

# SENIOR REPORTER

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**Contributing Writers:**

Les Goldberg  
Randal C. Hill  
Lyn Jensen  
Shana McCann  
Jim McDevitt  
Debbie L. Sklar  
Nick Thomas

**APRIL 2022**

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



## Tony Bennett

*"To me, life is a gift, and it's a blessing  
to just be alive ..."*  
—Tony Bennett

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## Questionable Witness

By Jim McDevitt

We have two rescue dogs: a German shepherd named Koda and my buddy, Toby who is a mixed white Lab. Toby is not able to go for walks anymore as he is battling cancer now for over 19 months. When his cancer was discovered the vet thought he had only 6 months left. He is not in any pain, but I feel my prayers have been answered in that he is doing well this long on his pain medications.

I was working at my desk in the basement of our house, fin-

ishing up our tax return and my wife was upstairs getting ready to take Koda for a walk. She usually takes the car and drives to the surrounding forest area. I also try to do some treadmill work in the interior of the basement between being at the computer.

As I looked down our steep driveway, I saw my wife with her big hat on protecting her from the sun and she was bent over picking up after our dog. I walked out and shouted down the driveway at my wife partially obscured by a large bush, 'I'm glad to see you're picking up.'

Then I added, 'Where's Koda?' It was then I real-

ized it was not my wife but a woman with a very small dog from up the block when she turned and looked up at me. The lady pleasantly replied, 'I don't know,' meaning my dog Koda and looked down the block. My foot was wedged in my mouth, but I managed to say I was sorry and explained I thought she was my wife. The good neighbor smiled and said, 'No problem,' as she left toward her home up the block at a rather fast pace.

Today, a helicopter was buzzing around in our mountains. I have new hearing aids so I went out and looked up in the sky but couldn't spot it. My

*Continued on page 21*

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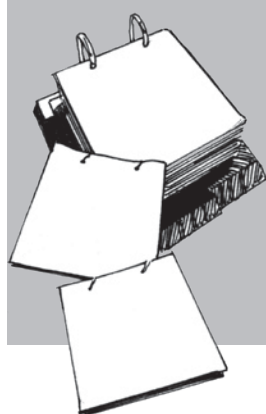
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# APRIL Calendar of Events



Springtime is a wonderful season to get out and enjoy the fresh air as well as all sorts of local events from runs to pet expos. Check these out below and mark your calendars!

## San Clemente Annual Gardenfest

### San Clemente

**April 9**

Hosted by the San Clemente Garden Club, this year's 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, San Clemente. Admission is free, families are welcome.

## Walk MS

### Irvine

**April 10**

A 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. 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.

## Red & White Dance Party

### Westminster

**April 15**

**9:45 p.m. to 12:30 a.m.**

Singles and couples are welcome ages 19 to 91 to have fun making new friends at the RED-AND-WHITE DANCE PARTY at the QD Venue. A popular DJ will be playing a variety of music including R & B, Funk, 70s music, Salsa, Line Dances, and more. At, QD VENUE, 7724 Garden Grove Blvd., Westminster. Call for tickets and info, (714) 622-4977. Tickets are non-refundable. Performers are subject to change without notice.

## VeggiePalooza and Virtual California Native Plant Sale

### Fullerton

**April 15-16**

Explore more than 200 varieties of heirloom tomatoes, sweet, mild, and hot peppers, and varietal veggies. Check out ornamental plants including California natives grown at the Arboretum. At, Fullerton Arboretum, 1900 Associated Road, Fullerton. Call, (714) 278-3407.

## Floral Park Home & Garden Tour

### Santa Ana

**April 23**

Once again the Floral Park Neighborhood, recipient of Neighborhoods USA's "Neighborhood of the Year," is hosting its annual Home and Garden Tour. Whether experiencing a stroll through the beautiful vintage homes and gardens, searching for treasures at the antique and collectibles sale, viewing the classic automobile display, or enjoying a snack at the food and drink concessions, the Floral Park Home & Garden Tour offers nostalgic memories of a day well spent.

## Spring Citrus Fair

### La Habra

**April 29 - May 1**

The La Habra Chamber of Commerce hosts its annual Spring Citrus Fair — full of period charm — highlighting the history of the La Habra Valley. The event will include entertainment, carnival rides, local food, exhibits, and character mascots. Free admission. At, La Habra Boulevard between Euclid and Cypress streets. Call, (562)-697-1704.



## Bolsa Chica's Earth Day Festival

### Huntington Beach

**April 30**

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 Chica Conservancy Interpretive Center, 3842 Warner Ave., Huntington Beach. Public parking across the street from the Interpretive Center.

## South County Pet Expo

### Lake Forest

**April 30**

**10 a.m. to 1 p.m.**

This exciting and informative event is presented by Chairwoman Lisa Bartlett, Orange County Board of Supervisors, OC The Pet Adoption Center OC, and Saddleback Church. The family and pet-friendly event will also feature rescue groups with many loving animals available for adoption, fun and exciting canine demonstrations, local vendors providing pet products and services, food trucks, and giveaways. Free admission, parking, and shuttle service. At, Lake Forest Sports Park, 28000 Rancho Pkwy., Lake Forest.

## Festival of Nations

### La Palma

**April 30**

10:30 a.m. (parade start) 6 p.m. La Palma Festival of Nations will celebrate La Palma's cultural heritage through dancing, performances, and exhibits. Kicking off the event will be a hometown parade marching down Walker Street at 10:30 a.m., then continuing with the festival until 6 p.m. Following the parade, the festival will feature fun attractions for all ages, kids-zone, petting zoo, carnival games, international food trucks, and a beer and wine garden. Throughout the day musical performances and dances will be held at the Central Park Pavilion. At, La Palma Central Park, 7821 Walker St., La Palma.

## OC MARATHON

### Newport Beach

**April 30-May 1**

Join thousands of other community-minded runners and walkers at the OC Marathon, beginning at Newport Beach Marriott Hotel & Spa south of Santa Barbara Drive. Pledges to benefit 11 local children's charities through Run for Orange County Kids (ROCK). Call, (949) 222-3327.





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## 'The Temporary Utopias'

By Randal C. Hill

During the 1960s, thousands of young Americans opted for a life in one of about 3,000 “hippie” communes across the country. Who were those mavericks who made such an unorthodox choice? Generally, they were disaffected urban and suburban Baby Boomers who rejected traditional society. Their numbers included back-to-nature farmers, anti-war protestors, civil-rights zealots, young men avoiding the draft, unfettered hedonists, criminals on the lam, and fringe folks with nowhere else to go.

There was no “one-size-fits-all” in such cooperatives, as each group developed its own culture. Some were religious-based, others entirely secular. Drugs flourished in certain quarters but were forbidden in others. Some were self-sufficient and agrarian-based, while others ran capitalism-fueled businesses.

Many residents did adopt a popular uniform of day — long hair, long beards, long dresses; psychedelic-patterned clothes, sandals, beads, rimless “granny” glasses. (As a sort of social counterpoint, certain villages declared themselves clothing optional.)

Elements of Buddhism and Hinduism sometimes replaced Traditional Judeo-Christian te-

nets. The widespread popularity of astrology generated the term Age of Aquarius. Music heroes such as Bob Dylan, Joan Baez, the Rolling Stones, and the Grateful Dead were enthusiastically proclaimed “cool.”

It is important to give credit where credit is due regarding some of the principles that have been adopted from these coteries. Resident bohemians often followed healthy vegetarian diets and practiced holistic medicine. Gays and lesbians, frequently rejected by society at large, were usually welcomed by commune members. On college and university campuses, ethnic studies of Black people, Native Americans, and Latinos blossomed, as did “teach-ins” about the Vietnam War. Counter-culturalists concerned about the environment helped to establish the first Earth Day in 1970.

It was a variety of problems that lead to the ruination of many collectives. One of the main issues was that there was often no structured governing body. Rules were often lax when it came to raising food, sharing parental responsibilities, and doing household tasks (Whose turn is it to clean the bathroom?). For some hipsters, often-tedious toil became secondary to pursuing free-wheeling matters of the flesh and a cornucopia of illicit drugs. Poor money management was

frequently a thorny issue also. (Farming, for example, involved hard work and wasn’t especially lucrative.) Jealousy often drove irreparable wedges between certain “free love” groups.

Some residents simply grew older and chose to leave to embrace a world once scorned — working for The Man, driving a station wagon, buying a tract home. Others just packed up and moved on to somewhere and something else.

Vermont organic farmer Robert Houriet once lived an idyllic life as a commune resident in the Green Mountain State. Decades later, he declared, “There has to be some leadership and decision-making, some control of membership,” he said in an interview. “You can’t sell drugs to people in town, go skinny-dipping in the town pond, and offend your neighbors.” He pauses, then adds, “There was a brief, shining moment when we knew it could work. We knew it could work, but we blew it.”

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“hippie: subculture.” <https://www.britannica.com/topic/hippie>

Johnson, Sally. “Excesses Blamed for Demise of the Commune Movement.” Aug. 3, 1998. <https://www.nytimes.com/1998/08/03/us/excesses-blamed-for-demise-of-the-commune-movement.html> The Robert Houriet quote is from here.



