

# APRIL RUNNER

*“Our spring has come at last with the soft laughter of April suns and shadow of April showers.”*

~ Byron Caldwell Smith



## Dog of the Month – Cavalier King Charles Spaniel

The Cavalier King Charles Spaniel, also simply called a Cavalier, is an athletic, attentive toy dog breed that embodies regal grace, a sweet temperament, and adorable charm. They have a lavish history as companions and lap dogs to British royalty and noblemen. However, these playful dogs adapt to a variety of environments and interact well with children and other dogs. Additionally, they easily acclimate to either active or more sedate lifestyles (and owners). Cavaliers come in a variety of color combinations, including black and tan, black and white, and ruby, and they



tend to have tan markings. These smart, gentle dogs are eager to please, are easily trained, and make superb therapy dogs because they excel at obedience and awareness of their owners. Due to their hunting instincts, they should be kept on leash, as they might not return when called once they are on the scent of something interesting.

### Special Days

**April Fools' Day**

April 1

**Good Friday**

April 15

**Passover Begins at Sundown**

April 15

**Tax Day (U.S.)**

April 15

**Easter**

April 17

**Earth Day**

April 22

## Flower – Daisy



April's flower is the daisy, which has long been a favorite of gardeners everywhere. Daisies have a simple, cheerful beauty that symbolizes innocence and youth. They are also very easy to care for and will grow just about anywhere. In fact, they are found all over the world except in Antarctica. Just add water and sun, and these little sunbursts add some brightness to any garden. The daisy's Latin name, *Bellis perennis*, translates to "everlasting beauty," revealing just how cherished this blossom has been throughout the years.

## Birthstone – Diamond



Diamonds have been admired and sought after for millennia due to their brilliant sparkle and uncanny hardness. In fact, they are the hardest known material in the world.

With their incredible strength and sturdiness, it comes as no surprise that diamonds have come to represent constancy and devotion. The Romans, who believed diamonds would make the wearer stronger, used them as amulets. Today, they represent love and are commonly used for engagement rings to symbolize commitment and devotion.

## The Yummiest Month

April is known for its showers, flowers, bunnies, and, of course, tax day. However, this month is also a great time to celebrate some very delicious foods and tasty treats. Here are a few of the very yummy days of April:

April 2: Jelly Day

April 3: National Chocolate Mousse Day

April 5: National Deep Dish Pizza Day

April 7: Burrito Day

April 8: National Empanada Day

April 9: Chinese Almond Cookie Day

April 12: National Grilled Cheese Sandwich Day

April 13: Peach Cobbler Day

April 18: Animal Cracker Day

April 19: Garlic Day

April 22: National Jelly Bean Day

April 23: National Picnic Day

April 24: National Pigs in a Blanket Day

April 26: National Pretzel Day

April 27: National Prime Rib Day

April 28: Blueberry Pie Day



## Full Pink Moon

April's full moon, known as the full pink moon, occurs on April 16 this year. It is called the pink moon not because of the moon's actual hue but because it occurs when one of the earliest wildflowers, the spring phlox, blooms.

### April Zodiacs

Aries (The Ram)  
April 1–19

Taurus (The Bull)  
April 20–30

**April** is the fourth month in the Gregorian calendar and one of only four months that are 30 days long. Do you know the other three? (Perhaps you recall the Mother Goose rhyme that begins, "Thirty days hath September, April, June, and November.") The name *April* comes from the Latin word *Aprilis*, derived from *aperire*, meaning "to open." The Romans named the month in honor of the time of year when flowers begin to bud.

## April Headlines

History made during the month of April includes:

- Mutiny on the *Bounty*: April 28, 1789
- First Train Crosses Mississippi River: April 22, 1856
- Pony Express Begins Delivering Mail: April 3, 1860
- Admiral Peary Reaches the North Pole: April 6, 1909
- NASA Launches Space Shuttle Program: April 12, 1981

## What's Lucky in April?

Lucky Color: Maroon

Lucky Animal: Tiger

Lucky Letters: *H* and *F*

Lucky Day: Sunday

Lucky Plant: Broccoli



## April Birthdays

Susan Boyle (singer) – April 1, 1961

Max Ernst (artist) – April 2, 1891

Gregory Peck (actor) – April 5, 1916

Raphael (painter) – April 6, 1483

Jackie Chan (actor) – April 7, 1954

Marguerite Henry (author) – April 13, 1902

Harry Reasoner (journalist) – April 17, 1923

Conan O'Brien (comedian) – April 18, 1963

Charlotte Brontë (author) – April 21, 1816

Louise Glück (poet) – April 22, 1943

Margaret Kennedy (writer) – April 23, 1896

Bridget Riley (painter) – April 24, 1931

John James Audubon (naturalist) – April 26, 1785

Cloris Leachman (actress) – April 30, 1926

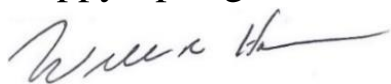
I am continuing to share stories of new residents at Paul's Run in 2022:

**Claire Levy A417:** Claire comes to Paul's Run from Titus Court in Richboro, PA. Claire has 3 children and enjoys their visits on the weekends. She is slowly getting accustomed to living here at Paul's Run. Claire was a medical secretary and formerly worked at the VA Hospital. So far Claire has enjoyed the meals in the dining room and the live entertainment provided. Claire is looking forward to going on some outings in the near future.

