

# THE ACORN

SHERWOOD OAKS NEWSLETTER

100 Norman Drive, Cranberry Twp., PA 16066

[www.sherwood-oaks.com](http://www.sherwood-oaks.com)

October 2023 “For the residents, by the residents” Vol. 42, No. 8

## *A Rare Blue Moon ...*



Photo by Kathie McCormick (Aug. 30, 2023)

*... over Sherwood Oaks*

*Gentle Readers:*

*It's hard to believe that October is actually upon us. That means, of course, that the season is autumn, and that the mostly sunny days are on their way out. We should not complain, however, as good weather was with us for most of September.*

*October also means (eventually!) the re-opening of the auditorium. You will note lots of announcements in this issue of programs designed to inform or entertain us being scheduled for that site. We expect that all of us – including newer residents who have never even seen what it looks like – will be glad to have that space available again for special events. Look for items in the articles on Continued Learning, Focus on the World, and Life Begins at 90, for starters.*

*See you in the Auditorium!*

The Editors

It's OK to let your children see you cry.

Don't compare your life to others. You have no idea what their journey is all about.

Everything can change in the blink of an eye, but don't worry, God never blinks.

Be eccentric now. Don't wait for old age to wear purple.

No one is in charge of your happiness but you.

### Summer Flowers



Photo by Nancy Marshall

## OCTOBER CALENDAR

Internat'l Day of Older Persons	Oct. 1
Columbus Day	Oct. 9
Indigenous Peoples' Day	Oct. 9
World Food Day	Oct. 16
United Nations Day	Oct. 24
National Black Cat Day	Oct. 27
Hallowe'en	Oct. 31

### THE ACORN

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Submissions for the November issue must be sent to the Editor no later than

**October 15, 2023.**

### Memorial Donations and Remembrance Cards

Did you know? Donation envelopes and remembrance cards are located on the memorial table in the lobby. The donation envelope lists many options to choose from when contributing in memory of a resident or loved one. Remembrance cards can be filled out and placed in Cubby #346; they will be collected and given to the spouse/family.

## **DONNA ARTZ - #183**

By Barbara Scruggs - #317



Photo by Scott Vogel

Donna Artz – master gardener, world traveler, mountain climber, motorcycle rider, parachute jumper, advanced aquatics instructor, health and physical education teacher! She is also a friend of Ann Ferguson, who persuaded her to come to Sherwood Oaks. We are so happy that she did.

Donna grew up in Blawnox, PA. Although she and her husband attended the same high school there, they did not date until becoming re-acquainted at their 10<sup>th</sup> reunion. They had a son and a daughter, before her husband unfortunately died of cancer in 2004. Other family members include two sisters and two grandchildren. Her father died recently at the age of 95.

Having attended Slippery Rock University, where she earned a master's degree in health and physical education, Donna later took courses at the Phipps Conservatory and became a Penn State master gardener. She also taught college-level water skiing and advanced aquatics.

Donna has traveled widely, her favorite destinations being Australia and New Zealand. She is an adventurer: in her twenties, she owned and rode both a motorcycle and a Porsche! On an Outward Bound trip to Oregon, she visited the Three Sisters Wilderness area and climbed the

middle of the three mountains. Still in her twenties, she parachuted from an airplane, after all-day instruction on how to pack the chute and how to jump. The chute, which was actually attached to the plane, automatically released and opened at the proper time. There was a target on the ground; the jumper was expected to turn the chute left or right as needed to reach it!

On the ground, Donna enjoys gardening and reading. Lovely plantings, as you might guess, are inside and outside of her enclosed patio. She is, in addition, an avid reader, especially of mysteries, fantasies, and biographies. What impressed me the most is that, in her patio room, she has a treadmill fitted with a book rack – thereby enabling her to walk and read at the same time. How great is *that*?!

One item inside her house particularly caught my eye. In a corner of her living room, there is a fireplace – an ivory fireplace, which is, of course, a heater. Donna says it is not there especially for heat, but for a place on which to put candles or hang stockings. What a wonderful warm touch from our charming new resident! You will truly enjoy getting to know her.



## **SASSY NEEDS WARMTH IN OLD AGE**

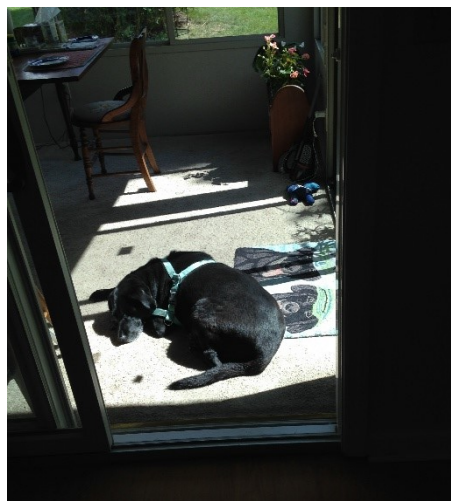


Photo by Jim Mauch

## DICK AND RUTH LASURE - #306

By Jan Wendt - #158



Photos by Scott Vogel

For natives and longtime residents of Buffalo, NY, Dick and Ruth Lasure have more than a nodding acquaintance with The Burgh and Sherwood Oaks. During Dick's long career in sales and marketing with JP Stevens and Pella Windows, his territory encompassed the Buffalo, Pittsburgh, and Cleveland triangle.

Twice in their journey together they have had homes here, one in Scott Township and the other in the North Hills. During those years, they made lifelong friends, several of whom can be found on our campus and are now their neighbors again. "Pittsburgh is like a comfortable old shoe," says Ruth. "It's good to be back."

But their story begins in Buffalo, where they met in high school. Afterwards, Ruth went off to Michigan State University, while Dick stayed closer to home at the University of Buffalo, where his education was interrupted for a stint in the Navy, then a return to UB to complete his degree. The two reconnected, married, and started a family, which grew to include two sons and two daughters. The "kids"

now live in the Charlotte, NC, Washington, DC, and Asheville, NC, areas. Dick and Ruth have one grandson.

For most of the last 40 years, they were happily ensconced in a home in a wooded area of Orchard Park, a suburb of Buffalo, which they loved. Eventually, they considered downsizing, but found nothing that appealed to them in their area. Two of those dear, old Pittsburgh friends were Connie and Gary Brandenberger, whom the Lasures had visited at Sherwood Oaks a number of times. "Once we really thought about it, it was a no-brainer," admits Ruth. The move also nicely puts them several hours closer to their children and grandson.

For a time, when they lived in Pittsburgh, Ruth was in a book club with Thea Stover (#608), and the late wives of Larry Brown (#615) and John Houston (#617). The men often joined their reader-wives on social occasions, so these are bonds the Lasures are now happy to renew.

