

MARCH RUNNER

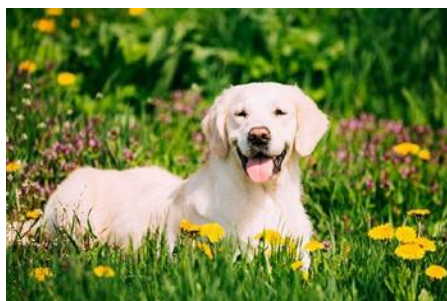
“Springtime is the land awakening. The March winds are the morning yawn.”

~ Lewis Grizzard



Dog of the Month – Labrador Retriever

The Labrador retriever is known to be outgoing, friendly, happy, intelligent, energetic, affectionate, and all-around adorable. The breed, which dates back to the 1830s, was developed in the United Kingdom from Canadian fishing dogs. Labrador retrievers, which are commonly called labs for short, have good hunting and sporting skills. They are medium-large in size and have muscular bodies with a short, thick, water-resistant coat of fur. In fact, this breed loves the water, and labs are fast, adept swimmers that use their wide tails to help guide them in the water. They come in a range of colors, including



yellow, black, and chocolate. This smart, affable dog is one of America’s most popular type of pet, particularly for families, as these pups are great with kids. However, labs have tons of energy, so they need lots of exercise daily. They are also a top choice for service dogs, search and rescue dogs, and therapy dogs.

Special Days

Plant a Flower Day
March 12

Daylight Saving Time Begins
March 13

Purim
March 16

St. Patrick’s Day
March 17

Holi: Hindu Festival of Colors
March 18

First Day of Spring
March 20

Flower – Daffodil



By the time March rolls around, most of us are more than ready for spring to return. Finally, the snow begins to melt, and when the green stems of the daffodils shoot up toward the sky, it’s official—spring has finally sprung! Though most parts of the daffodil plant are considered poisonous if consumed, it does have medicinal uses. The Japanese have used the bulb to treat wounds, and in some parts of the world, a compound called *galantamine*—found in the flower—is being studied to combat Alzheimer’s disease.

Birthstone – Aquamarine



March’s birthstone, aquamarine, is a gorgeous, ethereal pale blue gem that is most frequently found in the western United States and Brazil. Its name is Latin for “water of the sea,” a fitting title for this blue-hued stone. Deeply blue aquamarines are the most valuable, though sometimes the gem can have a slight hint of green. The green stones are sometimes changed to blue by heating them in an electric furnace to 842°F (450°C). Aquamarine’s watery color has made it a symbol of the purity of the oceans.

Beware the Ides of March

The ides of March signifies the first new moon of the month, which typically falls in the middle of March, between the 13th and 15th. However, it is now typically celebrated on March 15. Interestingly, every month has an “ides” in the lunar calendar, but it is March’s that became the most well-known—for both positive and negative reasons.

In ancient Rome, this day marked a deadline for paying off debts, which could be great if you were getting your money back but was not nearly as good if you owed debts you couldn’t repay. Additionally,

the ides of March was a day when a variety of religious holidays and the new year were celebrated.

The common saying “beware the ides of March,” which was made famous by none other than William Shakespeare, is based on the idea that this day is unlucky. This is because Julius Caesar was assassinated before the Roman senate on March 15. In Shakespeare’s play *Julius Caesar*, Caesar is warned of his impending murder with those now famous words: “Beware the ides of March.”



Be a Goof

Give your serious, practical, well-behaved side a day off on March 22. Why? It’s National Goof Off Day. So, get silly, make some jokes, take it easy, watch comedy shows, and otherwise be a goofball to honor this day in celebration of monkeying around.

March Zodiacs

Pisces (The Fish)
March 1–20

Aries (The Ram)
March 21–31

March gets its name from Mars, the Roman god of war. The name seemed like a logical choice to Romans because, with the gradually warming weather, military campaigns that had paused for the cold winter months could begin again. The Finnish call March *maaliskuu*, which means “earthy month,” which makes sense since as the snow melts, you can once more see the ground and plants begin to grow again. *Merz* is German for March, and in Spanish, it is *marzo*.

International Women’s Day

Every year on March 8, International Women’s Day is celebrated across the globe to honor the countless contributions and achievements of women throughout history and today. The holiday is also intended to promote women’s rights and equality. The first International Women’s Day occurred in 1911 when it was celebrated in Europe. Today, many types of events and festivities mark this day worldwide.

What’s Lucky in March?

- Lucky Color: Purple
- Lucky Animal: Giraffe
- Lucky Letter: R
- Lucky Day: Sunday
- Lucky Plant: Daisy



March Birthdays

- Jon Bon Jovi (rock star) – March 2, 1962
- Ruby Dandridge (actress) – March 3, 1900
- Elizabeth Moore (tennis player) – March 5, 1876
- Shaquille O’Neal (athlete) – March 6, 1972
- Bobby Fischer (chess master) – March 9, 1943
- Carrie Underwood (singer) – March 10, 1983
- Michael Caine (actor) – March 14, 1933
- Isabella Gregory (playwright) – March 15, 1852
- Bonnie Blaire (speed skater) – March 18, 1964
- Bobby Orr (hockey player) – March 20, 1948
- William Shatner (actor) – March 22, 1931
- Aretha Franklin (singer) – March 25, 1942
- Warren Beatty (actor) – March 30, 1937
- Lizzie Miles (jazz singer) – March 31, 1895



We have several new residents at Paul's Run so far in 2022.

