

LAFD RESCUE INDIVIDUALS FROM OVERTURNED VEHICLE

By Danny Jones

HOLLYWOOD HILLS—The Los Angeles Fire Department had to rescue two people after an overturned vehicle on Saturday, May 30.

The incident was reported at 1:11 p.m. at 1041 N. Orange Drive. Firefighters had to extricate two patients from an overturned vehicle.

Both patients, 72-year-old females, were transported to local hospitals listed in fair condition. There were no injuries reported to the LAFD. The cause of the accident is under investigation by the Los Angeles Police Department.



Photo courtesy of Anthony Maw.

DRIVERS ARRESTED FOR RACING ON PACIFIC COAST HIGHWAY

By Danny Jones

MALIBU—On May 26 around 1 a.m., deputies with the Los Angeles County Sheriff's Department Malibu/Lost Hills Station were patrolling the region on PCH when they heard loud exhaust and revving engines near Cross Creek. Deputies witnessed two exotic sports cars racing westbound on PCH and speeds reaching approximately 100 MPH.

Sgt. Chris Soderlund, the city's liaison to the Malibu-Lost Hills Sheriff's Station,

gave an update to the Malibu City Council at the May 26, during the city council meeting on recent enforcement efforts targeting reckless driving and street racing on Pacific Coast Highway.

Deputies coordinated a traffic stop near Corral Canyon Road, resulting in both drivers being arrested for racing and reckless driving. Both vehicles were impounded for 30 days.

The city of Malibu thanked Malibu-Lost Hills Sheriff's Deputies for their

constant work keeping PCH and Malibu's roads and canyons safe for residents, pedestrians, cyclists, and motorists — whether they're visiting the beach, taking their kids to school.

"PCH is not a racetrack. Reckless driving and street racing will not be tolerated in Malibu," the city of Malibu stated.

The city of Malibu and the Malibu-Lost Hills Sheriffs Station are rolling out the annual Summer Beach Team, bringing

additional patrols to keep our beaches and roads safe for the summer.

Each year from Memorial Day weekend through Labor Day, the city-funded Beach Team deploys special teams of Deputies on quads and trucks that patrol on the beaches, focusing on eliminating alcohol consumption on our beaches, which significantly reduces the number of assaults, rescues made by Lifeguards, as well as DUIs and injury accidents on PCH and canyon roads.

DEPUTIES ARREST SUSPECT IN GRAND THEFT ROBBERY FROM CVS

By Daniel Diquinzio

MALIBU—On May 28, the LASD Malibu/Lost Hills Sheriff Station reported with assistance from a volunteer unit, they arrested a person suspected of robbing the CVS near Webb Way and Pacific Coast Highway in Malibu.

Deputies received a radio call reporting the theft, when a Malibu Volunteers on Patrol Unit in the area observed a person matching the suspect's description and provided deputies with updated locations and a more detailed description. The volunteer unit closed off the area and helped manage traffic flow.

After the arrest of the suspect, deputies discovered the individual was in possession of numerous items alleged to be stolen and that an outstanding warrant was issued for him. He was booked



Photo courtesy of Iris Yan.

at the station.

Anyone wanting to join the Malibu

Volunteers on Patrol can learn how to do so by visiting the Los Angeles Sher-

iff Department Volunteers on Patrol website.

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CAMPUS THREAT NABBED

UCLA PD ARREST OLUMUYIWA AKINDAHUNS FOR SERIES OF ASSAULTS

By Danny Jones

WESTWOOD—On May 29, the UCLA Police Department announced a suspect was arrested for assaulting several UCLA students after a series of assaults that occurred overnight at multiple locations on the UCLA campus.

The suspect has been identified as Olumuyiwa Akindahunsi, 29, non-affiliated person experiencing homelessness.

On May 28, at approximately 11:35 p.m., officers responded to a report of a robbery on Bruin Walk. The preliminary investigation indicates the suspect approached a student from behind, used force to steal her cellphone, and fled the area.

While officers searched the area, UCPD received additional reports of assaults at multiple residential facilities, including De Neve Evergreen, Dykstra Hall and Cedar Hall. The suspect is believed to have followed or approached female victims, physically assaulted them and attempted to restrain or sexually assault them during those incidents. The victims were able to fight back or witnesses intervened, allowing the victims to get away and notify police.

At approximately 12:05 a.m., UCPD received a report of an ongoing assault at Cedar Hall. A witness heard the victim calling for help, intervened and pursued the suspect as he fled the building.



Photo by Joy Armani.

Officers searching the area were flagged down by the witness and located the suspect near Parking Structure 8. Officers detained Akindahunsi without incident.

During the investigation, multiple victims and witnesses positively identified Akindahunsi as the suspect. Officers recovered evidence believed to be associated with the incidents, including zip ties, duct tape and paracord.

Akindahunsi was booked for robbery, attempted kidnapping, assault with intent to commit a sex offense and sexu-

al battery. He is being held at the Los Angeles County Sheriff's Department Inmate Reception Center. Bail was set at \$2.3 million.

"I commend our officers for their quick response and excellent work in locating and arresting the suspect," said UCLA Chief of Police Craig Valenzuela. "I am also grateful to the victims and witnesses who reported what occurred and assisted responding officers. Incidents like these are deeply concerning, and the safety and security of our campus community remains our highest pri-

ority. Our officers will continue working to help ensure UCLA remains a safe place to live, learn, work and visit."

The UCLA Police will maintain increased patrols in and around the affected residential areas out of an abundance of caution. Detectives are expected to present the case to the Los Angeles District Attorney's Office for filing consideration this week.

The investigation remains ongoing. Anyone with details about the incident should contact the UCLA Police Department at (310) 825-1491.

RESIDENTS HEAD TO POLLS TO VOTE FOR CITY COUNCIL MEMBERS

By Danny Jones

BEVERLY HILLS—On Tuesday, June 2, residents in Beverly Hills went to the polls to vote for members of the Beverly Hills City Council. A total of 3 city council seats were up for grabs with incumbents, Sharona Nazarian and Lester Friedman fighting to retain their seats. There were a total of 11 candidates including Nazarian and Friedman vying for the 3 open seats.

As of Wednesday, June 3, the Los Angeles County Registrar-Recorder County Clerk website noted only 22.38 percent of registered voters casted a ballot during the municipal election. A total 77.62 percent of registered voters did not cast



Photo courtesy of Glen Carrie.

a ballot during Tuesday's election.

Nazarian is currently leading all contenders with more than 27 percent of the vote with more than 4,354 votes, Friedman is currently in second place with 14.64 percent (2,302 votes) and third place is a tight race between Rebecca Pynoos who currently has 13.29 percent (2,089 votes), with Andy Licht earning 13.14 percent (2,065 votes).

Howard S. Fisher earned 100 percent of the vote for City Treasurer as no one was running against the candidate. No official announcement on the results has been declared by the LARCC office or the city of Beverly Hills.

BHFD ALERTING RESIDENTS OF GEOGRAPHIC ZONES

By Danny Jones

BEVERLY HILLS—On May 27, the Beverly Hills Fire Department and the volunteer group, Just in Case BH, is ensuring the community is aware of their geographic zone they are part of in case of an emergency.

The city of Beverly Hills has been divided into nine zones that cover every neighborhood and are used by emergency services to communicate evacuation orders, traffic control points, and information during an emergency.

