

Not Born Yesterday!

News for Smart & Savvy Adults
November 2023

Our **63rd** Year!



*Nick
Nolte*

Happy Thanksgiving
to
All of Our Readers!



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In This Issue...

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Nick Nolte~ Starring in 90 Films

Nicholas King Nolte (born February 8, 1941) is an American actor. Known for his leading man roles in both dramas and romances, he has received a Golden Globe Award as well as nominations for three Academy Awards and a Primetime Emmy Award. Nolte first came to prominence for his role in the ABC miniseries *Rich Man, Poor Man* (1976) for which he received a Primetime Emmy Award for Outstanding Lead Actor in a Limited Series or Movie nomination. He won the Golden Globe Award for Best Actor – Motion Picture Drama for *The Prince of Tides* (1991). He received three Academy Award nominations for *The Prince of Tides* (1991), *Affliction* (1998) and *Warrior* (2011).

His other notable films include *The Deep* (1977), *Who'll Stop the Rain* (1978), *North Dallas Forty* (1979), *48 Hrs.* (1982), *Cannery Row* (1982), *Teachers* (1984), *Down and Out in Beverly Hills* (1986), *Another 48 Hrs.* (1990), *Cape Fear* (1991), *Lorenzo's Oil* (1992), *Jefferson in Paris* (1995), *The Thin Red Line* (1998), *The Good Thief* (2002), *Hulk* (2003), *Hotel Rwanda* (2004), *Over the Hedge* (2006), *The Spiderwick Chronicles* (2008), *Tropic Thunder* (2008), *The Company You Keep* (2012), *Gangster Squad* (2013), *A Walk in the Woods* (2015), and *Angel Has Fallen* (2019).

Nolte's television credits include the HBO series *Luck* (2011–2012), the Fox miniseries *Gracepoint* (2014),

the Disney+ series *The Mandalorian* (2019) and *Peacock* crime drama *Poker Face* (2023). From 2016 to 2017 he portrayed President Richard Graves in the Epix series *Graves* for which he was nominated for a Golden Globe Award for Best Actor – Television Series Musical or Comedy.

In 1992, Nolte was named the Sexiest Man Alive by *People* magazine. When asked about the selection he said "Are you sure you didn't make a mistake? My personal choice is Walter Cronkite

For Nolte, acting is not a career but something he needs to do, he says, "a need in the sense that I can't find anything as complex and interesting to do, but I need it in a story," and "I don't want to do reality because reality never runs smooth". He likes to vanish into a role "if the story reaches up to where the great actor is, the great actor disappears, and the story becomes number one, that's as real as it gets".

Early life

Nolte was born in Omaha, Nebraska on February 8, 1941. His father, Franklin Arthur Nolte (1904–1978), was a farmer's son who ran away from home, nearly dropped out of high school and was a three-time letter winner in football at Iowa State University (1929–1931). His mother, Helen (née King; 1914–2000), was a department store buyer, then became an antique dealer, co-owning an antique shop. His father was of German ancestry.

Nolte's maternal grandfather, Matthew Leander King, invented the hollow-tile silo and was involved in early aviation. His maternal grandmother ran the student union at Iowa State University. He has an older sister, Nancy, who was an executive for the Red Cross.

Nolte attended Kingsley Elementary School in Waterloo, Iowa. He studied at Westside High School in Omaha, where he was the kicker on the football team. He also attended Benson High School, but was expelled for hiding beer before practice and being caught drinking it during a practice session. Following his high school graduation in 1959, he attended Pasadena City College in Southern California, Arizona State University in Tempe (on a football scholarship), Eastern Arizona College in Thatcher and Phoenix College in Phoenix. At Eastern Arizona, he lettered in football as a tight end and defensive end, in basketball as

a forward, and as a catcher on the baseball team. Poor grades eventually ended his studies, at which point his career in theatre began in earnest. While in college, he worked for the Falstaff Brewery in Omaha.

After stints at the Pasadena Playhouse and the Stella Adler Academy in Los Angeles, Nolte spent several years traveling the country and working in regional theater, including the Old Log Theater in Minnesota for three years.

Modeling

Nolte was a model in the late 1960s and early 1970s. In a national magazine advertisement in 1972, he appeared in jeans and an open jean shirt for Clairol's "Summer Blonde" hair lightener sitting on a log next to a blonde Chris O'Connor; and they appeared on the packaging.

Acting

From 2016 to 2017, Nolte starred in *Graves* on Epix about a volatile, hard-drinking former U.S. president who has been retired for 25 years and who has a political epiphany to right the wrongs of his past administration in very public and unpredictable ways.

Personal Life

Nolte married Clytie Lane in 2016. He was previously married to Sheila Page, Sharyn Haddad, and Rebecca Linger. Nolte and Linger have a son, Brawley (b. 1986), who has had a few acting roles himself and is married to Indian-American actress Navi Rawat. Nolte and Lane have a daughter, Sophia (b. 2007). Sophia played his granddaughter in *Head Full of Honey*. Nolte and Linger also had a daughter in 1983 who was stillborn. Nolte lived with Karen Eklund, who later sued him for palimony. He has also dated Debra Winger and Vicki Lewis. Julia Roberts and Nolte co-starred in the film *I Love Trouble* in 1994. Following its release, the *Los Angeles Times* reported that

the two did not get along well and had multiple spats on-set.

Legal troubles and substance abuse

Nolte is known for his "bad-boy reputation". In 1965, he was arrested for selling counterfeit documents and given a 45-year prison sentence and a \$75,000 fine, but the sentence was suspended. However, the felony conviction left him ineligible for military service. He had felt obligated to serve in the Vietnam War, and says that he felt incomplete as a young man for not going to Vietnam.

On September 11, 2002, Nolte was arrested on suspicion of drunk driving in Malibu, California. Tests later showed that he was under the influence of GHB. GHB is a prescription medication that makes you sleepy and slows down your breathing and heart rate. Nolte responded that he has "been taking it for four years." Three days later, he checked himself into Silver Hill Hospital in Connecticut for counseling. On December 12, 2002, he pleaded no contest to charges of driving under the influence. He was given three years' probation, with orders to undergo alcohol and drug counseling with random testing required.

In 2005, *The Independent* reported that Nolte had struggled with substance abuse for "the majority of his adult life" and had begun abusing alcohol at an early age. After remaining sober for nearly 10 years, he resumed drinking in the late 1990s. Following his 2002 arrest, he again stopped drinking. In 2018, he told *The Saturday Evening Post* that he did not have a drug problem and that he had been "relatively clean outside of prescription stuff for years". Nick Nolte's estimated net worth is \$75 million.

Photo Credit on Cover: By Alain Zirah - This file has been extracted from another file, CC BY 2.0, <https://commons.wikimedia.org/w/index.php?curid=89047963>

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By Amanda & David Secola**

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Senior in Action ~ Irene Hernandez

Senior in Action – Irene Hernandez, as told to Marilee Steffenhagen

Have you always lived in California?

Irene: "Yes, I was born in East Los Angeles in 1953 and have now lived in California for seven decades. My family is very close knit. My mother had thirteen siblings, so family reunions on my maternal side sometimes included 250 people! My father had six siblings, smaller than mom's family, but we recently held a family reunion where seventy-five relatives gathered to eat and share stories. I was married for 19 years, but divorced in 1993. I live in a multi-generational household now, with my daughter Marina, and her twin daughters who are thirteen years old. My son Sergio and middle daughter Monica also live in southern California, so I feel blessed to be surrounded by family."

Were you a career woman?

Irene: "I went to Dominguez High School in Compton, and attended college to study for an RDA, Registered Dental Assistant. I enjoyed working in the dentistry field from 1972 until I retired in 2017. During my career, I not only worked in dental offices, but also assisted the Board of Dentistry's Examiners in the RDA licensing exams held at USC. Being a mother to three children plus working in a dental office required lots of juggling."

"Now that I am retired, I make a point of remaining physically active. I love walking, and spend hours gardening. All that trimming, clipping and raking in our big backyard and vegetable garden gives my body a workout! We grow zucchini, tomatoes and herbs in the vegetable garden. I love the smell of basil. From our fruit trees, we harvest plums, apricots, kumquats, loquats and lemons. We make an effort to prepare healthy meals, although holiday family dinners always include YUMMY potatoes, made with sliced potatoes, grated cheese and sliced Ortega chiles. My children and grandchildren love my mole sauce on chicken tacos. Growing some of our own fruit and vegetables helps us stay focused on a nutritious diet instead of giving in to cravings."

