

SENIOR REPORTER

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Ted Danson

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—Ted Danson

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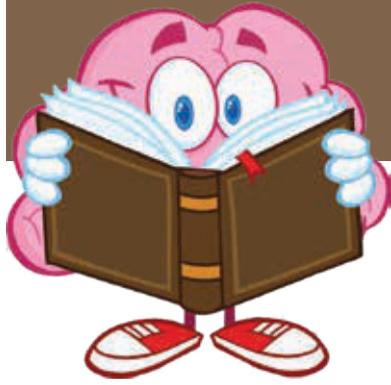
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Passwords

By Jim McDevitt

Looking back to the years when I was a teenager and knew everything, I am amazed at how little I knew or foresaw in the coming years.

If someone would have told me 60 years ago that one day, I would have a book just with passwords in it, I would have said they were crazy.

Back then, it was a status symbol to have a 12-inch black and white television with rabbit ears. If you are as old as me, you know what rabbit ears are.

I never heard of any psychics predicting the cell phones most of us carry around with us in our pockets or even the Internet.

My problem these days is finding the book I have with all the passwords in it. It seems to mysteriously get up and change locations. The reason I have so many passwords is that if I get hacked by someone, I don't want them to be able to access all my accounts.

My wife also has her book

of passwords. The problem is if you misplace your password book, it becomes a harrowing experience. Everything grinds to a halt as we help each other in the hunt for the missing book.

If I call my bank with a question about my account, I have to give them not only a password but tell them what my favorite hobby is. This is not easy because my favorite hobby changes weekly.

This means that in some cases, I must have my favorite hobby listed with my passwords. Some places have different questions. For example, they may ask where I was married or what my first pet's name was. There is even one place that has my voice recorded and a machine that can authenticate my voice.

The list which requires a password or something else in addition to the password gets longer and longer each year.

When I phone in even to the library, I go to they require a password to save a book I want to read. When I buy something online, I am required to register and create a password. I even need a password to

access my electric bill online to pay for it.

I can see in the future that someday people will lose their password books and end up paying ransom for them.

Without the password book, it would be like being on the Titanic after you hit the iceberg.

Maybe sixty years from now, we won't need passwords anymore. Maybe all we will have to do is hold up a thumb on the monitor to take my thumbprint or maybe it will be a handprint on the computer monitor after you get to the website you want.

Or maybe the devices we know as computers today will be able to recognize us when we sit down in front of them and say, 'Good morning.'

And in reply, the computer might say, 'Good morning, Jim. Nice to see you today,' and turn itself on.



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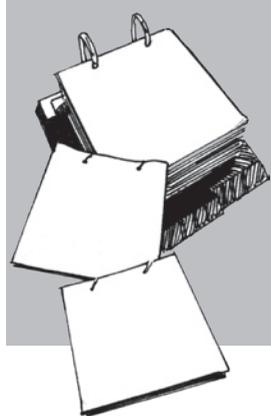
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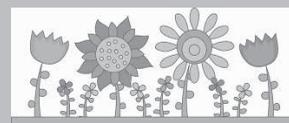
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April Calendar of Events



(ED Note: Please check with each venue or event before attending. Many events, classes and regular events have been canceled due to the ongoing COVID-19 pandemic in each city).

Now that spring has officially arrived and the weather is getting better you will be able to do more outside. Look at our April Calendar of Events and check off what you want to do and see.

Walk MS

Irvine

Saturday, April 10

Because of the coronavirus (COVID-19), Walk MS will be different this year – but why the walk continues is still the same. In 2021, walk with your family around your neighborhood, gather your team for a socially distanced stroll through the park or get together with friends. No matter how you celebrate, the Walk MS community will be with you every step of the way.

The fun, festival-like event including food, drink, entertainment, and a 2-mile walk at UCI. The National MS Society's mission is to end the devastating effects of multiple sclerosis. It is currently accepting registrations via, email,

mail, or over the telephone for this walk. At, Orange County Great Park, 6990 Marine Way, Irvine. Call, 800-486-6762.

Dale Carnegie Workshop: Managers Matter: Remote Employee Engagement Online: Free Online Webinar

**Tuesday, April 20
9 to 10:30 a.m.**

Managers Matter: Remote Employee Engagement is a one and half hour online workshop designed to provide you with the tools necessary to create a value-driven remote culture that will raise confidence levels and make employees feel inspired, enthusiastic, and empowered to achieve higher levels of performance. You'll learn the critical actions that must consistently be demonstrated to drive engagement and see measurable results with your remote team.

What You'll Learn

The workshop will be an interactive online session. You will learn a process for conducting an engagement interview, examine person-centered leadership strategies, and walk away with a proven formula for giving personalized recognition that inspires remote employees to higher levels of engagement.

Explore elements that drive remote employee engagement and why the manager's role is vital. Online, Dale Carnegie of Orange County. Call, 949-833-3253

Green Scene Plant and Garden Show

Fullerton

Online Only

For 2021 - this will be a virtual ongoing fundraising event. Green Scene is the perfect place for any gardener looking for new ideas to improve their gardens or outdoor habitats. Call, 714- 278.3407

Caspers Adventure Day San Juan Capistrano

Please call for updates for this year's event.

Spend a fun-filled day with family and friends under the sycamore trees while learning about Caspers Wilderness Park's natural and cultural history at Adventure Day. The event will feature fun activities for the whole family including exhibits, storytelling, puppet shows, music, food, nature walks, talks, and raffles. Come learn about the natural world that we are a part of. Event and parking are free. Food will be available for purchase from food trucks. At, Caspers Wilderness Park, 33401 Ortega Highway, San Juan Capistrano. Call, 949 923-2210.

Annual 'Gardenfest'

San Clemente

Please check the website or updates for the year's event.

Hosted by the San Clemente Garden Club. Admission is free. This year highlights include the annual Plant Sale and Garden Flea Market, exhibits demonstrating sustainable practices for your garden, garden-related opportunities in our community, open to the public 'funky container' and 'floral design' contests, San Clemente Art Association's Garden and Flower Show painting competition, Butterfly Habitat Education and Water Smart Program. At, San Clemente Community Center, Avenida Del Mar at Calle Seville. Visit sanclementegardenclub.com for updates.

Bolsa Chica's Earth Day Festival

Huntington Beach

Please check back to see the status of this year's event.

Join the Bolsa Chica Conservancy for some free family fun, as it celebrates its annual Earth Day Festival. The festival will include educational activity booths, tours, food, a bounce house, and more! Don't miss out on the eco-friendly fun. Sponsored by the Bolsa Chica Conservancy and the Amigos de Bolsa Chica. At, Bolsa Chi-

ca Conservancy Interpretive Center, 3842 Warner Avenue, Huntington Beach. Public Parking Across the Street from the Interpretive Center. Visit bolsachica.org for updates.

ACES Hot Rod Resurrection Car Show Huntington Beach

Please call for updates for this year's event.

ACES Car Club is once again hosting its annual Aces Hot Rod Resurrection. This event is open to pre '65 traditional hot rods, customs, and vintage/classic bikes only, and being held at Old World, Huntington Beach. Old World offers a traditional German village backdrop for the unique collection of traditional hot rods and customs, combined with food, drink, and live music. \$20 per ride; spectator's admission and parking are free. At, Old World Village, 7561 Center Ave., Huntington Beach. Call, for additional information and to RSVP call 949-547-7269, or visit acescarclub.com.

Ongoing Events Santa Ana Art Walk

Santa Ana

First Saturday of the Month 6 p.m. to 10 p.m.

Downtown Santa Ana offers a look at the arts on the first Sat-

Continued on page 22

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FLASH BACK

'Tiptoeing Through a Career'

By Randal C. Hill

Tiny Tim is typically remembered as a disposable novelty performer, but he deserves better than being a mere footnote in entertainment history.

He was born Herbert Butros Khaury in Manhattan in 1932, the son of immigrants who toiled in the garment industry. At home, Herbert spent hours mesmerized by his parents' sublime 78-rpm discs of Bing Crosby and Rudy Vallee. Outside, neighborhood bullies taunted him, and at school, the mild-mannered misfit ignored classroom subjects to day-dream about the girls there.

He took up the ukulele after seeing Arthur Godfrey playing one on television. Shortly thereafter, Khaury set music as a career goal. He left school at 17, grew his hair down to his shoulders (an unusual move at the time), and learned hundreds of old-time songs. Eventually, he found club work as a novelty act in a few local dives, where he strummed his instrument and sang in a quavery but pure falsetto, as well as in a rich, confident male baritone. This unusual skill allowed him to sing duets with himself.

He adopted a series of stage names, including Judas K. Foxglove and Larry Love, the Singing Canary. In 1963, his manager proposed the En-

glish-sounding title Sir Timothy Timmins. Herbert preferred Tiny Tim, though, after the iconic Charles Dickens character.

Tim was eventually able to secure better gigs in Greenwich Village. From there, he moved up to a trendy New York club called The Scene, where he formed friendships with such pre-fame musicians as the Lovin' Spoonful, Jimi Hendrix, and Bob Dylan.

Tiny's life changed dramatically one night in 1967. Mo Astin, the head of Reprise Records, caught Tim's act at The Scene and offered him a recording contract on the spot. The result was a future Top 10 album, "God Bless Tiny Tim," which contained his lone hit single of "Tiptoe Through the Tulips." The ditty, a laughable anomaly in an era of psychedelia and heavy metal, had been around since 1929 when singer Nick Lucas had recorded a No. 1 hit with it.

Nineteen-sixty-eight became Tiny's breakout year. That January, most Americans got their first look at Tim on "Rowan & Martin's Laugh-In," with the scraggly-haired, beak-nosed, face-powdered entertainer strolling onstage while grinning and blowing kisses. That night, when he launched into "Tiptoe Through the Tulips,"

a star was born — although some perplexed viewers probably expected a UFO to drop down and whisk Tim off to his home galaxy.

His star burned white-hot for a while. Las Vegas beckoned with \$50,000-a-week offers, and on Dec. 17, 1969, over 40 million "Tonight" viewers watched Tiny marry 17-year-old "Miss Vicki" (Victoria Budinger) on Johnny Carson's TV show.

The couple had a daughter, Tulip, before divorcing in 1977. Tim married two more times and released numerous disparate records that always tanked. He never could find that elusive second big hit.

On Nov. 30, 1996, Tiny Tim suffered a fatal heart attack at age 64 while performing at a small Minneapolis club. He had just finished singing "Tiptoe Through the Tulips."

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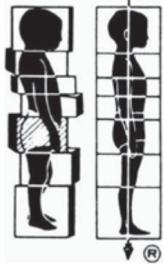
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'I Am ...I Said'

Neil Diamond

By Randal C. Hill

Humor writer Dave Barry once invited the readers of his weekly syndicated newspaper column to vote for the worst pop song of all time. When over 10,000 letters piled up on his Miami office desk, he assembled them into *"Dave Barry's Book of Bad Songs."*

"MacArthur Park" took the highest "honor," but fun-loving Barry offered jabs at several other tunes as well. One was Neil Diamond's *"I Am ... I Said,"* with Dave citing one particular set of odd lyrics:

*"I am...I said/To no one there/
And no one heard at all/Not
even the chair."*

"Barry's gleeful response: "What kind of line is that? Is Neil telling us he's surprised that the chair didn't hear him? Maybe he expected the chair to say, 'Woah, I heard THAT!'"

