

NORTH STATE DINING & ENTERTAINMENT SECTION INSIDE

AFTER FIVE

THE NORTH STATE MAGAZINE

JUNE 2022 / 35th Year / No. 8

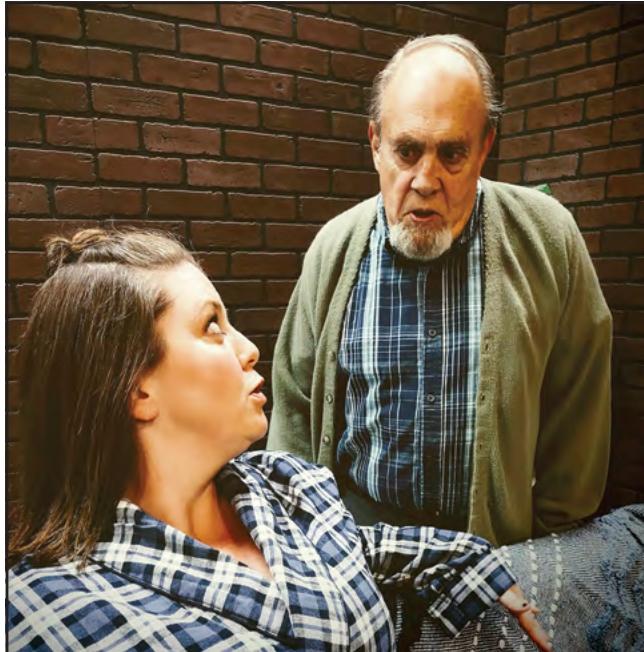
THE NEWS, ARTS & ENTERTAINMENT MONTHLY



ON THE COVER

CHEAP TRICK

After nearly 45 years together, three of Cheap Trick's original members – lead vocalist Robin Zander, guitar player Rick Nielsen and bassist Tom Petersson – are on the road with drummer Daxx Nielsen (Rick's son) and will be making a summer tour stop on June 16 at the Obsidian Spirits Amphitheater at Rolling Hills Casino in Corning. Opening is Extreme with their hits 'More Than Words' and 'Hole Hearted,' among others. For more on Cheap Trick, the 2016 inductees to the Rock & Roll Hall of Fame, see page 7



PULITZER 'PROOF'

Malorie Glavan is Catherine and John Welsh is Robert (pictured at left) in the Riverfront Playhouse production of the Tony Award and Pulitzer Prize-winning play 'Proof,' scheduled for performances June 3-18 at Riverfront's theater in Redding. See page 2

SAVVY SENIOR

If you or someone you know is nearing Medicare age, you might want to find out how to choose a Medicare supplemental (Medigap) policy. The Savvy Senior, Jim Miller, explains. See page 19

RIVERFRONT PLAYHOUSE

PROOF

BY DAVID AUBURN

DIRECTED BY: SAMANTHA FORK

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Riverfront to present 'Proof,' the Pulitzer Prize-winning play

Riverfront Playhouse will present "Proof," the 2000 play by David Auburn that won the 2001 Pulitzer Prize for Drama and the Tony Award for Best Play.

It's schedule to run June 3-18, with performances at 7:30 p.m. on Fridays and Saturdays and 2 p.m. matinees on Sundays. For tickets go to riverfrontplayhouse.net.

The play has just four actors and revolves around a woman named Catherine - a mathematician in her own right - who has put her life on hold to care for her brilliant but unstable mathematician father, said Malorie Glavan, who portrays Catherine in the Riverfront production.

However, on the eve of her birthday, Catherine must deal with not only his death but the arrival of her estranged sister, Claire, and with the attentions of Hal, a former student of her father's who hopes to find valuable work in the 103 notebooks that Robert left behind. As Catherine confronts all the change and the expectations being thrust upon her, she struggles to solve the most perplexing problem of all: How much of her father's madness - or genius - will she inherit?

"I actually read 'Proof' as part of my coursework while in college for a B.A. in theater arts and I immediately fell in love with the script in general and Catherine's character specifically," Glavan said in an email. "David Auburn's script is so well written. These are real people dealing with very real fears and joys that I think we can all relate to. His dialogue is very natural and witty. The characters are complex and relatable and intimate. It's no surprise that the script won the Pulitzer for drama when it came out."

Glavan, who is Riverfront's theater manager, started acting while in college in Portland. Her first performance upon returning to Redding was as Francis in "Five Women Wearing the Same Dress."

In the last 10 years she has done quite a bit of acting on both stage and screen with some of her favorite performances at Riverfront being her roles in "Messiah on the Frigidaire," "Doubt," "Two on the Aisle, Three in a Van," "The Laramie Project," (for which she was awarded the Best Actress Arpee) and "Clue." Her most recent performance was as Truvy in "Steel Magnolias."

Glavan said "Proof" will be up there with her favorites. She said it is such a great play and Catherine is such a fascinating character.

"She's tough and strong and vulnerable and confident and afraid," she said. "She's the kind of character that an actor can spend months trying to master and still have only touched the surface."

Glavan said the part has long been a bucket list role for her.

"So I would have auditioned for her no matter what, but the icing on the cake is that Samantha Fork is directing," she said. "I have been putting my trust in Samantha as a director for the last decade and I would follow her through any theatrical adventure she wanted to take me on."



Above, Kent Bodensteiner plays Hal and Malorie Glavan is Catherine in the Riverfront Playhouse production of the Tony Award and Pulitzer Prize-winning play "Proof." Below, Glavan, left, and Kathryn Trent, who portrays Catherine's older sister, Claire. The play runs June 3-18.



PHOTOS and COVER PHOTO / Samantha Fork

Fork has directed more than 15 shows in Redding over the last 25 years. It all began with "A Streetcar Named Desire" when she was just 20 years old. Other shows she's been at the helm of include "The Laramie Project," "Doubt: A Parable," "Five Women Wearing the Same Dress," and "The Grapes of Wrath." She also was a founding member and director of Redding Improv Players, which did monthly shows in the area for nearly 20 years.

Also in the cast is John Welsh, a Redding theater veteran who plays Robert, and Kathryn Trent, in her first time ever on a stage, portraying Claire.

Rounding out the cast is Kent Bodensteiner who plays Hal. This is Bodensteiner's first roll in over 10 years and his first here in Redding.

Though born and raised in Iowa, Bodensteiner has resided in Redding for almost 10 years. "Proof" marks his return to acting after a 15-year break. He previously trained and performed in Los Angeles and in his undergraduate studies.

"I have a nice balance of experience and new energy," Fork said of her four actors.

"Now that the whole cast has been working together for a couple of weeks the experience is so much better than I ever could have imagined over the last 18 years of pining over the role," Glavan said in mid-May. "I could not ask for better scene partners to be working on this incredible script with."

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WHAT'S THE PROBLEM? THE PLACES PUTIN HAS ATTACKED WERE ALL ONCE PART OF RUSSIA!



