



LIBRARY LANE

Senior Residence

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www.library-lane.com

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A Special Day to Pull Some Poetry From Your Pocket

National Poem in Your Pocket Day began in New York in 2002, but the event has been spreading nationwide ever since. The idea for the observance is simple: Select a poem you love during April's National Poetry Month. Then, carry it with you to share with others on April 29. Don't have a favorite poem? Consider Robert Frost's seasonal verse, "A Prayer in Spring." Here's the first stanza:

Oh, give us pleasure
in the flowers today;

And give us not to think
so far away

As the uncertain harvest;
keep us here

All simply in the springing
of the year.

Bumper Sticker Snicker

I wish the buck stopped here,
because I could use a few.

Happy Easter!

Whether you're celebrating the arrival of spring, bunnies bearing eggs or the religious significance of Easter, our staff wishes all of you a wonderful holiday.

Laugh It Up

In April, we celebrate National Humor Month. A good laugh can help reduce stress, lower blood pressure, elevate mood, boost the immune system, and make you feel good. Studies also show a good sense of humor may help prevent heart disease and heart attacks. Some ways to expand your sense of humor include: look for absurd or silly activities that go on around you each day, increase your exposure to comedies and comic sitcoms, take a few minutes each day to read joke or humor books, and remind yourself to have fun every day.

Important Numbers

Leasing Office (847) 543-4455

Emerg. Maint. (847) 543-4455

Fire, Police, Ambulance 911

Shred Papers to Stay Safe

Identity thieves use a variety of methods to access your personal information. A primary method is dumpster diving. Thieves dig through trash looking for bills or other papers with your personal details. Make sure you shred all papers with any identifying facts to avoid becoming a victim.

Access Some History

The Veterans History Project, a part of the Library of Congress' American Folklife Center, collects first-hand accounts of U.S. armed forces veterans. Of its 60,000 oral history interviews, letters, photos, diaries and memoirs, more than 5,000 are digitized at www.LOC.gov/vets.



Trivia Whiz

Golden Arches

Barbecue

Barbecue purists stuck up their noses in 1981 when McDonald's introduced the McRib sandwich, a preformed pork patty covered with sauce. Perhaps they would have been more open to the idea had they known the fast-food giant started as a barbecue joint. As the anniversary of the company's first franchise approaches—

April 15, 1955—chew on a few other tidbits:

McDonald's is named after Dick and Mac McDonald. Ray Kroc bought out the brothers in 1961 for \$2.7 million.

Denver opened the first McDonald's with indoor seating in 1962.

The company introduced the Big Mac in 1968. It cost 49 cents.

The Happy Meal made its debut in 1979.



Romp Down Memory Lane

Before "Sesame Street" or "Barney & Friends," one TV show served as the original "babysitter in a box." That show was "Romper Room," on-air from 1953 to 1994. "Romper Room" was the must-see TV program for preschoolers when it began. Each show opened and closed with the song "Pop Goes the Weasel." The hostess greeted a handful of 4- and 5-year-olds, who recited the Pledge of Allegiance together. The group played games, exercised, sang songs and learned

Presidential First Pitches

This year marks the 100th anniversary of a baseball tradition: the presidential first pitch. On April 14, 1910, President William H. Taft threw the ceremonial first ball at the Washington Senators' opening game. The idea to include Taft originated with Clark Griffith, the Senators' owner. According to the Baseball Almanac, Griffith hoped that Taft's participation in the event would signify to everyone in America that baseball was the official national pastime.

That first pitch was less than dramatic. Taft—like many presidents to follow—simply stood up from his box seat and threw the ball to a player on the field. In the years since, presidential pitches have been a bit more exciting. In 1951, for example, President Harry

Truman got booed. (He had recently fired the popular Gen. Douglas MacArthur from his position as Far East commander.)

moral lessons from Mr. Do Bee, an oversized bumblebee who taught them how to behave. Paddington Bear, Doc and Granny Cat were other characters. "Romper Room" was a franchised program, which meant that each city could air the national show or deliver a local version. National or local, however, all shows ended the same. The hostess looked through her "magic mirror," saying, "Romper bomper stomper boo. Tell me, tell me, tell me do. Magic mirror, tell me today, who is having fun at play?" She then identified all the kids she could "see" in "television land," reeling off a list of children's names. At home, little ones waited breathlessly, hoping to hear her say their names.

