

SENIOR REPORTER

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

Queen Latifah

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— Dana Elaine Owens a.k.a Queen Latifah



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on page 31

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For 10 years, CalOptima Health's Program of All-Inclusive Care for the Elderly (PACE) has been providing health care for Orange County's Medicare and Medi-Cal-eligible older adults who need nursing-home level of care.

my point of view in my life. There have been times (when) I felt like giving up due to my current medical problems. But coming to PACE makes me forget all about



that and focus on the positive. (It) has given me reason to smile and live longer."

"The goal of CalOptima Health PACE is to help our partici-

pants remain as independent as possible so they can live

in their own community and home," said Christina Martinez, CalOptima senior manager of marketing and outreach. "We offer a complete program of health and health-related services, focusing on preventive care to maintain our participants' well-being."

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To celebrate the momentous anniversary, PACE officials, donors, and participants gathered last month to honor the bright history of the organization and Orange County's first PACE center dedicated to providing high-quality, personalized, and culturally appropriate care to seniors.

A weeklong celebration was marked by live music, caricaturists, photo booths, and other activities enjoyed by all the attendees dressed up in their best '50s, '60s, '70s, and '80s attire.

So far in the past decade, more than 1,000 participants have been served by the PACE program. One of them shared her experience:

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‘Making Mary with Uncle Walt’

By Randal C. Hill

On an August night in 1964, 1,200 people packed Hollywood’s legendary Grauman’s Chinese Theater for the premiere of what would become Walt Disney’s biggest film success to date: “*Mary Poppins*.”

When the curtain dropped after the final reel had spun, audience members rose together to offer a thunderous, five-minute standing ovation.

But not everybody stood to cheer that night; one holdout was a prim lady in her mid-60s. Her name was P. L. Travers, and she was the creator of the iconic Mary Poppins tales.

Travers was born Helen Lyndon Goff in 1899 in Australia. She began writing as a teenager and later adopted Pamela Lyndon Travers as her pen name. (Travers was her father’s first name, and to Helen, the name “Pamela” had a rather delightful lilt.)

In 1926, P. L. published a short story called “*Mary Poppins and the Match Man*,” which introduced her legendary nanny character, as well as Bert the street artist.

Seven years later, Travers began work on a full-length Mary Poppins narrative. The resultant book became P. L.’s first literary success the fol-

lowing year — 1934 — with numerous successful sequels to follow later.

When Walt Disney’s daughters Diane and Sharon were children, they both loved Travers’ books. Urged on by the girls’ enthusiasm, Walt spent 20 years in pursuit of P. L.’s approval to allow her creation to become a flesh-and-blood movie character. Disney even paid Travers a visit to her London home.

Finally, in 1961, Walt earned a reluctant “yes” from P. L., but only after offering her a huge-at-the-time \$100,000 advance, five percent of the film’s gross and script approval (although Disney would have the final say).

At the “*Mary Poppins*” premiere, P. L. Travers despised what she saw on the screen and what Disney and company had done to her now-iconic character. Especially concerning to Travers was that Mary’s rougher edges had been smoothed out; in the author’s mind, the fictional nanny had always been one who avoided mawkishness and fanciful behavior as she seriously went about her tasks. (“She never wastes time being nice!”)

P. L. was also ambivalent about the movie’s original music, which she labeled lightweight and disposable. She especially disliked Dick Van Dyke’s

dancing among a group of animated penguins.

Travers decided to speak her mind. At a party following the movie, she loudly announced to Disney, “Well, the first thing that has to go is the animation sequence.”

To which Walt calmly replied, “Pamela, the ship has sailed.”

“*Mary Poppins*” won Hollywood’s heart and brought the Disney outfit five Academy Awards, including Best Actress for Julie Andrews (in her first movie role) and Best Visual Effects. “*Mary Poppins*” became Disney’s first movie to earn a Best Picture nomination.

In 1977, a more mellow P. L. Travers agreed to discuss Walt’s release in a BBC radio interview. “I’ve learned to live with it,” she said. “It’s glamorous and it’s a good film on its level, but I don’t think it is very like my books.”

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CalOptima

Continued from page 3

She added that “a unique feature of PACE is its personal approach to health care and services. We make sure our participants and staff know each other well, so we can collaborate on participants’ behalf, working with them, their family and friends to provide the care they need.”

In fact, two of the PACE Center’s staff, receptionist Cintia Gutierrez and program manager Ali Rose, have been working at the center since it opened in 2013.

During the decade of its existence, PACE has achieved several historic milestones,

Martinez added that “PACE was able to successfully maintain quality care and participant safety during the pandemic through its telehealth services and drive-thru health and wellness events.”

Whether at their homes, in the community, or at the PACE center in Garden Grove, the CalOptima program’s list of services is robust and includes:

- Routine medical care, including specialist care
- Prescribed drugs and lab tests
- Personal care for things like

bathing, dressing, and light chores

- Recreation and social activities
- Nutritious meals
- Social services
- Rides to health-related appointments, and to and from the program
- Hospital care and emergency services

One of PACE’s biggest fans is participant Lap Nguyen who said “Before coming here, I did not have support getting medical care. That has

all changed. Now I have good doctors and great staff to help me get the services I need and want. I enjoy the activities they offer, like the Vietnamese music and English as a Second Language (ESL) classes. Since enrolling, I feel my health and overall well-being have improved, along with my quality of life.”



Seniors in Orange County who are interested in joining PACE are encouraged to call an enrollment coordinator at 714-468-1100 or toll-free at 844-999-PACE (7223) or visit the website at www.caloptima.org/ForMembers/PACE. Staff members are available that speak any language. Hours are from 8 a.m. to 4:30 p.m. Monday to Friday.

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Queen Latifah: Music Royalty

By Les Goldberg

One of my favorite things about writing these celebrity cover stories is discovering the personal backgrounds that are mostly hidden from public view or buried under the headlines of stardom.

The story of Queen Latifah is no exception.

Before she ascended to the throne of music royalty, Queen Latifah, 53, was Dana Elaine Owens of Newark, N.J. Her father, Lancelot Amos Owens, was a police officer. Her mother, Rita Lamac, was a teacher at Irvington High School, where her daughter graduated but not before her parents divorced when she was 10 and later attended a Catholic girls' high school.

At the age of eight, Dana must have had a premonition about her future when she searched for her eventual stage name. Looking through a book of Arabic names, she found Latifah, which means "delicate," "sensitive" and "very kind" in Arabic.

While in high school, she rose

to the height of 5-foot 10-inches and played basketball while her newly discovered musical talent was on display in a grammar school play, the musical *"The Wiz."*

She also was a member of the school's all-female rap group, Ladies Fresh. At the Borough of Manhattan Community College, she recorded a demo tape that caught the attention of Tommy Boy Records.

At age 18, she released her first single, *"Wrath of My Madness."* The track met with a positive response, allowing Latifah to launch a European tour and to perform at Harlem's famed Apollo Theater. The next year, Latifah released her first album, *"All Hail to the Queen,"* which went on to sell more than 1 million copies.

The artist followed in 1991 with *"Nature of a Sista,"* featuring the singles *"Fly Girl,"* *"How Do I Love Thee"* and *"Latifah's Had It Up 2 Here."*

'Black Reign'

In 1993, Latifah recorded a jazz- and reggae-influenced

album titled *"Black Reign."* It sold more than 500,000 copies, while the catchy single *"U.N.I.T.Y."* earned Latifah her first Grammy Award in 1995. She followed in 1998 with her fourth studio effort, *"Order in the Court."*

Latifah branched out from Hip Hop to show her range as a singer with *"The Dana Owens Album"* (2004), which climbed to No. 16 on the Billboard 200 and earned a Grammy nomination for best Jazz vocal album.

"Trav'lin Light" (2007) fared

even better on the pop charts and earned a Grammy for instrumental arrangement.

Film, TV & Stage

Turning to acting, Latifah made her big-screen debut in Spike Lee's interracial romance drama *"Jungle Fever"* in 1991. The following year, she appeared in the crime thriller *"Juice,"* with Omar Epps and

Tupac Shakur. Latifah soon landed a leading role on the small screen, appearing in the sitcom *"Living Single"* from 1993 to 1998.

A talented performer, Latifah continued to tackle both comedic and dramatic parts. She co-starred in 1996's *"Set It Off,"* with Jada Pinkett Smith and Vivica A. Fox. Two years later, Latifah teamed up with Holly Hunter and Danny DeVito for the comedy *"Living Out Loud,"* and appeared with Denzel Washington and Angelina Jolie in *"The Bone Collector"* (1999).

Latifah's most acclaimed film role came in the 2002 hit musical *"Chicago,"* starring Richard Gere, Catherine Zeta-Jones, and Renee Zellweger. For her work in the film, Latifah earned

an Academy Award nomination for Best Supporting Actress.

The next three years saw her co-star in *"Hairspray"* with John Travolta, *"Mad Money"* with Diane Keaton and Katie Holmes, *"The Secret Life of Bees"* and *"Steel Magnolias"* with Alfre Woodard, Phylicia Rashad, and Jill Scott.

Her portrayal of legendary singer Bessie Smith in HBO's *"Bessie"* earned her Emmy and Golden Globe nominations. One of the awards she is most proud of is the NAACP Image Award for Outstanding Actress for her role in the Lifetime drama *"Flint,"* about the water crisis in the Michigan city.

Queen Latifah's star remains

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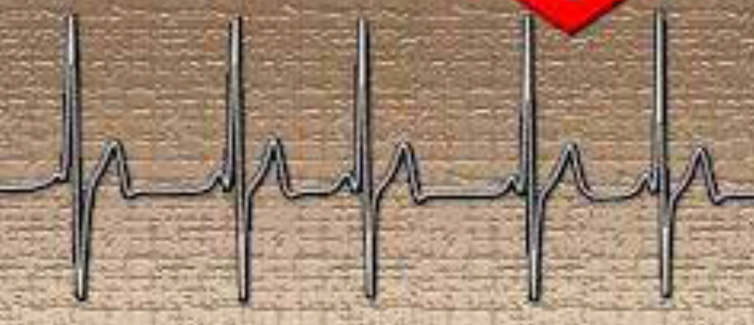
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On The Road Again ...

Fall Is Closer Than You Think

By Shana McCann



When I visited the Northeast many years ago, I was awe-struck by the fall colors of bright yellow, orange, gold, rust, and brown in every shade imaginable. As a young native Californian, I had never seen such an explosion of natural beauty.

But as I got older, I was able to spread my wings wider by experiencing Southern California's carpet of vegetation with many trips by cars, buses, trains, and planes. What I found is that you don't have to travel across the country to enjoy the joys of fall.

Now is the perfect time to hop into your preferred mode of transportation to use your senses of sight for the scenery and smell of the fresh cool air that is right here in our backyard. For instance:

The Los Angeles Arboretum & Botanic Gardens is in full bloom with sour gum, china-berry, Jerusalem thorn, easter redbud, and maples with yellow, golden, orange, and crimson colors.

The Whittier Narrows Recreational Facility in South El

Monte features an ecosystem from swamps, to forest, to desert.

Stoddard Peak near Mount Baldy offers a full rainbow of fall colors with an added attraction: full views of the massive Southern California landscape on clear days.

Aspen Grove in the San Geronio Wilderness near Big Bear where the quaking aspen trees are readily identified by the disc-like leaves about the size of a silver dollar. The slightest breeze sets these leaves in motion, leading to that "quaking" effect which also offers calming sounds.



The Big Bear Lake Discovery Center and its easy-to-navigate hiking trails are ideal places for viewing the fall foliage and the lake among the evergreen pines.