PHOTO / Carol Perea

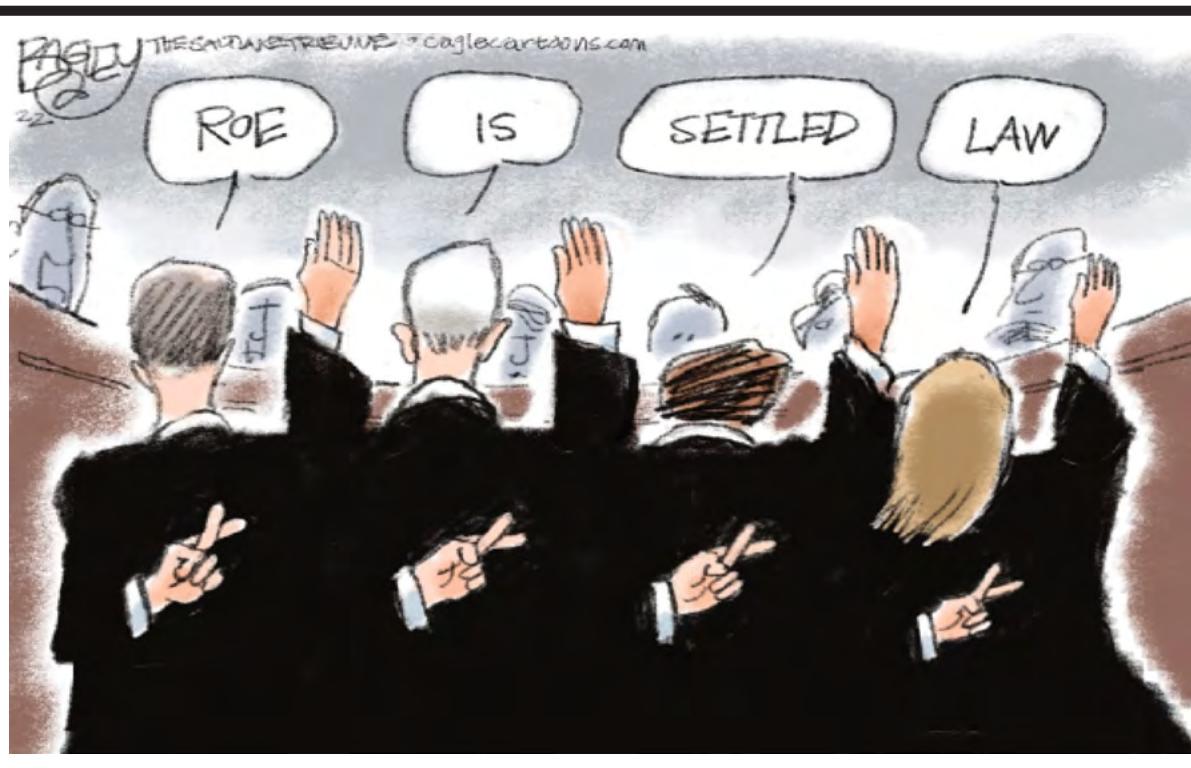
Daniel Hill, left, portrays a young Woody Guthrie and Don Potter an older version of the singer-songwriter in "Woody Guthrie's American Song."

'Woody Guthrie's American Song' returns for 8 show engagement

"Woody Guthrie's American Song" is returning to Axiom Repertory Theatre in Redding for a limited, eight show engagement. The show, which Axiom originally presented last summer, is scheduled to run June 10 to July 4. An ensemble musical based on the songs and writings of Woody Guthrie, the show was conceived and adapted by UC Berkeley professor and playwright, Peter Glazer. Glazer attended Axiom's opening night performance of the show last year. Orchestrations and vocal arrangements are by Jeff Waxman and the show is directed by Nancy Hill. Performances are scheduled for 7:30 p.m., Friday and Saturday, June 10-11 and June 24-25; and 2 p.m. matinees on Sunday, June 12, 26 and July 3 and Monday, July 4. For tickets, visit axreptheatre.com. Axiom Repertory Theatre is located at 2613 Bechelli Lane, Redding.

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LIBERAL SNOWFLAKES ARE SO AFRAID OF FREE SPEECH. ISN'T THAT RIGHT, TEACH?



AFTER FIVE

The North State Magazine

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AFTER FIVE

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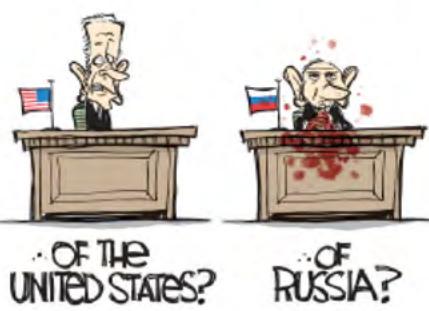
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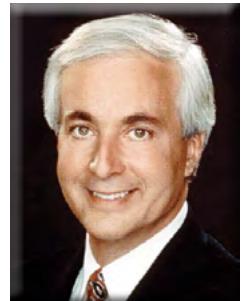
WHICH PRESIDENT
IS MOST TO BLAME FOR
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Hollywood, like society, has trouble with the truth

By Peter Funt

We're living in gray times, bobbing in a sea of information where there is no longer much black or white. We have access to more content than ever — plus raging uncertainty about how much is fact or fiction.



Some folks are convinced they can't trust politicians or news reporters or even medical experts, and it often seems that no amount of Googling gets us to the truth of many matters. Which brings me to Hollywood and its current crop of films and quasi-documentaries.

Example: Paramount+ is running a 10-part series called "The Offer," about the making of 1972's mob epic "The Godfather." It's riveting and made all the more compelling by the implication that this is the real backstory of Francis Ford Coppola's classic. Turns out screenwriter Michael Tolkin got rather carried away in inventing plot lines. He's been quoted as saying he prefers to forget what's real and what's not and "just write."

Consider the recent Netflix multi-part "Inventing Anna," about the con artist who called herself Anna Delvey. The series is based on a well-reported piece in New York magazine, but by the time it was massaged by Hollywood — and padded to fill nine installments — it required the snarky on-screen disclaimer: "This whole story is completely true, except for all the parts that are totally made up."

Maybe Hollywood needs some parameters, like the kind used for peanut butter and jelly. Federal law says a product must have 90 percent peanuts to be called peanut butter, while jelly requires at least 45 percent actual fruit. So what about movies — especially the supposedly fact-based kind that are popular these days on streaming services? What percentage of facts should a film have to be considered true?

Hollywood has a long history of altering details to fit the screen. But today's streaming services have expanded the market for content loosely based on real people or real events. It comes at a time when Americans are already struggling to separate truth from lies in cable-TV news coverage. And it plays into the muddle of semi-truths on social media.