Do you have other hobbies?

Irene: "I enjoy decorating and creating beautiful, unique crafts. In autumn, it's fun to decorate with fall leaves and pumpkins. I keep an artificial tree in my home all year round with changing seasonal decorations. Our menagerie of pets also keeps us busy. I usually take our dog, Gigi on my walks. Our other pets are Tiffany the cat, a bearded dragon, two ducks, two lovebirds and a parakeet. We love our animals!"

Is religion an important part of your life?

Irene: "Faith is the number one motivator in my life. I began worshipping at The Lord's Church in Bellflower in 1962 at age 9. After my children were born, they accompanied me and other church members on mission trips to Mexico and Arizona. We brought clothes, toys and food to Mexican church orphanages before winter holidays. Now our mission trips are to Arizona due to safety concerns. At church, I decorate a 9-foot Christmas tree each year. And every Sunday, I look forward to seeing my best friend Elizabeth at the worship service. We've been friends since first grade."

October is Breast Cancer Awareness Month. Will you share why that matters to you?

Irene: "My father died at age 58 from cancer. Six years ago, my mother was diagnosed with breast cancer, and I was diagnosed with breast cancer about the same time. I don't even know how I made it through chemotherapy while caring for my mother. It required balance: spiritual, physical, and financial. Keeping a positive attitude helped too, and we focused on good nutrition and vitamin supplements. We prayed often, and our family and friends supported us with prayers and loving care. Sadly, my mother passed away in 2017."

Would you like to share any words of wisdom with NBY readers?

Irene: "It's important to maintain a good attitude and stay positive in the midst of chaos. Enjoy the little things in life, like walking on the beach and listening to the waves. Remember that we're not meant to go through life alone. We're meant to have best friends, and family to provide support when needed."

Marilee Steffenhagen writes for *Not Born Yesterday!* Her career spanned several decades in the Library Sciences. She served as a librarian and head librarian throughout Southern California.

Send submission inquiries to *Not Born Yesterday!* P.O. Box 722, Brea, CA 92822 or nbynews@juno.com.



NEWPORT BEACH SEMINAR

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Artificial Intelligence: A New Era for Science? Padhraic Smyth, PhD

Wednesday, November 15, 2023, 7:00pm

Doors open at 6:30pm

Dr. Smyth is a Distinguished Professor in the Department of Computer Science at UCI. He has published over 200 papers on machine learning, artificial intelligence and pattern recognition. He is the founding director of the UCI Center for Machine Learning and Intelligent Systems. He has received research funding from NASA, Google, Qualcomm, Experian and consulted with Samsung and AT&T. Few people are more qualified to talk to us about the future of Artificial Intelligence and its impact today.

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Bethany

Tropicals in the Home

Keeping Tropical Plants Healthy by Melinda Myers

Tropical plants are filling our homes and workspaces, adding beauty, relieving stress, and boosting creativity, productivity, and focus. Keep these plants healthy and looking their best by providing for their basic needs.

Select plants that will thrive in the growing conditions found in your home or office and with your level of care. Busy gardeners should look for low-maintenance plants like ZZ plants, Chinese evergreens, pothos and philodendrons while others may choose ferns, peace lilies, baby tears and gardenias that require a bit more attention and care.

Light is the most common limiting factor when growing plants indoors. Matching the plants to the desired light is the first step in success. Plant tags, university websites and plant books can provide you with this information. If you are lucky enough to have an east- or west-facing window you can grow a wide variety of plants. High-light plants should be kept within two feet of these windows. Low-light plants can be set up to six feet back or off to the side of an east- or west-facing window or in front of one that faces north. Keep in mind buildings, awnings, trees, and sheers can decrease the amount of sunlight reaching the plants.

Fortunately, there are now more options for decorative energy-efficient

grow lights available, expanding your indoor gardening opportunities. Pendants, clip-ons, floor lights and furniture-grade plant shelves provide the needed light for plants and add decorative elements to your home. Proper watering is next on the list of key factors for healthy growth and longevity of indoor plants. Most tropical plants prefer evenly moist soil comparable to a wrung-out sponge. Water thoroughly preferable with tepid water when the top few inches of potting mix are starting to dry. Pour off any excess water that collects in the saucer. Allowing plants to sit in water can lead to root rot and plant death.

To achieve proper watering enlist the help of moisture-retaining products like organic Wild Valley Farms [wool pellets](http://www.wildvalleyfarms.com) (wildvalleyfarms.com). Made from wool waste, this sustainable product reduces watering by up to 25% and increases pore space in the soil for proper drainage and better plant growth.

Create attractive clusters of plants while increasing the humidity that most tropical plants need for healthier growth. As one plant loses moisture through the leaves, often called transpiration, the neighboring plants benefit. Go one step further by utilizing gravel trays. Set plant pots on pebble-filled saucers or trays. Allow excess water to collect in the pebbles below the pots. As this water

evaporates, it increases the humidity around the plants. This also reduces your workload by eliminating the need to pour off excess water that collects in the plant saucer.

Add a few terrariums for plants like Venus fly trap, ferns and spike moss that grow best in high humidity and moist soil conditions. Purchase one or create your own from an old aquarium, or another clear glass container and add a lid to create a closed growing system. Select or create one that supports plant growth, complements your home's decor, and reflects your personality.

Provide a warm, draft-free location for your tropical plants. Most prefer the same temperatures, 65-75 degrees that we do. Don't worry if you turn down the heat at night, most plants will be fine. Just do not trap them between the curtain and window where it is much colder than the rest of your home. Avoid cold drafts from doors and windows and hot drafts from heat registers that can be detrimental to your plant's health.

You may need to move plants, adjust grow lights, and fine-tune watering as you get to know each plant's needs. Once you place them in the right location and provide the correct amount of light and water, your plants will grow and prosper.



Photo credit: Photo courtesy of MelindaMyers.com

Photo caption: Philodendron is just one of the low-maintenance tropical plant options.

Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook, 2nd Edition* and *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"* instant video and DVD series and the nationally syndicated *Melinda's Garden Moment* radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Wild Valley Farms for her expertise to write this article. Myers' website is www.MelindaMyers.com.

NOVEMBER TRIVIA AND HIGHLIGHTS

Giving thanks in November: In the US, November is perhaps best known for Thanksgiving. Since 1621, the fourth Thursday in November has served as a holiday to gather with friends and family and give thanks for the blessings in our lives and also eat the incredible food reaped from the fall harvest. That's 400 years of turkeys

Rock the vote: If you're American you know the presidential election is always in November. But do you know why? It comes down to the farmers. Not wanting to disturb the planting, growing or harvest seasons, the month of November was chosen as the most logical month for everybody to be able to vote.

The power to turn invisible: The official birthstone of November is the topaz. This orange-yellow gemstone is said to represent friendship. The Greeks also believed that Topaz had the power to turn you invisible. The official flower for the month of November is the

chrysanthemum. Meaning 'golden flower' the chrysanthemum represents honesty, joy and optimism.

Trees go bare and a time to celebrate the dead: On November 1st, the people of Mexico celebrate Dia de los Muertos or The Day of the Dead. It's believed that the souls of deceased loved ones return on this day. But don't be scared, this day is for celebration with food, drinks and music!

The two zodiac signs represented in are Scorpio and Sagittarius.

Here is one of the more intriguing fun facts about November: it is the only month that Shakespeare never mentioned in all of his plays and sonnets. We're not sure why Shakespeare shunned November. Was it just a coincidence or was November really that uninspiring?

Food Days: It seems that the best thing to do in November is eat! Did you know November is home to many delicious

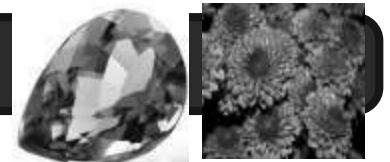
special days? November 3rd is Sandwich Day. November 6th is Nacho Day. The 14th is Pickle Day. And the 28th is French Toast Day. And the most random of all, November 29th is Lemon Cream Pie Day.

Sweet dreams in November: Sunday, November 5, 2023 at 2:00am - is when the clocks turn back and we all get an extra hour of sleep.

