

# SENIOR REPORTER

VOLUME 50, NUMBER 9

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SEPTEMBER 2023

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



## Renee Zellweger

*"Goodness in other people and what  
they contribute inspire me."*

— Renee Zellweger

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on page 31

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## Eye on Health

# An Rx Label That Speaks for Itself

There is good news for many in the visually impaired community, and for anyone who has trouble reading standard print labels.

Prescription management and medication adherence can be particularly difficult when it's difficult to see the label.

However, there's CVS Pharmacy's Spoken Rx®, a digital solution that makes managing prescriptions easier and more accessible by reading important prescription information aloud. It also serves as an important tool for people experiencing literacy or language difficulties, or dyslexia.

With Spoken Rx, patients can hear their prescription information read aloud by scanning an RFID (radio frequency identification) sticker on the bottom of their prescription bottle or package. It is available for free to all patients at CVS Pharmacy locations nationwide. As the first in-app prescription reader application developed by a national retail pharmacy, Spoken Rx is an extension of other helpful tools offered by CVS Pharmacy like large-print accessible prescription labels.

"I lost the majority of my vision at 14 due to Retinitis Pigmentosa and I can tell you, when you're blind, every bit of independence matters. I know firsthand how much of a difference it makes being able to manage my prescriptions on my own



*People who have trouble reading prescription bottle labels can get an app that will recite the information for them.*

without having to ask for help," said Molly Burke, social media influencer and advocate. "Spoken Rx has been a game-changer for me and others in my community. It's so easy to use and allows me to keep my own medical information private, which is so important. I appreciate that CVS Pharmacy is prioritizing innovations that help all its customers, includ-

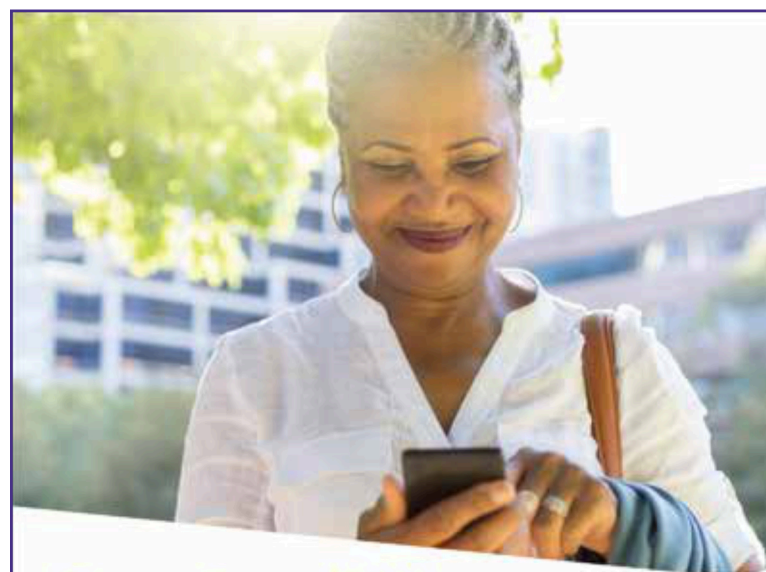
ing people like me, and I'm looking forward to seeing the ways in which CVS continues to grow its accessibility and digital offerings."

## How Spoken Rx works

To use Spoken Rx, patients or companions must download the CVS Pharmacy app from the iOS App Store or Google Play, then:

- Open the CVS Pharmacy app using Siri or Google Assistant, select the "Pharmacy" tile on the homepage.
- Navigate to the "tools & settings" section and select "Spoken Rx".

*Continued on page 25*



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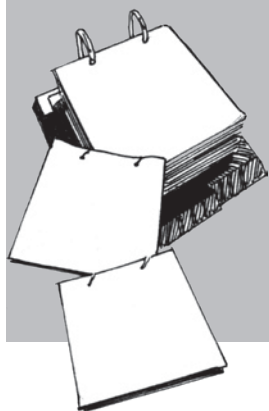
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# SEPTEMBER

## Calendar of Events



There are plenty of fun events and other activities this month to enjoy in and around the area ranging from street fairs to Civil War Days and more.

Mark your calendar and don't hesitate before these great things to do are long gone!

### ***International Street Fair*** ***Orange***

***Labor Day Weekend***  
***Sept. 1-3***

International foods, crafts, folk dancing, and music. Many different ethnic foods and costumes to explore at The Street Fair which has become known for the variety of food reflecting cuisine from around the world. The Street Fair is located in a four-square block area radiating out from the center of the Orange Plaza, which is the intersection of Chapman and Glassell.

### ***Huntington Beach Civil War Days***

***Huntington Beach***  
***Sept. 2-3***  
***Opens 10 a.m.***

The Huntington Beach Historical Society will host the 28th annual Civil War Days Living History event in Huntington Beach Central Park during the 160th anniversary of America's Civil War. Living historical

events like Civil War Days allow people to experience vivid recreations of life in our past in ways that would not otherwise be possible and learn about other important moments in history.

This event is facilitated by hundreds of dedicated volunteers portraying people from all walks of life and is free to the public. Come see this grand display Labor Day Weekend! At HB Central Park, on Gothard between Slater and Talbert.

### ***PrimeTime Players*** ***The Great American Songbook***

Various locations and times below  
***Sept. 5, 12:30 p.m.*** at Expo Arts Center, 4321 Atlantic Ave., Long Beach.

***Sept. 6, 12:30 p.m.*** at Albert Jewish Community Center, 3801 W. Willow St., Long Beach.

***Sept. 8, 5:30 p.m.*** dinner show at Long Beach Senior Center, 1150 E. 4th St., Long Beach.

Reservations Required, contact Long Beach Senior Center. Call the center at 562-570-3500 or Barbara 562-476-1477. Admission is free, and donations are appreciated.



### ***27th Annual Original Lobster Festival***

***Fountain Valley***

***Sept. 8-10***

***Friday 5 p.m. to 11 p.m., Sat. Noon to 11 p.m., and Sun. Noon to 8 p.m.***

Fresh live Maine Lobsters are flown daily and prepared to mouth-watering perfection in the steamers. You can find all things lobster from lobster rolls to lobster mac and lobster fries, lobster bisque, and lobster on a stick! Live music, dance floor, dance instructions, DJ, exclusive VIP lounge, carnival rides and games, local artisans, kids area, and much more. At Fountain Valley Sports Park, 16400 Brookhurst St., Fountain Valley. Free parking.

### ***Maritime Festival***

***Dana Point***

***Sept. 8-10***

The festival features an array of fun activities including live music, mermaid swim shows and breakfast, cannon battles, and Sails N' Ales where you can enjoy craft beer tasting from eight different local brewers. Music by "American Idol" contestant Casey Abrams, mermaid encounters, food vendors, and a prime viewing location of the visiting Tall Ships. At Dana Point Harbor/Ocean Institute. Shuttle service from Salt Creek Beach Park at Pacific Coast

Highway and Selva Road and Dana Hills High School. Call 949-496-2274.

### ***Annual Crab Feast and Auction Under the Stars*** ***Fullerton***

***Sept. 9***

An evening of dinner, music, dancing, and silent and live auctions throughout the evening. Money raised from the annual Crab Feast and Auction Under the Stars is used to support YMCA programming for under-served children and families in the community. At Fullerton Family YMCA, 2000 Youth Way, Fullerton.

### ***Anaheim Craft and Vintage Fair***

***Anaheim***

***Sept. 16***

***9 a.m. to 4 p.m.***

Visit the Anaheim Craft and Vintage Fair to shop for one-of-a-kind handmade items from local crafters. See vintage sellers and artists, no multi-level marketing vendors, food sale including homemade Eastern European favorites and bake sale, convenient parking, handicapped accessibility, and no entrance fee. At Annunciation Byzantine Catholic Church, 995 N. West St., Anaheim.

### ***Fiestas Patrias Festival and Parade***

***Santa Ana***

***Sept. 16-17***

Celebrate local Hispanic and Latino communities at Santa Ana's Fiestas Patrias. This event marks the independence of various Latin American countries and commemorates those who reside within the city. The festivities will include a street fair, live music, food, carnival rides, cultural exhibitors, and more. The event is located on Flower Street between Civic Center Drive and Santa Ana Boulevard in downtown Santa Ana.

### ***Creep It Real OC EXPO***

***Santa Ana***

***Sept. 16-17***

***Noon to 6 p.m.***

Creep It Real OC EXPO is bringing together Orange County's Halloween community along with local Haunt leaders to share all things Halloween. At Heritage Museum of Orange County, 3101 West Harvard St., Santa Ana. Admission: Ages 13 and up \$7 each.

### ***Oktoberfest***

***Huntington Beach***

***Sept. 17 to Nov. 5***

Wednesday through Sunday. Enjoy authentic German Food, imported German beers, German bands, competitions,

*Continued on page 24*



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## ‘It Wasn’t Fun ... Anymore’

By Randal C. Hill

On the chilly, foggy Tuesday of Dec. 27, 1960, several hundred British teenagers sardined into the spacious Litherland Town Hall in north Liverpool. Promotional posters had promised a grand night of Rock ‘n Roll and dancing to three local outfits and included the “debut of the Beatles (billed as being ‘Direct from Hamburg’).”

Concertgoers that night, who assumed that the quartet came from Germany, would remark later how good the band’s English skills were when the musicians chatted with the audience between songs.

Actually, all four Beatles had grown up in Liverpool. For the previous several months, though, they had been honing their musical chops by playing long sets of American Top 40 hits in smoke-filled dives in Hamburg’s gritty Reeperbahn district. In doing so, they had morphed from a ragtag bunch of minimally talented music cats into a respectable “cover” band that drew increasingly larger crowds each week.

That night at Litherland, as the Beatles waited behind a curtain drawn across the dance-hall stage, the emcee snapped the crowd to attention with, “And now, everybody, the band you’ve been waiting for! Direct from Hamburg—” But before he could utter the word

“Beatles,” an adrenaline-fueled Paul McCartney burst through the curtain to begin shrieking his favorite Little Richard hit:

*“I’m gonna tell Aunt Mary ‘bout Uncle John*

*He said he had the mis’ry, but he got a lot of fun ...*

“Long Tall Sally” instantly stopped the dancing as the crowd rushed to the stage to revel in the Beatles’ half-hour set as the black leather jacket-clad young artists staked their claim to music history.

“Beatlemania” was ushered in that night.

