

SENIOR REPORTER

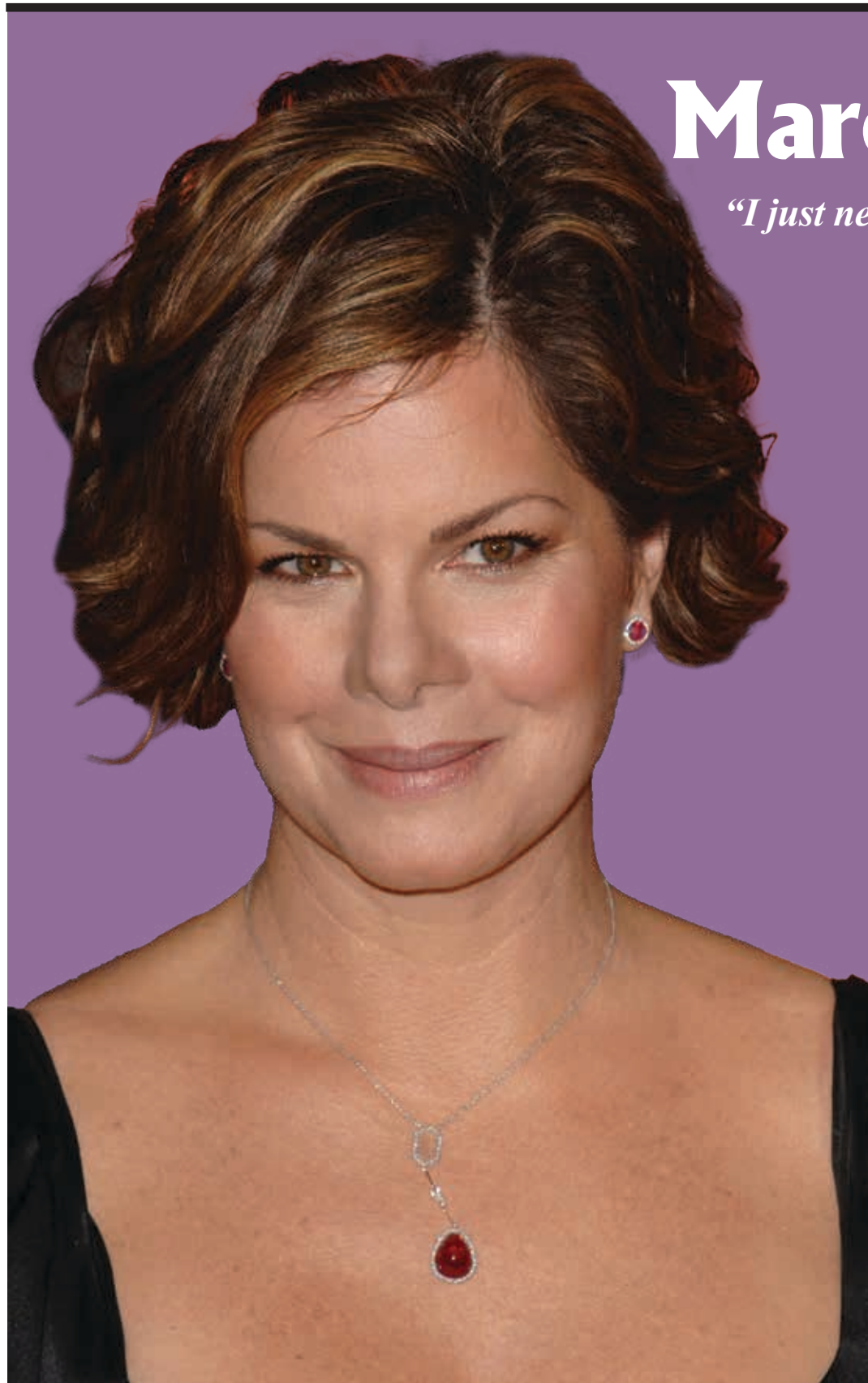
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MAY 2024

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— Marcia Gay Harden

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70s FLASH BACK

'Mann vs. Machine'

By Randal C. Hill

It was early 1971, and 24-year-old Universal Studios employee Steven Spielberg found himself chomping at the bit. So far, he had directed a few TV episodes, but he was eager to make his mark in the movies and felt that all he needed to launch his career was the right vehicle for him.

"Vehicle" becomes the operative word here.

That April, Steven's secretary showed him a "Playboy" short story called "Duel." The riveting tale had been written by Sci-Fi author Richard Matheson, whom Spielberg admired for his scripts for Rod Serling's now classic "The Twilight Zone." Matheson based "Duel" on an actual incident from 1963, when an aggressive truck driver had tailgated him for miles on a freeway and left him terrified and exhausted. (Matheson would later write the screenplay that helped to rocket Spielberg into the Big Time.)

Steven saw "Duel" as being just what he wanted. "I thought it was a complete exercise in a cat-and-mouse game of classic suspense," he said of Richard's tale of milquetoast salesman David Mann in a vulnerable little sedan being chased — inexplicably — along desolate California desert roads by a psychotic tanker-truck driver,

his machine belching smoke and his full-throttle diesel engine growling like an enraged animal.

The story, assigned to Spielberg as a low-budget ABC-TV "Movie of the Week" project, reminded him of a suspenseful Alfred Hitchcock work, sort of a "The Birds" on wheels.

For the crucial lead role, he chose Dennis Weaver, best known as Chester from the TV series "Gunsmoke." Steven used dialogue sparingly, as he did with the screechy, "Psycho-like" soundtrack.

The young director "auditioned" several tanker trucks before settling on a 1957 Peterbilt, which he chose because of its seeming "face" — the split windshield became the eyes; the huge, protruding snout seemed menacing, the grille and bumper a sneering mouth. Grease covered the windows, and the truck's body was streaked with oil and dirt. The truck was driven by Cory Loftin, Hollywood's finest-ever stunt driver. It was imperative to Steven that the driver's face never be shown. ("The unseen is always more frightening," he reminds us.)

At all times, the viewer is drawn into the grip of the looming threat of danger — or death — from Loftin's steel monster in full road rage, a rolling time bomb ready to

explode at any moment, an aggressor in high pursuit and often close to bringing down its frightened, hapless prey.

Universal gave Spielberg a mere 10 days for the shoot (he went three days over) and had wanted filming to be done at its Hollywood sound stage; Steven, though, was adamant that everything is shot on desert roads to effectively capture the growing suspense and urgency necessary for the story to become a true nail-biter.

Today, "Duel" is regarded as one of the best — if not the best — TV movies ever aired. All of Spielberg's greatest strengths are on display here, years before the many classic blockbuster films that made him the most successful movie director in Tinseltown history.

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Pay Attention! 16mm Guidelines to 1950s Dating

By Randal C. Hill



Following World War II, the U. S. government donated thousands of sound 16mm movie projectors to our schools. Several smalltime filmmakers took advantage of this and rushed to quickly and cheaply produce around 3,000 “social guidance” classroom movies. These now-forgotten pearls of wisdom offered impressionable kids noteworthy life lessons in a mere 10 to 20 minutes each.

Topics ranged from substance abuse to table manners, from highway safety to correct posture. Adolescents subjected to these snippets of flickering fodder quickly learned that unhappiness — or possibly death — could await those who made bad decisions. “Social guidance” to the rescue, though, and not a moment too soon! These little morality playlets encouraged teens to keep to the straight and narrow, and the ones who best obeyed society’s dictates always ended up the happiest.

As society progressed, these preachy melodramas went the way of the rotary telephone; most of these reel-to-reel anecdotes were discarded once video came in — and students became more sophisticated.

Looking back, the most laughable long-forgotten items may be the dating-etiquette films of the early-to-mid 1950s. The following four randomly se-

lected synopses demonstrate the cornball innocence of that time period. Enjoy.

“What to Do on a Date.” (1951). 10 minutes.

Inexperienced Nick wants to take Kay on a date, but he’s convinced she’ll say no. He finally asks her to a movie but, alas, Kay has already seen the Western that he mentions. Nick’s second choice for a get-together is a nice, safe group activity — helping to set up a scavenger sale at the community center. Kay accepts enthusiastically.

Narrator: *“A group. Doing things together. Pretty good idea for a first date!”*

Following a busy afternoon, the two find themselves enjoying Cokes and sandwiches. Nick shares that he likes bicycle trips. Kay agrees, adding that playing miniature golf also ranks high on her Fun List. Now they’re on a roll. Nick: “Yeah, and weenie roasts and square dances!” Kay excitedly adds baseball games and taffy pulls, exclaiming, “I think they’re swell!”

A now-relaxed and confident Nick wraps up the conversation with, “Say, you like to do lots of things, don’t you!”

“Date Etiquette.” (1952) 10 minutes.

Danny and Alice go out on a first date. Danny meets Alice’s

parents, and Alice is wearing a new dress.

Narrator: *“A fellow wants a girl to look nice when he takes her out.”*

A coming-home time is agreed upon, and off they go. That evening, though, they run out of things to discuss. Not to worry, though, as Danny is tossed a lifeline:

Narrator: *Asking a girl to talk about herself is a pretty sure way to keep a conversation going.”*

The moonlit evening ends on Alice’s front porch as the pair romantically shake hands and depart.

“Beginning to Date.” (1953) 12 minutes.

The Teen Club’s Winter Frolic looms large at the Community House. George, who has never been on a date, wants to ask Mildred to go with him. George’s swimming coach offers sage advice by comparing leaps off a diving board to “making the plunge” into dating. When George tries a dive but ends up doing a bellyflop, his always-patient coach implores, “Try it again.”

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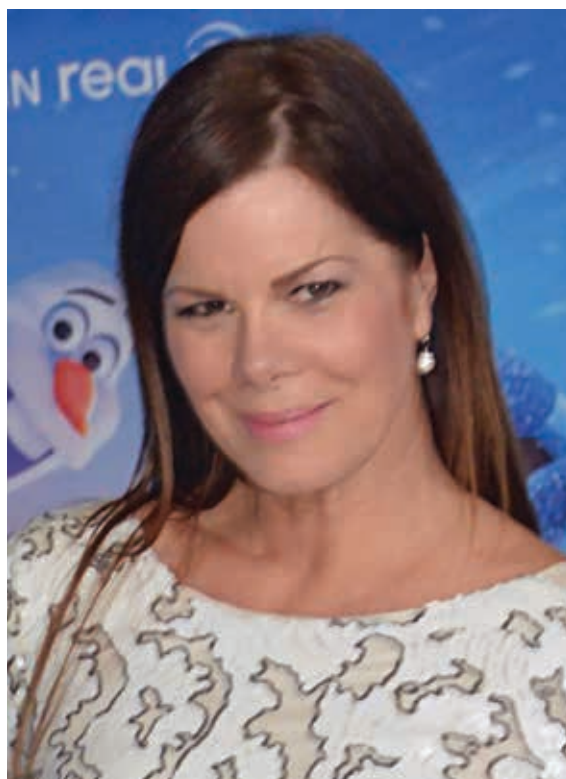
Marcia Gay Harden: La Jolla Girl Makes Good

By Les Goldberg

If you are looking for an excellent potter or someone to teach you the Japanese art of flower arranging – Ikebana, you could try to get a hold of actress Marcia Gay Harden. Good luck with that effort.

But if you want to see the 64-year-old star of stage, screen, and television in action, you can catch her on her latest successful journey on the CBS drama “*So Help Me Todd*,” playing at 9 p.m. on Thursdays.

While some celebrities shine in spurts, their stars riding a roller coaster of ups and downs, Harden’s road has been steady and smooth her entire career, beginning in 1990 with her role in “*Miller’s Crossing*,” her first Broadway part in “*Angels in America: Millennium Approaches*,” and her first TV appearance in 1987 in “*In the Lion’s Den*.”



Courtesy of Wikimedia Commons

Her worldly presence is rooted in her childhood. Born in La Jolla, Calif., north of San Diego, she was a “Navy brat,” following her father, Thad Harold Harden, around the globe in his 30-year career as a fighter pilot.”

The future actress graduated from high school in Maryland in 1976, received a Bachelor of Arts in theater from the University of Texas at Austin in 1980, and earned a Master of Fine Arts degree from New York University’s Tisch School of the Arts in 1988.

Her education paid off immediately as she appeared throughout the 80s in several TV programs, including “*Simon & Simon*,” “*Kojak*” and “*CBS Summer Playhouse*.”

Her early film roles included “*The Imagemaker*,” “*Flub-*

ber,” “*Meet Joe Black*,” “*Labor of Love*” and “*Space Cowboys*,” co-starring Robin Williams, Anthony Hopkins, Brad Pitt, David Marshall Grant, and others.