Both have been avid golfers. Dick enjoys reading, staying abreast of current events, and exploring the campus on his scooter. Ruth is an active gardener, attends Aquacise, and is looking forward to joining the Book Club. She has also long been a recycler, and has recently scouted out a nearby municipality that *will* recycle glass. She has conveyed that information to our recycling committee.

In addition to all their old friends, the Lasures look forward to making new ones here, so do find an opportunity to connect with them and welcome them to Sherwood Oaks!

## LIBBY LLOYD - #174

By Jean Henderson - #346



Photo by Scott Vogel

My old friend Libby may have the most unique new resident story yet! She moved here from McCandless, where she'd lived for 13 years, and was in her patio home less than two weeks when she had a medical episode which put her in the ICU, then in our SNU, and then in PC, for several weeks. Thanks to SNU's great care, along with intensive therapy, Libby is now finally enjoying her new patio home.

Libby grew up in Beaver with two brothers (both still living there), graduated from Beaver High, and attended Grove City College. Her first and third marriages ended in divorce. Her second was to the love of her life, Bill Aher, who sadly perished in the USAir plane crash in Hopewell Twp. on Sept. 8, 1994. They had been married for 18 years.

Libby has three children, 2 sons in Boulder, CO, and Chicago, and a daughter in Wexford. She dotes on 5 grandchildren – 3 of them close by in Wexford, including twins – a boy and a girl!

Her employment included serving as Secretary to the VP for Finance at Suburban Hospital in Bellevue. She also

owned a knitting shop on Route 19 in Wexford called Knitters Nitch. Needless to say, she is an accomplished knitter and is active in several knitting circles, including one with me in Ben Avon and another with resident Mary Bouwkamp. She has knitted blankets for the Linus Project and is already knitting Caps for Kids here at Sherwood.

Libby also enjoys reading and is helping in the Library with choosing new books. Bridge has been a long-time love, especially with a group of old friends dating back to college days, who still play bridge together!

Our new neighbor loves to travel, having been to Egypt, Ireland (her favorite), France, Germany, and Rehoboth Beach for years. There were also many cruises to the Caribbean, where she delighted in dining at the Captain's Table.

Libby is appreciative of all the services offered by Sherwood Oaks and the many residents who have welcomed her. She has already become an active resident! Do take time to meet this lovely lady, Libby Lloyd!

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### A Sherwood Sight in the Fall



Photo by Rabe Marsh

## PALA AWARD WINNER



Photo by Roberta Breninghouse

*Front row:* Becky McGinnis, Bethany Martin, Chrissy Wilhelm, Julie Alakson; *Back row:* Sue Hoffman, Karen Obringer, Annette McPeck, Mark Nord

## KEYSTONE AWARD FOR OUTSTANDING NURSE CAREGIVER OF THE YEAR

By Lori Greer, Regional Administrator,  
Personal Care/Assisted Living, UPMC

Every year the Pennsylvania Assisted Living Association (PALA) recognizes a Personal Care and Assisted Living community-licensed practical nurse or registered nurse who demonstrates leadership and provides quality person-centered care and clinical expertise. We are so proud to announce that Bethany Martin has been chosen to receive this award. Bethany is a registered nurse with 13 years of service at Sherwood Oaks. She primarily works in the Oak Grove Center; however, she assists on other units as needed. She also provides support to other UPMC Assisted Living & Personal Care homes by providing training and conducting mock surveys.

Bethany has furthered her education while managing her job responsibilities and family life. She attended the 100-hour administrator class and earned her PCHA license. She assists as an ad-

ministrator designee in my absence. She also encourages the staff pursuing further education. She provides flexible schedules to ensure that the employees in school can successfully manage a work-school-life balance.

Bethany also took on an additional role as educator. She successfully completed the Alzheimer's Association Habilitative Approach curriculum. Using the material, she organized staff trainings to ensure that our employees were trained in the approach. Additionally, she successfully completed the American Heart Association Basic Life Support Instructor Training and provides classes within all levels of care at Sherwood Oaks and at other facilities within our senior communities.

Bethany demonstrates a high level of professionalism and integrity in her performance. She is a true team player and a strong advocate for resident rights. As her supervisor, I receive many family and visitor compliments about her professionalism, caring nature, and thoroughness.

Please join me in congratulating Bethany on this well-deserved award.

## FLOWERING BUSH



Photo by Rabe Marsh

## CONGRATULATIONS TO HEATHER!

By Jean Henderson - #346

Our own Heather Metheny, an RN in the SNU, has won the DAISY Award, which stands for "Diseases Attacking the Immune System." This is an international program honoring the skillful care by nurses. Heather was nominated by the family of a patient in Skilled Nursing.

Heather grew up in Hopewell and now lives in New Brighton. She has her associate degree from Community College of Beaver County and is working on her BSN through the University of Phoenix.

Heather loves working at Sherwood Oaks and especially enjoys her patients. We're proud of you, Heather!

### Heather Metheny



Photo by Mark Nord

## CAMPFIRE AT THE FIREPLACE

By Barbara Rankin - #123

Unfortunately, the Aug. 23 Campfire was rained out. Because it was to have a Hallowe'en theme, we have decided to do a "Campfire at the Fireplace" on **Tues., Oct. 31**.

We will share Hallowe'en stories and Pumpkin Carols (yes!), but the fireplace is not, alas, conducive to S'Mores.

We'll begin at 6:45. That way, those who do not come to dinner in the Dining Room can ride the 6:30 Community Bus to the Center. The Campfire will last about 30 minutes, and a bus will be available to take all who wish back to their parking lots.

We hope to see you there! Costumes are optional....

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## LIVING WITH LOSS NEWS

By Jean Henderson - #346 and  
Jan Wendt - #158

Our third **ANNUAL MEMORIAL SERVICE** is now set for **Sat., Nov. 18, 2023, at 1:30 p.m.** in the Auditorium/Card Room. For the first time in several years, relatives of those being remembered are invited. The service includes reading the names of all residents and staff who have died since September 2022. Please plan to attend.

A **GRIEF SUPPORT GROUP** will meet on four Thursdays: **Oct. 19 & 26** and **Nov. 2 & 9**, in the Chapel, from **1:30-2:30 p.m.** It will be led by Sam Blair, chaplain at Bridges Hospice. Since space is limited, contact Jan Wendt (x8158) to register for the four meetings.

## **WHAT'S NEW WITH SORA? (SO Residents Association)**

By Jane Lohman, Secretary - #717

**NOTE: Complete minutes are always available for review on the SORA bulletin board in the mailroom and in the SORA binder in the library.**

Data from minutes for the Sept. 5, 2023, monthly board meeting follow.

**Award Presentation:** SORA President Gary Brandenberger presented the national Daisy Award for compassionate care and outstanding service to Heather Metheny, a member of the Skilled Nursing staff.

