCNET for the advertised 25% ticket discount.

Dreamstate SoCal 2026

Long Beach

Nov. 20 to Nov. 21

Fans of electronic music can head to the Queen Mary Waterfront for this two-night festival centered on trance and techno. The event combines live performances with a large-scale waterfront setting.
LOCATION: Queen Mary Waterfront, 1126 Queens Highway, Long Beach.
INFORMATION / TICKETS: Dreamstate SoCal.

Dana Point Turkey Trot

Dana Point

Nov. 26 Thanksgiving Day

Make exercise part of the holiday with this annual community race organized by the Dana Point Chamber of Commerce. Events include a 5K, 10K, combined 15K and a kids' one-mile Gobble Wobble. The festivities also include a costume contest and fitness expo.
LOCATION: Dana Point Harbor area. Check the official website for the race start location and schedule.
INFORMATION: Dana Point Turkey Trot or call 949-496-1555.

Orange County Rescue Mission Turkey Trot

Tustin

Nov. 26 8 a.m.

Start Thanksgiving morning with a 5K run or walk supporting the Orange County Rescue Mission. The annual fundraiser helps the organization provide meals and services for people experiencing homelessness.
LOCATION: 1 Hope Drive, Tustin.
INFORMATION / REGISTRATION: Orange County Rescue Mission Turkey Trot.

Winter Fest OC

Costa Mesa

Nov. 27 to Jan. 3, 2027;

Check event schedule

The OC Fair & Event Center transforms into a holiday destination with millions of lights, seasonal décor, ice skating, an ice-tubing slide, carnival rides, a holiday market and activities for families. Check the website for operating dates, ticket prices and activity availability.
LOCATION: OC Fair & Event Center, 88 Fair Drive, Costa Mesa.
INFORMATION / TICKETS: Winter Fest OC.

Magic at the Majestic

Anaheim

Nov. 27 to Nov. 29

David Minkin's close-up magic returns for another weekend of live entertainment at the Anaheim Majestic Garden Hotel. The performances combine humor, mystery and illusions performed just feet from the audience.
SHOWTIMES: Friday at 7:30 p.m.; Saturday at 2:30, 5 and 7:30 p.m.; Sunday at 2:30 and 5 p.m.
LOCATION: Anaheim Majestic Garden Hotel, 900 Disneyland Drive, Anaheim.
INFORMATION / TICKETS: David Minkin's website or call 480-359-7469.

The Forever Tour

Long Beach

Nov. 28, 7-9 p.m.

Classic soul, R&B and West Coast oldies take center stage as The Forever Tour brings a lineup of nine acts to Long Beach Arena. Performers include WAR, The Whispers, The Chi-Lites, Barbara Mason, Trish Toledo, Los Yesterdays, MC Magic, Amanda Perez and The Charities.
LOCATION: Long Beach Arena, 300 E. Ocean Blvd., Long Beach.
INFORMATION / TICKETS: Long Beach Entertainment Center.

Whale Watching

Dana Point and Newport Beach

Ongoing; seasonal sightings vary

Whale-watching cruises offer opportunities to see marine wildlife off the Orange County coast. Gray whales typically migrate along the coast from December through April, while blue whales are generally seen from May through October. Humpback, fin and minke whales may be spotted year-round, depending on conditions. Sightings are not guaranteed.
LOCATIONS:
Dana Point: Captain Dave's Dolphin & Whale Safari, 24440 Dana Point Harbor Drive; and Dana Wharf Sportfishing & Whale Watching, 34675 Golden Lantern.
Newport Beach: Davey's Locker, 400 Main St.; and Newport Landing, 309 Palm St., Suite A.
INFORMATION: Check each operator's website for departure times, current prices and reservations.

One important note before publication: I integrated the Long Beach listings by their start dates, but the St. Martin parade date and some of the newly added Long Beach event schedules should be confirmed directly with the organizers. Also, the Forever Tour listing and the theater dates should be checked against their official ticket calendars before you submit the column.







In The Spotlight

By Debbie L. Sklar

Flying Solo for the Holidays: How Single Seniors Can Find Joy in the Season



Photo courtesy of Pexels.com.

For many people, the holidays mean family gatherings, crowded dining tables, familiar traditions and a calendar filled with celebrations. But for older adults who are single, widowed, divorced or living far from loved ones, the season can bring a different set of emotions.

The holidays can magnify the absence of a spouse, the loss of longtime friends, changing family dynamics or the realization that children and grandchildren have their own plans. Even those who generally enjoy living alone may find themselves wishing for a little more company when holiday commercials and social media feeds seem to show everyone gathered around a festive table.

The good news? Spending the holidays alone doesn't have to mean spending them unhappily.

With a little planning, realistic expectations and a willingness to create new traditions, single seniors can find ways to make the season meaningful, enjoyable and less stressful.

Give Yourself Permission to Feel What You Feel

The first step is to acknowledge that the holidays may bring mixed emotions. You can appreciate your independence and still miss having someone beside you. You can be happy for family members while feeling disappointed that you won't be celebrating with them.

There is no requirement to feel cheerful simply because the calendar says it's the holidays.

For those grieving a spouse or partner, familiar traditions may be particularly difficult. Rather than forcing yourself to recreate every celebration exactly as it was, consider keeping the traditions that bring comfort and changing those that feel painful.

That might mean preparing one favorite family recipe instead of an elaborate holiday meal, displaying a few meaningful decorations or taking a break from traditions altogether.

The goal isn't to erase the past. It's to make room for the present.

Make Plans Before the Calendar Fills Up

One of the biggest challenges of spending the holidays alone is allowing the days to arrive without a plan. When other people seem busy with parties and family visits, an unstructured holiday can feel especially isolating.

Start by looking at Thanksgiving, Christmas, Hanukkah, New Year's Eve or whichever celebrations matter to you. Decide what you would genuinely enjoy doing rather than waiting to see whether someone invites you.

Call a friend and arrange lunch. Plan a movie outing, schedule a visit to a favorite museum or organize a small potluck with other people who may not have family nearby.

If you would like company on the actual holiday, reach out early. Friends may be happy to include you, but they may assume you already have plans. A simple invitation — or an offer to bring a side dish — can open the door.

And if you prefer a quiet day at home, that's a perfectly valid choice, too.

Create Traditions of Your Own

Holiday traditions don't have to be inherited. They can be invented, adapted and enjoyed independently.

Consider making a special breakfast, buying yourself flowers, choosing a new ornament each year or watching a favorite movie while enjoying a meal you love. You might take a scenic drive to see holiday lights, attend a concert or spend the afternoon baking treats to share with neighbors.

Some people find satisfaction in turning the holiday into a day of personal indulgence. Others prefer a day devoted to reflection, reading, gardening or a long walk.

The important thing is to make the day feel intentional.

You also don't have to spend a fortune to make the season special. A homemade meal, a favorite dessert, festive music and a phone call with someone you care about can be enough.

Find Connection Beyond Family

Family isn't the only source of holiday companionship. Friends, neighbors, former colleagues and people you meet through community activities can all become part of a supportive social circle.

Senior centers, libraries, faith

Continued on page 37

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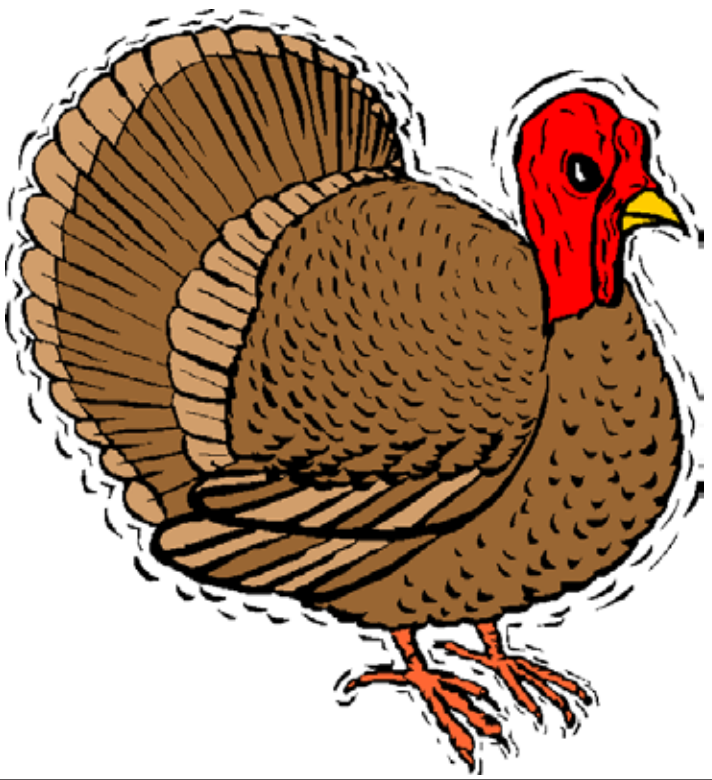
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Happy Thanksgiving



