

## The Estate Sale

You say its urgent to empty the house at all speeds In order to sell it, and split the proceeds. Someone will take the furnishings off your hands. Also the trinkets for which there are no demands. Grandmother's artwork is not your style, Nor the old videos and tapes on file. All of that must go out FAST So that you can sell the house at last.

"What use do we have for those tools?" you scorn."Also those books: see how most are old and worn.And the dictionaries! Some aren't in English, But other languages such useless rubbish!They certainly would look out of place In our home theater or game room space. Just throw those books out, And sell the house!" you shout.

No, not the books!  
They are not here just for looks.Every trinket here bears some memories,  
If they are not yours, dispose them as you please.But the books!

They are the memories of all humankind: How we came to be, what we aspire to find.More precious than any stone ever mined.The dictionaries, which you malign, Are tools which assist us to define, Our origins and family line.Don't discard the newer books either. Their pages will also yield to wear, As you realize they are worth more Than the dollars you greedily amass From the sale of the house.

POSTSCRIPT:  
You may note, in rather quick time.  
That part of this verse does not rhyme.  
My case: Message outranks style.  
You can find better poets  
In the books on the bottom pile.

Poem by Jane Czajkowski  
(Regency Grand resident)

## March Birthdays

In astrology, those born between March 1–20 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who “go with the flow.” Those born between March 21–31 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown. For these eternal optimists, no odds are ever considered insurmountable.

### Regency Grand Birthdays:

**Rachel L.-3/4**  
**Nora P.-3/7**  
**Lennard L.-3/8**  
**Anita M.-3/10**  
**Robert J.-3/13**  
**Ina H.-3/23**  
**Michelle W.-3/24**  
**Joyce D. 3/27**  
**Edna S.-3/27**

Come celebrate our birthdays at our birthday party on 3/24 at 3pm!

## Last Call for Landlines

After a long lifetime, more than 100 years, America's telephone infrastructure is showing its age. Disappearing, too, are the engineers and technicians who maintain traditional landline service, according to professor of telecommunications Rob Frieden. Not so fast, say those who celebrate Landline Telephone Day on March 10. Consumer Reports still recommends keeping a landline: sound quality is often better, and because numbers are directly linked to a home address, emergency calls from landlines remain highly reliable. Telephone companies, however, are shifting to digital networks that are cheaper to maintain. So enjoy landlines while you can!



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## Celebrating March

**Irish American  
Heritage Month**

**Mad for Plaid Month**

**Women's History Month**

**Employee Appreciation Day**  
March 6

**Iditarod Begins**  
March 7

**Daylight Saving Time Begins**  
March 8

**Plant a Flower Day**  
March 12

**St. Patrick's Day**  
March 17

**World Poetry Day**  
March 21

**International Hug a  
Medievalist Day**  
March 31

## A Broadway Classic Turns 70

Seventy years ago, on March 15, 1956, *My Fair Lady* opened on Broadway and quickly became one of the most celebrated productions in musical theater history. Its premiere at the Mark Hellinger Theatre marked the beginning of a record-setting run that helped define a golden era for the American stage.

Set in 1912 London, the story follows Eliza Doolittle's transformation from a struggling flower seller into someone confident enough to challenge the expectations placed on her. Although the original production reflected mid-20th-century attitudes, many modern viewers see Eliza's arc as a useful lens on empowerment—an idea that aligns neatly with March's Women's History Month. Her pushback against Professor Higgins feels more relevant now than ever.

The musical also offers a snapshot of a changing era. London in 1912 balanced Edwardian elegance with social tension. Suffrage activism was gaining momentum, fashion was beginning to loosen from restrictive styles, and the traditional class structure faced increasing scrutiny. While *My Fair Lady* presents these shifts with wit and charm, its backdrop hints at the larger societal forces shaping the characters' world.

Over the decades, the show's score has played a major role in its longevity. Songs like “I Could Have Danced All Night” and “Wouldn't It Be Lovely” became standards, recorded by a wide range of performers and woven into popular culture. The familiarity of the music keeps the show accessible, even for those who haven't seen a full production in years.

