

# SENIOR REPORTER

VOLUME 50, NUMBER 6

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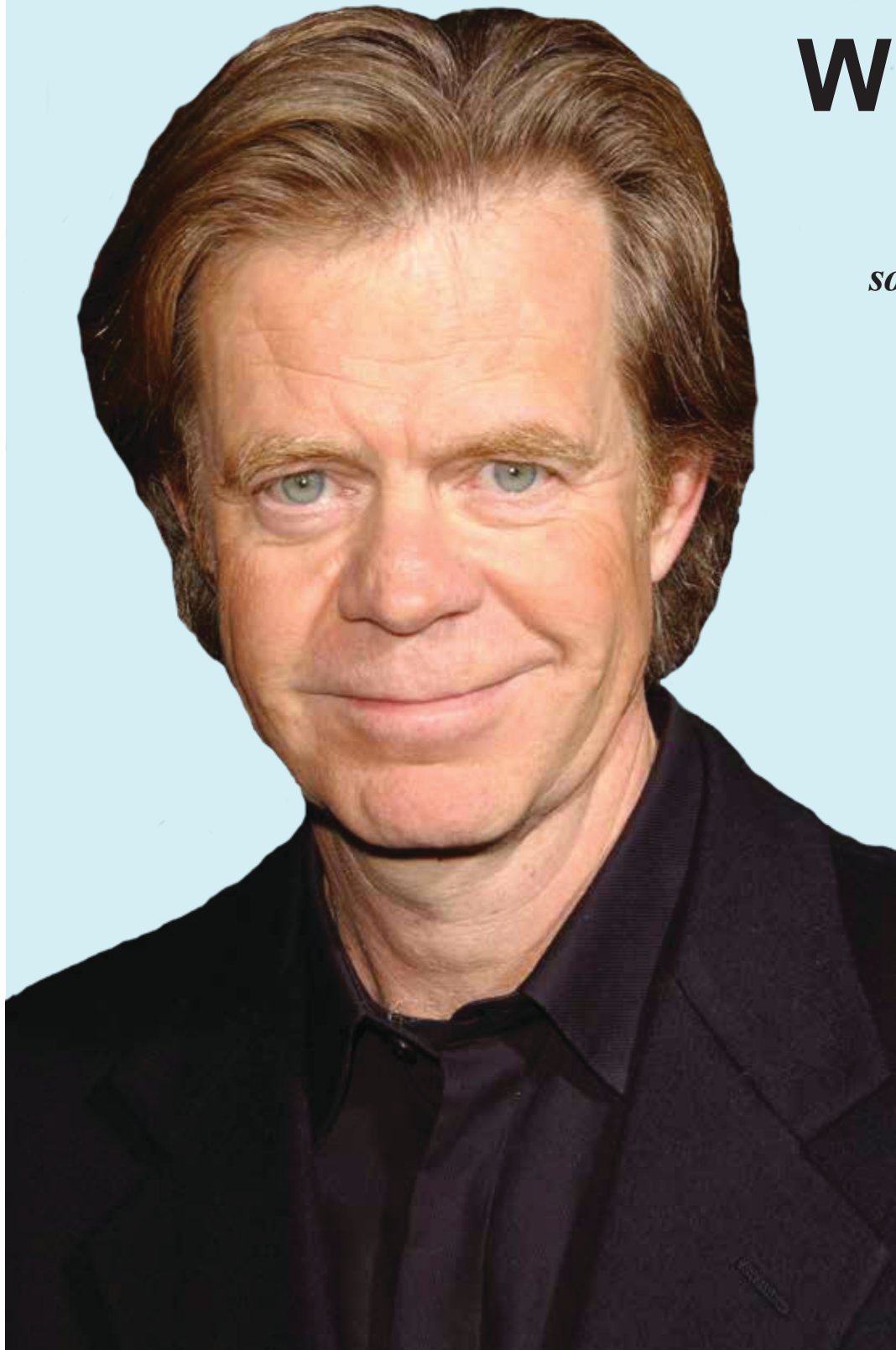
JUNE 2023

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— William H. Macy



### What's Inside ...

Calendar of Events	5
Flashback	6
Classifieds	8-9
Song Preview	10
In The Spotlight	11
Book Club	14
William H. Macy	16
Off The Beaten Path	17
On The Road Again	18
Gadget Geezer	19
Fabulous Finds	20
Tinseltown Talks	21
Busy Boomers	23
Life After Mother	27
Movie Preview	28



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# McDevitt's Believe It or Not

By Jim McDevitt

I am sure many times over the years many people have wondered if I needed psychiatric care because of the way, I sometimes interpret things or look at things. So far, I have been able to outwit everyone by keeping some sense of normalcy in my life and not talking to imaginary people. Sure, I talk to my dogs. But who among us has a dog and doesn't talk to them? If you love your dog, you are going to talk to him or her and pet them, or play with them, and even give them lots of kisses and hugs.

My story today involves my German shepherd named Dakota. She's a rescuer from the county shelter who we adopted when she was thought to be one year of age. I think she really appreciates having a good home because she is very protective of my wife around big men and or large dogs. We experienced this protective instinct when we walked her in the neighborhood and a tall man with a large dog approached my wife. Dakota jumped, twisted, barked, growled, and attempted to get free as the man and his dog approached.

At the time we were concerned but not too concerned because she was wonderful with our other dog, an English Yellow

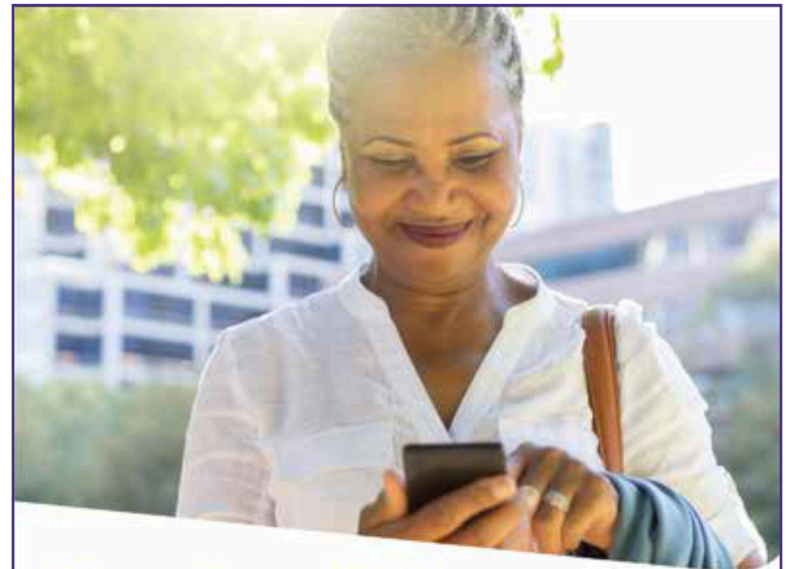
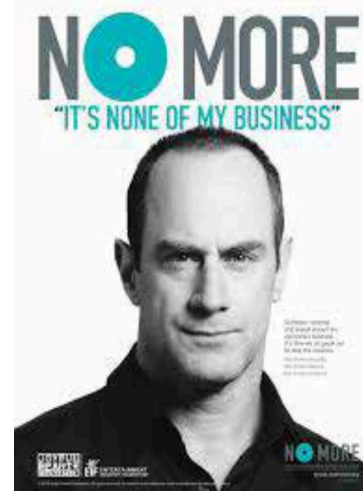
Lab and she was gentle with our grandchildren when they visited. There came a time when our neighbor who has two small dogs had her adult grandson visit with a Pit Bull. This Pit Bull was not friendly, and Dakota wanted to jump the fence and get into it with him. To prevent that, we kept her in the house anytime the dog visited next door.

One Saturday we had to run out to a local store about five minutes away for something and because the grandson was visiting with the Pit Bull at the house next door, we kept Dakota in the house. When we returned having been gone at the most twenty minutes, the Pit Bull was in the yard barking. We thought nothing of it until we entered our dining room. In our absence, Dakota had torn off a piece of the door frame; actually, it was the entire left side of the door frame from the wall next to the door leading to the deck. Somehow, she grabbed hold of the wood which measures about 1 inch by 5 inches by about 7 feet and was nailed solidly to wall studs and ripped it from the wall. Then she took two bites out of the sheetrock trying to get through the wall and at the Pit Bull.

This led to my wife doing Internet research and a referral from our vet to a Dog Behav-

iorist in a city 80 miles away. In other words, my dog had to see a shrink and for \$400 the shrink recommended Prozac. I took the prescription to a pharmacy and the young lady to whom I handed the prescription looked at it and me. "Are you sure the doctor meant you to take three 20 milligrams tablets daily?" I explained it wasn't for me but for my dog. The pharmacist told me that most people take only one 20-milligram tablet.

So, this is my story, my dog is seeing a psychiatrist and is on Prozac.



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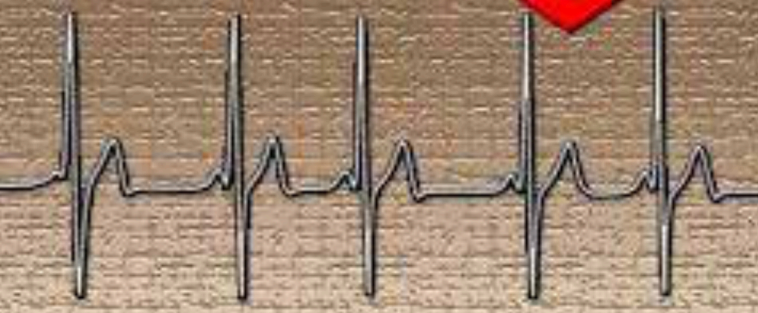
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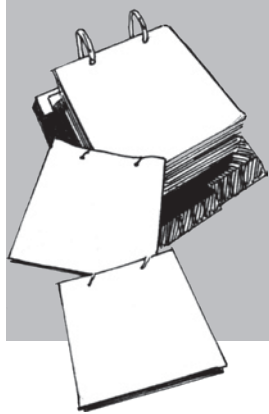
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# JUNE Calendar of Events



Summer officially arrives on June 21, but there are plenty of fun events happening in and around the area. Mark your calendars and set off.