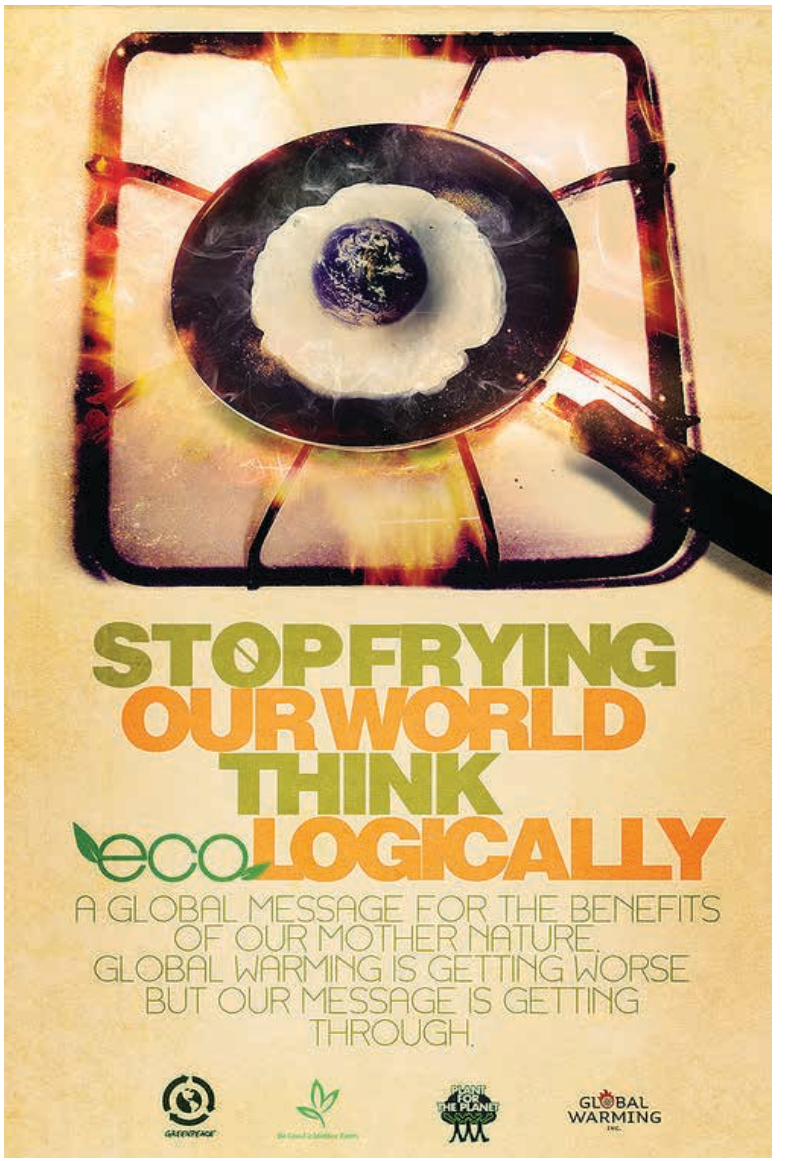
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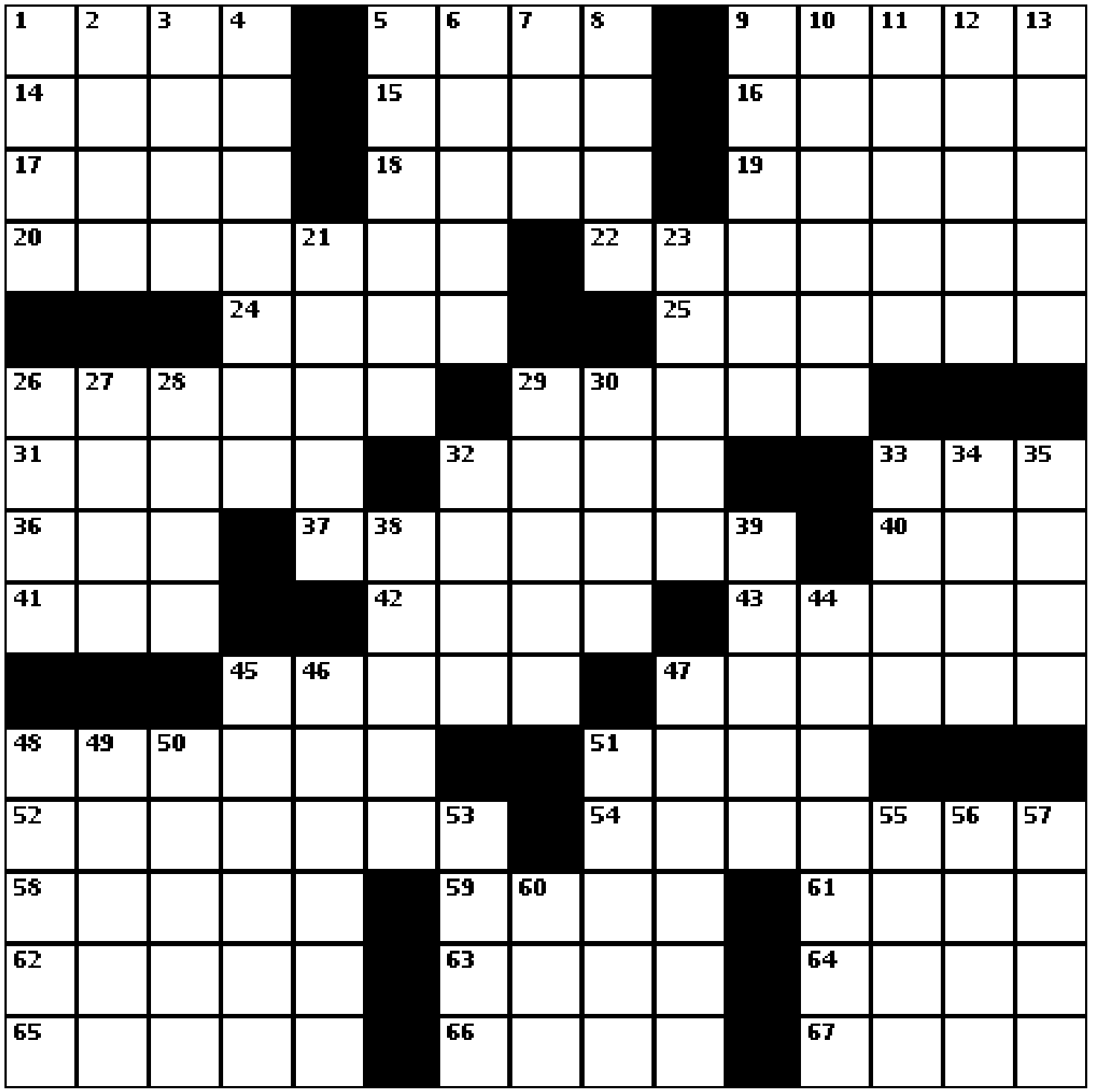
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November Crossword Puzzle



Across

1. Waterfall
5. Univ. hotshot
9. Distance runner
14. _____ Ben Adhem
15. Prisoner of Jabba the Hutt
16. The end of _____
17. Jazz flutist Herbie
18. _____ never work!
19. Mideast native
20. Official proof of a will
22. Abnormal dryness of the skin
24. Sounds of disgust
25. One with a bullet?
26. Testify under oath
29. Damp
31. Daisy variety
32. Reddish-brown gem
33. Mexican Mrs.
36. Arctic explorer John
37. Reaping-hooks
40. Part of LAPD
41. Rock blaster
42. Chop _____
43. Alchemist's mercury
45. Young male horses
47. Absence of passion
48. Fish prep?
51. Queue before Q
52. Side by side
54. Otalgia
58. French market town
59. Alum
61. Greek T's
62. _____ in Chains
63. Able was _____...
64. Cube maker Rubik
65. Spud
66. Deception
67. Ed and Mel of baseball

Down

1. Genie's home
2. Construction beam
3. It's frowned upon
4. Unlighted channel marker
5. Cheerful
6. Allots, with "out"
7. Black gold!
8. Ashy substance
9. New Zealand natives
10. Deeply personal
11. Minimum
12. Bert's roomie
13. Bring up
21. Choreographer de Mille
23. Ignore
26. "David Copperfield" wife
27. Final
28. Quick look
29. Creates
30. French airport
32. Short tail
33. Place for a coin
34. Portnoy's creator
35. Wan
38. Capri and Man
39. Flavor
44. Cuban dance
45. Compel by intimidation
46. Endangered equine
47. Head garland
48. Sponge gently
49. Deadly virus
50. Rumor
51. Stiller's partner
53. End-of-workweek shout
55. Wagon
56. Search thoroughly
57. Those, to Juan
60. Cath. or Prot.

Answers on Page 29



Continued from page 7

Miller as Ruth and Matt Henshaw: Rafferty and Miller provided a solid foundation as the young, supportive couple hosting Lily. Their affection for Lily established a wholesome home environment.

Verna Felton as Hilda Crocker: Felton played Lily's delightfully eccentric, loyal best friend. Felton's comedic timing provided a perfect foil to Byington's gentle humor.

Harry Morgan as Pete Porter: Morgan played the Henshaws' next-door neighbor, an insurance salesman who constantly complained about his unseen wife, Gladys, and his terrifying mother-in-law. Pete envied Matt's harmonious relationship with Lily, making his frequent visits a primary source of comedic contrast.

Legacy and Cultural Impact

Supported by prime scheduling directly following "*I Love Lucy*," "*December Bride"* enjoyed massive viewership. During its peak years, the show achieved impressive ratings, landing at No. 6 in the 1955–1956 season and No. 5 in 1956–1957. It also served as a stage for high-profile guest stars of the era, including Desi Arnaz, Mickey Rooney, Zsa Zsa Gabor, Barbara Eden, and Fred MacMurray.

Behind the scenes, the series featured key contributions from prominent directors such as William Asher ("*I Love Lucy*," "*Bewitched"*) and Fred de Cordova ("*The Tonight Show."*)

"December Bride" left a lasting mark on network television through its successful spin-off, "*Pete and Gladys"* (1960–1962), which finally brought Pete Porter's unseen wife to the screen (played by Cara Williams). Harry Morgan's breakout role in "*December Bride"* helped establish a legendary television career that would later include iconic roles in "*Dragnet"* and as Colonel Sherman T. Potter in *"M*A*S*H.**

While the series experienced a ratings decline when moved to Thursday evenings in 1958, leading to its eventual cancellation in 1959 —"*December Bride"* remains an essential piece of 1950s television history. It presented a refreshing, positive image of older women on screen, proving that life, love, and laughter do not end in one's golden years.

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A Clever Solution

Continued from page 4

my back to put lotion on," she said. "I was tired of depending on someone. I tried all the products on the market. Nothing worked. The roller clogged; it was too thin. So, I came up with this idea."

Three years ago, she began experimenting with different styles until she created a wand with a flexible, mitt-covered head that angles to access hard-to-reach areas of the back. She devised two mitt options: a lotion applicator with material that resists absorbing the product, and a shower mitt. She created prototypes until she found one that could handle the rigors of washing. D'Alfonso said she has washed hers more than 550 times.

"I was making this for myself," D'Alfonso explained. "I was not thinking about selling it. Then I started thinking, 'What if other people like this?'"

She took her drawings to an attorney to file for a patent. She was told how difficult it was to get a patent, but in April 2024, she secured one. Two months later, she made some and went to a farmer's market to see if they would sell.

"I wanted to let the public know me and see if they like my product or not," she explained. "Surrounded by vegetables and plants, I stood out. And I was busy from the time I got there until the time I left."

