

# TIMELESS

AN EDITORIAL BY PRESTONWOOD COURT

APRIL 2024



## Spring Clean & green

Be fresh as flowers and green as grass as you dust off the winter drab and go for green with a good spring clean!

PRESTONWOOD COURT | MEMORY CARE



## Clean & Green Smoothies

When someone says the word “smoothie,” what immediately pops into your head? For many, their instinct leads to a visual. They see frothy drinks in tall glasses, some of which have an orange, lime or other fruit slice attached to the rim. What isn’t so often pictured: green smoothies. The color is unexpected and green vegetables are among the main ingredients. Subsequently, green smoothies aren’t the natural go-to visual when someone says, “smoothie.” Green smoothies are attractive in other ways, though, and what they lack in visual appeal they make up for in health benefits.

For children and adults who aren’t big into life-giving vegetables, green smoothies are the perfect source of nutrition. They couple fruits with leafy green veggies like Swiss chard, spinach and kale to make a tasty and healthy drink full of vitamins and minerals. What other health advantages do green smoothies have?

- They’re rich in antioxidants that help decrease the possibility of chronic illness like cancer.
- They’re high in fiber. This can help regulate digestive health and weight, as well as lower cholesterol.
- They’re filled with detoxifying dark green vegetables. Once toxins are expelled, skin, hair and nails become shinier and stronger. Dark green veggies also help combat declining cognitive health.
- They’re packed with minerals and vitamins that are vital to strengthening the immune system.
- They’re good for an energy boost, which also helps improve overall physical health.
- They contain minerals that make the body’s

bones stronger and help lower the risk of bone disease and osteoporosis.

- Their nutrients improve hormonal imbalances, as well as vision and overall eye health.



## Home Remedies That Work

It’s hard to discern which home remedies to try when facing a health issue. Mixed messages about what works and what doesn’t are always floating around, not to mention the fact that scientific research doesn’t support the use of a variety of home remedies when treating specific conditions. Scientists conducted a study to help clarify which treatments are beneficial. Listed below are a few of those remedies that have support from the medical community.



1. **Ginger:** A soother of tummy tumult, it not only helps with nausea, chemotherapy effects and morning sickness but also inflammation. Its unique makeup brings relief to those suffering from migraines, among others.
2. **Lavender:** A powerful plant often used in aromatherapy, its presence is calming, regardless of whether it comes in a satchel, tea or oil. It helps reduce stress and anxiety, improve sleep patterns and memory problems, as well as provide migraine relief and an overall sense of peace.
3. **Shiitake mushrooms:** This fungus is filled with Lentinan, or AHCC, which targets the most fundamental part of life, cells. As an anti-inflammatory and antioxidant, long-term use strengthens the immune system.
4. **Magnesium:** This vitamin that plays a vital role in many aspects of one’s health. Not getting enough magnesium, at a minimum, can cause headaches, mood swings, low energy, irritability, aches and pains. Adding more magnesium to daily diets can help improve all those issues, as well as lower stress levels.
5. **Eucalyptus oil:** A potent pain reliever, it’s quite useful when treating coughs and chest colds. It helps fight infections as it can also be used to treat surface wounds and burns. Plus, it helps stabilize blood sugar.

## April 2024 Dates to Celebrate

April Fool’s Day .....	4/1
National Pet Day .....	4/11
Income Tax Day .....	4/15
National Volunteer Week .....	4/21-27
Earth Day .....	4/22
Passover .....	4/22-30
Full Moon .....	4/23
Arbor Day .....	4/26

Birthstone: Diamond | Flower: Daisy  
Zodiac: Aries & Taurus



## Spring Clean & Green

April is a month of new beginnings. The winter weather has come to an end, there’s more light instead of darkness and new life is breathed into creation. New growth is everywhere — not just outside in nature, but also within oneself.

People are inspired and moved to act as new life fosters a strong sense of openness. Inspiration leads to motivation, which then leads to productivity. That is part of the reason April is known as the prime time for spring cleaning. Making things super clean goes beyond a deep clean. Decluttering and reorganizing are central actions at home. Internally, it’s time for the mind, body and soul to be refreshed. People need to reset their systems to catch up with the new life surrounding them.

It’s no wonder that April is overflowing with holiday observances that support these notions. A fresh start includes taking care of the environment and finding ways to better care for oneself. Celebrating National Inspiring Joy Day on April 3 is a great way to honor one’s self. On the flip side, green and growing things are celebrated through International Plant Appreciation Day on April 13, National Gardening Day on April 14 and Earth Day on April 22. This month is also National Garden Month.

Take advantage of all that April has to offer and spring clean everything, including one’s surroundings and personal health and wellness routines.