HBO recently wrapped up a multi-part series about the Los Angeles Lakers called "Winning Time," but complaints about accuracy of the production are far from over. The real-life Magic Johnson, Kareem Abdul-Jabbar and Jerry West have all complained bitterly about how they were depicted. Abdul-Jabbar wrote last month that the series was "deliberately dishonest," adding that the show replaced "solid facts" with "flimsy cardboard fictions."

This is an era some observers are calling Peak TV, but one that might also be termed Bloated TV. Stories that might have made tidy two-hour films are being stretched into multiple installments to accommodate marketing needs of streaming services. Also concerning is the rise of what are loosely called "documentaries" — a genre that once implied journalistic accountability but currently includes a wide range of fictionalized and romanticized treatments.

Showtime's 10-part drama "The First Lady" examines the historically-significant lives of Michelle Obama, Betty Ford and Eleanor Roosevelt. The producer, Cathy Schulman, described the creative task as "imagining the kind of conversations — and arguments — that must have happened inside those White House walls between these events we all know."

Aaron Sorkin squeezed several year's worth of occurrences in the lives of Lucille Ball and Desi Arnaz into a single dramatic week in Amazon's "Being the Ricardos." In one pivotal scene, FBI boss J. Edgar Hoover is heard on the telephone declaring that Lucy is "100% cleared" of being a Communist — a call that never actually happened.

Sorkin's film provides a good example of the struggle viewers face nowadays in seeking out the truth. A few months after its release, Amazon presented a documentary called "Lucy and Desi," directed by Amy Poehler, which takes a more fact-based look at the showbiz couple. Watching both productions is almost like switching between Tucker Carlson and Anderson Cooper in search of accurate news.

If it's true that art imitates life, then producers are inadvertently doing a bang-up job of mimicking what's so confusing these days in news and politics. Hollywood needs to cut back on what Trump aide Kellyanne Conway famously called "alternative facts."

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This and that...

Trinity Alps Chamber Music Festival returns

The Trinity Alps Chamber Music Festival, founded in 2011, is celebrating its 12th season this month with nine public concerts in Trinity, Shasta, and Humboldt counties. Twelve different guest artists will come together from across the country for the concerts as well as two weeks of community residencies and recording projects. For details and more information see TrinityAlpsCMF.org.

Sundial Music Festival June 18

The Redding Sundial Music Festival is scheduled from 3 to 8 p.m. on Saturday, June 18 at the Riverfront Amphitheatre near the Sundial Bridge. Marc Cooper headlines. For tickets and info. see shastaarts council.org.

Railroad theme for art show

The Siskiyou Arts Museum's Second Saturday Art Opening and Reception is scheduled June 11 and is held in conjunction with the annual Dunsmuir Railroad Days celebration. The show is entitled "End of the Line Moniker Show," and features Charlie Wray, of the Historic Graffiti Society, Susan Phillips, John Free and an exhibit by the Black Butte Center for Railroad Culture (BBCRC). For more info., see siskiyouartsmuseum.org, their Facebook page or call 530-235-4711.

Function in the Junction June 18

Function at the Junction at the Junction City Park in Trinity County is scheduled June 18. Absynth Quartet headlines. Four bands, fire dancers and more. Tickets available at eventbrite.com

Free music begins

Free music in various communities around the north state begins in June, including the city of Shasta Lake's "Friday Night in the Park" at Claire Engle Park. That 10-week series begins June 10.

First Fridays

If you're up in Modoc County, First Fridays are scheduled June 3, July 1, Aug. 5, Sept. 2, and Oct. 7, from 5 to 9 p.m. on Main Street in Cedarville. There will be live music, games for the kids and adults, arts and crafts booths, food, and more. For more info. contact she@zekescandy.com

Cheap Trick at Budokan Rolling Hills Casino

Rock & Roll Hall of Famers in Corning June 16; Extreme to open

"I want you to want ... MEEEEEE."

And rock and roll fans will want to get to Rolling Hills Casino and Resort on June 16 for the music of Rock & Roll Hall of Famers, Cheap Trick.

After nearly 45 years together, three of Cheap Trick's original members - lead vocalist Robin Zander, guitar player Rick Nielsen and bassist Tom Petersson - are out of the road again with Daxx Nielsen (Rick's son) on drums and will be making a summer tour stop at the Obsidian Spirits Amphitheater. Tickets range from \$45 to \$100 and are available at rollinghills.com. Doors open 6 p.m., show at 8 p.m.

Special guest is Extreme ("More Than Words," "Hole Hearted," "Get The Funk Out").

After forming in 1973 in Illinois, Cheap Trick "burst" onto the scene with *Live at Budokan*, an album recorded in Japan that was all over the FM dial in the late 1970s.

Suddenly, songs like "Surrender," the Fats Domino cover "Ain't That a Shame" and "I Want You to Want Me" were ingrained in the rock psyche of fans.

"The way I look at it, Cheap Trick got to do what we wanted to do, whether we had success or not. We got to make records, we got to tour," Nielsen told rock music publication *Louder* in a recent interview. "I can't really think of too many downs, because we're just lucky enough that we get to play. There's a million other bands that wish they could be in our position, good and bad."

The band released three albums in 1977 and 1978 that included such songs as "Surrender," and "I Want You to Want Me" as well as the deep cuts "Heaven Tonight," "Clock Strikes Ten" and "California Man." But it was 1979's *Live at Budokan* that catapulted Cheap Trick into the regular rotation on FM radio. Their appearance in Japan has been described as a bit of "Beatlemania" in the Far East.

They told Dan Rather on AXS's "The Big Interview" the electricity felt from that recording was due to the Japanese press hyping them up as Queen's opening act.

"We started getting fan mail from Japan because of the Japanese press talking about us at a Queen show," Nielsen told Rather. "Normally they wouldn't mention the opening act."

Added Zander: "In Japan, they have these comic books and they're thick ones and Queen and KISS were always in there. And all of a sudden, we were in there as like their young brothers. So that helped promote us in Japan before *Budokan* even came out."

The band followed *Budokan* with their most successful studio album *Dream Police*, which reached No. 6 on the U.S. charts and included the band's first foray into the MTV era with a video of the title track.

The album also contained "Voices," which reached No. 32 on Billboard's Hot 100, "Way of the World," and the nine minute plus pulsating epic rocker "Gonna Raise Hell," that still has people wondering what it's all about.

Although many have speculated, Nielsen, who wrote the song, reportedly



PHOTOS / Martin Thompson

Cheap Trick, clockwise from top left: Lead singer Robin Zander, bassist Tom Petersson, drummer Daxx Nielsen and guitarist Rick Nielsen. The Rock and Roll Hall of Famers are scheduled to perform June 16 at Rolling Hills Casino's Obsidian Spirits Amphitheater.

said it's about "religious, political and nuclear fanatics."

The band hit mainstream popular culture a few years later when they got a mention in the 1982 teen coming-of-age comedy classic "Fast Times at Ridgemont High" as ticket scalper Mike Damone tries to persuade a would-be client on the virtues of Cheap Trick.