**Glenn Garris A203:** Glenn recently moved to Paul's Run from Southampton, PA where he lived with his niece. Glen was a mailman for 35 years. His route was in Mayfair. He really enjoyed his job as a mail carrier. Since moving into Paul's Run, Glenn is meeting friends and especially enjoys working out in the gym in the morning followed by a nice breakfast with friends in the Bistro. Glenn is looking forward to getting involved in more programs as he gets acquainted with more residents.

**Arlyne Chanin A433:** Arlyne is originally from Philadelphia and spent some years in Boca Raton, FL. She recently lived at the Regency Apartments in Willow Grove, PA. Arlyne has two children, Wendy and Ian. She is very creative as she enjoyed her former occupation as a Special Events Coordinator. Arlyne is really enjoying life at Paul's Run. The Book Club is Arlyne's favorite as well as dinners with her fellow residents. Arlyne showed off her apartment and amenities to a friend. The friend was so pleased to see Arlyne so happy. Arlyne says Paul's Run is very nice and all who live and work here are cordial. Arlyne feels included with friends here.

Happy Spring to all!



Bill Hines, Executive Director

## Independent Living April Community

### Thursday

- April 7 – Parx Casino
- April 14 – Willow Grove Mall
- April 21 – Perkin's & Movies
- April 28 – Valley Forge Auto Tour

### Friday

- April 1 – Wal-Mart Supercenter
- April 8 – Ben & Irv's
- April 15 – *No transportation for holiday*
- April 22 – **\*\*Barnes Museum\*\***
- April 29 – Taste Queen Chinese

Please meet in A & B Lobbies at 12:15pm to join.  
Bus will pick up in B lobby beginning at 12:30pm.

**\*\* Reservation and advanced ticket purchase required.  
Tickets are \$23. Please RSVP with Stacy \*\***

## **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





Paul's Run recently hired another board-certified music therapist.

Hi! I'm Ryann (pronounced Ryan) and I began working at Paul's Run the first week of March. I am grateful for the sincere welcoming I have received from community members, and I look forward to continuing to meet many more of you. This is the first of what I hope will be many 'Music Therapy Notes' in the months to come, contributing to 'The Runner.' My goal is to continue what Molly started at Paul's Run: sharing information about music wellness programs, the work of music therapy graduate and undergraduate interns who bring so much innovation and creativity to what we offer, and many other topics on music and wellbeing. I have spent the past thirteen years working in continuing care retirement communities like Paul's Run and I hope to share with everyone the music and wellness programs I have developed over those years. These programs always have room for growth and change to meet the unique characteristics and desires of those who participate. I encourage everyone to explore the power music can have to help maintain or improve your physical, mental, and emotional wellbeing. All are welcomed and encouraged to join any of the music wellness programs I will be holding every Monday at 2:30 PM in the Auditorium. If any unforeseen changes need to be made to the date, time, and location of programs, I will do my best to communicate changes and post them to the program bulletin boards located throughout the community.

Sincerely, *Ryann*



## Music Therapy Notes Continued

### Descriptions for Monday's Music Wellness Programs:

#### **Rhythm Fitness! April 4<sup>th</sup> at 2:30 PM in the Auditorium**

Using drum sticks and upbeat recorded music, we incorporate rhythmic patterns and movement for a refreshing twist on our aerobics routines.

**Move & Groove, April 11<sup>th</sup> at 2:30 PM in the Auditorium:** An introduction to body percussion! Plus, using percussion instruments to engage in a fun challenge of groovy movements.

**Songs of Sentiment and Celebration, April 18<sup>th</sup> at 2:00 PM in the Auditorium:** We will explore familiar songs frequently associated with Easter, Passover, and the beginning of spring as well as songs often used in celebration from different parts of the world.

**Music Meditation and Art Exploration, April 25<sup>th</sup> at 2:30:** What would it be like to listen to a classical composition and allow your hands to draw color onto paper in any way, shape, or form as you please? No artistic knowledge or ability is required, just a willingness to explore your inner creativity.