April 2024

### Leadership Team

**Greg Anderson**  
Regional Director of Operations

**Bhaey Scruggs**  
Business Director

**Julie Carpenter**  
Sales and Marketing Director

**Theodore Holmes**  
Maintenance Director

**Janelle Row**  
Lifestyles Director

**Pat Bafana**  
Resident Services Director

**Krista Miranda**  
Memory Care Program Director

**Hector Bonilla**  
Culinary Director

**Guadalupe Lopez**  
Housekeeping Supervisor

**Katherine Dinocentis- Reyes**  
Dining Room Manager



PRESTONWOOD  
COURT

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Plano, TX 75093





APRIL 2024 • WEEK ONE




<p><b>MON, APR 01</b></p> 	<p><b>Mifi's Birthday!</b></p> <p>8:00 Early Bird Walk About 10:00 Out and About Van trip 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch</p>	<p>12:30 Communion 12:30 IN2L Videos 1:00 Fitness w/ Lovell 2:00 Decor Swap <b>2:30 "I Can Only Imagine" w/ fresh popcorn</b> 4:00 Bingo Before Dinner</p>	<p>4:30 Dinner 6:00 Relax and Wind Down</p>
<p><b>TUE, APR 02</b></p>	<p>9:30 Monday Meditations 9:30 Grow &amp; Flow w/Nature 11:00 Name 10 Game 11:00 These are a few of my favorite things 11:00 Wet your whistle... Infused Hydration</p>	<p>11:00 Walk 'n talk walking club 11:30 Lunch 12:30 IN2L Videos 1:00 Fitness w/ Lovell 1:30 Legacy Live Well Class 2:00 Let the games begin! 3:00 Tuesday Tidbits</p>	<p>4:00 Bingo Before Dinner 4:30 Dinner 6:00 Relax and Wind Down</p>
<p><b>WED, APR 03</b></p>	<p>9:30 Move w/Music 10:45 Family Feud 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch 12:30 IN2L Videos</p>	<p>1:00 Fitness w/ Lovell 2:00 Beena's Bible Study 2:30 Audiobook Club 3:00 Refreshments 4:00 Bingo Before Dinner 4:30 Dinner 6:00 Relax and Wind Down</p>	
<p><b>THU, APR 04</b></p>	<p>9:30 Sit &amp; Be Fit <b>10:00 BRAD ACKLAND "The Australian"</b> 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch</p>	<p>12:30 IN2L Videos 1:00 Fitness w/ Lovell 2:00 "In the Deep" Discussion 3:00 Fresh Baked Cookies 4:00 Bingo Before Dinner 4:15 Gentlemen's Dinner in the Bistro</p>	<p>4:30 Dinner 6:00 Relax and Wind Down</p>
<p><b>FRI, APR 05</b></p>	<p>9:30 Move Your Muscles 9:30 Sit &amp; Be Fit 10:45 Hand Massages 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch</p>	<p>12:30 IN2L Videos 1:00 Fitness w/ Lovell 1:45 North Court "Sprinkle Club" 2:00 Let the games begin! 2:00 Table Time 3:00 Fun Friday Happy Hour 4:00 Bingo Before Dinner</p>	<p>4:30 Dinner 6:00 Relax and Wind Down 6:00 YouTube Music Videos</p>
<p><b>SAT, APR 06</b></p>	<p>9:30 Morning Yoga 10:15 Caregiver Craft 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch</p>	<p>12:30 Table Time: Games/Puzzles/Art 1:15 Ice Cream Sandwich Break 4:30 Dinner 6:00 Relax and Wind Down 6:15 Courtyard Cruising</p>	