The anniversary arrives just ahead of World Theatre Day on March 27, a reminder of how live performance continues to bridge generations. Few shows have matched the musical's staying power; its songs and characters have been reinvented through revivals, films, and countless stagings across the globe. *My Fair Lady* still invites audiences to reflect on identity, opportunity, and the ways people reinvent themselves. For a production rooted in another century, its voice remains remarkably current—and still worth hearing.

### Notable Events in March:



Regency Grand of West Covina  
**Piano Concerts**

(2) Lunch & Music shows in March:  
Sunday, March 8 at 11:30am · John Livingston  
Sunday, March 29 at 11:30am · Matthew Stoneman



Regency Grand of West Covina  
**DOING THE MOST GOOD**  
**CLOTHES DONATION DRIVE**  
Thursday, March 12 2026  
12:00pm

You can donate: clothes, shoes, towels, small household items, etc. Please DO NOT bring items down. Erick will collect bags/boxes from apartments the day of pickup.

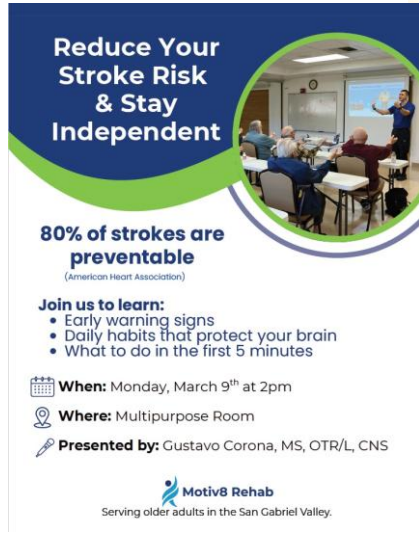
You MUST sign up on the 'Donation List' at the Front Desk. Please list number of boxes/bags. Thank You!



Regency Grand of West Covina  
**EAT, DRINK AND BE IRISH**

**ST. PATRICK'S DAY**  
Tuesday, March 17, 2026 11:00am  
Lunch & Music Show

Traditional Irish meals and Green Beer! Please RSVP at Front Desk for guests by 3/15. Each guest \$15. Max of 2 guests. Thank You!  
Entertainment by singer, Mike Finn



**Reduce Your Stroke Risk & Stay Independent**

80% of strokes are preventable (American Heart Association)

Join us to learn:  
• Early warning signs  
• Daily habits that protect your brain  
• What to do in the first 5 minutes

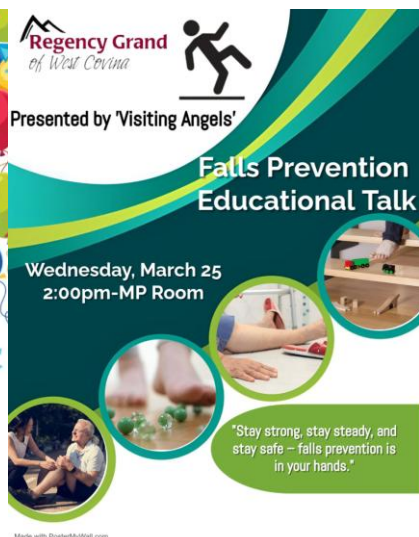
When: Monday, March 9<sup>th</sup> at 2pm  
Where: Multipurpose Room  
Presented by: Gustavo Corona, MS, OTR/L, CNS

Motiv8 Rehab  
Serving older adults in the San Gabriel Valley.



Regency Grand of West Covina  
**MARCH BIRTHDAY PARTY**  
Tuesday, March 24, 2026  
3:00pm-MP

Entertainment by singer, Lizann Warner



Regency Grand of West Covina  
Presented by 'Visiting Angels'


**Falls Prevention Educational Talk**  
Wednesday, March 25  
2:00pm-MP Room

"Stay strong, stay steady, and stay safe - falls prevention is in your hands."