Here are some of their stories:

Phyllis Gross B119: Phyllis comes to Paul's Run from Delaire Landing in Philadelphia where she lived since 1988. Phyllis is familiar with several Paul's Run residents who were also former Delaire landing residents. While at Delaire Landing, Phyllis was the Trip Coordinator and organized many exciting adventures, from the casinos, to the Poconos, as well as cruises and trips to Myrtle Beach. She also performed in 7 shows while there, but is looking forward to being on the receiving end of entertainment now as she is enjoying the entertainers and music programs here at Paul's Run

Nettie Sorkin A409: Nettie has lived in the Rawnhurst area of Philadelphia for 53 years and enjoyed working for Steins on Columbia Avenue and Spain's Card Store in Center City for 22 years. Nettie is good friends with Paul's Run resident Marlene Winitz and is really enjoying her stay at Paul's Run so far. Nettie says she's easing into a routine, but so far enjoys it here because everyone is nice.

Lorraine Schieber A129: Lorraine has lived in the nearby Millbrook area of Philadelphia since 1983. Lorraine is enjoying many activities such as Bingo, lectures, entertainment and movies. Lorraine really appreciates the Paul's Run library especially the large print books offered to residents. Lorraine also enjoys dining with her tablemates and is looking forward to her sister living here in a few weeks.

Mathew Elavumkal B120: Mathew lived in Philadelphia for over 50 years, 27 of those in nearby Somerton. He is a parishioner at St. Christopher's. He is getting to know the community and appreciates that everyone is helpful and friendly.

Sincerely,

A handwritten signature in black ink, appearing to read "Bill Hines". The signature is fluid and cursive, written over a light-colored background.

Bill Hines, Executive Director



In Celebration Of:



Doris Sheridan
By: Mr. & Mrs. Stephen Cardullo

VOLUNTEERS NEEDED

GENERAL STORE

Friendly Residents Needed

- To meet new people
- Greet and help customers

Volunteers needed to help
the Friends of Paul's Run
operate the General Store.

Work when you want, no
prior experience necessary.

For details, see Molly Bybee
or Elise Baranak



Wisdom

By Jack Birnbaum

In youth, I thought wisdom was only for those, clad in a special mode
Sober dress, long black robe, beard of gray, head of facts, a whole load
Grown, I'd listen to a word flow, how much would I need yet to know?
I looked for ideas in rhythm with clear images that clears faces, that
are set aglow

But as I grew older, I came to know that uniforms are only one more
page
a book of life it lives through each day's experience becoming your
wage
for some the words shallow, their thoughts bring the bits of life's
marrow
Yet for others their thought light the way to a show off beauty as an
arrow

The seasons calendars come & go they chart every month of rain and
snow
They chart the dates of holidays and special events, all the things to
know
families depend on them to track the days important to friends and
mates
as the importance of remembrance of a yen for some very special
plates

For wisdom is the sum total of respect shared with others in retrospect
It acknowledges a peer recognition and its sharing such in all respects
It signifies a collegial agreement to continue to examine peer illusions
Willingness to reassess illusions based on evidence to reach a
conclusion

Justice, charity, and malice
by Jack Birnbaum

American Democracy was designed to govern by the rule of law not by a royalty
accorded through divine right

This concept, a shot across the bow of reason, men were seen as not capable of
self-rule a, cause of great fright

That such an expectation would come to those who fled to America to the new
world, was not at all a surprise

While some came in chains, some came as new born, free to mold themselves, as
independent, as a prize

They were not beyond fault, as human imperfection took root rather than noble
thought, in forming of a nation

New law and culture prized ability above station but some hued to old world rules
even in this situation

Denial of opportunity based on privilege was now rejected by rule of law, a
condition newly divined

The system of justice, punishment codes, safeguarding of rights, trial procedure
were newly defined

The nation developed a Declaration and a Constitution as its guides and committed
to democracy by law

Inequities based on race, slavery and native Americans, as well as indentured now
being decried

A system implemented to measure consistency and integrity on an ongoing basis,
was applied

This system included clemency where violators convicted, could retrieve their lost
citizen's rights

Based on conduct in custody, families of victim's rights, move from the shadow
into the lights

A system designed to implement Lincoln's words, malice toward none and charity
toward all

To ensure this nation will not only endure but, with strength of equality, it will also
stand tall

Who I Am--Part II

By: Jack Birnbaum

I entered this new situation recognizing that my parents had to focus most of their energy on the business. I was on my own and needed friends to become part of this new neighborhood. Luckily, I had my sister Leonora who was my best friend and provided a lineage to those values learned in my early youth and provided me her wisdom and support over the years until her death.

My first new friends were two brothers Angelo and Tony H. Angelo was in my class in public school and he invited me to come to his apartment after school when he heard that my parents were at work until 8 p.m. After a while I got to meet his younger brother Tony, his mother who was Italian and his father who was Greek. One of the first things I learned from all of them was that I was accepted into their family without reservation and that being Jewish in America was not necessarily the same experience that my relatives had endured as Jews in Europe.

Our friendship was a learning experience for all of us. I was able to impart to them my love of learning and they were able to see the rewards of scholarship both in the immediate and over the long term. They taught me how to deal with the hostility towards people who were seen as being different in this community both physically and through negotiation. Together we learned how to enjoy sports, the value of fellowship, and about the courtship rituals between males and females.

Later on, I developed a friendship with Walter P. Walter was a strange boy, being an only child of a single middle-aged woman who made a living as a seamstress. Although I was a prodigious reader Walter had read such deep and mysterious authors as Nietzsche, Kant and Schopenhauer and he had a rich and deep love of Classical music. He introduced me to all of these riches and our discussions about these subjects had a lasting impact in my life.