Now, a year later, D'Alfonso is on a quest to get her product in the hands of people beyond New York, and South Florida is one of her main targets.

"I never considered myself a salesperson," she said. "I am more of a person who talks to people, and I work with them and try to get them to be happy with products I am selling. I really enjoy what I do. When I see these people happy, I don't feel like a salesperson."

D'Alfonso stresses top customer service. She personally answers the phone to chat with customers and explain her product. She has even made house calls with her back applicator to show people the best ways to use it.

"I went to a lady's house two weeks ago, and they bought three sets, and they are in their 80s, and they couldn't believe how well it worked," D'Alfonso said. "I had another lady that called me and said she could finally reach all parts of her back. That is what drives me; knowing that I am helping all these people and it feels great."

Donna Karabinakis, of New York and Boca Raton, got a set and wants to get one for her 99-year-old father, who lives in Wellington.

"It is a wonderful tool, and I think someone should have invented it a long time ago," Karabinakis said. "We used to tie a bath brush to the end of things, but that doesn't work well.

There is nothing else out there to apply sun lotion or lotion to your back that is effective until this came along."

Beverly Schroeder of Naples, recently had surgery and is now using the product to put moisturizer on her back. "It's wonderful," Schroeder said. "My back is nice and moisturized now. I can reach the back great. It works really well."

D'Alfonso and her husband, daughter and mom hand-cut all the material. Then it is given to a worker in her hometown to sew. She has the handle made at a nearby shop. She said she is proud to have everything made in her hometown.

"Right now, I have the people locally who need money working for me," she said. "If it gets really big, then I have a big, local place that would do all the sewing."

The pads come in a variety of colors, but D'Alfonso can also make custom ones. She has done a Holstein cow, giraffe, cheetah and snake print. She is starting to do ones featuring different sports teams. "I call every single person that has my product," D'Alfonso said. "It has been great to hear that they love my product. It is that homegrown mentality. I like to listen to these people. These elderly people like to talk, and I will listen to them. That is what people need more of. It is just nice to be back in the old days for a while."

For more, call 585-737-8600 or visit solobeautyroc.com.

Off The Beaten Path

Continued from page 21

7. November has a connection to a famous race around the world. On Nov. 14, 1890, journalist Nellie Bly began her attempt to circle the globe in less than 80 days, inspired by Jules Verne's novel "*Around the World in Eighty Days*." She completed the journey in 72 days.

8. Thanksgiving became a national tradition after years of campaigning. Writer Sarah Josepha Hale spent years urging presidents and other leaders to establish a national Thanksgiving holiday. Abraham Lincoln proclaimed a national day of thanksgiving in 1863.

9. November has a day devoted to saying hello. World Hello Day, observed Nov. 21, encourages people to greet others and promote communication as a way to help resolve conflicts. A simple greeting can be a small step toward connection.

10. The month has 30 days — and a long history. November is one of only four months with 30 days. In the Northern Hemisphere, it marks late autumn, when shorter days and cooler weather signal the approaching winter season.

Whether you're watching for meteors, celebrating a November birthday or learning about the month's unusual history, there's more to November than turkey and falling leaves.

Sources:

History.com, "The Surprising History of November"

Timeanddate.com, "November: The 11th Month of the Year"

Gemological Institute of America, "November Birthstones"

NASA Science, "Leonids Meteor Shower"

The Old Farmer's Almanac, "The Month of November: Holidays, Fun Facts, Folklore"

National Archives, Thanksgiving proclamation and historical records

Encyclopaedia Britannica, Nellie Bly biography





ADMIT ONE

Movie Preview

'Hershey'

By Randal C. Hill

No, this film isn't an extended ad for the chocolate company. Instead, it's a fascinating biopic about the determination of a Pennsylvania man and his wife to create a successful enterprise while facing down a multitude of daunting issues.

With the support of wife Kitty, Milton Snavely Hershey conquered the candy-making world and built a legacy sweeter than any chocolate bar he ever marketed. From ages 14 to 18, he apprenticed to a local confectioner. At 19, Milton moved to Philadelphia to launch his first confectionary enterprise.

He established the soon-to-be-successful Hershey Caramel Co. but in time declared, "Caramels are a fad. Milk chocolate candies — *that's* the future!" Hershey sold his caramel company in order to kickstart a new venture that involved mass-produced milk chocolate, an item which had previously been a luxury good. "Candy is not just my business," he once said. "Candy is my obsession."

The first Hershey bars appeared on the market in 1900 and instantly proved so popular that a mere 3 years later Milton was able to order the construction of his own company town — Hershey, Pa. His expansive grounds would eventually include homes for the company's workers, a public trolley system, an amusement park, a golf course, a hotel, a zoo, and a sports arena.

Later, when Kitty fell ill, she kindled a bold vision: to leave the vast Hershey fortune in service to America's orphans. Milton never hesitated to follow her advice.

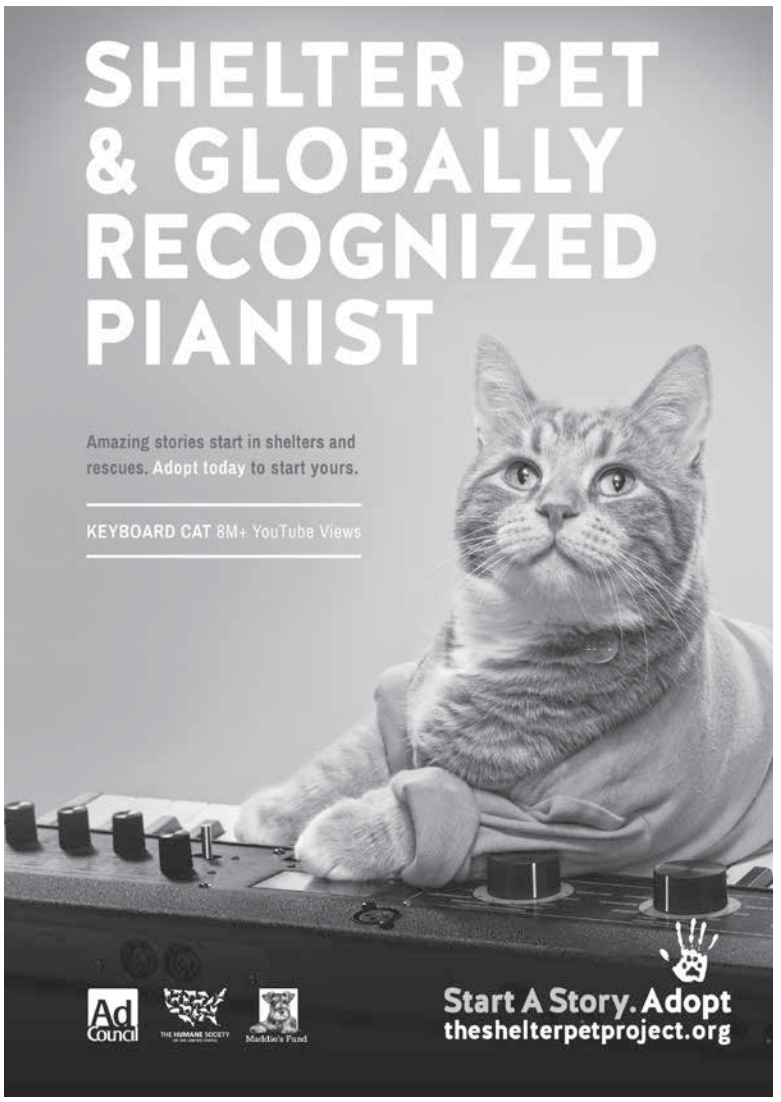
As anyone who has built a thriving business from scratch will admit, reaching success involves conquering any number of formidable hurdles. In Hershey's case, a ruthless competitor insisted on buying Milton out ("Sell to me, or I will run you out of business."), and early investors in the company became edgy about how slowly progress was being made. ("We can't fund this chocolate fantasy forever … we could lose everything!") Hershey managed to overcome these concerns to make his company one of the largest candy manufacturers ever.

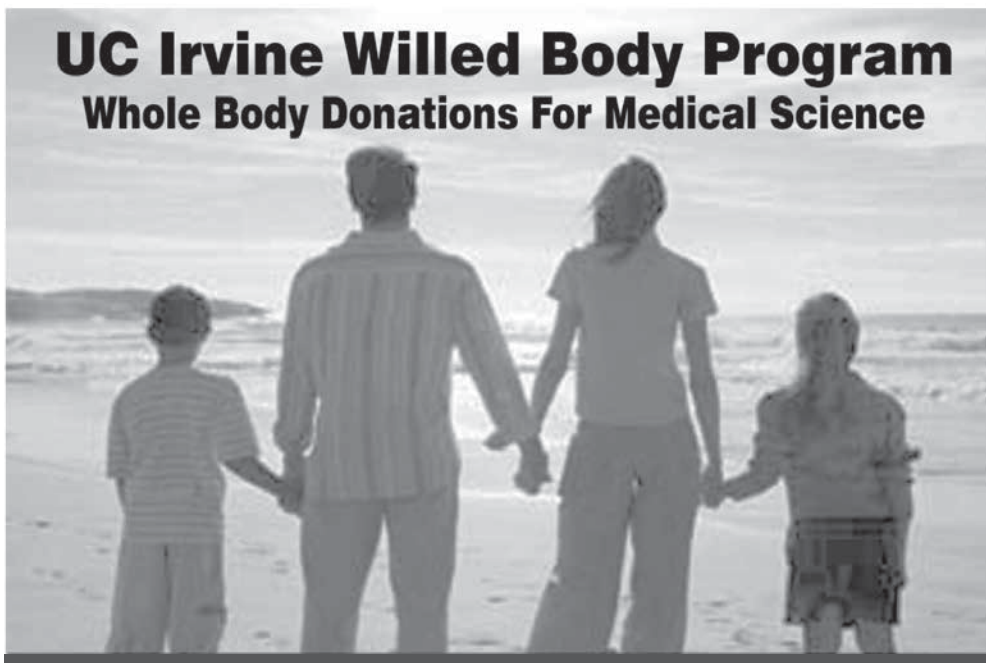
Director Mark Waters (*"Mean Girls," "Freaky Friday"*) says of this engrossing feature, "Against all odds, Milton achieved great success, but unlike a lot of other wealthy men of his time, he shared his success with the working people and community around him. The core of *'Hershey'* will be the special love story between Milton and Kitty Hershey, who inspired his greatest legacy — the creation of the Milton Hershey School … I'm excited to have Finn Wittrock and Alexandra Daddario portray these two visionaries, who believed in leaving the world a better place than they found."

