

SENIOR REPORTER

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MARCH 2023

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

Mariska Hargitay

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— Mariska Hargitay



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Required Minimum Distribution With Maximum Effort

By Jim McDevitt



Over many, many years my wife and I have put money in an IRA. That's in an investment company and not the Irish Republican Army. Many years ago, we reached the age when to avoid penalties from the IRS, we have to withdraw a Required Minimum Distribution and pay taxes on that amount of money. Usually, it's really easy to do over the phone for my wife and me. But the withdrawal this year was like drilling a tooth for a cavity without Novocain.

It started easily enough, I called the investment company's phone number and spoke to something called Artificial Intelligence. At first, it sounded easy enough, "Please tell me why you are calling." I did as asked. "What is your name?" Easy enough so far. "What is your password?" I didn't know my password but my wife sprung into action and pulled open her little black book with passwords and gave it to me. I thought I was finished with the questions and would now get to speak to a live person. Wrong. "What is your favorite hobby?" Now I am thinking, is this some kind of joke? My answer to the hobby question, I got wrong.

Next, it asked me for the name of my best man at my wedding. I got that right but by now if I was water in a kettle I would be steaming. Gone are the days when I could quickly speak to a human being.

It was about then that I yelled into the phone, "LET ME SPEAK TO A CUSTOMER REPRESENTATIVE!" The next thing I knew was that the line went dead. The Artificial Intelligence hung up on me. My wife told me to calm down or I would have a stroke. I redialed the number and this time I was prepared with the correct answers to all the questions and got connected to a customer representative. I asked what my minimum distribution that is required for 2023 is. When I told the lady how much I wanted to withdraw, she said I would have to pay my \$20 fee first before she could process my withdrawal. She said the fee was because I had selected to get printed statements in the mail instead of electronic statements.

Grinding my teeth now, I said I only get electronic statements. And don't owe anything. She said, "Well it shows you owe \$20." "Let me speak to a supervisor." Was my answer. The lady then said "Could you hold on? I want to check something. I'll put you on a brief hold." After about a minute she came back on the line and said "I found the er-

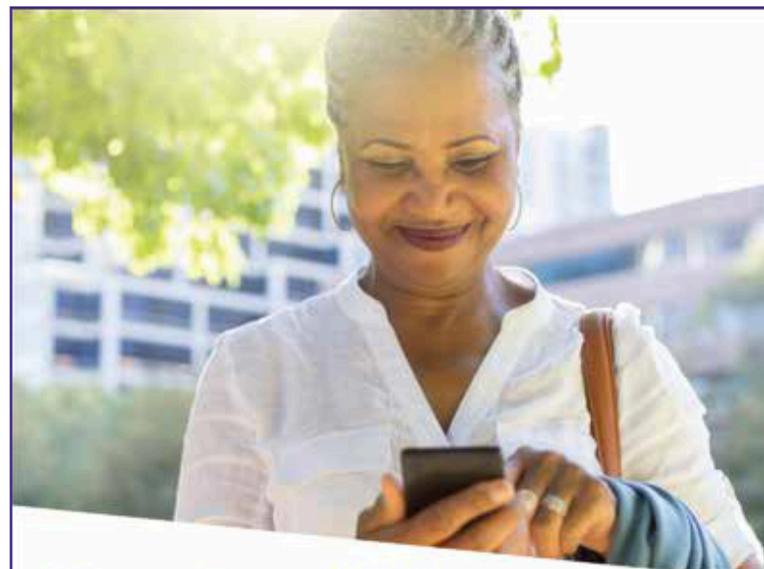
ror. I have to transfer you to another department in order to correct this. Please hold. The withdrawal will be processed today after the other department makes the correction."

I was put on hold for at least five minutes. A human came on the line and said the lady has processed my request. He asked a couple of questions and told me the error has been corrected and the other lady would process my withdrawal via electronic deposit as I had requested. It ended up taking five days instead of the usual one day to have money deposited in my checking account. If they send me a survey on customer service they will not be happy with my answers.

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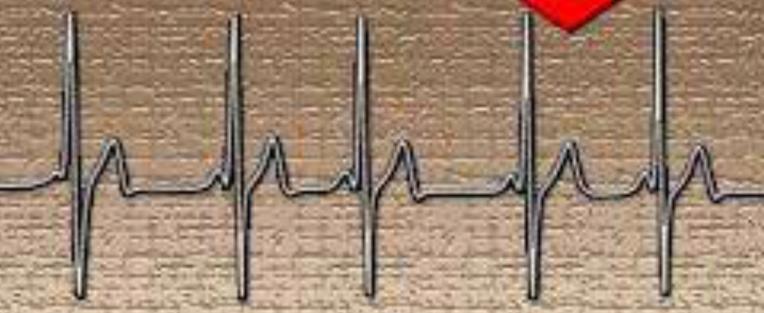
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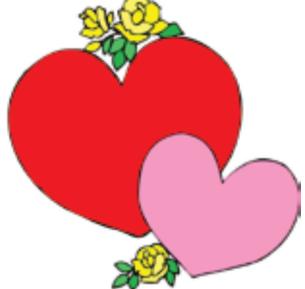
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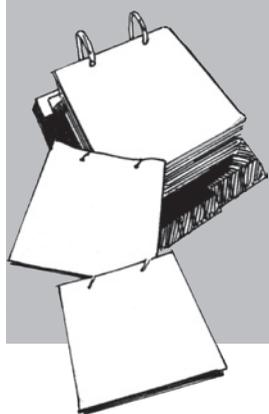
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With A Heart for Seniors



MARCH








Calendar of Events

Spring arrives on Monday, March 20 so get out and enjoy some of these exciting events in and around the area with friends and family.

Cool Concert

Sheena Easton & Taylor Dayne, Concerts on the Cliff presented by Dana Point Festival of the Whales

Dana Point

March 4

3 p.m. to 8 p.m.

As the official hospitality partner of Dana Point Festival of the Whales, come Saturday, March 4, for Concerts on the Cliff, a special Ladies' Night event featuring artists Sheena Easton and Taylor Dayne in conjunction with Bobby Dee Presents. At, Laguna Cliffs Marriott Resort and Spa, 25135 Park Lantern, Dana Point. Early bird, general admission tickets, start at \$49. VIP tickets start at \$100. Tickets are on sale now at TICKETMASTER.

Festival of Whales

Dana Point

March 4-5

The annual Dana Point Festival of Whales celebrates the return of the once-endangered California Gray Whale with a leviathan-size event. In addition to whale watching at the height

of whale watching season, the festival includes a kick-off parade, Sand Sculpting, Ocean Awareness Day, musical entertainment, an on-the-water concert, a Whale of a Block Party, art shows, pancake breakfast, BBQs, kids interpretive crafts, classic car exhibits, lectures/seminars at multiple venues including the Ocean Institute, Historic Walking Tours, Paddling Events, sailing/rowing/kayak/SUP demos, plus much more. At Dana Point Harbor.

Around The World in 60 Minutes - 'The Musical'

March 7, 9, 10, 14, 15, 21 and 24.

Long Beach Primetime Players presents its 2023 Spring Show, Around The World in 60 Minutes - "The Musical, at several Long Beach and Lakewood senior centers and venues. Free, donations welcome. Contact Barbara Klein, 562-476-1477 or byrdbud2@verizon.net.

Knott's Boysenberry Festival

Buena Park

March 10 - April 16

The Knott's Boysenberry Festival is an annual food and wine festival that celebrates the park's historic roots by highlighting the little berry that started it all, the boysenberry. Indulge in a tantalizing line-up of dishes ranging from savory

foods with a boysenberry twist to one-of-a-kind specialty desserts and drinks including a variety of wines and craft beers that you can only find at Knott's Berry Farm during this limited-time food-inspired event.

In addition to the numerous food and drink offerings, the Knott's Boysenberry Festival offers a wide selection of local crafters, live music, musical stage shows, and fun activities for guests of all ages to enjoy. This year's event will introduce entirely new food offerings featuring a selection of more than two dozen food and drink items. At, Knott's Berry Farm, 8039 Beach Blvd., Buena Park.

Farmakis Farms Craft Market

San Juan Capistrano

March 11

Family-owned Christmas tree farm and certified farmers' market located in San Juan Capistrano now offering a monthly craft market. See crafts, arts, handmade goods, and one-of-a-kind items. FREE to attend. Will be held on the second Saturday of every month. At, 29932 Camino Capistrano, San Juan Capistrano. Call, 949-364-1270.

El Presidente Ball

San Juan Capistrano

March 11

6 p.m. to 10 p.m.

Journey back to the late 1800s of early California and let the Fiesta Association show you how "the West was fun" at this western-style dinner dance. Enjoy some great food and old-fashioned fun while dancing under the stars (weather permitting) to live country-western-style music. At, El Adobe de Capistrano, 31891 Camino Capistrano, San Juan Capistrano. Call, 949-615-1920.

Family Art Festival

Buena Park

March 11

10 a.m. to 1 p.m.

The Family Art Fest provides a wonderful opportunity for grandparents to enjoy a day discovering the arts together. Hands-on art activities for all ages, live entertainment, and much more provides a delightful celebration of the rich cultural traditions that thrive in our backyards! Free event, but a special session of Palettes in the Park will be held at this event for \$25. At, Smith-Murphy Park, 5290 Cameron Drive, Buena Park. Call, 714-562-3860.

Arts & Crafts Show

Huntington

March 12 and 26

10 a.m. to 4 p.m.

Come out and shop over 50 unique, hand-picked artisans and crafters as they showcase their latest designs, collections, products, and one-of-a-kinds. Successful crafters, Justin & Ryan Clayton-Palmer @The-BottleArtCompany have created a new take on an old tradition. FREE admission and parking. Presented by RC Palmer & Co. At, Old World Village, 7561 Center Ave., Huntington Beach.

Weekend of Art

Los Alamitos

March 17-18

A two-day visual and performing arts exhibition. Local artists join us by submitting one to three works of art to the exhibition. Saturday will also include an arts and crafts vendor fair. Artists are encouraged to participate in the exhibition as well as a vendor in the arts and crafts fair. At, Los Alamitos Community Center, 10911 Oak St., Los Alamitos.

Irish Fest @ Old World Village

Huntington Beach

March 17-19

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FLASH BACK

'When the Greatest Met the Greatest'

By Randal C. Hill

"Gorgeous George" was born George Raymond Wagner in 1915. He grew up in a tough Houston neighborhood, where he learned to wrestle at the local YMCA and soon established himself as a freestyle champion.

He later became a self-promoting professional wrestler and the sport's first superstar villain. After growing his blonde hair long and dyeing it platinum, Wagner began calling himself Gorgeous George. And that was just the beginning. The savvy showman also started making entrances that could be labeled bona fide spectacles. Amid catcalls and jeers from the sellout crowds, George, bathed in a purple spotlight, would stroll slowly down the aisle in a red velvet gown on a red carpet amid the booming strains of "Pomp and Circumstance."

Once inside the ropes, his valet would spray a scented mist around the ring. After loudly proclaiming his greatness to the people there, George would then usually proceed to vanquish each challenger.