Who I Am – Part II continued By Jack Birnbaum

My next group of friends I dubbed as the Stuyvesant six. This group of friends developed after I began to attend high school and since the school was across Manhattan and I and a friend walked across Manhattan and to the school and back each day in discussion, my friend and I walked across the Borough. As we got to know other students some coming by the subway, they would join us. Over 4 years we would traverse the Borough we debated the merits of the Borough (e.g., Union Square Hippies; Catholic Vs. Public High Schools: all boys Schools Vs. Regular High Schools), but mostly since all of us were involved with the music program we talked about music. From these friends I learned that perseverance and commitment are required for a career in music, I began to understand the art of phrasing and began to grasp the subtle art of Bach and Mozart.

I would remiss if I didn't mention the faculty at Stuyvesant, Carl Danielson, John Bart and Walter Stoffregan for their commitment to teaching against formidable odds and their dedication and respect for the art of Music all of which they passed on to their students.

About Faith

Focus on election speaks to anger and/or enthusiasm as a driving force
More important questions are why an election, why focus on this discourse
Some view elections a competition using substance in a presentation
Some focus on winning, show less substance with yet more personality
George Washington, foresaw this and made it part of his final address
He warned parties become potent engines to usurp power, nothing less
Ambitious men sans principle can look to seizing of governmental reins
Undermining peoples rule by manipulation, not allow easily for change
Rule of the people through the vote, is by far, our Constitutional choice
The job of government is to inform & educate voters to hear others voice
Winning by suppression or distortion of information is not part of the deal
Political parties should not manipulate the vote by using falsehoods to steal
Thus, Abe Lincoln spoke out for our ideals with the will for us to endure
Washington's faith in truth and the Cherry tree, is confirmation, to be sure
The founding father's belief in virtue is of an essence for the use of self-rule
So, commitment and empathy all of this overcome, with virtue, as our tool

A making of memories
by Jack Birnbaum

In making this tour through life do you ever think of how you will be remembered?
Or, in an old song, will you love me as much you did in January, now, in December?

Now if you're an athlete who has set records your remembrance is guaranteed
A gifted performer beloved and adored, anonymity would probably be a need

For most of us being remembered is tied to our character as well as how we live our
life
It is then I believe, character acceptance by self and others who live near or in your
life

We travel through stages and engage different networks some being a main stem
Family, our geographic entity, accrues values & beliefs, genetics is a base of our Zen

Our networks of fraternal, vocational, and social activities, grow identity
Add experience and knowledge, in mixing with others forge a unique personality

While gauging self is problematic, reflections of others may offer up many a clue
So. you end up picturing a vision of self, it may flatter but, enough to make do

It's probable your being remembered will center on character and be true
Such perceptions of traits, and memories, usual selections, are true to memory

And being true to ones-self would be a key to the views are suited for history
Put on a best smile, show a best side, camera memory is truth, not a mystery

Biting Beetles Destroy Forests

By Sr. Franceline Malone

Frequent fires in the West and around the world reduce to ash the evergreens that cool the earth and make it more livable. Huge tracts are dying off, periods of drought increase – not just in the USA, but in Russia, Australia, France and elsewhere. Glaciers melt. Temperatures rise. What causes these die-offs? Just out-of-control forest fires?

Surprise – **Beetles!** A mass of rice-size beetles! During monthly outbreaks, females using holes made by males, bury their eggs under the bark of a tree. They then soften the wood with a fungi so the brown babies (adults are black) can bite into it, and as they grow, tunnel into the wood until the tree dies. The beetles then leave in droves, mate and multiply, place eggs under fresh bark and babies tunnel their way into a new tree. Meanwhile, the dead trees produce no leaves, dry out, and their roots no longer hydrate the soil. Eventually these outbreaks ravage large areas, the soil dries out, and is left without shade, fresh growth or a welcoming living space for trees, birds, animals or us.

In July, entomologist, Diana Six, Chair of the Department of Ecosystems and Conservation Sciences of the University of Montana, spends two or three weeks in the field when the beetles swarm from the tree they killed to begin a new life cycle. Six recognized and recorded new patterns. Beetles now swarm from May to October and can lay eggs for a half year after burrowing in. Originally, they ignored immature trees, now, maybe finding them easier to attack, its full speed ahead on young trees. With high altitude temperatures no longer cold enough to kill swarms; their life cycle spread to a full year.

Biting Beetles Destroy Forests continued

By Sr. Franceline Malone

Growing stands of dead ponderosa pine and lodgepole forests offer scientists a “grim omen”. High temperatures and drought exacerbate beetle infestation and all of our pines may be affected. There is already an “extraordinary scale of die-offs from Mexico to Alaska”. Since 2000 in our own and Canada’s Rocky Mountains, 70,000 sq. miles of forest died- off! Spring comes earlier and summer is longer.

The Eastern Hemisphere also suffers from warming temperatures. One savanna in Australia lost a third of its trees (20,000). In the last half century, Russia, having suffered recently from extreme wildfires, lost 9400 sq. miles of forest.

In the 20th century, winter temperatures in the Rockies fell 40 to 50 degrees below 0. Now 30 degrees below is not enough to kill the beetle larvae which produces its own natural antifreeze – glycol! Whitebark, a high-altitude pine, is nearing extinction. In winter bears and other animals may not have its fatty nuts to sustain them.

Beetles also find Aspens tasty. In 2005, Colorado researchers were appalled when they discovered 30,000 dead acres and were further distressed when in 2008 the number climbed to 553,000 acres. Hotter seasons in groves facing the south in low lying areas re prime targets for beetle attacks.

Living trees play a major role in reducing carbon emission from the air. Yet when trees die, fall to the ground and rot, a carbon problem is created and multiplied when large tracts of forests are destroyed.