Wisdom Reflections

By Sr. Franceline Malone

**Wisdom 11:24-12:11:** For you love all things that are and loathe nothing that you *have* made; for what you hated you *would* not have fashioned. And how could a thing remain unless you willed it, or be preserved had it not been called forth by you? But you spare all things because they are yours, O Lord and Lover of souls, for your imperishable spirit is in all things.

**Wisdom :19:18** For elements, in variable harmony among *themselves*, like strings on a harp, produce new melody, while the flow of music persists.

Many different people, each with a variety of gifts, populate the Earth. Gifts *given* by the Spirit are not to *be* hidden, clutched to oneself, rather are to be shared. Every day we depend upon the gifts of other people. They need ours.

How foolish to deny our giftedness, to be afraid of discovering new ones, or to fear sharing those gifts in challenging situations. They are *lavishly* bestowed where they are needed.

One of the benefits of living at Paul's Run is having a multitude of opportunities that call forth our giftedness. In spite of having been somewhat separated from each other with *Covid 19* still hanging around, our actors are preparing a play to entertain us. Those musically gifted add songs to the dialogue. Bell ringers delight in creating new melodies simply by at the right moment tinkling little bells! (How many of them realized they had such a talent?) To keep our joints moving, there is Matt in the auditorium challenging us to stretch those arms, turn those backs, bend those stiff old knees, and step kick to a count of eight! Some of us enjoy pitting our minds against each other's kings and aces. Poets and writers share their insights in the monthly Runner. It's not raining, how about a walk? One of us seniors can traipse around the Paul's Run campus three times! Maybe four!

Wisdom Reflections by Sr. Franceline Malone continued

Activities challenge us physically, spiritually, and emotionally to wake up, contribute to the joy and fun of living together at Paul's Run. Our gifts are brought to play by what we read, hear, see and think about. We get inspired to reflect on what touches us, moves us, even scares us. *For* myself, spending time reflecting on scripture each morning brings fresh insights to my day.

Life prods us to be open to what is being said to us and around us. Reflective moments may come during quiet times put aside for prayer or while walking through a park, listening to music, or even watching the news. Something strikes us. Aha! new light!



## Reflection on Earth and Time

By Sr. Franceline Malone

One day several years ago, after walking slowly through the Virginia countryside, I admired the lovely trees, the streams and the flowing James River. "There lives the dearest freshness deep down things..." Sorry, my old brain did not hang onto the rest or the poet's name.

I passed some plots where trees had been cut down, the ground cleared and new homes were being built one right near the other. Of course, people need homes. We also depend upon trees, they store CO2 and help with climate control. If mankind foolishly cuts down too many forests, clears too much vegetation, growing things, helped by beetles, fires and storms will eventually insist on taking over, on returning all hard, man-made things back to the earth from which they came.

I feel a great concern that the beauty of such natural places as the one I was walking along will be lost as one lovely area after another succumbs to development. We *have* already lost the mind-boggling beauty of a night sky overflowing with stars, with the Milky way.

Many years ago, when I was first assigned to Arizona's Navajo Reservation area, I climbed with the high school students up the hill to the gym. It must *have* been fall, it was already dark. Stars spangled the sky from one end to the other. I felt breathless at the wonder of them all. Some years later, I was back again in Arizona, traveling the road at night, no stars, maybe just a few.

Atmospheric clarity in the West is history now. A haze hangs not only over the cities but over the canyons and the mesas too. The stars have not left. We human earthlings have polluted our atmosphere.

## CARING

By Arnie Escourt

When I was younger, we had a saying,  
"Everyone carries a package" and that needs explaining.  
It means that almost everyone has a hidden concern  
Or problem that they usually prefer others do not to discern.

They may have a mental pain or fear nobody should know.  
That is so important to them that they don't ever let it show.  
When people seem to be acting a bit strange or mean  
It may not be at all what it on the surface it seems.

So, when you walk by someone looking sad, hurt or angry  
Don't make a judgement, consider what their problem may be.  
They may be sick or have a pain or a family sickness or scare.  
We need to greet them with a smile to show we actually care.

Every case is different, we all have different ailments  
The problem is, we use different method of concealment.  
So, have some pity and have a lot of care  
You never know the good benefits, when you really share!

## **Educators - By Arnold Escourt**

I've been an educator, that's for sure  
Been to schools, seems everywhere.  
Had awards, honors, pats on the back, and more.  
We each teach because we can and care.

We care about the youth of today.  
Discovering what they wish for, what they thought.  
From head and heart, we said what we needed to say.  
Tried hard to impart what was right and what they ought.

There are many that boast, "They could have been".  
We can proudly proclaim, "We were!"  
Though our pay was always lean and thin  
In good years and bad, our students we did nurture.

