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What's Inside ...

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In a tale from ancient Ireland, the local blacksmith in one particular village was a notorious drunk who lied, cheated, played pranks, manipulated people, and avoided spending his own money whenever possible. Locals called him Jack the Smith, but behind his back, he became Stingy Jack.

Lucifer, hearing of Jack's reputation, decided to seek out the rascal for himself. When the Devil met him, the smith invited his visitor to the local tavern for a drink.

True to his nickname, Jack claimed to be broke when the drinking was done. The wily scoundrel then convinced Satan to turn himself into a coin so Jack could settle the evening's tab. The bemused Devil did as he was asked, and Jack slipped the coin into his coat pocket — and next to a silver crucifix, which kept Beelzebub from returning to his original form. Jack then left the tavern without paying the bill.

Jack eventually lets Lucifer loose, but only after making

him promise not to bother him for one year. And — oh, yes — not to claim the blacksmith's soul when the Grim Reaper appeared later.

Jack was still up to his usual machinations one year later. When the Devil came to collect the reprobate's soul, Jack begged for a single last request: a juicy red apple.

When Satan climbed a nearby apple tree, Jack hurriedly carved the sign of the cross into the tree's trunk; as a result, Beelzebub couldn't return to

Continued on page 7





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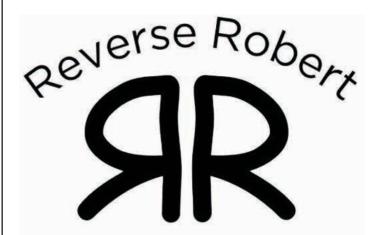
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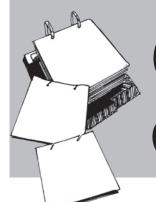




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OCTOBER 2







F A I R

Calendar of Events

Spend the cool, crisp days of autumn at any or all of these exciting events in and around the area. There are plenty of places to go and have fun with friends and family in October.

German Unity Day Celebrations Huntington Oct. 4 6 p.m.

This historical day marks 300 years of German immigration to the USA and marked the end of the Cold War in 1989, which paved the way for reunifying the Federal Republic and the Democratic Republic of Germany. Admission is free, under 21 you must be accompanied by your parents. At, Old World Village Festival Hall, 7561 Center Ave. No. 49, Huntington Beach.

Cypress Community Festival

Cypress Oct. 6-7

One of the largest one-day festivals in Orange County attracts 20,000-plus people annually. The event includes an early morning 5K / 10K run, a pancake breakfast, a car show, a chili cook-off, family games, food booths, the Chamber of Commerce business expo, children's rides, arts, and crafts

booths, and four stages with continuous entertainment. Admission is free. At, Cypress Community Center, Oak Knoll Park, 5700 Orange Ave. Call, 714-827-2430.

Tiller Days Tustin Oct. 6-8

Tustin Tiller Days has been a regular event in Tustin since 1957. The event provides an opportunity for Tustin to celebrate Orange County's agricultural heritage. Features Parade (on Saturday at 10 a.m.), carnival, rides, food, and entertainment. No admission fee. At Columbus Tustin Middle School and Recreation Center, 17952 Beneta Way, Tustin. Call, 714-573-3326.

Campaign One at a Time presents: Mardi Gras Gala

Anaheim

Oct. 7 6 to 10 p.m.

An evening of dinner, drinks, and auction items to raise funds to make dreams come true for children battling cancer and other life-threatening illnesses. Campaign One at a Time is a local California non-profit whose mission is to give children battling a life-threatening illness a chance to have dreams come true and make memories outside of the hos-

pital. At, The Ranch Anaheim, 1025 E. Ball Road, Anaheim.

Laguna Beach Plein Air Painting Invitational Laguna Beach

Oct. 7 to 15

The Laguna Beach Plein Air Painting Invitational will be held in Laguna Beach and North America's most renowned, plein air landscape. Painters will compete for prestigious prizes and participate in the week of events including public paint-outs and artist meet and greets. At Festival of Arts Grounds, Laguna Canyon Road, Laguna Beach.

Glitterfest Fullerton

Oct. 8

This event features a collection of creative people who express their talent through mixed media art. It includes handmade jewelry, sculpture, primitive dolls, paper whimsy, and more. At, Spring Field Banquet & Conference Center, 501 N. Harbor Blvd., Fullerton.

Carnival Colossal San Clemente Oct. 12 to 15

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

Newport Beach Film Festival Newport Beach Oct. 12 to 19

Set in Newport Beach, a few blocks away from the coast-line and less than an hour from Hollywood, the Festival annually hosts several premieres and galas for a singular festival experience. This year's festival will be screening 100-plus feature films and 30 short film programs in Orange County. At various theaters in Newport Beach, Costa Mesa, and Santa Ana. Call 949-253-2880.

Doheny Wood Dana Point Oct. 14

Free to Woodie owners and spectators and the state beach does have a park entry fee. See 150 classic Woodies and beachcruisers. Food, friends, fun, raffles, and awards. Doheny State Beach [south end of the park], Dana Point. Call, 714-968-9798.



Irvine Global Village Festival Irvine Oct. 14 10 a.m. to 6 p.m.

Annual festival representing cultures from around the world; international cuisine; kids' crafts and activities; cultural and religious exhibits; and an international marketplace. Cultural displays, international cuisine, explore the International Marketplace. Festival admission and parking are free. At Orange County Great Park, Irvine, 6000 Great Park Blvd. Call, 949-724-6606.

Farmakis Farms Craft Market San Juan Capistrano Oct. 14 Fall Night Market 4 p.m. to 9 p.m.

Family-owned Christmas tree farm and certified farmers' market located in San Juan Capistrano now offering a monthly craft market! Crafts, arts, handmade goods, and one-of-a-kind items! FREE to attend. Will be held on the 2nd Saturday of every month. At, 29932 Camino Capistrano, San Juan Capistrano. Call 949-364-1270.

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'Stamps of Approval'

By Randal C. Hill

Want an appliance? Some furniture? An elephant? At one time, all were available with enough small paper books filled with trading stamps.

The S & H stamp story began in 1896. Salesman Thomas Sperry noticed that a store he visited was having significant success with a program in which certain customers were rewarded by being given coupons redeemable for goods in that store. Perry thought: why not dispense coupons that were not tied to merchandise from any particular store but could be redeemed anywhere? With business pal Shelley Hutchinson, the pair launched the Sperry and Hutchinson Co. and began selling S & H Green Stamps.

Here's how things worked: Retailers bought the stamps from S & H, then distributed them — 10 stamps for every dollar spent — to appreciative loyal customers as a bonus for making cash purchases rather than by using credit. Customers then pasted the tiny rectangles into booklets handed out by the company visited.

The first S & H Green Stamps redemption center — a "premium parlor" — opened its doors in 1897. Then, as they did later, people would bring in booklets filled with stamps and stroll out later with a shiny new Something, bolstered by the (incorrect) feeling that the item was somehow free.

S & H bought merchandise at wholesale costs and sold it at retail prices when stamps were redeemed. Retailers grumped that buying the stamps cost them about 2% of their sales, although they did hope that the expected increase in business that the stamps could generate would offset the cost of the stamps.

The popularity of trading stamps spread like proverbial wildfire, becoming a part of everyday business at sundry supermarkets, gas stations, drugstores, and numerous other outlets.

By the mid-1960s, 83% of America's 58 million households were saving S & H Green Stamps. (That's three times more stamps than were issued by the U.S. Postal Service.) Each year, S&H was printing 32 million copies of its merchandise catalog — dubbed the Ideabook — as well as 140 million blank savers books.

The most popular purchased item back then was a toaster. But, over time, changing values and, much to the customers' delight, the limited list of available options mushroomed to include some, well, "unusual" things, to say the least.

Some companies began issu-

ing their trading stamps but were never able to overcome S & H's dominance.

Then came the 1970s, and food and gasoline prices soared. It became more prudent to seek lower prices: people began to value having extra money in hand more than owning another set of glass tumblers.

The last supermarket to dispense Green Stamps was a Tennessee Piggly Wiggly store in 1999.

Trading stamps have now been replaced by reward programs and discount coupons. In the Green Stamps heyday, though, such exotica as donkeys, gorillas, and elephants were sometimes made available when zoo groups pooled enough filled books.

Offered but probably never purchased: an eight-passenger Cessna airplane.

Hmm. One must wonder just how many Ideabooks were needed for that.

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Stingy Jack

Continued from page 3

solid ground until he promised again to leave Jack alone, this time for a full decade.

Predictably, Jack wasted the next 10 years drinking, causing problems, and annoying others. When he finally died and met St. Peter at the Pearly Gates, the good saint turned him away, convinced that God wouldn't want such a miserable specimen of humanity in Heaven. When Jack thus turned up at the gates of Hell, the Devil, who was still smarting from the tricks that Jack had played on him earlier, refused to admit him into Hades. (After all, Lucifer smugly maintained that had been part of their original bargain.)

