

SENIOR REPORTER

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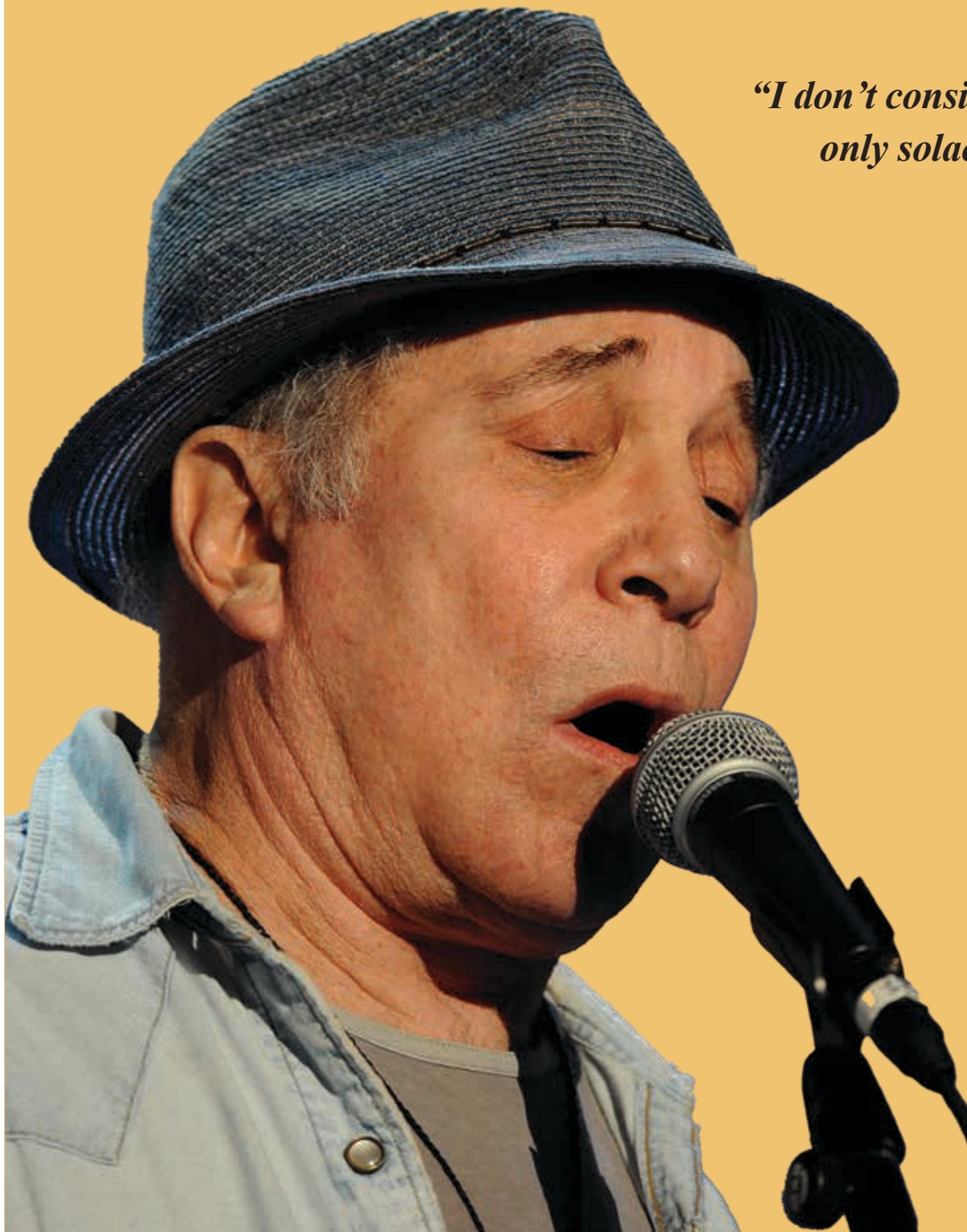
AUGUST 2023

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

Paul Simon

"I don't consider myself to be a major talent, so the only solace I can take is to hope I'm growing."

— a humble Paul Simon



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on page 31

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Strange Stuff

By Jim McDevitt

I'm driving my car on Interstate 5.

I've been driving about 30 minutes since I left my home. My iPhone is in my shirt pocket on my upper left side. Suddenly it starts buzzing and buzzing nonstop. I never answer the phone when I'm driving so I look for a safe place to pull over and stop to figure out what is going on.

I'm in a safe spot now and I pull my phone out of my pocket. The message on the phone says it's my snooze alarm that is ringing. I didn't even know I had a snooze alarm on my phone never mind use it. I silence the phone and resume driving.

Twenty minutes later the same thing happens again. This time I find the stop button and stop it for good I hope. Strange stuff but I attributed it to some sort of fluke.

A week later I am out making some local shopping stops when I hear my oldest son's voice talking to me.: 'Dad you called

me, is everything OK?' he is asking. I pull over and pick up the phone from my shirt pocket. I explain I didn't call but that my phone must be having a breakdown of some kind.

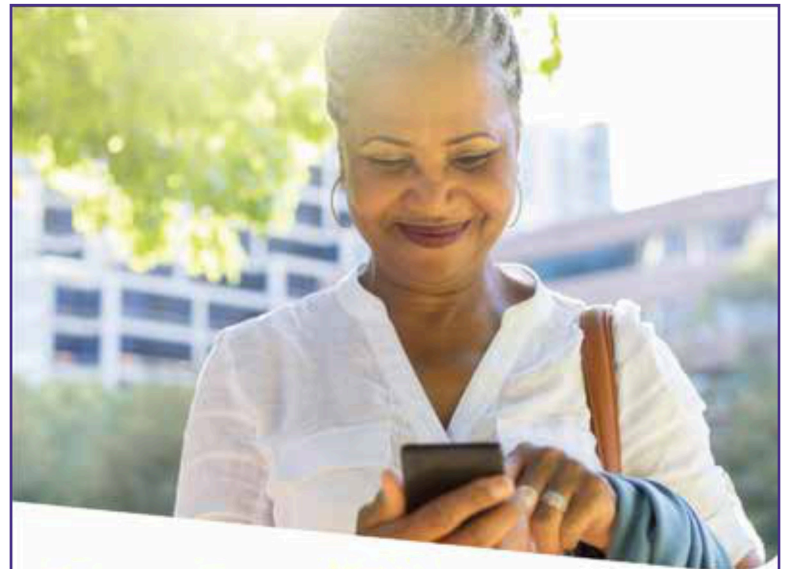
Then I continue and finish my stops and head home. Now I am getting my mail from the mailbox, and it is my wife's voice coming from my shirt.

'Jim, what's wrong? You called me,' she says. I explain how my phone is now making calls on its own.

Then a week later as I am driving along, I hear a voice coming from my breast pocket in my shirt. It says: 'Press 1 to speak to billing, press 2 to speak to customer service, press 3,' and so on. I pull the phone from my pocket and turn it off completely.

Now if I get any more calls with it turned off I am really going to freak out. When I get home, I call Apple Care. The lady on the phone is very nice. She is sorry she says but

Continued on page 7



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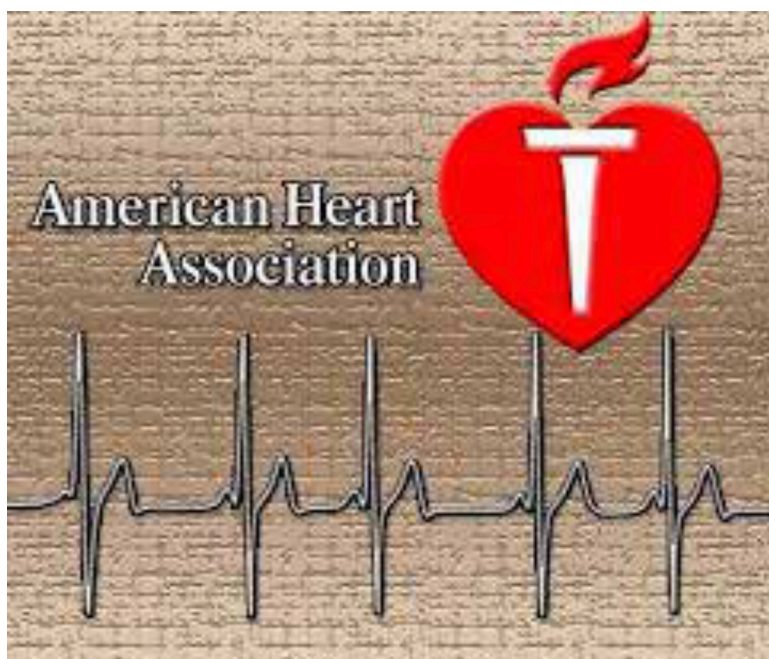
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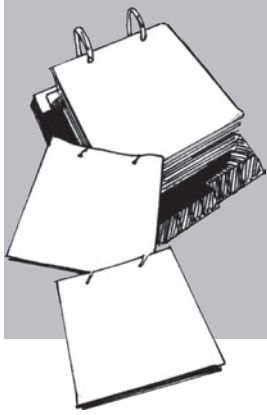
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With A Heart for Seniors



AUGUST Calendar of Events



It's August and summer is winding down, soon it will be autumn.

So, don't let the season pass you by without attending these summer events from comedy shows to movie Mondays, now is the time to take it all in.