In the late 1940s, in the early days of television, he helped bring professional wrestling — with all its well-rehearsed antics — into America's living rooms. By the 1950s, George was the best-known wrestler in the world, raking in more than

\$100,000 a year (when the hourly federal minimum wage was \$1.00) and becoming one of the highest-paid athletes of his time.

One day in June 1961, at a Las Vegas radio station, he met a rising young boxer from Kentucky named Cassius Clay. Each was there to give an interview to promote an upcoming event in their respective fields at the nearby convention center.

Clay went first, calmly, and politely answering questions about his future opponent, a Hawaiian named "Duke" Sabaedong.

Things changed when George, who was there to wrestle "Classy" Freddie Blassie, took the mic. Asked what Gorgeous George would do if he lost to his opponent, the aging showman thundered, "I'd crawl across the ring and cut my hair off! But that's not going to happen, because 'I am the greatest wrestler in the world!'"

After the interviews, the 46-year-old George gave the 19-year-old Clay some sage advice: "Boxing, wrestling, it's all a show. A lot of people will pay to see someone shut your mouth. So, keep on bragging, keep on sassing, and always be outrageous!"

Cassius took the words to heart. As the Louisville Lip,

he began boasting that he was the greatest boxer ever. (Like George in his prime, he had the skills to back up those boasts.) Clay would also offer such witticisms as "I should be a postage stamp. That's the only way I'll ever get licked!"

George's star eventually dimmed and, on the day after Christmas 1963, he died anonymously at 48 of a heart attack. Two months later, on Feb. 25, 1964, Clay, at age 22 a 7-to-1 underdog, defeated heavyweight boxing champ, Sonny Liston. That night, Cassius — soon to become Muhammad Ali — echoed the words of the man who had changed his future and bellowed to the ring-side press, "Eat your words! I am the greatest!"

And, truly, he was.

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Ad Council

March Calendar

Continued from page 5



ten in Old World Huntington Beach for great food, drinks, and live music. During Irish Fest, enjoy corned beef and cabbage and Irish stew that will be served at the Biergarten. At, Old World Village, 7561 Center Ave., Huntington Beach.

Art in the Park

Garden Grove

March 18

11 a.m. to 2 p.m.

The free event will feature the GGUSD's First Impressions Student Art Gallery, showcasing the artistic talents of K-12th-grade students. Other curated activities include do-it-yourself crafts; live art demonstrations; temporary art installations; and local food vendors. At, Village Green, 12732 Main St., Garden Grove.

Saint Joseph's Day at the Mission

March 19

Live mariachi music, community presentations, special guest "Swallows Speakers," Mission Basilica School performances, ringing of the historic bells, and history of St. Joseph's Day and Swallows Legend. At, Mission San Juan Capistrano, Ortega Hwy. Call, 949-234-1300.

The Muckenthaler Cultural Center Bugs, Bees, and Butterflies Day

March 21

10 a.m. to 1 p.m.

Free and open to the public. Join in for the second year of Bugs, Bees, and Butterflies Day and learn about the benefits of bugs in the garden. The event will include arts and crafts activities for kids, an artist marketplace with eco-friendly home and garden vendors, and environmentally-focused artwork. At, The Muckenthaler Cultural Center, 1201 West Malvern Ave., Fullerton.

Swallows Day Fiesta Grande

San Juan Capistrano

March 22

6 p.m. to 9 p.m.

This night of Old West entertainment consists of four contests rolled into one! Best Dressed Old West Man, Best Dressed Old West Woman, Best Belt Buckle, and the Hairiest Man (best mustache and/or beard). So, don your finest Old West outfit, belt buckle, or facial hair and enter one or more of the contests. There is a \$5 entry fee (pay when you arrive) per category for each contestant entered. For the timid, spectators are always welcome at the hilarious Fiesta Grandé. At, Swallow's Inn, 31786 Camino Capistrano, San Juan Capistrano. Call, 949-615-1920.

Swallows Day Parade & Mercado

San Juan Capistrano

March 25

The parade takes place in downtown San Juan Capistrano and is the nation's largest non-motorized parade. It is organized and presented by the San Juan Capistrano Fiesta Association. Arrive early; most street closures are by 10 a.m. The parade begins promptly at 11 a.m.

The Mercado is a street fair and marketplace where you can eat, drink, and shop at over 100 booths. It is THE place to be after the parade. Listen and dance to the music of The Working Cowboy Band, a traditional Country Music band. At, downtown San Juan Capistrano, 949-615-1920.



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

—HARPER
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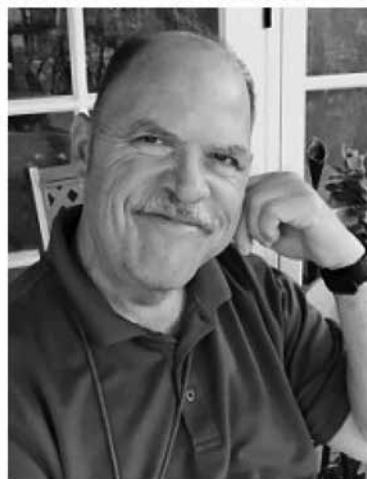
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by Robert Bruce Woodcox

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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 13



'Rocky Mountain High'

John Denver

By Randal C. Hill

John Denver and his wife Annie moved to Aspen, Colo., in December 1970, hoping to purchase a home in the couple's favorite part of their favorite state. What they discovered was that everything cost much more than they could afford. The two thus bought land in a nearby scenic valley, with plans to build a house there the next year — if John's career star continued its ascent.

The success of "Rocky Mountain High" would put their minds at ease.

"He was born in the summer of his 27th year

"Comin' home to a place he'd never been before.

"He left yesterday behind him.

"You might say he was born again.

"You might say he found the key for every door."

In his autobiography, "Take Me Home," Denver stated, "I remember, almost to the moment, when that song started to take shape in my head." He recalled how he and Annie and some friends had hiked up to Lake Williams to camp below the stars and watch the Perseid meteor showers. (They are called the Perseids because the point from which they appear to hail lies in the constellation Perseus.)

"Imagine a moonless night in the Rockies in the dead of summer and you have it ... We were right below the tree line, just about 10,000 feet ... Around midnight, I got up and could see the shadow from the starlight, there was so much light from the stars. I went back and lay down in front of our tent, thinking about how in nature all things, large and small, were interwoven, when *swoosh*, a meteor went smoking by ... It got bigger and bigger until the tail stretched out all the way across the sky and burned itself out. It was raining fire in the sky."

He began work on a folk tune about the experience with friend Mike Taylor, an acoustic guitarist who had performed with John and had also moved to Aspen. The result was Denver's autobiographical "Rocky Mountain High." After John tweaked it for several months, the resulting RCA Records single became a Top 10 classic.

"The Colorado Rocky Mountain high

"I've seen it rainin' fire in the sky.

"The shadow from the starlight is softer than a lullaby.

"Rocky Mountain high."

However, his creation became controversial when some listeners thought the word "high" referred to drug use. (Nine

times we hear "high in Colorado" in the background whenever the line "Rocky Mountain High" is sung.) This led John to testify before a Senate hearing. "My song 'Rocky Mountain High' was banned from many radio stations as a drug-related song," he said. "This was obviously done by people who had never seen or been to the Rocky Mountains and also had never experienced the elation, celebration of life or the joy in living that one feels when he observed something as wondrous as the Perseids meteor shower."

End of discussion.

In 1915, "Where the Columbines Grow" became Colorado's state song. In 1973, "Rocky Mountain High" was added as the official *second* one.

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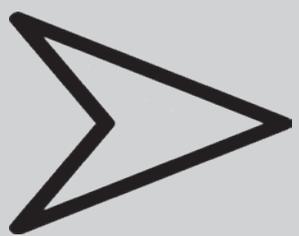
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In The Spotlight

Lynnette Siler: British Gal Shines Bright in Laguna Woods Village

Lynnette Siler, 68, was born and raised in Formby, a village on the North West Coast of England, just north of Liverpool. While she has lived in Laguna Woods Village since 2012, she still celebrates her heritage. She's an active member of the Daughters of the British Empire that meets once a month in the Village. The DBE is a 501(c)(3) non-profit American society of women of Commonwealth of Nations birth or ancestry. She is the Regent of the Royal Ascot Chapter in Laguna Woods; the Regent is the head of the group. And it's her second time in the important role of the DBE.

SR: What's your background?

LS: My mother's family lived in the Formby area before the 1100s, as recorded in the Domesday book. The family is famous for forming the first lifeboat station in the world and for the asparagus farmed in the area. We lived with my grandparents and often had cousins living there, also. Dad had many different jobs when we were growing up; he was a goldsmith, a dollmaker, a chemist, a clockmaker, and an engineer. Mum worked in a typing pool and went to work on the train every day. Later she worked for the Air Force Staff College and the Met office. When I was 14,



we moved to America after my dad began work in the aerospace industry. I have kept close ties with family and friends in England and am still a British Citizen.

Q: Education?

A: When I was taking classes for my Bachelor's degree, I was dealing with three children at home. I also worked full-time. When I was studying for my Masters, I had five children at home and was working full time. I had a very supportive husband and an angel of a mother who held things together.

Q: What brought you to LWV?

A: My husband, David, and I moved to LWV in 2012. We wanted to live in a great retirement community with many activities to keep us busy. My mother lived with us, and we hoped all the activities here would entice her to stop

working. It did not work. She worked up until she was 90 and began having some health issues. She loved the trees and flowers that grow in abundance here and was instrumental in our decision to move here. Living here feels a little like living in England, with friendly neighbors and people often out walking.

Q: What are the Daughters of the British Empire?

A: The Daughters of the British Empire (DBE) is a 501(c)(3) non-profit American society of women of Commonwealth of Nations birth or ancestry. We share and promote our heritage while supporting local charities and our senior living facilities across the United States. Our chapter supports a home in Sierra Madre with over 30 residents in six cottages and was visited by Queen Elizabeth some years ago. The home holds a June Faire yearly, where we have dancing, pipers, and booths selling all sorts of things. Our next one is on June 3. It is loads of fun.

Q: How do people get involved?

A: Women may join a local chapter of the DBE or participate as a member at large. Anyone interested can search for national, state, and local DBE organizations on Facebook or the Web. Women in

Laguna Woods Village may contact me for more information. Lynnette Siler, 714-904-7682 or lynnette@silers-alley.com. Women in our area may contact Val Weigt at valw4d-be@verizon.net. It is a worthwhile organization.

Q: What does the group do?

A: The Royal Ascot Chapter in Laguna Woods Village meets on the third Tuesday of the month. We discuss group social events and fundraising opportunities and then finish with tea, sandwiches, dessert, and social time. We also have other circumstances, such as bus trips, an annual Christmas party, and tea parties.

Q: Why would someone be interested in joining?

A: Most women come to our organization primarily to enjoy time with others with a British or Commonwealth heritage while raising money for worthy causes. It is a win-win. We have fun and do good things for seniors.

Q: Do you need to be British?