Previously, these areas had been identified as Zone 1 through Zone 9. Within the past several months, the city enhanced its software and renamed its zones to align with the State of California and surrounding agencies. Zone 1 is BHL 201 and so forth. Zone 2 will now be known as BHL 101, Zone 2 To see the map of each area and name,



Photo courtesy of BP Miller.

visit www.beverlyhills.org/justincasebh. One of the major aspects of Just in Case BH is the division of the city into geographic zones, aligning with the State of California and the Genasys Protect nomenclature. Each zone is designed to support itself during times of emergency or disaster.

"Preparedness is a shared responsibility," said Beverly Hills Fire Chief Greg Barton. "It's important our residents know what zone they are part of that may be referenced during an evacuation order or emergency. We hope that everyone takes this time to re-educate themselves, their family and loved ones so we can all stay safe."

CITY, COASTAL COMMISSION ENTER MOU FOR LOCAL COASTAL PROGRAM

By Danny Jones

SANTA MONICA—On Monday, June 1, the city of Santa Monica announced the city Council voted on May 26 to authorize the city manager to execute a Memorandum of Understanding with the California Coastal Commission to complete the city's Local Coastal Program, or LCP. The LCP consists of a Land Use Plan, which contains policies, and an Implementation Plan, which is a zoning ordinance for the coastal zone.

Building on years of collaborative work and community outreach related to a draft Coastal Land Use Plan in 2018, this new Memorandum of Understanding, or MOU, establishes a collaborative framework between the city and the Coastal Commission. The goal is to improve coordination, establish clear communication protocols, and identify opportunities to support a more predictable and efficient path toward certification of the city's first comprehensive LCP.

Once certified, the LCP will give the city greater approval authority over projects such as temporary events, commercial tenant improvements and adaptive reuse, outdoor dining, residential development, and transportation improvements in the city's Coastal Zone, while maintaining protections for coastal resources and public access consistent with the California Coastal Act.



Photo by Demian Tejeda.

The proposed MOU is non-binding and does not diminish or alter the decision-making authority or discretion of either the city or the Coastal Commission under existing law. It formalizes a cooperative working relationship intended to support a more predictable and efficient path toward certification of the City's first comprehensive certified LCP.

The city's Coastal Zone incorporates much of Downtown Santa Monica, including Third Street Promenade. "Santa Monica's economic recovery depends on our ability to move quickly and remove barriers for residents, small businesses, and the projects that bring jobs and investment to our city," said Mayor Caroline Torosis. "By committing to work directly with the California Coastal Commission to complete our Local Coastal Program, we are building a faster, clearer path for projects in our coastal zone. That means less delay, less uncertainty, and more local decision-making power. This is exactly the kind of structural change that accelerates recovery, and I look forward to working with the commission to get it done."

The city is set to start this new process with the Coastal Commission in July 2026, with the goal of certifying a final LCP by the end of 2027. There is no immediate financial impact or budget action necessary as a result of these recommendations. Staff will return to the City Council if specific budget actions are required in the future.

MOUNTAIN LION TRANQUILIZED IN SANTA MONICA

By Danny Jones

SANTA MONICA—On Friday, May 29, the Santa Monica Police Department responded to a possible Mountain Lion Sighting near 14th and Montana in a residential area. Out of an abundance of caution, officers are in the area assessing the report and working with appropriate wildlife resources.

Residents in the area were asked to remain indoors, keep pets inside, and avoid approaching or attempting to photograph the animal if it is seen. Additional information will be shared as it becomes available.

At 11:30 a.m. personnel with the SMPD were in the area and maintained a safe perimeter while coordinating with appropriate wildlife personnel near Euclid and Carlyle. No injuries have been reported. By 5:30 p.m., there has been no significant change in the situation at this time.



Photo by Catherine Merlin.

California Department of Fish and Wildlife is the lead agency for the wildlife response. The mountain lion reported in a Santa Monica residential area has been safely tranquilized by a biologist with the California Department of Fish and Wildlife. California Fish and Wildlife Law Enforcement supported the tranquilization and transportation of the animal. The mountain lion will be evaluated and safely relocated in coordination with wildlife experts, including the National Park Service's Santa Monica Mountains study area team.

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FEEDBACK WANTED FOR WESTSIDE BUS CONNECTION PROJECT

By Danny Jones

WEST HOLLYWOOD—On Monday, June 1, the city of West Hollywood announced it is asking for the community's feedback to attend an upcoming community workshop on Wednesday, June 3; Saturday, June 6; and Wednesday, June 10 – about bus speed improvements proposed for three Westside corridors, including N. La Cienega Boulevard in West Hollywood and neighboring cities.

The city is working with other Westside Cities Council of Governments (WSCCOG) to plan for bus speed and reliability improvements ahead of the LA28 Olympics. Stakeholders can help plan for bus infrastructure on the Westside by attending an upcoming WSCCOG community workshop or filling out the online survey to help shape early design concepts and ensure the project reflects community needs. The WSCCOG is leading the Westside Bus Connection project, a “quick-build” initiative aimed at enhancing the bus rider experience along three of the Westside’s busiest and most important corridors.

These corridors are some of the busiest in the area, and improvements can provide long-term benefits for riders while preparing the Westside for the 2028 Olympic and Paralympic Games. The designs may include:

- Dedicated and/or peak hour bus lanes
- Transit signal upgrades

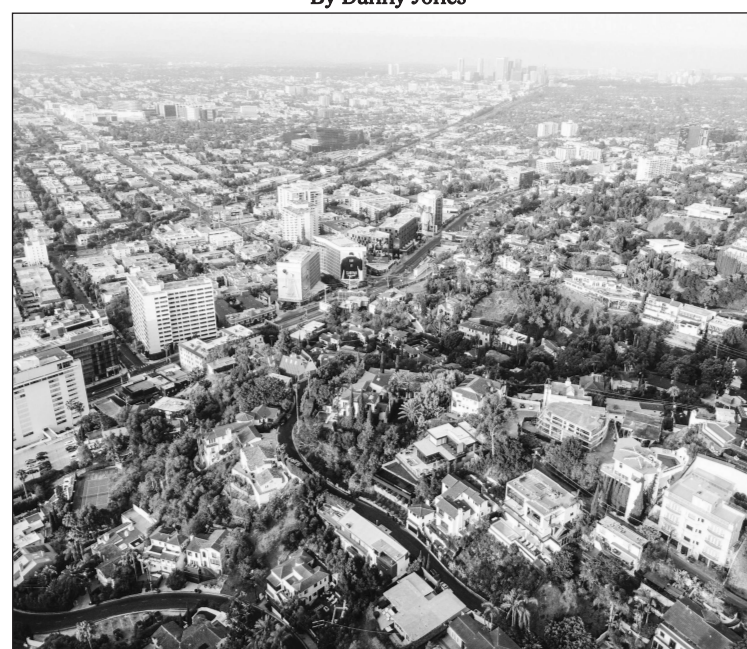


Photo by Ariel Blanco.

