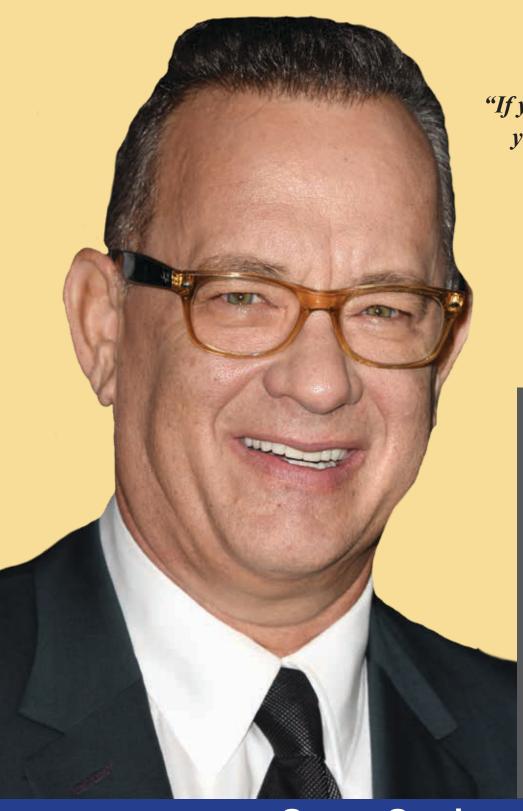


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What's Inside ...

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I have to say in my senior years I have more than recovered what I paid for Medicare when I was working. Medicare has been a financial lifesaver for me. I never could have afforded the costs of care that I have had since I turned 65.

I have had so many medical procedures and doctor visits that I really have no clue how much Medicare has spent on my medical bills, but it is enormous. Medicare has taken the financial worry off my shoulders. I recently had Squamish cell surgery. Squamish cell is a

Medical Treatments

By Jim McDevitt

form of cancer but not as aggressive as other types of cancer. During the surgery to remove the Squamish cells, they had to go in twice on the same day and dig deep into the top of my right hand to get it all.

I have had surgery at this center previously and the nurses are so nice. They always come out to me in the waiting room and very politely and quietly ask me to stop screaming because they say I am scaring the doctors, nurses, and other patients. OK, I am exaggerating; I was only scaring the other patients and a few of the nurses. Yes, some of the patients may have left without treatment but that was not more than two patients. I have to say though that

I am always in and out of the doctor's office in record time at each visit. I have hardly started screaming again when I am called into the doctor's office after the nurse visits me.

My body was doing fairly well until it realized I turned 65 and now had Medicare coverage. It seemed like overnight my body decided I had to have ailments. I have used Medicare so much that I think if it was a private insurance company they might send out a hit squad to visit me to cut their losses. I only go to doctors that accept Medicare because Medicare limits the charges that doctors can charge and then pays their

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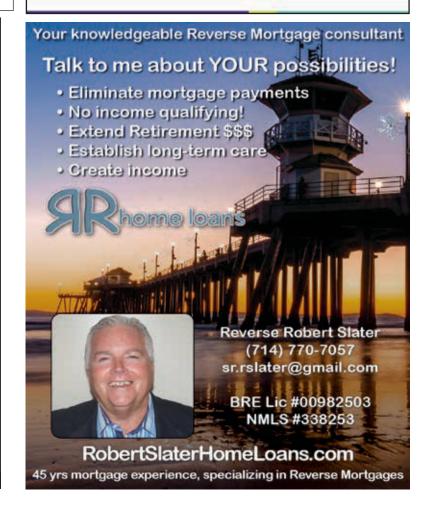
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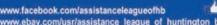
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As the summer draws to an end and with Labor Day arriving on Sept. 5, you should check out some of these fun events, fairs, barbecues, and surfing, before summer is just a memory.

La Habra Corn Festival La Habra

Aug. 5-7

Food, rides, games, music, and fun for the entire family can be had at the La Habra Corn Festival. Meet Miss La Habra and her court when you purchase raffle tickets for a new car or other prizes. Enjoy hot buttery corn on the cob, sandwiches, funnel cakes, and more tasty treats. Be sure to visit the new Corn Festival Marketplace. Spectator admission and live entertainment are free throughout the weekend. At, El Centro Lions Park, 201 North Cypress, La Habra. Call, 562-691-3482.

Festival of the Butterflies San Juan Capistrano

Aug. 6

10 a.m. to 4 p.m.

Fun, free street fair along the Los Rios Historic District where The Mariachi Nuevo Capistrano will be strolling through Los Rios Street and park. Lots of entertainment, environmental speakers on the Los Rios Park Stage, and vendors will booths full of resources, merchandise,

food, and drinks around the Los Rios Park. At, Los Rios Park in San Juan Capistrano.

US Open of Surfing Huntington Beach Pier Through Aug. 7

Huntington Beach is home to the largest surf competition and festival in the world, the US Open of Surfing. The 2022 event is presented by Shiseido and where downtown Huntington Beach becomes the epicenter of all-things surfing for nine days while world-renowned surfers compete for one of the largest surf competition purses in the industry. The event also includes competitions for BMX and skateboarding plus vendors and exhibitors, demos and samples, movie premiers, and more. At, Main Street and Pacific Coast Highway.

Brea Fest Brea Aug. 12 6:30 p.m. to 10 p.m.

Brea Fest has spotlighted the area's many dining opportunities to celebrate the arts in Brea. Guests sample cuisine from more than 30 surrounding restaurants, caterers, and beverage vendors. There will also be live bands, theatre performances, a marketplace, artist demonstrations, and exhibits. Admission is free, and tickets for food and beverages for purchase at

\$4. At, Brea Civic & Cultural Center, 1 Civic Center Circle, Brea. Call, 714- 990-7771.

San Clemente Fiesta Music Festival

San Clemente

Aug. 14

9 a.m. to 7 p.m.

Held on scenic Avenida Del Mar, two main blocks of downtown San Clemente and is dedicated to a full day of fun. Food and game booths are sponsored by local nonprofit organizations, three stages with continuous live music throughout the day, contests for all ages, a Salsa Challenge, arts, and crafts show, exhibits, face painters, and much more. At, Avenida Del Mar, San Clemente. Call, 949-492-1131.

BBQ Music Fest Fountain Valley Aug. 19-21

Fri. 5 to 11p.m., Sat. Noon to 11 p.m., Sun. Noon to 8 p.m.

Award-winning BBQ pitmasters from around the world battle it out against locals for the grand title of the Best BBQ and your vote as the People's Choice Favorite. Pulled pork sandwiches, fresh-off-the-bone ribs, tangy barbecue chicken, and many other finger-licking dishes will be available. Also, live music, DJ and dance floor, Cantinas Smokin' Food Court, All-You-Can-Eat VIP Rib Vil-

lage, carnival rides and games, BBQ pitmasters vs. local Competition, and much more. At, Fountain Valley Sports Park, 16400 Brookhurst St., Fountain Valley. Free parking.

Rancho Mission Viejo Rodeo

San Juan Capistrano Aug. 27-28

Annual Rancho Mission Viejo Rodeo for the entire family is considered the richest 2-day rodeo in the nation. This year's rodeo features saddle bronc, bareback, steer wrestling, calf roping, tie-down roping, and bull riding. At, 30753 La Pata Road, San Juan Capistrano.

Pageant of the Masters Through Sept. 2 Laguna Beach Showtimes vary.

The Pageant of the Masters is a Laguna Beach tradition that began in 1932. Every year, the community comes together to put on a 90-minute theatrical performance, bringing a selected classic or contemporary artwork to life on stage with live actors, recreated artwork as the set, and musical accompaniment by a full orchestra. A narrator tells the story of a famous work of art, taking audience members through a theatrical experience unlike any other. Guests are allowed to bring their own food and drinks, and guests over 21 may bring their own alcohol. There are also two on-site restaurants to purchase food and drinks at the event. Attendees to the Pageant of the Masters may also enjoy the Festival of Arts event. At, 650 Laguna Canyon Road, Laguna Beach.

Orange County Fair Costa Mesa Through Aug. 14 Open Wednesday through

Sunday until midnight.

People from all over Southern California come to the family-friendly event at the Orange County Fairgrounds every year. Enjoy fair food for every appetite from traditional favorites like roasted corn on the cob and funnel cake, to new options like caramel crack fries and spaghetti donuts. The Pacific Amphitheater will feature headlining musical acts and performances, and local entertainment is featured in The Hangar. Take a ride on the Ferris Wheel and other classic fair rides in the midway or try your hand at winning at one of the many carnival games. Exhibits, shopping, vendor display booths, and special events are located throughout the fairgrounds. Get your fill of action at the Sports Arena with rodeos, derbies, monster trucks, and

Continued on page 22

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Art Weirdo or Business Savant?

By Randal C. Hill

As a dominant figure on the 1960s New York avant-garde art scene, Andy Warhol became a tireless self-promoter who straddled a line between bizarre media stardom and the strait-laced business world.