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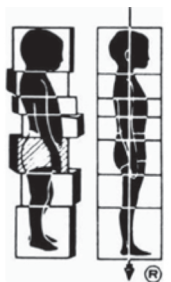
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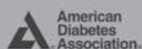


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## 'A Horse with No Name' Neil Young

By Randal C. Hill

We've all been through this before. You hear a new tune on the radio, and it grabs you by the collar, demanding your attention. Soon it's burrowing deep inside your brain, to reside there forever. It's a song you never forget. But sometimes, when you get to thinking later about its rather puzzling lyrics, you end up scratching your head and asking, 'What is this really all about?'

We're talking here about "A Horse with No Name" by UK-based America, a trio of U.S.-born folk singers — Dewey Bunnell, Gerry Beckley, Dan Peek — who each had fathers who frequently relocated to military bases around the world.

"The song was born out of pure boredom," admits leader Bunnell, a Neil Young-soundalike who was just 19 when he created the million-seller. "I had just graduated high school in London, and my family moved up to Yorkshire ... I wanted to stay in London, so I moved into the home of a friend and his family ... I wrote the song alone in this guy's bedroom that I share ... I wanted to capture the imagery of the desert because I was sitting in this room in England, and it was rainy. I wanted to capture the heat and the dryness."

First called "Desert Song," Bunnell built his odd tale on a foundation of three guitar chords.

In 1971, the trio released their self-titled debut album in the UK but, since no issued single had caught record buyers' attention yet, sales proved lackluster. However, when "Horse" became a successful British 45 that November, the "America" LP was reissued to great success, thanks to the Bunnell-composed hit track.

When Dewey's creation was released in the States, it too became an overnight winner; the Warner Records 45 reached No. 1 here for three weeks, and the "America" album dominated the LP charts for over a month.

The song's imagery had emerged from Bunnell's childhood at an Air Force base on the damp central California Coast. He recalls, "We'd drive through Arizona and New Mexico. I loved the cactus and the heat. [In the song] I was trying to capture the sights and sounds of the desert."

His free-flowing lyrics were painted with a broad brush and ranged from the elementary-school simplicity of:

*"There were plants, birds, rocks, and things*

and

*"The heat was hot, and the ground was dry*

to the Dylanesque denseness of

*"The ocean is a desert with its life underground*

*And a perfect disguise above."*

Dewey saw the desert as an existential epiphany but later admitted, "The song was a travelogue with an environmental message in there about saving the planet."

As to the enigmatic image of the horse? "I see now that this anonymous horse was a vehicle to get me away from all the confusion and chaos of life to a peaceful, quiet place."

Come to think of it, though, after all that time spent in peaceful desert solitude, wouldn't the narrator have eventually come up with a name for his steed?

Just wondering.

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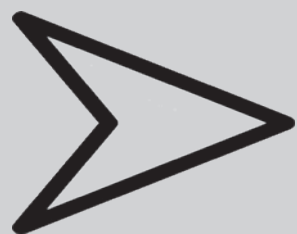
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# In The Spotlight

## Diana Christinson's 'Your Golden Journey' to Personal Transformation

Diana Christinson's new book and workbook, *"Your Golden Journey,"* is a 45-day pilgrimage to personal transformation that's a daily inspirational guide to vibrant health.

Christinson, 47, who has been an inspirational teacher of holistic health for more than 30 years with a Master's in psychology resides in Laguna Beach.

Director and instructor Christinson is a traditional Ashtanga practitioner and trained by Tim Miller and authorized by Sri K. Pattabhi Jois and Sharath Ranganaswamy at the second level at the Ashtanga Yoga Research Institute in Mysore, India.

*"Your Golden Journey"* is a collection of some of her favorite teachings that are encompassed into simple messages and practices that will be life-transforming. As such, she has created a powerful journey of self-discovery and personal growth through the combination of her times and studies in Asia with her passion for psychology, health sciences, yoga, breath, and meditations.

Christinson invites you to cultivate more peace, joy, and mindful presence in your life with this daily inspirational guide of reading and reflection. Through simple, short,



daily practices, you can transform the way you approach and live each day by plugging into yourself before plugging into the outside world.

Here's more about Christinson.

**SR: When did you become interested in holistic healthcare?**

**A: My interest in health began as an undergraduate psychology student and expanded during my time studying and living in Asia.**

**Q: What is holistic healthcare for those who don't know?**

**A: Holistic healthcare considers multiple aspects of wellness and focuses on more than just the physical body. Rather than servicing one piece of the puzzle, holistic care leads to vibrant overall health by addressing and utilizing the mind-body connection to promote healing in one's physi-**

**cal body, energetic body, and emotional body.**

**Q: You studied as a traditional Ashtanga practitioner, what does that mean?**

**A: Ashtanga Yoga is a lineage practice that has been passed on from teacher to student over many years, originating from Mysore, India. It involves a set sequence of poses practiced with specific breath counts and gaze for each posture. I pass the sequence on to my students the same way it was taught to me. More than just exercise, Ashtanga is considered a moving meditation that supports the practitioner's physical, energetic, and emotional bodies.**

**Q: What is the "journey of self-discovery" you talk about in your book?**

**A: My book and journal, 'Your Golden Journey,' is a 6-week "doing" experience that asks you to gift yourself a small window of time each day to breathe, quiet the mind, and connect with your internal self with my guidance. Readers explore how they've arrived where they are today, learn to identify unhealthy patterns in their thoughts and interactions, and set intentions to cultivate more gratitude, mindfulness, and joy into each precious day.**

**Q: How would seniors or those**

**over 50 benefit?**

**A: 'Your Golden Journey' can benefit people of all ages from all walks of life, as you do not have to be an experienced yogi or meditation expert to begin your transformation! The simple practices I introduce strengthen the breath, one's connection to nature, the ability to respond rather than react, and the skill to see opportunities when facing obstacles. Anyone seeking inspiration, greater calm, and less stress will find that making time just for them, plugging into their internal selves with quiet reflection before plugging into the external world, can lead to a whole new outlook on life and transform the way we show up in the world.**

**Q: Do you teach someplace?**

**A: I own and teach at Pacific Ashtanga Yoga Shala, which will celebrate its 17th anniversary this year. Shala means school, so our community of students is committed to studying all aspects of Ashtanga and seeks to strengthen not only their physical bodies but their emotional and spiritual selves as well.**

**Q: Tell us more about the book and are you working on another?**

**A: This book is a culmination of 30 years of guiding students and private clients and includes the teachings**

**and practices that have most greatly impacted their lives. I wanted to take simple, mindful practices that anyone can do to improve their overall health and wellness and share them beyond the yoga community. I am currently offering a year-long 'Your Golden Journey' online workshop that allows readers to explore each teaching over a week and students can begin anytime. You can find more info on my website!**

**Q: How do seniors get the book?**

**A: My book and journal are available for purchase on my website, [www.DianaChristinson.com](http://www.DianaChristinson.com), or on Amazon in paperback or Kindle formats.**

**Q: What are three things you live by daily?**

**A: Breath, Gratitude, and Love.**

**Q: How do you stay young at heart? Advice for seniors?**

**A: I sing along to music, dance in my kitchen, paint, jump in puddles, walk barefoot, and speak gratitude and love as much as possible. My advice for seniors is to find what brings you the greatest joy and incorporate more of that into your life. Play and laughter are necessary at every age, look too young children for inspiration!**

*Continued on page 21*



# April Crossword Puzzle

Across

1. Longfellow's bell town
5. Clear the slate
10. WWII event
14. Roger Rabbit, e.g.
15. Time being
16. Ms. Fitzgerald
17. Pertaining to right angles
19. One with no capacity for veracity
20. Run up
21. Redivivus
23. Buddy
25. Chest or closet material
26. Emit coherent light
29. Historic times
31. Huge
35. Carte start
36. Kind of D.A.
37. Jackfish
38. Self-satisfied person
40. Accord
41. 1998 Masters winner Mark
42. Delilah portrayer
43. Legal thing
44. Composer Ned
45. Adam's third son
46. Strong woody fiber
47. Coolidge's vice president
49. French article
51. Person who transfers property
54. Closes
58. Expensive fur
59. Careless
63. Implore
64. Leg joints
65. Letterhead symbol
66. Bring up
67. Busybody
68. Formerly, once

Down

1. Yours, in Tours
2. Ripped
3. Univ. recruiting group
4. Bury
5. H.S. requirement
6. Hundred Acre Wood denizen
7. Actress Jillian
8. Frightens
9. Caught congers
10. State of violent excitement
11. 554, in stone
12. Wings
13. Sale site

18. Are you a man \_\_\_\_ mouse?
22. Unpredictable action
24. Jai alai basket
25. Lion, tiger, leopard, or jaguar
26. Toil
27. Texas shrine
28. Cavalry weapon
30. Queue after Q
32. Greek marketplace
33. Hawaiian state birds
34. Lovers' meeting
36. Pilot
37. Hindu ascetic
39. Guidebook for travelers
40. Worked (up)
42. Guys
45. Unruffled
46. Firefly, e.g.
48. Unsteady
50. Defense advisory grp.
51. Asian river
52. Italian bread?
53. Swenson of Benson
55. Get an \_\_\_\_ effort
56. Schleps
57. Place for a coin
60. \_\_\_\_-X
61. Tennis call
62. Conductor \_\_\_\_-Pekka Salonen

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
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58					59		60	61	62					
63					64						65			
66					67						68			



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## Health Matters

# You Can Help Save A Life

Being a hero and helping repair the world may be easier than many people realize. How? Become a blood stem cell or marrow donor, volunteer or a supporter.