"Can you honestly tell me you forgot? Forgot the magnetism of Robin Zander, or the charisma of Rick Nielsen?" Damone says while singing 'I Want You to Want Me.'

The band continued into the '80s with a handful of singles, including the power ballad "If You Want My Love" and the pseudo-dirty "She's Tight." They also found themselves writing for film, including "Mighty Wings" from *Top Gun* and the title track to Tim Matheson's "Up The Creek," though Nielsen credits it as good of a song as the movie - which was universally panned by critics.

The end of the decade saw Petersson return to the the band after he left from 1980-1987. They reached No. 1 on the singles chart for the first time with 1987's "The Flame" while the second single

from *Lap of Luxury* - an Elvis cover of "Don't Be Cruel" - reached No. 4.

According to original drummer Bun E. Carlos, he and Zander reportedly had a falling out in 2010 and the band's beat keeper was out. A lawsuit was later settled that had Carlos still recognized as a member of the band, but that he would no longer tour or record with the group.

During the time between "The Flame" and the present, the band also performed at Lollapalooza in 1996; completed 10 more albums, including 2021's *In Another World*; and were inducted into the Rock & Roll Hall of Fame in 2016 with Carlos and the band putting aside their differences to perform together for the three-song set - "I Want You To Want Me," "Dream Police" and "Surrender" and a jam with other inductees of "Ain't That A Shame." They've also inspired a generation of rockers such as Nirvana, Soundgarden and Pearl Jam (Nielsen played at guitar player Mike McCready's 50th birthday party in 2016).

And they're still at it.

"We do what we do, and we do it well," Nielsen told *Rolling Stone* in 2016. "We're too dumb to quit."

Xavier Long, 20, of Yerkwood, Alabama, has discovered a way to profit from human jealousy and insecurity, the Daily Mail reported.

Suspicious partners pay Long to flirt on social media with their loved ones as a loyalty test, and Long rakes in the proceeds: In one week alone, he made over \$2,000.

Long said he receives about 100 requests for help every day and charges a minimum of \$10. If a woman he's paid to flirt with gives him any of her personal contact information, he considers her a "fail."

"I'm helping people, so I feel like it's a good thing in a way," Long said. "Doing these tests has allowed me to stop working a 9-to-5 job."

Motorists on I-59 in Tennessee got a closeup look at the world's largest cast-iron skillet as it made its way on a flatbed truck to the future Lodge Cast Iron Museum in South Pittsburg, Tennessee.

The big fry pan measures 18 feet from handle to handle and weighs more than 14,000 pounds, United Press International reported.

It will be used outside the museum, which is set to open in late summer. Get your selfie stick ready.

Teacher Kerry Lyn Caviaasca, 36, of Watertown, Connecticut, was arrested and charged with two counts of risk of injury to a child and second-degree reckless endangerment, WFSB-TV reported, stemming from an incident in November.

According to the arrest warrant, Caviaasca's ex-husband informed police that she had left their two children, both under age 12, home alone for two days while she went on vacation to Florida with her boyfriend.

When the father checked one of the children's phones, he saw texts between the child and Caviaasca, including exchanges about what they should eat, to which she replied, "Just eat candy."

She also instructed them to stay in the basement so they wouldn't be seen. The children told police they were alone in the house, except for their dog.

Police were called to investigate after a motorist on the M11 in Ely, Cambridgeshire, England, spotted what they believed were the sneakered feet of a dead person rolled up in a carpet in another car.

A law enforcement spokesperson explained, however, that the feet belonged

NEWS of the WEIRD



After a trip to Sacramento, Gary and Patti Reitemeyer returned to their home in Redding on April 22 to a most unwelcome surprise: hundreds of swallows that had apparently entered their home through the chimney, KRCR-TV reported. A neighbor had noticed a few birds earlier when he stopped by to feed the cat, but the numbers had increased dramatically by the time the couple got home. "We open the door and it's like an Alfred Hitchcock movie," Gary said. "It was crazy. We were ducking and dodging." They called a restoration company to help clean the house, as it was uninhabitable. "All of the furniture is gone, all of the carpet is gone, the blinds are gone," Gary said. Sadly, their homeowner's insurance won't cover the damage from the bizarre incident.

to "a mannequin dressed as Prince Charming who was on his way to a themed birthday.

Thankfully, this was a false alarm." Metro News reported that the driver was advised to "avoid such circumstances occurring again."

Newsweek reported that a man in Spain perished while he was working in an agricultural warehouse.

The unnamed 34-year-old was buried when a large quantity of carrots fell on him, emergency services said. The man died at the scene.

A Jack Russell terrier named Millie, who slipped out of her leash and became stranded on mudflats near Hampshire, England, was lured to safety with the most reliable of baits: a sausage.

Officials began a rescue mission when it seemed Millie might be swept out to sea, but their efforts failed for four days, the Guardian reported.

But one of the rescuers thought of dangling a sausage from a drone and flying it over her.

"It was a crazy idea," said Chris Taylor, chair of the Denmead Drone Search and

Rescue team. "If we hadn't gotten her away from that area the tide would have come in and she would have been at risk of drowning. The sausages were the last resort."

Millie's owner, Emma Oakes, confirmed that Millie "really likes food and she'll eat anything you give her ... but she much prefers sausages."

In the wee hours of Jan. 19, residents along Hastings Drive in Belmont, California, were awakened by growling and roaring in their front yard, KTVU-TV reported.

Two mountain lions were

captured by doorbell camera as they fought to the death.

The prevailing lion then dragged the dead one across the street to a neighbor's front porch.

"Just keep your head on a swivel," suggested Kevin Stanford, who is part of the neighborhood's watch team. Tiffany Yap, an expert at the Center for Biological Diversity, said the attack was just "mountain lions being mountain lions. It's a common occurrence for mountain lions to kill each other over territory."

Still, Belmont Police urged area residents to be extra cautious, keeping pets and small children inside.

At the Tabor, South Dakota, Senior Center, a regular card game got a little weird after players enjoyed some brownies supplied by the mother of 46-year-old Michael Koranda.

KTIV-TV reported that Koranda, an elementary schoolteacher, had recently traveled to Colorado and brought back some THC-infused butter, which he used to make a batch of brownies.

His mother unknowingly shared half the treats with her fellow card players, which resulted in multiple calls to county officials about a possible poisoning.

Sheriff's deputies spoke to Koranda and took the remaining brownies as evidence, charging him with possession of a controlled substance.

The California Court of Appeal ruled that the Los Angeles Police Department was justified in its firing of two officers in 2017 after they ignored a robbery call to play Pokemon Go, the Los Angeles Times reported.

On April 15, 2017, Louis Lozano and Eric Mitchell were assigned to patrol the LAPD's southwest division. But when a call for backup came over the radio, Lozano and Mitchell were captured on their in-car video responding, "I don't want to be his help" and "Screw it."