**SORA Operating Treasurer:** The SORA operating treasury balance is \$71,751.61, plus two 9-month CDs totaling \$25,000. Total Resident fees collected to-date are \$11,940 toward the approximately \$20,000 projected amount needed to fund committee activities.

### **Liaison Reports:**

**Trips and Tours:** A variety of activities with sign-up sheets are posted on the mailroom bulletin board.

**Landscaping:** Replacements for the diseased boxwoods at the Sherwood Center are a priority item.

**Recycling:** Pine Township has established a glass recycling program in the township building parking lot at 230 Pearce Mill Road.

**Dining Committee:** Sunday hors d'oeuvres will resume soon.

**Focus on the World:** A video about International Peace Day will be shown on Channel 951 on Sept. 21. A representative from RiverWise organization will speak on Oct. 28.

**Crazy Crafters:** Two sections of pottery classes are underway.

**Technology Committee:** A presentation about the Sherwood Oaks App (SOAPP) will be made at the next SORA quarterly meeting. In addition to Scott Desmond's Monday morning help session, Jason Lyle will provide computer assistance on Wednesday mornings in the Computer Center.

**So and Sew:** 539 knitted and crocheted Caps for Kids have been collected to date.

**Woodshop:** Woodshop & Landscaping committees have created a sculpture outside the mailroom door, named "Mr. Clay Potts."

**Program Committee:** Jno Hunt and Anna Singer are two upcoming speakers.

**Living with Loss:** Annual memorial service will be held in November.

**Executive Director:** Census: IL 193/250 – 4 homes under contract. Lunch and Learn events are scheduled in September, with an Open House in Oct. SN 34/43 (5-star CMS rating); PC: 28/42; OGC: 30/30. Auditorium project scheduled for completion by mid-October. Five employees hired after Aug. career event. We anticipate offering flu and COVID-19 booster shots in Oct.

**Old Business:** Progress on Resident "Wish List": Phase one of auditorium renovation is nearing completion; Summerhouse walkway has been repaved; construction bids are being sought for Summerhouse area development proposals; campus walkways are being repaired and painted.

**New Business:** Financial reviews of Operating Fund, Employee Appreciation Fund, Memorial & Special Projects Fund, and Gift Shop will be performed by the end of Sept.

**Next Monthly Board Meeting:** Tuesday, Oct. 3, 2023, at 1:30 p.m. in the Card Room. All Residents are welcome.

## From **FOCUS ON THE WORLD**

By Bruce Cooper - #715

Plans for the 4<sup>th</sup> quarter of 2023 have been put in place, with speakers in October and November and an important video on Channel 951 in December. The programs on Oct. 19 and Nov. 16 will start at **7 p.m.**

- On **Oct. 19**, hopefully in the renovated Auditorium, Daniel Rossi-Keen, Executive Director of RiverWise, will provide insights into the work of his organization to improve the lives of residents of Beaver County;
- The next collection to benefit The Lighthouse Foundation Food Bank will run **Oct. 12-19**. Place your food items in the boxes on the bench in the Scooter Room. A list of preferred items will be found on the bench and on a slide on Channels 950 and 951. If you would rather donate money, please make your check payable to Lighthouse Foundation, with 'Food Distribution' on the memo line, and place it in the small box marked for money donations or in Cubby 715;
- With Veterans Day celebrated on Nov. 11, Jim Skal of Outdoor Immersions will be with us on **Nov. 16** to tell us about the organization's important work with veterans as "a Community Care Mission using outdoor activities to create connections of friendship, moving them from isolation to community and rebuilding resilience physically, mentally and spiritually";
- On **Thurs., Dec. 21**, 'Living Soil,' a video highlighting the benefits of regenerative agriculture, will be shown on Channel 951 at 10:00 a.m., 3:30 p.m., and 7:00 p.m.; encore presentations on Channel 951 are on **Fri., Dec. 22**, at 10:00 a.m. and 3:30 p.m.

The members of the Focus on the World Activity hope that these presentations will provide 'food for thought' about the world in which we live.

## **CONTINUED LEARNING**

By Jno L. Hunt - 308

We have a strong and varied lineup of speakers scheduled for this fall. We are starting one week later than usual due to the renovations to the auditorium, but all programs will begin promptly at **7 p.m.**:

**Oct. 10:** Jno Hunt – Rossini's *Barber of Seville* (might be presented in the Card Room)

**Oct. 16:** Dr. Michael J. O'Malley from UPMC – Joint Replacement

**Oct. 23:** Mark Williams from the Carter Center – Status of Voting Rights

**Oct. 30:** Don MacLeod from The Frick – 1893 Chicago World's Fair

**Nov. 6:** Deb Miller – Teaching Deaf and Blind Children

In addition, we have scheduled a regular series of programs on Channel 951. Initial airings on Tuesdays are at 10:00, 3:30, and 7:00. Encore presentations are usually on Thursdays at 10:00 and 3:30.

**Tues., Oct. 3:** The World's Great Paintings, Lectures 21 & 22; Encore on **Thurs., Oct. 5**

**Tues., Oct. 10:** Inventions (17 & 18). Encore on **Thurs., Oct. 12**

**Tues., Oct. 17:** Iceland, Experiencing the Raw Forces of Nature. Encore on **Wed., Oct. 18**

**Tues., Oct. 24:** Comparative Religions (19 & 20). Encore on **Thurs., Oct. 26**

**Tues., Oct. 31:** Living in the Time of Dying. Encore on **Thurs., Nov. 2**

## FURRY FELINES OF SHERWOOD OAKS: PART #7

By Kathie McCormick - #188

Here is AIDEN, who owns Jan and John Pasuit, living in #218:



Aiden is the Pasuits' 16-year-old long-haired, male orange cat. He was "arrested" by the Coraopolis Animal Control for running around after curfew and was taken to a Pittsburgh shelter for adoption. Jan met him in the shelter's office, where he had endless energy and was running amok. He had been named appropriately "Aiden," a Gaelic name meaning "little red fiery one."

Although Aiden thought he was Alpha Cat, the females would push him away from his food bowl. He reasserted his position by using a special talent to get food whenever he wanted. Aiden would open the food cabinet with his foot, climb in, chew a hole into the bag, and make a tremendous mess while eating. After the food fell onto the kitchen floor, the girls joined the feast.

The Pasuits slid yardsticks through the door handles, which worked unless they forgot to use them. Next, they put the food into a metal can with a lid. As shown in the photo, Aiden used his nose to open the can! They finally foiled his talent by putting the food into Tupperware containers.

Although their Sherwood Oaks cabinets are too heavy for him to open, Aiden can open completely closed pocket doors. By banging his head against the door until it opens an inch or two, he can press a paw into the opening and push the door open enough to insert his head and squeeze through.