### The Curious Case of Whuppity Scoorie

The ancient ritual of Whuppity Scoorie is undertaken in Lanark, Scotland, with dead seriousness every first day of March. At the ringing of the "wee bell," the children of Lanark race counterclockwise three times around the village church, or *kirk*, swinging balls of paper tied to lengths of string. A local Lanarkian, as reported in *The Scotsman* news, explained the ritual as a means of chasing bad spirits away to the next village. The Lanark Community Council's historical records offer a more sinister origin. Boys, armed with rolled-up caps or stones, once marched at the sound of the bell to the neighboring village to fight a rival gang. Once police got wise, they guarded the local road and have ever since. To this day, most Lanarkians are unsure of the point of Whuppity Scoorie, but that doesn't stop the annual event.

### Stitched Across the World



Quilters all around the world will be piecing together fabric into wonderful creations on March 21, Worldwide Quilting Day.

During its heyday in the American mid-19th century, quilting was a utilitarian craft. According to Emporia State University's Center for Great Plains Studies, westward homesteaders, inheritors of many great European quilting traditions, fashioned blankets, door and window covers, and play mats for children out of whatever scraps of fabric they could find. Quilters learned to arrange fabric to make wonderful works of art. And because blankets were always needed to protect against the elements, quilting never went out of style.

A number of quilting bees will no doubt be held on March 21, so be ready to cut your favorite patterns—Irish Chain, Log Cabin, Bear's Paw, or Tree of Paradise.

### Courtesy Counts



Many lament that common courtesy is not so common anymore. If someone you know is acting less than civil, March 21, Common Courtesy Day, is the perfect opportunity to tactfully share a few tips and reminders on how to treat others with respect.

Some point to technology as a major culprit in the decline of courtesy, especially as we've grown more tethered to our screens. Others see a broader cultural shift: When people feel rushed, stressed, or isolated, empathy tends to shrink. Researchers continue to note that young adults report feeling more pressure and less connection than in previous generations. Etiquette experts also observe that norms have loosened over time, sometimes in ways that make everyday interactions feel less considerate.

Across many countries, parents and teachers are trying to balance freedom with guidance, and the line can get blurry. When expectations around behavior become too vague, kids can miss out on learning how their actions affect others. The result can be the same everywhere: a little more self-focus, a little less awareness. Renewed interest in teaching social skills and emotional literacy suggests that people are recognizing the need to rebuild those habits.

If we don't practice empathy every day, we may have to rely on others to pass laws of courtesy for us. Restaurants declare "No Cell Phone Zones." Sports stadiums regulate fan conduct. New York City even imposes a fine on those who prop their feet on a subway train seat. Psychologist Marie Hartwell-Walker believes that even "faked" manners can teach empathy, that cornerstone of courtesy. Simple acts such as holding doors open, returning phone calls, treating clerks and cashiers with respect, and saying *please* and *thank you*—these daily reminders to consider others' feelings lay a foundation for building empathy.



**MOBILE NOTARY**

**Services**

- Acknowledgements
- Jurats
- Power of Attorney
- Oaths and Affirmations
- General Notary Work

Lauren Garcia  
California Notary Public

Call or text today to schedule your notarization!

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Serving San Gabriel Valley & More!

**Our concierge, Lauren is now a mobile notary. Please contact her for an appointment!**

For many, the first reaction to seeing a spider is to squash it. Spider advocates celebrating Save a Spider Day on March 14 want you to think before you squish, and they have some pretty compelling reasons.



Lots of folks, experts and novices alike, think spiders are just plain cool. The Goliath bird-eating tarantula fits in your palm and was named by an explorer who saw it eating a hummingbird. The pinktoe tarantula, named for its pink-tipped legs, can

climb trees and swim. Not impressed? Another reason not to squash spiders is that many of them carry their newly hatched babies on their backs. One whack can disperse hundreds of tiny spiderlings. Still not convinced? Spiders benefit humans in many ways. They eat lots of bugs. Their venom can be used for making medicine. Spider silk, which is stronger than steel, inspires technological innovation. So before your arachnophobia takes over, think twice about squishing a spider on March 14.