The DBE extends membership to women residing in the U.S. who are of Commonwealth of Nations heritage by birth, naturalization, or ancestry and to women whose spouses or partners are of Commonwealth of Nations birth, naturalization,

or ancestry. The Commonwealth of Nations currently has 54 member countries.

Q: Any neat or interesting facts about the group and its beginnings?

A: This American-based society was founded in 1909 by a remarkable woman, Mrs. J. Elliot Langstaff. Through every change in our 110+ year history, we have known one constant - our sisterhood standing hand-in-hand. Women of all races, nationalities, creeds, colors, faiths, and beliefs stand together in friendship and charity. Joined by our common bond of the Commonwealth of Nations, we learn from each other and grow closer together through every struggle our world faces. It is this truth that has laid the foundation of our first century. In Laguna Woods, the Royal Ascot chapter was formed in May 1983. We will be hosting a special event to celebrate our 40th anniversary and the coronation of King Charles III at the end of May.

Q: Other spare time?

A: I don't think I have any spare time! I babysit my grandson three or four days a week in Riverside. With my friend Pam, I walk at least five

Continued on page 22

March Crossword Puzzle

Across

- 1. ___ Rica
- 6. Style hair
- 10. Standardized HS exam
- 14. Re. vision
- 15. Spiritual leader
- 16. Spartan queen
- 17. Volunteer org. established by JFK in 1961
- 19. Word of closing
- 20. Indefinite amount
- 21. Fling
- 22. Stressful
- 24. Biore target
- 25. Jai ___
- 26. Mysterious; secret
- 29. Winter wear
- 33. Glistened
- 34. Algerian port
- 35. Small weight
- 36. Said 3 times, a film about Pearl Harbor
- 37. Roofing material
- 38. Concluding passage
- 39. Dutch export
- 40. News magazine
- 41. Star Wars character
- 42. Family reunion attendee
- 44. Caregiver
- 45. Sugar source
- 46. Sharp curve
- 47. Comment
- 50. Indian garment
- 51. Flower-to-be

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17					18						19			
20				21					22	23				
			24					25						
26	27	28					29					30	31	32
33						34					35			
36					37						38			
39					40					41				
42				43					44					
			45					46						
47	48	49					50					51	52	53
54					55	56					57			
58					59						60			
61					62						63			

- 54. Range feature
- 55. Music, art, etc., embraced by the mainstream
- 58. Bristle
- 59. Miscellany
- 60. Sizeable
- 61. Sea near Uzbekistan
- 62. Grand Ole Opry's state
- 63. Fury

Down

- 1. NYC nightclub, shortly
- 2. Ready for business
- 3. Stopover
- 4. Twitch
- 5. Common solvent
- 6. In the vicinity
- 7. Crew members
- 8. Mischief-maker
- 9. Eagles: "Life in the ___"
- 10. One in a pack, perhaps

- 11. Big rig
- 12. Mideast port
- 13. Zest
- 18. Nucleus
- 23. Operated
- 24. Waterway project completed in 1914
- 25. Winged
- 26. Fall bloomer
- 27. ___ Island
- 28. Pink shade

- 29. Art shop purchase
- 30. Wear away
- 31. Burdened
- 32. Chic
- 34. Shade of green
- 37. Musk turtle
- 41. Popular flavor
- 43. Pavement
- 44. Lima's land
- 46. Breakfast favorite
- 47. Parks of civil rights fame

- 48. At any time
- 49. I ___ man with seven wives ...
- 50. Washer cycle
- 51. Town
- 52. Compulsion
- 53. Forest dweller
- 56. Corrida cheer
- 57. Bronzed

Tell Your Life Story...

Continued from page 10

Or...

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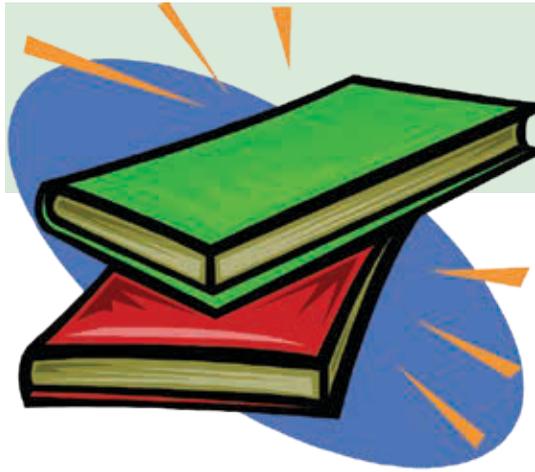
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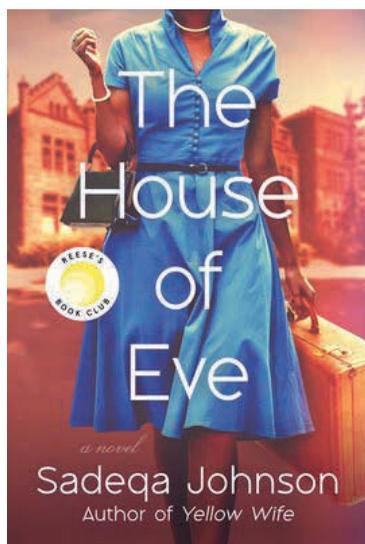


March Book Club

It's still a little nippy outside to swim or catch some rays, but you can stay inside and read a good book.

There's plenty to choose from this month including memoirs, novels about families, and more to keep you entertained. Check out some of these titles and nestle in for the day!

The House of Eve By Sadeqa Johnson

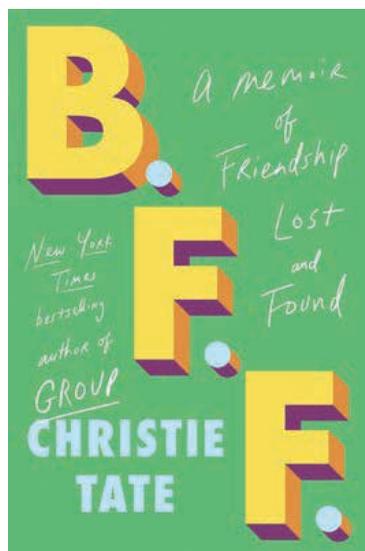


“1950s Philadelphia: 15-year-old Ruby Pearsall is on track to becoming the first in her family to attend college, despite having a mother more interested in keeping a man than raising a daughter. But a taboo love affair threatens to pull her back down into the poverty and desperation that has been passed on to her like a birthright.

“Eleanor Quarles arrives in Washington, D.C., with ambition and secrets. When she meets the handsome William Pride at Howard University, they fall madly in love. But William hails from one of D.C.’s elite wealthy black families, and his parents don’t let just anyone into their fold. Eleanor hopes that a baby will make her finally feel at home in William’s family and grant her the life she’s been searching for. But having a baby — and fitting in — is easier said than done.

“With their stories colliding in the most unexpected of ways, Ruby and Eleanor will both make decisions that shape the trajectory of their lives,” according to Publisher Simon & Schuster.

B.F.F. A Memoir of Friendship *Lost and Found* By Christie Tate



“After more than a decade of dead-end dates and dysfunctional relationships, Christie Tate has reclaimed her voice and settled down. Her days of agonizing in group therapy over guys who won’t commit are over, the grueling emotional work required to attach to another person tucked neatly into the past.

“Or so she thought. Weeks after giddily sharing stories of her new boyfriend at Saturday morning recovery meetings, Christie receives a gift from a friend. Meredith, 20 years older and always impeccably accessorized, gives Christie a box of holiday-themed scarves as well as a gentle suggestion: maybe now is the perfect time to examine why friendships give her trouble. ‘The work never ends, right?’ ” she says with a wink.

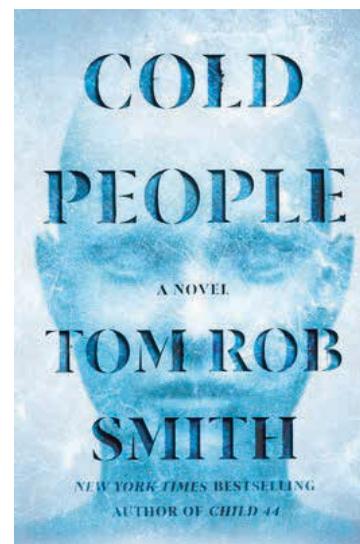
“Christie isn’t so sure, but she soon realizes that the feeling of “apartness” that has plagued her since childhood isn’t magically going away now that she’s in a healthy romantic relationship.

“With Meredith by her side, she embarks on a brutally honest exploration of her friendships past and present, sorting through the ways that debilitating shame and jealousy have kept the lasting bonds she craves out of reach — and how she can overcome a history of letting go too soon. But when Meredith becomes ill and Christie’s baggage threatens to

muddy their final days, she’s forced to face her deepest fears in honor of the woman who finally showed her how to be a friend.

“Poignant, laugh-out-loud funny, and emotionally satisfying, “*B.F.F.*” explores what happens when we finally break the habits that impair our ability to connect with others, and the ways that one life — however messy and imperfect — can change another,” according to Publisher Avid Reader Press/Simon & Schuster.

Cold People By Tom Rob Smith



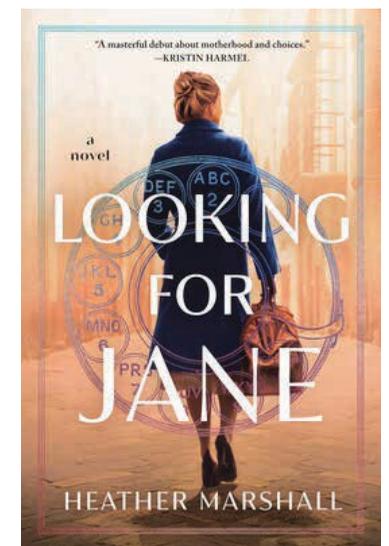
“The world has fallen. Without warning, a mysterious and omnipotent force has claimed the planet for its own. There are no negotiations, demands, or reasons for their actions. All they have is a message: humanity has 30 days to reach the one place on Earth where they will be allowed to exist... Antarctica.

“*Cold People*” follows the perilous journeys of a handful

of those who endure the frantic exodus to the most extreme environment on the planet. But their goal is not merely to survive the present. Because as they cling to life on the ice, the remnants of their past swept away, they must also confront the urgent challenge: can they change and evolve rapidly enough to ensure humanity’s future? Can they build a new society in the sub-zero cold?

“Original and imaginative, as profoundly intimate as it is grand in scope, “*Cold People*” is a masterful and unforgettable epic, according to Publisher Scribner.

Looking for Jane A Novel By Heather Marshall



“2017: When Angela Creighton discovers a mysterious letter containing a life-shattering confession, she is determined to find the intended recipient. Her search takes her back to the 1970s when a group of dar-

Continued on page 21

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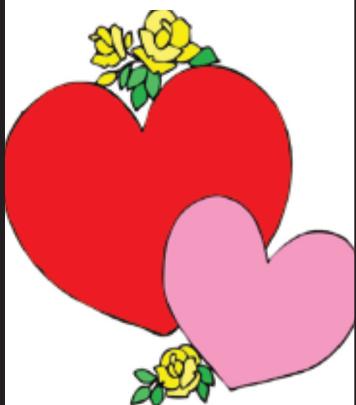
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Mariska Hargitay – Fighting for Special Victims

By Les Goldberg

We all know Mariska Hargitay for her role as Olivia Benson in the long-running hit TV drama “*Law & Order: Special Victims Unit*.” But did you know that the successful actress and daughter of the late Jayne Mansfield and bodybuilder Mickey Hargitay is busy off-screen fighting against sexual assault, domestic violence, and child abuse?

ries and inspired Hargitay to become a certified rape counselor. Her foundation so far has raised more than \$20 million.