### The Problem

Every three minutes, someone in the United States is diagnosed with a blood cancer such as leukemia, lymphoma and myeloma. The Leukemia and Lymphoma Society estimates that 186,400 people will experience this frightening news just this year.

While a bone marrow or blood stem cell transplant can serve as a cure for leukemia and other blood cancers, only 30 percent of patients have a matching donor in



*Lifesaving stem cell donor Josh Posner met his transplant recipient Dave Fromson in May 2021 in Boca Raton, Fla.*

their families. The remaining 70 percent must hope that a compatible stranger can be found through the global registry.

### Seeking Solutions

For the past 30 years, one organization has been singularly passionate about engaging the public to get everyone involved in curing blood cancer. Gift of Life Marrow Registry, a nonprofit based in Boca Raton, Florida, works globally to find matching bone marrow and blood stem cell donors for patients battling nearly 100 diseases, including blood cancer, immune disorders and sickle cell.

### One Man's Story

The best chance of finding a matching donor is with people who share the same ethnicity and race—and Gift of Life was founded due to a lack of Jewish donors in the national registry when Jay Feinberg was 22 years old and

unable find a match to cure his leukemia.

Determined to save his life, Feinberg's family and friends set on a 4-year grassroots donor recruitment campaign, resulting in the enrollment of more than 60,000 new donors in the worldwide bone marrow registry. Feinberg eventually found his lifesaving match, and his diagnosis started the butterfly effect that became Gift of Life.

Feinberg has never taken for granted the gift that his bone marrow donor gave to him, and he has turned a moment of personal crisis into a lifetime of achievement for the greater good and now, you can be part of it.

"Every day I live is a day I am

blessed to pay it forward," said Feinberg. "Everyone has the power to spread light by joining the registry and giving the most precious gifts of all—hope and health."

### Gift of Life Marrow Registry

Under Feinberg's leadership as the Founder and CEO, Gift of Life Marrow Registry has grown into a multi-faceted organization that operates a global marrow and blood stem cell donor registry, donor collection center, cellular therapy laboratory and a soon-to-launch biotech entity. To date, the organization has a membership of nearly 400,000 individuals who have volunteered to save a life, and it has also facilitated more than 4,100 transplants.

*Continued on page 23*



# Tony Bennett: 'The Great American Story'

By Les Goldberg

When Tony Bennett was quoted as saying "it's a blessing to just being alive," the 95-year-old legendary crooner was not merely whistling Dixie, he was making a statement that defines his entire existence.

Although his concert-playing days are now in the history books due to Alzheimer's, Bennett continues to be revered, not only for his contributions to popular American



music but also for his love of America, the country he fought for during World War II in the Battle of the Bulge.

His perspective about life and longevity is shaped by his military service that also included helping to liberate concentration camp prisoners, marching side by side with Dr. Martin Luther King in support of the civil rights movement and supporting so many causes benefiting millions of lives.

For his charitable work in and out of uniform and across this country and throughout the

world, he rightfully carries the honor of Citizen of the World from the United Nations.

And for his unmatched vocal talent, which has brought him fame and fortune, Bennett can look back on his days as a soldier to find the spark that started his career. You could say he was in the right place at the right time.



Young Anthony took an immediate interest in music. He grew up listening to Al Jolson, Eddie Cantor, Judy Garland, and Bing Crosby, as well as jazz artists such as Louis Armstrong. By the age of 10, he was already singing and had the opportunity to perform at the opening of the Triborough Bridge, standing next to Mayor La Guardia.

His first paying gig came when he was 13 as a singing waiter in several Queens area Italian restaurants. His teen years were spent honing his craft with performances all over New York City, including a successful engagement at a New Jersey nightclub.

His life would change suddenly in November 1944 when he was drafted into the U.S. Army during the final stages of World War II. Following basic and infantry training, he was assigned as a replacement infantry soldier to a unit that suffered heavy losses in the Battle of the Bulge. He described his experience as a "front-row seat in hell."

## The Early Years

After his birth as Anthony Dominick Benedetto on Aug. 3, 1926, in Queens, N.Y., he grew up in poverty with his siblings, but his father instilled in him a love of art and literature and a compassion for human suffering which he demonstrated during the Great Depression.



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Continued on page 17



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Years of work by innovative engineers have resulted in a scooter that's designed with seniors in mind. They created Electronic Stability Control (ESC) that makes it virtually impossible to tip over. If you try to turn too quickly, the scooter automatically slows down to prevent it from tipping over. The battery provides powerful energy at a fraction of the weight of most batteries. With its rugged yet lightweight aluminum frame, the So Lite™ Scooter is the most portable scooter ever—but it can hold up to 265 pounds—yet weighs only 40.8 pounds without the battery! What's more, it easily folds up for storage in a car seat, trunk or even on an



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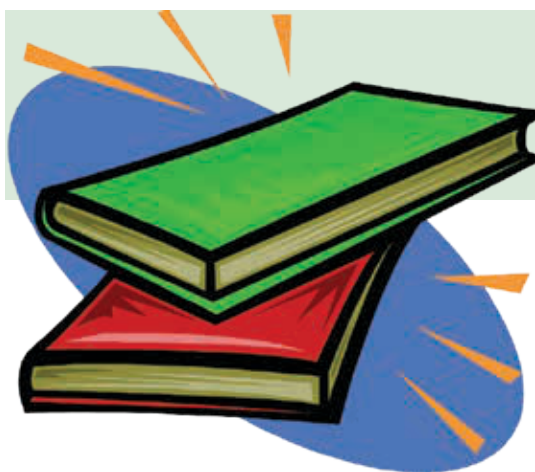
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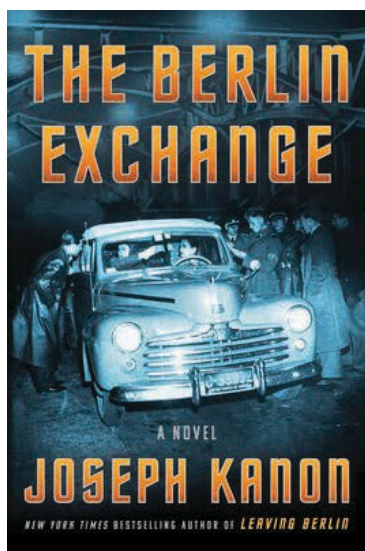
# April Book Club

April is a wonderful month to stop and take in the fresh air and finally embrace the new season.

It's also a great time to grab a book and spend the day reading in the sunshine wherever you might be. Here are some new titles to check out and start turning pages or downloading on your e-reader.

## *The Berlin Exchange* A Novel

By Joseph Kanon



"Berlin. 1963. The height of the Cold War. An early morning spy swap, not at the familiar setting for such exchanges, or at Checkpoint Charlie, where international visitors cross into the East, but at a more discreet border crossing, usually reserved for East German VIPs.

The communists are trading

two American students caught helping people to escape over the wall and an aging MI6 operative. On

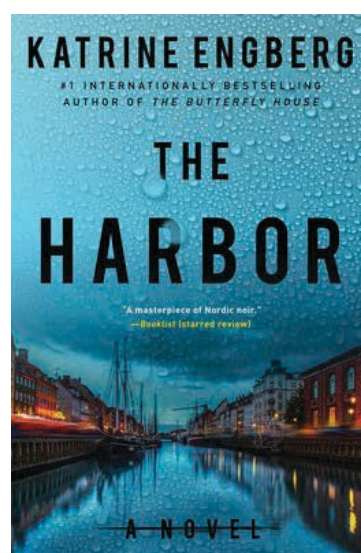
the other side of the trade: Martin Keller, a physicist who once made headlines, but who then disappeared into the English prison system. Keller's most critical possession: his American passport. Keller's most ardent desire: to see his ex-wife Sabine and their young son.

"The exchange is made with the formality characteristic of these swaps. But Martin has other questions: who asked for him? Who negotiated the deal? The KGB? He has worked for the service long enough to know that nothing happens by chance. They want him for something. Not physics — his expertise is out of date. Something else, which he cannot learn until he arrives in East Berlin when suddenly the game is afoot.

"Filled with intriguing characters, atmospheric detail, and plenty of action Kanon's latest espionage thriller is one you won't soon forget," according to Publisher Scribner.

## *The Harbor* By Katrine Engberg

"He looked around and saw the knife that had stabbed Basil Hallward. He had cleaned it many times, till there was no



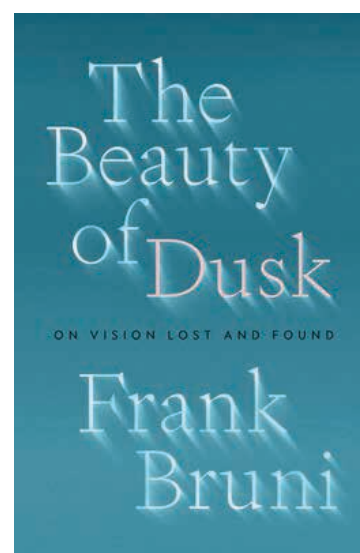
stain left upon it. It was bright and glistened. As it had killed the painter, so it would kill the painter's work, and all that that meant. It would kill the past, and when that was dead, he would be free.