Now that Aiden is a senior citizen, he rarely runs through the house, but he does enjoy skating on the wood floors, sitting in laps, and, of course, yelling for food.

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Now let's meet KENZIE, a three-year-old lady, living with John and Liz Hayter in #111:



Kenzie is a lovely blue-point "Birman," a breed developed from Siamese and Persian ancestors. She has white paws and a soft, long-haired coat.

Kenzie also has an amazing gymnastic ability, which John and Liz discovered shortly after bringing her home from the breeder. Although they had seen top skaters perform triple axels (three rotations in the air) at figure-skating championships on television, they were incredulous when their new kitten started

doing them on a fairly regular basis while playing with teaser wands. Although they didn't think anything could possibly top this, Kenzie shocked them again one day when she suddenly began jumping from the floor to the top of a 28" scratching post, remaining there, perfectly balanced on the 3-1/2" radius top, while Liz and John looked on with disbelief.

Her favorite place is no surprise – the patio, and she is truly a prima donna! In spite of having to move initially to #111, then to Oak Lodge during the water main break, then to #269, and finally back to #111 (once the water issue was solved), she took everything in stride, with no adjustment problems!

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Our next feline star is Callie, a two-year-old living with Claudia Jones in #272.



Callie is a very pretty calico cat from the Butler Humane Society. Claudia wanted company, and Callie is certainly willing to be her buddy, although it did take a little while for her to warm up. Now, one of her

favorite pastimes is watching TV while sitting in Claudia's lap. Or she flies out to greet her when she returns home.

She also plays with all kinds of toys. She has a basket full of them, and Claudia rotates the selections to keep her busy.

Callie did provide quite a scare during her first week in residence at Sherwood Oaks. Claudia had left a window open just a little and went out for a short time. When she returned, Callie was nowhere to be found. Claudia looked everywhere, every drawer, every cupboard, every nook and cranny. No Callie. Did she go out the window?! After Claudia searched for several frantic hours, Callie meandered across the living room as if nothing had happened. Whew!!

She does have a favorite hiding place. It is behind the washer/dryer, and she can neither be seen nor caught when there! That is where she chooses to go whenever she is startled or afraid or when she wants to be invisible.

Callie sleeps on Claudia's bed in her OWN bed and doesn't like Claudia to sleep in too late. Little pats on the face are better than an alarm clock!

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*Getting old is like climbing a mountain; you get a little out of breath, but the view is much better. – Ingrid Bergman*

*My face carries all my memories. Why would I erase them? – Diane Von Furstenberg*

*I have kleptomania, but when it gets bad, I take something for it. – Robert Benchley*

*The first suitcase on the carousel never belongs to anyone. – George Roberts*

*Lawyers believe a man is innocent until proven broke. – Robin Hall*

## COOPER'S CLIMATE CAPSULE

By Bruce Cooper - #715

On our recent trip to Europe, Monika Dalrymple and I spent time in the mountains of Switzerland. While the snow-capped peaks of the Jungfrau and other mountains were visually spectacular, the rubble left where glaciers used to provide fresh water for our benefit was a reminder that we are rapidly running out of a resource that is crucial to all life.

Mother Nature is continually seeking equilibrium. Over the last seventy years, we humans have massively knocked the planet out of equilibrium, and scientists have been studying the effects of our knocking. (Watch this month's climate video.) Because all of nature is interconnected, the ripples of the shock to the system have reached everywhere, from melting glaciers to bleaching coral reefs to the beginnings of a 6<sup>th</sup> mass extinction.

The planet will adjust; we may not be able to. Unless we take drastic, and rapid, action to stop the acceleration of heating the planet, we may not be able to leave a livable home for our children and grandchildren.

The study of climate science has pointed the finger at fossil fuel emissions as the major cause of our crisis. But rather than joining the fight to save the planet, the fossil fuel industry has doubled down on increasing emissions.

Without a demand for fossil fuels, there would be no reason to drill, or lay pipelines, or refine those fuels. So it is up to each of us to find ways to reduce that demand. Our recycling of plastic here at Sherwood Oaks is but one way we can help to slow, and then reduce, fossil fuel emissions, keeping the earth from lurching to an unlivable future. Please, please help.

**Watch *Understanding the Science of Climate Change* on Channel 951 on Monday, Oct. 9, at 10:00 a.m., 3:30 p.m., or 7:00 p.m. Encore presentations are on Wednesday, Oct. 11, at 10:00 a.m. and 3:30 p.m.**

## LIFE BEGINS AT 90!

By Jno L. Hunt - #308

In the early days of television in the mid-'50s, there was a TV show called "Life Begins at 80." The format consisted of a host who interviewed a panel of four octogenarians about their memories of their childhoods and significant events of their lives. Well, some 70 years later, 90 is the new 80! On **Oct. 28 at 7 p.m.** in the auditorium, the Program Committee is presenting "Life Begins at 90!" Our own expert on memories, Ellen Brierly, will interview four of our own nonagenarians about their childhoods and memorable events of their lives. It promises to be an informative and fun event.

## TROPICAL PLANTS IN WINTER

By Carolyn Broeren - #739

Residents in past years have wintered their large tropical plants in the warmth of the pool area. If you would like to take advantage of this benefit, you must continue to care for your own plant. You must also provide a receptacle to prevent water damage to the carpet, and remove the plant the following spring. Please notify me by phone (724-591-5666) or by email (cbbroeren@gmail.com), or any other member of the Swimming Pool Committee, if you plan to winter your plant. We must know the owners of the plants in the pool area!

## THOUGHTS ABOUT VACCINES

By Warren Howe - #337

On behalf of the Health Affairs C'tee

It's autumn, and our thoughts naturally turn to spectacular colors, falling leaves, cooler weather, and the approach of winter. Less prominent are thoughts about the health implications of this season, particularly vaccinations to prevent or minimize modifiable diseases; however, this is a wonderful time to consider those and schedule a conference with your primary care physician to be sure you understand the options and specific recommendations for you as a senior citizen and a unique individual.

Vaccines that we should all consider include those for shingles (herpes zoster), pneumococcal pneumonia, influenza, and tetanus. Recently, vaccines for COVID-19 and RSV (respiratory syncytial virus) have been added to that list.

*Shingles* is a painful rash that develops in many people who have, at some time, had chickenpox, which includes almost all current seniors. A two-dose vaccination with Shingrix, the only currently available zoster vaccine in the USA, is highly effective at preventing this often-disabling illness.

*Pneumococcal pneumonia* can be a very serious illness for seniors, and over the years there has been a progression of vaccines targeting its prevention. It is highly appropriate to review your pneumococcal vaccine history with your primary care provider to assure that you have the most current protection on board.