There are those who loudly brag, "They did it their way!"  
Giving little credit to their parents and our tireless breed.  
We raised the window shades to share a brighter day.  
Whatever they sought, improvement was our daily creed.

Through the years the faces and names get blurred  
But our influence flows into infinity.  
There aren't any excuses we haven't heard  
Our noble purpose gives us joy and serenity.

Tomorrow's dawn is waiting with shifting sands,  
As we are still able to stand with pride.  
We watch the rainbow with broad colorful bands,  
And we are still ready to try the path untried.

On the merry-go-round of life with chalk and song  
We tried and motivated and never did tire.  
We did our best to teach right from wrong,  
To make a difference, to influence, and to inspire.

## **Happily Singing**

**By Arnold Escourt**

Isn't it interesting that the exciting effect of singing is quite a treat?  
We can sing quietly or loudly and start tapping our feet  
We sing in the shower or alone in the street or hall  
Even in groups we sing for ourselves and others to excite or enthrall

If we are not sure of the words, we can hum or mouth the words  
We feel the rhythm, the melody and get that special urge  
As we sing, we get that appealing quality of joy flowing within  
That unique feeling much different than before we did begin

We want to tap our feet, wave our hands and smile  
Enjoying what we were doing and knowing it was very worthwhile  
We know that we may not sing as well as others who do sing swell  
But our aches and pains have been forgotten and we continue quite well

The history and mystery of music, sadly, is lost on me  
Some really know the singers, songs, writers, composers and each melody  
Every tune has its own speed, type, purpose and effect  
And all involved in final production maintain the highest respect

This afternoon I found myself singing loudly with my recording device  
It was interesting, fun and even very nice  
I even began to whistle, which I had not been able to do  
I spent the afternoon singing along with my favorites, without a clue!

I don't know the proper musical terms, but I know I do it wrong  
I can feel it as I stumble and mumble along as we sing each song  
I no longer give a 'xyz' hoot, because I now seem to fit in  
I consider my efforts at acting and singing as a real win-win!

Our New Reality  
By Arnie Escourt

So many of us will continue to work at home  
Get the job done well without being a drone

The kids are learning more and more on line  
Even their typing skills are getting more refined

More people will be covered by health care  
Because the Virus has given us all a scare

Wearing a mask will become a common trait  
Because it will be widely recognized as a safety mandate

The promises for cleaner air and water will get done  
The police will be more caring and have less use for their gun

All will care about women's rights and respect their health  
And give more to charity with their wealth!

Flat roofs will be perfect for solar screens during daylight  
And wind mills will be perfect for many of the windy heights

The Universities are using more online computers to teach  
And students are using fewer libraries and books for research

Our younger generations are far less conservative now  
Our courts seem to want to undue many advances somehow!

Our elderly stare out the window and scratch our ... heads  
Wondering about all the crazy stuff our commentators said

April 2022

By Ed Scully

We at Paul's Run have an added bit of enjoyment every Friday at 1:30 in the main lobby: The rehearsal of the Paul's Run Singers, still under the direction of the really remarkable Molly Bybee (as it is of this writing).

It is being brought to your attention because the chorus rehearses close to twenty songs each session, most of which you will be able to recall over the years. It is a joy to present to you the lyrics of two songs that are typical of the chorus's show.

When you walk through a storm  
Hold your head up high  
And don't be afraid of the dark  
At the end of the storm  
There's a golden sky  
And the sweet silver song of a lark

Walk on through the wind  
Walk on through the wind  
Though your dreams be lost and blown  
Walk, walk on  
With hope in your heart  
And you'll never walk alone  
Oh you'll never walk alone

Because it is my desire to bring to your attention what a wonderful treat it is to listen to the chorus, this second song is presented to help reinforce your desire for you to attend the Friday afternoon rehearsals (Write it down).

I see trees of green, red roses  
I see them bloom for me and you  
And I think to myself what a wonderful world

I see skies of blue and clouds of white  
The bright blessed day, the dark sacred night  
And I think to myself what a wonderful world

## Ed Scully April 2022 Continued

The colors of the rainbow so pretty in the sky  
Are also on the faces of people going by  
I see friends shaking hands saying how do you do  
But they're really saying I love you

I hear baby's cry, and I watched them grow  
They'll learn much more than I'll ever know  
And I'll think to myself what a wonderful world  
Yes, I think to myself what a wonderful world

For many of you RUNNER readers, it may have been somewhere around seventy or more years since you have encountered Caesar's Gallic Wars in a high school Latin class. This can be a little test and probably more of a friendly reminder of how you may have parsed and conjugated in a second or third year high school class. The following first few words of its chapter one in Latin follows this introduction. Try not to peek at the next paragraph which is the English translation by which you may determine how much or little you remember over the years.