In 2000, Harden won the Academy Award for Best Supporting Actress for her portrayal of painter Lee Krasner in the biographical film “*Pollock*.” In 2004, she received a second Academy Award nomination for Best Supporting Actress for her performance in the mystery crime drama “*Mystic River*.”



Courtesy of Flickr.com

vella by Stephen King. Also in 2007, she shared top billing with Kevin Bacon in “*Rails & Ties*,” the directorial debut of Alison Eastwood.

The following year Harden played a woman who had a mastectomy in “*Home*,” in which one of her co-stars was her daughter, Eulala Scheel. Harden starred in “*Christmas Cottage*,” a story of the early artistic beginnings of the painter Thomas Kinkade.

In 2009 she appeared as a regular on the FX series “*Damages*” as a shrewd corporate attorney opposite Glenn Close and William Hurt.

That same year she received an Emmy nomination for her role in “*The Courageous Heart of Irena Sendler*,” co-starred with Elliot Page and Drew Barrymore in “*Whip It*,” and appeared in the comedy “*The Maiden Heist*” with Chris-



Courtesy of Flickr.com

Harden guest starred as FBI undercover agent Dana Lewis posing as a white supremacist in “*Raw*,” an episode of the popular crime drama “*Law & Order: Special Victims Unit*.” This role earned Harden her first Emmy Award nomination for Best Guest Actress in a Drama Series in 2007. She reprised the role in the series’ eighth season premiere and again in the 12th-season episode “*Penetration*” as a rape victim.

Harden appeared in several 2007 films, including Sean Penn’s (“*Into the Wild* and “*The Mist*”), based on the no-

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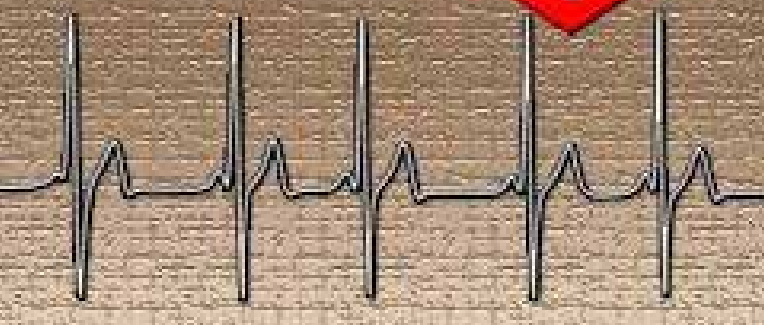
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On The Road Again ...

Laughlin: A Desert Oasis

By Shana McCann

If you are thinking about where to spend a carefree spring weekend or saved-up vacation time, or if you are retired and looking for a new place for R&R, I suggest you consider Laughlin, Nevada on the banks of the Colorado River.

The resort city is only a few hours' drive from L.A. and Orange counties, allowing for picturesque views of the California and Nevada deserts, currently blooming with a variety of bright flowers and cacti.



Once you get to your destination at one of the many riverside hotel resorts and casinos, you can then plan your stay. And there is plenty to keep you blissfully occupied.

My suggestion is to start by taking a relaxing stroll along Laughlin's River Walk, which extends from the Riverside Resort to the Edgewater and New Pioneer hotels to the Laughlin River Lodge and features several fish and waterfowl along the water's edge.

Another idea is to further familiarize yourself with the river environment by taking



a leisurely and scenic ride or dinner cruise aboard paddleboat steamship replicas and tour boats.

When you are ready to break away from the casino slots and tables, the outdoor river tours are a great way to soak in the daytime sun and admire

the star-studded nighttime sky.

The *U.S.S. Riverside*, for instance, offers daily narrated excursions with descriptions of the history and features of the region. It will take you under the Laughlin/Bullhead City Bridge to Davis Dam. Whether sitting on the shaded upper deck or climate-controlled lower deck, your ride will be comfortable and scenic. Snacks and beverages are sold on the cruise.



Or you can board the *Grand Celebration*, a 150-passenger luxury yacht for a 90-minute dinner cruise featuring a full-service bar, lunch, and snack menu, restrooms, air-conditioning, and more.

But maybe the guided tour cruise isn't your thing. In that case, the Rocky River Adventure Center is the place to be. At the Aquarius Casino Resort Boat Dock, you can rent a Yamaha VX110 watercraft and enjoy the river at your own pace after a mandatory pre-launch instructional safety briefing and age eligibility screening.



If you want to take a hike, the opportunities abound in the desert landscape. Three of the most popular hiking adventures can be found at the Grapevine Canyon Trailhead, the Colorado River Heritage Greenway Park & Trails, and the Laughlin Labyrinths, a unique mystery tour of nine stone mazes.

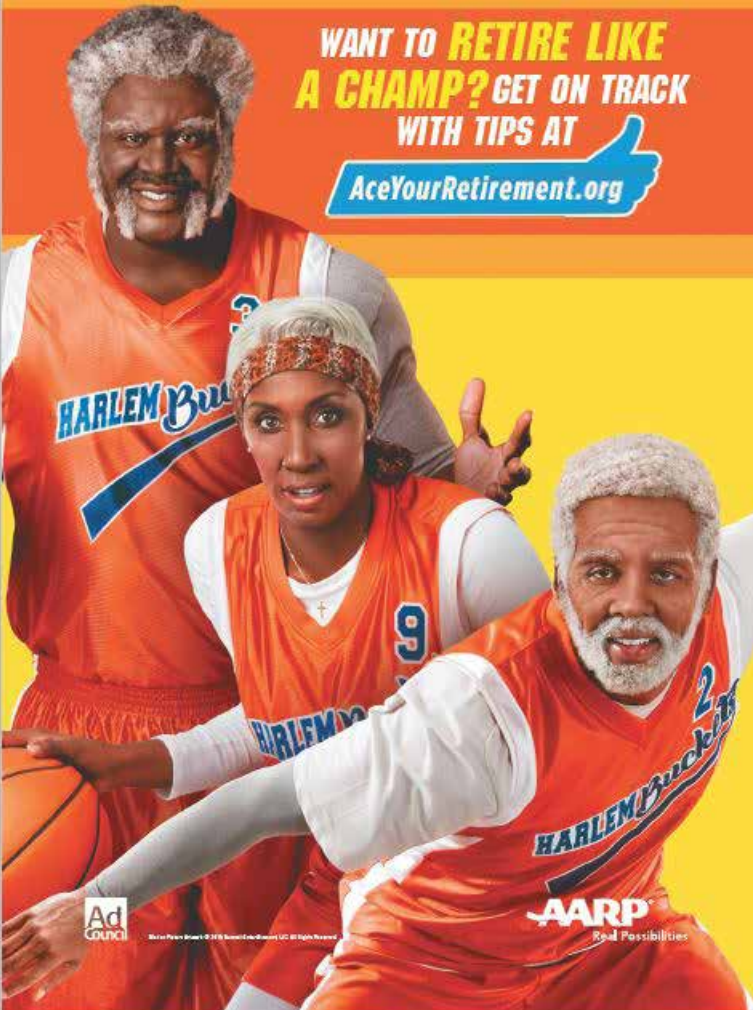
If you like to play golf, the area offers several championship courses set in the picturesque surroundings of the desert and the river.



Wherever you go while in Laughlin, don't forget to bring your camera. The place is ideal for photographing spectacular landscapes, the springtime flower explosion, and the more than 300 species of migrating birds.

Continued on page 23

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Busy Boomers

By Les Goldberg

Looking for a Hobby? Try Boating

Those of us who have chosen to live in Southern California are especially drawn to its almost year-round perfect weather. Some of you – and the numbers are in the thousands – have taken to the ideal environment even further – by spending your time and money on a boat.

If you haven't already done



so, you may want to consider boating as a hobby. To help you decide, here are a few of the best reasons to be less of a landlubber and more of a water adventurer.

Anyone can be into Boating

With various options for boat and yacht size, recreational water activities, and price points,

boating is a multi-faceted hobby that is available to any enthusiast. Some people assume they

can't boat because they don't know how to operate or care for a boat.

But with countless resources available to new boating fans, even the most rookie of skill levels can learn. With options for buying used or new vessels, at a variety of pricing options, boating can be enjoyed at any budget level.



Boating is Good for the Soul

Take a look at your existing hobbies. How many of them allow you to tap into the five senses and rejuvenate? Boating can offer a soul-stirring experience with breathtaking views, calming water, and the potential for solitude. Provide yourself with an escape from the stresses of work and home. Change your environment from the concrete highway to sunsets on the open water. Physical relaxation, coupled with mental release can help you feel exhilarated. And with boat ownership, you can

enjoy this stress-relieving outlet whenever needed.

Family Bonding on the Water

Imagine the family bonding adventures you can have on your boat. Enjoy romantic getaway weekends with your spouse whenever you feel spontaneous. Introduce the kids and grandkids to fishing or enjoy an overnight excursion studying the stars from the deck of your new boat.



Join a Community and Make New Friends

Invite friends and family to your new boat for season-long memories. Meet new friends and join a community of fellow boat enthusiasts with whom you share the water. Surrounding yourself with like-minded boat friends can provide you with a new environment of exploration and relationship building. Enjoy a community of fellow boat enthusiasts enjoying the open water.

Enjoy Learning a New Set of Skills

Boating presents the opportunity to learn an entirely new set of skills. Learning and mastering a new hobby can be just the extra-curricular activity you need. Enjoy boating classes and safe-

ty courses. Learn from the best on the water and then be your captain. Regardless of your boating experience level, you can learn the next level of boat operation and safety. Mastering your newfound hobby can also create a tremendous sense of pride in your boat ownership. Best Places to "Drop Anchor" Excuse me if I sound like a Chamber of Commerce spokesperson, but California is a boater's dream with vast coastal waters, scenic lakes, and rivers. There are more than 700,000 recreational boats registered in the state alone. In addition to the 1,100 miles of Pacific Ocean coastline, the state offers some of the most popular boating destinations, including:



- Big Bear Lake – Best known for its access to activities like jet skiing, picnicking on the shores, and fishing for catfish, rainbow trout, and bass.
- San Diego Bay – One of the largest wildlife refuges on the West Coast with many fishing opportunities and scenic views of Chula Vista, Coronado, Imperial Beach, National City, and San Diego.
- California Delta – Its 700

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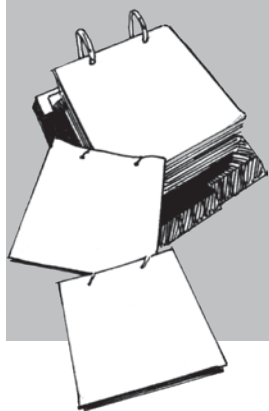
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Continued on page 26



MAY Calendar of Events



Make sure you mark your calendars this month as there are plenty of events going on from an art crawl to a strawberry fest. Yes, it's time to get outdoors and enjoy the May weather with friends or family!

Spring Citrus Fair

La Habra

May 3-5

The La Habra Chamber of Commerce will host its Annual Spring Citrus Fair — full of period charm — highlighting the history of the La Habra Valley. The event will include entertainment, carnival rides, local food, exhibits, and character mascots. Free admission. At La Habra Boulevard between Euclid and Cypress streets. Call 562-697-1704.

OC MARATHON

Newport Beach

May 4-5

Join thousands of other community-minded runners and walkers at the OC Marathon, beginning at Newport Beach Marriott Hotel & Spa just south of Santa Barbara Drive — pledges to benefit 11 local children's charities through Run for Orange County Kids (ROCK). Call 949-222-3327.

Soka Peace Festival

Aliso Viejo

May 4

2:30 to 9 p.m.

This free, day-long event marks the anniversary of the university's dedication and is open to all. Enjoy eclectic programming of musical performances from contemporary artists, delicious food and drink selections, and a variety of exciting activities for the whole family. Please note that while admission is free, parking for visitors is \$10. Parking is limited, arrive early and carpool. Don't miss this fantastic art, music, and community celebration. At Soka University, 1 University Drive, Aliso Viejo. Call 949-480-4081.

Open Garden Day

Santa Ana

May 11

10 a.m. to 4 p.m.

Experience the inviting neighborhoods of West Floral Park and Jack Fisher Park in North Santa Ana. You are invited to stroll through a variety of gardens throughout the day. Tranquil spaces, unique planting ideas, and inspiring yard designs are open for your viewing. This one-day community event offers an array of activities: lovely gardens to tour, garden expert talks and demonstrations, vintage cars to peruse, a street full of vendors

selling unique garden treasures, and gourmet food trucks with plenty of tasty treats. At Neighborhoods of West Floral Park and Jack Fisher Park in North Santa Ana. Call 714-836-9777.

South OC Microbrew & Seltzerfest

San Clemente

May 11

1 to 4 p.m.