## Huntington Beach Concours

**Huntington Beach  
June 3-4**

### Classic Car & Motorcycle Show

The Huntington Beach Concours is a place where car lovers and enthusiasts can enjoy themselves while helping a worthy cause, The Huntington Beach Library Children's Resource Center. It is rated No. 1 in California. At, Huntington Beach Library, 7111 Talbert Ave., Huntington Beach.

## Tustin Street Fair & Cook-Off

**Tustin  
Sunday, June 4  
11 a.m. to 6 p.m.**

The event features a one-day Chili Cook-Off, salsa competitions, craft booths, non-profit food vendors, commercial vendors, entertainment, a kid's area, music, family-friendly contests, wine and beer booths, a family plaza, and carnival attractions. Admission is free. At Old Town Tustin, El Camino Real, and Main Street. Call 714- 573-3326.

## Celebration of the Arts Yorba Linda

**Sunday, June 4  
11 a.m. to 4 p.m.**

Dozens of artist's exhibits and sales, including paintings, photography, ceramics, mosaics, jewelry, sculptures, wood carving, glass art, mixed media, and cultural activities. This is a family-friendly event offering free activities for all ages. This event is NOT a carnival, craft fair, Beerfest, or fundraiser, but a day where talent and creativity are shared and inspired. Free parking and admission. At, Hurless Barton Park, 4601 Casa Loma Ave, Yorba Linda. Call 714-996-1960.

## San Clemente Annual Car Show

**San Clemente  
Saturday, June 10  
10 a.m. to 3 p.m.**

What began as a few classic car enthusiasts meeting at the San Clemente Community Center, has grown into a beloved annual car show which draws thousands of spectators to view almost 300 cars on historic Avenida Del Mar. From classics, rods, muscle to exotic cars, and vintage trailers, the San Clemente Car Show has something for everyone. Bring the entire family down to see all the cool cars and the vintage trailers. There will be a live band, dancing, and slot car

racing game for kids of all ages. The show takes place in the 100 and 200 blocks of Avenida Del Mar in historic downtown San Clemente.

## Annual Pier Swim Huntington Beach June 10

**8:30 to 11 a.m.**

Get yourself in shape, practice your stroke, learn the motions of the waves and you'll be in good company when the pier swim arrives. Join or watch this annual tradition as groups of swimmers from 12 years old and up swim approximately 1/2 mile around Huntington Beach Pier. \$25 entry fee. At Huntington Beach Pier, Main Street, and PCH, Huntington Beach. Call, Huntington Beach Community Services Department, at 714-960-8870.

## Farmakis Farms Craft Market

**San Juan Capistrano  
Saturday, June 10  
10 a.m. to 3 p.m.**

Family-owned Christmas tree farm and certified farmers' market located in San Juan Capistrano now offering a monthly craft market. Crafts, arts, handmade goods, and one-of-a-kind items! Free to attend. At, 29932 Camino Capistrano, San Juan Capistrano. 949-364-1270.

## Summerfest Fountain Valley

**June 15-18**

Carnival rides, vendors, food booths and the FV Classic Car Show, entertainment, and beer garden. At, The Recreation Center and Sports Park, 16400 Brookhurst St., Fountain Valley. Call 714-649-2760.

## A Taste of Greece June 16-18

This is a fun-filled Festival for the whole family with pastries, dancing, boutique, and delicious Greek food. There will also be Greek folk dancing lessons, church tours and kids play zone. Admission – \$3 Children under 10 – Free. At, Saint Paul's Greek Orthodox Church, 4949 Alton Pkwy. Irvine.

## Summer Suds Brewfest Fountain Valley

**Saturday, June 17  
12 to 4 p.m.**

Featuring 40+ craft breweries with more than 100 beers to taste plus a selection of kombucha tea, seltzers, and food tastings to enjoy. The event includes live performances from local bands, a party game arena for friendly competition, beer magicians, and food vendors' cuisine. Cost: \$50 general admission (prepaid) / \$60 VIP Admission (prepaid) At, Fountain Valley Sports Park, 16400

Brookhurst St., Fountain Valley. Call 562-495-5959.

## Baroque Music Festival Corona del Mar June 18-25

Founded in 1981, this yearly festival presents five concerts over eight days in late June. This festival provides wealth and diversity of the Baroque era in a wide variety of ways. Large-scale works, with and without singers, are offered during Sunday concerts, while three mid-week programs allow enjoying solo recitals and chamber music, all performed by musicians in the historically informed Baroque field. At, Corona del Mar.

## Lions Club Fish Fry & Carnival

**Costa Mesa  
June 23-25**

Held since 1945, the event features a drawing, beer, and wine garden, carnival rides, booths, and Rock bands throughout Lions Park. The Fish Fry is presented to help raise money for local schools, clubs, and other organizations in the community. Admission is free; fish dinners are \$15, At, Lions Park, 570 18th St., Costa Mesa.



*Continued on page 23*



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## ‘What’s It Like, Mike?’

By Randal C. Hill

Getting the green light from Hollywood movie studios can be difficult, especially when nobody wants the project they’re being offered.

In October 1963, movie producer Lawrence Turman read a “*New York Times*” review of “*The Graduate*,” the debut novel by writer Charles Webb. Thurman read the book, optioned it, and embarked upon a two-year hassle to get the film made.

Lawrence admired the sharp wit of Broadway comedy star Mike Nichols. When Thurman asked Nichols to direct his project, the New York icon jumped at the chance. But sizable obstacles lie ahead. Turman recalled, “No one thought the book was funny, and no one in Hollywood had heard of Mike Nichols.” Movie producer Joseph E. Levine eventually opted to back the venture; he disliked the story but was desperate for a hit for his struggling Embassy Pictures company.

For the script, Turman hired comedy writer Buck Henry, who with Mel Brooks had co-created the TV series “*Get Smart*.” Henry, in his first movie script, lifted about 85% of the screenplay’s dialogue verbatim from Webb’s novel.

Anne Bancroft portrayed Mrs.

Robinson, the movie’s seductive older woman. At age 35 (but playing someone a decade older), Bancroft signed on to star in what appeared to be a low-budget sex comedy. “Everybody was telling me it was beneath me and that I shouldn’t do it,” Anne told talk-show host Charlie Rose. “[But] I loved the script; I thought it was absolutely wonderful.” Mel Brooks, Bancroft’s husband, persuaded his wife to take the part primarily because he adored Buck Henry’s script.

Several young Hollywood hunks were considered to play the primary character of Benjamin Braddock, age 21. In the end, though, Nichols and Turman decided that Braddock should be depicted by little-known Dustin Hoffman, age 29. Impressive in Broadway stage work, he brought the naïve goofiness to the part that Turman wanted. Hoffman, though, disagreed: “This is not the part for me. I’m not supposed to be in movies.” Thurman and Nichols eventually convinced him otherwise.

With the help of expertly applied makeup, skillful lighting, well-placed camera angles, and superior acting, Anne and Dustin appeared to be a generation apart, not separated, as they were, by only six years in real life. (Bancroft’s screen daughter, Elaine, played by 27-year-old Katharine Ross, was just eight years younger than her movie mother.)

The film focuses on Benjamin as a young overachiever who has sailed through college only to find himself adrift when he returns home to visit his parents. He is haplessly drawn into an affair with Mrs. Robinson, the aggressive wife of his father’s business partner. Later, Braddock falls for Mrs. Robinson’s daughter, Elaine, which ignites her mother’s savage wrath and spells trouble for Ben.

Fueled by the best-selling Simon and Garfunkel soundtrack album, “*The Graduate*” became the highest-grossing film of 1968 and garnered seven Academy Award nominations, which left Nichols ecstatic. “There’s nothing better than discovering, to your astonishment, what you’re meant to do!” he gushed. “It’s like ... it’s like falling in love.”

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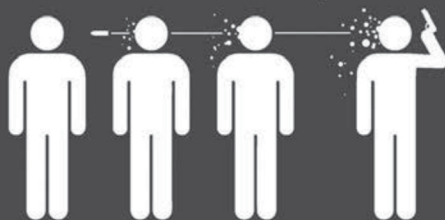
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Now that the pandemic has been declared officially over, here are some changes you can expect.

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2) You may even get a phone call or information from your current Medicare Insurance company reaching out to help you re-qualify for your Medicaid.

3) If you or someone you know is denied renewal of your Medicaid (Medi-Cal), please call me ASAP. We will need to discuss your options.

Other Medicare changes include:  
1) You may need to pay for those at-home Covid test kits now. Some Covid tests ordered in a doctor's office will be covered.

2) Covid treatments like Paxlovid will still be covered for beneficiaries through their prescription drug plan. However there may be a co-pay for the prescription.

3) Free telehealth video chats with your doctor or healthcare provider will still be in place until the end of 2024. Before the pandemic, telehealth usually came with a cost.

4) A Medicare provision that allows hospitals to treat patients in their homes instead of on-site is extended until the end of 2024. This effort began in November 2020 to free up hospital beds.

5) Beginning 2024, Medicare will expand the types of behavioral and mental health providers it covers: added to the list are intensive outpatient mental health services.

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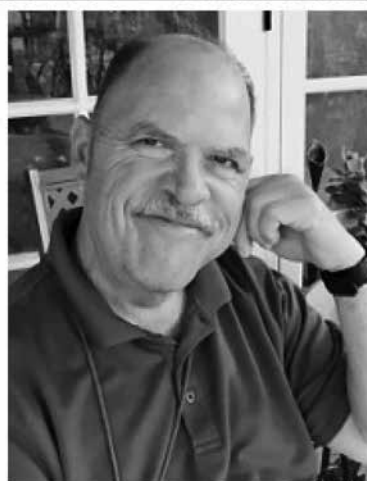
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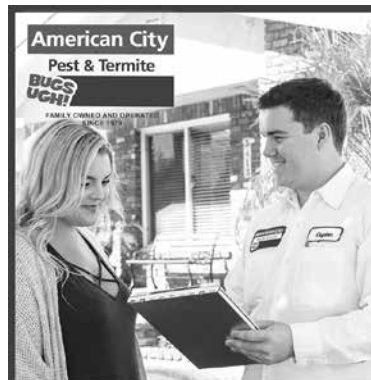
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by Robert Bruce Woodcox

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

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

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

Everyone who comes to me says the same things: "I've been wanting to do this for a long time, but didn't know how to start. I'm not a writer and so time seems to just keep slipping away."