Within two years, the Fab Four became UK stars. Their fame spread throughout Europe in 1963, and by 1964 they ruled the international world of pop music.

Flash to Aug. 29, 1966. The Beatles are scheduled to play a concert at San Francisco’s vast Candlestick Park stadium, the home of the San Francisco Giants baseball team. Fans at that performance don’t realize that this will be the final live show of the quartet’s stellar career; the announcement will be kept secret until the band members return home to England.

Who could blame the Beatles for their decision? Worldwide fame had robbed them of everything enjoyable about per-

forming before an audience. The quartet’s powerful Vox amplifiers had become all but ineffective against the scream-fest that rolled over the band like a tsunamic tide during each show.

So pronounced was John Lennon’s malaise that he began calling the Beatles’ live act a “freak show.” Ringo Starr was equally negative. (“Nobody was listening at the shows.”) Even normally positive Paul McCartney confessed, “It wasn’t fun anymore.”

That night at Candlestick Park, the Beatles played on an elevated platform erected over second base and were surrounded by a chain-link fence. Essentially, the world’s leading rockers, amid chilly swirls of fog, performed their final concert in a cage.

Their show ran 32 minutes and included 11 tunes, the last featuring Paul McCartney doing “Long Tall Sally.”

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# Birth of a Ghostwriter

by Byron Laursen

As a kid in a small-town California high school, I fell in love with reading the San Francisco Chronicle every day. One afternoon our Civics class teacher handed out a current events pop quiz. Amazingly, I outscored her!

That led me to pick a career direction – being a newspaper reporter. I went off to college with that plan in mind. But as John Lennon once said, “Life is what happens when you are busy making other plans.”

I did some newspaper reportage, and loved it. I also wrote for local and national magazines, eventually moving to Los Angeles and landing a job as a magazine editor. Seven years later, my employers made me editor in chief of all their titles. I thought I’d reached my career destination, and would hold that cozy position for decades.

Then life threw a curveball. The publishers hired a CEO who hired many underqualified execs, making the company top-heavy. It wobbled for half a year then went under.

Just few months afterward, unimaginable good luck came around. I found myself and a friend, a prolific writer who had already had a big-deal New York literary agent and published a book, headed to Las Vegas on freelance magazine assignments. Somewhere in the desert beyond Barstow,

he suddenly turned to me and said, “Byron, you like basketball, don’t you?”

One week later I sat across a desk from Pat Riley at The Forum, where the Los Angeles Lakers played. He was then coach of that championship-winning team and well on his way to becoming a celebrity. The agent, a person I’d barely just met on the phone, had convinced Riley to put out a book of leadership advice. And he said he had the best ghostwriter for the job – me!

He of course asked questions. I acted confident as I knew how. About twenty minutes later I heard him say, “When you get started, I’m going to want you to...”

That span of fortunate events turned one day into **Show Time: Inside the Lakers’ Breakthrough Season**, my first ghostwriting book credit and a national bestseller that remained in the Top Ten for nearly two months.

Since then there have been many personal books for private clients, and nine books written for major publishers, two more bestsellers among them. Retired NBA All-Star Chris Bosh called **The Winner Within** “The best basketball book ever written.” The other, **The Neuro Revolution**, took me into fascinating neuroscience developments, predicting how they might shape our future in beneficial ways.

I’ve helped realized many, many other books over the years, both nonfiction and novels. I’ve acted as “book doctor,” and editor, and sometimes have written the manuscripts from start to finish. Each one has taken a small-town boy into new and different worlds, and brought happiness to the people who hired me. This is especially true in memoirs. Whether the client’s story is about winning triumphs or overcoming hardships, it’s still a celebration of life and a source of pride. It’s been my career to be a storyteller. I recommend that anyone thinking of creating a memoir ought to start the process as soon as possible. There are numerous ghostwriters who can help. The best one for you is out there, somewhere, waiting for your call.

See ad on page 6

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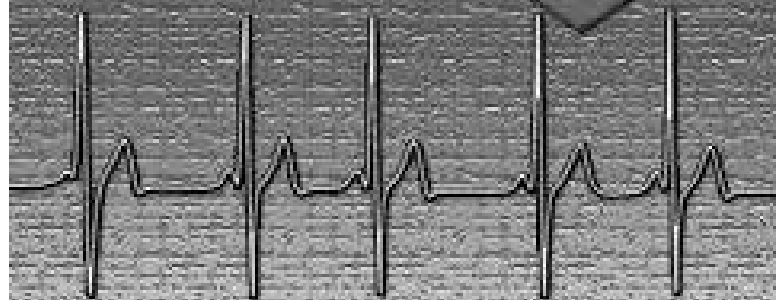


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by Robert Bruce Woodcox

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I come to you.

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

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

(949-244-7880) or emailing (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 15*



By Randal C. Hill

## 'Delta Dawn'

### Helen Reddy

When we hear certain songs, we may wonder what the event was that inspired a songsmith to put pen to paper or fingers to keyboard. Sometimes, though, what we learn about that inspiration is so painful that we may find ourselves reaching for the Kleenex.

Songwriter Alex Harvey explained that *"Delta Dawn"* was about his mother, a Mississippi Delta-born hairdresser in Alex's hometown of Brownsville, Tenn. At 41, she had given herself over to drink when a man who had promised her the world disappeared from her own, leaving her to stumble along Brownsville streets, suitcase in hand, looking for a "mansion in the sky."

When Harvey was 15 years old, he played in a band: "We had just won a contest, and we were going to be on a TV show in Jackson, Tennessee," he recalled. "My mother said she wanted to go. I told her that I thought she would embarrass me. She drank and sometimes would do things that would make me feel ashamed, so I asked her not to go that night."

When Alex returned home later from the TV taping, his world crumbled when he learned that his mother had died in a car wreck after running her vehicle into a tree.

Harvey suspected that her

death wasn't an accident but had been a suicide. Devastated, he turned deep inside his music to the only form of therapy that brought him any solace.

Several years later, Alex was at a fellow songwriter's house. It was late, and everyone there had fallen asleep except Harvey, who had stayed up to noodle on his guitar. That's when he experienced a life-altering vision: "I looked up, and I felt as if my mother was in the room. I saw her very clearly. She was in a rocking chair, and she was laughing."

Instantly, two song-lyric lines wafted into Alex's consciousness:

*"She's forty-one and her daddy still calls her 'Baby.'"*

*"All the folks around Brownsville say she's crazy ..."*

He woke his friend and fellow songwriter Larry Collins and breathlessly poured out his story.

Together, the two composed *"Delta Dawn"* in 20 minutes.

Alex recorded the song first, followed by Tanya Tucker, Bette Midler, and Australian-born Helen Reddy, with Helen's version catching the rocket ride to the peak of the *"Billboard"* chart and becoming her second No. 1 single after *"I Am Woman."*

Much of the success of *"Delta*

*Dawn"* resulted from a combination of Reddy's muscular vocals and that of the uplifting gospel background, dynamic and thunderous and sounding straight out of a southern tent-revival meeting.

*"Delta Dawn"* brought Alex Harvey blessed relief from the guilt that had shrouded him concerning his mother's demise: "I really believe that my mother came into the room that night, not to scare me, but to tell me that it's okay, that she made her choices in life, and it had nothing to do with me. I always felt like that song was a gift to my mother — and an apology to her."

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*www.countrythangdaily.com.*

# In The Spotlight

## The Band X: Making Smooth Sounds for Listeners

If you've never heard of Band X, you have now. This is a group of talented musicians who play around the area and who have become quite popular.

Here's more about the group as answered by Sheri Showalter, 63, of Laguna Woods, who is the lead vocalist and front person for the band.

The other members are Bill Hemberger, 68, Laguna Woods, Lyle Sanders, 69, Laguna Woods, Jim Harris, 72, Dana Point, and Skip Wiggins, 71, Irvine.

**Q: How did you come up with the band's name?**

**A: When the band was initially forming, Bill created a file to keep track of plans, information, and song choices. Since the band members had not yet selected a name, he wrote BAND X on the file folder, and it stuck. Later we added 949 to the email address and website to denote the area code of where we are in Orange County.**

**Q: What's your role with Band X?**

**A: I play a little percussion, do behind-the-scenes marketing and PR, including the design of the posters and newsletters; manage the website and Facebook page; finance and help manage the calendar; and occasionally book gigs, joined Band X in 2021.**



Bill Hemberger, the drummer, and vocalist is also the band leader and musical director. He is instrumental in selecting songs, developing arrangements, and transitions between songs. Determines the setlists for the shows; manages, edits, and posts show videos to the YouTube channel, and regularly promotes the band by doing appearances on local TV shows like "This Day" on Laguna Woods Village Channel 6. He's been with Band X since 2019.

Lyle Sanders is the lead guitarist and vocalist and often contributes excellent recommendations regarding arrangements and other important details to make sure our songs have that unique Band X sound. He's been with Band X since 2019.

Jim Harris is a keyboardist and vocalist; his entertainment experience is tenfold. He is always the first to suggest ways that we can improve our show

and stage presence. He also suggests songs or artists that would be good for us to pay tribute to. Behind the scenes, Jim is a master at the BBQ. When he shares his special BBQ dishes with the band and our support team. He's been with Band X since 2019.