Instead, they continued their hunt for a Snorlax and Togetic Pokemon, eventually meeting up with their sergeant at a 7-Eleven.

When he questioned them about the robbery call, they said they hadn't heard it because they were responding to another call, leading their supervisor to review the dashcam footage.

After the officers were fired, they sued, saying that

-Please See Page 17

DINING & entertainment



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Dining, Brewery and Entertainment Guide Map on page 14.



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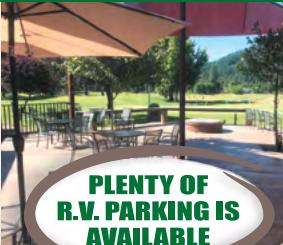
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Page 12 / June 2022 / After Five

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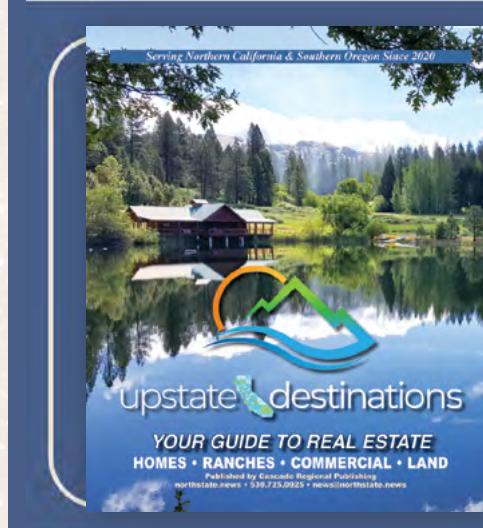
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NEWS of the WEIRD

-From Page 8

the video captured their "private communications" and that they were improperly questioned.

Five years later, the courts disagreed, and Lozano and Mitchell have plenty of time to hunt for Snorlax and Togetic.

Cypress Falls High School teacher Sarah Beam took her 13-year-old son to a Houston-area COVID-19 drive-thru testing site, KHOU-TV reported.

When a worker there approached her car, Beam told her that the boy was in the trunk because she didn't want to be exposed to the virus.

Police were alerted, and Beam was arrested and charged with endangering a child. While he was not hurt, officials said in the event of an accident, he could have been.

But the Cypress Falls community has shown support for Beam, posting messages outside her home to say they "have her back." She was released on bond and put on administrative leave, the school district said.

"Ms. Wang," 30, of Zhengzhou, China, agreed to a blind date arranged by her parents ("I'm getting quite old, so my parents arranged more than 10 blind dates for me," she said) and went to the man's home for dinner.

But during the meal, they learned that his community had gone into a rapid lockdown because of COVID-19, and she wouldn't be able to leave for several days, the BBC reported.

She posted on WeChat that the situation was "not ideal" – while he did cook for her, "he doesn't speak much," she noted.

"I feel that apart from him being reticent like a wooden mannequin, everything else about him is pretty good."

Wang said she thinks his friends alerted him to the posts, so she removed them. "I think it has affected his life."

The Medical Practitioners Tribunal Service (MPTS) in the United Kingdom removed the medical license from Simon Bramhall, a transplant surgeon at Queen Elizabeth Hospital in Birmingham, The Washington Post reported.

The action stemmed from an incident in 2013 in which, after finishing up a transplant, Dr. Bramhall used an electric beam to burn his initials into the patient's liver before closing her up.

The flourish might not have been discovered, but the liver began to fail the following week and another surgeon discovered the signature.

Bramhall said at the time it was something he did to relieve stress during long, difficult operations.

In 2017, he was convicted of assault and fined about \$13,000.

In 2021, he submitted a letter arguing that he was again fit to practice, but the latest ruling has denied him the right to do so, noting that his actions

"undermined" people's trust in the medical profession.

In Aksaray, Turkey, one family has been raising cattle for three generations, Oddity Central reported.

Izzet Kocak believes their success is linked to their willingness to keep up with modern technology. To that end, the farmer is testing virtual reality goggles that make his cows think they're standing in a green field of grass in the summer.

Kocak says the average yield per day from his cows is 22 liters, but "We had two of our cows wear virtual reality glasses and watch vast green pasture all day, and the daily milk production increased up to 27 liters."

He said the quality of the milk also increased. He has ordered 10 more pairs of VR goggles, and if results are similar, he plans to order them for all of his 180 cows.

Need something to do during a snowstorm in Queens, New York? One person had an idea: Around 3:15 a.m. on Jan. 7, someone rode up on an electric bike to a speed camera in Howard Beach.

The camera caught the action, Pix11-TV reported, as the person calmly stopped the bike, aimed a handgun and shot multiple rounds at the camera (which did not appear to be damaged), then put the gun away and rode off into the snowy night.

Police released the video in hopes someone can identify the shooter.

Zane Wedding, 40, of Auckland, New Zealand, went swimming and thought he got water in his ear, United Press International reported.

He saw a doctor the next day, who suggested he use a hair dryer to evaporate the moisture in his ear.

But three days later, as the sensation persisted, he saw a specialist.

"She said, 'I think you have an insect in your ear,'" Wedding said.

It took the doctor only five minutes to extract a cockroach, and Wedding felt instant relief: "I felt a pop as soon as the doctor pulled it away." He also noted that a fumigator was scheduled at his home.

Tennessee state Rep. Jeremy Faison, 45, had to be ejected from the stands at a high school basketball game in Johnson City after he became angry at a referee and tried to "pants" him – pull down his trousers.

Faison's son was playing on the Lakeway Christian Academy team, the Associated Press reported.

Later, Faison tweeted: "Totally lost my junk and got booted from the gym. ... I hope to be able to find the ref and ask for his forgiveness. I was bad wrong." Our advice to referees everywhere: Always wear a belt.

Seoul, South Korea's Metropolitan

Fire & Disaster Headquarters is warning citizens: Your cats may burn your house down.

According to the agency, more than 100 fires over the past three years have been started by cats, The Washington Post reported.

"We advise pet owners to pay extra attention as fire could spread widely when no one is at home," warned Chung Gyo-chul, an official at the department, which recommends keeping paper towels and other flammable items away from cooking appliances.

The Daily Mail reported that Israeli scientists at Ben-Gurion University have constructed a "fish operated vehicle (FOV)" – a water-filled tank, camera and computer on wheels – and have trained goldfish to "drive" it.

In the beginning of the trials, the fish just drove around randomly, but eventually they were able to guide the vehicle toward a food reward by changing the direction they were swimming.

The researchers said the experiment proved that fish can "overcome environmental manipulation" and if they one day adapt to live out of water, they'll be able to find food. Um, OK.

Russian biologist Vera Emelianenko stumbled across a strange phenomenon in the snow along the White Sea coast, in the Russian Arctic.

Bright blue glowing spots were embedded in the snow, Oddity Central reported, and her feet would leave streaks of blue as she walked.