Gallia est omnis divisa in partes tres, quarum unum incolent Belgae alium Aquitam, tertiam qui ipsorum lingua, Celtae, nostra Galli appellantur.

All Gaul is divided into three parts, one of which the Belgae inhabit the Aquitani, another those who in their own language are called Celts, in our Gauls, the third. All these differ from each other in language, customs, and laws.

Ed Scully April 2022 Continued

It's not too difficult to notice that Paul's Run residents love to eat, especially after their surge into the dining room. Also, many of them continue their dining experience by taking food to eat later to their apartments. It probably is a safe and good practice to enjoy but there were several bits of news on the internet about the hazardous effects of consuming leftover portions of meals from even reputable eating establishments.

Hours after leaving a restaurant and subsequently eating its leftovers that he had placed in the refrigerator, a nineteen year old youth suffered a multi organic attack. It required the amputation of both legs and all ten fingers. It happened in Massachusetts.

Also, a male, who placed leftover noodles in a refrigerator and later ate them suffered the amputation of both legs. Where this took place and it was not indicated how long the food was in the refrigerator like above, both his legs required amputation. There are other situations similar to these two but they are sufficient to tell that some kind of caution must always be observed.

Nothing similar to the above two happenings has ever taken place among our many residents and certainly it is never expected to occur. However, we trust that it won't ever, but it is strongly recommended by this layman that everyone should exercise considerable caution in the storage of leftover meals in a refrigerator.

It may be helpful to refrigerate the food quickly and not to do it for too long a time.

Breakfast in Paul's Run dining room is getting better all the time and is so made to assure its continuing to happen by the great service of Robin, Cassandra and the morning chef Sabrina, And of course, the dishware is about as antiseptic as it can be - made so by nine unsung heroes made up of two shifts of dish washers, whom you have probably never seen.

The breakfast menu has recently been enhanced by the addition of chipped beef and what is served here rivals what you have enjoyed at Linton and Horn and Hardart restaurants. Unfortunately I have observed a sentiment that it is a myth that breakfast is healthy for you and a great way to start a day. Horrors I hope!



Ed Scully April 2022 Continued

To begin with, there were two major cereal marketeers, C.W. Post and the Kellogg Company that advertised their products could do everything from helping children grow, to boosting adults' brain power. Post's Grape Nuts were touted that it had a great impact on weight reduction, One ad showed a smiling young woman holding a sexy dress against her slim body as a very heavy woman glared jealously at her. Do you recall the Olympian gold medal winner Mary Lou Retton plugged on the box of the cereal Wheaties? The Kellogg Company helped to introduce its corn flakes at a sanitorium in Battle Creek Michigan, probably to enhance brain power. All cereals were introduced as a life-improver but other experts have begun to question and challenge the benefit of cereal at breakfast as being really healthy.

There are other things that one could and should have for breakfast. It is also suggested that breakfast may be skipped if one is not hungry, according to registered dietician and author Carolyn O'Neill. However, she presents that it should consist of a combination of foods that will help nourish you and also give you staying power. Most anything, she says such as last night's left overs and even tomatoes can be breakfast fare. When it does come to cereals, look for brands relatively high in fiber and low in sugar. What do you think?

Ms. Oneill also suggests that you avoid a large breakfast that can make you feel sluggish but instead keep a healthful snack such as plain yogurt and nuts on hand to tide you over till lunch, Now as an ending, breakfast is up to you as a decision based on you about what you like in morning. Start up well!

No April Runner would ever be complete without some mention of April Showers and Al Jolson, first named Asa Yoelson, born on May 16,1886 in the Jewish village of Seredzius near Kaunas in Lithuania. His family came to the United States in 1894 and settled in Washington D,C. He, upon becoming an entertainer, called himself "The World's Greatest Entertainer" what he really may have been because he performed as a singer, comedian, actor, vaudevillian, and a Blackface (which he would never do today). His crowning achievement is probably the singing and popularizing of the song of which a verse is presented for you to sing to yourself.

Ed Scully April 2022 Continued

When April showers may come your way  
They bring the flowers that bloom in May  
So when its raining rain have no regrets  
Because it isn't raining rain  
It's raining violets

Strange as it may seem, there is a shrunken labor force, with potential employees still un-hired or retiring as we are -- even very often much earlier than the traditional time. Analysts have already determined that this condition will last for many years. The labor force is expected to grow by only 6.5 million through 2030 -- down from 10 million that prevailed in all the years prior to now. People needing entry level workers are having really great difficulty hiring them. Where we reside at Paul's Run is part of an industry that is projected to need very many more workers as the years go by: health care and social services.

I very wrongly thought that retirees, such as us, may come forth to help fill the gap, but to my disappointment they seem to really enjoy the leisure life such as we experience living here at Paul's Run. Why work when you don't have to, I guess!