Grass Valley Lake in Lake Arrowhead and Lake Gregory in Crestline offer a mecca of black oak and Fremont cotton-

wood trees along with pockets of aspen with orange, buff, gold, and yellow splashes of color, also amid the deep green pines.

Lake Hemet is ablaze with a large golden canopy of cottonwood trees, offering an ideal place to camp, along with the nearby Silverwood Lake State Recreation Area where you'll find an autumn vista of black oaks nestled in pines.

One of my favorite destinations during the fall is **Julian**, one hour northeast of San Diego and about an hour south of Escondido. The quaint old mining town, a popular tourist attraction year-round, comes to life in the fall as its apple orchards are in full bloom and can be seen for miles around.

There is nothing better than spending the day taking photos of the foliage than relaxing in its historic restaurants with a big slice of apple pie and a glass of apple cider.

For more information about these and other locations, you can visit www.socalfieldtrips.com.



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PG&E's Safety Action Center has a toolkit for seniors and their caregivers to help prepare for an emergency. The Safety Action Center (safetyaction-center.pge.com) is PG&E's online preparedness resource, which provides information to help customers keep their families, homes, and businesses safe during natural disasters and other emergencies. On the site, you'll find preparedness tips for seniors, including those with access and functional needs.

"We know older adults are more vulnerable after a disaster

or emergency. That's why it's so important to get ready before something happens," said Angie Gibson, Vice President of Emergency Preparedness and Response at PG&E. "We urge our older customers and those who love them to take advantage of the available resources to make an emergency plan and build an emergency supply kit." "We know older adults can face greater risks when it comes to the multitude of extreme weather events and emergencies we now face, especially if they are living alone, are low-income, have a disability, or live in rural areas," said Administrator Deanne Criswell. "We are also underscoring the importance of involving caregivers in these conversations, as they are instrumental in our efforts to help this vital community before, during, and after disasters."

Continued on page 17

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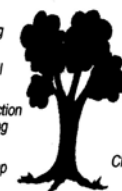
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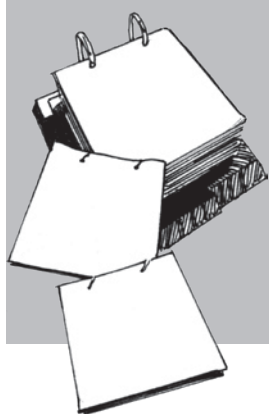
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NOVEMBER

Calendar of Events

'Tis the month for hot toddies, turkey, and getting ready for the Turkey Trot run. Check out all of the fun November events in and around the area, and mark your calendars.

Dinosaur Dash

Tustin

Nov. 5

Run for Education! A fund-raiser for the Tustin Public Schools Foundation, this year run and ride for education. The Dinosaur Dash features four events: 5K and 10K timed races for all ages, a 2K non-timed "Fun Run" and the non-timed 50K bike tour. After the race, there will be entertainment, a food court, and an expo with games, activities, and more. It's fun for the whole family. The Marketplace, Tustin. Call 714-832-3060.

Veteran's Day Events

Nov. 11

List of ceremonies throughout Orange County honoring those who served our country. Call your local city office to check events in your community.

Farmakis Farms

Craft Market

San Juan Capistrano

Nov. 11

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. Will be held on the second Saturday of every month. At 29932 Camino Capistrano, San Juan Capistrano. Call 949-364-1270.

St. Martin's

Lantern Fest & Parade

Huntington Beach

Nov. 12

Enjoy a wonderful evening with your kids, grandkids, and the entire family at one of the signature events: the St. Martin Lantern Parade at Old World German Courtyard in Huntington Beach. Free tickets for general admission are available. Lanterns will also be available for purchase. Bringing your lantern is fine, too (only battery-operated ones are accepted on the walk). At Old World Village 7561 Center Ave., Huntington Beach.

Holiday Home Tour

and Gift Boutique

Tustin/ Santa Ana

Nov. 17

A tour of three beautiful homes and a garden tour of a neighboring home. All the homes are decorated for the holidays and feature views and fabulous landscaping. Pre-sale ticket

holders will be invited to enjoy a special lunch after the home tours at the boutique location, the Clifton Miller Community Center, where guests can view and purchase special items from over 30 vendors. The proceeds from the annual Jack and Jill Guild Home Tour & Boutique will benefit CHOC Children's Hospital. At Clifton Miller Community Center, 300 Centennial Way, Tustin. The location of homes on the tour will be on the Home Tour ticket.

Surfing Santa Competition

Dana Point

Nov. 19-20

A fun surf competition where men, women, and children dress like Santa or other holiday-inspired characters and surf Salt Creek to benefit Surfers Healing. Salt Creek Beach, Dana Point.

Call 949-240-5088.

Turkey Trot

Dana Point

Thanksgiving Day

California's largest Thanksgiving Day run event — The Dana Point Turkey Trot — is one of America's most scenic runs hosted by The Dana Point Chamber of Commerce. Tour the beautiful beach, majestic cliffs, and coves of Dana Point. This flat, scenic race features

a 10K, 5K, and Kids Gobble Wobble. Participants will receive a shirt and medal. Call 949-496-1555.

Orange County Rescue Mission Turkey Trot

Tustin

Thanksgiving Day

8 a.m.

Now in its ninth year, the annual Turkey Trot OC 5K on Thanksgiving morning starts at 8 a.m. The new goal this year is to raise enough funds to provide 50,000 meals for the hungry and homeless of Orange County. Your participation will continue the work of ending homelessness, one life at a time. At 1 Hope Drive, Tustin.

Plymouth

Rock N' Run 5K

Anaheim Hills

Thanksgiving Day

The 5K, 10K, and a new 10-mile course is around the perimeter of the Yorba Regional Park, and the Santa Ana River Trail. There will be a finish-line festival with a silent auction, costume contest, food, fun, and more. All of the funds raised by sponsors and race participants will directly support the Reeve-Irvine Research Center at UC Irvine. At Yorba Regional Park, Anaheim Hills.



➔ The Red Cross is raising awareness about sickle cell disease through its Sickle Cell Initiative. It hosts blood drives and rallies blood donors who are Black to support the blood transfusion needs of patients.

➔ Briggs & Stratton Energy Solutions offers home standby generators and battery storage systems that can help deliver peace of mind, along with energy resiliency and efficiency. For more information on home standby generators and battery storage, visit briggsandstratton.com.

➔ Makers of a patch used in outer space for its adhesive properties also make patches on planet Earth for pain relief. Learn more at us.hisamitsu.com.

➔ Polio eradication is the flagship priority of Rotary, a global humanitarian organization. You can help by donating to its End Polio Now campaign and participating in World Polio Day on October 24, 2023. Learn more at www.polioeradication.org and www.endpolio.org.

➔ Contacting Crisis Text Line, by texting 741741 can make a difference to people with mental health issues, one conversation at a time. People who volunteer to help can feel better about themselves, too. Learn more at www.crisistextline.org and by texting Hello to 741741.

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by Robert Bruce Woodcox

Whether you want to capture your life as a memoir, autobiography, or legacy book (coffee table style), most people need some help. I am a **Best Selling local author and ghostwriter** and I can help you get started. (See adjacent ad on this page.) **I've ghostwritten 46 books,** was a **Pulitzer Prize nominee** (2012) and have helped more than 30 individuals and families tell their stories for children, grandchildren, friends, and for business books.

I come to you.

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

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

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

These books can be for your own family or for public sale, whichever you choose. I can also set up an Amazon account for you in some cases where you can sell your books.

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 17



'Goodbye Yellow Brick Road'

Elton John

By Randal C. Hill

Due to a combination of iron and lime, yellow brick roads were fairly common at one time in parts of America. Such routes inspired L. Frank Baum in 1900 when he wrote *"The Wizard of Oz"* and set his whimsical characters on such a path as they searched for the enchanted land of Oz.

"Goodbye Yellow Brick Road" became Elton John's seventh MCA Records studio album. It sold 20 million copies, and his two-disc set is now considered his magnum opus with such iconic tracks as *"Bennie and the Jets"* and *"Candle in the Wind."* And, of course, the title track, which reached No. 2 on *Billboard*.

Just three years after Elton and his lyric writer Bernie Taupin had found fame and fortune, Taupin was already tiring of the high-pressure celebrity madness. His early 1970s lyrics sometimes reflected the sentiments of someone who has basked in the spotlight long enough and now yearns to return to a simple past. Bernie's words tended toward autobiography; he was raised on a farm in northeastern England, where he and his family lived without electricity until Taupin was 5 years old.

Elton John has said, "Bernie was always the more thoughtful one. I was always the one who said, 'Let's go out!' We

both burned the candle at both ends, but I did it far more than he did ... I was just the guy who wrote the melodies; that was my job." John then added, "I just loved writing to Bernie's lyrics, [but] I don't really analyze them much."

Success with Elton earned Taupin incredible wealth, but the former farmhand has remained grateful that — unlike his professional partner — he has been able to stay relatively anonymous. "My name does still get recognized," Bernie says with a sigh. "I go places and give a credit card or give my name at the airport, and someone will recognize me, and the gushing begins. But I couldn't live Elton's life. I would rather drill myself in the head with a nail gun than do what he does."

Taupin continues, "There was a period when I was going through that whole 'got to get back to my roots' thing ... I don't believe I was ever turning my back on success or saying I didn't want it; I think I was just hoping that maybe there was a happy medium way to exist successfully in a more tranquil setting."

"Goodbye yellow brick road

"Where the dogs of society howl

"You can't plant me in your penthouse

"I'm going back to my plow ..."

Bernie realized his goal in 1992 when he bought, not a duplicate of the hardscrabble English farm of his youth, but a 30-acre ranch near trendy Santa Barbara, in the ultra-pricey Santa Ynez Valley, where numerous A-list Hollywood personalities have owned property. Here Taupin now enjoys painting and riding horses.

"I finally decided my future lies

"Beyond the yellow brick road ..."

P. S. In 2008, Goodbye Yellow Brick Road became a Ben & Jerry's ice cream flavor.

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Feldman, Christopher G. *"The Billboard Book of Number 2 Singles."* New York: Billboard Books/Watson-Guptill Publications, 2000.

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"Goodbye Yellow Brick Road." Elton John. (No author or date listed.) www.superseventies.com.

"Goodbye Yellow Brick Road." (no author or date listed.) www.songfacts.com. The third quote is from here.

Lifton, Dave. *"How Bernie Taupin Rejected Fame in 'Goodbye Yellow Brick Road'."* May 26, 2019. ultimateclassicrock.com. The first two quotes are from here.