He was born Andrew Warhola, Jr., in Pittsburgh in 1928, the youngest son of Slovakian immigrants. At age eight, Andy contracted the nervous-system disease Sydenham chorea (also known as St. Vitus Dance). He spent months in bed recovering, during which time his artist mother taught him how to draw. When she gave him a camera, the sickly lad also developed a passionate interest in photography.

After high school, Warhola attended the Carnegie Institute for Technology, where he studied pictorial design. Four years later, with degree in hand, he moved to Manhattan to work for "Glamour" magazine. There he became a successful commercial artist who now called himself Andy Warhol.

Always happy to embrace the controversial, he became a pioneer of "pop art" with his now-iconic paintings of mass-produced consumer goods such as cans of Campbell's soup, Coca-Cola bottles and boxes of Brillo soap pads. His development of a photographic silkscreen printing process allowed him to repeat im-

ages and create multiple copies of a subject.

Andy was fascinated with celebrityhood. Thanks to his printmaking skills, he produced an endless variation of stylized images — often done in vivid, garish colors — of Marilyn Monroe and Elvis Presley (his particular favorites), as well as such other superstars as Elizabeth Taylor and Jackie Kennedy.

He always remained an art-gallery favorite and was especially beloved by those who sought the unconventional. One typical Warhol exhibit featured collected scenes of car wrecks, electric chairs, and race riots, all done in lurid candy hues.

His reputation and his bank account grew large. In 1964, he opened a Manhattan warehouse loft that was covered in tin foil and featured silver-painted walls. The Factory, as it was called, became the premier cultural hot spot for creative counter-culturists, as well as a meeting place for the trendy rich and famous.

Weekends often found Warhol and his hangers-on at such "in" local nightspots as Studio 54 and Max's Kansas City, where those lucky enough to be allowed entrance often mingled with artists, musicians, poets, and the occasional politician.

Throughout the 1960s, Andy experimented with various

forms of media, including publishing, television, music production, fashion, and theater. One favorite endeavor was the filming of underground movies. He released more than 60 works, some of which ran for 25 hours and appeared meaningless to traditional moviegoers; "Sleep," for example, just showed a man sleeping for several hours.

His world changed in 1968 when he was shot in the stomach by radical feminist writer Valerie Solanas, who was irate because Warhol had rejected a story she had written. Andy survived the attack, which damaged several organs, but the remainder of his days were spent wrapped in a surgical corset.

When he died at age 58 in 1987 following gall-bladder surgery, he left his estate to what is now the Andy Warhol Museum in Pittsburgh.

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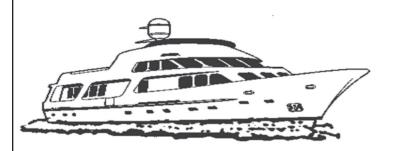
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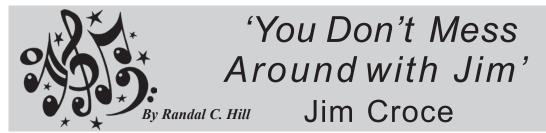
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Continued on page 23



In Jim Croce's brief career—he died at age 30 in a 1973 Louisiana plane crash — Jim released five Top 10 singles, the first of which was one of the best story songs of modern times. "You Don't Mess Around with Jim" on the ABC label brought music fans into Jim Croce's fun-loving world, one that was often replete with rather bizarre (but always memorable) characters.

Born in Philadelphia, Jim played the accordion before switching to guitar. After high school, he attended Villanova University, where he worked as a guitarist in numerous bands. He graduated college in 1965, became a guitar instructor at summer camps, and briefly taught at a Philadelphia middle school. (One undocumented story has Croce being beaten up by a 250-pound girl student in front of the class.)

He met Ingrid Jacobson at a folk music party in 1966. They married and began writing and recording their compositions, frequently touring, and trying in vain to catch a break. Eventually discouraged, the Croces settled onto a Pennsylvania farm with their infant son, Adrian. Jim drove trucks and worked construction while Ingrid finished college. All the while, Croce continued to write songs, never abandoning a lifelong dream of having a music career one day.

He turned to selling advertising time on Philadelphia radio stations. His work occasionally took him into the darker corners of the city, where he would sometimes visit less-than-savory pool halls. Ingrid recalled later, "He would sit there and watch the pool games and see what people were doing. He ended up with a guy named Jim Walker, who was one of the guys who used to play pool there."

And what a character Big Jim Walker became in "You Don't Mess Around with Jim"! In Croce's mind, he imagined a cartoonish version of an intimidating New York City pool hustler — big and dumb as a man can come, but he's stronger than a country hoss. Walker reigns supreme around town as "the King of 42nd Street" and he cruises his domain in a "drop-top" Cadillac.

As the story unfolds, we learn that Big Jim hustles people for money with his well-honed pool skills. But one day, a southern boy nicknamed Slim comes to town, explaining that Walker had recently hustled him, and that Slim was there to get his money back. (Good luck, Slim!) Big Jim's sycophants then explain some basic survival tips to the visitor:

"You don't tug on Superman's cape

You don't spit into the wind

You don't pull the mask off that old Lone Ranger

And you don't mess around with Jim."

A bloody melee erupts, and to everyone's surprise, Slim manages to dispatch the fearsome bully. Big Jim's followers then acknowledge the new order, and the last time we hear the catchy chorus, we're made aware of one crucial change:

"You don't tug on Superman's cape

You don't spit into the wind

You don't pull the mask off the old Lone Ranger

And you don't mess around with Slim."

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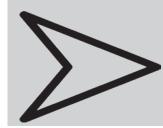
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In The Spotlight

For the Love of Ceramics: Richard Anthony Moren

Some people are truly artists and have a way of creating some pretty amazing works of art. Take Richard Anthony Moren of Laguna Woods for example; he's a master when it comes to creating what is said to be museum-quality ceramics that leave many in awe.

Here's more about Moren who has lived in Laguna Woods since 2010 with his wife Nancy Klann and where he is always busy at his pottery wheel.

SR: How did you become interested in ceramics?

A: I always had artistic ability, encouraged by my mother's enthusiasm for art, and my uncle, Charles X Carlson, who was a professional artist. For extra credit in my geography class, I would sculpt projects we were studying, so it was a natural thing for me to branch out into ceramics. From the first time I saw the challenges of the Raku firing process many years ago, I was hooked! A perfect firing depends on a multitude of things: timing, glaze, reduction time, mass, and size of the piece, with each piece creating a different equation to be resolved!

Q: We hear your finished pieces are 'museum-quality."

A: Thank you, I am flattered.



Courtesy Richard Anthony Moren.

As I said, I produce Raku-fired pieces that are highly reflective and metallic. I also create natural clay pieces as well as sculptures, and jewelry with an eye for creative hand-building.

Q: Where are your works displayed?

A: I have a major gallery in Sedona, Arizona - Visions Fine Art. They primarily promote my Raku pieces and I have been very successful at displaying and selling my work. Locally, my work has been featured for multiple years in Laguna Beach, at the FOA POM.

Q: Do you work on a pottery wheel?

A: Yes, the base of most of my pieces starts out on the wheel, and then I switch to my hand-building coil technique to completion.

Q: How many pieces have you completed?

A: Probably hundreds.

Q: Where do you get your ideas?

A: My head. I like to start the piece and see what happens as it develops upward. Each one has its own bit of history involved in its final destiny. Sometimes an unplanned happening becomes the focal point of the piece and takes over.



Courtesy Richard Anthony Moren.

Q: Where do you create these? A: Pre-COVID, most of my work was done at the Potters and Sculptures studio in Laguna Woods. During COVID, as I have my own wheel, I worked at home on my patio, also on a large exterior concrete slab outside our building's recreation room.

Q: Do you have a creative arts background?

A: As an architecture student, I had studied all the major civilizations in history. I also studied the art of the time, from ceramics to the pyramids. Art and architecture went hand in hand.

Q: What pleasure do you get from these pieces and the process? A: I am enjoying my present artistic creativity in ceramics, and I have yet to start painting, which will be coming soon. These are the three rules I follow: No. 1: Never say never. No. 2: Enjoy all of it., No.3: Anything is possible.

Q: What is your education?

A: Bachelor of Architecture, University of Minnesota and graduated in 1965.

Q: Where were you born and raised?

A: Grand Rapids and Coleraine, Minn., a.k.a. The Iron Range. We lived on Shamrock Lake growing up.

Q: What are you retired from? A: I enjoyed a great career in architecture, and then chose to specialize in conceptual design for high-end hotels and major casino projects world-wide, including the Bellagio in Las Vegas. I also worked for a building enclosure consultancy, where I was hired to solve their 'out of the box' situations in building enclosures.

Q: Spare time? Pets?

A: I used to play golf, but after spraining both wrists, I find the game is painfully still out of the question. We like to travel and have plans for a couple of



Courtesy Richard Anthony Moren.

trips now that the COVID restrictions have lightened up and my 'honey-Do' list keeps me busy. Pets? We have two Tuxedo cats that, thankfully, tolerate us.