"It's not much to go on, but it's all that detectives Jeppe Kørner and Anette Werner have. And with every passing hour, as the odds of finding a missing person grow dimmer, it will have to be enough," according to Publisher Gallery/Scout Press.

## *The Beauty of Dusk* On Vision Lost and Found

By Frank Bruni

"One morning in late 2017, 'New York Times' columnist Frank Bruni woke up with a strangely blurred vision. He wondered at first if some goo or gunk had worked its way into his right eye. But this was no fleeting annoyance, no fixable inconvenience. Overnight, a rare stroke had cut off blood to one of his optic nerves, ren-



dering him functionally blind in that eye — forever. And he soon learned from doctors that the same disorder could ravage his left eye, too. He could lose his sight altogether.

"In 'The Beauty of Dusk,' Bruni hauntingly recounts his adjustment to this daunting reality, a medical and spiritual odyssey that involved not only reappraising his priorities but also reaching out to, and gathering wisdom from, longtime friends and new acquaintances who had navigated their traumas and afflictions.

"The result is a poignant, probing, and ultimately uplifting examination of the limits that all of us inevitably encounter, the lenses through which we choose to evaluate them, and the tools we have for perseverance. Bruni's world blurred in one sense, as he experienced his first real inklings that the day isn't forever, and that light inexorably fades but sharpened in another. Confronting unex-

pected hardship, he felt more blessed than ever before. There was vision lost. There was also vision found," according to Publisher Avid Reader Press/Simon & Schuster.

## *One Italian Summer* A Novel By Rebecca Serle



"When Katy's mother dies, she is left reeling. Carol wasn't just Katy's mom, but her best friend and first phone call. She had all the answers and now, when Katy needs her the most, she is gone. To make matters worse, their planned mother-daughter trip of a lifetime looms: to Positano, the magical town where Carol spent the summer right before she met Katy's father. Katy has been waiting years for Carol to take her, and now she is faced with embarking on the adventure alone.

"But as soon as she steps foot on the Amalfi Coast, Katy begins to feel her mother's spirit.

*Continued on page 17*



# Tony Bennett

Continued from page 14

simplified his name to Tony Bennett. In 1950, he cut a demo of “Boulevard of Broken Dreams” and was signed to a Columbia Records contract by Mitch Miller.

Warned by Miller not to imitate Frank Sinatra, Bennett began his career as a crooner of commercial Pop tunes. His first big hit was “Because of You,” followed by a string of chart-toppers, including “Cold, Cold Heart,” “Blue Velvet,” “Rags to Riches,” “Stranger in Paradise” and others.



iconic hit, “I Left My Heart in San Francisco” which won two Grammy Awards and is ranked as one the most historically significant songs of the 20th century.

In a 1965 interview in “Life” magazine, Sinatra said: “For my money, Tony Bennett is the best singer in the business. He excites me when I watch him. He moves me. He’s the singer who gets across what the composer has in mind, and probably a little more.”

Each decade of Bennett’s life and career can be described as consistent. He is an artist of all ages, for all ages. To cement his artistry with a wide variety of audiences, he has spent the last few years collaborating with contemporary singers.

His value as an entertainer sustained him through the Rock ‘n Roll era of the 50s. His popularity soared when the “Tony Bennett Show” became a summer replacement for “The Perry Como Show” and he later appeared on the initial broadcast of “The Tonight Show Starring Johnny Carson” in 1962.

Despite the 60s’ British musical and cultural invasion, ala The Beatles, etc., Bennett continued his proficiency with top-40 single recordings like “I Ruled the World” and his most

Gaga, Aretha Franklin, Willie Nelson, Queen Latifah, Carrie Underwood, and Amy Winehouse.

On Aug. 12 last year, a week after his 95th birthday and performing at Radio City Music Hall in New York City, Bennett retired from concerts and produced his final album, “Love for Sale,” another collaborative record with Lady Gaga. Not surprisingly, it broke the Guinness World Record for the oldest person to release an album of new material.

## April Book Club

Continued from page 16

Buoyed by the stunning waters, beautiful cliffside, delightful residents, and, of course, delectable food, Katy feels herself coming back to life.

“And then Carol appears — in the flesh, healthy, sun-tanned, and 30 years old. Katy doesn’t understand what is happening, or how — all she can focus on is that she has somehow, impossibly, gotten her mother back. Over the course of one Italian summer, Katy gets to know Carol, not as her mother, but as the young woman before her. She is not exactly who Katy imagined she might be, however, and soon Katy must reconcile the mother who knew everything with the young woman who does not yet have a clue,” according to Publisher Atria Books.

His “Duets I” and “II” albums feature such stars as Lady

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# On The Road Again with Shana McCann

By Shana McCann

As a rare native of Los Angeles, one of my most memorable childhood experiences was visiting the La Brea Tar Pits with my parents. In those days – we're talking late 1940s/early 50s – the Pits were actually large pools of bubbling tar along Wilshire Boulevard's Miracle Mile.



*Columbian Mammoth*

If your childhood was similar to mine or if you are from out of state and think of L.A. only as Hollywood, sunshine and sandy beaches, let me suggest a weekend or daytime getaway up the 405 and 5 freeways to one of the most unusual destinations in the entire world – The George C. Page Museum of La Brea Discoveries adjacent to the Natural History Museum of Los Angeles County at 5801 Wilshire.



*La Brea Tar Pits*

You will be mesmerized at the site of prehistoric fossilized animal bones, flora and fauna that are preserved in pools of tar on the land once known as the Hancock Ranch.

Among the species found beneath the surface by paleontologists and researchers are Pleistocene mammoths, dire wolves, short-faced bears, American lions, ground sloths and the saber-toothed cat, the official state fossil of California.

Other fossils from the last glacial period include insects and plants. Only one human has been found, a partial skeleton of the La Brea Woman dated to around 10,000 calendar years and who is estimated to be between 17 and 25 years old at the time of her death.

Some older fossils revealed possible tool marks, indicating that humans were active in the area at the time, the earliest solid evidence for human existence in the Los Angeles Basin.

According to researchers, tar pits around the world are unusual in accumulating more predators than prey. It is believed that a large prey animal would die or become stuck in the tar pit, attracting predators. Another theory is that dire wolves, saber-toothed cats, coyotes, ancient bison and ground sloths and their prey were trapped during a hunt.

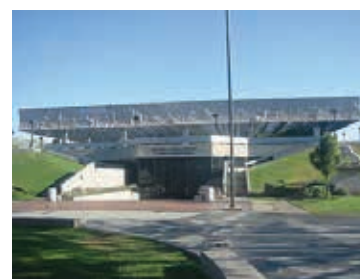


*La Brea Tar Pits*

## A Little History

The first written record of the tar pits was made in 1769 by Gaspar de Portola who led an expedition of Spanish explorers along the California coast.

Fifty years later, during another expedition, tar-covered bones were found on the Rancho La Brea property but were not initially recognized as fossils because the ranch had lost various animals, including horses, cattle, dogs and even camels, who bones resembled several of the fossil species.



*Page Museum*

It wasn't until 1901 when Union Oil geologist W.W. Orcutt was the first to recognize that the fossilized prehistoric animal bones were preserved in pools of asphalt (hardened tar) on the Hancock Ranch where oil wells dotted the landscape that is now a sea of concrete streets, buildings and scattered small parks.

Modern excavations of the bones started in 1913 to 1915, and by the 40s and 50s public excitement had reached new levels. The tar pits were designated a U.S. National Landmark in 1964.

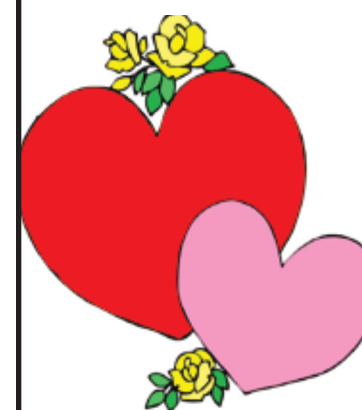
In 1977, the Page Museum opened next to the tar pits and tells the story of the thousands of specimens that have been excavated so far. On the ground of the park are life-sized models of the prehistoric animals. There are more than 100 pits, but only Pit 91 and 23 are still regularly excavated under supervision of paleontologists and volunteers.

The most recent discoveries occurred in 2009 when 16 fossils were removed from the ground during construction of an underground parking

garage for the Los Angeles County Museum of Art next to the tar pits. They included remains of a nearly intact mammoth skeleton, a saber-toothed cat, dire wolves, bison, horses, a giant ground sloth, turtles, snails, clams, millipedes, fish, gophers and an American lion.

I strongly recommend you visit this unique museum, and take your grandchildren for an educational adventure they will never forget. Individual adult ticket price is \$15. For more information, call (213) 763-3499.

