

APRIL RUNNER

“April weather, rain and sunshine both together.”

~ English country saying



Bird of the Month – Canary

Canaries are lovely, bright yellow songbirds from the Canary Islands off the coast of West Africa. These beautiful birds evolved from finches. They have an enchanting song, making them a popular pet. Wild canaries tend to have stripes or spots of black, brown, white, or other colors on their feathers, while domestic canaries are typically all yellow—a trait breeders cultivated. Their stunning yellow hue is so appreciated that this sunny color is known as canary yellow. Canaries are also known for their history of helping to keep coal miners safe. In the early 20th century,



they were taken into coal mines to detect leaks of poisonous gases like carbon monoxide. Canaries show signs of distress when the air becomes unsafe, giving miners a chance to escape. Interestingly, while both male and female canaries sing, the males sing more often and are known as the better singers.

Special Days

April Fools' Day
April 1

Palm Sunday
April 2

Passover Begins
April 5

Good Friday
April 7

Easter
April 9

Earth Day
April 22

Arbor Day
April 28

Flower – Daisy



The traditional April flower is the daisy. The daisy gets its name from the Old English word meaning “day’s eye” due to its appearance (round with a pupil-like center) and because daisies open at dawn, as the day is beginning. Per legend, the first daisy appeared when a young nymph turned herself into one to avoid unwanted praise and attention. Thus, the flower has come to symbolize modesty, chastity, and innocence. In ancient times, daisies were said to heal wounds, remove warts, and change gray hair to black.

Birthstone – Diamond



Diamonds have been a symbol of wealth and power for centuries, and their sturdiness has represented undying love since Roman times. In fact, Cupid’s arrows supposedly are tipped with diamonds. First mined in India over 2,800 years ago, diamonds are also commonly found in Africa, Russia, Canada, and Australia. The most famous (and possibly cursed) diamond in the world is the Hope Diamond, which is blue in color and cut into a heart shape. Millions of people view it each year at the Smithsonian Museum in Washington, D.C.

Take a Birthday Bough

April 1–6: Cherry

You spread happiness and cheer wherever you go. Positivity is one of your superpowers. People seek you out for advice, and you're the one they call to help organize parties.

April 7–13: Rowan

Your cheerful nature and zest for life is a breath of fresh air to those around you. You are very artistic, but you are also humble about your talents. A few bumps in the road never slow you down; you are always moving forward.

April 14–22: Maple

You are smart and are always coming up with new and creative ideas that wow those around you. You love to learn new skills and share your knowledge with others. Your confidence is contagious, and others truly enjoy your company.

April 23–30: Walnut

Your ambitious nature keeps you busy, always eyeing your next goal. You're passionate and live spontaneously, keeping your friends guessing about what you'll do next. You are also a noble person who tries to do the right thing.



April History

Here are a few of April's historic events: On April 30, 1789, George Washington was inaugurated as America's first president; on April 15, 1912, the *Titanic* sank; and on April 9, 1959, NASA announced America's first astronauts.

April Zodiacs

Aries (The Ram)
April 1–19

Taurus (The Bull)
April 20–30

April is the fourth month of the year and the first full month of spring. It is one of only four months that are 30 days long. No one knows for certain how April got its name, but it might have come from the Latin word *aperire*, which means "to open." April is, after all, the month of new beginnings, when (in the northern hemisphere) buds begin to open after the long winter.

Anglo-Saxons called the month *Oster-Monath* after Ostara, their goddess of spring.

How's the Weather?

April is known for its showers, wind, and sudden storms. In fact, it's often said that the only thing you can count on for April weather is its unpredictability. Some parts of the country might still have snow this month, while others, including top spring vacation destinations like Miami and Los Angeles, are more likely to have hot, sunny days.

What's Lucky in April?

Lucky Color: Pink

Lucky Animal: Rabbit

Lucky Letters: *H* and *G*

Lucky Day: Tuesday

Lucky Plant: Violet



April Birthdays

Debbie Reynolds (actress) – April 1, 1932

Buddy Ebsen (actor) – April 2, 1908

Washington Irving (author) – April 3, 1783

Thomas Hobbes (philosopher) – April 5, 1588

Francis Ford Coppola (director) – April 7, 1939

Joseph Pulitzer (journalist) – April 10, 1847

Loretta Lynn (singer) – April 14, 1932

Wilbur Wright (aviator) – April 16, 1867

Clarence Darrow (lawyer) – April 18, 1857

Peter Frampton (singer) – April 22, 1950

Shirley Temple (actress) – April 23, 1928

Barbra Streisand (singer) – April 24, 1942

Elena Kagan (Supreme Court justice) – April 28, 1960

Willie Nelson (country singer) – April 30, 1933



Happy April,

I hope you all have had opportunities to enjoy some of the beautiful spring days we have had off and on recently. I know several of our residents have been out on the front porch at Paul's Run enjoying some of those days.

I want to once again share some stories of new residents here at Paul's Run:

Dorothy "Dolly" Fisher (A 413)

Dorothy arrived to Paul's Run in February of this year. Born and raised in Kensington, Dolly and her husband Kenneth raised their three daughters: Dorothy, Debbie, and Donna in the Kensington neighborhood. Dolly also shared she has a beloved dog named "Sandy" who plans to visit her often and hopefully establish residency with her in the coming months.

Dolly worked for the Bensalem School district for 36 years as an administrative aide and attendance recorder before her retirement. Dolly has always been active and is already participating in some programs offered here at Paul's Run particularly exercise classes with Matt.

Dolly enjoyed crocheting and may stop in in to the sessions scheduled even if she can no longer crochet. Dolly is very social and enjoys sitting out in the living area to "people watch" and carry on conversations with fellow residents. The dining experience has also been a pleasant experience for Dolly to meet new friends.