Satan soon came up with his way to punish the insufferable miscreant. Giving Jack a single chunk of burning coal from the fires of Hell to light his way, Beelzebub sent Jack away to "find his hell" in the netherworld. There Jack plucked a turnip from the ground, carved an opening in it, and stuck the ember inside to create a makeshift lantern. He has been tirelessly roaming the Earth ever since, finding neither peace nor a resting place.

In time, the Irish began referring to his ghostly figure as "Jack of the Lantern," which was eventually trimmed to read "jack o' lantern."

People throughout Great Britain would eventually replicate Jack's lantern by carving eerie faces into turnips but also utilize potatoes, gourds, and beets. Eventually, migrants brought the Irish tradition of Stingy Jack to America, and it was here that they discovered that pumpkins, native to America, made perfect jack o' lanterns.

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CalOptima (advertorial)

CalOptima Rated High Again for Medi-Cal Health Plan

For the ninth year in a row, CalOptima Health's Medi-Cal plan has achieved a four out of five rating from the National Committee for Quality Assurance (NCQA).

As one of the top Medicaid/ Medi-Cal plans in California, CalOptima Health provides health insurance to about 980,000 individuals, or almost one of every three Orange County residents, according to Michael Hunn, CEO.

This latest NCQA rating is based on last year's standardized, audited data regarding clinical performance and member satisfaction, he said. The committee assesses the plan's quality based on 45 clinical measures that include services to keep members healthy and treatments in response to illnesses and chronic diseases.

"Medi-Cal is changing to encompass serving the whole person," said Richard Pitts, D.O., Ph.D., and Chief Medical Officer.

"Our latest programs are doing more to support members beyond medical settings to connect them to the community resources they need," he added. "Comprehensive care matters for everyone in Orange County. If you're not a CalOptima Health member, your friends and neighbors are."

Said Hunn,: "We don't work alone, and we thank our caregiver partners and community clinic providers for their ongoing dedication to quality care. Orange County is fortunate to have such a supportive community focused on improving the lives of CalOptima Health's low-income and vulnerable population."

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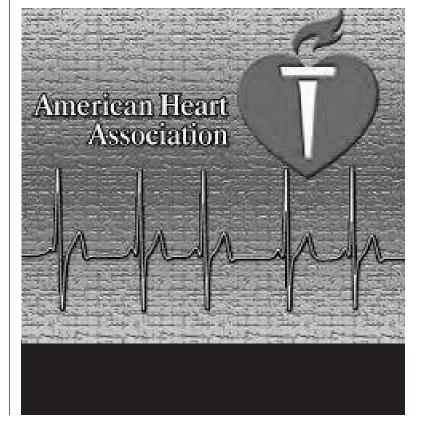
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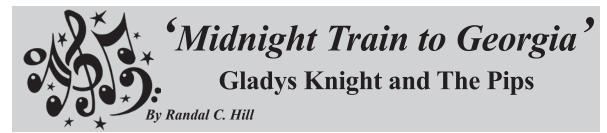
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"I've been wanting to do this for a long time, but didn't know how to start. I'm not a writer and so time seems to just keep slipping away."

Continued on page 15



For superstar Gladys Knight, recording "Midnight Train to Georgia" was probably like singing poignant lines from a diary. "I was going through the exact same thing that I was [singing] about when recording," she once said, "which is probably why it sounds so personal."

The story begins with singer-songwriter Jim Weatherly. An all-star quarterback for his Mississippi high school's football team, he also formed a band as a teenager and began writing original songs. On graduation, he chose music over a possible athletic career.

Weatherly moved to Los Angeles to try his songwriting luck. One evening in 1970, he phoned Lee Majors, an actor friend who had just started dating model Farrah Fawcett. "Lee and I were in a flag football league together" Weatherly explained. "Farrah answered the phone. She said Lee wasn't home and that she was packing to take a midnight plane to Houston to visit her folks. I thought, 'What a great line for a song'."

After Jim hung up the phone, he grabbed his guitar and wrote "Midnight Plane to Houston" in 45 minutes.

The next year, Weatherly recorded an album of original songs, including "Midnight

Plane to Houston." When RCA Records released Jim's LP in 1972, gospel icon Cissy Houston — Whitney's mother – envisioned a pop-country tune and wanted the first crack at the track. "I loved it right away," Cissy said. "But I wanted to change the title. My people are from Georgia, and they didn't take planes to Houston or anywhere else. They took trains. We recorded 'Midnight Train to Georgia' in Memphis in 1972, but my label didn't do much to promote it."

Weatherly's tune was then offered to fellow Georgian Gladys Knight. She had been an R&B and Top 40 sensation since 1961, when, at 17, she scored her first hit single — "Every Beat of My Heart"— with the Pips, her family-oriented backup group. (One cousin was nicknamed "Pip.")

Gladys recalled, "I listened to Cissy's version, and I loved it, but I wanted to do something moody — horns, keyboards, and other instruments to create texture and to spark something in me." Knight thus recorded her signature song, which told of a man relinquishing his dreams of Hollywood stardom to return home, with the love of his life choosing to follow him:

"L. A. proved too much for the man

He's leaving the life he's come to know

He said he's going back to find what's left of his world

The world he left behind not so long ago

He's leaving on that midnight train to Georgia

Said he's going back to a simpler place and time ..."

"While recording that single, I was thinking about my own situation" Gladys admitted later when discussing her chart-topping, Grammy-winning smash release on Buddah Records. "My husband at the time was unhappy that we didn't have a more traditional marriage because I was often on the road or recording. Ultimately, it all proved too much for him, like the song said, and we divorced later."

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In The Spotlight

Service agencies. We are by

Angels' Closet Charities: A Worthy Cause

The goal of Angels' Closet Charities is to provide gently used/new school clothing, formal and business attire, shoes, and accessories at no cost to foster, homeless, in need, and middle school, high school, and college students.

In addition, it helps to meet their basic needs, foster their self-esteem, and support their continued school attendance through high school graduation and beyond.

When founder Patricia Williams, 82, saw a need to help older children since they are often left behind, she said, she created Angels' Closet Charities.

"We are NOT a thrift store. Angels' Closet Charities is about the experience of working with our volunteers who provide an entire wardrobe, at no cost, for a student in a supportive, pleasant, and fun environment. It's more than clothing, it is showing in need and at-promise youth that their community cares."

Williams added it is "heartbreaking to hear the stories the families share of their difficulties."

"If we can help by clothing their children this takes one worry off their shoulders. We have children living in cars, motels, and with family members. I have the utmost respect



for these children and when they tell me things others say to them it is heartbreaking as their situation is not their fault<" she said. "One student said they were asked if they had a washing machine - no they don't. This is so hurtful. There are times when we have to leave the room as it is truly heartbreaking the stories some of these children share."

Here's more about the charities and Williams.

SR: When did you start the charities?

A: October 2008.

Q Is it a 501 (c) (3) status? A: Angels' Closet Charities is a non-profit organization.

Q: How do you help?

A: We are located at Redlands East Valley High School, in Redlands. Students are referred by their school counselors, Academic Case Carriers, Department of Family and Child Service, and Social appointment only as we do all we can to protect and maintain the student's privacy. We provide five outfits, plus new shoes, new socks, new underwear, and hygiene products for the students. They may return to the closet for additional clothing as they grow or as the seasons change. Homecoming and prom are very important to these young people, so we have formal wear for these special occasions. In addition, we raise funds to purchase the yearbook, prom ticket, and grad night ticket for the graduating seniors we serve. We feel they have overcome many obstacles to stay in school and graduate. We feel they deserve to participate in the same senior activities as their classmates.

Q: How can people contribute or get involved in Angels' Closet Charities?

A: You may donate funds through PayPal, check, or credit card to Angels' Closet Charities, P.O. Box 648, Mentone, CA 92359. They can volunteer. They may donate funds to purchase jeans, shoes, socks, underwear, and other necessities. We are especially in need of funding to purchase these items as the cost has increased considerably.

Q: What are some of the things you have done since the founding of the charity?

A: We have expanded our services to not only high school students, but to middle school students, some elementary-age students, and students who continued their education by attending college or vocational school.

Q: Future goals?

A: To someday have a building should Redlands East Valley High School need the space we are using? We occupy six portable classrooms at Redlands East Valley High School. Redlands Unified School District needs the space we are using for the closet to serve young people in need throughout Redlands and the San Bernardino area. As we receive calls for help from all areas. Mentor other school districts to open closets such as ours as we see the difference it makes in these children's lives.

Q: Where were you born and raised?

A: I was born in Tulsa, OK, and raised in Anaheim from the third grade forward.

Q: Education?

A: High school, some college.

Q: Dreams as a kid in terms of career?

A: Fashion designer, archaeologist.