*Continued on page 13*



## 'Kodachrome'

Paul Simon

By Randal C. Hill

Paul Simon's "Kodachrome" began as "Goin' Home," but the poetic perfectionist soon felt that that sounded too ordinary. Thus, he shifted creative gears, restructured the lyrics, and came up with "Kodachrome," which, to him, sounded close to "Goin' Home" but stuck better in the listener's ear.

After Simon heard the gospel-drenched Staple Singers hit "I'll Take You There," he knew that he wanted to record "Kodachrome" at Muscle Shoals Sound Studio, the same cramped northwest Alabama locale that the Staples had utilized. The Muscle Shoals Rhythm Section there consisted of four white guys who could lay down soul and rhythm-and-blues tracks as well as or better than anyone on the recording-session scene.

While the group may have been top-notch, the studio itself was a dump. David Hood, the outfit's bass player, explained to songfacts.com, "Paul Simon was used to working at Columbia Studios in New York and studios in England and different places. When he came and saw our little place, he probably thought, 'Man, this is a rat trap.' Because it was."

One example of what awaited the sophisticated hitmaker was plastic covers tossed over the recording console that protected the costly piece of equip-

ment when rain leaked from a hole in the roof.

Paul managed to cast aside any concerns he had, as he nailed the master of "Kodachrome" in just two takes. Soon afterward, his single streaked to No. 2 on the "Billboard Hot 100."

His tune could be seen as a coming-of-age treatise, perhaps how a young man could often choose to view the world through rose-colored glasses. (To Simon, this is what Kodachrome camera film offered.) But first, wanting to get something unrelated off his chest, he opened "Kodachrome" with a most quirky lyric line:

*"When I think back on all the crap I learned in high school."*

*"It's a wonder I can think at all ..."*

Then, without explanation, he altered the plotline of his mini-story:

*"Kodachrome."*

*"Give us those nice bright colors."*

*"Give us the greens of summer."*

*"Makes you think all the world's a sunny day ..."*

Certainly, it's hard to let go of thoughts of a remembered care-free life of youthful pleasures and replace them with adulthood's grittier realities. For Paul, this would include memories of past relationships which

may not have been as sublime as he once recalled:

*"If you took all the girls I knew when I was single."*

*"And brought them all together for one night."*

*"I know they'd never match my sweet imagination."*

*"And everything looks worse in black and white ..."*

By the way, one should remind Simon that, when he and Art Garfunkel were in high school in New York, they had recorded a ditty called "Hey, Schoolgirl!" a bit of piffle (listed as being by Tom and Jerry) that reached the bottom of the national Top 40 chart. Royalties from the disc's sales had bought teenage Paul a new fire-engine-red Chevy convertible.

Hey, maybe high school really wasn't a *complete* waste of time after all.

### Bibliography Book:

Eliot, Marc. *Paul Simon: A Life*. Hoboken, NJ: John Wiley & Sons, Inc., 2010.

### Internet:

"In Paul Simon's Song 'Kodachrome,' What Kind of Camera Did the Singer Own?" quizzclub.com.

Knott, Rebeka. "Paul Simon's 'Kodachrome.'" Dec. 28, 2017. www.groovyhistory.com. *Kodachrome*, *Kodachrome* (song), Muscle Shoals Sound Studio, Paul Simon. en.wikipedia.org. "Kodachrome" by Paul Simon. www.songfacts.com.



# In The Spotlight

## Albert Sanchez, Man of Compassion Who Enjoys Helping Pet Parents

For many our pets are part of the family and we would do anything for them from medical care to special treats and more.

And nobody knows this more than Albert Sanchez, the owner/operator of Veterinary Ambulance of Southern California.

Sanchez, 58, has 25-plus years in veterinary specialty medicine, including emergency and critical care.

Here's more about this special man ready to help you with your pets in need.

**SR: What's your business name and for how long have you had it?**

**A: Veterinary Ambulance of Southern California, I started in 2021.**

**Q:How did you get started?**

A:I started this service after spending 14 years in Emergency and critical care. I have used the only existing animal ambulance service and the fees were exuberant I knew I could offer this service at a reasonable price.

**Q:What were you doing prior?**

A:I worked as a veterinary technician in clinics. I have worked in multi-specialty hospitals as well as general practice facilities.



**Q:Education?**

A:I have had both formal education and industry-specific continuing education.

**Q:What is a typical day for you like?**

A:I offer my service 24/7 so when I get a call I go. It could be 1-3 calls a day, but it's unpredictable.

**Q:What areas do you service?**

A:I primarily service Orange County but I do occasionally go into LA, Riverside, San Bernardino, and San Diego counties.

**Q:Are your services limited?**

A:My services are limited to ambulance service/transportation. I can provide CRI's (Constant Rate Infusion), oxygen therapy, and IV fluids otherwise I am not a veterinarian, and I cannot provide other services.

**Q:Do you do any in-home vet services or other animal services?**

A:I do not offer any in-home services short of catching a cat to get into their carrier.

**Q:What is the best part of what you do?**

A:Offering this service at a reasonable rate, every client is very grateful and appreciative. It is a much-needed service.

**Q:What is the most difficult?**

A:The most difficult part is the end-of-life transport or the pets that have passed away at home.

**Q:Do you have any pets?**

A:I have a 4.5-month-old Great Pyrenes Mix named Bosa.

**Q:The best way for people to reach you?**

A:Call or text 949 306-1019.

**Q:What makes you different from your competition?**

A:I am very reliable, prompt, availability, and affordability.

**Q:You have so much compassion and patience, where does that come from?**

A:My experience in the industry has helped build my compassion over the past 30 years. I have also worked with some very compassionate people in the industry.

*Continued on page 22*

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# June Crossword Puzzle

## Across

1. It precedes mañana
6. Quench
11. Kind of iron
14. Runs without moving
15. Barbera's animation partner
16. Lawyer's org.
17. Author behind the scenes
19. Jack-in-the-box part
20. Eye candy
21. Not just any
22. Low voice
23. Diagrams
25. Dazzling effect
27. Cavalier
31. It may be easily bruised
34. Crimson rival
35. Delved into
36. Dict. material
39. Polo Grounds legend
41. China's Zhou \_\_\_\_
42. Number one Hun
44. Orders
46. CPR giver
47. Form of sparring
51. Geico spokeslizard
52. Go over again
56. Warner \_\_\_\_
58. Seek the affection of
60. A Musketeer
61. Dusk, to Donne
62. Mammals that practice hemophagia

64. Writer LeShan
65. \_\_\_\_ Dane
66. Arm bones
67. Note after fa
68. Flummox
69. Combs et al.

## Down

1. Stock market figures
2. Like some committees
3. A deadly sin
4. Conducted a trial
5. "\_\_\_\_ Goes By"
6. Nasdaq unit: Abbr.
7. Café lightener
8. "O Canada," for Canada
9. Patella
10. Corn serving
11. Pleasing to the taste
12. Nile wader
13. Wanders restlessly
18. Bob's companion

22. Breakfast strip
24. Storage place
26. Orpheus's instrument
28. Collectible art print, in brief
29. 500 sheets
30. Blue-pencil
31. Peron and Longoria
32. Postpunk genre
33. Like many gazebos
37. West Wing workers
38. Legislative group
40. Metered vehicle
43. All thumbs
45. Instrument in George Harrison's "Within You Without You"
48. Sounded like a cannon
49. Mythical Aegean Sea dweller
50. 1940s pinup Betty
53. Microwave maker
54. Cronus or Oceanus

55. Massachusetts quartet
56. Some queens
57. Decorate anew
59. Iridescent stone
62. Old kind of computer monitor
63. Suffix with Canaan

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67					68					69				



## Tell Your Life Story...

*Continued from page 10*

Or...

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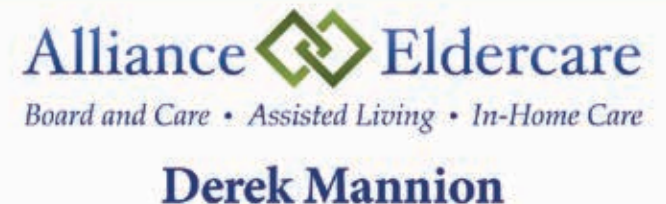
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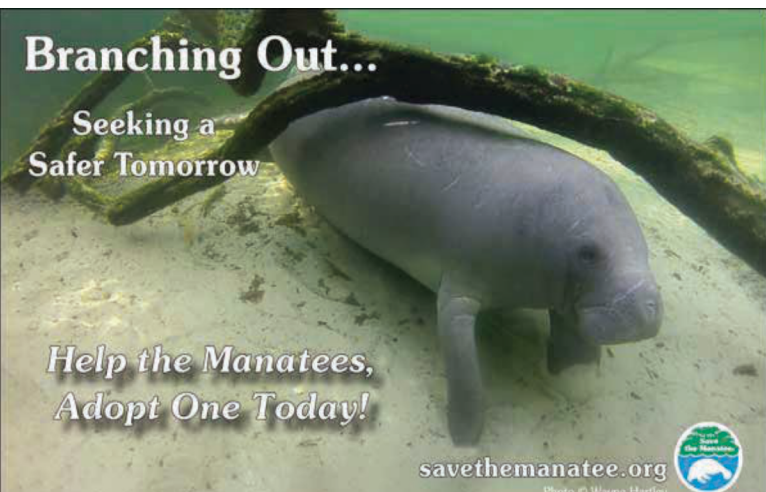


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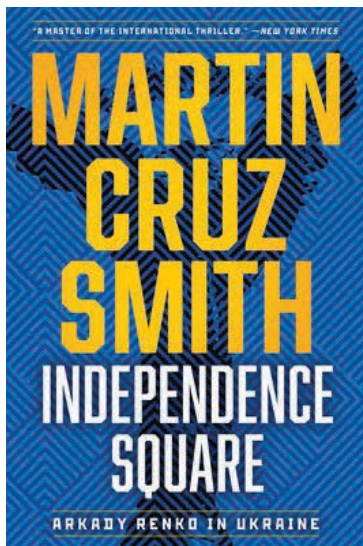


# June Book Club

Summer reading is one of life's greatest pleasures and one you should explore sooner than later if you haven't already.