Standup Comedy at Irvine Improv Through Aug. 7 Irvine

Spend a summer evening (or two) in laughter with well-known comedian Rob Schneider. On Aug. 7 see the Emmy-nominated actor and his well-known blend of character and comedic acting. Tickets are \$30; 7:30 p.m. and 9:45 p.m. At Irvine Improv, 527 Spectrum Center Drive, Irvine, Call, 949-854-5455. improv.com/irvine/

Movie Mondays Aug. 10 Costa Mesa

Outdoor dining and Monday night summer film screenings at Segerstrom Center for the Art's Movie Mondays. August's line-up includes "My Best Friend's Wedding," and "E.T.: The Extra-Terrestrial." The movies are shown on the side of Segerstrom Hall, so everyone has a great seat. Each Monday will feature dif-

ferent food trucks serving culinary sensations throughout the screening. Arrive early for audience participation events. Set-up 5:30 p.m.; Movie begins at dusk, Approx. 8 p.m. Free. Segerstrom Center for the Arts, 600 Town Center Drive, Costa Mesa. Call 714-556-2787. scfta.org

Artsy August Mixer Aug. 5

Laguna Beach

The Laguna Beach Chamber of Commerce invites you to its Artsy August mixer at [seven-degrees] in the heart of the city's festival district. The event will feature tasty bites, beer and wine, raffle prizes, and artistically oriented surprises. Each attendee will receive a free ticket to the Sawdust Art Festival that they can use that evening or save for a later date. 5:30 p.m. \$15-\$25. [seven-degrees], 891 Laguna Canyon Road, Laguna Beach. Call 949-494.1018. lagunabeachchamber.org

Ribs, Pigs & Watermelons Summer Festival Aug. 7-9

Huntington Beach

Visit Huntington State Beach for a pro BBQ competition and summer festival. See 50 of the top West Coast and nationally ranked BBQ teams, including teams from the TLC reality

television show "BBQ Pitmasters," competing for a \$10,000 prize sanctioned by the Kansas City BBQ Society. Enjoy free watermelon and watermelon carving demonstrations. Join in on a rib and watermelon eating contest, a seed-spitting for distance contest, and a cow milking contest. Listen to live bands and taste craft beers from local and national suppliers. All proceeds benefit American Family Housing. Friday 5 to 10 p.m., Sat 10 a.m. to 8 p.m., Sun 10 a.m. to 5 p.m. Craft beer tasting, Sat. 1 to 5 p.m. 3 days pass adults \$10; 3 days pass children (ages 8-12) \$5; Children 7 and under free. Beer tasting is \$25. Huntington State Beach, Beach Blvd., and Pacific Coast Hwy. Lot 9, Huntington Beach. Call 714-897-3221. afhusa.org

Lobsterfest Newport Beach

Aug. 8

Newport Beach

The 7th Annual Lobsterfest at Newport Beach will be hosted by Newport Dunes Waterfront Resort & Marina. Live Maine lobster is flown in fresh on the morning of the event and will be prepared on-site alongside a buffet that includes tri-tip, corn on the cob, salads, and dessert. Purchase a VIP ticket to enjoy all-you-can-eat lobster, complimentary wine, valet parking, and reserved seating. \$60

if purchased in advance, \$80 at the door; Children 12 and under \$20 in advance or \$25 at the door. VIP tickets are \$150 in advance. 101 North Bayside Drive, Newport Beach. lobsterfestatnewportbeach.com

Orange County Fair Through Aug. 16

Costa Mesa

This year's theme is "One Big Party" in celebration of 125 years. Enjoy action sports (rodeo, BMX, pig racing), tribute bands in the Hangar, a carnival with rides, La Grande Wheel, livestock competitions, agricultural displays, a petting zoo, wine tasting, and fried foods. Concerts at the Pacific Amphitheatre include artists such as The Offspring and Charli XCX. M-Tu Closed, Wed-F. 12 p.m. to 12 a.m., Sat.-Sun. 10 to 12 a.m. \$7-\$12; Free for children under 6; \$10 (cash only) for parking. At 88 Fair Drive, Costa Mesa. Call 714-708-1500. ocfair.com

The Phantom of the Opera Through Aug. 16

Costa Mesa

This is Cameron Mackintosh's new production of Andrew Lloyd Webber's musical success. The production has new scenic designs, a Tony Award-winning original cos-

Continued on page 26

"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."

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‘Exploding Ducks, Enormous Knives’

By Randal C. Hill

When World War II began, Julia McWilliams tried to join the American military but was rejected because of her height. (She stood 6 feet, 2 inches.) The patriotic lady thus became a typist/researcher in the Office of Strategic Services, the forerunner of the CIA. Her position took her to China, Ceylon (now Sri Lanka), and India.

While in Asia, she met fellow American Paul Child, a government worker and gourmand who was unaware that McWilliams had zero cooking skills or any experience whatsoever in a kitchen. Julia later recalled trying to impress Paul by fixing a meal, only to have her oven catch fire when a duck she was baking exploded.

Despite this potential deal-breaker to romance, the two married in 1946 and moved to Paris.

Undaunted by her ineptitude, Julia set a goal of becoming a master cook. She enrolled in the famed Le Cordon Bleu cooking school, the only female student there. After finishing the rigorous course, she and two friends ran a cooking school out of various Paris apartment kitchens.

Turbocharged in her passion, Julia spent nine years researching her 726-page “*Mastering the Art of French Cooking*” book. It became a best-seller,

and Americans took to the idea of preparing exotic meals from scratch rather than heating insipid TV dinners.

When the Childs returned to America, they settled in Cambridge, Mass.

Julia’s television career began in 1961 when she appeared on a book review show on Boston’s WGBH-TV, a part of National Educational Television (now PBS). The show’s host was somewhat taken aback when Julia whipped up an omelet while discussing her tome. It didn’t take long before dozens of people wrote to WGBH and demanded more of this refreshingly exuberant lady.

She became a culinary queen after “*The French Chef*” program debuted in January 1963, and Child spent up to 19 hours of preparation for each half-hour lesson. Her award-winning program ran nationally for a decade.

Viewers were charmed by her cheery enthusiasm, bellowing, warbly voice, and ability to laugh at herself when she goofed up. (The programs were broadcast live.) “Doing television, you want amusing things,” she explained. “Something fun and unusual. I think also on television you want to do things loud; people love the ‘whamming’ noises.” Viewers loved the way she ended each episode with a hearty “Bon appétit!”

Julia had her detractors, though. Some viewers were put off by her not washing her hands during demonstrations. Others complained that Child was careless when she waved her oversized knives about. One person grumbled, “You are quite a revolting chef, the way you snap bones and play with raw meats!” Julia remarked later, “I can’t stand those over-sanitary people.”

Her home number was listed in the Cambridge phone book, and fans often called to ask for advice or simply chat.

Julia Child, who called herself a “home cook” rather than a chef, declared, “We should enjoy food and have fun. It is one of the simplest and nicest pleasures in life.”

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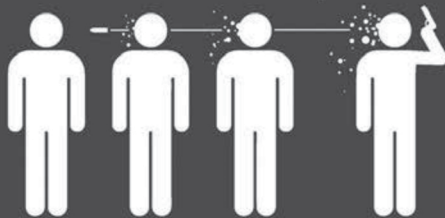
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Strange Stuff

Continued from page 3

she can't solve the problem. She says it sounds like ghosts, but I don't know if she is kidding or not. She makes me an appointment at an Apple Store to have them do diagnostics.

The day of my appointment comes, and I arrive at the store at the appointed time. I am checked at the door and escorted to the back to a chair at a counter.

'Someone will be right with you,' the escort tells me before leaving. Sure enough, a man comes over, introduces himself, and gets the details of my problem and starts testing the iPhone. He explains he is not the technician but a tester, more like a water boy in a restaurant he explains.

Ten minutes later another specialist comes and takes over. I also explain that the woman on the phone thought it was ghosts. He makes no comment but after finishing his testing says there may be a software problem. Twenty minutes later after he has been working on the phone, he is relieved by another specialist who says she is going to replace my software. She does this and 20 minutes later we are done.

I just want to let you know that if you get any calls from my cell phone to please let me know. No one did anything about the ghosts that they told me about.

Playing Super Sleuth Web MD



You notice something strange going on in your body or your doctor just gave you an alarming diagnosis....

What's the first thing most of us do when we get home? Google it.

If you simply type in your symptoms or the diagnosis you will likely get dozens of websites that look official but could be bogus or non factual information. So how do you know what is the truth? Here are some helpful hints that can help you filter out the junk and get to some actual medical information.

1) Use one of the following websites for more accurate information.

National Institute on Aging
nia.nih.gov

American Geriatric Society
healthinaging.org

Center for Disease Control
cdc.gov

National Institutes of Health
nih.gov

American Academy of Family Physicians
Familydoctor.org

Mayo Clinic
mayoclinic.org

2) Each of these sites includes a health information page where you can search topics from A-Z

3) Be careful and don't automatically assume that because a website ends in .org that it's legitimate.

4) If it sounds too good to be true, it's usually "clickbait" to entice you to follow that link to read a review or new study.

5) If a website has a link to a study, look for things like: Who conducted the study? Who was involved with the study? How many people participated in the study? Was the study peer reviewed?

6) Trust only studies published in medical journals. They typically have strict criteria for inclusion.

So the next time you are tempted to look up and self diagnose, please be cautious.

This information came from Callie Levine with AARP.Org/ Bulletin

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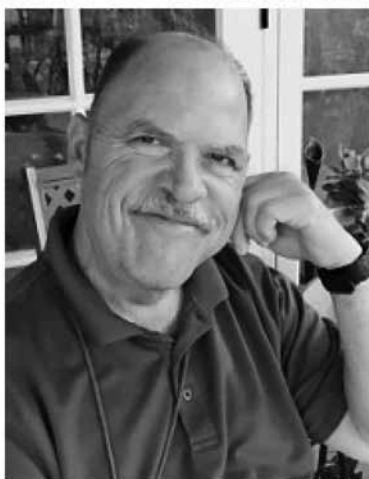
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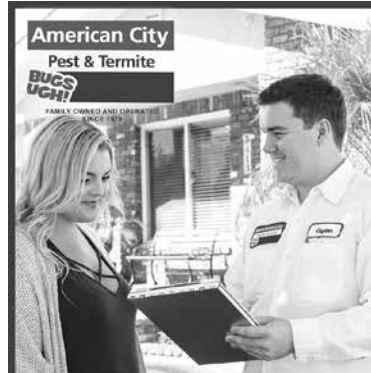
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by Robert Bruce Woodcox

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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



'Monster Mash'

Bobby "Boris" Pickett

By Randal C. Hill

In the summer of 1973, Bobby "Boris" Pickett's original "Monster Mash" (released this time on Parrot Records) reached the Top 10 for a second time. Its first success had come about 11 years earlier when Bobby's platter shot all the way to No. 1.

Pickett sang lead with a Hollywood band called the Cordials. One evening, while performing the old Diamonds' hit "Little Darlin'," Bobby delivered the song's monologue in the low-pitched voice of horror movie icon Boris Karloff. The audience loved the spoof, and fellow Cordial Lenny Capizzi encouraged Pickett to keep up the fun. Eventually, the two musicians (both horror movie fans) decided that such goofiness could be developed into a Halloween novelty tune.

