



# At Your Service

*Happy St. Patrick's Day! Happy Spring!*

## *Unusual Holidays in March*

- 1st - National Pig Day
- 4th - Hug a GI Day
- 14th - Nat'l Potato Chip Day
- 16th - Artichoke Hearts Day
- 18th - Birthday of the Pillsbury Dough Boy (1961)
- 20th - Nat'l Ravioli Day
- 29th - Nat'l Lemon Chiffon Cake Day
- 31st - Tater Day

## Senior Center News

March 2010

### *Senior Center Hours*

*Monday—Friday*

*9:00 am—1:00 pm*

←————→  
*Blood Pressure Screenings*

*FREE Blood Pressure  
Screening will be on the  
2nd Wednesday of each  
month.*

*The next screening will  
be Wednesday,  
March 10th  
10:00- 11:00 am.*

### *At the Senior Center...*

The Book Club will meet on Tuesday, March 16th at 10:15 a.m. at the Glen Ellyn Public Library. Please call Sue for more information.  
(630)858-6343

We continue to process the RTA passes for FREE rides on Wednesday, Thursday and Friday, 9:00am - 1:00pm. Please call first to make sure we are in the office.



## Senior Center News

**The Glen Ellyn Senior Center** will be hosting a trip to visit and have lunch at Clare Oaks in Bartlett on **Thursday, March 25th.**

A bus from Clare Oaks will pick up the group at Grace Lutheran Church, 493 Forest Avenue, Glen Ellyn. Please be at the church at 10:00 a.m.

Please call Sue on Mondays or Tuesdays to register or for more information. (630) 858-6343

\*\*Note - the incorrect date was put into the February newsletter!



# What's Happening At the Park District

## Glen Ellyn Park District *Senior Adult Tuesday Luncheon*

Look out for the "Lucky Leprechaun" this month! We're playing a St. Patrick's Day game to get you ready to celebrate this fun day! Wear your green today and you may be the winner of a "pot-o-gold!" This month's menu includes baked ham, garlic mashed potatoes, green beans, fresh fruit salad, rolls and apple pie. Don't forget to pick up your free raffle ticket at the door.



12:00 - 2:00 p.m.

Tuesday, March 9th

Maryknoll Park, 845 Pershing Ave.

Cost: \$7.00

Call (630) 858-2463 to reserve your spot by  
Tuesday, March 2nd



## What's Happening at the Glen Ellyn Public Library

400 Duane Street, Glen Ellyn (630) 469-0879

### **GREAT MAGAZINE GIVE-AWAY**

*Friday, March 12 &  
Saturday, March 13  
9:00 a.m. - 5:00 p.m.*

The Library will be giving away older magazines to make room for the most recent editions. Come to the meeting room on the first floor to take home as many free copies as you want. Most are 4 years old, but some are newer editions of magazines that we no longer subscribe to.

### **BIG BOOK SALE**

*Saturday, March 20  
11:00 am - 5:00 pm*

*There is an early entry fee of \$5 from 9-11 or \$10 for book dealers with scanners. Admission is FREE from 11-5.*

*Sunday, March 21  
1:00 pm - 4:00 pm*

*Admission is FREE all day Sunday. Bags of books will be sold for \$5. Bags will be provided at the sale.*

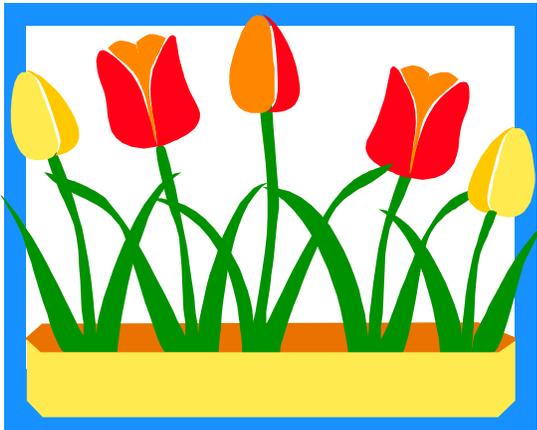


# Extra Brain Exercises for March

## Have A Little Fun ...

### Pencil Pastime

Grab a pencil and paper and come up with at least 14 words which contain the sequence **R O B**.  
A score of 8 is good; 10 is splendid; and 12 puts you with the pros.





## Slips That Pass In Type



Even aided with spell-checkers, typos still sneak by in newspapers. Here are just a few funny ones.

- ◊ Found: One white rabbi with brown ears. Found hopping down 3rd Avenue.
- ◊ Geodie Jefferson celebrated his birthday last week with a party for eight little friends.
  - ◊ He received his graduate degree unclear physics.
- ◊ It's said there are more golf curses per square mile in North Carolina than anywhere else in the world.
  - ◊ He is a charismatic speaker and a major farce in politics.
  - ◊ Busy lawyer seeks alert young women to serve as deceptionist.