Skip Wiggins is a bassist and vocalist who has exceptional musical knowledge and tal-



ent. As a multi-instrumentalist, he's the first to learn new songs and help the rest of us learn our parts in rehearsal. He has an amazing ear and can easily

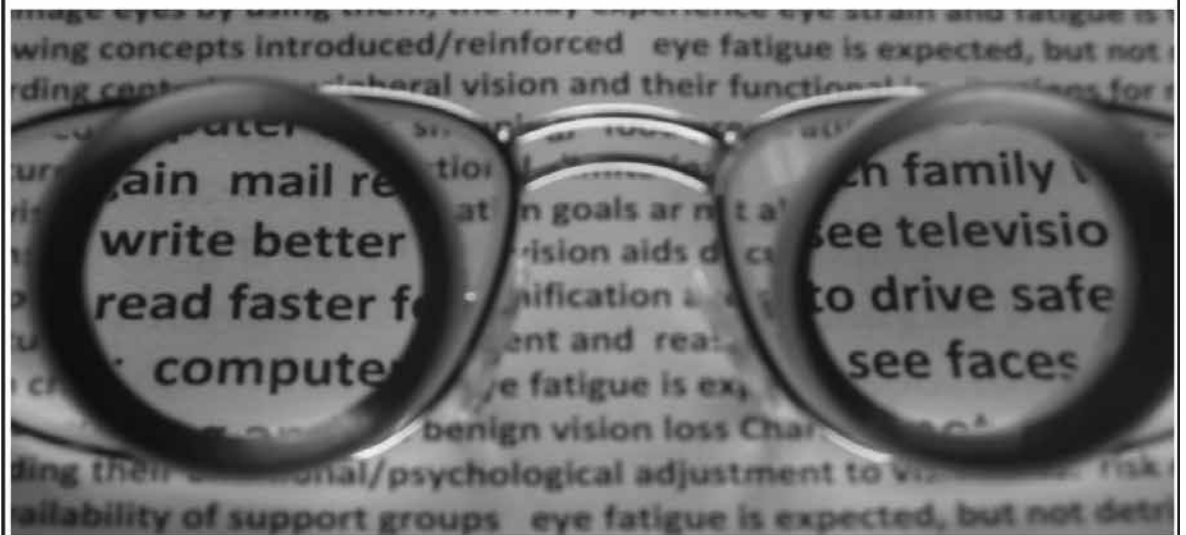
pick out harmonies on the fly. His lead vocal sound and style are so smooth that it stops people on the dance floor so they can just listen and watch. He's been with Band X since 2022.

**Q: When was the band formed and why?**

**A: Band X was in the process of forming in 2019, but when the pandemic struck, it partially delayed the band's launch. Band X took the opportuni-**

*Continued on page 31*

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# September Crossword Puzzle

## Across

1. Bartlett alternative
5. "Hey, that's not \_\_\_\_ idea!"
9. Keats's feet?
14. Scot's swimming spot
15. U2 front man
16. Spiral-horned antelope
17. Middle-of-the-road, to a hotel reviewer
19. Sans\_\_\_\_ (plain font)
20. Work-related quip, part 1
22. On the \_\_\_\_ (fleeing)
24. 90° pipe turn
25. Wonderland party drink
26. Photo \_\_\_\_ (media events)
27. The quip, part 2
31. Greek war god
32. That, to a señorita
33. Longtime hockey announcer Cole
34. Foot bones
36. U.S. army field rations
38. Pony tail places
42. "There's something with this letter": Abbr.
44. Pink-slip
46. Not quite canter
47. The quip, part 3
50. Barley bristle
52. Gloater's cry
53. Capital of Canada?
54. Deflating sound
55. End of the quip
59. "What am I, chopped \_\_\_\_?"
60. Ability to keep, as a memory

63. So hot you could fry \_\_\_\_ on the sidewalk
64. Cattle calls
65. K-12, for short
66. Twilled suit fabric
67. Lith. and Lat., once
68. Part of G.P.S.: Abbr.

## Down

1. Diner sandwich
2. "Aah" preceder, maybe

3. Penny pincher
4. "Hell's Kitchen" competitor
5. Let off the hook
6. Food poisoning
7. Tops for pots, say: Abbr.
8. Taco chip giant
9. Currently ripe
10. Parliamentary pros
11. Strand on an island, say
12. Opposite of a string bean
13. Good calls, to base runner
18. One who checks out, in a

- way
21. Action word
22. You pass it on the way to the bar?
23. Special "je ne sais quoi"
28. German industrial centre
29. Polley who directed "Away from Her"
30. Take \_\_\_\_ (get ripped off)
35. Calling the shots
37. Legal processor of a will
39. In an overly dainty way

40. Forever and a day
41. Bay St. buys: Abbr.
43. Burn black
45. Like worms and some potatoes
47. "How dare you!"
48. Units of heat
49. First time driver, often
50. Where the world is flat?
51. Be a bellyacher
56. Vault cracker
57. Model T contemporaries

58. Posties' paths
61. Understanding words
62. What a picky person picks

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# September Book Club

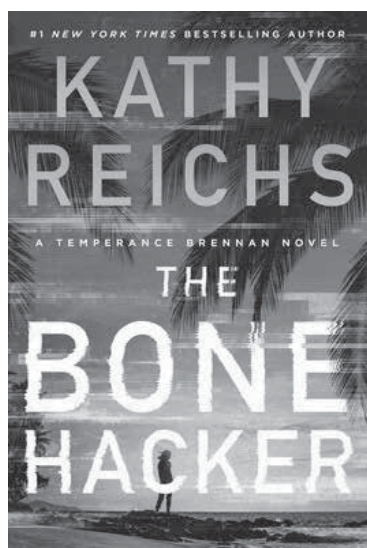
Now that the nights are getting shorter and the weather will be cooler, there's never been a better time to sit down and read.

Do take time out from our everyday schedule and pick up a good book even if it's for a few hours to relax and regroup.

Here are some new titles to start you off for the fall season.

## ***The Bone Hacker*** **Book No. 22 of A** **Temperance Brennan** **Novel**

**By Kathy Reichs**



“Called in to examine what is left of a person thought to have been struck by lightning, Tempe traces an unusual tattoo to its source and is soon embroiled in a much larger case. Young men — tourists — have been disappearing on the islands of

Turks and Caicos. Seven years earlier, the first victim was found in a strange location with his left hand hacked off; subsequent-

ly, two other visitors vanished without a trace. But recently, tantalizing leads have emerged and only Tempe can unravel them.

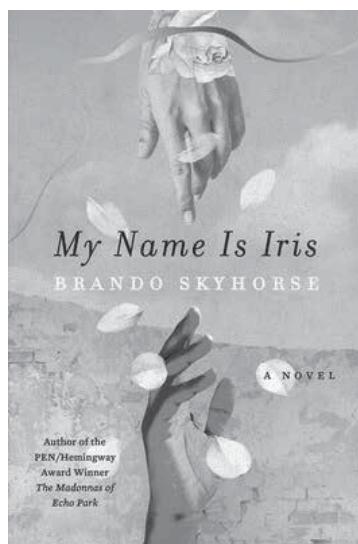
“Maddeningly, the victims seem to have nothing in common — other than the odd places where their bodies turn up, and the fact that none seems likely to have been involved in criminal activity. Do these attacks have something to do with the islands’ seething culture of gang violence? Tempe isn’t so sure. Disturbingly, she discovers evidence that what’s at stake may have global significance.

“It isn’t long before the sound of a ticking clock grows menacingly loud. Then Tempe herself becomes a target,” according to the Publisher Scribner.

## ***My Name Is Iris*** **A Novel**

**By Brando Skyhorse**

“Iris Prince is starting over. After years of drifting apart, she and her husband are going through a surprisingly drama-free divorce. She’s moved to a new house in a new neighborhood and has plans for gardening, coffee clubs, and spending more time with her



nine-year-old daughter Melanie. It feels like her life is finally exactly what she wants it to be.

“Then, one beautiful morning, she looks outside her kitchen window — and sees that a wall has appeared in her front yard overnight. Where did it come from? What does it mean? And why does it seem to keep growing?

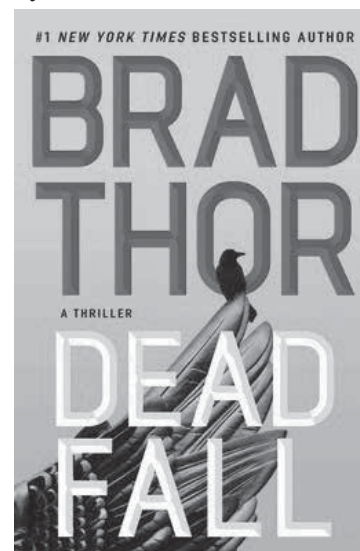
“Meanwhile, a Silicon Valley startup has launched a high-tech wrist wearable called ‘the Band.’ Pitched as a convenient, eco-friendly tool to help track local utilities and replace driver’s licenses and IDs, the Band is available only to those who can prove parental citizenship. Suddenly, Iris, a proud second-generation Mexican American, is now of ‘unverifiable origin,’ unable to prove who she is, or where she, and her undocumented loved ones, belong. Amid a climate of fear and hate-fueled violence, Iris must confront how far she’ll go to protect what matters to her most.

“‘*My Name Is Iris*’ is an all-too-possible story about family, intolerance, and hope, offering a brilliant and timely look at one woman’s journey to discover whom she can’t — and can — be,” according to Publisher Avid Reader Press/Simon & Schuster.

## ***Dead Fall***

**A Thriller**

**By Brad Thor**



“In the war-ravaged borderlands of Ukraine, a Russian mercenary unit has gone rogue. Its members, conscripted from the worst prisons and mental asylums across Russia, are the most criminally violent, psychologically dangerous combatants to ever set foot on the modern battlefield.

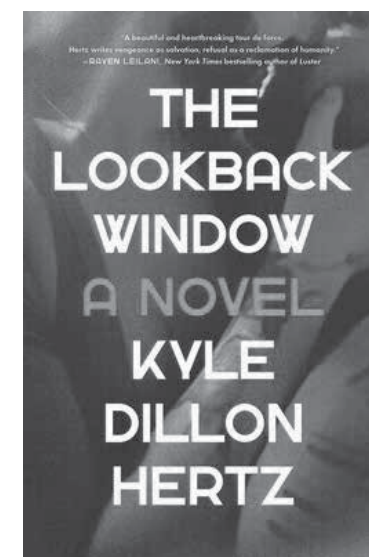
“With all attention focused on the frontlines, they have pushed deeper into the interior to wage a campaign of unspeakable barbarity. As they move from village to village, committing horrific war crimes, they meet little resistance as all able-bodied men are off fighting the war.

“Simultaneously, a team of Russian soldiers has been dispatched by the Kremlin to loot truckloads of art and priceless cultural treasures hidden away in a host of churches, museums, and private homes.

“When multiple American aid workers are killed, America’s top spy, Scot Harvath, is sent in to settle the score. But in a country so vast, will Harvath be able to find the men in question and, more importantly, will he be able to stop them before they can kill again?” according to Publisher Atria/Emler Bestler Books.

## ***The Lookback Window*** **A Novel**

**By Kyle Dillon Hertz**



“Growing up in suburban New York, Dylan lived through the unfathomable: three years as a victim of sex trafficking at the hands of Vincent, a troubled young man who promised to marry Dylan when he turned eighteen. Years later — long

*Continued on page 23*

# The Gadget Geezer

By Les Goldberg

## The Top 5 Smart Doorbell Cameras

If you have been shopping for the latest technology-based doorbell camera systems to keep your home secure, you know the process can be confusing. There are so many to choose from. How do you know which features are best for your particular needs? Which products will be the easiest to install and operate? Can I afford them?