Soon Dolly's two daughters will be moving to South Carolina, so coming into the Paul's Run community will help greatly in offering support and socialization for Dolly. So far in her short time here at Paul's Run, Dolly shared how friendly everyone is including the staff. Harry in Maintenance has been a great help to Dolly with small tasks needed in her apartment upon moving.

Welcome Dolly !

Tim Hickey A301

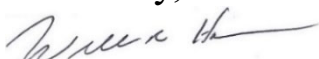
Tim Hickey is a new resident to Paul's Run who arrived early March. Born and raised in rural Indiana, Tim attended and ran track at Parker High School and Ball State University, both on full inter- academic scholarships.(Ball State incidentally is where Ball Mason Jars are manufactured). After graduating from Ball State University in the early 60's , Tim joined the Peace Corps and was assigned to Tanzania in East Africa. It was in Tanzania where Tim discovered his love for coaching basketball and track.

Upon his return to the states, Tim landed an opportunity to teach and coach at Vaux Junior High School in Philadelphia. Coming from Indiana, and then living in Africa, the transition of the big city was something Tim never experienced before. At that time there was a great demand for teachers so Tim was enthused to be a math teacher. Tim planned on teaching and coaching for only six months but ended up loving the profession for over 42 years throughout the Philadelphia area. Tim initiated the girl's track team since there wasn't a program offered at that time. Remember, we are talking 1972 before Title 9 existed. The Girls Track Team Program at William Penn High School under Tim's coaching shattering records around the country. After retiring from William Penn High School, Tim continued coaching track & field and was the High School Coordinator for the Penn Relays which he had volunteered for 40 years. Tim has received many coach awards and was a proud recipient of the AT&T Coaches Hall of Fame Invitational in 2016.

Tim shared that he tried to retire once but the track and field community wouldn't let him! In 2019, Tim officially retired from coaching yet still stayed active with the Delaware Valley Girls Track Coaching Association (DVA) until the pandemic shut everything down. Tim is still settling in at Paul's Run and is enjoying the conversations with residents at dinner and looks forward to diving into a card game in the near future. Tim loves to read as has an extensive collection of books he is hoping to immerse himself in once he's unpacked.

Welcome "Coach" Tim!

Sincerely,



Executive Director



April is National Volunteer Appreciation Month

Check out the many different volunteer opportunities at Paul's Run!

Community Service Club

Spend one morning a month working on community service projects to better the Philadelphia community

Garden Club

Use your gardening skills/knowledge to beautify and grow produce to share with the Paul's Run community

General Store

Assist customers in the General Store. Volunteer hours are flexible to suit your schedule

Faith-Based Service

Assist with religious services

Floor Representatives

Responsible for helping new residents become acclimated to Paul's Run and represent neighbors at monthly Resident Council meetings

Food Committee

Represent your fellow community members and assist the culinary team in designing a resident-preferred menu

Friends of Paul's Run

Serve on a charitable organization that directly contributes to community life at Paul's Run. Friends of Paul's Run donates funds to the library, helped with the new Friendship Garden, and purchased a new van and bus.

Library Committee

Maintain the Paul's Run community library

Resident Council

Represent your fellow community members at monthly Resident Council meetings

Please contact Molly Bybee, Director of Community Life x3030 mollyb@paulsrun.org if interested in volunteering



Carole Arinsburg
Edith Bennett
Elaine Brownstein
Sr Laura Cavanaugh
Elizabeth Ciaccia
Sr. Katherine Chazotte
Camille Cocozza
Angie Danno
Rosa Dixon
Norman Downey
Sr. Pat Downs
Sr. Carole Eden
Arnie Escourt
Sr. Marjorie Everett
Caroline Fanelli
Charlotte Fenzil
Amelia Finkel
Sylvia Flancer
Sr. Marilyn Foy
Jeanette Frantz
Oscar Freezman
Sr. Juliana Haynes
Sr. Mary Hottenroth

Elinor Jacobs
Mary Kane
Stan Kennedy
Sr. Anne Kelly
Abby Kleiman
June Lewandowski
Joy Lomas
Val Lopez
Charles Mahoney
Richard Mansley
Tamara Marcus
Sr. Amydee Maxwell
Sr. Agnes McDevitt
Sr. Christa McGill
Janet McMahan
Sr. Anne Meehan
Sr. Mary Norbert
Marie O'Malley
Richard Mansley
Sr. Jean Olmstead
Sr. Jean Ouellett

Norma Pansky
Ted Pansky
Ernie Schuyler
Pat Schuyler
Rhea Schwartz
Lillian Silverstein
Rosalyn Starin
Sr. Lorraine Stein
Judy Summers-
Gates
Clifford Tobias
Carol Vorchheimer



In Memory Of:



Doris Sheridan
By Mr. and Mrs. Stephen Cardullo

Anna Ziccardi
By:

Anonymous
Ms. Joanne Magda
Mrs. Sandra DeFeo-Kane
Mr. and Mrs. Michael A. Zaffiri
Mr. and Mrs. Salvatore P. Pantano
Mr. and Mrs. Mario L. Canales
Mr. and Mrs. Carl A. Weiss
Mr. and Mrs. James Haviland
Mr. and Mrs. Louis Guarrieri, Jr.
Ms. Dolores Henry
Mr. and Mrs. David J. Cullison
Ms. Carole K. Findley
Mr. and Mrs. Jack Houlihan
Ms. Mary Ann Zlupko
Mr. John Findley

♪ Music Therapy Notes ♪

April 10th-15th is World Music Therapy week. What is music therapy you ask? We love that question. It often leads to great conversations about music and its positive role in our lives. Music therapy is a health profession.

Music Therapists in the United States must complete, at minimum, a bachelor's degree in music therapy and may go on to complete their master's degree and PhD. Course work includes in-depth study of psychology, human development, anatomy, neurology, research methods, and proficiency using a wide variety of instruments such as guitar, piano, percussion, and voice. While we love music, it's so much more than that!