## LAUGH - A - LITTLE



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## March Facts About the Month

For the Romans, MARCH was the first month of the year, which is why the names of later months - October (the eighth month), November (the ninth month)- are out of sync with our modern calendar.

The blue of the AQUAMARINE, birthstone of March, is from iron. It's said that wearing an aquamarine crystal soothes marital discord.

DAFFODILS, the flowers of March may have been brought to Britain by the Romans, who believed the plants gelatinous sap could heal wounds.

The saying, March comes in like a LION and goes out like a LAMB, refers to the wind and weather changes, when we say good-bye to winter and hello to spring.

The first use of KITES to secure weather information was made by Alexander Wilson of Scotland, who in 1749 used them to carry thermometers aloft.

## What's In A Name?

On March 3rd, we celebrate Fun Facts About Names Day. So in honor of this off-beat day, here's some entertaining trivia about names you might have heard.

Chef Boy-ar-dee was an Italian immigrant and inventor. Boy-ar-dee is a phonetic spelling of his name, Hector Boiardi.

Boiardi devised the recipe for his now famous spaghetti in a small room above his Cleveland restaurant in 1929. His picture still appears on the label.

Samuel L. Maverick was a Texas cattle baron in the mid-1800s. He had so many unbranded stray calves they became known as mavericks. The term came to include independent minded people as well.

Brandley, Voorhis and Day were owners of an underwear manufacturing company. The product was known by their initials: BVDs.

R.J. Lechmere Guppy was a clergyman living in Trinidad. He sent several species of fish to the British Museum, including the tiny specimen that bears his name.

Jules Leotard was a renowned French acrobat of the 19th century. He designed and introduced the tight-fitting outfit "that does not hide your best features."



## You Don't Have to be Irish...

...to enjoy this fun trivia about things **IRISH**

**IRISH COFFEE** is a beverage made with hot, sweetened coffee and Irish whiskey (made from barley), topped with whipped cream.

**IRISH MOSS** isn't a moss at all, but a reddish seaweed. Also, called carrageen after a village in southeast Ireland, the edible plant is a source of a gelatinous substance used in a myriad of foods.

**IRISH SODA BREAD** This classic quick bread uses baking soda as its leavener. Before baking, a cross is slashed in the top of the bread. Legend says the purpose of the cross is to scare away the devil.

**IRISH SETTER** Experts believe the Irish Setter was developed from a mix of English and Gordon Setters as well as the Irish Water Spaniel, Irish Terrier and the Pointer. The first "solid red" Irish Setters were bred in the early 19th century.



### WHERE'S THE CORN?

The "corn" in "corned beef" actually refers to the grains (in old English "corns") of coarse salt that were used to extend the beef's shelf life without refrigeration.

These days, we still enjoy corned beef for the great taste and the appealing texture we get from such a long brining.

## SPRING is in the Air!



Spring arrives officially on March 20th. At precisely 1:32 p.m. EDT on the 20th the sun will cross directly over the Earth's equator.

This moment is known as the vernal equinox in the Northern Hemisphere. Translated literally equinox means "equal night" because the sun is positioned above the equator - day and night are about equal in length all over the world.

There is no shortage of rituals surrounding the coming of spring. It was recognized as New Year's Day and spring was often celebrated with eggs (beginnings) and rabbits (fertility)... see the theme?

So no matter how celebrate spring, we hope you have a very happy season.



# Health Watch

## Vanilla and Blood Thinners

Vanilla from Mexico and some other countries may be made with tonka-bean extract, which contains *coumarin*, a relative of the blood-thinning drug warafin. People who take blood thinners should avoid extracts made from tonka bean or extracts sold in packages that don't list the ingredients.

-OnHealth

## Bad Weather for Eye Surgery

Weather can affect the success of LASIK surgery, used to correct poor eyesight. It seems that the hotter and more humid it is when doctors perform the operation, the more likely patients are to come back for follow-up procedures. High humidity can apparently cause the cornea to swell, affecting the surgeon's accuracy.

-AARP

## Hostile at Heart

A three-year study of 774 men found that hostility was a better predictor of heart disease than high blood pressure, obesity, smoking or high LDL cholesterol.

-More

# Poison Reference Chart

Please cut out and keep near the phone

Poison Control Center:

1-800-222-1222

Here are types of poisonings.

**Poison in the eyes:** Flush eyes immediately with a flow of room temperature water for 10 to 15 minutes. Rinse from the top of the nose toward the side of the face and away from the other eye.

Don't splash water into the eye, wipe it with a wet cloth or use eye drops. Call Poison Control.

**Poison on the skin:** Remove contaminated clothing and rinse the areas with room temperature water and soap. Call the Poison Control Center.

**Inhaled Poison:** Get the victim to fresh air and avoid the breathing of more fumes. If the victim is unconscious or not breathing, call 911. Begin CPR.

**Ingested Poison:** Do not wait for symptoms to appear. Don't make the victim vomit before calling the Poison Control Center. Describe the product and take the container with you if you are instructed to go to the emergency room.