Q: Are you retired?

A: yes, from employee relations, and personnel.

Q: Spare time, hobbies?

A: My husband and I enjoy an-

tiquing and spending time with our family. We have two adult children, two adult grandchildren, and two great-granddaughters.

Q: Last Comment?

A: Thank you to Redlands East Valley High School and the Redlands Unified School District for providing me the space to have our closet so we can help children throughout San Bernardino County and beyond who have such great needs. Thank you so much to the Redlands Community for the support they give Angels' Closet Charities. We are celebrating 15 years and owe a debt of gratitude to many who helped make Angels' Closet Charities possible.

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October Crossword Puzzle

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Across

- 1. Carry on, as war
- **5.** Go at _____ speed (zoom along)
- 9. Colorful talker
- **14.** Made a great impression
- **15.** Fanboy's fave, perhaps
- 16. Island that is part of 18-D
- 17. Rapper/tapper?
- 20. TV's Mork and ALF, for 2
- 21. Sounding all stuffed up
- 22. Impetuously utter
- 23. Help in the wrong way
- 25. Ready-fire connector
- 28. Siri runs on it
- 29. Dunderhead
- **31.** "Muscle"
- 33. 23-D, e.g.
- 34. Veteran sailor
- **35.** Filler of many positions
- 38. Don't bring them to gunfights
- 39. Severely injures
- 40. Innovative thoughts
- **41.** Jeans and khakis
- **42.** Miracle-
- **45.** One of many to be connected
- **46.** Slight car mishap
- 47. Ready for bed
- 49. Fall flower
- **52.** House where 100 deliberate
- 53. Handy person to have on call
- 57. Actor Alan or Adam
- 58. Go fast
- **59.** Capone's pursuer
- **60.** Sprtizes lightly
- **61.** Trade show
- **62.** "Como _____ usted?"

Down

- 1. Condiment at the sushi bar
- 2. Classic Harlem theater
- 3. High IQ type
- **4.** Landscaping tool
- **5.** They're worth 2 points in the **18.** Netherlands _____ NHL

- 6. Do sums
- **7.** Fishing pole
- **8.** Mercury or Saturn
- **9.** They're big at the Golden Arches
- **10.** It's measured in square units
- 11. "With honor," on a diploma 30. Speaker's place
- **12.** Attorneys' org.
- 13. Pallid
- (island group)

- **19.** King Cole
- 23. Isn't wrong?
- **24.** Terrifying person
- **26.** Marty's role in "Young Frankenstein"
- 27. Where Rangers play in **NYC**
- **31.** Truck driver
- 32. Makes bales of grass
- 33. Hindu god of destruction recording label
- **34.** Use a letter opener

35. Edit menu option

56

- **36.** Men's neckwear pins
- **37.** Hungry feeling
- 38. Pull one's leg
- 41. Skull-and-crossbones sort 53. See 46-D
- **42.** A or B, but not AB
- **43.** Do-over requested by a failing student
- **44**. "The File"
- 46. With 53-D, major hip-hop
- 48. Ludicrous

- 50. SNL staple
- **51.** Shipping units
- 52. Houston baseballer, familiarly
- **54.** Flesicher, Gold or Shapiro
- **55.** Luthor
- **56.** Once around the block

Answers on Page 26 Page 13 SENIOR REPORTER Online@www.seniorreporterofoc.com OCTOBER2023

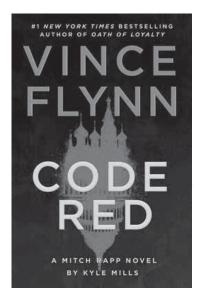


October Book Club

Fall has arrived and you're spending more time inside, so why not pull up a chair and snuggle in with a good book?

Here are some new titles to check out and dive right into!

Code Red
A Mitch Rapp Novel
by Kyle Mills
Book No. 22 of
A Mitch Rapp Novel
By Vince Flynn
and Kyle Mills



"The Syrian government appears to have created a highly addictive new narcotic that it plans to distribute throughout Europe. It's a major threat to Losa's business and he's determined to send someone to keep him on top by any means necessary.

"Rapp is the perfect choice for the mission. Not only does he have extensive experience operating in the Middle East, but

he's also entirely expendable.

"As he crosses into war-torn Syria, Rapp quickly discovers a shocking truth. The new drug isn't being produced by Damascus to prop up the government's collapsing finances. Instead, it was created by Russia's asymmetrical war-fare unit, not for profit but as a weapon against the West.

"With far more than Damian Losa's interests at stake, Rapp devises a desperate plan that forces him and his team onto a battlefield where the United States is virtually powerless and allegiances shift almost hourly. Further, if Russia uncovers its plot, it will set off a confrontation between the two countries that could change the course of human history," said Publisher Atria/Emily Bestler Books.

The Long Game A Novel By Elena Armas

"Adalyn Reyes has spent years perfecting her daily routine: wake up at dawn, drive to the Miami Flames FC offices, try her hardest to leave a mark, go home, and repeat.

"But her routine is disrupted



when a video of her in an altercation with the team's mascot goes viral. Rather than fire her, the team's owner — who happens to be her father — sends Adalyn to middle-of-nowhere North Carolina, where she's tasked with turning around the struggling local soccer team, the Green Warriors, as a way to redeem herself. Her plans crumble upon discovering that the players wear tutus to practice (impractical), keep pet goats (messy), are terrified of Adalyn (counterproductive), and are nine-year-old kids.

"To make things worse, also in town is Cameron Caldani, a goalkeeping prodigy whose presence is somewhat of a mystery. Cam is the perfect candidate to help Adalyn, but after one very unfortunate first encounter involving a rooster, Cam's leg, and Adalyn's bumper, he's also set on running her out of town. But banishment is not an option for Adalyn. Not again. Helping this ragtag children's team

is her road to redemption, and she is playing the long game. With or without Cam's help," said Publisher Atria Books.

Rouge A Novel By Mona Awad



"From the critically acclaimed author of Bunny comes a horror-tinted, gothic fairy tale about a lonely dress shop clerk whose mother's unexpected death sends her down a treacherous path in pursuit of youth and beauty. Can she escape her mother's fate — and find a connection that is more than skin deep?

"For as long as she can remember, Belle has been insidiously obsessed with her skin and skincare videos. When her estranged mother Noelle mysteriously dies, Belle finds herself back in Southern California, dealing with her mother's considerable debts and grappling with lingering questions about her death. The stakes escalate when a strange woman in red appears at the funeral, offer-

ing a tantalizing clue about her mother's demise, followed by a cryptic video about a transformative spa experience. With the help of a pair of red shoes, Belle is lured into the barbed embrace of La Maison de Méduse, the same lavish, culty spa to which her mother was devoted. There, Belle discovers the frightening secret behind her (and her mother's) obsession with the mirror and the great shimmering depths (and demons) that lurk on the other side of the glass.

"'Snow White meets 'Eyes Wide Shut' in this surreal descent into the dark side of beauty, envy, grief, and the complicated love between mothers and daughters. With black humor and seductive horror, Rouge explores the cult-like nature of the beauty industry — as well as the danger of internalizing its pitiless gaze. Brimming with California sunshine and blood-red rose petals, Rouge holds up a warped mirror to our relationship with mortality, our collective fixation with the surface, and the wondrous, deep longing that might lie beneath," said Publisher S&S/Marysue Rucci Books.

The River We Remember A Novel

By William Kent Krueger

"On Memorial Day, as the people of Jewel, Minnesota gather to remember and honor

Continued on page 24

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The Gadget Geezer

By Les Goldberg

AI: What Is It? Why do you need it?

For many of us, the introduction of new technology is old hat. After all, I remember the advent of television, transistor radios, personal computers, the internet, smartphones, and wireless everything.

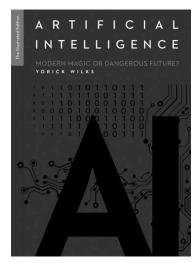
That is why all the buzz about artificial intelligence, *aka* AI, is no surprise. What is concerning to many people, however, is the same concerns that we heard about a half-century ago when industrial robots began invading factories and threatening to take jobs away from humans.

As technology has rapidly evolved with faster microchips and more powerful computers, it has allowed AI to become a larger factor in the way scientific and even everyday problems are solved.

Maybe you've already experienced AI and didn't realize it. For instance, AI drives autopilot on commercial airlines, removes spam from emails, allows for facial recognition, guides smart personal assistants like Siri and Alexa, protects and prevents fraud, and much more. To better understand AI, scientists explain that artificial intelligence comes in different flavors based on its stage of development.

Reactive Intelligence

The first stage, and most prev-



alent today, is known as "reactive intelligence." This type of AI only reacts to certain input from human programmers. It cannot form memories or use past experiences to make a decision. It can only operate within a predefined set of parameters.

One example: is IBM's Deep Blue chess computer that was able to beat Garry Kasparov in 1997.