- Curb and striping changes
 - Pedestrian and cyclist safety improvements
 - Bus pad improvements at select bus stops
 - Parking and travel lane changes
- There will be three upcoming community workshops to weigh in on design options under consideration for N. La Cienega Boulevard in West Hollywood

- as well as portions of Santa Monica Boulevard (West of Beverly Hills) and Sepulveda Boulevard in Culver City and West Los Angeles:
- Westside Bus Connection Workshop #3
 Wednesday, June 3, 2026 – 6 p.m. to 8 p.m.
 La Cienega Community Center
 8400 Gregory Way, Beverly Hills

Westside Bus Connection Workshop #4
 Saturday, June 6, 2026 – 10 a.m. to 12 p.m.
 West LA Civic Center
 1645 Corinth Avenue #101, Los Angeles

Westside Bus Connection Workshop #5 (Virtual)
 Wednesday, June 10, 2026 – 1 p.m. to 2:30 p.m.

The community workshops follow previous meetings held in West Hollywood and Culver City in March 2026. Those unable to attend one of the workshops are asked to fill out the Westside Bus Connection Program survey. Community feedback will help inform design concepts and guide improvements that aim to make travel faster, safer, and more reliable.

To stay updated about the Westside Bus Connection Project and learn more about the project, visit bit.ly/Westside-BusConnection, sign up for updates by visiting bit.ly/WestsideBusSignUp, or reach out to the WSCCOG team at westsidebusconnection@estolanoadvisors.com.

For additional details about West Hollywood's efforts regarding the Westside Bus Connection project follow the City's Engage WeHo page at www.engage.weho.org/westside-bus-connection.

TWO PEOPLE RESCUED FROM VEHICLE IN MALIBU

By Daniel Diquinzio

MALIBU—At 5:41 p.m. on Friday, May 29, the Malibu/Lost Hills Sheriff Station posted on its Facebook that two people had been rescued from a white Tesla that went over Mulholland Highway and crashed around 7:30 a.m.

According to NBC 4 Los Angeles, the crash was reported around 7:05 a.m. and occurred in the 2500 block of Mulholland Highway.

The vehicle fell over 300 feet and came to rest among trees, brush, and rocks. The rescue involved the Malibu Search and Rescue Team, the California Highway Patrol, and the Los Angeles County Fire Department. Rescuers rappelled down to the vehicle while traffic was redirected between Bardman Avenue



Photo courtesy of Malibu/Lost Hills Sheriff Station.

and PCH. The driver, a man, was found outside the vehicle, screaming for help, while his passenger, a woman, was trapped inside.

A medic was lowered from the helicopter and lifted onto the helicopter. After the rescue, the occupants of the Tesla were transported by helicopter to a trauma center for medical treatment, as both sustained moderate injuries. The cause of the crash has not been disclosed.

On February 4, Hunter Langley, a 16-year-old student at Sierra Canyon School, was killed when his Tesla veered off Malibu Canyon Road and went over the side.

POLICE DEPARTMENT ISSUES UPDATE ON MAY 24 ASSAULT

By Daniel Diquinzio

SANTA MONICA—On Sunday, May 24, two Jewish people were attacked near 3rd Street and Broadway in downtown Santa Monica by Nay Min Tar, 49, of Illinois, who shouted antisemitic slurs at the couple, including the word genocide.

During the incident, one of the victims, a man, was chased by Tar's dog, a Cane

Corso, and bitten in the thigh. At 7:50 p.m. on May 28 Police Chief Darrick Jacob stated that hate is not tolerated in Santa Monica, that the SMPD understands the fear this incident has caused among victims and citizens, including the Jewish community, and that the department seeks to investigate such inci-

dents and hold the perpetrators accountable through the legal process.

Nay Min Tar was detained on May 28 on 4th Street. He was arrested for one count of Assault with a Deadly Weapon and one count of Criminal Threats. The Los Angeles District Attorney's Office charged Tar with one count of Criminal

Threats, a violation of California Penal Code section 422(a), and one count of Battery, a violation of California Penal Code section 242. Charges do not include any hate crime enhancements.

The SMPD is asking anyone with details about the incident to call 310-458-8427.

RIVALRIES HEAT UP ON "THE BOLD AND THE BEAUTIFUL"

By Donald Thompson

HOLLYWOOD—I'm really happy the writers decided to establish a new fashion house with Logan and Forrester Creations on "The Bold and the Beautiful." There was so much hoopla around Logan and Eric Forrester designing but turning his back on the company last minute to return to his home at FC, which is expected. However, the recent turn of events are game changing in a big way.

For starters Wyatt Fuller (Darin Brooks) is back where he belongs on the soap opera. Yes, Wyatt was summoned by Bill to return home where he learned all that is unfolding with Logan and Hope for the Future. Wyatt even brought Ridge's former flame, Shauna (Denise Richards) with him. Now, I don't think Shauna is some fashionista, but it wouldn't hurt to see Brooke jealous of another woman besides Taylor for Ridge's affection. Crazy dynamics are coming into play that are going to explode over the coming weeks.

Making things more intense is the big reveal Deke has signed on to be a designer at Logan. He was a bit apprehensive, but Hope, Katie and Bill convinced him to join. The team is building, but I still think a fresh face to the Logan fashion house would do wonders because they could shake things up in a way not



Heather Tom portrays Katie Logan on "The Bold and the Beautiful." Photo by Kathy Hutchins.

expected. Let the chaos continue because this RJ and Will rivalry ignited with a sucker punch that left RJ crying to mommy, daddy, Steffy and Finn with disastrous results.

I didn't mind the sucker punch from Will and it was long overdue. I totally for-

get these guys are cousins because of Katie and Brooke. So, Electra and Will are back together, THANK GOD, but it looks like the writers are now eyeing RJ and Dylan, this is going to be so fun to watch. The problem is the writers haven't given RJ a meaty storyline besides ro-

mance; his character is underdeveloped as a result.

Imagine RJ whining to his parents about Will and with the snap of a finger, Ridge, Steffy and Carter railed the notion that Will was fired from FC because of violence. I was so ecstatic to see Will call out RJ and his antics. He read him for filth, and all of it was 100 percent accurate. He is a mama's boy, and a spoiled brat and Will read him the riot act in glorious fashion.

Will was not happy and I'm happy this happened. Why? We might see Will Spencer actually tap into his Spencer bloodline which would be fantastic to see unfold. Will Spencer is the product of Bill Spencer, so that edge and dark side has to be there. Also, can you imagine how Bill is going to respond to learning his son was fired? He is going to be happy because Will is now coming to his family business, but angry that Ridge did it.

It's going to be personal so Bill is going to want FC to take a hit they never expected, and Hope's line is going to do just that, and I am salivating at the moment the reveal comes that Hope is officially done with FC and a part of Logan. Jaws are going to drop and for once Steffy is going to realize her ego may have just dealt her family business a massive blow that she could have never seen coming.

BEACH BOYS IN ATLANTIC CITY!

By Rose Quintiliano

HOLLYWOOD—Some concerts are measured by flawless vocals and elaborate stage productions. Others are measured by something far more meaningful: the memories they create and the nostalgia they inspire. Last Friday night at the Hard Rock Hotel & Casino Atlantic City, The Beach Boys delivered an evening that reminded fans why their music has endured for more than six decades. For generations, The Beach Boys have represented the soundtrack of summer. Their songs evoke images of sunshine, surfboards, family vacations, first loves, and carefree days that many fans remember fondly. As concertgoers filled the venue, there was an unmistakable sense of anticipation. This wasn't simply a concert—it was an opportunity to revisit a remarkable chapter of American music history.