At Paul's Run, we are looking forward to April 10th-15th, and sharing more about music therapy through our official social media accounts. Our community deserves to be recognized for its unique and rich offerings of evidenced-based music therapy programs promoting health and wellbeing. We have two music therapists who work here full-time, both with their master's degrees in music therapy and we have three music therapy students from Temple and Drexel University completing their internship at Paul's Run.

Our music-for-wellness group programs include the "Paul's Run Singers" our community choir, two adaptive bell choirs, "drummercise" and "rhythm fitness" exercise groups, a monthly drum circle facilitated by Joe Tayoun (a music therapy advocate and one of Philadelphia's most in-demand percussionists), plus music therapy group programs where we explore song writing, relaxation techniques, and creative expression with a variety of music instruments.

We love music therapy and are looking forward to sharing more about it in the upcoming weeks. Music therapy provides such value to the community and we feel grateful to be able to share our passion with you. We hope you have learned more about the profession of music therapy. If you haven't already, we encourage you to check out our music therapy programs. Thank you for reading!

Musically Yours,
Molly & Ryann

*for more information about music therapy individual and group programs you can call Ryann at 215-934-3003.

Haiku Poem

Haiku is an ancient form of poetry that comes from Japan. These three lined poems deal with nature and feelings about the natural world. Each line of haiku is not a complete sentence but is a simple phrase.

Haiku poems must be written following a syllable pattern. The number of words is not as important as the number of "beats" per line.

Line 1: Five syllables

Line 2: Seven syllables

Line 3: Five syllables

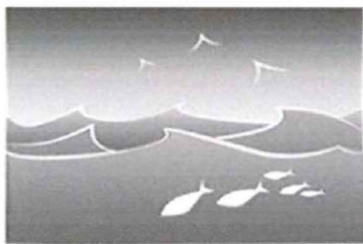
Baby deer standing
Clumsily trying to rise
Anxious to suckle

Marlene M. HC 2nd floor



A flock in the spring
The birds are flying and loud
Eating and chirping

Rita HC 2nd floor



Newborns welcoming
New life, as trees are blooming
Hungry hawks perch, wait

Charlie HC 2nd floor

A tree, a few twigs
Birds made a nest for mating
They needed to sing

Jack HC 2nd floor



© The Teacher Next Door

Americas mind

By Jack Birnbaum

Part 1- Overview

The American mind is a result of a fundamental struggle of the importance of either the intellect or of the will, in other words is it more important for us to either think, or to take an action

The persistence of religious ideas has been a mainstay of American minds through our history and has played an important role in the answer to this question, and then supplied the traction

One such formulation that rose into our consciousness from the Puritan religion while a second such conception arose from a consensus with our nations full embracing of enlightenment

The struggles of a democracy twixt liberty and power fueled by Alexander Hamilton and Abraham Lincoln, then led Thomas Jefferson and Andrew Jackson inspecting commercial Intent

Dilemmas arisen by Americas ascent into being a world power have provided us with the need for diplomacy to both unfriendly movements and nations who, may yet, be our opponents

Some may feel that the American mind is a tiny area in that as a democracy we are a newer nation and were geared to action and so we may not appreciate that thought is needed, to get it right.

To some others, including some who are Americans, such a situation would appear to be a plus as this nation does accept dissent and free speech, and such opinions are not seen, as being a plight

Ralf Waldo Emerson saw character as being all important as it would define a living person and their actions and offer to analyze the thoughts as they would cruise through to an individual's brain

The historian Daniel Boorstin described early Americans as a people who focused on that which was in the immediate perhaps hoping that they would be at least replicated both again and again

Other observers were not to quite so confident this was a good thing, Tocqueville thought that democracy had an ill effect on the functions carried out usually within a person's mind

James Fenimore Cooper had a mountain of complaints about the words that made up the articles that were printed some daily and some weekly, in a popular press you'd them usually find

Supreme Court Justice Joseph Story blamed an abundance of light reading that seems to be crowding out that what he classified as being a large supply, that he claimed was real literature

Psychologist G. Stanley Hall identified the real culprits to the label of the ills of the American mind, had to be the churches who controlled the college curriculum, for them to affect the cure

Philosopher George Santayana believed serious intellectual life normally would in comfort occupy a back seat to our fascination that is it being a part of our all-consuming industrial energy

Journalist and critic Henry L. Mencken dismissed the American culture as a unique desert that could find itself to be at home in the Sahara amongst the dunes, now lolling under a Palm tree

Americas Mind by Jack Birnbaum continued

If one does venture to teach a course to that does explore American intellectual history the usual course of study follows the example that is known as being the “Great Convention”

It begins with the Puritans and it suggests that with the work of building a colony would keep them busy working so that the building of a record was not a part of their intention

It then moves to Jonathan Edwards defined as a hell-fire preacher during the great awakening Edwards life is an illustration of how Americans treat thinkers in their midst

then moving to Benjamin Franklin and rhapsodizes Franklins autobiography as Franklin introduces us to be the model American practical, whimsical and yet never been kissed

It pays homage to William James, John Dewey and a triumph of pragmatism as no American intrinsic need for us to make use of ideas as they have not as yet, been missed

A.-Great Conventions difficulties

:there are very few systematic thinkers

: these writers represent different and incompatible genres

B-most Great Convention subjects are concentrated around Boston

: dominance of Harvard trained academics in the history of ideas

: as though writing a history of opera while looking only at the Metropolitan opera

What came next was Puritan thinking that was man was made right with God that John Calvin began to remodel those very strong features of standard Catholic belief

A unique Calvinistic Theology arose through his teaching that became known by the acronym TULIP:

T total depravity U unconditional election-limited atonement I-irresistible grace P-perseverance of saints

Unable to find acceptability from English nobility they came to Massachusetts and established themselves in the state in a line of towns east of Boston, of course

They founded Harvard College (1636) Learned by logic (not experiment), Authority (not nature), Spoke in Latin, summarized all knowledge, concentrated in discourse