Biting Beetles Destroy Forests continued

By Sr. Franceline Malone

With its own chemical defenses, a healthy tree can use its sticky resin to flood out the beetles. Unfortunately heat and drought block a trees ability to go on the defensive. Since the 2000s our Rocky Mountains have contended with the hottest, driest stretch in 800 years!

What? Isn't anybody doing anything to get this outbreak under control?

Our U.S. Forests Service, which monitors 80% of our woodlands, has gone on the offensive. To ward off further infestation, it is chopping down infested trees. Seems like the Forest Service has a lot of work ahead of it! When Diana Six strikes an infested tree with her ax, the stench cries out, "Wood rot!". Six wonders, "What if the insects who have wrought this devastation actually know more than we do about adapting to climate change?"

To deal with the beetle outbreak, since 2001 Congress passed more than 50 bills to increase the number of the effected evergreens harvest. Six expressed concern that the harvests "quite often remove more trees than the beetles would."

Others speculate that the infestations may be beneficial to forest ecosystems. Are they killing weak trees which could provide space for healthy new trees to grow?

Broadway At Paul's Run

By Arnie Escourt

Did Mrs. Levi ever get married to the half millionaire?

She was quite the woman to deal with at the fancy restaurant Curley was singing to cows but did he get invited to the social?

And Aunt Eller wasn't taking any stuff from a bowlegged cowboy.

And wasn't Professor Doolittle surprised at his student's vowels

At two in the morning when she wanted to dance all night.

And poor Mr. Nathan Detroit was trapped into a wedding his girlfriend Adelaide concocted to care for an imaginary family.

We took a wonderful short ride on the Carousel and enjoyed the trip to a show and the wonderful song of dealing with hard times sung by Barbara. Annie had her gun and Sam wooed her with his Wedding song.

Annie also sang about an unusual family tree.

That poor guy in Gigi just couldn't get it right with that smart sister he was trying to court.

Poor Bob got shot but just refused to die.

The King was Joe and he had to pay dearly for Anna to come and tell the kids about Norway and ice and snow. Etc., etc. etc.

Confused Ann the nurse just didn't know how to deal with a married man with kids. She tried to wash him out of her hair but the poor sailors really missed female companionship.

The gang also missed Broadway but eventually promised to return.

Thanks for the great leadership we had from our teacher, Susan who kept us on script and thanks to Carol our piano player who helped us on key and tune.

Our thanks to Erin for arranging everything on Sunday so well and a big thank you to our large audience, who were great.

Ouch, The Pandemic

By Arnie Escourt

When you look across a crowded room what do you see?
We see lots of men and women who look like you and me.
Rich or poor, in good health or not, how do you know?
Decent, generous, respectful, charitable, it doesn't show.

When the truckers are blocking our byways
And when people are gathering and disrupting our highways
We need to ask ourselves, "What is going on here and there?"
Are 'their' actions and reactions reasonable or fair?

We have all just gone through a period of terrible stress
That has resulted in a great deal of bad behavior and craziness
It was COVID-19's fault, it caused problems world wide
For many it was a deadly issue with no safe place to hide.

The truth was, it was not a political problem or financial issue
It became a personal problem for us, for me and you
We had to make hard decisions about shots, jobs and family
There was anger and confusion, answers we could not see

We have to calm down, stabilize and decide who we are
We have to plan our future, looking way, way far
The decisions we make today will pave our paths into the future
We need to trust in science, in doctors and in the eventual cure

The period for panic and fear is now over, it's time for reason
The time for hate, anger and force is now out of season
The floodgates for love, friendship and understanding are now open
Time for you to decide which is more critical, the rooster or the hen!



A Poem of Purim

Purim is a festive Jewish holiday in which a wise queen
Saved her people from Haman who was quite mean.
This is a complex story of opposites and coincidence
Of wisdom, abuse of power and brave defiance!

In ancient Persia a very long time ago
King Ahasuerus was the ruler back then, the historical records show.
He lived lavishly, drank too much, was a showoff, and not too cool.
Like President Trump. he didn't really know how to properly rule.
He had a pretty wife who was regal and quite wise.
Her name was Queen Vashti, a lady to idealize.
She came from royal blood and was a true lady
Not like many who were greedy or acted quite shady.
During a special holiday year, King Ahasuerus had a long six-month
affair

On the last evening he bragged that his queen was so very fair.
He said that Queen Vashti could prove it by arriving unclad, for all to see!
She refused, she wouldn't, It was against her sense of modesty!
Telling the King "No" was an insult he could not tolerate.
It was a slight, none of the wise men in the kingdom could appreciate.
So, this foolhardy king had Queen Vashti deposed
Because she refused to show herself without her clothes.
Then King Ahasuerus was advised to find a new wife
To fulfil all his needs and not give him any strife?
He had the most beautiful virgins in all the land brought to him
They had to agree to meet his every need and whim.
Young Esther was very pretty, demure and quite smart
From all the others maidens, she alone won the King's heart.
She was a Jewish orphan who lived in modest style
With her relative Mordechai, Jews in Persian exile.



A Poem of Purim continued by Arnie Escourt

Even after the royal marriage with a gold, wedding ring
Queen Esther concealed her Jewish identity from her husband, the king.
All thought that she was beautiful, demure and full of congeniality
Esther was smart, kind, sweet and oozed hospitality.

One day by chance Mordechai was passing by the main city gate
And overheard an evil plot against the king, full of anger and hate.
Two of his royal guards were planning to kill the king
But Mordechai exposed this mean and wicked thing!

He told the new Queen to share this evil plot with her king.
These evil men were brought to court, were guilty and had to swing.
But Mordechai was not recognized and then committed a social sin
He offended Hamon, the King's vizier by not bowing down to him.