One of the most significant aspects of today's Beach Boys is the presence of Mike Love, the only surviving founding member still actively touring under The Beach Boys name. At 85 years old, Love remains dedicated to preserving the group's legendary catalog and introducing it to new generations of music fans. Joining him on stage was his son, Christian Love, who has become an important part of the touring band. The father-and-

son connection added a special dimension to the evening, symbolizing both the legacy of The Beach Boys and the passing of that legacy from one generation to the next.

From the moment the familiar opening songs began, the audience enthusiastically responded. Fans sang along to classic hits including "California Girls," "I Get Around," "Wouldn't It Be Nice," "Help Me, Rhonda," and "Surfin' U.S.A." Many audience members knew every word, transforming the performance into a shared celebration rather than simply a concert.

One of the most enjoyable parts of the evening was observing the crowd itself. Some attendees likely grew up during the band's original rise to fame in the 1960s. Others discovered the music through parents and grandparents who passed along their favorite records and memories. Regardless of age, the songs seemed to unite everyone in the room. The Hard Rock's intimate theater setting allowed fans to feel connected to the performers. Throughout the evening, audience members clapped along, danced in their seats, and enthusiastically joined in on the choruses of many beloved classics. It was impossible not to notice the smiles

throughout the venue.

What makes The Beach Boys unique is the extraordinary staying power of their music. Few artists can claim songs that remain instantly recognizable more than 60 years after they were first released. Their catalog transcended generations and continues to be featured in films, television shows, commercials, and playlists around the world.

The band's influence on popular music cannot be overstated. Their harmonies, songwriting, and innovative sound helped shape modern pop and rock music. Songs that once defined an era have become timeless standards that continue to resonate with audiences today.

For many concertgoers, the evening was also a reminder of how powerfully music connects us to our own personal histories. Certain songs can instantly transport us back to a summer vacation, a high school dance, a family gathering, or a special moment with loved ones. Throughout the night, there were countless examples of fans singing along with smiles that suggested they were reliving treasured memories.

As the concert drew to a close, one thing became abundantly clear: The Beach Boys' appeal extends far beyond any

single performance. Their music has become part of America's cultural fabric. It represents optimism, joy, and a uniquely American sound that continues to bring people together. In today's fast-paced world, there is something comforting about hearing familiar melodies that have stood the test of time. Last Friday night in Atlantic City, fans were given the opportunity to celebrate those melodies and the memories attached to them.

Whether audience members first discovered The Beach Boys in the 1960s or only recently added their songs to a playlist, everyone left with a renewed appreciation for music that continues to bridge generations. More than 60 years after they first captured the nation's imagination, The Beach Boys remain a reminder that great songs never grow old. They simply find new audiences while continuing to delight the fans who have loved them all along.

Rose's Scoop: Tribeca Festival officially kicks off today, June 3 till June 14, 2026. So excited to be part of the festival, always such a pleasure covering films! It celebrates 25th years, such an incredible milestone and I'm so proud that I've been covering it since its inception.

AROMATIC FOLIAGE HAS CERTAIN ADVANTAGES

By Tony Tomeo

UNITED STATES—Culinary herbs are mostly aromatic foliage. Their respective flavors are generally similar to their distinct aromas. Parsley, sage, rosemary and thyme are a few popular examples. So are basil, cilantro, chive, mint, oregano, dill, lavender and bay leaf. Ironically though, herbal flavors and aromas repel some insects or grazing animals. Such is their purpose.

The aromatic foliage of rosemary, for example, is a popular culinary herb. However, such foliage is aromatic primarily to repel grazing animals. So, it is both repulsive to deer and coincidentally appealing for culinary application. Its endeavor to be unpopular has made it popular. For organisms that lack olfactory perceptions, plants make productive use of it.

Rosemary, though, is also popular because it is useful for landscape application. Some trailing cultivars grow as ground cover. Others are shrubby. Various species and cultivars of lavender are similarly useful for landscape situations. Bronze fennel became popular more for its visual appeal than its aromatic foliage. Many herbs can perform double duty.

Aromatic foliage is not all herbal. Also, several plants that are not herbs have exceptionally aromatic foliage. Both trailing and shrubby lan-



Lion's tail has oddly aromatic foliage.

tana are almost obnoxiously aromatic. Society garlic, breath of Heaven, rockrose and some salvias can be also. While aromatic foliage should be appealing, it is sometimes objectionable to some. Warmth and humidity typically enhance foliar aroma.

Some aromatic foliage only exudes its aroma when disturbed. Junipers can be aromatic during their pruning but may not be otherwise. Incense cedar, camphor and the various eucalypti and conifers are very aromatic. However, their foliage is very often out of reach. Native bay trees are

very big, but culinary Grecian Bay is proportionate to home gardens.

Because of aromatic foliage, window boxes became popular in ancient European towns. They were convenient planter boxes for growing herbs where garden space was scarce. Also, they sustained aromatic foliage that repelled mosquitoes prior to window screens. Trailing rosemary, nasturtium and ivy geranium are still very traditional accompaniments.

Highlight: Lion's Tail

Too much bloom should be no problem. Although, for lion's tail,

Leonotis leonurus, it can be. It blooms for the middle of spring. Then, it continues blooming in increasingly prolific phases until late summer or autumn. There is little time for deadheading between bloom phases. Furthermore, deadheading too aggressively delays subsequent bloom phases.

It is best to prune deteriorating bloomed stems just below their lowest floral tufts. Pruned stems can then generate side shoots that should bloom for a subsequent phase. Growth unfortunately gets congested by the end of the season. Coppicing late in winter removes all of such congested growth. This promotes new growth and a new beginning for spring.

Mature specimens can grow taller than six feet by the end of summer, and slightly wider. Their narrow leaves are about three inches long. They bloom with dense tufts of tubular flowers in neat tiers on the upright stems. Floral color is almost exclusively bright orange. Cultivars with yellow or white bloom are rare and not as bright. Foliage is very aromatic. New plants are easy to propagate by division while plants are coppiced.

Tony Tomeo can be contacted at tonytomeo.com.

I LOVE LUNA (43)

By Grady Miller

UNITED STATES—I have been unbound from tawdry routine and the daily grind. It turns out good ol' Luna loves travel as much as that tabby cat that got plastered all over the neighborhood. Poor thing hasn't been seen, or else the owners forgot to take down the poster. The "master" holds out hope that he can be a feline rescuer still.

I solemnly promise and cross my paws. I did not eat the tiger striped tabby cat. Meanwhile, I got to trip this week.

Mortals with lesser knowledge of a dog's life presume that the bright colors on Trident sugar-free chewing gum are what entice me to chomp on it and chew it to shreds, those flamingo pink, lime-green, arctic-blue packages that scream off the impulse shelves at the grocery check-out line. As a matter of fact, we canines have a Technicolor nose and monochromatic vision.

The secret-sauce of sugar-free gum is Xylitol, an artificial sweetener good for human teeth, and potentially deadly to canines. Look, I did it once and lived to yet



Luna is convalescing nicely.

wag my tail. The Master had cow when he read that even a small amount of the stuff could be curtains for Luna.

This time, the confetti blizzard of a shredded package carpeted the bed where my forty pounds of pit-bill lab lounged.