We all are used to being offered annual *influenza vaccine*, and for good reason. Flu can be a very serious, even deadly, matter for seniors, especially if the senior has complicating factors such as heart

disease, diabetes, lung disease, kidney disease, or a compromised immune system. Flu vaccine is formulated annually to match what the experts think the flu virus (which is changing in its make-up all the time) will look like in season. Some years the match is better than others, but unless you are allergic to the vaccine, it is probably best to get the shot.

*Tetanus* shots after suffering open wounds in childhood and young adulthood are memories for us all, but the risk of the disease persists in seniors unless the vaccine is repeated every ten years or so. Especially for those of us who like to garden or are into hobbies that expose us to cuts and scratches, keeping up on this vaccine is important, although often neglected.

RSV vaccine is new for seniors in 2023. The recommendation is that the process of "shared decision-making," essentially a discussion with one's physician as to whether or not this vaccine would be advisable or appropriate, be used to determine whether or not to receive it.

COVID-19 vaccine remains in the news. The formal CDC (Centers for Disease Control) recommendation is to keep up with "boosters" as they are developed, but concerns about efficacy of the vaccine, and potential serious side effects, are being raised by some experts. As with the other vaccines, your primary care physician is your best source of guidance about this one.

Current vaccines offer ways to reduce the risk of serious health complications from infectious disease. A conference with your primary care physician about your immunization status might help guide action to reduce your risk of these diseases or their complications, and is a worthwhile thing to schedule as autumn approaches.

## CLIMATE CHANGE REVISITED

By Frank Conte - #106

The earth has been experiencing various degrees of climate change throughout its existence. Data show that there have been numerous cycles of heating and cooling. These cycles may be in years, decades, or centuries, going back to before the industrial revolution.

While carbon dioxide has some effect on climate change, it represents only about 0.006% of the earth's atmosphere. Water vapor, which is also a greenhouse gas, exists in a higher percentage.

The real issue is *catastrophic* climate change. Do these increases in carbon dioxide and other gases truly lead to that level of change, considered the basis for the climate initiatives? Various climate computer models have been predicting catastrophic climate changes for years, none of which have come to be.

Recently, two eminent scientists, William Harper of Princeton and Richard Lindzen of MIT, have come forth to challenge the current climate change predictions. (Both have scholarly status and do not fear criticism or "cancel culture.") To summarize their position:

"The unscientific method of analysis, relying on consensus, peer review, government opinion, models that do not work, cherry-picking data and omitting voluminous contradictory data, is commonly employed in these studies and by the DPA in the Proposed Rule." Similarly, "none of the studies provides scientific knowledge and thus none provides any scientific support for the Proposed Rule" (to cut carbon dioxide emissions in the generation of electricity).

A second rejection comes from 1,600 international scientists who have jointly

signed "a declaration dismissing the emergency crisis of climate change." They also insist that carbon dioxide is beneficial to the earth, contrary to the popular alarmist narrative.

I submit that these scientists have provided data that, at minimum, call for an honest and open discussion about the so-called climate crisis. In the meantime, I believe that the constant projections of harmful climate change have led to:

- Creating fear among people, especially children
- Spending trillions of dollars on a problem that may not be real
- Supporting the proponents of catastrophic climate change who stand to lose dollars and are afraid to admit that they may have been wrong.

## LANGUAGE TABLES

By Rosemary Coffey - #113

Many of you may not have noticed that, once a month (except in the summer), we offer residents an opportunity to practice their French or Spanish at a dedicated language table. The French table congregates at **5:30 p.m.** on the first Wednesday of the month; hence it will next meet on **Oct. 4**. The Spanish table, which meets at **noon** on the second Tuesday of the month, will next gather on **Oct. 10**. Please give me a call (x8113) if you plan to join us, so I can make sure our table is large enough! À Bientôt, or Hasta la Vista!

*Take a deep breath. It calms the mind.*

*Whatever doesn't kill you really does make you stronger.*

*Get rid of anything that isn't useful. Clutter weighs you down in many ways.*

## WATER WORKOUT

By Jan Kimball - #226

The following excerpts come from an article titled "Water Workout" by Melissa Layne, M.Ed., University of North Georgia. It appeared on the May 15, 2003, edition of <BottomLineInc.com>.

"Love being in the pool? Water exercise is a non-impact way to stay – or get – in shape. It's also excellent for rehab after an injury or a joint replacement because the water cushions and supports you as you build muscle strength."

In 2007, I had my left knee replaced. When I started physical therapy to regain full use of my leg with my new knee, I spent several PT sessions doing exercises in a small narrow "pool" at the rehab facility. It was the best experience ever. Of course, I did other exercises at home, so the whole package provided me with the best recovery I could imagine at that time. I'm sure you can understand why having a pool at Sherwood Oaks was a big, big plus for me when I was looking for a retirement community.

My first obstacle was to deal with the usual excuses that interfered with getting what I knew to be a great way to help my old, aging muscles and joints. So back to the article:

- *"I feel uncomfortable in gym clothes.* Being in water eliminates the friction of fabric against skin that many people find irritating."
- *"I feel self-conscious.* No one can see you under the water. Wear a robe to the pool, drop it right before getting in. Instead of a swimsuit, try a body suit made for water or even shorts and a T-shirt." (I wear a nylon short-sleeved shirt, a sports bra, and a pair of swim shorts.)
- *"I can't swim.* Stay near the side of the pool. And you don't have to put your head in the water."

Here's something I didn't realize until I read this article.

"In water that reaches:

- *up to your navel*, the impact on your joints is reduced by 50%;
- *at mid-chest* (the level at which most people feel comfortable, especially if they're not strong swimmers), the impact on your joints is reduced by 75%;
- *at the collarbone*, the impact on your joints is reduced by 90%. AND your core muscles will get a great workout because this depth makes keeping your balance more difficult."

At our pool, we have "noodles" that we can use to increase resistance, as well as water dumbbells and kickboards made of foam.

A group of folks gathers in the pool on Mondays and Thursdays from 10 a.m. to 11 a.m. for Aquacise, which has been a fixture here for at least 30 years. The exercises, provided by the American Arthritis Foundation, are resident-led. Some of us modify our routine to fit our needs and abilities. I tend to work on my hips and shoulders, because that's where I feel the most need. It took me a while to realize that I didn't have to push myself to the extremes to get the benefit of this very low-impact workout on my muscles and joints. I have also enjoyed the opportunity to be with my pool pals twice a week for the last 2+ years.

And yes, you have probably heard that there's some singing associated with the exercises. It's totally optional. The songs are just a substitute for counting the repetitions in the exercise. I personally count to myself. Exercising in the pool has made a huge difference in my ability to move with less pain. I love the covered walkways, but the impact on my knees and hips as a workout on dry land is more painful. Maybe you'll give the water workout a try! It takes a little getting used to the exercises, but, like everything else, it gets easier with time.