Write until your fingers bleed: Join thousands of people around the world in November for NaNoWriMo, National Novel Writing Month. Writers are challenged to create 50,000 word novels in 30 days.

November tragedies: There was the assassination of President John F. Kennedy in Dallas Texas on November 22, 1963. Also, the Jonestown Massacre on November 11th, 1978; the largest group suicide - over 900 died in a cult ritual.

Gourds: November is the latest we can harvest the gourds in our garden before the first frost starts to set in. Some of the most



Stone: TOPAZ
Flower: Chrysanthemum

popular gourds planted in the US include pumpkins, acorn squash, spaghetti squash and zucchini. Delicious and healthy!

We will remember: November 11th is a very important day where we remember the veterans we have lost in past wars and thank the military of today for protecting our country. In the US November 11th is known as Veterans Day. In the UK, Armistice Day. and in Canada, Remembrance Day. So wear your poppy proud in November!

Random November: Let's finish off with a few cool November facts. Two of the most popular toys were first released in November, the board game Monopoly (1935) and the Easy-Bake Oven (1963).

Also the first x-ray was invented in Germany in November 1895 and King Tut's Tomb was discovered on November 4th, 1922.



Love After 60 by Jan Fowler "Keeping Your Dreams Alive" Award Winning Columnist

Submitted by
Jan Fowler

If you have a dream of finding love in later life, then I urge you to nourish that expectation by doing something tangible which excites the fulfillment of your desire.

As an example, one day a few years ago I decided that I wanted a new car and recall how I began dropping in at Lincoln showrooms 'just to look' of course. There was something about seeing, feeling, and smelling a new car which excited me. Oh no, I wasn't going to fork out any money just yet. But then again, I never expected to see the car of my dreams either, one which had every single feature which I had envisioned, including the exact color which I love!

When I unexpectedly saw this car, I felt a shift and shiver ripple through me at the cellular level. I never dreamed where that first step would lead, but was so thrilled with my instant discovery that I happily bought the car and had a wonderful romance with it 'more like a love affair' for many years.

Now I may be different from others in that I happen to regard a car as a very personal thing, pretty much like my wristwatch in that I use and rely upon it nearly every single day. And I remember how, while driving my new car, I'd often sing at the top of my lungs while sailing at top speeds across the highways and byways of America.

Very often when you take that first step, you will notice how all the right people 'magically appear' from out of nowhere with the exact information which you need to guide you to the next level. Occasionally, that next level may lead you to a new job, a new house, or a new love mate.

You can warehouse seeds in a seed bank and store them for years. But just like ideas, you have to plant them if you ever want them to grow. Seeds need water, light, and nourishment. Plant a seed and you give it life. Give it life and you give it force, plus you may discover that it has infinite potential.

Each week, I receive stories from people of all ages who have recently discovered love and romance. It thrills me to read, "Dear Jan, I have fallen in love." When I ask how they met, I often learn that they took one small step in

the right direction, anything from signing up on 'Plenty of Fish' to attending a senior dance, joining a one-day bus excursion, enrolling in a class, volunteering their time at a charity fundraiser, etc.

So I urge you to never, never, never give up dreaming that you too will find love, if that happens to be among your personal dreams in life.

About the columnist: Jan Fowler is an award-winning columnist and author who was nominated for the national Purpose Prize, An AARP award given to people 50 and older who are striving to enhance the lives of others. Jan Fowler is the recipient of the Golden halo award for outstanding Literary achievement from the Southern California Motion Picture Council.

Jan has written several books and also hosted radio and television programs focused on Senior living at its Best. She is founder of Starburst Inspirations, Inc. a non profit in support of Redlands, California drug court.

She welcomes feedback and comments.

Website is www.janfowler.com and email is janfowlerusa@yahoo.com



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NOTE: December 9: Animals
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On Oct 30, the California State Commanders Veterans Council voted unanimously to fund and refer all those in their 21 member veterans

organizations; TV and Radio Public Service Announcements began November 1st.

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ISSUES REGARDING THE LAW

by Margaret Heine

Revenge Is Not So Sweet

REVENGE IS NOT SO SWEET

When the ideal becomes reality, and the break up happens, what happens when adults start behaving like children? They are mad, they are angry, and they are vengeful. One or the other may feel like they have been wronged, taken advantage of, or otherwise abused. They have one thought, revenge.

Intimate partner abuse is up in the United States. According to a report published by the CDC, "National Intimate Partner and Sexual Violence Report", 1 in 2 women and 2 in 5 men have experienced victimization by an intimate partner through sexual violence, physical violence or stalking.

According to The United States Department of Justice, domestic violence is defined as "a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner". This abuse may be physical or emotional, it can be physical, sexual, financial, and digital abuse. This is a complex area of the law and this article will only highlight a small number of examples and remedies.

If you are a victim of domestic violence, get help, get assistance. The courts offer free assistance. There is no fee for a restraining order; there are numerous help-lines, shelters, and legal aid societies to assist in most communities.

Generally, in domestic abuse cases or intimate partner abuse, a restraining order against the offending party would be the first defense in protecting the abused partner. A domestic abuse restraining order can include a number of orders such as: no contact between the parties, no harassing, stalking, threatening; a move out order for shared residences, spousal support, and child support orders. Sometimes, even with a restraining order, abuse continues which cannot be stopped with the order. Abuse such as cyber bullying, revenge porn, hate posting, may not be stopped by a restraining order. There are, however, other remedies available.



Social Media as a tool for libel is an all too familiar theme of intimate partner abuse or intimate partner plays for revenge. Social Media, due to its high accessibility, lack of oversight, and instantaneous delivery of content creates a hostile, war like environment for partners bent on revenge or to hurt one another. To justify the bad behavior between the parties, it is easy to slam, bait, defame, and bully the other partner. Unfortunately, that involves these venomous attacks not just being witnessed, read, and digested by the target partner, but both partners' extended group of friends, family, acquaintances, and employers.

Posting unflattering photographs or photographs depicting any alleged wrongs by the other party, saying untrue and hurtful things are all standard operating procedure on facebook, instagram, twitter/X, porn sites, dating sites, and even tic toc. These postings amount to a "publication" or "distribution" of whatever terrible wrongdoing is alleged. This posting of information provides the basis for the actions of libel and defamation.

In a story first published by CBC News, an ex-boyfriend advertised the ex-girlfriend's services as an "escort", "prostitute", and "someone looking for sexual adventure". All of which were false. The ex-girlfriend was hounded by unwanted men. Some of the postings were actually "anonymous" [later proven to be from the ex], so a restraining order could not prevent the publication. This was a crime. It created a criminal act of assault, a civil act of defamation and/or libel, cyber bullying and infliction of emotional distress. All are serious actions and carry severe consequences. Those remedies, however, do not remove the hurt, shame, and stigma of the acts of revenge.

In a 2010 study, it was found that revenge porn has become an increasingly common crime intended to shame and intimidate victims. Often times, victims may suffer additional harm such as threats of physical violence, stalking, and criminal threats. A study by the Cyber Civil Rights Initiative found that 93% of victims suffered significant emotional distress because of their victimization; 51% had suicidal thoughts; and 49% stated they had been stalked or harassed online by users who saw their material.

In 2013,

California passed SB 255, creating Penal Code sec. 647j, which makes revenge porn a criminal offense. If a person is convicted of the crime, they can face jail time and a fine. Under this law, posting an intimate photo of the other person or posting a recording of a sexual act on any video or internet site are all chargeable offenses under the law. It is also criminal to change a video or photograph, substituting the face of the ex partner for the real face in the photograph or video.

When the online postings make false statements and claims about the ex with the intention to damage that person's character, impact their job or employability, or create a false persona with intent to harm that person, it is generally considered defamation.

The spreading of these lies and messages are accomplished in two primary ways: verbally or slander, and written or libel.

Slander would apply to anything spoken to any other person which is false. It could be spreading a rumor maliciously or simply making malicious false accusations. For example, calling a person's workplace and reporting false information about them, attempting to get them fired or released from their job, making spiteful or judgmental comments about a person, could all be actionable. If these actions created lost wages, emotional anguish, humiliation or shame, among other things, the statements would be actionable. An action for slander would be made in California under Code of Civil Procedure section 46.

