

Not Born Yesterday!

Our **64th** Year!

*Tony
Shalhoub*

HAPPY
VALENTINE'S
DAY!



In This Issue...

Romance Scams

Mental Health

Beauty in the Garden

Travel Newport

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Tony Shalhoub - Comedy or Drama ~ Just a guy from Green Bay

Anthony Marc Shalhoub (born October 9, 1953, Green Bay, Wisconsin) is an American actor. Known for his performances on stage and screen, he has received various accolades including five Emmy Awards, a Golden Globe Award, six Screen Actors Guild Awards, and a Tony Award.

Shalhoub's breakout role was as Antonio Scarpacci on the sitcom *Wings* from 1991 to 1997. He later starred as Adrian Monk in the USA Network series *Monk* from 2002 to 2009, earning three Primetime Emmy Awards for Outstanding Lead Actor in a Comedy Series. For his supporting role as Abe Weissman on Amazon's *The Marvelous Mrs. Maisel*, he won the Primetime Emmy Award for Outstanding Supporting Actor in a Comedy Series.

Shalhoub has had a successful film career, with roles in films such as *Quick Change* (1990), *Barton Fink* (1991), *Big Night* (1996), *Men in Black* (1997), *Gattaca* (1997), *Paulie* (1998), *The Siege* (1998), *Galaxy Quest* (1999), *Spy Kids*, *Thirteen Ghosts*, and *The Man Who Wasn't There* (all 2001). He has also provided voice work for the *Cars* franchise (2006–2022), *Teenage Mutant Ninja Turtles* (2014), and its 2016 sequel.

For his work on Broadway, Shalhoub won the Tony Award for Best Actor in a Musical for his performance as Tewfiq Zakaria in *The Band's Visit* in 2017. Other Tony-nominated roles were in *Conversations with My Father* in 1992, *Golden Boy* in 2013, and *Act One* in 2014.

Anthony Marc Shalhoub (Arabic: *Ānāʿaṣāʾ āḤṢīb Ōāāʿaḩ*), the ninth of ten children, was born and

raised in a Lebanese Maronite household. His father, Joseph (1912–1991), was from Mount Lebanon while it was still part of the Ottoman Empire and immigrated to the United States as a child after his own parents, Milhem and Mariam, died during World War I. After immigrating to America, Joe Shalhoub became a meat peddler who drove a refrigerated truck. Joe married Shalhoub's mother, Helen Seroogy (1910–1983), a Lebanese American. The two met when Joe was taken in to be raised by her family, when both were young. The Seroogy family operated a candy store that remains a family business. One of Shalhoub's maternal great-great-grandfathers, Abdul Naimy, although Lebanese, was reportedly killed by being crucified in 1895 during the Hamidian massacres committed against Christian Armenians in the Ottoman Empire. Shalhoub was introduced to acting by an older sister, who put his name forward to be an extra in a high-school production of *The King and I*.

After graduating from Green Bay East High School, he spent a short time at the University of Wisconsin-Green Bay before participating in the National Student Exchange to the University of Southern Maine where he later transferred and earned a bachelor's degree. He later went on to earn a master's degree from the Yale School of Drama in 1980.

Shortly after graduating from Yale, Shalhoub moved to Cambridge, Massachusetts, where he spent four seasons with the American Repertory Theater before heading to New York City, where he found work waiting tables. He made his Broadway debut in the 1985 *Rita Moreno/Sally Struthers* production of *The Odd Couple* and was nominated for a 1992 Tony Award for his featured role in *Conversations with My Father*. Shalhoub met his wife, actress Brooke Adams, when they co-starred on Broadway in *The Heidi Chronicles*. In 1998 Shalhoub starred in *The Classic Stage Company's* production of *Waiting for*

Godot alongside John Turturro and Christopher Lloyd.

After a three-year absence from the small screen, Shalhoub starred in another TV series, *Monk*. Airing on the USA Network, the series featured Shalhoub as Adrian Monk, a detective with obsessive-compulsive disorder. He was nominated for an Emmy Award for Outstanding Lead Actor in a Comedy Series in eight consecutive years from 2003 to 2010, winning in 2003, 2005, and 2006. He also took the Golden Globe award for Best Performance by an Actor in a Television Series – Musical or Comedy in 2003. In May 2020, NBC's Peacock streaming service posted a series of videos on YouTube during the COVID-19 pandemic, entitled the "At-Home Variety Show". Among them was a Monk short entitled "Mr. Monk Shelters in Place", featuring Shalhoub and his co-stars Traylor Howard, Ted Levine, and Jason Gray-Stanford, showing how their characters were coping with the pandemic.

Shalhoub returned in December 2006 to the Off-Broadway Second Stage Theatre, opposite Patricia Heaton for a run of *The Scene* by Theresa Rebeck. In addition to his acting work, Shalhoub, along with the Network of Arab-American Professionals and Zoom-in-Focus Productions, established The Arab-American Filmmaker Award Competition in 2005. Arab-American filmmakers submitted screenplays, and the chosen winner was flown to Hollywood to have their screenplay produced.

In 2010, he went to Broadway to act as Saunders in a revival version of *Lend Me a Tenor* in New York at the Music Box Theatre. He was nominated for a 2013 Tony Award for Best Performance by a Featured Actor in a Play for Lincoln Center Theater's production of *Golden Boy* at the Belasco Theatre. He was nominated for a 2014 Tony

Award for Best Performance by a Leading Actor in a Play for Lincoln Center Theater's production of *Act One* at the Vivian Beaumont Theatre. Shalhoub and his wife appeared in Samuel Beckett's *Happy Days* in June and July, 2015 in New York City. Shalhoub voiced Splinter in the 2014 film *Teenage Mutant Ninja Turtles* and reprised the role in *Teenage Mutant Ninja Turtles: Out of the Shadows* (2016).

He starred in the musical stage adaptation of the film *The Band's Visit*, in the Off-Broadway Atlantic Theatre Company production. The musical, with music and lyrics by David Yazbek and book by Itamar Moses, ran from November 11, 2016, through December 23, 2016. He reprised his role when the show moved to Broadway where it opened at the Ethel Barrymore Theatre on November 9, 2017. For his performance, he won the 2018 Tony Award for Best Actor in a Musical. He also appeared as Walter Franz in the 2017 Broadway revival of *The Price*.

Shalhoub stars as Jewish-American math professor Abe Weissman, father of protagonist Midge Maisel (Rachel Brosnahan), in the Emmy-winning, Amazon-produced television comedy series *The Marvelous Mrs. Maisel*. For his performance he won the Primetime Emmy Award for Outstanding Supporting Actor in a Comedy Series and the Screen Actors Guild Award for Outstanding Performance by a Male Actor in a Comedy Series both in 2019.

Continued on page 4

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Inside This Issue

Page 7 - Beauty in the Garden

Page 11 - Mental Health

Page 12 - Travel Newport

Page 15 - Books without Borders

Page 16 - Romance Scams

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Senior in Action ~ Marilee Marrero Stefenhagen

By Marilee Marrero Stefenhagen
Senior in Action -Marilee Marrero Stefenhagen.

RULE OF THREE CHILDHOOD

My life so far has definitely been influenced by the **Rule of Three**. My mother Harriet and father Wayne had **three** daughters: me, the oldest born in 1952; Lynn, the middle child and Kathleen, the baby. My parents were teachers, at school and at home. My mom taught me and my sisters how to cook, clean, throw parties, sing, dance and rely on faith in God. Dad shared his love of the outdoors, and taught skills such as gymnastics, baiting fish hooks, planting trees, and watching the night sky. When they divorced, we spent the school year with my mom in New York and summer months in California with my dad and stepmom Annette. I believe my travel bug and love of the ocean came from our annual trips to Florida to visit Mom's sister Anne in the Tampa Bay area. My map-reading skills were essential as navigator while Mom drove from NY to FL. Another life-changing experience was my summer spent living with a family in Switzerland through AFS (American Field Service). Besides learning rudimentary German, I hiked with the Dunki family in the Swiss alps, traveled to many Swiss cities, and learned that the U.S. is not the center of the universe. I also ate too much bread and cheese, gaining 30 pounds in six weeks!