Then enlightenment of intellect, harder to describe than political or military events, begun about 1543 and continued without interruption through 1815, in its span

It's seen as an anti-religious event a banishing of skepticism, a challenge of automatic authority, seeing religion as a good thing, reason and nature, could, or can

Religious wars in Europe made nothing known for sure and enlightenment greatest accomplishment was that things might yet be known as something for sure

At Harvard President Dunster became a Baptist, they repudiated baptism as Dunster resigned, his position when ordered by Mass. General court pressure

Americas Mind by Jack Birnbaum continued

Dunster was followed by 2 Clergymen and 2 physicians until Harvard finally got its first star as a President known as Increase Mather as well as his court

William Brattle the embodiment of cautious enlightenment whose 1ST book was a compendium of logic according to the modern philosophy a first Cartesian opus

Brattle hoped to dig an American epistemological foundation as Cartesian logic while John Leverette, favored a new “generous principle” by being less cautious

Increase Mather tried in vain to block Leverette ascension toward becoming the president of Harvard, not alone as a school that was faced with, a new philosophy

Virginia College was funded as a private corporate enterprise and after bankruptcy and as there was no Crown ruler interest or an interest by any religious entity

Materialism the view associated with Julien De La Metrie, Thomas Hobbes and John Locke, wrote that free will that wouldn't be a determination of their position

Immaterialism the view of Bishop George Berkely that there was no guarantee that whatever forth came from their ideas would in fact be their representation

A third view, material substance associated with Cartesian Method & Newton Physics & put forth by a God, who was no longer the God of biblical presentation

This view did not satisfy the broad spectrum of European opinion, a reawakening an evangelical search in Germany, Pietism; in France Jansenism; in England Methodist Revivals

The European common ground shared skepticism of attached and established churches and to the seeking by eye those natural churches that were closest to ones heart

In America the awakening focused on Jonathan Edwards, born on Oct.5, 1703 IN Connecticut, the grandson of powerful Bishop Solomon Stoddart a New England, part

Edwards drew from both sides of his family a distrust that was in place in both Boston and Harvard, as he was a student at Yale in 1716 where he came to understand

He dabbled with Brattle's “new Logic” with scientific essays keeping books of his own speculations on epistemology and natural science that was now at hand

Gradually being pulled to immaterialism close to that of Bishop Berkeley he was then appointed assistant pastor to his grandfather's church in Northampton, Mass.

His philosophical notebooks paled, resurfacing in 1731 in Boston lectures and in 1734 in a North Hampton an awakening saved 300 souls, came to pass

Americas Mind by Jack Birnbaum continues

Edwards wrote of this awakening as “the surprising work of god”, and a second awakening 1740-41 with an itinerate pastor George Whitefield in British America

It drew violent criticism from the New England elite and country parsons who became patrons, some as “Newly awakened,” or “old awakened” Americans

The aftermaths of the great awakenings prove quite disappointing as many of those slipped back into religious listlessness or relapsed into their old habits

The enlightenment were simultaneously Jonathan Edwards best friends while and during the same time periods, they morphed into becoming his foes, bit by bits

His orientation through the enlightenment and his use of Calvenism had made him hostile to attempts to use reason as a factor to explaining behavior

But he now believed that reason once sanctified, was an instrument which lent itself to being well used, to be of service in the examination of nature

Edwards became a rare exception who was able to turn conflict into a creative intellectual fusion, with a use of both enlightenment and piety being pure

The great awakening was a major force in to move into the opening of new colleges in colonial America they being Princeton, Dartmouth, Rutgers and Brown

Awakeners were not always friendly as George Whitefield criticized Harvard, a Yale student burnt his books , and one left Dartmouth to move closer to town

John Witherspoon upon the death of Jonathon Edwards at Princeton was chosen as his successor, Witherspoon subscribed to Scottish use of “common Sense”

John Locke did not subscribe to and not believe, that we could actually be aware and really would know, the objects of our ideas directly without exposure or experience

Francis Huchenson of the university of Glasgow objected that such beliefs clogged up minds and served to make their minds to become both being passive and tense

They also failed to account why minds have ideas, or mere sensations about things, and invaded our minds raising our emotions and thoughts, in some new ways

Witherspoon, Reid’s and Hutchenson’s common sense philosophy intersected with traditional scholastic appeals of natural law, a new political science, in need of new rays

Such concepts seem to call for moral sense, Scotch philosopher Thomas Reid used such as a foil, and an epistemology to counter David Humes skepticism for these days

Common sense Philosophy also reveals that we carry and use common sense that include fundamental moral principles that are needed and used as a part of ours ways

Americas Mind by Jack Birnbaum continued

Spanish and French colonies were the property of their kings who then appointed either Governors or Viceroys who represented their king in ruling their colonial nest

But the English and Dutch saw it another way they saw it as a company store whose purpose was as a business with the help would run the store to be the very best

Virginia organized a House of Burgesses in order to levy taxes with a legal question as the Parliament in London was empowered to operate this being the Kings store

But as the colony was three thousand miles away and the Parliament was not in their house they came to the view that government was in fact their tool more and more

The English government functioned as a triad, King, Lord and commoners known as whigs, but as whigs in America owned some 60 percent of the land they were now its core

Liberty is a result of some four propositions, the first being that liberty is natural, it's not a property of royalty and therefore as such, it's not a property to delegate

It's a precious commodity as it becomes the enemy of those who seek to control all through corruption, and now liberty becomes an agent and a force to abdicate

Liberty requires an alliance with virtue for protection so that will not become the victim of those who seek control and to corrupt it through the use of power

But since whigs prefer virtue they will often find themselves as being on the outside of what that which constitutes itself into becoming the epi-central tower

In his book Two Treatises On Government John Locke dramatically described Whig ideology being like America in a natural state, without government

He then wrote by mixing your labor with the natural materials at hand you will have then created what he called property, a parallel of the American intent