Q: What keeps you youthful? A: Hard work and, of course, still evolving with my ceramics in mixing my own glazes and firing my own pieces, designing my own tools, and learning as many possible techniques as I can use in producing my pieces. Also keeping my nose in the history of ceramics, mainly in The Jomon period dynasty of Japan, Korean Raku, and Chinese Raku (they all fight over who started it.) I think it began in Japan around 14000 BC.

Q: What's been your ultimate accomplishment in life so far? A: Finding Nancy Klann, marrying her, loving our five children and 11 grandchildren, and enjoying every day's surprises.



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August Crossword Puzzle

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Across

- 1. Elaine's last name on
- "Seinfeld"
- 6. Cpls.' superiors
- 10. Sigher's word
- 14. Gladiator's venue
- 15. Dynamic introduction?
- **16.** Jester Jay
- **17.** Ninth-century pope
- 18. Cut of beef
- **19.** close to schedule
- 20. Flammable material
- 22. Mouthpart of arthropods
- 24. Actor Herbert
- 26. Natural gas component
- 27. Monetary unit of Nicaragua
- 31. Colorful moths
- **32.** Yippee!
- 33. Horn-shaped structure
- **36.** Kapital
- 39. Nabokov novel
- 40. Beta preceder
- 41. Racer Yarborough
- 42. Canon camera
- **43.** You ____ right!
- **44.** Speak
- 45. Spanish article
- 46. Divert
- 48. 1994 Denis Leary comedy
- **51.** We the World
- **52.** Pretext
- **54.** Verdi title bandit
- 59. Troubles
- 60. Razor brand
- **62.** Column style
- **63.** WWII battle site
- **64.** Hard work
- **65.** Keen!
- **66.** Long time
- **67.** Piece of fencing?
- **68.** City on the Ruhr

Down

- 1. Latvian, e.g.
- 2. ... saw Elba

- 3. Sign gas
- 4. Novelist Bagnold
- **5.** Seasoned pork sausage
- 6. Actor Mineo
- 7. An earth sci.
- 8. Triple
- **9.** Short composition
- **10.** Island greetings
- 11. Bolshevik leader
- **12.** Make of (write down)

- 13. Annoyed
 - 21. Burgle
 - 23. Ten C-notes
 - **25.** Twinned crystal
 - **27.** Deal (with)
 - **28.** Cry of disbelief
 - 29. Baseball stats

 - **30.** Family head
 - **34.** Photo

35. "The Mary Tyler Moore

- Show" spinoff
- **36.** Facts and figures
- **37.** Knighted Guinness
- **38.** Spanish muralist
- 40. Certain salt
- **41.** Geom. point
- 43. Bern's river
- **44.** Womb-related
- 45. Pretends
- 47. Before, to Byron

- 48. Old hat
- 49. Nametag word
- **50.** Setting on the aperture
- **52.** Que ?
- 53. Sandusky's lake
- 55. Refusals
- **56.** Collections of anecdotes
- **57.** TV's "Nick at ____"
- 58. Screen image
- 61. Potent potable

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Some Medicare Supplement Plans (Medigap plans) say they cover excess charges. What are excess charges?

If you have a Medicare supplement plan you might see that it covers "Part B excess charges" listed in your plan documents.

Here's what it means:

Excess charges refer to what a doctor bills OVER and ABOVE what original Medicare Part B will pay for a covered medical service. Medicare determines the amount they will pay for a procedure; this is called "assignment". Doctors who don't agree with the "assignment" cost can charge up to 15% more than the Medicare-approved amount.

So it's important to know if your Medicare Supplement plan covers excess charges. If it doesn't cover them, then the best way to avoid having to pay any excessive charges is to ask if your health care provider accepts Medicare "assignment".

If you have a Medicare Advantage Plan (Part C) you don't have to worry about these excessive charges. Doctors who contact with Medicare Advantage Plans have already agreed to the Medicare "assignment".

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Tom Hanks: A Star for All Ages

By Les Goldberg

I know what you're thinking: Isn't Tom Hanks too young to adorn the cover of this publication? Well, the diligent reporters that we are, we did the math and found that he is 66 after celebrating his birthday last month – on July 9 to be exact.

So, we invite you to welcome this American cultural icon to the family of stars who have graced our pages for all these years, starting when Hanks was young. Remember his classic role in "Big?"

After gaining favorable reviews for his comedic roles in

the 1984 films, "Splash" and "Bachelor Party," the success he achieved in the 1988 fantasy about a pre-teen whose wish to be older established him as a major Hollywood talent. For his effort, Hanks earned his first Oscar nomination for Best Actor.



Whether comedy, drama, or a combination of Hanks' box-office appeal, his pub-

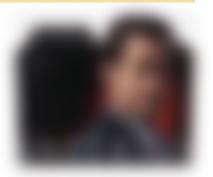
lic appearances, and his stellar reputation in the industry make him a typical renaissance man covering multiple generations.

So far, his films have grossed \$5 billion in North America and more than \$10 billion worldwide. And the best part, he's still going strong. His current role as Tom Parker, Elvis Presley's manager, in the recently-released film, "Elvis,"

is getting Oscar buzz as you read this.

He's also scheduled to appear this year in "Here," an adaptation of a Richard McGuire novel, and in the season three finale of "Dead Eyes," actor Connor Ratliff's podcast at https:// headgum.com/dead-eyes. addition, Hanks will be starring in upcoming HBO productions of "Masters of the Air," another WWII miniseries in the same vein as "Band of Brothers" and "The Pacific."

Hanks' acting career is highlighted by an unprecedented



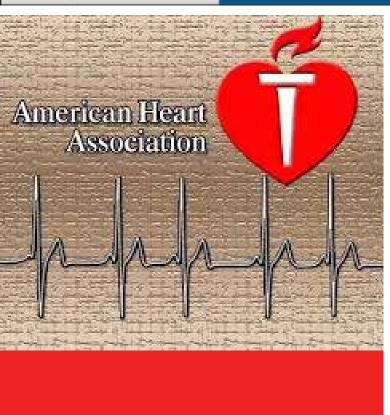
series of major box-office hits, including:

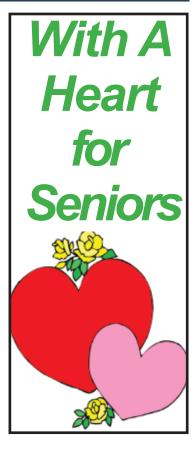
"A League of Their Own," "Philadelphia," "Forrest Gump," "Saving Private Ryan," "Catch Me If You Can," "The Terminal," "Bridge of Spies," "The Post," "Band of Brothers," "Sleepless in Seat-

Continued on page 28

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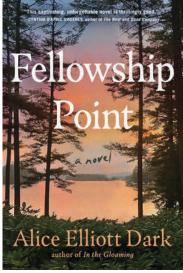
August Book Club

Why not spend the dog days of summer as we cruise into the fall season by enjoying a good book lounging by the pool at the beach or home with a tall

Here are some new titles to get you in the mood for reading on these last (hopefully) hot days of the season.

Fellowship Point A Novel By Alice Elliott Dark

glass of iced tea?



"The masterful story of a lifelong friendship between

two very different women with shared histories and buried secrets, tested in the twilight of their lives,

set across the arc of the 20th century.

"Celebrated children's book author Agnes Lee is determined to secure her legacy — to complete what she knows will be the final volume of her pseudonymously written Franklin Square novels; and even more consuming, to permanently protect the peninsula of majestic coast in Maine known as Fellowship Point. To donate the land to a trust, Agnes must convince shareholders to dissolve a generations-old partnership. And one of those shareholders is her best friend, Polly.

"Polly Wister has led a different kind of life than Agnes: that of a well-off married woman with children, defined by her devotion to her husband, and philosophy professor with an inflated sense of stature. She exalts in creating beauty and harmony in her home, in her friendships, and her family. Polly soon finds her loyalties torn between the wishes of her best friend and the wishes of her three sons but what is it that Polly wants herself?

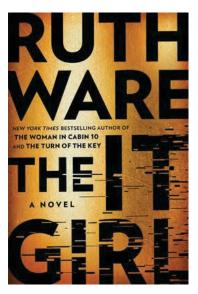
"Agnes's designs are further muddied when an enterprising young book editor named Maud Silver sets out to convince Agnes to write her memoirs. Agnes's resistance cannot prevent long-buried memories and secrets from coming to light with far-reaching repercussions for all.

"'Fellowship Point' reads like a classic 19th-century novel in its beautifully woven, multilayered narrative, but it is entirely contemporary in the themes it explores; a deep and empathic interest in women's lives, the class differences that divided us, the struggle to protect the natural world, and, above all, a reckoning with intimacy, history, and posterity. It is a masterwork from Alice Elliott Dark," according to Publisher Scribner/Marysue Rucci Books.

The It Girl By Ruth Ware

"April Clarke-Cliveden was the first person Hannah Jones met at Oxford.

"Vivacious, bright, occasionally vicious, and the ultimate It girl, she quickly pulled Hannah into her dazzling orbit. Together, they developed a group of devoted and inseparable friends — Will, Hugh, Ryan, and Emily — during their first term. By

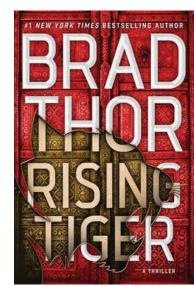


the end of the year, April was dead.

