

# AFTER FIVE

## THE NORTH STATE MAGAZINE

NOVEMBER 2021 / 35th Year / No. 1

THE NEWS, ARTS & ENTERTAINMENT MONTHLY

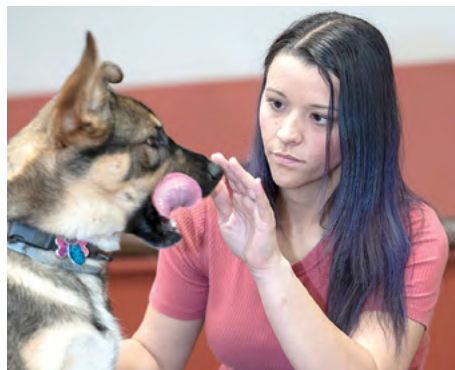
### ON THE COVER

## ANT-MAN'S WORDS

Former eastern Shasta County resident Jeff Loveness is climbing the ladder of success as a screenwriter, having been hired to pen the words for the third Ant-Man movie installment – *Ant-Man and the Wasp: Quantumania*. His latest Hollywood gig follows on the heels of writing six years for the Jimmy Kimmel show and six episodes as a writer for the eccentric but popular animated sci-fi TV comedy “Rick and Morty.” Now on location in England where *Ant-Man* is shooting, Loveness shares his scriptwriting journey in this *After Five* interview beginning on page 8

## DOGS & VETERANS

It's been said the best therapist has fur and four legs. Bruce Riecke would wholeheartedly agree. The



Vietnam veteran has worked for eight years matching shelter dogs and U.S. service veterans, training them to help with PTSD (post-traumatic stress disorder)

and anxiety issues. Ally Tilton, a Navy veteran, pictured here with her German Shepherd dog Ava, is one that knows this firsthand. See page 14

## COVID AND FLU

First, the good news: The flu was practically nonexistent last year. The bad news: Little to no flu last season means increased risk this fall and winter in what is called a “twindemic.” See page 19





## SAME OWNERS, NEXT CHAPTER.



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## Axiom presents 'The Lion in Winter'

Axiom Repertory Theatre presents one of the most acclaimed plays in dramatic literature, "The Lion in Winter."

Don Tamblyn as King Henry II and Vicki Richardson as Eleanor of Aquitaine star in the show described as "Betrayal, treachery, and a knife fight: just another normal Christmas celebration for the royal Plantagenet family of Britain."

Directed by Tim Nascimento and Lauren Stanfield, performances begin with an opening night celebration on Nov. 12, and continue through Nov. 28.

Lift a glass and cheer as King Henry II throws a Christmas feast for the newly crowned King of France, Phillip II (played by Gabe Newman). Also in attendance for the holiday celebrations are Henry's three plotting sons, Richard (Keith Rose), Jon (Cole Cassell), and Geoffrey (Alex Clayton), each eager to take the throne, Henry's manipulative wife Eleanor of Aquitaine, newly released from house arrest (after earlier raising an army against Henry), and Henry's mistress in waiting, Alais, (Madison Nascimento).

Told in "marvelously articulate language, with humor that bristles and



**Don Tamblyn is King Henry II and Vicki Richardson is Eleanor of Aquitaine in the Axiom Repertory Theatre production of The Lion in Winter.**

burns," said the Los Angeles Times, "The Lion in Winter is a play that transcends the historical genre to become a biting hilarious family drama."

Tickets are available online at [axreptheatre.com](http://axreptheatre.com), at the Axiom box office, or by phoning (530) 606-0500. "The Lion in Winter" is produced by special arrangement with Concord Theatricals. Axiom Repertory Theatre is located at 2613 Bechelli Lane, Redding.

## Jim Lauderdale, The Mastersons in Mt. Shasta

Jim Lauderdale and The Mastersons are scheduled to perform in concert 7:30 p.m. on Nov. 12 at the Jefferson Center for the Arts, 1124 Pine Grove Dr., Mt. Shasta. They'll be joined by special guest Bonnie Whitmore.

A two-time Grammy winning Americana icon, Lauderdale is a singer-songwriter whose unmistakable rhinestone-incrusted silhouette has been a symbol for creative integrity and prolificacy for 30 plus albums over decades of recording, including collaborations with such people as the late Grateful Dead lyricist Robert Hunter. His songs have been recorded by dozens of artists, including George Strait, Elvis Costello, Vince Gill and the Dixie Chicks.

The Mastersons are the singer-songwriting and multi-instrumentalists Chris Masterson and Eleanor Whitmore. When they're not touring the world as valued longtime members of Steve Earle's band The Dukes, the musical and marital twosome are making inspired albums of their own emotionally vivid,



**Jim Lauderdale The Mastersons**

deeply humanistic songs.

For the last two decades, Bonnie Whitmore has played bass and sung with some of the biggest artists in the Americana genre. She's also maintained a weekly residency at the legendary Continental Club Gallery in Austin, where she lives.

Tickets for the concert are \$20 in advance and available through the JCA website at [jeffersoncenterforthearts.com](http://jeffersoncenterforthearts.com) or through Eventbrite. Tickets will be \$25 at the door.

## 'Read Across Siskiyou' slated Nov. 17

The 14th annual Read Across Siskiyou, presented by First 5 Siskiyou and Families Commission, is scheduled Wed., Nov. 17.

On that day, each child will be presented with a copy of this year's book, "Hedgehugs: Autumn Hide & Squeak," for their home library. A tale written by Steve Wilson and illustrated by Lucy Tapper, this book is about two hedgehogs, Horace and Hattie, who show kindness to every forest creature around them.

To pick up a free book and craft components, to participate, and to learn about the reading events in Siskiyou County communities, including some online reading events, visit or call your local family resource center (see below). For regular updates visit [www.facebook.com/First5Siskiyou](http://www.facebook.com/First5Siskiyou) and [www.first5siskiyou.org](http://www.first5siskiyou.org).

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Sunday, November 7 | Redding



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**Tim Koop, flute**

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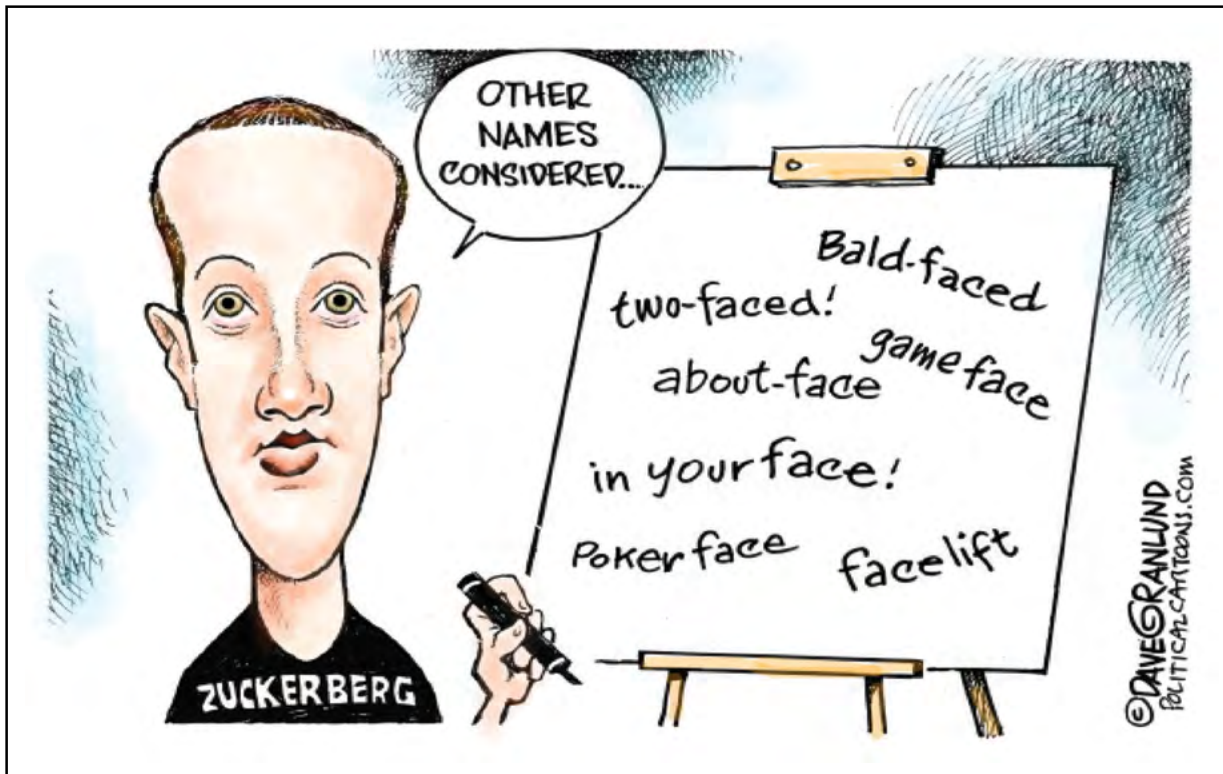


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North State Symphony principal harpist Candace LiVolsi (above) and NSS principal flutist Tim Koop (above right) are featured in "Masterworks 2: A Little Mahler." The symphony will also perform "Banner" by composer Jessie Montgomery (right).