Limited Memory Intelligence

A slight improvement in over-reactive AI is "limited memory intelligence".

In this case, computers can make decisions based on the study of past data stored in their memory which, in this case, is short-lived or temporary.

The more famous example of this type of AI is the self-driving car. Sensors are used to call upon previous memory to identify pedestrians or traffic signals. It can make quick decisions that hopefully will reduce accidents.

Theory of Mind

This form of AI is designed to socialize and understand human emotions. According to the experts, Theory of Mind AI will be able to better interact with us just like any other human and not as a traditional learning machine or computer. However, the "theory" is still being studied. Theory of Mind AI computers are not in development anywhere in the world.



Self-aware AI

Self-aware AI computers are what most people imagine when thinking about AI as seen in the movies. They are super intelligent with a certain level of consciousness. (R2D2?) They represent the holy grail of AI, and we have yet to reach the level of technology needed to make machines truly aware.

The moral and philosophical challenges presented by fully developed AI will continue to be debated for years.

Conclusion

The writers of the book, "Artifi-

cial Intelligence for Dummies," warn us again of the current hype about AI:

"If you watch movies such as 'Her and Ex Machina,' you might be led to believe that AI is further along than it is. The problem is that AI is actually in its infancy, and any sort of application like those shown in the movies is the creative output of an overactive imagination."

There is a lot of truth to that.



Does Medicare Pay for Second Opinions?



The simple answer is yes. In some cases, Medicare Part B covers a second opinion for a medically necessary surgery that isn't an emergency. Medicare will also help to pay for a third medical opinion if the first and second opinion differ.

If you only have Original Medicare with no Advantage plan or Medicare supplement, you will have to pay your 20% co-pay for these second or third opinion doctors' visits.

However, if you have a Medicare Advantage plan or a Medicare Supplemental, they may have different rules and you will need to find out if you have a cost for the second/ third opinions.

To find out how much your test, item, or service will cost, talk to your doctor or health care provider. The specific amount you'll owe may depend on several things, like:

- The type of insurance you may have
- How much your doctor charges
- If your doctor accepts assignment
- The type of facility or where you get your test, item, or service

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Continued from page 10

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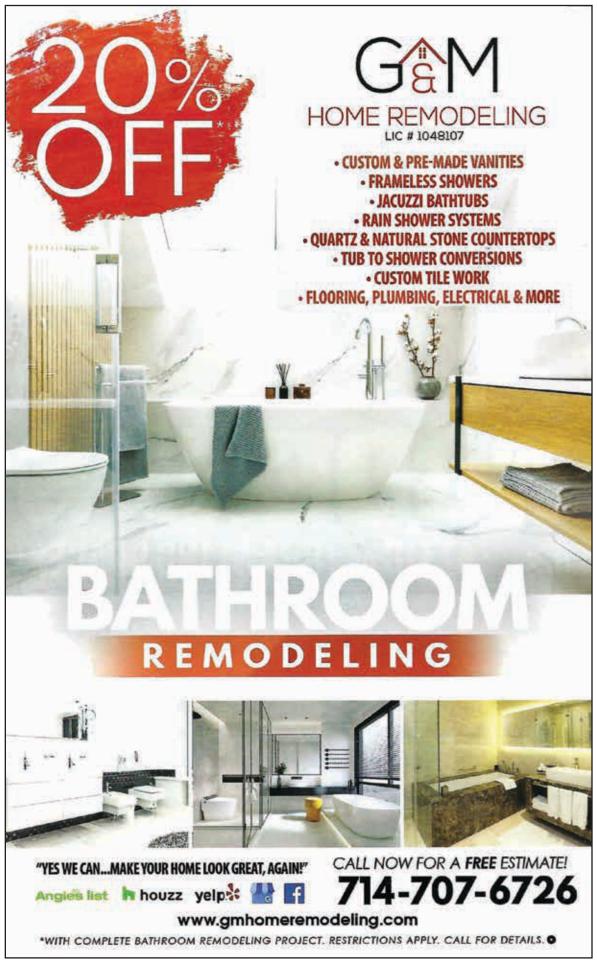
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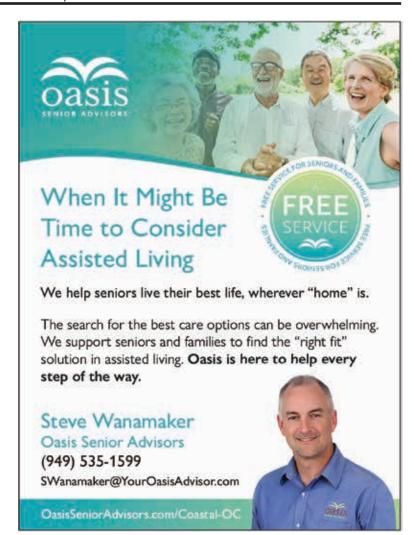
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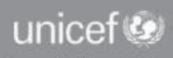
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Sitting square in between September and November, October is the 10th month of the Gregorian calendar.

October is seen by many to be a time of real seasonal change, both in the Northern and Southern Hemispheres.

For those in the North, autumn is kicking into gear and the nights are getting cooler.

The harvest festivals are over, and the nights are getting longer and longer by the day.

October is also a time to start stocking up on firewood for the long winter season to ensure you're kept warm through until spring.

October is unsurprisingly quite different for those who live in the Southern Hemisphere.

Spring has already bloomed in all its glory, and life is becoming more and more pleasant by the day.

Cooler nights can still be found but overall, it's a wonderful time to get outside and enjoy the warmth of the sun.

Like every other month of the year, October has plenty to show for itself.

Interesting little facts about October include:



The meaning behind October's name is far from accurate these days. The ancient Roman calendar was based on the lunar cycles, as opposed to our current calendar which is based on the solar cycles. This meant that there were originally 10 months in their calendar, and October was the eighth month. Its name translated into "the eighth month" in Latin. In 451 BC the two months of Ianurarius and Februarius were added to the beginning of the calendar, making October the 10th

There are seven months in the year with 31 days and October is the sixth of them. The number of days hasn't changed over the ages either, with the ancient Roman calendar also placing 31 days in October.

October is a rather beautiful time of year if you live in the Northern Hemisphere. It's the time of year when the color of leaves begins to change into a magnificent array of hues.

The first full moon after the

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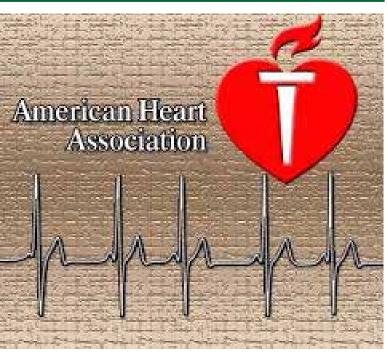






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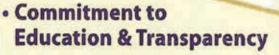
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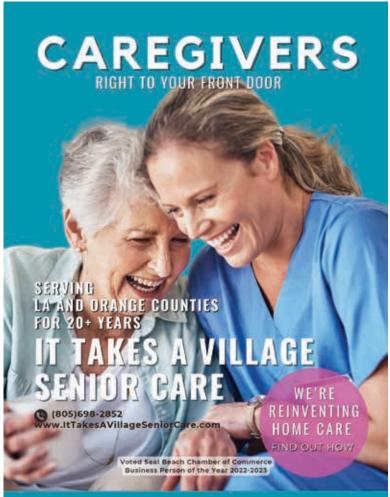
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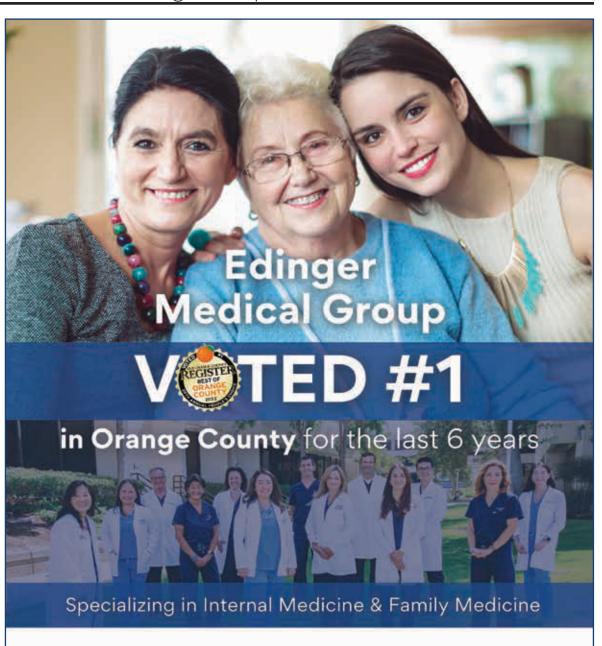












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Tinseltown Talks

By Nick Thomas

Barry Bostwick Wants you to do the 'Time Warp,' again

With Halloween coming up, there's no better time to satisfy your "Rocky Horror Picture Show" craving than by doing the "Time Warp" with Barry Bostwick who will be traveling the country in October for various conventions, appearances, and screenings of the 1975 musical comedy horror classic (see www.barrybostwick.com for dates and locations).