Okay, funny enough. But a closer look at the song reveals some serious surprises.

Diamond, who was born Noah Kaminsky in New York in 1941, took a screen test in 1970 in hopes of playing comedian Lenny Bruce in a forthcoming film. (Dustin Hoffman eventually won the role.) In an interview years later, Neil described how he had returned to his Los Angeles Holiday Inn room in a funk because he felt

(correctly) that he had failed the audition.

Sitting alone at a small table with two chairs, he gazed out the window at the world of golden sunshine and palm trees. He was homesick for his native Brooklyn and feared that perhaps he had made a mistake in his recent move to California. (In an earlier minor hit, *"Brooklyn Roads,"* Diamond waxed nostalgic about gazing out the window of his third-floor childhood apartment.)

Neil picked up his guitar and within one hour wrote *"I Am ... I Said,"* which would eventually become his sixth Top 10 single since 1966. He would spend the next four months honing the tune to his satisfaction.

Diamond's label, Uni Records, questioned his line about the chair, but Neil insisted that it stay. To him, it represented where a hotel-room companion would have sat if there had been one that day. Others have pointed out that Diamond, who is Jewish, may have subconsciously gleaned the chair image from the Passover, which includes Jewish people keeping an empty chair for Elijah, who will eventually announce the coming of the Savior.

Diamond has since admitted

that much of the bulk of his song came from time spent in therapy in Los Angeles: "It was consciously an attempt on my part to express what my dreams were about, what my aspirations were about and what I was about. And without any question, it came from my sessions with the analyst."

He has since proclaimed, "[*"I Am ... I Said,"*] was by far the most difficult song I have ever written — and probably the best song I have ever written."

By the way, Barry was so overwhelmed by the tsunami of hate mail that flooded in from Neil's fans that Dave soon wailed in print, "Please stop writing! You have convinced me! Neil Diamond is a music god!"

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Did You Know The OC Is A Major Destination in Southern California



Photo by Diana Nuttman - Own work, CC BY-SA 3.0 via <https://commons.wikimedia.org/w/index.php?curid=35287208>

Whether it's manicured beach towns or exciting theme parks, all framed by oceanfront towns and luxury yachts, "The OC" stands out as one of California's most iconic destinations.

From Anaheim to San Juan Capistrano, here's a closer look at some of the county's top places to see and be seen.

Before paying a visit to any of these venues please check with each location due to current COVID-19 lockdown restrictions.

Disneyland Resort: With a history dating back to 1955, this iconic theme park in Anaheim is a beloved family tradition in California and around the world, a place helping families create magical memories.

Irvine Spectrum Center: Featuring great architecture and fountain-lined walkways, the outdoor mall is home to all kinds of shops, a Giant Wheel, and more.

Knott's Berry Farm: Enjoy dozens of rides, shows, and attractions in Buena Park including the family-friendly Camp Snoopy and Silver Bullet, California's largest inverted roller coaster.

Mission San Juan Capistrano: The historic Orange County landmark is not one of California's 21 missions but is also the state's first winery.

Richard Nixon Presidential Library and Museum: Learn about the history and social strife of the 1960s at this fascinating Orange County mu-

seum, which houses dozens of exhibits and hundreds of artifacts from the Nixon Administration.

South Coast Plaza: California's largest luxury shopping complex features iconic brands like Hermes, Chanel, and Prada while offering visitors unique dining and entertainment.

Source: visitcalifornia.com

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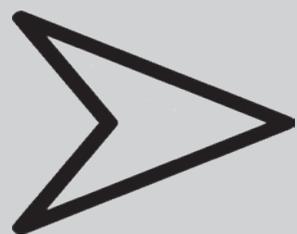
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- Albert Einstein





In The Spotlight

Are You Ready to File Your Taxes? Here Is Some Help from an Expert

The IRS on March 17, announced the federal income tax filing due date for individuals for the 2020 tax year was extended from April 15, 2021, to May 17, 2021.

Are you ready for April 15? Yes, it's that time to file your taxes if you haven't done so yet. Here is some help from a certified CPA and tax expert with TurboTax Lisa Greene-Lewis. She has almost 10 years with TurboTax and close to 30 years of industry experience.

She has also had positions as a public auditor, controller, and operations manager.

"I am passionate about breaking down tax laws and sharing tips to help taxpayers save on their taxes no matter what stage of life they're in," she said. "Getting timely and accurate information out to customers to help them is paramount for me."

Greene-Lewis has also contributed tax articles to local, national, and online publications, including *"US News & World Report"* and *"Huffington Post,"* and appeared on various news broadcasts.

Here is more to help seniors do their taxes this year:



SR: What are the best eight tips for seniors this year when filing taxes?

A: Take advantage of the 'Credit for the Elderly or Disabled:

1. If you and/or your spouse are either 65 years old or older or under 65 years old but are permanently and totally disabled, you may be able to take advantage of the Credit for the Elderly or Disabled. This credit is based on your age, filing status, and income and is between \$3,750 and \$7,500.

2. Factor in Other Income When Looking at How Social Security Income is Taxed

One of the first things I make sure to tell people about tax planning in retirement is that

it's important to look at your other income outside of Social Security — like pension, savings, other income, and even income from side gigs — because those additional streams of income can make your Social Security taxable.

- The amount of your Social Security benefits that are taxable will depend on the number of benefits you receive and other sources of income you receive.

• Not everyone has to pay taxes on their Social Security benefits. To see if your Social Security will be taxed, you have to look at your combined income and your marital status. 'Combined income' about Social Security income is Adjusted Gross Income plus nontaxable interest plus 1/2 of Social Security benefits. Don't worry about figuring out the calculation, TurboTax figures out the taxable portion, if any, on the back end.

- Combined income totaling \$25,000 to \$34,000 for single filers and \$32,000 to \$44,000 for those married filing jointly means that 50% of your Social Security payments can be taxable, and if your earned income is above \$34,000 for single filers or \$44,000 for married filing jointly, then 85% can be taxed.

3. Know About the Bigger Standard Deduction

If you or your spouse are 65 years old or older you can get a higher standard deduction amount if you do not itemize your deductions. If you are 65 and older or blind the additional amount is \$1650 if you are filing as single and \$1,300 if you file married filing jointly.

4. There is Tax Relief Related to Retirement

Under the CARES Act, during 2020 you were able to make a coronavirus-related retirement withdrawal up to \$100,000 from eligible retirement plans without being subject to the normal 10% early withdrawal penalty for withdrawing from retirement savings before age 59½. Also, funds distributed can be included in taxable income over three years instead of in one year. For instance, if you received a \$30,000 COVID-related distribution, you could choose to have \$10,000 per year for three years included in your income instead of including the entire amount on your 2020 taxes.

The required minimum distribution (RDM) from a 401k, 403b, or an IRA was suspended for the year 2020 for those over 70 ½ years old. This in-

cludes anyone who was age 70 ½ in 2019 and would have had to take their first RDM in 2020.

5. New Retirement Contribution Limits

The contribution limit for employees over 50 years old who participate in 401k, 403b, and most 457 plans and the federal government's Thrift Savings plan limits for 2020 are \$26,000. This includes the \$6,500 catch-up contribution for those over 50 years old.

If your job does not offer a retirement savings plan you can contribute up to \$7,000 in a traditional or Roth IRA. The amount remains at \$7,000 for the tax year 2021.

6. Deduct Medicare Premiums if You Work a Side-Gig or Freelance

If you are self-employed you can deduct the premiums you pay for Medicare parts B and D plus the cost of a supplemental Medicare policy or a Medicare Advantage plan.

7. Track Your Medical Expenses

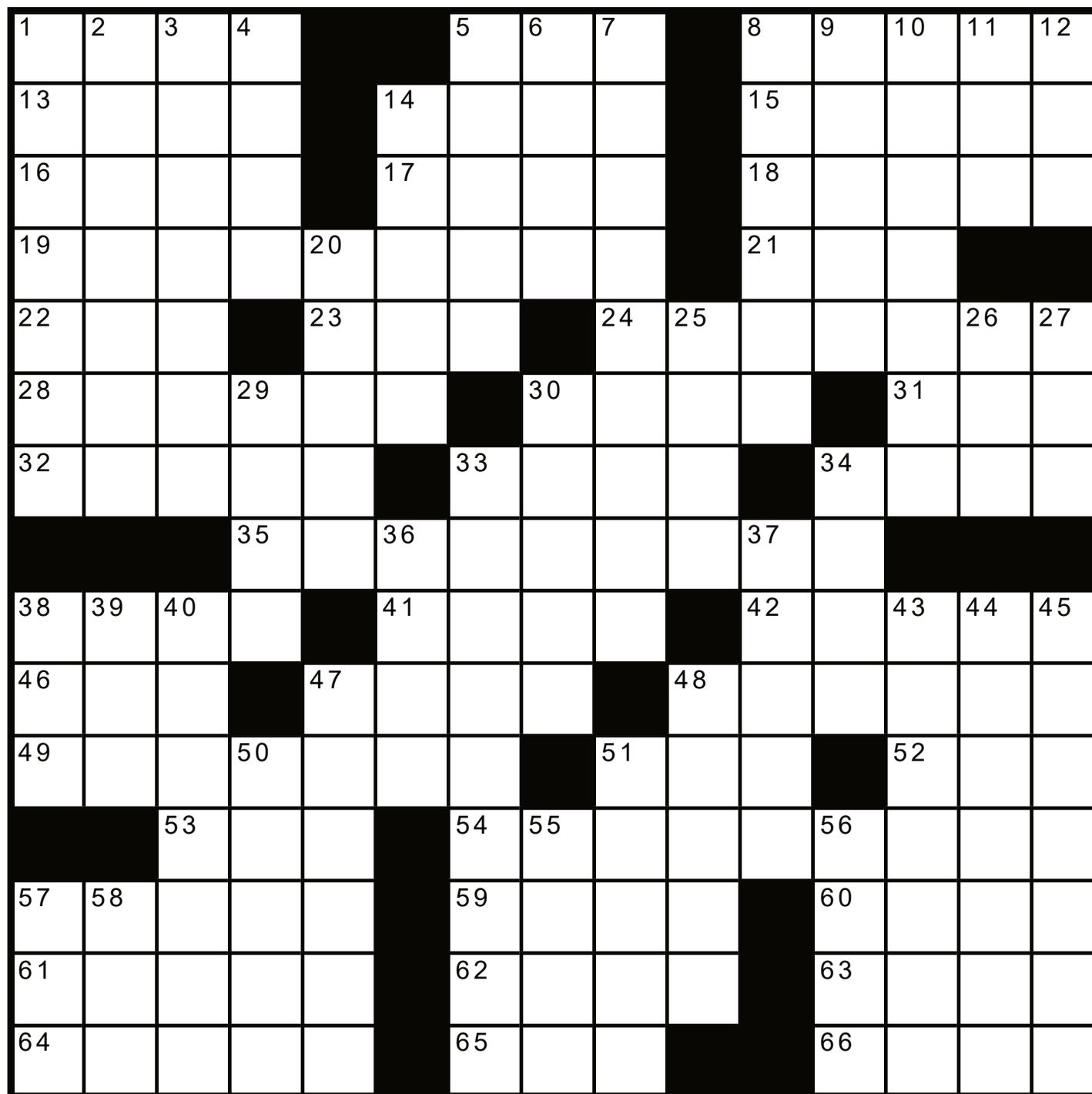
One important retirement tax strategy is to track medical