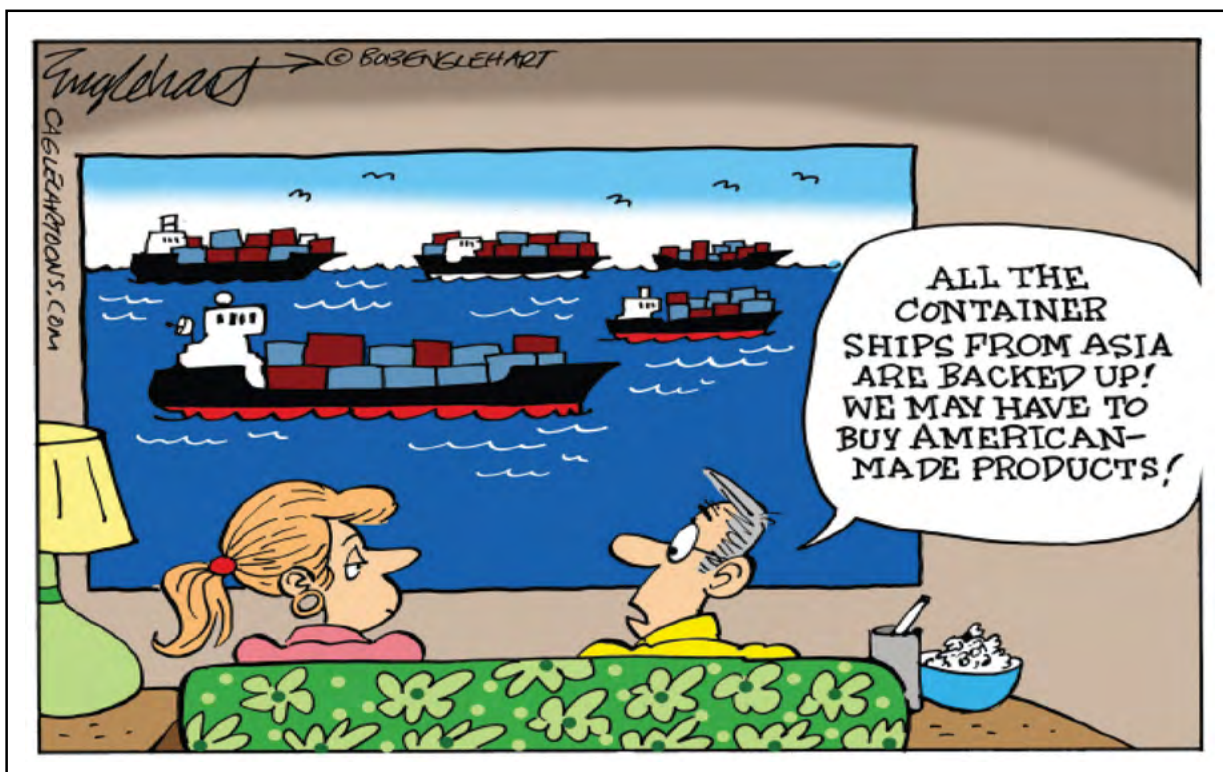
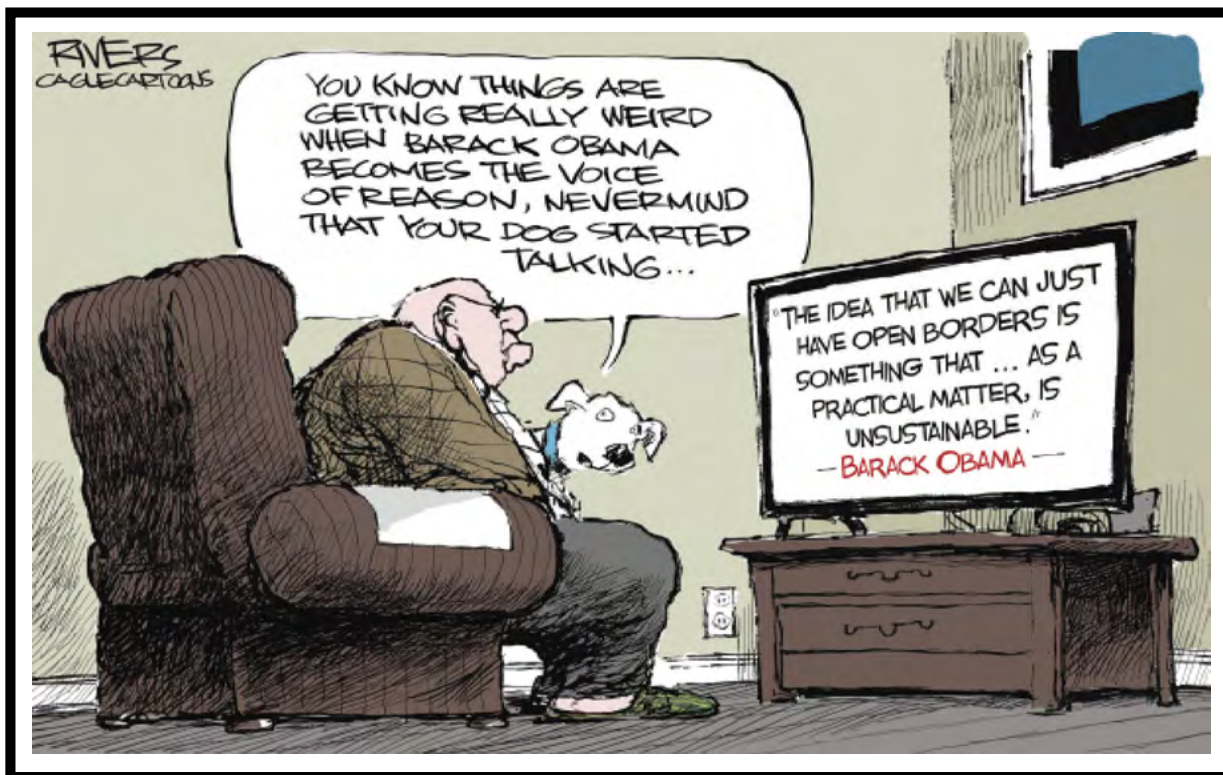


## North State Symphony concert to feature principal harpist, flutist

The magnificent melodic elegance of Mozart is on display when North State Symphony Principal Flute Tim Koop and Principal Harp Candace LiVolsi share an age-old dialogue that suggests a conversation between a father and a daughter in the Concerto for Flute and Harp in the NSS "Masterworks 2: A Little Mahler," scheduled 7:30 p.m., Nov. 6, at Laxson Auditorium in Chico and 2 p.m., Nov. 7 at the Cascade Theatre in Redding.

The program is centered around the "Titan" Symphony of Gustav Mahler. The program begins with Jessie Montgomery's "Banner," a work commissioned in 2014 to celebrate the 200th anniversary of the Star Spangled Banner.

For tickets and more information, visit the NSS website at [northstatesymphony.org](http://northstatesymphony.org).



## AFTER FIVE The North State Magazine

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# The pitfalls of daylight savings time

By Tom Purcell



Be extra cautious when you “fall back” on Nov. 7, 2021.

That’s the date we must set our clocks back one hour in honor of daylight savings time.

But watch out.

The jarring shift to our daily sleep patterns and routines each Fall — and each Spring — is linked to an increase in heart attacks, strokes or automobile accidents, according to Business Insider.

In the Spring, when our clocks “spring forward,” hospitals report a 24 percent spike in heart-attack visits around the U.S.

After the time change, groggy drivers are also more likely to rub fenders with other groggy drivers. In fact, researchers estimate that car crashes caused by sleepy daylight-savings-time drivers likely cost 30 extra people their lives every year over the nine-year period from 2002-2011, reports Business Insider.

“That’s how fragile and susceptible your body is to even just one hour of lost sleep,” sleep expert Matthew Walker, author of “How We Sleep,” told Insider.

The reverse happens in the Fall when clocks are set back one hour. Heart attack visits to hospitals drop by 21 percent — but pedestrian deaths increase.