To help you with your decisions, I have compiled a list of the five most popular doorbell cameras on the market, according to the Good Housekeeping Institute, Consumer Reports, and other independent consumer product watchdog groups.

### Arlo



its technological intelligence.

For instance, the camera can distinguish people from animals, cars, and other moving objects, eliminating annoying false notifications.

Its high-resolution lens and 180-degree viewing angle provide the best possible video quality during the day or night

while the two-way audio allows for clear communication with visitors.

A \$3 per month subscription plan gives you 30 days of video storage on the cloud, or you can opt to use free, but less secure local storage. The Arlo is compatible with Amazon Alexa and Google Assistant. Price: \$94 at Amazon.

### Blink



This battery-powered, wire-free video doorbell from **Blink** is a good option if you're looking for an inexpensive entry into smart home technology, and an even better choice if you're an Alexa user.

An optional Sync Module or subscription plan is recommended if you want live streaming 24/7 and local storage without a monthly fee.

The Blink also is highly rated for its high-quality video and audio capabilities. Price: \$60 at Amazon, Home Depot, and Dell.com.

### Eufy

With its higher price tag comes more useful features, like dual cameras and military-grade en-



ryption for maximum security. What sets the latest **Eufy** model apart is the fact that video footage is stored locally on the HomeBase 2 software, eliminating monthly subscription fees, but still enhancing data privacy and protection. Also, the monitoring system is activated seamlessly, with motion sensors that simultaneously alert you when someone or something is approaching your entry door.

The doorbell camera works with Amazon Alexa and Google Assistant but it does not store footage on the cloud. Price: \$200 at Amazon; \$260 at Walmart.



The latest version of the first doorbell camera system to go on the market, **The Ring Video Doorbell 4**, sports most of the features of previous models and those in competitive prod-

ucts but is most notable for its easy installation and customer service.

The newest Ring is intuitive. Its app lets you set monitoring and privacy zones (eliminating the neighbor's house, for example). The Ring also has a four-second "pre-roll" so you can view what happened before the doorbell detected any motion, ideal for tracking down "porch pirates."

For added security, you can sign up for a \$4 monthly subscription Ring Protect plan with 180 days of video storage. If you don't want to bother recharging the wireless Ring 4, the wired Ring Doorbell Pro 2 is recommended. It boasts a slightly higher resolution, a wider field of view, and a few other perks. Price: \$210 at Amazon.

### Google Nest



The **Google Nest** product is picking up steam in consumer popularity for several reasons:

- 1) It works with Google Assistant
- 2) Higher video quality, especially night vision, than its competitors
- 3) Quality motion detection
- 4) The app is very intuitive
- 5) No subscription is needed for packages left at your door that require three or more hours of video.

Price: \$120 at Home Depot; \$155 at Walmart.

Like buying any tech-based consumer product, it is necessary to conduct thorough research into the manufacturer, the product's features, pricing, and fees. This is especially true for home security systems.

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

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*Continued from page 10*

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#### Take the Liver Health Quiz

Through a simple liver health quiz, available at [ThinkLiver-ThinkLife.org/quiz](http://ThinkLiver-ThinkLife.org/quiz), it is easy to find out if you're at risk and learn what to do next. Those who are most at risk for fatty liver disease include:

- People with type 2 diabetes
- People who are obese or have a high BMI
- People in Asian and Hispanic communities

#### What To Know

Fatty liver disease is one of the most common causes of liver disease in the U.S. and the most common cause of liver disease worldwide, affecting one billion people. It is the most common form of liver disease in children in the U.S. and cases have more than doubled over the last 20 years.

Causing excess fat to build up

*Continued on page 30*

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# Renee Zellweger, the Girl Next Door

By Les Goldberg

Did you grow up in a neighborhood where there was a “girl next door”? I did. She lived across the street and since I didn’t have a sister, she was one of the first female friends in my pre-teen youth. She was pretty, definitely not shy but very friendly, and liked to play baseball in the street with the rest of the boys.

The word “wholesome” comes to mind as the best way to describe my neighbor, and it also applies to one of the most distinguished actresses of our generation, Renee Zellweger.

Most of her movie roles, like “*Jerry Maguire*,” “*Bridget Jones’ Diary*,” “*Chicago*,” “*Cold Mountain*,” “*Reality Bites*,” and “*Love and a .45*,” reveal her endearing qualities

that her adoring fans can relate to in their own lives.

Zellweger’s story is very similar to that of many of Hollywood’s stars. She was born 54 years ago in a small town outside of Houston, where she was a cheerleader and member of her high school’s girl’s soccer and football teams. She even won a high school essay contest.

Her next step was college. She enrolled at the University of Texas at Austin to become a journalist and took a drama course as an elective which sparked her interest in acting. However, in her junior year, her father lost his job and she had to support herself through school.

She took a job as a cocktail waitress in Austin, which taught her “not to judge people

... that things are not black and white.”

Zellweger began getting small parts. A commercial for Coors Light earned her entry into the Screen Actors Guild. Also, while still in college she did “a bit part ... as a local hire” in the Austin-filmed horror-comedy film “*My Boyfriend’s Back*.” The scene she was in was cut.

However, after graduating with a Bachelor’s degree in English literature, she appeared in several independent low-budget films. Her big break came in 1994 in “*Texas Chainsaw Massacre: The Next Generation*” when she played a teenager facing the horror of a killer.

In her next film, the crime comedy “*Love and a .45*,” her role earned her the Independent Spirit Award for Best Debut Performance. It also prompted her move to Los Angeles, a move she had postponed several times because she believed she lacked the talent and experience to be a competitive actor in Hollywood.

## Her Big Break

Zellweger’s previous work didn’t go unnoticed by the acting elite. Of all the actresses in Hollywood Tom Cruise chose her as his co-star and to be his love interest in “*Jerry Maguire*.”

While the movie grossed over \$273 million worldwide, it also put Zellweger on the movie star map. Cruise said she revealed “the core humanity of the movie” and film critic Roger Ebert wrote that the film is “often a delight, especially when Cruise and Zellweger are together on the screen.”

For her performance, she was nominated for the Screen Actors Guild Award for Outstanding Performance by a Female Actor in a Supporting Role.



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Continued on page 27



## Most Instagrammable US National Parks to Pay a Visit



Yosemite National Park

With autumn arriving on Sept.23, why not pay a visit to one of the many beautiful around the country?

Here are some of the top-ranking ones that are the most Instagrammable, according to a new study, and one is in the Golden State.

### Top Parks

The study carried out by travel information site Places To Travel examined Instagram hashtag data and the size of each US National Park to find the one with the highest “hashtags per acre.”

The study revealed that **Gateway Arch National Park** situated in Missouri is the most Instagrammable national park in the US. The park is set on a total of just 90.9 acres and has 11,221 hashtags on Instagram

making it top of the list with 123.44 hashtags per acre.

In second place is **Bryce Canyon National Park**, which has the ninth-highest number of Instagram hashtags at 728,221. Located in Utah, the park is distinguished by the canyon’s steep red cliffs and offers many hiking opportunities. It sits on 35,835.08 acres of land resulting in the second-highest number of hashtags per acre of 20.32.

**Acadia National Park**, situated in the state of Maine, comes in third with 11.80 hashtags per acre. Famous for its rocky beaches and granite peaks, and with 579,344 hash-tagged Instagram posts, this National Park set on 49,075 acres of land is a great location for photos.

*Continued on page 24*

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As a Medicare beneficiary, you have the right to file a grievance or an appeal if you are not happy with the service you are receiving.. Here is an explanation of what a grievance and an appeal is.

Grievance: Is any communication, written or verbal, from you expressing dissatisfaction with any aspect of your Medicare plan, a contracted provider or behavior. Reasons you might file a grievance include:

- Quality of care.
- Wait times for scheduling appointments or time spent in the waiting room.
- The way a doctor or staff behave.
- Not being able to reach someone by phone or get the answers you need.
- Cleanliness of the doctor's office or pharmacy.

Appeal: Is a complaint made by you if you disagree with the Medicare plans decision to deny a request for coverage or healthcare services, prescription drugs, payment for drugs or services you need. Reasons you might file an appeal include:

- The plan refuses to pay for or cover services you believe should be covered.
- The plan or a provider refuses to provide a service you believe should be covered.
- The plan or provider cuts back on services or benefits you have been receiving.
- The plan cut off a service or a benefit too soon.

- The plan refuses to reimburse for prescriptions paid out of pocket in an emergency.
- The plan has miscalculated your True Out of Pocket amount.

So how do you file a grievance or an appeal? Look at your Medicare plans paperwork you receive, it should have information on how you can file a grievance or an appeal. Sometimes you will need to get your doctor involved for an appeal, especially if it's about a prescription drug. You can also go do Medicare.gov and file a complaint if you have not received satisfactory help from the Medicare plan.

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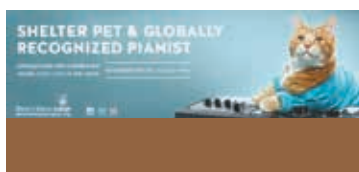
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# Tinseltown Talks

By Nick Thomas

## Sidney Kibrick Remembers ‘Our Gang’

First screened in movie theaters during the early 1920s, the “Our Gang” film series was produced for another two decades and featured an ever-changing cast of children, showcasing their comedic neighborhood antics.

Throughout the series of some 220 short films created by producer Hal Roach, about 40 child actors appeared regularly beginning in 1922’s Silent Era and continuing through 1944. Sidney Kibrick is one of the last surviving “Our Gang” cast regulars.

Kibrick, 95, appeared in more than two dozen “Gang” shorts, initially as an unnamed character but eventually anointed with the nickname “Woim,” the exaggerated Brooklyn pronunciation of “worm.” Other well-known members of the gang included Spanky (George McFarland), Butch (Tommy Bond), Buckwheat (Billie Thomas), and Alfalfa (Carl Switzer).

“We’d have two hours of schooling in the morning and then work anywhere from six to 16 hours until we finished,” recalled Kibrick from his home in Los Angeles. “There was a lot of work, no question about it, but our director Gordon Douglas was a terrific guy, and he was really able to get a lot out of each kid.”