Mariska’s childhood (she was born Jan. 23, 1964, in Santa Monica) was marred by a car accident when she was three that killed her mother, Mansfield’s boyfriend, and the driver. She and her two brothers survived with minor injuries and were raised by her father and his third wife, Ellen Siano.

Hargitay dislikes comparisons with her famous mother and, at age 18, said:

Using her platform “to do something meaningful,” she founded the Joyful Heart Foundation, a support organization for survivors of these crimes inflicted on women. Since 2010, her foundation has sent thousands of women and children to therapeutic programs in New York, Los Angeles, and Hawaii.

“I wanted to help find a way to help people reclaim their lives and live them with a renewed sense of possibility and hope. And that’s what we work to do every day at Joyful Heart,” she said.

Meanwhile, her appearances on SVU have prompted many women to share their tragic sto-

“My dad was Mr. Universe, so it would be fun for me to be Miss Universe. The early loss of my mother left a hole in my life that won’t ever be filled. I will never get over it. I will always be a girl who lost her mom.” Mickey Hargitay died in 2006 from cancer.

Her words were prophetic. While a student at Marymount High School in Los Angeles, she was crowned Miss Beverly Hills USA and later was fourth runner-up in the Miss California USA pageant. She enjoyed acting and enrolled at UCLA.

Hargitay’s acting career began in 1984 at age 20 when she was given a small role in the horror film “*Ghoulies*.” In an interview later, she said she never thought about doing television until a role on the one-hour adventure drama series “*Downtown*” was offered.

She experienced difficulties becoming an actress because of the constant comparisons to her mother. It took another 11 years for her to gain the attention of the producers of NBC’s

“*Law & Order: Special Victims Unit*.” After lengthy auditions in which she had to compete with five other candidates for the leading role of detective Olivia Benson, she was selected by the show’s producer Dick Wolf.

The decision proved to be the right one as she won the Emmy, a Golden Globe, and UCLA’s TFT Distinguished Alumni Award. In 2013, Hargitay was awarded a star on the Hollywood Walk of Fame, next to her mother.

Her career also includes appearances in several other TV programs, including: “*All-American Girl*,” “*Baywatch*,” “*Cracker*,” “*In the Heat of the Night*,” “*The Single Guy*,” “*Wiseguy*,” “*Thirtysomething*” and “*Leaving Las Vegas*.”

Her latest accolade came late last year when she was guest narrator at Disney’s Candlelight Processional.

Hargitay is married to Peter Hermann, an actor she met on the set of “*Law & Order: SVU*,” on which he plays the recurring role of defense attorney Trevor Langan. They have two sons and a daughter, ages 16 and 12.



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- San Jose: 1,030,119.
- San Francisco: 883,305.
- Fresno: 530,093.
- Sacramento: 508,529.

If you were curious about what other special attractions the state offers check out our list:

- California, the third-largest state in land area, covers 155,779.22 square miles.
- The average width of the state is 150 to 200 miles.
- California has a coastline 840 miles long, ranging from dramatic cliffs to sun-drenched beaches.
- At 14,495 feet, Mt. Whitney in Sequoia National Park is the highest point in the contiguous United States.
- Badwater in Death Valley National Park at 282 feet below

sea level is the lowest elevation point in the United States.

- California has three active volcanoes: Mt. Lassen (elevation 10,457 feet) and Mt. Shasta (elevation 14,162) in the Cascade Mountain range, and Mt. Mammoth (elevation 11,000 feet) in the Sierra Nevada.
- The San Francisco Bay is the largest natural harbor and estuary on the West Coast.
- California is home to more than 420 recreational lakes.
- Clearlake in Lake County is the largest natural lake and is often referred to as "The Bass Capital of the West," covering 43,000 acres of surface area with a shoreline of 100 miles.
- California has over 280 State Park units covering 1.6 million acres.
- California boasts the largest trees in the world, a species of Redwood known as Sequoia gigantea, found in the Sierra Nevada.
- California also lays claim to the oldest living thing in the world, the Bristlecone Pine tree, aged over 5,000 years.

Source: visitcalifornia.com

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Nikki Johnson

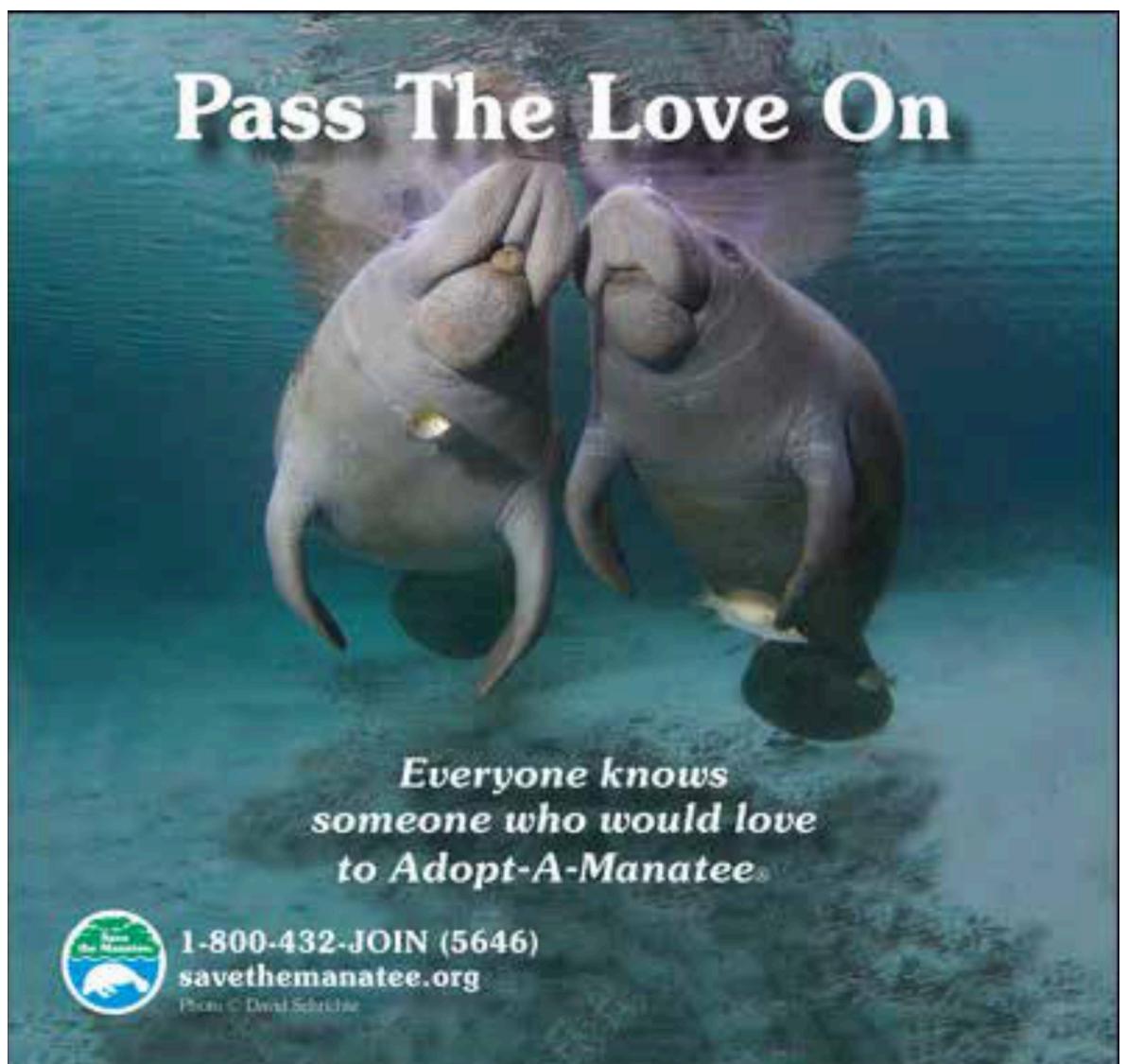
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On The Road Again

Stop and Smell the Flowers

By Shana McCann



It's no secret. Seniors love to spend time in their gardens planting, seeding, trimming, harvesting – and watching them grow. Scientific and medical studies have shown that senior gardening is one of the most therapeutic benefits to an aging population.

It's also the reason why the majority of the visitors to the many local botanical gardens are seniors. When they're not doing gardening in their backyards, they are enjoying the color, education, aromas, and pure tranquility that professional botanical gardens offer.

Here in Southern California, beautiful, ecological gardens are abundant – hidden oasis centers where you can find every species of plant, tree, flower and vegetation that simply can't be found on our city streets. Here are a few that should be in your plans for a local road trip:

Huntington Botanical Gardens

Notably the most popular in the

region, the acres and acres of public gardens are divided into a variety of themes, including a prickly desert garden, serene Japanese gardens and bamboo forest, and a recently expanded assembly of Chinese bridges, pagodas, and pavilions.

Descanso Gardens

Another notable destination for botanical garden aficionados is the Descanso Gardens in La Canada-Flintridge which include more than 600 varieties of camellias, which are in the height of bloom from now to early May on 34,000 plants. And then there are five acres of roses. Visitors can also enjoy the lilacs, orchids, ferns, the California native plant area, and a Japanese tea house surrounded by seasonal cherry blossoms.

LA County Arboretum & Botanical Garden

While this facility in Arcadia was designed as an educational center, many of the visitors are just looking for a little peace and quiet. You could wander these gardens for hours, taking in tropical forests and waterfalls, trees, and fish. The experience is enhanced when you run into the wild peacocks which have been roaming the garden since the late 1800s.

LA Zoo & Botanical Gardens

The LA Zoo's greatest asset is

its location in the isolated hills of Griffith Park. It's a pretty popular place, but the zoo's size – 80 acres, plus a huge parking lot, means that, like the park itself, it rarely feels busy. What is unique about this zoo, however, is how the botanical gardens are woven throughout the animal enclosures. You will find more than 800 different species of plants, from native succulents to prehistoric cycads, all labeled and cataloged throughout the park.

South Coast Botanic Garden

Just northeast of the Palos Verdes Peninsula lies 87 acres of beautiful gardens known as the South Coast Botanic Garden with its mix of Southern California flora. There you will find everything from colorful fuchsia to Moreton Bay fig trees, and from roses to geraniums.

The facility is especially favored for its frequent flower shows, lectures, classes, concerts, and weddings held throughout the year.

The Getty Center & Villa

No roundup on botanical gar-

dens would be complete without mention of the famed hilltop art museum's grounds.