Emelianenko collected a sample and examined it under a microscope, where she found tiny aquatic crustaceans called copepods.

When she poked them with a needle, they lighted up blue. The creatures normally live up to 100 meters deep in the ocean, but an expert at the Academy of Science in Moscow thinks they might have been caught in a powerful current that swept them ashore and into the snow.

Alfredo Antonio Trujillo was born at 11:45 p.m. on Dec. 31 at Natividad Medical Center in Salinas, California.

Just 15 minutes later, at 12 a.m. on Jan. 1, his twin sister, Aylin Yolanda Trujillo, made her grand entrance, according to NBC Bay Area.

Twins born in different years are a rarity, with the chances being about one in 2 million. "What an amazing way to start the new year!" said Dr. Ana Abril Arias.

Since 2016, the publishing world has been baffled by a fake insider who tricks authors or editors into sending him unpublished manuscripts, then apparently just keeps them for himself.

At John F. Kennedy International Airport in New York, Filippo Bernardini, 29, was arrested on wire fraud and identity theft charges related to the mystery.

ABC News reported that Bernardini, who works for Simon & Schuster in London, allegedly collected hundreds

of unpublished works, including those of well-known authors and a Pulitzer Prize-winner. If found guilty, he could face up to 20 years in prison.

Valerie and William Beverley tied the knot in 1995 and then went about their lives, WAVY-TV reported, raising a family in Newport News, Virginia.

But when Valerie went to the DMV to get a new driver's license last spring, she still had her maiden name on her Social Security card.

A little digging revealed a crucial oversight: The couple had never filed their marriage license with the state.

They even filed taxes jointly. So on Dec. 30, 26 years to the day after their first wedding, the Beverleys said their vows again, this time with their son as the best man.

Young people in Norway are called to military duty to guard NATO's northern borders, and until recently, when they were discharged, they were allowed to take their military-issued underwear with them.

But no more, the Guardian reported.

COVID-19 has caused supplies to dwindle, so people leaving service are being asked to hand over their unmentionables to be "washed, cleaned and checked," defense logistics spokesman Hans Meisingset said. "What we distribute is in good condition."

Cinnamon Clarke and her husband made their regular weekly trip to Firehouse Subs in Ozark, Alabama, WDHN-TV reported, but when they got home and she opened the sandwich, she saw that her half didn't have any meat.

She called the shop and they told her to come back so they could remake the order. But when she got there, the owner refused to make a new sandwich for her.

"When I talk to God tonight," the owner said as Clarke recorded him, "I'm going to see if he can come to your house and take you."

Clarke was appalled: "It was just a fancy way, a nice way of saying, 'I'm going to pray that you die tonight.'" The Firehouse Subs corporate office told WDHN that the incident would be handled internally.

Ever watched a cooking show and wished you could sample the finished product?

A professor in Japan has created a prototype TV screen that you can lick to taste a particular food. It works by spraying flavors on a film that rolls over the TV screen, Reuters reported.

While such a product might seem misguided during a global pandemic, Meiji University professor Homei Miyashita sees it differently: "The goal is to make it possible for people to have the experience of something like eating at a restaurant on the other side of the world, even while staying at home," he said.

Miyashita said a commercial version could be made for about \$875.

No, it's not Covid

By Jason Graves



For the past few weeks, I've been engaged in a WWE cage match against allergies. No, it's not Covid. I promise, it's not Covid. Really, even when I blow my nose so loudly that it triggers nearby home and car alarm systems, it's still not Covid.

It's pretty sad that I feel obliged to defend my old-fashioned sinus "crud" against false assumptions, but it is what it is these days as news networks are constantly broadcasting some newly-recommended but recently-reversed, rescinded, revised, reconsidered and resurrected Covid protocol to defend against the latest sub-variant that's filling in while all the regular variants are on vacation in Cancún.

Seriously, though, I get this same sinus ailment every year in late spring. It's sort of a tradition. Maybe I should start buying it a gift and taking it out to dinner. My three teenage daughters would argue that I should buy them gifts for putting up with me when I'm in full-blown man-flu mode with Kleenex dangling from both nostrils when I greet their boyfriends at the door.

Just the other day, my youngest daughter reminded me to cough into the inside of my elbow – rather than directly onto her iPhone screen when I confiscate it after she's reached her daily 12-hour limit of YouTube videos. Who came up with that hygiene strategy, anyway? Certainly not the inside of my elbow. In fact, the inside of my elbow has considered lodging a formal protest with the CDC, suggesting that coughing and sneezing into the inside of the knee would be far more sanitary – and promote Kegel stretching.

I suppose the responsible thing to do would be to drag out one of my crusty, retired masks while I have this cold, but since I have to blow my nose about once every ten seconds, it would be like wearing pants part-time, which sort of defeats the purpose. Besides, I have my sense of fashion to think about, and face masks are so last surge.

The cause of this yearly sinus malady, other than the fact that my nose is roughly the size of a standard 100-watt light bulb, is mostly geographical. Those of us who live in the heavily-forested East Texas Piney Woods can only stand by helplessly as our aroused foliage engages in a shocking public display of unprotected relations every spring, the result of which is a yellow pollen plague of biblical proportions. This powdery menace coats every car, creeps into every crevice, and occupies every orifice – especially mine.