ADULTHOOD

I've lived in **three** states; born & raised in western New York, moved with my first husband to Florida, then journeyed to California via U-Haul where I have resided since 1978. And speaking of husbands, I've been married **three** times.

You could even count my **three** careers, as a teacher, librarian, and writer. Following graduation from State University of New York at Geneseo with a Master's in Library Science, my husband Bill and I moved from Florida to California where he had been hired at Cal State Dominguez Hills. I accepted a teaching position at Redeemer Lutheran School in South Gate, CA. Teaching was not my cup of tea, but I attended a workshop on progressive discipline which enhanced my effectiveness as a librarian when I was hired at LA County Library in 1978. I spent the next 32 years learning the many ways libraries influence people's lives. I managed community libraries and worked with Friends of the Library volunteers. As Literacy Coordinator, I learned the Laubach method of tutoring

adults how to read and supervised the County Library's literacy program. In 2011, I retired from the position of Regional Library Administrator where I was responsible for hiring librarians and supervised 18 library managers.

Librarianship brought me **three** romances leading to **three** marriages. I met my first husband Bill in Library School in SUNY Geneseo where we were both working on our Master's Degrees in Library Science. He supported my views of women's liberation in the days of MS. Magazine. Sadly, we were not compatible and soon parted company. While working at Brakensiek Library in Bellflower, I met a good-looking USC student who won my heart with his dancing feet.

Those were the days of disco, and we took disco dance lessons together and enjoyed practicing our skills at local clubs. I loved being a dancing queen! We married and with my biological clock ticking, at age 34 I birthed a son named Curtis. Looking back over the decades, I believe that the birth of my son is my proudest moment.

I met my third husband Gordon while fundraising for Norwalk Library during a funding crisis for public libraries. Third time's the charm! He was active in the City of Norwalk, and taught me how to build community and corporate support for nonprofits. I have used the tools and techniques he shared many times over the years, in support of libraries, and two women's organizations I cherish: Soroptimist International of Norwalk/Santa Fe Springs, and Norwalk Woman's Club. We make a great team, and have been married 23 years and counting. He is originally from the Chicago area, and we have enjoyed many trips to the Windy City to visit family and his alma mater DePaul University.

RETIREMENT

"The third phase of life is not about retirement at all. It's about challenging traditional boundaries, conquering old fears, staying positive, and finding a meaningful purpose to carry you through the rest of your life." - The Third Journey by Storie and Trimmingham



Marilee with husband, Gordon



Marilee with Soroptimist friend, Natalie



Marilee with family in New Mexico

I retired early at age 59 to pursue writing. UCLA Extension classes were very helpful, but children's book writing was set aside as I focused more time and energy on caring for my mother Harriet, and taking her to doctor appointments. She was able to live independently until 2019, and continued her hobby of puppet storytelling with a little help from her daughter. Harriet left this world in December 2020, and I thank my sisters for their constant love and support during Mom's final years. The faith that Mom instilled in us is what keeps me active at Bay Shore Church. I've served on various church commissions, and worship regularly in Long Beach. I am proud that Bay Shore Church adapted quickly during the pandemic to produce excellent online worship alternatives on YouTube. www.bayshorechurch.org

Faith, family and friends is my "Rule of Three" mantra in this third phase of life. My family now includes grandson William, who is a joy and loves books as much as his grandma. Yippee! And my best friends are Soroptimists, as we do projects together towards a common mission to help half a million women & girls reach their educational dreams by



Marilee with grandson, Wills

2031. www.liveyourdream.org The beauty of being in the third phase of life is freedom to spend more quality time with friends and family. This year, my sisters and I met in New Mexico for a family reunion with our 92-year-old father and Annette; making memories while we are still able to travel and sing sweet or silly songs together. As I tell people, my name is Marilee, pronounced like the song: "Row, row, row your boat, gently down the stream, Merrily, merrily, merrily, merrily, life is but a dream."

About the Columnist: Marilee Marrero Stefenhagen 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.

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TONY SHALHOUB

CONTINUED FROM PAGE 2

He played the character of Fred in the 2021 animated film, Rumble, and reprised his role as Adrian Monk in Mr. Monk's Last Case: A Monk Movie in 2023. This movie is available on Peacock by subscription only.

Shalhoub married actress Brooke Adams in 1992 after starring in the play The Heidi Chronicles in New York City. The couple came together later in life, Adams was 42 and Shalhoub was 38 and now live in the Vineyard with their two adopted daughters. Yet they say it was meant to be, both had steered clear of commitments prior to meeting. They have worked together in several films, in one episode of Wings, and on BrainDead. Adams has appeared credited as a "Special Guest Star" in five episodes of Monk — "Mr. Monk and the Airplane", "Mr. Monk's 100th Case", "Mr. Monk and the Kid", "Mr. Monk Visits a Farm", and "Mr. Monk and the Badge," as well as in Mr. Monk's Last Case.

Shalhoub and Adams appeared on Broadway together in the 2010 revival

of Lend Me a Tenor. At the time of their wedding, Adams had an adopted daughter, Josie Lynn (born 1989), whom Shalhoub adopted. In 1994, they adopted another daughter, Sophie (born 1993).

Shalhoub's brother Michael is also an actor who made multiple guest appearances on Monk. He first appears in "Mr. Monk and the Missing Granny" as a member of a disbanded radical group suspected of involvement in a kidnapping. In "Mr. Monk Bumps His Head", he plays a

Wyoming beekeeper who is annoyed when a suspect crashes a car into his farm. Michael also appears in "Mr. Monk Is the Best Man" as the minister presiding at Leland Stottlemeyer's wedding.

Investing

Shalhoub is an investor in the Michelin-starred Italian restaurant Rezdora. His net worth is estimated at \$20 million dollars.



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FEBRUARY SHOW IN LONG BEACH (see pg 10)

ISSUES REGARDING THE LAW

by Margaret Heine

LOVE IS IN THE AIR

UP, UP, AND AWAY

Hearts, roses, and candy fill the stores, and sweethearts everywhere are readying themselves for Valentine's Day! Cupid is busy working on his FAA flight plan and checking out the changes to the Air Traveler's Bill of Rights. Young sweethearts are wondering if they can elope the magical day. While others just wonder if their marriage is valid at all. Yes, it's February.

Statistically, February 14th is a very busy wedding date, with more weddings on a single day than any other individual date. However, the statistics are not kind with regard to how long those marriages last, as they have the highest rate of divorce based on date of marriage.

All states recognized formal, legalized marriages for persons 18 and older, except Nebraska where the age is 19, Mississippi where the age is 21, and District of Columbia where the age is 16. Each state has its own requirements as to what makes a marriage legal, but generally consists of obtaining a marriage license and having the marriage solemnized by an authorized person. Usually this would be a government or church official. The restrictions are designed to protect persons from being forced into marriage or being subject to child abuse, inappropriate relationships with minor children.

Under the minimum age for a legal marriage? Don't worry; almost all states have procedures for underaged persons to get married, legally. Three states, New Jersey, Delaware, and Pennsylvania will only approve underage marriages in "exceptional" circumstances. Those exceptional circumstances are normally decided by a judge, and may include a consideration if a child was born in the relationship, the ages of the persons, ability to care for the family unit.