Here are some wonderful new book titles to check out for the season whether you're reading by the pool, at the beach, or in your own backyard.

***Independence Square***  
***Arkady Renko in Ukraine***  
***Book No. 10 of The***  
***Arkady Renko Novels***  
 By **Martin Cruz Smith**



"Martin Cruz Smith has written nine previous novels featuring Arkady Renko, one of modern detective fiction's most popular characters. These novels, beginning with 1981's international sensation *Gorky Park*, have collectively traced Russia's evolution over the last half-century. Now, with *Inde-*

*pendence Square*, Smith focuses on the fraught and frenzied days leading up to Vladimir Putin's war against Ukraine.

"It's June 2021, and Arkady knows that Russia is preparing to invade and subsequently annex Ukraine as it did Crimea in 2014. He is, however, preoccupied with other grievances. His longtime lover, Tatiana Petrovna, has deserted him for her work as an investigative reporter. His corrupt boss has relegated him to a desk job. And he is having trouble with his dexterity and balance. A visit to his doctor reveals that these are symptoms of Parkinson's Disease.

"This is an ingenious autobiographical conceit, as Martin Cruz Smith has Parkinson's, and is able through Arkady to movingly describe his own experience with the disease. Parkinson's hasn't stopped Smith from his work, and neither does it stop Arkady. Rather than dwell on his diagnosis, he throws himself into another case.

"An acquaintance has asked him to find his daughter, Karina, an anti-Putin activist who has disappeared. In the course of the investigation, Arkady falls for Karina's roommate, Elena, a Tatar from Ukraine. The search leads them to Kyiv,

where rumblings of an armed conflict grow louder. Later, in Crimea, Tatiana reemerges to complicate Arkady's new romance. And as he gets closer to locating Karina, Arkady discovers something that threatens his life as well as the lives of both Elena and Tatiana.

"Few fiction writers have better captured contemporary Russia with more insight or authenticity than Martin Cruz Smith. He does the same here for Ukraine and the events that preceded Russia's invasion. *Independence Square* is a timely and uniquely personal mystery novel-meets-political thriller by a master of the form," according to Publisher Simon & Schuster.

***Even If Everything Ends***  
 By **Jens Liljestrand**



"Even when the climate crisis escalates beyond our worst nightmares and people become refugees, the world keeps turning and life carries on as usual: teenage love stories, marital collapses, identity crises, and

revolts against hopeless parents continue to play out.

"Didrik is a 40-year-old media consultant whose misguided efforts to become the family hero render him a pathetic vision of masculine incompetence. Melissa is an influencer with a suitcase full of lost dreams after denying climate change for years. André is the 19-year-old loser son of an international sports star who uses the erupting violence around him to orchestrate his vengeance on his negligent father. And Vilja is Didrik's teenaged daughter who steps into a leadership role in the face of adult ineptitude," according to Publisher Gallery/Scout Press.

***The Half Moon***  
 A Novel

By **Mary Beth Keane**

"Malcolm Gephardt, a handsome and gregarious longtime bartender at *The Half Moon*, has always dreamed of owning a bar. When his boss finally retires, Malcolm stretches to buy the place. He sees unquantifiable magic and potential in *The Half Moon* and hopes to transform it into a bigger success but struggles to stay afloat.

"His smart and confident wife, Jess, has devoted herself to her law career. After years of trying for a baby, she is facing the idea that motherhood may not be in the cards for her. Like Malcolm, she feels her youth beginning to slip away and wonders how to reshape her future.



"Award-winning author Mary Beth Keane's new novel takes place over one week when Malcolm learns shocking news about Jess, a patron of the bar goes missing, and a blizzard hits the town of Gillam, trapping everyone in place. With a deft eye and generous spirit, Keane explores the disappointments and unexpected consolations of midlife, the many forms forgiveness can take, the complicated intimacy of small-town living, and what it means to be a family," according to Publisher Scribner.

***It Ends with Us: Special Collector's Edition***  
 A Novel

By **Colleen Hoover**

"Lily hasn't always had it easy, but that's never stopped her from working hard for the life she wants. She's come a long way from the small town where she grew up — she graduated from college, moved to Boston, and started her own business. And when she feels a spark

*Continued on page 31*



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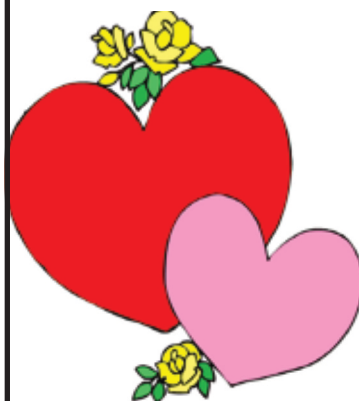
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# William H. Macy

By Les Goldberg

When I think of William H. Macy, my first thought turns to “Wild Hogs,” the 2007 blockbuster movie about middle-aged men reliving their youthful days by taking to the open road on their Harley-Davidson motorcycles from Cincinnati to California.

Not generally known for his comedic acting, Macy showed his funny side like never before, including his scenes in which he crashes on his bike while gawking at bikini-clad women at the beach. To this day, I can watch the movie over and over again whenever I need to laugh out loud and often.

But Macy’s coveted career is distinguished by the variety of roles he has played on screen



and stage since abandoning his early goal of becoming a veterinarian.

The Miami-born son of a World War II hero became hooked on acting while studying theater at Goddard College in rural Vermont and the HB Studio in New York City.

After graduating, Macy acted in several plays such as “Amer-

ican Buffalo” and “The Water Engine,” then moved to Chicago in his 20s where he did a TV commercial. Following opportunities, he spent time in Los Angeles and New York City where he had roles in more than 50 off-Broadway and Broadway plays.



One of his earliest on-screen roles was as a theater critic who congratulated the late Christo-

pher Reeves in the 1980s film “Somewhere in Time.”

Other memorable early performances were his TV roles in “General Hospital” and “Law & Order.”

Macy’s career got a big boost when he landed the leading role in “Fargo,” despite the perception that he had been typecast as a man who is always down on his luck. However, his subsequent performances dispelled those thoughts.

His resume in the 1990s and 2000s includes “Benny & Joon,” “Above Suspicion,” “Mr. Holland’s Opus,” “Ghosts of Mississippi,” “Air Force One,” “Boogie Nights,” “A Civil Action,” “Pleasantville,” “Psycho,” “Happy, Texas,” “Mystery Men,” “Magnolia,” “Jurassic Park III,” “Focus,” “Panic,” “Welcome to Collinwood,” “Seabiscuit,” “The Cooler” and “Sahara.”

And the hits kept coming. After being awarded a star on the Hollywood Walk of Fame in 2007, Macy continued to

build his legacy with movies such as “Dirty Girl” (2010), co-starring with Juno Temple, Milla Jovovich, Mary Steenburgen, and Tim McGraw.



That same year, he joined the Showtime pilot “Shameless,” which garnered him high critical acclaim and an Emmy nomination as Outstanding Leading Actor in a Comedy Series.

In the 2012 film “The Sessions,” Macy played a priest who helps a man with a severe disability find personal fulfillment through a sex surrogate.

He also made his directorial debut with the independent drama “Rudderless,” starring Billy Crudup, Anton Yelchin, his wife Felicity Huffman, Selena Gomez, and Laurence Fishburne, and later directed “The Layover,” a road trip comedy with Alexandra Daddario and Kate Upton.

Married in 1997, Macy and Huffman have two daughters,



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Continued on page 28





## Laguna Woods Village: A Playground for Seniors



Laguna Woods Village in Laguna Woods, Orange County, is one of the most popular places for those over 55 years old and who want everything in their backyard.

From clubs to eating establishments, social activities, and more, this is a community that is a playground for those in their Golden Years.

Here are some factoids you may not have known about Laguna Woods Village which is **Off the Beaten Path**.

1. Laguna Woods Village in Laguna Woods is the largest 55+ active adult community on the West Coast and was developed between 1964 and 1985.

2. The 12,736-home community has seven clubhouses, 36 holes of golf, five swimming pools, an equestrian center, and more than 250 clubs and organizations.

3. Homebuyers can select from single-family homes, high-rise condominiums, attached single-level condos, and carefree co-ops.

4. Laguna Woods Village is also only 10 minutes from the beach and is surrounded by many of the most popular attractions in Southern California.

5. This Laguna Woods 55+ community is gated and includes 24-hour patrols and a private bus system.

6. There's an 814-seat performing arts center and a 27-hole championship golf course.

7. Certain clubhouses include spacious ballrooms and banquet facilities for large events and group meetings.

8. Multiple outdoor amenities, including 10 tennis courts, five pickleball courts, bocce ball, shuffleboard, horseshoes, and lawn bowling.

9. This community also features five outdoor pools and two garden centers.

10. Laguna Woods Village residents also have access to RV parking.

11. The stables offer an additional fee for boarding, lessons, rides, and special events.

As you can see Laguna Woods Village is where seniors can enjoy themselves from morning till night and in between.



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## On The Road Again ...

# The Central Coast Can Take Your Breath Away

By Shana McCann

In an earlier column, we took you on a jaunt along Pacific Coast Highway from Laguna Beach north to San Luis Obispo, highlighting the charming and iconic California beach towns and attractions. This month, we're going to take a closer look at the Central Coast, a perfect destination for Southern Californians seeking an easy getaway staycation.

From Santa Cruz County in the north to Ventura County in the south lies a string of beautiful towns and small cities that are unique in America's vast landscape. On the southern end is the Santa Ynez Valley where the scenery is high

on the "wow" factor, with rolling hills, lush vineyards, and majestic oaks.

