



## BULLETIN BOARD

### **Going 'Four' It**

This year, the season's top teams in college hoops will face off in Minneapolis. The Final Four NCAA Division I men's basketball semifinals will be played April 6, and the championship game on April 8.

### **Laugh for Health**

Go ahead and engage in a funny, friendly prank on April Fools' Day. A good belly laugh has been proven to elevate mood, reduce pain and boost immunity.



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## APRIL 2019



## NOTES & NEWS

### **Earth Day**

Earth Day is April 22, and according to [www.EarthDay.org](http://www.EarthDay.org), the 2019 theme is Protect Our Species. The campaign's goals are to raise awareness about the accelerating extinction of many species; activate a global movement that embraces nature; and protect species around the world through policy changes.

### **Reduce, Reuse, Recycle**

The bubble wrap that comes in delivered packages can be used to upgrade your reusable grocery bags. Cut a sheet of bubble wrap to fit the bag, slip it inside, and you now have an insulated carrier to help keep takeout food hot or groceries cold.

### **The Timing Trick**

If you have trouble finding motivation to finish your chores, time the task. Then the next time it needs to be done, remind yourself that, for example, it only takes five minutes to fold a load of laundry and about three minutes to put the clothes away.

## HIGHLIGHTS

### **Time to Tidy**

So you've decided to tidy up your home, but are having trouble letting go of possessions because you are hoping to use them "someday." Chances are, someday will come and you won't really like the item anymore. So go ahead and donate or sell those things and let someone else make better use of them.

### **Feathering Their Nests**

Constructing a cozy nest for their eggs is a springtime rite that many birds are now undertaking. The most common type is the classic cup-shaped nest. Experts say birds take several days to gather and skillfully weave together twigs, grass, cobwebs, mud and other materials they find to build these intricate structures.

### **Travel Tip: Be Prepared**

When traveling to a city where you will have to haggle over the price for a cab ride from the airport or train station to your hotel, call the hotel ahead of time and ask them how much a typical ride should cost. That way you have a benchmark for negotiating rates.

### **In the Kitchen: Stop Soggy Sandwiches**

When preparing sandwiches, put tomato or cucumber slices between paper towels or cloth napkins for five minutes to soak up excess moisture before placing them on the bread.

### **Celebrating Scots**

On April 6, 1320, a group of Scottish earls and barons asserted Scotland's independence with the signing of the Declaration of Arbroath, and in 1998, the U.S. Senate passed a resolution proclaiming April 6 as National Tartan Day. The day celebrates Scottish heritage and the distinctive plaid pattern seen on kilts and other items. New York City and many other locales hold Tartan Day parades that feature bagpipe music, Highland dancers and even Scottish terriers!

# TRIVIA WHIZ



## Right as Rain

Don't let April showers dampen your enthusiasm to learn all about rain!

- Each minute, 1 billion tons of rain falls on the Earth.
- Nimbostratus and cumulonimbus are the two most common types of rain clouds. The nimbostratus is a flat, gray cloud that hangs low in the sky. The cumulonimbus is a tall, puffy cloud that looks flat at the top and has a dark gray base.
- Falling at an average speed of 14 mph and from an average cloud height of 2,500 feet, a raindrop takes about two minutes to hit the ground.
- Grass looks greener after a shower because rain contains nitrogen, which is a natural fertilizer.
- Scientists say rain is not actually shaped like a teardrop. Raindrops start out in a spherical shape, and as they fall, they encounter air pressure that flattens the bottom of the drops, so they actually look like the top half of a hamburger bun.
- Petrichor is the word that describes the scent of rain. When raindrops fall on clay or dusty soils, they trap small air bubbles on the surface, which then rise and burst out of the droplets, producing the fresh, familiar fragrance.
- Scientists have studied fossilized raindrop imprints in 2.7 billion-year-old rock formed from volcanic ash.
- In hot, dry regions, rain sometimes evaporates before it hits the ground. The scientific term for this is virga, but it is also commonly called "phantom rain."