November Crossword Puzzle

Across

1. Cabinet wood
4. "Do ___ others ..."
8. Fruity snack
14. Third letter
15. Golda of Israel
16. Nile's locale
17. Stored, as wine
19. Like winter skies, say
20. Annual award from a sports network
21. Not nude
23. Trashy pads
25. "Earth's Children" series author Jean
26. Secretly include in an email
29. Eli, to Archie Manning
30. Louise's film cohort
33. Sleek, informally
34. Wheat & barley
36. Took it easy
38. Looks upon
40. Irritates
41. Circumvented
42. Pub obligation
43. Cataract surgery implant
44. Riddle or puzzle
46. Campus in the Sooner State capital: Abbr.
49. Gilbert ___ Sullivan
50. In due time
51. Stage, as a play
53. They can't learn new tricks, it's said

56. Wall support
57. Panda food
60. Sleeveless undergarment
62. One lacking pigment
63. Scurried, poetically
64. Org. whose final telethon was in 2014
65. Standard car feature
66. Soeur's summers
67. Downcast

Down

1. Availability
2. Takes care of

3. Something offered in assistance
4. Thurman of filmdom
5. Uncool sort
6. Cake layer
7. Baptisms of fire
8. It may get you all worked up for no reason
9. "___ the Earth Move"
10. One with a degree
11. eBay try
12. Hardware franchise
13. Wasn't colorfast

18. Caustic cleaner
22. Arithmetic result
24. No longer fresh
26. 1970s fashion items (they're seen in 3-, 8- and 31-Down)
27. Saskatchewan native
28. Fish of the family Gadidae
31. Feature of a mysterious old house, maybe
32. Fanny Brice's double?
33. ___-Seltzer
35. Piston attachments

37. Available by the mug
38. Fleck with a banjo
39. Like two
40. Cleaning item
42. Actor Juliette ("Jet Lag")
45. Land of ___
47. "I ___ been a contender!"
48. Like zombies
50. Without equal
52. ___ Maine
53. Words abt. one departed
54. Walk or trot
55. Disney animated pirate

57. Disparaging word
58. Brewpub staple
59. Wharton degree
61. Wallet items

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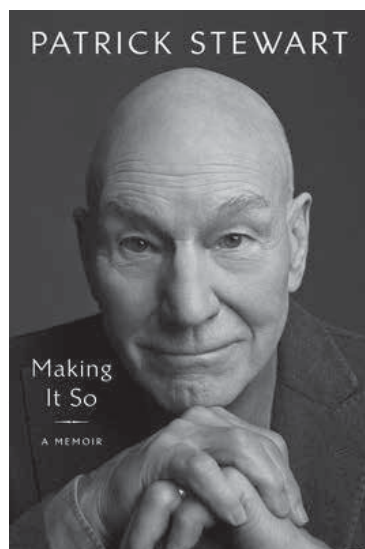


November Book Club

There's plenty of great weather to enjoy the Great Outdoors or stay inside and read a good book.

Whether you like to read outdoors in the fall sunlight or at home snuggled in a comfy chair, here are some new books to check out.

Making It So ***A Memoir*** **By Patrick Stewart**

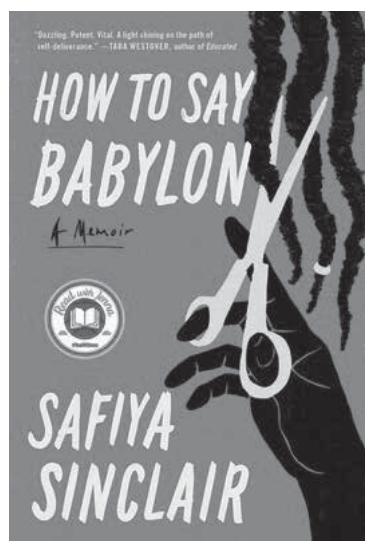


“From his acclaimed stage triumphs to his legendary on-screen work in the Star Trek and X-Men franchises, Sir Patrick Stewart has captivated audiences around the world and across multiple generations with his indelible command of stage and screen.

“Now, he presents his long-awaited memoir, *‘Making It So,’* a revealing portrait of an

artist whose astonishing life — from his humble beginnings in Yorkshire, England, to the heights of Hollywood and worldwide acclaim — proves a story as exuberant, definitive, and enduring as the author himself,” according to Publisher Gallery Books.

How to Say Babylon ***A Memoir*** **By Safiya Sinclair**



“With echoes of *‘Educated and Born a Crime,’* *‘How to Say Babylon’* is the stunning story of the author’s struggle to break free of her rigid Rastafarian upbringing, ruled by her father’s strict patriarchal views and repressive control of her childhood, to find her voice as a woman and poet.

“Throughout her childhood, Safiya Sinclair’s father, a volatile reggae musician, and militant adherent to a strict sect of Rastafari, became obsessed with her purity, in particular,

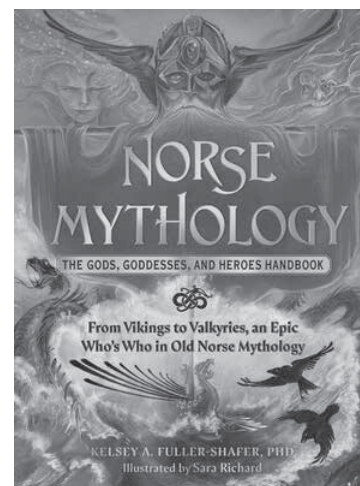
with the threat of what Rastas call Babylon, the immoral and corrupting influences of the Western world outside their home. He worried that womanhood would make Safiya, and her sisters morally weak and impure, and believed a woman’s highest virtue was her obedience.

“To keep Babylon outside the gate, he forbade almost everything. In place of pants, the women in her family were made to wear long skirts and dresses to cover their arms and legs, head wraps to cover their hair, no make-up, no jewelry, no opinions, and no friends. Safiya’s mother, while loyal to her father, nonetheless gave Safiya and her siblings the gift of books, including poetry, to which Safiya latched on for dear life. As Safiya watched her mother struggle voicelessly for years under housework and the rigidity of her father’s beliefs, she increasingly used her education as a sharp tool with which to find her voice and break free. Inevitably, with her rebellion comes clashes with her father, whose rage and paranoia explode in increasing violence. As Safiya’s voice grows, lyrically and poetically, a collision course is set between them.

“*‘How to Say Babylon’* is Sinclair’s reckoning with the culture that initially nourished but ultimately sought to silence her; it is her reckoning with

patriarchy and tradition, and the legacy of colonialism in Jamaica. Rich in lyricism and language only a poet could evoke, *‘How to Say Babylon’* is both a universal story of a woman finding her power and a unique glimpse into a rarefied world we may know how to name, Rastafari, but one we know little about,” according to Publisher 37 Ink.

Norse Mythology: The Gods, Goddesses, and Heroes Handbook ***From Vikings to Valkyries, an Epic Who’s Who in Old Norse Mythology*** **By Kelsey A. Fuller-Shafer, illustrated by Sara Richard**

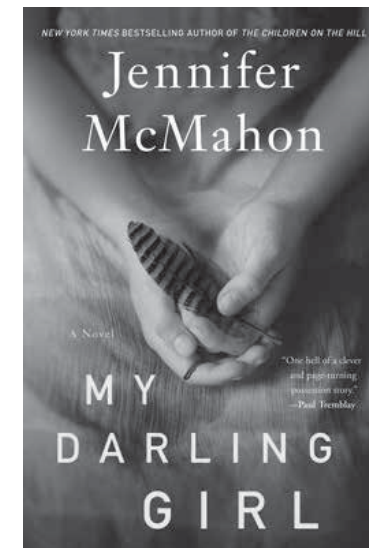


“Discover the gods, goddesses, and heroes from Norse mythology with this beautiful handbook that captures the ancient stories that captivated the Vikings.

“Learn more about your favorite Norse gods, goddesses, and heroes with this collection of profiles that share the real stories behind the characters.

“With characters from Norse myths coming to life on the big and small screens, and in the pages of new and exciting fiction, this guide can give you all the details you need to understand your favorite heroes, villains, and powerful deities. With comprehensive entries that outline each character’s names, roles, related symbols, and foundational myths, you can get to know the roots of these personas, and better understand the new stories we tell about them today,” according to Publisher Adams Media.

My Darling Girl **By Jennifer McMahon**



“Alison has never been a fan of Christmas. But with it right around the corner and her husband busily decorating their cozy Vermont home, she has no choice but to face it. Then she gets the call.

“Mavis, Alison’s estranged mother, has been diagnosed with cancer and has only weeks to live. She wants to spend

Continued on page 17



Continued from page 10

Keys to Senior Emergency Planning

Here are some steps seniors and their caregivers can take to be prepared:

Plan Escape Routes from your home, keeping your accessibility challenges top of mind.

Implement a buddy system or phone tree with family, neighbors, and friends to check in on you and other seniors during emergencies or other natural disasters.

If you rely on electricity for a medical device, pre-charge your device, consider backup power options, and keep ice packs and a cooler ready for any medications that require refrigeration.

Practice opening your garage door manually in case you lose power.

Pack your emergency supply kit and remember to re-stock every six to 12 months. Don't forget about your medications.

Practice, practice, practice with every member of your family and caregivers.

Programs

The Medical Baseline Program is an assistance program for residential customers who depend on power for certain medical needs. Customers interested in the program will find eligibility and application details on this page.

PG&E partners with the California Foundation for Independent Living Centers to support older adults and people with disabilities via the Disability Disaster Access & Resources program. This support is available before, during, and after Public Safety Power Shutoffs (PSPS) and other wildfire safety power outages.

More Resources

FEMA. Visit [Ready.gov/older-adults](https://www.ready.gov/older-adults) for more information, tips, and toolkits with more information on how seniors and their caregivers can prepare for an emergency.

Rosalynn Carter Institute for Caregivers. In partnership with FEMA, the Rosalynn Carter Institute for Caregivers has resources to promote the health, strength, and safety of caregivers.

Call 211 for other resources available in your county.

Source: Pacific Gas and Electric Co.



November Book Club

Continued from page 16

to live. She wants to spend her remaining days with her daughter, son-in-law, and two granddaughters. However, Alison grew up with her mother's alcoholism and violent abuse and is reluctant to unearth these traumatic memories. Still, she eventually agrees to take in Mavis, hoping that she and her mother can finally heal and have the relationship she's always dreamed of.

"But when mysterious and otherworldly things start happening upon Mavis's arrival, Alison begins to suspect her mother is not quite who she seems. And as the holiday festivities turn into a nightmare, she must confront just how far she is willing to go to protect her family," according to Publisher Gallery/Scout.

Queen Latifah

Continued from page 6

as bright as ever as she enters her 50th decade, demonstrated by her leading role in *"The Equalizer."*

A TV adaptation of the movie franchise starring Denzel Washington as former CIA agent Robert McCall, Latifah plays Robyn McCall, an agent with a mysterious past aiming to bring justice to society. The series has since aired three seasons with a fourth on the way, depending on the outcome of the Screen Actors Guild strike.

Tell Your Life Story...

Continued from page 14

Or...

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In The Spotlight

Sandra Marcus: All About the Food

Sandra Marcus, 76, was born in the Bronx, but grew up on Long Island in New Hyde Park and serves as the president of the Laguna Woods Village Foodie Club.

She earned a BA from the State University of NY at Stony Brook where she met her husband.

The couple moved to LWV from their retirement condo in Florida in 2017 and became full-time residents in LWV in Jan. 2021.

“This was originally our vacation home. Our son, daughter-in-law, and two young granddaughters live in Mission Viejo,” she said.

Her role with the popular Foodie Club is to make the agenda and lead the meetings.

Here’s more about Marcus and the LWV Foodie Club.

SR: What does the Foodie Club do?

A: The Mission Statement of the Foodie Club is “A fellowship of residents who share in food experiences.” We currently have 97 members and meet on the 2nd Saturday of each month in Clubhouse No. 5’s multi-purpose room. Our meetings begin with a themed potluck. We have the usual St. Patty’s Day, Cinco de Mayo,



etc., but we also have had a Salad day, Everything but Turkey (we provided the spiral ham), an Ice Cream Social, Bagel Breakfast, Favorite Childhood Memory, and more. We have a special barbeque in Clubhouse 1 every June serving tri-tip, salmon, and two other meat options. We have had a food drive for the South County Outreach a few times.

Q: When was it formed?

A: It was originally formed in 1994. The meeting format has changed over the years.

Q: Who can become a member?

A: The Foodie Club is open to all Village residents.

Q: What’s great about it?