"Now, a decade later, Hannah and Will are expecting their first child, and the man convicted of killing April, former Oxford porter John Neville, has died in prison. Relieved to have finally put the past behind her, Hannah's world is rocked when a young journalist comes knocking and presents new evidence that Neville may have been innocent. As Hannah reconnects with old friends and delves deeper into the mystery of April's death, she realizes that the friends she thought she knew all have something to hide ... including a murder," according to Publisher Gallery Scout Press.

Rising Tiger A Thriller Book No. 21 of The Scot Harvath Series By Brad Thor

"An unprecedented, potentially nation-ending threat has materialized on the world stage. Fear-



ful of the global consequences of engaging this enemy, administration after administration has passed the buck. The clock, however, has run out, and doing nothing is no longer an option. It is time to unleash Scot Harvath.

"As America's top spy, Harvath has the unparalleled skills and experience necessary to handle any situation, but this assignment feels different.

"Thrust into a completely unfamiliar culture, with few he can trust, the danger begins mounting the moment he arrives. Amidst multiple competing forces and a host of deadly agendas, it becomes nearly impossible to tell predator from prey.

"With democracy itself hanging in the balance, Harvath will risk everything to untangle the explosive plot and bring every bad actor to justice," according to Publisher Atria/Emily Bestler Books.

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Orange County is home to much more than beaches, beautiful houses, and great weather.

Here are some interesting factoids that might surprise you about Orange County.

Big Biz

Many large, corporations and companies have headquarters or offices in the OC such as Mazda, Toshiba, Juice It Up! Hyundai, Ruby's, Allergan, Taco Bell, Vizio, Kelley Blue Book. Ocean Pacific and Hurley, known for popular surf wear, are also based in OC.

And let's not forget about In-N-Out Burger, the most iconic fast food chain in the Golden State is also based in Orange County.

Celebrities

Various celebrities reside or have resided in Orange County over the years including golfer Tiger Woods, actors Kevin Costner, Michelle Pfeiffer, Will Ferrell, Steve Martin, and singer Gwen Stefani.

Top Surfing Spot

OC's Huntington Beach is home to "The Wedge," one of the most famous surf spots on the planet. Surfers travel from all over to surf in this



Photo via Pexels.com

location and HB is also referred to as the "Surf City USA."

Western Roots

In 1857, the OC was home to various thieves and criminals, and even stagecoach robberies were the norm according to history. Juan Flores (who escaped from jail) and his gang stole from residents and his group killed the sheriff, James Barton. He also escaped from a large group of men that tried to catch him. Eleven days later, the group caught Flores, and this time, he didn't escape prison. Present day: "Barton's Mound" is where this all happened, and it is near the 405 Freeway.

Anaheim was Founded by Germans

In 1857, a group of Germans moved to Anaheim and were said to live next to the Santa Ana River, thus they combined the name of the river with the word heim, which means "home" in German.

There they made wine for years and it is said at one Continued on page 26

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On The Road Again

Summer Fun in Sunny SoCal

By Shana McCann

No matter where you live in Southern California, there's no limit to the things you can do for fun in the sun this summer — or anytime, for that matter. From the wealthy oceanfront mansions in Newport Beach to the sheer magic of Disneyland and the assortment of wineries, museums, and natural parklands throughout the region, the choices are endless.

The list of activities that can be suited to your tastes and preferences range from hot air ballooning to surfing, rowdy nightclubs to relaxing spas, sprawling or cozy zoos, and cruising the hundreds of miles of sparkling coastline.

Here are just a few ideas for your next adventure:

Adventure City



Relatively hidden among the glitz of Disneyland and Knott's Berry Farm, the nearby city of Stanton features another fun zone for all ages – Adventure City.

Affordable and laid-back, the old-fashioned theme park offers thrilling rollercoasters, a historic carousel, a petting zoo, a Thomas the Tank Engine zone for railroad enthusiasts, and a 46-foot-high Drop

Zone tower. Or you can take your grandkids to the Kids' Theater to enjoy one of the daily shows.

Irvine Spectrum

Towering over the popular Irvine Spectrum Center shopping mall is the massive Ferris Wheel with its massive view from 108 feet in the air. While you're up on top, an open-air gondola allows for great panoramic sights of the surrounding area of the Irvine Ranch area.



And while you are in the neighborhood, you might want to check out the Great Park Balloon Ride which is part hot air balloon and part observation deck with views 400 feet above the ground.

The Zoos



Within a few miles of each other, the Orange County Zoo and the Santa Ana Zoo provide animal entertainment at their best.

Tucked away inside the lush greenery of Irvine Regional



Park, the larger OC Zoo provides an oasis environment with its large variety of wildlife and giant sycamore trees. On a smaller scale, but in a family-friendly parklike setting, the Santa Zoo is best known for its collection of monkeys and has recently opened its new butterfly exhibit.

Crystal Cove



Crystal Cove State Park, along PCH between Corona del Mar and Laguna Beach, occupies 2,400 acres of park and sandy beach land with several hiking trails and unmatched vistas.

Seniors will especially enjoy the cove's historic district, a collection of 46 vintage beach houses nestled around the mouth of Los Trancos Creek and dating back to the 1930s.

Tanaka Farms

A trip to Tanaka Farms in Irvine is like a trip to Orange County in the early 1900s – farmland as far as the eye could see. Nestled in the low rolling hills of Michaelson and



just south of the 405, the family-owned farm is a popular destination for visitors seeking freshly grown produce and fruit.

Adding to the experience are a range of tours and picking activities. Kids adore the hourlong wagon ride that lets them pick produce like strawberries and kale, while the Pumpkin Patch is the go-to place during Halloween. At the height of the holiday season, Tanaka Farms celebrates the Japanese Hikari Festival of Lights and Christmas trees amid a gingerbread forest.

And if you enjoy a game of golf, the farm's golf course is one of the most scenic and player-friendly in the region. Whether you are a player or not, you can always enjoy a delicious breakfast or lunch at the charming country-style clubhouse and café.

Heritage Museum

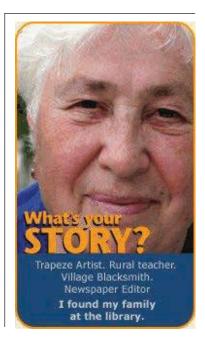
It seems the older we get, the more nostalgic we become. Take the Heritage Museum of Orange County in Santa Ana, for instance. Located in a residential neighborhood and near Centennial Park, the museum is a 26-acre botanical garden

with more than 200 species of plants and trees collected from around the world.

More specifically, it is a treasure trove for local history buffs. Housed inside two separate historic mansions (the H. Clay Kellogg House and John Maag Farmhouse), the indoor section of the museum explores Southern California life in the early 20th century through a range of interactive displays and artifacts of old school furniture, architecture, and working farm tools.

The rural setting also includes a water tower, nature trails, antique farm vehicles, and a working blacksmith shop, the only one of its kind in the region featuring real-life blacksmiths forging metal from their bellowing fire pits.

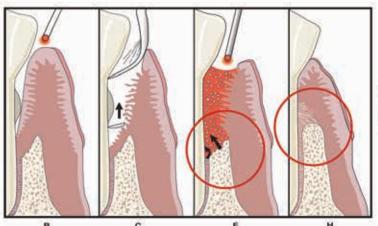
Join me in the next issue as we explore other local attractions for a summer to remember.



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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

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Car Care Corner -

Getting Road Trip Ready

Here's something you should know the next time you're getting your vehicle ready for a road trip. While you may take steps to prepare for a trip—checking tire pressure and oil levels and filling the tank—there is one step that's often overlooked: checking your vehicle for open safety recalls.

There are millions of unrepaired recalls on U.S. roads today. For example, tens of millions of vehicles in the United States—across all makes and models—have unrepaired, recalled airbags. Even in a minor crash, recalled airbags that deploy can rupture and spray shrapnel into the vehicle—transforming lifesaving devices into life-threatening ones. The risk associated with defective airbags is even greater in hot and humid conditions.

That's why it's critical that you check your vehicle for recalled airbags and get them repaired at an authorized dealer. You can find out if your vehicle has an open recall by visiting Check-ToProtect.org and entering your license plate number or Vehicle Identification Number



(VIN). The 17-character VIN is located on the driver's side dashboard near the windshield and can be found on insurance and registration documents.

Repairs are paid by your vehicle manufacturer, regardless of where or from whom you bought the vehicle, whether you own the vehicle, are the regular driver of the vehicle, or are just borrowing it for the day. Airbag repairs can take as little as one

hour and dealers make the process as easy as possible for drivers.

More importantly, getting a recalled airbag repaired could save your life. If a recalled airbag deploys in a crash, vehicle occupants are at risk of serious injury and even death.

Before you hit the road, protect yourself and your passengers by checking your vehicle for open airbag recalls and getting them repaired for free. Be prepared.