## CHAPEL NOTES

By Gary Brandenberger - #602

For the Chapel Committee

Services begin at 2:00 p.m.

in the Card Room

Everyone is welcome. Bring a friend.

### Sunday, Oct. 1 – World Wide Communion

Rev. Jean Henderson

Sherwood Oaks

### Sunday, Oct. 8

Rev. Mike Arnold - Christ Church

at Grove Farm - Sewickley

### Sunday, Oct. 15

Rev. James Shoucair

Christ Episcopal Church

Ross Township

### Sunday, Oct. 22

Rev. David Paul

Calvin Presbyterian – Zelienople

### Sunday, October 29

Rev. Emily Miller

Sewickley Presbyterian Church

*“Trust in the Lord with all your heart  
and lean not on your own understand-  
ing.*

*- Proverbs 3:5*

## EGGNOG PARTY PLANNING

By Jno Hunt - #308

Mark your calendars—this year’s Egg-  
nog Party will be on **Fri., Dec. 1.**

Everyone interested in helping to plan  
the party or in becoming a sponsor  
should plan to meet in the auditorium  
on **Tues., Oct. 17, at 11 a.m.** to take  
the important steps to organize a suc-  
cessful party. The first step is to identify

two people to assist my wife Anne  
and me, with the intent of then being  
responsible for the 2024 party. The  
second step is to identify the sponsors  
of the party. This is a resident-only,  
resident-sponsored event. Sponsors  
support the party financially. Last year  
we had 75 of them! The more spon-  
sors there are, the less the cost per  
sponsor. Please contact me or Anne at  
x8308 to volunteer or if you have ques-  
tions.

## OCT./NOV. CURIO CABINETS

By Janet Desko - #210

We would like to say “RAH, RAH, SIS  
BOOM BAH” to everyone who contrib-  
uted “School Day” items to the curio  
cabinets for Sept./Oct. Peggy Meister  
and I thought everything looked great!  
Super job, Sherwood Oaks!

The theme for the curio cabinets in  
Oct./Nov. will be **“Fall Harvest.”** This  
can include any Hallowe’en items,  
pumpkins, Octoberfest objects (beer  
steins, etc.), fall photos, farm decora-  
tions, Thanksgiving décor, etc. Think  
pumpkin spice, and gather your Fall  
stuff.

Please pick up your “School Days”  
items on **Tuesday, Oct. 10**, from **10:30**  
**–noon** and from **4:30–6:00 p.m.**

Then on **Thursday, Oct. 12**, bring your  
**“Fall Harvest”** items from **10:30–noon**  
and from **4:30–6:00 p.m.**

Peggy and I look forward to sharing the  
beginning of the holiday season with  
everyone, starting with our “Fall Har-  
vest” curio theme.



## PLASTIC FILM UPDATE

### IT'S BEEN A YEAR!

By Jan Kimball - #226

Thank you all for contributing more than 1400 pounds of plastic film for our two contract periods with TREX. As you know, we must collect a minimum of 500 pounds of plastic film to be eligible for a free TREX bench for our campus. We hope you have enjoyed using the two green benches that are currently found at the bus pickup location at the Community Center.

We couldn't have met our goals, had it not been for:

- all of you Sherwood Oaks residents and employees who added your plastic film to the blue bags in your trash room, and
- all of the volunteers who collected the plastic film from the trash rooms and gave their time once a week to sort the film for our weekly total, and
- the 594 volunteer hours it took to collect, sort, and deliver the 1400 pounds of plastic film to the collection bin at Giant Eagle.

Well done, volunteers! They were Ruth Inkpen, Betty Eichler, Peggy Rubel, Elinor Castle, Barbara Brock, Emma Peters, Ruth Becker, Randy Plant, Marsha DeBoer, Maggie Bennardo, Barbara Rankin, and myself.

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*Choose your roads wisely and be sure a few of them are dirt.* - John Muir

*Some old-fashioned things like air and sunshine are hard to beat.* - Laura Ingalls Wilder

*Lasers were once a huge scientific breakthrough; now we use them to play with cats.*

*Computers were once a huge scientific breakthrough; now we use them to look at cats.*

*Conclusion: Science was made for cats.*

**Regina Brett, 90 years old, writer for the *Cleveland Plain Dealer*, Cleveland, Ohio, shares her thoughts on being old.**

Frame every so-called disaster with these words: 'In five years, will this matter?'

Always choose life.

Forgive.

What other people think of you is none of your business.

Time heals almost everything. Give it time.

However good or bad a situation is, it will change.

Don't take yourself so seriously. No one else does.

Believe in miracles.

Don't audit life. Show up and make the most of it now.

Growing old beats the alternative of dying young.

It's never too late to be happy. But it's all up to you and no one else.

When it comes to going after what you love in life, don't take no for an answer.

## **JUMP ON THE BANDWAGON!**

By Dennis Lynch – #335

Get out your checkbooks, friends – you can be among my first supporters. Very soon I will be declaring my candidacy for President. Yes: for the Presidency of the United States of America!

My campaign will be like none you have ever seen. It cannot fail! When I outline a few planks of my platform below, you will see how unbeatable I will be.

Back in the day, I took being a Boy Scout seriously, and one of the Scout Laws was, “Be Helpful.” Therefore, the first plank will be the reduction of all the plugs and sockets now in use on our computers and other electronic devices to only two standard sizes and shapes. The sizes will be the Standard, and the Wee. No others. And the shapes will be distinctive, with a clear Top and Bottom, and none of the confusion that now exists with the soon-to-be-obsolete USB plugs.

Another Law had to do with “Cleanliness.” All users of public restrooms will be mandated, under penalty of a Misdemeanor charge, to (1) take no more than two towels, and (2) when hands are dry, crumple the towels up into a tight ball before throwing them into the trash can. This way the can can hold 5.34 times as many towels as it does when you just drop them. And note “into”: no flinging them loosely on top. If you sloppily drop them on the floor, you must retrieve them. It’s into the can or appear before the magistrate.

Every campaign needs a good slogan, one that will fit on a cap. I immediately came up with one I liked: “HANG WITH LYNCH” (I thought I was channeling old Franklin’s “We must all hang together ...”), but, my wife persuaded me, that slogan might not go down well with certain constituencies and I should think

harder. Send your suggestions, along with your check; if yours is chosen, you will win something.

But my key platform – nay, the very beam supporting all my platforms – is the one regarding TAXES.

Friends, most of you will Not. Pay. Any. Taxes!