Libel is any false statement made in print or published in writing in any manner, such as on Twitter/X or facebook. Was the statement made maliciously, with an intent to harm the subject of the statement? Was the statement read by or available to be read by others? Was it false? If so, then under California Code of Civil Procedure section 45. On October 11, 2023, in the case of *New York Times v. Sullivan*, the Supreme Court of the United States - reviewed one of the standards for libel: whether or not the statement had to be made maliciously. The review found that there



must be malicious intent in making the false statement. So, just simply stating a guess or conjecture, without malice, would most likely not be actionable. For example, "she looks so thin she must be bulimic", would be an opinion, not

necessarily stated with malice and would not be actionable.

Another civil action available is a claim for "False Light". This is like a defamation action, except that the statement doesn't have to be actually false. In false light, the offender is making statements that give rise to a false impression or conclusion. You cannot sue for both defamation and false light, so, you need to carefully separate the facts to determine which action would be available. The second important factor in a false light claim is to show that the impression which was created is highly offensive to a reasonable person. That means not just the person who was the subject of the statement is offended, but anyone reading the statement would be offended.

If this is happening to you, seek legal help as soon as possible. Most of these actions are only available for legal resolution within one year of their occurrence. Many shelters offer free counseling and legal advice. Your local legal aid society may be able to assist you as well as the clinics at your county courthouse. Contact a personal injury attorney for any civil claims such as defamation, slander, libel, and false light.

Of course, the easier solution is to take a sad situation such as a break up, and walk away as adults instead of setting out to make life miserable for the other party. Revenge is not always sweet.

Margaret A.M. Heine is the principal counsel at Heine Law Group. Her practice includes estate planning, wills, trusts, and probate as well as business, real estate, and civil litigation. Email: nbylegas@gmail.com or visit website at www.margaretamheine.com.



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PUZZLES ON THE INTERNET: If you have not discovered these, I would invite you to look for something that might interest you. I find the Word Puzzles a great distraction. So my favorites are Wordle.com, which gives you a new word to solve for every day. I also review tomsguide.com for hints on Wordle. My 'go to' everyday is Squaredle.com and this provides a daily puzzle of varying degree of difficulty. In addition, they also have Squaredle Express daily. Another fun one is Quordle.com, which is offered by Merriam-Webster.com (the dictionary people) This has four quadrants for finding words in order to complete the puzzle. Blossom is a flower set up to make twelve words in order to complete the puzzle. Finally, I will finish off with Waffle.com, where the layout looks like a waffle and you fill in the words as they touch one another. Have FUN!!

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Calculating a Healthy Weight

The definitions of overweight and obesity are based on body mass index, or BMI. BMI is based on your height and weight. Overweight for adults is a BMI between 25 and 29.9. Obesity is a BMI of 30 or greater. NIH has a tool to help you calculate your BMI. www.NIH.gov

"BMI is quick and easy to obtain, but it's not perfect," Yanovski says. A high BMI is usually caused by extra body fat. But it can also come from extra muscle, bone, or water.

If your BMI is high because of extra body fat, aim to lose about one to two pounds per week. "Some people might think losing weight quickly is the best strategy," says Dr. Alison Brown, a nutrition scientist at NIH. "But really, the safer and more sustainable weight loss is gradual."

To lose weight, you need to burn more calories than you take in. "Combining both calorie restriction plus physical activity tends to be most effective for weight loss," Brown says.



FIND MORE BOOKS ON PAGE 15

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Visit www.acbl.org and search the Club Directory to find a group near you.

BRIDGE BITES from The American Contract Bridge League

ONE FINESSE TOO MANY

By: Brian Gunnell

It's great when our finesse works, but against a cunning opponent, when we try that same finesse a second time, we sometimes get an unpleasant surprise.

♠ J ♥ QJT ♦ T97 ♣ AJT954		♠ 73 ♥ 872 ♦ K432 ♣ K632	
♠ 862 ♥ K953 ♦ 865 ♣ Q87		♠ AKQT954 ♥ A64 ♦ AQJ ♣	
North		South	
West		East	

N-S Vulnerable

South	West	North	East
2♣	Pass	3♣	Pass
3♣	Pass	3NT	Pass
6♣	All Pass		

After that artificial (and strong) 2♣ opening, the rest of the auction was natural. West leads a trump against your slam, how do you propose to make 12 tricks?

It may be too late already, but let's do this one without peeking at the E-W hands. The opening trump lead has knocked out your entry to Dummy, and you must use that entry to take one of those red suit finesses. Which one? Surely it must be right to finesse in Hearts because, if that loses to West, you'll have a Heart entry back to the board for the Diamond finesse.

So, the ♥Q is led from the board and it holds. Yippee! Now Dummy's ♠A is cashed (pitching a Diamond) and the winning Heart finesse is repeated. Oops! This time that dastardly West fellow produces the King! Even worse, Declarer now has no way of avoiding a Diamond loser also. Down one! When the first Heart finesse worked, Declarer took his eye off the ball. He must realize that a second Heart finesse is unnecessary. After the ♥Q wins, the 100% safe line is to cash the ♠A (pitching a Heart), ruff a Club high (just in case there is an overruff in the cards), then draw trumps and give up a Diamond.

Visit www.acbl.org for more about the fascinating game of bridge or email marketing@acbl.org

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BY JILL WEINLEIN

The Inn at Spanish Bay During The Holidays

Last month I was invited to a wine harvest at Talbott Vineyards at their Sleepy Hallow Vineyard in the rolling hills of Carmel Valley. We spent three days with female winemaker Kamee Knutson, and enologist Ben Hernandez, learning about their award-winning Pinot Noir and Chardonnay wines.

The vineyard was founded by apparel entrepreneurs Robert and Audrey Talbott in 1982. With the help of their son Robb Talbott, they built a boutique winery making some of the best estate wines in the region. A few years ago the winery was purchased by the family-owned E. & J. Gallo.

Kamee Knutson is a charismatic winemaker with over 20 years of winemaking. She told me she aspired to become an architect when she was a little girl. *"I actually wanted to design homes in vineyards and at wineries,"* she shared with me.

After two years at Cal Poly San Luis Obispo's College of Architecture and Environmental Design, she took an elective class 'Intro into Winemaking' and soon changed her major. *"I realized I wanted to become an architect in winemaking!"*

She oversees two estate vineyards - Sleepy Hallow Vineyard and Diamond T. She manages the crushing, pressing, fermentation, clarification, aging and bottling.

Ben Hernandez has years of experience working in viniculture in Lubbock, Texas. Together Kamee and Ben are quite a dynamic winemaking team.

After a day of touring the winery and tasting a variety of wines, I was eager to return to my guest room at The Inn at Spanish Bay. The downy soft king size bed and flickering fireplace promotes a comfortable slumber. Most rooms include a private patio or balcony overlooking the verdant landscaped grounds, towering pine forests, rolling golf fairways or the blue Pacific Ocean.

The modern bathroom had a large marble soaking tub and separate shower. Plush robes and slippers provide comfort in the evening and mornings before another day of wine tasting and culinary experiences.

My mornings started with a cup of coffee overlooking majestic Monterey

pinos as I stretched my legs walking to the resort lobby. A complimentary coffee station is set up in the spacious seating area for guests. Golfers come in to take a cup along with them before a round of golf on the Scottish style links course.

Other resort activities include tennis, walks down to the beach, swimming in the heated pool, and biking.

One afternoon I rented a bicycle at the Spanish Bay tennis clubhouse to explore 17-Mile Drive. The first day I rode along towards Carmel-by-the-Sea and saw sea otters swimming on their backs near the surf. Coming back to the resort I saw deer grazing on long grass near a fairway.

The next day, I rode a bike along the coastline to Pacific Grove and Monterey. As the waves crashed towards the shore, I noticed more sea otters, some pelicans and a sea lion, while riding on a smooth bike path.

Admission along 17-Mile Drive is complimentary for overnight guests at The Inn at Spanish Bay, The Lodge at Pebble Beach and Casa Palmero. Those staying at other resorts or hotels will have to pay \$11.75 per vehicle. The gate fee is reimbursed with a purchase of \$35 or more at all Pebble Beach Resort restaurants, excluding Pebble Beach Market. The gates are open to the public from sunrise to sunset.