The Angel Studios release opens nationwide Nov. 25.









Crossword Puzzle Answers from page 26

1 L	2 I	3 N	4 N	■	5 B	6 M	7 O	8 C	■	9 M	10 I	11 L	12 E	13 R
14 A	B	O	U	■	15 L	E	I	A	■	16 A	N	E	R	A
17 M	A	N	N	■	18 I	T	L	L	■	19 O	M	A	N	I
20 P	R	O	B	21 A	T	E	■	22 X	23 E	R	O	S	I	S
■	■	■	24 U	G	H	S	■	■	25 L	I	S	T	E	E
26 D	27 E	28 P	O	N	E	■	29 M	30 O	I	S	T	■	■	■
31 O	X	E	Y	E	■	32 S	A	R	D	■	■	33 S	34 R	35 A
36 R	A	E	■	37 S	38 I	C	K	L	E	39 S	■	40 L	O	S
41 A	M	P	■	■	42 S	U	E	Y	■	43 A	44 Z	O	T	H
■	■	■	45 C	46 O	L	T	S	■	47 A	P	A	T	H	Y
48 D	49 E	50 B	O	N	E	■	■	51 M	N	O	P	■	■	■
52 A	B	R	E	A	S	53 T	■	54 E	A	R	A	55 C	56 H	57 E
58 B	O	U	R	G	■	59 G	60 R	A	D	■	61 T	A	U	S
62 A	L	I	C	E	■	63 I	E	R	E	■	64 E	R	N	O
65 T	A	T	E	R	■	66 F	L	A	M	■	67 O	T	T	S


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Fabulous Finds

By Debbie L. Sklar

Holiday Gifts for Grooming, Glowing Skin and Personal Wellness

The holiday shopping season is a good time to look beyond the usual gift cards, candles and cozy socks. This month's **Fab Finds** includes a skin-care system for those who take their complexion seriously, rechargeable grooming tools for at-home upkeep, and ingredient-focused body lotions. Whether you're shopping for someone who enjoys a little pampering or someone who appreciates a practical tool, these finds offer a range of possibilities and price points.

EltaMD Skin Recovery Regenerating Rapid Recovery Serum & Cream



Photo courtesy of EltaMD.

For the skin-care enthusiast who likes a carefully layered routine, **EltaMD** has introduced two additions to its Skin Recovery line: the **Regenerating Rapid Recovery Serum and Cream**. The company positions the pair for post-procedure care as well as everyday skin care.

The serum contains a 3% amino acid complex and 1% EGF tripeptide, along with hyaluronic acid, allantoin and cica. The cream takes a complementary approach, with a 2.5% amino acid complex, 0.5% EGF tripeptide and a 2% lipid blend, plus ceramides, allantoin and cucumber.

The formulas are designed to address several visible signs of stress or dry skin. In company-reported testing, the serum reduced visible redness within 15 minutes. A separate 12-week study involving 33 participants reported improvements in skin laxity, elasticity and tightness. The company also reported that one application of the cream improved dryness, radiance and hydration, while a two-week study involving 15 participants evaluated the cream following laser treatment.

Those findings come from the company's own testing and should be viewed in that context; individual results can vary. Anyone considering a product after a dermatological or cosmetic procedure should follow their provider's advice about what is appropriate for their skin.

The two products are available through participating skin-health professionals rather than general retail outlets. The company did not provide prices for these specific products, so the range above is an estimate based on other products in the Skin Recovery line.

Learn more at EltaMD. Estimated price: $70–$100 per product. Check with a participating skin-care professional for current pricing.



Photo courtesy of Cutting Edge.

Cutting Edge Men's Grooming Tools

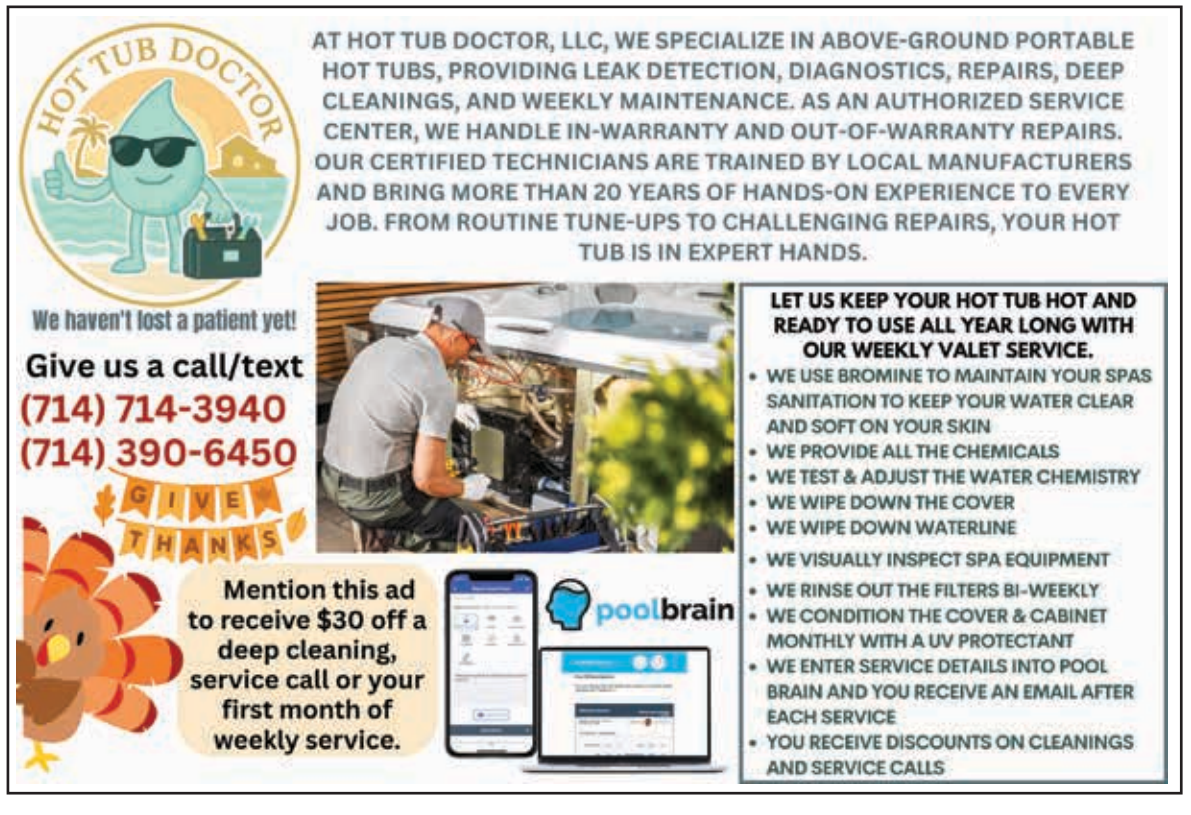
For someone who prefers a fresh haircut, clean shave or tidy beard without making a regular trip to the barber, **Cutting Edge** has introduced a collection of rechargeable grooming tools. The four devices are priced below $50 apiece and are available through Walmart and the brand's website.

The **Cordless Hair Clipper ($49.99)** is designed for at-home haircuts and touch-ups. It has a ceramic blade, taper lever, six guide combs, an LCD display and USB charging.

For more detailed work, the **Dual Speed T Blade Trimmer ($39.99)** features a titanium-coated stainless-steel blade and two speed settings. Six combs help accommodate different trim lengths, and the package includes a cleaning brush, oil and travel bag.

Those who prefer to shave their

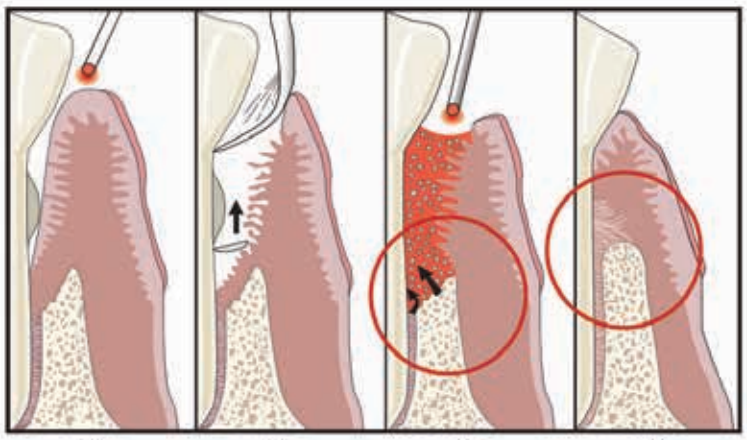
Continued on page 38



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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



Life After Family

By Lyn Jensen

'Exploring probate and estate issues from personal experience.'

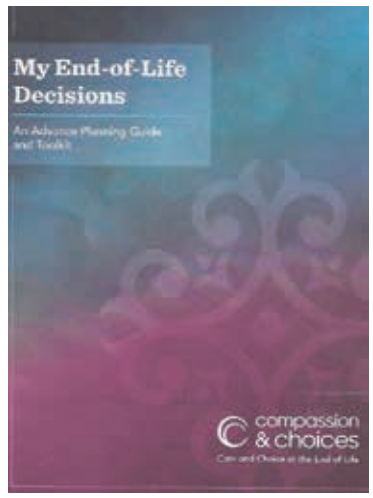
How to Choose an Executor

When you make a will, you name an executor (not an "executive," an "executor") to manage your estate. The executor represents your estate in any court proceedings, settles debts, pays taxes (more on that below) and may be who referees arguments between heirs, or would-be heirs. If you leave a business when you die, the executor is likely the person who will be in charge of what happens to that business--close it down, sell it, or keep it going.



Gordon, Joan, Lyn
Photos courtesy of Lyn Jensen.

Who will be your executor may be the most important decision you make when you make your will. Consider who to appoint as your executor—relative, friend, family lawyer, accountant, or financial planner. People usually name their spouse, oldest child, or best friend, but consider how being an executor involves navigating administrative, financial and legal situations. It should be someone who is at ease with such matters. You may appoint co-executors, one a professional and the other a relative or friend. If you name an individual, also name an alternate, should the first individual predecease you.