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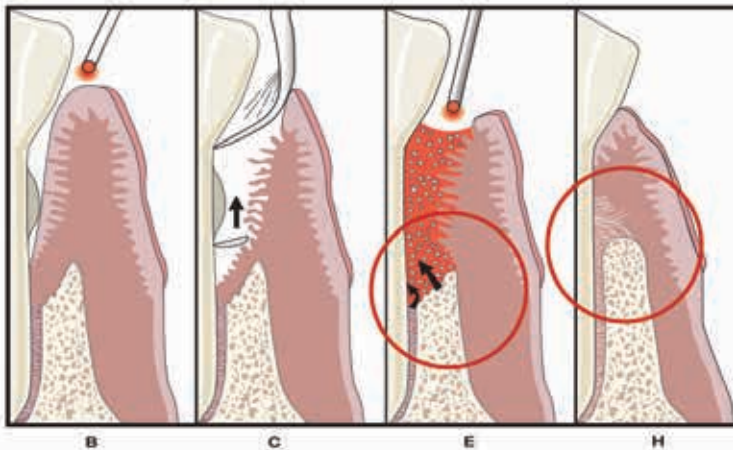
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## The ABCs of 3D HousePrinting

It may sound futuristic but there are people today living in homes created by a 3-D printer—and you can too.

### A. What is 3D Printing?

3D printing started out as a way to make design prototypes for modeling. It has been used in healthcare, manufacturing and other industries. Now, the technology has spread and the cost of the printers has dropped.

Most people are familiar with 3D printing for its ability to create small things, but construction-grade, large-scale 3D printers is changing the housing industry helping builders create better houses, faster and at less cost.



*Apis Cor 3D Printed Home: Space Coast Sensation.*

### B. 3Ds Advantages

Automation and increased productivity means 3D-printed house shells can be built on site with mobile and industrial-sized devices, up to nine times faster than with traditional methods while creating little to no waste of resources. That can save up to 30% of the cost. 3D also creates the opportunity for unique design such as curved walls (expensive if even possible with bricks and wood).

What's more, 3D homes can be custom-made and pre-designed for efficient installation of all the components—even plumbing and electricity. Plus Api Cor's advanced 3D print material allows printing very fine walls that are smooth to touch and can be painted right away. 3D printed building material is a durable concrete mortar that's 33% stronger than traditional concrete blocks. The walls are also reinforced to resist hurricanes and earthquakes.

### C. How It Works

A standard pickup truck with a flat-bed trailer can haul the building system to a construction site. No cranes or big

crew are needed to deploy and operate the printer. Instead, an operator uses a joystick to maneuver the equipment and print the building walls. Then a robot creates the desired shape of a building directly on site, layer by layer—the same as is done with traditional plastic 3D printing but using a strong concrete mortar instead of plastic and a much bigger machine than a desktop box-sized printer.

### D. See For Yourself

You can view a 3D house printer, touch examples of 3D printed walls, check out how plumbing and insulation are incorporated and watch the walls be painted at the world's first showroom for 3D printed homes in Apis Cor's home office in Melbourne, FL and

online at [www.apis-cor.com/showroom](http://www.apis-cor.com/showroom).

### E. Building Your 3D Home, Career And Portfolio

The company pioneered 3D printing technology for construction, holds the "Guinness Book of World Records" for the world's largest 3D printed building and has printed a residence in Missouri and a commercial building in Boca Chica, Texas. Api Cor is currently accepting reservations from individuals who want a 3D printed home.

Apis Cor also offers a comprehensive online course on house printing and a unique opportunity for investors to get involved in an emerging technology.



# Life After Mother

By Lyn Jensen

*'Exploring probate and estate issues from personal experience.'*

## Three Bedrooms, Just Me

When I moved into my mother's house, I cleared out the front bedroom, which she'd been using the way people use an attic or basement — where unused half-forgotten clutter goes to gather dust. I was still thinking in terms of, 'my room in her house,' and so I've turned that room into something resembling a studio apartment, a suite within the house. It combines my bedroom with my home office, not ideal, but if I squeezed in a microwave and mini-fridge, I'd have a stereotypical starving-writer arrangement.



My office stays in the front bedroom because my huge beautiful L-shaped executive desk, big enough to hold a computer, printer, writing space, file boxes, desk accessories, and enough allowance for leg and elbow room, too, is so large I was only able to get it out of the garage and into the front bedroom when I persuaded a crew that was installing new windows to lift the desk through a window frame. If I move anything to another room, it'd have to be my bed, because I can't move the desk, unless I remove windows again.



You'd think a three-bedroom house would be enough space for one person and a cat but mix together several lifetimes' worth of furniture and personal property, and you've got enough possessions to fill a palace.

My mother's bedroom I've made into a guest room, but it still contains original furnishings. Her bed also makes a handy space to sort laundry, papers, and the like, and it's covered with a bedspread she made herself. The dresser, closets, nightstands, and the bookcase-like headboard are still largely storage for her things, despite literally dozens of bags being filled and donated to charity, and a few boxes packed and mailed to relatives.

The third bedroom, the one that used to be mine, the smallest but sunniest, my mother used as her home office. By the time she died, procrastination-level order had long since turned to dementia-level chaos, and the floor was barely visible. Papers, files, office supplies, dating back to the 1980s were piled high. I spent a year, and wore out two shredders, sepa-

rating the trash from anything important. It's still a room where, stick your hand out, and you'll find something to do. I've made the room into a Jack of about six uses but master of none — a combination library, media room, secondary office, file room, storage closet, and sewing-crafting station.

To maintain a one-bedroom (or even two-bedroom) lifestyle, I'd have to downsize at least one entire room, probably two. Two bathrooms would probably need to be downsized into one, too.



That's on top of downsizing the kitchen, garage, living room, service porch, and storage space. I have to downsize before I can downsize.



## Questionable Witness

*Continued from page 3*

wife was on Facebook and said to me there was something posted about it. 'They are looking for a deer who is lost,' I heard her say. I was astounded. How does a deer get lost and how would anyone realize it? I replied, 'I never heard of a deer being lost.' She replied, 'Not deer, I said skier.' Not only would I be impeached as a witness in a trial for seeing the wrong thing but now I would be thrown out for hearing the wrong thing.

I should have known this day was coming. Years ago, when our three children were young, we all went out to eat in a restaurant and I parked our white shiny car in the lot. When we came out of the restaurant I led our family over to our car and put my key in the door and tried to unlock the car. The lock wouldn't turn. It was then that I noticed scratches near the lock, and I announced in aggravation, 'Someone tried to steal our car and jammed up our lock.' We all walked around and tried the four doors and then my youngest son said, 'Dad, that isn't our car. I had my comic books in the back seat.' It was at that moment that I looked at the license plate and realized I was trying to break into someone else's car.

## In The Spotlight

*continued from page 11*

Q: Hobbies, spare time?

A: Any spare time between my yoga school, private clients, or bookwork is spent with my dear mom, beloved friends, or in my private retreat in Laguna where I enjoy reading and connecting with nature.

Q: Married, Pets? Kids?

A: I live with my two older rescue dogs, Sasha, and Teyha, who bring me such joy! After losing my husband a few years ago to cancer, I am even more grateful for my loyal companions who come everywhere with me.

Q: Anything else?

A: If you're seeking positive change and greater harmony in your life, you must start somewhere, and I hope to inspire people to join me in taking that first step toward personal transformation. Remember that YOU are the writer, director, and hero of your own life story. Big changes can happen just by making small shifts in thoughts and actions one day at a time!

Website: [www.DianaChristinson.com](http://www.DianaChristinson.com)

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# Tinseltown Talks

By Nick Thomas

## Western Script Enticed Don Murray Back to the Big Screen

Joe Cornet never initially considered now 92-year-old Don Murray for a role in his 2021 western film *"Promise."*

"I wanted an iconic actor for one of the roles and approached two other veteran western stars, but for one reason or another neither worked out," said Cornet, from Los Angeles, who wrote, directed, and co-produced the almost 2-hour-long Western drama.



Joe Cornet, left, and Don Murray on the set of *Promise*. Photo courtesy Joe Cornet.

Already acquainted with Murray's son, Cornet explained his dilemma to the younger Murray who proposed a simple solution: "Why don't you get dad?"

"So, I sent Don the script but wasn't really expecting to hear from him – I just didn't think he would do it," Cornet said. "However, he called the following day to say he loved the story, calling it a classic, and asked when the shooting started!"

Murray's previous big screen appearances had been a pair of 2001 films two decades earlier, but he required little convincing to dude-up in cowboy gear for Cornet's film which depicts



Don Murray and Marilyn Monroe in *"Bus Stop."* Photo courtesy Twentieth Century Fox.

a desperate search for lost gold and lost love, both linked to the Civil War.

"It has elements of the classic western but it's also not cliché-bound," said Murray from his home in Santa Barbara. "It was just a great concept, very imaginative with good writing."

Murray, on set for a week to shoot his scenes at a Southern Californian ranch, "was a gem" according to Cornet. "He has three large, important scenes, two with me. He added a lot of quirks and nuances to create an interesting character."

Currently available on Amazon Prime, *"Promise"* was entered in Tucson's Wild Bunch Film Festival in October, receiving 11 awards including Best Picture.

Don Murray is no stranger to award ceremonies, having been nominated for a Best Supporting Actor Oscar for his first film role in 1956's *"Bus Stop,"* co-starring Marilyn Monroe.