Continued on page 25

April Crossword Puzzle

Across

1. Scrapes (out)
5. Collector's goal
8. Ebbets Field hero
13. Actress Heche
14. Soccer legend
15. Steve of country music
16. Network of nerves
17. Lascivious look
18. Take ___ for the worse
19. Gazette
21. Flop
22. Samuel's teacher, in the Bible
23. Naval rank, briefly
24. Tool to break solid water
28. Nissan model
30. Headliner
31. Skater Babilonia
32. Tire feature
33. Latin love
34. Funny Foxx
35. Work clothes
38. Oscar winner Paquin
41. Airport near Paris
42. Gillette razors
46. Feathery wrap
47. Examine by touch
48. Most loyal
49. Gallery event
51. Wager
52. Fine hair
53. Pro ___ (for now)
54. Muse of tragedy
57. Look after
59. ...___ saw Elba
60. Mother of the Valkyries
61. Chilean pianist Claudio
62. Require
63. Hunt for
64. Poles for sails
65. Recipe amt.
66. Ethereal



Down

1. Serious in intention
2. One bent in reverance
3. Fold
4. Witnesses
5. Oozes
6. Robt. ___
7. Region
8. Person with a paper, perhaps
9. Devour
10. Learned
11. Camera type, briefly
12. Poet's dusk
14. Primary strategy
20. Lost in Paris?
25. Have concern
26. Structural engineer's software
27. Rib
29. And here it is!
30. Little
33. Mutual arrangement
34. Queue after Q
36. Christmas
37. Keep an ___ the ground
38. Attorneys' org.
39. ___'easter
40. Chats
43. Arbitrator
44. Into separate parts
45. A poorly-wiped window?
47. Renowned
48. Lukewarm
50. Went after
51. Censor
55. "___ Tu" ('70s hit)
56. City near Phoenix
57. Friend of Frodo
58. Pitching stat

Answers on Page 24

Fabulous Finds

By Debbie L. Sklar

Spring is here and it's time to celebrate

If you're a grandparent and still stuck in the house here's a few games you can pick up to play with the grandkids. These games are easy to learn, quick to play, and full of nostalgic fun for grandparents and grandchildren (younger and older) to enjoy together and create lasting memories.

Also, check out these new beauty items to welcome the season of rebirth and renewal.

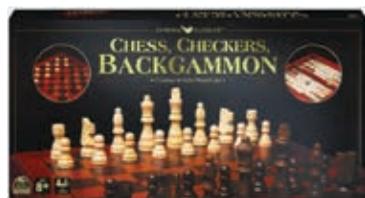
Rubik's Perplexus Fusion 3x3 (Spin Master Games)



Rubik's Perplexus Fusion 3x3 unites two mind-challenging puzzles in one! Roll the steel ball to the START space and twist the Rubik's Perplexus to align the tracks and maneuver the ball through the inner maze. Roll past increasing numbers along the track on your way to the finish line without falling off the track. Put your skills to the test. Complete the maze, complete the Cube. The Ru-

bik's Perplexus Fusion helps build problem-solving skills through challenging and engaging gameplay and is the perfect size for on-the-go fun. MSRP \$19.99, 1 player, ages 8+; available at Walmart.

Wooden Chess, Checkers, and Backgammon Game Set (Spin Master Games)



This game set contains three classic board games housed in a beautiful wooden case. These are long-time family favorites that are sure to provide hours of strategic entertainment. With **Wooden Chess, Checkers, and Backgammon Game Set (Spin Master Games)** take your pick — Chess, Checkers, and Backgammon are all included, and when you're done, everything fits neatly into the wooden storage case. MSRP \$24.99, 2 players, ages 6+, available at Walmart.

Moon Bath

Moon Bath, an organic and sustainably produced line of bathing rituals that combines ancient wisdom with modern intuitive alchemy to curate a bathing experience unlike any other centered around self-love, renewal, and rejuvena-



tion right from the comfort of your own home. The **Lunar Bath Tea Collection** is deeply calming to the mind, soothing to the body, and uplifting to the spirit. Using bath tea assists in helping the consumer balance the moon's energy with a combination of grounding and warming botanicals — it invites us to take comfort in the void, as this is the open space in which we plant the seeds of new intentions. Price \$20; available at MoonBath.com

Mind Rise — Transcendent Nose Oil



Clear and elevate your mind with soothing oil nose drops. A transcendent experience combining the revered Ayurvedic botanicals Brahmi and tulsi, **Mind Rise Transcendent Nose Oil** releases tension, nourishes the tissues, and strengthens the vision — of the mind and heart. Simply tilt your head back, and place 3-5 drops of oil in each nostril. Rest for 5 minutes. Price \$20; available at MoonBath.com

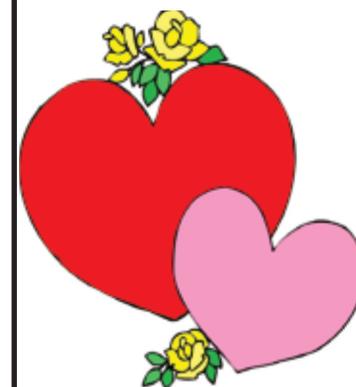
Mary Jane CBD Glow Mask



With the massive success of their cult-classic product the Mary Jane CBD Glow Serum, the company decided to expand its line and create an overnight face mask called **Mary Jane CBD Glow Mask**. What Mary Jane does: it brightens the skin! That's why they call it a "glow" mask because it leaves your skin dewy and hydrated. This dark pink product has a jelly-like texture and it's formulated with the follow-

ing key ingredients: 200mg of CBD, vitamin A, cannabis Sativa, caffeine + glycolic acid boost. Price: \$38; available at TrulyBeauty.com.

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Life After Mother

By Lyn Jensen

"Exploring probate and estate issues from personal experience"

Danger to Yourself and Others

My mother never accepted, after her stroke in 2017 and a diagnosis of dementia (which she never accepted, either) that she was no longer capable of driving safely. Even in her final weeks in a care facility, she lamented, 'I've got to start driving again.'

How dangerous an incapacitated senior's refusal to stop driving can be was tragically demonstrated in Santa Monica in 2003 when an 86-year-old man admitted he got confused between the accelerator and brake pedal. He drove for an entire block through the middle of a farmers market, hitting stands and pedestrians, killing 10, injuring 70.

The man was found guilty of 10 counts of manslaughter.



"Hitting the accelerator instead of the brake seems to me to be a clearly negligent act," the judge said.

Much driving advice for seniors centers on safety including alternatives (such as ride services) but there's little focus on getting an incapacitated person to admit the potential for danger.



Only some twists of fate stopped my mother's denial from having more severe consequences. A doctor and the DMV had to clear her to legally drive again — her license was suspended — and she tried and failed to get clearance.

Also, at just the right time, her Prius' battery died, and a replacement cost several \$1,000.00. My mother, a great procrastinator, balked but kept threatening to buy a new battery — or a new car. I feared she might stop procrastinating long enough to find an unscrupulous car salesman.

I chauffeured her for two years, while at every chance she raged at healthcare providers about how she 'had to' drive because I couldn't be expected to 'drive 40 miles' to drive her. When I tried to explain the distance was more like 20 miles and distance wasn't an issue, the professionals responded as to some pointless family quarrel, instead of evidence of dangerous delusion.

My father also lived in denial

about dementia impairing driving. He lived on the second story of a stairs-only apartment, so his physical inability to get down the steps was what mercifully kept him off the road. 'I just need somebody to help me to the car!' he'd rage.

'You need to be able to see and hear to drive,' I tried to explain.

'I can see! I can hear!' he'd bellow.

He complained he couldn't hear even with two hearing aids turned up full (he always, always blamed the aids and their batteries) and he couldn't see even halfway across the room — but just try and tell him that impaired his driving.

I asked several resources if my mother could be counseled about her failure to accept her impairment, only to hear variants on, 'She has dementia, so she'd just forget anyway.'

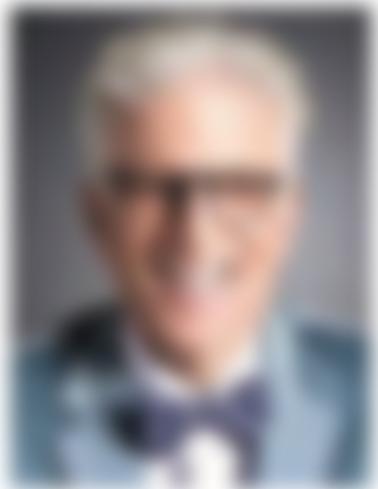
She had times, though, when light broke through the dark clouds of dementia. Someone may have been able to cast some light on why she was so reluctant to admit the truth.

Ted Danson: From 'Cheers' to Climate Care

By Les Goldberg

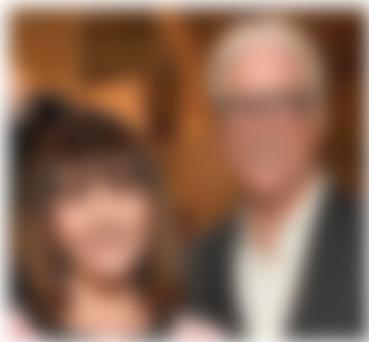
It's true: anybody who has lived long enough to remember the TV sitcom about the quaint neighborhood bar in Boston where "everyone knows your name" will forever equate Ted Danson with the quippy bartender in "Cheers," one of the most iconic shows ever produced in the history of television.

And Danson admits as the above quote illustrates, the multi-E Emmy-winning, 11-year running series was the springboard to stardom for the 73-year-old actor.



Today, he is "Mr. Mayor," his newest comedy series about the often-quirky challenges of running the City of the Angels. It is a testament to his ability to "go with the flow" of the many changes in the entertainment industry that have allowed him to take on a variety of roles, comedic and dramatic.

For instance, he has gone from playing Sam Malone, the "Cheers" bartender, to D.B. Russell, the forensic expert in all of the "Crime Scene Inves-



tigation (CSI)" series which ran on TV and in the movies from 2011-15 and was a pioneer in the modern TV era of crime-solving shows.

After being raised near Flagstaff, Ariz., Danson attended Stanford University, where he became interested in drama during his second year. He transferred to Carnegie-Mellon University in Pittsburgh in 1972. Soon after graduation, he was hired as an understudy in the Off-Broadway product of the "Real Inspector Hound." Six years later, he moved to L.A. and studied at the Actor's Institute where he also taught classes.



With nearly 100 credits under his belt, Danson has established himself as a fixture

in the entertainment industry. His work portfolio includes such TV titles as "The Amazing Spider-Man," "The Onion Field," "Taxi," "Three Men and a Baby," "Frasier," "Diagnosis Murder," "Becker," "Damages," "Bored to Death," "The Good Place," "Curb Your Enthusiasm" and "American Dad."

His efforts have earned him the industry's top honors, including two Emmy awards among nine Emmy nominations as Outstanding Leading Actor in a Comedy Series, and the Golden Globe Award for "Cheers" and his performance in the 1984 TV movie "Something About Amelia," co-starring actress Glenn Close.