Lock wrote once past the natural state, people will join government for protective arrangement, which is normally, a major component of the government

The ideas that led to independence had been at work for some time including John Locke and the Enlightenment had developed a resistance toward authority

A perceived attitude of "benign neglect" of Americas needs forced colonies to develop government structure in both Religious as well as many a business fraternity

Religious activism such as in New York where wealthy Presbyterian William Livingston was resistant to Kings college one of the issues that could encourage dissent

While in Virginia a group of Baptist's posed a challenge to what they felt was an invasion by an Anglican ascendancy that mounted a challenge moving into their tent

American Mind by Jack Birnbaum continued

Then in 1764 facing the cost of wars the Parliament sought to apply taxes to colonial internal trade, as they had, up to that point, only had taxed their external trade

Taxation of the colonies domestic commerce was the given task of elected legislatures so that each state assessed amount of taxes that it should annually be paid

The pre-revolutionary colonies were mainly two groups, the Tories, Americans believing royalty was part of the chosen few, and the remainder being of a lower grade

The second a mix of religious groups, including Pilgrims, & Quakers and a third ethnic group inclusive of blacks, indians, and the variety of ethnics of the world

It took some ten years for these disparate group of troops to be moved from being an unhappy mob and that now became an army with its flags being unfurled

Philadelphia with its radical Quakers in its wide streets who followed the testament of their sects spawned by their ancestral puritans

Philadelphia became a mélange of European nationalities, religions, languages, costumes, and customs from many another a foreign lands

Presbyterians, lutherans, German Calvinists, members of the English Church with a strong penchant for the opening of some new schools

These new schools made possible Philadelphia's commercial growth, it's population growth to 40,000 and for it's advanced printing tools

Those new tools drew a cluster of new thinkers, including Ben Franklin making Philadelphia become an intellectual center in the colonies

Printers were in an unusual place in the intellectual life of the colonies publishing tracts in almanacs and newspapers, on people and of trees

They themselves had to be well read as they needed to understand the effects of their words, as authors they needed to entertain and inform

As a part of a commercial network they had intellectual connections as well as a responsibility as a part of Franklin's poor Richard being born

Then too there was Franklin's experiment of electricity in a flight at night with a key attached by a long cord amidst a lightning storm

The American brain has grown, achieved democracy as the rule of this land, for 200 plus years, a home to millions from all over the world, who call this their abode

Our democracy has not achieved the perfection prescribed by our Declaration of all being born equal while our American brain continues this as being its road

Americas Mind by Jack Birnbaum

But yet with the advantage of power and position one, as Donald J. Trump, was not able to reach out and able to seize control

It leaves one to wonder with all the certainty attributed to the American brain, whether equality can also be attained by our soul

HUMAN POPULATION GROWTH

By Sr. Franceline Malone

Climate Change: The latest Information I received right at the top of a letter from "Population Connection" stated: *"Our living planet is overheated-and getting worse every day. It's also over populated- and getting worse every day. If we want to stop climate change, we must stop population growth."*

The letter continues by stating we are adding more than 65 million people each year. Population growth undercuts efforts to meet the climate challenge. "We cannot reverse the climate crisis without addressing human population growth."

Sisters and Residents, I hesitated to introduce this as a topic for discussion because many people consider abortion a legitimate and quick means of reducing the number of people born to our human family. Others see the killing of a human fetus as murder. According to Webster's Dictionary "abortion is the induced termination of pregnancy before the fetus can survive."

"Fetus in humans - the unborn young after the eighth week of development." The fetus is human, even before the eighth week, a developing person. All of us humans living here today in Paul's Run were once fetuses in our mother's womb, cherished by her and by our dad.

Times may have been tough, and in the thirties when I was born, money was tight. Still parents looked forward to our birth - even our moms who carried us in their swelling wombs and accepted that giving birth would be very painful. They recorded the day we first cried and they smiled. And we celebrated it each year with our brothers, sisters and friends.

In my home, we saved the most important part of the birthday celebration for when Dad got home from work about 6:30 p.m. or a quarter of seven. We sat together at the dining room table and my parents and my two brothers sang, "Happy Birthday!" My German and Swiss descent Mom tried to make the cake special one year. Knowing that I inherited Irish descent from my dad, she made the icing green!

Sea Level Rise

By Sr. Franceline Malone

Increasing ice loss in our polar regions has accelerated sea-level rise in recent decades. Recent data shows that our sea-level reached a new record high in 2021, rising about 4.5 millimeter per year from 2013 to 2021. Together with intensifying tropical cyclones, sea-level rise aggravated extreme events like deadly storm surges and coastal hazards like flooding, erosion and landslides, which are projected to occur at least once a year in many locations. These occurred once per century historically.

Moreover, the Intergovernmental Panel on Climate Change (IPCC) says that several regions, like the western Tropical Pacific, the South-west Pacific, the North Pacific, the South-west Indian Ocean and the South Atlantic, face substantially faster rising levels. TV showed California being thrashed by the Pacific these past weeks.

Back to Population Growth

There are many other ways for reducing the number of people entering the world. How many babies are born each year to unwed parents, many of whom have no intent to marry. Pleasure overrules commitment. Yet many agonize over how to provide for this little person they brought into the world. Care for it themselves? Put the baby up for adoption? Will our families receive it or berate us? Sad to say, for a few , killing the infant, disposing of its body seemed to solve their problem but - did it free them from the guilt of murdering their own child?

Even married couples weigh the responsibility of having a baby. They make a lifetime commitment to love and care for this new human person they want to raise to adulthood. Would I make a good mom, dad, a responsible spouse? They recognize and freely accept the financial and emotional costs involved in the years of providing that child - an individual person with its own thoughts and desire. Will their time and loving guidance be enough? Can we afford a child, or another child? Would one of us need to take on a second job? Would we need a larger home?

Let's lift up our own parents and give thanks to God for them and for their love and courage in giving us life and for showing us how to love. And for helping us along the way.