Bostwick, who starred as clean-cut Brad Majors in the original film, has attended dozens of screenings over the years but still looks forward to most where a 'shadow cast' of local actors act out scenes while the film plays in the background.

"I'm entertained like hell each time because the performances are just so wonderful," said Bostwick from his Florida home north of Orlando. "Many have been doing it for years and know every detail about every scene from the movie."

But these days, Bostwick does not perform with the shadow cast.

"A couple of years ago they got me up on stage to play the Ralph Hapschatt part, the character who gets married at the beginning of the film," Bostwick recalled. "There were only a few lines, but I just



sucked at it because I couldn't keep up with the performers on stage. I swore I'd never get talked into that again. So, I just go out and screw around with the audience for a while to get them pumped up. I make fun of them as much as they have made fun of me for the last (48) years!"

To embrace the whole "Rocky Horror Picture Show" experience, fans dress as their favorite characters while yelling at the screen and tossing objects around the theater, behavior that would normally lead to ejection by management. But such conduct is not only tolerated but expected during the movie as fans mimic iconic moments from the beloved film.

Originally a critical and commercial flop when first released, midnight screenings in the late 70s soon began attracting young audiences drawn to the film's outrageous characters featured in exotic and erotic scenes.

By contrast, Bostwick's char-

acter is initially rather staid, peering through nerdy, black-rimmed glasses alongside girl-next-door fiancée Janet (Susan Sarandon). The pair stumble upon a country mansion occupied by Dr. Frank-

N-Furter (Tim Curry), an eccentric transvestite scientist (who's an alien) preparing to unveil his latest humanoid creation, Rocky.

"I never get bored because the music (e.g., 'The Time Warp') is so superb, and watching Tim eat up the screen is a delightfully enriching experience," Bostwick said.

When filming the original, Bostwick says the self-assured heroic character of Brad fit right into his professional wheelhouse at the time, but were there moments when playing the more shocking Frank-N-Furter character might have been more appealing?

"Sure, but then Tim would walk on the set to begin a scene and I realized I couldn't do it," he said. "He just had that spark that others have tried to imitate in later stage productions, but no one ever has. He helped make it the greatest cult movie of all time."

Nick Thomas teaches at Auburn University in Montgomery, Ala, and has written fea-

tures, columns, and interviews for numerous magazines and newspapers. See www.getnickt.org

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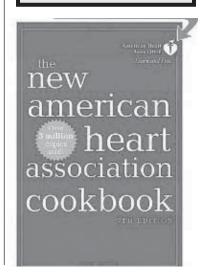
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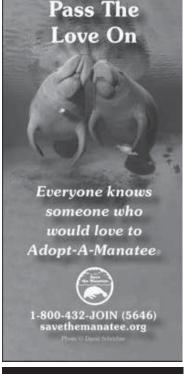
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Nick Thomas, Randal C. Hill













The Heritage Festival and Parade Placentia Oct. 14

Since 1965, this celebration of the city's heritage includes a parade and fair booths. The event begins at 7 a.m. with a pancake breakfast. The festivities at Tri-City Park will start at 10 a.m. and include family games, inflatables, food booths, crafters, home-based businesses, a business expo, and a variety of nonprofit displays. The event will also feature the 34th Annual Heritage Festival Car Show. At, Tri-City Park, 2301 N. Kraemer Blvd., Placentia. Call 714-524-8535.

Annual Silverado Country Fair and Folk **Festival** Silverado Oct. 14-15

The Annual Silverado Country Fair and Folk Festival are one of the best family events of the season which explores the wonders of the area's Old West rustic culture, live Bluegrass, Country and Folk music, Wild West reenactments, handmade arts, and crafts, 1800s activities and lock 'em up makeshift jail, food, beer and wine saloon, contests, all under the

Oak trees below Orange County's Saddleback Mountain. At Silverado Community Center and Fairgrounds, 27641 Silverado Canyon Road, Silverado. Call, 714-649-2411.

St. NorbertFest Orange Oct. 20

The annual St. NorbertFest (formerly Oktoberfest) helps to build the parish, school, and the Orange community. There will be food, fun games such as Sumo Mania, and Bingo, raffles, rides, and awesome entertainment for everyone. At, St. Norbert Catholic Church, 300 E. Taft Ave., Orange. Call 714-637-4360.

11th Annual SPIRE Awards Anaheim Oct. 20

The SPIRE Awards is a black-

tie gala honoring outstanding Orange County commercial real estate men, women, and project teams, who have significantly impacted the commercial real estate industry. categories include Award women in commercial real estate; new construction/development; building renovations; tenant improvements; most valuable service partners; leasing; sales; philanthropy; and emerging leaders. Award judges include a diverse range of Orange County's prominent commercial real estate leaders. At, City National Grove of Anaheim, 2200 E Katella Ave., Anaheim.



Silverado Days Buena Park Oct. 20-22

Held each October, this community festival features more than 15 food booths, 90 arts & crafts booths, and 30 carnival rides and games to share with family and friends. Contests include an amateur horseshoe contest, a pie-eating contest, a hog calling, a dog show, an American Corn Hole tournament, a chili cook-off, and more. Free parking and no entrance fee. At, William Peak Park, 7225 El Dorado Drive, Buena Park.

St. Mary's Fall Festival **Fullerton** Oct. 20-22

St. Mary's annual festival to raise funds for the parish community necessities offers food and entertainment, opportunity drawings, and family fun. At Mary's Church, 400 W. Commonwealth Ave., Fullerton.

Walk to End Alzheimer's San Clemente Oct. 21

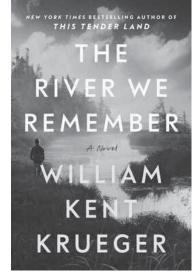
The Alzheimer's Association Walk to End Alzheimer's is happening — and you can at your local event or Walk From Home in your neighborhood. No matter where you participate, know that your health and safety are top priorities. Walk attendees should be vaccinated against COVID-19 or wear a mask when in an overcrowded area. Masks will be available on-site. At, Mike Ward Community Park, 20 Lake Road, Irvine.



Dia de los Muertos at **Pretend City** Oct. 28

Celebrate Día de los Muertos with all the vibrant traditions and rich cultural heritage of Día de los Muertos. This enchanting celebration is all about honoring and remembering loved ones in a joyful and meaningful way. Cost: Included with museum admission. At, Pretend City Children's Museum, 29 Hubble, Irvine.

October Book Club Continued from page 13



the sacrifice of so many sons in the wars of the past, the halfclothed body of wealthy landowner Jimmy Quinn is found floating in the Alabaster River, dead from a shotgun blast. Investigation of the murder falls to Sheriff Brody Dern, a highly decorated war hero who still carries the physical and emotional scars from his military service. Even before Dern has the results of the autopsy, vicious rumors begin to circulate that the killer must be Noah Bluestone, a Native American WWII veteran who has recently returned to Jewel with

a Japanese wife. As suspicions and accusations mount and the town teeters on the edge of more violence, Dern struggles not only to find the truth of Quinn's murder but also to put to rest the demons from his

"Caught up in the torrent of anger that sweeps through Jewel are a war widow and her adolescent son, the intrepid publisher of the local newspaper, an aging deputy, and a crusading female lawyer, all of whom struggle with their tragic histories and harbor secrets that Quinn's death threatens to expose.

"Both a complex, spellbinding mystery and a masterful portrait of midcentury American life from an author of novels 'as big-hearted as they come' (Parade), The River We Remember is an unflinching look at the wounds left by the wars we fight abroad and at home, a moving exploration of how we seek to heal, and a testament to the enduring power of the stories we tell about the places we call home," said Publisher Atria Books.



Busy Boomers

Having Trouble Getting A Job?

Did you retire early? Are you ready to leave the life of golf courses, recliners, and RVs and go back to work? Do you miss interacting with colleagues and being part of a team?

If you are over 55 years of age, healthy, energetic, and enthusiastic – and possess useful skills and talent – you should be able to reenter the workforce.

The average life expectancy in the U.S. currently stands at 73.5 years for women and 79.5 years for men, according to the Centers for Disease Control and Prevention (CDC).



There's just one problem: age discrimination. You might be able to sue an employer for wrongful termination or passed-over promotions, but try bringing legal action against a potential employer.

In today's world, unless you know somebody who can recommend you for a job, you must rely on various online job sites like Indeed, LinkedIn, Monster.com, and others. The days of scouring newspaper ads and "pounding the pavement" are long gone.

There is always hope, however.