On the big screen, Danson's film credits include "The Onion Field," "Body Heat," "Three Men and a Baby," "Three Men and a Little Lady," "Cousins," "Dad," "Made in America," "Saving Private Ryan," "Mumford" and "Jerry and Tom."

Away from the Hollywood sets and acting life, the San Diego native and resident of Los Angeles is an avid environmentalist who is one of the founders of the American Oceans

Campaign, an organization established to alert Americans to the life-threatening hazards created by oil spills, offshore development, toxic wastes, sewage pollution, and other ocean abuses.



Evidence of his passion for the environment was on display in 2019 when he was arrested



and charged along with actress Jane Fonda at a "peaceful" climate change protest outside the U.S. Capitol in Washington, D.C. Years later he would publish his first book, "Oceana: Our Endangered Oceans And What We Can Do To Save Them," written with journalist Michael D'Orso.

After two unsuccessful marriages, Danson married actress Mary Steenburgen in 1995 and the couple continues to live happily ever after.



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Being 55+ Has its Advantages

The 55-plus crowd is more active than ever, continuing to stay in the workforce longer, growing in numbers—to the tune of 73 million and counting—and exerting an even greater economic impact. In fact, 55+ers are responsible for over half of U.S. consumer spending, according to AARP, contributing to the huge upsurge in online spending during the pandemic.

If you are one of these lucky ones—as in 55 or older—you may not realize that you are actually the envy of many. People in this age group can save thousands of dollars a year on everyday goods and services so make sure you know about



New wireless phone plans mean money savings and include Netflix.

ALL of the discounts available to you.

Whether planning for long-term savings for retirement or for short-term expenses like a post-pandemic vacation, saving money is front and center in today's world. The good news is that there are so many great discounts created just for you that it makes it easy to save tons by paying attention

to where you're spending your money each month.

Here are some “55 and over” discounts to be on the lookout for—that you might not know about:

- **Auto insurance:** Insurance companies sometimes offer discounts for good drivers over a certain age.
- **Travel:** It's almost time to travel again so be sure to check for age-related discounts with major airlines, hotel chains, and rental car companies.
- **Restaurants:** Over 55? Ask about special days, nights or menu items at your favorite

fast-food or fancy restaurant—even if it's takeout.

- **Wireless plans:** Make sure that you are on a discounted 55+ plan—a failsafe way to save money each month.

Given that 55+ consumers are spending 30% more time on mobile devices than they did a year ago, having an affordable wireless plan that provides unlimited text, talk and data with additional valuable perks is huge. Take a look at T-Mobile's 55+ plans that it offers to customers across the United States. Verizon and AT&T, on the other hand, only offer 55+ plans for customers who live in Florida (even though 92% of people in the United States who are 55 and older live out-

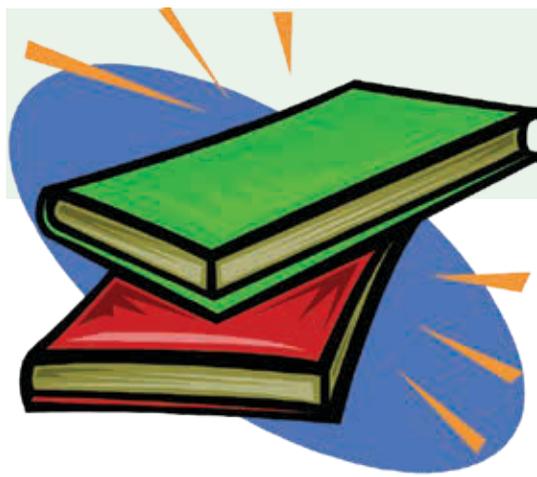
side of Florida). And T-Mobile recently announced that customers on a Magenta 55+ or Magenta MAX 55+ plan can have up to four voice lines on their account.

Always pay attention to details when considering your choice in wireless plans.

Learn More

For further information about the plans, visit www.t-mobile.com/55.

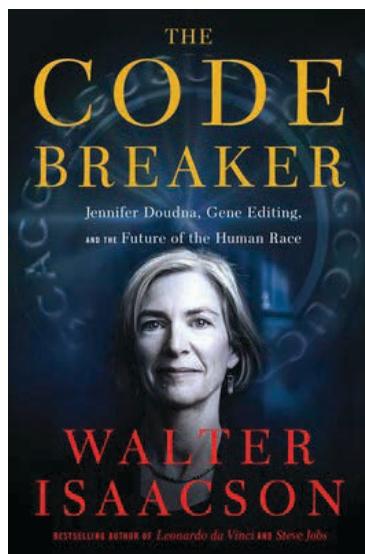




April Book Club

In between filing your taxes and other mundane duties why not enjoy a good book? There are some new titles to keep you entertained by some of the top authors – new and established – for the spring season.

The Code Breaker Jennifer Doudna, Gene Editing, and the Future of the Human Race By Walter Isaacson



“When Jennifer Doudna was in sixth grade, she came home one day to find that her dad had left a paperback titled *The Double Helix*’ on her bed. She put it aside, thinking it was one of those detective tales she loved. When she read it on a rainy Saturday, she discovered she was right, in a way. As she sped through the pages, she became enthralled by the intense drama behind the com-

petition to discover the code of life. Even though her high school counselor told her girls didn’t become scientists, she decided she would.

“Driven by a passion to understand how nature works and to turn discoveries into inventions, she would help to make what the book’s author, James Watson, told her was the most important biological advance since his co-discovery of the structure of DNA. She and her collaborators turned a curiosity of nature into an invention that will transform the human race: an easy-to-use tool that can edit DNA. Known as CRISPR, it opened a brave new world of medical miracles and moral questions.

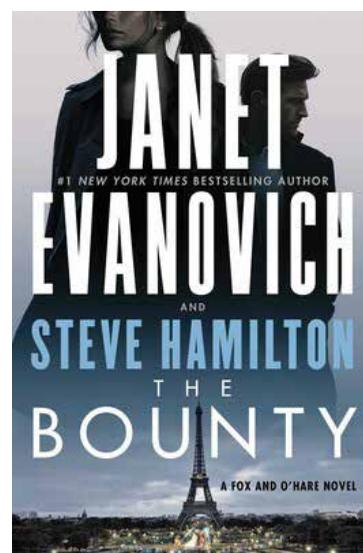
“The development of CRISPR and the race to create vaccines for coronavirus will hasten our transition to the next great innovation revolution. The past half-century has been a digital age, based on the microchip, computer, and internet. Now we are entering a life-science revolution. Children who study digital coding will be joined by those who study genetic code.

“Should we use our new evolution-hacking powers to make us less susceptible to viruses? What a wonderful boon that would be! And what about pre-

venting depression? Hmm ... Should we allow parents, if they can afford it, to enhance the height or muscles or IQ of their kids?

“After helping to discover CRISPR, Doudna became a leader in wrestling with these moral issues and, with her collaborator Emmanuelle Charpentier, won the Nobel Prize in 2020. Her story is a thrilling detective tale that involves the most profound wonders of nature, from the origins of life to the future of our species,” according to Publisher Simon and Schuster.

The Bounty A Novel Book No. 7 of A Fox and O’Hare Novel By Janet Evanovich and Steve Hamilton



“Straight as an arrow special agent Kate O’Hare and international criminal Nick Fox have brought down some of the biggest bad guys out there. But now they face their most dangerous foe yet—a vast,

shadowy international organization known only as of the brotherhood.

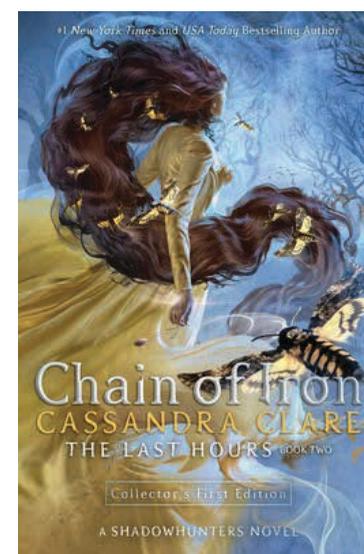
“Directly descended from the Vatican Bank priests who served Hitler during World War II, the brotherhood is on a frantic search for a lost train loaded with \$30 billion in Nazi gold, untouched for over 75 years somewhere in the mountains of Eastern Europe.

“Kate and Nick know that there is only one man who can find the fortune and bring down the brotherhood — the same man who taught Nick everything he knows — his father, Quentin. As the stakes get higher, they must also rely on Kate’s own father, Jake, who shares his daughter’s grit and stubbornness. Too bad they can never agree on anything.

“From a remote monastery in the Swiss Alps to the lawless desert of the Western Sahara, Kate, Nick, and the two men who made them who they are today must crisscross the world in a desperate scramble to stop their deadliest foe in the biggest adventure of their lives,” according to Publisher Atria Books.

Chain of Iron Book No. 2 of The Last Hours By Cassandra Clare

“Cordelia Carstairs seems to have everything she ever wanted. She’s engaged to mar-



ry James Herondale, the boy she has loved since childhood. She has a new life in London with her best friend Lucie Herondale and James’s charming companions, the Merry Thieves. She is about to be reunited with her beloved father. And she bears the sword Cortana, a legendary hero’s blade.

“But the truth is far grimmer. James and Cordelia’s marriage is a lie, arranged to save Cordelia’s reputation. James is in love with the mysterious Grace Blackthorn whose brother, Jesse, died years ago in a terrible accident. Cortana burns Cordelia’s hand when she touches it, while her father has grown bitter and angry. And a serial murderer is targeting the Shadowhunters of London, killing under cover of darkness, then vanishing without a trace.

“Together with the Merry Thieves, Cordelia, James, and Lucie must follow the trail of the knife-wielding killer

Continued on page 22

Staycations Replacing Stay-At-Home Option

By Shana McCann

Like opening a bottle of champagne, the metaphorical cork is going to pop off sooner than later, spraying a new sense of freedom not felt for more than a year.

For Southern Californians, that means fleeing the nests. Travel, whether near or far, is back on their agendas, especially since the federal, state, and local pandemic restrictions are gradually lifted as we head into spring, summer, and fall.

While long-distance trips via air, cruise, or train are still being discouraged by the Center for Disease Control and most health experts, we believe the perfect “get-out-the-house” solution is a socially distanced “Staycation.”



The popular phenomenon is a safe, easy, and economical way to rid yourself of stir-crazy boredom while enjoying the sights and sounds that abound right outside your neighborhood.

So, gas up your vehicle or RV and venture out to one of these fun destinations, or just enjoy the scenery along the way.



Here are some ideas, and look for more in my future columns:

The Canyons

If you live in Orange, Los Angeles, Riverside, or North San Diego counties, known mostly for their bursting populations and bustling traffic, there are within a few minutes' drive several remaining rustic areas that remind us of a time when this entire region consisted of

rolling hills, sprawling ranches, bubbling creeks, wildlife, and majestic tree-lined canyons.

Modjeska Canyon

Just south of the city of Orange, Modjeska Canyon can be found two miles south of Santiago Canyon Road. It features a seasonal creek that runs down the narrow floor and is surrounded by a canopy of

trees with tidy homes tucked against the hillsides.