And were they ever right!

Their original title was "Monster Twist," but at the time Chubby Checker's "The Twist" was fading and being replaced by DeeDee Sharp's dance disc "Mashed Potato Time." The duo altered the lyrics accordingly:

I was working in the lab late one night

When my eyes beheld an eerie sight

For my monster from his slab began to rise

And suddenly to my surprise

(He did the Mash)

He did the Monster Mash

(He did the Mash) It was a graveyard smash

(He did the Mash) It caught on in a flash

He did the Monster Mash

The lyrics are, of course, based on Mary Shelley's 1818 novel *Frankenstein*. In Pickett's rendition, a benevolent monster throws a dance party that features other horror-based creatures of lore (Dracula, the Wolfman, etc.).

Bobby and Lenny's taped demo came to the attention of Gary S. Paxton, a Los Angeles record producer whose initial success had been the 1960 million-selling "Alley-Oop" by the Hollywood Argyles. For the Pickett-Capizzi ditty in 1962 (which would also top the Billboard chart), Paxton created his own label, Garpax Records.

The background women's voices heard came via the Darlene Love-led studio outfit the Blossoms. (When you hear the Crystals singing "He's a Rebel," you are hearing the same group.) Leon Russell played piano on that eventful day.

Paxton devised the sound effects for the one-hour recording session. A coffin lid creaking open was created by pulling a nail out of a 2 x 4. Bubbles

from a cauldron came by blowing through a straw in a glass of water. Dropping chains onto the studio floor provided the clatter of clanking shackles.

A hastily assembled Garpax album — "The Original Monster Mash" — made the LP Top 20 and included such blessedly-now-forgotten tracks as "Blood Bank Blues," "Graveyard Shift," "Transylvania Twist," and "Me and My Mummy."

Pickett's novelty became a runaway hit. His follow-up of "Monster's Holiday" — the creatures were now enjoying a Christmas party — hit the Top 30. For years after that, Bobby tried to wring one more success from his one-hit-wonder. He released "Monster Swim," "Monster Man Jam," "Monster Concert" and, perhaps inevitably, "Monster Rap." Each sank without a trace.

Pickett claimed that his "Monster Mash" sold 4 million copies. "I've been paid," he once said, "so I'm gonna believe it."

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In The Spotlight

It's All in the Stars

Meet Joe Camera, President of the LW Astronomy Club

There's nothing like a clear summer night when you can look up and see the stars shining brightly whether you're at an outdoor concert, camping, or driving along the coast.

Joe Camera, 61, of Laguna Woods knows all about the stars and just about anything to do with astronomy. After all, he's been the president of the Laguna Woods Astronomy Club for almost two years.



because there are more women in Laguna Woods than men.

Here's more about the club and Camera who shared his insights and love for astronomy with the "Senior Reporter" for this month's Senior Spotlight.

Senior Reporter: *The club was founded in 1971 ... has it grown since then and currently how many members are there? Do you have to be from LW to join? Are the members all males?*

Joe Camera: *The club has a long history having started as a very small group of neighbors. There were about 40 members two years ago when a new leadership team of myself, our Treasurer, Stuart Fried, and Secretary, Chris Kemp got elected. Since then, the club has grown rapidly to over 180 members. I don't have the specific numbers, but I think there are more women than men in the club, in part*

last 7 years before my retirement I worked at Vandenberg Air Force Base on the central coast of California with the military space program where I became fascinated with astronomy.

Q: How does one become a member of the group?

A: Anyone can join the club.

You don't have to be a resident of Laguna Woods Village. The dues are \$20 for the year and so far, we have been able to provide free admission to our meetings, \$10 discounts on all field trips, and two free club-hosted parties with food, drink, and entertainment for our Solstice parties.

Q: Why do you suppose people are fascinated with the stars, astronomy, space, etc.?

A: I think people are fascinat-

ed with astronomy because just like our ancestors, we understand it is critical to our survival on this little ball we all share that we call planet Earth. Another reason many people are fascinated with it is because it is understood that many parts of our modern life are critically dependent on the space environment around us like all the satellites on orbit sending us images of ourselves

Continued on page 22

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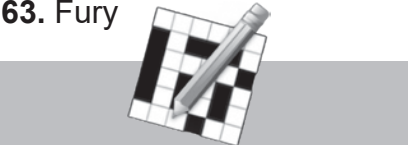
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August Crossword Puzzle

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
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



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47	48	49					50					51	52	53
54						55	56				57			
58						59					60			
61						62					63			

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

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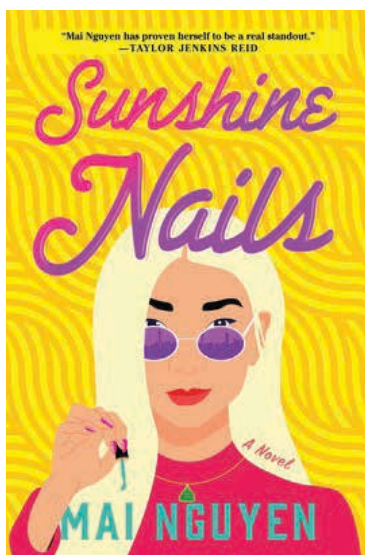
August Book Club

Whether you prefer sitting in an air-conditioned home or enjoying the heat outside, there is no better time to relax with a good book.

And there are all kinds of treasures to keep you entertained wherever you are enjoying the summer. So, check out these below and start reading!

Sunshine Nails ***A Novel***

By Mai Nguyen



“Perfect for readers of *‘Olga Dies Dreaming’* and *‘The Fortunes of Jaded Women.’*”

“Vietnamese refugees Debbie and Phil Tran have built a comfortable life for themselves in Toronto with their family nail salon. But when an ultra-glam chain salon opens across the street, their world is rocked.

“Complicating matters further, their landlord has jacked up the rent and it seems only a matter of time before they lose their business and everything they’ve built. They enlist the help of their daughter, Jessica, who has just returned home after a messy breakup and a messier firing. Together with their son, Dustin, and niece, Thuy, they devise some good old-fashioned sabotage. Relationships are put to the test as the line between right and wrong gets blurred. Debbie and Phil must choose: do they keep their family intact or fight for their salon?”

“*‘Sunshine Nails’* is a light-hearted, urgent fable of gentrification with a cast of memorable and complex characters who showcase the diversity of immigrant experiences and community resilience,” according to Publisher Atria Books.

The Paris Daughter **By Kristin Harmel** **Hardcover**

“Paris, 1939: Young mothers Elise and Juliette become fast friends the day they meet in the beautiful Bois de Boulogne. Though there is a shadow of war creeping across Europe, neither woman suspects that their lives are about to irrevocably change.



“When Elise becomes a target of the German occupation, she entrusts Juliette with the most precious thing in her life — her young daughter, playmate to Juliette’s little girl. But nowhere is safe in war, not even a quiet little bookshop like Juliette’s Librairie des Rêves, and, when a bomb falls on their neighborhood, Juliette’s world is destroyed along with it.

“More than a year later, with the war finally ending, Elise returns to reunite with her daughter, only to find her friend’s bookstore reduced to rubble — and Juliette nowhere to be found. What happened to her daughter in those last, terrible moments? Juliette has seemingly vanished without a trace, taking all the answers with her. Elise’s desperate search leads her to New York — and to Juliette — one final, fateful time,” according to Publisher Gallery Books.

Owner of a Lonely Heart **A Memoir** **By Beth Nguyen** **Hardcover**



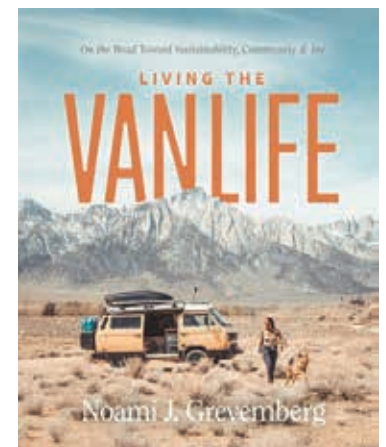
“From the award-winning author of *‘Stealing Buddha’s Dinner,’* a powerful memoir of a mother-daughter relationship fragmented by war and resettlement.

“At the end of the Vietnam War, when Beth Nguyen was eight months old, she and her father, sister, grandmother, and uncles fled Saigon for America. Beth’s mother stayed — or was left — behind, and they did not meet again until Beth was 19. For her adult life, she and her mother have spent less than 24 hours together.

“*‘Owner of a Lonely Heart’* is a memoir about parenthood, absence, and the condition of being a refugee: the story of Beth’s relationship with her mother. Framed by a handful of visits for many years — sometimes brief, sometimes interrupted, sometimes with her mother alone and sometimes with her sister — Beth tells a

coming-of-age story that spans her Midwestern childhood, her first meeting with her mother, and becoming a parent herself. Vivid and illuminating, *‘Owner of a Lonely Heart’* is a deeply personal story of family, connection, and belonging as a daughter, a mother, and as a Vietnamese refugee in America,” according to Publisher Scribner.

Living the Vanlife **On the Road Toward Sustainability, Community, and Joy** **By Naomi Grevemberg**



“Discover what it’s really like to live and work full-time on the road in a camper van from eco-vanlifer and founder of the Diversify Vanlife movement, Naomi Grevemberg.