According to NBC News, “pedestrians walking during the evening rush hour are nearly three times more likely to be struck and killed by cars than before the time change....”

Two Carnegie Mellon University researchers explain that the increase in pedestrian accidents is due to people having difficulty adjusting to the sudden darkness that comes one hour earlier.

I’m no fan of daylight savings time, but starting Nov. 7 I hope to take advantage of the extra hour of morning daylight.

I’ve long dreamt of becoming a morning person.

I’ve dreamt of having a very healthy sleep cycle the way morning people do — waking early and refreshed from a good night’s sleep after going to bed at a decent hour the night before.

But morning — which begins way too early — has always held me back.

The evening has held me back, too. It goes by way too fast, causing me to stretch it out into the wee hours. That’s why I’m groggy and moody in the morning. People know it’s best to not even look in my direction until two cups of coffee — and a couple shots of espresso — have been downed.

Regrettably, morning people and I have been at odds for years. They’re giddy and chatty before the sun comes up, whereas I’m surly and removed.

If daylight savings time legislation is the law of the land, then giddiness and chattiness should be outlawed before 10 a.m.

But I am trying to make better use of my mornings. I am not alone.

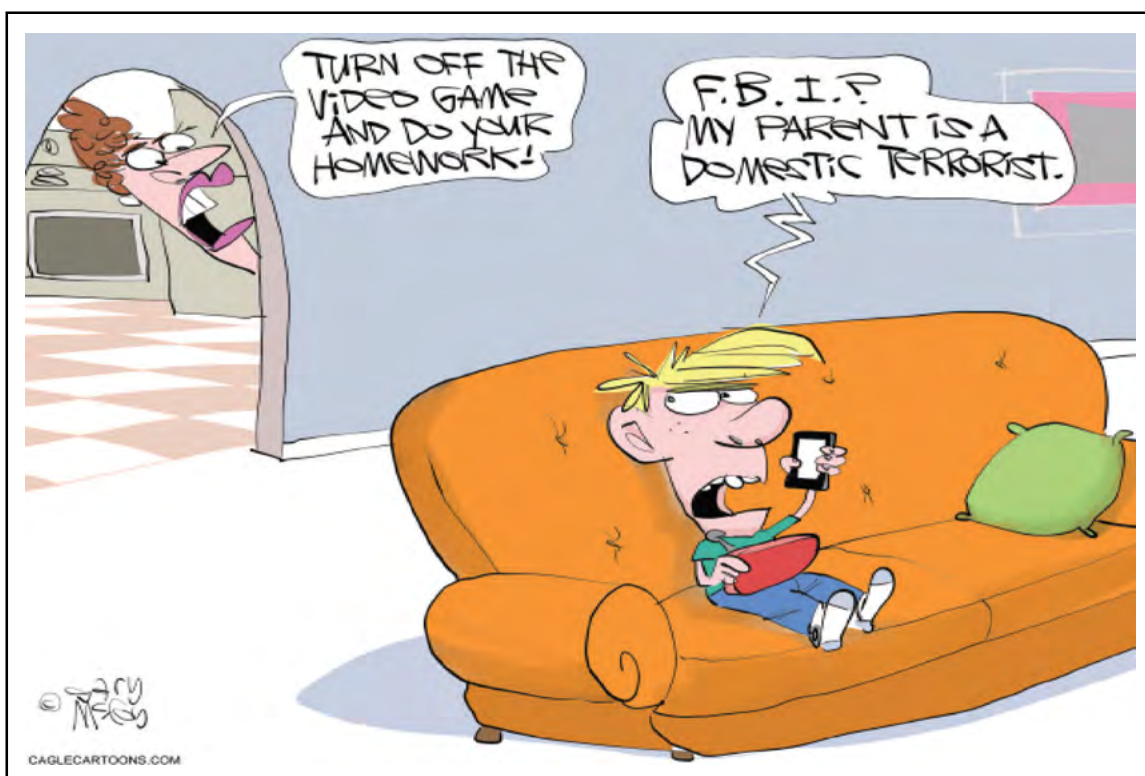
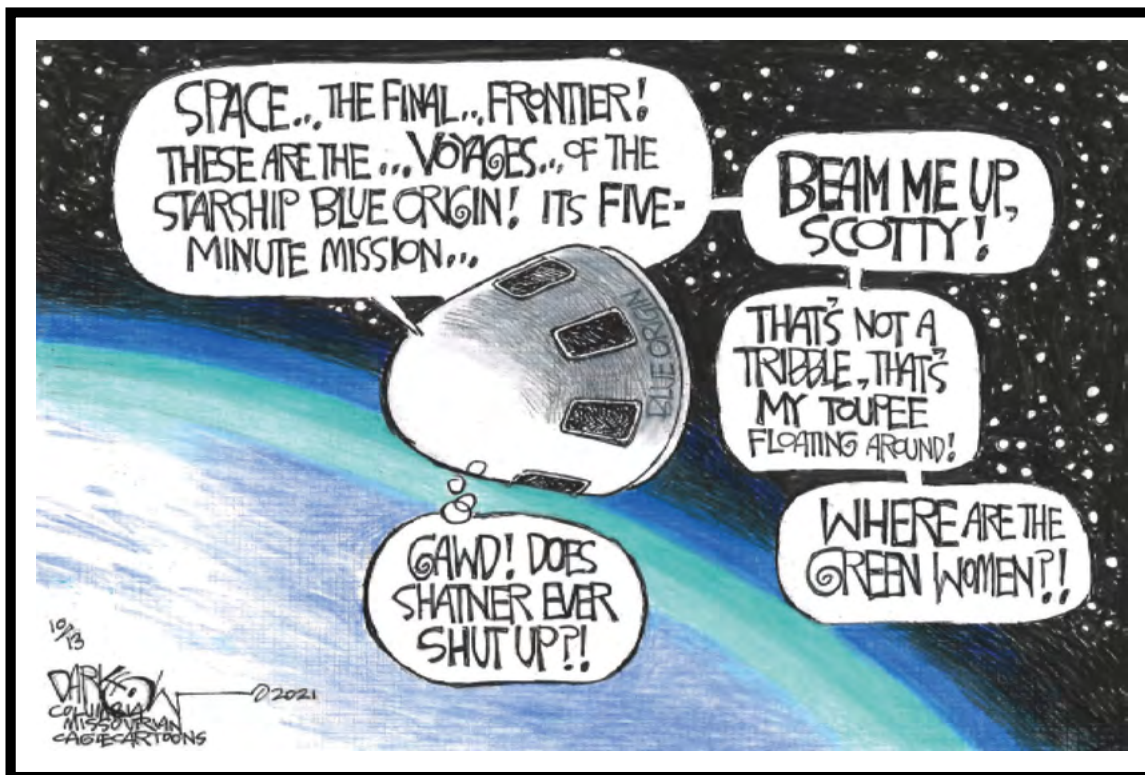
Because millions have been working from home due to the pandemic, a lot of people are struggling to regain their “morning mojo.”

The Wall Street Journal interviewed sleep and productivity experts to share some tips. In a nutshell, you have to will yourself to become a better morning person by turning-in early — 10 p.m. is best — and rising at 5:30 a.m. This gives you time to ease into the day with coffee, a walk or a bike ride or any other healthy activity. Plus, exposure to morning sunlight helps you to reset your circadian rhythm.

After two weeks of such clean living, the experts promise, you will own your mornings and be more rested and productive than you have ever been.

At least until March, when the clocks spring forward and your sleep mornings will be screwed up all over again.

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# NEWS of the WEIRD

The Vatican in Rome is full of the spoils taken by or given to popes over the centuries, but Pope Francis has a new toy that's delighting him: a foosball table.

The Associated Press reported that a Tuscany-based table football association, Sport Toscana Calcio Balilla, presented the pope with the game and he immediately struck up a match with Natale Tonini, president of the club.

Pope Francis is a big fan of soccer and of his home club, San Lorenzo, in Argentina.

■ ■ ■ ■ ■ ■ ■ ■ ■ ■  
In December 2020, News of the Weird reported on the unusual union between Kazakhstani body builder and self-described "sexy maniac" Yuri Tolochko and his new wife, Margo, a blow-up doll.

That relationship has since gone south, but Tolochko has found a new object of his affection: a metal ashtray that he procured from a nightclub.

In fact, the Mirror reported, Tolochko plans to have the ashtray outfitted with a vagina so they can consummate their love.

After a photo shoot with the ashtray, Tolochko, a pansexual, said, "I wanted to touch it again, smell it. I love its brutal scent, the touch of metal on my skin. I also like that it has a story, that it's not new, that it has served many people and continues to serve them."