Tourists, hikers, and residents are attracted by the Modjeska House and the Tucker Wildlife Sanctuary with its education center and informative nature trails. The Modjeska Historic House and Gardens is a national historic landmark, named for Helena Modjeska, a Shakespearean actress from 1888 to 1906.

A fun variation on entering the canyon is to use Modjeska Grade Road, a narrow side road that runs up the canyon, then drops quickly down a grade into the valley. It is one of the tightest-turning two miles in Orange County.

Santiago Canyon

Skirting the Cleveland National Forest, Santiago Canyon Road rolls above Silverado Creek, with Modjeska and Santiago peaks towering above it. Heading south, your first diversion is to pull into Silverado Canyon.

A California Historical Land-

mark, Silverado was home to silver mines, and it has marine fossils in its sandstone cliffs. While you are on Santiago Canyon Road, you will find the Cowboy Canyon Winery tasting room with its Western flair.

Further down the road is the Southland's famous Cook's Corner, a historic roadhouse bar and grill and favorite watering hole for bikers. The landmark was established more than a century ago but



turned into a full-service tavern after World War II when an old mess hall from the Santa Ana Army Air Base was moved to the location.

Live Oak & Trabuco Canyon Roads

At Cook's Corner, take the turn onto Live Oak Canyon Road and head toward O'Neill Regional Park.

The road rises, drops, and narrows as century-old oak trees stretch to a canopy above, creating a tunnel of filtered light

and soft shadows. For precious minutes, Live Oak feels like a magical place and has remained relatively unchanged for 50 years. And while you are there, stop at Canyon Cantina & Grill to sip margaritas in a shaded patio surrounded by ancient oaks and sycamores overlooking Trabuco Creek.

Avenida La Pata

While you are cruising down Santiago Canyon Road, you can turn onto Antonio Parkway for a scenic, inland alter-

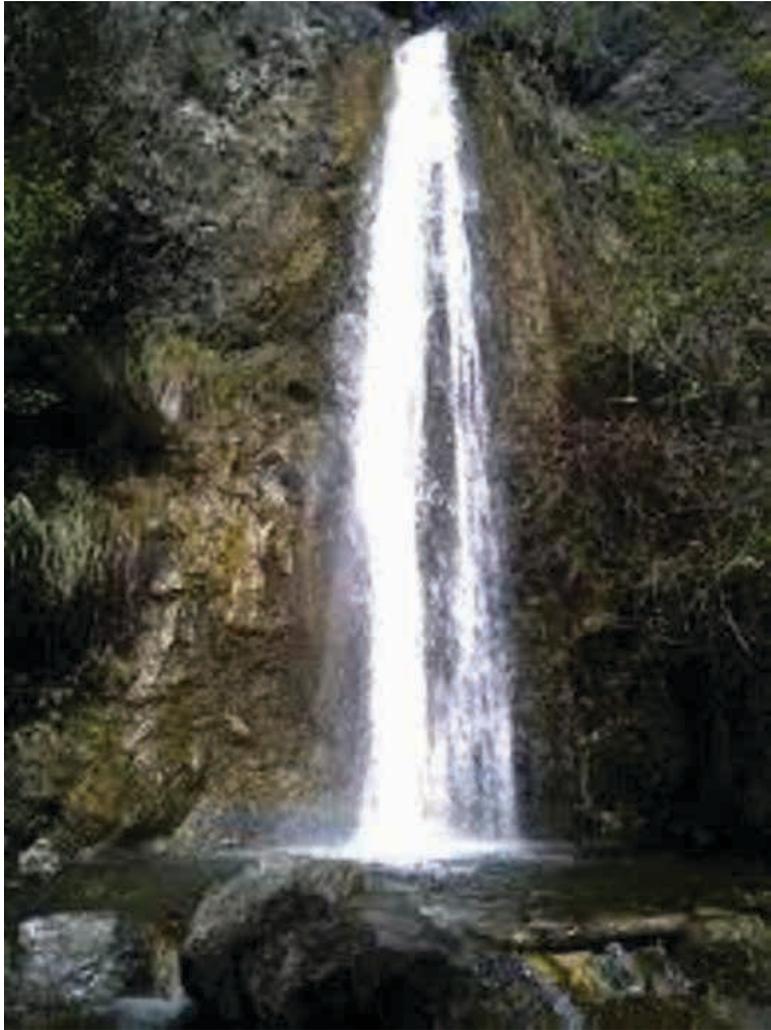
native to get from the 91 Freeway all the way to the South County line.

The most pleasant part of this drive is the newer section of four-lane Avenida La Pata that rolls across open hillsides. For a bonus, when you hit Avenida Pico and turn toward the ocean, you arrive at The Outlets of San Clemente, which hosts South OC Cars and Coffee on Saturdays.

Continued on page 19

Staycations Replacing Stay-At-Home Option

continued



Ortega Highway

At the southernmost part of Orange County is Ortega Highway, one of the most interesting roads in Southern California.

It is a 32-mile stretch that runs the first 17 miles in the OC from San Juan Capistrano and crosses into Riverside County, ending at Lake Elsinore.

The highway was named after Spanish explorer Jose Francisco Ortega, one of the first Europeans to see this area, and was dedicated in 1933. At the time, it was considered a major construction feat, as it reaches nearly 2,700 feet crossing the Santa Ana Mountains.

Along the way, you will find the Ronald W. Caspers Wilderness Park, an 8,000-acre preserve with camping and several hiking trails, and San Juan Canyon. The road climbs in a series of sweeping curves, passing smaller canyons and the Ortega Oaks campground with its famous candy store which also offers pies, cakes, fudge, and espresso.

Continuing east, you will be climbing sharply for a mile where you can stop at the parking lot for the trail to Ortega Falls. During wetter months (which are few and far between), you can take the 10-minute walk over boulders to the 35-foot falls.

Carbon Canyon

At the other side of Orange County, to the far northeast, and just south of the Los Angeles County line is Carbon Canyon. In some ways, it is a hidden oasis, nestled between Brea and Chino Hills.

Carbon Canyon Road has two lanes that pass through the enclave communities of Olin-da and Sleepy Hollow (that's right, Sleepy Hollow!). It can feel like you are in the foothills of the Sierra Nevada as the road weaves toward Highway 71 in Chino Hills.

On the Brea side, you can picnic at the 124-acre Carbon Canyon Regional Park, with a four-acre lake with piers for fishing and a unique grove of coastal Redwoods.

To extend your canyon drive, take Imperial Highway south across the 91 Freeway where it turns into Cannon Street, before hitting Santiago Canyon Road near Irvine Regional Park.

Laguna Canyon

Finally, don't forget about a drive down Laguna Canyon Drive, a scenic four-lane divided road that cuts a historic path from the ocean at Laguna Beach to Irvine's protected land at the 405 Freeway.

A series of historic seasonal spring-fed ponds – the largest is Barbara's Lake – helps

explain why Spanish explorers called the area Cañada de las Lagunas or Canyon of the Lakes.

Just south of Barbara's Lake is the gravel road to the Nix Nature Center, a good starting point for hikes in the Laguna Coast Wilderness Park. The 7,000-acre park features coastal canyons, oak woodlands, and more than 40 miles of trails for hikers and bikers.

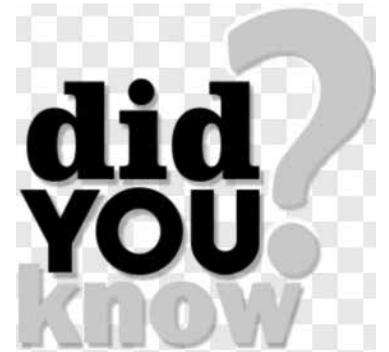
As you drive about eight miles from the 405 to the beach, Laguna Canyon Road narrows to two lanes. If you stop at one of the trailhead parking lots, you can walk up the steep hillside and enjoy the expansive views of the Pacific Ocean. On the left, at the top of the canyon walls is the Aliso and Wood Canyons Wilderness Park.

One thing is certain no matter where you travel in Southern California, the scenery and natural wonders will take your breath away, from the beaches to the mountains, and from the canyons to the hills.

Travel Tip:

Before venturing out, it is a good idea to check with local tourism and chambers of commerce websites for the latest updates on COVID-19 restrictions, special hours, closures, and cancellations.

"Shana McCann is a frequent travel columnist in Southern California"



➔ According to a Center for Secure Retirement study, nearly four in five (79%) middle-income Boomers have no money set aside specifically for their retirement care needs. For information about insurance products and other things that can help, visit www.centerforsecureretirement.com.

➔ Home air filters can get clogged and send dirt and germs back into the house. Fortunately, it can be easy to have clean ducts when you turn to a reputable, certified HVAC professional. Find one certified by NADCA (National Air Duct Cleaners Association) at www.nadca.com.

➔ If you receive Social Security disability benefits and are interested in working from home, Social Security's Ticket to Work (Ticket) Program may be able to help. Learn how at 1-866-968-7842 or 1-866-833-2967 (TTY) and choosework.ssa.gov.

➔ You can do yourself, your estate and your loved ones a favor by preplanning your funeral, explains Mark Duffey, CEO of Everest, a funeral concierge service that can be your and your family's advocate with funeral homes. Learn more at www.everestfuneral.com.

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Introducing Quingo® – the powerful, take-anywhere and go-anywhere mobility scooter that you never have to lift.

It's a sad fact. Many people who have mobility issues and could benefit from a scooter aren't able to use them away from home. Struggling to get it into a car or loading it onto a bumper-mounted lift just isn't worth the effort. Even travel scooters can be hard to pick up and load into a car... and many are prone to tipping over. Now, there's a better scooter, Quingo. It's easy to use, even for one person, and requires no more effort than opening a car's tailgate and pressing a remote. Now anyone with a SUV, cross-over or mini van can go anywhere they want any time they want.

Quingo can load and unload itself in less than 60 seconds using the simple remote. The innovative "easy-in-and-out" ramping system can be installed in minutes, and then either remain in your car or be easily uninstalled when more room is needed.

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"For the first time in years I've been able to go with my granddaughters to the mall. A crowd gathers every time I unload my scooter from my car!"

– Judi K, Exeter, CA

This scooter provides 5-Wheel Anti-Tip Technology for stability, agility and comfort with its unique wheel configuration. The patented 5-wheel design by Quingo enables it to ride safely over a wide variety of surfaces. It uses 4 ultra slim powerful batteries providing a range of up to 23 miles on a single charge.

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Newsworthy Trends

The State of Gender Parity in the COVID Crisis: A Greater Need For Continued Diligence

by Laurie Cooke, PGDip, RPh, CAE

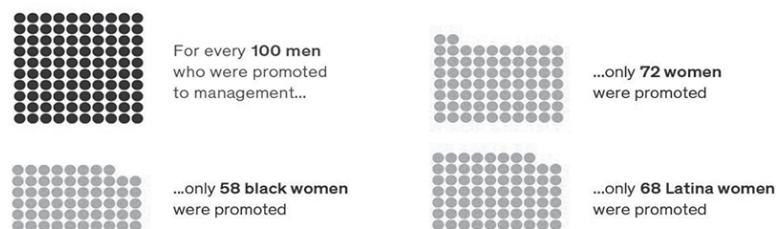
The groundswell of energy around gender parity and equity—in healthcare and in the larger world—has been palpable. Attention has reached an even greater fever pitch in light of COVID's affect on women in the workforce. As Melinda Gates noted last year when announcing her \$1 billion donation to support gender equality, it feels as though a window of opportunity has opened.