I had really got my paw stuck in the cookie jar. Soon enough the master had pieced together the shreds to discover the substance held in the colorful container I had devoured.

I was limp, I was groggy. The master felt it was his duty to lift this bedraggled link of muscle and bone. He carried her into the sala and kneaded her inert limbs to bring her back from Catatonia. He rubbed my neck and beheld the extreme rings of Saturn in the dilation of her eyes. His heart sank and he feared for Leapin' Loca Luna. To his credit he knew better to suppress an urge to web search "the effect of shrooms on dogs." There was no time for that. Not now.

Here I was in a stupor. The master could get sidetracked, when my life was at stake. And what if he was looking up what would surely be a grim outlook, given the poor and often harmful outcomes foretold for dogs who chomp on onions, bacon, bread and milk, much less shrooms.

To be continued...

SAVE FOR THE FUTURE, SPEND FOR TOMORROW

By Danny Jones

UNITED STATES—I have always been fascinated when it comes to the ways that people spend or save money. Money is a commodity that controls many people's lives, so much to the point that everything we seem to do is dictated around it. There are those who we consider savers and there are those who are considered spenders. I do consider myself a bit of both leaning more as of late towards saving.

Why? As I get older I have come to the realization that some things are just stuff, and stuff can easily come and go, experiences are much more important in my opinion. Why? You create memories that literally last for a lifetime and I think that is more important than a piece of clothing, an expensive phone, an electronic device or a high-end luxury item. At the end of the day, you just have something expensive, but once you purchase it, the value drops significantly, especially jewelry or luxury handbags that costs thousands of dollars.

Yes, we see things on TV and on the internet of celebrities purchasing a handbag that is the cost of a car or a down payment on a house that is just silly and stupid now that I think about it. I just can't do it; I guess I'm too money conscious, which I'm not sure is a good or bad thing nowadays. Of course, when I was a pre-teen and in high school certain things mattered because you wanted to stand out from the crowd, then you realize, I could have used that money elsewhere.



Photo courtesy of Giorgio Trovato.

Money is power and it gives you control, so I'm learning the more I save the more power I have in my own life. I can decide what I want to purchase, what bills I want to pay and how much I pay on them. You get choices when you save, whereas when you're just spending to spend, you don't have those options. I like looking at my bank account and realizing that I have enough funds to do this or do that and prepare for my future.

Why? Inflation is going up; the economy is a literal sh**hole right now. I'm sorry, but it is and anyone who says otherwise is simply fooling themselves. Why can that be said, look at gas prices, look at groceries, look at the cost to travel, everything as increased in price and those prices are not dropping, they slowly and surely are climbing to new heights.

We have to become better and teaching kids, teens, young adults and actual adults about the importance of saving. Why? One day they're going to wake up and realize that its already too late. The future will dawn upon you faster than you expect and that frivolous spending that you're doing right now, will indeed impact you when you least expect it.

You want to have at least 6 months of expenses covered God forbid something unfolds that you never imagined. Surprises happen in life and if you do not prepare, you'll be the one in dire straits and wishing you had done so sooner than later.

PREVENTING SPOILED BRATS IN LIFE

By Danny Jones

UNITED STATES—Question America: how do you prevent a parent from creating a spoiled brat? What is a spoiled brat? A person who thinks they're supposed to get whatever they want without any pushback. I feel like in today's society we are creating more and more spoiled brats and it's a direct result of social media.

The internet has created these little monsters at early ages that become full-blown monsters by the time they enter adulthood. It is very difficult to stop bratty behavior syndrome once it has already been instilled in them. This is a direct result of parenting. The parents are key to some of the behaviors their children ultimately develop. How so?

Failure to properly parent their children and relying on others to do it. You cannot be your child's best friend. That is the first problem: you are the parent, so you need to act like it and not allow the child to dictate what he or she wants. Too many parents give in because they don't want to deal with a whiny, arrogant or just a flippant child.

Yes, a child throwing a tantrum in pub-

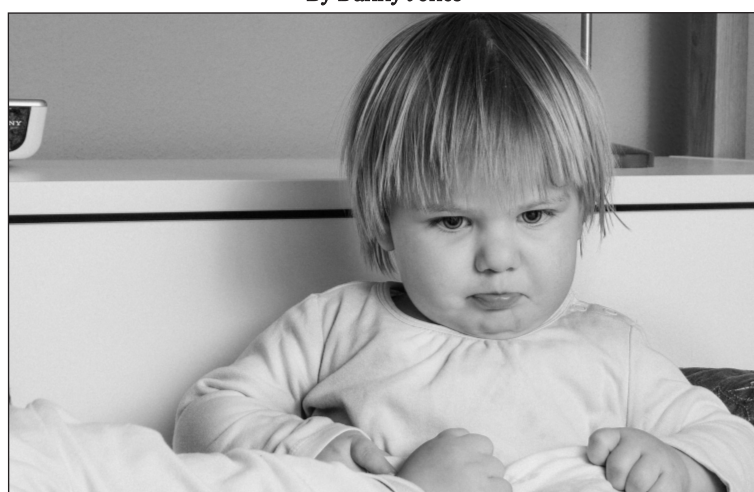


Photo by Alexander Dummer.

lic is not a good thing; it can be embarrassing; trust me I know. However, by allowing that child to throw the tantrum you are teaching them you're not always going to get your way. That is how life unfolds; we don't always get what we want, and we have to navigate paths where such things of this matter unfold. You don't get the dream house, the car,

the girl, the guy, the job and so many other things.

We figure out how to navigate life based on the hand of cards we are dealt. When as a parent, you don't teach your children responsibilities they grow up to be brats in my opinion. How so? They don't know what it means to pay a bill, they don't know what it means to have

things you MUST DO, not things you WANT TO DO. I know spoiled brats, my youngest brother being one, who lives with his parents still and pays not a single household expense. Doesn't clean, doesn't cook, doesn't take out trash and so much more.

It is infuriating because I'm like to my parents, "What are you doing?" Look at him, this is why he behaves the way that he does1 HE KNOWS NO RESPONSIBILITY AT ALL AND YOU'RE NOT FORCING IT ON HIM! The moment he has a bit of responsibility he doesn't know how to respond or do anything. I'm like, don't come to me, grow the hell up. It's long overdue. Too many brats are being developed in this world, and those brats are creating brats and that cycle just continues and continues.

We need to break it, we need to instill the importance of responsibility so that adults understand adulting is not a bad thing, that is a part of life. Do you want to listen to a whiny adult? I don't, so let's teach our kids now so they are prepared later.

"EUPHORIA" GOES OUT WITH AN EPIC BANG

By Danny Jones

HOLLYWOOD—Season three of the hit HBO series "Euphoria" has NOT been easy to watch. Why? It has not been as exhilarating and exciting as the first 2 seasons. I hate to say it, but it almost felt like the series creator Sam Levinson, just wanted to get things over with. I expected a bit more. When I say that, some things felt unfinished as it pertains to Maddy, Cassie, Jules and Lexie for me. I wanted more story for them.

The entire season seemed to revolve around Rue (Zendaya) and rightfully so because she was at the middle of so much mayhem. With that said, the series finale (which I already expected) concluded with the episode, 'In God We Trust' that saw some major deaths. SPOILER ALERT: If you have not already watched the episode, please stop reading RIGHT NOW!!!!