*Photo courtesy publicist for the Hollywood Museum.*

Despite the long hours, there was occasionally time to relax and be a kid off-camera.

“There was a big pond at the studio, so Spanky and I would go fishing a lot,” Kibrick said. “We developed a lifelong friendship and although he moved to Dallas while I lived in Beverly Hills, we used to visit and stay at each other’s homes time and time again over the years.”

Despite dozens of kids running around on set, Kibrick remembers things never getting out of control.

“We had scripts and had to rehearse before shooting so it was very structured,” he recalled. “Parents had to be on the set at all times.”

And while most of the young actors got along, Kibrick remembers one troublemaker.

“Alfalfa (Switzer) was a very difficult kid and created a lot of problems on the set. He was not nice – not only to the gang but to the boys and girls who were extras in the movies. It was just his nature. Years later, he was killed in a fight, so he was basically a tough kid.”

So too was Kibrick’s character, Woim.

“I was Butch’s sidekick, and we were the bad guys always taking on Spanky, Alfalfa, and Darla (Hood),” he explained.

Born in Minneapolis, young Sid was just an infant when the family moved to Los Angeles so his dad could find better work and was later “discovered” after turning five.

“My mother took us to Grauman’s Chinese Theater and after the movie, a man came over to us, pointed at me, and said he could ‘use that little kid in the movies,’” Kibrick recalled. His parents really pushed him and his brother, Leonard, into acting.

“I was earning \$750 a week in ‘Our Gang’ which was a lot in those days, especially during the Depression,” he said. “But by the time I was 15, I’d had enough. My parents wanted me to continue but finally, my mother went along with my wishes. I later attended college

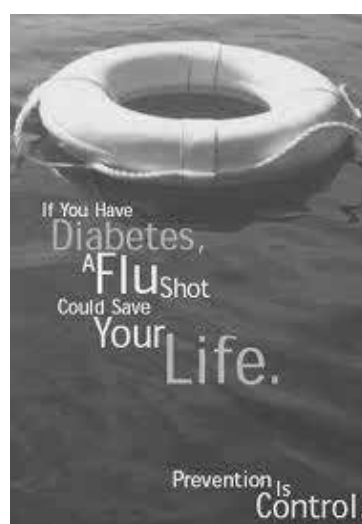


*Photo courtesy publicist for the Hollywood Museum.*

and became a real estate developer. So, I had a very successful post-Hollywood career.”

Last year, Kibrick attended the opening of an exhibit at the Hollywood Museum honoring the 100th anniversary of the “Our Gang” series. “It’s nice to be remembered!” he said.

*Nick Thomas teaches at Auburn University in Montgomery, Alabama, and writes about classic film, television, and music for numerous magazines and newspapers. See [www.getnickt.org](http://www.getnickt.org).*



## September Book Club

*Continued from page 13*

after a police investigation that went nowhere, and after the statute of limitations for the crimes perpetrated against him has run out—the long shadow of Dylan’s trauma still looms over the fragile life in the city he’s managed to build with his fiancé, Moans, who knows little of Dylan’s past. His continued existence depends on an all-important mantra: To survive, you live through it, but never look back.

“Then a groundbreaking new law — the Child Victims Act — opens a new way forward: a one-year window during which Dylan can sue his abusers. But for someone who was trafficked as a child, does money represent justice — does his pain have a price? As Dylan is forced to look back at what happened to him and try to make sense of his past, he begins to explore a drug and sex-fueled world of bathhouses, clubs, and strangers’ apartments, only to emerge, barely alive, with a new clarity of purpose: a righteous determination to gaze, unflinching, on the brutal men whose faces have haunted him for a decade, and to extract justice on his terms.

“By turns harrowing, lyrical, and beautiful, Hertz’s debut offers a startling glimpse at the unraveling of trauma — and the light that peeks, faintly, and often in surprising ways, from the other side of the window,” according to Publisher Simon & Schuster.



*Continued from page 19*

Just outside of the top three is **Zion National Park** in Utah. With a total of 147,237 acres and 1,428,038 hashtags on Instagram, Zion National Park has 9.69 hashtags per acre overall.

In fifth place is Arches National Park with 8.72 hashtags per acre. The US National Park spans 76,678 acres and has a total of 669,062 hashtags on the platform.

**Hot Springs National Park** and **Haleakalā National Park** rank sixth and seventh respectively. Hot Springs National Park has 8.61 hashtags per acre as a result of 5,548 acres and 47,815 total hashtags, while Haleakalā National Park spans across 33,264 acres and has a total of 261,253 hashtags, resulting in 7.85 hashtags per acre.

In eighth place is the **American Samoa National Park**, based across four islands in the territory of American Samoa. It is situated across 8,256 acres with 59,542 total hashtags on Instagram, resulting in 7.21 hashtags per acre.

Rounding out the top 10 is **Indiana Dunes National Park** in ninth with 6.12 hashtags per acre and **Yosemite National Park** in 10th with 4.46 hashtags per acre.

A spokesperson for Places To Travel commented on the findings: “Social media continues

to play a pivotal role in where we decide to travel to for vacation or for a weekend trip, with many social media users taking to their favorite platform to see the best beauty spots at their chosen destination.

This study provides a great insight into which locations are the most photogenic and can guarantee visitors the ‘perfect Insta pic’.”

## September Calendar

*Continued from page 5*

games, and more. At Old World Festival Hall, 7561 Center Ave., Huntington Beach. Call 714-696-TAP1 (8271).

**Fall Festival Westminster**  
**Sept. 22-24**  
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The event will feature live entertainment, food, vendors, activities for the entire family, and much more. At Westminster Civic Center, 8200 Westminster Boulevard, Westminster. Call 714-895-2860.

**San Juan Capistrano Greek Festival**  
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Enjoy authentic Greek food and pastries, live Greek music and dancing, shopping at the Greek bazaar, kid-friendly activities, and exhibits featuring Byzantine icons and traditional Greek costumes. \$3 admission. At San Juan Capistrano Community Center, 25925 Camino Del Avion, San Juan Capistrano. Call 949-542-3445.

**J.F. Shea Therapeutic Riding Center Annual BBQ and Family Faire**  
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**4 p.m. to 10 p.m.**

Limited tickets are available, and reservations are required. The event is fun for the entire family offering rider/client demonstrations, barn tours, carnival games, a petting zoo, BBQ dinner, Rider Parade of Stars, and music to enjoy and dance to by Swingshift. Tickets must be purchased ahead of time and will not be available at the door. All proceeds benefit the programs of the J.F. Shea Therapeutic Riding Center dedicated to improving the lives of persons with disabilities through horsemanship. At The J.F. Shea Therapeutic Riding Center, 26284 Oso Road, San Juan Capistrano. Call 949-240-8441.

**Toast to the Casa: The Golden Age of Hollywood**  
**San Clemente**  
**Sept. 30**

**5:30 p.m. to 10 p.m.**

Support Casa Romantica at Toast to the Casa with music and dancing, food and drinks from 25-plus vendors, fun-filled games, and a selection of live and silent auction items. Raise a glass to the Golden Age at the historic Casino in San Clemente featuring the Main Stage Star: Lizzy and the Triggersmen. Funds raised at Toast to the Casa support Casa Romantica’s community, artistic, and preservation programs. At Casa Romantica Cultural Center and Gardens, 415 Avenida Granada, San Clemente.

## Safety on the Road

# Remember to Check for Safety Recalls

When you plan road trips with family and friends, it’s important to make sure your vehicle is as safe as possible. Many vehicle owners may remember important tasks like changing the oil or replacing the wiper blades, but they often overlook the need to check for and repair open safety recalls.

### The Problem

Safety recalls can pose the risk of severe injury to passengers, so vehicle owners and operators should regularly check to see if any recent recalls affect their vehicle. An example of a recent announcement that consumers should be aware of is the urgent Stop-Drive Advisory issued in July to owners and custodians of model-year 2003 Ram 1500/2500/3500 pickups who have not replaced their recalled Takata air bags.

There are an estimated 29,000 unrepaired 2003 Ram pickups still on U.S. roads today and the vehicle’s manufacturer, FCA US LLC, is urging the owners and custodians of these vehicles to immediately stop driving them and contact a local authorized dealer to determine their recall status.

### A Solution

Free replacements for Takata air-bag inflators have been available for nearly 10 years and all costs are covered by the manufacturer. If your vehicle is affected by a Stop-Drive



Advisory, you should call 833-585-0144 to discuss the best options for a free recall repair. FCA US can help arrange for your vehicle to be transported (free of charge) to an authorized dealership or schedule a mobile repair unit to come to your home. Once your vehicle is at a dealership or under the care of a mobile repair unit, your air bags can be replaced in about an hour.

### Why It’s Important

This is an urgent safety matter. These Takata air bags have been recalled because they contain chemical compounds that may deteriorate as they age—particularly if exposed to hot, humid climates. Such conditions may cause these inflators to rupture on air-bag deployment (even in minor crashes), scattering razor-sharp debris capable of causing serious injury or death to vehicle occupants. The Stop-Drive Advisory has been issued due to heightened risk for certain makes and model years. The 2003 Ram pickup joins four other FCA-brand vehicles subject to a Takata-related Stop-Drive Advisory. Last year, FCA US announced Stop-Drive Advisories for the Chrys-

*Continued on page 28*

# Busy Boomers

By Les Goldberg

## Hobbies: The Great Escape from Ho-Hum

Eve Mandel, 76, of Placentia, spent more than 40 years as an occupational therapist, in addition to being a wife, mother, and grandmother. When she retired, she found herself lonely. Her husband died, her family moved out of state, and she began seeking social interaction as well as something to keep her occupied.



Through her membership in AARP, she was able to satisfy both needs by using the organization's referral services for seniors. For the past 20 years, Mandel has been active in Toastmasters International, famous for providing people a way to rid themselves of shyness.

One of the world's most popular social clubs, especially for senior citizens, Toastmasters has chapters scattered throughout the U.S. Members meet weekly to practice public speaking, learn leadership skills and, most importantly, have a good time.

"I've always been an outward

person, and my friends once called me the life of the party," she said. "I never realized how much my life would change when I suddenly found myself alone in my home. Toastmasters allow me to get back to who I was in my younger days – vocal, fun-loving, and socially active."

For more information, go to [www.toastmasters.org](http://www.toastmasters.org) or call 1-720-439-5050.