In time, presidents moved from the grandstand to the pitcher's mound for their first flings. It wasn't until Bill Clinton took the mound, however, in 1993, that a president's toss actually made it all the way to the catcher's glove, with no bounces.



Health & Fitness

Elderly Who Exercise Reap Enormous Health Advantages

A study of 1,900 people born in 1920 and 1921, assessed at ages 70, 78 and 85, found that exercise is a key to living a healthier life. In the study, those who were physically active for at least four hours each week were 12 percent less likely to die between the ages of 70 and 78; 15 percent less likely to die between ages 78 and 85; and 17 percent less likely from ages 85 to 88. They also were better able to perform daily rituals and live independently. Plus, they reported feeling less isolated.

"Despite the increasing likelihood of frailty and dependence ... remaining and even starting to be physically active increases the likelihood of living longer and staying functionally independent," wrote Dr. Jochanan Stessman and colleagues at Hebrew University Medical Center, Jerusalem. "Our findings clearly support the continued encouragement of physical activity, even among the oldest old. Indeed, it seems that it is never too late to start."



The Incredible, Edible— and Versatile—Egg

You might eat yours with a side of bacon, on toast, in a sandwich or wrapped in a tortilla, but one thing is certain: Eggs have been a breakfast favorite for centuries. The ways we eat them are almost endless, and so are the techniques for cooking them: scrambled, poached, over-easy, sunny-side-up and hard-boiled. Manufacturers have taken note of the egg's continuing popularity as a breakfast staple. As a result, they are designing new devices that make cooking them easier—and wackier.

Itty, bitty frying pan. If all you are going to cook are two teeny, tiny eggs, you probably dread hauling out your big skillet. Instead, opt for a new, smaller frying pan, made especially for eggs.

All-in-one, egg-and-toaster contraptions. These seriously souped-up toasters are perfect for anyone who wants a breakfast sandwich to go. The handy gizmos toast your bread, poach your egg and warm your choice of meat, all in less than four minutes.

Eggspresso. A new trend for delightfully light and fluffy eggs is to steam-scramble them with your espresso machine. Just hold a jar containing eggs and milk under the steamer wand and watch it whip your eggs into shape.

Microwaveable magic. Several containers are now on the market designed exclusively for nuking eggs in your microwave oven. If you don't want to buy a special gadget, however, scrambled eggs cook just as easily in a coffee cup.

Wit & Wisdom

**"Earth laughs in flowers."
—Ralph Waldo Emerson**

**"You can't be suspicious of a tree or accuse a bird or a squirrel of subversion or challenge the ideology of a violet."
—Hal Borland**

**"Man must feel the earth to know himself and recognize his values."
—Charles A. Lindbergh**

**"To me, a lush carpet of pine needles or spongy grass is more welcome than the most luxurious Persian rug."
—Helen Keller**

**"Come forth into the light of things; let nature be your teacher."
—William Wordsworth**

**"The earth is what we all have in common."
—Wendell Barry**

April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Rent Due	2 Good Friday Office Closed	3
4 Happy Easter	5 Last Day to Pay Rent Without Fees	6	7	8	9	10
11	12	13	14	15  TAX DAY	16	17
18 	19	20	21	22 Earth Day	23	24
25	26	27	28	29	30	

April Word Search



- | | |
|-------------|----------|
| April Fools | Poetry |
| Arbor Day | Rainbow |
| Butterfly | Recycle |
| Clouds | Reduce |
| Daffodil | Reuse |
| Earth Day | Showers |
| Meadow | Tulips |
| Mist | Umbrella |

S L O O F L I R P A K E B L C
 M H V B U T T E R F L Y D R L
 E E O F T U P B V C T A E L O
 H K W W L O O C Y S F D W O U
 G J B I E R J C I F U H O M D
 A F P T D R E M O C P T B P S
 P S R A Z R S D E Q P R N L E
 K Y Y J O Y I S O A E A I G J
 D H J V S L U M C L D E A Q W
 V K O J V E E D L O C O R P A
 W R C E R C J A O S O X W Z E