A: Everyone enjoys potlucks, and you don’t have to be a great cook. Several members bring store-bought, but most members are very good cooks. The Foodie Club is more than the potlucks, though. We also have sign-up sheets for group dining outings organized by

different members. It can be local or not, expensive, or not, and breakfast, lunch, Happy Hour, or dinner. Each month we review those ‘Hosted’ restaurants and any other place else we’ve eaten and share that with the group. We have a couple who organize the reviews in an Excel spreadsheet by City, Cuisine, and Name. It’s posted on our website, too. I’d say 97 members make it popular. We enjoy lots of eating, sharing, and laughter.



Q: Family?

A: I’m about to celebrate my 54th wedding anniversary. As I said, my son and his family are in Mission Viejo. They have two beautiful red-headed daughters aged 13 and nine who delight us several times a week. My daughter, a 1 ½ year newlywed, currently lives in Tennessee where they have business ties. They’re hoping to move to the Tahoe area in a few years. We’ve had sever-

al pets, but we’re too busy to be responsible for one now. However, we have a grand dog and a grand cat who we watch when the family is gone for a few days.

Q: Are you a good cook?

A: I am a great cook like my mom and continue to enjoy cooking. I am involved in several clubs here.

Q: Hobbies, Spare time?

A: Besides the Foodies, my husband and I belong to the Laguna Woods Yacht Club.

He’s a big sailor. I sail a few times a year but mainly help with running the club. I’m on the Social Committee which plans all the events. I also record the minutes and publish

a newsletter, the *Main Sheet*. I’m also on the Board of Directors as the Recording Secretary. My husband and I also belong to the Astronomy Club, the Wine Lovers Club, the Documentary Film Club, and the Chicago Club. I belong to the Garden Club and also play Mahjong every Friday. We’re very involved in this fabulous community.

How to join: If anyone is interested in joining the Foodies Club, they can contact me directly for information at 847-858-0520 or check us out in the Globe and online on the Village website.

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A Place for a Peaceful Goodbye

What happens when someone is diagnosed with a terminal illness but has nowhere to go?

The country is already facing a housing crisis and as housing security becomes more difficult to come by – an unexpected problem is arising.

Even though most Americans would prefer to die at home, for many, there is no home to go to at a time when it is needed most.



But there is one place in Orange County that is addressing this growing housing crisis with a workable solution – the Southern California Hospice Foundation and its Heavenly Home in Costa Mesa.

The non-profit is the only hospice-focused residential care facility for the elderly in the state that also has an assisted living waiver. Low-income residents are supplemented through philanthropic gifts and the generosity of the community.

Generally, the placement of end-of-life patients after hospital discharge is challenging. Medicare and many insurers



cover most medical hospice costs but not housing or caregivers. Most assisted living facilities only allow placement hospice for individuals who were already residents before their terminal diagnosis and there is usually a high copay associated with a skilled nursing facility.

Many families cannot provide 24-hour care for terminally ill patients and lack the financial resources to cover the costs.

Enter the Heavenly Home in Mission Viejo, a six-bedroom home that opened earlier this year to serve patients with the care they need and provide amenities for their families.



The facility's open-door policy is the brainchild of Michelle Wulfestieg, who herself had a near-death experience following the second of two strokes before the age of 25. Drawing

Continued on page 24

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Fabulous Finds

By Debbie L. Sklar

Fall Fab Finds are here so take advantage.

There are tons of great skincare to help you look your best for the upcoming holidays and beyond.

Acne Lab Test

CLEARSTEM Skincare a non-toxic, clean skincare brand, announced its telehealth debut with the launch of its CLEARSTEM Acne Lab Test.

CLEARSTEM's Acne Lab



Test introduces a new era of skincare designed to identify consumer's unique root cause(s) of acne and provide a personalized treatment plan. The blood test is currently sold online at clearstemskincare.com.

Acne is the most common skin concern in the U.S. affecting up to 50 million Americans annually, according to the American Dermatology Association. The CLEARSTEM Acne Lab Test uses a blood sample to analyze which of the 80+ acne markers, such as blood urea nitrogen (BUN), Creatinine, and mean corpuscular volume (MCV), is contributing to the body's root causes of acne.

The CLEARSTEM Acne Lab Test is sold exclusively at clearstemskincare.com for

\$449, which includes lab tests, personal root cause of acne report, analysis, protocol, blood draw, and three free months of access to the membership program. Following the three-month trial period, membership costs \$19 per month. To learn more, please visit clearstemskincare.com.

Kanu Skincare



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Skincare Junkie



Skincare Junkie utilizes powerful and clinically proven ingredients in just the right combinations and concentrations to solve common skin problems. Dr. Blair Rose developed the fragrance-free, hypoallergenic, pregnancy-safe, cruelty-free, and vegan formulas – so you can feed your skincare obsession without the confusion that comes with navigating a million unproven beauty products.

Skincare Junkie products are also paraben-, phthalate-, sulfate-, and SLS-free. The launch consists of three foundational products; a daily Gentle Jelly Facial Cleanser (\$34), an oil-free Megadose Super Antioxidant Face Moisturizer (\$68), and Pore Therapy Daily Toner Pads (\$38). Skincare Junkie is available with prices ranging from \$34 - \$68 at skincarejunkie.com and is also available through ShareASale with the Merchant ID 146211. LE DOMAINE

The luxury skincare collaboration between actor Brad Pitt and Famille Perrin, stewards of the Rhône Valley's Château de Beaucastel Vineyard, has

Continued on page 23

see article on page 28


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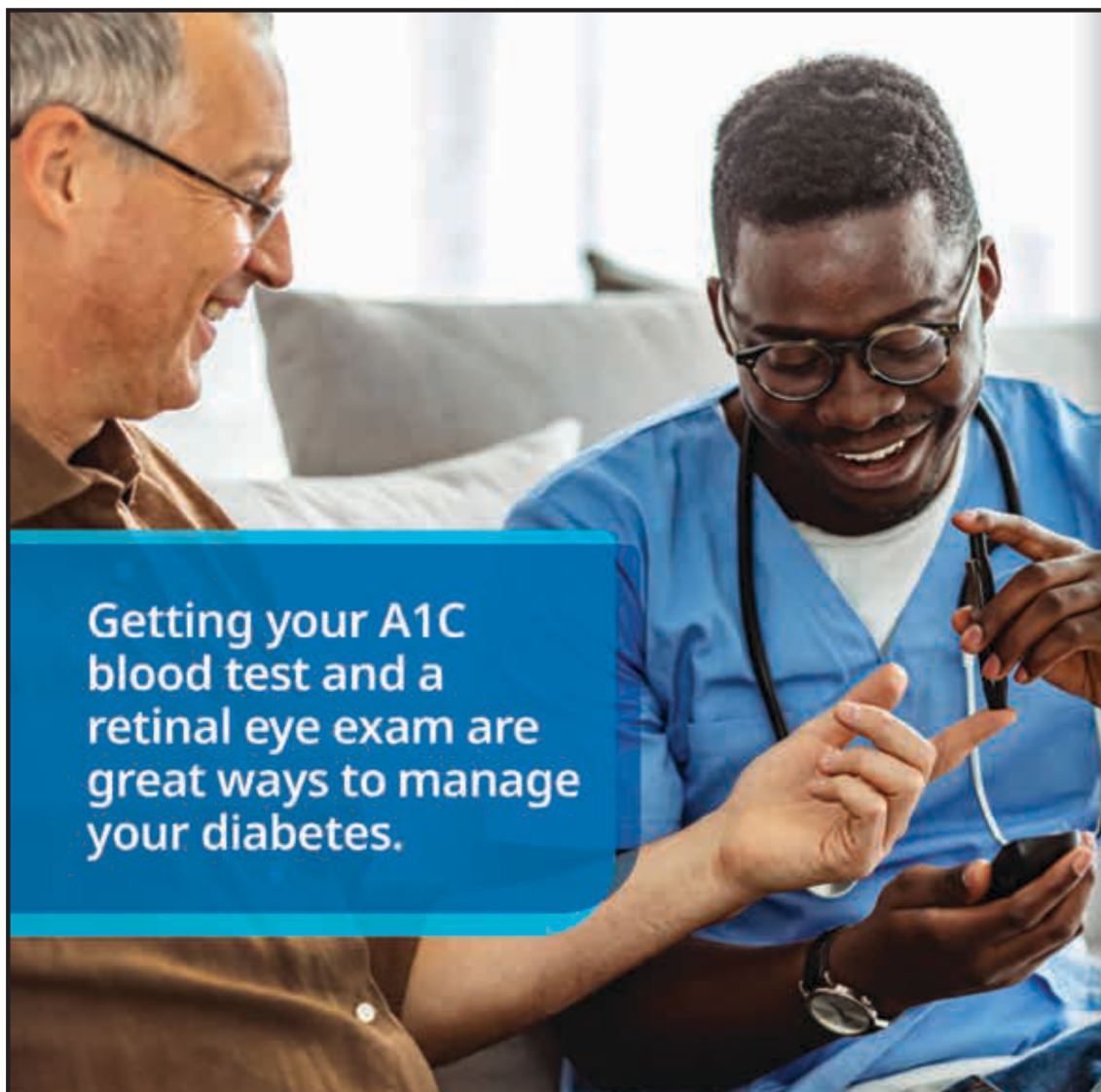
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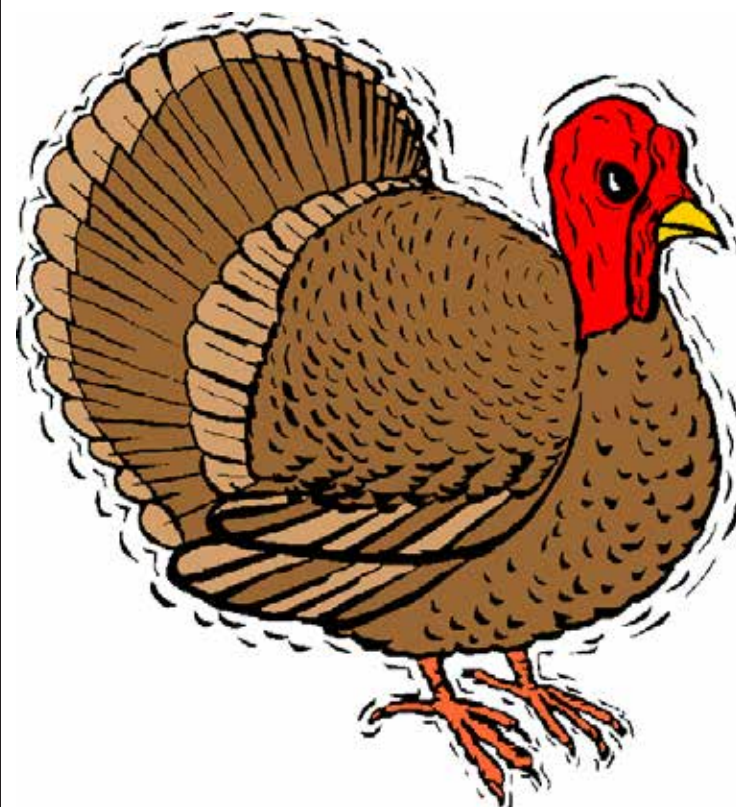
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Tinseltown Talks

By Nick Thomas

Illeana Douglas Pens Connecticut's Hollywood Connections

In her new book, *"Connecticut in the Movies"* released in October, actress Illeana Douglas explores Hollywood's long love affair with the Constitution State.

"The book features movies from the silent era to modern films that were either shot in Connecticut or featured the state in some way in the storyline or production," Douglas told me when we met at the Katharine Hepburn Cultural Arts Center in Old Saybrook, Connecticut, this past summer.