You can hope that your talents are needed somewhere, but it depends on how well you can market yourself on whether your resume rises to the top of the applicant pile. Here are some tips:

- 1. Retool your resume. Target your resume for each announced position. For example, if you have management experience, explain how you reduced turnover or won awards as a team.
- 2. List your accomplishments without dates and eliminate any early entry-level type positions.
- 3. When asked about how long you plan to work, your answer should be something like this: "I enjoy working, I feel like I am still learning, and I intend to stay in the workforce for as long as I can."
- 4. Make sure you are up-tospeed on your technology. No one expects you to be the tech whiz, but you don't want to be a dinosaur. If there are certain platforms, apps, or programs that are used in your field, be as proficient in them as possible.

5. It is important to choose your potential employer carefully. Some company cultures may not be a good fit, i.e.: startups where most employees are under 40.

- 6. It's also a good idea to read online reviews at websites such as www.kununu.com/us where current and past employees rate their employers based on a variety of factors, including attitude toward older workers.
- 7. Put on your networking hat. "It's especially critical for more mature workers because the only way to understand the culture of an organization is to network with people who are familiar with your target list of companies," according to Tom Zilberg with an executive search firm in Long Beach.
- 8. Employment search firms recommend you accept their offers for a free resume evaluation. In a couple of days, you will get constructive feedback, including recommendations for improving the appearance and content, and a prediction of a recruiter's first impression.
- 9. Know the benefits of age diversity. Your knowledge will help you determine if a particular company or organization is right for you. For instance, older workers can bring more traditional business skills, such



By Les Goldberg

as better in-person and written communication abilities. They also can act as mentors to the younger staff members.

10. Research corporate salary structures and compensation benefits. You don't want to sell yourself short when asked how much money you expect to earn, but you should be paid according to your experience and skills – regardless of your age.



Continued from page 19

Harvest Moon quite often falls in October and even has its name. Known as the Hunter's Moon, it's one of the only two full moons (along with the Harvest Moon) that aren't connected to a specific month. Depending on the year the Hunter's Moon either falls in October or November.

The beer-swilling Bavarian festival Oktoberfest takes place every year in Munich, Germany. The festival usually runs for 16 days from mid-September until the Sunday of the first weekend in October. The event has been held since 1810 when Prince Ludwig of Bavaria held a festival to celebrate his mar-

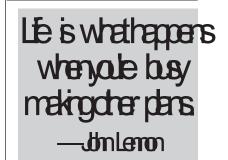
riage with Therese, the princess of Saxony-Hildburghausen.

It wouldn't be October without Halloween, which is celebrated on Oct. 31. The celebration's origins go back to the Gaelic people of modern-day England, Scotland, and Ireland, who celebrated the festival of Samhain. Among other activities, the original celebrants of Samhain would dress in costumes or disguises and go door-to-door receiving gifts of food, much like how today's children dress up and receive treats!

Some of the wackier holidays that are celebrated in the U.S. deserve their listing, and we're sure you'll agree! October 4 is National Noodle Day, Oct. 16 is National Fossil Day, Sweetest Day is on the 17, and Boss's Day is celebrated on Oct. 19.

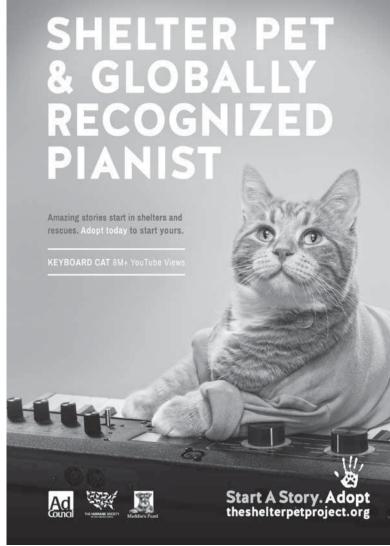
Those born in October can be born under one of two very different star signs. If you're born before Oct. 23, then you have the sign of Libra. Those born on Oct. 23 or later have the sign of Scorpio. Libras are said to value harmony and diplomacy and are said to be both intelligent and kind. Scorpios are quite different, valuing trust and honesty above other things, as well as being quite intense yet imaginative people.

Source: www.thefactsite.com



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For information on donating your body to medical education and research, call: 949-824-6061



or visit:

https://medschool.uci.edu/community/willed-body-program

No cost to donor or family. Final cremation and scattering at sea ncluded.

Crossword Puzzle Answers from page 12

¹ W	² A	³ G	⁴ E		W	⁶ A	⁷ R	⁸ P		9 M	10 A	¹ C	12 A	13 W
14 A	Р	E	D		15 	D	0	L		16 A	R	U	В	Α
17 S	0	N	G	18 A	N	D	D	Α	19 N	С	Е	М	Α	N
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53 J	54 A	С	K	0	F	Α	55 	56 L	Т	R	Α	D	E	S
57 A	R	К	ı	N		58 T	Е	A	R		59 N	Ε	S	S
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Health Alert -

Gear Up for Respiratory Virus Season

Here's news to help you breathe easier: Although respiratory virus season is upon us, you can protect yourself and your loved ones. How? Make sure you're up to date on all of your vaccinations. Following vaccination, it takes time for your body to build protection against the flu, COVID-19 and RSV, so it's recommended that you get the vaccines you're eligible for as soon as possible to support your health and the health of your community.

Vaccinations help prevent the flu, COVID-19 and RSV

Getting a flu shot is the best way to protect yourself and your family from the flu. The Centers for Disease Control and Prevention (CDC) recommends getting vaccinated early in the fall, before flu season begins, ideally before the end of October. It's especially important to protect at-risk populations adults 65 and older, those with certain immunocompromising or chronic medical conditions, infants or children under 5 and pregnant women—from severe illness.

The CDC also confirmed that you can receive any of the currently authorized COVID-19 and RSV vaccines at the same time as the flu vaccine. It's recommended that adults 60 or older get an RSV vaccination as they're at greater risk for serious complications from RSV because immune systems weaken with age. CVS Phar-



macy is also now administering the updated COVID-19 vaccine, recently authorized by the FDA and recommended by the CDC.

Seniors have additional options when it comes to vaccinations

Seniors are at a greater risk of developing severe illnesses from flu, COVID-19 and RSV, and according to a CVS Health consumer survey, of those who indicated they plan to get vaccinated, seniors are the demographic most likely to do so (74% of seniors). CVS Pharmacy and MinuteClinic offer specific CDC-recommended offerings for seniors aged 65 and above, which include:

- **Fluad:** An adjuvanted influenza vaccine that helps the body elicit a better immune response.
- Fluzone HD: A high-dose vaccine that contains four times the antigen as the regular flu vaccine and is intended to create a stronger immune response for seniors.
- An RSV vaccine for adults 60 and older with greater risk for serious complications from

Continued on page 29

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Overflow Parking Available at the Center for Spiritual Living just West of the Lodge on Talbert Avenue.



Fabulous Finds

By Debbie L. Sklar

Now that the temps have cooled and you've put away your summer clothing, it's time to get ready for fall.

Start with these **Fab Finds** from natural skincare to a new sewing machine just in time for the upcoming holidays.

Think of October as a time to focus on becoming the best version of yourself.

Skincare



One aspect of self-improvement that often gets overlooked is taking care of our skin from the inside out and using topical skincare to support the effects of a healthy diet. Taking care of your skin is not just about looking good; it's about feeling good and improving your overall well-being. Healthy skin plays a vital role in boosting self-confidence and promoting good health. When your skin looks and feels its best, it can positively impact your self-esteem and overall self-image.

Gundry MD Polyphenol Dark Spot Diminisher is a groundbreaking serum formulated to tackle dark spots on all skin types, even the most sensitive. Users can unlock a healthier, more vibrant-looking skin tone by minimizing the look of sunspots, age spots, and liver spots.

One of the first steps in taking care of your skin is incorporating more polyphenol-rich foods, like berries and dark greens, and cutting sugary/ processed foods. Next would be to combat existing damage. Gundry MD Dark Spot Diminisher. This exceptional serum is designed to visibly diminish uneven skin tone effectively. Suitable for all skin types, this serum is specially crafted with powerful polyphenol extracts, antioxidants, and vitamins to nourish your skin, resulting in a more youthful, revitalized glow. By incorporating a product like the Dark Spot Diminisher into your self-improvement routine, you're not only enhancing your skin's appearance but also boosting your self-confidence and overall sense of well-being.*

Gundry MD Polyphenol Dark Spot Diminisher can be purchased on the Gundry MD website for \$120.00 with a 90day purchase price guarantee.

Shaklee Stuff

Shaklee, a pioneer in the wellness industry, received the EWG VERIFIED mark from the Environmental Working Group (EWG) for 11 products in the Shaklee Body and YOUTH lines.