“Feeling dissatisfied with her office job and her ‘stationary home,’ in 2016 Naomi Grevemberg took a bold step. She quit her job, sold her belongings, and set out in her 1985 VW Vanagon to pursue a life of simplicity and travel with her

Continued on page 31



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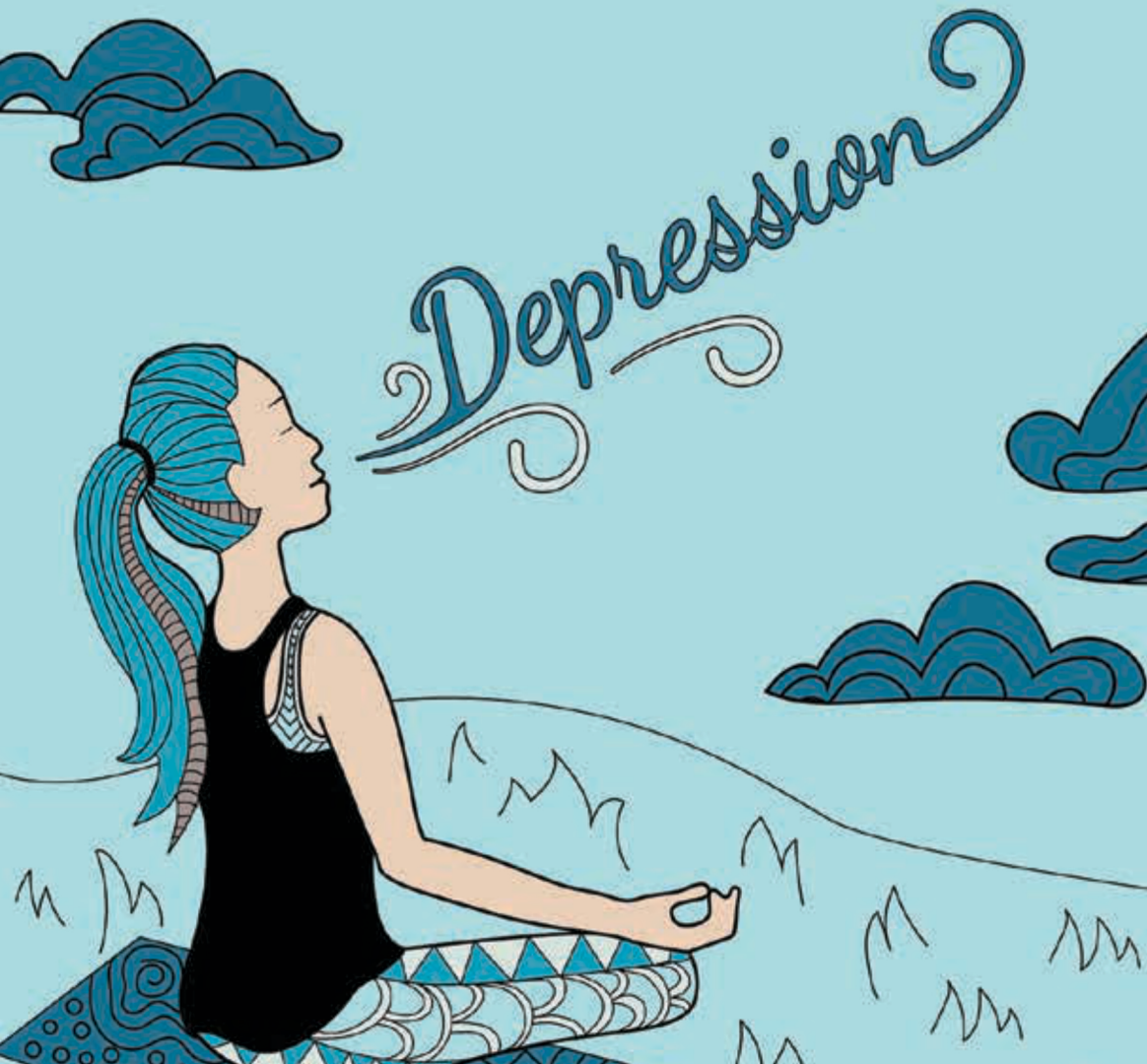
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‘The Sound of Silence’ Loud & Clear

By Les Goldberg

This month we honor one of the most iconic American singer-songwriters in American pop culture, Paul Simon. Most of us who are of his ilk, late 70s to early 80s, can remember the late 1960s when Rock and Roll was at its worldwide peak of popularity.

Despite that drumbeating, guitar-strumming high-energy and dance-inducing energy, there was Simon, a product of the Folk music era who offered what critics dubbed as a “highbrow sensibility” to Rock music.

A sign of things to come – greatness – arrived with his first big hit, “The Sounds of Silence,” in 1965.

“Simon aspired to a self-con-

sciously elevated poetic tone in his lyric writing that was the antithesis of rock-and-roll spontaneity,” said one critic. “Throughout his career, he returned to his love of Doo-Wop vocal harmony for inspiration and refreshment.”

Born in Queens, N.Y., in 1941, Simon was a teenager when he teamed up with his high school

classmate, Art Garfunkel, to form Simon and Garfunkel (first known as Tom and Jerry).

Beginning with “The Sounds of Silence,” they were the most popular Folk-Pop duo of the 1960s and the musical darlings of literary-minded college-age “Baby Boomers.”

In 1967 their music was a key ingredient in the success of the hit film “The Graduate.” Three years later they reached their zenith with Simon’s inspirational gospel-flavored anthem “Bridge over Troubled Water.”



Going, Solo

However, by the end of the frantic 60s, Simon’s vision for the future differed from his friend’s. His fascination with the influences of international music styles led to the duo’s breakup in 1970. At first, it was the ethereal pipes and voices of Andean mountain music and the passion of gospel.

After one major solo success in 1975, “Still Crazy After All These Years,” his popularity began to fade, prompting him to visit South Africa where he wrote and produced “Graceland,” a mix of the local “township jive” and Zulu choral music. The song helped put South African music on the world stage.

At the beginning of the 1990s, Simon traveled to Brazil and recorded “Rhythm of the Saints,”

which fused African-style percussion with American Folk Rock.

The New Millenium

The new century featured a continuation of Simon’s quest for musical diversity. In 1999, he teamed with legendary Bob Dylan for a summer tour in the U.S., ending his eight-year hiatus from the road and marking the first time the two performers formally worked together. Later that year, he recorded “You’re the One,” an album considered a departure from his earlier work because of its more understated and introspective sound.



Simon continued to integrate new influences into his work during the first decade of the new millennium. He enlisted electronic music legend Brian Eno for “Surprise” in 2006 who blended the instrumentation and rhythms with Simon’s lyrics.

He followed with “So Beautiful or So What” in 2011, an album that was billed as a return to traditional songwriting.

According to one critic, “If
Continued on page 31

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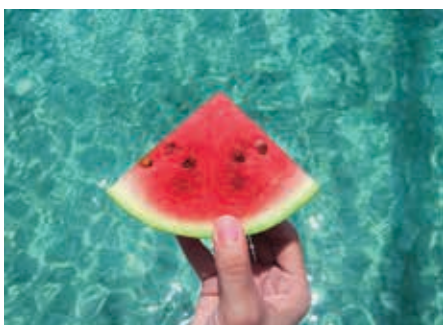
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Off The Beaten Path

Besides August, often referred to as the month of the “Dogs Days of Summer,” and when kids get ready to return to school there’s more to the month—than meets the eye.



Did you know August brings the best harvest of the season — ripened tomatoes, ripe melon, sweet corn on the cob, and zucchini?

Here are some more fun facts about August:

- Named August to honor the first Roman emperor (and grandnephew of Julius Caesar), Augustus Caesar (63 B.C.–A.D. 14).
- Aug. 10 is St. Lawrence’s Day
- Aug. 11 marks the end of the Dog Days of Summer, which began on July 3.
- Aug. 17 is when the Cat Nights begin, harking to an odd Irish legend concerning witches; the folklore also led to the idea a cat has nine lives.
- Aug. 19 brings National Aviation Day, chosen for the birthday of Orville Wright who piloted the first recorded flight of a powered heavier-than-air machine in 1903.
- Aug. 26 is Women’s Equality Day, celebrating the 19th Amendment and women’s right to vote in the United States.

Some odd calendar days:

- Aug. 1–7: International Clown Week
- Aug. 3: National Watermelon Day
- Aug. 10: National S’mores Day
- Aug. 12: Vinyl Record Day
- Aug. 13: International Left-Handers Day
- Aug. 20: World Honeybee Day
- Aug. 25: Kiss-and-Make-Up Day
- August’s zodiac signs are Leo (July 23–Aug. 22) and Virgo (Aug. 23–Sept. 22).
- August is a great month for star gazing and the month of the Perseid meteor shower, which is one of the most prolific showers and reaches its max between Aug. 11 and 13. You can still see the Perseids even if they’re not at their peak. The shower lasts from about July 23 to Aug. 22, do keep an eye out, especially on the 16th during the new moon.
- Remember to plant your fall bulbs now.

Source: *Almanac.com*



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On The Road Again ...

Must-have Travel Accessories

By Shana McCann

As you plan your summer adventures, whether near or far, your main focus is probably on the travel arrangements – flights, hotels, rental cars, et al. A common oversight, however, is a lack of consideration for the things you'll need to take with you on the trip – travel accessories.

There is nothing worse than leaving home, boarding the planes, trains, and automobiles, trekking hundreds of miles then discovering that you left something important behind. Or, maybe you were too hasty in your trip planning and forgot to pack everything you'll need.

Take it from me who covers the travel industry, you want to bring the best travel accessories to eliminate the inconveniences and annoyances of life on the move, including luggage, containers for soap and shampoo on flights, pillows, footrests, and similar items.

While you are preparing for your next voyage, here are a few accessories that are sure to add to a stress-free experience:

Carry-ons

Hard-sided carry-on spinner suitcases, while currently popular, often are difficult to fit into overhead bins on an airplane. To solve that problem,



consider the **Thule Subterra**. This smaller-sized bag solves two problems: 1) it easily fits into the overhead space, and 2) it won't be forcibly gate-checked on smaller planes.

Other attractive features include a built-in compression panel with a pocket, a small front pocket for passports, keys, and sunglasses, and durable back wheels that are sturdy enough to crash over curbs and steps. Price: \$375.00 at Amazon.

Garment Bags



Speaking of luggage, wheeled and carry-on bags might be overkill if you are traveling on a weekend or overnight trip.

That is why **Travando** offers a garment bag for suits, dresses, and other hang-up items.

The cloth bag comes with a 15-inch zip compartment for laptops or reading materials and two additional pockets for accessories like cufflinks, notebooks, socks, ties, etc. Made of nylon, this garment bag will protect your clothes while keeping them wrinkle-free. Price: \$53.99 at Amazon.

Backpacks



My opinion of backpacks is that they don't have to be high-tech, heavy, or overly complex, they just have to be useful. Case in point: **The Osprey Ultralight Stuff Sack**.