The recent Women in the Workplace study from LeanIn.org and McKinsey & Company reflects this. The study shows that more companies are embracing best practices, deepening commitments and holding senior leaders accountable for progress. And the numbers are moving—with women's C-suite representation rising from 17 percent in 2015 to 21 percent in 2019.

The numbers also reveal, however, that the COVID-19 pandemic has had a particularly damaging affect on women's careers. Women's jobs are 1.8 times more vulnerable to the crisis than are men's. Women make up 39 percent of employment but account for 54 percent of job losses. One reason is the increasing burden of unpaid care, which disproportionately falls on women, particularly mothers, senior-level women and Black women.

The biggest obstacle women face is the first step up to management.

Ratio of promotions to first-level manager by gender and race



Source: 2019 McKinsey & Company and LeanIn.Org Women in the Workplace study

McKinsey & Company



For many women, the biggest obstacle they face in their careers is the first step up the ladder—and the COVID crisis hasn't helped.

As a result, 1 in 4 women are contemplating what many would have considered unthinkable a year ago: downshifting their careers or leaving the workforce. For the first time, women are leaving the workforce at higher rates than men and that can be critical for corporate America. Companies risk losing women in leadership—and future women leaders—and unwinding years of painstaking progress toward gender diversity. But it also represents an opportunity. If companies invest in a more flexible, empathetic workplace they can retain employees and create more opportunities for their women workers and themselves to succeed. Research shows that when women are well represented at the top, companies are 50 percent more likely to outperform their peers.

Fixing the problem needs a focus on three key areas:

• **The “broken rung” at the start of the corporate management ladder.** The Women in the Workplace report shows

that just 72 women for every 100 men are hired and promoted to the first level of management. This threatens parity at each subsequent level—and must be fixed to create a strong female talent pipeline for the future. In healthcare specifically, we must also work on movement at the top.

• **Progress for all women.** Progress has not been equally shared. For example, while one in five C-suite leaders is female, just one in 25 is a woman of color. Black women and Latinas, in particular, are more likely to be held back by the broken rung and to fare worse in their experiences overall. We must broaden inclusivity.

• **Rigorously prioritizing initiatives based on contextual data.** For example, data from a 2019 HBA and Aon survey shows that the gender pay gap is widest in research and development positions and in smaller organizations, with the largest disparity in bonuses given. In addition, the Women in the Workplace study shows

that while the length of paternity leave has increased from four to seven weeks over the past three years, the length of maternity leave has remained stagnant at 10 weeks. We must continue sharing data and adjust our priorities and policies.

How can we keep up our energy for the work still to come?

A combination of agility and collaboration can help organizations remain focused, passionate and effective for the long haul. By regularly measuring outcomes, reassessing priorities and testing new approaches, we can let go of what's not working, celebrate what is and refine along the way—preventing stagnation and encouraging creativity. For example, with 16 companies joining forces to make up HBA's Gender Parity Collaborative, the healthcare industry is working to systematically move women further, faster and serves as a model for others to follow. We encourage companies to work together to capitalize on this window of opportunity—so we can finally achieve parity for all.

For more information on the Women in the Workplace survey, or the Healthcare Businesswomen's Association, visit genderparity.hbanet.org.

• Ms. Cooke is President and CEO, Healthcare Businesswomen's Association (HBA), an industry champion of the Women in the Workplace study.

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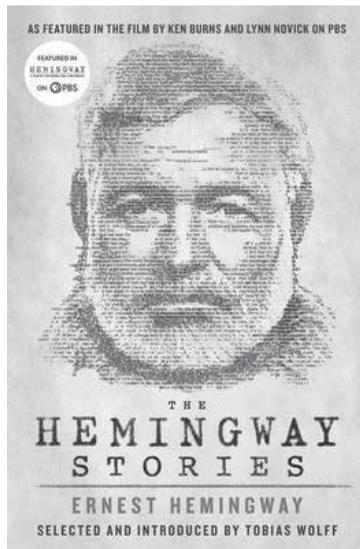
April Book Club

Continued from page 17

through the city's most dangerous streets. All the while, each is keeping a shocking secret: Lucie, that she plans to raise Jesse from the dead; Cordelia, that she has sworn a dangerous oath of loyalty to a mysterious power; and James, that he is being drawn further each night into the dark web of his grandfather, the arch-demon Belial. And that he himself may be the killer they seek," according to Publisher Margaret K. McElderry Books

The Hemingway Stories As featured in the film by Ken Burns and Lynn Novick on PBS

By Ernest Hemingway
Introduction by Tobias
Wolff



"A new collection showcasing the best of Ernest Hemingway's short stories including his well-known classics, as featured in the magnificent three-part, six-hour PBS documentary by Ken Burns and Lynn Novick — introduced by award-winning author Tobias Wolff.

"Ernest Hemingway, a literary icon and considered one of the greatest American writers of all time, is the subject of a major documentary by award-winning filmmakers Burns and Novick. This intimate portrait of Hemingway — who brilliantly captured the complexities of the human condition in spare and profound prose, and whose work remains deeply influential in literature and culture — interweaves a close study of biographical events with excerpts from his work.

"*'The Hemingway Stories'* features Hemingway's most significant short stories in chronological order, so viewers of the film, as well as fans old and new, can follow the trajectory of his impressive life and career. Hemingway's beloved classics, such as *'The Short and Happy Life of Francis Macomber,'* *'Up in Michigan,'* *'Indian Camp,'* and *'The Snows of Kilimanjaro,'* are accompanied by fresh insights from renowned writers around the world — Mario Vargas Llosa, Edna O'Brien, Abraham Verghese, Tim O'Brien, and Mary Karr. Wolff's introduction adds a new perspective to Hemingway's work, and Wolff has selected additional stories that demonstrate Hemingway's talent and range.

"The power of the Ernest Hemingway's revolutionary style is perhaps most striking in his short stories, and here readers can encounter the tales that created the legend: stories of men and women in love and war and on the hunt, stories of a lost generation born into a

fractured time. This collection is a perfect introduction for a new generation of Hemingway readers and a vital volume for any fan," according to Publisher Scribner.

April Calendar

Continued from page 5

urday of each month when galleries, theatres, artists, and performers in the Artists Village host a monthly Open House for the public. There are typically more than 150 participating studios and galleries located in historic buildings in the heart of downtown Santa Ana. The monthly event lets you buy original artwork from various artists. It also will have open viewings of working lofts owned by artists and designers all in an award-winning urban setting.

Dachshund Races

Huntington Beach

Sundays

3 p.m. (doors open at 2 p.m.)
Come see the short-legged but swift 'wiener dogs' race to the finish line once a month at Old World Village. Arrive early and stay for lunch on the dog-friendly patio. \$3 admission fee for adults, \$2 for kids. At, Old World Village, 7561 Center Ave., Huntington Beach.

Beach Cleanups

San Clemente and Huntington Beach

Held the first and second Saturday of every month.

The monthly cleanup event helps keep beaches clean while



learning about coastal conservation and marine debris. The cleanups are held on the first Saturday in San Clemente and the second Saturday in Huntington. At, Huntington State Beach, Lifeguard Tower No. 2; San Clemente State Beach.

Beach Cleanups

Seal Beach

Held from 9 a.m. to noon, third Saturday of every month.

At the community event, gloves, bags, and pickers are provided, you are asked to bring a reusable water bottle if you need one. At, 15 First St., (beach parking lot at the end of First Street, Seal Beach), Seal Beach. Call, (562) 884-6764.

Bolsa Chica Conservancy Wetland Restoration Events

Huntington Beach

Second Sunday and Last Saturday of each month

9 a.m. to 12 p.m.

Enjoy the Great Outdoors while helping restore the Bolsa Chica Wetlands twice monthly. Service includes restoration of native plant communities through non-native plant removal and cleanup efforts. Wear close-toed shoes, layered clothing, protection from the sun and bring water. Ages 6 years – Adult (Kids under 14 need to be supervised by an adult). Donations of heavy-duty trash bags, work gloves, and bottled water are appreciated. At, Bolsa Chica Conservancy Interpretive Center, 3842 Warner Ave., Huntington Beach.

Visitor Night at UCI Observatory

UCI Irvine

UCI Observatory is open to the public, around five times per year. Visitor Nights are free of charge, although a donation per family is suggested to defray the costs, and there is a campus parking fee. Please check the website before attending. Weather conditions may cause the event to be canceled. At, The Observatory, University of California, Irvine.

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

— HARPER adopted 08-18-09

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Ad Council THE HUMANE SOCIETY

Tinseltown Talks

By Nick Thomas

‘TV Therapy’ for Classic Television Stars

Back in 2019, actor/writer/producer Terry Ray convinced Erin Murphy – best known for playing baby Tabitha in “*Bewitched*” – to reprise her role in a short 5-minute Web skit in which her now-adult character seeks out a therapist (played by Ray) to deal with childhood issues lingering from growing up as the daughter of Darrin and Samantha Stephens.

It was the beginning of a Web series called “*TV Therapy*” that has delighted fans of classic television.

“One day my dad came into the room and he was a completely different person,” proclaims Tabitha to Dr. Stephen Nielson, Ray’s therapist character in the series.

Fans of “*Bewitched*” will immediately understand the humorous implication.



Terry Ray, as the therapist, with Tabitha - Erin Murphy from *Bewitched*. Photo courtesy Terry Ray.

Ray followed up with another fun therapy session featuring Dawn Wells as Mary Ann of “*Gilligan’s Island*” fame discussing her issues result-



Dawn Wells, as a patient, and Terry Ray, as the therapist, in Ray’s *TV Therapy* series - photo courtesy Terry Ray.

ing from the harrowing years stranded on a desert island. The series is available on Ray’s YouTube channel.

“Don’t ever take a vacation in Hawaii and if you do, don’t take the harbor cruise,” advises Mary Ann from the therapist’s couch.

“We shot the ones with Erin and Dawn in the home of Billy Clift, the director, pre-COVID,” explained Ray from his home in Palm Springs.

“Then COVID hit, but they were so much fun I wanted to do more and realized I could via Zoom.”

He followed up in 2020 with episodes featuring Butch Patrick (Eddie from “*The Munsters*”), Kathy Garver (Cissy from “*Family Affair*,”) and others.

“I’m a classic TV fan and came up with the therapy sessions as a fun way to explore the characters today,” said Ray who wrote all the scripts. “I had no

budget and don’t make any money from the series – everyone volunteered their time because we knew how much the fans would enjoy it.”