"On the one hand, you've got country-living comedies like *'Christmas in Connecticut'* (1945) and *'Mr. Blandings Builds His Dream House'* (1948)," Douglas said.

In the latter, a New York businessman (Cary Grant) builds his dream home in rural Connecticut, but the remodeling goes horribly wrong in a costly yet hilarious way.

The book's subtitle, *"From Dream House to Dark Suburbia,"* alludes to the other more edgy themes and darker storylines in the collection.

"Films like *'Gentleman's Agreement'* (1947) and *'The Man in the Gray Flannel Suit'* (1956) have dark suburbia at their core," said Douglas, referring to movies that deal



with anti-semitism and disillusionment in the postwar generation, respectively.

But it was back in the 80s after viewing *"The Swimmer,"* a 1968 film set in Connecticut, that she first developed an interest in films connected to the state.

"Connecticut cinema began to percolate in my head and when COVID hit, I had time to sit down and focus on more Connecticut films," she said. "I simply fell in love with my subject."

So much so, that Douglas uprooted herself from Los Angeles and moved to Connecticut, near where she grew up in Old Saybrook. This allowed her to not only travel the state while researching and photographing its Hollywood links but to also purchase a 19th-century house near her childhood home where she completed the book.

But complications of ironic proportions soon arose,

linked to the *"Mr. Blandings"* film. Like Grant's character in the movie, who relocates from the bustling city to rural

Connecticut and purchases an old home that becomes a money pit, Douglas discovered her new home was desperately in need of major repairs – far more than she anticipated. Plumbers, electricians, and builders became her constant companions for the past 2 years!

An actress in her own right appearing in such big-screen hits as *"Goodfellas"* and *"Cape Fear,"* Douglas is also a producer, director, and writer, and has appeared as a movie host and interviewer on the Turner Classic Movies network (see www.illeanadouglas.com).

However, her ties to Connecticut uniquely qualify her as the ideal author to discuss the Hollywood-Connecticut link.

A thoroughly researched book with over 300 photos, Douglas is hoping it will not only appeal to residents of the Nutmeg State and film fans but will also inspire filmmakers.

"I've demonstrated the diversi-

ty of films that have been made in Connecticut," she said. "I hope the book is a blueprint of a renaissance of filmmakers returning to Connecticut."

Nick Thomas teaches at Auburn University at Montgomery in Alabama and spent this past summer traveling throughout Connecticut and Maine. He writes features, columns, and interviews for newspapers and magazines around the country.

See www.getnickt.org.

Fabulous Finds

Continued from page 20

amassed an impressive collection of accolades. The latest: a *Women's Health* 2023 Skincare Award for "Best Hydrating Serum."

Each year, the editorial team at *"Women's Health"* enlists a judging panel of dermatologists, aestheticians, and other skincare experts to select the top products across a broad range of categories for the *"Women's Health"* Skincare Awards. The full list of winners, including **LE DOMAINE's The Serum**, was revealed on WomensHealthmag.com.

Created with equal emphasis on science and nature, LE



DOMAINE skincare is formulated with grape-derived ingredients from the Château de Beaucastel, including soothing grape water and two exclusive patented active ingredients, GSM10 and ProGR3. GSM10, an anti-aging compound developed by Pierre-Louis Teissedre, a professor at the University of Bordeaux Institute of Vine and Wine Science, uses upcycled Grenache seeds and the skin of Syrah and Mourvèdre grapes. ProGR3, created by French scientist and researcher Nicolas Levy, features resveratrol, a potent antioxidant derived from Beaucastel grapevines. The efficacy of these ingredients has been rigorously studied and clinically proven to leave skin softer, more hydrated, and more rejuvenated. LE DOMAINE is sold at us.le-domaine.com and bluemercury.com.





A Place

Continued from page 19

from her experience, the executive director vowed to find a way to give those in their final stages of life the joy and dignity they deserve.

One of those patients was Megan Kraus of Mission Viejo, who became Heavenly Home's first resident following a life of tragedy, including a traumatic brain injury and cancer. When she got the news that she only had six months to live, her family was referred by Hoag Hospice to Heavenly Home where she qualified for the assisted living waiver based on her unique needs and her income.

"Everything happened so fast," said Megan's mother, Dorothy Kraus of Newport Beach. "I couldn't get overnight care at her current facility and then Heavenly Home just dropped out of heaven."

Another satisfied customer is Jean Corcoran, who will be 104 on Nov. 18. A former orphan, housekeeper, model, sales clerk, and Air Force wife found herself in her later years without anyone to care for her. Referred to Heavenly Home by Acacia Hospice, she qualified as a low-income patient under the assisted living waiver and moved into the facility last May.

When a Heavenly Home patient dies, a social worker will assist the family with final arrangements by helping to identify the resident's end-of-life wishes, determine where the final resting place will be, and reach out to a funeral home or Omega Society for cremation, or services through the county.

According to Wulfestieg, her organization receives up to five phone calls a day from hospice residents needing placement, resulting in her efforts to open a second home in the county to accommodate the requests.

Providence Medicare Advantage Plans Unveils New Benefits Aimed at Improving the Lives of Beneficiaries in Orange County

See ad on page 40

Expanded coverage options are designed specifically to meet the needs of Southern California residents.

Providence Medicare Advantage Plans returns to Orange County California this year with a host of new affordable and best-in-class benefits aimed at improving the health and well-being of Medicare eligible adults. West coast, non-profit Providence Health Assurance (PHA) will provide 2024 coverage to residents featuring \$3,100 to cover dental-related expenses and reduced pharmacy costs — all in a \$0 premium plan.

A Providence Medicare Advantage Plans gives members access to award-winning Providence hospitals, clinics, and physicians in the region while also maintaining the flexibility of an open, local network. Eligible Medicare beneficiaries can enroll in Providence Medicare Advantage Plans during the 2024 Annual Enrollment Period from October 15 to December 7, 2023.

"We listened to the Southern California community, and as a result, we've made changes to our Medicare Advantage plan to make benefits more attractive and relevant for area residents," said Shannon Drotning, Market President, Consumer and Specialty, Prov-

idence Health Plan. "We're pleased to provide enhanced Medicare Advantage plan offerings like the \$3,100 dental card that continue to anticipate and meet the whole-health needs of our members."

Providence spent the first year in the Southern California market learning more about residents' specific healthcare needs. Now entering year two, they have added new and expanded offerings in its popular \$0 Medicare Advantage plan to maintain affordability for Medicare-eligible Southern Californians. This means members pay less for enhanced benefits to meet their specific healthcare needs while still having the ability to schedule appointments with the doctors of their choice.

"The population of people on Medicare continues to grow in Southern California and is expected to double by 2050, which means it's more important than ever to ensure we're providing the quality coverage Medicare beneficiaries need to stay active, happy, and healthy," Drotning said. "Providence Medicare Advantage Plans are dedicated to easing the way for all members with new offerings that increase access to high-quality, trusted care."

To learn more about Providence plans, please visit ProvidenceTrueHealth.com/OC.




 ADMIT
ONE

Movie Preview

'All the Light We Cannot See'

By Randal C. Hill

Mark Nov. 2 in red ink on your calendar. That's when Netflix begins its four-hour epic *"All the Light We Cannot See,"* a wartime thriller from Idaho writer Anthony Doerr, whose 15-million-selling book was translated into 18 languages.

Director Shawn Levy enthuses, "There's a reason why *'All the Light You Cannot See'* was an international bestseller and a Pulitzer Prize-winning novel. It's such a rich tapestry of characters and events."

The Netflix saga captures the heat and the heart of Doerr's book, which explored the extraordinary powers of human connection and hope — both concepts difficult to achieve and maintain in World War II Europe. Over a decade, the story spotlight falls primarily on the lives of two young people whose disparate paths through life inexorably collide.

Aria Mia Loberti plays Marie-Laure LaBlanc, a blind French girl. Aria, a legally blind young woman who has never acted before, feels that Marie-Laure's blindness is not necessarily a catalyst for the story. Rather, as Loberti says, "It is her experience as a blind girl navigating love and loss in a time of war."

In Doerr's chronicle, Ma-

rie-Laure and her father flee Paris with a valuable gem after the Nazis invade their hometown. Eventually, the pair takes refuge with Marie-Laure's reclusive uncle, who, in a French seaside town, transmits clandestine radio broadcasts as his contribution to the resistance.

Werner Pfennig (Louis Hoffmann) is a brilliant, sensitive German teenage orphan with a self-taught expertise in radio repair. "What he most connects with," Hoffman says, "are beautiful things and the truth, and this show provides a huge amount of intimacy and 'epicness.'" Pfennig has joined Hitler's regime under character-crushing pressure and has been sent to locate illegal radio broadcasts and silence those who are sending them. Says Levy, "The character of Werner adds this pure soul being indoctrinated into this evil to which he does not subscribe."

Playing Etienne LeBlanc in the series is Hugh Laurie, who was Dr. Gregory House on the Fox Network's "House" for eight seasons. "The novel is really a remarkable piece of work," Laurie proclaims. "It stayed with me, and I'm sure it will stay with me," adding later, "I think the chance to work with really committed and passionate and intelligent people is the greatest privilege."

"All the Light We Cannot See" was scripted by Stephen Knight (*"The Girl in the Spider's Web"*).

Director Levy concludes, "This story is both timeless and timely — unabashedly human and emotional. It captures a certain epic scale that we've been truly privileged to bring to life."



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Hints for Homeowners

How to Prepare for a Power Outage

It's unfortunate but, according to the U.S. Energy Information Association's most recent reports, on average, electricity customers experience seven to eight hours of power interruptions a year—but there are ways to prepare.

Power outages can be caused by severe weather such as hurricanes, tornadoes and heavy rain, snow and ice storms. In addition, an estimated 70 percent of the United States' transmission lines are more than 25 years old. An aging infrastructure contributes to intermittent power episodes and increased energy costs.

With the rise of power outages, many homeowners are looking for alternatives to traditional utility power to ensure they have uninterrupted access to essential technology. Phones are important to check in on family members and friends. Heat and air conditioning are imperative for safety and comfort. Refrigerators and freezers must function so food doesn't spoil. And, for some, home medical equipment is vital.

Two products that can help deliver peace of mind, along with energy resiliency and efficiency, are home standby generators and battery storage systems.

Standby Generators

Standby generators are a seamless option that kick in automatically when there's a power outage. They are permanently



installed outside a home and are fueled by liquid propane or natural gas.

Briggs & Stratton Energy Solutions offers a full range of PowerProtect™ standby generators to meet a variety of homeowner needs.

The Briggs & Stratton® 12kW model is an upright unit with ultra compact footprint and works well for small and mid-sized homes. The extremely powerful 26kW can get an entire house through an outage. The company also offers 17kW and 20kW units that can handle the energy requirements of mid-sized to large homes.

All PowerProtect units have a commercial-grade Briggs & Stratton Vanguard® engine that's built to run continuously for days on end. Plus, the full line of Briggs & Stratton® standby generators is equipped with the industry's most comprehensive warranty over time.

Since standby generators require professional installation, it's best to add a unit before storm season hits.

Battery Storage Systems

In addition to standby generators, Briggs & Stratton Energy Solutions provides residential

SimpliPHI® batteries that can capture energy generated by solar panels, wind turbines, generators or the grid. Homeowners can choose between the continuous, unlimited runtime capacity of a generator or the silent, immediate temporary backup power of a battery storage system.

Home batteries are extremely versatile and can be used for both short- and long-term energy needs.

In the short term, they can provide backup power when the grid goes down. In the long term, they can reduce energy costs.