Twenty-three states allow marriages for persons aged 16 - 18 with parental consent. Sometimes both parents need to consent; in other cases only one parent for each party must consent. Some states also limit the age difference between the marrying under-aged parties to less than

4 years difference. 10 states permit marriages for persons 17-18 with parental consent. There are 11 states which have no minimum age to marry with parental consent. That means, in theory, that children 4 and 5 could be wed under those states legal framework. Not saying they would permit it, just that it is possible. Those states would be California, Delaware, Kentucky, Massachusetts, Minnesota, New York, Rhode Island and Virginia. Of course New Jersey, Delaware, and Pennsylvania would also fall

into this category except for the prohibition of underage marriage unless there are exceptional circumstances.

Many people assert that they are husband and wife even if they have not gone through a formal marriage. They believe that if they have lived together

What makes it common law? Every state has its own requirements and definitions, but typically, the same factors are considered. Have the persons lived together, cohabitated, continuously over a period of time (described by law)? Have they referred to each other and held each other out as husband and wife? Are they generally accepted as "husband and wife" by the community at large? Is there an intention to be a family unit? If you live in a state that recognizes common law marriage, and meet the criteria they have set forth, you have the same rights as formally married couples. This also extends to you if you move out of state to a state which does not recognize common law marriage.

Typically, if you can prove to have a common law marriage in your "home" state, your new residence state will accept your marriage as legal. Be sure to check state law!

Well then, what happens when a common law marriage ends? Same way as it does for every legally married couple—you have to get divorced. The legal procedure of divorce is the only method to formally end a common law marriage.

Again, state law would be applied as it applies to any other legally married couple.

So, what about Cupid? The Department of Transportation has updated their regulations and has proposed new legislation to assist air travelers with problems encountered with flight. Love may be in the air in February, but not always in the friendly skies of air travel!

The Office of Aviation Consumer Protection (OACP) oversees the Department of Transportation Airline Customer Service Dashboard at <https://www.transportation.gov/airconsumer/airline-customer-service-dashboard>.

The dashboard spells out what airlines are obligated to do in the event of flight cancellations, flight delays, disabled accessibility, lost baggage, and refunds. It also lets you know what airlines have free family seating plans, where children under 13 sit next to their accompanying adult for no extra fee. It tells you if an airline is required to refund your ticket in the event of a delay, and what they have to offer to bump you from a flight due to overbooking. The regulations that the Department of Transportation enforces are found in Code of Federal Regulations Title 14, Aeronautics and Space. The Dashboard makes it very easy to find out what you are entitled to when an airline doesn't fulfill its commitments.

Now, love is in the air.

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.

Resources

No more yard sales - try these websites: www.Poshmark.com, www.Tradesy.com, www.ThredUp.com and www.Offerup.com for selling clothes and other items. Use www.eBay.com or Facebook Marketplace to sell furniture, trinkets, and gadgets.

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So many internet threads can be propaganda, we recommend a few fact checking websites to help reveal truthsayers. Try www.Snopes.com; www.Politifact.com; www.Factcheck.org; www.leadstories.com; www.sciencefeedback.com; www.checkyourfact.com; www.poynter.org; coronavirusfactsalliance.org; washingtonpost.com/news/fact-checker. Cut this out and reference later.

HAPPY VALENTINES DAY!



Jan Fowler

LOVE AFTER 60 by Jan Fowler "Loving Yourself on Valentines Day" Award Winning Columnist

Submitted by
Jan Fowler

"Love yourself – accept yourself – forgive yourself – and be good to yourself, because without you the rest of us are without a source of many wonderful things."

Leo F. Buscaglia

Just when you think your life is over you get another chance at love – I've seen it happen time and time again. Particularly if you feel that you're worthy of being loved because feeling worthy is the magnet which attracts love.

Especially on Valentines Day.

Love flourishes when you allow yourself to receive as well as to give. Meaning, it is important to be able to accept affection and attention from

someone who finds you loveable.

Besides which, you empower the giver when you're gracious enough to accept complimentary love words that are carefully intended for you. After all, don't we all love to give a gift to someone who acts deserving and who cheerfully says thank you to us?

It's important to note that loving yourself is not at all the same as being narcissistically or selfishly absorbed. Even though there may be moments when you feel it's easier to sing the praises of someone else rather than yourself.

But what if there's no one to receive a wish or a gift from on a day when we are surrounded by hearts, flowers, and divine chocolates?

I vividly recall what Valentine's Day was like before I met my dearest David. It was drab and lonesome before

he came into my life. I remember how I tried to focus on the fact that happiness and fulfillment are not destinations, but journeys. So this is what I did...I sent flowers to myself and pretended they were sent from a handsome beau! I felt that I was worthy of being loved, so much so that I laughed and cried when the florist delivery man handed the beautiful bouquet to me. I felt worthy of joy and tried to memorize that feeling of being someone's sweetheart.

And I recall that there was one more thing that I remember doing. I also sent myself a mushy valentine card. Yes, a beautiful dreamy romantic card which I put on the dining room table next to the vase of flowers which the florist delivered (and I left them up for many weeks to remind me that I was worthy of finding true love.)

And that was the last time I was alone on Valentines Day. Sixteen years ago David became my dream man and once I met him, I continue to receive flowers and love all year long. So if there's no one special in your life today, begin the process of fantasizing that there is.

I did. And so can you.

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

FEBRUARY TRIVIA AND HIGHLIGHTS

Fun Facts About February

1. Where did the word "February" come from?

February comes from "februa," a Latin word meaning "to cleanse," and was named after a month-long purification festival held this time of the year.

Amusingly, in 2000, the Institute of Business Technology named the second Monday in February as National Clean-Out Day. for cleaning computers!

By adding a 29th day to February, the calendar year was synchronized with the astronomical year.

2. How many people are born on February 29? The probability of February 29 birthdays is 1 in 1,461.

U.S. Census Bureau data reveals that only about 0.07% or 205,000 people in the U.S. have a February 29 birthday. People born on February 29 are called "leapers." How cool is that!?

3. A full moon on February 24 is known as a Snow Moon

4. February is for Valentine's Day. This is on the 14th February every year. Here's a little Valentine's Day trivia. About 144 million worth of greeting cards are purchased for Valentine's Day yearly. And that's in the U.S. alone!

5. Surprisingly, the flower of February is Violets signify watchfulness, loyalty, and faithfulness. Give a violet to someone to let them know you'll always be there for them. The other February birth flower is the primrose, which lets someone know you can't live without them.

6. Here are some of the happenings in February:

-February 2: Groundhog Day. Made famous by Bill Murray's 1993 movie *Groundhog Day*, this North American tradition suggests that a

groundhog seeing its shadow on February 2 indicates that winter will be six weeks longer; otherwise, spring will arrive soon.

-February 12: Chinese New Year

-February 12: Abraham Lincoln's Birthday. Lincoln served for four years as the 16th president of the United States. He was born in 1809 in a small cabin 3 miles south of Hodgenville, Kentucky.

- Every 3rd Monday of February: Presidents' Day This occasion was initially established in 1885 in recognition of President George Washington. Today, it is generally viewed as a day to celebrate all U.S. presidents, past and present.

- Whole Month of February: Black Month History. In 1926, black leaders sought to honor the legacy of Lincoln and Frederick Douglass on their birthdays.

- February is also an important month for football fans, as two teams face each other in the Super Bowl on February 11, 2024. Check listings for channel.



**Stone: AMETHYST
Flower: VIOLET & PRIMROSE**

7. The birthstone of February is the amethyst with Aquarius and Pisces as the zodiac signs.

8. The birthstone of February is the amethyst. Thought to symbolize royalty with its purple hue, this quartz stone does have many other colors and can be sourced in many areas of the world.

Photo credits: Amethyst By: Gonzalo Devia - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=34696023>

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Beauty in the Gardens

Heat-Tolerant Beauties for Gardens and Containers
by Melinda Myers

Boost the summer-long beauty and heat tolerance in your gardens and containers with new varieties of annual vinca (Catharanthus). The unique Soiree vinca varieties provide added appeal with their cute, double, and ruffled flowers.