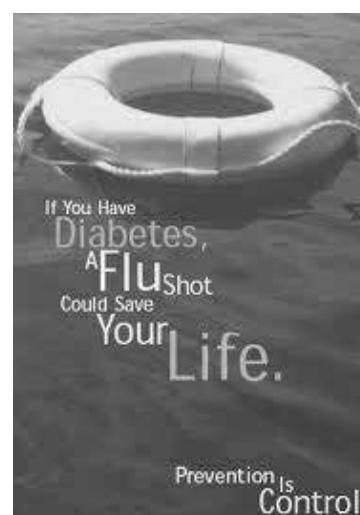
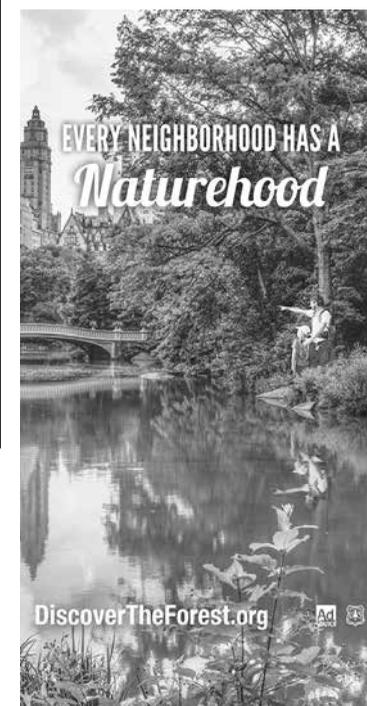
Ray was devastated when he learned of Dawn Well’s death from COVID in late December last year. The two became friends after he wrote and appeared in the short 2015 film with Wells, “*She’s Still on That Freakin’ Island*,” in which Ray’s character is washed ashore to find Mary Ann still a castaway.

“With the stress of COVID I, like so many, found comfort tuning in to classic television – the shows that made us feel happy and safe in our youth and still do,” Ray said. “On a sad note, ‘*TV Therapy*’ was one of the very last performances of the wonderful Dawn Wells before we lost her to COVID. Dawn really embraced the role of Mary Ann and helped keep the show alive for fans for 50 years.”

Ray plans to keep classic TV show memories alive for fans, too, by continuing his “*TV Therapy*” series in 2021 (see www.terryray.tv).

“I’ve got new shows planned and written and hope to keep it going for several more seasons.”

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 newspapers and magazines.





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

—COLBY
adopted 06-18-11

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

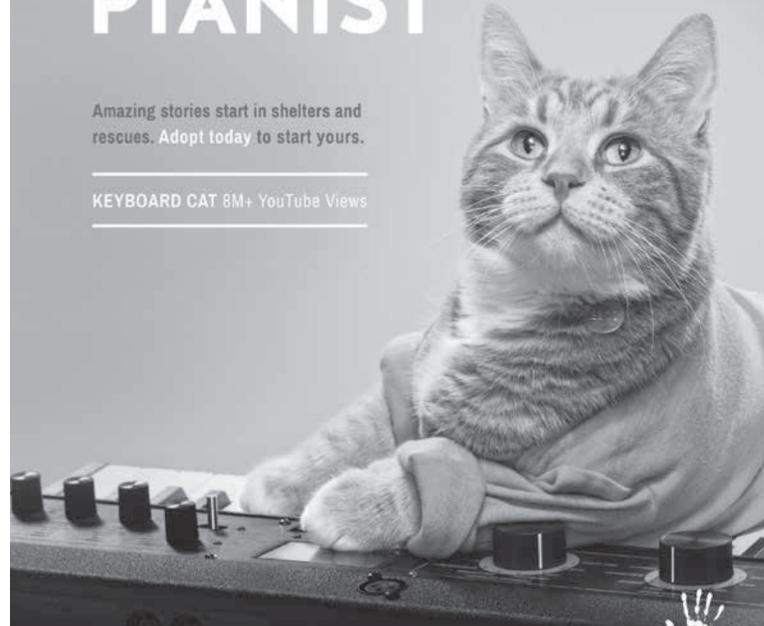
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Crossword Puzzle Answers from page 12

1	E	K	E	S		5	S	E	T		8	R	E	E	S	E			
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49	A	R	T	50	S	A	L	E		51	B	E	T		52	F	U	R	
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64	M	A	S	T	S		65	T	S	P		66	A	E	R	Y			

In The Spotlight

continued from page 11

new tax law and other tax benefits for dependents.

Q: Is it better to do taxes on your own, via TurboTax, or get an accountant?

A: It is all a matter of personal preference, but TurboTax gives you the option to do your taxes yourself, get help from a TurboTax Live expert along the way, or new, you can fully hand over your taxes from start to finish all from the comfort of your home.

Q: Is TurboTax safe?

A: TurboTax works hard to safeguard your information with safeguards every time you sign in online like multi-factor authentication and protects your information with data encryption, you will also receive alerts regarding your log-in and device activity.

Q: What is the best TurboTax for seniors?

A: TurboTax offers many options that suit the needs of seniors depending on their tax situation. TurboTax will easily guide you through your taxes by asking you simple questions about you and gives you the tax deductions and credits you're eligible for. For additional guidance and assurance, taxpayers can connect live via one-way video to a TurboTax Live tax expert with an average of 12 years' experience who can guide you along the way, review sign, and file your return or fully do your taxes

from start to finish from the comfort of their home.

Q: Do seniors have to concentrate on anything more than regular tax filers?

A: They may see some additional tax forms reporting other streams of income like Form 1099-R reporting retirement income, Form SSA-1099 reporting social security income, 1099-B reporting investments, and if you have a side gig or if they freelance there is a new form to report self-employment income called Form 1099-NEC. TurboTax will walk you through all the forms and income so you don't leave anything out.

This is the second year of the new Form 1040-SR available for seniors.

- The new 1040-SR is like the former 1040-EZ minus the restrictions that were on the 1040-EZ and make it easier for seniors to file featuring larger print and a standard deduction chart.
- There were restrictions based on filing status, whether you claimed dependents and income.
- Now the Form 1040-SR lets seniors to report income more common to them like investment income, social security, and distributions from qualified plans.
- Form 1040-SR can also be used whether you claim the standard deduction or Itemize.
- TurboTax doesn't make you know how to fill out forms so it will automatically fill out Form 1040-SR if you are eligible to file the form based on

your answers to simple questions about you.

Q: When is the best time to file taxes?

A: With 75% of taxpayers receiving a tax refund and the average tax refund being close to \$3,000, It's best to file taxes early and as soon as you have all your tax documents together so you can be closer to your refund. Once you have received all your tax documents and are ready to file it is best to get ahead of the tax deadline. People who wait until the last-minute tend to leave things out like forms reporting income and important receipts or forms for deductible expenses.

Q: Any words of wisdom for those who don't know the least thing about taxes but want to try TurboTax this year?

A: Don't worry about knowing all the tax rules TurboTax will ask you simple questions and give you the tax deductions and credits you're eligible for based on your entries. TurboTax also has proactive guidance related to events that occurred in 2020 like retirement and stimulus. If you want additional guidance you can connect live via one-way video to a TurboTax Live tax expert who can answer your questions along the way, review, sign, and file your return or fully prepare your return from start to finish from the comfort of your home.

Q: Last-minute stuff?

A: If you received a partial or not first or second stimulus you may be eligible for the

recovery rebate credit on your taxes. TurboTax has proactive guidance to help you claim the recovery rebate credit if you are eligible.



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Movie Preview

'Hurt by Paradise'

By Randal C. Hill

It may take a little while to adjust to the thick London accents in the forthcoming British comedy-drama *"Hurt by Paradise."* But the payoff — seeing a worthwhile film from another culture—makes the effort worthwhile. (Actually, it doesn't take too long to get used to those accents; take it from your reviewer, who is married to an English woman.)

Greta Bellamacina is the main one to keep an eye on here. She's a real-life poet (the words you hear on the soundtrack are hers) who has acted and modeled for years in Britain. Now she adds screen-writer-director-producer to her growing resume'.

If one were called on to name professions where being able to "make it" successfully involved astronomical odds, poet and actor might be found at the top of the list. But in this delightful movie such are the goals of two dream-pursuing best friends, Celeste (Greta Bellamacina) and Stella (Sadie Brown).

Celeste is a single-mother poet who often entrusts the care of her son (Bellamacina's real-life child, Jimmi) to her best-friend neighbor, Stella, when Celeste goes out pounding the streets to get published.

We hear her voice as the movie opens: "When people find out I'm a poet, they presume I'm pretentious."

Yet when we see her at a writer's party, we are privy to the conversations of characters trying to outdo each other's pretensions. Celeste also spends much of her time trolling the Internet in search of her family-deserting father.

Ditzy but lovable Stella, with her big hair and gaudy outfits, is pushing 40 but remains hopeful of one day becoming a celebrated actor. Like Celeste, though, Stella spends much of her time on the Internet, composing flirty texts to a man whom she has met online but not in person. (She has never seen his picture, either.) Stella faces unrelenting criticism from her best friend while she maintains, "I think it's the best relationship I've ever had."

Besides being a heartfelt love letter to female friendships, much of the focus here is on London itself, ablaze with summer sunshine, abundant foliage, and the enchanting thrum of bird songs.

For film fans willing to exert a bit of extra effort to locate this limited-release gem, viewers might also find themselves,

in addition to experiencing a most satisfying feature, re-living memories of long-ago summers spent hanging out with good pals.

"Hurt by Paradise" easily captivates our hearts with its understated sense of humor. Offered by Sulk Youth Films, this is a small movie with a big heart. Don't miss it.

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Photo © David Scherban

If You Have Diabetes, A Flu Shot Could Save Your Life.

Prevention is Control.

The Gadget Geezer

By Les Goldberg

‘Oh No! My Internet Is Gone!’

How many times have we heard that complaint? If you have a home with multiple computers, tablets, smartphones, or other wireless devices spread throughout, from the bedroom to kitchen to patio, you know how frustrating it can be when you suddenly lose the Internet connection.

Or your signal is so weak that it slows the speeds of the wireless streaming to a snail's pace.

Now you can end that frustration with a piece of electronic hardware available at companies that provide home wireless network extenders, like:

The RangeXTD

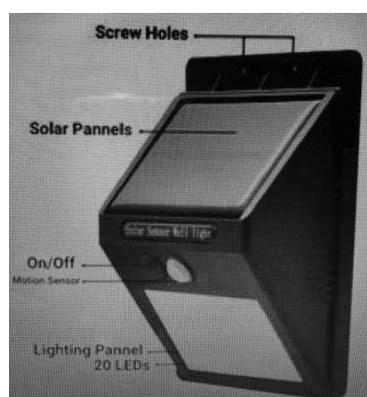


Each device plugs into the nearest wall socket in the rooms where you are experiencing frequent signal loss. After performing an easy-to-follow, step-by-step installation process on your laptop or PC, your movies will be streaming faster, your web-browsing will be without interruption and your frustration will disappear,

say, company spokespersons. The RangeXTD features clearly marked mode buttons and locked-in security protocols, a hyper-fast ethernet portal for wired connections, dual 3D antennas with up to 300 megabits per second (Mbps) speeds, high-performance cooling vents, and a central command unit for plugging into the wall. Price: \$49.95 at Amazon

In addition to our ability to stay Internet-connected inside our homes, there is increased demand for keeping our homes safe and secure. Until now, installing security cameras and lights required costly equipment and tech-savvy experts.

The LumiGuard



Introducing the LumiGuard Ultra-Bright Wireless Floodlight from a company called Boundary.

The company claims it “makes it easy to light up all the dark spots in your yard ... and it gives you peace of mind any time you go out at night to

walk the dog, take the trash out or get something from the car.” The product is solar-powered and uses a high-powered battery storage pack to keep it constantly charged. The device itself is small enough to attach to your home's wooden fence or gate posts or siding, includes a motion sensor with an on/off switch and 20 light-emitting diodes (LEDs) in the lighting panel.