Tomorrows Dreams

Can our dreams be gone, irretrievably lost?
Were they down-payments for our foolish efforts cost?
Can we decide from this day hence
To offer only joy and pleasure instead of offence?

Let us give love and friendship without reluctance
And try to raise a new generation of excellence
To do the right thing through thick or thin
And respect our neighbors regardless of the color of their skin.

Perhaps we should try to forget the nasty past
And try to live each day as our last.
Do we need to remember the painful lessons of yesterday
Unless they enrich our lives in some new, better way?

Let us try to forget the insults, and disregard those nasty words
Make believe it was only the loud wind we heard.
Sadly, many of our leaders are thoughtless, foolish or act too cold
But our tomorrows are full of wondrous mysteries still not told.

Must we always live in the shadow of continual strife
With yesterday's unfixed annoyances dictating life?
Fortunately, we have flowers and rainbows on a sunny day
And we with eternal youth can still hug, gather, sing, and play.

Arnie Escourt

Choices and Decisions

By Arnie Escourt

We need to make decisions; as a child our parents made most decisions for us. We may pick the color of our outfit or the flavor of the ice cream cone but as youngsters the important decisions are made for us.

Eventually, we reach a point when we start making decisions for ourselves. Becoming independent and making up our own minds on life's issues takes time and higher levels of maturity. Some never reach this point if they have parents or others who run their lives.

Decision making is a slow process and begins as we insist on our choices of friends, hobbies, foods, music and the clothing we prefer. In school we slowly picked our pals or friends, the subjects we preferred and began the process. At the age of 16 many students quit school to get jobs due to financial matters or if their close friends foolishly quit. Interest in the other sex becomes very important and considerations of marriage is an important factor in their lives. Selecting a life mate is a huge step in our lives, most can deal with it and others find good excuses for staying single. It is not something to rush into!

Of course, family matters, money factors, religion, and health all come into play as we grow into maturity. Everyone's circumstances are different. My generation did not have the pressure of the Depression to force us out of school and we were more spoiled than our parents.

I'm not sure at what age it occurs, but eventually each of us is forced to make decisions that will have a meaningful effect on our lives. There are always a few choices when it comes to a decision. We can be hesitant with your choice, we can avoid making a decision for a while, but eventually there is a deadline when we must make the decision or it will be made for us. Worry or procrastination never helps to make your choice easier. My advice is to think it over, make a choice and get on with your life. In nine of ten times, your choice will be proper and correct.

THE LOST DIME

By Arnie Escourt

I was about eight years old when we lived in a little two-bedroom apartment on the third floor of a brownstone apartment house on Hinsdale Street in Brooklyn. My Dad asked me to go down to the corner store. He flipped me a dime and told me to buy a soda.

I continued to flip the coin and then I was distracted by two airplanes flying overhead and I lost the dime. I looked and looked but it was lost. I ran back to our apartment house and Dad asked, "Where is the soda? I said, "I lost the dime. Can I please have another dime?"

Dad's smile disappeared and he asked, "Did you really try to find that dime?" "Yes, I did. I looked for it, I looked all over."

He quietly responded, "Alright, I'll help you look for it." "Pauline," he called out, "I'm going out with Arnold."

Dad took my hand and asked me to show him where I lost the coin. I took him to a spot where I thought I was when I watched the fighter planes. I told him, "This is it! I'm pretty sure this is the spot." Together we looked, and looked to no avail. Finally, I said, "I can't see anything. It is too dark out here to find anything."

Dad then got a big flashlight out of his car and we continued looking using the small beam of the flashlight. Together we looked, we pointed the flashlight into every crack and corner. My Dad never raised his voice. All he said was, "Did you look there? Did you check over here?"

I started to cry. I knew the search was hopeless. Slowly I began to understand Dad's silent message. Then he quietly said, "I guess we better get home or mother will worry." He carried me home and put me to bed. I thought how lucky I was to have such an understanding and wise Dad. I never lost a coin again.

April 2023

By Ed Scully

On Saturday April 1, 2023, 30 of the 80 member Singing City Choir Of Philadelphia visited us and sang about nine songs in which we sang along with them in about half of them. It is a 75 year old choir committed to social justice, equity, and using music as an instrument for social change. In addition to singing so well, they age from some as old as our grandchildren to those almost our age. I was amazed at a frontline singer with a lovely pair of brown patent leather shoes who sang so vigorously that her forehead became a beautiful display of wrinkles from ear to ear. For an idea of the choir's music see below.

You'll Never Walk Alone

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 is a golden sky
And the sweet silver song of a lark
Walk on through the wind
Walk on through the rain tho' your dreams be tossed and blown
Walk on, walk on with hope in your heart
And you'll never walk alone
You'll never walk alone

We residents have seemed to overcome the misfortunes of winter and are now in the very desirable season of Spring. I am already enjoying the atmosphere that is emerging by lounging on an apartment balcony and observing the world go by on Bustleton Ave. Only two days ago, two former neighbors, and also good friends came over and from the sidewalk below serenaded me. Considerable (22?) pedestrians stopped to sing along with them. Many (8?) automobiles parked to join in somehow and the two friends who planned to carry on for about fifteen minutes continued for at least ten more. It is only fitting for me to present the lyrics to a tune that was sung three times this day and sung by Al Jolson several thousand times. (Ever hear of him?)