Featuring a water-resistant, packable, and flexible material with mesh straps, the Osprey has a side pocket, one small internal pocket, and dimensions of five square inches and three inches deep. It is ideal for sightseeing around a city when you don't want to carry a purse or shoulder bag. It can

be easily packed in your suitcases when not in use, and it offers the security of a zippable backpack when a simple tote bag is too casual. Price: \$69.95 at Amazon.

Travel Blanket



One of those items you may want to pack into your backpack is the **Rumpl NanoLoft Puffy Blanket**. Aside from being useful as a plane blanket, it comes in handy in hotels where the A/C is working overtime or when there's only a sheet on the bed.

It's light, compressible, small (4.5 by 3 feet), and easily packable. Price: \$179 at Amazon.

Foot Hammock

As you can probably relate, airplane travel is not always about flying the friendly skies, especially when it comes to your feet. It's certainly not like the 'old days' when you could curl up on the unused seats next to your assigned one

Continued on page 28



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Source: 2018 Resident Programs survey

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The Gadget Geezer

By Les Goldberg

Dog Days of Summer

Summertime in August, especially in Southern California, is often referred to as the “Dog days of summer.”

While those words conjure up thoughts of extreme heat, they have nothing to do with dogs and everything to do with the stars in the universe. According to Greek mythology, the sun lies in the same part of the sky as Sirius, sometimes called “the dog star” since it is the most prominent star in a dog-shaped constellation known as Canis-major.

But I digress. For those of us sweltering in the Southland’s sweat belt, our main focus turns to keeping cool 24/7. To help you maintain your cool – pardon the pun – here are some ideas borne out of inventors and innovators who have your health and well-being in mind:

DANGTOP Buffalo Plain Cooling Blanket



The DANGTOP Buffalo Plain Cooling Blanket is your ticket to getting a cool and sound sleep

when you’re fighting sweltering hot temperatures.

Don’t be misled by the word “blanket.” The one we’re talking about here is a skin-friendly blanket that can be used to bring your body temperature down. It’s a lightweight fabric that won’t stick to your skin so you can sleep well on hot nights.

What’s more, fans and air conditioners can reduce the body’s temperature by two to four degrees. And, even if the temperature falls by a degree, that’s a great help in getting a sound sleep during hot nights. Price: \$29.99 at Amazon.

Yeedie 3-in-1 Waist Clip Fan



The Yeedie 3-in-1 Waist Clip Fan is a must-have device if you choose to work outdoors in the hot sun.

Simply clip this fan to your waist, or even use it as a neck fan with the strap, and you’ll be surprised how well it works to keep your temperature in control. The 6,000 mAh battery supports 16 hours

of usage; there are three-speed modes, so you can keep adjusting it accordingly. \$36.99 at Amazon.

MISSION Cooling Hoodie Towel

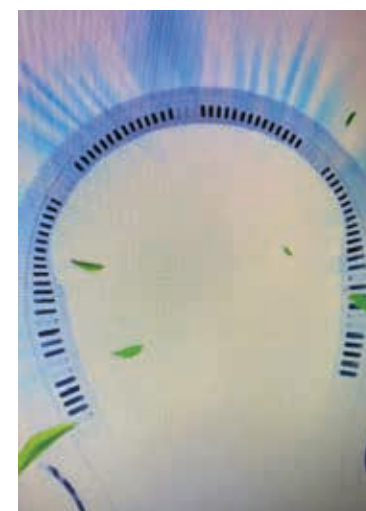


The Mission Cooling Hoodie Towel is designed to keep you

safe in the sweltering heat and protect against the blazing sun. Compatible with machine washing and made of 100 percent polyester, this towel is available in three colors. Most importantly, it can cool to 30 degrees below the average body temperature within 30 seconds. \$19.99 at Amazon.

Portable Neck Fans

If you’ve ever wondered about carrying a portable fan to keep yourself cool and calm in the sweltering summer heat, wonder no more.



to choose from (just browse Amazon) you will find that except for a few feature differences, all are effective for up to about 16 hours.

With several brands and models

Continued on page 25

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Fabulous Finds

By Debbie L. Sklar

In between lounging by the pool and spending time with loved ones this summer, you might have forgotten about yourself.

That's all right since **Fab Finds** has some great items you should consider before the season is over. Check these out and do make time for yourself.

Awesome Makeup Bag



Investing in a high-quality makeup bag can make all the difference! This leather makeup bag from **Lazarus Artisan Goods** will hold all of the essentials for your daily beauty routine and its leather lining is incredibly soft and luxurious. Lazarus Artisan Goods is on a mission to bring the best-crafted leather accessories to the marketplace while providing artisans in rural Haiti and Honduras with vocational opportunities to use their talented skills to live abundant lives now and in the future. Partnering with Mission Lazarus, the feel-good brand cherishes its relationship with local artisans and is passionate about its heirloom

pieces that become beautiful with age. With a wide range of offerings from genuine leather tech solutions, belts, wallets, and leather-bound bibles, the gift-giving possibilities are endless, cultivated with dignity and purpose. Visit missionlazarus.org/. Price: Makeup Bag \$50.

Durable Bag



Calm your daily chaos with twin pockets for every essential. This durable bag from Kedzie, this **Gemini Crossbody** comes with multiple compartments and is perfect for keeping your beauty tools organized. It also comes with an adjustable, removable strap so you can easily take it on the go as a crossbody, making it perfect for everyday, commuting, errands, and travel. Kedzie creates 100% vegan bags, wallets, and straps designed to make every day easier and every look yours. Each collection is custom curated with trending prints, timeless neutrals, and built-in organization so you can mix, match, and multiply every outfit in your closet. Visit kedzie.com/gemini-crossbody or Amazon. Price: Bag \$50.



Mini Master Makeup Brush



This **Mini Master Makeup Brush** by GERI G. Beauty is the ONLY brush that does it all. The tip works perfectly for foundation, concealer, blush, and eyeshadow blending, as well as contour. Once the brush comes in contact with cream it is "conditioned" instantly creating a wet-to-dry application with no mixing involved. Designed with luxury Japanese brushes but without animal hair and cost. This brush truly does it all and can be used with any liquid, cream, or powder formula. Visit gerigbeauty.com or Amazon. Price: \$16

Luxe Beauty Sponge



The **Luxe Beauty Sponge** by Didi Beauty Co. is an ultra-soft beauty sponge that ensures seamless application with minimum product waste. The Luxe

Beauty Sponge is an ultra-soft beauty sponge that ensures seamless application with minimum product waste. It's super bouncy, doubles in size when damp, and blends effortlessly. It's perfect for all product applications, from foundation, and concealer, down to powders. Didi Beauty Co. beauty sponges are vegan, latex-free, and cruelty-free. Visit didibeauty.com. Price: \$5.99.

Perfume Atomizers



TRAVALO is making it possible to bring any perfume or cologne along hassle-free. Fill **TRAVALO Atomizers** directly from your standard-size perfume bottle, and in just seconds, you have a leak-proof way to take your favorite fragrance with you. Simply, remove the sprayer from any perfume bottle. Then connect the tube to the patented red base and pump to fill. It efficiently refills to prevent spillage and oxidation of expensive perfumes. If it isn't red, it isn't a TRAVALO. TRAVALO Perfume Atomizers are made from durable, high-quality materials that are shatter resistant. The leakproof design protects your personal belongings from getting ruined

Continued on page 21

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Tinseltown Talks

By Nick Thomas

Gary Puckett's Powerful Voice Still Delighting Fans

Currently traveling the U.S. on the 2023 “Happy Together Tour” with classic pop acts such as The Turtles, The Cowsills, and Little Anthony, (see www.happytogethertour.com), Gary Puckett never tires of performing the songs made famous with his Union Gap bandmates.

The hugely popular 5-man pop-rock group, remembered for their string of late 60s hits including “Woman, Woman,” “Lady Willpower,” and “This Girl is a Woman Now,” now features all new members but retains one of the most distinctive musical sounds of the era with Puckett delivering his characteristic soaring vocals infused with emotion and perfect pitch.

Famous for often performing in Civil War Union Army costumes and named after a town near where Puckett once lived in Washington state, the original Union Gap disbanded in 1971 but Puckett says the current group creates a sound as close as possible to the classic songs.

“The original recordings featured string and horn sections, but there’s just four of us in the group now so our keyboard player is tasked with recreating those sounds,” said Puckett while traveling to New York from his home in Florida. “I



think we’ll give fans what they want to hear.”

Turning 80 last year, Puckett said he was around 8 or 9 when his family realized he could carry a tune.

“My folks would get a tape recorder and we would sing songs and record Christmas messages to my grandparents,” he said. “Then they would make a little record of it. My voice was way, way ‘up in the sky’ back then, and I remember my mother telling me at one point she just thought all little boys could sing like that!”

Young Gary’s mother wasn’t alone in appreciation of her son’s vocal talents. While later attending college in San Diego, Puckett and the group toured the West Coast playing small clubs and were visited by Columbia Records producer Jerry Fuller.

“He came down to see us in San Diego,” Puckett said. “He liked my voice and the idea of wearing the outfits and walked up to the stage at midnight and said let’s go make a record.”

That record became their first hit, “Woman, Woman,” one of several Fuller would produce for the band.

“When he first played it to me it was written as a country song,” Puckett said. “So, he added a 30-piece string, horn, and rhythm section and turned it into the pop record that established me as a singer in the music world.”

The band amassed six gold records in the space of about 3 years during the late 1960s. But musical tastes were changing as the 70s began closing in, and there was little interest in the group’s music for a decade.

“Then in the early 1980s, radio stations began proliferating throughout the United States and featuring 60s music once again,” Puckett said. “I started getting calls from disc jockeys who were playing our songs and promoters who wanted us back on the road giving concerts.”

Puckett has continued to tour either solo or with the band ever since, releasing another nine solo albums over the years (see www.garypuckett-music.com). Interacting with audiences remains a joy for the singer who is usually available at concerts to meet with fans

to sing items they may bring along.

“I love to get out with the fans, it’s always great to see them smiling and enjoying the music we created way back when,” he said. “They are still appreciative of it all and the fact that they are there just honors me and the 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.