Another option is a trust company, a corporate fiduciary that administers and oversees financial assets, investments, and estates. They will charge a fee, but they won't die.

Your executor is who will be responsible for seeing that any unpaid taxes get paid. No, *you* are not taxed after you die, but your heirs may be, for the income they receive from your estate, just like any other income. If you die in mid-year, come next April 15, someone's going to have to file a tax return

Continued on page 34

Take a HIKE

By Nick Thomas

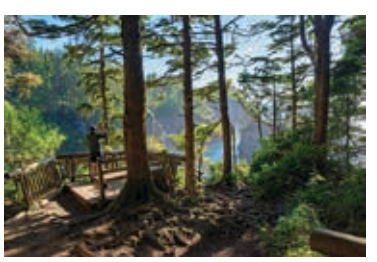
To Cape Flattery, Washington



Photos courtesy of Nick Thomas.

It was not exactly an easy drive to reach Cape Flattery. From my home in the Southeast to this furthest northwest corner of the continental US, the trip was roughly 2,800 miles – one way. If driving nonstop, that translates to around 45 hours behind the wheel. The final 20 miles or so from Sekiu, a gorgeous small fishing village overlooking the Strait of Juan de Fuca with Canada beyond, may give your passenger a few heart palpitations. Cars traveling northwest must hug the narrow two-lane coastline road (Hwy 112) just feet from the perilous drop-off. But awaiting travelers at the end of the drive is a final short hike to the cape with stunning views overlooking the Pacific Ocean and the possibility of spotting humpback whales and bald eagles. We were fortunate to see both.

Cape Flattery is accessed through Indian land, and a permit is required to enter. The cost was $10 during our visit but it's currently $20 per vehicle and can be obtained from several locations in Neah Bay which is at the end of Hwy 112, 16 miles past Sekiu. We stopped at Pat's Place, a small restaurant with outside seating to view the local harbor, to eat and pay (only) for the permit. If you're a taco-phile, indulge in Pat's delicious tacos on thick fry bread.



One of the observation decks at Cape Flattery.

Back on the road, Hwy 112 ends at Neah Bay where the road takes a left turn inland through Makah tribal land then

Continued on page 38

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Life After Family

Continued from page 32

for any taxable income you earned during those months when you were alive.

If you have a business, real-world or online, your executor will be responsible for managing any money coming in, and to work with anyone else involved. If you write, sell, or publish books, for example, someone will have to handle the inventory, fill or cancel orders, and work out whatever contracts may be outstanding. Money from intellectual property such as book royalties could keep coming for a long time.

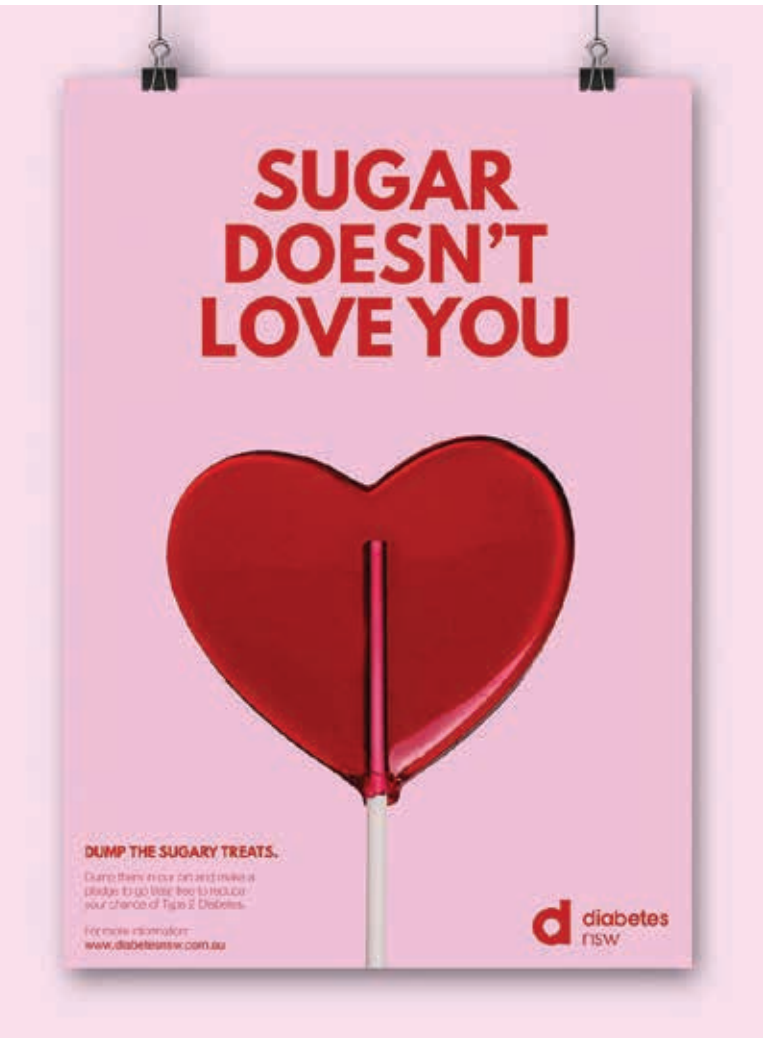


MaryAnn & Charles Parker

Make sure your executor has current contact information for all the people and places you do business with, personal or otherwise. The executor will be responsible for notifying them of your death.

Make sure your family and anyone else close to you, including your financial advisor and estate planning attorney, know who your executor is, including contact info. Also make sure your executor has a copy of your will or at least knows where a copy is—the executor should know where the original is, too. A safe deposit box isn't advised, because access will be denied upon notice of a holder's death, even if two names are on the box's account.





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Busy Boomers

By Les Goldberg

Keeping Your Legacy Alive

As a journalist, I have told stories all my life.

I have reported on so many events during more than six decades, including the Oscar and Emmy Award presentations, wildfires and hurricanes, war protests, the Watts riots, the SLA shootout, that I sometimes forget just how many there have been.

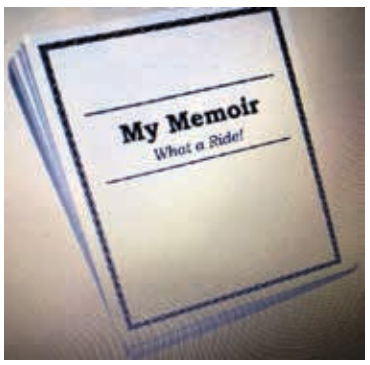


I recently realized, however, that those stories, those memories are going to fade into oblivion as I push ever-advancing elderly status -- unless they are preserved for my children and grandkids and whoever else might be interested. That's why I decided to write a memoir.

As a writer, I have experience and the skills to take on the task. But what about you, the readers?

Is writing a memoir of your life's journey something you've thought about doing, but you feel like you're not sure how to get started? Let me help by giving you a few pointers:

Most people write their memoirs for the same reason I did – to pass the stories of their life along to their friends and relatives. Others do it by going the publishing route, like selling it on Amazon, in bookstores and conducting book tours. In any case, you need to have guidance in the best way to tell your stories so they are "you can't put it down" compelling, adhere to good English grammar and style, and are well-organized.



Photos courtesy of Orange County Libraries.

Memoir or Autobiography

If you want to write about your entire life from the beginning, the autobiography will chronicle all the stories you can tell in chronological order. On the other hand, if your stories are linked together by a particular timeline, or theme (a trip to Europe, for instance), a memoir is the logical route.

According to Richard Lowe, *aka* The Writing King, in a memoir, "you can't include everything. Include stories that shaped you, taught you something, or capture the essence of who you are. The ones your family always ask to hear again. The ones that make people laugh, cry, or say, 'I had no idea.'

"If a story doesn't connect to your memoir's purpose, it doesn't belong, no matter how vivid the memory."

The Attention Grabber

Lowe adds that the "difference between a memoir people read and one they put down after three chapters is sensory detail: what it looked, sounded, smelled and felt like." He uses this example:

"We move to a new house" is information. A memory is "the screen door banged shut behind me and the kitchen smelled like cigarettes, the backyard was too small, and I remember thinking this was a mistake."

He says you don't need every sensory detail for every scene, but the moments that matter deserve the full treatment.

"A memoir gains its weight when you share what you understood about the experience later that you didn't understand at the time. The gap between who you were at the moment and who you became because of it holds the best memoir writing.

Where to Start



Once you've decided why you want to write a memoir and how you want your readers to remember you, whether to show your resilience, forgiveness, transformation or identity, you need to find a compelling "hook," a dramatic moment, a provocative question, a vivid scene. Your opening words set expectations and set the stage for your theme development.

All the writing experts advise memoir writers to "show, don't just tell." They encourage you to show emotions, settings and interactions to make your story come alive and allow readers to experience your journey alongside you.

Continued on page 42



Blast to the Past!

'More Than a Feeling'
Boston

By Randal C. Hill

At one time, two Tom Scholzes roamed around Boston. During weekdays, Engineer Tom, with an MIT Master's degree in mechanical engineering, developed products at Polaroid. On weekends, though, he enthusiastically morphed into Rocker Tom.

Scholz had always loved music. In cobbled-together dorm bands at MIT, he played a portable organ before settling on electric guitar. (Unlike his fellow students, Tom was determined to make Rock music a part of his everyday life.) Eventually, he set up a recording space in the basement of the home that he rented with his wife, Debbie.

Cash earmarked for the down payment on a house went to purchase electronics. "I basically blew all of my money and spent it on recording equipment," Tom admits.

Working alone, he spent 6 years building the sound of an imaginary supergroup: "I played all the instruments, and by doing that I could finally get everything that I was imagining and hearing."

He didn't play drums, though; that chore went to music mate Jim Masdea. It reportedly took Masdea 108 tries before Tom gave a "thumbs up" to his friend's endeavors.

Scholz continues, "As far as anybody could tell, it was a full band playing."

And that's just what friend Brad Delp thought when he laid down vocal tracks for Tom's songs in the ersatz "studio" next to the Scholz's basement furnace. Delp's musical experience had been limited to performing karaoke in a bowling alley, but Tom was convinced that Brad's pipes — his range was nothing short of majestic — would be the perfect complement to the sounds that now existed on tape.