Hamon had been very vain and now angry; he wanted revenge; it is true.
Hamon planned to punish Mordechai and all who were a Jew.
Wicked Hamon the Vizier went to the king with such a big lie
Swearing that Jewish folk never obeyed the kings' laws, with a huge sigh.

Hamon ranted and raved, promised a large sum and continued to swear,
"We must pass a law and destroy them," he insisted quite clear.
The king foolishly agreed and made official this deadly decree
It was a foolish decision by the king, as you will see.

Hamon picked the month and then the day by chance
Thus the 13th day of Adar was the date set to take this fatal stance.
When Mordechai learned of this evil plot, he tore his clothing and did
mourn
When he told Queen Esther, she cried and became very forlorn!

A Poem of Purim continued by Arnie Escourt

Mordechai advised the young queen and she promised to fast and to pray
And think very carefully about what to the king she should do and say.
All knew that to appear uninvited before the king could mean death,
But Queen Esther dressed her best and took a deep breath.

This beautiful, young queen entered the king's court without guile
And King Ahasuerus bid her welcome with a smile.
He said, "You may have whatever you request,"
"A grand party for you and Hamon is my behest."

The king looked at Hamon and said, "As you wish
Please plan to please us with many a savory dish."
Hamon was pleased to be invited to such an important event,
He didn't realize this invitation was one he would resent.

Hamon's heart was nasty, angry and full of hate,
He could not sleep and stayed up very late.
Kill Mordechai on a stake was what by his wife, he was told
And on that evil and painful suggestion Hamon was sold.

On the next day Hamon ordered a sharp stake put in a special space
It was a way to satisfy his feelings to finally put Mordechai in that place.
On that very same morning, the King recalled Mordechai's lifesaving deed
The king considered how to thank Mordechai, that was his urgent need.

So, on that very morning the king requested Hamon to consider and relate
"A proper reward for one who did a favor for the king that was quite great."
Hamon quickly responded; "Let this person be royally dressed of course,
Acknowledged and taken through the city on the King's own horse."

Haughty Hamon thought he would certainly be this honored guy
And was shocked and humiliated to learn it was to be Mordechai.
And so, Mordechai rode on the horse of the king
And Hamon led him all thru the city with a speech and a bell to ring.

A Poem of Purim continued by Arnie Escourt

That night Esther held her requested banquet quite late
And knew that she was dealing with her very own fate!
“What is it that my queen desires?” asked the king.
Queen Esther whispered, “I fear to tell you of this shameful thing!”

Speak out and do not be afraid my dear
What is this terrible thing I need to hear?”
“My life is in danger and many will die because of this wicked decree
Because this evil man, Hamon, your Vizier has caused it to be!

The King was shocked at hearing this bizarre and nasty news
He couldn't believe that Hamon had planned to kill his wife and all his
Jews.

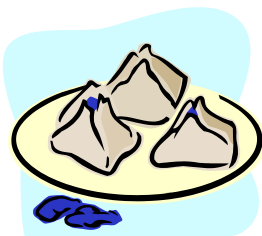
The king declared, “Put Hamon on the stake he has built.
Hamon and his sons are those who should be punished and killed.”

“Thank you for being so patient with me dear friends
Now I would like to tell you how this long story ends.”

Hamon and his sons were guilty and Esther was still queen and a beauty.
Mordechai was given Hamon's royal position, rings and took his duties.

Queen Esther was given the power to warn and arm her Jewish clan.
The Jewish people fought back and defeated this heinous plan.
And on the 14 day of Adar, they all rested and had lots of fun and joy.
Purim is a Jewish holiday of liberty and freedom enjoyed by girls and
boys

Celebrated March 17, 2022



Hamantaschen



BELIEF

By Sr. Dorothy Dowd

Recently, Mr. Justin Gonzalez mentioned in his concert that it is good to tell your stories.

Well, I truly agree with him, and I've decided to try to explain the spiritual side of my life. For, as you know, religious Sisters are not just born!

It would be impossible to tell you the first time I went to church on Sunday. We just always went to the service in our town, four miles from our house. And I do believe "faith comes from hearing" and seeing!

When I was around seven years old, my Mother "ushered" me up to the front railing with her. We knelt in silence and I had a chance to look and think about what was present before me. I mention this incident because it made a deep impression on me, which I still treasure today. Maybe you can remember an early incident that made you realize that the universe is more than just your little world.

Another memorable memory is of my Mother quietly sitting by a window and "saying her prayers" before supertime.

I mention these two incidents as it is quite difficult for me to understand a parent saying, "I let my children choose when they are adults." What a loss to not experience the spiritual life as a child!

I remember when I started college I did have some confusing questions about our religion. I'm grateful for Fr. Power for dispelling my doubts.

The following year, I attended a weekend retreat, a time of quiet, learning and prayer. On the way home, travelling in the bus, I had an unusual experience. I felt like a bucket of "goodness" poured over me. What did that mean, I wondered? My friend, Jane, turned and said, "I think I will be a sister." And so I thought maybe that might be true for me.

About a month later, I told my parents. Silence ensued! Then I thought I'll tell Fr. Power. He was not surprised! He started discerning with me.

Belief by Sr. Dorothy Dowd continued

Because this “journey” is not often understood, even by one’s relatives, there is a need to explain it. If you have researched the history of religious sisters you know that some young women were placed in convents for different reasons. There is a theory that young women were disappointed in love. The nineteen in my group surely lived a very normal life. I hope this dispels any questions you may have had about us here at Paul’s Run!

Now back to September 8, 1956.