To celebrate Left Coast Brewing Company's 20th anniversary, 20 local breweries will unite for a fun-filled Saturday of unlimited tastings, live music by Tunnel Vision, and terrific food trucks. Experience a special brew collaboration, presented by San Clemente breweries and more surprises. At Left Coast Brewing Co., 1245 Puerta Del Sol in San Clemente.

Annual Crawfish Festival

Fountain Valley

May 17-19

Fresh live crawfish (MORE TENDER THAN LOBSTERS), flown in daily from Louisiana and prepared true, Louisiana-style with Cajun potatoes, corn on the cob, and tangy remoulade dipping sauce. At Fountain Valley Sports Park, Fountain Valley.

Greek Festival

Anaheim

May 17-19

Come and experience the sights, sounds, and tastes of Greece. Along with authentic Greek foods and homemade Greek pastries, you will find traditional Greek dancing, an outdoor market place and a Kids Zone with carnival rides, games, and other activities for the children. At St. John Greek Orthodox Church, 405 North Dale St., Anaheim.

Anaheim Children's Festival

Anaheim

May 18

11 a.m. to 3 p.m.

The Anaheim Children's Festival offers families and people of all ages the opportunity to enjoy exploring and making art together. The Children's Festival includes booths, art projects, musical and performing groups, and plenty of fun for kids and families. All art activities are FREE to all participants. The Anaheim Children's Festival has been going strong for 32 years and it continues to grow under the umbrella of the Museo Museum and its commitment to the children of the Orange County area. At Pearson Park, Anaheim.



Tustin LobsterFest

Tustin

May 18

An afternoon of FUN for the family - enjoy entertainment, games, music, and prizes. The Tustin Lobsterfest is an annual fundraiser event that provides financial support for the programs and services sponsored by the Tustin / Santa Ana Rotary Club. All net proceeds from this event help pay for local Rotary programs throughout Tustin and Santa Ana. At Peppertree Park – Corner of First and C streets, Tustin.

Art Crawl Experience

Anaheim

May 18

Art Crawl Experience a.k.a. "ACE," an auditory explosive art walk and arts festival has been acclaimed by local artisans as the Downtown Anaheim Arts District. During the evening of an ACE, attendees stroll amongst outdoor permanent art fixtures, such as Peter Shire's illuminated birdhouse sculptures, to discover artists demonstrating their creative process live for curious onlookers. The crawl stretches from Anaheim Blvd. to Harbor Boulevard and along the Center Street Promenade. Art lovers can walk, crawl, or climb aboard the Anaheim Resort

Continued on page 24

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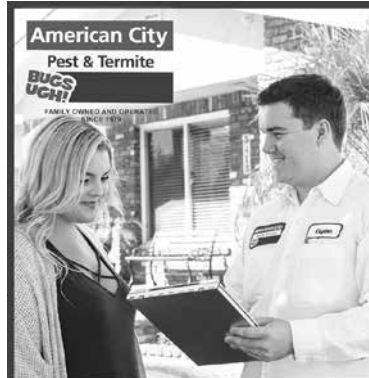
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by Robert Bruce Woodcox

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I come to you.

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

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

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

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

Continued on page 18



'Hooked on a Feeling'

Blue Swede

By Randal C. Hill

"Ooga-chaka ooga ooga
Ooga-chaka ooga ooga
Ooga-chaka ooga ooga
Ooga-chaka ooga ooga ..."

These nonsense syllables kicked off Blue Swede's "Hooked on a Feeling." As absurd as the "words" are, this opening chant proved to be a goldmine gimmick for grabbing music listeners' attention worldwide.

It's a meandering path that leads to the "ooga-chaka" we heard so often in 1974, so let's do a little time-traveling.

In 1959, singer Johnny Preston topped the charts with "Running Bear," a Big Bopper-composed tale of two Native Americans who love each other but are kept apart by their warring tribes. (Shades of "Romeo and Juliet!") Preston's million-seller started with "ugga-ugga ugg-ugga ugg-ugga ugg-ugga," a chant provided by uncredited Country superstar George Jones and the session's recording engineer.

Let's jump nearly a decade, to 1968. Songwriter Mark James composed "Hooked on a Feeling," a tune he wrote for his friend, singer B. J. Thomas. (Mark wrote the song about the thrills of being in love with his childhood sweetheart.) Thomas took James's work to No. 5 on "Billboard's Hot 100."

We come now to 1971 and to Jonathan King, a UK music star who scored a Top 20 American hit in 1965 with the quirky "Everyone's Gone to the Moon." King, who realized the power of a "grabber" introduction on a record, took inspiration from the opening of "Running Bear" to create his nonsense syllables — "ooha-chagga ooga ooga" — to open his cover version of "Hooked on a Feeling." His recording did well on the English charts but went unnoticed in the United States.

This brings us (finally) to 1974. In Stockholm, Sweden, the seven-member band Blue Swede, fronted by Bjorn Skifs, recorded the most popular version ever of "Hooked on a Feeling." Released on EMI Records, it reached No. 1 in several countries, including ours.

James's lyrics claimed that love is like a drug that one can be "high on believin'" and that he wants to "stay addicted" to the girl who can turn him on. Pretty innocent stuff, really, but Blue Swede wanted to avoid any possible drug references, so they changed a few words:

B. J. Thomas had claimed:

"I got it bad for you, girl.
But I don't need a cure.
I'll just stay addicted.
If I can endure ..."

But Blue Swede offered:

"Got a bug from you, girl.
But I don't need no cure.
I just stay a victim.
If I can for sure ..."

That awkward change — which never made sense — didn't hinder the song from becoming a worldwide winner.

P. S., Blue Swede is often dismissed as another "one-hit wonder," having a lone high-charting disc but no successful follow-ups. Blue Swede did release a second Top 10 single here, a cover of the Association's 1967 work "Never My Love." Peppy though it was, Blue Swede's rendition lacked "legs," as its version didn't have the catchiness of the smash single that had made the Swedish guys a brief headliner in the world of popular music.

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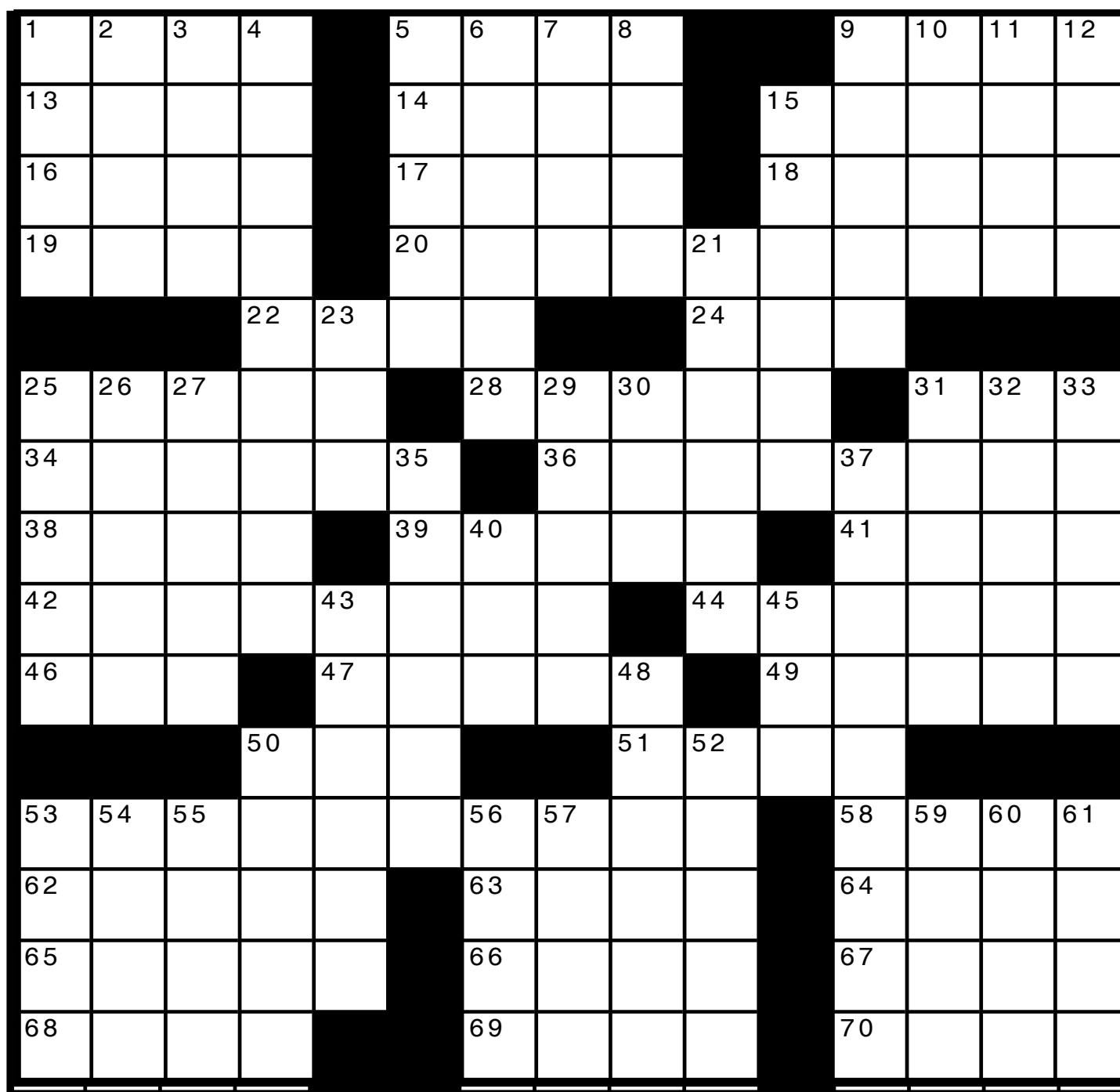
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May Crossword Puzzle

Across

1. Charity
 5. Rework text
 9. Good earth
 13. Suitor
 14. Paddy plant
 15. Songstress Ross
 16. "The Big ___ Theory"
 17. Time ___ my side
 18. Community spirit
 19. District
 20. Megahit online video game
 22. Backside
 24. Bard's "before"
 25. Take on a peak
 28. Haggard of country music fame
 31. Droop
 34. CA city named for a Roman goddess
 36. Don't make a mountain out of it
 38. Inter ___
 39. Weeper of myth
 41. Aware of
 42. Face up to
 44. Ballerina, e.g.
 46. Brian of ambient music
 47. Trail treks
 49. Distrustful
 50. Novelist Rand
 51. Catch sight of
 53. Fondness for desserts, perhaps
 58. Sir's counterpart
 62. Severe
 63. Choir member
 64. Shrek, for one
 65. Manner of speaking
 66. Seating section
 67. Inning number
 68. Quick look
 69. Achy
 70. Poet Ogden or singer Graham



Down

1. "Dancing Queen" group
 2. Shakespearean king
 3. Tresses
 4. Peak in Rio
 5. "All My Children" vixen
 6. Render harmless
 7. Clickable image
 8. Care for
 9. Brit's volume measure
 10. Diamond Head locale
 11. Years in Spain?
 12. Sitcom set in Korea
 15. Formal order
 21. Shouted
 23. Bard's nightfall
 25. "The final frontier"
 26. Punctuation mark
 27. Acid in proteins
 29. Chew the scenery
 30. Plunder
 31. "___ You've Been Gone"
 32. Modify
 33. Old or morning follower
 35. Consecrate
 37. Newlyweds' holiday
 40. Cartridge contents
 43. Tempo
 45. Matterhorn, e.g.
 48. Hunting dog
 50. Fable writer
 52. Waterfront
 53. Watercraft
 54. Walk in water
 55. Great Lake city
 56. Cereal grain
 57. Hodgepodge
 59. Water in the lagoon
 60. ___ and sciences
 61. Go well together

May Book Club

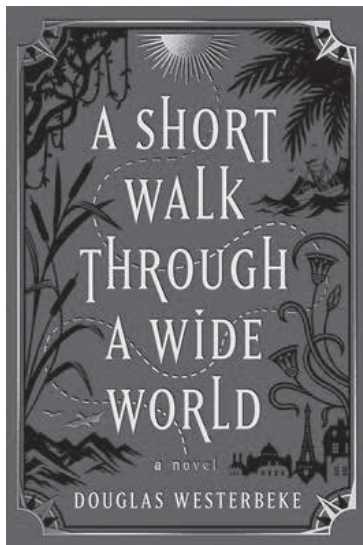


There are plenty of good books to read this spring so why not check out some new titles below and enjoy them when sitting outside in the glorious sunshine?

A Short Walk Through a Wide World

A Novel

By Douglas Westerbeke



“*The Invisible Life of Addie LaRue*” meets *Life of Pi* in this dazzlingly epic debut that charts the incredible, adventurous life of one woman as she journeys the globe trying to outrun a mysterious curse that will destroy her if she stops moving.