The six little communities in the valley are set close together, making it easy to explore them. They include Solvang, Los Alamos, Los Olivos, Santa Ynez, Buellton, and Ballard.

### Solvang



Among the most visited is Solvang, known for its Danish roots, original recipe pastries,

and the Old Mission Santa Ines. It also features the Elverhoj Museum of History & Art, housed in a beautiful building reminiscent of an 18th-century Danish farmhouse.

For those who want to combine the beauty of the region, the luxury of an award-winning hotel and spa, and casino action, the Chumash Resort and Casino is just one mile up the road from downtown Solvang.

### Los Alamos

Los Alamos is the place to go for a wild west feel and fine dining. The main drag, Bell Street, is only seven blocks long and walkable, with historic facades and quirky signs welcoming you to a variety of art galleries, antique shops, boutiques, wine tasting, bakeries, and quaint restaurants.

### Los Olivos



Los Olivos, with gorgeous views over surrounding vineyards, has lots of wine-tasting rooms and craft breweries (over 30), making it the place to go for a dedicated day of eating and drinking well.

For instance, you can drive the Foxen Canyon Wine Trail which is home to several lo-

cal wineries, and reserve a wine-tasting session, or you can step into Global Gardens for organic oils, balsamic vinegars, and other artisanal products. Or you can simply wander the historic town center filled with art galleries, antique stores, and boutiques.

### Santa Ynez



This picturesque town, especially popular with outdoor enthusiasts, history buffs, and foodies alike, is nestled amid rolling hills and vineyards.



Outdoor lovers can go horseback riding through the lush countryside while your adven-

turous self can enjoy a hot air balloon ride. Hikers can try the scenic Lover's Loop via Grass Mountain Trail and history buffs can tour the Santa Ynez Valley Historical Museum & Parks-Janeway Carriage.

### Buellton



For some 80 years, Buellton has been known as the main destination for pea soup lovers at the famous Pea Soup Anderson's. What many people do not know, however, is that the town is home to a full complement of award-winning craft breweries and distilleries.



If you love animals of all kinds and want to entertain your kids or grandchildren, be sure to visit Ostrichland where you can view, or feed, the ostriches, and emus.

Other attractions include the Santa Ynez Botanic Garden, the Mendenhall Museum of Gasoline Pumps & Petroliana, and the Hitching Post restaurant.

*Continued on page 23*

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# The Gadget Geezer

By Les Goldberg

## The Joys and Toys of Summer

One of my favorite pastimes during the summer months is simply spending time outdoors, whether I am lounging in a hammock, reading a good book under a beach umbrella, grilling on the barbeque, or planting flowers in my garden.

What makes these leisure activities even more fun each year is the introduction of so many new technology-advanced products, from remote-operated BBQ grills to lawnmowers and sprinkler systems.

### Sprinkler Apps



Those days when you manually turned on the sprinklers with a steel key and forgot to turn them off are over.

Today's "Smart Sprinklers" are designed to gain control and efficiency over your garden water use. They not only allow you to plan and change watering schedules from your app, but they can also assess your soil type, climate, season, and plant type to determine the best watering schedule for your situation.

### Robotic Lawnmowers

I think we can all agree that mow-



ing the lawn is a chore, right? And anything we can do to minimize the effort is welcome.

That is why **robotic lawnmowers** are life-changing. Although more expensive than traditional loud gas-powered mowers, these grass-cutters can move around objects using special sensors. They are super quiet, mobile, easy to maneuver with an app, and can cover most average-sized lawns.

### Smart Watering Pot

Keeping them alive is a big challenge for those who enjoy their indoor plants. Thanks to modern technology, however, a solution can be found in the "smart pot."

Using a smartphone app, the smart pot's sensors can monitor moisture, light, and temperature. They also trigger watering when the soil is dry and tell you when to move your plants in or out of the direct light or when it is too cold or warm.

### Security Cameras

While **security cameras** are not exactly designed for gardens, they are quite handy at helping you keep unwanted and destructive

critters away. The same principle used by the cameras – alerting you to trespassers and suspicious humans – applies to your garden:

When your camera captures the critters on video, it sends the images directly to your email or phone so you can see what's going on in real time. You can catch the perpetrators in action.

### Pollinators

Usually, we rely on bees, butterflies, and beneficial insects to pollinate our plants, but that is becoming a struggle in some areas as insect species decline. Pollina-



tion must happen to allow fruits and vegetables to grow.

Again, technology is coming to the rescue.

A device known as a **vibrating pollinator** does the work of bees with bristles that distribute pollen

from flower to flower. This requires work from you; you must go from flower to flower and touch the pollinator on each one.

### E-Readers/ Tablets

**Electronic readers** are perfect for traveling in the summer. Instead of having to choose a few books that will take up room in your luggage, you can download hundreds of books to fill your summer reading lists.

These tablets and e-readers are also perfect for just lounging in

*Continued on page 21*

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# Fabulous Finds

By Debbie L. Sklar

This is the month for fathers and for those who want to look better in their day-to-day lives.

From some unique gifts for dad as well as other ways to look great, here are some new **Fab Finds** for June.

## Grilled Tasting Box



Flaviar introduces the perfect gift just in time for Father's Day with its **Grilled & Distilled Tasting Box**, a collaboration with six-time World

Barbecue champion and 2018 inductee to the Barbecue Hall of Fame, Tuffy Stone.

The box features Tuffy's book "*Cool Smoke*," an original Barbecue sauce, two spice rubs, one engraved Flaviar rocks glass, and ten 50mL samples of premium craft whiskies selected to marry perfectly with barbecue. Each purchase also comes with a free 12-month base membership to Flaviar. Grilled & Distilled (SRP \$225). Grilled & Distilled will be available at select chain & independent retailers around the country. For more information on Flaviar and to place an order, please visit [www.flaviar.com](http://www.flaviar.com).

As part of this unique gift, Flaviar offers a one-year base membership to recipients of the Grilled & Distilled Tasting Box, which grants free shipping, early-bird access, and preferential pricing on select products. Each box will contain a postcard with a QR code that can be used to activate the membership and immerse new members in the exciting Flaviar world of discovery.

## Special Water



Getting outside is great, but staying hydrated is important ... so why not do it with water that does better for you and the planet.

**Splendor Water** was launched by two Greensboro families, Sara Couch and her father, local NC business person/philanthropist David Couch, as well as Collins Pugh and her father, Breck Speed, former CEO of Mountain Valley Spring Company.

Splendor Water is a unique brand of mineral water that is sourced at the foothills of the Andes in La Maná, Ecuador. It is currently only sold (retail) at the Couch family's Summerfield Farms in Greensboro and nationally online. Splendor Water is the only water with naturally present colloidal.

Splendor Water ranks among

the top 10 glasses of water in the world for lowest Total Dissolved Solids (TDS), considered the gold standard measurement of water's purity. High TDS waters often have a strong "taste," while low TDS ensures a smoother finish, making **SPLENDOR** the perfect water to pair with any food.

Splendor Water is also Smart Planet Certified by the Rainforest Alliance and is the first company in Latin America to ensure that its bottles are sourced from 100% recycled plastic (rPET) and are committed to reusing its materials. It will also be launching glass bottles, shortly.

The company is also committed to giving back 1% of its gross sales to organizations that are bettering our environment and supporting the people of Ecuador, including 1% For the Planet. For more information, please visit: [splendorwater.com/](http://splendorwater.com/)

## Steaks Galore



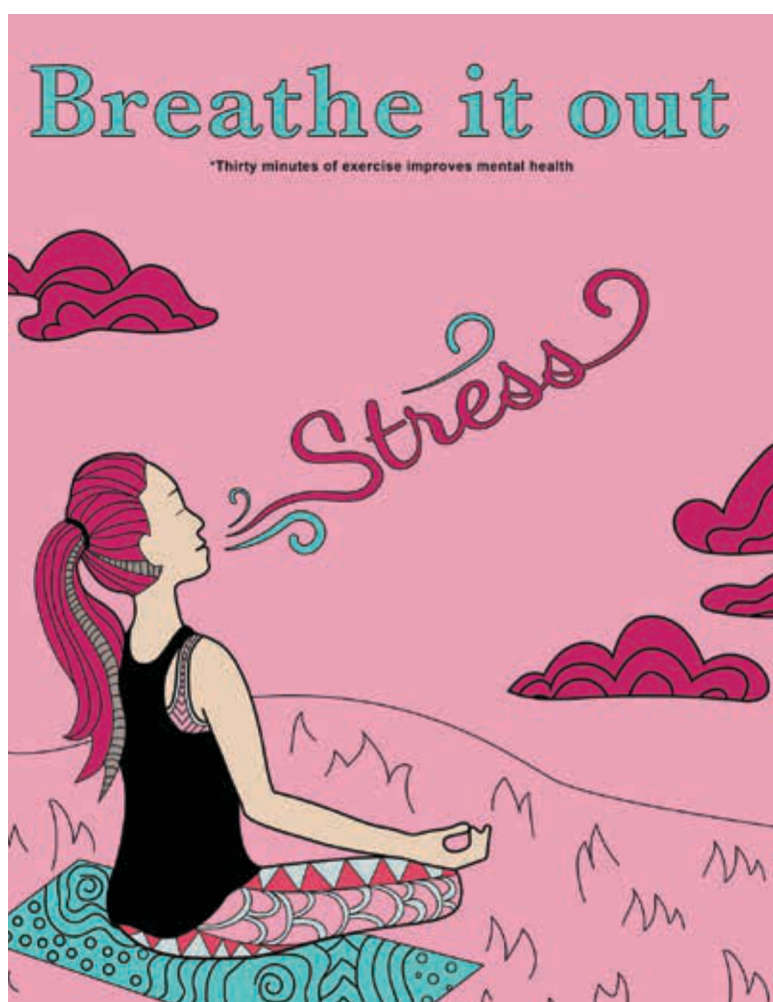
With summer approaching, Americans are craving time outdoors and in front of the grill – despite the ongoing pinch of food inflation. A re-

cent Harris Poll commissioned by Omaha Steaks found while 40% of Americans have cut back on purchases – more than half (55%) are unwilling to sacrifice their summer grill-outs with family and friends<sup>1</sup>. America's 'Original Butcher' surveyed more than 2,000 U.S. adults before the summer season to better gauge how changing food purchasing habits impact Americans' attitudes and behaviors around grilling and shopping, how they plan to spend their time this summer, how they'll celebrate Father's Day and other related topics.