To learn more, visit checktoprotect.org.





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Life After Mother

By Lyn Jensen

'Exploring probate and estate issues from personal experience.'

Talk About Elder Abuse HMO responded the earliest they could see her would be an

"This is elder abuse!" Some staffer exclaimed, barging into an examining room at my mother's HMO. My mother was waiting for a doctor, and she'd been throwing one of her hours-long dementia-fueled tantrums all morning, raging about nothing--from what parking space to what doorway--but when I finally had endured enough and started giving back what I was getting, that's when this staffer decided to barge in and huff about elder abuse.

"I'm calling security!" she huffed.

"Go right ahead," I told her. The woman huffed out of the room and soon I heard muffled voices in the hall. I got the impression someone was explaining to this overzealous staffer that a heated discussion isn't elder abuse and nothing to involve security.



I could talk about this HMO and elder abuse. While my mother was in the care of this same facility after collapsing on her bathroom floor, I was present when she started frantically ringing her buzzer for a bedpan. A staffer muttered



something about a malfunction and disappeared.

Once I realized what was happening, I spent literally 10 minutes frantically trying to get someone's, anyone's, attention, while my mother kept pounding on the buzzer, and staffers I accosted kept saying, "It's a malfunction," and, "She only has to ring once." Finally, some skinny teenage-looking male in scrubs appeared with a disposable bedpan and then vanished as soon as possible.

Two days before my mother died in 2019, her care facility and her HMO communicated about life-threatening swelling in her feet and ankles, and indicated she'd been experiencing this symptom for five days, but the care facility was only getting around to coordinating care with the HMO-which was responding that they had the first available appointment in another twelve days.

Understand my mother first exhibited this life-threatening symptom on Aug. 2, but the care facility only got around to coordinating her care with the HMO on Aug. 7, to which the they could see her would be on Aug. 22.

I made phone calls and complained enough that the HMO decided someone could see my mother on Aug. 8, only to have the care facility say they had no transportation available to transport her. I made more phone calls and complained some more, until a care facility staffer drove her to the ER on Aug. 8. She was immediately put on a respirator and died the next day. Whether prompt action would have made a difference, I'll never know.



My last words with her were during a phone conversation on Monday, Aug. 5, when she wouldn't say anything but, "You won't let me get to my bed." In her dementia-disabled head, I was the villain for allowing her to be in a care facility, so it wasn't like I could communicate directly with her. I was expecting trained professionals to manage her care, and they appeared to be working within a system that at times resembled elder abuse.

Medical **Treatments**

Continued from page 3

share which is 80% of the bill. So, if a doctor accepts Medicare and charges say \$150 and Medicare limits his charges to \$100 then Medicare pays \$80 and my supplemental insurance picks up the \$20 remaining charge. All this is done automatically, and I don't have to stand at the counter and cry.

Premiums keep climbing but the cost of living increase each year does help me stay above water. I have to thank President Johnson for getting Medicare started. If any of you are approaching 65 I urge you to sign up for Medicare, Part A, and Part B. Part A is free as long as you are insured for Social Security benefits.

These days they also have prescription coverage you can sign up for but that will cost you a separate charge each month. Who knows, the next time you're in a doctor's office, I might be the guy sitting next to you in the waiting room screaming. If you see the nurses come out and talk to the guy then you will know it's me especially if they quickly call me into the doctor's office.



The **Senior** Reporter

is published monthly by:

SENIOR REPORTER OF OC

Email: jcampos@ seniorreporterofoc.com

Telephone

(714) 975-6345

(714) 369-6517 Rate is \$28.00 per year.

Guest articles, commentaries and photographs are invited, however, publication is at the discretion of the editor

EDITOR: DEBBIE L. SKLAR **DIRECTOR OF SALES: JAMES WEBB** ADVERTISING MANAGER: WILLIAM THOMAS **GRAPHICS: SEASIDE GRAPHICS & PRINTING**

Contributing Writers: Les Goldberg, Shana McCann, Jim McDevitt, Lyn Jensen, Nick Thomas, Randal C. Hill

'Creativity is contadious.

– Albert Einstein





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Tinseltown Talks

By Nick Thomas

'Northern Exposure's' Cynthia Geary Heads to Hospice in New Series

Emmy-nominated actress Cynthia Geary was immediately drawn to her latest character Charley Copeland, a Hospice nurse in the compelling new drama series "Going Home." Season one began streaming in June on Pure Flix, a faith and family-friendly media service (see www.pureflix.com).

"The death of a loved one is something we will all experience, but I feel like the show sends a positive message in a sad but cathartic way," said Geary from Palm Springs while traveling from her home in Seattle.



Cynthia Geary as a Hospice nurse in an episode of Going Home. Photo courtesy of Pure Flix.

Set in a Hospice care center with Geary as head nurse, the staff tackle the emotional, spiritual, and physical challenges facing end-of-life patients and their families, to ensure the loved ones pass on with compassion and dignity. Geary says the scripts attracted her to the role.

"They are challenging, demanding, and emotional, but so well-written," she said. "We all cried a lot on the set because I think the actors and crew could relate to the stories."



Cynthia Geary, front second from left, and the cast of Northern Exposure. Photo courtesy of CBS.

Shot in Spokane, Wash., Geary visited a local Hospice facility to prepare for the role.

"I was fortunate to meet many of the Hospice nurses whose job is to provide patients with a peaceful transition from this life," she said. "I learned how important it was not to project personal issues into the situation to avoid putting any additional stress on the patients or their families who are already suffering. I tried to bring that to Charley, my character, who will be evolving with her own back-story in the coming episodes."

Geary's career back-story dates back to 1990 when she starred in the quirky CBS comedy-drama "Northern Exposure." Her character, Shelly, appeared in all episodes over the show's six-season run, the series remaining a cult favorite today.

"I just loved everything about that show and would have been happy to do more seasons for years," she recalled. "There's been talk of a reunion or new series for a

long time, but nothing definite yet — I would love, love, love to do it!"

Meanwhile, despite the potentially gloomy theme, Geary is loving her new series.

"I know a show sending a message that death can be a positive experience sounds weird, but it can be an uplifting one," she said. "Death is inevitable, but we don't have to be afraid of it. Being part of the series has changed my perspective — if you have someone in a Hospice setting, at least you can prepare for what's coming and have that time with them."

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



August Calendar

Continued from page 5

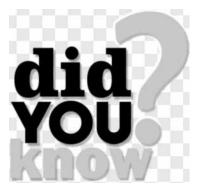
much more. At, 88 Fair Dr., Costa Mesa. General admission (13-59) \$12, Wednesday – Friday, \$14 Saturday and Sunday, Youth and Seniors \$7 (ages 5 and under are free). Parking is \$10 per car.

Sea Country Festival Aug. 26 to Aug. 28 Laguna Niguel Friday 5 to 10 p.m., Saturday noon to 10 p.m., and Sunday noon to 9 p.m.

The three-day family-friendly festival celebrates the end of summer with music, games, rides, food, and many more activities and attractions. Wristbands for rides can be purchased in advance for \$35 at Crown Valley Community Center through Aug. 25. There will be live performances from Ava August 4 Alarm Band and more. There will also be a beer and wine garden. At, 23804 El Lazo, Laguna Niguel.







Your house can have a profound effect on your health and well-being. Many home buyers are getting help keeping their new house energy-efficient and pollution-free from the experts at Delos and House X. Learn more at www.delos. com and www.housex.com.

Zero-turn machines such as the Raptor series from Hustler Turf can make mowing easier on you and your lawn. For further facts and tips about lawn mowing, visit www.hustlerturf.com.

A new program offered by the Elizabeth Dole Foundation provides veteran caregivers with trained professionals to perform daily tasks, including housekeeping, meal preparation, grocery shopping, and grooming. For more information about military caregiving and available services, visit hiddenheroes.org/respite.

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, according to a recent Women in the Workplace study supported by the Healthcare Businesswomen's Association (HBA). Learn more at www.genderparity. hbanet.org.

SUPER SENIOR SATURDAY



Resource Fair

• Exhibits • Health Screenings • Giveaways

SAT. AUGUST 13, 2022

9:00 am - 1:00 pm

Buena Park Senior Activity Center

8150 Knott Ave. • Buena Park, CA 90620

Tel: (714) 236-3870

for Detailed Information www.buenapark.com/seniors

The City of Buena Park's Community Services Department is excited for you to join us at one of the best FREE events for Boomers and Senior in Orange County. This amazing event will be full of usefulinformation, resourcesfor healthy aging, education, and so much more. This yearly favorite takes place on Saturday, August 13 and is FREEto the public. There will be entertainment, ample parking, and great information for peoplelooking for resources for themselves or for their loved ones.

Our vendors are excited to participate once again and thrilled to provide FREE

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

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

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STRIP GAMES - \$500 - \$500 - \$500 - \$300 - \$300 PLUS 2 TAB GAMES OF AT LEAST \$1199.

EARLY BIRD - 10:30 AM.