■ ■ ■ ■ ■ ■ ■ ■ ■ ■  
Mortician Caitlin Doughty, who stars in a YouTube show called "Ask the Mortician," has answered all kinds of pressing questions about what happens when bodies are cremated, the Mirror reported.

For example, titanium hip joints don't melt along with tissue, clothes and hair, so, Doughty explained, "The metal has to be removed by hand or by a large magnet, and it's not handled as biological waste because it was never really part of the body to begin with."

She said hip and knee replacements can now be recycled into road signs and car parts.

Pacemakers, on the other hand, must be removed before cremation, as the batteries and intense heat could cause an explosion.

And breast implants? Doughty says they just melt, but can leave a "gelatinous goo" stuck to the bottom of the cremation chamber.

■ ■ ■ ■ ■ ■ ■ ■ ■ ■  
Monsignor Stephen Rossetti of Washington, D.C., is an exorcist and licensed psy-

chologist and counselor who is warning Catholics that demons have figured out how to send threatening text messages to their targets.

The Daily Star reported that Rossetti claims to have "three cases in which demons have texted the team and/or the family of the possessed person."

All were high-value targets with high-ranking, powerful demons involved.

For example, one text read, "Her torments start now, priest ... all night. We will make her bleed."

Rossetti points to a long history of demons influencing technology, such as flickering lights and TVs.

■ ■ ■ ■ ■ ■ ■ ■ ■ ■  
United Press International reported that a pair of Michael Jordan's underwear, sporting signs of "definite use," will be up for auction on the website Lelands.

The item description notes "some loose threads evident at the seams."

The basketball star apparently gave the U-trou to John Michael Wozniak, his former security guard, along with other items of clothing. Bid at presstime: \$1,074.

■ ■ ■ ■ ■ ■ ■ ■ ■ ■  
Two Polish companies are joining forces to make construction workers' lives more pleasant, Reuters reported.

Budimex and Lotos have created a floral-scented asphalt with a mixture of natural and synthetic oils that neutralize the typical smell of asphalt.

"At times one could smell the scent of flowers, which made working more pleasant," said Slawomir Szpak, a foreman for Budimex. The company is planning to introduce the new compound on a wider scale.

■ ■ ■ ■ ■ ■ ■ ■ ■ ■  
In Canberra, Australia, farmer Ben Jackson recently lost his beloved aunt.

He couldn't attend her funeral because of COVID-19 restrictions, so he did the next best thing: He dropped his sheep's food from a truck in the shape of a giant heart, then shot video from a drone as the ewes gathered to eat.

"It took me a few goes to get it right ... and the final result is what you see," Jackson told the Associated Press. "That was as close to a heart as I could get it."

■ ■ ■ ■ ■ ■ ■ ■ ■ ■

Kristin Levine of Bristol, Connecticut, was the victim of a porch pirate, but the thief was a little unusual: It was a black bear who walked across her driveway with an Amazon package in its mouth, NBC Connecticut reported.

Fortunately, the bear wasn't much interested in the contents (toilet paper) and dropped the item in her neighbor's yard. "I knew nothing in there was going to be irreplaceable, so it was a fun afternoon for sure," Levine said.

■ ■ ■ ■ ■ ■ ■ ■ ■ ■  
Erick Minto, 49, walked into a convenience store in Wawa, Florida, and asked for free food, The Smoking Gun reported.

When the clerk refused, Minto allegedly pulled out a knife and pointed it at the worker, uttering a quotable line: "Don't make me do something stupid for a Snickers bar."

The clerk handed over the candy bar, but Minto left the store without it and later told Pinellas County Sheriff's officer that he was "attempting to trade the knife for a Snickers bar." He was charged with armed robbery.

■ ■ ■ ■ ■ ■ ■ ■ ■ ■  
The Antwerp Zoo in Belgium has banned Adie Timmermans from visiting Chita, a 38-year-old male chimpanzee, after their "relationship" has caused him to be ostracized by the other chimps, the Daily Mail reported.

Timmermans has come to see Chita every week for the past four years, and the two blow kisses and wave to each other.

"I love that animal and he loves me," Timmermans argued. "I haven't got anything else. Why do they want to take that away?"

Chita started his life as a pet, but came to the zoo 30 years ago and is known to be interactive with humans.

However, when Timmermans isn't there with him, he spends most of his time alone.

"An animal that is too focused on people is less respected by its peers, and we want Chita to be a chimpanzee as much as possible," explained zoo curator Sarah Lafaut.

■ ■ ■ ■ ■ ■ ■ ■ ■ ■  
Firearms are hard to come by in Japan, so criminals often resort to makeshift weapons to threaten their victims, in-

cluding nose hair clippers and kitchen knives.

Tomoharu Nakamura, 41, of Sapporo, was arrested after trying to rob a convenience store using a lighter, SoraNews24 reported.

"Out with the money or I'll light you up!" Nakamura allegedly said to the store manager, who instead ran to the back room and called police.

When officers arrived, Nakamura tried to turn his fierce weapon on them, but they quickly overwhelmed him and charged him with robbery and assault, along with other offenses.

■ ■ ■ ■ ■ ■ ■ ■ ■ ■  
At Harvard University, the president of the organization of chaplains coordinates the campus's assorted religious communities.

The New York Times reported that the new president, 44-year-old Greg Epstein, is a bit of a trailblazer in the job: He's an atheist.

Harvard chaplains unanimously felt Epstein, who previously served as the university's humanist chaplain, could relate to a growing group of young people who no longer identify with any religious tradition.

Epstein grew up in a Jewish family and recognizes the "real need for conversation and support around what it means to be a good human and live an ethical life," he said.

"We don't look to a god for answers. We are each other's answers."

The chairperson of the nominating committee, the Rev. Kathleen Reed, explained: "We're presenting to the university a vision of how the world could work when diverse traditions focus on how to be good humans and neighbors."

■ ■ ■ ■ ■ ■ ■ ■ ■ ■  
Soccer fans are known to be passionate about their sport, but at a game in Pauls Valley, Oklahoma, it was the referee who lost control.

Davi Bathez issued a red card to a player during an adult league game, which ignited a scuffle amongst players.

According to WKRC-TV, Bathez went to his truck and retrieved his firearm, which he fired toward the player and the crowd.

Then he hopped in his vehicle and sped away, but police caught up with him quickly and confiscated his .38-caliber

handgun.

Remarkably, no one was injured in the incident. Bathez was charged with feloniously pointing a firearm.

■ ■ ■ ■ ■ ■ ■ ■ ■ ■  
A road rage incident in Amarillo, Texas, all started when Car No. 1 tried to pass Car Nos. 2 and 3.

No. 1 got past the first car, but No. 3 sped up to prevent the pass. As Car No. 1 passed No. 3, someone in No. 1 fired shots into No. 3.

"The victim in this case did have a handgun in their vehicle and returned fire at the suspect," Amarillo police Cpl. Jeb Hilton told KVII-TV.

And here's where Texas' tricky law comes in: While it is against Texas law to shoot a firearm from a moving or stationary vehicle on a roadway, if you're shooting in self-defense, you're off the hook.

The person in Car No. 3 will not face any charges. There were no injuries reported in the incident.

■ ■ ■ ■ ■ ■ ■ ■ ■ ■  
Shirley Wright-Johnson was shopping for pizza rolls in an Oklahoma City Crest Foods store when she literally put her hand in it: As she reached into the frozen case to pick up the rolls, "I grabbed the bag, I felt something smushy on the bag, so I turned it over and there it was," Wright-Johnson told KFOR-TV.

"It" was human feces. "I was so disgusted I was almost in tears," she said.

Moore, Oklahoma, police investigated, checking store video cameras, where they saw a man in "the cooler section, where he proceeded to defecate inside one of the coolers before leaving the business," said Lt. Kyle Johnson.

The suspect was apprehended and booked into the Cleveland County Detention Center on unrelated charges, police said.

■ ■ ■ ■ ■ ■ ■ ■ ■ ■  
The Pennsylvania Liquor Control Board is having to take drastic measures in response to a supply shortage of hooch in its state-run stores, The Morning Call reported.

Liquor stores will have a two-bottles-per-day limit on a long list of specific products, including bourbons, tequilas and champagnes. The PLCB said the limit will remain "for the foreseeable future."

■ ■ ■ ■ ■ ■ ■ ■ ■ ■  
It's back-to-school time all across the country, and in Kentucky, one district has an unexpected challenge in one

—Please See Page 13



# A Marvel: Montgomery Creek native's Hollywood career continues on an upswing as he pens 'Ant-Man 3' screenplay

Jeff Loveness's script for 'Ant-Man and the Wasp: Quantumania,' follows stints as a staff writer for Jimmy Kimmel Live! and the writer of six episodes for the Emmy-Award winning animated sci-fi sitcom 'Rick and Morty'

By Jon Lewis

As a kid growing up in the sleepy eastern Shasta County community of Montgomery Creek, Jeff Loveness kept himself entertained by reading comic books and making little James Bond movies with his brother, Clint.