First off, that big-lipped traitor, Faye, screamed alerting Wayne, when she was disappointed no money was in that safe. Rue struck Wayne with a pair of pliers delivering a major wound to his leg, punched Faye in the face and managed to escape. Yes, Rue was already brutalized the previous episode, by Laurie and her goonies. Rue managed to get out and make her way back to Alamo (Adewale Akinnuoye-Agbaje), who I have gone back and forth about regarding his villainy. When it was all said and done, oh,

he's a villain. This is the same guy who basically captured Maddy making her his sex slave and her to pay off that massive debt as she rescued Cassie (Sydney Sweeney).

Speaking of Cassie, she mourned Nate, as did Maddy after they found him dead after being bitten several times by that rattlesnake. Cassie found a way to get from underneath the mayhem that could be tied to Alamo and Maddy. Hate to say it, but Maddy is a damn good friend to Cassie, who wasn't always so good to Maddy. Cassie's tale ended lonely to say the least in that big house, where Lexie was a bit of an afterthought. We got nothing really for Lexie besides what was already given, which was disappointing to say the least.

Jules who was so vital to season 1 and 2, was barely present this time around and her one scene was her crying and it was so lackluster. Jules had a beyond close relationship with Rue, so to NOT even see these characters interact was so frustrating. Laurie's compound was raided by the DEA and unable to fathom with the thought of going to prison, hung herself. Yes, the meek Laurie was dead.

Rue returned to Alamo who gave her cash, Percocet and a week vacation, one that ultimately led to the biggest gasp of the season. Why? Those Percocet

pillars were laced with Fentanyl. Rue traveled to stay with Ali, and that is where the audience last saw our flawed protagonist alive. One that was a tear-jerker to witness. Why? The audience was under the illusion that Rue managed to get out, but after Maddy let it slip to Alamo about Rue working with the DEA it was all over.

Rue attempted to reunite with her mother, but it was simply a hallucination as she overdosed on those laced pills. We had a scene with Rue and Fezco (Angus Cloud). Cloud tragically died in 2023. Her pals Cassie, Lexie, Maddy all grieved her, but no one worse than Ali (Colman Domingo). Domingo has been exploding as of late and rightfully so. Domingo was the star of the episode, get ready for that Emmy, because you damn sure deserve it for that scene in the AA meeting alone. Not to mention the big climax that unfolded at the strip club with gunfire, bullets and so much more.

Nothing pleased me more than seeing Marshawn Lynch's character blown away in a vicious act, as Ali walked into that club in his military attire for the duel of all duels. I mean Alamo was always a punk, as he utilized Maddy as a shield when a shotgun was staring him down. The stunner was that draw that saw Alamo realize his most loyal ally,

Bishop (Darrell Britt-Gibson) removed Alamo's bullet allowing Ali to finish his sendoff of Alamo for his role in Rue's demise.

The last 25 minutes of the episode was so climatic, so delicious TV and just fascinating to watch. I haven't been so compelled watching a series in such a long time that I didn't want to turn my eyes away. I was satisfied with that outcome, and the overall episode was the best of the entire season, I just wanted a bit more finality for some of the other characters audiences invested their lives in for the past I don't know 6 years!

Ali was the hero of the season as he got revenge for Rue, and rescued Maddy from the clutches of Alamo in the process. I was worried for Maddy, but it was nice to see her get from underneath Alamo in what felt like a lose lose situation otherwise. Ali returned to the home of where Rue was staying in the opener of season 3 letting the family know Rue was in a better place as he envisioned her sitting at the end of the table as they prepared supper.

Classic ending, satisfying to a degree, and top-tier writing that hadn't always been there this season, but to say "Euphoria" went out with a bang would be an understatement, but it has been fun America.

"FROM" RECAP: 'THE HEART IS A LONELY HUNTER'

By Danny Jones

HOLLYWOOD—It was indeed an episode, "From" fans. How so? My heart rate raised on more than one occasion and a big confirmation was received about a theory I predicted some while ago. What am I referencing? The notion that if you die in 'Fromville' your dreams become a reality. In other words, whatever you fear becomes real, that is one vital clue, as the audience continues to figure out the mystery that is taking place.

The episode, 'The Heart is a Lonely Hunter' witnessed Boyd and Jade trying to make sense of his wild trip, where Jade may have discovered where the remains of the children lie and some very important clues to solving the mystery. Jade and Boyd traveled to Colony House to see if that mystery door in his hallucination was real. What Jade and Boyd discovered was a brick wall. So is the town screwing around with Jade or is there more to unravel.

Victor was in a bad state of mind, after Henry flipped out after learning about the Man in Yellow. Boyd asked Victor to try to recall any memories he could about the MIY. YES, that was

something I've been begging people to try to get Victor to recall. The only people I think capable of doing that is Ethan and Tabitha to say the least.

Why is this important? They treat Victor like a child, which is where his mind has been trapped for years, and I mean years. It was indeed a nice moment seeing Ethan and Victor bond as they talked about their families, while drawing and coloring. Victor knows so much he has just been bottling up; the right person can pull all that information out of him.

I loved that pairing between Sara and Julie; I feel like these two are going to be key to discovering that Sophia is actually the MIY, but c'mon we got to fix Julie's hairstyle because it's killing me. They are painting that room purple, and I wonder if that is something that will annoy Sophia triggering Sara to look closer at her new roommate.

Boyd and Kenny learned from Donna and Tabitha what unfolded in the forest, and she dropped a bomb that took Boyd and Kenny for a loop. Kenny was also clued into Boyd's latest revelation, and the fact that Roger has been turned

into a doll means something; I suspect the MIY is about to use doll Roger to unleash some havoc. I was happy to see Fatima complete her mud mode of her monster to protect her and I am hoping it comes to fruition in a way that is satisfying. However, I was happy the episode didn't spend a ton of time on these two.

Sophia stumbled into Henry at the Police Station and realized that her clothing had been discovered by the townspeople. Henry continued to drown his sorrows, which Sophia used to her advantage to manipulate him. Kenny backed up Tabitha's theory which caused Donna to lose it and sustain a heart attack. My heart dropped; I thought oh, no, we are about to lose Donna and this is how it's going to transpire? Boyd refused to give up, while Kristie and Maurielle were ready to call it, but Boyd's persistence paid off with gaining a pulse for Donna, as Ethan stopped up to be brave.

I don't believe that scene was just for the sake of it, it is a sign of things to come. While getting drunk Sophia purposely cut her hand and used her blood

to drug/poison Henry drink. What for, I'm not sure, it has me worried a bit. Julie shared with Sara what happened to her, and rather she can story walk is still up for debate; perhaps it was a ruse all along.

It was a nice moment seeing Randall and Elgin cutting up vegetables and bonding, just as Boyd continued to see Father Khatri, who is suddenly giving clues to Boyd on his quest to solve the mystery before it's too late. Frustrated with not being able to find answers, Boyd took Jade's notion about Colony House to task by grabbing a sledgehammer and taking it to that wall. He discovered Jade was indeed right as they found a secret passageway to the caves.

This is huge because it means Jade's hallucination is right, but doesn't that mean the creatures can freely venture into Colony House now that that wall has been broken. I'm nervous, yet excited at the same time as we're getting answers. What I don't want to have happen is what Sophia spilled to Henry, this entire series being one big dream. That would be such a dud that I cannot fathom. Until next week "From" fanatics!