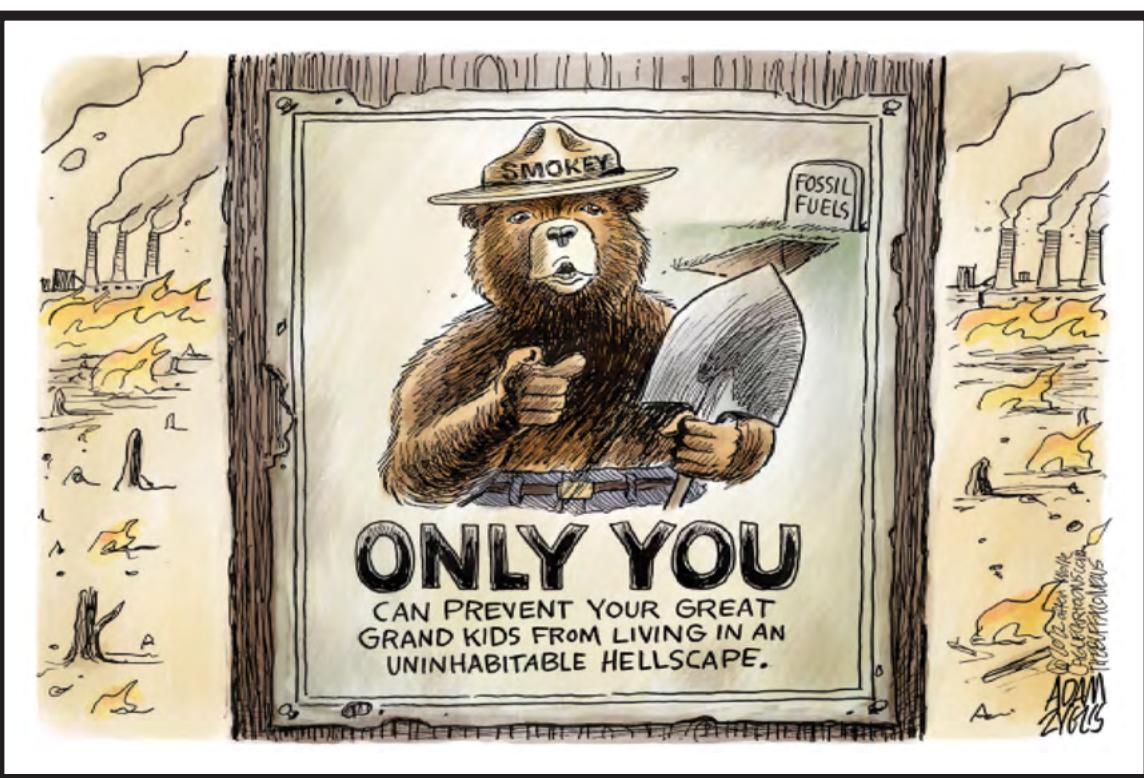
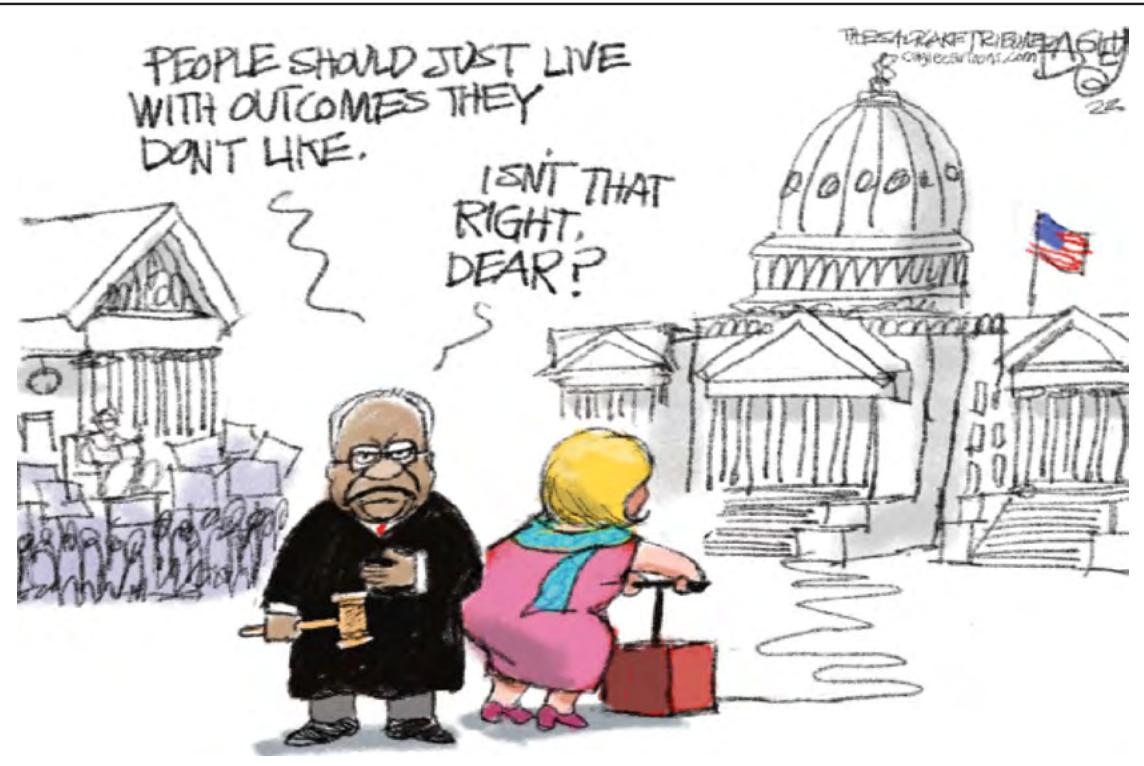
My allergy attack always begins with my throat feeling like I tried to swallow my wife's shower loofah thingy (that I may or may not use to exfoliate my armpits). It then progresses to my head, which transforms into a fully-inflated Violet Beauregarde after she chewed Willy Wonka's magic gum. And throughout the entire ordeal, I cough and hack like a toddler trying his first cigar.

Despite the symptoms, though, there are a couple of benefits to having "the crud." First, my raspy voice takes on a sultry and ultra-masculine tone, and I sound like the love child of Barry White and Tone Loc, making my hymn singing in church especially soulful and funky. And then there's the sympathy I get from my caring wife, who insists that I avoid working too hard and get plenty of sleep, which happen to be two of my main goals in life.

Because this year's allergies developed into a sinus infection, my doctor prescribed a round of powerful antibiotics, which have basically turned my bowels into active lava tubes, but at least they've changed the subject.

Yes, I'm confident that good nasal health is just over the horizon as sure as our pollen-plagued East Texas spring turns into a blistering, humid summer – and we all seriously consider wearing pants part-time.

Copyright 2022 Jase Graves distributed exclusively by Cagle Cartoons newspaper syndicate. Graves is an award-winning humor columnist from East Texas. His columns have been featured in *Texas Escapes* magazine, *The Shreveport Times*, *The Longview News Journal*, and *The Kilgore News Herald*. Contact Graves at susanjase@sbcglobal.net.



How to choose a Medicare supplemental (Medigap) policy

Dear Savvy Senior,
I'm planning to enroll in original Medicare in a few months and have been told I probably need to get a Medicare supplemental policy too. Can you offer any tips on selecting one?
- Almost 65

Dear Almost,
If you're enrolling in original Medicare, getting a supplemental policy (also known as Medigap insurance) is a smart idea because it will help pay for things that aren't covered by Medicare like copayments, coinsurance and the Part A deductible. Here are some tips to help you choose an appropriate plan.

Medigap Plans

In all but three states (Massachusetts, Minnesota, and Wisconsin), Medigap plans, which are sold by private health insurers, are available to new enrollees in eight different standardized plans. These plans are labeled with the letters A, B, D, G, K, L, M and N, with two more, C and F, that are only available to those eligible for Medicare before 2020.

Plan G is the most popular policy among new enrollees because it covers the most comprehensive range of benefits. Monthly premiums for Plan G typically range between \$100 and \$300, depending on your age and the state you reside in. If that's more than you're willing to pay, there are also high-deductible plans that have lower



By Jim Miller

premiums but impose higher out-of-pocket costs.

For more information on the different types of plans and coverage details, including Medigap options in Massachusetts, Minnesota, and Wisconsin, go to Medicare.gov/publications and type in "choosing a medigap policy" in the Keyword box, and download their 2022 guide. Or call 1-800-MEDICARE and ask them to mail you a copy.