These days, he's keeping himself busy in the legendary London studio that's the home of the Bond film franchise.

"I feel incredibly lucky to be there," Loveness, 32, said in a phone interview in October from his London apartment. "Every day I walk by the '007' stage. It feels like classic Hollywood, or the London equivalent of it."

Loveness is working at Pinewood Studios (home to Tim Burton's "Batman," "Star Wars" movies, "Aliens," Stanley Kubrick films and countless others) fine-tuning his screenplay for "Ant-Man and the Wasp: Quantumania," the third installment in the Ant-Man series and the 33rd film in the Marvel Cinematic Universe.

Loveness had just wrapped up two years as a full-time writer for the eccentric but popular animated sci-fi TV comedy "Rick and Morty" and was essentially out of work.

"I was helping out on the 'Rick and Morty' finale while working on a couple other projects," he said, "and I randomly



ALL PHOTOS (unless otherwise indicated) / Provided by Jeff Loveness

**The sometimes lonely life of a screenwriter. Jeff Loveness in October pounding out a revision for Ant-Man 3 at Pinewood Studios in Buckinghamshire, England, where principal photography was taking place. According to Wikipedia, the film was also scheduled to shoot in Turkey, Atlanta and San Francisco. It's currently scheduled to be released in 2023.**

got a call from my manager asking 'can you get to Marvel by 3 o'clock?'

"I just walked in and I was not sure why I was there. It turned out it was an interview to write Ant-Man 3. I guess it went well. I got the job later that day," Loveness said. "Two weeks later the Covid lockdown happened. I had met the EP (executive producer) three or four times and from then on it was all on Zoom."

"It was very surreal. I get this dream job and then not see anyone for a year. I did 1 percent of the writing at Disney studios and 99 percent from my couch," Loveness said with a laugh.

## Where it began

Loveness said he thoroughly enjoyed growing up in Montgomery Creek (population 145) where he and his friends had plenty of room to roam and time to think up fun things to do. He attended Cedar Creek Elementary.

(Gratuitous Hollywood trivia: the actor Craig T. Nelson worked as a janitor at Cedar Creek Elementary

Redding and entered the film in that competition as well.

"Profiles are Lovely," written and directed by Loveness and produced with the help of his friends and parents, Al and Linda, is a short film set in Montgomery Creek ("because nobody had really seen it before and it has a lot of character," he told After Five in 2009). It tells the story of two college-bound teens who meet briefly over the summer.

Loveness's character gets a chance to show the young woman around his hometown. He learns she's visiting her grandmother and that the two have a lot in common. Too soon, though, she has to leave. College, and the next chapter of her life, waits. The young man accepts the situation and recognizes his good fortune in having been provided a glimpse, or profile, of what's possible when one takes a chance.

"I tried to make the 'American Graffiti' of Montgomery Creek," Loveness said with a laugh.

The film was a finalist in the Dell competition and was judged the best entry in the narrative division at the Sundial Film Festival, earning Loveness a \$500 cash prize.

"'Profiles are Lovely' was my first attempt at making a movie from A to Z," Loveness said. "Honestly, it did change my life. It was a wonderful experience in my life. And I got to make it with my dad and mom helping me and with my best friend acting in it."

At Pepperdine, where he studied telecommunications, Loveness continued to add to his writing, acting, directing and production experiences by making YouTube videos and producing sketches for "The Randumb Show" carried by a community access TV channel in the Malibu area. He also kept his writing chops sharp as a freelancer for The Onion, a satirical online magazine.

## A career is born

His first big break after college came when Jimmy Kimmel happened upon Loveness's 90-second video titled "Wes Anderson Spider-Man" and hired the Pepperdine grad to write for the late-night TV host.

"Jimmy Kimmel gave me my career," Loveness said. "I wrote there for six years. I made fun sketches with movie stars, wrote jokes that were said that night, got to go to the Emmys and the Oscars. It's something I still couldn't believe happened."

The work was fast-paced and extremely topical, he added.

"It taught me to write really fast and not be pressured," Loveness said. "Just get up every day and type. I brought a little of that journalism energy which was helpful with 'Rick and Morty.' It helps to push yourself where you're not that comfortable. I find that it makes your work better and more interesting, rather than if you had all day."



**Jeff Loveness in the offices of Rick and Morty in 2019. As Loveness described it on his Twitter account, he's posing with "Tilda, the psychic cosmic dog of Anne Lane," a fellow writer on Rick and Morty.**

**"I just walked in and I was not sure why I was there. It turned out it was an interview to write Ant-Man 3. I guess it went well. I got the job later that day."**

**- Jeff Loveness**

during a five-year break in his acting career before he went on to star in the 1982 blockbuster film "Poltergeist" and the TV sitcom "Coach").

Loveness then switched to Liberty Christian in Redding for middle and high school.

For a summer project in 2008 while waiting for his first year at Pepperdine University, Loveness decided to make a 20-minute film with the goal of entering it in an online contest sponsored by Dell computers. He then learned of the inaugural Sundial Film Festival in





PHOTO / © Marvel Studios / Entertainment Pictures / Alamy Stock Photo

**Evangeline Lilly portrays Hope van Dyne / Wasp and Paul Rudd is Scott Lang / Ant-Man in a production still from “Ant-Man and The Wasp,” the second of the Ant-Man movies that was released in 2018. The two return**

**for “Ant-Man and the Wasp: Quantumania” as does director Peyton Reed in a script written by Jeff Loveness. Among the other actors returning are Michael Douglas and Michelle Pfeiffer.**

Writing for Kimmel meant cranking out jokes tied to that day’s headlines, which presented one type of pressure, while working on “Rick and Morty” “was the opposite,” he said. “I’d write stuff that wouldn’t be on TV for a year and a half, so it had to have a longer shelf life.”

#### **Ant-Man**

Loveness said the Ant-Man screenplay “is a meeting between the two” but it also poses a stiff challenge in that it’s “a Marvel movie that millions will watch and re-watch” and many of those fans will be expecting a seamless mesh with other characters and storylines in the Marvel Cinematic Universe.

Throughout childhood, Loveness was a big fan of comic books and that appreciation followed him into adulthood. His favorite characters remain Superman (“I love the mythology of him; the kindness of the character and the empathy”), Cyclops from the X-Men and Spiderman. Loveness has authored comic books himself centered around the characters of Groot, Spiderman and Nova.

He describes Ant-Man “as kind of the comedy movie in the Marvel universe. It leans toward the comedy side. It’s an action-adventure-comedy. I love movies

**“Jeff Loveness is our new writer for the film. I think he is phenomenal (and) one of the best writers we’ve ever had. I think he’s got an incredible mastery of voice...I actually think it has the chance to be the best (Ant-Man) we’ve done yet.”**

**- Evangeline Lilly**

**who portrays Hope van Dyne / Wasp in the Ant-Man movies from an interview with collider.com**

like ‘Ghostbusters’ and ‘Jurassic Park.’ It’s great to use my comedy background and love of comic books to create this hybrid.”

Paul Rudd and Evangeline Lilly return for the third Ant-Man installment as does director Peyton Reed. Loveness also is working closely with actors Michelle Pfeiffer, Michael Douglas and Kathryn Newton. Jonathan Majors has been cast as the villain Kang the Conqueror.

“I think he’ll be a major presence in

film acting going forward,” Loveness predicted for Majors, whose character also appears in the Disney TV series “Loki.”

In an interview published on collider.com, Lilly had high praise for Loveness’s script:

“Jeff Loveness is our new writer for the film. We’ve never worked with him before. I think he is phenomenal. I think he’s one of the best writers we’ve ever had. I think he’s got an incredible mastery of voice. So on the page, I



**Jeff Loveness**

could hear all the characters, and I knew that he’d really kind of harnessed each person’s unique personality. I just think that it’s going to be really special. I think it’s going to be really good. I actually think it has the chance to be the best one we’ve done yet.”

Loveness kept mum on all details of the movie, other than offering that Ant-Man 3 will have “a lot of surprises.”

The film is now scheduled for a July 28, 2023 release.





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# NEWS of the WEIRD

-From Page 7

of its high schools.

WLKY-TV reported that high school students in the Meade County school district are attending school dressed as and acting like ... cats.

One grandmother is upset because her two grandchildren don't want to go to school anymore.