“Paris, 1885: Aubry Tourvel, a spoiled and stubborn nine-year-old girl, comes across a wooden puzzle ball on her walk home from school. She

tosses it over the fence, only to find it in her backpack that evening. Days later, at the family dinner table, she starts to bleed to death.

“When medical treatment only makes her worse, she flees to the outskirts of the city, where she realizes that it is this very act of movement that keeps her alive. So begins her lifelong journey on the run from her condition, which won’t allow her to stay anywhere for longer than a few days nor return to a place where she’s already been.

“From the scorched dunes of the Calashino Sand Sea to the snow-packed peaks of the Himalayas; from a bottomless well in a Parisian courtyard, to the shelves of an infinite underground library, we follow Aubry as she learns what it takes to survive and ultimately, to truly live. But the longer Aubry wanders and the more desperate she is to share her life with others, the clearer it becomes that the world she travels through may not be quite the same as everyone else’s ...

“Fiercely independent and hopeful, yet full of longing, Aubry Tourvel is an unforgettable character fighting her way through a world of wonders to find a place she can call home. A spellbinding and

inspiring story about discovering meaning in a life that seems otherwise impossible, *‘A Short Walk Through a Wide World’* reminds us that it’s not the destination, but rather the journey—no matter how long it lasts — that makes us who we are,” according to Publisher Avid Reader Press/Simon & Schuster.

Clear

A Novel

By Carys Davies



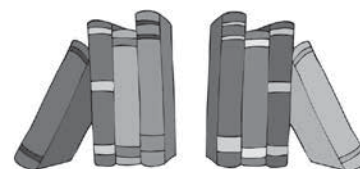
“A stunning, exquisite novel from an award-winning writer about a minister dispatched to a remote island off of Scotland to “clear” the last remaining inhabitant, who has no intention of leaving—an unforgettable tale of resilience, change, and hope.

“John, an impoverished Scottish minister, has accepted a job evicting the lone remaining occupant of an island north of Scotland — Ivar, who has been living alone for decades, with only the animals and the

sea for company. Though his wife, Mary, has serious misgivings about the errand, he decides to go anyway, setting in motion a chain of events that neither he nor Mary could have predicted.

“Shortly after John reaches the island, he falls down a cliff and is found, unconscious and badly injured, by Ivar who takes him home and tends to his wounds. The two men do not speak a common language, but as John builds a dictionary of Ivar’s world, they learn to communicate and, as Ivar sees himself for the first time in decades reflected through the eyes of another person, they build a fragile, unusual connection.

“Unfolding in the 1840s in the final stages of the infamous Scottish Clearances — which saw whole communities of the rural poor driven off the land in a relentless program of forced evictions —this singular, beautiful, deeply surprising novel explores the differences and connections between us, the way history shapes our deepest convictions, and how the human spirit can survive despite all odds. Moving and unpredictable, sensitive, and spellbinding, *‘Clear’* is a profound and pleasurable read,” according to Publisher Scribner.

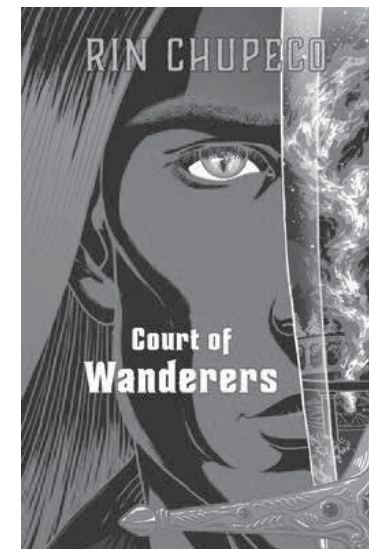


Court of Wanderers

Silver Under Nightfall

Book No.2 of Silver Under Nightfall

By Rin Chupeco



“Remy Pendergast and his royal vampire companions return to face an enemy that is terrifyingly close to home in Rin Chupeco’s queer, bloody Gothic epic fantasy series for fans of Samantha Shannon’s *‘The Priory of the Orange Tree’* and the adult animated series *‘Castlevania.’*

“Remy Pendergast, vampire hunter, and his unexpected companions, royal vampires Lord Zidan Malekh and Lady Xiaodan Song, are on the road through the kingdom of Aluria again after a hard-won first battle against the formidable Night Empress, who threatens to undo a fragile peace between humans and vampires. Xiaodan, severely injured, has lost her powers to vanquish the enemy’s new super breed

Continued on page 26

CHAPTER 7

Alzheimer's Dementia, and Sundowner's Getting Out of Control

Caring for a loved one who is appreciative of your efforts and aware they are declining is hard enough. When the loved one is impacted by dementia or Alzheimer's disease, you often feel you are trapped looking after someone that you don't know at all.

Even within your own home. This person may be angry and belligerent toward you, making unreasonable demands or even becoming physically violent. They may blame you for things you could not possibly control or have not done. They may yell and even strike you. Responding to these actions responsibly takes the most courage and compassion of all.

It is vital that your loved one takes their medications to keep them calm, or they can become out of control and entirely unmanageable despite your best intentions.

When they refused to take their medication and lash out at you, do as suggested in the previous chapter. With their doctors approval hide medication in treats that your loved one still enjoys—one example may be ice cream.

The most important thing to remember, if you find yourself trying to care for a loved one who is behaving unreasonably, is that you most never blame yourself for any of their accusations. A kind of wild behav-

ior that feels abusive and even dangerous sometimes if just part of the progression of their disease.

As these diseases progress there are other severe concerns besides emotional and memory problems. For example, as time passes their brain will no longer be able to communicate with their body. When this happens, they get more dependent on you help while getting weaker. Patients with dementia and Alzheimer's who tend to wander aimlessly, are also more inclined to fall. They have ailments that need attention, but they can no longer tell you about their discomfort.

They may start to choke on their food as their throat muscles cease to function. They are prone to other issues like recurring urinary tract infections, malnutrition (not eating well), constipation, and or confusion.

If you are caring for a loved one with these conditions, you are also most apt to burn out from anxiety and exhaustion.

You need to take care of yourself, or the unrelenting stress will cause you to become ill yourself, if the burden becomes too high, look for outside help before your exhaustion severely impacts the care level for your loved one. Do not feel like you have failed if

you seek out professional help to get you through this challenge.

When your loved one has Alzheimer's or dementia, and you spend the night somewhere different, they may get increasingly confused. Any changes in routine can also increase Sundowner's symptoms. Sundowners usually happens mid-afternoon to early evenings when there may be mild to severe agitation and or increased confusion.

At night close the blinds or curtains so they won't become afraid if they see a reflection of themselves or other people in the windows or sliding glass doors. The same goes for mirrors, particularly closet door mirrors. once had a patient who had arguments with his reflection in the mirror. You can place cloth material over the mirrors or get closet doors without mirrors to keep this from happening.

When your loved one is in a new environment, doors may confuse them. They may start opening multiple doors, looking for bathrooms, for example. You may need to guide them to the toilet, especially before bed and first thing in the morning.

Bring pads to protect the couch or chairs in case of incontinence: which is accidentally

Continued on page 37



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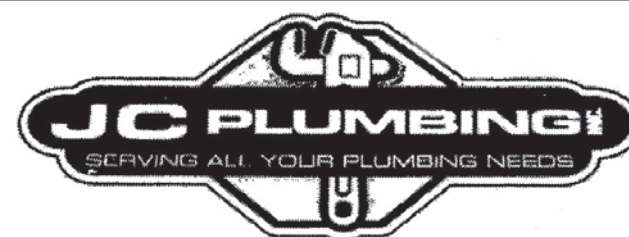
- Cardiac wellness
- Wound care management
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In The Spotlight

'Lights, Camera, Action' — Meet Myrna Keitgas

While the way we take photos has changed dramatically over the decades from point-and-shoot to our cell phones, taking images is still a popular pastime for many.

Meet Myrna Keitgas, 69, for example, who is the publicity chair for The Camera Club of Laguna Woods Village. She recently took some time out to talk with the "Senior Reporter" about the club and more. Keep reading to learn more about Keitgas as well as the popular club for seniors.

SR: What is your role and how long have you been into photography?

A: As publicity chair this is new this year. I have been involved in photography off and on over the years, but at retirement, I was able to focus more on my interests and re-learn the technical aspects of photography. This year I participated in my first critique with decent results.

Q: What does The Camera Club of Laguna Woods Village do?

A: Provides various opportunities for people of all experience levels, from novices to retired professionals. We offer workshops on topics for beginners to photo editing software. There are no 'meetings' per se, but frequent workshops, critiques, print competitions, and



monthly showcases, featuring the unique interests of club members, as well as travel experiences of club members, our group are very experienced travelers. The Photo Lab also provides services to the greater Laguna Woods community with personal projects, scanning photos, negatives, and slides, restoring old photographs, matting a favorite family photo, and getting portraits done.

Q: When was the club founded?

A: The club was established in 1966, shortly after Leisure World, now Laguna Woods Village, was developed. In the early years, the group was small and centered on helping each other with planning and composing photos. Since 1973 the club has continuously provided members and the community with opportunities to participate in critiques and showcases.

Q: How many members are there?

A: Currently there are 242 members.

Q: Can anyone join?

A: Due to community governing documents the club may only admit up to 20% of its membership from outside Laguna Woods Village.

Q: How often does it meet?

A: Six times a year the club hosts a 'critique' with a designated theme, which could be transportation, abstract shapes, colors, or photos taken only with a smartphone camera, there are set guidelines for submitting photos for a critique. Experienced/professional photographers judge photos. This is really an opportunity to learn to take better photographs by having your work critiqued by a professional.

Q: What's the best part of the club?

A: The best part of being in the club in my opinion is getting to work with and meet people with some real talent, creativity, and skill.

Q: Does the club teach people how to take photos?

A: The club does teach classes that may help an individual use their new equipment again or workshops cover the gamut. Photo lab supervisors are available to work with individuals on specific projects that may

require learning to use some of the photo lab equipment.

Q: What about beginners?

A: If you are new to photography, it's a chance to learn the basics, ISO, Aperture, and Shutter speed. If your interest is in photo critiques, there is plenty to satisfy you.

Q: Are the members a diverse group?

A: Our members come from all walks of life; we have members who have worked in the film industry, retired photojournalists, marketing, and business professionals, as well as people with no photography experience at all.

Q: What has the club meant to you personally?

A: Being part of the club has helped me develop confidence in my photography skills.

Q: Any other tidbits about the club?

A: The Camera Club of Laguna Woods Village is very active in our community and helps photographers achieve their goals.

Visit www.cameraclublwv.org, or follow on Facebook/Camera Club LWV or Instagram CCLWV2024. All of the clubs' activities are publicized online, on Village TV6.

Tell Your Life Story...

Continued from page 14

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Retire with Confidence: Improvements to the Reverse Mortgage loan programs

The FHA Insured Reverse HECM (age 62+) and the Jumbo Reverse (age 55+)

In recent years, several significant improvements have been made to reverse mortgages, enhancing their appeal and effectiveness for seniors. Here are some of the most notable advancements:



Seniors greater transparency and protection against predatory lending practices.

1. Increased Consumer Protections: Regulatory changes have been implemented to safeguard Seniors and ensure they fully understand the terms and implications of reverse mortgages. Mandatory counseling sessions are now required before obtaining a reverse mortgage, providing borrowers with comprehensive information about the loan's features, costs, and alternatives. Additionally, stringent regulations limit fees and charges, offering

2. Introduction of Non-Borrowing Spouses Protections: Previously, non-borrowing spouses faced the risk of foreclosure upon the borrower's death if their name was not on the loan. However, recent changes have extended protections to non-borrowing spouses, allowing them to remain in the home after the borrower's passing, provided they meet certain criteria, such as main-

taining the property and paying property taxes and insurance.

3. Flexible Proceed Options: Reverse mortgages now offer more flexibility in how borrowers receive their funds. In addition to the traditional lump-sum payment, borrowers can choose to receive monthly installments, a line of credit, or a combination of these options. This flexibility enables borrowers to tailor their proceeds to their specific financial needs and preferences, whether it be supplementing monthly income, covering large expenses, or creating a financial safety net for the future with a Line of Credit (LOC). Best of

Continued on page 28

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see article on page 17

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Fabulous Finds

By Debbie L. Sklar

Besides Mother's Day May also has Memorial Day and sunny days to enjoy.

Make sure you are ready to look your best from top to bottom with these new **Fab Finds** this month including skincare and a topical pain reliever.