Fabulous Finds

Continued from page 20

and your wallet from wasted scents. Built for the rigors of travel, each design has been pressure-tested on over 100 flights and is TSA-approved for carry-on luggage. Toss one in your purse, gym bag, work, or wherever you want to conveniently reapply your favorite scents on the go. Shop on YOUZEY Retail or Amazon. Price: Starting at \$12.

Soy Polish Remover Pen

For nail touch-ups on the go — this travel-friendly **soy polish remover pen** by ella+mila is packed with vitamins A, C & E, and Lavender Essential



Oil. It’s a great way to promote healthy and moisturized nails while cleaning up any polish mistakes. With a passion for color and dedication to healthy beauty, ella+mila strives to provide fashion-forward beauty products without compromise. Considered the “OG” of “Seventeen-Free” brands, ella+mila is formulated to specifically leave out dangerous and harsh ingredients such as Formaldehyde, Xylene, Triphenyl Phosphate, and more. Following additional ethical practices, the company remains vegan, animal cruelty-free, and made in the USA. Available on ellamila.com, Target, Amazon, Rite-Aid, CVS, and Walgreens. Price: \$13

Bamboo Wash Cloth



Don’t forget to wash your skin with a gentle cloth like this bamboo one after all the make-up is taken off! The bamboo charcoal component of this textile by **GERI G. Beauty** gives it absorption properties that reduce moisture, inhibit bacteria, and eliminate odor. This technology, which has been used for centuries in Asia, is also known as “ionic therapy.” Hand wash with gentle soap and layout near sunlight to dry quickly. Visit gerigbeauty.com. Price: \$7.99.

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The City of Buena Park's Community Services Department is excited for you to join us at one of the best FREE events for Boomers and Senior in Orange County. This amazing event will be full of useful information, resources for healthy aging, education, and so much more. This yearly favorite takes place on Saturday, August 12 and is FREE to the public. There will be entertainment, ample parking, and great information for people looking for resources for themselves or for their loved ones.

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health screenings; including stroke screenings, glucose testing, blood pressure check, and so much more! Many of the exhibitors will provide free samples, discounts and opportunities to win great prizes.

Come for yourself or to gather precious resources for your loved ones, all ages are welcome. It is never too early to start planning for the golden years. This event will be taking place at the Buena Park Senior Activity Center located at 8150 Knott Avenue in the Ehlers Event Center. For more information, please call (714) 236-3870.



Q: Where were you born and raised? What brought you to settle in Laguna Woods?

A: I was born and raised in Trenton, N.J., but left home as a teenager to join the Navy. In 2012, my parents decided to move to Laguna Woods from New Jersey. So, after my retirement in 2013, I thought it would be great to live close to my parents in their Golden Years. My mom passed away in 2017 but we had precious time together. My dad turned 93 in May, and we enjoy each other's company with coffee every morning together and other activities around town like the recent 4th of July golf cart parade.

Q: Married? Kids? Pets?

A: I've been married to my wife Ruth for 36 years. We have three grown children. A daughter in Corona Del Mar, a son in San Diego, and our youngest daughter who lives in Sydney, Australia with her husband and our first grandchild, Giles, who just turned one in April.

Q: Spare time? Hobbies?

A: Besides astronomy, I support and enjoy the bocce ball club and mostly like spending time with my dad. We are

fortunate to have many musicians living in Laguna Woods as we like to listen and dance to live music, especially when outdoors.

Q: How can people get involved if they qualify to be part of the club?

A: There are no qualifications to be a member, it seems most members come from various backgrounds but just share a general interest in the field. Anyone interested in becoming a member should just come to our next meeting, which is Sept. 20, 7 p.m. at Clubhouse 1 to see if they like it.

You don't have to be a member to attend our meetings although there is a \$3 fee for non-members to help cover the cost of the room rental, speaker fee, and light snacks and drinks that are provided at each meeting.

Q: What is needed to become a member, anything special?

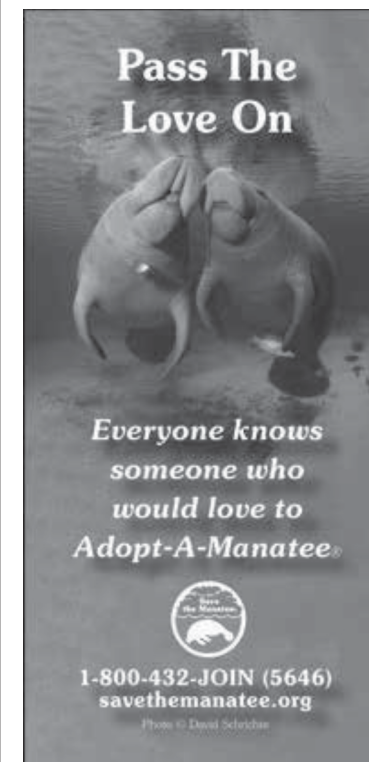
A: Nothing special, just a curious mind and enjoying a shared social experience with friends and neighbors.

Q: What's the neatest thing you have seen while being part of this club?

A: Specifically, I'd have to say the 3-D Journey to Mars IMAX experience during our field trip to the California Science Museum was the neatest thing. It really felt like we were flying to another planet.

My personal view is that we live at an amazing moment in human history where our creator has revealed to us his

two hands. One hand is DNA genetic coding which is the operating program of every living thing that lives today and has ever lived. We all are programmed from a sequence of four molecules, which I abbreviate as TCGA "The Code God Authored." We not only can read it, but we can also manipulate it. The other is the universe itself where astronomy lets us better understand ourselves, including our sun which is the giver of life as we know it.



In The Spotlight

continued from page 11

and passing other information around the planet at the speed of light.

Q: What makes the group fun and successful?

A: I think much of our membership growth has been due to our ability to acquire interesting speakers at our meetings. And then as membership has

grown, we have been able to give more value to our members by funding the free Solstice parties. Also, in general, it seems people like to take time out from the demands of daily life and reflect on the bigger picture of life and the field of astronomy affords them the opportunity to do that. It seems like a positive practice for our mental health and that can even translate to our physical health when we realize how connected we all are to each other and the universe.

Busy Boomers

By Les Goldberg

The Life of a Doula *The Story of Judy Iannaccone*

Aging is a journey. At every stage of life, you find yourself meeting new challenges, taking new paths along the way. For me, I find myself spending more time than ever before thinking about how my past is longer than my future. The thoughts of dying are getting more frequent.

The reality of pending death hits us hardest when our family members and closest friends find out they are terminally ill and the doctors utter those scary words, "You need to put their affairs in order."

Today, however, the task of preparing your loved ones for their demise is greatly helped by the growing popularity of "End of Life Doulas" (pronounced doo-lahs).

Originally, the doula was a kind of midwife whose duties were to provide physical comfort, advice, information, and emotional support to a mother before, during, and immediately after childbirth. In later years, those duties became more in demand as terminally ill patients were allowed to spend their remaining days at home, in a hospice environment, where nurses, social workers, and religious representatives held constant vigil along with the doula.

To learn more about what makes an end-of-life doula take on these awesome tasks, let me introduce you to my long-time friend and colleague, Judy Iannaccone, who is now a certified end-of-life doula after retiring from a 30-year career in public relations at the Rancho Santiago Community College District in Santa Ana.

SR: What was your motivation and inspiration to become a doula?

Jl: My brother was diagnosed with Stage 4 liver cancer in July 2018. At the same time, I was on a Mediterranean cruise celebrating my retirement when I got an urgent call to return to Florida where he lived, and was quickly progressing toward dying.

He was in the palliative care wing of a local hospital when I arrived. It was a very confusing time both for him and his loved ones. I found it very hard to know what was going on or what to expect. I felt quite helpless when I wanted to help the most. He passed away on Aug. 8.

I went away from this experience feeling that death should not be such a confusing time for the dying and their families. That feeling stuck with me, and I felt called to help.



I had never heard of end-of-life doulas at the time, but I discovered their existence when I started researching. In my heart, I knew it was something I was meant to do.

SR: What did your training entail?

Jl: I began my training with classes, workshops, and peer mentoring sessions through the International End of Life Doula Association (INELDA) and to expand my knowledge I enrolled in a rigorous year-long training program at The HeartWay where I became an End-of-Life Practitioner.

I have completed Nidra Teacher training, Yoga Nidra end-of-life training, a palliative care course, and classes through the American Clinicians Academy on Medical Aid in Dying (MAID) to further expand my exposure to my new career.

SR: How are you assigned cases?

Jl: My cases are assigned through hospices that I volunteer for, from The HeartWay,

and from clients who visit my website, www.spiritedcrossings.com.

SR: What was your first experience like?

Jl: I was sitting vigil for a woman I had not met before. I knew her death was approaching and that she was no longer communicative. The biggest gift I give my clients is my presence. I hold their hands and speak gently to them even when they can't respond.

I want them to know that they are not alone. I played soft music for her and held space for her. I read some Psalms her and some prayers. I stayed for several hours, and she passed by the next morning.

SR: What do you want our readers to know?

Jl: It's important to know that EOL Doulas' services are available either when people have a terminable diagnosis or because, due to advanced age, they wish to become better prepared for their death. We can also help with end-of-life documents such as advanced directives and legacy project creation.

And, when it comes to grieving, doulas can help you deal with that too.



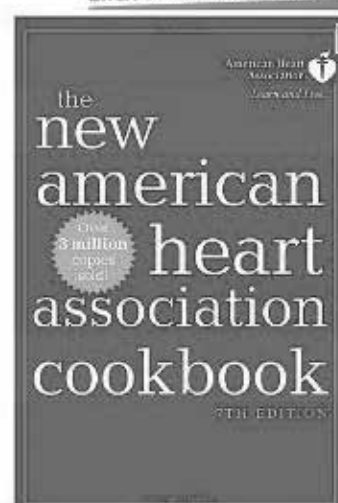
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Crossword Puzzle Answers from page 12

1	C	O	S	T	A		6	C	O	I	F		10	P	S	A	T	
14	O	P	T	I	C		15	L	A	M	A		16	L	E	D	A	
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58	S	E	T	A		59	O	L	I	O		60	L	A	R	G	E	
61	A	R	A	L		62	T	E	N	N		63	A	N	G	E	R	

The Gadget Geezer

Continued from page 19

Portable Neck Fans can help your neck get all the relief it needs with 72 wind outlets, 60-piece twin-turbine fan blades, and low weight, only 8.8 ounces. In addition, its 20-decibel sound level will muffle unwanted exterior noise. Price: Ranging from \$15 to \$300 at Amazon, depending on the number of features offered.