Once you've taken the electric tram ride up the hill and walked the zigzagging paths that cut across a manicured creek, you will have arrived at the Robert Irwin Central Garden, known for its hedge maze, limestone edifices, a cactus garden, and view of the Century City skyline and the Pacific Ocean.

At the original Getty Villa in the Pacific Palisades, with its thousands of Greek and Roman artifacts, you can wander through its gardens. A central pool is flanked by flower beds and bronze busts, and an edible garden and fountain are set against a vibrant mosaic.

Virginia Robinson Gardens and More

Department store magnates Virginia and Harry Robinson built their Beverly Hills estate in 1911, and upon their passing, it entered into the hands of Los Angeles county as a public park. But because of its quiet residential location, it's only accessible via docent-led tours, which you'll need to arrange two weeks in advance by phone or email.

Once inside, you'll find finely manicured gardens like those that flourished during the early days of Hollywood. Further evidence of the golden era of



botanical gardens can also be found at the Greystone Mansion, the Amir and Arlington Gardens in Pasadena and Griffith Park, respectively, the Self-Realization Fellowship Lake Shrine, the Blue Ribbon Garden at the Walt Disney Concert Hall, and the Heritage Museum of Orange County, to name just a few.

All are fine examples of why Ferdinand von Mueller, the director of the Royal Botanical Gardens in the 19th century, preferred to call them "public pleasure gardens." He was onto something.



May the sound of happy music, and the lilt of Irish laughter, fill your heart with gladness, that stays forever after.

The Gadget Geezer

By Les Goldberg

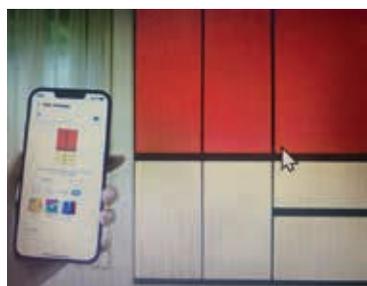
Gizmos Rise from Vision to Household Names

Just like Hollywood celebrities who emerge from obscurity to become global stars, household products that were once visions in an inventor's eyes travel somewhat similar paths. In either case, it just takes one breakthrough performance or appearance to trigger a life-changing experience.

For consumer electronic products, for instance, drawing the attention of millions of industry watchers at CES can result in a make-or-break situation.

Some of those products that drew the most attention and received raved reviews are revealed here and will be the subjects of future columns.

Mood-changers



When it comes to household appliances, this year's buzz centered on the LG booth, where excitement built around the company's mood-lifting refrigerator, the **MoodUp**.

This fridge is like no other on the market with its unique features, most notably the custom color front panels that change to "match your mood," according to LG spokespersons.

The 21-cubic-foot appliance has more than 190,000 color combinations which you access with a ThinQ app on your smartphone. "You can match your refrigerator color to your cabinets or add a seasonal touch to your home with LG presets," they add.

In addition, the fridge features voice-command features and a Bluetooth speaker, allowing for musical entertainment while in the kitchen. The projected price tag for all this "cool" luxury? \$5,000.

Advanced Headphones



Dyson, best known for its vacuum cleaners, has spread its technological wings to now include headphones that clean the air and the noise around you.

Enter the **Dyson Zone**, a pair of air-purifying, noise-canceling headphones that allows you to make calls, listen to music, and get filtered personal air.

The new headphones feature advanced engineering and a sleek design, including a contact-free mouth visor that can be used with N95 masks for maximum protec-

tion against COVID-19 and other airborne viruses or pollutants.

Availability is scheduled by pre-order this month with prices starting at \$949.

Food to Compost



Since roughly 30 to 40 percent of the U.S. food supply becomes food waste, the Reencle company has introduced a new composter designed to reduce up to 90 percent of your food waste by turning it into fertilizer that can be spread over your lawn, garden, or potted plants.

The product has a long-lasting filter to eliminate the need for frequent replacement, and a motion-operated, motorized lid for easy depositing of food. In addition, it features a quiet operation and sleek, unobtrusive design, a built-in shovel and hanger, stirring rod and blade, and a touchless foot motion sensor. A special seal ensures that odors remain inside. The **Reencle Composter** is available now at \$469.

Portable Power



If there is one thing you don't want to be without in today's electronic world it's power. That is why the new **Geneverse HomePower ONE Pro** is a great idea for your collection of home necessities.

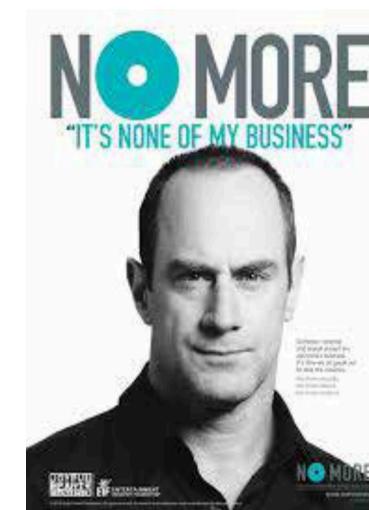
Attracting a lot of attention at CES, this portable generating station was praised for its ease of use, lightweight design, and relatively low cost.

Unlike gas-powered generators that emit carbon dioxide fumes and must be placed outside, the Geneverse HomePower ONE Pro is safe to run indoors.

It can be charged from a solar panel, AC outlet, or carport. A full charge, which it claims to hold for a full year, can power a refrigerator for up to 30 hours. With a capacity of 2419Wh, it offers up to seven days of emergency power to your crucial devices.

A purchasing bundle includes a backup battery and two all-weather portable solar panels. Recharging by an AC wall outlet takes one to two hours, and a solar panel charge will take three to four hours.

The Geneverse can be controlled via Wi-Fi and Bluetooth via a smartphone app, has no maintenance costs, is quiet, portable, and carries a five-year limited warranty. It is available now at \$3,599.



Fabulous Finds

By Debbie L. Sklar

When the cool winds blow in the winter time your skin gets dried out but so does your hair. If you're feeling like your locks need some TLC, check out some of these **Fabulous Finds** to get your hair back into tip-top shape.

Bombay Hair



Bombay Hair 5-in-1 Curling Wand is a must have. Bombay Hair tools make it possible to master salon-style from the comfort of your own home. Their biggest sellers are the Hair Waver, giving you those mermaid locks, and their three-in-one wands! The wands are interchangeable, meaning you save some serious drawer space! Made from various precious metals and equipped for long-lasting performance, this brand offers a variety of curling wands, curling irons, flat irons, and styling kits. In addition to hair tools, Bombay has a huge selection of hair extensions. The hair is beautiful, soft, natural hair that is thick from root-to-tip; and there is no silicone used on the hair, so the extensions can be used easily with hot styling tools. Available on Amazon. **Price:** Varies.

Ellips Hair



Introduce your hair to a liquid gold, vitamin serum! **Ellips** are hair vitamin, serum capsules packed with nutrients to tame your mane. They are meant for daily use on hair that faces sun, water, color, and free radical damage. Ellips pre-portioned capsules are formulated to nourish all different types of hair. From dry, damaged, colored and hair from all different backgrounds, Ellips will be your hair's must-have! It's almost addicting how well it works. Each serum capsule is enriched with natural Moroccan oil and specific vitamins like A, C, E, and Pro Vit B-5 to meet your haircare needs. It helps repair, creates natural shine and smoothes out frizz, overall making it easier to manage. It's easy to use, just apply on damp, combed, hair to the ends and then blow dry! You can style as usual! Available on Amazon. **Price:** \$19/50 capsules.

Heatless Hair Curling Ribbon



Salon-quality curls while you sleep! Avoid all the damage curling irons and blow-dryers cause with **Heatless Hair and Curling Ribbon**. The Curling Ribbon gives you total control over how you want your hair to look. Wanting tighter curls? Wrap your hair tightly around. Or achieve beachy-looking waves by adding a bit of slack. There is an endless amount of looks you can have. Simply place, twist, sleep, and you'll have effortless, bouncy curls in no time. Every aspect of Heatless Hair's products was created to promote healthy hair. Handmade in Los Angeles, the ribbons, scrunchies, and hair clips were designed to give your hair more shine and prevent breakage and frizz. The ribbons are made from 100% silk and a soft hypoallergenic blend of cotton. Meaning you get a new way of curling your hair without the heat. Available on Amazon. **Price:** \$42-\$52

Jack59



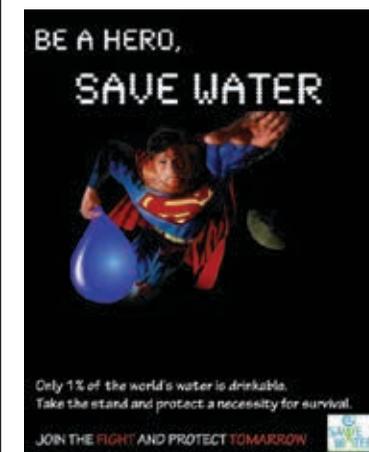
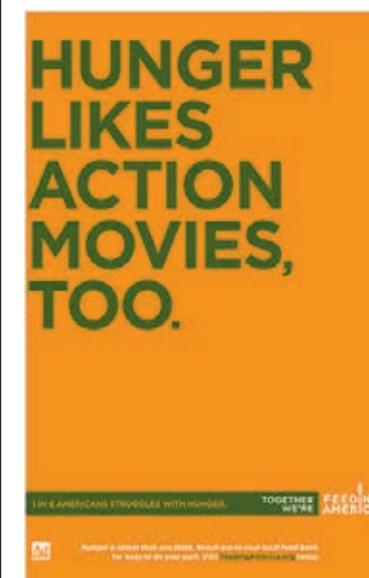
Jack59 crafts sustainable shampoo and conditioner bars using high-quality ingredients, natural botanical extracts, and the best bubble makers on the market. Their products are plastic-free, sulfate-free, silicone-free, vegan and have gluten-free options. Since they started, Jack59 has prevented over 500,000 plastic bottles from ending up in the landfill. Available on Amazon. **Price:** Varies.

My Moxy



Want to remove build-up and hydrate your hair? Say Hello to a Clarifying Shampoo and Conditioner that knows how to let its hair down and have a good time. **My Moxy** is where natural beauty meets scientific breakthroughs. Choosing My Moxy means recognizing that the best of both worlds isn't a compromise, it's a collaboration. It's not science or nature. Artificial or organic. It can – and should – be both. Next time you shower, reach for My Moxy, a Clarifying Shampoo

and Conditioner that detoxifies and rebalances your locks from the very first use. My Moxy includes no ethoxylates and is sulfate, kathon, paraben, silicone and betaine free! Available on Amazon. **Price:** \$16-30.



Tinseltown Talks

By Nick Thomas

Gary Lewis & the Playboys Still Bringing Back Music of the 1960s

Don't expect any vocal surprises if you ever attend a concert featuring Gary Lewis & the Playboys.

"I'm a real stickler for absolute originality," said Lewis from his home in Rochester, N.Y. "The fans want to hear the songs just like they remember them from the radio, they don't want to hear new arrangements, so we keep it very original when playing live."

Fans can also expect to enjoy most of Lewis's big hits from the 1960s including, "This Diamond Ring," "Everybody Loves a Clown," and "Green Grass."