6 ON - 4 UP (Plus 1 Strip)

REGULAR - 11:00 AM. LATE BIRD - Following Regular Games 6 ON - 15 UP (Plus 2 Strips, 2 tabs)

6 ON - 4 UP (Plus 1 Strip)

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

Tell Your Life Story...

Continued from page 10

Or...

"I've wanted my husband to tell his story for years. Our family and friends have also been after him, to no avail. You came along at just the right time to kick start this important project for us."

Sharing your life, your accomplishments, and life lessons for your children and/or your grandchildren is a priceless experience for you and your entire family.

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Robert Bruce Woodcox 949-244-7880 ighostwrite@icloud.com 3857 Birch St., 702 Newport Beach CA 92660



The Gadget Geezer

By Les Goldberg

Wearables Coming Out of the Closet

A few years ago, I devoted this column to a new development called "wearable technology." It was all the rage at the Consumer Electronics Show that year, but still in the futuristic category.



Not anymore. Now you can buy a whole range of "smart" products from jackets and jewelry to glasses, bike helmets, and headphones. Depending on the brand and the features, you can expect to spend from \$25 to \$2,000.

Here's a glimpse at what you might find to add to your "wearable" (the trendy descriptor) wardrobe:

Smart Rings



One of the hottest products not seen on the horizon a few years ago is the smart ring which was an experiment until Apple unveiled the patent and the Amazon Echo Loop was introduced. Now, according to the experts, they are here to stay.

Loaded with various mobile components like sensors and microchips used for a variety of applications.

Partly an alternative to the smart watch and fitness brands, the smart ring applications go beyond measuring your steps and heartbeats. Other practical uses include online security, smart keys, transit pass, remote control, online banking, sleep monitoring, and more – all or most in one device.

Smart Glasses



Did you know that there is more than meets the eye with wearable eyewear?

For instance, if you were to purchase a pair of Ray-Ban Stories (\$949), you are getting sunglasses and the owner of a high-quality still photo and video camera, headphones, and a computer screen for viewing augmented reality (AR) applications.

Developed with Facebook (you need an account), the Stories brand can also be worn with prescription lenses. Five color

frames are available along with your choice of six types of lenses – brown gradient, clear, dark blue, dark gray, green, or photochromatic green.

Smart Clothes



What makes clothes smart? you ask. If you look closely at the smart clothes, you'll find meshed wiring woven into the fabric, and microchips are sewn into the linings that allow you to connect to a smartphone by Bluetooth. One manufacturer that you've heard of, Levi's, has taken wearable clothing to the next level with its Commuter x Jacquard Jacket.

The denim jacket features a removable "snap tab" that connects the jacket to your smartphone, allowing you to call Uber, screen phone calls, control music volume, and perform other functions as needed.

According to Levi's, the jacket is stylish, comes in just one color – blue – and requires an Android or iPhone connection. New functions are continually being added.

Samsung also plans to enter the wearable tech market with a smart shirt that can diagnose respiratory diseases and smart shoes that monitor running form. Another firm, Nadi X, has introduced smart pants that vibrate to improve form during yoga exercises.

Smart Watches

The most commonly-used wearable technology today, smart watches continue to add functionality. Apple's latest version, Series 4, enables users to obtain an electrocardiogram heart reading without any additional accessories, while the Matrix PowerWatch Series 2 can change from electricity to solar power and body heat.

Fitness Trackers

in technology, especially in the miniaturization of silicon chips, the differences between smartwatches and fitness trackers are becoming less noticeable. When they were first introduced more than a decade ago, they were the next big thing to pedometers, used for counting your steps. Today, however, they performed many of the smartwatch functions, including phone notifications but at a lower price.

With the rapid advancements

Head-mounted Displays

As the name suggests, head-mounted displays (HMDs) are a bit bulkier than most wearable computing devices, but they provide a display in your field of view, allowing you to look down at a phone or smartwatch more easily view the screens.

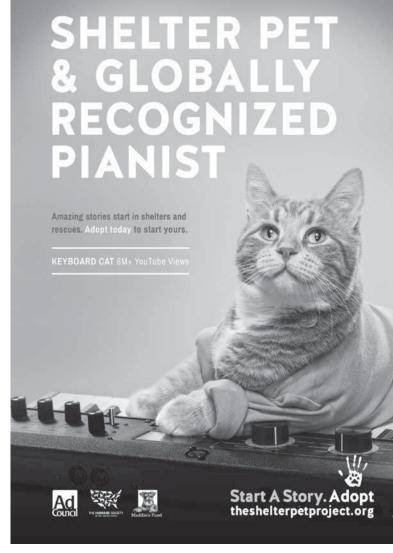
HMDs can function as monitors, provide information superimposed over reality via augmented reality (AR), or completely immerse yourself in virtual reality (VR) setting. This is especially useful for video game enthusiasts.

Implantables

You've heard of GPS and ID microchips implanted in pets so their owners can keep track of their locations and safety. It won't be long before the same technology will be available on a broad scale for humans. Scientists, engineers, and the medical community are focusing on the health and safety aspects of implantables to ensure they don't interfere with pacemakers, artificial organs, and other prosthetic devices used in surgery.











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



or vicit

www/som.uci.edu.willedbody

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

Crossword Puzzle Answers from page 12

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Ron Howard, it seems, has always been around. We watched him grow from portraying Opie Taylor on "The Andy Griffith Show" to Richie Cunningham on "Happy Days." When he moved behind the cameras, he gave us such now-classic movie releases as "Apollo 13" and "A Beautiful Mind."

Now there's buzz thrumming about the forthcoming Howard-produced "Thirteen Lives," and industry predictions have him carting home numerous prizes next year. (He already owns nine Academy Award statuettes.)

But why would he want to film a story that attracted worldwide interest-only four short years ago — and one in which everyone knows the outcome?

"Like a lot of people, I was aware of what was going on," Ron says in explanation of his interest in the rescue story of 12 Thai boys and their assistant coach trapped in a flooded underground cave. "When I had a chance to read William Nicholson's script, it not only delivered on everything I had recalled, but it suggested so much more.

"There were more levels and dimensions to the heroics and the people involved, especially the Thai people ... I just felt I could make something really visceral and immediate and do what a scripted version of a telling of a true story is supposed to do, which is to engage the nervous system of the audience, in addition to trying to give all the information."

Howard is one of five producers of the endlessly pulse-pounding release about danger and daring. Nicholson, who was also responsible for the five-time Oscar-winning "Gladiator" epic back in 2000, scripted the story here.

The rescue effort that fuels the story involved over 10,000 people around the globe, although the movie spotlight mainly illuminates a trio of courageous white men. Colin Farrell, Viggo Mortensen, and Joel Edgerton become the driving forces behind the mission struggling to try to save trapped young people, all of whom seem to be moving inexorably toward a tragic but unavoidable demise. Farrell and Mortensen portray British rescue divers John Volanthem and Richard Stanton, respectively, while Edgerton is Dr. Richard "Harry" Harris, an Australian medical doctor who offers a unique contribution.

There's little doubt that the number crunchers at MGM are gleeful about the forthcoming release; audience test scores showed that "Thirteen Lives" reigns supreme as the highest-rated movie ever in the studios' history.

MGM's promotional trailer promises that audiences will "witness the greatest rescue the world has ever seen."

Ron's creation will have a theatrical release on July 29, then move to Amazon Prime Video a week later on Aug. 5.



Continued from page 17

time, more than 50 vineyards were in the area. In the 1880s, a disease ruined the grapes, and vines were replaced with vegetables and the fruit that gave the area its name: or anges.

Source: International Education Center at Orange Coast College





Health Alert —

Get a Boost Against COVID: What You Need to Know About Boosters

COVID vaccines and boosters have reduced the threat of COVID, allowing many people to gather, travel, and celebrate with more peace of mind. Vaccines and boosters provide the best protection against the worst outcomes of COVID, yet people still have many questions around boosters.

"We've entered a new phase of the pandemic, and we know more about the virus than ever before," said Dr. Bhagy Navalkele, associate professor at University of Mississippi Medical Center in Jackson, MS. "We know that vaccines provide the best protection from COVID-related hospitalization and death. Boosters then add an extra layer of protection."

Here is what people should know about the COVID boosters:

Boosters provide the best protection against severe illness and death. Over time, vaccines may become less effective at preventing COVID, and just because you've had COVID doesn't mean you can't get it again. Getting boosted extends your protection and keeps you safer from emerging variants. A booster shot is another dose that—as the name suggests—boosts immunity to the virus as time passes. Vaccinated people who have also had a booster are less likely to get sick; but if they do catch the virus, the illness is usually less severe. For adults ages 65 or older, boosters can more than double their protection.



Vaccines and boosters protect vulnerable populations against COVID. Everyone 5 or older who has completed their initial COVID vaccination series should get a booster. Individuals who are up to date on COVID vaccines not only receive protection for themselves, but they also help reduce the spread of COVID to people who are at high risk due to age or compromised immune systems.