Throughout his life as an elementary school teacher, Paul Gregory, 69, of Long Beach always found time to give back to his community by volunteering for organizations devoted to helping the needy. Now retired, he is continuing his passion as a member of the Senior Corps.



The group offers a variety of volunteer opportunities, such as feeding the homeless or working with veterans, where seniors can put their experience and expertise to good use in their community. If you miss the laughter of children, there is the "foster grandparent" program.

And, if you are concerned about

other seniors in your community, the "senior companion" program connects you with another senior in need. "It's a great way to help people and make new friends at the same time," Gregory said.

For more information, go to [www.seniorcorps.org](http://www.seniorcorps.org).



For women, the Red Hat Society is the club of choice and has been around for decades. Donna Blake, 75, of Garden Grove, a former marketing director for an aerospace firm, describes her association with Red Hat this way:

"After my divorce ending 19 years of marriage, I needed to focus on myself for the first time in my life. The Red Hat Society is the 'perfect play house' for someone like me. We love to wear our red hats and purple clothes when we go out to shop, go to a restaurant, or take a vacation. We are a bunch of vivacious women who want to enjoy life and empower ourselves."

For more information, go to [www.redhatsociety.com](http://www.redhatsociety.com) or call 1-866-386-2850.

Do you love music? Do you



like to sing? Maybe the Sweet Adelines is what you need to bring out some latent talents. That is exactly what Patti Hoenig, 64, did when she joined the world-famous women's choral group after a long career in corporate accounting.

"I went from counting numbers to singing in a barbershop quartet," she said. "I can't tell you how much fun I have had, how many new friends I've made, and how my outlook on life has changed."

Hoenig heard about the Sweet Adelines from a member of her church choir who told her about the opportunities offered by the group, like the friendly intimacy of quartet singing, the camaraderie of being part of a chorus, the chance to perform on community, national and international stages.

With chapters worldwide, including one in Fullerton, the organization currently has 500 choruses and 900 quartets.

For more information, call 1-800-992-SING (7464) or go to [www.sweetadelines.com](http://www.sweetadelines.com)



## RX Label

Continued from page 3

- The device prompts users to scan the bottle, bring the RFID tag on the bottom of the prescription vial near the device's camera.

- If the RFID tag is read correctly, the prescription information will display on the screen and the app will speak prescription information out loud.

### What prescription information can be read aloud?

Information that can be read aloud by Spoken Rx in either English or Spanish includes:

- Patient name
- Medication name
- Dosage and directions
- Pharmacy address
- Pharmacy phone number
- Prescription number
- Dispensed quantity
- Refills remaining
- Prescriber name
- Fill date
- Discard after date

The development and continued enhancement of Spoken Rx illustrates CVS Pharmacy's role in serving people's unique needs by delivering them innovative solutions no matter where they are on their health journey.

### How to Sign up

You can enroll for free either over-the-phone or in-store, where a pharmacist can ensure the patient's app is appropriately set up for the service. To find a CVS Pharmacy near you or to learn more about Spoken Rx, please visit [www.CVS.com/SpokenRx](http://www.CVS.com/SpokenRx).



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HOME. IT'S A RIOT.**

**-COLBY**  
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## Crossword Puzzle Answers from page 12

1	B	O	S	C		5	A	B	A	D		9	I	A	M	B	S							
14	L	O	C	H		15	B	O	N	O		16	N	Y	A	L	A							
17	T	H	R	E		18	E	S	T	A	R		19	S	E	R	I	F						
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22	L	A	M			24	E	L	L			25	T	E	A			26	O	P	S			
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66	S	E	R	G	E					67	S	S	R	S			68	S	Y	S	T			

# Renee Zellweger

Continued from page 18

ing Performance by a Female Actor in a Supporting Role.

Her career went on a fast track as she accepted starring or supporting roles in one box office hit after another, including “One True Thing” with Meryl Streep, “The Bachelor” with Chris O’Donnell, “Me, Myself and Irene” with Jim Carrey, and “Nurse Betty” with Morgan Freeman.

mances in films like, “Chicago,” “Shark Tale,” “Cinderella Man,” “Miss Potter,” “Leatherheads,” “Appaloosa,” “Living Proof,” “New in Town,” “My One and Only” and more.

Following a six-year hiatus from acting to recover from fatigue, she returned to the big screen and television and continued to generate praise from critics and her fans.

Some of the highest accolades were directed toward her role as Judy Garland in “Judy,” the drama based on the Broadway play “End of the Rainbow” in which she portrays the last years of the iconic entertainer’s life.

Her performance was praised as “the finest performance of her career” and garnered her almost every acting award ever presented.

After receiving her first Golden Globe Award for Best Actress in “Nurse Betty,” her most noteworthy role came in 2001 when she was cast as the lead in “Bridget Jones’s Diary.” For the part of a cherubic, chain-smoking British publishing house worker, Zellweger went on an eating spree and got coaching to learn an English accent. It resulted in commercial success for the film and best actress awards from the Golden Globes and the British film academy, BAFTA.

In addition to the “Bridget” sequels, Zellweger continued to polish her movie star shine with award-winning perfor-



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# Fabulous Finds

By Debbie L. Sklar

It's almost time to put away shorts, and bathing suits, and replace them with warmer clothing.

After a long summer, you might also want to check out these new **Fab Finds** to add to your beauty routine.

## Natural is Good



**Pure Valley Products** makes natural sanitizers and natural cosmetics that help skin health and improve skin problems.

In addition, Pure Valley Products include cosmetics made using natural materials and high-quality oils as the main base, liquid soap-type cleansing cleansers, body wash, and shampoo without synthetic surfactants.

Check out the Pure Serise Bubble Cleanser that will leave your skin feeling amazing, clean, and brighter. Available on Amazon.

## Sorion Cream

Manufactured by Atrimed Bio-Tech and backed by 21st-century biotechnology and Ayurveda therapies heavily practiced in India for centuries, Sorion products were designed by some of India's best doctors, engineers, and pharmacologists.

Uniquely formulated with



some of the finest, 100% plant-based ingredients, including the wonder plant *Wrightia tinctoria*, a plant native to India traditionally used for having remarkable effects on psoriasis, Sorion is also made up of a few other exotic plants, like neem, turmeric, common madder, and coconut oil.

Offered by Summer Herbal the line offers a range of skincare products for people who have psoriasis, including **Sorion Cream**, **Sorion Herbal Cream**, and **Sorion Clarifying Shampoo**, and features a variety of face and body soap bars, anti-aging creams, anti-blemish creams, and hand and body lotions via its direct-to-consumer website.

Visit [Summerherbal.com](http://Summerherbal.com)

## Lush Lashes



KVD Beauty introduces **Full Sleeve Long + Defined Tubing Mascara**. Drawing inspiration from full-sleeve tattoos, this mascara has 24-hour locked-in wear, extreme length,

and definition, plus easy warm water removal.

Full Sleeve Long + Defined Tubing Mascara features breakthrough 24H Tat-Tubing Technology and a first-of-its-kind brush that instantly create 360° polymer sleeves around every lash for unparalleled length, lift, definition, and volume that won't weigh your curl down. Filigree-inspired bristles grip and glide over each lash for clump-proof, root-to-tip coverage and a fanned-out, full-lash effect. The contoured applicator makes precise application easy — even in the inner corner and on lower lashes. Ultra-concentrated with ink-rich, blackest-black pigments, the 24-hour formula is free of the waxes that make other mascaras look gray.

Full Sleeve Mascara wears like a 24-hour tattoo that slides off with just warm water. No need for harsh makeup removers or endless rubbing; simply wet lashes and the tubes will expand to slide off lashes effortlessly for non-irritating removal — even on sensitive eyes. Flake-proof and smudge-resistant.

Always 100% vegan and cruelty-free, KVD Beauty Full Sleeve Long + Defined Tubing Mascara is available online at [KVDBeauty.com](http://KVDBeauty.com) and in-store and online at Sephora and Ulta.

## Hypoallergenic Clean Correction Collection

Perricone has added the three-tier **Hypoallergenic Clean Correction Collection** for sensitive skin.



**TIER 1: Stress Reduction** — Soothe irritated skin with comforting plant-derived adaptogens like holy basil and mushroom extract. **TIER 2: Skin Barrier Protection** — Reinforce and support while shielding against environmental aggressors with skin-protecting ceramides and niacinamide. **TIER 3: Age Defiance** — Visibly smooth, firm, and even skin tone over time with clinically proven, advanced peptides and plant-derived retinol, bakuchiol. The entire collection is vegan, hypoallergenic, non-comedogenic, and dermatologist-tested, as well as, free of the 26 known allergens, fragrance, gluten, sulfates, silicones, parabens, formaldehyde, butylene and propylene glycol, PEG, phthalates, BHA and BHT. Available on [PerriconeMD.com](http://PerriconeMD.com) and at major retailers.



## Safety Recall

*Continued from page 24*

ler 300, and Dodge Magnum, Challenger and Charger vehicles from model years 2005-2010.

## What You Can Do

Regardless of whether your vehicle has a Stop-Drive Advisory on it, it's not worth the risk for any vehicle to be on the road with an unrepaired air bag. If motorists are unsure if their vehicle has had its air bags recalled and would like to check, they are urged to call 833-585-0144, or enter their license plate number or Vehicle Identification Numbers (VIN) in the search engines [atmopar.com/recalls](http://atmopar.com/recalls) (VIN only) or [checktoprotect.org](http://checktoprotect.org) (license plate or VIN). The 17-character VIN is located on the driver's side dashboard near the windshield and can be found on insurance and registration documents.

Keep yourself and your loved ones safe this summer by checking your vehicle for open air-bag recalls and getting them repaired for free.

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# Life After Mother

By Lyn Jensen

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

## Enough to Lose a Garbage Bin

When I first looked at my mother's two-car garage, stuffed so full you could lose a garbage bin in it, I thought, 'It'll take a year to clean this out, and after that, I can just sweep the floor and tidy up now and then.'



Anaheim has a curbside recycling service, but I couldn't find that my mother's house possessed any city-issued recycling bin. While visiting the city's senior center, I asked a receptionist if she could provide a phone number to request a recycling bin. Five minutes later she was still punching her keyboard. I finally walked away, only to have her chase after me and thrust a tiny self-stick note at me. (Nobody writes a note on a plain piece of notepaper anymore.) The number written on it soon proved to be one that was never answered.