Shaklee personal care products are inspired by nature and perfected by science. The Shaklee Body line is dermatologist-approved clean, body care that is nutrient-rich and vitamin-infused to provide nutrition from the outside in. The YOUTH line is developed with anti-aging vitamins and polyphenols and is vegan, cruelty-free, gluten-free, dermatologist-tested, and suitable for sensitive skin. Shaklee's unique formulas and natural ingredients, such as muscadine grapefruit extract, chardonnay grape seed extract, and resveratrol, continue to set them apart in the wellness industry.

New Singer



SVP Worldwide, the parent company of SINGER, launched its latest sewing machine, SE9180, which sets new standards for the brand in embroidery and technology. It features mySewnet integration.

The SINGER®SE9180 - Seamlessly Connected with mySewnet is designed for modern sewing enthusiasts. The machine is tailor-made for the home sewist looking to improve their embroidery experience and bring any design to life without compromising time or quality. Retailing for \$899, the machine features touch-screen technology that is 3.5x larger than its closest competitor. The machine can finish projects while the home sewist steps away from the machine. The mySewnet app will notify the sewist when the project is complete.

mySewnet, a subscription-based software application for creating and editing embroidery designs, comes installed on the machine. This integration, combined with the machine's WiFi-enabled connectivity, empowers users to conveniently access an extensive library of embroidery designs and stitches from the comfort of their own sewing space.

The SINGER® SE9180 machine is available online at www.singer.com and through authorized SINGER retailers nationwide. For more information and updates, please visit the official SINGER website at Singer.com.

Actually Avocado

Blendily introduces **Actually Avocado Soap,** in bar and liquid versions.

Discovering clean skincare



products can often be a challenging and intimidating task. However, Blendily alleviates the anxiety associated with finding a straightforward soap that effectively cleanses without stripping the body of its natural oils.

Blendily's Avocado soaps are made of one ingredient: Saponified Avocado Oil and crafted from a single ingredient, saponified avocado oil. Blendily's Actually Avocado excels at purifying the skin of unwanted dirt and impurities, without stripping the skin flora.

What makes this soap exceptional is one single ingredient: Avocado Oil. Avocado Oil boasts innate anti-inflammatory and antioxidant properties, making it an ideal choice for soothing irritated or inflamed skin. With Blendily's pure soaps, simplicity is key. Blendily's pure soaps contain only one single ingredient, guaranteeing that you are not investing in unnecessary fragrances or potentially skin-irritating additives. It's the ultimate calming solution for cleansing your skin from head to toe!

Visit www.blendily.com.

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Life After Mother

By Lyn Jensen

'Exploring probate and estate issues from personal experience.'

Horrors of Dementia

My mother threw a horrifying dementia-fueled hours-long hysterical tantrum when I tried to temporarily house her in a care facility after her first stroke in 2017. Her torrent of hysterical rage exhausted her so she'd nod off for a while, then go right back to screaming like a wild terrified animal, well into the night. The police were called twice and eventually took her back to the hospital — I had to get her to her house and get a caregiver — which she promptly threw out of her house.



I asked the care facility's head for advice, he answered, "Psychotic drugs." Being told your mother needs psychotic drugs conjures up every stereotype of the hysterical mental patient. I thought all other methods should be tried first — tests, counseling, evaluation - and drugs should only be a last resort. Because she was already diagnosed with dementia, I thought her condition should be evaluated to determine how much of her behavior was related to dementia and how much might be an undiagnosed mental condition before just popping psychotic drugs in her.



I spent the next two years unsuccessfully trying to navigate the healthcare system in a vain attempt to get my mother the quality of care I believed she needed. It didn't help that my mother's HMO insisted my name wasn't on my mother's healthcare records so they couldn't share her healthcare information with me, while my mother vacillated between insisting my name was on her records and insisting her healthcare was none of my business. The HMO treated her refusal like a personal beef, not evidence of paranoia.



Had my mother been diagnosed with Alzheimer's, a specific brain disease that results in dementia, she would have accessed a delivery system — specialists, facilities, and asso-

ciations dedicated to research and care of the disease. I asked repeatedly to have her tested specifically for Alzheimer's, but the only valid answer I ever got was, that a brain scan hadn't indicated Alzheimer's. Brain scans can vary, though, even sometimes depending on what machine does the scanning.

Instead to my knowledge she was only ever given the verbal test that Donald Trump famously ridiculed as, "Person, woman, man, camera, TV," not even the written draw-the-clock version. She was only ever diagnosed with "mild" dementia, a general term that relates to Alzheimer's roughly the way "chronic fatigue" relates to Chronic Fatigue Syndrome. As we learned during the COVID pandemic, a patient's symptoms may appear severe to casual observers — but not meet the medical profession's definition of "severe."



In another era, a family doctor would have had a friendly mutual relationship with a patient and family. Today a patient doesn't "see a doctor" but "access healthcare delivery systems." I was the patient's only child, while her other relatives and her friends offered no useful assistance. I was the

patient's only child, but that wasn't enough to have access to her medical records. I was the patient's only child, meaning if anything happened to her, I'd take the heat for it, but I was expected to do so with no readily accessible "delivery system" of my own.

Virus Season

Continued from page 27

RSV because immune systems weaken with age.

Common flu shot myths

- Myth: You should wait until flu season peaks to get the vaccine.
- Fact: It's best to be vaccinated before flu begins spreading in your community—ideally in September or October.
- Myth: The flu shot gives you the flu.
- Fact: Flu shots are made of either inactivated viruses or with proteins from the flu virus—so you can't get the flu from the vaccine.
- Myth: The flu is only spread by coughing and sneezing.
- Fact: Flu viruses are largely spread this way, but a person might also get the flu by touching a surface or object that has the virus on it and then touching their own mouth, nose or eyes. That's why you should wash your hands frequently with soap and water or an alcohol-based cleanser.

A one-stop shop for your vac-

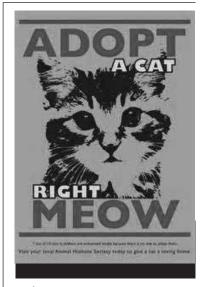
cine needs this fall

At CVS Pharmacy, you can conveniently schedule a flu shot and COVID-19 vaccine in the same appointment for yourself and your family via digital scheduling through CVS. com or the CVS Pharmacy app. Walk-in appointments are available for people of all ages, seven days per week, with evening and weekend hours. Anyone who receives a CDC-recommended vaccine through the end of the year will get a \$5 off \$20 in-store CVS Pharmacy coupon.

Learn More

Visit www.cvs.com or www. minuteclinic.com for more information on the vaccines offered. Certain immunizations have age and location restrictions.

"The Centers for Disease Control and Prevention recommends adults 65 and older, those with immunocompromising or chronic medical conditions, infants, children under 5 and pregnant women get vaccinated early in the autumn for flu, COVID-19 and RSV."





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Producer Kevin Downs says, "I hope this film inspires many to not just talk about how we can love our neighbor but actually show how we can love our neighbor in ways that put others in front. I'm hoping that this kind of gives an example of what one community did in the face of extraordinary circumstances and how they rallied together and lifted each other up. We could use a lot more of that, I think, in our society and our communities and neighborhoods."

"Ordinary Angels" is based on a true story that centers on Sharon Steves (Hilary Swank), a recovering alcoholic hairdresser in small-town Kentucky. When she is told "Find a reason to be here that's bigger than you are," she discovers an energizing sense of purpose when she learns about Ed Schmidt (Alan Ritchson). He's a local widower working hard to make ends meet for his two young daughters, the youngest of whom is awaiting a liver transplant.

Sharon becomes an "ordinary angel" when she decides to help the family and take on seemingly impossible odds, among which is a \$400,000 charge for the transplant. (As a construction worker, Schmidt earns \$3,600 a month.) When Steves asks for the entire \$400,000 to be erased, a panel of hospital

power folks offers collective smirks. "Was that funny?" Sharon asks defiantly.

The worst snowstorm in recent memory adds to all the woes when Ed's daughter Michelle needs to be flown to a hospital 700 miles away for her transplant.

At one point, Sharon is asked, "How did it become your responsibility to save her?"

Her response: "Because I'm here ... because I can."

Two-time Oscar winner Swank tells why she signed up to do the film. "I was drawn to this beautiful true story because it's such a powerful reminder that angels reside everywhere among us. And that faith, hope, grit, and positivity are all powerful fuel for miracles. It's also a story about the power of organ donation, something incredibly near and dear to my heart. I couldn't be more thrilled to be a part of this story and message."

Alan Ritchson ("The Hunger Games," "Fast X") had his reasons for taking on his role. "I am an optimist," he says. "I believe in the best in people. I believe that sometimes we just need to be reminded of the power of what we can do together."