"BEHIND THE MIRROR" IS A FANTASTIC READ!

By LaDale Anderson

UNITED STATES—I have not purchased a book with my own money for entertainment purposes in years. That may be a direct result of being an English and film major as an undergraduate student. I read so many books, at least 5 to 6 per class each semester and that was solely for my English courses. Let's be honest I probably read 20 books a semester over a course of 4 years. That is a lot of reading people; it exhausted me.

Imagine my intrigue when I discover a book was written about one of my favorite reality competition series of all time, "Big Brother." It's like that dirty little secret not a lot of people know about, but you secretly watch and you want others to watch, but it's not always easy to convince them why they should. It is very difficult to describe "Big Brother" to people; they don't always get it, and that is frustrating for fans of the series.

However, this book "Behind the Mirror: Inside the World of Big Brother" by author Taran Armstrong is an exceptional read. This is not me saying that because I've been a fan of "Big Brother" since season 1 or that I keep up with the live feeds and what is happening each summer. Sorry, but BB is indeed my summer guilty pleasure that I must watch no matter how dreadful the gameplay or contestants are in a given season.

This book was such an easy read and that is something that is important for me when it comes to reading; you have to hook me right away or I'm checking out and I mean just that; I'm checking out. When I purchased the hardcover my first thought was oh, this book is going to take me awhile to complete. Nope, I finished the book within a week, probably could have done it in a day or two if I didn't have to

be interrupted by work or personal responsibilities.

Armstrong does a terrific job of introducing us to his world, his connection to this series that he adored as a kid and ultimately has become a career for him, something as he quotes in his own words he would have done for free if anyone asked him. As a writer, Taran does an exceptional job of putting the reader in his shoes by talking about his life experiences and how they mirror "Big Brother" at times. It's a slice of the real world that sometimes many people ignore, but fans of the series see more than you notice.

As a fan of BB, I forget some things that the book totally opened my eyes to, how some of the contestants in season 1 were singled out simply because other house-guests couldn't "connect" with them or how the racism was prevalent in season 1, but not as overt as BB15 and BB21. It wasn't potent because the series didn't highlight it on the episodes, yes, the producer's control what is aired and what is not, which is why the live feeds as Armstrong puts it is so critical to the show's success. People are watching everything and with them being accessible 24/7 it makes it possible. Of course there are down times, but then there are times when things erupt and utter chaos ensues that leaves fans giddy.

Reading this book literally took me back directly as the book explores the gameplay of Dr. Will and season 2. I felt like I was literally in the BB house reading this book; I was transported back into town, and I loved every minute of it. BB2 hands down was the season that hooked me, season 3 of BB was the one that locked me in. I love the way this book breaks down the dynamics of the earlier seasons that set the tone for the game as we see it today. I was

easily transported back to my favorite season of BB6 with that divided house and that heated rivalry between the Friendship and the Sovereign 6. Kaysar was adored and Jennifer Vasquez was absolutely hated by the fans for her treacherous move; Taran captures that mayhem in a way that I felt I was watching the drama unfold in real time even though it happened almost 20 years ago.

Not many people realize that the jury was not always sequestered, that was a direct result of the ending for BB3, or how about the fact that the Silver Power of Veto was the first introduction of that element where the owner of that power could ONLY use it on someone else, not themselves, that didn't change until the Golden Power of Veto was introduced at the end of season and we had that iconic moment where Marcellus Reynolds didn't use it and was blindsided in epic fashion by Danielle Reyes and Jason Guy; the first secret alliance in the game.

The floater strategy comes into play in season 4 courtesy of Jun and Allison, and we got the sequestered jury who couldn't see what they really thought about their competitors, not to mention how Arnold Shapiro totally changed the game as we know it after season 1. Yes, I didn't realize that from seasons 1-9 it was all a bit of a gimmick. How can we take the game to the next level? What twist can be introduced to change things and make them more competitive, which was like constantly re-tooling the game to make it work. We had the twin twist in BB5, the siblings who didn't know each other, till this day is shocking, the secret pairs twist in BB6, the one and truly ONLY all-stars season with BB7, and then you had the foes season in BB8.

Yeah, when you take a moment and re-

flect back the earlier seasons of BB did attempt to deliver shocking twists to keep viewers tuned in, whereas previous and current seasons have been more focused on twists in the game that haven't really worked the best. We had the increased number of contestants in BB15 to 16 from previous entries around 12-14 that delivered more controversy than one can ever imagine. It was hard to fathom seeing the racism so brutally in your face on the live feeds and the producers hide it until they could no longer do it because the fans were ensuring everyone in the world knew about it.

Reading "Behind the Mirror" was liking transporting back to those earlier seasons of "Big Brother" where it was in its glory in my opinion. Unfiltered Diary Room sessions with pure authenticity where the contestants said exactly how they felt with no sugarcoating. Today there is a bit more pandering to the audience, which is not always fun, as some players fail to realize the live feeders know how you really think, feel or behave. Armstrong captures all those inner workings of the game with tact and details that even someone like myself who has studied and watched the series since the beginning had forgotten.

I'm really hoping Taran considers another installment, this time considering a deeper dive into the twists in the game and how they have impacted in both a negative and positive way the dynamics of the game. "Behind the Mirror: Inside the World of Big Brother" gives fans and those completely unaware a slice of the game that is so riveting to read and I'm eager to see further analysis of the game broken down even further.

"THE OVAL" RECAP: 'FRIDAY THE 13TH'

By LaDale Anderson

HOLLYWOOD—As much as I want to stay loyal to the series "The Oval," which I have been watching since the beginning, I'm thinking it might be time for me to check out. Why? The narrative is just not kicking for me anymore, not to mention the character overload is a major problem. Tyler Perry has too many characters on his shows and he tries to give each of them storylines when they don't need them. For as many seasons as "The Oval" has been airing, no major characters have really died and that's a problem.

Perry only seems to make this move when his shows are coming to an end, just look at "The Haves and the Have Nots" or "If Loving You is Wrong." Prime examples where the show's creator just started killing people left and right within a 15-20-minute time frame. This week's episode, 'Friday the 13th' witnessed that explosion that rattled The

White House and Hunter just becoming presidential overnight feels reckless and inefficient as a loyal viewer.

Where is the Hunter Franklin audiences have come to love and hate. Where is the vicious Victoria who was never afraid to trade barbs. Donald is so mute it's not funny, and we have a bunch of characters doing much of nothing. Alan serves no purpose despite using a homeless person to dispose a body to cover his ass.

What is with this Sharon and Nancy crap, all for the audience to discover this episode one of those masked intruders looking for money is Kareem himself who has been MIA for like 2-3 seasons. Like characters just disappear and return seasons later almost like they came into play in thin air? Seriously, c'mon already.

On an interesting note, Jason is holding Priscilla hostage in the tunnels, but

her stupid, vindictive husband, Sam, knows it and is doing nothing about it! Sam has become one of the worst characters on this show. He is flawed, but he's just doing stupid mess right now that makes no sense. Another pointless storyline involving Richard and the hooker he slept with who turned up dead. What is the point of this? Does it serve any narrative purpose? I don't think so, and even if it did, I DON'T CARE!