Second boosters provide added protection for people at higher risk. Adults age 50 or older and immunocompromised individuals can improve their protection even more with a second booster. CDC recommends second boosters, with either the Pfizer or Moderna vaccines, for:

- People age 50 or older who got their first booster four months or more ago,
- People who got a Johnson & Johnson vaccine and their first booster with a Johnson & Johnson dose at least four months ago,
- Residents of long-term care settings,

Continued on page 31

Nutrition in a Nutshell -

Peanuts Deliver Good

Food Fast

Life today often seems to be in overdrive, leading many Americans to make snack and meal decisions quickly without really thinking about the nutritional makeup of what they're consuming—but it doesn't have to be that way.

Think Twice

"Being mindful about what you eat each day can have a significant impact on so many aspects of your life. Food choices can influence your mood, energy level, cognition and memory, as well as your overall health and well-being," says Samara Sterling, Ph.D., director of research for The Peanut Institute.

Unfortunately, most "fast food" is overly processed and relies on sugar, salt and saturated fat to make it taste good in the moment, but it can end up having detrimental effects down the road and may even increase the risk for certain cancers.

Food As Medicine

Peanuts and peanut butter, on the other hand, are convenient and healthy superfood choices that satisfy immediate hunger while delivering lifelong benefits.

According to numerous research studies, regular consumption of peanuts has been shown to: reduce Alzheimer's disease risk by 70%; reduce diabetes risk by 53% and cardiovascular disease risk by 13%; and aid memory, cogni-



Peanuts deliver a plethora of health benefits and this delicious ramen dish incorporates both peanuts and peanut butter.

tive function and concentration. Daily consumption can even help reduce anxiety and depression.

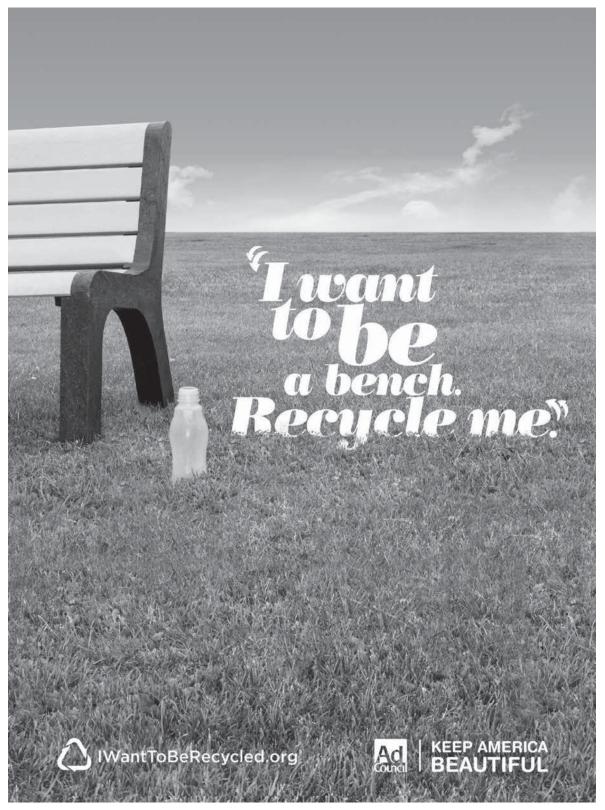
"Peanuts deliver such a plethora of benefits. A single serving of peanuts, which is about a handful, is packed with 19 vitamins and minerals and contains seven grams of plant-based protein," adds Sterling.

The Science

The benefits of plant-based protein are becoming more and more apparent. Research that compared nuts and legumes to animal protein showed higher intake from meat was associated with increased mortality risk. Another study found that replacing animal-based protein with plant-based protein can substantially lower the likelihood of developing diabetes. Finally, an interesting study of older adults found that faster walking speed was associated with a higher intake of plant protein, while slower walking speed was associated with greater animal protein intake.

To easily incorporate peanuts and peanut butter into a busy schedule, check out The Peanut

Continued on page 28







Until Every One Comes Home®

Peanuts Deliver

Continued from page 27

Institute's collection of simple yet tasty recipes.

Tasty Peanut Ramen

1 (3 oz.) package ramen

1 Tbsp shallot, diced

2 tsp minced garlic

1/2 cup shredded carrot

1/2 cup sliced mushrooms

1/2 cup coleslaw blend or chopped broccoli florets

1/2 cup red pepper, large dice

1/4 cup peanut butter

1/2 cup - 2/3 cup water

1 Tbsp soy sauce

1 Tbsp brown sugar

1 Tbsp Sriracha

1/4 cup roasted peanuts, chopped

1 Tbsp cilantro, for garnish

Cook ramen according to package directions. Strain noodles and set aside. In a medium sautée pan, warm 1 Tbsp of oil over medium high heat. Add shallot and garlic and cook until aromatic. Add mushrooms to pan, sautée until tender. Combine carrots, broccoli and red pepper into the pan and sautée about 2 minutes. Remove from the pan. Combine water, peanut butter, soy sauce, brown sugar and Sriracha in the pan. Simmer and reduce until sauce is thickened, about 2 minutes. Top ramen noodles with sauce and combine well. Top with vegetables, chopped peanuts, and cilantro.

Learn More

For other recipes and further information, visit www.peanutinstitute.com or follow The Peanut Institute on Instagram, Facebook or Twitter.

Tom Hanks

Continued from page 14

Day in the Neighborhood," "News of the World" and "Toy Story" (for his voice).

His trophy case also displays awards for his work as a producer, director, and actor in various limited TV series and movies, i.e.: "From the Earth to the Moon," "Band of Brothers," "John Adams," and "The Pacific."

In 2013 he received a Tony Award nomination for Best Actor in a Play for his performance in Nora Ephron's "Lucky Guy," and he holds the American Film Institute's Lifetime Achievement Award, the Britannia Award from the British Academy of Film and Television Arts.

It is interesting to note that one of Hanks' favorite roles was as Forrest Gump. In an interview with "People" magazine, Hanks stated that: "when I read the script ... I saw it as one of that kinds of grand, hopeful movie that the audience can go to and feel ... some hope for their lot and their position in life. I got that from the movies a hundred million times when I was a kid. I still do."

In addition, Hanks is a recipient of a Kennedy Center Honor, the Presidential Medal of Freedom from President Barack Obama, the French Legion of Honor, and most recently, the Golden Globe Cecil B. DeMille Award.

Away from the Set

In 1978, at age 22, Hanks mar-



ried American actress Samantha Lewes, who died in 2002 of bone cancer at 49. Their marriage, which ended in divorce in 1987, produced a daughter, Elizabeth, and a son, actor Colin Hanks.

In 1981, he met actress Rita Wilson on the set of the TV comedy "Bosom Buddies" and was reunited four years later the set of "Volunteers." Wilson is of Greek and Bulgarian descent and a member of the Greek Orthodox Church. Before marrying her in 1988, he converted to her faith and has since been named an Honorary Citizen of Greece.

An avid churchgoer, Hanks, who has Type 2 diabetes, once told the media: "When I go to church – I ponder the mystery. I meditate on the 'why?' of 'why people are as they are 'why bad things happen to good people,' and 'why good things happen to bad people.' The mystery is what I think is, almost, the grand unifying theory of all mankind."

Because of his lifelong interest in space, and his original dream of becoming an astronaut, Hanks is a staunch supporter of the NASA crewed space program. He's also a member of the National Space Society and has received the U.S. Space Foundation's Douglas S. Morrow Public Outreach Award for his contributions to public awareness of space programs.

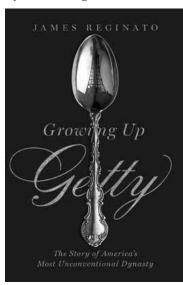
He continues to be an outspoken activist for various other causes, such as the environment, the military and veterans, and political activities that support equality.

August Book Club

Continued from page 16

Growing Up Getty
The Story of America's
Most Unconventional
Dynasty

By James Reginato



"Oil magnate J. Paul Getty, once the richest man in the world, is the patriarch of an extraordinary cast of sons, grandchildren, and great-grandchildren. While some have been brought low by mental illness, drug addiction, and one of the most sensational kidnapping cases of the 20th century, many of Getty's heirs have achieved great success. In addition to Mark Getty, a cofounder of Getty Images, and Anne G. Earhart, an award-winning

environmentalist, others have made significant marks in a variety of fields, from music and viniculture to politics and LGBTQ rights.

"Now, across four continents, a new generation of lively, unique, and even outrageous Gettys are emerging, and not coasting on the dynasty's still-immense wealth. August Getty designs extravagant gowns worn by Katy Perry, Cher, and other stars; his sibling, Nats — a fellow LGBTQ rights activist who announced his gender transition following his wedding to transgender icon Gigi Gorgeous — produces a line of exclusive streetwear. Their fascinating cousins include Balthazar, a multi-hyphenate actor-director-DJ-designer, and Isabel, a singer-songwriter-MBA candidate. A far-flung yet surprisingly close-knit group, the ascendant Gettys are bringing this iconic family onto the global stage in the 21st century.

"Through extensive research, including access to J. Paul Getty's diaries and love letters, and fresh interviews with family members and friends, 'Growing Up Getty' offers an inside look into the benefits and burdens of being part of today's world of the ultra-wealthy," according to Publisher Gallery Books.