In developing *"More Than a Feeling,"* Tom later said that he borrowed heavily from the mood of the Left Banke's enduring 1960s classic *"Walk Away Renee."* Also, he admitted that his lyrics had been based on a fantasy event: "It's one that almost everybody can identify with, of somebody losing somebody that was important to them, and music taking them back there."

"I looked out this morning and the sun was gone

"Turned on some music to start my day

"I lost myself in a familiar song

"I closed my eyes and I slipped away

"It's more than a feeling

"When I hear that old song, they used to play

"I begin dreaming

"'Til I see Marianne walk away

"I see my Marianne walkin' away ..."

Had there been an actual Marianne in Scholz's life? Yes. She was Tom's older first cousin, who had become his first crush when he was 10.

On the strength of Scholz's impressive six-track collection of songs, Epic Records offered a contract to Tom and his "band" named Boston, which, of course, eventually required the formation of an actual musical aggregation.

"More Than a Feeling" became a "*Top Five"* single, and the Grammy-nominated *Boston* album reached No. 3 on *"Billboard's"* chart, at the time selling a record-setting 17 million copies — at that moment, the best-selling debut album ever. This was followed by three more "*Top 10"* Boston LPs in the 1980s and 1990s.

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"History of Boston." (No author or date listed) boston.org.
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In The Spotlight

Continued from page 23

communities and local nonprofit organizations may offer holiday meals, concerts, group activities or volunteer opportunities. Check schedules early since some programs require reservations or have limited space.

Volunteering can also provide a sense of purpose and connection. Food banks, meal-delivery programs and community organizations often need help during the holiday season. Choose an opportunity that suits your interests, mobility and energy level.

If transportation is a concern, look into activities within walking distance, community transportation services or online gatherings.

The National Institute on Aging recommends maintaining social connections through activities, conversations and opportunities to meet others. Meaningful contact can support emotional well-being, and even small steps toward connection can help.

You don't need to build an entirely new social life before December. One invitation, one phone call or one regular activity can be a start.

Stay Connected Without Comparing Your Life to Others

Technology can help bridge the distance between loved ones. Schedule a video call with children or grandchildren, exchange photographs or arrange a regular telephone conversation.

Rather than hoping someone will call, take the initiative. Suggest a specific time when everyone can connect, especially if family members are juggling work, travel and multiple households.

At the same time, recognize that family members may have competing obligations. A shorter conversation can still be meaningful, and an unconventional celebration may work better than trying to coordinate everyone's schedule.

It can also help to limit social media if photographs of elaborate gatherings leave you feeling excluded. Other people's holiday snapshots rarely reveal the full picture of their lives.

Your celebration doesn't have to resemble anyone else's to be worthwhile.

Protect Your Budget, Energy and Peace of Mind

Holiday spending can create unnecessary pressure, particularly for older adults living on a fixed income. Resist the temptation to buy gifts or host elaborate meals simply to meet expectations.

Suggest a gift exchange with a modest spending limit, give handwritten notes or share photographs and family memories. If you host, ask guests to contribute food rather than taking on the entire expense.

Be equally mindful of your energy. You don't have to accept every invitation, travel long distances or participate in activ-

Continued on page 40

Take a HIKE

Continued from page 33

veers right, along the other side of the peninsula's coast. Just follow the signs to the Cape Flattery Trail.

The three-quarter mile trail to the observation deck is a fairly easy 20-minute hike and begins downhill on a gravel path through a forest with no sign of the ocean initially. At the beginning of the trail, an oversized pale blue wooden deckchair marked "Neah Bay" makes a great photo op – if you can manage to climb up into the seat. Tall hardwood trees, ferns, and lush green foliage make this a delightful hike through a coastal forest. There are several boardwalks to cross as well as some roots along the path to navigate and several steps. As you progress towards the lookout points, expect the view to be even better than you were anticipating.

Before reaching the main observation deck, there are several overlooks high up on the cliffs that look out over the water as it crashes relentlessly onto the rocks about 100 feet below. There are some areas with no protective barriers, so keep well away from the edges and watch any kids. It was from one of these cliffs that we saw a bald eagle soaring over the treetops.

The best view is from the last deck, revealing the waters from



the Strait of Juan de Fuca merging into the Pacific Ocean as it stretches into the distance. The ocean vista is only interrupted by the distant Canadian coast to the north and tiny rugged Tatoosh Island (actually a group of small islands), half a mile offshore from the cape. The main island is home to a historic lighthouse built in 1854 and nesting seabirds are easily visible with binoculars.

Hopeful for a whale encounter during our June visit, we were indeed thrilled when a lone humpback surfaced right in front of the observation deck, a couple of hundred feet away although I was a little slow with the camera, snapping just a black mass moments before it submerged. But standing on the edge of the continental US trapped between the ocean and the sky while surrounded by massive cliff faces battered by exploding white waves was unforgettable. I'd probably drive another 2,800 miles to experience it again.

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

AMERICAN LUNG ASSOCIATION. IN CALIFORNIA

Fabulous Finds

Continued from page 31

heads may appreciate the **Rechargeable LCD Head Shaver ($49.99)**. Its five pivoting rotary heads are designed to follow the contours of the head, and its waterproof construction allows for wet or dry use. The blades are titanium-coated.

The **LCD Full Body Hair Trimmer ($49.99)** rounds out the collection. It features a ceramic blade, adjustable guide comb, built-in light and waterproof design for use in the shower.

The company describes the blades as hypoallergenic, with the aim of reducing bumps and irritation. That is a manufacturer claim, not a guarantee that every user will avoid skin irritation. As with any grooming device, keeping the tool clean and following its instructions is important.

With three tools at $49.99 and one at $39.99, the collection offers several options depending on whether the recipient wants to trim hair, maintain a shaved head or manage body grooming at home.

Shop the collection at Walmart or Cutting Edge. Prices: $39.99–$49.99

Baylis & Harding Kindness+ Serum Body Lotions

Body lotion is a practical gift, but **Baylis & Harding's Kindness+ Serum Body Lotions** give shoppers a choice of formulas built around different



Photo courtesy of Baylis & Harding.

skin-care ingredients. The three varieties are now available at Whole Foods Market stores nationwide, according to the company.

Nourish & Glow Vitamin C + Niacinamide is intended for people looking to improve the appearance of dull skin. **Soothe & Hydrate Hyaluronic Acid** focuses on hydration and softness, while **Revitalise & Renew Salicylic Acid** is aimed at the appearance of uneven skin texture.

All three formulas contain butter, avocado oil and coconut oil. The company says they are made with 97% naturally derived ingredients and provide up to 72 hours of moisturization. The range is registered with the Vegan Society and manufactured in the United Kingdom.

Baylis & Harding also reported results from consumer trials. After four weeks, 92% of participants using the Vitamin C and niacinamide lotion agreed that their skin looked brighter and firmer. In the hyaluronic acid trial, 100% reported softer, more supple skin. For the salicylic acid formula, 93% said their skin texture appeared more refined. These figures reflect consumer feedback reported by the manufacturer; they are not independent clinical findings.

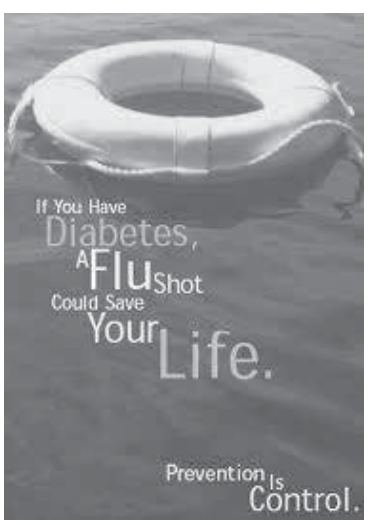
The three choices make it possible to tailor a gift to the recipient's usual skin-care priorities, whether that is hydration, radiance or the look of smoother skin. As with any product containing active ingredients, shoppers should check the label and choose a formula suitable for the recipient's skin.

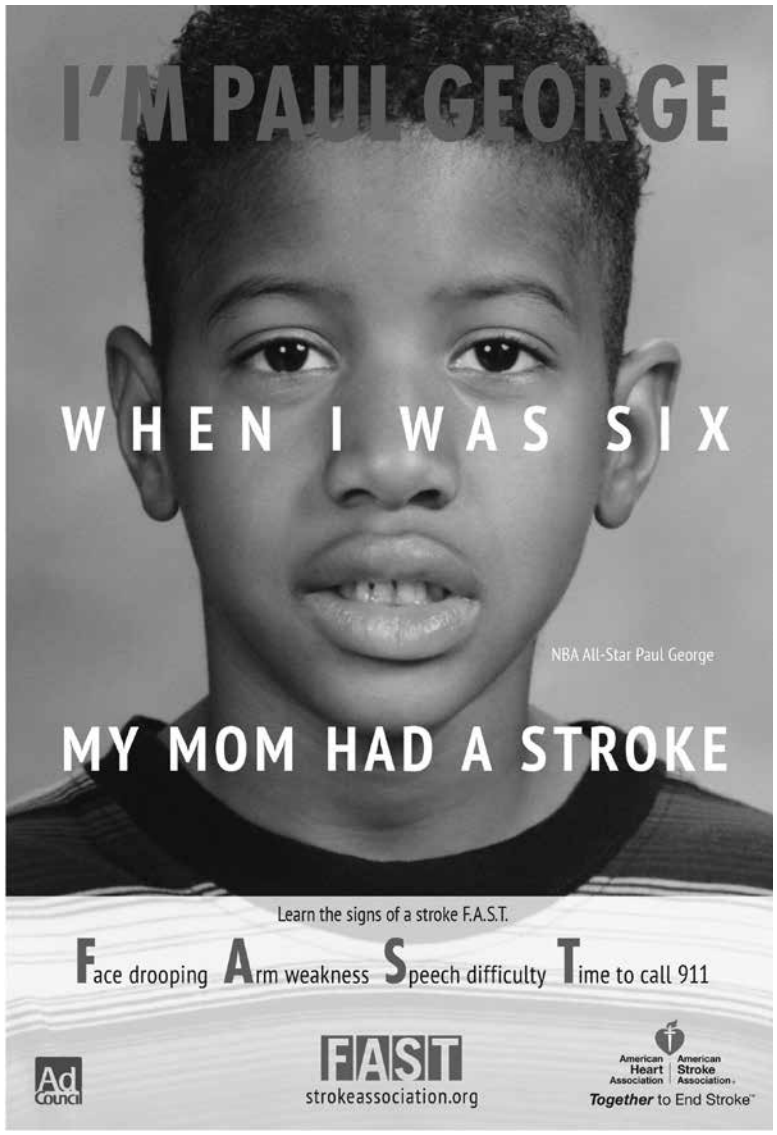
U.S. prices were not supplied. The estimated $8–$12 range is based on U.K. pricing, so the actual price at Whole Foods may differ.