## Fresh and Flavorful

One of the best things about spring is the colorful produce that begins showing up at farmers' markets and grocery stores. Fill your basket with a variety of vegetables for the most health benefits and tastiest meals.

Asparagus is an early season highlight. Available in green, white or purple, asparagus is rich in iron, phosphorus, and vitamins A, E and C. The tender spears can be cooked in a variety of ways, including roasting,

sautéing, steaming and blanching.

Whether red, orange or yellow, don't pass up the beets this month. A great source of nutrients, including fiber, folate and iron, this root vegetable's natural sweetness makes it ideal for salads, soups and smoothies.

The shiny crimson stalks of rhubarb are in season for a short time. Rhubarb contains beneficial levels of potassium, fiber, vitamins C and K, and protein. Since rhubarb is tart, it is typically paired with something sweet, as in strawberry-rhubarb pie.

Related to onions, leeks offer a more subtle flavor than their cousins. A good source of folate and vitamins A, C and K, the white root can be sliced thinly and served as a salad topping, or grilled or sautéed and added to soups, pasta and grain bowls.

Other fresh veggies to enjoy at this time of year are artichokes, arugula, celeriac, chicory, peas and radishes.

## Making Sense of Stress

You've probably heard that stress is bad for your health, but not all stress is the same. There are two major types of stress: good and bad. Good stress is beneficial and motivating, but bad stress causes anxiety and health problems.

When your brain perceives a threat or that you need to take action, it starts flooding the body with chemicals such as adrenaline and cortisol. This creates a variety of reactions, including increased blood pressure and heart rate, that can help you deal with the situation. It's when the stress persists that it causes harm.

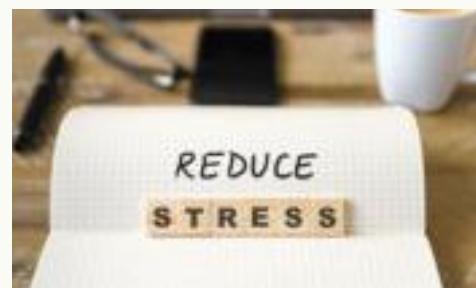
Stress can physically damage the heart muscle when the stress hormones force the heart to work harder and increase blood pressure for an extended time.

Prolonged stress can also lead to unhealthy weight gain. Researchers at the University of Miami found that

when people are in stressful situations, they consume up to 40 percent more food than normal. Obesity and diabetes can result.

Chronic stress also contributes to premature aging, causing wrinkles, muscle loss and poor eyesight. The high demands stress puts on the body can weaken the immune system, often leading to illness and disease.

Signs of chronic stress include headaches, fatigue, irritability, and lack of motivation or focus. If you think you are suffering from too much stress, consult a medical professional.





### How to Clean Almost Anything

We dust bookcases and vacuum carpets, but what about miscellaneous household items like lampshades and window blinds? Here are some tips for cleaning almost anything in your home.

*In the living room.* Run a lint roller over lampshades, furniture and anything else that gathers dust. To clean window blinds, make a mixture of equal parts vinegar and water, then slip an old sock over your hand and dip it into the solution. Use the sock "glove" to clean both sides of the blinds at the same time.

*In the kitchen.* For a fuss-free way to clean a blender, add 3 cups of hot water and a few drops of dish soap, blend for a few minutes, then rinse. To get glassware with a narrow neck sparkling, pour a handful of dry rice into the bottle, followed by some warm water and a squirt of dish soap. Cover the top and shake. If you use your coffee grinder to also grind spices, remove odors from the appliance by processing a handful of plain Cheerios for 30 seconds.

*In the bedroom.* Once a month, vacuum your mattress, then sprinkle baking soda on it. Let the baking soda sit for a few hours to absorb any odors, then vacuum again. Remove dust from pillows, curtains and other non-machine-washable textiles by putting them in a clothes dryer with a damp towel and running it on the no-heat setting for 20 minutes.