In March, Gary and the boys will be performing in several Florida cities (see www.garylewisandtheplayboys.com for their 2023 touring schedule).

"We had seven Top 10 songs in a row in the space of two years, so I was very blessed to have such amazing success so quickly," Lewis notes.

"This Diamond Ring," the group's first record, reached the No. 1 spot in the U.S. in February 1965 and Lewis remembers excitedly watching it climb the charts over six weeks. But the upbeat version released was very different from the original.

"I first heard it in producer



Gary Lewis, center, with today's Playboys from left Mike Gladstone, Nick Rather, Willy O'Riley, Bobby Bond.

Snuffy Garrett's office at Liberty Records when he played a demo, a very different slow version," Lewis recalled. "At the time, I just wanted to get a song recorded and said I loved it. But then Leon Russell made a new arrangement — the version that was released — and it became this huge hit."

Lewis credits his mother for supporting his early music passion, and offering financial help and advice, unbeknownst to his father.

"Before our first hit, we were doing a lot of auditions as Gary & the Playboys because my mom didn't want me getting work just because I had a famous father," Lewis said. "When 'Diamond Ring' began climbing the charts, she said I should put Lewis in the band's name. I did, but still, not everyone realized I had a very famous entertainment father and so we were thrilled to get work based solely on our talent."

His dad, of course, was come-

dian Jerry Lewis who had no idea his son had a hit record until Gary presented him with a gift.

"When I got the first gold record for 'Diamond Ring,' I signed it to him and I went down to Paramount Studios where he was filming and I walked in and said 'Dad, this is for you.' He was very surprised and, I think, quite proud."

Much has been written over the years of the strained relationship between Jerry Lewis and his children.



Gary Lewis, bottom, with the original Playboys in 1965 - Carl Radle, Jim Keitner, Tommy Tripplehorn, John West. Photo courtesy Lewis.

"I was always able to separate my career from what he and I were," Lewis said. "It bothered me that we never got along too well, but that's just the way it was and I'm over it."

When he performs today,

Lewis's songs not only have the same arrangements as the originals but a similar sound despite being performed by all-new Playboys.

"Over the years there have been many sets of Playboys, but today's group has been with me since 2004 and has that same great original sound," he said. "We don't do a huge number of shows a year now, but I still love it and seeing the fans, new and old, who still love our music."

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

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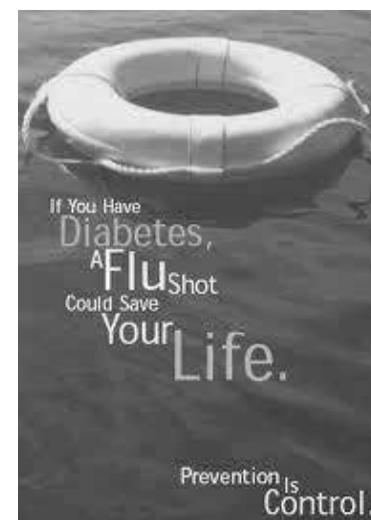
March Book Club

Continued from page 14

ing women operated an illegal underground abortion network in Toronto known only by its whispered code name: *Jane*.

"1971: As a teenager, Dr. Evelyn Taylor was sent to a home for "fallen" women where she was forced to give up her baby for adoption — a trauma she has never recovered from. Despite harrowing police raids and the constant threat of arrest, she joins the Jane Network as an abortion provider, determined to give other women the choice she never had.

"1980: After discovering a shocking secret about her family, 20-year-old Nancy Mitchell begins to question everything she has ever known. When she unexpectedly becomes pregnant, she feels like she has no one to turn to for help. Grappling with her decision, she locates "Jane" and finds a place of her own alongside Dr. Taylor within the network's ranks, but she can never escape the lies that haunt her," according to Publisher Atria Books.



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In The Spotlight

continued from page 11

and spoken at various clubs on such diverse topics as history and grief. I have been in the process of writing a book for over 20 years. I am not sure it will ever get published, but I enjoy writing it.

Q: Married, kids, pets?

A: I married a wonderful man, David, almost 43 years ago. I had five children, and we have four, nearly five, grandchildren. One of my sons lives in a beautiful village in England with his wife and two children. We visit as often as we can. Before my mother died last year, my brother and I would take her back home often. She made her last trip in November 2021, shortly before she died. We do have a dog; she is a beagle called Belle and she is an absolute sweetheart. She is very much a daddy's girl.

Q: Anything else to share?

A: My dad had been married before he and my mum married in 1953. I knew I had three sisters and always wanted to find them. My parents, grandparents, and aunt were not very helpful, and I spent 50 years trying to hunt them down. I found them a few years ago, and my brother and I have spent the last few years building a beautiful friendship with two sisters. The third died shortly after I contacted them, and I never got a chance to see her.



It seems like the Medicare television advertisements never stop! Every commercial is scaring you into thinking you're not getting all the benefits you deserve. However, these call centers are often NOT in your local area and sometimes they are even overseas. The ads are designed to make you feel anxious. Time and again I hear stories from people "calling to find out" only to discover a month later that their plan was changed and they can no longer see their doctors. Now they are stuck with that plan until they can make a change in the fall.

Another thing to beware of is your mail.

Read all your Medicare mail carefully. If the mailing is an advertisement or came from a call center, there will be a sentence that reads something like this:

"By calling this number you will be transferred to a license sales agent."

Of course it will be in very small print and usually at the bottom of the page. If you see these words, you can throw it away. Like the TV ads, these are designed to make you anxious and get you to call so they can change your plan.

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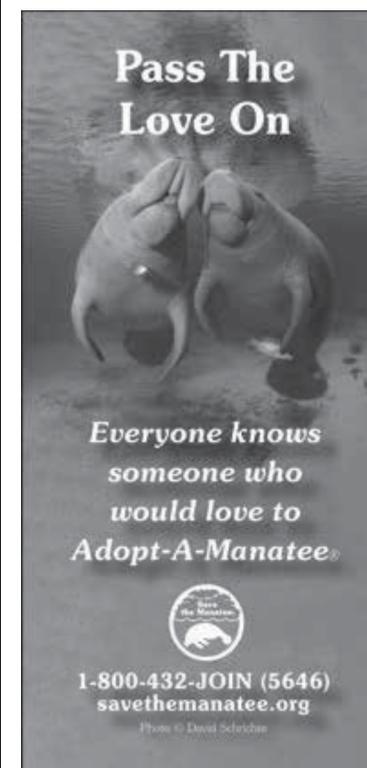


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Busy Boomers

By Les Goldberg

Sailing on a Friendly Pond

My son and I had the pleasure a few weeks ago to attend a picnic at a regional park in Irvine. While chomping on our hot dogs and corn on the cob, we couldn't help but wonder what all the commotion was about down by the lake.

What were all the older gentlemen cheering about? As we approached the raucous crowd, we noticed that each of the men was holding wireless remote controls, racing their RC boats around a buoy-marked course in the calm and clear blue waters of the lake.

Unlike teenagers fingering their video game controllers, these were serious hobbyists who knew the lingo of sailing and were passionate about racing their fleet of crafted ships.



As one race began, Bert Drummond, 65, of Laguna Niguel, a former Navy officer, was deciding if he wanted to start with a port or starboard tack (main sail leaning left or right).

In addition to their desire to win the competition, they must pay close attention to the other boats to avoid collisions and follow the strict rules of racing.



"It's easy to get a boat and sail it around in a pond...but it's hard to win a race because there are certain rules you have to follow," he added.



"But out here, he just wants to have fun," he said.

Another participant, John Mulligan, 56, of Laguna Woods, said he prefers sailing models to real boats. "When you're in a sailboat, you can't see how pretty it is. And if you've ever actually sailed a boat, you know how physically demanding it can be. Model boating is much more relaxing."

"I enjoy the camaraderie and competition of race days," he said, adding that he's made friends in multiple states through the boating hobby.

For Marie Spagnoli, 72, of Long Beach, "it's the joy of being outside with the combina-

tion of the sun, wind, and your reflexes, as I guide my boat around the lake. I commune with the water."

There are hundreds of RC boating clubs throughout the country, including the Orange County Model Sailing Club (OCMSC) and the Southern California Yachting Association.



Generally, the racing season involves meeting monthly on the shore of the nine-acre lake at Irvine's William Mason Regional Park where 12 races are held throughout the day. The largest event of the year, the SCYA Midwinter Regatta, was held last month with some 600 boats and 50 model RC sailboats participating.

Annual membership in the OCMSC is only \$20 and includes entry fees for all races and other benefits. Of course, the public is welcome to witness the fun after paying the park's parking fee. Either way, it is a great way to spend a day in Southern California.

Health Hints

One A Day: Small Daily Acts of Self-Care Go a Long Way to Health

The winter holidays have ended, and spring is in sight. As the days start to lengthen, it is a good time to tend to your overall health and well-being, including your mental health, by practicing daily acts of self-care.

Mental health and physical health are closely related. Our emotional, psychological, and social well-being affect how we think, feel, and act. Caring for all parts of ourselves helps determine how we handle stress, relate to others, and make healthy choices.

Making small healthy choices each day can build habits and make a difference as we move out of winter and into spring. Here are some self-care activities you can fit into your daily routine:

- Take breaks to unwind through yoga, music, gardening, or new hobbies. Try new things and make the ones that make you feel good a regular part of your week.
- Find ways to connect with family and friends, get support, and share your feelings. Staying in touch with friends and family online or with a phone call or chatting with a neighbor outside can help you connect and keep you from feeling isolated.
- Make physical activity part of your daily life. Tending to your health through physical activity



doesn't require a gym membership. Dancing, taking a walk, or even working in your yard or cleaning house can improve your mood and your overall health.

- Treat yourself to healthy foods. Splurge when you can on fresh fruits and vegetables. Finding a vegetable that you've never had before at a farmer's market or a grocery that carries foods from another culture and learning how to prepare it can be a fun way to include more fresh food in your diet.

- Make sure you are up to date on vaccines, especially COVID-19 vaccines. Updated COVID vaccines can restore protection that may have waned over time and keep you healthy to participate in activities you enjoy.

"Staying current on COVID vaccines is an important part of a healthy lifestyle and can give people extra peace of mind about their health," said Dr. Janice Blanchard, Professor of Emergency Medicine at George Washington School of Medicine and Health Sciences.