Sunset at The Inn at Spanish Bay is spectacular because of the The Spanish Bay bagpiper. He begins around thirty minutes before sunset at the first tee at The Links at Spanish Bay. While tuning his bagpipe, he walks along the paved golf path playing 'Amazing Grace' and other recognizable tunes for 45 minutes. Traversing along the greens with the Pacific Ocean in the background, he stops at the second green and Spanish Bay's outdoor fire pits. Guests await with a cocktail and camera to witness and appreciate this nightly event.

Diners sitting outside at Roy's at Pebble Beach can see the show too. James Beard Award winning chef Roy Yamaguchi, along with Chef de Cuisine Pablo Mellin prepare an eclectic Hawaiian fusion menu of signature dishes such as Misoyaki Butterfish and 'Dynamite' Crab Crusted Scallops. The fresh pineapple infused Mai Tai is a guest favorite. This all-day restaurant offers a breakfast, lunch, happy hour and dinner menu.

Continued on page 13



PEBBLE BEACH RESORT

Continued from Page 12

Another dinner spot we gathered at one evening was The Pocket in Carmel-by-the-Sea. This newer restaurant is located right next to the Talbott Tasting Room, and is known for its creative culinary food pairings with local wines. They open for Happy Hour at 3:30 p.m., and dinner nightly at 5 p.m.

Before dinner, we entered the Talbott Wine Tasting Room for a Signature Flight. We sipped a floral Rose of Pinot Noir, two delicious Chardonnay wines and two 'warm the soul' Pinot Noirs. For non-club members, the tasting price is \$40. This signature tasting is complimentary for Estate & Grand Cru members and Winemaker's Circle members. Purchase a total of \$100 in wines and one tasting fee is waived.

There is also the 'Best-of-the-Best' Legacy Flight for \$50 for nonmembers. It's \$25 for Estate & Grand Cru members and complimentary for Winemaker's Circle members.

On the last day before leaving The Inn at Spanish Bay, I learned the resort is already getting ready for the holidays. They have families return year after year to celebrate the festive season.

This year Pebble Beach Resorts' Pastry Chef Nicole Salazar is making a one-of-a-kind 'Mini Golf' gingerbread display showcased in the lobby of The Inn at Spanish Bay. The team has already started working on this 2023 edible masterpiece. Salazar said she will be using more than 200 pounds of powdered sugar just for the icing. This holiday display is set to debut on December 1.

Both The Lodge at Pebble Beach and The Inn at Spanish Bay are having a special 20% off accommodations in December and January for guests staying three nights or longer. Those who enjoy playing golf will also receive a complimentary round of golf at The Links at Spanish Bay.

During February and March, guests staying three-nights at either The Inn at Spanish Bay or The Lodge at Pebble Beach will receive three complimentary rounds of golf. Stay longer and receive 25% off the fourth night and 50% off the fifth night.

These offers are valid for specific date ranges and some blackout dates and restrictions apply. Go to <https://www.pebblebeach.com/accommodations/the-inn-at-spanish-bay/>. The Inn at Spanish Bay is located at 2700 17 Mile Dr, Pebble Beach, CA 93953. Call (831)574-5605.

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FASTING ~ Can Be a Lifestyle Choice

Going Without Food • Fasting diets mainly focus on the timing of when you can eat. There are many different fasting diets, sometimes called "intermittent fasting." In time-restricted feeding, you eat every day but only during a limited number of hours. So, you may only eat between a six- to eight-hour window each day.

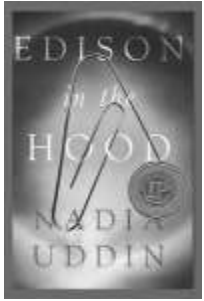
For example, you might eat breakfast and lunch, but skip dinner. In alternate-day fasting, you eat every other day and no or few calories on the days in between. Another type restricts calories during the week but not on weekends.

Fasting has even slowed the aging process and protected against cancer in some experiments. www.nih.gov

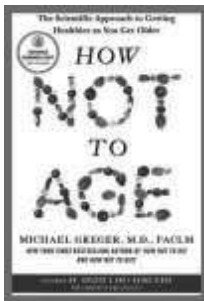
Early results have found that some types of fasting may have positive effects on aspects of health like blood sugar control, blood pressure, and inflammation. But fasting may also cause weight loss. Thought Process is DELAY not DEPRIVE.

NOVEMBER 19TH AT 12:15PM
THANKSGIVING FEAST at CENTER FOR
SPIRITUAL LIVING FULLERTON, 373 E. IMPERIAL
HIGHWAY. No Charge 714-525-1126 FOR DETAILS

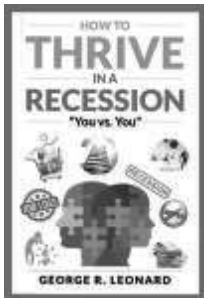
books without borders... by seniors... about seniors... for seniors...



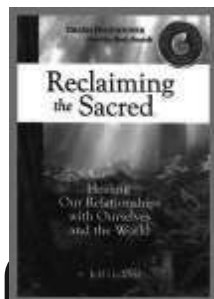
Edison In The Hood by **Nadia Uddin** available at Amazon, Goodreads and nadiauddin.com. Aisha is an ambitious PR executive with a forte for making complex and controversial topics accessible to the masses. Her brother, Sam, is a despondent genius who loves to fight everyone and everything in the name of justice, hopping from one political fight to another and hiding a mental illness that causes him shame. When the opportunity arises for Aisha to work with brilliant scientist and leading futurist Jay Edison at his Brain Reinvigoration Project, she begins obsessing over artificial intelligence and its potential to revive her brother's brain. She begs Sam to participate, unaware that he has begun working with groups that have very different visions for the future of artificial intelligence. The siblings set out to define the role that technology should play in society, asking themselves, "Artificial intelligence may solve the world's biggest problems, but can it fix our most challenging relationships?"



How Not To Age by **Michael Greger, M.D., FACLM** available at Amazon and Goodreads. Physicians have long treated aging as a malady, but getting older does not have to mean getting sicker. There are eleven pathways for aging in our bodies' cells and we can disrupt each of them. Processes like autophagy, the upcycling of unusable junk, can be boosted with spermidine, a compound found in tempeh, mushrooms, and wheat germ. Senescent "zombie" cells that spew inflammation and are linked to many age-related diseases may be cleared in part with quercetin-rich foods like onions, apples, and kale. And we can combat effects of aging without breaking the bank. Inspired by the dietary and lifestyle patterns of centenarians and residents of "blue zone" regions where people live the longest, Dr. Greger presents simple, accessible, and evidence-based methods to preserve the body functions that keep you feeling youthful, both physically and mentally. Brimming with expertise and actionable takeaways, Learn practical strategies for achieving ultimate longevity.



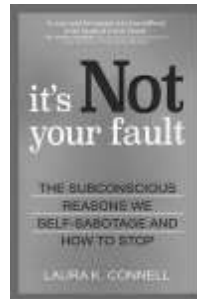
How To Thrive In A Recession "You Vs. You" by **George Leonard** available at Move Nation Media. This remarkable book is a beacon of hope, providing invaluable insights and self-discovery tools to unlock the reader's true potential and achieve success regardless of economic conditions. With economists predicting a 61% chance of a recession within the next 12 months and news of the collapse of multiple banks, the need for preparation and resilience has never been more crucial. This is a roadmap to conquer fears, embrace setbacks, and make inspired choices leading to personal and professional growth. Leonard's compelling narrative captivates readers from the very first page, guiding them through a transformative journey of self-reflection and empowerment. "This book is a wake-up call for individuals seeking to overcome the limitations they impose on themselves," explains George R. Leonard, the author. "By embracing our inner potential and viewing setbacks as opportunities, we can break free from the chains of self-doubt and thrive in every aspect of life, irrespective of economic challenges."



Reclaiming The Sacred Healing Our Relationships With Ourselves and The World by **Jeff Golden** available Amazon, Barnes & Noble and Goodreads. As one of the essential books of our time, this draws on the work of thousands of psychologists and economists, cosmologists and activists, saints and poets, to ground us in our inherent joy, purpose, and belonging—both for our own sakes and the sake of the world. It starts with an overview of the science of happiness, highlighting the things that most nourish human well-being—and some that don't, most notably money and possessions.