Annual vincas, also known as Madagascar and Rose periwinkle, thrive in full sun and well-drained soil. Once established they are drought tolerant. Similar in growth habit as impatiens but these flowers thrive in hot sunny locations where impatiens struggle. Hardy in zones 10 and 11, vincas are grown as an annual in most parts of the country.

Include annual vincas in containers, hanging baskets, and garden beds. Mix them with other plants or allow them to shine on their own.

Soiree Kawaii vincas light up any garden with their vibrant mini flowers. You'll enjoy an abundance of flowers that cover the 9 to 18" tall by 12 to 18" wide mound of glossy deep green foliage. No need to prune away long leggy branches as this plant maintains its compact habit all season long. Kawaii means cute in Japanese and these flowers certainly are just that.

Select from eight Soiree Kawaii (suntoryflowers.com) flower colors ranging from white to coral, purple, and red. Add some sizzle with Paprika Red, a patriot flare with the Lady Liberty Mix, or a harmonious mix of pinks and purple in the Berry Blast mix. Grow White Peppermint, Coral, or Coral Reef Soiree Kawaii if the disease phytophthora has been a problem in the past. These three are as resistant to this disease as Cora XDR, the gold standard of phytophthora resistance.

Visitors to your garden will take a second look when you add Soiree Double and Flamenco vincas to the landscape. Their unique flowers don't look like a typical vinca, adding a bit more pizzazz to any planting and combination.

Soiree Doubles have two distinct layers of frilly petals and produce an abundance of blooms. They are more vigorous, with a larger growth habit than Soiree Kawaii. These plants have a larger leaf and body. You can select



Photo by Suntory Flowers

from white-, pink-, or orchid-colored flowers that bloom all season long. Don't be fooled by their delicate appearance, Soiree Doubles are as heat tolerant as other annual vincas.

Unlike any other vinca, the Soiree Flamenco puts on a display as fancy as that of a flamenco dancer. The ruffled petals may be solid or bicolor. This plant grows 8 to 12" tall and 15 to 20" wide. It has the same heat tolerance, glossy green foliage, and compact growth habit as the other Soiree vincas.

Senorita Pink Flamenco flowers have a dark pink eye surrounded by a lighter pink blending into the white outer edges of the frilly petals. Contrast that with the deep maroon ruffled petals with a bright terracotta edge of Salsa Red. Salmon Glow's white eye contrasts nicely with salmon peach. Pink Twist has the most curled flowers in a lovely pink, adding to its appeal.

Look for opportunities to add some unique flare to this year's garden and containers. You'll enjoy their season-long beauty and the oohs and aahs they inspire.

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 DVD and instant video 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 Suntory Flowers for her expertise in writing this article. Myers' website is www.MelindaMyers.com.

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See page 10 for the Center for Spiritual Living information. **THIS IS NOT A CULT.** It is a philosophical way of life for individuals that think for themselves.

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Amanda

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FEBRUARY 2024 - As the saying
goes..."All Things Must Come to an End"
This is the final issue of *Not Born
Yesterday!*. We hope you have enjoyed
the journey with us. David & I have
published it for 15 years and we will be
retiring from this project. So it was
decided the sun will set on *Not Born
Yesterday!*

It has been fun. We love the people we
serve, the writers of our columns, the
advertisers with which we have worked
and the many Senior Expos that we have
attended.

You may see us pop up at events from
time to time or have an opinion on one
thing or another along the way. Our focus
will be more on allocating our time to
other endeavors. That may include
traveling, watching television and reading
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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

International #1 Best Seller on Amazon: Connection, The New Currency, an anthology with twelve women. Find it at www.Amazon.com. Now, more than ever, connecting with other people on an authentic level is not only an important skill...it's the new currency for success. If you think success is something you create by yourself, think again! In fact, it's impossible to achieve it, do it, or get it on your own. Inside, you will learn how savvy, generous women share their knowledge, resources, and talents to create a brighter future for themselves, their families, their networks, and communities.

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BRIDGE BITES

from The American Contract Bridge League

By: Brian Gunnell

Continuing this month's theme, here is a hand where E-W can beat South's 3♥ contract in one of two ways, each involving a trump promotion.

♠ JT7
♥ 98
♦ AQ54
♣ 9543

North
West
East
South

♠ AQ8653
♥ J3
♦ 987
♣ 62

None Vulnerable
East South West North
2♥ 3♥ All Pass

East's 2♥ was a "Weak Two", showing a 6-card suit and less than opening values.

With trumps 2-2, it may appear that the defense can manage four black suit winners and nothing else. But, no, the defense can also rustle up a trump trick! West cashes the ♠A and ♠K and leads a third Club. East must ruff with the Jack and now the defense has a trump trick, because an overruff by Declarer sets up West's ♠Q. But you see the snag? Yes, of course, Declarer won't overruff, instead she'll dump a Spade loser, still making 9 tricks.

Let's try it a different way. This time the defense starts out by cashing its Spade winners, and, at Trick 3, East leads another Spade. As before, this promotes a trump trick for the defense, whether Declarer ruffs high or low. But, she won't do either, again she'll wriggle out of her predicament by pitching a loser, this time it will be a Club.

OK, here's the defense's last chance to get it right! They must cash *all four* of their side-suit tricks first. So, the ♠A, ♠K, ♠K, ♠Q take the first four tricks. Now, at Trick 5, another Spade from East dooms Declarer. The defense having cashed all their winners first, Declarer has no losers left to pitch, and this time the trump promotion produces a 5th trick. Down one!

Post Script It may be trump promotion overkill, but there is even a *third* one on this deal. Picture East declaring 2♥ (perhaps South was snoozing through the auction). The ♥A, ♥K are cashed, then the three Diamond winners. When North leads a fourth Diamond, Declarer is helpless, and the defense has conjured up the setting trick in trumps.



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Take Your Mental Health Seriously

6 Reasons Why You Should Take Your Mental Health Seriously

As a result, here are six reasons why you should make your mental health an important priority in your life.

1. Your situation will improve if you get help: Your anxieties and fears can be challenging to manage and more than likely you will need some help. Just as you talk to your doctor about your regular health, you should not be hesitant in seeking help for your mental health. If left untreated, your anxieties and fears may not go away.

2. Drugs and alcohol are not the answer: Drugs and alcohol can make your problems more complicated. Many people have said that drugs and alcohol will only add more problems to your situation. Be smart and learn how to cope with your mental health issues by talking to a qualified professional. There are many health professionals in your area that can give you some ideas on where you can go for assistance.



3. You will save time and money:

Eventually, you will have to confront your fears and mental health issues. Save yourself the time and heartache and confront your problems now rather than later. You will save months of struggling by getting help right away. The sooner you get assistance the faster you will start getting some relief.

4. You are not alone: Everyone deals with fear, stress, and anxiety in one's life whether your friends and others care to admit it. In addition, do not be embarrassed that you are getting help. We all learn new things from others on a daily basis and learning how to manage your anxieties is no different. In addition, your goal is to get your life back on track and not to get everyone's approval. If people start asking you questions, just say your dealing with stress. Most people can relate to dealing with stress and anxiety!

5. Do not make the mistake of doing nothing: There are many people who struggled with anxiety and other mental health related issues, and they tried to ignore their problems. As a result, some of these people struggled on a daily basis and eventually things became more difficult. It can be scary asking for assistance, but the key is to take things one day at a time.

6. You have a variety of options: There are many mental health support groups, organizations, and counselors in your area that can help get your life back on track. Talk to your doctor to get more details on where you can go for some assistance. Help is available but you must be willing to make the choice of getting better. Remember that every problem has a solution. You just have to make the effort to find the answers.

BIOGRAPHY

Stan is the author of "A Layman's Guide to Managing Fear" which covers a variety of techniques that can drastically improve your mental health. For more information, please visit Stan's website at <http://www.managingfear.com>

LET'S EAT OUT!!!!