How to Choose

To pick a Medigap policy that works best for you, consider your health, family medical history and your budget. The differences among plans can be small and rather confusing.

To help you choose, visit Medicare.gov/medigap-supplemental-insurance-plans and type in your ZIP code. This will give you a list of the plans available in your area, their price ranges and the names, and contact information of companies that sell them. But to get

specific pricing information, you'll need to contact the carriers directly or call your State Health Insurance Assistance Program. See ShipHelp.org or call 877-839-2675 for contact information.

Since all Medigap policies with the same letter must cover the exact same benefits (it's required by law), you should shop for the cheapest policy.

You'll get the best price if you sign up within six months after enrolling in Medicare Part B. During this open-enrollment period, an insurer cannot refuse to sell you a policy or charge you more because of your health.

You also need to be aware of the pricing methods, which will affect your costs. Medigap policies are usually sold as either: "community-rated" where everyone in an area is charged the same premium regardless of age; "issue-age-rated" that is based on your age when you buy the policy, but will only increase due to inflation, not age; and "attained-age-rated," that starts premiums low but increases as you age.

Community-rate and issue-age-rated policies are the best options because they will save you money in the long run.

You can buy the plan directly from an insurance company, or you can work with a reputable insurance broker.

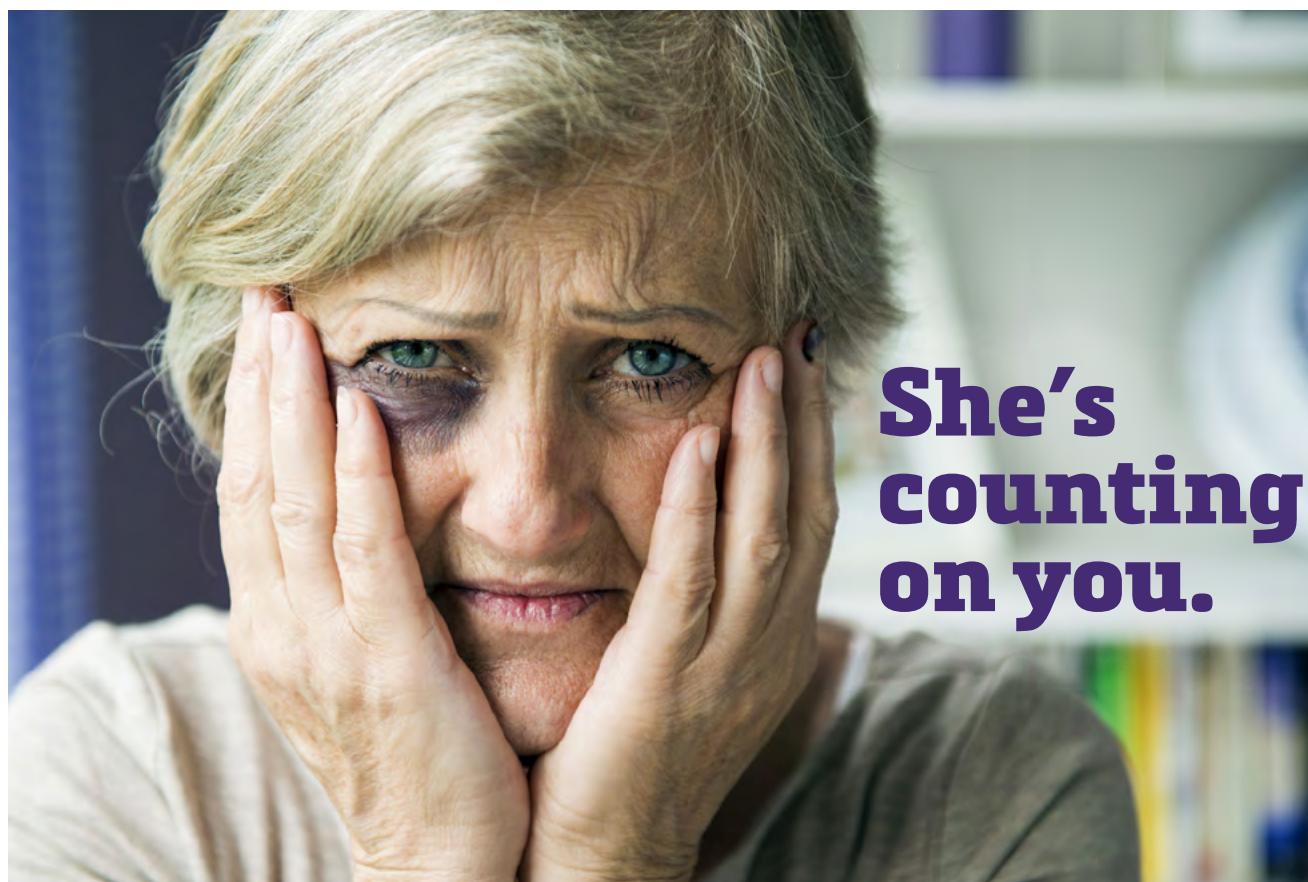
Drug Coverage

You also need to know that Medigap policies do not cover prescription drugs, so if you don't have drug coverage, you'll need to buy a separate Medicare Part D drug plan too. See Medicare.gov/plan-compare to compare plans. Also note that Medigap plans do not cover vision, dental care, hearing aids or long-term care.

Alternative Option

Instead of getting original Medicare, plus a Medigap policy and a separate Part D drug plan, you could sign up for a Medicare Advantage plan (see medicare.gov/plan-compare) that provides all-in-one coverage. These plans, which are sold by insurance companies, are generally available through HMOs and PPOs that require you to get your care within a network of doctors.

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



What should you do if you suspect elder abuse?

Call Shasta County Adult Protective Services

(530) 225-5798

24-hour hotline. Don't wait to help someone in need.



KNOW ABUSE | REPORT ABUSE

Recognize and report the warning signs of abuse:

- Self-isolation or isolation caused by others.
- Bruises, scratches or other suspicious injuries.
- Untreated medical conditions.
- Withdrawn or secretive behavior. Hesitancy to talk freely around caregiver.
- Unusual bank account activity, including unexplained ATM withdrawals.
- Unpaid bills, eviction notices or utilities shut off.



THE BACK PAGE

July
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Friday
June 17

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Clair Engle Park - City of Shasta Lake

Live Music • Food Trucks
Beer & Wine

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June 17 - HOOK
June 24 - THE STONE HEARTS
July 1 - MAGIC BUS
July 8 - HILL STREET BAND
July 15 - BILLIE & THE JETS
Tribute to Elton John
July 22 - THE BILLIES
July 29 - JINX
Aug. 5 - MUMBLEFINGER
Aug. 12 - BLACK VINYL 45s

Please No Smoking,
No Dogs and No Alcohol
brought into the park

Presented by the Shasta Lake Chamber of Commerce

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Bring your lawn chairs and blankets
for a fun family evening!