"Apparently, from what I understand, they're called 'furries,'" she said. "They identify with animals. These people will hiss at you or scratch at you if they don't like something you're doing. The students are told they can't wear hats or Budweiser shirts in school, but they can wear cat ears, cat tails, masks, leashes. It doesn't make sense."

Superintendent Mark Martin says the problem is being handled on an individual basis, which he can't discuss.

Among the charges levied against Jose Aramburo Molina Jr. in Phoenix was "improper removal of a dead person," azfamily.com reported.

That's because when Molina allegedly stole a parked, running van from outside a funeral home, there were two bodies in the back.

Molina had the key fob for the van in his possession; he told officers he had picked it up off the ground. He also had several illegal drugs.

The city council of Christchurch, New Zealand, has officially ended its contract with The Wizard of New Zealand (also known as Ian Brackenbury Channell) after 23 years of service.

Over his tenure, the Wizard cast spells and entertained tourists to the tune of \$16,000 per year, but the city no longer believes his services are necessary, Oddee.com reported.

Officially, Christchurch's "promotional landscape is changing," said the council's assistant chief executive Lynn McClelland, with "programs that will ... showcase a vibrant, diverse, modern city."

For his part, the Wizard called the council "a bunch of bureaucrats who have no imagination. I am the original image of Christchurch. They will have to kill me to stop me."

ABC News reported that in Wellington, New Zealand, police went above and beyond for a certain emergency call.

When a dispatcher answered the call, a little voice started out, "Hi. Police lady?" The 4-year-old then went on to say, "I've got some toys for you. Come over and see them."

Around then, an adult took the phone, confirming that it was not an emergency, but the dispatcher sent Constable Kurt over anyway.

The little boy showed off his toys to the officer and had a "good, educational chat" about the use of the emergency number (111 in New Zealand).

"He did have cool toys," Constable Kurt confirmed. He reciprocated by

turning on his patrol car's lights for the boy.

During a weather segment on KREM-TV in Spokane, Washington, viewers were stunned to see a 13-second clip of a woman's bare behind on a display behind the meteorologist, Yahoo! News reported.

Viewers began calling the Spokane police department, which is now working with the station to find out how the video made it to the broadcast.

KREM-TV could face fines from the Federal Communications Commission for airing the incident.

Vojin Kusic, 72, of Srbac, Bosnia-Herzegovina, built a home for himself and his family many years ago.

His wife, Ljubica, wanted the bedrooms to face the sun at the time, so the living room faced away from the road.

In time, Ljubica became distressed that she couldn't see visitors approaching the house, so Vojin remodeled it.

Now, with their children grown, Vojin has constructed the home of Ljubica's dreams: It rotates a full 360 degrees so she can turn it as she sees fit, the Associated Press reported.

"Now, our front door also rotates, so if she spots unwanted guests heading our way, she can spin the house and make them turn away," Vojin said.

Roughly 300 men and women volunteers gathered in the desert near the Israeli city of Arad, where they took off all their clothes and painted their bodies white for a project by photographer Spencer Tunick, the Associated Press reported.

For about three hours, they posed and repositioned themselves for Tunick as he shot photos to draw attention to the shrinking Dead Sea.

"I am always happy to return here and photograph in the only country in the Middle East that allows art such as this," Tunick said.

Organizers hope the project will bring attention to preserving the Dead Sea, and Israeli tourist officials hope it will bring visitors to the country.

David and Paula Knight of Surrey, England, were confused when they opened a letter informing them of a traffic violation and fine that took place in June in Bath.

The letter, which detailed a bus lane violation and included a photo of the offender, was generated by a traffic camera that captured a woman walking in a bus lane, wearing a shirt that said KNITTER.

The Knights' vehicle tag reads KNI9 TER, a reference to David's nickname, Knight.

"We thought one of our friends was sticking us up," Paula told the BBC, but they finally contacted authorities to straighten out the incident.

She said the staff member who

looked at the photo "burst out laughing."

The fine was canceled, everyone involved got a giggle out of it, and the next time the Knights go to Bath, they may take the train.

Fire officials in Santa Barbara County, California, received calls about a person hanging on the side of a cliff near Hope Ranch Beach, NBC New York reported.

Emergency crews were dispatched with equipment including a drone and fire engines, but the "person" was just a mannequin with long hair.

Apparently, the mannequin had been used in a movie shoot a few days earlier, Daniel Bertucelli of Santa Barbara County said, reminding residents, "Better to call than not!"

Folks in Plouneventer, France, were perplexed when they woke up to find a van perched atop a bus stop shelter, Oddity Central reported.

Police were summoned, the van was removed and the owner identified – but the mystery remained, with theories involving alcohol and performance art.

Finally, three days later, the truth came out: The prank was part of a "commercial dispute" between the van's owner and the perpetrator, who used a pallet truck to hoist the car onto the bus shelter. The latter may face charges of endangerment.

At a ceremony to award the annual Planeta literary prize in Spain, fans of author Carmen Mola were stunned to learn that the author is actually three male writers: Agustin Martinez, Jorge Diaz and Antonio Mercero, who were on hand to accept the award.

Mola's unpublished novel "The Beast" won 1 million euros with the prize.

Mola had been described as a female university professor living in Madrid who uses a pseudonym, People.com reported, but after the reveal, Diaz said, "We are three friends who one day four years ago decided to combine our talent to tell a story."

Some have called the trio "scammers," but Mercero argued, "We didn't hide behind a woman, we hid behind a name."

A Pittsburgh grandmother was assaulted with a pumpkin after she parked in front of James Gazis' home, WPXI-TV reported.

The victim was picking up her grandson from a nearby home and parked in front of the Gazis property, where Gazis' wife and children started yelling at her before James hurled the gourd at the car.

When she lowered her window to say "You've got to be kidding me," ... he took the second pumpkin, threw it (and) hit her in the face," the victim's son, James Moore, said.

Moore and Gazis, 40, tussled; Gazis was charged with aggravated assault, and Moore is facing a simple assault charge.

A police standoff that began on Oct. 6 finally came to an end more than

48 hours later, as a man wanted in connection with an assault case climbed down from the tree he had taken refuge in.

When police arrived at the Queens, New York, home of Roody Thomas, 44, in response to a call about a domestic dispute during which Thomas threatened his mother, Thomas climbed out of a second-story window and onto his roof.

He then leapt from the roof into a 30-foot spruce tree, where he spent two uncomfortable nights.

According to Fox 5 NY, a negotiator was ultimately able to talk Thomas into leaving his perch.

Thomas, who had a warrant out for his arrest for allegedly punching his girlfriend, surrendered to police and was sent to a hospital for evaluation.

An Arctic walrus who found fame this summer after touring the coasts of Spain, France and the U.K. was feared dead after he disappeared from West Cork, Ireland, in late August.

But fans of Wally the walrus can breathe easy: The Independent reports that the intrepid wanderer was recently spotted off the coast of Iceland.

Wally became famous for launching himself onto the decks of (empty, docked) boats, sinking several, as he stopped in various European harbors to rest during his travels.

Wildlife organizations even created special pontoon "couches" for him to nap on.

Wally appears to be in good health and is expected to make his way to the Arctic to begin his search for a mate once he's rested and built up some blubber for the trek.

Jeanine Bishop, 67, of Sebastian, Florida, was discovered dead in the bed of a pickup truck in a Walmart parking lot on Oct. 5.

ClickOrlando.com reported that detectives later interviewed her fiancé, Michael Despres, 56, who first made "cryptic" comments about her whereabouts.

But finally, he admitted that he killed her at their home and later took her body to the parking lot, where he "staged" her in the truck. Despres was charged with premeditated first-degree murder.

Four Italian men, part of a winemaking family in Paola, died at their family vineyard in early October after being overtaken by carbon dioxide in the small shed where they were fermenting the grapes.

The Daily Beast reported that Santino and Massimo Carnevale, 70 and 45, and Giacomo and Valerio Scofano, 70 and 50, were all related.

Police believe one of the men went in to stir the grapes, was overcome, and the next went in to help, one after the other.

One woman who tried to go in fainted near the entrance, but survived. Paola's mayor said the tragedy brought "pain to the whole community."



# Veteran and K9 bond a life-changing experience for both

## Service Dog Training program matches veterans with dogs to provide assistance and companionship

By Aaron Williams

It's been said the best therapist has fur and four legs. Bruce Riecke would wholeheartedly agree.

The Vietnam veteran has worked for eight years matching shelter dogs and U.S. service veterans, training them to help with PTSD (post-traumatic stress disorder) and anxiety issues.

In its third iteration, the Service Dog Training program is run through Sacramento's VF Chung Mei Post 8358 and also out of the Anderson VFW Post 9650.