I hoped and prayed that date would never come, for I really did not want to leave home. I thought I would give it my best shot and possibly I would not be accepted!

That thought seemed plausible when I could not kneel on the wooden kneelers. Did you ever hear of a nun who could not kneel?

Teaching, for one, was another challenge. I did so poorly in the beginning that I figured that failure might see me departing. With the help of good principals, encouragement, and practice, all moved along.

One example, from a second grade student in Harlem. Craig used to run to be first in line every day. The day after the Blackout, he asked me, “Sister, did you hear about the Blackout?”

I tried not to laugh when I explained to him, “Yes, I was right here in it!”

After many years, my ministry began in parish work, visiting the sick and imprisoned. I had already visited with families in their homes.

Let me digress about the women’s prison in Tulsa, Oklahoma. The large room housed about thirty-eight women. The most recent inmates had a mattress on the floor outside a cubicle. The next group had a mattress on the floor. And the longest there had a bed in the cubicle. Can you picture trying to sleep there at night with the overhead lights on? Not very conducive to rest, with the TV on also?

Belief by Sr. Dorothy Dowd continued

When I arrived, I sat with my Bible and waited! After two years of visiting, the TV was off while I was there, and the majority of the women had joined the circle. Life is surely amazing!

After my Mother's passing in 1993, my yearly visiting moved from Massachusetts to California where my sister lived. One night I attended the prayer meeting that my sister belonged to, a truly spiritual uplift. Over the years, I have been involved with similar prayer meeting that have greatly enhanced my life.

Of course, there needs to be a balance in one's life. You probably know that I follow NBA basketball, enjoy cooking, reading, and painting and greeting people!

If you need more explanations, you probably know I enjoy conversations. You have my phone number in the green book.

Enjoy the springtime, when it arrives!

March 2022

By Ed Scully

Have you residents noticed how well the Paul's Run staff works together and helps each other when it's needed? An example of it is the Wellness Director, Kim Biletz, who not only delivered laundry to my abode but also stayed to make my bed. Despite her position, Kim volunteered to undertake the work of housekeeping staff because there was a shortage of the department's workers. How about that?

I'm sure that many other residents have noticed other such good deeds. You may be wondering why this is a lead in my article and I'll explain why because it's possibly a mirror of the three organizations, our own Liberty Lutheran, Allegheny Lutheran Social Ministries, and Garden Spot Communities, joining together in the spring to be one: Illumin. The three, now to be one, will certainly help each other to do many great things that will help us residents enjoy living here very undoubtedly even more happily. Little happenings will become much better for all of us residents at Paul's Run. Thank You!!

It is now two weeks since we celebrated Saint Valentine's Day and it was quite noticeable that there was a little bit more love exhibited during it being observed. It is politely suggested that we may continue to make his lifestyle part of the way we live here at Paul's Run. Getting to know each other is the first step in socialization with someone and possibly later on becoming a friend of someone that you really didn't know a few days earlier. Remember that we were once mostly all strangers to each other and now many of us are now able to chuckle together.

I recently met a gentleman here who is now a resident that is only 70 years old. There is a 100 year- old living on the third floor of the Alpha building with his front door decorated in red with pictures and greeting cards letting the world know about his achievement. There is a 99 year old resident who on every Friday goes to a senior center to play a game of Bridge. On Monday, Tuesday and Thursday he is engaged in a lively game of Poker. There are many other residents about whom we could present an interesting facet and it is suggested that maybe some of us could do a little probing to find some certain little interesting bits-- about him/her that you may know that you didn't know a few weeks earlier.

March 2022 by Ed Scully continued

All of getting to know someone better is tied up with liking and possibly even loving a person. A reading from the New Testament by Saint Paul more than 2000 years ago is still very relevant today. Here is an excerpt from it:

Love is patient, love is kind,
it is not jealous,
it is not pompous,
it is not inflated,
it is not quick-tempered,
it does not brood over injury,
it does not rejoice over wrong doings,
but rejoices with the truth,
it bears all things,
believes all things,
hopes all things,
endures all things.

While you're mulling over the above, how about thinking to say "hello" to the first two or three persons you come across for the next few days?

Although Football is a favorite sport of mine, to a certain extent I'm pleased that it has ended because I no longer hear the artificial word "physicality" that announcers no longer mis-use to the extreme. A campaign is suggested that may result in it being eliminated from the sports world forever.

Another annoying bit of verbiage that has gained momentum is the phrase "at the end of the day ". Whatever has happened to saying the exact time of the day since there are many ways of expressing an end to any day: sunset, quitting time, end of a shift, particular time of a time zone, etc.? Or even just saying "later"?

March 2022 by Ed Scully continued

Why does a TV personality have to stand out in a snow storm to inform you of what you can already observe that it is indeed snowing How about making him or her more at ease by broadcasting directly from the studio?

I often view television in my abode but often, and possibly much too often I mislay my TV remote control. Then I must go on a hunt to recover it. My search would be much more productive if it were colored red. Why are they all black and much more difficult to locate?

We are now in the process of selecting and confirming another Supreme Court Justice to replace the retiring justice. Our president has announced that he will seek a Black female to be the candidate. I don't think the salary that one will receive has changed since the last one was recently confirmed: \$ 255,000 plus expenses and benefits. Who knows what changes will take place in the next couple pf years because of a new justice?

Readers, it is suggested that you write down that the annual St. Patrick's Parade will be held starting at noon, Sunday March 13, 2022. There are at least ten such parades held throughout the nation of which the one in New York City is the largest, ours the second largest and also, of all places Savannah carries on an all-day and all-everybody celebration.