Homeowners can save money by using stored power from their batteries throughout the day or during the evening when many electric companies charge more. In some cases, homeowners can sell their extra power back to the utility for credit on their bill or to eliminate a monthly charge altogether.

Better yet, when paired with solar or other energy-generating systems, battery storage can help homeowners go completely off the grid and become energy independent.

Home battery storage systems continue to come down in price and now qualify for a 30% tax credit as part of the Inflation Reduction Act. Additionally,

Continued on page 37

What is the Annual Enrollment Period? Who Does it affect? What can I do?

What is the Annual Enrollment Period?

This is the time of year that new Medicare Insurance plans for the next year, in this case 2024, are unveiled. Every year the Medicare Insurance Companies make changes to the Medicare Advantage plans. Usually these changes give you greater benefits. The Annual Enrollment Period runs from Oct. 15 thru Dec. 7. In September you should receive and annual notification of changes (ANOC) from your Medicare Insurance company. This notification lets you know what changes are being made to your current insurance plan. It's a good idea to sit down and really look at this notification. It will alert you to both positive and possible negative changes in your plan.

So Who Does This Affect?

If you have a Medicare Advantage plan, a Medicare Prescription Drug plan with your Medicare Supplemental (Med-igap Plan) or you have straight Medicare this is your time to make changes.

Here's What You Can Do

You can compare your current Advantage Plan, or Prescription Drug plan with the new plans (I can help you do this). You might find that a newer plan offers you better benefits, or maybe you just want to change to a different company, now is the time to make those changes. Keep in mind that the new plan will not take effect



until Jan. 1, 2024. If you have only Original Medicare without any extra coverage, this is your time to add an Advantage plan to your Original Medicare.

If you have had the same Medicare Advantage Plan or Prescription Drug plan for more than a few years, you might be missing out on better benefits. I'm sure you've heard the commercials that tell you all the benefits that are available, so now is the time to look and see if any of those benefits are in your area. I am happy to help you do an annual review of your current Medicare Insurance, at NO COST, to see if you could be receiving more benefits.

The help is always FREE, so get the help you need.

Sandra Teel
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Busy Boomers

By Les Goldberg

Horses, Cops Make Great Partners

Mount-Up! You might think that having horses on police duty is a vision of a time long ago – as far back as the days of the Old West. Or you might be thinking about the Royal Canadian Mounted Police with their regal red coats. Think again. The equine presence is very much alive and well in today's local law enforcement arsenal.



Many of our Southland cities' police and sheriff departments continue to deploy mounted patrols for various functions, including crowd control, search and rescue operations, crime prevention, and major civic ceremonial events.

Historically, mounted units provided added height and visibility to officers for observing wider areas, and allowed people on the ground to find the officers when they needed them. That reasoning remains today.

Another advantage is the off-road accessibility horses provide when patrolling or conducting searches in parks and wilderness areas, where police cars would be impractical or noisy.

For instance, in Orange Coun-



ty, the Mounted Enforcement Unit has been around for 35 years, and now has more than 20 members comprised of sergeants, investigators, reserves, and regular on-duty deputies.

In addition to its normal duties of patrolling parks and beaches, it is actively engaged in school education programs and a Mounted Color Guard which honors the American flag at special events, in parades, and at funerals.



The MEU also is a cooperative effort between the OCSO and the police departments from Anaheim, Buena Park, Garden Grove, Huntington Beach, Newport Beach, and Santa Ana.

This year, the Anaheim Police Department launched a test

program in which its officers patrol on horseback. A spokesman for the program, Sgt. Jon McClintock said the mounted officers "are patrolling neighborhoods reporting higher levels of residential burglaries and where police vehicles and officers on bicycles can't get through."



"Whether it's reducing crime by patrolling these trails and preventing burglaries, or people using these trails to do criminal activity, the horses are perfect for that," said MEU's Officer Patrick Bradley.

He added that the Mounted Unit makes officers more approachable, a fact confirmed by a statewide study.

"The horse really breaks the barrier," he said. "People just love horses. They come up to us all the time. They want a photo, they want to pet the horse, and through that then they start talking to us about things going on in their community."



Want to Saddle Up

If you enjoy horseback riding and have an interest in helping your community fight crime, the San Diego County Sheriff's Department offers an opportunity tailored just for you. It is the Volunteer Mounted Unit for people 18 years and older.

To join this elite group, you must be willing to volunteer a minimum of six hours per month to the unit for training, meetings, and patrols. Other requirements include:

- Submit a formal application available at sheriffmounted@sdsheriff.org
- Have a valid California driver's license and car insurance.
- Have a healthy, or have access to, a well-mannered horse.
- Own, or have access to, and maintain a livestock trailer and tow vehicle.
- Pass a complete background investigation.
- Pass the department's two-week Volunteer Academy.



History of Veterans Day

Veterans Day is an official United States holiday honoring armed service veterans. It is a federal holiday that is observed on Nov. 11. It coincides with other holidays such as Armistice Day or Remembrance Day, which are celebrated in other parts of the world.

World War I, known at the time as "The Great War," officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France.

However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month.

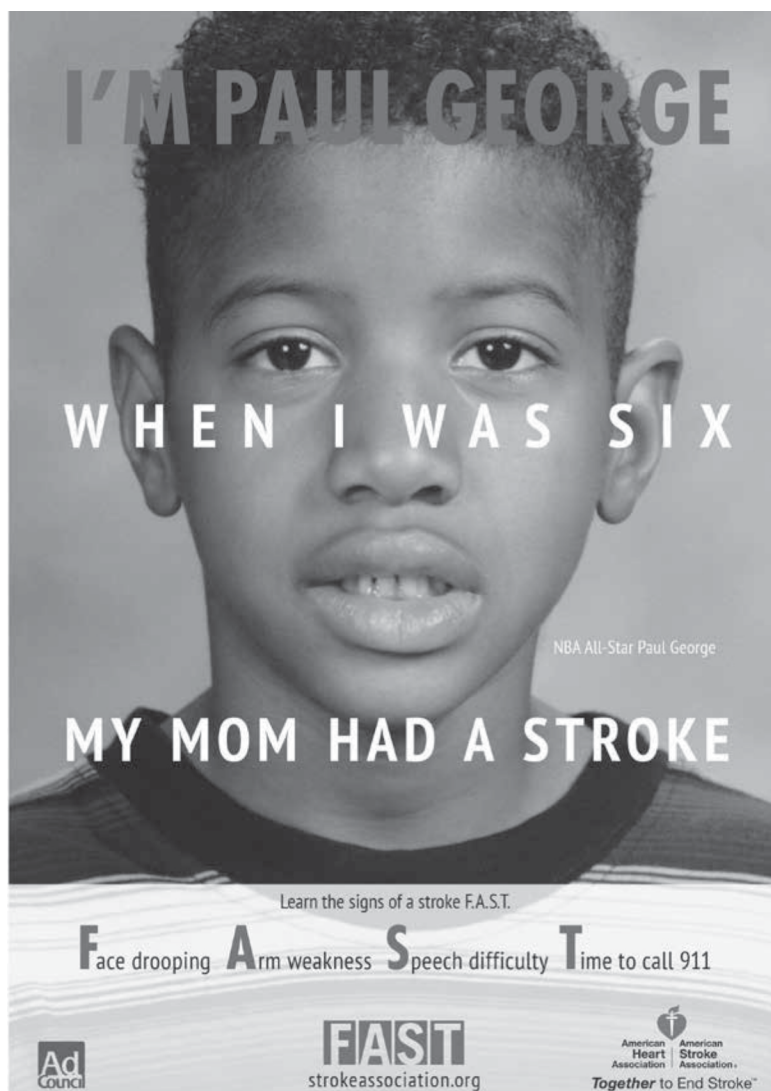
For that reason, Nov. 11, 1918, is generally regarded as the end of "the war to end all wars."

Veterans Day is not to be confused with Memorial Day. Veterans Day celebrates the service of all U.S. military veterans, while Memorial Day is a day of remembering the men and women who died while serving.



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

The 135th Tournament of Roses Parade will roll through the streets of Pasadena on Monday, January 1, 2024. This immensely popular event that attracts 40+ million TV viewers and more than a million visitors from around the world to Pasadena annually will be here in no time.

Parade fans wishing to secure reserved grandstand seats are urged to place their ticket orders now for the best selections. Tickets are going fast for seating at what is historically known as “TV Corner,” which offers the same views seen on Rose Parade television broadcasts. Prices range from \$75-\$120 per seat, depending on location, plus \$50-\$60 for a parking permit.

“The Tournament of Roses is one of the greatest spectacles in the world,” said Sharp

Seating President Sindee Riboli. “Nothing else compares with its more than 35 floats, 25 bands and 20 equestrian units. Musicians and equestrians from around the globe compete to be in the Rose Parade, so viewers really enjoy the best of the best. While the floats look beautiful on television, they are breathtaking to see live. It’s truly a not-to-be missed, experience of a lifetime.”

Sharp Seating also provides tickets for a variety of pre- and post-parade events. Fans can purchase tickets for close-up previews of the Rose Parade’s legendary floats while the finishing touches are being applied. Additionally, tickets are available to view the floats on display after the parade.

Another crowd-pleaser, Bandfest will feature bands from around the world showcasing their musical and marching talents with performances at Pasadena City College’s football stadium Friday, December 29, 2023, at 2:00 p.m.; and two shows Saturday, December 30, 2023 – 10:00 a.m. and 2:00 p.m.

At EquestFest — happening Friday, December 29, 2023, 10:00 a.m. – 3:00 p.m., at the Los Angeles Equestrian center — horse-lovers can stroll through the Rose Parade stable

area, meet many of the equestrians they will see on the parade route January 1st, and take photos with their beautiful horses. Visitors will also enjoy riding demonstrations and equestrian drills, as well as ongoing exhibits, musical performances and great food. For more information or to purchase tickets to the Tournament of Roses Parade and other events, visit www.sharpseating.com or call (626) 795-4171. Sharp Seating recommends advance ticket purchases for all events as they often sell out quickly.

See ad on page 20

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Delicious Traditional Recipes

Give Traditional Recipes
A Better-For-You Twist

Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States—about 655,000 Americans die from heart disease each year, according to the Centers For Disease Control And Prevention—but you can protect yourself 3 ways.



Heart-healthy* Mazola® helps make delicious steak tacos.

Three Steps To A Healthier Heart

- 1. **Don't smoke.** If you do smoke, quit. Your doctor can help.
- 2. **Get regular exercise.** The Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise week.
- 3. **Eat right.** Choose plenty of fresh fruits and vegetables and foods high in fiber and low in saturated fats, trans fat, and cholesterol.

To help, Mazola® Corn Oil has come up with a number of recipes that are delicious and support heart health. The all-purpose cooking oil is a heart-healthy* choice for baking, grilling, sautéing, stir frying or mixing up a marinade.

Plus, it has a high smoke point of 450° F. All cooking oils have a smoke point that, once exceeded, negatively affects the food's flavor.

pe, popular with Latinx cooks, that's delicious for everyone:

Steak Tacos

- 1 pound flank or skirt steak, frozen for 30 minutes
- 4 tablespoons (1/4 cup) Mazola® Corn Oil, divided
- 3 tablespoons tamari or reduced sodium soy sauce
- 3 tablespoons freshly squeezed lime juice
- 3 cloves garlic, finely minced
- 2 teaspoons chili powder
- ½ teaspoon ground cumin
- ½ teaspoon dried Mexican oregano
- 8 taco-sized flour tortillas heated on skillet lightly coated with Mazola® Corn Oil until lightly charred.
- Toppings:**
 - Cotija cheese
 - Chopped cilantro
 - Pickled jalapeno
 - Lime wedges

Here's a heart-healthy* reci-

Continued on page 30

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Thanksgiving Ideas

Tips to Reduce Food Waste at Thanksgiving

Each year, the average American family of four loses \$1,500 to uneaten food—that's about 1,160 pounds of food. At holiday or any time, it's a good idea to think about how you can keep household food waste in check.