Shortly thereafter I moved some papers in the kitchen and found the actual number to request a recycling bin, so I did, and the city delivered one. A short time later I moved a wall-sized stack of furniture and boxes in the garage — and there was the missing recycling bin. I let a neighbor take the extra one.



For several months I couldn't even park my car in the garage because one half was full of extra furniture and the other half housed my mother's Prius with a dead battery — for which a replacement cost several thousand dollars. I persuaded the same auto auction house that had handled my father's cars to sell the Prius, but when I called a few weeks later and asked for the money, I was told the money made from the sale was eaten up by the expenses incurred. Shortly after that, I read that a medical marijuana dealer was seeking used Priuses for his delivery fleet.

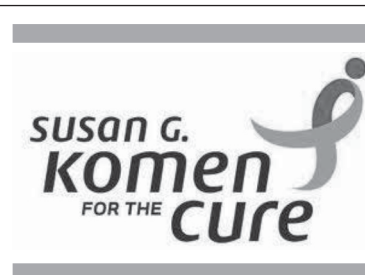
Maybe that's where my mother's Prius ended up.

As for the extra furniture, paying a junk company to haul it away was too expensive, and when the pandemic hit, charities stopped sending trucks around. For some pieces, I cleaned them up and moved them back into the house, others were trashy enough to call the city to make a bulk trash collection. One home-entertainment center I literally couldn't give away, but I was able to repurpose it as a hardware cabinet once I cleared sufficient space.

As much as I've emptied crates and drawers, however, I've filled them up again. I emptied seven crates of cassette tapes and sent them to an e-waste recycler, and emptied another crate full of sports memorabilia, but those crates have been refilled with electronics, hardware, camping equipment, and crafting supplies. Seven crates of Christmas decorations remain. Extra tools, picture frames, tattered old posters, bags of books, boxes of 40-year-old bank receipts, carloads of hazmat and e-waste, and scrap metal, all got recycled in one way or another.



My garage is still half-full of furniture because I closed my storage unit, the one affectionately called "King Tut's Tomb" and so what's left of my father's possessions have filled what space I spent the last three years clearing. I going to have to dedicate some space in my backyard for my recycling and garbage bins because there's still not sufficient space in the garage for them.



## Robert Slater Home Loans: Changing Lives

by Kelli M. Larson

Robert Slater, aka "Reverse Robert" has a passion for helping people. Having worked in the finance industry for 47 years, the longtime Huntington Beach resident could absolutely retire now in the city he loves so much. However, he explains, "I hate to see any senior go another day without the ability to live life comfortably. So many are living in million dollar homes but can hardly afford groceries."

To that end, he sells the kind of mortgages that help those over the age of 62 access the equity in their homes, even if they are no longer employed, and put the funds to use in a smarter way. When he's done working with a client, he insists, "their lives are changed for the better."

### The Seniors' Solution

What Robert sells exclusively is a home equity conversion mortgage (HECM), which is also known as a reverse mortgage. This home loan program allows qualified seniors the ability to access the equity in their homes, ending the need for monthly principal and interest payments and providing a source of monthly income. Borrowers must maintain property taxes and insurance, and keep up the home.

In the past, people feared that obtaining a reverse mortgage meant handing over ownership of their property to the bank. However, Robert is

quick to qualify that as a misconception. "With a HECM, you -- not the bank -- maintain ownership of your home," he explains, "as long as the HUD requirements are met." To give people peace of mind about the decision to obtain a HECM, there are even government protections in place. A third party is required to confirm a senior's understanding of the unique loan program and provide a verification certificate before the loan can be put through.

### The Conundrum

So why not just access your home equity via a regular loan from the bank? Robert says that banks qualify people for loans based on their debt-to-income ratio. Most seniors can't qualify for a home equity loan because they are retired and living on a fixed income. Fortunately, selling your beloved family residence long before you were ready is not the only solution to getting some much-needed cash.

"I sit down with the adult children of seniors and ask, 'Do you care about your parents and want them to stay in this home?'" Robert offers. Having them live on fixed withdrawals from their 401k retirement plan is not the only solution. "I suggest letting their 401k grow. With a reverse mortgage, they can remain in their home and use the equity from it to live on instead."

*Continued on page 31*



ADMIT  
ONE

By Randal C. Hill

# Movie Preview

## 'The Outlaw Johnny Black'

Blaxploitation movies — the term is a blending of the words “black” and “exploitation” — emerged in the early 1970s. They followed Hollywood’s rethinking of race relations in films, with black characters (finally) being offered as protagonists rather than sidekicks, antagonists, or victims. (“*Shaft*” is a good early example of this nascent genre.) Such low-budget but highly entertaining — and profitable — films were intended for Black audiences, with few releases being seen by moviegoers who lived outside the Black community.

Now Hollywood is offering a blaxploitation movie far beyond a traditional shoot-‘em-up Western, and this laugh-filled romp just may be the film that mainstream audiences will head to see while getting to know its versatile star, Michael Jai White.

In “*The Outlaw Johnny Black*,” young Johnny (Jalyn Hall) witnesses his preacher father being gunned down by the evil Brett Clayton (Chris Browning). The adult Black (Jai White) seems to have a singular goal in life: to track down and kill Clayton, using a bullet that Johnny has carved Clayton’s name.

Black gets paired with Reverend Percival Fairman (Byron Minns), who’s headed for Hope

Springs, a town in need of a preacher. Percival also entertains the prospect of marrying a comely woman there named Jessie Lee (Anika Noni Rose), who has been writing to Fairman for two years.

Black swaps place with Fairman after the two are attacked by Indians. Black assumes that the preacher is dead, unaware that Percy’s Bible has absorbed a potentially fatal blow from a well-shot arrow. Johnny assumes Fairman’s identity and arrives at Hope Springs. As the fake preacher, Black sermonizes —ironically—“If you have unforgiveness in your heart, then you are shackled to your past.”

Later, the real reverend shows up to reassume the mantle that Black has stripped from him. And this is when the fun truly goes into overdrive.

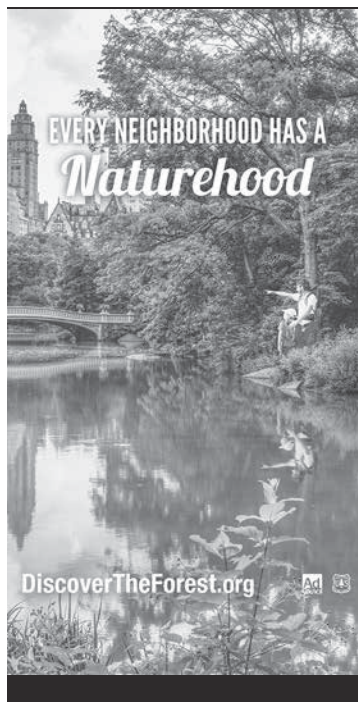
“*The Outlaw Johnny Black*” spotlights the talented actor, Jai White. (He looks much like a mustachioed Richard Pryor.) Some of Michael’s lightning-speed martial arts moves with pistols and kicks will have you thinking that there’s computerized trickery going on here, but that’s not the case.

The script pays homage to a pair of classic 1970s Westerns, melding the over-the-top ma-

choism of “*Billy Jack*” with the inventive goofiness of “*Blazing Saddles*,” the latter featuring a horse being sucker-punched, a questionable act also repeated in Jai White’s creation.

Michael wrote and directed “*The Outlaw Johnny Black*” and was one of four producers of the Samuel Goldwyn Films release.

A Western unlike any you’ve ever seen, the boisterous “*The Outlaw Johnny Black*” opens Sept. 15.



## Liver Disease

Continued from page 16

in the liver, fatty liver disease has little to no symptoms. Its exact causes are unknown but continued research indicates genetics, digestive disorders and diet can all play a role.

Research also indicates that fatty liver disease is not caused by heavy alcohol use (alcohol-associated liver disease). Nonalcoholic steatohepatitis (NASH) is an advanced form of fatty liver disease causing inflammation and liver damage, which can lead to liver failure and the need for liver transplant.

### A Look at Your Liver

A healthy liver is essential to your overall health and wellness, and performs many necessary functions such as:

- Filtering toxins from your blood
- Making bile to help with digestion
- Storing sugar for energy
- Making protein for blood plasma

Additionally, the liver is the only solid organ in your body that can regenerate or repair itself, so getting an early diagnosis is critical. Often, liver patients can reverse liver damage or slow disease progression with a few small changes to their daily lifestyle.

### Minimizing Your Risk

Everything you eat, breathe and touch is processed through your liver, therefore ensuring

good liver health is critical. You can take steps to minimize your risk of fatty liver disease by following these simple tips:

- Maintain a healthy weight
- Eat a healthy diet
- Exercise regularly
- Limit alcohol intake
- Take medications only as prescribed

In October, which is National Liver Awareness Month, the American Liver Foundation (ALF) encourages everyone to find out if they are at risk for fatty liver disease through its national public awareness campaign, Think Liver Think Life™.

### About ALF

ALF is dedicated to ensuring every American understands their risk for liver disease, receives the appropriate diagnostic testing and care coordination and feels well-informed and supported throughout their liver journey. By partnering with community health centers and state departments of health, ALF offers screenings for those most at risk for fatty liver disease and provides them with connections to follow-up care when appropriate.

Getting a diagnosis early is critical for having a chance to reverse course before liver disease progresses. You can find out if you’re at risk by taking ALF’s liver health quiz at [www.thinkliverthinklife.org/quiz](http://www.thinkliverthinklife.org/quiz).



## On The Road Again ...

# Tips for Air Travelling Seniors

By Shana McCann

Does this sound familiar? You want to visit your out-of-town grandchildren. Or you've got a bucket list without checks for completion. The only thing holding you back is not the fear of flying but the fear of tackling the airports.

For seniors, especially those with disabilities that prevent normal mobility and may need wheelchair assistance, the challenges they face before they board the plane and immediately after landing at their destinations can be nerve-wracking.

However, take it from me, they can all be avoided with some careful planning. Here are some tips on how to navigate the air travel experience:

### Booking

Ideally, you should leave the travel arrangements, including booking flights and itineraries, ground travel, etc. to an experienced travel agent, or at least to a savvy friend or relative. Let them do the work. But if you have to, keep in mind the terminal "roadblocks."

### Travel Insurance

Before your trip, consider purchasing travel insurance that covers medical emergencies, trip cancellations, or delays.