Superb Sunscreen



CodeSkin based in India offers seven revolutionary sunscreens for every skin type and skin concern. CodeSkin sunscreens are the debut range of an eventual comprehensive skincare brand. The sunscreens use world-class ingredients rated highest on safety, effectiveness, and clean beauty. The formulations have been clinically evaluated for effectiveness and environmental friendliness. Each of the seven sunscreens caters to a different skin type and skin concern e.g.: oily, normal, dry, sensitive, as well as acne-prone skin.

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normal to dry skin.

- CodeSkin UltraMatte Oil-free Fluid SPF 50+: Formulated for oily and combination skin, providing effective sun protection without adding shine.

- CodeSkin Ultra Protect Fluid SPF 100+: Offers advanced defense of quadruple sun protection technology for those seeking maximum sun protection. This will help divers, swimmers, cyclists, trekkers, paragliders, etc. Useful in cases of hyperpigmentation and melasma.

- CodeSkin UltraLite Body Spray SPF 50+: Convenient on-the-go body spray suitable for all skin types.

- CodeSkin UltraSensitive Mineral SPF 50+: A gentle mineral sunscreen designed specifically for sensitive skin. Especially good for pregnant women and kids above 2 years.

- CodeSkin UltraMatte Mineral Gel SPF 50+: Sun protection tailored for acne-prone skin without clogging pores.

- CodeSkin Ultra Mineral Glow SPF 40+: Infused with special illuminating pigments, adds a radiant glow while ensuring sun protection. Also, works as a makeup highlighter.

- CodeSkin Mineral sunscreens have only zinc oxide, which is one of the safest natural sunscreen ingredients.

- CodeSkin has sourced the world's safest UVA and UVB sun protection filters. The CodeSkin charter of ingredient selection goes beyond the 1600

ingredients in the restricted list of international organizations.

The benefits of CodeSkin sunscreens include their safety even around the eyes and their lightweight fluid texture, leaving no white cast, and being non-greasy. Formulated such that it is water-resistant and sweat-resistant, CodeSkin sunscreens keep your skin moisturized and offer maximum blue light protection. The sustainability and clean benefits include eco-friendly packaging, anti-pollution, reef-safe, fragrance-free and vegan features. To shop and more information, visit: www.codeskin.in

Golden Glow



Achieve a warm, golden-lit glow inspired by the Scandinavian sun with **Banana Bright+ Instant Glow Moisturizer**, OLEHENRIKSEN's one-step makeup prep for instantly illuminated skin. Clinically evaluated to improve the appearance of makeup, visibly brighten skin both instantly and over time, and reduce the look of fine lines and wrinkles, this hydrating for-

mula is the key to achieving an effortlessly chic and sun-drenched golden glow. Step into the Scandinavian sunlight with each uplifting application of OLEHENRIKSEN's new Banana Bright+ Instant Glow Moisturizer, available now at Ulta Beauty and OLEHENRIKSEN.com.

Joining OLEHENRIKSEN's iconic Truth Collection, Banana Bright+ Instant Glow Moisturizer is infused with Gold-Complexed Vitamin C and illuminating Banana Powder-Inspired + Pearlescent pigments, providing a lift from within glow and luminous finish. For a supple and nourished complexion, Hyaluronic and Polyglutamic Acids, along with Scandinavian Cloudberry Seed Oil, bind moisture to plump skin with hydration while Niacinamide reduces the appearance of dark spots. The result? 24-hour hydration and instantly illuminated skin.

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and neck for an instant golden glow and all-day hydration.

OLEHENRIKSEN Banana Bright+ Instant Glow Moisturizer (\$52) available online at OLEHENRIKSEN.com and in-store and online at Ulta.com on March 28, 2024, and in-store and online at Sephora.com

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Tinseltown Talks

By Nick Thomas

David Selby's Mom was a Big Fan

Born and raised in West Virginia, David Selby's extensive film, television, and stage career included prominent roles in two very different TV shows in different generations: ABC's gothic soap opera "Dark Shadows" in the 60s and the prime-time soap "Falcon Crest" on CBS in the 80s.



David Selby in a Smartphone Theatre production. Photo courtesy Todd Felderst.

"My mother (Sarah) loved that I was an actor," said Selby from Los Angeles, but she had no background in the entertainment world. Her upbringing in a coal mining town was a tough one, being responsible for raising her brothers and sisters.

"She managed to graduate from high school and met my father who was raised on a farm," Selby said. "Mom continued to work hard at various jobs including the local Montgomery Wards, in a bake-shop, and her last job was as a bookkeeper in an office supply place. But she never liked to talk about herself – at all. Her focus was always on the family. She was also a meticulous housekeeper and did not like messes."

Tidying, said Selby, is a trait he inherited and for which his family has always ribbed him for his constant dusting, washing, and sweeping. "Sarah is among us!" he said his wife, Chip, will lovingly announce.

To honor his late mother and her influence on his life, Selby wrote "They Don't Call Me Sarah for Nothing," a short but compelling monologue he composed for Smartphone Theatre, a live stream digital performance platform presented via Zoom and created during the early pandemic months to showcase original productions. Selby's reading streamed live in March 2022 and can be viewed on YouTube (https://youtu.be/cm7mFA_VF6c).

"I would act like my mother unconsciously," he said. "The kids would say 'grandma says that' or my wife would say 'You sound like your mother.' So, I wrote 'They Don't Call Me Sarah for Nothing' because it was cathartic for me to talk about her and realize, my God, how much she meant to me."

Despite their loving relationship, young David found her constant working difficult to understand. Nevertheless, he recalled, "She always somehow managed to look like a million dollars! Even taking out the trash or going to the grocery store in our little community, she was always cautious about looking her best."

As he grew older and with no initial interest in acting, Selby planned to enroll in West Virginia University but needed tuition funds. "So, I went to Atlantic City in the summer and worked at a restaurant, then returned with a pocket full of money to pay for my first half-year's tuition. I lived at home so I could walk to class as a freshman but didn't really know what I was going to do."

That's when an adviser for students whose names started with an 'S' spotted Selby standing in the enrollment line for classes. "He said, 'You look like you could be in theater' and it turned out he was a theater instructor," Selby remembered. "He talked me into it and, lo and behold, I began doing plays at the university right away."

After completing his degree, Selby moved to Illinois where he completed a Ph.D. in the arts, but not before moving to

the East Coast and accepting his first TV role.

"I didn't finish my Ph.D. until after I was in New York doing 'Dark Shadows' – in fact, I copied my dissertation at the office where we shot the show," he recalled. His wife even took a job as an editor and then as a college English teacher so David could pursue his acting career (see www.davidselby.com).

But what did his mom really think about his acting career?

"She watched every show I did, from the plays at university and summer stock to 'Dark Shadows,' 'Falcon Crest' and everything else," he said. "Aside from my wife, my mother was my biggest fan. I loved her dearly."

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



On The Road Again ...
Laughlin
continued from page 8

I also recommend going beyond the boundaries of Laughlin while on your staycation. Using your car or a rental, a few miles to the east is Oatman, Arizona, where you'll find a different kind of adventure – a real blast to the past.



On the famous Route 66, Oatman is a historic mining town now considered a ghost town. However, catering to the many tourists it attracts, you will find herds of donkeys roaming along Main Street, a chance to explore a reconstructed mine, or watch a gun show, including a dual reenactment like the scene in the iconic Western movie, "High Noon."

While there you can check out the little shops, visit the town's jail and museum, stop for a drink at the old saloon, and pet and feed the famous tiny burros.

Contrary to popular belief, Laughlin is not solely about casinos and gambling. It is, in fact, a mecca of outdoor activity, a unique combination of a desert landscape with the refreshing splash of river life. It is a true oasis.



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Continued from page 11

aboard the Anaheim Resort Transit (ART) for complimentary rides throughout Anaheim's Art Crawl Experience. Call 714-956-3586.

Rancho Days Fiesta
2024 date TBA

Explore the rich history of Orange County's rancho era through hands-on activities, crafts, music, dance, and more at the annual Rancho Days Fiesta at Heritage Hill Historical Park. Activities and performances include Native American and Folklorico dancing, Early California ranching with hands-on activities and exhibitors, Music, piñata breaking and crafts for children, Charro horse riding and roping demonstrations plus historic buildings will be open, courtesy of the Amigos de la Colina docents. At Heritage Hill Historical Park, 25151 Serrano Road, Lake Forest. Call 949-923-2230.

Santa Ana Zoo's Party for the Planet/ Endangered Species Day
Santa Ana

May 19
11 a.m. to 2 p.m.

Celebrate Earth Day and Endangered Species Day with special activities. General Public - free with the price of admission; Throughout the event, Zoo guests can create conservation-friendly crafts and play fun games, as well as learn from hands-on demonstrations and education sta-

tions. At Santa Ana Zoo, 1801 E. Chestnut Ave., Santa Ana.

Balboa Island ArtWalk
Balboa
May 19

9 a.m. to 5 p.m.

Over a mile of art and live music! Balboa Island ArtWalk features 90 artists exhibiting paintings, fine jewelry, blown glass, sculpture, and photography. Spectators will enjoy live music throughout the day on three stages along the walk. Admission is free. At 1000 South Bayfront Balboa Island.

Taste of Brea & Business Expo
May 23

5 to 9 p.m.

Brea's Annual Foodie Extravaganza is here. Enjoy a delicious mix of food, drinks, and fun in Brea Downtown. Enjoy dancing to live music with family and friends. Spend this evening strolling the Brea Downtown enjoying tasty samples from local Brea restaurants and beer/wine providers while reveling in the beautiful domain that Brea has to offer. At Downtown Birch Street promenade.

Strawberry Festival
Garden Grove
May 24-27

The festival is a parade and carnival celebrating the city's strawberry-growing history. Free admission. At Euclid and Main Streets, Garden Grove. Call 714-638-0981.

Scottish Fest
Costa Mesa
May 25-26

The event features hundreds of bagpipers and drummers, Scottish and Irish food and vendors, Scottish clans, Highland dancing, and traditional Scottish feats of strength like the hammer throw, putting the stone, and caber toss. Part of the United Scottish Society, the festival was established in 1932 and was called Highland Games in the tradition of Scottish heritage. At OC Fair and Event Center, 88 Fair Drive, Costa Mesa.

Silverado Chili Cook-Off & Cinco de Mayo Festival
Silverado

2024 date TBA

Cinco de Mayo Festival, Chili Cook-Off, live music and entertainment, artists, vendors, family activities, petting zoo, beer & wine cantina, food & beverages. At Silverado Community Center Fairgrounds 27641 Silverado Canyon Road, Silverado. Call 714-649-2820.

Annual Muckenthaler Motorcar Festival
Fullerton

2024 date TBA

A one-of-a-kind automotive cultural event. Features car rallies, motor movies, Concours d'Elegance, and horseless carriage tours. Live performances in the outdoor amphitheater by

Continued on page 26



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Movie Preview

'Unfrosted: The Pop-Tarts Story'

By Randal C. Hill

In 1964, America was focused on the Civil Rights movement, Cassius Clay becoming Muhammad Ali, and the Beatles dominating the music world. But none of these events resonated with young Jerry Seinfeld as much as a toasted breakfast treat called Pop-Tarts. Breakfast time for this New York kid could now mean a warm, gooey treat that trumped soggy cereal or bland oatmeal. Highly processed? Non-nutritional? Who cared when you were a hungry 10-year-old?

Seinfeld so loved Pop-Tarts that he later worked them into his nightclub routine: "How did they know," he would ask his audience, "that there would be a need for a frosted, fruit-filled heated rectangle in the same shape as the box it comes in? And with the same *nutrition* as the box it comes in? Once there were Pop-Tarts, I could not understand why other types of food needed to exist. My mom would continue to prepare meals, and I'd say, 'Mom, what are you *doing*?'"

Jerry claims his inspiration for "*Unfrosted: The Pop-Tarts Story*" buzzed in his brain during the COVID pandemic. "Watching endless sad faces on TV, I thought this would be a good time to make something based on pure silliness," he explains. This tale, which Jerry wrote,

directed, edited, and co-starred in, reflects his love for the absurd small things in daily life.

Seinfeld's story opens in 1963 and depicts the all-out food fight between cereal giants Kellogg and Post. His original work is essentially fiction, but he has woven some real-life elements into his script, including just how cutthroat the business world can be.

His unique-vision offering is replete with such well-established comic actors as Melissa McCarthy, Amy Schumer, Fred Armistead, and Daniel Levy. There's even a surprise appearance by Hugh Grant, who's often hilarious in his way. The script manages to showcase each performer and develop their character.

Jerry has always claimed to base his legendary career on "nothing," and he says today, "There is no story, but there are a couple of elements that are true that we use to begin the story, which is that Post came up with this idea, Kellogg's heard about it, and they said, 'We have to do the same thing.'"