Find more information at Baylis & Harding.

Fab Finds price note: Cutting Edge prices were supplied in the product announcement. The EltaMD and Baylis & Harding prices are estimates.







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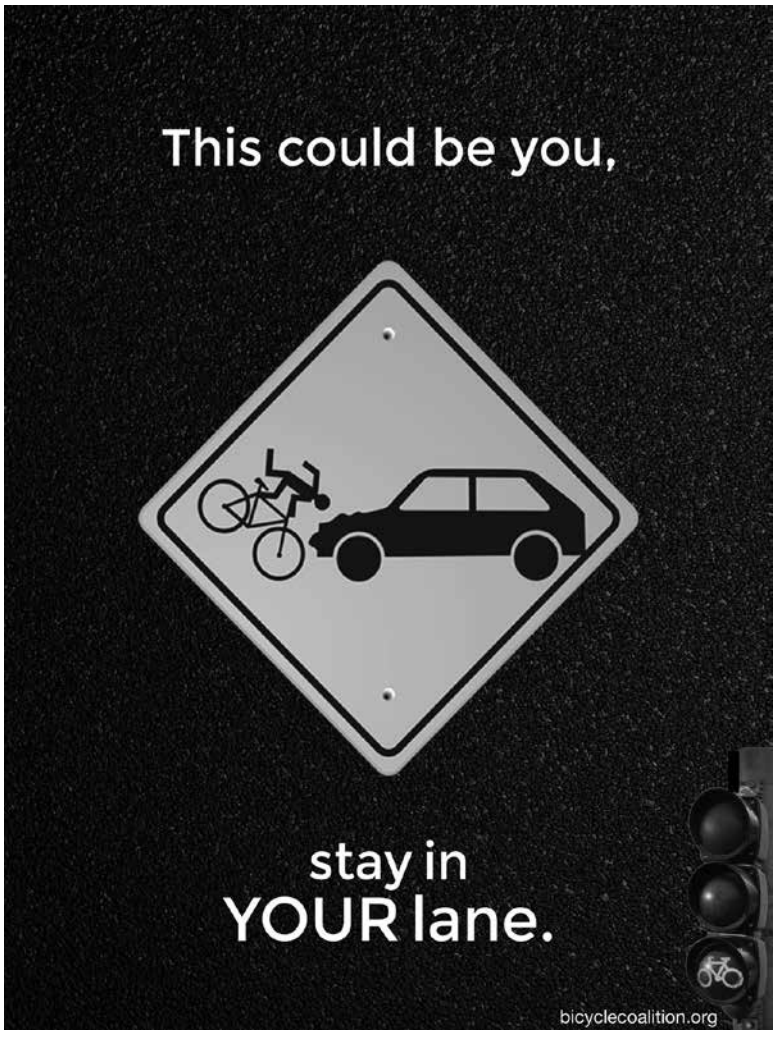
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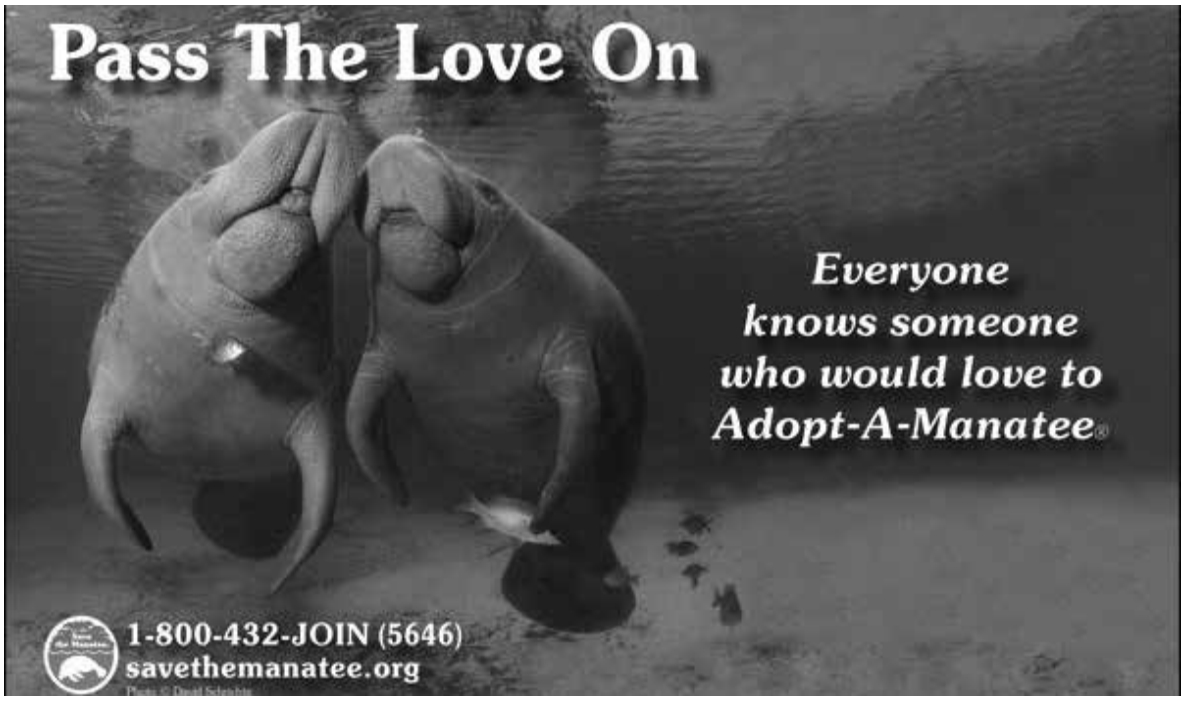
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COACHES CORNER

By Marvin Weinbaum

The Changing Landscape of Our Life



"How we spend our days is, of course, how we spend our lives." —Annie Dillard

We spend most of our lives moving through landscapes we didn't entirely choose, driven by forces outside ourselves. For most of us, the landscape keeps changing, but we rarely stop noticing. Who has the time?

We are reactive, making decisions, taking actions, leaning into or away from the circumstances that surround us. We embrace or reject the people in our lives; we struggle with our responsibilities, our commitments. Perhaps we marry, raise children, take out mortgages, meet deadlines. There is always somewhere to go and something to accomplish. Careers and the people in our orbit demand our attention.

During those years, our lives can feel as though they belong partly to other people — and often they do. In this way, we move through our adulthood.

Then, one day, either by our choice or a decision made by others, we retire and nothing is ever the same. The external forces that shaped our earlier lives recede. There may still be responsibilities, of course, but increasingly, we are confronted with a question we haven't had much time to consider:

Now what?

Our landscape changes radically. A new concept takes center stage — intentionality. If our decisions and actions are no longer driven by what we have to do, our days must now be driven by what we want to do.

Instead of asking only, "What does life require of me?" we can ask — we must ask — "What matters to me now? Who do I want to spend time with? What still makes me curious? What have I always wanted to do? What relationships deserve more attention? What can I let go of?"

These aren't selfish questions. After retirement, and as we pass into our senior years, they are among the most important questions we can ask ourselves. Our altered landscape may be smaller than it once was, but it presents us with the opportunity — the responsibility — to shape it ourselves. Friendships become more important. We can indulge our curiosity. We can savor the simple pleasures that were easy to overlook when our days were filled with obligations.

This new life of ours contains many unfamiliar variables. We become more aware of vulnerability, of limitations. As our bodies remind us that they are aging, we need new habits that will sustain our good health. We must nurture acceptance and practice adaptability. We may find ourselves thinking about mortality in ways we didn't when we were 40. We need to answer questions we had not considered before. We have the opportunity to turn experience into wisdom.

As we travel along the post-retirement path, we move from a life largely dictated by necessity to one increasingly guided by choice. Acknowledge and accept the challenges. Welcome the opportunities. You are still here. Be grateful for all that lies ahead.

Marvin Weinbaum is a senior life coach and columnist. He writes about aging with purpose, dignity, curiosity and resilience, translating insight into practical guidance for everyday life. Feel free to send your questions to marvin@coachweinbaum.com.

In The Spotlight

Continued from page 37

ities that leave you exhausted. Plan time to rest, maintain familiar routines and make room for exercise, sleep and nourishing meals.

If the holidays become persistently overwhelming, reach out to a trusted friend, health care professional or counselor. Loneliness that continues beyond the season deserves attention, not dismissal.

Remember That Being Single Doesn't Mean Being Alone

Perhaps the most important distinction is that living alone and feeling lonely are not the same thing. Some older adults genuinely relish the freedom to organize their days as they please. Others would welcome more companionship. Many experience both feelings at different times.

There is no single right way to spend the holidays.

You can accept an invitation, host a gathering, volunteer, travel, spend the day with a pet or enjoy a peaceful celebration at home. You can honor old memories while making new ones, and you can decide that certain traditions no longer fit your life.

The holidays may not look the way they once did. But they can still offer opportunities for connection, comfort, generosity and pleasure.

Instead of measuring the season by who is sitting around your table, consider what would make you feel content, connected and cared for.

Then plan to give yourself some of that.

You deserve a holiday season that reflects your life as it is now — not one you feel obligated to recreate from the past.

The National Institute on Aging's Loneliness and Social Isolation resource supports the story's guidance on staying connected and seeking meaningful activities.