Each LumiGuard is priced at \$49.95 (discounts available at Amazon.com and the company's website), and the do-it-yourself installation can save you as much as \$200, according to Boundary.

The GoDonut



How many times have you tried to use your tablet or phone while dining, or working at your desk, or sitting in your hairdresser's chair, or cooking in the kitchen? It's challenging, right?

Well, thanks to the GoDonut, now you can do all that with

both hands free. One of the big winners at the recent Consumer Electronics Show (CES), it is shaped like a donut and has built-in flexible grooves that fit everything from small phones to massive tablets.

“It's truly universal so it's compatible with 99 percent of mobile devices,” according to company spokespersons.

You can view your devices at 45, 70, or 90-degree angles in either the portrait (tall) or landscape (widescreen) modes for web-browsing, reading, handwriting, video chatting, watching movies, playing video games, drawing, and more. It also is available in a swivel edition.

The GoDonut can be found at Amazon at \$19.95 or if you want the swivel edition priced at \$29.95.

The BarxBuddy



Here's a gadget that is ideal for these unusual times when most of us are working from home.

When I had a dog, he would come into my home office and sleep most of the time. The only thing that annoyed me

was his snoring which I became accustomed to.

However, it is difficult to concentrate on your demanding work-from-home duties when your pooch is barking, sniffing, whining, pouting, demanding your attention, and simply being a dog.

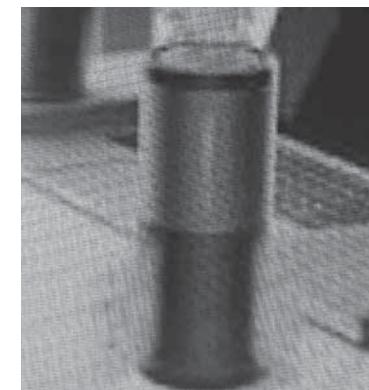
That is why the BarxBuddy may be just what the doctor ordered. The small handheld device uses soundwaves that only dogs can hear to break their attention and calm them down. According to the manufacturer, “just point, press, and the bad behavior stops.”

Among the features are two settings, one for training and a second for deterring aggressive dogs; an LED light; the ultrasonic wave, and a lanyard for easy carrying.

One user said: “it is the best dog-training tool she has ever found ...”

Price at Amazon: \$39.95.

The CleanLight



Continued on page 28

Hints for Home Buyers

Re-imagining Home Sales for Healthier, More Sustainable Living

The COVID-19 pandemic and efforts to stop the spread of the virus have shifted how people think about a lot of things, including their homes. With shelter-in-place orders and shutdowns around the globe, residences are not only homes, but also offices, classrooms, gyms and more. With increased time at home, there's an increased awareness of how homes impact health and well-being—from allergens and dust collection to higher costs associated with energy consumption.

Research suggests that the concentration of toxins, allergens and other pollutants can be up to five times higher indoors than outdoors. Air pollutants can contribute to a range of short-term symptoms such as eye, nose and throat irritation and headaches, as well as long-term adverse health outcomes such as diabetes, cardiovascular disease, lung cancer and respiratory issues.

As COVID-19 shifted the real estate market to increase buyer demand for homes, there is a unique opportunity to restructure home sales for healthier, more sustainable living that adds value for the homebuyer, rather than cost.

Alongside leading research institutions such as Mayo Clinic and Cleveland Clinic, Delos (www.Delos.com) has spent



As the pandemic changes America's home buying plans, home sales should deliver added value, not cost.

nearly a decade researching how buildings and indoor spaces can improve health and well-being, including ultra-fine particle filtration of indoor air.

“Years of experience and extensive science tell us that our indoor environments can have a profound impact—either negative or positive—on our health and well-being,” said Paul Scialla, Founder and CEO of Delos and Founder of the International WELL Building Institute. “Our homes are a critical tool in addressing today's most pressing public health concern while also helping us be more resilient in the future.”

To meet the growing demand for healthier homes, Delos has partnered with House X (www.housex.org), a Smart Home Marketplace that aims to lower the total cost of home ownership by reinvesting the broker commission into smart, health-

ier sustainable home technologies for new homeowners. Through this collaboration, Delos provides Healthway advanced air purification for new homebuyers who purchase through the House X marketplace, where the cost is covered through the broker commission. In addition, House X offers qualifying homebuyers free renewable energy for two to five years and a “smart mortgage” discounted one percent for the first 12 months of a qualifying 15- or 30-year fixed mortgage. The House X Marketplace features over 150,000 new homes for sale across America with 19,000 ready for quick move-in.

“We spend around 90 percent of our time indoors, with two-thirds of this time spent at home,” said William Farrell, President of House X World. “Expanding home ownership through innovative models that place value back into the hands of the homeowner is a necessary step towards improving the accessibility of healthier, more sustainable homes for everyday Americans.”



The Gadget Geezer

Continued from page 27

There's nothing worse than living in a house, car, or on an airplane with air that is polluted with smoke, dust pet dander, and other irritants.

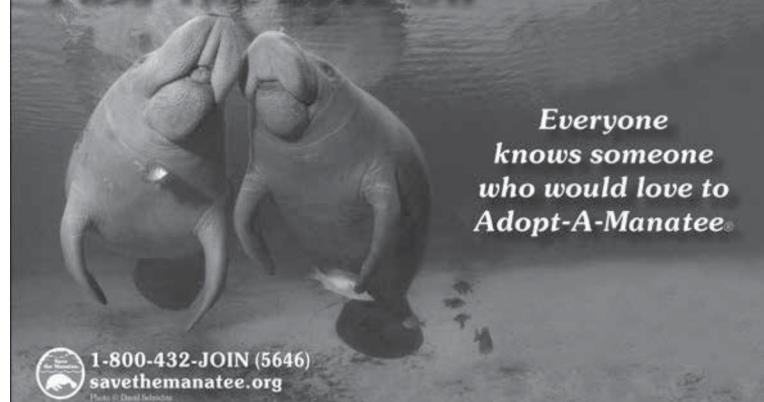
That is why a company called KeySmart has introduced the CleanLight Portable Air Purifier with Filter.

It is designed to fit into a cup holder and large enough to purify 161 square feet of space around you, whether you are in your home or traveling.

It features an aromatherapy sponge to infuse your air with essential oils while trapping the polluting particles. The CleanLight Portable Air Purifier, which retails for \$119, comes with a USB outlet for charging your devices, a lithium battery for power, and a two-year manufacturer's warranty. Replacement filters are \$10 each.

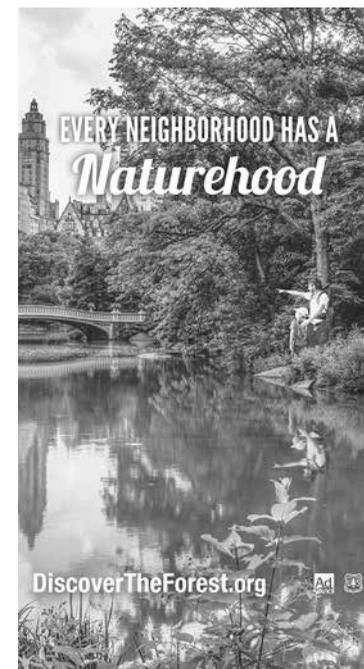


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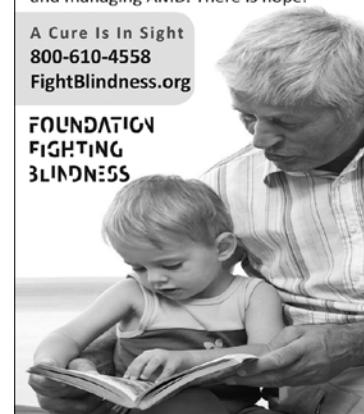
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The individuals pictured above are models and are not actual therapist and patient.

Busy Boomers

By Les Goldberg

What's Painting Got To Do With It?

Throughout our prime years, life is about working, raising families, and trying to achieve a semblance of success in all that we do. We normally don't think about retirement until we're ready to sit back, relax and reflect on our accomplishments.

But when the time comes to face the reality that our lives are going to change forever, we often ask the question: "So what am I going to do now?"

The answers might be fulfilling a 'bucket list,' traveling, RVing, home gardening, downsizing, you name it.



For many older Americans, however, their goal is to spend their post-career days tapping into their previously untapped creative talents or exploring new ways to express themselves with hobbies.

And, according to current studies, one of the most pop-



ular hobbies among seniors today – prompted by the forced isolation triggered by the COVID-19 pandemic – is painting.

Dr. Raquel Stephenson, an art therapy expert and professor, said "older adults are thinking more about quality of life and remaining creatively active and socially engaged."

Nikki Thomas, a 78-year-old widow from Duarte, Calif., is a prime example of how painting is adding to her quality of life.

Following the death of her husband of 42 years, she moved into a senior retirement community where she spends her days "walking my two dogs, watching TV, visiting, and taking Zoom classes in watercolor painting.

"My electives in school were in music, not art," she said. "I

didn't think that I could paint or draw at all. Then, in my 40s, I saw a painting class offered at a senior center and the rest is history.

"I researched oil, acrylics, and watercolors and decided that watercolors would be the easiest – what you see is what you get." She admits, however, that it is the most difficult medium, so she continues to take lessons online via Zoom at the local community center.

She explains her fascination with the popular technology for video conferencing by saying that "Zoom is the best thing for watching instructions because your computer, iPad or phone is very close and visible. In the classroom, you might be in the back of the room and not be able to see the fine points."



Asked what inspires her art, Thomas said it could be a photo one day or flowers the next.



Thomas said she spends a few hours each day with her painting and advises "it is best to look at your work the next day and see what you can change or add."

So far, her efforts have drawn the admiration of the Verdugo Art Association in the form of a second-place honor for a portrait she entered its Art of the Month competition in February. And although she is not intentionally looking to sell her paintings, she will continue to

"I love color, and am drawn to vibrant colors," she said. "I paint what I see and have a very hard time zeroing in on one subject. On my walks, I take photos of flowers, the moon, buildings, animals, and more.

"By the time I get home and download them to my computer, I might have lost interest. So, classes are the best for me because the instructor decides what I paint and how to paint it."

Her advice to anyone who is considering picking up a paintbrush is to check with the local community and senior centers to see when post-COVID classes begin, and to click on YouTube online has many free classes in drawing and painting.

"You will need to have your own supplies," she adds, "but don't go all out and buy everything until you try it first.

"I paint on the end of my computer table. For an easel, I use a board to cover my keyboard and then tape my paper to it, while my paint, pallet, water, and brushes sit on a TV tray (remember those?)."



display her work in local art shows when they resume and will entertain occasional offers from admirers of her work. Her biggest accomplishment was the sale of her "Rooster" painting/collage for \$500. "It just happened," she said.

As Dr. Stephenson said: "When people take the risk of making art with others, it builds community quicker and powerfully, which is therapeutic."



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Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough... a personal electric vehicle. It's called the **Zinger**, and there is nothing out there quite like it.

"What my wife especially loves is it gives her back feelings of safety and independence which has given a real boost to her confidence and happiness! Thank You!"

—Kent C., California

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum. It weighs only 47.2 lbs but can handle a passenger that's up to 275 lbs! It features one-touch folding and unfolding—when folded it can be wheeled

around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life.

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