U-pick Cooling Towels



These **cooling sweat towels** are soft and comfortable; the silky build quality allows you to easily fold and store them. They also come with a carabiner clip that makes it easy to carry them anywhere you go. So, soak it, wring it, shake it, and you're ready to use it!

These cooling towels are made of hyper-evaporative breathable microfiber material and are chemical-free. They will stay chilled for three hours, offering much-needed relief to people suffering from heat stress and hot flashes, or patients who need cold therapy. Price: \$19.99 for a four-pack at Amazon.

Misby Desk Fan

Looking for a simple device to



keep you cool when you're working or lounging in your favorite recliner? **The Misby Desk Fan** is a cost-effective solution if you aren't looking to invest in a big device such as an AC.

Its compact design adds the portability you need and it comes in six colors to match your interior décor.

Other features include a powerful turbo blade for maximum airflow, quiet operation, and three-speed controls. With its USB port, it can quickly charge via connection to a laptop, PC, charger, and other devices. Price: \$39.99 at Amazon.

SereneLife Portable Air Conditioner



The SereneLife Portable Air Conditioner is a great device to go with if you're looking for one that's easy to set up and has a compact design so you can carry it with you everywhere. While working as a dehumidifier and a fan as needed, it comes with an impressive BTU rating (10,000) and power (1150 watts), enough

to cool up to 450 sq. ft. It also functions as a dehumidifier and fan when necessary.

For easy portability, the device features a free-standing design that also is easy on the eyes. It is easy to set up and maintain. Price: \$299.99 at Amazon, slightly lower at Walmart.



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AUGUSTCalendar

Continued from page 5



tume design by Maria Björnson, new choreography, new staging, and new special effects. Tue-Fri. 7:30 p.m.; Sat. 2 p.m., 7:30 p.m.; Sun 1 p.m., 6:30 p.m. Additional performance Aug. 6, 1 p.m. Tickets start at \$39. At Segerstrom Center for the Arts, Segerstrom Hall, 600 Town Center Drive, Costa Mesa. Call 714-556-2787. scfta.org

Shania Twain's Rock This Country Tour

Aug. 19

Anaheim

Shania Twain will perform her extensive catalog of iconic hits in a brand-new production. Fresh off her two-year residency in Las Vegas at the Colosseum, the Rock This Country tour will be like nothing fans have seen of her before; 7:30 p.m. Ticket prices start at \$50.50/pp. At Honda Center, 2695 East Katella Ave., Anaheim. Call 714-714-2500. hondacenter.com

Rockstar Beer Festival

Aug. 22

Huntington Beach

Enjoy unlimited samples of 100-plus beers from multiple local and regional breweries like Beach City Brewery, Stone Brewing Co., and Left Coast Brewing Co. Taste the fare from several food trucks and listen to live performances. From 7 to 10 p.m.; \$37.92-\$53.74. At Meadowlark Golf Club, 16782 Graham St., Huntington Beach. huntingtonbeachbeerfestival.com

Food, Wine & Jazz

Aug. 27-30

Dana Point

The St. Regis Monarch Beach Resort has partnered with Barcelona Enterprises to bring three days and nights of decadent fare, vibrant wines, and full-bodied fun to coastal Orange County. Featuring the culinary talents of world-renowned chefs, the event will include 50 chefs and 30 wineries and boutique vintners. See the website for daily ticket prices and hours. At the St. Regis Monarch Beach Resort, One Monarch Beach Resort, Dana Point. Call 949-234-3900. stregismb.com

Watermelon Tours

Through Aug. 30

Irvine

Take a guided wagon ride around the 30-acre Tanaka Farm, stop at different areas, and try different summer fruits and vegetables. At the end of the tour, step into the watermelon patch to sample delicious, home-grown watermelon. Take home a mini watermelon to enjoy later and don't forget to stop at the produce stand to pick up white corn, home-grown melons, and vine-ripened tomatoes. Weekend tours 9:30 a.m. to 2:30 p.m. every hour; weekday tours are by reservation only. \$18; free for children under 2. At Tanaka Farms, 5380 3/4 University Drive, Irvine. Call 949-653-2100. tanakafarms.com

Pete's Sunset Concert Series

Friday & Saturday Nights

Through August

Huntington Beach

Pete's Sunset Grille at Hyatt Regency Huntington Beach is bringing fun to the Surf City dining scene. Bring your friends and family to enjoy a beachside smoke out featuring Southern California fried chicken and whiskey barrel BBQ smoked brisket tips, classic sides like country Cole slaw, specialty items like Frito crusted mac & cheese, and classic Southern desserts. Live, free concerts from 5:30 to 9:30 p.m.; \$19.95 Adults; \$9.95 Children. At Hyatt Regency Huntington Beach, 21500 Pacific Coast Hwy., Huntington Beach. Call 714-845-4775. huntingtonbeach.hyatt.com

Festival of Artists

Through Aug. 31

Laguna Beach

The Festival of Arts has offered a wonderful showcase for artists and art lovers for more than 80 years. The Festival's juried art show includes a wide variety of media such as paintings, photography, printmaking, sculpture, jewelry, handcrafted wood, ceramics, glass, and more – all by 140 of South Orange County's finest artists. The Festival of Arts offers a wide range of daily activities that all can enjoy including nightly live music, Jazz concerts, wine and chocolate pairings, guided art tours, demonstrations, and

art workshops. Several special one-day events return this year, including the Festival Runway Fashion Show and Family Art Day. Visit the website for hours and events; \$6 to \$10/pp. At 650 Laguna Canyon Road, Laguna Beach. Call 949-494-1145. foapom.com

Pageant of the Masters

Through Aug. 31

Laguna Beach

The Pageant of the Masters offers an enchanted 90 minutes of tableaux vivants ("living pictures") – incredible creations of classical and contemporary works of art, with real people posing to look like their counterparts in the original pieces. This summer's production of "The Pursuit of Happiness" explores the many sources of happiness, featuring seminal works of art by artists such as Winslow Homer, Norman Rockwell, and Leonardo da Vinci, whose "Last Supper" traditionally closes the show every year. A live narrator guides the audience through the story of each living picture accompanied by a full orchestra; 8:30 p.m.; \$15 to \$230/pp. At 650 Laguna Canyon Road, Laguna Beach. Call 949-494-1145. pageanttickets.com

Summer Concert Series

Through Aug. 27

Various Locations

OC Parks welcomes back its annual outdoor summer concert series every Thursday through Aug. 27. All concerts

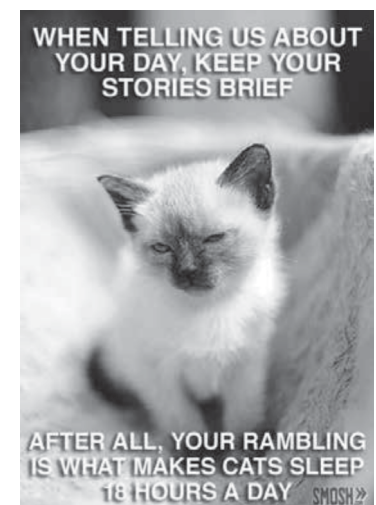
are part of the KROQ 'N Surf summer series. Bring a blanket and beach chair and enjoy local, live music and food trucks on-site. Take the opportunity to visit the parks of Orange County including Irvine, Mason Square, and Craig Park among others. See websites for a full list of parks and performers. From 6 to 8 p.m.; free. Varying locations. ocparks.com

Gem Fair

Aug. 28-30

Costa Mesa

Shop for fine jewelry, gems, beads, minerals, crystals, and more (at manufacturer's prices) at one of the largest gem, jewelry, and bead shows in the country with 200 exhibitors from around the world. Join classes, watch demonstrations, and win free hourly door prizes. Get your jewelry repaired and your rings sized while you shop. Friday, 12 to 6 p.m., Sat. 10 a.m. to 6 p.m., Sun. 10 a.m. to 5 p.m.; \$7; free for children under 12. At OC Fair & Event Center, 88 Fair Drive, Costa Mesa. Call 503-252-8300. gemfaire.com



Life After Mother

By Lyn Jensen

'Exploring probate and estate issues from personal experience.'

Design for Outdoor Living

When I moved into my mother's home, so much of the house and finances had been neglected, so much that my mother had conveniently left behind for her daughter to manage, I had to prioritize, and the outdoor space got low priority.

I couldn't keep the lawn watered enough, so grass died and weeds grew. My attempts to plant flowers, vegetables, and herbs failed. Now that my family finances are stable and my home's indoor living spaces are organized, I can turn my attention to my outdoor living spaces, where I'll be able to enjoy summer a little more.



When the backyard was originally landscaped more than 60 years ago, the centerpiece was a magnolia tree, but now that tree has died and needs to be cut down. I'd like to replace it by transplanting my avocado tree, making it into the new centerpiece of the backyard. In the corner where the tree is now, it tangles with the utility lines, which, I'm sure, doesn't make the utility companies happy. Some people advise me



to just cut down the old avocado tree and plant a new one, but the way I see it, if the transplant is successful, I don't need a new avocado tree.

To do a complete re-landscaping of the backyard, I'll also need to replant the lawn, which likely involves creating a drought-tolerant design. The front lawn has sprinklers but the backyard doesn't, and emphasizing drought-tolerant landscaping, with more walkways or recreational-use areas, seems preferable to installing new turf and sprinklers. A new landscaping design would also mean cutting down some trees that have grown where they shouldn't, while keeping the ones that do enhance the space. I could just leave the patio the way it is, with loose flagstones and plastic chairs, or I could turn it into a deck with a fire pit or hot tub, or both.

Both side yards are current-



ly wasted space. Both need new landscaping, perhaps a drought-tolerant design. The walkway on one side needs to be repaired and widened, while the other side is nothing but a tangle of weeds and grasses. I could turn the areas into gardens, walkways, or storage space, so I'll need to decide which I want most.