Free Your Joy The 12 Keys To A Sustainable Happiness by **Lisa McCourt** available at Amazon, Barnes & Noble, simonandschuster.com and lisamccourt.com. Learning about joy is one thing, but it's the doing that actually shifts your energy. McCourt offers a unique approach to joy and emotional wellness, outlining a year-long adventure in happiness that can be started on any day of the year. Joy is not an elusive fantasy to be chased; it is simply a skill to be learned, practiced, and mastered. McCourt takes readers, month by month, through the life-altering principles of vibration elevation that she has taught for 20 years through her Joy School.



It's Not Your Fault The Subconscious Reasons We Self-Sabotage And How To Stop by **Laura K. Connell** available at Amazon, simonandschuster.com and laurakconnell.com. We are sometimes our own worst enemies, sabotaging our success and with it our chance for lasting happiness and opportunities for personal and professional fulfillment. Uncover the subconscious ways people hold themselves back. These blind spots were often created in childhood as coping mechanisms in response to trauma. Rather than teaching tactics that ignore or give surface attention to adverse childhood events, the book lovingly guides readers to explore the ways these events have impacted their lives and how this knowledge will help them access true transformation. Readers will be relieved to discover that it's not a lack of willpower that has held them back, but a lack of self-knowledge instead.



Resort Aquatica A Mermaid Fantasy by **Frederic Lee** available at Amazon. A NOVEL - Son-of-a-billionaire Calvin Banks had a privileged life laid out neatly in front of him — one that would feature incredible wealth, just like his father's. Yet those plans are dashed when he drunkenly totals his Lamborghini and cuts short the life of his girlfriend in one fell swoop. In a scheme to outrun justice, Calvin breaks court orders and sets off for an island resort pocketed within the mystical angles of the Bermuda Triangle. Calvin finds himself entangled in a binding contract cooked up by Eve that forces him to serve the whims of the Rampant women for decades to come — and keep his mouth shut about their scaly secret. Can Calvin find a way to free himself from his binding contract and escape Resort Aquatica?

Would you like to showcase your title in the **Books without Borders** section of **Not Born Yesterday!**

Send in a copy of the book to NBY! BWB, PO Box 722, Brea, CA 92822. Include a check for \$7.00, made payable to Senior Industry Professionals Call 1-562-691-2509 for more information.

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Let's focus on the Good We Can Bring to the World.**

PAYPAL AND MYSTERY GIFT SCAMS

By Dr. Sherry McCoy, PhD
Stop Senior Scams! Acting Program*



Stop Senior Scams from Happening

It's November 2023, and the holiday season is upon us. Thanksgiving is coming up at the end of this month, and Daylight Savings Time comes to an end on Sunday, November 5th. That means we turn the clocks back one hour and hopefully get an extra hour of sleep! It also means, however, that scammers will be out in full force, looking as they always do, to develop new and exciting ways to steal your money, identity, property, and well-being during the fall and winter holidays. So, as we navigate this holiday time, let's raise our awareness about scams that target seniors. First and foremost, remember — If it sounds too good to be true, it probably is! And, if a gift from a person or company that you don't know shows up suddenly in your mailbox, be suspicious. In that regard, here's what happened to my friend, Julie (not her real name).

Julie's Scam Story – Part A

In late August, Julie received a small package in the mail. The unordered mystery package was shipped mid-July to Julie from a midwestern state via USPS Ground Advantage by Family Medical LLC, 214-15th Ave., Bayside, New York 11360.



The package contained only a USB charger with 3 plugs. No paperwork was included in the package, e.g., nothing indicating the contents were a gift for being such a good customer, or that it was a gift from a friend, etc. NOTE: According to reports online*, other people received the same unsolicited gift package in states such as Georgia, Connecticut, Kentucky, Wisconsin, Illinois. Pic below is from: <https://safelyhq.com/incident/received-a-package-i-did-not-order-from-family-medical-llc-bayside-queens-ny-usa#gallery996369>

Julie briefly plugged the USB charger into her I-Phone, and then thought better of it, and removed the charger. Subsequently, APPLE checked Julie's phone, and fortunately, no malware was found. The free/gift phone charger, however, is designed by scammers as a tool for "juice jacking" your cell phone. It looks like it's a gift to you to use to charge your phone when you're out and about or away from home. But, in reality, it's a "gift that keeps on giving" in that it will install

malware on your phone to steal your personal identity. It's not "free" and it's not really a "gift" at all! Fortunately, Julie realized this was a scam before real damage was done.

Julie's Scam Story – Part B

A couple of weeks before receiving the "juice jacking" phone charger, Julie got an email from what she thought was PayPal; it had the usual PayPal logo on it. The email said it was from Kratochvil FQ Group at PayPal and appeared to be an invoice of some kind. The email stated that there was a problem with her PayPal account and provided a phone number for her to contact them to resolve the situation. Julie called the phone number which looked legitimate. She was told that the problem could be resolved if she would allow them to take control of her computer screen. Julie said the person she spoke to was very professional and sounded like he knew what he was doing, so she gave permission for them to take control of her computer screen. But oddly, they were not able to gain access to Julie's computer, so they said they would disconnect and call her back. In the meantime, Julie contacted PayPal by the number of their office online and was told that there was nothing wrong with her account and that the people she had been dealing with were likely scammers! The scammers did call Julie back, but she did not communicate with them. Instead, she blocked the number, froze her credit accounts, cancelled her Debit / Credit cards, and ordered new cards, changed her passwords, and reported the scam to the Federal Trade Commission (FTC).

Julie also reported the mystery gift scam to the FTC. She said that reporting these scams to the FTC was quite easy. All she had to do was fill out the form online. She received a confirmation number letting her know that these scam reports had been received. Julie feels it's really important to report scams to the FTC. And regarding the "mystery gift scam," Julie wanted me to share this message with NBY readers – **"Buyer Beware! If you didn't buy it, don't open it!"**

Common PayPal Scams

Per PayPal, some common PayPal scams are – Phishing email/message, Invoice and Money Request scams, Advance fee fraud, Overpayment scam, Prize winnings, High profit – no-risk investments, Fake charities, Shipping scams, Prepaid shipping label scam, Package rerouting scam, Business/job opportunities, Reshipping packages scam, and Employment scams.** To find out more about these PayPal scams and what you can do to avoid them, visit PayPal at <https://www.paypal.com/us/>

cshelp/article/what-are-common-scams-and-how-do-i-spot-them-help201

Mystery Gift Package – "Brushing" Scams

According to the U.S. Postal Inspection Service (USPIS)***, "Brushing" scams are popping up all over the country. This is how a brushing scam works –

"A person receives packages or parcels containing various sorts of items which were not ordered or requested by the recipient. While the package may be addressed to the recipient, there is not a return address, or the return address could be that of a retailer. The sender of the item(s) is usually an international, third-party seller who has found the recipient's address online. The intention is to give the impression that the recipient is a verified buyer who has written positive online reviews of the merchandise, meaning they write a fake review in your name. These fake reviews help to fraudulently boost or inflate the products' ratings and sales numbers, which they hope results in an increase of actual sales in the long-run. Since the merchandise is usually cheap and low-cost to ship, the scammers perceive this as a profitable pay-off."

To protect yourself from brushing scams, here's what the USPS** says you should do if you receive an unexpected package in the mail.

- Don't pay for the merchandise.
- Return to Sender. If the package has a return address, and is UNOPENED, you can mark it "RETURN TO SENDER" and USPS will return it at no charge to you.
- Throw it away. If you opened the package, and do not wish to keep it, dispose of it in the garbage, as long as it is safe to do so.
- Keep it. If you opened it and you like it, you can keep it. By law, you can keep unsolicited merchandise and are under no obligation to pay for it.
- Change your account passwords. Your personal info may have been compromised.
- Monitor your credit reports and credit card bills closely.

- Notify retailer. If the package came from Amazon, eBay, or another 3rd party seller, file a fraud report with the company's website, and ask them to remove any fake reviews under your name.

Be Empowered. Find Your Voice. Speak Out About Fraud!

Take 5/Tell 2!

Make a commitment to yourself to take 5 minutes to chill, and talk to 2 people, before you respond to an unsolicited text message, email, phone call that is alarming.

WHERE TO REPORT SCAMS

Federal Trade Commission at 877-382-4357 or online at <https://www.ftccomplaintassistant.gov/#crnt&panel1-1>.

For questions about Medicare fraud / abuse, contact Senior Medicare Patrol (SMP*) at 1-855-613-7080.

U.S. Senate Special Committee on Aging's Fraud Hotline at 1-855-303-9470.