Thanksgiving may be different this year, but we can still have a special celebration with a few adjustments, while, at the same time, reducing food waste. As the USDA Food Loss and Waste Liaison, I would like to share with you a few tips that can help reduce food waste at our holiday meals and save you money.

Plan Your Holiday Meal

Before you go to the grocery store or order online, make a list to ensure that you only buy what you need. Making a written list helps you avoid impulse purchases, which may include foods they don't need. For turkey, one rule of thumb is to plan for one pound per person, or a pound and a half if you want leftovers. For smaller gatherings, consider preparing only the favorite family side dishes. If you want to prepare all of your family's traditional dishes, consider cutting recipes in half. And coordinate in advance if you have guests who want to bring a dish.

You might also want serve one type of your favorite rolls or dessert instead of several.



Your family's Thanksgiving celebration can be even better when you know you've not let food or money go to waste.

Save Scraps

Freeze such scraps as vegetable peelings and meat trimmings for future culinary creations. Use them in savory broths and hearty soups. Season potato peelings and bake them into chips. Sauté extra chopped onions for recipe-ready caramelized onions.

Save and Share Leftovers

Place food in clear containers marked with the contents and date to increase the chances the leftovers will be remembered and eaten. If you have guests who want leftovers, let them choose their favorite dishes so that their take-away food containers match what they will really enjoy.

Be Creative

You can make great breakfast fritters with leftover mashed potatoes. Extra rolls and bread going stale can become bread pudding. Try making homemade turkey stock with the bones, or turkey chili with leftover meat. Whip extra buttermilk or cream into French toast batter. You could even start a new family tradition of serving a pot of turkey soup on the weekend after Thanksgiving.

A great tool that you can use in your home to reduce food waste is the FoodKeeper App, which provides guidance on storage (e.g., in a refrigerator or freezer) for more than 650 food and beverage items and helps you track storage times for different foods. For example, for freshness and quality, rotisserie chicken should be consumed within three to four days when stored in refrigerator or within four months if stored frozen. This app also provides guidance on safe handling and preparation with helpful cooking tips, such as how to thaw and roast a turkey by weight. FoodKeeper is available free as a mobile application for Android and Apple devices, or via desktop at FoodSafety.gov.

Donate

If you have extra cans of pumpkin pie filling, green beans, or cranberry sauce, consider donating them to a food bank to help those in need. To find a food bank nearby, visit the Feeding America website or EPA's Excess Food Opportunities Map.

Compost

Composting your food scraps can help your garden grow. Learn how to get started with composting resources from the U.S. Environmental Protection Agency. Or, look into community compost or compost opportunities. Make sure you toss only organics in the collection container and keep out produce stickers and noncompostable

plastic bags, service ware, or utensils.

• *Dr. Buzby is the USDA Food Loss and Waste Liaison in USDA's Office of the Chief Economist.*



Give Traditional Recipes

Continued from page 29

In large bowl, combine soy sauce, lime juice, 2 tablespoons Mazola® Corn Oil, minced garlic, chili powder, cumin and oregano. Remove steak from freezer and slice thinly across the grain. Place in bowl with marinade. Stir to cover. Marinate 45 minutes to 2 hours. Heat 2 tablespoons of oil in large skillet over high heat. Add steak to hot oil. Sear on both sides for about 1 minute. Immediately reduce heat to medium high. Add reserved marinade. Cook, stirring often, until marinade has reduced to half, about 3-4 minutes. Divide steak among warmed tortillas. Top with a sprinkling of chopped cilantro, crumbles of cotija cheese and pickled jalapeño. Serve immediately with lime wedges.

Learn More

For further healthful eating facts, tips and recipes, visit www.Mazola.com.

**Very limited and preliminary scientific evidence suggests that eating about 1 tsp (16 grams) of corn oil daily may reduce the risk of heart disease due to the unsaturated fat content in corn oil. FDA concludes there is little scientific evidence supporting this claim. To achieve this possible benefit, corn oil is to replace a similar amount of saturated fat and not increase the total number of calories you eat in a day.*



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The Gadget Geezer

By Les Goldberg

Have Yourself a Merry HoliTechDay

As I gaze at my calendar, I can't take my eyes off Dec. 7 and Dec. 25.

Yikes! It is a stark reminder that Hanukkah is less than a month away, and Christmas is right around the corner. Have you done your holiday shopping yet?

Whether you plan to buy your gifts the old-fashioned way by pounding the brick-and-mortar pavement or browsing the Internet from the comfort of your home, I offer you some ideas ideal for your tech-loving friends and family. All of the following products are designed to make life easier as we prepare to begin the New Year.

Xtra-PC



For those of you who are experiencing lagging speed on your Windows PC or Mac, the **Xtra-PC USB drive** from PrairieIT could be the solution you seek.

The tiny gadget packs a lot of power. Inside is a high-speed operating system that bypasses your old slow system. Just insert it into your computer's USB port, restart your PC, and let it boot into your USB drive.

According to the company

spokesperson, the "new operating system maintains the familiar structure of your old one and gives you access to all the files you previously had." He added that it also includes popular programs that allow for browsing the web, sending, and receiving emails, listening to music, and watching videos.

The multi-gigabyte Xtra-PC works with faulty or missing hard drives, allowing the user to recover files thought to be lost. Price: From \$20-\$80.

Zippy Charger



Speaking of speed, wouldn't it be nice if you could charge your devices faster? Introducing the **Zippy Charger**.

With its quick recharge technology, this charger could juice up your devices four times faster than standard chargers, ensuring minimal downtime and keeping you connected. It is especially ideal for those frequently on the move.

It conveniently charges multiple gadgets such as laptops, smartphones, tablets, and various USB-powered devices, and has the potential to detect

and cater to the unique power requirements of each connected device, preserving your gadget's battery life.

And Zippy Charger's highly portable design makes it easy to carry wherever you go, eliminating the need for multiple bulky chargers and freeing up space in your office and travel bags.

Enhanced Safety Assurance: The Zippy Wall Charger's commitment to safety is noteworthy. With temperature management to prevent overheating, it may guard against overcurrent and short circuits. This comprehensive safety feature may offer peace of mind while charging your devices.

Prices start at \$19.95.

Bril



Did you know that no matter how much you clean your toothbrushes before and after brushing your teeth, they become magnets for uncleanly airborne materials commonly found in bathrooms?

That is why the **Bril UV-C Toothbrush Sanitizer** was introduced to the market following approval by the Environmental Protection Agency.

This small compact device uses UV light technology. When your toothbrush is stored in its sterilization case, the technology is activated and the cleaning action takes only three minutes, killing 99.9 percent of the dirty particles and germs.

The Bril is designed for home and travel use and is easily mounted to a bathroom mirror or wall with smart magnet technology. It is also wireless and the USB rechargeable batteries last for a full month.

Price: \$29.99.

Kailo



At our age pain is a four-letter word heard all too frequently from our friends, family, and ourselves. It is the reason why drug stores like CVS, Rite Aid, and Walgreens sell more over-the-counter pain medications than other products.

It also is the reason why companies like Kailo keep looking for new solutions to join this lucrative market.

The **waterproof Kailo patch** works with the body's nervous system, according to its literature. "Each patch contains nano capacitors that work as a bio antenna, which in turn assists the body in its reaction to pain," it states. Unlike other similar products, the Kailo patch is reusable and lasts for several years. Price: \$24.99.

Muama Enence



If you are spending your retirement roaming the world, there's a good chance that you are unable to speak the languages native to many of the countries you visit. Let me suggest the **Muama Enence**.

This handheld device, the size of a cellphone, promises to turn you into a fluent speaker of 36 languages in seconds. Just click the button, start talking, and it will immediately translate your words into the language of your choice.

The Muama Enence Instant Translator is a two-way translator. You can hold a conversation with anyone, it will au-

Continued on page 37

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Senior Spotlight

How Functional Fitness Can Help You Keep Up with the Grandkids

One of the greatest joys—but potentially biggest challenges—for many grandparents is time spent with the grandkids. Whether yours are toddlers or teens, keeping them entertained requires a level of fitness that might include everything from lifting a child to chasing them at the playground to competing in a round of golf. For grandparents seeking an enriching and active experience with their grandkids, it's important to engage in everyday fitness routines that can help:

- maintain muscle mass,
- preserve cardiovascular health,
- fortify flexibility, and
- bolster balance.

Functional fitness training can help with these goals.

What is Functional Fitness?

“Functional fitness uses multiple muscle groups and movements to help train muscles, joints, limbs, and nerves to all work better together for everyday tasks, like lifting groceries from the car, or outmaneuvering the grandkids,” says Jaynie Bjornaraa PhD, MPH, PT, who is vice president of rehabilitation services and fitness solutions at American Specialty Health Fitness.

Examples of functional fitness exercises include lunges, squats, and planks. “Lunges help improve balance and

make the legs stronger,” says Dr. Bjornaraa. “Squats help strengthen the muscles used in sitting, standing, or lifting heavy objects safely. Core training, like planks, helps strengthen the lower back, hips, and abdominal muscles. A strong core provides a stable base when lifting, standing, or performing the chores of everyday life.”

There are many ways to incorporate functional fitness into an everyday fitness routine. For example, online workout classes such as Pilates, yoga, or strength training can provide easy access to beginner, intermediate, or advanced exercise routines. Gyms offer in-person



classes plus access to most any kind of fitness equipment you may need to practice functional fitness, from mats and free weights to fitness balls and exercise bands.

If cost is a factor in joining a gym or fitness classes, programs such as the Silver&Fit® Healthy Aging and Exercise Program, which is available through certain Medicare Advantage plans, offer no-cost or subsidized low-cost access to thousands of standard name-brand gyms and YMCAs, in addition to premium boutique studios around the country. These programs may also include online access to fitness

video classes such as dance, cardio, tai chi, Pilates, strength training, yoga, and others that teach proper form and technique. Nearly five million participants use the Silver&Fit program to help them stay fit.

“Functional fitness offers terrific health benefits for everyone, no matter your age or fitness level,” added Dr. Bjornaraa. “I encourage my friends, family, and clients to engage in some kind of functional fitness exercise every day to maximize the benefits.”

If you're ready to try some functional fitness exercises but aren't sure where to begin, you may care to check out a functional fitness exercise video called “3 Functional Exercises Using Only Body Weight.”

Learn More

For information about the Silver&Fit program, visit www.silverandfit.com.

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Crossword Puzzle Answers from page 15

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38	39	B	E	H	O	L	D	S		40	R	A	N	K	L	E	S										
41	E	V	A	D	E	D			42	B	A	R	T	A	B												
43	L	E	N	S		44	45	E	N	I	G	M	A		46	47	48	O	C	U							
49	A	N	D		50	A	N	O	N			51	P	U	T	O	N										
				53	O	L	D	D	O	54	55	G	S		56	S	T	U	D								
57	58	59	B	A	M	B	O	O		60	C	A	M	61	I	S	O	L	E								
62	A	L	B	I	N	O				63	H	I	E	D		64	M	D	A								
65	H	E	A	T	E	R				66	E	T	E	S		67	S	A	D								

Life After Mother

By Lyn Jensen

'Exploring probate and estate issues from personal experience.'