Orange County Restaurant Week is coming back. 164 restaurants will be participating offering deals, prix-fixe menus, and new dining experiences. The event will run from Sunday, March 3 to Saturday, March 9.

Celebrating its 16th year, the dedicated food week will feature entrees and delights from \$15 to \$25 for lunch, and \$25 to \$45 for dinner, and some will feature deluxe menus from \$60 to \$120.

This year's week-long event will highlight family-friendly dining, which is a great way for all ages to learn about cuisine, dining out, vegetarian, gluten free and cultural dining.

The annual event is organized by the Orange County Restaurant Association. Diners can find participating restaurants' menus and prices at www.OCRestaurantWeek.com.

On the Go... the Pendry at Newport Beach

BY JILL WEINLEIN

The new Pendry Newport Beach located in the middle of Fashion Island is the talk of the town.

When Cadillac offered me a 2024 Cadillac CT4-V Sedan to test drive to the Pendry Newport Beach, with an overnight stay, I accepted the invitation. My husband and I drove to the former Fashion Island Hotel and handed the Cadillac keyless entry remote control to the valet.

Cadillac is the official vehicle of Pendry Hotels & Resorts. This partnership offers guests complimentary transportation and a ride and drive program, putting guests in the driver's seat to experience the luxury American automaker's newest cars during their stay.

Walking into the refreshed lobby, we appreciated the new contemporary design and friendly staff. There is a concierge desk for hotel guests to inquire and receive recommendations and reservations at dining venues and any community activities.

Taking an elevator up to room #1207, it is one of the newly refreshed 295 guest rooms, including 114 suites. The view guest room was sophisticated offering a modern design with a hint of California decor. There was a curated mini-bar, Pendry signature pillow top mattress with luxury linens and bedding. Walking out the sliding glass door onto the balcony, we took in the ocean, harbor, back bay, Catalina and Orange County views.

Donning our bathing suits, we went back down to the ground level to enjoy the sparkling pool and hot whirlpool. There is a tiki-inspired Tree Shack Pool Bar & Grill at the entrance gate to the pool deck. A pool staff member happily set towels on two thick padded lounge chairs. Another staff member approached us to inquire if we would like a drink, glass of champagne or cocktail. There is also a Baja-inspired food menu for those who want a light snack or meal by the pool. We soaked in the hot tub with a glass of wine and relaxed in the warm water.

Afterwards we dressed for dinner and visited Bar Pendry for a drink with friends. This venue is quite a lively scene in the evenings and on weekends. The refined and classic circular bar and



lounge was filled with locals and hotel guests. The stylish space offers a romantic vibe and handcrafted cocktail menu.

There are cozy gathering spaces in the lounge and a quieter outdoor patio with heaters to keep guests warm on chilly nights. We arrived just before the crowd filled the space and secured a quiet table and chairs outside to sit with our friends. One can imagine an episode of 'The Real Housewives of Orange County' being filmed here. It does make for excellent people watching.

Nearby is the onsite signature restaurant SET Steak & Sushi. It's a blend of modern steakhouse with a contemporary sushi bar. The lights are dim and candles flicker as guests enjoy iced shellfish towers, juicy steaks and grilled seafood. There is also a sushi counter where diners can sit and watch sushi chefs make their creative premium sashimi plates.

Outside on the dining terrace underneath lanterns hanging on thick branches from an exquisite mature tree, guests enjoy an al fresco dinner featuring salads, charcoal-grilled steaks and chops, and decadent desserts.

Going back to our room after dinner, we stood out on our balcony overlooking all the twinkling lights of Orange County.

The next morning, we rode the elevator down to the Pendry lobby for cups of complimentary coffee at the pop-up coffee bar. There were also an array of tempting pastries and savory breakfast items available for purchase.

Afterwards we visited Pendry's concierge to request two e-bikes to take for a spin along the Newport Back Bay. It's just a few blocks away to ride on a paved and carless bike path to the Upper Newport Bay Nature Preserve and Ecological Reserve. There is over 1,000 acres of preserved and pristine wetlands, that are home to over 200 endangered species and 35,000 migratory birds. Throughout our ride we saw different birds, bike riders, walkers and joggers.

When we returned to the hotel, we checked out and got into our Cadillac to drive through Lido Island and Newport Beach to take the Auto Ferry over to Balboa Island. Since 1919, Balboa Island Ferry has provided continuous service for drivers and passengers in vehicles, bicycles and pedestrians between Balboa Island and Balboa Peninsula in Newport

Continued on Page 13

Newport Beach

Continued from Page 12

Beach. The crossings on the small and flat ferry boat is a bargain at \$2.50 a car.

In the early 1900s, many of the Newport Beach waterfront communities were subdivided, including West Newport, East Newport, Bay Island, Balboa, and Balboa Island. Some of the famous Balboa Island residents include John Wayne, Lauren Bacall, James Cagney, Joey Bishop, Humphrey Bogart, and George Burns. Today approximately 3,000 residents live on just 0.2 square miles. Most of the multi-million dollar homes are on small lots that are only 30 feet x 85 feet. These residents have easy access to a variety of water sports and activities, such as Duffy boating, fishing, and paddle-boarding.

Driving down Marine Avenue, there are an array of coffee shops, Dad's Famous Balboa Bar and Frozen Banana, plus restaurants offering a variety of international cuisine. Since parking is difficult on weekends on Balboa Island, we drove over the bridge to Lido Island for a quick lunch at Bear Flag Fish Company. This fast, casual fish market and restaurant offers salads with grilled salmon and swordfish sandwiches that are delicious.

We walked around Lido Island along the Newport Beach harbor admiring the luxury yachts before getting back into our Cadillac to head home.

There is so much to see and do while staying at Pendry Newport Beach. Other venues to visit include Sherman Library and Gardens, Mark's Garden, Fashion Island for shopping and dining, and the public sculpture art garden at Newport Beach Civic Center.

Pendry Newport Beach is located at 690 Newport Center Drive, Newport Beach. Go to <https://www.pendry.com/newport-beach/>. Call (949)688-8002.



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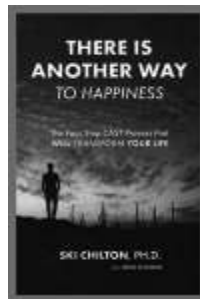
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To Woo and To Wed by Martha Waters available at Amazon, simonandschuster.com and Goodreads. West, the Marquess of Weston, and Sophie, Lady Fitzwilliam Bridewell, have lately been spending a considerable amount of time together. But West and Sophie are not new acquaintances. In fact, years ago, they had once been nearly engaged until West's almost fatal curricule accident and his meddling father threw them off course. Now recently widowed, Sophie has put aside all thoughts of romance. But when her widowed sister, Alexandra, mentions a fondness for an earl, Sophie realizes that she may be holding her sister back. Alexandra won't move forward with an engagement until Sophie, too, settles down again, and so Sophie approaches West with a plan. They will announce their engagement and break things off once Alexandra is happily married. It'll be simple. After all, it's not like she is going to fall for West a second time, not when Sophie has sworn not to risk her heart again.