Dads want steak and quality time for Father's Day, more than any other gift. One of the biggest survey findings highlights that Americans overestimate that dads want Father's Day tools more than they do. 48% of dads want to be gifted a steak dinner (up 10% from last year's survey) or quality time with loved ones (44%) for Father's Day this year. A meaty meal is "the" gift most coveted by dads, besting other traditional gifts like tools/appliances, alcohol, clothing, tech, books, games, or sporting equipment.

**Omaha Steaks** is ready to make grilling season easy, with an array of proteins, sides, and desserts. To learn about all the best grilling techniques, recipes, and tips from Omaha Steaks at [OmahaSteaks.com](http://OmahaSteaks.com) or

*Continued on page 22*





# Tinseltown Talks

By Nick Thomas

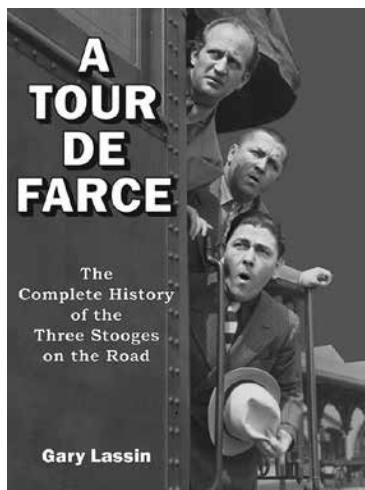
## Calling All Knuckleheads: Touring with New Three Stooges Book

Despite extensive on-screen credits throughout their long careers, the Three Stooges comedy team only spent about a month or two a year in front of the cameras, rarely producing more than 10 of their beloved comedy shorts a year. According to long-time Stooges fan Gary Lassin, the slapstick legends were on the road for up to 6 months a year, crisscrossing the country to perform largely vaudeville-like acts on stage.

Those journeys, from the 1920s to the 1960s are now recounted in exquisite detail in more than 750 pages of Lassin's new book, *"A Tour De Farce: The Complete History of the Three Stooges on the Road."*

As president of the Three Stooges fan club and owner/curator of a Three Stooges museum (The Stoogeum, see [www.stoogeum.com](http://www.stoogeum.com)) in Ambler, Penn., Lassin began assembling touring data over two decades ago.

"I just opened a blank Excel spreadsheet and began going through my Stooges memorabilia – playbills, programs, ticket stubs, photographs – to compile their travel history," said Lassin from his suburban Philadelphia home.



Cover of author's book. Photo courtesy Gary Lassin.

He also began searching newspaper archives back in the day before online databases existed. "Twice a year I'd drive to the Library of Congress in Washington to search their archives of major newspapers stored on microfilm."

The book, currently available directly from the author (see [www.tourdefarce.net](http://www.tourdefarce.net)), is also crammed with over 1,400 images mostly from Lassin's private collection, hundreds being published for the first time.

Comprising the two Howard brothers Moe and Curly (Curly being later replaced by third brother Shemp, followed by Joe Besser and Joe DeRita) and Larry Fine, the Stooges are famous for the 190 short films produced by Columbia Pictures from 1934-1959. The trio of turmoil were masters

of vintage Hollywood madcap mayhem, famous for brutalizing each other with any heavy object at hand, initiating food fights, and flattening their surroundings faster than a professional demolition team.

So, what would audiences attending their live stage shows have experienced?

"Nothing like their films, really," Lassin said. "They didn't have the benefit of movie special effects or other actors they could play off. So, they usually did a 10-15 minute act consisting of two basic routines. There were skits where they'd play roles and act out a little and the other was called patter where they would go back and forth with silly jokes."



The Three Stooges, Larry, Curly, Moe, in the 1937 short *Dizzy Doctors*. Photo courtesy Columbia Pictures.

An example of the latter, said Lassin, is when one would ask, "You goin' fishing?" To which another would respond, "Yeah, you got worms?" followed by the punchline, "Yeah, but I'm going anyway."



The Three Stooges, Moe, Shemp, and Larry with Emil Sitka in *All Gunned Up*, 1947. Photo courtesy Columbia Pictures.

Lassin estimates his book documents up to about 95 percent of live appearances by the Stooges. "We'll never come up with all of them," he said. "They also visited hospitals, military bases, and other places that weren't advertised to the public."

The author, who is related to Larry through marriage, has amassed more than 100,000 pieces of Stooges memorabilia with thousands of items displayed in his museum. Like many adult Stooges fans today, he originally became enamored by the comedy troupe as a child.

"We only had three TV channels to watch when we came home from school," he recalled. "So, it was impossible for a kid not to see them and like them."

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

## The Gadget Geezer

Continued from page 19

a cool room of the house. Many have their own Wi-Fi. With this technology, you can continue communicating with friends and family, even when you enjoy the sun and water or want to chat to break up a quiet day at home.

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## Fabulous Finds

*Continued from page 20*

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### Cleansing Water



The dermatologist favorite beauty brand, COSRX, has released its **Low pH Niacinamide Micellar Cleansing Water**, a moisturizing and gentle cleanser designed for those with sensitive and acne-prone skin.

It contains key ingredients such as Niacinamide, Allantoin, and Hyaluronic Acid that soothe and hydrate the skin while removing makeup, unclogging pores, and regulating excess sebum and oil secretion.

This new release is formulated

with a composition similar to the pH of the skin to help maintain a healthy skin balance and strengthen the skin barrier. It gently yet effectively removes makeup whilst providing a deep cleanse without disturbing the skin's balance or causing irritation. In clinical tests, this cleanser passed both skin and ocular irritation tests, proving it to be gentle on both the skin and eyes, making it the ideal cleanser for daily use.

The Low pH Niacinamide Micellar Cleansing Water has a lightweight, watery texture that can be used every day. Feels like a part of the skincare routine, it infuses the skin with hydration and softness the minute it hits the skin, and it leaves a refreshing and clean finish without any residue.

The Low pH Niacinamide Micellar Cleansing Water retails for \$16 and is available in a jumbo bottle (400 mL/13.52 fl. Oz.). Customers can learn more about the product and purchase it on the COSRX website.

## In The Spotlight

*continued from page 11*

Q: Did you want to become a veterinarian at one point? Do you still?

A: I did want to become a veterinarian at the very beginning of my career. I do not now.

Q: Long-range goals with your business?

A: I would like to expand and offer more services.

Q: Do you have one or more pet ambulances?

A: Currently, I just have one ambulance.

Q: Why would someone want

to use your services?

A: People use my services when they can't get their pets to the vet in difficult circumstances. It could be an owner that needs to go to Emergency or their scheduled appointment. I can also transport a patient in need of oxygen from one hospital to another or back home.

Q: Spare time, hobbies, etc.

A: Yes, our family is into sports, the Angels, and 49ers are our favorites. Our 3-year-old puppy and our 4.5-month puppy keep us on our toes and busy.





# Busy Boomers

By Les Goldberg

## Not Ready to Hang 'Em Up Yet?

Is this you? It's been a few years since you officially retired from your lifelong career. You've checked off a few boxes on your bucket list and you've traveled to the places you always wanted to go. Now you find yourself missing the routines, challenges, and camaradery that come with a job.

If you are still feeling physically fit and mentally sharp, you can find a position that allows you to earn some extra money, meet new people or explore a career you've always dreamed about but never had the chance to pursue.

Unbelievably, plenty of jobs for older people are available, according to the California Institute On Aging.

### Strong market

"Many employers now actively look to hire seniors," said IOA spokesperson Melinda Perkins. "More and more of them are starting to recognize that experienced and mature workers often have strengths that some younger workers lack. Such strengths include loyalty, a strong work ethic, and a good attitude."

She continued by saying that "aside from some extremely physically demanding occupations, almost any job that can be done by a younger person can be done by someone old-

er. It really just depends on the individual since everyone ages differently."

For seniors who want to return to a position that closely matches the talents and skills of their previous careers, the IOA suggests jobs that do not require full-time work but are based on a part-time contract (1099) arrangement.

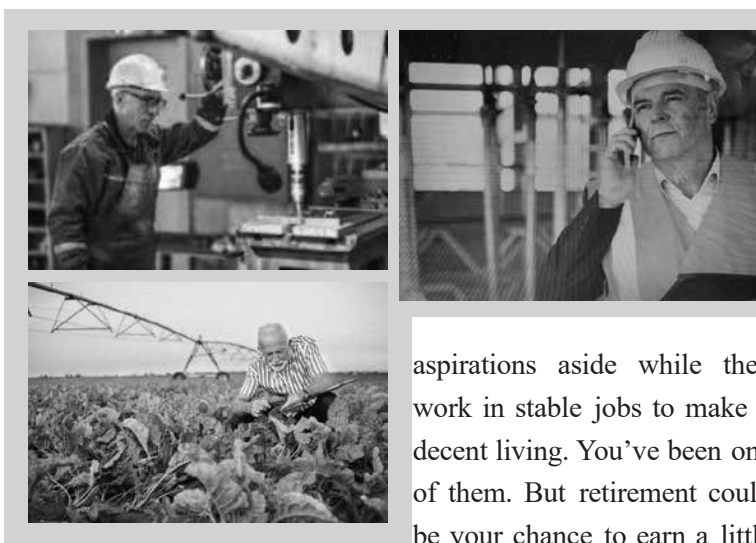
Such positions include consulting, applying your skills and experience to companies or non-profit organizations. The pay can be great and the flexibility of time and working conditions is most attractive to seniors.

### Mind Over Matter

Another way to share your knowledge is as a writer. Many people are looking for authoritative content online or in print. So, if you're an expert on a particular subject, you can start a blog or publish articles on platforms such as LinkedIn.

There are many job openings for teachers. Community colleges and community centers often hire temporary instructors to teach classes in professional development or general interest. What better way to utilize your knowledge than to pass it on to the next generation?