### Senior Discounts

Many airlines, hotels, and tourist attractions offer dis-



counts for seniors. If you are a member of AARP or the Automobile Association of America (AAA), you can get special senior rates for rental cars and hotels.

### Airport Security

One of the best ways to minimize stress at the airport is to be familiar with security procedures before you arrive. Familiarize yourself with TSA guidelines and regulations, including those for carry-on luggage and fees. Let security officers know about your medical conditions or devices that may affect the security screening process.

### Know the Law

Many air travel accommodations are federally mandated by laws such as the Air Carrier Access Act, which requires the airlines to help with mobility issues, visual or hearing impairments, or other disabilities. It is highly recommended that you call your airline a day or two before your flight to confirm that your special needs are being met.

### Allow Plenty of Time at Airports

The general rule is to arrive two to three hours in advance of an international flight and an hour and a half before a domestic flight to ensure your accessibility assistance, which includes wheelchairs, expedited security lines, and transportation between terminals. Make all of these arrangements when booking your flights.



### Documents Ready

Be sure to have all of your important documents at hand – your passport, driver's license, Real ID, etc.

It's also very helpful to study the layout of the airports you will be using so you'll know where important facilities are located, like security checkpoints, gates, restrooms, restaurants, and U.S. Customs offices.

### Rest Before You Board

Once you've cleared security, find a comfortable spot to relax while waiting for your flight. Many airports have seating areas with comfortable chairs or even recliners. Use the time to rest, read a book or tablet, grab a snack, or listen to music before boarding.

### Stay Connected With Loved Ones

Keep your friends and family updated on your travel by sending text messages or making phone calls. It can provide comfort and reassurance, helping to reduce stress during your trip.

### After the Plane Lands

Air travel can be physically and mentally demanding. That is why it's important to allow ample rest once you reach your destination. Travel experts suggest easing into your vacation or visit by not planning too much during your first couple of days.

Following these travel guidelines is a sure way to help ensure that your journey will be smooth, stress-free, and enjoyable.

Oh, one more thing: Don't forget to take lots of pictures.

## Robert Slater

*Continued from page 29*

What else can seniors do with the home equity accessed via a HECM? They can vacation, comfortably pay for their expensive medications, or perhaps afford some long-term care insurance and take the eventual burden of physical care off their loved ones!

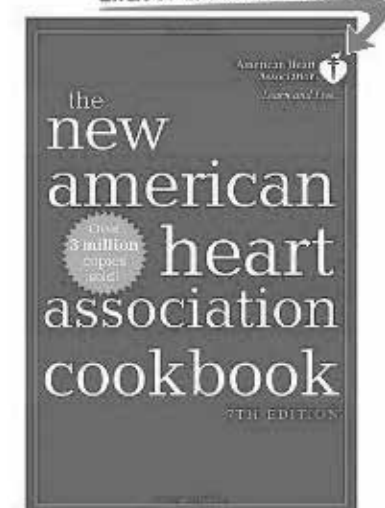
Robert puts on seminars, but also provides one-on-one edu-

cation to clients and their families, allowing them to benefit from his knowledge of how money works. Also a licensed realtor, he has a great understanding of the housing market. "Once people talk to me, they realize I know what I'm talking about," he maintains. "If you're willing to listen, I can help you grow your money and live better."

Having already raised two daughters himself, Robert stays active on a daily basis in other ways. He can be found at Huntington Dog Beach every morning with his canine companion, Riley. Then it's off to swim at his gym, see clients, and go for a bike ride along the coastal path. His favorite part of working with HB residents is getting to run into them while out and about. They are always grateful for the education and honesty that he provided and happy to be living their best lives.

To find out how Reverse Robert can help you, call 714-770-7057 to schedule a consultation or visit [www.robertslaterhome-loans.com](http://www.robertslaterhome-loans.com). BRE #00982503; NMLS #338253

Click to LOOK INSIDE!



## In The Spotlight

*continued from page 11*

ty to develop its repertoire, hone its sound and refine its personnel. Once the pandemic restrictions eased, the band decided to begin playing outdoor spaces in Laguna Woods and later moved inside various Laguna Woods clubhouses and nearby local venues. Positive reviews followed and Band X began to develop an extensive local following.

Q: Where does the band play?

A: Band X likes to support the community and bring people together. We love to play for various club functions and special events in Laguna Woods, but we also like to play at other venues in and around South Orange County. Some of the locations include The Coach House, Hangar 24, Cook's Corner, Fedoras, Sammy's Original, The Wharf, The Harp Inn, Muldoon's, Daily's Sports Grill, Center Bar & Grill, Pumpkin City Pumpkin Farm, Suenos, several American Legions, Elks Lodges, Moreno Valley VFW, and various private events.

Q: What is your background in terms of education and music?

A: My musical background has its roots deep in a variety of musical genres. Born in Great Falls, Montana, I began my vocal career at the 5 and grew up singing and studying choral music. At age 17 I toured seven countries across Europe with a 60-member choral youth group. In my senior

year of high school, the choral group was invited to perform at the Music Educators Convention in Chicago. I attended Montana State University and later moved to the San Francisco Bay Area to pursue a career in music and business. I honed my vocal rock technique under the direction of Judy Davis, often called the "Vocal Coach to the Stars," whose most famous students included Barbara Streisand, Jerry Garcia, Eddie Money, Grace Slick, Frank Sinatra, Judy Garland, and Mary Martin.

My voice reveals numerous influences and has prompted comparisons to Linda Ronstadt, Alannah Myles, Tina Turner, Stevie Nicks, Ann Wilson, Pat Benatar, Kiki Dee, and many others. My vocal range and vocal tone invoke significant strength and complexity. Combine the auditory with a high-energy stage presence, and I become the band's perfect focal point.

I've fronted numerous musical groups across a variety of musical genres (rock, pop, jazz, R&B, Motown, Easy Listening, etc.) and recorded jingles and background vocals. I've shared the stage with many well-known musicians and from 2005-2020, was a member of House of Floyd, a Pink Floyd tribute band that toured across the Western US and South Asia. In 2020 I moved to Southern California and in 2022 did a tribute to Linda Ronstadt at the Laguna Woods Performing Arts Center. On a couple of occasions, I've also sung background vocals for

well-known Elvis impersonator, James Kruk. I continue to work with many talented musicians and groups in and around Orange County.

Q: How do you choose what you're going to play at a gig such as Laguna Woods?

A: Bill determines our setlist with input from the band. We're very eclectic in our overall individual musical tastes and we have a wide variety of material, primarily from the 60s, 70s, and 80s, across multiple genres. We've also developed several tribute sets featuring various popular artists. Once we're in conversation with a client, we often seek their input regarding a theme or the type of music their venue or group wants to hear so that we can adapt our setlist to accommodate the audience and length of the show.

Q: What personal benefits do you get from playing in the band?

A: Music is the universal language that brings people together. We like connecting with the audience and when people are up dancing, smiling, laughing, socializing, and singing along to their favorite songs we love the energized. We get to perform in new locations and meet new people. It's cheaper than therapy and a whole lot more fun. It's soul-fulfilling and a great way to relieve stress and keep our brains focused, active, and healthy. We also enjoy collaborating with other musicians, plus we make a little money to buy more music gear.

Q: What do you like about playing for seniors?

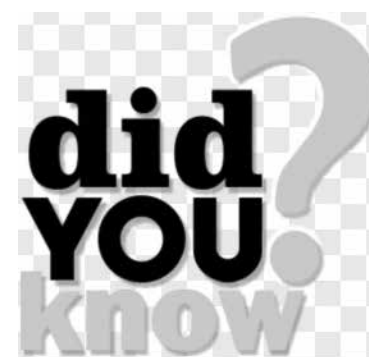
A: Since all the members of Band X are seniors, we like to play great music that we grew up listening to and playing. We also like to trigger those positive, nostalgic memories for our fellow seniors and take them back to their youth. We think it's also very cool that younger generations of musicians have become fans of this period of music. It's fun to look out at the audience and see multiple generations and families enjoying the music together. Of course, we're a bit jaded since we think the music of this period was created by some amazing artists.

More information can be found on the band's website at [bandx949.com](http://bandx949.com)

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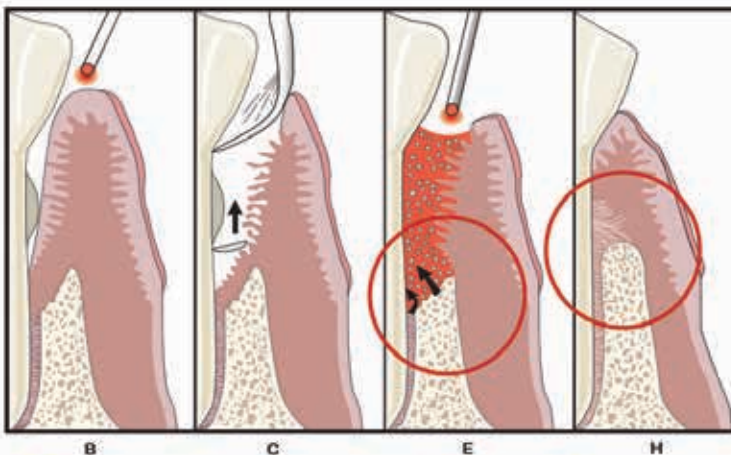


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1. Gregg RH II, Gregg DM. Laser-assisted periodontal regeneration with the LANAP protocol. *Dent Today* 2019 May;38(5):78, 80-83  
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**Selections**

***Prelude to "Tristan und Isolde"***

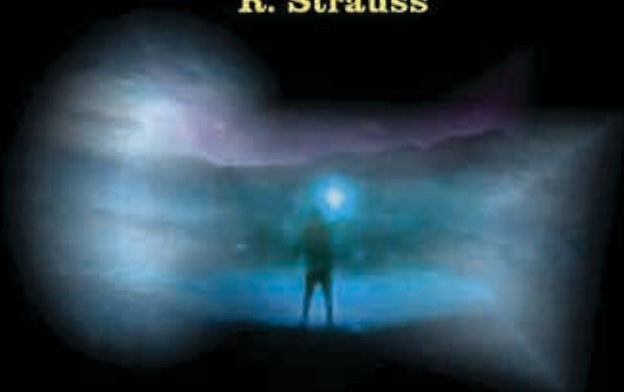
**R. Wagner**

**Symphony N7 - D. Shostakovich**

**(1st, 4th mov)**

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