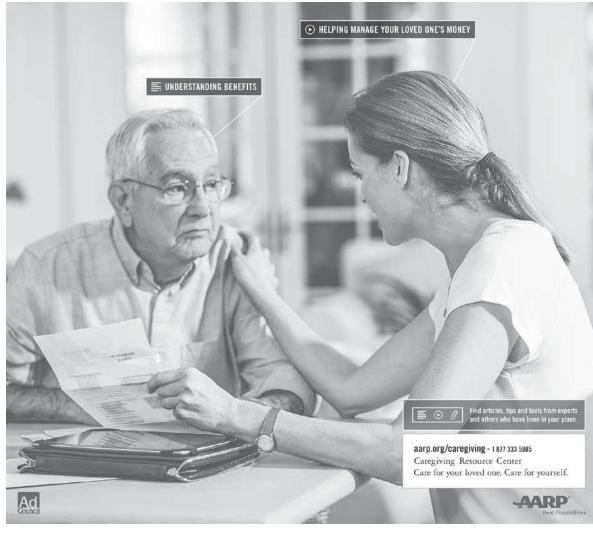
Independent film director Jon Gunn is the director, and Meg Tilly and Kelly Fremon Craig created the heart-warming script.

"Ordinary Angels" opens nationwide from Lionsgate on Oct. 13.









On The Road Again ...

Discovering the Universe In Our Own 'Backyard'

By Shana McCann

Astronomy is a hobby that has fascinated people for centuries. From Galileo to Neil Armstrong, we have been enchanted by the mysteries of the universe. Senior citizens, in particular, can benefit from this hobby in many ways — without leaving Southern California.

While serious local astronomy buffs invest heavily in telescopes, join local astronomy clubs or groups, and spend hours gazing into the night skies, there are others, including yours truly, who would rather take a day trip to one of several nearby observatories to see the stars, learn more about the galaxies and visit the exhibits.

Here is a quick guide to seven of the most popular observatories and planetariums right in our backyard:

Griffith Observatory



Located on the south-facing slope of Mount Hollywood in Griffith Park, visitors get a panoramic view of downtown Los Angeles, Hollywood, and the Pacific Ocean. The giant telescope features a 12-inch Zeiss refractor and a basement with new exhibits, a café and gift shop, and the new Leonard

Nimoy Event Horizon Theater. Admission is free.

Palomar Observatory



Sitting on top of Palomar Mountain in north San Diego County, Palomar Observatory is the astronomical research center for the California Institute of Technology (CalTech). It houses three active telescopes, a 200-inch Hale, a 48-inch Oschin, and a 60-inch telescope.

The public areas of the observatory consist of the A.W. Greenway Jr. Visitor Center and the Visitors' Gallery inside the 200-inch Hale Telescope dome. The Visitor Center also features the Palomar Observatory Store.

Fleet Science Center

San Diego's Balboa Park, itself a great destination, is home to the Fleet Science Center, a 50-year-old science museum and planetarium. It incorporates several innovative features, including the "Space Transit Simulator" which uses a spherical star projector and various planet projectors to show a realistic sky.

The center also is home to

the world's first IMAX Dome Theater, called OMNIMAX, for a 180-degree field of view of Hollywood movies.

All of the center's exhibits, galleries, and shows are included in the daily admission ticket

Mt. Wilson



More than a mile high in the San Gabriel Mountains sits the Mount Wilson Observatory, developed in the 1880s by one of the founders of the University of Southern California.

It contains two historically important telescopes: the 100-inch Hooker, which was the largest aperture telescope in the world from 1917 to 1949, and the 60-inch telescope which was the largest operational telescope in the world when it was completed in 1908.

Also housed in the observatory are the Snow solar telescope and tower, and the CHARA array, built by Georgia State University, which became the largest interferometer in the world.

Orange Coast College

If you live in Orange County



or Long Beach, the most accessible full-service planetarium is located on the campus of Orange Coast College in Costa Mesa.

In addition to being the center for college courses in astronomy and science, it is unique in another way – it is the only planetarium in Southern California that is operated by a dedicated crew of students.

Within the modern structure are a state-of-the-art Dome Theater, a Foucault Pendulum, an interactive science exhibit hall, a National Oceanic and Atmospheric Association (NOAA) Science on a Sphere globe, and a gift shop.

For many of us, observing the stars and galaxies through these magnificent telescopes near our homes is the closest we'll get to actual space travel.







Pat Sajak Hits Brakes on 'Wheel'

By Les Goldberg

Pat Sajak is calling it quits at age 77 and after 41 seasons. But you probably already know that especially if you are one of the millions who devotedly watch "Wheel of Fortune" daily.

As of press time, his replacement has not been announced. What is known is that his longtime sidekick and letter-turner on the show, Vanna White, will remain with him until the end of the new fall season. After that, it's anybody's guess.

I'm sure they'll pick someone just fine ..."

Sajak's road to becoming the host of America's mostwatched game show began when he was a kid growing up on the west side of Chicago with two Polish-American parents.

His interest in broadcast entertainment was sparked by watching "The Tonight Show with Jack Paar.

"I would sneak out of bed at

night not to go out with the guys ... but to turn on 'The Tonight Show' to see what Jack was up to."

His early adulthood paralleled that of his idol: he began his career doing small jobs for a local radio station in 1966.

He then enlisted in the U.S. Army in 1967, and, when he was deployed to Vietnam, he eventually became a disc jockey for the Army's radio station in Saigon (now Ho Chi Minh City).

After Sajak was discharged in 1970, he struggled to find a regular job but eventually landed as a disc jockey for NBC's radio affiliate in Nashville when he also was asked to fill in as the weekend weatherman and staff announcer on TV channel.

Seven years later, his sense of humor caught the attention of NBC's Los Angeles affiliate, KNBC, where he was one of the weathermen. His talent drew praise from some industry heavyweights, including Paar, who sent him a letter complimenting his talents.

Another fan turned out to be

Merv Griffin, the creator of "Jeopardy!" In 1981 when "Wheel of Fortune" was looking for a new host, Griffin persuaded the network to hire Sajak. His first day on the job was Dec. 28, the same day when the "Bonus Round" was introduced to the show.

Two years later the show went into nighttime syndication and Sajak's national fame skyrocketed, prompting his appearances at other shows and events, including "The Pat Sajak Show" in 1989 which lasted just one year.

broadcast entertainment, and in 1998 he purchased the broadcasting license for WNAV, an Annapolis, MD radio station, which became a central component of his company, Sajak Broadcasting Corp.

He also founded two small production companies that offer concepts and content for the TV and music industries.

Throughout his career, Sajak continues to receive accolades for his work, including the People's Choice Award (1987), three Daytime Emmy Awards, the Daytime Emmy Lifetime Achievement Award, and a star on the Hollywood Walk of Fame.

In the 1990s Sajak ventured further into the business of



When asked about their futures, Sajak said: "We're much closer to the end than we are to the beginning. There's a pretty good chance that when one of us leaves, we'll both leave because it would be odd for either of us to work with somebody else."

He also was asked if he would be helping to find his replacement. His answer: "I have no interest in that. It's not my show, I don't run it, I'm not producing it. I don't own it. I'm just a working stiff here.

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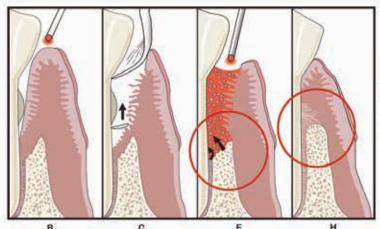
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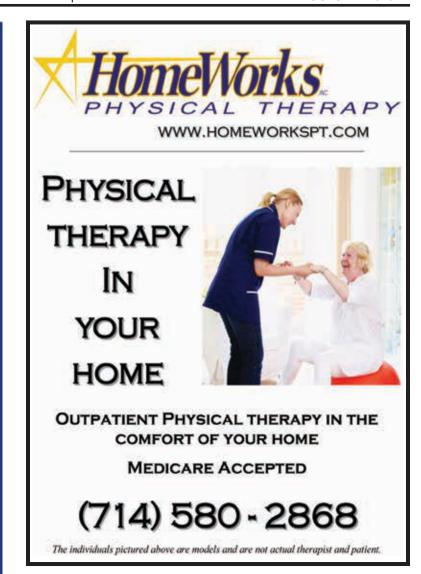
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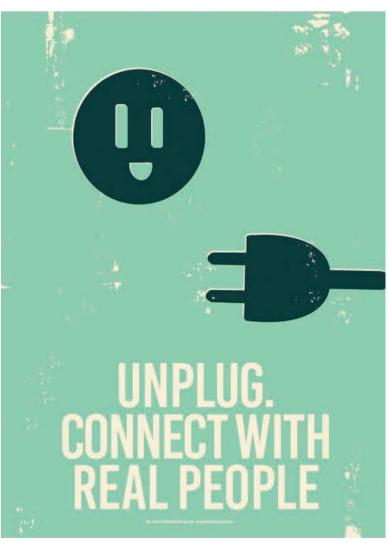
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