Busy Boomers

By Les Goldberg

Riding the Silver Surfer Waves

Have you ever lounged on our Southern California beaches and admired all the young surfers, wishing you could be out there riding the waves but lamenting to yourself – 'I'm too old for that!?'

Too old? 'No way!' said the surfing, medical and fitness professionals.



According to physicians, the first thing you must do before embarking on any major physical exercise regimen is to get your doctor's opinion. Secondly, make sure you are undergoing a fitness program tailored to your special needs, in this case preparing for the endurance and skills required for swimming and surfing.

Finally, find a certified and/or qualified surfing instructor that is familiar with working with older students, beginners, and advanced.

Once you have checked off all those boxes, you will be ready to enjoy the benefits of surfing – exercise, the ocean's soothing effects, socializing with new friends, and taking advantage of the year-round warm climate.

Dr. Edith Pomeroy, a former associate professor of physical therapy at the University of California at San Diego, said "surfing helps improve endurance, physical strength, and flexibility and contributes to the ability of older adults to keep their bodies in tune and avoid harmful falls.

"In fact, surfing is a great exercise for preventing falls as it engages muscle groups in the legs and torso."

According to Dr. Timothy Ekland, a retired gerontologist, "Surfing has shown to improve one's mental health by enhancing mood, and reducing and treating trauma."



Now that you are over the stressful surfing stuff, get ready to have some fun. Any surfer will tell you the sport is addictive and exciting; it provides a sense of freedom and allows you to have fun while strengthening your body, mind, and soul.

To enhance your fun, veteran surfer Dwayne Bluestein, 65, of Huntington Beach recommends spending some time researching the best places to surf. "Fortunately," he says, "almost the entire Southern California coastline is ideal for surfing." He adds that the keys to a good location are:

- A soft, sandy bottom with no sharp rocks or coral.
- Semi-shallow areas for learning how to surf.
- Slow, long rows of waves rolling toward the shore.
- Relatively consistent waves year-round.
- Waves for all skill levels so you can advance.



Cindy Bakkas, 72, of Carlsbad, who began surfing just six years ago, added that "it helps to choose a surf destination that is known for its friendly locals and surfers. Ask any surfer and they'll tell you – one of the best parts about surfing is the sense of camaraderie you feel with other surfers – well, most of the time." She warns that some surfers can be territorial, but they are usually the younger ones who gravitate to the stereotypical "surf lingo" and attitudes.

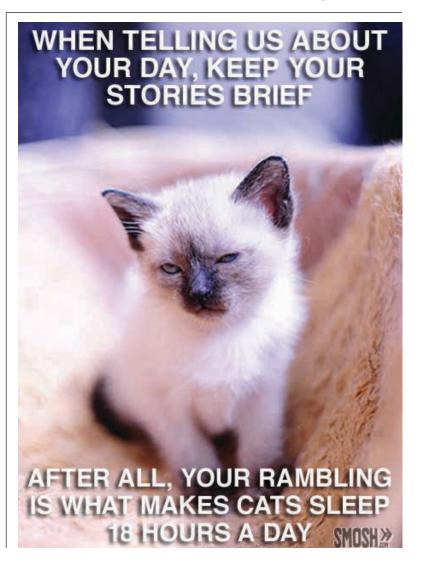


"Generally, however, one of the best parts about surfing as an older adult is the general respect and friendliness you get from others, who ultimately become lifelong friends," Bakkas said.

Who knows? If you develop

into a serious surfer and you believe you can surf with the best in the ocean-skimming crowd, you might want to enter the annual Senior Surf Invitational championship event this fall in Huntington Beach, aka Surf City.

Meanwhile, Hang Ten!



Fabulous Finds

By Debbie L. Sklar

Even though it's September, summer is still hanging around and it's hot. Here are some **Fab Finds** to keep you looking your best as we wind down the season and head into autumn.

Helping with the Change of Life

Lake Louise is a wellness entrepreneur, healthy-aging strategist, and founder of eCommerce beauty brands, Lotus Moon Skin Care and Plain Jane Beauty.

She says with her products you can turn your skincare ritual into a daily affirmation and celebration of what your skin is craving.

Lake's vision for Lotus Moon



Courtesy photo of the website.

blends nature and science to enhance the skin's life cycle. Also, to heal and activate the skin and support the natural aging process beautifully.

Lotus Moon Skin Care and Plain Jane Beauty produce plant-based products for women who are serious about healthy skin at every age. Lotus Moon's motto is a resounding "we believe in healthy aging, not anti-aging." During the menopause process, ladies see a dramatic change, especially in their facial appearance. The bounce-back skin they once saw in the mirror is no longer there. Skin changes are a natural part of aging, and no one should feel ashamed.

Lotus Moon Skin Care is a transformational plant-based skincare brand that helps women embrace aging with the belief that it is a natural part of living that should be celebrated and not feared. Visit lotusmoonskincare.com

All-in-One Serum



Courtesy photo of the website.

All I Need Serum is an all-inone product serum that is said to rejuvenate, hydrate, protect, and repair while always being formulated without fragrances or dyes, parabens, phthalates, and synthetic ingredients and is created by CA-based Dr. Yeral Patel.

Her mission was to create a solution for men and women that would elevate their skin to a new level with simplicity. Learn more about her products at YouvaMD.com.

Keep Skin Healthy from the Sun



ÉMINENCE

STREET STREET

Courtesy photo of the website.

Increased sun and heat exposure in the summer can

disrupt the skin's barrier function, causing dehydration, free radical damage, and inflammation. The intensive repair process to renew skin takes place while we sleep and incorporating hydrating ingredients and protective oils into the nighttime skincare routine can enhance the restoration process.

Eminence Organic Skin Care's Monoi Age Corrective products are rich in replenishing monoi and formulated to replenish sun-kissed skin while you sleep.

From the islands of the South Pacific, monoi is a traditional oil made from steeping Tahitian gardenias in coconut oil. This potent oil infuses skin with rich, rejuvenating hydration. After a day spent in the summer heat, include Eminence's rich and revitalizing Monoi Age Corrective products in your evening skincare ritual to replenish moisture and soothe skin to reveal a radiant glow by morning.

Enhanced with Eminence Organic's unique natural retinol

alternative, the
Monoi Age Corrective Exfoliating Cleanser
(\$42) helps to
restore skin for a

smooth and lifted appearance. Gentle fruit AHAs, botanical enzymes, and finely ground olive seeds refine the skin for a fresh, youthful-looking complexion.

Deeply hydrating night cream for the face, neck, and decolletage, the Monoi Age Corrective Night Cream for Face & Neck (\$68) aids in diminishing the visible signs of aging while you sleep. Enticing monoi and evening primrose unite with Eminence Organic's exclusive Argan Stem Cell Complex to revitalize the look of aging skin and smooth the appearance of wrinkles.

Eminence Organic Skin Care's Monoi Age Corrective products are available on eminenceorganics.com and local spas.

Assessing Your Health

Viome Life Sciences says it is a mission-driven company that empowers individuals to improve their health. It recently announced the launch of its new clinically-backed Full Body Intelligence Test, an advanced holistic health and microbiome-based test that is commercially available.

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Prevention is the key to good health. Stop diseases before they start.

Call your doctor today to schedule a well-care visit.





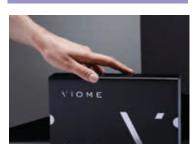








Fabulous Finds



Courtesy photo of the website.

The at-home test takes an innovative approach with gene expression analysis for three essential areas of your health: the gut microbiome, oral microbiome, and your cells. These unique markers are proven to be crucial in decoding your health and addressing the root causes of chronic diseases, cancer, and aging.

Viome's Full Body Intelligence Test provides health insights based on microbial and human gene expression (mRNA), such as a person's biological age, immune system health, gut health, oral health, heart health, and brain and cognitive health, along with over 50 more subscores. Based on each person's unique biological data, Viome's state-of-the-art AI engine analyzes and recommends the food and supplement ingredients that are ideal for their body, targeting all the essential functions that play a role in how fast they age, how they feel, how they look, and their body's resilience to stress and illness.

To learn more about Viome Life Sciences and its solutions for prevention, diagnosis, and therapeutics for chronic illnesses, cancers, and aging, visit viome.com.

We are voluntary, communitydefined training and behavior standards for handlers and their Service Dogs. Register or learn more now USSDR.org

COVID Boosters

Continued from page 26

- People with certain underlying medical conditions that impact their immune systems, and
- Pregnant and recently pregnant people.

Boosters are readily available to all vaccinated people ages 5 years or older. Just like the vaccines, booster shots are available at no cost to anyone living in the U.S. People who got Pfizer or Moder na vaccines should get a booster five months after the initial doses. Vaccinated adults 18 or older may choose any available vaccine as a booster, regardless of the type or brand of vaccine received previously. Only the Pfizer vaccine is available as a booster for those ages 5 to 17.

Learn More

For more information and to find a vaccine, visit www.vaccines.gov.







Learn about your Medicare options and choose the right plan for you.

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