Lily was worried about rather she was safe with Hunter and Donald back in power, as Allan came to her abode to get an update. They both learned from Simone they have to play ball or they're in trouble for treason and an insurrection. Speaking of Simone, she is getting the cold shoulder from Eli because of her betrayal. Jason is indeed a sick individual who just seems to love chaos and when is someone going to take him out? I mean

Victoria and Hunter are aware courtesy of Kyle that he's MIA yet again, which means they should be worried, but will anything be done about it? Likely not.

The one thing Perry has gotten right is this new character Dilva Prinn who I love. She might have sucked all the personality of every other character currently on the series. She definitely knows something about Bobby, who might be a double or triple agent and Dilva wants him to be placed on a new assignment to protect Lily of all people? Why? Apparently, her life is in grave danger. Who is threatening that person's life, the audience is in the dark on that secret for now.

I've summed up the episode without having to do a play-by-play which I have always done in the past. That should tell you, I've lost my fascination with the series and that is not a good thing, that's pretty bad "The Oval" fans.

TURNING 65 IN NOVEMBER DOES FALL ENROLLMENT IMPACT ME?

By Toni King

UNITED STATES—Dear Toni, I'm stressed about what I need to do to enroll in Medicare because I am turning 65 in November and am not receiving my Social Security check since I am still working part-time with no employer benefits; I only have individual health insurance. I need my Medicare and Part D plan to begin November 1.

I'm concerned about how Medicare's fall enrollment time affects me since I will be applying for Medicare. How can I ensure I enroll in Medicare the right way? Thanks, Toni.-- Joshua from Kansas City, KS.

Hi Joshua: Don't stress yourself about the Medicare Open Enrollment (OEP), also known as Medicare's Annual Enrollment Period (AEP), that begins Oct. 15, because you will be in your Medicare Initial Enrollment Period (IEP). This is Medicare's special time for those who are just turning 65. During your IEP, you can pick the Medicare plan that best fits your medical and financial situation, whether it's Original Medicare with a Medicare Supplement and a stand-alone

Medicare Part D plan or Medicare Advantage plan with Part D included.

Next year's OEP/AEP, that is, in the fall of 2027 and begins January 1, 2028, is when you can make a change to either the Medicare Advantage Plan or Medicare Part D, depending on what you enroll in when you turn 65 in November. This year's OEP/AEP is not for you!

Joshua, Medicare's IEP is a 7-month window that begins 3 months before the month you turn 65, the month you turn 65, and 3 months after turning 65. If one waits past this 7-month period to enroll then Medicare's Part B and D penalties will begin when that person finally enrolls in Medicare. (The Toni Says 2026 Medicare Roadmap explains how to apply for Medicare in detail for those who are either turning 65 or who are past 65 and leaving an employer health plan, whether retiring or laid off.)

Medicare's IEP timeline is:

If you enroll any time during the 3 months before turning 65, Medicare begins the first day of the month when you turn 65. (Joshua turns 65 in November

and can enroll in Medicare Parts A and B in August, September, or October (3 months prior) for both Medicare Parts A/B to begin with a 1 effective date.)

If you enroll the month that you turn 65, then Medicare will begin on the 1st of next month. (If Joshua enrolls in November, his Medicare Part A will begin November 1, and Medicare Part B will begin D 1.)

If you enroll 1, 2, or 3 months after turning 65, then your Medicare Part A will begin the month you turn 65 and Medicare Part B will begin the 1st day of the month following enrollment. (If Joshua enrolls in December his Medicare Part A is Nov. 1, and Part B is Jan. 1, he enrolls in January then his Part A is Nov. 1 and Part B is Feb. 1 and the last month he can enroll when turning 65 is the month of February with his Medicare Part A beginning 1 and Medicare Part B beginning Mar. 1.) Confusing...? I know!

Because you are not receiving your Social Security check, Joshua, you will need to create a My Social Security Account through Social Security's website

at www.ssa.gov/medicare/sign-up and enroll yourself online. It is not commonly known that Social Security enrolls America in Medicare and that Medicare is not involved in this process.

Once your enrollment in Medicare is finalized on the Social Security website, then you will want to view your Benefit Verification Letter. At that time, you can verify your Medicare Part A and B starting dates with your new Medicare number and enroll in whatever Medicare health and prescription drug plans you would choose. Whether you pick a Medicare Supplement with a stand-alone Part D prescription drug plan or a Medicare Advantage HMO/PPO plan with prescription drug coverage, find a plan that best fits your medical and financial needs.

Contact the Toni Says Medicare team at info@tonisays.com or call (832) 519-8664 for assistance or to answer Medicare questions. Sign up for the Toni Says newsletter at www.tonisays.com to download Toni's new Medicare 2026 First Steps guide.

RAMS LAND SUPERSTAR MYLES GARRET

By Christopher Floch

LOS ANGELES—In a blockbuster trade on Monday, June 1, All-Pro pass rusher Myles Garrett has been traded from the Cleveland Browns the best defensive presence in the NFL to the Los Angeles Rams. It is a fantastic move by an organization who is improving their one weakness, which is preventing them from winning a Super Bowl.

This massive deal involved multiple high-value assets and is being hailed as a landscape move across the NFL world. The Rams had to give up young pass rusher Jared Verse and three draft picks for the generational talent, that is Myles Garrett.

Last season, recording an NFL record 23 sacks, Garrett is joining a team that is clearly all in on pursuing a Super Bowl in 2026. Verse will head east to Cleveland, where he'll replace Garrett on a team that is quietly assembling a promising young core, for which Verse should serve as a pillar going forward.

Toward the end of the season, especially in the NFC championship game against the Seattle Seahawks, it was apparent the Rams defense— not only the maligned secondary was responsible for the 31-27 gut wrenching loss to the eventual Super Bowl champs, the Seattle Seahawks.

Garrett's arrival supplies Chris Shula -- a defensive coordinator whose successes nearly landed him a head coaching job in 2026 -- with a game-wrecking force uniquely skilled enough to create mismatches anywhere along the defen-



The Rams have added Myles Garrett to the team. Photo by Jevone Moore.

sive front.

Instead of watching his pass rush register pressures but fail to get home, Shula can now deploy Garrett wherever he prefers and create advantages elsewhere. If he gets Garrett in a one-on-one matchup, he can smile as he watches Garrett destroy a tackle before swallowing up an opposing quarterback. Garrett joins Los Angeles fresh off a NFL record 23 sacks and has recorded at least 10 sacks in each of the past eight campaigns (he had seven in his 2017 rookie season).

With a core of young defensive talent including Byron Young, Kobie Turner and Braden Fiske.

Everyone in L.A. is thrilled by the news, including recently 'retired' Ram Aaron Donald.

I use the term, 'retired' loosely because former Rams teammate, Michael Brockers, said that the NFL great might be considering coming out of retirement.

"(I have) some knowledge that others might not have ... My guy is staying ready so he doesn't have to get ready,"

Brockers said during a recent interview.

Donald retired after the 2023 season, concluding one of the most dominant runs a defensive tackle has ever had in the sport.

Donald, 35, made the Pro Bowl in all 10 of his seasons, was named Defensive Rookie of the Year in 2014 and was named the NFL's Defensive Player of the Year three times. In 154 career games, he recorded 543 tackles with 111 sacks and 24 forced fumbles.