Here is the letter of mine that The Inquirer needlessly published for me in February:

How to increase local employment

As a 93 year old, I wish to inform readers of The Inquirer , including local employers, that difficulties in hiring workers can be a bit overcome by hiring retirees a few hours a week and/or on special assignments. They are living longer, in much better health than older folks years ago, and would certainly welcome the added earned income. Retirees are mostly well-educated, job-trained, skilled in many occupations, and readily available even on almost a moment's notice. They also reside in many communities located reasonably near jobs so difficult to fill. Employers: How about a try?

Ed Scully April 2022 Continued

It is indeed a delight to present this article about Ms. Alexandra Cirko, the Sunday musician at the 9:00 A.M. Mass here at Paul's Run. Alexandra a former member of the Sisters of the Blessed Sacrament, (who are now in residence here) is currently a hospital chaplain at the St. Joseph Medical Center in Reading PA. You may easily discern that Alexandra gets around a bit because she currently resides in Wilmington, Delaware, from where she travels almost an hour each way to play about a dozen hymns for us here every Sunday. She plays the guitar that she self-taught herself when she was a sixth-grader and continues to play the guitar so well that we decided not to purchase an organ!

Alexandra has another life during which she has assisted Pastor Julie (not here now) prepare music for religious services and various interfaith activities. Additionally, she taught 6<sup>th</sup> and 8<sup>th</sup> grade classes for 25 years, served as principal for several years - all in Delaware. Last but not least, Alexandra has been the Assistant Superintendent for Religious Education in the diocese of Allentown PA for seven years. Who knows where she will be the next time we look out the door? The above write-up about Ms. Alexandra Cirko may be taken as a perfect example of how little we really know about our residents, staff, visitors, and management. However, we do have the wherewithal (how do you like that word?) somehow to discover the very- often hidden talent, capabilities, experiences, and accomplishments of just about everyone and anyone of our above cited very large target population.

You seldom ever really get to know too much about someone you may come across every day. It is a desire to present what may now be unknown about someone or two residing here to the readers of the RUNNER each month.

For illustration purposes, I worked along someone for quite a while before I found out that he was one of the inventors of the computer. Is there someone at Paul's Run who may be just as famous or not even famous who will give me a call? I hope that in this instance that modesty may not always be considered a virtue!!!!

## Becoming Independent by Jack Birnbaum

July 3, 1776 John Adams sat at his desk and jubilantly wrote his beloved wife Abigail.

Yesterday on July 2 the second Congress had launched our independence, set it to sail

It, was an epic feat to celebrate a day of the union a compromise on slavery, a bite

It took two months from Sept. 5, till July of 1776 to gain an OK in a Delegates fight

All were strangers some more familiar to the English means than to the colonial ways

Like Americans, some loved king & royalty as much these days as in the good old days

A Southern Slave states compromise, a 20 yr. limit on the sale of slaves, now in sight

Then the Declaration of Independence put wings on unalienable rights, to take flight

The consent of those voices to our equality spoke to the American credo of a new parity

I woke this morn and heard a bird

By Jack Birnbaum

I woke this morning to the sound of a bird, his was very cheerful, so I knew I was here for another day because it wasn't a dirge

One of the things I love at Paul's Run is the breakfast time as it promises a good meal and announces my presence another day, sans purge

And of course, there are quite a few things I want to do, # 1 a poem {it's here} then I planned a song {I sang Gotten to know you}, It's done

Then I plan to welcome my table mates {3 of 4-One will be back next Wk.} she's well and she will be back in a week, it'll mean more fun

Last but not least I have some things to think, will I rejoin the chorus? I think I will last week's Bell choir was great, it I really did love

Then there's the Chorus I've missed singing especially the spirituals I miss an accompanist & I should love the Choir up above

Time and Tide wait for no man

By Jack Birnbaum

The future march and forward movement are influenced by a mutual journey to springtime and reflect change

The March of a dark and gray hue with patches of green buds on some tree branches a were a bit strange

Some people developed greenhouse plants for their gardens

enriching the soil to plant into their spring rich-summer garden plots

While spring romances are traditional the human shopping enjoy this activity will come to deepen these friendships' quite a lot

As the month of April progresses the trees will sprout leaves, green grass will coat the open areas, while activity moves into nature's garden plots

Family's will enjoy socials and games, expanded networks & activities, partake of the gardens and fruits enjoy the participation more than a jot

As the spring moves into the summer the fruit crop matures and the varieties of watermelon, pears, peaches and apples spice up the menu

And the garden varieties now in full bloom decorate balls, banquets, dinners, and other fund raisers for the benefit of the political venues

## Feeling Great

By Jack Birnbaum

It's 9:15 in the AM. I just finished breakfast and for some reason, even though I am 96 and the weather outside is 30 degrees and Christmas is nigh, I feel great, I can't imagine why