Continued on page 26



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

—COLBY
adopted 06-18-11

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

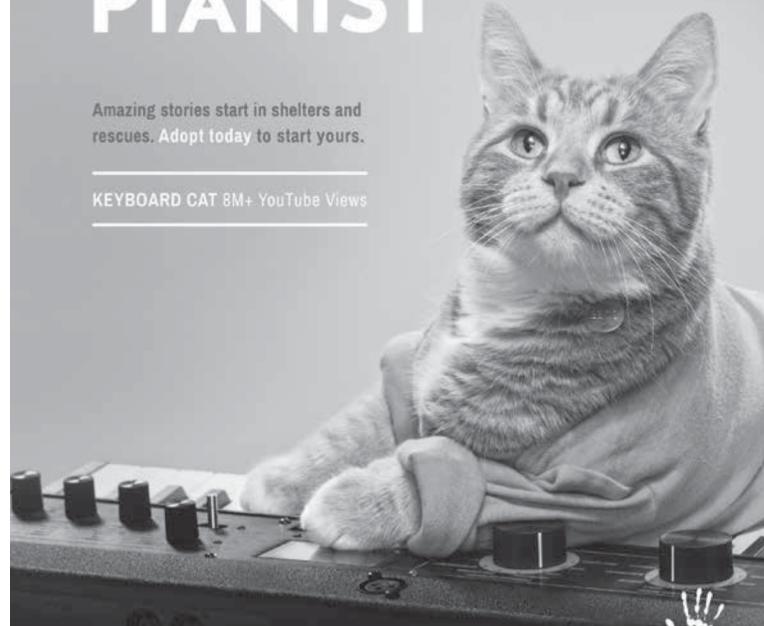
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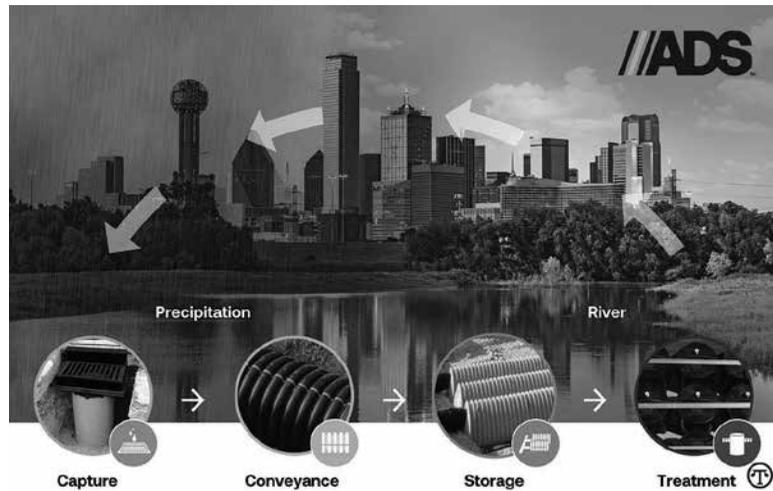
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Crossword Puzzle Answers from page 12

1	C	O	S	T	A		6	C	O	I	F		10	P	S	A	T
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61	A	R	A	L		62	T	E	N	N		63	A	N	G	E	R

Community Concerns

The Lifecycle of a Raindrop: Why it Matters to You



When raindrops are falling, they may do hidden damage to community infrastructure—but that can be prevented with proper capture, conveyance, storage and treatment

It's raining hard. You need to get to an important appointment. You're halfway to your destination when you hit a roadblock. The intersection is flooded, wind gusts have downed electrical wires and there's no end in sight. You have no choice but to return home, where there's no electricity.

Scenarios like this—and much worse—are playing out in communities around the country. Climate change is causing more destructive conditions nationwide, turning every street into a potential flood zone. From earthquakes to severe storms and flooding, Americans are increasingly seeing startling images of cars disappearing into sinkholes, widespread power outages and destroyed homes and neighborhoods. Everyday stressors and extreme weather are pushing local infrastructure to the brink.

Where Do the Raindrops Go?
Do you ever wonder where a raindrop goes? Normally, rain-

fall is absorbed into the ground or it flows into rivers, lakes and oceans to replenish the water cycle. Once land is developed, a stormwater management plan needs to be implemented. This ensures that water that lands on an impermeable surface—pavement, concrete or a roof—is captured, conveyed to where it can be stored and then treated before it is returned to the environment. Without a comprehensive stormwater management system, excess water increases the potential for flooding, which can damage crops and property.

According to Brian King, EVP of Marketing and Sustainability at Advanced Drainage Systems, the lifecycle of a raindrop begins from the moment rain falls from the sky. From that point, it is critical to start planning for how this precious resource is managed, to maximize its positive impacts and minimize its destructive power.

Continued on page 29

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So next time the doctor writes a prescription for a non-generic drug, you might ask them to get a “pre-authorization” first so you will know if the drug will be covered.

Sandra Teel
Medicare Insurance Broker
Office # 657-204-4224



Paws in the City of Irvine

by David C. Weber

When we elders moved to Irvine, into Regents Point, we realized how empty life felt with no children nearby, friends left up north, living in a unique State-licensed community providing continuing care. A bit at a loss, we read stories found in the Orange County Public Libraries. Even a few children’s books, stories we might select to give our children’s children.

We had a cat ever since we were married, knew we’d welcome a pet again, My wife Natalie gifted me a cat for my 80th birthday. At pet stores on adoption day, she chose Paws, an indoor handsome Siamese cat, neutered, declawed, mellow and very active.



He would beg, act like a dog playing ‘fetch’ with bottle-caps. And hurdle our bedroom threshold as if it were in a steeplechase fence. He’d untie laces of my shoes. A very talented feline.

As Paws moved on from childish games, he would find me typing in our den, by a window to a garden. He’d call my attention outside to mice, squirrels, birds. Notably, an Orange-crowned Warbler every day came to my window

– repeatedly tapping, tempting the indoor Paws to stalk and then leap high after the warbler, again and again. Another amusing game.

Paws became the talk of our senior community when, to worry the devil out of us, he left for personal escapades.



That occurred one dark evening. Paws may have seen a mouse or bird outside, nudged the window screen, jumped out, not to be seen again for nearly a month.

Natalie worried he might have been taken by a Great-horned Owl, or by the coyotes so frequently seen hunting. But then, at 1:35 a.m., he dramatically reveals himself vocally, with a constant meow, meow, meow, on and on, louder than ever heard before. Our joyful tears flowing and hugs of Paws for his return.

How did this simple adventurous story become modern folklore in a couple of years? Not as a frog is transmogrified into a prince. No, I just had to listen and watch for this answer.

Paws adventure was told to visiting neighbors, a new antic



added. Over time, the retelling naturally led to bits left out, or added, perhaps enriched. So, in a few years, you can imagine how it morphed until some day it was written.

And sooner or later used by another author. Shorter versions, embellished, illustrations added. The folklore born, blessed and read again.

Of Paws’ escapade, a short version was printed as “Paws: A Regents Point Fable” with residents buying it at the in-house country store.

Now another version. Several residents read and urged it become a children’s book. Indeed, my wife said how fine to rewrite and give to our great-grandchildren, perhaps with several older famous feline tales.

I felt arcane words and severe or cruel action should be given a gentle nudge to civility, and friendship, and fun, akin to the pleasure youngsters have playing games. Examples: “The Owl and the Pussy Cat” treated the pig badly, so here he brings two rings.

And, I’ve lived a long life with the image burned into me of “Squirrel Nutkin” rolled up bound inside a monstrous carpet. Marvelous in its way in its time, though Beatrix Potter’s

fame rests far more on “Peter Rabbit” than the squirrel tale my mother had given youthful me.

The Irvine Book of Feline Folklore



I hope you will enjoy my book as much as I did finding these fables while living in Irvine, site of Paw's Adventures.
David C. Weber

The result is the “Irvine Book of Feline Folklore,” privately printed for the enjoyment of our 8 great-grandchildren, and a copy for the OC Public Libraries.

One A Day

Continued from page 23

“Getting vaccinated provides added protection against severe illness, hospitalization, and death from COVID, and helps reduce the risk of getting long COVID too.”

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For more information about COVID vaccines and to find a vaccine near you, visit vaccines.gov.



Life After Mother

By Lyn Jensen

'Exploring probate and estate issues from personal experience.'

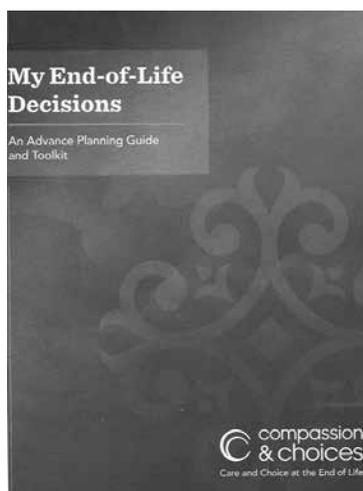
Extras Like a Coffin

Great American comic talents Elaine May and Mike Nichols used to do a skit about how expensive funerals are. He comes to her about the \$75 funerals her company advertises. (You may remember how, back in the mid-century, actual basic low-cost funeral packages were advertised at similar rates — everything was much cheaper then.) She says he can just pay \$75 and they'll do the rest, and he agrees. Then, as he's about to leave, she asks if she may suggest to him some extras — like a coffin.



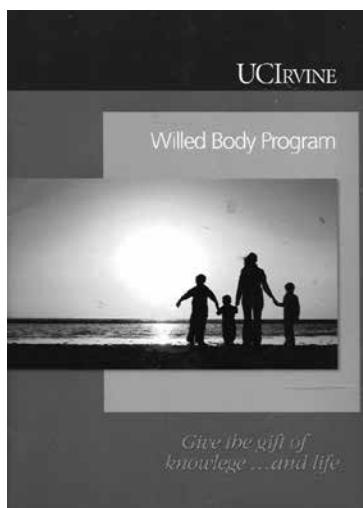
May and Nichols weren't exaggerating a bit. Coffins aren't included in a basic funeral package. They're truly considered extras and you have to buy one separately. That may be because they come in a wide range of styles and prices, so the cost can't be easily calculated as part of a larger package.

Another great American comic talent, Bill Cosby, performed his own act on funeral expenses, inspired by the May-Nichols skit. He included a more serious observation, "It's strange, people would complain about the cost of funerals because it's your last thing and you want a beautiful funeral."



My parents were among the many people who would disagree with Cosby's view. They both willed their bodies to science and cared little about any arrangements beyond that. They shared the attitude, "I'll be dead so it won't matter anyway." Such an attitude, though, simply transfers the burden of making decisions to one's survivors.

Although I've long understood the wisdom of Cosby's view, I've reached an age where I must admit such plans aren't compatible with my lifestyle. I don't move in a circle of rela-

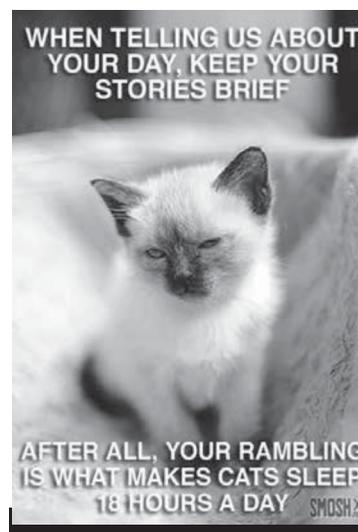


tives and friends who value the ceremonial closure a formal funeral provides. If I can't depend on a houseful of relatives and friends gathering to celebrate birthdays and holidays, I'm not likely to find a supportive group willing to take the time and expense to formally mark my departure from this life.

As I face my final years, I also have to face that final decisions about my end of life will be made by relatives in another state, and their lives are very different from mine. From what I know of them collectively, they have neither the finances nor the sense of priorities to give me that one last thing, that beautiful funeral.