There Is Another Way To Happiness The Four Step Process That Will Transform Your Life by Ski Chilton, PH.D. available at Amazon, Goodreads and Thriftbooks. Chilton presents a rare blend of science, mindfulness, and spirituality to walk readers through the four, overlapping steps that helped him overcome his own cycle of fear, anxiety and self-doubt, and led to his total transformation, The CAST Process, a daily life framework encompassing four vital stages: Consciousness, Awareness, Surrender, and Trust. As readers embark on their own journeys and engage in the book's 13-week meditation/reflection practices, they can: •Rewire destructive thought patterns • Deepen their self-awareness, •Let go of ego, fear and the illusion of control • Embrace life's unknowables, including the ultimate mystery of death • Connect and co-create with the creative intelligence of the universe



The Serial Killer's Son takes a Wife by Michael Libling available at Amazon, Goodreads and Barnes & Noble. "It is a turn-the-page-if-you-dare first-person narrative from the point of view of a bitter boy-turned-man, the titular serial killer's son, Bobby Blessing (born Dickens), who was raised in a world where 'bad things happen to bad people and worse things happen to good people.' ...The Serial Killer's Son Takes a Wife is as fun as it is titillatingly horrifying... The reader is yanked from one chapter to the next, cliff-hanger to cliff-hanger, until reader and protagonist meet in the dark, one as blind as the other as to what happens next." — Dan Laxer, The Suburban



Soul To Soul Tiny Stories Of Hope And Resilience by Faye Rapoport DesPres available at Amazon, Barnes & Noble, Goodreads and fayerapoportdespres.com. Award-winning writer and journalist Faye Rapoport DesPres brings heart to home and light to life in this unique collection of short stories. Soul to Soul is both a literary and optimistic response to the rough start of the 2020s, offering moments of hope that will undoubtedly help the book endure as a beloved classic long into the future. Each 100-word story is a brief window into a life at the very moment of a discovery about the character or perhaps the way of the world. Many of the tiny tales have been beautifully illustrated by celebrated European artist Anya Lauchlan.

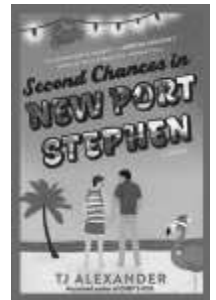


Friends, Lovers, And The Big Terrible Thing by Matthew Perry available at Amazon and Barnes & Noble. In an extraordinary story that only he could tell - and in the heartfelt, hilarious, and warmly familiar way- Matthew Perry lays bare the fractured family that raised him (and also left him to his own devices), the desire for recognition that drove him to fame, and the void inside him that could not be filled even by his greatest dreams coming true. But he also details the peace he's found in sobriety and how he feels about the ubiquity of Friends, sharing stories about his castmates and other stars he met along the way. Frank & self-aware, Perry vividly depicts his lifelong battle with addiction and what fueled it.



Sacrifices For Kingdoms by Patricia D'Arcy Laughlin available at Amazon and Goodreads. A sensual, timely, contemporary romance, about a philanthropic beauty from exotic Trinidad, a modern-day socially-conscious European Prince, and the other loves, lives, and lies, that complicate their potentially idyllic life. The story begins with the warm sweetness of falling in love before becoming inflamed with passion, intrigue, and danger. No Cinderella, Elizabeth is sophisticated, wealthy, and hides life-changing secrets.

Second Chances In New Port Stephen by TJ Alexander available at Amazon and Goodreads. A trans man returns to his Florida hometown for Christmas after his career goes up in flames, only to cross paths with his high school ex in this charming rom-com about family and second chances from the author of the "delectable" (Time) Chef's Kiss.



Eli Ward hasn't been back to his suffocating hometown of New Port Stephen, Florida, in ages. Post-transition and sober, he's a completely different person from the one who left years ago. But when a scandal threatens his career as a TV writer and comedian, he has no choice but to return home for the holidays.



Enemies Among Us by Jeffrey S. Stephens Amazon, Goodreads and jeffreystephens.com. As Nick Reagan hunts down the terrorist mastermind, The Handler, he uncovers corruption at the highest levels of government—perhaps even within his own CIA. Nick Reagan and his team of talented CIA operatives have managed to prevent three horrific attacks planned by the ruthless terrorist known worldwide as The Handler. Cunning and resourceful, The Handler has eluded capture, and now Reagan is determined to track him down. As he assembles clues to the possible whereabouts of his prey, Reagan's superiors in the CIA inexplicably order him to stand down. Accustomed to flouting authority, Reagan ignores the directive while seeking to identify the source of this obstruction.

Suspensions growing, Reagan expands his efforts beyond the dangerous hunt for The Handler to an active investigation of both his own government and those who possess the real influence in Washington. Reagan is not sure who he can trust as he works to expose the worst of America's elite—those who believe in a New World Order.

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IMPORTANT UPDATES ON ROMANCE SCAMS

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



Stop Senior Scams from Happening

Welcome to February 2024! Not only do we have three holidays to celebrate this month – Groundhog Day, Valentine's Day, and Presidents Day – we also have an *extra day*, February 29th! That's right. 2024 is a leap year. So, here's hoping that extra 24 hours will help us *leap into an increased awareness* of the nefarious strategies scammers use to target seniors! In particular, let's take a look at Romance Scams and see what tactics we can employ to protect ourselves against con artists who are hell bent on stealing our money and breaking our hearts.

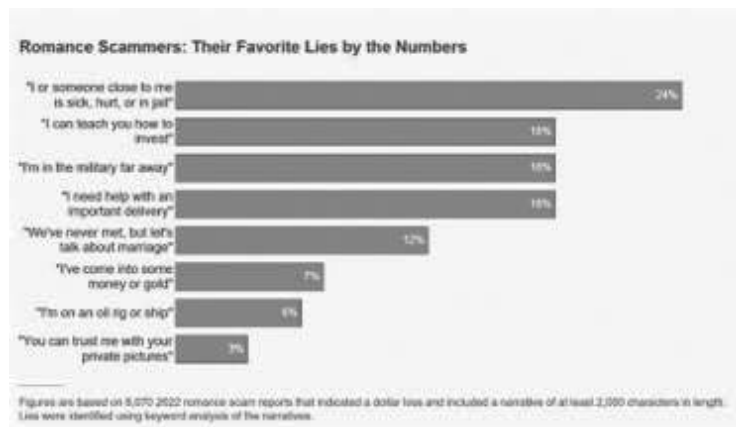
According to the Oxford English Dictionaries, a con artist is “a person who cheats or tricks others by persuading them to believe something that is not true” * in order to steal their money. In other words, con artists are professional thieves and liars. Their livelihood depends on their ability to tell lies so convincingly that people, generally speaking, have trouble discerning their lies from the truth. In a Romance Scam, the con artist *pretends* to be in love with you so that they can steal your money, property, valuables, etc. Once they've gotten what they are after, they hit the road, and you never hear from them again. Meanwhile, you've lost your financial security, possibly your life savings, and may find yourself destitute. **

You may also be left with a broken heart. Not so easy to deal with. It's hard to accept that someone would stoop so low as to lie, cheat, manipulate and deceive when it comes to affairs of the heart. But con artists have no conscience. They don't know right from wrong; or, if they do, they don't care that their actions may bring harm to someone else. Because all they care about is themselves. They have a staggering lack empathy, and a deep disrespect for the rule of law.

According to the Federal Trade Commission (FTC), “In 2022, nearly 70,000 people reported a romance scam, and reported losses hit ... \$1.3 billion. The median reported loss: \$4,400.” *** Given the fact that scams in general are underreported, we can assume that the number of people who were victimized by romance scams in 2022 is significantly higher than these statistics.

RED FLAGS That a Romance Scam is Likely Underway

The following charts from the FTC*** show the favorite lies told by Romance Scammers and the top payment methods Romance Scammers used to steal money from their victims in 2022. Read them carefully. In fact, you might want to post these charts in a prominent location as a reminder to be on guard against Romance Scammers. Being Forewarned is Forearmed!