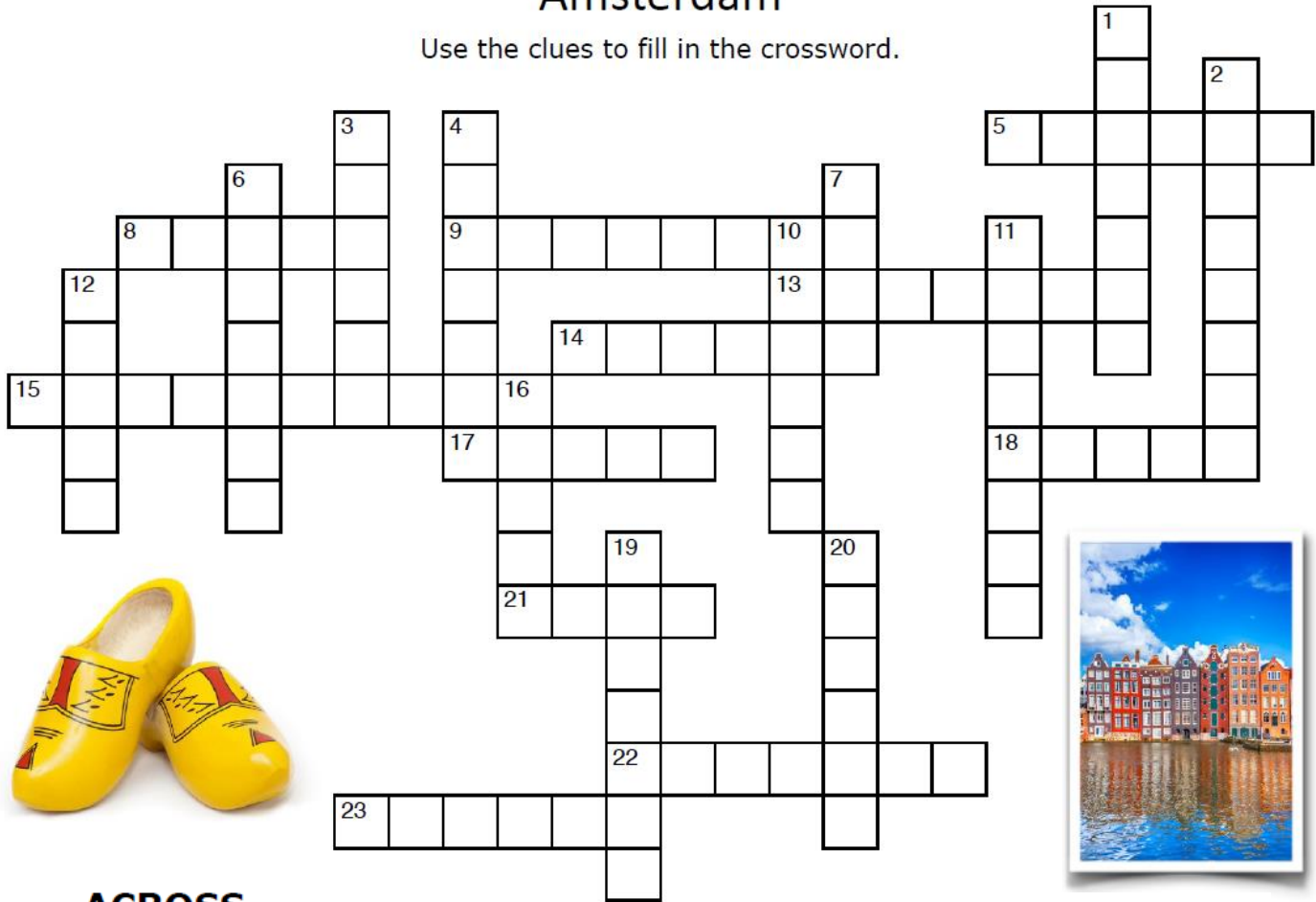
My breakfast was good, I slept well, my co-residents; mostly in their 90s, were all OK. Nothing special, somehow my mood was a happy state. This morning for me wasn't special as music echoed in my head, although one co-resident advised of her daughter's death.

I was sad, but the music stayed in place. The music stayed after the news, but the tune I heard changed as a rare mood I was in and became a sadder one that was in memory of a death played Amazing Grace. It is amazing to me how humans find satisfaction no matter where and what fate can bring into play as witness this incident that invaded what was our space.

There was very little that led me to feel good at this time and then even less when my fellow senior told me of the death of one that was her sweet daughter. And even then, it would seem to me, that hope can be a product even in a situation which is surrounded by fates abysmal facts that allow it to become the author.