The program's objectives are simple: give back to veterans who gave to their country and sustained injuries, both visible and ones that can't be seen; assist in locating, matching and training a dog to provide assistance and companionship; and creating a Veteran/K9 bond that results in a life-changing experience for both.

Riecke estimates the programs have helped matched between 100 and 200 dogs with veterans.

"It's fricking magic to watch," he said.

Dogs, he said, have the innate ability to provide comfort, de-escalate a veteran's anxiety and stress level and be that one companion that never fails them.

"Sometimes, it's as simple as the dog coming up and putting their head on their owner's knee," he said.

After a tour in Vietnam, Riecke said his return to the states was sudden, abrupt and somewhat jarring. He said, unlike World War II veterans returning from combat, he was stateside in less than a day after receiving orders. And he knows many veterans who served overseas in the past 20 to 30 years also had that same experience, which combined with issues such as PTSD and anxiety, can leave them feeling isolated.



PHOTOS AND COVER PHOTO / Michael Burke

**Ally Tilton, a Navy veteran, with her German Shepherd shelter dog Ava (above and below left) who helps Tilton with her anxiety.**

"When you're deployed, you bond with the guys in your unit, your platoon; a brotherhood is established," he said. "You know that they will have your flank, have your back and they know you have theirs. You live in an environment where that bond is crucial.

"When you return home, that tie is broken."

The loss of that familiar world, no matter the stress, can lead to feelings of loneliness which often lead to suicide.

According to a Newsweek story, approximately "four times as many active duty personnel and veterans have died by suicide than in combat since Sept. 11, 2001." The Department of Veteran Affairs estimates 20 veterans take their own life each day, on average.

"But the canine, in a number of ways, becomes that one you trust. They fill in the gaps of that lost brotherhood," Riecke said about the program.

In order to qualify in the Service Dog Training program, a veteran must have served in a foreign country in a combat role, qualify for a disability rating of PTSD, anxiety or a recommendation from their doctor for a service dog, and be a VFW member.

Once the introduction and bonding happen, the veteran and dog train weekly with homework for both owner and pet.

"Unlike obedience training, we train the veteran to train the dog," Riecke said. "They're growing up together."

He said there's no set time from introduction to certification, but most veteran-canine pairs can complete their training in eight to 12 months.

"If the veteran isn't doing his homework, the dog will certainly be able to tell us through its actions (at the next class)," Riecke chuckled.

He originated the program in 2015 with help from a Redding-area dog trainer and a story on KRCR.

"We had people wanting to volunteer to help immediately after the story aired," he said.

After a few starts and stops, someone from the Sacramento VFW Post 8358 contacted Riecke and asked if he'd be willing to bring the concept to them – under their umbrella. And after it settled in, Greg Rogers at the Anderson Post 9650 asked to bring it back to its north state roots. Sarah Walton is the current trainer.

"We've been going at it since through Covid and the last 18 months and it really is one of those 'divine moments,'" he said. "It's a blessing the other ones (programs) failed and led me here."

But Riecke said it's not about his program, but how it helps veterans in need.

"Through training, the dog becomes an alert system, knowing situations that might trigger a situation," he said. "They can sense a good or bad environment, forming a team to keep the veteran safe and from self-isolating, or more importantly away from suicide."

### More information

For more information or to make a donation, contact the Anderson Post 9650 at (530) 526-5022 or email Riecke at [bariecke@gmail.com](mailto:bariecke@gmail.com).



**Sarah Walton is the trainer for the Service Dog Training program.**





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# How does Social Security work when a spouse or ex-spouse dies?

Dear Savvy Senior,  
Who qualifies for Social Security survivor benefits? My ex-husband died last year, so I would like to find out if me or my 17-year-old daughter are eligible for anything?

- Divorced Survivor

Dear Divorced,  
If your ex-husband worked and paid Social Security taxes and you and/or your daughter meet the eligibility requirements, you may very well be eligible for survivor benefits, but you should act quickly because benefits are generally retroactive only up to six months. Here's what you should know.

Under Social Security law, when a person who has worked and paid Social Security taxes dies, certain members of that person's family may be eligible for survivor benefits including spouses, former spouses and dependents. Here's a breakdown of who qualifies.

**Widow(er)'s and divorced widow(er)'s:** Surviving spouses that were married at least nine months are eligible to collect a monthly survivor benefit as early as age 60 (50 if disabled). Divorced surviving spouses are also eligible at this same age, if you were married at least 10 years and did not remarry before age 60 (50 if disabled), unless the marriage ends.

How much you'll receive will depend on how much money (earnings that



were subject to Social Security taxes) your spouse or ex-spouse made over their lifetime, and the age in which you apply for survivor benefits.

If you wait until your full retirement age (which is 66 for people born in 1945-1954 and will gradually increase to age 67 for people born in 1960 or later), you'll receive 100 of your deceased spouses or ex-spouses benefit amount. But if you apply between age 60 and your full retirement age, your benefit will be somewhere between 71.5 – 99 percent of their benefit.

There is, however, one exception. Surviving spouses and ex-spouses that are caring for a child (or children) of the deceased worker, and they are under age 16 or disabled, are eligible to receive 75 percent of the worker's benefit amount at any age.

**Unmarried children:** Surviving unmarried children under age 18, or up



By Jim Miller

to age 19 if they're still attending high school, are eligible for survivor benefits too. Benefits can also be paid to children at any age if they were disabled before age 22 and remain disabled.

Both biological and adoptive children are eligible, as well as kids born out of wedlock. Dependent stepchildren and grandchildren may also qualify. Children's benefits are 75 percent of the worker's benefit.

You should also know that in addition to survivor benefits, a surviving spouse or child may also be eligible to receive a special lump-sum death payment of \$255.

**Dependent parents:** Benefits can also be paid to dependent parents who are age 62 and older. For parents to qualify as dependents, the deceased worker would have had to provide at least one-half of the parent's financial support.

But be aware that Social Security has limits on how much a family can receive in monthly survivors' benefits – usually 150 to 180 percent of the worker's benefit.

## Switching Strategies

Social Security also provides surviving spouses and ex-spouses some nice strategies that can help boost your benefits. For example, if you've worked you could take a reduced survivor benefit at age 60 and switch to your own retirement benefit based on your earnings history – between 62 and 70 – if it offers a higher payment.

Or, if you're already receiving retirement benefits on your work record, you could switch to survivors benefits if it offers a higher payment. You cannot, however, receive both benefits.

You also need to know that if you collect a survivor benefit while working, and are under full retirement age, your benefits may be reduced depending on your earnings – see [SSA.gov/pubs/EN-05-10069.pdf](https://www.ssa.gov/pubs/EN-05-10069.pdf).

For more information on survivor benefits, visit [SSA.gov/benefits/survivors](https://www.ssa.gov/benefits/survivors).

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](https://www.savvysenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

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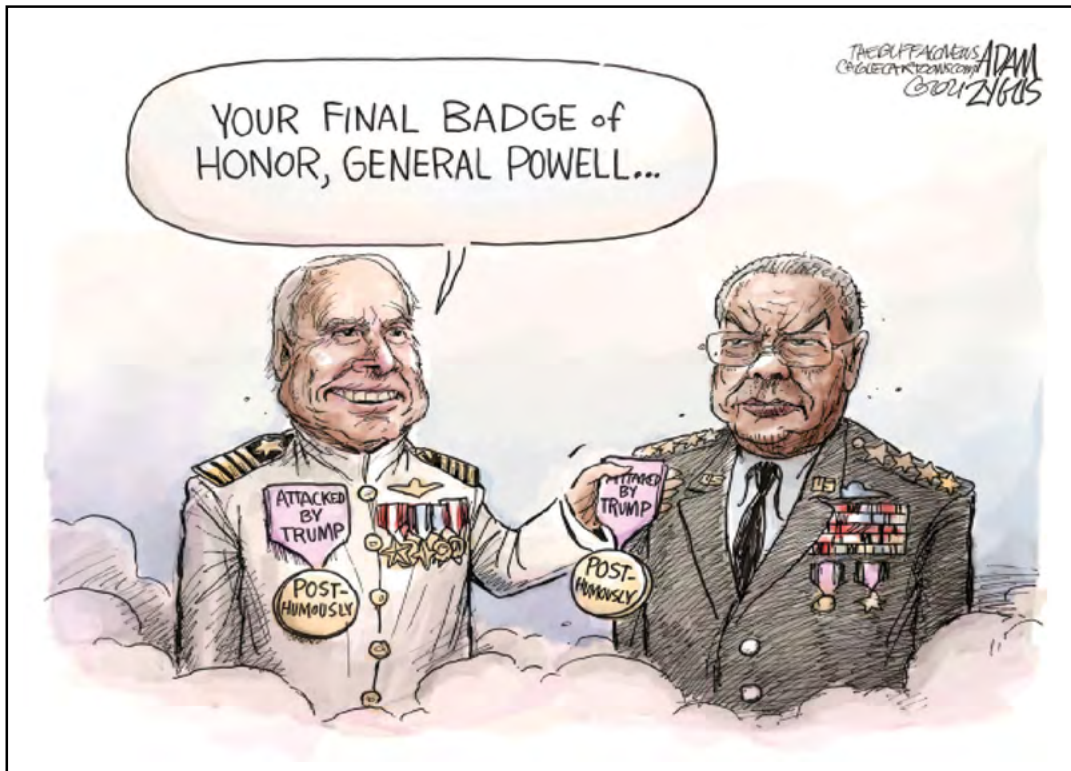