On Feb. 10, former Kellogg's employee William Post (no relation to Kellogg's business rival) died at age 96. He had been responsible for creating Pop-

Tarts. "Godspeed, Bill Post," Jerry posted on Instagram. "You bent pastry and fruit filling to your will and convinced parents to serve dessert for breakfast."

The Netflix feature will be released on May 3.



Marcia Gay Harden

Continued from page 6

topher Walken and Morgan Freeman.

Harden returned to Broadway in "*God of Carnage*," co-starring with James Gandolfini, Hope Davis, and Jeff Daniels. All three actors were nominated for a Tony Award; Harden won Best Actress in a Play.

In recent years, she reunited with Jeff Daniels in HBO's series "*The Newsroom*," she starred in the "*Fifty Shades*" film series from 2015 to 2018, and she began a starring role in the TV series "*Code Black*."

Today, as the star of CBS's hit series "*So Help Me Todd*" Harden plays a meticulous at-

torney, Margaret Wright, who hires her talented but scruffy son Todd as her law firm's in-house investigator. Critics rave about her and the talented cast in the unique drama-comedy.

When she's not in front of the camera, she is sitting in front of a potter's wheel or practicing her Ikebana at her home in the Catskill Mountains of New York.



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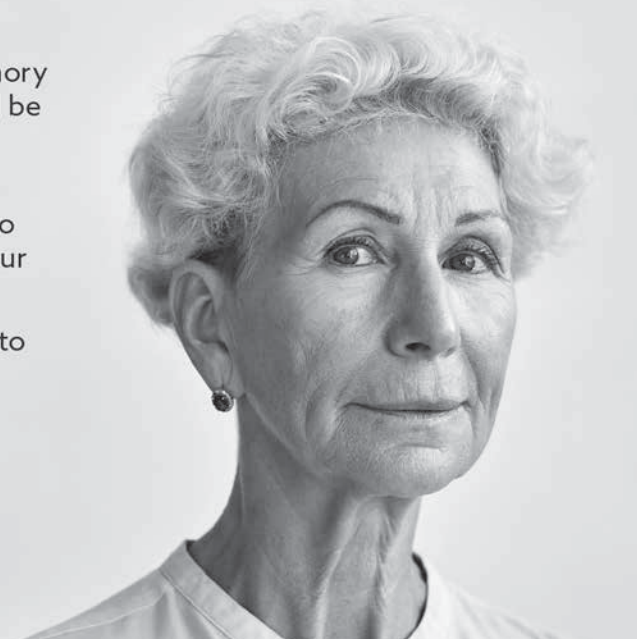
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16mm Guidelines

Continued from page 5

Narrator: *“Dating skill, like diving skill, is gained by just one thing—by practice and more practice.”*

Mildred agrees to go with George to the Frolic, but now George is at a loss about making conversation. Magically, wise words of guidance appear above his head: COMIC BOOKS and MILDRED’S NEW DOG. And, with all the help he’s received, George’s kiss-less first date goes off... well, swimmingly.

“Toward Emotional Maturity.” (1954) 10 minutes.

With first dates out of the way, dating teens can now grapple with sexual interest and desires.

Sally is riding in Hank’s convertible when he suggests that they “go up to Mountain Park and enjoy the moonlight.” Mature Sally well knows what’s on Hank’s evil little mind and says, “Let’s just go on home.” Of course, Mature Hank, not the least bit frustrated, merrily agrees and responds with, “You’re the boss!”

Narrator: *“No matter how deep the emotion is, you don’t have to let it take you over.”*

The two teens end their date with a warm goodnight hug, and chastity is preserved. At least for one more night.

Bibliography

Book:

Smith, Ken. *Mental Hygiene: Classroom Films 1945 – 1970*. New York: Blast Books, Inc., 1999.

May Calendar

Continued from page 24

The Pleasure Tones and Janet Klein and Her Parlor Boys. Proceeds benefit youth arts education and outreach programs. At Muckenthaler Cultural Center, 1201 W. Malvern Ave. Call 714-738-6595.

Placentia Jazz & Art Festival

**Placentia
2024 TBA**

3 to 9 p.m.

The Placentia Jazz & Art Festival supports local music and art programs, with performances by Tuffree MS, El Dorado HS, EdCode quintet led by El Dorado band director Eric Samson, CSUF Latin Band led by Francisco Torres, and headliner Grammy-award winning pianist Bill Cunliffe and CSUF Faculty Band. Visit Artist Alley to see local artists and El Dorado HS & Tuffree MS Arts programs. The event also includes an art contest, food, and vendors. At Bradford Park 136 E. Palm Circle, Placentia. Children under 10 are free.

HB Symphony Concert at GWC

June 23

Get ready for a great concert. Visit <https://hbsymphony.org> and see the ad in this issue for more info.



May Book Club

Continued from page 16

of vampire, but if the trio can make it to Fata Morgana, the seat of Malehk’s court — dubbed ‘*The Court of Wanderers*’ — there is hope of nursing her and bringing them back.

“En route to the Third Court, Remy crosses paths with his father, the arrogant, oftentimes cruel Lord of Valenbonne. He also begins to suffer strange dreams of the Night Empress, whom he has long suspected to be Ligaya Pendergast, his mother. As his family history unfolds during these episodes, which are too realistic to be coincidence, he realizes that she is no ordinary vampire — and that he may end up having to choose between the respective legacies of his parents.

“Posing as Malek and Xiaodan’s human familiar, Remy contends with Aluria’s intimidating vampire courts and a series of gruesome murders with their help — and more, as the three navigate their relationship. But those feelings and even their extraordinary collective strength will be put to the test as each of them unleashes new powers in combat at what may prove to be the ultimate cost,” according to Publisher S&S/Saga Press.

Here We Go Again *A Novel*

By Alison Cochrun

“A long time ago, Logan Malletis and Rosemary Hale used to be friends. They spent their



childhood summers running through the woods, rebelling against their conservative small town, and dreaming of escaping. But then an incident the summer before high school turned them into bitter rivals. After graduation, they went ten years without speaking.

“Now in their 30s, Logan and Rosemary find they aren’t quite living the lives of adventure they imagined for themselves. Still in their small town and working as teachers at their alma mater, they’re both stuck in old patterns. Uptight Rosemary chooses security and stability over all else, working constantly, and her most stable relationship is with her label maker. Chaotic and impulsive, Logan has a long list of misguided ex-lovers and an apathetic shrug she uses to protect herself from anything real. And as hard as they try to avoid each other — and their complicated past — they keep crashing into each other. Including their cars.

“But when their beloved former English teacher and life-long mentor tells them he has only a few months to live,

they’re forced together once and for all to fulfill his last wish: a cross-country road trip. Stuffed into the gayest van west of the Mississippi, the three embark on a life-changing summer trip — from Washington state to the Grand Canyon, from the Gulf Coast to coastal Maine — that will chart a new future and perhaps lead them back to one another,” according to Publisher Atria Books.

Busy Boomers

Continued from page 10

miles of water is a boater’s utopia where you can kayak, cruise the waterways, waterski, and fish for the more than 55 species, including striped bass that migrate from May to November.

- Lake Tahoe – Surrounded by the Sierra Mountains, boating in Lake Tahoe is a breathtaking experience. The shoreline is abundant with historic sites, pristine beaches, and water sports activities.

Boaters in Southern California in particular can find out more about the ins and outs of the boating hobby by checking with the Los Angeles Department of Parks and Recreation. There are rules, regulations, and procedures that must be followed, and information you need to know about boat launches, licensing, and rules for motorized or non-motorized vehicles.



Reverse Robert



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Fabulous Finds

Continued from page 20

Section at Walgreens stores nationwide. For more information about EMUAID and its range of natural skincare solutions, visit www.emuaid.com.

Natural Glow



Jergens Natural Glow Skincare is partnering with The Skin Cancer Foundation to sponsor its Destination Healthy Skin program, a mobile education and screening program that travels around the United States from May through November. The program is designed to provide free full-body skin cancer

screenings while educating the public about the importance of skin cancer early detection, effective sun protection, and now with the help of Jergens, alternate skin-safe options to achieve a glowy tan.

Additionally, Jergens is expanding its collection of trusted Natural Glow sunless tanners with the addition of the new **Natural Glow Sun Drops**, the brand's first sunless tanning serum formula. These customizable drops are formulated for the face and body and can be added to your favorite moisturizers, making it easy to achieve beautiful color while using the everyday products you love. The more drops added to your moisturizer, the deeper your color will develop, and due to its unique penetration enhancers, this formula provides longer-lasting color so you can enjoy your glow for days.

The new Natural Glow Sun Drops joins the ranks of other cult-favorite Natural Glow products, including the Natural Glow Daily Moisturizer, Natural Glow + Firming Daily Moisturizer, and Instant Sun Sunless Tanning Mousse, which are all available on Amazon.



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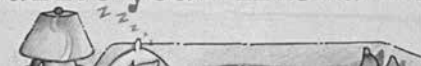
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**Friends
don't let friends
drive drunk.**

If your friend has had too much to drink, he doesn't have to drive.
Here are three ways to keep your friend alive ...



drive your friend home



Retire With Confidence

Continued from page 19

all, no monthly loan payments required.

4. Lower Costs and Fees: Efforts to reduce costs associated with reverse mortgages have made them more affordable for Seniors. Fee structures have been revised to lower upfront costs, making reverse mortgages a more accessible option for those with limited financial resources. Additionally, interest rates have become more competitive, further enhancing the affordability of reverse mortgages, and maximizing the benefits for borrowers.

5. Expansion of Property Eligibility: In the past, certain types of properties, such as condominiums and manufactured homes, faced restrictions when it came to qualifying for reverse mortgages. However, recent changes have expanded the eligibility criteria, allowing a broader range of property types to qualify for reverse mortgages. This expansion provides Seniors with more options when considering a reverse mortgage and allows them to access their home equity regardless of the property type they own.

Overall, these improvements have made reverse mortgages a more attractive and viable option for Seniors looking to tap into their home equity to enhance their financial security and quality of life in retirement. With increased

consumer protections, flexible proceed options, lower costs, and expanded eligibility criteria, reverse mortgages continue to evolve to better meet the diverse needs of Seniors in today's ever-changing financial landscape.

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See ad on page 21

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The Popular Cleveland Forest

If you're looking for a quick summer getaway you might consider The Cleveland National Forest.

The Cleveland National Forest is the southernmost National Forest in California and is 460,000 acres (720 sq mi) (1,900 km). The forest offers a wide variety of terrains and recreational opportunities.

Until the arrival in San Diego of Juan Rodriguez Cabrillo, the lands now within the Cleveland National Forest were known only to the desert and coastal Indian tribes who used them. The Kumeyaay, Luiseños, Cahuilla, and Cupeño found a good living on the abundant acorns and game. Many of the trails today follow those routes first used by these early dwellers.

Created on July 1, 1908, with the consolidation of the Trabuco Canyon National Reserve and San Jacinto National Reserve by President Theodore Roosevelt and named after President Grover Cleveland. The Forest is divided into the Trabuco, Palomar, and Descanso Ranger Districts and is located in the counties of Riverside, Orange, and San Diego.



Some Fast Factoids

How many varieties of plants and animals live in the forest?

The Cleveland National Forest is home to almost 500 wildlife species and thousands of plant species. Over 25 of these species are listed as threatened or endangered. Please keep this in mind as you stroll through the forest so as not to disturb the beautiful surroundings.

How do I reserve a Campsite?

The ideal camping time in most Forest areas is May to October, before winter storm activity. Reservation campgrounds are available; however, a few Forest campgrounds are operated on a first-come, first-served basis and fill up quickly during holiday weekends. Forest employees will assist you in choosing an appropriate location to meet your needs. It should be noted that many Cleveland National Forest campgrounds will not accommodate oversized motorhomes or camp trailers.

Recreation.gov manages reservations for most families and some group campgrounds.

Can I camp in areas outside developed campgrounds?

You may camp outside of developed campgrounds in Undeveloped or Dispersed areas. Dispersed areas are designated areas away from highways and development where camping along back roads or trails is permitted (during high fire season areas may be closed.) Potable water, toilets, and other amenities are not generally available. If you choose to camp outside developed areas, be sure to bring adequate water or be prepared to purify spring water before drinking. Because of year-round fire danger, wood or charcoal fires are not allowed (including charcoal in a BBQ). "Know before you go" and check at the nearest Ranger Station for a map of the Remote Camping Areas and the current fire restrictions. A National Forest Adventure Pass is required for most areas. The San Mateo Canyon Wilderness in the Trabuco Ranger District is the only area in which undeveloped camping is allowed.

Where can I have campfires?

Wood or charcoal fires are allowed only in the designated fire rings located in developed campgrounds and developed picnic areas and not in open areas of the forest. A permit is not required to use these approved fire rings.