Artificial Intelligence (AI)

It is important to note that Artificial Intelligence (AI) is playing a larger role in the strategies scammers use to target victims across a variety of different types of scams. As noted in the FTC's July 27, 2023, letter to the U.S. Senate Special Committee on Aging, in “romance scams, ... the scammer [can] fake a love interest by using chatbots to send messages [to targeted individuals].” **** This is disturbing because: “Where a consumer may have been able to easily identify and dismiss a scam before, now [with AI] they face greater challenges in determining whether the email, text, or phone call they received is legitimate. Many times, the AI-powered scams seem so realistic that the victims do not know the scammers have utilized AI in targeting them. In these situations, generative AI can exacerbate the false panic and sense of urgency victims often feel when targeted, compelling them to turn over the private or financial information the scammer requests.” ****



Tips to Help You Identify an Online Romance Scammer Using AI

According to Daniel Holmes, a fraud prevention specialist with Feedzai (a market leader in fighting financial crime with AI), there are seven indicators that your new online love interest might just be an AI scammer. ***** Suggestion: Post these important reminders on your refrigerator door!

1-Check to see if the profile of your new love interest is also on other social

media platforms. For example, if you meet someone on a dating app, does the same profile appear on Facebook, X (formerly Twitter), Instagram, etc. If it's legitimate, you would expect to find that person on a variety of social media platforms.

2-Pay attention to how recently the profile of your new love interest was posted. Note: “Generative AI like ChatGPT allows romance scams to be deployed at scale. Often fraudsters will down profiles pretty quickly so if they fail with one, they can be successful with another and they will move on to another profile with another picture.” *****

3-It's a **RED FLAG** if: Your new online love interest refuses to send selfies or videos; or, if he or she sends similar selfies/videos all the time, or ones that are generic in tone, and don't really reflect your current interactions with them.

4-If your new online love interest quickly tries to get you to leave the dating app and move into WhatsApp, suggesting for example, that it's easier to access and send messages, etc., this is a **RED FLAG**.

5-If early on in the process of getting to know your new online love interest, he or she asks for money to help with an emergency of some kind, this is a big **RED FLAG**.

6-If your new online love interest plays on your emotions and asks for money, saying something like, “I want to be with you, but I need to be able to get to

your country, can you send me £2,000 for a ticket?” ***** – It's a scam!

7-If you keep asking your new online love interest to meet in person, and he or she keeps putting that off, or for one reason or another, it never happens – This is a **RED FLAG**.

REMEMBER – Together, We Can Stop Senior Scams!

REFERENCES

*Dictionary Definitions from Oxford Languages, con art ist noun INFORMAL a person who cheats or tricks others by persuading them to believe something that is not true, “the debonair con artist lives by scamming rich women.”

** “Retirees Are Losing Their Life Savings to Romance Scams. Here's What to Know,” by Emily Schmall, Feb. 3, 2023, <https://www.nytimes.com/2023/02/03/business/retiree-romance-scams.html>

*** “Online Nightmare – Elderly Man Loses More than \$2M in Romance Scam,” U.S. Postal Inspection Service, Mar. 9, 2023, <https://www.youtube.com/watch?v=ofxMgdr2BIA>

**** “44-year-old woman loses \$98K in online romance scam,” WRTV News Indianapolis, Jan. 31, 2023, <https://www.youtube.com/watch?v=qWmclkrW3Cc>

***** “Romance scammers' favorite lies exposed,” by Emma Fletcher, FTC, Feb. 9, 2023, <https://www.ftc.gov/news-events/data-visualizations/data-spotlight/2023/02/romance-scammers-favorite-lies-exposed>

***** “In letter to FTC, Dec. 5, 2023, U.S. Senate Special Committee on Aging, Senators request information on how the agency is tracking the role of A.I. in scams targeted at older American”, <https://www.casey.senate.gov/news/releases/casey-colleagues-urge-federal-trade-commission-to-track-artificial-intelligence-scams>

***** “EXCLUSIVE - How to tell if your ‘online romance’ is really an artificial intelligence SCAMMER: Expert reveals the seven signs your love interest is a chatbot designed to steal your money,” Christian Oliver, Mar. 26, 2023, <https://www.dailymail.co.uk/sciencetech/article-11898319/Seven-signs-online-romance-really-artificial-intelligence-SCAMMER.html>

Be Empowered. Find Your Voice. Speak Out About Fraud!
Remember: You may be a target, but you don't have to be a victim

CONTINUED ON PAGE 17

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Stop Senior Scams Acting Program Events

CONTINUED FROM PAGE 16

WHERE TO REPORT SCAMS

Federal Trade Commission at 877-382-4357 or online at <https://www.ftccomplaintassistant.gov/#cmt&panel=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

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.

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PHOTO ABOVE: STOP SENIOR SCAMS ACTING PROGRAM for SPARK OF LOVE with LAPD TOY DRIVE 2023

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Theater REVIEWS by MORNA

NBV, February 2024
MARILYN, MOM & ME, -
Long Beach

In 1956, when Marilyn Monroe was cast as the lead in the film *Bus Stop*, the author's mother, Eileen Heckart, was cast as her best friend in the movie. Says author-director Luke Yankee, "Marilyn was the biggest star in the world. She had taken the previous year off to study with Lee Strasberg and had become the poster child for 'method' acting, where an actor has to

experience every moment truthfully. As a part of her newly discovered style of acting, Marilyn was determined to make my mother her best friend - both on screen and off. Reluctantly, Eileen went along with it for the sake of the film and found herself emotionally entrenched in Marilyn's life." The play explores this emotional tie observed by Yankee as a child. Starring Alicia Soper as Monroe, Laura Gardner as Heckart and Noah Wagner as Arthur Miller, Laurence Olivier and Joshua Logan. Produced by caryn desai. At International City Theatre, Long Beach Convention & Entertainment Center, 330 East Seaside Way, Long Beach. Tickets at (562) 436-4610 or InternationalCityTheatre.org.

TINY LITTLE TOWN - Hollywood This new musical comedy reimagines Ukrainian playwright, Nikolai Gogol's 19th century satire, "The Government Inspector" updated to 1970's America! In this version, a small town is thrown into chaos when it mistakenly identifies a visiting stranger from Washington D.C. The corrupt town leaders believe this is an incognito Investigator sent by the Federal Government to investigate their town. The show is an indictment of corruption and the insecurities of those who maintain their control through deceit and lies. Theatre Movement Bazaar's award-winning production merges dance, theater and song in the show written by Richard Alger. The music composition is by Wes Myers, with original lyrics by

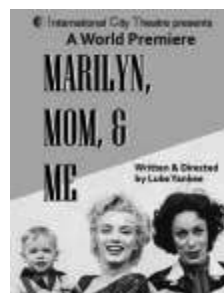


Morna Murphy Martell

Alger. Direction and choreography are by Tina Kronis. At The Broadwater Theatre Main Stage, 1078 Lillian Way Los Angeles, CA 90038 TICKETS: Tickets: <https://theatre.broadwatertheatre.com/> 200447012.

CINDERELLA - Santa Monica

Almost four decades after its world premiere at Santa Monica Playhouse, this Rudie-DeCarlo musical is getting a



contemporary multi-media makeover. After tours to England, Alaska and Japan and after delighting more than a quarter of a million audience members, young and old, to date, it has become the single most requested Santa Monica Playhouse Musical on three continents! Promo material states "It promises to be a Cinderella like you've never seen her before. With new songs, hilarious special FX, a silent movie segment that will have you falling out of your seat, dazzling costumes, amazing magical prestidigitation, and a story about being true to your dreams and loving yourself as you are that's as true to today as it was then." Written and directed by the creative team of Chris DeCarlo and Evelyn Rudie, the original

internationally acclaimed **CINDERELLA** debuted as part of the Playhouse repertoire in 1984. At Santa Monica Playhouse, 1211 4th Street, Santa Monica. Tickets: 310.394.9779 or theatre@santamonicaplayhouse.com

THE WIZ - Hollywood

This all-Black adaptation of L. Frank Baum's "The Wonderful Wizard of Oz" that dazzled theatregoers in 1975 had teenage Dorothy (sans Toto) seeking to find her place in our contemporary world. Originally written by William F. Brown with the Tony Award-winning score by Charlie Smalls, some dialogue has been updated by Amber Ruffin for this version. Now packed with soul, gospel, and rock, audiences will still enjoy such hits as "Ease on Down the Road." The director is Schele Williams, and choreography is by Jaquiel Knight. This all new "pre-Broadway" run is at the Pantages Theatre, 6233 Hollywood Blvd. Tickets online at Ticketmaster.com or at the theatre Box Office.