April 2023 by Ed Scully continued

Life is not a highway strewn with flowers
Still it holds a goodly share of bliss
When the sun gives way to April showers
Here is the point you should never miss
Though April showers may come your way
They bring the flowers that bloom in May
So if it's raining have no regrets
Because it isn't raining rain you know, it's raining violets
And where you see clouds upon the hills
You soon will see crowds of daffodils
So keep on looking for a blue bird
And list'ning for his song
Whenever April showers come along
And where you see clouds upon the hills
You soon will see crowds of daffodils
So keep on looking for a blue bird
And list'ning for his song
Whenever April showers come along

Many/most of you residents may be unknowingly missing out on almost an hour of entertainment in the main lobby on nearly every Friday at 1:30 P.M. This is when the Paul's Run Singers rehearse for its concert in which about a dozen and a half well-known songs (that you probably already know) are tried out and voted upon for inclusion in the scheduled June concert. The rehearsals are really pre-concerts that are almost enjoyable as the one that the singers are now preparing for. Your attending the rehearsals will be like being there for the ultimate concert ----- as often as you desire. You are guaranteed that you will enjoy a very wonderfully planned production by the concert director, none-other than the very energetic Molly of Community Life.

April 2023 by Ed Scully continued

For the first time ,the 1979 third edition of "The Oxford The Dictionary of Oxford Quotations " is being used to prepare" The Runner" for April.

Franklin D, Roosevelt (1941):

In the future days, which we seek to make secure, we look forward to a world founded upon four essential human freedoms. The first is freedom of speech and expression -- every- where in the world. The second is freedom of every person to worship God in his own way-- everywhere in the world. The third is freedom from want. The fourth is freedom from fear.

Rudyard Kipling (No Date)

Oh! East is East , and West is West and never the twain shall meet!
Till Earth and Sky stand presently at God 's great Judgement Seat :
But there is neither East or West, Border. nor Breed not Birth,
When stronger men stand face to face, though they come from ends of earth!

Benjamin Franklin (1758)

A little neglect may breed mischief.... for want of a nail, the shoe was lost; for want of a shoe a horse was lost ; and for, want of a horse the rider was lost.

Benjamin Disraeli (No Date)

The greatest misfortune that ever befell man was the invention of printing. Printing has destroyed education... The essence of education is the education of the body

What I admire in the order to which you belong is that they do live in the air; that they may excel in athletic sports: that they can speak only one language and that they never read. This is not a complete education but it is the highest education since the Greeks.

April 2023 by Ed Scully continued

Harry S, Truman (No Date)

If you can't stand the heat, get out of the kitchen.

Abraham Lincoln (1858)

You can fool all the people some of the time, and some of the people all the time, but you can not fool all the people all the time.

President Herbert Hoover (1928)

Older men declare war. But it is youth that must fight and die.

Thomas Alva Edison (1932)

Genius is one percent inspiration and 99 percent perspiration.

Greta Garbo (1905)

I want to be alone.

Bette Davis (1950)

Fasten your seatbelts .It's going to be a bumpy night,.

Edwin E. Scully (2023)

Happy Day !

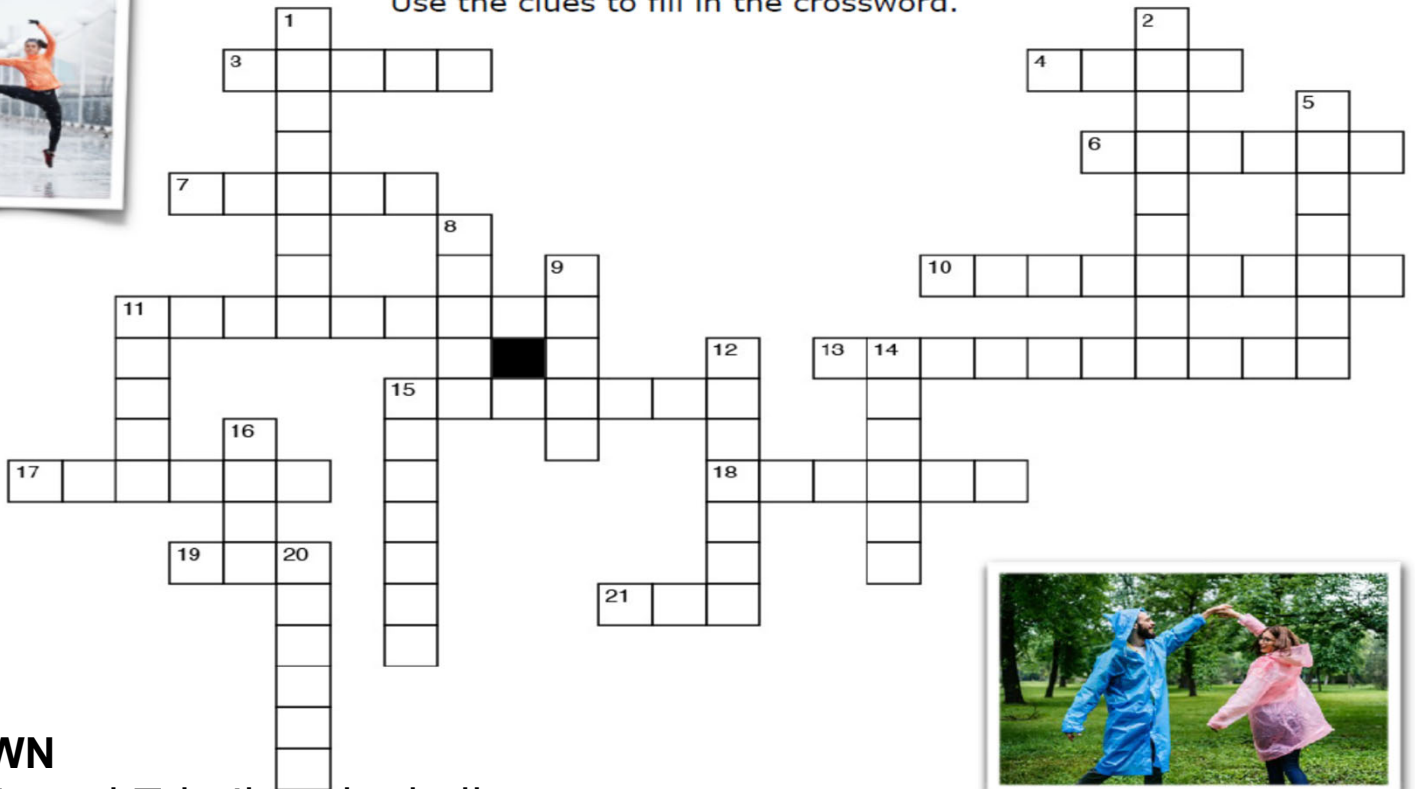
F.J. Foakes Jackson (No Date)

It's no use trying to be clever-- we are all clever here ;

Just try to be kind-- a little kind.