So, add creating some designs for outdoor living to my "to-do" list. Then I'll have to see about hiring someone for the job, since, at my age, my outdoor activity is limited. I'll stick to simple tasks like potting plants, planting seeds, raking, sweeping, and watering. Having friends over for some open-air refreshments is something this senior can handle, too.



Pleased to Meet You: The World of SPAM

By Randal C. Hill

During World War II, American soldiers stationed overseas had their own terms for SPAM. Some called it "ham that didn't pass its physical" while others sneered that it was "meatloaf without basic training." One term bandied about was "Special Army Meat."

Hormel Foods Corp. estimates that, from 1941 to 1945, 150 million pounds of SPAM were shipped abroad during our country's military involvement. Historian Rachel Laudan explains, "Having the sort of food that can survive in the tropical heat and be kept on a shelf for weeks and months was a huge boon." That didn't stop troops from grumbling when the ubiquitous product was sometimes served to them up to three times a day.

SPAM is a Hormel luncheon meat that was developed during the Great Depression when company president Jay Hormel wanted to offer a budget-friendly product — cheap to make and cheap to buy—but could also rid the company of a surplus of stored pork shoulder.

The term SPAM originated in 1937 during a New Year's Eve party, when Jay held a competition to name its new item. The winning designation was a spontaneously created word — with no particular meaning — from Ken Daigneau, a New York radio actor. Daigneau was awarded \$100, a hefty amount

at a time when the federal minimum wage was \$0.25 per hour.

At first, many people assumed that the product name was a combination of "spice" and "ham," although SPAM has neither ingredient. (Salt, plentiful in SPAM, is a mineral and not a spice.) One urban legend claimed that SPAM was an acronym for "Scientifically Processed Animal Matter," while another said that SPAM was short for "Shoulder of Pork and Ham."

To this day, SPAM remains somewhat of a mystery meat to many consumers. In reality, it is a six-ingredient, precooked mashup of pork, water, salt, potato, sugar, and, as a preservative, sodium nitrate. As the most processed of processed meats, it has always raised red flags about its nutritional attributes, due to its high content of fat, sodium, and preservatives.

Following the war years, SPAM came to be seen not just as a convenient protein source but also as a tasty side dish. By the 1960s, it had become a common kitchen commodity, some people mixed it with the morning eggs, while others used it for lunchtime sandwiches.

SPAM is currently available around the world. After America, its biggest customer is South Korea, where it is often

Continued on page 28



ADMIT
ONE

By Randal C. Hill

Movie Preview

'The Hill'

It's hard to dream of becoming a professional baseball player when you can barely walk, but that didn't stop Rickey Hill.

From the time he was four years old, Rickey had an older brother hurl rocks that Rickey batted with a stick. (The tight family budget wouldn't allow for a store-bought bat and ball). He could hit better than anyone his age in his hometown, but he was burdened by something beyond his control. Something, everyone said, that would forever keep him from becoming a star athlete: the clunky leg braces he wore due to a degenerative spinal disease. His high-flown goal of becoming a baseball phenomenon appeared to be stillborn.

"*The Hill*" is a true-life sports drama directed by Jeff Celentano. "I am setting out to make an iconic film in the classic sense," he states. "A beautiful, sweeping, and powerful inspirational story."

Celentano may see his vision fulfilled; scriptwriting chores for "*The Hill*" were handed to Angelo Pizzo, who penned the script for "*Hoosiers*," the against-all-odds Indiana basketball tale that USA Today calls the greatest sports film of all time.

Rickey Hill is growing up dirt-

poor in a small Texas town in the 1970s. His pastor's father hopes his son will follow him into the ministry. Ricky's career goal, though, is not to stand before an altar but to take his place in the world of professional baseball as the best hitter in the game.

"You can't play baseball!" belittles his father. "You're gonna get ridiculed, and you're gonna wind up with an injury that you'll never get over!"

Ricky is indeed teased and taunted by his classmates, but he never considers giving up, or not pushing himself endlessly to get his legs to someday work properly.

By high school, the hard work pays off when Hill can cast off the cumbersome steel braces. As before, none of his peers can match his prodigious batting skills.

At age 18, he has a chance to try out for a major league team, but the opportunity divides his family. His father proclaims that only a miracle could bring Rickey the life he dreams of. In frustration, Rickey's mother explodes, "He's special! They said he'd never walk, and he ran! How many miracles do you need?"

Dennis Quaid appears as Rick-

ey's father, while Joelle Carter plays Ricky's mother. Ricky as a young boy is portrayed by Jesse Berry, and Colin Ford assumes the role of a teenage Rickey.

The Briarcliff Entertainment release, an homage to the powers of dedication and perseverance, premieres Aug. 25.

Pleased to Meat You

Continued from page 27

considered a luxury gift and is available in an elaborate gift box.

Hawaii, though, is where the most SPAM is consumed per person, as 1.5 million residents in the Aloha State devour up to seven million cans annually. It is often eaten as a delicacy wrapped in seaweed and rice.

Unfortunately, SPAM now shares its name (sans the capital S) with annoying, unwanted Internet ads. This has led to a joke about a computer operator who once warned, "If you get an email from me about canned meat, don't open it. It's SPAM."

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DeJesus, Erin. "A Brief History of SPAM, An American Meat Icon." July 9, 2014. www.eater.com. The Laudan quote comes from here.

Jones, Meghan. "What Is SPAM Made of, Anyway?" May 19, 2023. www.rd.com.

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On The Road Again ...

Continued from page 18



seats next to your assigned one and stretch your legs.

Today's crowded planes – whether in first-class or coach – can be agonizing on your feet on both long and short flights. The same problem exists in most modes of transportation. Fortunately, thanks to the smart people at **Sekoess**, you can put your feet and legs to rest with the company's adjustable foot hammock which fits into any carry-on or backpack.

All you need to do is attach it to your seat's tray table and adjust it to the length of your legs.

You can then sit back in comfort as pressure is released from your feet, legs, lower back, knees, and glutes. You can also rest assured that you will not be disturbing the passenger seated in front of you. Price: \$18.99.

Audio Adapters

There is nothing more relaxing than watching a movie or



listening to my favorite tunes while on a flight, bus, car, or rail journey where Bluetooth is available.

The question is: do you have the best adapter? The **AirFly Bluetooth adapter** meets the challenge. It plugs into airplane screens and pairs via Bluetooth so you can use your preferred noise-canceling earphones with in-flight entertainment.

If you plan to use the AirFly only for sending audio to your headphones, the AirFly Classic is a less-expensive option. But you'll need the Pro model if you want to use Bluetooth to send audio to the AirFly (for example, to play audio from your phone in a car without built-in Bluetooth). Price: \$35-\$55 at Amazon.

Check in with me from time to time for additional ideas on how to make traveling a more enjoyable, stress-free experience.

Bon voyage!



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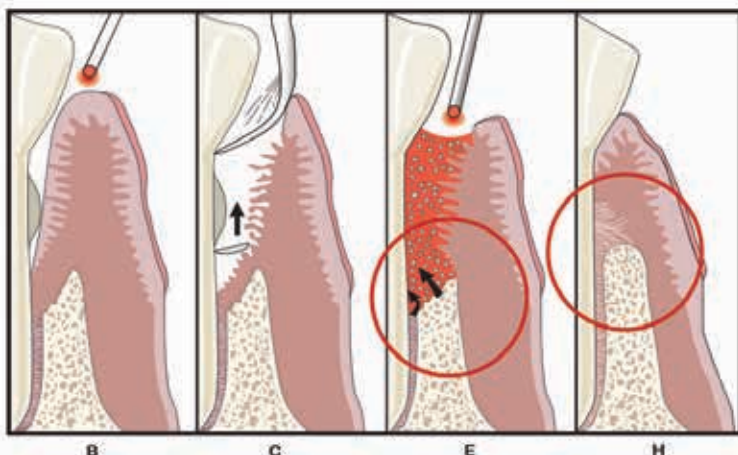


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August Book Club

Continued from page 14

husband and German Shepherd by her side.

“In her years living full-time on the road, Naomi has become an expert in the many aspects of vanlife. In her book *Living the ‘Vanlife,’* she digs into all aspects of the lifestyle, from getting over the uncomfortable feeling of uncertainty to creating a sustainable, thriving life of adventure and a captivating path of choosing whatever it is you truly want for yourself. Through personal stories and actionable advice, Naomi candidly and compassionately demonstrates to readers that challenging the ‘status quo’ means taking bold steps, venturing out of your comfort zone, taking risks, and living intentionally. As a Trinidadian immigrant, Naomi also takes a practical look at life on the road as a BIPOC navigating many intersections and speaks to topics like converting a van to fit your specific needs, budgeting for vanlife, finding employment, staying safe, and building a supportive community on the road.

“Featuring evocative full-color photographs of Naomi’s journey, *‘Living the Vanlife’* is an inclusive and celebratory look at an increasingly popular way of life,” according to Publisher S&S/Simon Element.



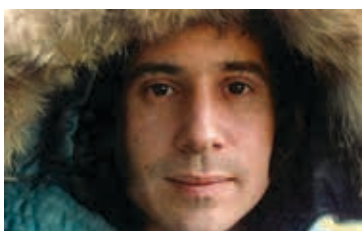
Paul Simon

Continued from page 16

‘Still Crazy After All These Years’ was a 30-something’s commentary on middle age, ‘So Beautiful or So What’ was a meditation on mortality by an artist approaching his 70th birthday.”



In his later years, Simon continued to record albums with songs that reflected the sounds and moods of his total career experiences, including “Stranger to Stranger” and “In the Blue Light.”



Among songwriters of his generation, Simon continues to enjoy one of the longest-lasting careers as a pop innovator, a career that earned him a prominent stance in the Rock and Roll Hall of Fame. And, among his many honors, “Time” magazine named him one of the “100 People Who Shaped the World” and he is on “Rolling Stone’s” list of the “Greatest Songwriters of All Time.”



Chef Sydney Berman has lived in California her whole life, and fell in love with food from an early age. After graduating high school Sydney attended Culinary School at Cypress College and then went on the major in Nutrition at California State University Long Beach. Her love of food along with Nutrition gives her a unique view on food and how it should taste. She lets the food speak for itself without covering it up with unnecessary ingredients. Chef Sydney’s moto is “everything natural so you can taste the love.”

See ad on page 2

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