Prepare Your HVAC System for Winter

7 tips to prepare an HVAC system for winter operation

1. Identify the location and model: Check the basement, attic and exterior to locate the system. It is important to know what type of HVAC equipment is being used to ensure the manufacturer's recommended maintenance schedule is being followed and appropriate steps are taken to prevent breakdowns. To identify its age:

Check the labels and determine the age - Most HVAC equipment comes with a label that provides information about its make and model number.

Examine the equipment; different types of HVAC equipment have different physical characteristics.

Consult a professional - If you are still unsure about what equipment you have, it is always best to consult a certified HVAC technician.

2. Visually Inspect: Because many Americans store holiday decorations or items rarely used near their HVAC system, it is important to check for any obstructions that could prevent proper airflow and create a potential fire hazard. Look for signs of pests and inspect the floor for any water or rust stains. This might indicate an issue with your system that needs further investigation.

Inspect again: When completing your inspection, check all areas to double-check that all information above has been covered. Wipe down your system with a dry cloth to remove dust buildup.

4. Check the exhaust vent: Carefully examine the vent to see if any signs of damage, such as rust or debris, may be obstructing the flow of gases or causing a leak. Test the airflow by turning on the HVAC system to see if the air is coming out of the vent. If the airflow seems weak or there is no airflow, it could be a sign that the vent is blocked.

5. Check the gas line (if applicable): Check for any visible cracks or leaks and ensure the gas line works properly. If you are unsure or have questions, please contact a trained professional. If there is any visible damage or smell of rotten eggs, it's vital to have the gas line repaired as soon as possible to prevent any dangerous leaks. A horizontal pipe valve means it is off, while a vertical pipe valve is on and open.

6. Check the filter: Typically located in the HVAC system's return air duct or blower compartment. There are several steps to check and replace your filter:

Turn off the system
Remove the filter
Inspect the filter
Choose a replacement filter with a MERV rating of at least 8
Install the new filter
Turn the system back on
Turn on the heat: Set the thermostat to auto. When initially turning on the heat, if the HVAC system emits an odor similar to something burning, that is normal. If the smell persists after an hour, act immediately. The smell of burning could indicate a severe problem with your system that could potentially lead to a fire.

Entertainment Book Now

The California Sizzlin' Seniors are busy preparing shows for 2024. Their Patriotic Show can be booked for July 4th celebrations and for Veteran's Day in November. It includes wonderful songs and includes a sing-along or two. Busy and exciting times!

They have a "St. Paddy's Day" show that was supposed to be performed in 2020, and we all know what happened then because of Covid. They would love to do that show for your group; full of fun Irish songs and dances.

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. And, as stated earlier, their shows work well as fund raisers for any organization.

For information, contact directors Judy Talbot and Ginni Gordon at 760-310-2413. Call and book the date you are wanting; this promises to be an fun-filled year.

The Unsinkable Molly Brown

An All New

"The Unsinkable Molly Brown"

By Sarah Lyding, Executive Director of The Music Man Foundation

You probably know of history's legendary Molly Brown from Debbie Reynolds' depiction in the movie "The Unsinkable Molly Brown" or Kathy Bates' turn in "Titanic," but there is more to Brown's story. A new, revised version of the golden-age musical about her life is being released, 60 years after its original debut on Broadway, that shows Molly as she really was - vibrant, progressive, and ready to fight for the underdog.

"The Unsinkable Molly Brown" is based on the true rags-to-riches love story of Molly and Leadville Johnny Brown, owners of the richest mine in the U.S. at the turn of the twentieth century. Born Margaret Tobin Brown, Molly famously survived the sinking of the *Titanic*, was an early champion of women's rights, labor rights and immigration reform, and was a generous philanthropist.

Updating the classic play

The original musical, with music and lyrics by Meredith Willson and book by Richard Henry Morris, has been significantly revised by Tony Award-nominated author Dick Scanlan.

As he updated the piece, Scanlan drew on Molly Brown's real-life story. Brown "was an incredibly effective community organizer. And she was that way before she became wealthy, because she really did become a millionaire in an instant. But she had been a community organizer when they were poor. She was doing all kinds of grassroots literacy leagues, soup kitchens, and helping pregnant girls," he said.

Scanlan was also inspired by how

musicmanfoundation.org

inquiries@musicmanfoundation.org

1751 Colorado Blvd. Number 354, Los Angeles, CA 90041

Molly's approach to activism resonates more than 100 years later. "She became mega-wealthy and turned her grassroots work into formalized systemic efforts to change, which really interested me because many of the causes that she was so passionately devoted to are still big issues."

Molly for a new generation

The Music Man Foundation partnered with the Educational Theatre Foundation and Music Theatre International to give high schools the opportunity to perform the new "The Unsinkable Molly Brown" ahead of its general release. Students and teachers from the 16 selected high schools will also engage their campus and community with activities inspired by Molly Brown's "share-the-luck" spirit. Their ideas include clothing drives, canned food drives, presenting scenes from the show at elementary schools and senior living communities, and character studies to provide more historical context.

"We're proud to be part of this project, which will celebrate Meredith Willson's music and Molly Brown's civic-mindedness in student productions and on high school campuses across the country," said Tom Camp, president of The Music Man Foundation, which was founded in Meredith Willson's honor.

The musical will have a wider release in 2024, so look for "The Unsinkable Molly Brown" on a stage near you!

About the author: Sarah Lyding is executive director of The Music Man Foundation, a Los Angeles-based charitable foundation that has invested over \$25 million in more than 85 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 Unsinkable Molly Brown," and beloved songs "It's Beginning to Look Like Christmas" and the University of Iowa fight song.

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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

MJ - THE MUSICAL
MARCH 19 - 31

THE LION KING
FEBRUARY 1 - 25

BEETLEJUICE - THE MUSICAL
APRIL 16 - 28

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.



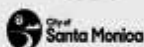
STOP SENIOR SCAMSSM



Tuesday, March 26, 2024 | 2:00 to 3:00 p.m.
Main Library, Multipurpose Room | 601 Santa Monica Blvd.



The Stop Senior Scams Acting Program, a peer-to-peer education program, is back with an informative new presentation to raise awareness about senior fraud for older adults and the community. Ann Stahl, (Ret.) Senior Investigator with the Federal Trade Commission, answers your questions about scam prevention and what to do if you've been scammed.



SANTA MONICA PUBLIC LIBRARY

Library programs are free and open to the public. The Library is wheelchair accessible. For disability-related accommodations, call (310) 450-3600 at least one week prior to event. Ride your bike or Big Blue Bus. Bicycle parking racks are available.

This is a fundraising event for the Covina Woman's Club, a 501(c)3 philanthropic organization whose proceeds go towards benefiting charitable organizations in our local area.

Valentine's Day CASINO & CABARET

February 14, 2024

Tickets \$59 **1:00 PM - 5:00 pm**

ADVANCE RESERVATIONS REQUIRED
Cash or Check
make checks out to
Covina Woman's Club
Memo: Gwen Esch
OR
Zelle @
cwctreasurers@gmail.com

COVINA WOMAN'S CLUB
128 S. SAN JOSE
COVINA, CA

Sponsors
Aloette
For Sponsorship Info
626-483-9790

Prizes: DJ RUDY, Karaoke, Music, Dancing, Red Hat Contest, Fashion Emporium, Mouth-Watering Horsels.

For more information email us at rsvpwcmb@gmail.com

Final Issue of *Not Born Yesterday!*

Thanks for the Memories

Amanda & David Secola