There will be at least 20,000 marchers representing at least 200 groups as multi-varied as one may be -- even including the Phillies Phanatic. There are also many colorful floats, folk bands, dance groups, youth groups, and of course many Irish groups. Also there are many traffic policemen, city recreation department workers, and several other groups. And of course, there are many places where certain other festivities are held at the parade.

Prior to the parade a celebration Mass is held at nearby St. Partrick Church. Amen!

March 2022 by Ed Scully continued

I recall Joe Namath being signed with a bonus of \$50,000 by the New York Jets football team upon graduating from the University of Alabama. Today, can you go through a day of TV viewing without seeing and hearing him many times shrill about the merits of signing up for Medicare Insurance? I thought he would end his commercials early this year but his work and of course his earnings continue on seemingly forever -- certainly far greater than he ever made playing football. Our Dick Vermeil, a long-time Philadelphia Eagles coach also made quite a bit by making TV presentations on behalf of health insurance from local Independence/ Blue Cross. I wonder how much Babe Ruth would have made from TV commercials if he would have had an opportunity of doing commercials.

This final article has been prepared despite it may not be one that most Paul's Run residents would welcome because it discourages the eating of what just about what everyone eats: HOT DOGS! Anyway, here goes: The eating of processed meats is associated with a higher incidence of coronary heart disease and diabetes mellitus, whatever that may be. Also, if you wish to reduce your risk of cancer, he suggests that you ditch the dogs.

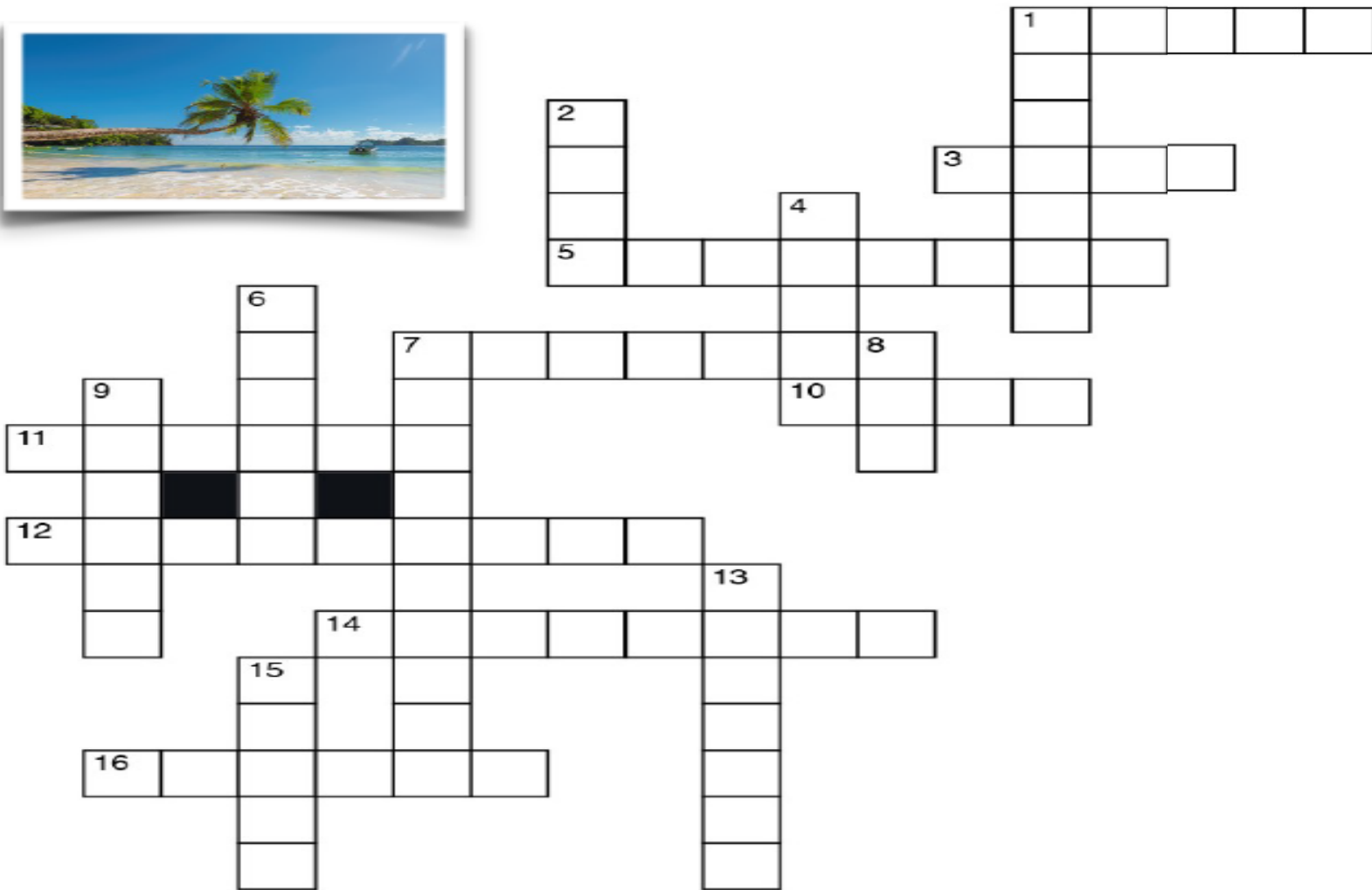
Surprisingly, another food, of all considerations is pretzels. According to the doctor, they have no value, no fiber, no protein, and not even any healthy fat to even keep you satisfied or add any health benefits to the calories one may be consuming. (By the way, while I'm preparing this, I am chewing on pretzels).

I'm almost afraid to mention that diet soda should be avoided but the doctor does. He says that artificial sweeteners found in diet soda are known to trigger insulin which sends one's body into a fat storage mode that often leads to a weight gain. It is suggested that one should swap diet soda for club soda bubbles instead.