Source: <https://www.fs.usda.gov/main/cleveland/about-forest>

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Walk Your Way To A Better You! Evidence Based Nordic Pole Walking Program

Dr. Gerred Popejoy, a Lifestyle Doctor and International Speaker, Specializes in Exercise Rehabilitation for Seniors. He is available to speak to senior groups in Orange County Call (916) 806-9150 to schedule.

Most people tend to focus on one activity or type of exercise and think they're doing enough. The goal, however, is to be creative and choose all four types of exercise – Endurance, Strength, Balance, and Flexibility – that give you a complete "Full Body Workout".

Nordic Pole Walking includes all four types in one simple walking exercise that can be

worked into anyone's busy schedule. Nordic Pole Walking engages up to 90% of your body muscles compared to 40-60% with regular walking. It also relieves 26% of stress off your lower back, hips, knees, and ankles because it redistributes the stress equally throughout your body, not just into your lower back and legs.

It is a simple exercise that can be done indoors or outdoors on any surface. 35 minutes of Nordic Walking is equivalent to one hour of regular walking but gives you the Health Benefits of Swimming, all in one simple easy walking exercise.

Nordic Pole Walking provides twice the health benefits as regular walking in half the time. It is a Full Body Aerobic Resistance Exercise creating a cross-motor function benefit, all in one walking exercise. Anyone at any age even with disabilities, who can walk can participate.

The more muscle engagement during exercise, the more calories and glucose you burn. (Individual rates depend on body composition and fitness). Example: Calorie Burning per hour: Nordic Pole walking, 600-900 Kcal compared to Regular Walking, only 240 Kcal.

It's easy to understand why Nordic Pole Walking has become so popular around the world today. Even though it is a low-impact exercise, it has maximum Health Benefits proven with over 350 Medical studies.

Together we are changing the world. We are a dedicated group of Healthcare Professionals and Health and Wellness Instructors, wanting to make positive changes in people's lives.

Our Mission: To educate, inspire, empower, and support people to become accountable to themselves.

We believe Nordic Pole Walking exercise will raise the fitness level in our World of Nations!

The Trouble With Falls

Every 11 seconds, an older adult is treated in the emergency department for a fall-related injury. Every 19 minutes, an older adult dies from a fall-related injury. One out of five falls leads to fractures (broken bones), concussion, or other serious injuries. Women are more likely to fall indoors and men outdoors. Men are more likely to die from falls. Women are more likely to be injured with double the rate of fall-related fractures than men. Practically all hip fractures – over 95% – result from falls. At least 300,000 older adults are hospitalized each year for hip fractures.

Continued on page 32

Empowering Older Adults Through Nutrition: The Fight Against Senior Hunger in Orange County

By Holly Hagler,
President and CEO, Meals on
Wheels Orange County and
Claudia Bonilla Keller, CEO,
Second Harvest Food Bank of
Orange County

Recent data show that 29% of seniors in Orange County are experiencing food insecurity, which means they do not have enough food, especially for a healthy and active life. This number is drastically rising, partially because older adults are the fastest-growing demographic, creating a “silver tsunami” of residents reaching the age of 65 and older. This surge is fueled by the swell of seniors projected to represent nearly a quarter of the county’s population in just a few decades. Inflation and the jump in grocery store prices by 25% since 2020—with no sign of receding—are also contributing to this challenging scenario.

Amid this growing need, organizations like Second Harvest Food Bank of Orange County and Meals on Wheels Orange County play a crucial role in addressing senior hunger. Sharing a common goal to provide nutritious food to this vulnerable population, these nonprofits meet seniors where they are and ensure they are able to access the vital nutrition necessary for their health and vitality.

In collaboration with its partners, Second Harvest Food

Bank of Orange County provides dignified, equitable and consistent access to nutritious food, creating a foundation for community health. To address this need among older adults, Second Harvest has pioneered the Park-It Market program as a key component of its Senior Grocery Program. The Park-It Market program debuted in 2018 as a national first: A mobile walk-up market housed within a refrigerated trailer for seniors to select fresh produce, protein and dairy, free of charge and right from their doorstep at senior centers and senior apartment communities across the county. Second Harvest also recently released a “proof-of-concept” Park-It Market 2 trailer—lovingly dubbed “Granny’s Market” in honor of the mother whose family foundation’s generous contribution helped to launch the vehicle—double-sided and equipped with shelving that allows seniors to grab the food that they want.

Meals on Wheels Orange County is committed to erasing hunger and loneliness for at-risk seniors through nutritious meals, therapeutic care, social connections and other services that help them maintain their independence and quality of life. Meals on Wheels OC is advancing the vision, overall strategic initiatives and priorities, and is a deeply committed advocate of senior health in Orange County. Nutritious

recipes are planned by a registered dietician and distributed through Meals on Wheels’ Lunch Café programs and Adult Day Health Care centers or the Meals on Wheels’ home-delivered program, thus meeting 100% of the daily nutritional value this vulnerable population needs.

Ensuring that low and fixed-income seniors receive food deliveries is just one aspect of senior nutrition. Equally crucial is the provision of nutritious foods essential for maintaining their health. It is important that seniors make every bite count and prioritize protein and fiber-rich foods like oatmeal, beans, nuts, fruits and vegetables. Appetite can also diminish with age, so it is important that seniors have three meals a day and drink lots of water to stay hydrated.

In Orange County, where one in four older adults grapples with food insecurity, the looming “silver tsunami” and surging grocery prices underscore the critical role of organizations like Second Harvest Food Bank of Orange County and Meals on Wheels Orange County. To access support or aid a senior in need, individuals can visit feedoc.org/need-food or call 211 or the Orange County Office on Aging toll free at (800) 510-2020.

Financial support is indispensable to sustain these essential

programs, ensuring no senior goes hungry or feels forgotten in our community. You can also give your time by volunteering for Second Harvest Food Bank of Orange County or Meals on Wheels Orange County. Together, let’s recognize Senior Hunger Awareness Month with a reaffirmed commitment to senior nutrition and well-being and to safeguarding the health and dignity of Orange County’s cherished elders.

BIOS:

Holly Hagler, President & CEO, Meals on Wheels Orange County

Holly Hagler is the President & CEO of Meals on Wheels Orange County, one of California’s largest safety-net nonprofits providing social, nutrition, and health services to older adults. For more than 14 years, Holly has fearlessly led Meals on Wheels OC in advancing the vision, overall strategic initiatives, and priorities, and is a deeply committed advocate of senior health in Orange County. Meals on Wheels Orange County provided nearly a million meals annually before COVID-19 to at-risk older adults in Orange County, and this number dramatically increased to two million at the height of the pandemic. The nonprofit also provides social services such as Adult Day Health Care, Case Management, Care Coordination and other programs designed to help older adults remain safe in their homes and the communities they love. These programs are funded in part through a grant from the California Department of Aging and administered by the Orange County Office on Aging.

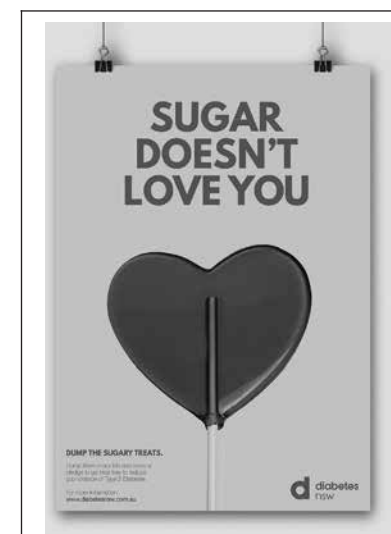
Holly serves on the boards of directors for Meals on Wheels America and for Meals on Wheels California, and as co-chair of Partners at Home Community Care Hub. She also is past board chair for the National Association of Nutrition and Aging Services Providers, past co-chair of the Orange County Aging Services Collaborative and served on the Leadership Council for the Orange County Strategic Plan for Aging. Holly’s career spans senior-level

business and nonprofit positions. She earned a Master of Management (MM) from the Kellogg School at Northwestern University and dual undergraduate degrees from the University of California, Irvine.

Claudia Bonilla Keller, CEO, Second Harvest Food Bank

Claudia Bonilla Keller is the CEO of Second Harvest, a leading food bank in Orange County. With over two decades of experience in nonprofit leadership, she oversees outreach efforts to donors, community partners and volunteers to address food insecurity. Under her leadership, Second Harvest adapted its business model during the COVID-19 pandemic, strategically purchasing nutritious food to meet the increased demand. She also spearheaded the establishment of Harvest Solutions Farm in Irvine, a 40-acre farm partnership with University of California South Coast Research & Extension Center and Solutions for Urban Agriculture, that produces over 50,000 pounds of fresh produce weekly for distribution to those in need. In fiscal year 2023, Second Harvest distributed 36.3 million pounds of food to a monthly average of 393,000 people per month.

Prior to her role at Second Harvest, Keller held senior positions at organizations like LA Promise Fund and the American Heart Association, where she led impactful programs in education and health. She holds a bachelor’s degree in political science and a master’s degree in public administration. She actively contributes to various boards and organizations focused on food insecurity, such as serving on the boards of the California Association of Food Banks and Abound FoodCare.



CalOptima's PACE Celebrates Decade of Service to Seniors



By Bill Thomas

If you are looking for a pleasant place to ensure that your aging loved ones are cared for by professional and dedicated caretakers, then look no further than the CalOptima PACE Program.



I recently had the honor of visiting the PACE facility at 13300 Garden Grove Blvd., Garden Grove, to join the celebration for its 10th anniversary as a modern healthcare and adult day service center for seniors 55 years of age and older.

The PACE Center is a unique alternative to nursing home care, using an Interdisciplinary Team (IDT) to help older adults keep their independence and stay at home. It allows participants to receive meals, have recreation time, get rou-

tine medical care and spend a productive day in a social setting.

My visit was highlighted by a tour of the facility by Victoria Angeles, and Anh Kao, who pointed to the many amenities and programs offered to the PACE participants. They include:

- A large dayroom with natural light to enjoy healthy meals and snacks
- Bingo, crafts, board games and other fun options
- A primary care clinic with exam rooms, nurses' stations, triage area and in-house pharmacy
- A therapy area with parallel bars, exercise bikes, weights, resistance machines and Nintendo Wii to improve movement and safety
- Daily fitness classes to maintain strength and function
- Classes on topics such as: healthy cooking, English as a second language and more
- Quiet areas to rest and relax
- Showers, personal grooming and laundry areas
- A private outdoor patio with raised planters for gardening projects
- Free transportation to and from their homes or medical appointments

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FACTS

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- 470,000 Americans die from stroke each year.

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The Gadget Geezer

By Les Goldberg

CES' Top Glitz of the Glitter

Although this year's Consumer Electronics Show (CES) is in the rearview mirror, all of the newest innovations highlighted at the humongous event are in sharp focus.

Hundreds of products, technologies, and ideas won the show's Innovation Awards, so many that highlighting all of them in this column is virtually impossible. What is possible, however, is to take a glimpse at some of the winners that caught my eye.

Scuba S1 Plus



For those of you who own a pool or hire a pool cleaner, the **Scuba S1 Plus** from Aiper is a game-changer, much like remote vacuums are for floor cleaning.

The cordless robotic pool cleaner can be charged by solar or magnetic power using the same charging port.

With a runtime of 150 minutes, the cleaner is equipped with a brushless drainage motor that discharges twice the amount of water than traditional drainage

motors at the same power for more efficient results. It also responds to obstacles in just three to five seconds.

Auto Lasers



It is not uncommon at CES to hear the word "revolutionary" spouted throughout the exhibits. I prefer "evolutionary" but that's neither here nor there. One thing is for sure; however, the hype was pretty loud at the Hisense booth where the company's Automotive Laser Display was on display.

What is it? It is a hologram for windshields. Promoting safer driving, the company says its "advanced optical technology further converts side and rear windows into immersive displays, enhancing navigation and entertainment while focusing on safety and compact design."

Starting from the driver's cockpit, the heads-up display (HUD) provides turn-by-turn directions, speed, and other essential information that was previously confined to the dashboard.

Looking to the future when autonomous driving is ubiquitous, the rear passenger seats will swivel around and allow for the 30-40-inch laser displays to create a more captivating visual experience while traveling both short and long distances.

GenHome



Also using "revolutionary" freely at the show was the company honored for its **GenHome** at-home medical diagnostics device.

Calling it the next generation of affordable health insurance, everyday wellness, and pandemic preparedness, GenHome is designed to detect pathogens like COVID-19 in under 30 minutes and with 100 times the accuracy of conventional rapid tests.

"Using isotherman amplification, the device merges the best molecular and immunodiagnostic technology in the palm of your hand," according to the company spokesperson.