REFERENCES

*<https://safelyhq.com/incident/package-from-family-medical-llc-from-bayside-suffolk-county-ny-usa>

**<https://www.paypal.com/us/cshelp/article/what-are-common-scams-and-how-do-i-spot-them-help201>

*** <https://www.uspis.gov/news/scam-article/brushing-scam>

Dr. Sherry McCoy, PhD is a freelance writer & actor for the Stop Senior Scams ! Acting Program (SSSAP) in Los Angeles. Follow SSSAP on Facebook at <https://www.facebook.com/SSSAP2016/?fref=ts>. For more info re: SSSAP, contact Adrienne Omansky at SSSAP4U@gmail.com. Questions for the writer should be directed to "Dear Sherry" at *Not Born Yesterday!* P.O. Box 722, Brea, CA 92822 or nbynews@juno.com.

Upcoming SSSAP Events

SAVE THE DATE!

On Wednesday, November 15th, from 11am – 12:30pm, SSSAP will be presenting its education program at the Palisades Branch Library. For further information, please contact Librarian Barbara Birenbaun, 310-459-2754, 861 Alma Real, Pacific Palisades, CA 90272

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ELDER CARE LOCATOR
www.eldercare.acl.gov

Adult Protective Services
L.A. County: 877-477-3646
Orange County: 800-451-5155

SSSAP Event Recap



On October 4th, SSSAP presented its education program at the Culver City Senior Center. An audience of approximately 50 seniors were in attendance! Seen above (left to right) are Sherry McCoy, SSSAP writer / actor; Culver City Police Officers Chris Aguilar, Jaime Zuckerman, and Kieran Rock; and Ann Stahl, SSSAP Educator. Seen below (left to right) in our new skit "Whack That Scam!" are SSSAP actors Beverly Weir, Irma Derrick (w/ puppet, Mrs. Beasley), Kimberly Mark (w/sign), HaRa Beck (w/wig) and Sherwin Cherry



Kimberly Mark (w/sign), HaRa Beck (w/wig) and Sherwin Cherry.

Pinks' Weekly Television Show



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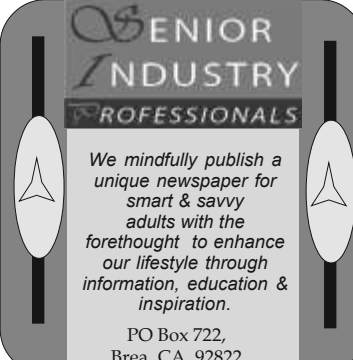
For more information
Email:

PinkLady7@earthlink.net or
call: Pink Lady (818) 606-6679 or
PO Box 4835, West Hills, CA 91307

**TELL YOUR FRIENDS
ABOUT
WWW.NBYNEWS.COM**

STAY CONNECTED

RESOURCES ~ There are thousands of federal, state, and private benefit programs that help pay for prescription drugs, health care, utilities, and other basic needs for adults over 55.
www.benefitscheckup.org;
1-202-479-1200
National Council on Aging.



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Theater REVIEWS by MORNA

**LOCAL COMMUNITY
THEATER IS SUCH A GIFT**
Some things we take for granted and I believe 'community theater' is one of them. I highly suggest you look into what is available in your area.



Morna Murphy Martell

Morna Martell will be taking some time off and NBY! will utilize fill in contributors. November's contribution is supplied by Amanda Blake Secola, Editor of Not Born Yesterday!

NORTH ORANGE COUNTY
Farthest north is La Habra Depot Theatre featuring the Phantom Projects. This year has been extraordinary. In December they will be performing a Charlie Brown Christmas and then getting ready for their 2024 season.

The Giver: February 22, 2024 at 7PM
#TheSocialMediaPlay: April 11, 2024 at 7PM

The Young Artist Project: August 3, 2024 at 1PM

La Habra Depot Theatre, 311 N. Euclid, La Habra, CA 90631; 714-690-2900; website: phantomprojects.com
Next door in Brea is the Curtis Theatre, which encourages new and aspiring artists and writers to explore their craft. This venue features a wide array of theater experiences.

Upcoming is their Holiday Concert and following is a full 2024 schedule from which you can choose.

The Tape Face Show: November 2, 2023 at 8PM

Christmas with The Alley Cats: November 24-26, 2023 (8PM or 3PM shows)

It's a Wonderful Life: December 14-17, 2023 (various time slots)

ONCE: February 9-25, 2024, (8PM Fridays and Saturdays, 3PM on Sundays)

LEMUR MOM: April 14, 2024 at 5PM

Lost and Found- Orchestra Collective of Orange County: April 27-28, 2024 (Saturday at 7PM, Sunday at 3PM)

THE NEVER TOO LATE *SHOW: May 11-12, 2024 (Saturday at 3PM & 8PM and Sunday at 3PM)

Mr. Soul: The San Cooke Story: May 19, 2024 at 5PM

And more.....

Curtis Theatre, 1 Civic Center Circle, Brea, CA 92821, 714-990-7722, website: ci.brea.ca.us

In both cases, consider gifting tickets to friends and family - it is affordable, promotes the arts and the artists, and provides an afternoon or evening of entertainment that distracts us from the activities of daily living.

A BIT OF SOMETHING DIFFERENT

4 Ways to Bring Music into Your Days

By Sarah Lyding, Executive Director of The Music Man Foundation

For all of us who smile when we hear our favorite song, or turn to sad music when we're feeling low, we understand the power of music. But the fact is that the benefits of music go beyond changing our mood. When people listen, play, or dance to music, they experience a range of benefits to their health and wellbeing.

As the executive director of The Music Man Foundation, I spend my time working to bring music to more people in impactful ways. Our Foundation partners with organizations that are permanently changing the way music is embedded in our schools, health care systems, and communities. We're laser-focused on this because we've seen the research that supports music's potential to improve lives.

For older adults, studies show that music can sharpen the mind, improve memory and focus, reduce stress, and help with depression. Research even shows that participation in the arts strengthens social ties and increases tolerance for others. Here are a few ways older adults can incorporate music into daily activities:

1. Dance or move to music
Dancing and moving to music is great exercise and relieves stress. Put on some favorite "oldies" - even just five minutes of movement can have health benefits.
2. Watch musicals (and sing along!)
We love *The Music Man* and *The Unsinkable Molly Brown* by Meredith Willson, in whose honor The Music Man Foundation was established. *Hamilton*, *Singin' in the Rain* and *West Side Story* (both the original and the remake) are also great options.

Continued on Page 18

CALIFORNIA SIZZLIN' SENIORS



The California Sizzlin' Seniors are having a wonderful year - 2023. They presented their western show "Nashville Country" at the Orange County Fair on August 11th and a mini-show at the Florence Sylvester Center in Laguna Woods, California on Tuesday, September 12th. The show was opened with a line dance to "Boot Scootin' Boogie" and, what fun! Some of the audience members that knew how to line dance joined in. The performance closed with an oldie "Happy Trails to You."

The group is now preparing for Christmas! They have a wonderful selection of numbers with much variety. The show will include several "Sing-alongs" with audience participation. There is even a Hawaiian Santa Hula. We would love to do a Christmas Show for you! Call right away.

For information, contact directors Judy Talbot and Ginni Gordon at 760-310-2413. Call and see if your date for December is available and we are booking for 2024, as well.

The Sizzlin' Seniors is the Original sanctioned performing group, began in 2001, and is composed of former pageant queens, winners, and contestants of the Ms. Senior America Pageant. The group also includes 'a few good men' and one young woman. They are available to perform any of their many shows at retirement homes, senior centers, for veteran's groups and private parties. Their shows also work well as fund raisers for an organization.

Medicare Help

Free Medicare Help for Los Angeles County Residents

The Center for Health Care Rights is the official Medicare helpline for Los Angeles County; counseling appointments are available now as Open Enrollment kicks off Oct. 15, 2023

Los Angeles County residents have a place to turn for help when making their Medicare choices during Medicare Open Enrollment, which runs Oct. 15 to Dec. 7, 2023. Center for Health Care Rights is the official provider of free Medicare health insurance education, counseling, informal advocacy, and legal services for Los Angeles County residents.

The Center helps thousands of people navigate Medicare every year. State-registered counselors are available to help Medicare beneficiaries choose the right plan for their needs, overcome financial barriers to health care, avoid scams and make sense of the paperwork.