The details are still being finalized; indeed, Elizabeth Warren is creating a Plan to determine the exact numbers, but if your income is less than, say, \$247,812, you will be absolved from paying. Not even a dime!

(And I do not golf, ending a line of Presidential expenses extending back to Ike.)

So, you ask, how do I plan to replace the tax income? By a brilliantly simple scheme. All the roads leading to places from which my inauguration can be heard and seen will be cordoned off, and admission will be by ticket only. Tickets will be sold at a wide variety of prices, including Super-VIP seats right in front of the platform. Also, the event will be televised and streamed to Jumbotrons in every stadium in the country; all those who wish can view the festivities near their homes. These events will also be ticketed bountifully. And they will be on pay-per-view TV.

And what if, you say, some scalawags try to circumvent this monetizing by flying in drones to record and disseminate the goings-on via pirated videos, for their own profit? Ha! The drones will be blasted from the sky by – wait for it – Irish Space Lasers!

Skeptically, you ask: what kind of an extravagant inauguration are you proposing, that we the people will pay enough money to replace all that tax income?

This is the brilliant part, friends: massive attendance – the biggest crowd for any inauguration ever – will be assured by my choice of running mate: Taylor Swift!

## THE AFTERNOON I MET JOAN BAEZ

By Julie Eden - #290

I skipped school only once in high school, probably in 1962. I went with a few friends (I don't remember who!) to someone's house (again: I don't remember whose) and spent a rather subdued afternoon (no drugs or alcohol) listening to music.

At one point, a velvet-laden voice I'd never heard before came from an LP (one of those vinyl discs that have now made a comeback). It was Joan Baez. At the time, I was primarily listening to Elvis and the Beatles and other Rock and Roll artists, not folk music, so this angelic songstress shocked and delighted me. I cannot carry a tune, but she sure could!

Not wanting my parents to know how I'd discovered her, I had to introduce the fact subtly into a conversation over the next day or so. I couldn't contain my find for long.

Although I had my own record player, in our house my father controlled the large stereo in the living room and provided us with a background of classical music each evening. Every once in a while we'd liven up a Friday or Saturday night singing along with Mitch Miller and the Gang – old American classics like *Goodnight, Irene*, *My Darling Clementine*, and *Down by the Old Mill Stream*. When my dad wanted a change for us, or himself, the Mormon Tabernacle Choir or the Red Army Choir filled the airwaves. My dad appreciated a great chorus.

Once I told my dad about "Joanie" and he heard the same delicate voice I had, he bought every album she made. Her performances were running neck and neck with the old European masters in our household. Joan Baez not only held her own in our music repertoire, but my dad got interested in other legitimate American folk

sounds. He really liked the tunes brought over from the British Isles that were remembered by the settlers in the Appalachian Mountains. These ballads, hymns, and fiddle tunes were not heard in my home on Olive St. in Eugene, OR. But Joan Baez was the queen of folk songs.

The only time Joan Baez got close to being unthroned was on a 1964 Greek bus tour taken by our family. Our guide (for 10-14 days) played a song we all fell in love with: *O'Kaimos*. The tune was by Mikis Theodorakis (of *Zorba* fame). Its haunting lyrics tell of the Greek Civil War (1946-49). You can hear several versions of it today on YouTube. We bought the record at the end of the tour, and my dad later put it on tape for all of us, as it got added to the family favorites. Not long into her career, Joan Baez became an activist, singing protest songs, right along the path of Theodorakis. That gave her even greater authenticity in our eyes.

Joan Baez not only became my favorite vocalist of all time, but soon I was listening to the whole folk scene. I went to hear Odetta in Eugene at the university, and had second-row seats in Tel Aviv in 1964 for a Miriam Makeba concert.

While living in Center City Philadelphia in the late 1970s, I finally heard Joan Baez in concert. Walking that evening to the Academy of Music, I could hardly contain myself in anticipation. Then I told myself not to worry, as I'd love all her choices ... as, indeed, I did.

Besides hearing the artists up close and personal, for years my LP (and later CD) collection was rich in folk music – the music of the people. This all came about because I skipped school one afternoon. My sister once told me that I was the rebel in the family. I guess it paid off big-time that day!

## **“HEALTHY LIVES GROW ON TREES”**

By Chelsea Ealum

Excerpted from  
*Alabama's Treasured Forests*

Submitted by the Burresses - #112

“On March 21 each year, the International Day of Forests is celebrated. The United Nations declared the theme for 2023 as ‘Forests and Health.’ A growing body of research has demonstrated a clear connection between access to trees and improved human health. The mere presence of trees and forested areas supports human health and wellness in a variety of ways, while providing vital environmental benefits to support all life on earth. Sustainably managed forests also provide renewable and sustainable wood-based materials for medicines and other products that keep us healthy.”

1. “Mental Health – Exposure to forests and trees helps decrease mental fatigue by relaxing and restoring the mind, while boosting serotonin levels to improve energy and mood. In fact, one study found that being closer to green areas was associated with decreased anxiety and fewer mood disorder treatments in urban environments. ... Trees are also beneficial for kids’ mental health. In fact, children who spend time in nature are often more relaxed and attentive, which can improve learning and performance in school.”

2. “Physical Wellness and Disease Prevention – According to <Health.gov>, about half of all American adults have one or more preventable chronic diseases, yet nearly 80 percent of adults are not getting enough aerobic and muscle-strengthening activity, and only about half are getting adequate aerobic physical activity. ... The presence of green spaces and tree-lined streets infuses communities with an inviting atmosphere proven to successfully motivate people to get active outdoors and maintain healthier overall lifestyles.”

3. “Food and Medicine – According to the UN, ‘nearly one billion people globally depend on harvesting wild food such as herbs, fruits, nuts [and] meat ... for nutritious diets.’”

“Many of the medicines we rely on today also come from forests, with 25 percent of all medicinal drugs used in developed countries being plant-based. Moreover, most pharmaceutical pills contain high-purity cellulose, which is ... used to bind pill contents together, create hard-shell or slow-dissolving coatings for tablets, and as a thickening agent in liquid medicines.”

4. “Clean Air and Water – The presence of clean and abundant air and water is crucial to the survival of humans and thriving communities. One of the most important services forests provide is helping maintain the carbon balance in the earth’s atmosphere. Healthy, growing trees remove carbon dioxide from the atmosphere, releasing oxygen and storing carbon in their wood.”

“In the Southeast, more than 44 percent of the total water supply, or about 98 trillion gallons, comes through state and private forests before it makes its way into waterbodies. ... healthy forests that effectively filter water, recharge aquifers, and prevent erosion are central to supporting our fundamental need for clean water.”

5. “Barrier Against Disease Transmission – Forests have always played an important role as a barrier against disease transmission between animals and humans. The presence of sustainably managed forests (both public and private) provides reliable habitat for wild animals and removes potential pathways for diseases to spill over from undue wildlife-human contact.