Dancing Up a Storm

Use the clues to fill in the crossword.



DOWN

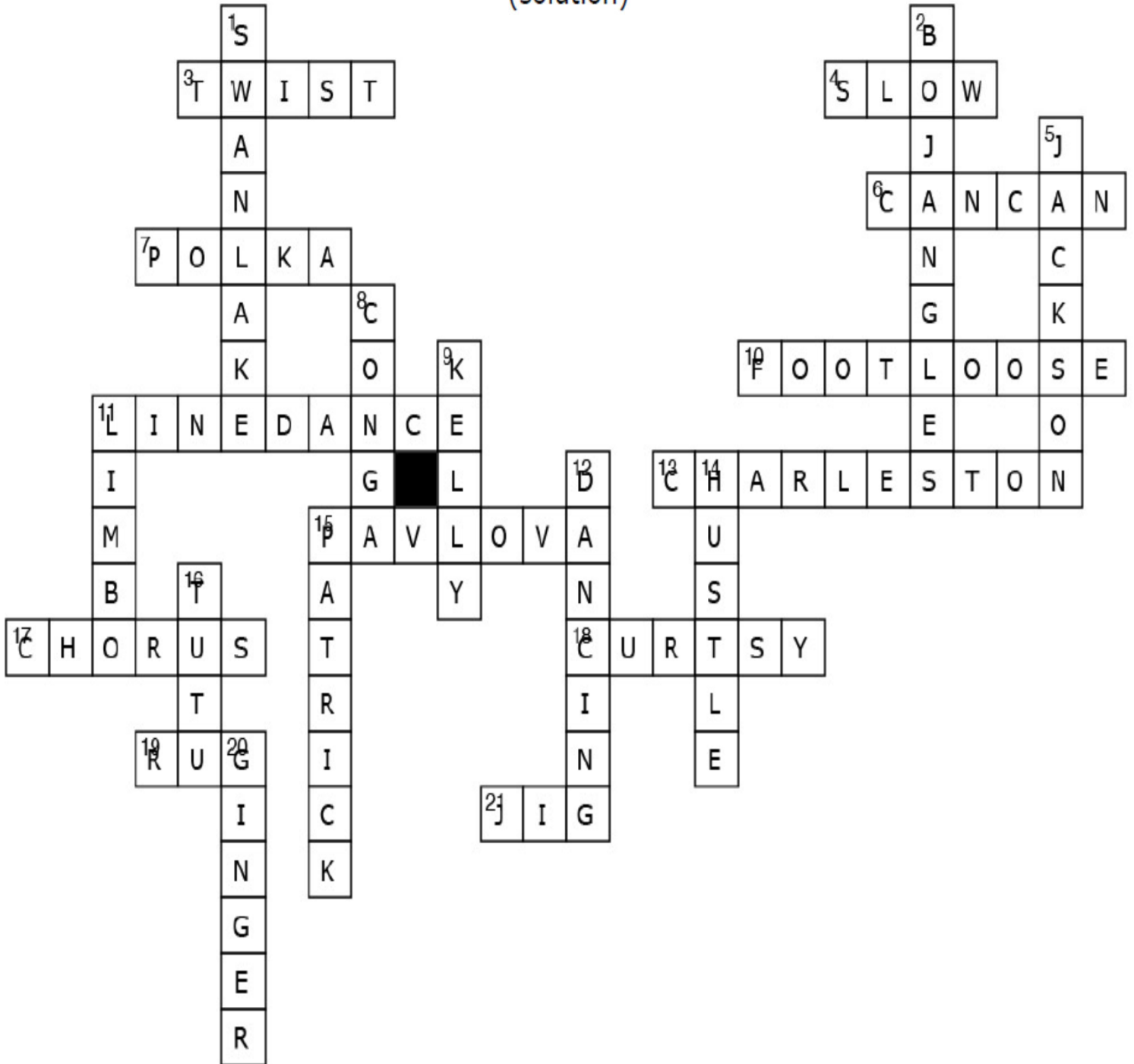
- 1. Famed Tchaikovsky ballet
- 2. Well-known tapper, Bill " _____ " Robinson
- 5. Known for the moonwalk, Michael _____
- 8. Cuban dance that is done in a line
- 9. *Singin' in the Rain* dancer, Gene _____
- 11. "How low can you go?" dance
- 12. Celebrity competition, _____ with *the Stars*
- 14. Popular '70s disco dance
- 15. *Dirty Dancing* lead, _____ Swayze
- 16. Ballet skirt
- 20. Fred Astaire's partner

ACROSS

- 3. Chubby Checker move, the _____
- 4. Sway with a partner, _____ dance
- 6. High-kicking French dance
- 7. German dance
- 10. Dance movie starring Kevin Bacon
- 11. Country bar activity
- 13. Dance craze of the '20s
- 15. Russian ballerina, Anna _____
- 17. Long-running Broadway musical, *A _____ Line*
- 18. Female's bow of respect
- 19. Slang for dance, cut a _____
- 21. Leprechaun's dance

Dancing Up a Storm

(solution)



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HOURS OF OPERATION**

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10:30AM-3:30PM**

**SATURDAY -SUNDAY
11AM-3:30PM**



**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.**



A Request from
Maintenance:

As much as we like to hear from you about repairs you need, we ask that you contact the front desk and put in a work order so the repair request gets recorded and not forgotten about

**FRIENDLY
REMINDER**

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

Thank You