Five Winters with Photos and Memories

Summer's gone, winter's coming on, the holiday season is underway, and 2024 begins in a few weeks. Winter brings not only the holidays but also time to evaluate what's been accomplished (or not) in recent months and to set goals for next year.

Lately, I've been looking at family holiday photos and separating memories from the present. The holiday season is not, for me, a time to honor family traditions — my family was not one with strong traditions, and happy memories are mixed with dysfunctional horrors. Relatives are in another state, and gift cards and invitations are rare. I've grown comfortable with the holidays being a time of solitude, of finding personal peace.



a few days or weeks for travel, but that didn't happen, primarily because much of my time was spent navigating a dreary frustrating chain of dental visits and procedures, with the accompanying bills and insurance hassles. I can expect my dental issues to continue into next year, so I'll have to build my schedule around tending to personal matters, whether expected or unexpected.

a garage sale but those didn't clear out as much as I expected. Some artwork and antiques I'm still hoping to find a buyer for. I've filled dozens of bags for charity and expect to fill many more. Some items still need to just find someone to haul them away, or just take them.

I've now lived alone in my family home for nearly five years, and the home was built for a nuclear family of modest means, and not intended to be a multi-generational homestead filled with photos and memories. Things that may have seemed important five years ago aren't so important anymore. To move out, I have to move on.

Power Outage

Continued from page 26

many states have incentives to make battery storage more affordable.

With 115 years of company experience in power generation, Briggs & Stratton Energy Solutions is positioned to meet the evolving energy needs of today's homeowners.

For more information on home standby generators and battery storage, visit briggsandstratton.com.

I've held two estate sales and



At the same time, the holidays are a time to reach out, build bridges, and strengthen relationships. Knowing that, what I'm doing for the holidays is easily scheduled, and I can look past these last few weeks of 2023.

I began this year hoping to take

The Gadget Geezer

Continued from page 32

language to another and vice versa.

According to the company, you can switch between languages as many times as you want with just a few clicks on the device.

There are several such devices on the market, but this is the only one rated number one by the Top Consumer Guide. Price at \$78.95, it is also the least expensive.



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Pets and People

The Taste Of Fall — You Can Share With Your Dog

Now is the time for all things pumpkin: From pumpkin spice lattes and candles to pumpkin patches and carving, there's something pumpkin for everyone—including your four-legged friends. Now you can share your love of pumpkin with your pooch. Just like us, dogs go crazy over the taste of pumpkin," says Ronna Krah, Vice President of Marketing—Companion Pet, Manna Pro Products, maker of Fruitables pet treats. "But what many people don't realize is that there are also a number of health benefits that come along with the tasty treat."



The Power of Pumpkin

Pumpkin isn't just a delicious treat. When fresh, it can be an excellent food for supporting digestive health and weight loss. Pumpkins are 90 percent water, which makes them naturally low-calorie. They're also rich in soluble and insoluble fiber, which helps promote

satiety. The high fiber content coupled with the low calorie content makes pumpkin a terrific food to help your dog cut calories while feeling full.

Why is this so important? Well, according to the Association of Pet Obesity Prevention, 56% of dogs are overweight or obese. Since obesity leads to a decreased quality of life for pets, finding something as effective at supporting weight-loss as pumpkin can have exciting implications.

To that end, Fruitables has canned pumpkin digestive and weight-loss supplements that can help support your pet's digestive issues or weight-loss journey. The supplements feature fresh pumpkin and vitamins in an easy-to-feed format. Introducing your pets to the power of pumpkin can help them live their best lives.

Share the Love of Pumpkin

With the many benefits associated with feeding pumpkin, you can feel good about giving it to your dog. In fact, pumpkin is so beneficial for dogs that it's the first ingredient in 18 Fruitables pet products, including canned pumpkin supplements and a variety of dog treats.

"Our unique flavor combinations aren't just delicious for your dog, but for you and your family too," adds Krah. "You can experience the same bold flavors with the Pumpkin Spice Lofthouse-Style Cookies with Yogurt Frosting recipe inspired by the classic Fruitables Greek Vanilla Yogurt baked treats."

Pumpkin Spice Lofthouse-Style Cookies with Yogurt Frosting

*Recipe by Stacie Billis
Makes 2 dozen cookies*

2 cups all-purpose flour
1 tablespoon cornstarch
1¼ teaspoon pumpkin pie spice
½ teaspoon baking powder
¼ teaspoon baking soda
¼ teaspoon salt
½ cup (8 tablespoons) unsalted butter, room temperature
1 cup granulated sugar
1 egg, room temperature
1 cup unsweetened canned pumpkin puree
1 tablespoon sour cream
½ teaspoon vanilla extract
¼ teaspoon almond extract (optional)
1 cup (16 tablespoons) unsalted butter, room temperature
⅓ cup plain Greek-style yogurt, room temperature
1 tablespoon milk
Scant 1½ cups confectioners sugar, plus more to taste as desired

In a medium bowl, whisk together flour, cornstarch, pumpkin pie spice, baking powder, baking soda, and salt; set aside. Add butter and sugar to bowl of stand mixer fitted with paddle attachment. Cream until light and fluffy, about 3 minutes. Add egg and mix for another minute. Add pumpkin, sour cream, vanilla and almond extracts. Mix until well combined.

Detach the bowl from the mixer. Using a silicone spatula, fold the dough once or twice so all ingredients are well combined and no flour streaks remain. Refrigerate dough for one hour up to overnight.

Prepare the frosting: In the bowl of a stand mixer fitted with paddle attachment, combine butter, yogurt, milk, and confectioners sugar. Beat until creamy and soft. Refrigerate.


Preheat oven to 350°. Line cookie sheet with parchment. Set it next to work area dusted with flour. Remove chilled cookie dough from refrigerator. With a medium (1½ tablespoon) scoop, divide dough into 24 even portions, rolling each in flour to keep it from sticking. Dust off excess flour. Place as many cookie dough balls on cookie sheet, about 2½ inches apart.

Flour the bottom of a glass and press each ball flat, to about ¾" thickness. Bake for 12 minutes. Let cookies rest on cookie sheet 2 minutes. Transfer to wire rack to cool. Repeat with remaining cookie dough balls. Remove frosting from refrigerator about 10-15 minutes before using.


Once cookies have cooled completely, frost each and cover with sprinkles. Serve immediately or store, with wax paper between each cookie, in an airtight container at room temperature for up to 3 days.

For more facts, tips and recipes, visit www.fruitablespet.com/blog and [@fruitablespettreats](https://www.fruitablespet.com).

"Dogs go crazy over the taste of pumpkin," says Ronna Krah, Manna Pro Products, maker of Fruitables pet treats. "But what many people don't realize is that there are also a number of health benefits that come along with the tasty treat." <https://bit.ly/3ofH-9Up>



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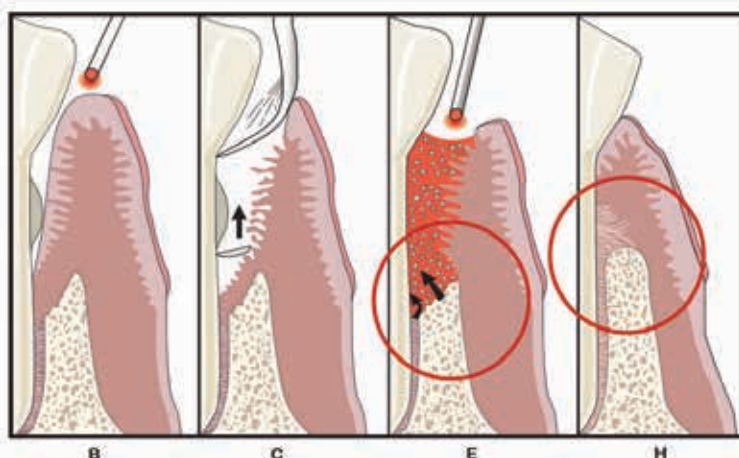
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The individuals pictured above are models and are not actual therapist and patient.

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



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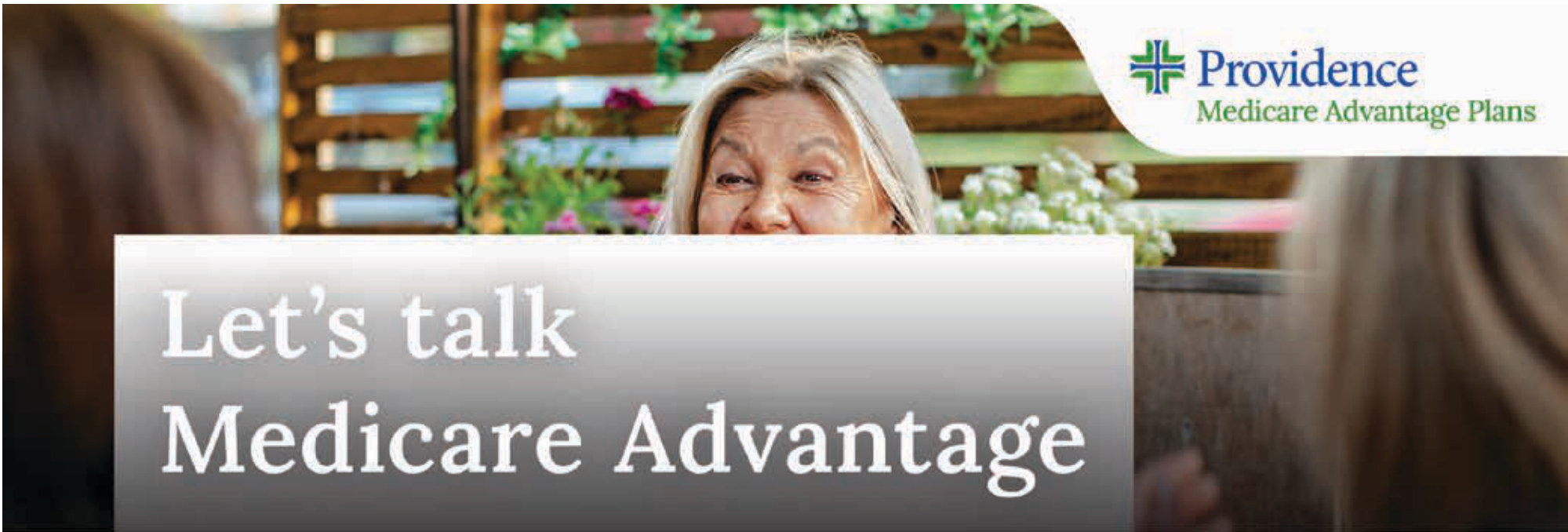
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Nov 6, 1:30 PM

Norman P. Murray Community
and Senior Center
24932 Veterans Way, Mission Viejo

Nov 9, 2:00 PM

St. Joseph Orange-Chapman
3rd Flr Conf Room
2501 E Chapman Ave, Orange

Nov 15, 10:00 AM

Brea Community Center
Meeting Room
695 E Madison Way, Brea

Nov 15, 2:00 PM

Coco's Bakery
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Laguna Hills

Nov 16, 10:00 AM

Mimi's Bistro and Bakery
17231 E 17th St
Tustin

Nov 28, 10:00 AM

Orange Executive Center
1100 Town & Country Rd
Suite 1250, Orange

Nov 28, 2:00 PM

Black Bear Diner
1011 N Harbor
Fullerton

Nov 29, 10:00 AM

Polly's Pies
2025 N Tustin St
Orange

Nov 29, 10:00 AM

St. Joseph Orange-Chapman
3rd Flr Conf Room
2501 E Chapman Ave, Orange

Dec 5, 10:00 AM

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