If you would rather spend your working hours away from offic-



es and indoor situations, some jobs can take you outdoors and into your community, like on-demand drivers for companies like Uber or Lyft. Just keep in mind that you will be an independent contractor responsible for the cost of vehicle maintenance, insurance, gas, Social Security and Medicare taxes, and booking fees.

### Do What You Love

Other jobs that are ideal for seniors includes tour guides, retail salespersons, restaurant and casino employees, ushers and attendants, personal caretakers, tutors, childcare workers, school bus monitors, temporary office workers, administrative assistants, and tax preparers.

If you want to stay physically fit and get paid at the same time, try dog walking or pet sitting. Also, there is a great need for experienced handypersons, coaches, referees or umpires, security guards, and gardeners.

Many people put their creative

aspirations aside while they work in stable jobs to make a decent living. You've been one of them. But retirement could be your chance to earn a little money and explore those interests at the same time.

Whatever dormant talents you have can be rekindled with some practice and motivation. Do you enjoy singing, dancing, acting? Surveys show that some of the top jobs for seniors over 70 include singing and playing musical instruments at local clubs and community centers.

Whatever you choose to do during your retirement years, remember that every senior can offer unique talents to the workforce. Whether you are seeking a new career, a supplemental paycheck, or the satisfaction of meeting new people and new challenges, employment can be a truly positive experience.

**Life is what happens  
when you're busy  
making other plans**  
—John Lennon

## On The Road Again ...

Continued from page 18

rant and its locally inspired barbecue menu.

### Ballard

A tiny, but very scenic and relaxing town, Ballard boasts a beautiful inn that is ideal as your base for a Santa Ynez vacation.

Besides just kicking back and enjoying the surrounding vineyards, you can wander the streets on foot to admire the beautiful historic homes or take photos at the Old Country Chapel and the Little Red Schoolhouse that opened in 1883.

Next month, we'll take you a bit further north to California's Central Coast gems that include San Luis Obispo, Pismo Beach, Morro Bay, Paso Robles, Cambria, and Monterey.

## June Calendar

Continued from page 5

### Sawdust Festival

Laguna Beach

Friday, June 30 to Sunday, Sept. 3

Outdoor arts and crafts festival where you can watch artists create their work and buy directly from the artists while enjoying the carefree atmosphere. At, 935 Laguna Canyon Road, Laguna Beach. Call, 949-494-3030.



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Crossword Puzzle Answers from page 12

1	H	A	3	T	A	6	S	7	L	8	A	9	K	10	E	11	P	12	I	13	G
14	I	D	L	E	S	15	H	A	N	N	A	16	A	B	A						
17	G	H	O	S	T	18	W	R	I	T	E	R	19	L	I	D					
20	H	O	T	T	I	E	21	T	H	E	22	B	A	S	S						
23	S	C	H	E	M	A	24	S	25	E	C	L	A	T							
27	D	E	V	I	L	28	M	A	Y	C	A	29	R	E							
31	E	G	O	34	E	L	I	35	P	R	O	B	E	D							
36	V	O	C	37	A	B	39	O	T	41	E	N	L	A	I						
42	A	T	T	I	L	A	44	H	A	45	S	46	E	M	T						
47	S	H	A	D	O	W	48	B	O	X	I	N	G								
51	G	E	C	K	O	52	I	T	E	R	53	A	T	E							
56	B	R	O	S	58	W	O	59	O	60	A	R	A	M	I	S					
61	E	E	N	62	V	A	M	P	63	I	R	E	B	A	T	S					
64	E	D	A	65	G	R	E	A	T	66	U	L	N	A	E						
67	S	O	L	68	A	D	D	L	E	69	S	E	A	N	S						



## Eye Care Corner

# Six Ways a Simple Eye Exam Could Save Your Life

It may come as a surprise to some, but an ophthalmologist can help you keep an eye on your overall health. In fact, an ophthalmologist—a physician who specializes in medical and surgical eye care—may be the first to detect if you're at risk for a heart attack, stroke or other life-threatening conditions. That's because subtle, early damage to tiny blood vessels in the eyes can provide important clues about what is happening in the small blood vessels of the brain and heart.



**3. Heart disease.** During a routine eye exam, ophthalmologists use a special imaging tool to examine the retina, the light-sensitive tissue at the back of the eye. If the blood supply to the retina is reduced or blocked, this could be an early symptom of heart disease.

**4. High blood pressure.** One in three American adults has high blood pressure, which can lead to heart disease if left untreated. Unusually shaped blood vessels or bleeding in the back of the eye can signal high blood pressure.

**5. High cholesterol.** Another common health condition that can lead to serious health issues is high cholesterol. A yellow or blue ring around the cornea can be a symptom, as can deposits in the blood vessels of the retina.

**6. Stroke.** An ophthalmologist can also spot plaque deposits in the arteries of the eye. If these pieces of plaque reach the brain, they can cause a stroke. Several eye symptoms are linked to stroke, such as loss of side vision, sudden blind spots, blurry vision, double vision, or sensitivity to light. People experiencing these symptoms should seek immediate medical attention.

The American Academy of Ophthalmology recommends all adults receive a comprehensive eye exam by age 40, and every year or two after age 65.

Surprising medical conditions that can be detected in a routine eye exam:

**1. Cancer.** This includes not only eye-related skin cancers on the eyelid or the surface of the eye, but also cancers in other parts of the body. Leukemia, lymphoma, and breast cancer can all be detected in the eye.

**2. Diabetes.** Diabetes is a leading cause of vision loss in the United States, but signs of diabetes can also appear in the eye before vision is affected. When a person with diabetes has high blood sugar levels, it can affect the blood vessels in the eye. That's how an ophthalmologist might diagnose diabetes before other symptoms appear.

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one qualifies, visit [www.aao.org/eyecare-america](http://www.aao.org/eyecare-america) to determine your eligibility.



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## Stamp News &amp; More

# Postal Service Celebrates the 50th Anniversary of the Endangered Species Act

The U.S. Postal Service will commemorate the 50th anniversary of the Endangered Species Act (ESA) with the release of a new set of stamps. The stamps showcase photographs of 20 endangered animals found within the United States and its territories, as well as two North American species living near U.S. borders. These threatened species include the piping plover, the black-footed ferret, the Roanoke logperch, the Florida panther, the Mississippi sandhill crane, the Nashville crayfish, the Wyoming toad, the Lower Keys marsh rabbit, the San Francisco garter snake, the Key Largo cotton mouse and 10 others.

The photographs are among the more than 13,000 images in National Geographic Explorer and photographer Joel Sartore's "National Geographic Photo Ark," a project to document every species living in the world's zoos, aquariums, and wildlife sanctuaries with the aim of supporting on-the-ground conservation efforts and inspiring action through education.

The national effort to save threatened wildlife can be traced to Dec. 27, 1973, when President Richard Nixon signed the Endangered Species Act into law, following a unanimous Senate vote. In the 50 years since, other nations have



emulated the pioneering U.S. initiative. The law, also known as the ESA, provides a framework to conserve and protect endangered and threatened species and their habitats both domestically and abroad.

Under the ESA, more than 1,670 U.S. species and 698 foreign species are safeguarded to increase their chances of survival. Scientists estimate that hundreds of species have been rescued from the brink of extinction in the United States since the ESA began. A species found to need protection is listed under the ESA as either threatened or endangered, the latter defined as "in danger of extinction throughout all or a significant portion of its range."

The U.S. Fish and Wildlife Service implements the ESA. Their website, [fws.gov/program/endangered-species](https://www.fws.gov/program/endangered-species), describes the law's enduring legacy: "Throughout its history, ESA has proven to be incredi-

bly effective in stabilizing populations of species at risk, preventing the extinction of many others, and conserving the habitats upon which they depend. All Americans can take pride in the fact that, under the protection of the ESA, the California condor, grizzly bear, Okaloosa darter, whooping crane, and black-footed ferret have all been brought back from the brink of extinction. We can also celebrate that many other species no longer need ESA protection and have been removed from the list of endangered and threatened species, including the bald eagle — the very symbol of our nation's strength."

Habitat loss is the chief cause of species vulnerability. Other factors include pollution, climate change, the introduction of invasive species and overhunting. Human activity accounts for about 99 percent of all modern-day extinctions, so humans' unique capability to alter the environment comes with immense responsibility.

There's a story behind every stamp. The story behind the Endangered Species stamps is one of hope, persistence and resilience. Let's celebrate and support the organizations, agencies and people that are working to protect and save these beautiful animals.

The Endangered Species stamps can be purchased at local post offices or online at the Postal Store.

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# Life After Mother

By Lyn Jensen

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

## Make It Simple, Make It Home

"Don't remodel the kitchen and baths if you're planning to sell, only if you're planning to stay. If you're selling, the buyer will want to remodel the kitchen and baths the way they want anyway," a real estate agent advised me.

When I moved into my mother's house, I decided I wouldn't do any major renovation, only routine maintenance — and the house was in desperate need of routine maintenance. I've spent the last few years catching up — cutting down the tree that was damaging the roof, repairing the roof, painting the interior and exterior, installing new doors and windows and screens, replacing fencing and gates, getting new flooring in the kitchen, taking care of some inevitable issues with plumbing and irrigation and electrical fixtures — a few new switches, a few new outlets, a new kitchen-table light. The uneven loose brick driveway got replaced with an asphalt one, restoring the look the house held in my childhood memories. I got a new refrigerator. Before I knew it, I'd burned through more than \$100,000, just on simple routine home improvement.



The house's mid-century bathrooms remain a cramped space — that can't be changed short of major remodeling. The shower in the guest bathroom is like a phone booth with tile walls. The shower in the so-called "full" bath isn't enclosed — try showering in there, even with a curtain, and you'll get water all over.



So, I didn't remodel the baths, but I freshened them up, starting with fresh paint. The front guest bathroom has always been "the brown bathroom," and it's now the same sandy sunny Southwestern peach as the living room. The back master bathroom has always been "the blue bathroom" and it's been brightened up with a gentle shade of aquamarine.