“More than 30 percent of new diseases reported since 1960 were attributed to loss of forestland, according to the UN Food and Agriculture Organization.”

## TOWN NAMES

By John Bridges - #122

I have had an interest in place names ever since living in Cowes, Isle of Wight, and learning that a *cowe* was a fort in Olde English and had nothing to do with those farm animals that say "Moo." The often ludicrous side of place names is typified by Island postcards; apart from having Cowes you can't milk, there are the Needles you can't thread, a Ryde where you have to walk, a Lake you can't swim in, and Newport you can't bottle.

When the original settlers arrived from Europe to America, they often gave their new settlement the same name as where they came from. The original name was usually based on some distinguishing feature, but this did not apply to that name in the USA. Take *Dublin* as an example. It means "a dark pool" in ancient Irish. There are at least 12 Dublins in different states, but dark pools do not feature in any of them.

After William conquered England at the Battle of Hastings, French remained the language of the aristocracy for many years. So it is no surprise that, when Edward I built a castle to subdue the Welsh on the main route to Ireland, he should call it *Beaumaris* (Beautiful Marsh), throw out all the Welsh, and repopulate the area with English people. Bridges were eventually built at the Menai Straits, where currents were strong and hidden rocks added to the dangers for ferry traffic. The preferred route in those early days was across the sands at low tide from Llanfairffechan (small church fair-ground) and then a ferry to Beaumaris. [It is perhaps interesting to note that my school used the castle as an Air Raid Shelter when there was a German Air Raid.]

My address during World War II was Terfyn (limit) Glenravn (valley of the river) Llangoed (Wooden Church). *Llan* is the Welsh word for church and it is said that there are 400 towns or villages in Wales with a name

starting with this. The neighboring farmhouse was called the difficult-to-pronounce Penhwnllys (Head of the Estate).

Many Welsh coal miners came to Pennsylvania in the 19<sup>th</sup> century, but by that time most of the mines were already established and had English or Indian names. One exception is Bryn Mawr (Big Hill) College in eastern Pennsylvania.

At first, I was surprised by the lack of Spanish names in the South. But then I realized that, although the Spanish occupation lasted for many years, its members were mostly soldiers and adventurers, not settlers.

The first French to arrive in the area were hunters who travelled the rivers and needed way marks to return to base. As an example we have Baton Rouge (Red Stick), where they had driven a red-painted pole into the River Bank. Another is Grande Fourche (Big Fork), denoting the meeting point of two big rivers.

For many years, the French Canadians tried to unite their north and south territories. From New Orleans they travelled up the Mississippi waterway, establishing trading posts like Prairie du Chien, after learning that the local Fox Indians chief was called "Alim," which translates to *chien* ["dog"] in French. There is another town called Belle Fourche (Beautiful Fork), which is indeed sited at the junction of two rivers.

Other US towns named by the original Indian inhabitants include *Chicago*, from Che-caugou (Wild Onions). Another is Malibu (Maliwu), meaning "the place of the loud noise," referring to waves crashing on the beach. The State of Missouri gets its name from the local word "Mihsoori" (Dug Out Canoe).

In sum, in spite of what I wrote earlier, there are places in the States that do have a logical explanation for their names. Studying them makes for an interesting and time-consuming hobby.

## AUDIO-VIDEO EQUIPMENT

By Gary Brandenberger - #602

Sherwood Oaks is a very busy community, and many of our activities require our Auditorium Audio-Video (A-V) equipment. Sherwood Oaks does not have a tech support person on staff. We need more trained residents to ensure that we have needed assistance for all our programs and events.

Microphones are almost always required for events in the Auditorium and Card Room. Preparing microphones and controlling volume is very easy and can be “mastered” with 10 minutes of training.

Programs requiring video presentations, including slide shows and movies, take a few more stages. Step-by-step instructions are already on the Sherwood Oaks APP in the module for Committees and Activities. This information is available on your phone, tablet, or computer. If you are comfortable with one of these devices – and many of you are – you will be able to master video presentations with about 30 minutes of training.

Jason Lyle has provided all of us with help in operating the A-V system for several years. He has trained many of us and will continue training as needed. Once the auditorium project is completed, Jason will announce a series of classes. Any committee or activity that plans to schedule events requiring A-V equipment should have at least one trained member within their group.

If you think you can help, please contact Jason Lyle (doyscoy@gmail.com) or Gary Brandenberger (gbrandenberger@webtv.net).

## SOME NEW DEFINITIONS

1. *ARBITRATOR* – a cook who leaves Arby's to work at McDonald's.
2. *BERNADETTE* – the act of torching a mortgage.
3. *BURGLARIZE* – what a crook sees through.
4. *AVOIDABLE* – what a bullfighter tries to do.
5. *COUNTERFEITER* – a worker who puts together kitchen cabinets.
6. *LEFT BANK* – what the bank robbers did when their bag was full of money.
7. *HEROES* – what a man in a boat does.
8. *PARASITES* – what you see from the Eiffel Tower.
9. *PARADOX* – two physicians.
10. *PHARMACIST* – a helper on a farm.
11. *RELIEF* – what trees do in the spring.
12. *RUBBERNECK* – what you do to relax your wife.
13. *SELFISH* – what the owner of a seafood store does.
14. *SUDAFED* – brought litigation against a government official.

## THE DUCKS RETURN!



Photo by Art Sommer

## THE COLETTA MCKENRY LIBRARY ACCESSIONS

### FICTION, INCLUDING LARGE TYPE AND DVDs

A Most Agreeable Murder	Seales, Julia	c. 2023	F SEA
Obsessed	Patterson, James	c. 2023	F PAT
Out of Nowhere	Brown, Sandra	c. 2023	F BRO
The Passenger	McCarthy, Cormac	c. 2022	F MCC
Robert B. Parker's Bad influence	Gaylin, Alison	c. 2023	F GAY

### NONFICTION, INCLUDING BIOGRAPHIES

Becoming	Obama, Michelle,	c. 2018	973.93 OBA L.T.
December 1941	Shirley, Craig	c. 2011	940.53 SHI

## A RETURN TO POTTERY

By Joni Pun - #304

After perhaps as many as ten years with no one using the nice pottery equipment that we have in the crafts room, we are back at it! With Noele Reynolds, our able instructor, we have now completed a couple of projects and are working on others. There are two classes each of about seven people who meet every two weeks. We hope eventually to learn enough to be able to continue without an instructor except for special projects.



Pottery Class 2



Pottery Class 1



Finished Pottery

# *Denizens of Sherwood Lake*



Large Mouth Bass



Large Snapping Turtle



Crappie



Bluegill on Bench

All photos by Jim Blum