November Book Club

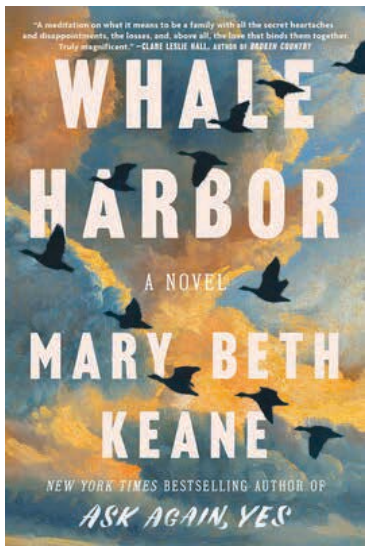
By Debbie L. Sklar

Four New Books to Put on Your November Reading List

As the days grow shorter and the holiday season approaches, November offers a good excuse to curl up with a compelling book. This month's picks range from a sweeping family saga and a Gilded Age drama to an academic adventure and a moving story about making the most of life. Whether you're in the mood for mystery, history or an emotionally rich novel, these four new releases offer something worth adding to your reading list.

Whale Harbor

by Mary Beth Keane



From the bestselling author of "*Ask Again," "Yes"* comes a multigenerational family saga inspired by Keane's own family history.

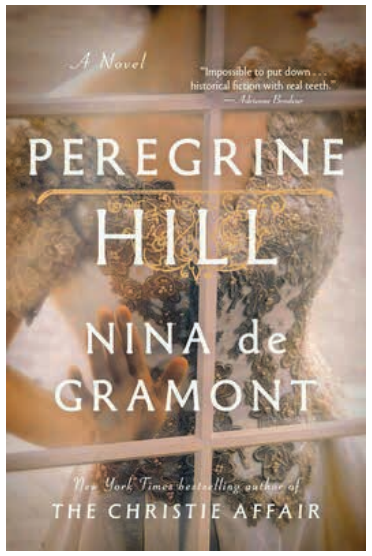
Set in the 1960s and spanning Ireland, England, Montana and New York, the novel follows 11 brothers whose lives take different paths after tragedy strikes their family. When Macdara, one of the older brothers, learns that his younger brother Rian has disappeared, the loss casts a long shadow over the family. Keane explores brotherhood, immigration, loyalty and the decisions that can shape generations. The result is an intimate story about the bonds that endure even as families are scattered across continents and time.
Publisher: Scribner
Publication date: Nov. 3, 2026

Peregrine Hill

by Nina de Gramont

The author of "*The Christie Affair"* turns to Gilded Age New York for a historical novel about two women fighting for control of their futures. Widow Isabelle Bishop has lost her husband and three children in a shipwreck, leaving her determined to protect the family she has left.

When wealthy John Whitten takes an interest in her 18-year-old daughter, Mariah, Isabelle



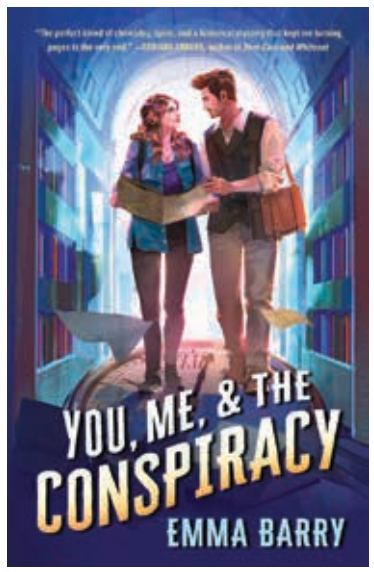
discovers that his intentions are far from honorable. A secret from Mariah's past becomes leverage, threatening to trap her in a marriage she doesn't want. With the help of Hetty, an ambitious maid, Mariah begins searching for a way out. The novel explores the power of wealth; the restrictions placed on women and the risks involved in challenging society's expectations.
Publisher: Simon & Schuster
Publication date: Nov. 10, 2026

You, Me, & the Conspiracy

by Emma Barry

Two history professors find themselves at the center of a dangerous mystery in this academic adventure romance. Jessica Wilson is struggling to secure her academic future after her book manuscript is rejected.

While searching through archival material for a new research lead, she uncovers a



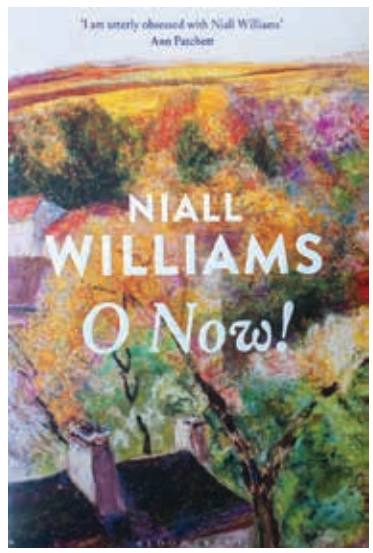
document that points to a secret society with roots in America's founding. She turns to fellow professor Calloway Morgan, whose own career has suffered because of his investigations into the group. As the pair work to uncover the truth, they discover that the organization is still active — and willing to kill to protect its secrets.

Their race to expose the conspiracy becomes more complicated as their attraction grows. Barry blends historical intrigue, suspense and romance in a story for readers who enjoy intellectual puzzles with high stakes.
Publisher: Atria Books
Publication date: Nov. 10, 2026

O Now!

by Niall Williams

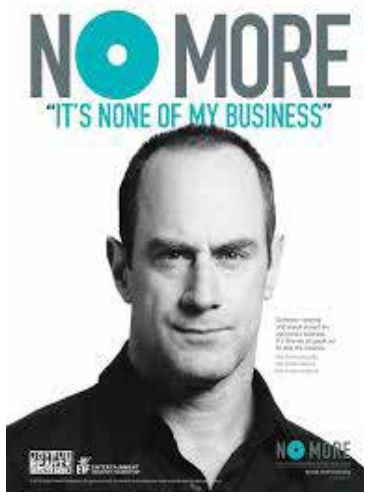
Set in the fictional Irish town of Faha, this tender novella explores friendship, grief and the meaning of a life well



lived. Bat Considine regularly visits his close friend Mossie Crowe, affectionately known as Ganga, for their customary evening conversations. One night, Bat asks a question about why the world exists. When Ganga dies unexpectedly, Bat is left without his friend — and without an answer. As the community gathers to honor Ganga and his family returns home, Bat begins to consider life's biggest questions through the small acts of love, memory and connection that surround him. Williams, author of *"This Is Happiness"* and "*Time of the Child*," offers a reflective story about mortality and the importance of the people who give our lives meaning.
From family bonds tested across generations to women challenging the rules of their era, professors chasing

Continued on page 42









Busy Boomers

Continued from page 36

One of those experts is Holly Totten, founder of Writely Notable, who advises using descriptive language that focuses on the senses, to include dialogue to reveal character and emotion, and to "portray your internal thoughts and feelings through action and reflection."

She also urges writers to be honest and vulnerable. "Authenticity is the heart of every great memoir," she says. "Readers connect with honesty – even when it is uncomfortable. Don't shy away from your flaws and mistakes. Acknowledge complexities in your relationships and decision, and share your fears, doubts and moments of uncertainty.

Libraries and bookstores are stocked with many "how to write a memoir" guides, and the online resources are plentiful. My personal preference, however, is to get them from the experts themselves – up close and personal.

Luckily, you can do that by attending the free – that's right, free – storytelling workshops at the nearby Newport Beach Central Library, 1000 Avocado Ave., taught by best-selling author Chris Epting whose list of memoir collaboration clients include the Doobie Brothers, John Oates, Leif Garrett and others.

Check the library website, www.newportbeachlibrary.org, to find and sign up for the classes that include lecture, writing assignments and sharing. Registration is now open for sessions in January, February and March next year.

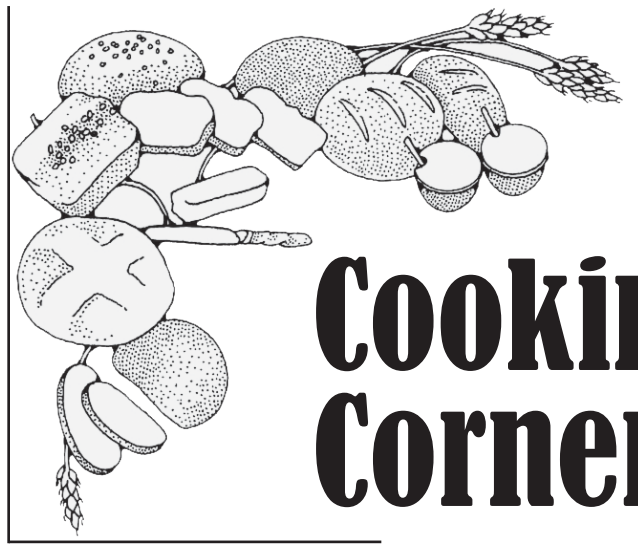
NOVEMBER BOOK CLUB

Continued from page 41

a deadly secret and friends confronting life's deepest questions, November's new releases offer plenty of reasons to make time for reading. Choose one for a quiet evening or pick up all four for a varied month of literary exploration.
Publisher:
Bloomsbury Publishing
Publication date: Nov. 10, 2026







Cooking Corner

Cranberry Turkey Crescent Ring



As families gather for Thanksgiving, this easy and festive recipe is perfect for brunch, lunch, or using up holiday leftovers. With flaky crescent rolls, turkey, cheese, and cranberry sauce, it's a crowd-pleasing dish that comes together in minutes.

Ingredients

- 2 cans refrigerated crescent roll dough
- 2 cups cooked turkey, shredded or chopped
- 1 cup shredded Swiss or mozzarella cheese

½ cup cranberry sauce

2 tablespoons chopped green onions (optional)

Directions

- Preheat oven to 375°F.
- Arrange crescent dough triangles in a circle on a baking sheet, overlapping the wide ends.
- Mix turkey, cheese, cranberry sauce, and green onions in a bowl.
- Spoon filling around the ring and fold dough points over filling.
- Bake 20–25 minutes or until golden brown.
- Let cool 5 minutes before serving.

Serves: 6–8

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Happy Thanksgiving

Mayo Retina offers groundbreaking treatment for dry AMD

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

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

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

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

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

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

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

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

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

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

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

The additions of the Valeda and Voyager systems are just the latest examples of Dr. Mayo's ongoing commitment to staying at the forefront of ophthalmic care while maintaining a strong personal connection with his patients.



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

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

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

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

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

He started Mayo Retina in 2008. His staff members — Krystin, Vanessa and Rochelle — bring 42 years of combined experience to the practice.





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

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

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

MAYO RETINA