**Bites and Stings:** Most stings from bees, wasps and nonpoisonous spiders are not harmful. If bitten by a poisonous spider, snake or water creature, never use a tourniquet. Don't put ice on the bite and never cut the skin and suck the venom. Call Poison Control.



## Spring Ahead But Watch Your Heart

Turning the clock forward for daylight saving time is a nuisance for most Americans and a sleep thief - and now it seems it's also bad for your heart. Analyzing 20 years of data, scientists in Sweden found that the number of heart attacks typically rises 6 to 10 percent for the three days after clocks jump forward; the day after the clocks are set back each fall, heart attacks fall by 5 percent. A lack of sleep may be to blame for the danger. This year, hit the sack early after resetting your clock. But the good news is it seems that people over 65 are less apt to be harmed by the time change - perhaps because retired folks are less tied to the clock.

### Daylight Time Trivia

- Daylight Saving Time begins for most of us on March 14th and ends November 7th.
- It's Daylight Saving Time, NOT Daylight SavingS time. We are saving daylight so it is singular.
- Daylight Saving Time was first observed during WW1 to conserve resources.

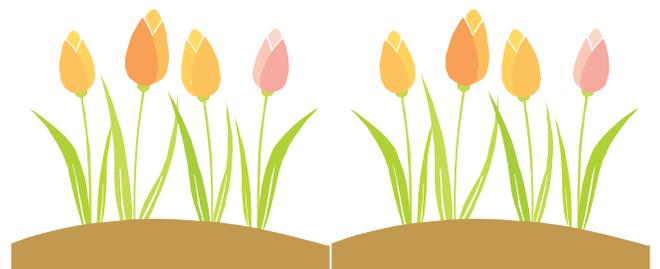
## Tax Time Scam

As if paying your taxes wasn't enough of a headache, now you have to watch out for tax con-artists too! Here's the low-down from the IRS on a common tax fraud scheme.

### Pay the tax, then get the prize.

The caller says you've won a prize and all you have to do to get it is pay the caller the income tax due. **DON'T BELIEVE IT.** If you really won a prize, you may need to make an estimated tax payment to cover the taxes that will be due at the end of the year. But the payment goes to the IRS - not the caller.

**For more information, go to  
[www.irs.gov](http://www.irs.gov) or call  
**1-800-829-1040****

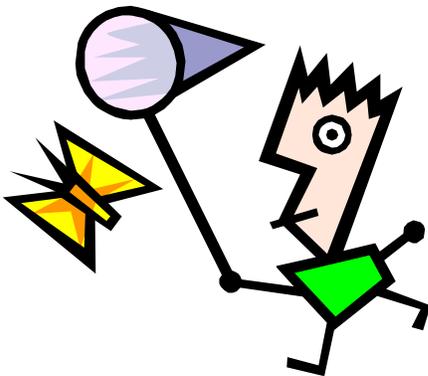


## **IMPORTANT INFORMATION!!!!**

### **FREE TAX AIDE**

Free counseling for senior citizens completing income tax returns will be available Mondays, beginning February 8th through April 12th, 2010 from AARP Tax-Aide volunteers. The counselors are trained and certified by the Internal Revenue Service.

Please call 858-2463 for more information or to make an appointment. All appointments are located at Glen Ellyn Park District, Main Street Recreation Center, 501 Hill Ave., Glen Ellyn.



Answers to the Quizzes/Puzzles

**GLEN ELLYN SENIOR  
CENTER**

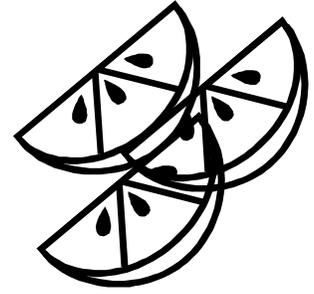
493 Forest Avenue  
Glen Ellyn, IL 60137

Phone: 858-6343 Jodi & Sue

Email: [seniors493@geseniors.net](mailto:seniors493@geseniors.net)

Website: [www.glenellyn.org/Senior/Senior](http://www.glenellyn.org/Senior/Senior).

## Recipe for March Orange Blossom Brownies



2/3 Cup Butter  
4 Squares Unsweetened Baking  
Chocolate  
1/4 Cup grated orange rind  
1 tsp. Orange extract  
4 eggs

2 Cups sugar  
1 tsp. vanilla  
1 Cup flour  
1/2 tsp. salt  
1/2 tsp. Baking powder  
1 Cup pecans, chopped

- 1) Melt the butter and chocolate squares, then stir in the orange rind and orange extract. Set aside.
  - 2) In a large bowl, beat together the eggs, sugar and vanilla. Stir in the butter and chocolate mixture. Add the flour, salt and baking powder. Stir just until combined, then add the pecans. Pour into a well-greased 9x13 pan.
  - 3) Bake at 350° for 30 minutes. Let cool in the pan before cutting into squares.
- Yield: 18 servings

Glen Ellyn Senior Center  
493 Forest Avenue  
Glen Ellyn, IL 60137