In the blue bathroom, the wall-

paper was flaking and peeling, and I faced three choices. I could repair the wallpaper, but that'd likely be temporary. I could select a new design — and not that many stores stock wallpaper these days. I had to search paint stores to find one with a wallpaper department. After looking at available designs, I went with my third option — just replace the old wallpaper with an extra roll of the same tropical-floral design, which I'd found conveniently stashed in a closet. A friend suggested I browse Yelp to find someone to install wallpaper. I did, and one more home-improvement chore was done.

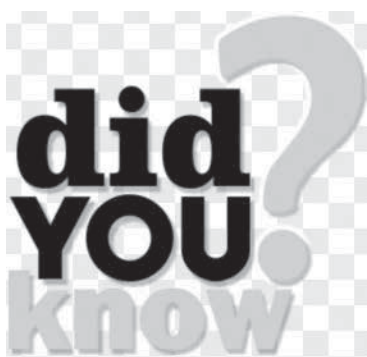


Several companies tried to sell me a complete replacement of "vanities," new sinks, and counters, but I just wanted to replace the battered mid-century-modern pegboard cabinets with new fronts. When I found a guy who was willing to do the job, I told him I wanted a tropical or Mediterranean look. The designs I selected for the cabinets and hardware turned out more Southwestern, but Southwestern means Spanish means Mediterranean. New towel racks and artwork completed the transformation.

So, after three years, I've at last caught up on the home-improvement projects. I've kept it simple and made it home. That'll do, at least for a while.







➔ Nurses save, prolong and improve lives and help others learn to do so as well. To help, the National League for Nursing provides teaching resources to nurse educators and nurse practitioners working in different fields and various patient populations. Learn more at [www.NLN.org](http://www.NLN.org).

➔ Stroke is a leading cause of death and disability. Call 911 immediately if you think you or someone around you is having a stroke. For information on stroke risk and signs from the National Institute of Neurological Disorders and Stroke, visit [www.stroke.nih.gov](http://www.stroke.nih.gov).

➔ Grooming is essential to pets' routine care and overall health. Pet parents can now easily identify grooming services and products at Petco without parabens, phthalates and chemical dyes, under Petco's Clean\* Grooming initiative.

➔ Protect yourself from HVAC cleaning scams by using a certified cleaner. Members of the National Air Duct Cleaners Association (NADCA) have technicians with advanced training and certifications in HVAC system cleaning. You can search the online directory at [www.breathingclean.com](http://www.breathingclean.com) to find a NADCA member nearby.

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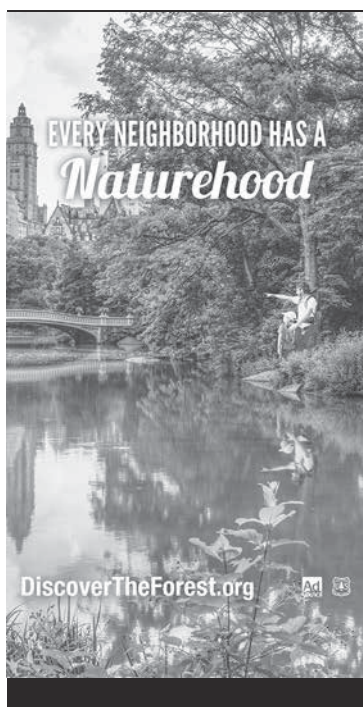
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**Jim McDevitt, Lyn Jensen,**  
**Nick Thomas, Randal C. Hill**



# Movie Preview

## 'Indiana Jones and the Dial of Destiny'

ADMIT  
ONE

By Randal C. Hill

Attention Harrison Ford fans: Grab a red-ink pen and mark June 30 on your calendar right now! That's the day Walt Disney Productions releases "*Indiana Jones and the Dial of Destiny*."

With the first four Indiana Jones movies, Paramount Pictures distributed the blockbusters that featured Steven Spielberg as director and George Lucas as the idea man. Disney now owns the franchise, but Spielberg and Lucas are still listed as executive producers. "*Dial*" is directed by James Mangold, who is also one of the four scriptwriters. He says, "It became really important to me to figure out how to make this movie about a hero at sunset."

This will be the first Ford-fueled release since 2008's "*Indiana Jones and the Kingdom of the Crystal Skull*." The latest tale features the elements of earlier Jones narratives, the original releases being an homage to the Saturday matinee action serials of the 1930s and 1940s.

Here the brilliant college professor and world-circling adventurer has taken on a new colleague, the daughter of one of Indy's old friends. Helena Shaw is portrayed by winsome Phoebe Waller-Bridge, a pop-culture icon in her native

UK, where she stars in the TV comedy series "*Fleabag*."

In "*Dial*," Shaw says to Jones, "Dad told me you found something on a train during the war – a dial that could change the course of history." Indiana, who had never possessed the crucial artifact, admits, "I've been looking for this all my life." In the duo's rock 'em, sock 'em quest for the enigmatic prize of all prizes, the pair crash heads with Nazi villain Jurgen Voller (Mads Mikkelsen) as Jones's lip-curling nemesis.

"*Dial of Destiny*" takes place in 1969 with Indy depicted as a 70-year-old facing retirement. (Ford actually turns 81 in July.) Harrison was digitally de-aged for the movie's 1944 opening, which reportedly "spooked" him when he first viewed the changes.

In contrast to the traditional action-movie hero, Indiana Jones is refreshingly imperfect; the adventure-loving archaeologist has been shown as a guy who makes mistakes, gets his feelings hurt, and maintains a paralyzing fear of snakes.

Ford's voice may now be gravelly and his face a roadmap of wrinkles, but "*Dial of Destiny*" shows that this guy can still snap a bullwhip, leap (somewhat) gracefully onto a horse,

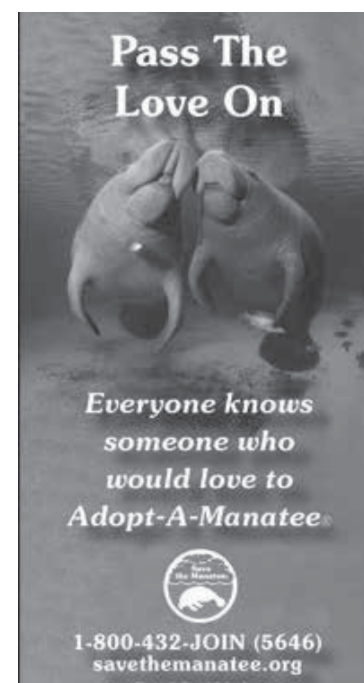
and offer a sexy sideways smile that has become his trademark as the best-loved escapade-embracing archeologist in movie history.

Though nobody doubts the box-office success of Disney's forthcoming release, Harrison's character will not be recast later. "I'm Indiana Jones," Ford says matter-of-factly. "When I'm gone, he's gone."

## William H. Macy

*Continued from page 16*

Sophia Grace, 22, and Georgia Grace, 21. When he's not acting, he is an avid woodturner (he was on the cover of *Fine Woodworking* magazine) and a fan of riding motorcycles. Yes, he's a "wild hog" in real life.





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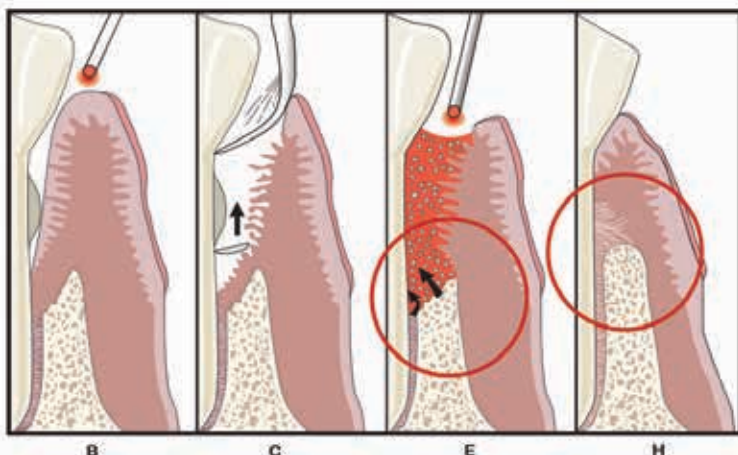
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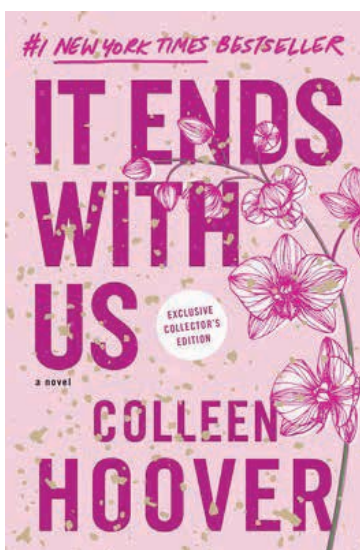
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## June Book Club

*Continued from page 14*



with a gorgeous neurosurgeon named Ryle Kincaid, everything in Lily's life seems too good to be true.

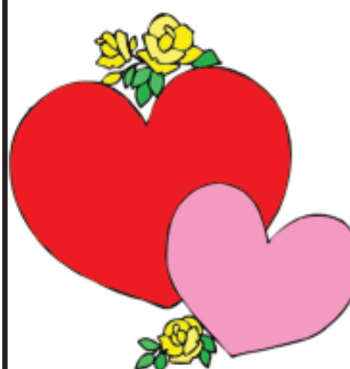
"Ryle is assertive, stubborn,

maybe even a little arrogant. He's also sensitive, brilliant, and has a total soft spot for Lily. And the way he looks in scrubs certainly doesn't hurt. Lily can't get him out of her head. But Ryle's complete aversion to relationships is disturbing. Even as Lily finds herself becoming the exception to his 'no dating' rule, she can't help but wonder what made him that way in the first place.

"As questions about her new relationship overwhelm her, so do thoughts of Atlas Corrigan — her first love and a link to the past she left behind. He was her kindred spirit, her protector. When Atlas suddenly reappears, everything Lily has built with Ryle is threatened," according to Publisher Atria Books.



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