To have any confidence that my end-of-life wishes will be carried out, I will probably have to eventually join their community so I can at least be remembered as part of their extended family. Unlike my parents, I'd prefer a grave (or crypt), which was the choice of all four of my grandparents. I suppose that means I will have to, at some point, pick out and pay for my own cemetery plot, and set aside a special fund to cover my interment.



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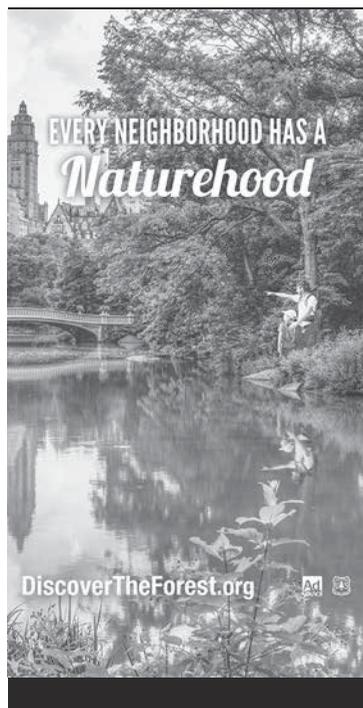
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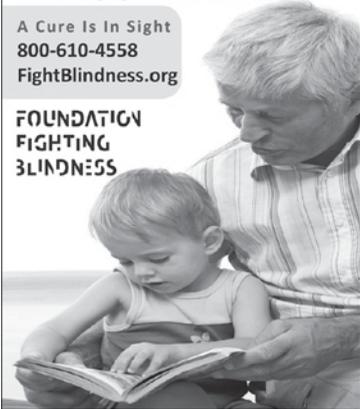
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ONE

By Randal C. Hill

Movie Preview

'Champions'

In 1992, Woody Harrelson co-starred with Wesley Snipes in the basketball movie *"White Men Can't Jump."* While some found the title offensive, the film itself about two hotshot streetball hustlers sold tons of tickets at the box office.

Now, three decades later, Harrelson again immerses himself in the world of basketball, this time as a coach, not a player.

"Champions" is the Americanized version of the well-received 2018 Spanish basketball movie *"Campeones,"* the true story of a group of challenged kids who earn 12 Special Olympics championships over 15 years.

In our *"Champions,"* Woody portrays Marcus Aldridge, a bumbling, hot-tempered minor league coach who gets fired, gets drunk, and gets into an accident with a police car. He is ordered by the court to perform community service — in this case, to coach a basketball team of eight boys with special needs.

He quickly becomes discouraged. "It's impossible to coach these guys," he grumbles out of frustration. But he is told, "You don't have to turn them into the Lakers — they just need to feel like a team."

Aldridge eventually realizes

that if he can do well with this group, he can one day return to coaching a "regular" team and possibly even fulfill a lifelong dream of becoming an NBA coach. Along the way, Marcus also becomes aware that he is bonding with these boys, and he seriously sets to work encouraging them to do well enough to become part of the Special Olympics playoffs.

He comes to acknowledge that he may be able to take the team further than he or they ever imagined. And while the boys play their hearts out, they continue to struggle. Then one day a ninth member of the team comes aboard, a girl named Tina. Stocky of build and snarky of attitude, she sneers at Marcus and asks the team members, "Where did you get this guy?"

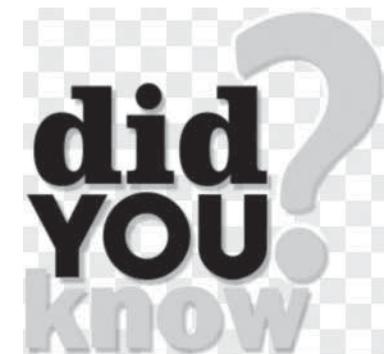
"He just showed up one day," comes the answer from one of the lads.

Kaitlin Olson (*"It's Always Sunny in Philadelphia"*) plays Alex, Aldridge's love interest. Ernie Hudson from the *"Ghostbusters"* franchise and Cheech Marin of the Cheech and Chong duo round out the solid supporting cast.

Bobby Farrelly and his brother Peter are renowned for such quirky blockbusters as *"There's*

Something About Mary" and *"Dumb and Dumber."* Now Bobby is working solo with *"Champions"* in his directorial debut. Mark Rizzo, the creator of various projects from Disney, Focus, and Fox Family, has written the compassionate script.

The heartwarming *"Champions"* opens nationwide in theaters on March 24.



➔ A visible pile of delivered mail and packages in front of your home is an invitation for the bad guys to help themselves. If you'll be away for an extended period, have your mail held at the Post Office. For more tips, visit www.uspis.gov/holiday-2022.

➔ A foundation that honors the sacrifices of fallen military heroes, Children of Fallen Patriots, provides college scholarships and educational counseling to military children who lost a parent in the line of duty. You can help by donating time or money. Learn how at www.fallenpatriots.org.

The Lifecycle of a Raindrop

Continued from page 25

- **Capture** — Stormwater enters basins and filters work to remove sediment and debris.
- **Convey** — Pipes direct water away from parking lots, freeways and fields so areas stay dry and neighborhoods stay safe.
- **Store** — Chambers ensure water flow is managed appropriately, guarding against flooding.
- **Treat** — Water quality products clean water before returning it to lakes and streams.

An optimal stormwater system manages surface water from rainwater events to prevent or reduce flooding and safeguard communities. Yet, many U.S. municipalities aren't equipped to manage ever-increasing stormwater. It has become critical to find solutions that reduce impacts associated with ongoing climate change. Extreme storms and everyday stressors are here to stay and they have extensive consequences for the health and the well-being of our communities.

Extreme Weather is Wreaking Havoc

As temperatures rise, heavy storms produce excessive rainfall because warmer air holds more water vapor. When precipitation rates exceed the infiltration capacity of soils and the drainage capacity of the stormwater infrastructure, flooding can cause catastrophic damage.

Warm weather states, such as

Florida, California and Texas, have experienced coastal flooding, storm surges, hurricanes and even mudslides. Municipalities often don't have time to recover from one storm before another strikes. Back-to-back atmospheric rivers, which are columns of airborne moisture, make recovery difficult.

Consider the following examples:

- **Florida:** Florida is seeing an uptick in extreme rainfall events, with tropical storms and deadly hurricanes, resulting in storm surge. Extreme weather is taxing the state's aging stormwater system, which compounds flooding. According to data from the National Oceanic and Atmospheric Administration (NOAA), extreme rainfall from Hurricane Ian, the second-deadliest storm to strike the continental U.S. this century, produced a 1-in-1,000-year rainfall event in some places.

- **California:** Extreme weather means that California swings from periods of drought to periods of excess water in a matter of days. The extended time between rain events and the increasing volume of water puts stress on aging infrastructure. Intense downpours are causing levees to fail and state reservoirs simply don't have capacity. Excess water needed in periods of drought flows back to the oceans. Just one atmospheric river can down power lines, wash away highways and flood homes.

- **Texas:** Fueled by warming

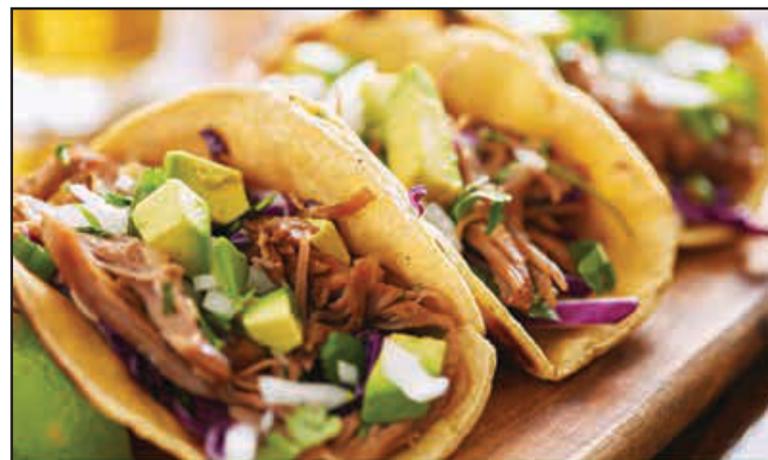
oceans, hurricanes have become more frequent and powerful in Texas, and rising sea levels make communities increasingly vulnerable to storm surges. Communities endured as much as 60 inches of rain during Hurricane Harvey, with over \$125 billion in costs. In early spring 2022, Texas experienced extreme events, ranging from tornadoes to the loss of tens of thousands of acres from wildfires.

Major storms are considered 1-in-50 or 1-in-100-year storms. However, over five-weeks in the summer of 2022, five 1-in-1,000-year rain events occurred across the country. In many cities, stormwater infrastructure is not equipped to handle this much water. There is a critical need for more resilient systems that create greater capacity above and below the ground.

Everyday Stressors in the Buried Infrastructure

A resilient infrastructure requires large investments in assets that are designed to operate over the long term. The \$1.2 trillion Bipartisan Infrastructure Law enacted in 2021 funds a significant public investment in U.S. transportation networks. While much of the focus for the funds is on visible structures, the performance of roads and highways depends on a healthy infrastructure beneath the ground. This "buried" infrastructure includes buried drainage systems, including

Continued on page 31



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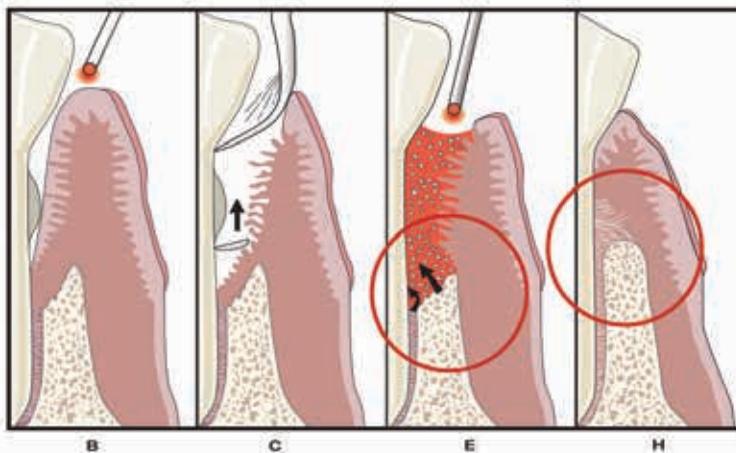


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The Lifecycle of a Raindrop

Continued from page 29

culverts, storm drains and pipe.

However, underground structures are often compromised by recurring stressors, such as corrosion, abrasion, load fluctuations, settlement, weather cycles and fluctuating groundwater levels. You see the results of these stressors in the form of potholes, erosion and even sinkholes. Everyday emergency repairs are occurring with greater frequency. Leaking pipe joints, malfunctioning culvert pipes and other buried drainage structures can be made more durable with sustainable and resilient products. A more resilient infrastructure is bet-

ter prepared to manage the increasingly unpredictable time between storm events and volume of rainfall, and effectively capture, convey, store and treat stormwater.

The next time it rains or storms, you may think differently about what's going on below the surface, allowing you to go about your everyday life. The lifecycle of a raindrop is significant to us all.

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