## One Minute Chef

### Scrambled Eggs and Ham in a Waffle Cup

#### Ingredients:

- 6 eggs
- 1/2 cup milk
- 1/2 cup sharp cheddar cheese, shredded
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups diced ham
- 1 tablespoon butter
- 8 waffle cups (4 ounces each)
- 4 teaspoons maple syrup, warm, divided
- 1 teaspoon fresh thyme leaves, chopped

#### Directions:

In bowl, whisk together eggs, milk, cheese, salt and pepper; stir in ham.

In 10-inch, nonstick skillet, melt butter over medium-high heat. Add egg mixture; reduce heat to medium-low.

Using wooden spoon or rubber spatula, scrape eggs from edges of pan to center. Continue stirring eggs 3 to 5 minutes, or until fluffy.

Scoop 1/2 cup warm scrambled eggs into waffle cup and drizzle with 1/2 teaspoon maple syrup. Garnish with fresh thyme. Repeat for each waffle cup.

*Find more recipes at [www.Smithfield.com](http://www.Smithfield.com).*



"Humor is such a wonderful thing, helping you realize what a fool you are but how beautiful that is at the same time."

—**Lynda Barry**

"The secret to humor is surprise."

—**Aristotle**

"I realize that humor isn't for everyone. It's only for people who want to have fun, enjoy life, and feel alive."

—**Anne Wilson Schaef**

"A person without a sense of humor is like a wagon without springs. It's jolted by every pebble on the road."

—**Henry Ward Beecher**

"Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air, and you."

—**Langston Hughes**

"When humor goes, there goes civilization."

—**Erma Bombeck**

"A sense of humor is a major defense against minor troubles."

—**Mignon McLaughlin**

"It is the ability to take a joke, not make one, that proves you have a sense of humor."

—**Max Eastman**

"It's good to be able to laugh at yourself and the problems you face in life. Sense of humor can save you."

—**Tegan Quin**

"Humor has bailed me out of more tight situations than I can think of.

If you go with your instincts and keep your humor, creativity follows. With luck, success comes, too."

—**Jimmy Buffett**



## April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Rent Is Due!	1 Rent Is Due!	2 Rent Is Due!	3 Rent Is Due!	4 Rent Is Due!	5 Rent Late 6 Rent Late Oh, No! Late Fees Begin Today
7	8	9	10	11	12 Extermination 30 Building Extermination	13 
14 Inspections 30 Building Inspections	15	16	17 	18	19	20
21	22	23	24	25	26	27
28	29	30				

## "This Month In History" APRIL

**1912:** Considered the first movie palace, the Strand Theatre opens in New York City. The lavish building could seat nearly 3,000 people.

**1924:** The first book of crossword puzzles is published.

**1935:** Congress votes to establish the Works Progress Administration. The WPA created jobs for out-of-work Americans during the Great Depression.

**1947:** A two-lane bowling alley built inside the White House is unveiled. It was an early birthday present for President Harry S. Truman.

**1956:** World heavyweight champion Rocky Marciano retires from boxing undefeated.

**1969:** At the 41st Academy Awards ceremony, Katharine Hepburn and Barbra Streisand tie for best actress. Hepburn won for "The Lion in Winter" and Streisand for "Funny Girl."

**1976:** Barbara Walters is named the first female co-anchor of a network evening news program. She teamed with Harry Reasoner on ABC.

**1983:** Alice Walker wins the Pulitzer Prize for her novel "The Color Purple."

**1993:** The U.S. Holocaust Memorial Museum is dedicated in Washington, D.C.

**2008:** Pop star Beyoncé Knowles weds rapper Jay-Z in New York City.

**2011:** In the largest outbreak ever recorded, more than 300 tornadoes hit 15 states in the southern and eastern U.S.

**2018:** Prince Louis, the third child of England's Prince William and his wife, Catherine, is born in London.