"It was a total surprise, I

couldn't believe it," said Murray of his reaction when learning that the film's director, Josh Logan, insisted the producers cast him as a rambunctious cowboy alongside the notoriously difficult Monroe.

"I was aware of her reputation but didn't let that bother me," Murray recalled. "I didn't pay any attention to what people thought of her. I was just involved with the work and working with her which was a great experience. She was very supportive of me, and we got along well, no problems ever."



Joe Cornet, right, discusses a scene with Don Murray on the set of *"Promise."* Photo courtesy of Joe Cornet.

Murray also remembers Logan going to great lengths to put Monroe at ease.

"He was always very supportive and made her feel comfortable," he said. "He was very positive and didn't criticize what she was doing."

After *"Bus Stop,"* Murray went on to work in numerous TV shows and appeared in some 40 films, often tackling challenging roles that portrayed compelling characters. He appeared in several West-



Marilyn Monroe and Don Murray diner scene in *"Bus Stop."* Photo courtesy Twentieth Century Fox.

erns and believed the genre, though far less common today, can still attract audiences.

"There's always the classic theme of the western but there's also room for creative changes in the screenplay, giving a better sense of Western reality," he says. "(Joe) actually took advantage of that and created a classic piece all its own and I was very proud to be part of it."

Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See [www.tinseltowntalks.com](http://www.tinseltowntalks.com).

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*Continued from page 13*

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## Dental Health

# Do You Know Your OQ?

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The most common disease in the world is right under your nose—here's what you can do.

### The Problem

Right now nearly half the world's population is suffering from oral diseases like cavities and gum disease. This global crisis has major health consequences, since oral health is connected to your overall well-being. Beyond mouth pain and tooth loss, oral diseases are linked to heart disease, diabetes, and stroke, among other conditions. In addition to your physical health, oral health can impact mental health and emotional well-being. Research shows childhood cavities lead to worry, anxiety, sadness and embarrassment in both kids and their parents.

### The Answer

Fortunately, oral diseases such as cavities and gum disease are largely preventable. If you Know Your OQ™—your oral health quotient—you'll learn the simple steps for taking care of your mouth, the signs and symptoms for oral diseases, and where to go to seek help, and in doing so, take care of the rest of you.

Just as you might know your IQ or EQ, Colgate-Palmolive wants you to Know Your OQ™. You can go to KnowYourOQ.com and take a free, interactive assessment to determine your oral health quotient on a scale from 1 to 10. After just two to three minutes, you'll understand how oral health is the gateway to your overall health



and well-being and be on your way to a healthier future. Once you know your OQ score, you can share the quiz and your oral health knowledge with your friends and family to promote healthier communities.

At KnowYourOQ.com, you can also find tips for improving your oral health, gain a better understanding of oral diseases, learn preventive strategies, and discover opportunities to seek professional help.

A healthier future starts with a healthy mouth. Here are some quick tips to boost your oral health quotient and help prevent cavities, gum disease, and bad breath:

**1. Brush your teeth** at least twice daily for two minutes with a fluoride-based toothpaste to prevent cavities. Night-time brushing is especially essential for an impactful oral care routine.

**2. Brush properly** using circular motions, and at a 45 degree angle to the gum-line, to remove plaque (bacteria) on all tooth surfaces. You can use powered and connected technologies to help guide you for the most effective tooth brushing. Unremoved plaque can harden, leading to calculus buildup and gingivitis (early gum disease) which can progress to more advanced forms of

the disease such as periodontitis, if not addressed. Once plaque hardens to calculus, professional removal is necessary to scrape it off of the tooth surface.

**3. Floss your teeth** at least once daily to clean in between your teeth, use mouthwash as needed, and remember to brush your tongue, too.

**4. See a dentist** twice a year and whenever you have tooth troubles. Many oral diseases do not have obvious signs or symptoms so regular checkups are essential to detect and prevent diseases from progressing.

### Experts Step In

To address the global oral health crisis, Colgate-Palmolive, the worldwide leader in oral care with a brand, Colgate, in more homes than any other, launched Know Your OQ™—a comprehensive public health initiative and educational campaign—to teach people about the links between oral health and their physical health and mental wellbeing. The company understands that education is the first step for driving action and making an impact, and is empowering people to understand why it's so important to take care of your mouth.

“Research has consistently shown that oral health is a window to overall health, yet oral health literacy is very low,” said Maria Ryan, DDS, PhD, Vice President and Chief Clinical

*Continued on page 26*



The Golden State is full of wonder — from its majestic beaches, valleys, and mountains to its unique history and spirit, California has more fascinating facts to share this month.



*Photo via Pexels.com*

- In 1850, California became the 31st state. Before its statehood, California was an independent country for one month in 1846.
- Almonds are California's top exports with the most grown in the Central Valley, which is considered the world's almond capital.
- Los Angeles, San Diego, and San Jose are among the top 10 biggest cities in the country.
- San Bernardino, Alpine County is California's smallest county, with 465,030 acres of land.
- During the Great Depression, San Francisco survived the worldwide recession; none of its banks went bankrupt during this time.
- On average, California experiences over 100,000 earthquakes a year.
- California was first named the Grizzly Bear State but as the human population increased trouble escalated between bear and man. Bears were hunted for sport, thus leading to their extinction. When there were no longer any bears, California was renamed the Golden State.
- California is home to many

innovations including wet-suits, skateboards, Barbie dolls, Apple products, and the Frisbee.

• San Francisco is also known as “The City of Dogs,” since it has a large dog population. As of 2016, there were 115,000 children in the city but between 120,000 and 150,000 dogs.

• San Francisco is also where blue jeans were invented by Levi Strauss and business partner Jacob Davis. They introduced jeans to the world in 1873. They were first worn by factory workers, miners, and farmers, jeans eventually became a staple around the nation and beyond.

• The iconic zip code 90210 is one of the state's most expensive zip codes and among L.A.'s most expensive neighborhoods. However, Beverly Hills began as a Spanish lima bean ranch that was transformed into the most prestigious Golden State neighborhood. It is now home to many Hollywood stars.

*Source: California.com*





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

—COLBY  
adopted 06-18-11

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THING TO HAPPEN  
TO A SHELTER PET

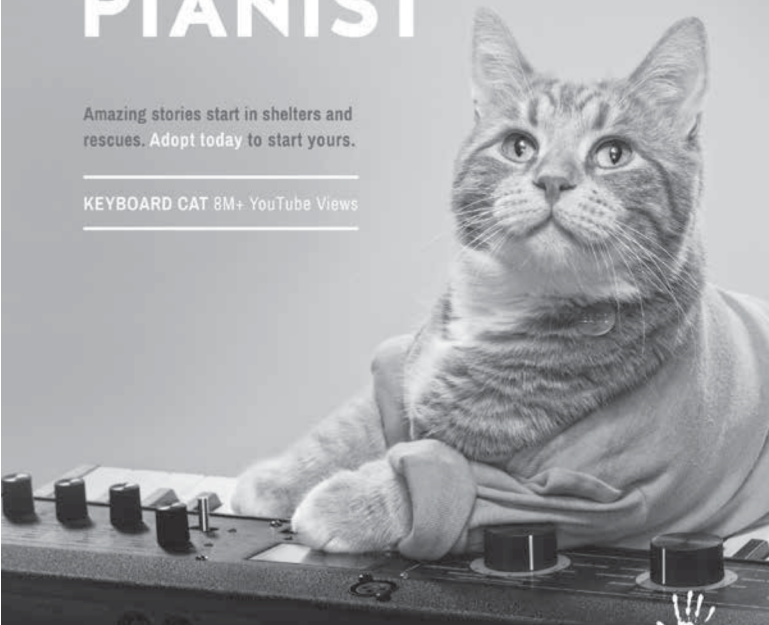
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Crossword Puzzle Answers from page 12

1	2	3	4		5	6	7	8	9		10	11	12	13
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ADMIT  
ONE

By Randal C. Hill

# Movie Preview

## *'The Secret Society for Slow Romance'*

Will you be headed to the movies this month? If so, you'll undoubtedly find your usual offerings of romantic comedies, CGI thrillers, horror stories, crime flicks, and animated tales. This time, though, you might want to consider a different type of film. As in, very different.

*"The Secret Society for Slow Romance"* is a study of two independent filmmakers who mainly spend a lot of time talking over dinner. (This brings to mind *"My Dinner with Andre,"* which the late movie critic Roger Ebert named the best film of 1981.)

In *"Secret Society,"* the character of Rene is portrayed by Sujewa Ekanayake, who also wrote, directed, filmed, produced, and edited this unique creation. He's rigid, composed, supremely confident, and madly in love with filmmaking and New York City, where the story takes place. Several Big Apple research institutions have named him the *"Happiest Man in North America."*

His counterpoint is Alia Lora as Allyson, also an Indie filmmaker and equally self-assured and ambitious. Unlike Rene, though, she's high-spirited and embraces several kooky ideas and opinions. An independent movie website has voted her *"Most Productive Person in New York City."*

The two draw from a well of deep

subjects sometimes approached seriously and sometimes with feel-good humor. Over time, they cautiously begin to share personal issues about themselves.