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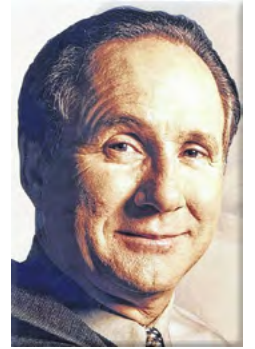




# The good life of Colin Powell

By Michael Reagan

*"I know in my heart that man is good, that what is right will always eventually triumph, and there is purpose and worth to each and every life."*



Those words written by my father, which are inscribed in stone at his gravesite, could very well have been referring to Colin Powell and his life.

Powell was a great American who literally lived the American dream.

Born in Harlem, the son of a Jamaican immigrant, he rose to the greatest possible heights – a four-star general who became a statesman, a presidential advisor and secretary of state from 2001 to 2005.

Powell was a good man who did a lot of good things while in the service of his country.

He also did a lot of good for thousands of children through his organization America's Promise Alliance, which works to improve the lives of young people and is rooted in the belief that every one of them "deserves to succeed and every adult is responsible for making that happen."

When Powell died, many political people said many nice things about him – and some of them said some pretty rotten things, too.

Most of the criticism had to do with Powell's "cheerleading" role in America's invasion of Iraq. He didn't instigate or orchestrate the war in Iraq, and he wasn't the only guy in the Bush II government who argued that we should send American men and women there to topple Saddam Hussein.

But his reputation was hurt forever after he warned in a speech to the United Nations that Hussein had weapons of mass destruction that he might use against us.

As everyone later found out, Saddam's weapons of mass destruction didn't exist and the claim that he was hiding them was based on faulty intelligence, which is the kind that our intel community has become really good at producing.

One of this week's meanest criticisms of Colin Powell, not surprisingly, came from a fellow Republican, Donald Trump.

The former president – whom Powell called "a national disgrace and an international pariah" in 2016 and whom he did not support in 2020 – wrote this typically Trumpian "eulogy":

"Wonderful to see Colin Powell, who made big mistakes on Iraq and famously, so-called weapons of mass destruction, be treated in death so beautifully by the Fake News Media. Hope that happens to me someday. He was a classic RINO (Republican In Name Only), if even that, always being the first to attack other Republicans. He made plenty of mistakes, but anyway, may he rest in peace!"

Trump simply can't help being Trump. He can't think beyond right now – or think beyond himself.

Instead of issuing a respectful presidential statement about the death of a great American, or just shutting up, he had to get his digs in and try to make himself the top story of the day. Trump's boorish statement was particularly upsetting to me because I knew what a nice man Colin Powell was.

I'll never forget the last time I spoke to him, which was at my father's funeral in Washington at the Capitol Rotunda. When the ceremony was over and as my family was walking out, Powell made a point to come over to see us. Literally running toward us and pushing his way through the crowd, he called out my name, put his hand on my shoulder and turned me around.

"I just want to tell you," he said. "You know, your father loved you."

Powell, who understood the dynamic of my family, loved my father. My father loved him – and once told me he would support him for president if that day came.

It's easy to understand why I was so upset by what Trump and some other Republicans said this week about Colin Powell.

Donald Trump will never understand it till the day he dies. But if he had lived by the words that are carved into the stone at my father's gravesite instead of his own, he might still be president.

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Michael Reagan, the son of President Ronald Reagan, is an author, speaker and president of the Reagan Legacy Foundation. Send comments to [reagan@caglecartoons.com](mailto:reagan@caglecartoons.com) and follow @reaganworld on Twitter.





# Covid and the flu: Is a 'twindemic' threat lurking again?

By Ana B. Ibarra  
CalMatters.org

First, the good news: The flu was practically nonexistent last year.

The bad news: Little flu last season means increased risk this fall and winter.

The so-called "twindemic" that public health officials in California and elsewhere warned about last year — the combined threat of influenza and Covid-19 — was largely eased by the wide use of face masks, physical distancing and reduced travel, experts say. But their concerns are back this year.

Flu activity during the 2020-21 season was the lowest recorded since data began being collected in 1997, according to the Centers for Disease Control and Prevention.

"Because of so little disease last year, population immunity is likely lower, putting us all at increased risk of disease this year, especially among the most vulnerable including our children," CDC director Rochelle Walensky said at a press briefing earlier in October.

The agency was notified of one pediatric death last flu season, compared to 199 flu deaths reported among children the year before. The CDC did not have estimates for last season's flu deaths among adults.

A potentially bad flu season is especially concerning as hospitals are facing severe understaffing. Last week, a third of all California hospitals reported critical shortages in staffing due in part to burnout, CalMatters reported.

For example, during the 2017-18 flu season, considered severe by the CDC, about 710,000 people were hospitalized nationwide — including about 100,000 people in California, health officials have estimated.

Flu shots continue to be the best protection against severe illness. Doctors and public health experts are urging people to get vaccinated — ideally they did so by the end of October — noting that flu shots will ultimately reduce the number of people who will need ambulance transport and the emergency room.

"We saw virtually no flu last year and



are uncertain about what this year will hold," said Dr. Penny Borenstein, San Luis Obispo County's health officer.

"We do know that the most recent flu season was relatively mild in the Southern hemisphere and that the vaccine was a good match for the strains circulating there," she said. "We are hoping for a similar outcome during our soon-to-arrive Northern hemisphere flu season."

According to CDC estimates, 47 percent of adults in California received a flu shot last year, similar to the 2019-20 flu season — that's among the lowest in the country and slightly lower than the national average of 50 percent. By comparison, Massachusetts and Rhode Island had the highest flu shot uptake last year at 62 percent and 64 percent, respectively.

California fared better with flu shots for kids — about 58 percent of children were immunized last season. In Massachusetts, immunization among kids was close to 84 percent.

Last year, many people skipped holiday gatherings, college students weren't traveling home, and masking and physical distancing was required in most places — all factors that probably helped mitigate flu activity.

"Unfortunately, this year we have

relaxed most of these measures," said Shira Shafir, an epidemiology professor at the University of California, Los Angeles.

That's bad news for both Covid and non-Covid respiratory infections, she said.

And the pandemic isn't quite over. While close to 80 percent of Californians age 12 and over have been immunized against Covid, that still leaves pockets of people who can flood hospitals this winter.

"It can still get bad," said Dr. George Rutherford, a professor of epidemiology at University of California, San Francisco. "I do think all of this will be revealed in November — if we start to see a surge in early November, it will get worse during the holidays."

Health experts are also keeping an eye on the delayed uptick of respiratory syncytial virus, or RSV, another seasonal virus. This virus usually peaks in the winter, but in some places, cases spiked this summer, much later than usual, Rutherford said.

This virus can result in common cold symptoms or even pneumonia. People of any age can become infected with RSV, but babies and older adults, especially those with compromised immune systems, are at increased

danger of severe cases.

Like the flu, respiratory syncytial virus diminished last winter likely because of distancing and masking. Surveillance reports from the CDC show that, in California, the percentage of tests that come back positive for RSV has been on the rise since June.

"That's also a concern, maybe even more than influenza," Rutherford said.

Researchers who looked at the most recent RSV spike in New York recently wrote in the Journal of American of Pediatrics that hospitals should be planning for an increase in pediatric emergency visits. There is no vaccine for this virus.

The burden respiratory illnesses will have on this fall and winter depend largely on how much masking continues, Rutherford said. Besides getting the flu shot and the Covid-19 vaccine, he recommends that people plan to celebrate Thanksgiving outdoors.

"Also, you don't need to have 60 people over for Thanksgiving. Keep it small, make life simpler," he said.

*CalMatters.org is a nonprofit, nonpartisan media organization explaining California policies and politics. Read more at [calmatters.org](https://calmatters.org).*

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