Mophie Snap+

While some CES innovations are seemingly beyond close reality, others are available for purchase immediately. One example is the **Mophie Snap+**



powerstation mini with a stand. The show floors were filled with Smartphone accessories, including apps and chargers, but standing out among them was the Innovation honoree which was described as "a streamlined, elegant solution that eliminates wires and simplifies charging on the go."

The product, selling for \$69.99 on Amazon and elsewhere, features the company's unique Qi2 charging technology and fast 15-watt power for speed, all in a very small form factor.

ErgoFlip Mouse



Targus is known industry-wide for its computer bags and mobile gear. This year the company is adding the **ErgoFlip Mouse** to its EcoSmart collection of environmentally friendly products.

Its unique design allows for

both right and left-handed use and is powerful enough to accommodate the most avid gamers, graphic designers, and others who require a high level of precision in mouse control.

As a CES Innovations award-winner, the six-button mouse is lauded for its eco-friendly design that uses up to 85 percent recycled materials in both the product and its packaging and for its use of low-energy Bluetooth technology.

Stay tuned for more cool stuff from the CES show.

Walk Your Way

Continued from page 29

10+ Health Benefits gained with each Step of Nordic Pole Walking!

Each step provides Better Posture, Balance and Walking Gait, Activates 90% of your body musculature, Increases levels of Dopamine, new brain cells, helps self-regulate brain to calm down, An Aerobic Resistant/Cross motor exercise generates better Brain Function, Reduces 30% stress and pain from back, hips, knees and ankles, improves Endurance, Improves Immune, Vascular and Lymphatics, Burns 22-47% more Calories than regular walking, Strengthens and balances the Para-Spinal Muscles, and Improves your mood and restful SLEEP

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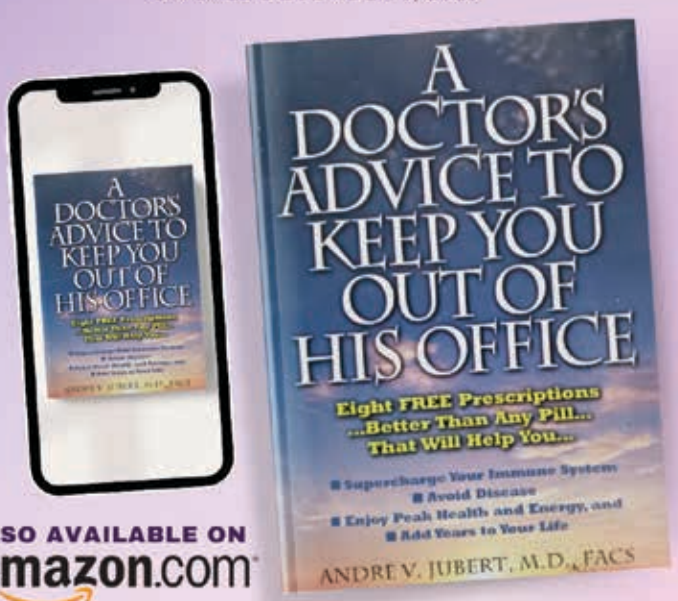
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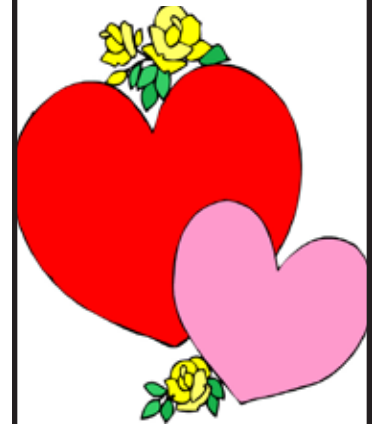
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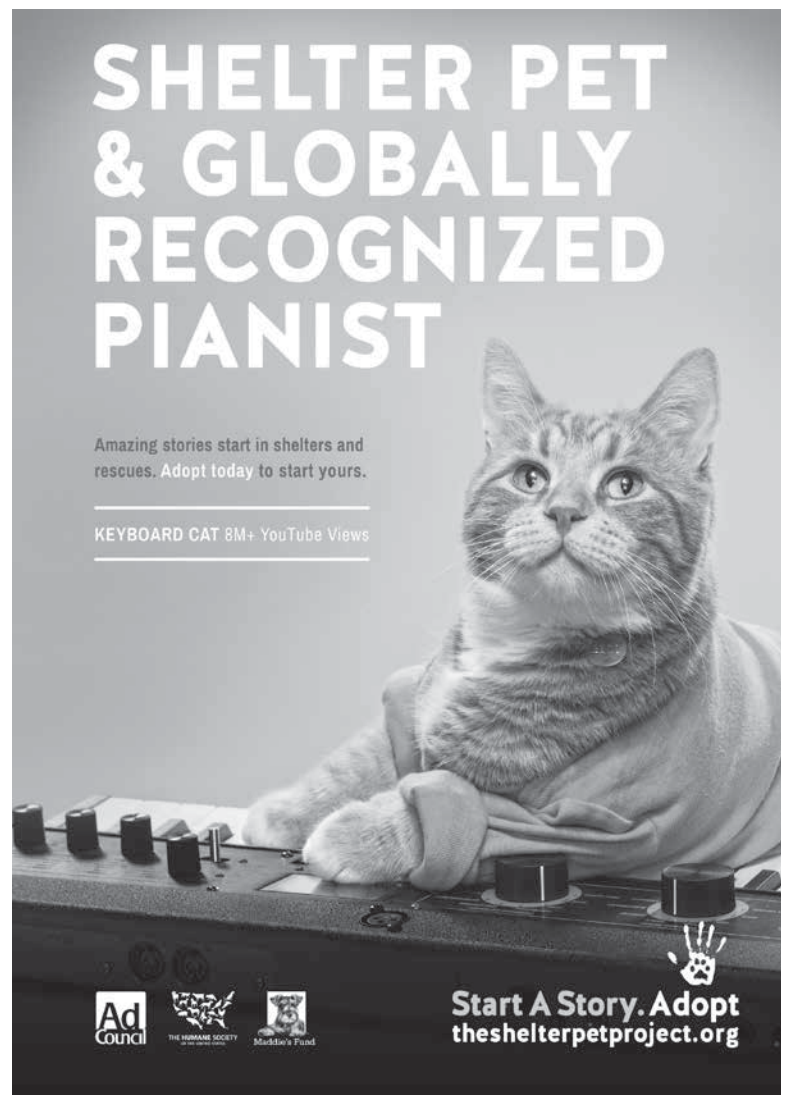
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Crossword Puzzle Answers from page 15

1	A	2	L	3	M	4	S	5	E	6	D	7	I	8	T	9	L	10	O	11	A	12	M
13	B	E	A	14	U	14	R	I	C	E	15	D	I	A	N	A							
16	B	A	N	17	G	17	I	S	O	N	18	E	T	H	O	S							
19	A	R	E	20	A	20	C	A	N	D	21	Y	C	R	U	S	H						
				22	R	23	E	A	R		24	E	R	E									
25	S	26	C	27	A	L	E	28	M	29	E	R	L	E	31	S	32	A	33	G			
34	P	O	M	35	O	N	A	36	M	O	L	E	37	H	I	L	L						
38	A	L	I	39	A	39	N	I	O	B	E	41	O	N	T	O							
42	C	O	N	43	F	R	O	N	T	44	D	A	N	C	E	R							
46	E	N	O	47	H	I	K	E	S	48		49	L	E	E	R	Y						
				50	A	Y	N			51	E	S	P	Y									
53	S	54	W	55	E	E	T	56	T	57	O	O	T	H	58	M	59	A	60	A	61	M	
62	H	A	R	S	H			63	A	L	T	O			64	O	G	R	E				
65	I	D	I	O	M			66	T	I	E	R			67	O	U	T	S				
68	P	E	E	P				69	S	O	R	E			70	N	A	S	H				

Life After Mother

By Lyn Jensen

'Exploring probate and estate issues from personal experience.'

The Emptiest Day

I look at the calendar for May and see that Mother's Day is coming, and an old habit makes me think about what to do, what card or flowers to get. This is the fifth Mother's Day when I've had to think twice and remember, I don't have to do anything. My mother was the type who made sure I remembered Mother's Day every year. I don't have to remember it anymore.



Doing nothing for Mother's Day — and Father's Day, coming up in June — affects me differently from any other holiday, because most others I've long lost any emotional tie to anyway. Those I can let pass without celebration. I can handle letting Thanksgiving, Christmas, New Year's, Easter, and even my birthday go by without anything special. Mother's Day, however, always used to be a time for at least a card or a phone call, maybe flowers or a meal if my health and finances permitted. Now I don't have to do anything anymore.

In fact, I often send a card or make a phone call to my aunt, who is the mother of my cousins, or I acknowledge some

friends who have children. That's not the same thing, though.

I know about the custom of wearing a white carnation on Mother's Day, to honor your mother who has passed. Mother's Day always falls on a Sunday, though, and this senior has for many years treated Sunday as a day for staying home in pajamas, taking long naps, mindlessly turning the TV on and off, and checking e-mail. There's no reason to buy a white carnation and pin it on my bathrobe. My Sunday habits also preclude going out to celebrate.



What's surprising is that I feel such emptiness when I've long since been used to being emotionally distant from either parent. My relationship with my mother was not one of love and support — it was more about a smothering kind of controlling; one I'm still not used to being free of. My father, likewise, was someone who could only be dealt with by dealing with him as little as possible. We did 'the card thing.'



That the experience of shaking free of 'the card thing' would leave such emptiness is an example of the unexpected consequences of dealing with the death of a parent. My empty feeling over not needing to send a card or make a phone call is wrapped in the grief of losing a parent, even an emotionally distant one.

When experts give advice about coping with the loss of your mother, they forget to tell you that Mother's Day may turn out to be the emptiest day.

Chapter 7

Continued from page 17

urinating or having a bowel movement. Don't forget to bring their natural or prescription medications for anxiety or agitation.

These medications may be especially needed due to an unknown environment, changes in their routine or especially around new people.

Loved ones with declining

mental agility are best with the same routine, places and people for their security or comfort. When their routine changes, they can get increased confusion and or agitation.

Take advantage of the free information available that covers virtually every aspect of caring for a loved one with these diseases. For example, the Alzheimer's Association has a great series of tip sheets covering many aspects of care for loved one with Alzheimer's at or in a facility. You can access them here: <https://www.nia.nih.gov/health/caregiving>.

The more you read and learn about caring for your loved one with Alzheimer's, the more you understand how this condition is not just a story of heartbreak.

You find joy in moments of hope and lightness, and in some cases, the experience can bring families closer as they unite to cope with the challenges of care.

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When you first sign up for Medicare, if you don't join a Medicare drug plan or an Advantage plan that includes prescription drug coverage you can incur up to a 12% penalty per year.

Here are some exceptions to the rule. The following are considered "credible coverage" by Medicare and you don't have to have the additional Medicare Part D.

- 1) Federal Employee Health Benefits (FEHB) Program
- 2) Veterans Benefits
- 3) TRICARE (Military health benefits)
- 4) CHAMPVA
- 5) Indian Health Services.

A question I get asked frequently is, "Can I use a discount drug program like Good RX?" Discount drug programs like Good RX are NOT considered "credible coverage" by Medicare. Therefore you would still need to have a Part D prescription drug plan.

If you don't have a prescription drug plan or have questions about the one you have, please feel free to give me a call.

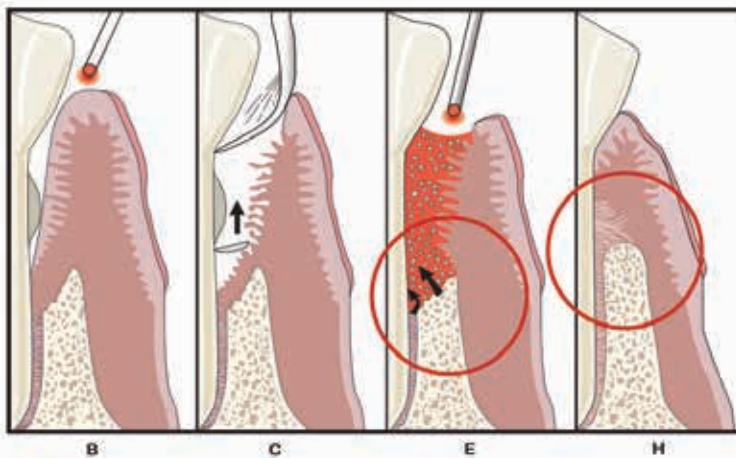
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1. Gregg RH II, Gregg DM. Laser-assisted periodontal regeneration with the LANAP protocol. *Dent Today* 2019 May;38(5):78, 80-83
2. FDA Clearance K151763



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