At its heart, the story is a romance on different levels, although not driven by your standard boy-meets-girl plot. Here we are provided adequate time for the leisurely conversations necessary for love to take root and blossom.

Rene and Allyson begin to date and are soon spending time walking around New York City while holding hands. (The tale is as much a cozy love letter to Rene's adopted hometown as it is a story of revelation and romance.) The film, eccentric in every aspect, even has the optimistic pair developing a plan to end worldwide poverty.

Separated into chapters, scenes here unfold with a soft, warm glow and with camerawork that frequently lingers — perhaps too long at times — on interesting people, objects, and spaces. The story itself is fueled by conversation and human connection.

There is joy and optimism in a story about two brilliant, independent people who function off the grid. If such a movie is in your wheelhouse, you'll find yourself thinking about the world around you long after you leave the theater.

This film is destined for art houses in the often-funky sections of inner-city America. It's a unique tale and is not for everyone, but then it's not trying to be.

## Do You Know

*Continued from page 24*

Officer at Colgate-Palmolive. "That's why we're on a mission to help people increase their oral health knowledge. If we all understand the importance of oral health and embrace simple, proven preventative strategies, we can help decrease risk for oral diseases and empower people worldwide to join in the fight against oral diseases that impact overall health and well being."

Oral health is often overlooked, even though an estimated 3.5 billion people currently suffer from oral diseases—and these diseases don't just cause a pain in your mouth. Studies have found that oral diseases are linked to diabetes, heart attacks, and strokes, as well as other health conditions such as Alzheimer's, dementia, rheumatoid arthritis, respiratory diseases, and adverse pregnancy outcomes. What's more, childhood cavities cause children to miss up to three days of school per year, requiring their parents to lose the same amount of time at work.

## Learn More

To test your OQ, go to [www.KnowYourOQ.com](http://www.KnowYourOQ.com).

## Sleep Facts & Figures

# Monitor Your Sleep and Easily Detect Sleep Apnea with AI Technology

The most common disease in the world is right under your nose—here's what you can do.

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## The Problem

Right now nearly half the world's population is suffering from oral diseases like cavities and gum disease. This global crisis has major health consequences, since oral health is connected to your overall well-being. Beyond mouth pain and tooth loss, oral diseases are linked to heart disease, diabetes, and stroke, among other conditions. In addition to your physical health, oral health can impact mental health and emotional well-being. Research shows childhood cavities lead to worry, anxiety, sadness and embarrassment in both kids and their parents.

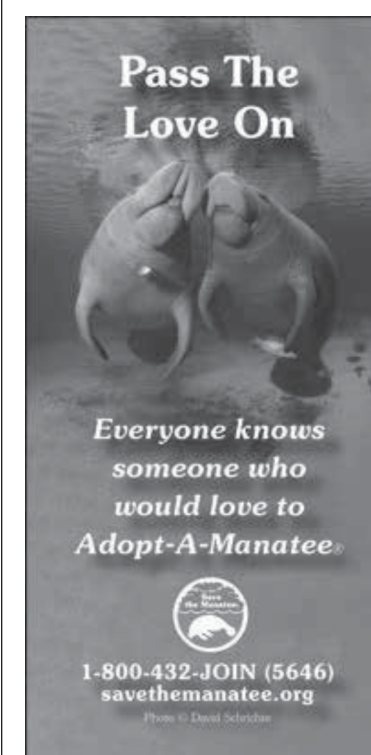
## The Answer

Fortunately, oral diseases such as cavities and gum disease are largely preventable. If you Know Your OQ™—your oral health quotient—you'll learn the simple steps for taking care of your mouth, the signs and symptoms for oral diseases, and where to go to seek help, and in doing so, take care of the rest of you.

Just as you might know your IQ or EQ, Colgate-Palmolive wants you to Know Your OQ™. You can go to [KnowYourOQ.com](http://KnowYourOQ.com) and take a free, interactive assessment to determine your oral health quotient on a scale from 1 to 10. After just


*Built with industry-leading AI technology, Mintal Tracker is able to detect sleep apnea—no wearable devices needed. The app generates a sleep analysis report within seconds, giving you continuous instant insight into your sleep patterns and habits.*

two to three minutes, you'll understand how oral health is the gateway to your overall health



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# Busy Boomers

By Les Goldberg

## Dr. Art Ulene – A Pied Piper?

When it comes to watching real physicians on TV talking about real diseases and how to treat or prevent them, Dr. Anthony Fauci, national medical advisor to President Biden, has become a household name. A few years back, however, it was Dr. Art Ulene who gave us his professional advice and shared his knowledge about all things medical on our home screens.

Today, the former NBC *“Today Show,”* and ABC network personality is taking his passion for fitness and health to new heights – quite literally.

At 85, Ulene is returning to his favorite spot on Earth, Mt. Kilimanjaro, and he is bringing a group of his followers with him on a fundraising climb to the 19,000-plus-foot mountain peak.



“Age is not a barrier to climbing mountains,” Ulene recently told a gathering of News Geezers in North Hollywood. “If the trek is designed properly, almost anyone in good physical condition can make it to the summit.”

**Not So Fast!**

He says that “I used to think that extraordinary physical feats – like climbing Mt. Kilimanjaro – were ‘off-limits’ for ordinary people like me. As it turned out, it wasn’t the mountain that was zero limits, but the unrealistic way most treks were designed. Even the fittest individuals won’t make it to the summit if they go up too fast. That’s why we created a different way of doing it.”



What will happen on your journey?

You’ll be climbing with Dr. Ulene and his crew of experts from July 3-16, the optimal time of year for ideal weather conditions. The 14-day, 13-night excursion includes extra days for time to relax in comfort and safety. Make no mistake, the trek is described as “strenuous.”

Climbers will be walking up the mountain, but there will not be a need for rock-climbing skills with ropes and tools.

During the night, you will be sleeping on cots in stand-up tents while experiencing five different ecozones on the way

to the “Roof of Africa.”

Also included in the \$8,000 cost are pre-trip planning and consultation, transportation, meals, camp, and hotel stays, baggage handling, English-speaking guides and porters, and excursion fees. Not included are airfare, medical expenses and immunizations, optional excursions, excess baggage, and gratuities.

### The Ulene Effect

The real attraction, of course, is the encouragement and inspiration offered by Ulene who, for 23 years made nationwide TV appearances on *“TO-DAY”* and in more than 100 local news programs. He was known as “America’s Family Doctor.”



Although he is a board-certified obstetrician/gynecologist, his title earned him honor by the American Academy of Family Physicians and the American Medical Association, “because his inspirational challenges motivated millions of television viewers to take better care of themselves and



his encouragement to get better medical care.”

The good doctor retired from television in 1998 and dedicated himself to charitable causes, including the AMA’s Campaign Against Cholesterol, Healthy Youth 2000, Allergy Action, Women’s Health Campaign, and Stop for Good.

He has authored more than 50 health-related books, videos, and audios, and has created and conducted national health promotion campaigns sponsored by Fortune 500 companies.

According to Ulene, his treks are designed especially for seniors. Extra days are built into the itinerary, daily hikes are shorter so the trekkers can proceed at their own pace.

The most unusual feature, however, is the presence of an expedition doctor who is charged with watching over the hikers every step of the way.

“We underestimate the physical potential of older people,” he added. “It’s amazing how are and how high we can go safely if we move at a slower pace and leave more time for acclimatization to altitude.

“People don’t realize the extraordinary benefits of a mountain trek. All they see is the



work involved. Regular commitment to your health has a profound effect in later years.”

To find out more about this unique opportunity to climb above the clouds and partake in the ultimate fitness workout, you can call the group’s organizer, World Wide Trekking, at (801) 943-0264 or by email at [info@wwtrek.com](mailto:info@wwtrek.com).



Happy  
Spring





# The Gadget Geezer

By Les Goldberg

## Garden Sprucer Uppers

Springtime, daylight saving time, sunny days are here again!

For many of us, that means it is time to revitalize your indoor and outdoor green spaces with your favorite flowers, plants, bushes, and colorful garden accessories.

As we get older, however, the gardening techniques and tools we once used to dig, trim, fertilize and grow the petunias, lilies or avocado trees get less appealing. After all, isn't there other things we would rather do, like read a book or watch a movie on TV?

With today's modern equipment you can still nourish your love of gardening – without expending too much energy and effort. Here are some affordable ideas for making your green thumb more efficient:

### Folding Kneeler & Seat



Designed to prevent knee and back pains associated with bending and kneeling while gardening, the Sunix Folding

Garden Kneeler and Seat is the ideal solution. It protects your clothes from dirt or grass stains while you weed, plant, or simply sit and admire your work.

For \$49, this product is made of high-quality steel tubing and padded with a thick cushion that will withstand up to 330 pounds.

The kneeler function, which can be folded for easy carrying, comes with two additional tool bags that attach by Velcro to the built-in garden chair.

### Scissorhands?



Another handy tool for your garden tool bag is the ZipSnip Cordless Electric Scissors, priced at \$37.58.

According to the company, the ZipSnip “can cut tougher material with far less hand strain than manual scissors.”

Whether roses, tree branches, succulents or delicate orchids, the tool is designed for easy

maneuverability, is lightweight and powerful, using an internal MaxLithium battery that holds a charge for a long time.