Processed pastries are made with refined sugar, refined wheat flour, hydrogenated oils, (unhealthy trans fats) and many other chemicals and artificial ingredients. Long shelf life in the store should be checked for any product before removing it from the shelf. Without even stating it, a message is implied that you really don't need these products. Whatever these are should be avoided: fluorescent orange snacks. Nuff said!

Visiting Bermuda

Use the clues to fill in the crossword.



ACROSS

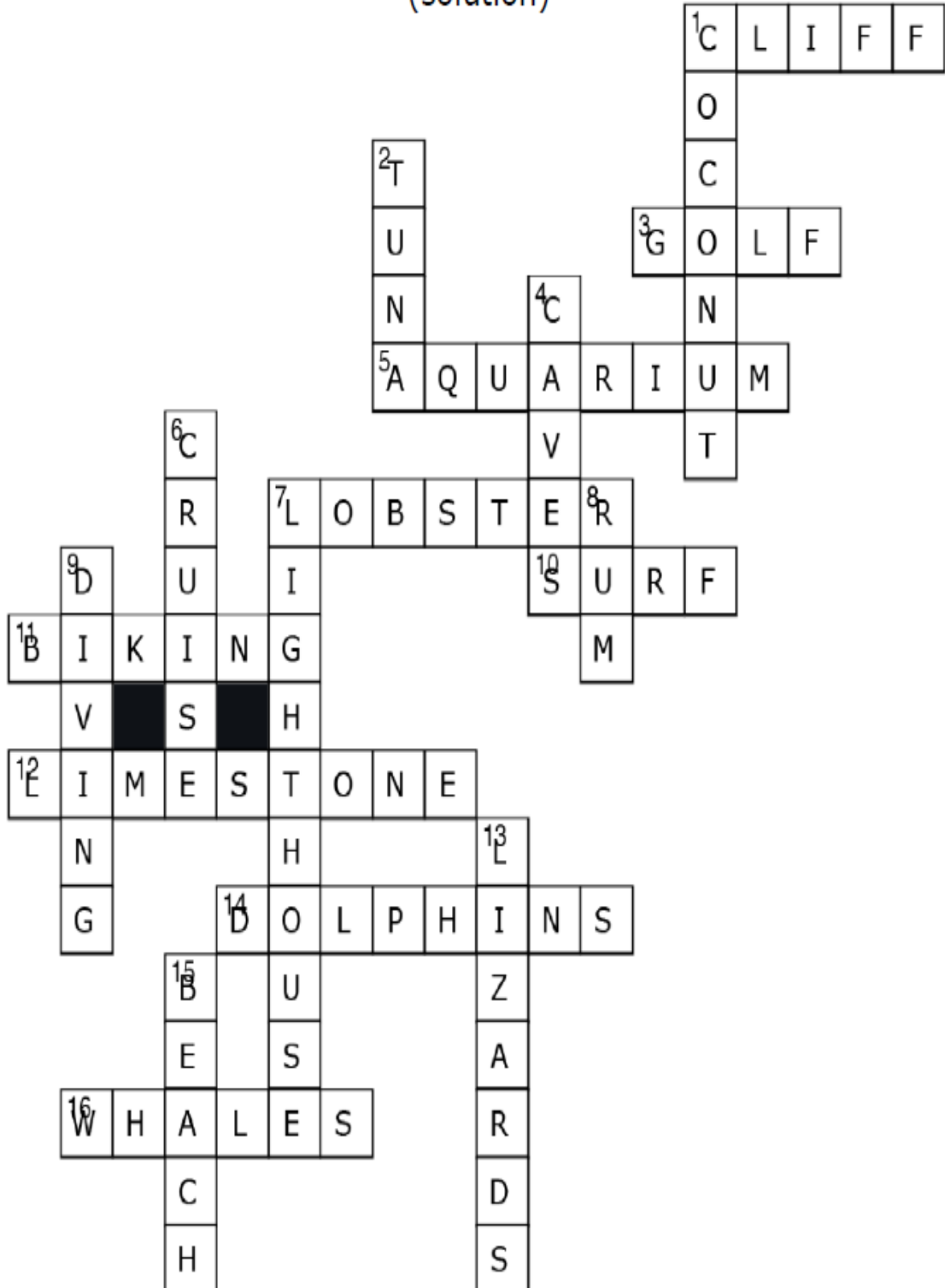
1. Steep rock face
3. Putting game
5. Place to view marine life
7. Edible crustacean
10. ____ and turf
11. Taking a ride on two wheels
12. Stalactite material
14. Swimmers with blowholes
16. Large oceanic mammals

DOWN

1. Palm tree fruit
2. Yellowfin or albacore
4. Underground chambers
6. Vacation on a ship
7. Seafarer's beacon
8. Piña colada ingredient
9. Underwater activity, scuba ____
13. Geckos and monitors
15. Sandy shore

Visiting Bermuda

(solution)





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MONDAY - FRIDAY
10:30AM-3:30PM

SATURDAY -SUNDAY
11AM-3:30PM

FRIENDLY REMINDER

Our lobby is so beautiful. Please refrain from eating or drinking in that area.

Thank You.



THE HOUSEKEEPING DEPARTMENT IS ASKING FOR YOUR COOPERATION IN MAINTAINING A SANITARY ENVIRONMENT FOR ALL OF OUR RESIDENTS.

REMEMBER TO WASH YOUR HANDS FREQUENTLY WITH SOAP AND WATER OR WITH HAND SANITIZER WHEN AWAY FROM SOAP AND WATER.