# Amsterdam

Use the clues to fill in the crossword.



## ACROSS

- 5. Racket game
- 8. Wooden shoes
- 9. Black candy
- 13. Northern sea fish
- 14. Field game
- 15. Legislature in the Netherlands
- 17. From the Netherlands
- 18. Narrow waterway
- 21. Docking spot
- 22. Art showroom
- 23. Royal residence

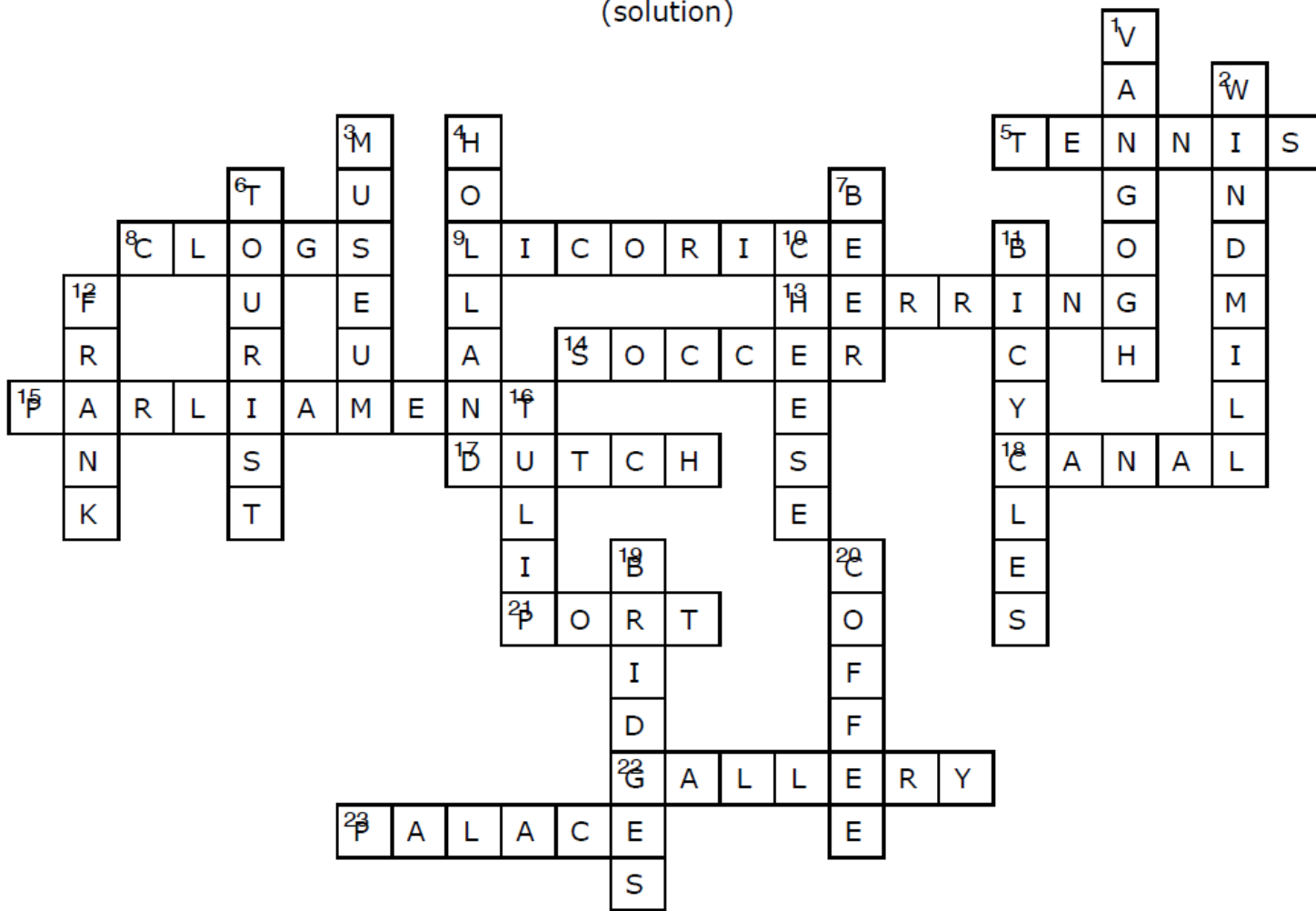
## DOWN

- 1. Painter of *The Starry Night*
- 2. Natural power generator
- 3. Curator's building
- 4. The Netherlands, informally
- 6. Person on vacation
- 7. Heineken is a brand of this
- 10. Dairy product
- 11. Two-wheelers
- 12. Famed diarist, Anne \_\_\_\_\_
- 16. Dutch flower
- 19. Ways across rivers
- 20. Hot beverage



## Amsterdam

(solution)





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