It features an automatic sharpening system, a power level monitor, and a lock-out trigger to keep your cutting safe.

### Soil Meter



Depending on where you live in Southern California, a big concern for home gardening is the condition of the soil. Too dry and you might consider planting cactus. Too moist and you risk root rot.

That's why it is important to constantly monitor the soil using the latest technology on the market, technology embedded in the XLUX Soil Moisture Meter and Plant Water Monitor, for instance.

This handy device is a bargain at \$12.99. A company spokesperson claims the product to be “dependable and accurate in providing instant testing

results, matching for both indoor and outdoor use. Simply insert the moisture meter into the soil and you will get instant results.”

She said that only a single probe is needed, minimizing root damage, and extracting too much soil after each test.

“With his meter, you will know that sometimes the top of the soil might look dry, but just beneath the surface it is very wet,” she added.

### Herb Growing Kit



Whether you've flexed your green thumb before or are just beginning to try your hand at growing plants or vegetables in your yard, the Plant Theatre Cocktail Herb Growing Kit is better than a YouTube how-to video.

The kit contains six sets of seeds to grow the most popular herbs – cucamelon, blue borage, lime basil, hyssop, lemon balm and mint leaves.

Also included are the supplies you will need – six pots and six peat discs – and the tips on sowing and growing for indoor

and outdoor gardens. The instructions included with the kit were created by an award-winning mixologist. Price: \$24.99.

### Solar Fountain



Water fountains on your property are more than decorative garden accessories. They are often used for relaxation, meditation, and peaceful tranquility. In the confines of your backyard, you can sit back on your favorite lounge chair, close your eyes, and listen to the water cascading with the sound of a cool mountain stream.

Until now, however, most commercial fountains required electric wires and outside home outlets or customized electrical wiring, an expensive proposition. The modern solution?

The Solatec Solar Fountain with a 1.4-watt water pump and antique bird bath priced at \$67.97.

The key to the system is the eco-friendly solar pump that

*Continued on page 30*





**LISTEN.  
FEEL.  
TRANSFORM.**



Danny Elfman *Percussion Concerto* with the Pacific Symphony. Co-commissioned by Soka University and the London Philharmonic  
Sunday, April 24

#### 10TH ANNIVERSARY EVENTS

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Sunday, April 24

Co-commissioned by  
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London Philharmonic

Brian Greene, Theoretical  
Physicist, "Beyond  
Einstein:  
The Fundamental Nature  
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Friday, April 29

**SPECIAL EVENTS**  
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Edgar Meyer and the  
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#### WORLD

Angelique Kidjo  
Saturday, April 2

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Yefim Bronfman  
Thursday, April 14

Emanuel Ax  
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## Fabulous Food

# Smoked Sausage Classic Jambalaya

You can try your hand at the classic New Orleans dish, using the "trinity" (onions, bell pepper and celery), tomatoes, chicken and Zatarain's Smoked Sausage, available at Walmart and Kroger. Crunched for time? Use the quick and easy Zatarain's Jambalaya mix instead.

"Many people outside of New Orleans don't realize that Mardi Gras is really a family holiday," said Claude Davis, Principal Scientist for Zatarain's and a native of New Orleans's Tremé neighborhood. "This time of year is as much about the food as it is about anything else and Zatarain's Smoked Sausage is the per-



fect ingredient to bring home the flavor of New Orleans, no matter where you live."

#### Smoked Sausage Classic Jambalaya

*Prep Time: 15 minutes*

*Cook Time: 35 minutes*

*Servings: 8*

1 tablespoon vegetable oil

1 pound boneless skinless chicken breasts, cut into 1-inch cubes

1 pound of Zatarain's Andouille or Cajun Smoked Sausage, cut into 1/4-inch slices

1 medium yellow onion, chopped

1 medium green bell pepper, chopped

1 rib celery, chopped

1 tablespoon minced fresh garlic

1 medium tomato, chopped

2 teaspoons Zatarain's Creole Seasoning

1 teaspoon cayenne pepper

1 cup extra Long Grain Rice

1-3/4 cups Kitchen Basics Original Chicken Stock

Heat oil in large skillet on medium-high heat. Add chicken and sausage; cook and stir 5 minutes. Remove from skillet. Add onion, bell pepper, celery and garlic; cook and stir on medium heat until onion is softened. Stir in tomato, Creole Seasoning and cayenne pepper. Return chicken and sausage to skillet. Add rice and stock; bring to boil. Reduce heat to low; cover and cook 25 minutes or until rice is tender, stirring occasionally.

You can find this recipe and much more at [www.zatarains.com](http://www.zatarains.com).





# Fabulous Finds

By Debbie L. Sklar

With the arrival of the spring season that officially arrived on March 20, it's time for renewal of the mind, body, and spirit this season. Here are some of the newest and latest **Fab Finds** to get you in the mood and to revitalize.

## The Eyes Have It

While everyone's skin and skin goals could be different, eye cream is an integral part of every anti-aging skincare routine. Therefore, the eye area requires specific ingredients and delivery systems specially formulated for the delicate skin around the eye.



**Super Multi-Corrective Anti-Aging Eye Cream** by Kiehl's has formulated an eye product to visibly address all four eye zones, delivering multiple anti-aging benefits for an all-around youthful, rejuvenated appearance. **Super Multi-Corrective Anti-Aging Eye Cream** combines innovative science and multi-action technology that visibly smooths, firms, de-puffs and brightens the eye area for a more lifted, youthful appearance.

Patented anti-aging molecule, ProxylaneGX, helps to improve the feel of skin's elastic-

ity and visibly firms skin for a tighter, lifted appearance; botanical Bilberry Seed Extract, rich in omega fatty acids and antioxidants, helps to fortify the delicate skin around the eyes for a smoother appearance; and finally, peptides help to improve the look of firmness and reduces visible fine lines and crow's feet. Visit Kiehls.com

## Miracle Balm



year-round and need help.

**Dr. Doug's Miracle Balm**, created by Dr. Doug Strobel is a solution that had to be as multifaceted as the problem. "My formulas are made with minimal ingredients to make sure that everyone can use them," he says.

Strobel knew that, along with the simplicity, he needed to ensure that his products got the job done. He put his neurologist training to work and came up with a shortlist of the best organic, natural skincare ingredients available. This included seven items: Beeswax;

Coconut oil; Shea butter; Olive oil; Vitamin E; Lavender essential oil; and Peppermint essential oil. Visit drdougs-balms.com.



## Hair Color Made Easy

**eSalon** has now added its best-selling hair care products on Amazon.com to increase the accessibility of eSalon color enhancers, treatments, styling products, and accessories. "We strive to meet consumers where they are and create completely customer-focused hair color and hair care journeys for them," said Graham Jones, CEO at eSalon. "There's been an increasing demand for our products on Amazon and we have already expanded the availability of our products through new retail experiences over the last year, so we are thrilled to hit this milestone and introduce our technology-rooted hair care offerings to broader audiences, directly in Amazon's store."

A suite of 60 items available includes eSalon's best-selling Weekly Retreat (\$15), Shine Silk (\$18), Universal Leave-In (\$15), Velvet Primer (\$15), Triple Prep (\$15), and Avocado x eSalon Luxe Silk Pillow-

cases (\$79), as well as color protection staples including Tint Rinse (\$15), new Color Pro Toner (\$22.50) Color Pro Pre-Color Balancer (\$10), Light Set (\$35) and Hair Color Tools all under \$35. The eSalon store is available to shop on Amazon.com/eSalon or visit esalon.com.

## Plumper Skin

The newest product addition to **Galderma's ALASTIN**



**Skincare lineup** is **HA Immerse Serum** designed to immerse the skin with moisture at the surface while helping to amplify the skin's natural ability to create hyaluronic acid deep within for fuller, more youthful-looking skin over time.

It helps instantly boost skin hydration for smoother, more radiant-looking skin. ALASTIN's proprietary Octapeptide-45 helps the skin's ability to naturally increase its high molecular weight hyaluronic acid production deep within the skin for the long term, skin-plumping, anti-aging, and hydration benefits.

The lightweight, fast-absorbing serum is formulated using only the purest form of hyaluronic acid (high molecular weight HA) that mimics the

HA naturally found deep within your skin, providing moisture 24/7 from the inside out and outside in. HA IMMERSE SERUM (\$110) can be purchased from ALASTIN Skincare® aesthetic physicians' offices or visit alastin.com.

## The Gadget Geezer

*Continued from page 28*

doesn't require electrical hook-up or batteries. Attached to the pump are four different nozzle heads that adjust the water flow patterns and height. The pump works by floating it on the surface of the water in the bird bath, or it can be used in a pond, aquarium, fish tank or pool, according to the manufacturer. Once the solar panel absorbs sunlight, it will run automatically starting immediately. The more sunlight, the better. It is suggested that the fountain remain full of water to keep the pump submerged, and that it is cleaned regularly to prevent clogging.

American Heart Association







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— J. Fitzgerald, VA



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seat design will cradle you in comfort. Generously filled, wide armrests provide enhanced arm support when sitting or reclining. **It even has a battery backup in case of a power outage.**

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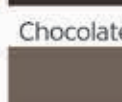
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