"Medicare can be confusing, but you are not alone. The Center for Health Care Rights' state-registered counselors are here to help," said Joe Cislowski, executive director of the Center for Health Care Rights. "Appointments fill up fast during Open Enrollment, so we encourage Los Angeles County residents to give us a call today at 800-434-0222."

A nonprofit public service, the Center is funded by the State of California Department of Aging, the County of Los Angeles, and the City of Los Angeles through the Health Insurance Counseling and Advocacy Program (HICAP).

Los Angeles County residents, caregivers, families and health care providers can call the Center's helpline to schedule a free telephone appointment. Callers can speak one-to-one with Los Angeles-based counselors for unbiased, easy-to-understand information about Medicare. The Center offers help in 230+ languages. In-person counseling is also available at locations across the county.

The Center can be reached at 800-434-0222 or www.healthcarerights.org.

About The Center for Health Care Rights

Over the last forty years, the Center for Health Care Rights has helped tens of thousands of Los Angeles County residents navigate Medicare. A nonprofit public service funded by State of California, the County of Los Angeles, and the City of Los Angeles, the Center's state-registered counselors offers help in more than 230 languages. Learn more at 800-434-0222 or www.healthcarerights.org.

Music into Life

Continued from page 17

The Music Man Foundation: Four Ways to Bring Music into your Days.

3. Look for free concerts
Many cities, museums, schools and universities offer free concerts. Connect with friends and family while enjoying a variety of music genres. An added benefit - listening to new kinds of music engages the brain in different ways.
4. Pick up a musical instrument
This might seem intimidating, but a new study shows that learning to play an instrument as an adult can strengthen your mind, help your ability to hear in noisy situations, and prevent cognitive decline. Search for free instrument lessons on YouTube.

At the Foundation, we know that music is an incredible force for good for people of all ages, and for families, neighborhoods and even entire cities. This is why we partner with organizations working to bring the benefits of music to our health care system, public schools, justice system, and to older adults.

These tips are just a starting point to add music to daily routines to feel better and see improvements to mood, health and relationships!

ABOUT: Sarah Lyding is executive director of The Music Man Foundation, a Los Angeles-based charitable foundation that has invested over \$22 million in more than 80 nonprofits that are working to bring music to more people. The Music Man Foundation, named after the Tony-winning musical written by Meredith Willson, was started by Meredith's wife Rosemary Wilson. In addition to *The Music Man*, Meredith Willson wrote the music and lyrics for the musical *The Unsinkable Molly Brown*, and beloved songs *It's Beginning to Look Like Christmas* and the University of Iowa fight song.

RESOURCE

Family Caregiver Alliance
1-800-445-8106 (toll-free)
info@caregiver.org
www.caregiver.org

Classifieds

Wanted

Cash paid for Vintage Travel Posters; antique SPORTS ARCADE GAMES (boxing & baseball); OLD TOY TRAINS: Lionel, American Flyer & Ives; OLD CONSTRUCTION SETS (Erector, Meccano & Marklin); china or pottery from BUFFALO POTTERY Co. Private party, 1-818-889-2549. Call Mike anytime, day or night.

CASH PAID for ANTIQUES & OLDER ITEMS - linens, jewelry, old pottery, dishes, silver, crystal, furniture, lamps, glassware, quilts, rugs, Gold, Silver & Costume Jewelry. etc. 1-818-767-0514.

Wanted--OLD GUMBALLS, peanut machines, pinball machines, soda machine, slot machine. Private party, fair and honest. Call Stan, 1-626-287-4072.

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Courteous buyer with references. Larry 1-818-261-1081.

Services Available



See Page 17 for
theater
recommendations

Calling Crafters

CRAFTERS WANTED TO EXHIBIT and sell your crafts year-round for just \$10. Call 1-626-795-4991, Craft Fair Gift Shop, 820 E. California Blvd, Pasadena. Must be over 50 years old. website: pasadena.assistanceleague.org

Knott's Berry Farm is seeking quality artisans for their Christmas Crafts Village. Metal, glass, pottery, ceramics, fine art, crafts, clay sculpture. Call Donna Emerick at 1-714-220-5307, or email donna.emerick@knotts.com

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CALFRESH Food Assistance has eligibility criteria, call 1-877-847-3664 to see if you qualify

Services Offered

HANDYMAN, PAINTING, & MISC ODD JOBS. San Gabriel Valley, Pasadena. Call DON 1-818-445-6180

READING: A Great Past Time

The Library of Congress has thousands of books on line - Open to the Public and FREE to read. GO TO

www.read.gov



Interested on serving on a Jury?

Jury Service

Orange County: 657-622-7000
San Bernardino: 909-884-1858
Los Angeles: lacourt.org

BASEBALL CARD COLLECTION for SALE

Some sets boxed and sealed, MANY singles.
All good quality.
Call to set up time to see.
La Habra.
David. 1-562-691-2509.

WANTED ROOM TO RENT

75 year old male wants sleeping room to rent, La Cresenta/Pasadena Area. Call Don at 1-818-445-6180

Personals For Women

"Divorced White Male, late 70's, 6'2", youthful, educated, athletic, healthy, fit. ISO attractive lady. Age and ethnicity are not important. Cell # (520)351-2860."

EVENT Segerstrom Center for the Arts

In person and Phone- The Box Office & Performances at 600 Town Center Drive Costa Mesa, CA 92626 (714) 556-2787
Monday 10am-2pm
Tuesday through Friday Noon- 5pm
Closed Saturday's and Sundays
Online - SCFTA.org
Group Sales: 714-755-0236

November
Various Artists
holding 1 or 2
performances.
Call for details.

CALL FOR DATES & RATES

FOOD ASSISTANCE

If you know anyone, especially someone over the age of 65 that might benefit from the CalFresh program. Please check the Department of Public Social Services (DPSS) website for dates, times, partners and locations. <http://dpss.lacounty.gov/dpss/calfresh> or www.dpssbenefits.lacounty.gov.

CALFRESH (formerly known as food stamps, SNAP, EBT) has an on-going campaign to help make healthy food choices.

The purpose of the state funded program is to:

- 1) Reduce Hunger;
- 2) Reduce Food Insecurity;
- 3) Promote Nutritional Choices and;
- 4) Provide Healthy Eating Education.

Many local Farmers Markets are participating.

The Department of Public Social Services' CalFresh program wants everyone to understand this is not a public charge; which means you nor anyone in your family will be billed for the services in the future and it does not have any effect on your citizenship status.

Help us fight the stigma associated with being a part of the CalFresh program. There may be a senior citizen in your neighborhood that could benefit. Please show them this article and help them sign up.

Contact CalFresh for a FREE Consultation. To contact CalFresh, Call 1-877-847-3663 or visit website at www.calfresh.ca.gov. Find out if you qualify or simply request a brochure to be mailed to you at no charge.



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- Housing Assistance



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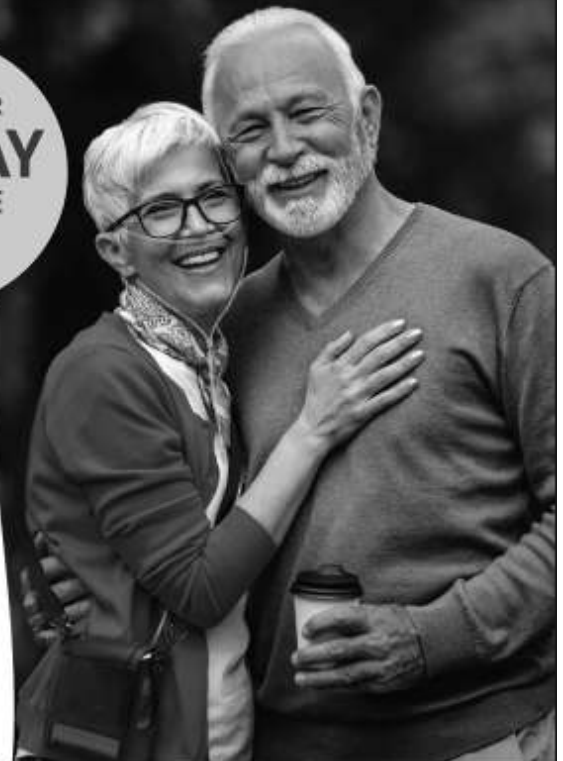
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