APRIL 2024 • WEEK TWO

<p><b>SUN, APR 07</b></p>	<p>9:30 Dance to the "Oldies" 10:00 DEVOTIONAL WORSHIP 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch 12:30 "Chicken Soup for the Soul"</p>	<p>1:00 Gaither Gospel Hour 2:00 Sing-Along Sunday 3:00 Ice Cream Social 3:15 Sunday Devotionals 4:30 Dinner 6:00 Relax and Wind Down 6:15 Courtyard Cruising</p>
<p><b>MON, APR 08</b></p>	<p>10:00 Out and About Van trip 11:00 Walk 'n talk walking club 11:00 Wet your whistle... Infused Hydration 11:30 Lunch 12:30 Communion 12:30 IN2L Videos</p>	<p>1:00 Fitness w/ Lovell <b>2:30 "A Week Away" w/ fresh popcorn</b> 4:00 Bingo Before Dinner 4:30 Dinner 6:00 Relax and Wind Down</p>
<p><b>TUE, APR 09</b></p>	<p>9:30 Grow &amp; Flow w/Nature 9:30 Monday Meditations 11:00 These are a few of my favorite things 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club</p>	<p>11:30 Lunch 12:30 IN2L Videos 1:00 Fitness w/ Lovell 1:30 Legacy Live Well Class 2:00 Let the games begin! 3:00 Tuesday Tidbits 4:00 Bingo Before Dinner</p>
<p><b>WED, APR 10</b></p>	<p>9:30 Move w/Music <b>10:15 Moments Music Therapy</b> 10:45 Family Feud 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch</p>	<p>12:30 IN2L Videos 1:00 Fitness w/ Lovell 2:00 Beena's Bible Study 2:30 Audiobook Club 3:00 Refreshments 4:00 Bingo Before Dinner 4:30 Dinner 6:00 Relax and Wind Down</p>
<p><b>THU, APR 11</b></p> 	<p>9:30 Sit &amp; Be Fit <b>10:00 BRAD ACKLAND "The Australian"</b> 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club <b>11:00 April Birthday Luncheon</b></p>	<p>11:30 Lunch 12:30 IN2L Videos 1:00 Fitness w/ Lovell 2:00 "In the Deep" Discussion 3:00 Fresh Baked Cookies 4:00 Bingo Before Dinner 4:30 Dinner 6:00 Relax and Wind Down</p>
<p><b>FRI, APR 12</b></p>	<p>9:30 Move Your Muscles 9:30 Sit &amp; Be Fit 10:45 Hand Massages 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch</p>	<p>12:30 IN2L Videos 1:00 Fitness w/ Lovell 1:45 North Court "Sprinkle Club" 2:00 Let the games begin! 2:00 Table Time 3:00 Fun Friday Happy Hour 4:00 Bingo Before Dinner</p>
<p><b>SAT, APR 13</b></p>	<p>9:30 Morning Yoga 10:15 Caregiver Craft 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch</p>	<p>12:30 Table Time: Games/Puzzles/Art 1:15 Ice Cream Sandwich Break 4:30 Dinner 6:00 Relax and Wind Down 6:15 Courtyard Cruising</p>

**APRIL 2024 • WEEK THREE**

<p><b>SUN, APR 14</b></p>	<p>9:30 Dance to the "Oldies" 10:00 DEVOTIONAL WORSHIP 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch 12:30 "Chicken Soup for the Soul"</p>	<p>1:00 Gaither Gospel Hour 2:00 Sing-Along Sunday 3:00 Ice Cream Social 3:15 Sunday Devotionals 4:30 Dinner 6:00 Relax and Wind Down 6:15 Courtyard Cruising</p>
<p><b>MON, APR 15</b> <i>Income Tax Day</i></p> 	<p>10:00 Out and About Van trip 11:00 Walk 'n talk walking club 11:00 Wet your whistle... Infused Hydration 11:30 Lunch 12:30 Communion 12:30 IN2L Videos</p>	<p>1:00 Fitness w/ Lovell <b>2:30 "Alice in Wonderland" w/ fresh popcorn</b> 4:00 Bingo Before Dinner 4:30 Dinner 6:00 Relax and Wind Down</p>
<p><b>TUE, APR 16</b></p>	<p>9:30 Grow &amp; Flow w/Nature 9:30 Monday Meditations 11:00 These are a few of my favorite things 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club</p>	<p>11:30 Lunch 12:30 IN2L Videos 1:00 Fitness w/ Lovell 1:30 Legacy Live Well Class 2:00 Let the games begin! 3:00 Tuesday Tidbits 4:00 Bingo Before Dinner</p>
<p><b>WED, APR 17</b></p>	<p>9:30 Move w/Music 10:45 Family Feud 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch 12:30 IN2L Videos</p>	<p>1:00 Fitness w/ Lovell 2:00 Beena's Bible Study 2:30 Audiobook Club 3:00 Refreshments 4:00 Bingo Before Dinner 4:30 Dinner 6:00 Relax and Wind Down</p>
<p><b>THU, APR 18</b></p>	<p>9:30 Sit &amp; Be Fit <b>10:00 BRAD ACKLAND "The Australian"</b> 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch</p>	<p>12:30 IN2L Videos 1:00 Fitness w/ Lovell <b>1:30 "Songs and Smiles" Karaoke</b> 2:00 "In the Deep" Discussion 3:00 Fresh Baked Cookies 4:00 Bingo Before Dinner</p>
<p><b>FRI, APR 19</b></p>	<p>9:30 Move Your Muscles 9:30 Sit &amp; Be Fit 10:45 Hand Massages 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch</p>	<p>12:30 IN2L Videos 1:00 Fitness w/ Lovell 1:45 North Court "Sprinkle Club" 2:00 Let the games begin! 2:00 Table Time 3:00 Fun Friday Happy Hour 4:00 Bingo Before Dinner</p>
<p><b>SAT, APR 20</b></p>	<p>9:30 Morning Yoga 10:15 Caregiver Craft 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch</p>	<p>12:30 Table Time: Games/Puzzles/Art 1:15 Ice Cream Sandwich Break 4:30 Dinner 6:00 Relax and Wind Down 6:15 Courtyard Cruising</p>

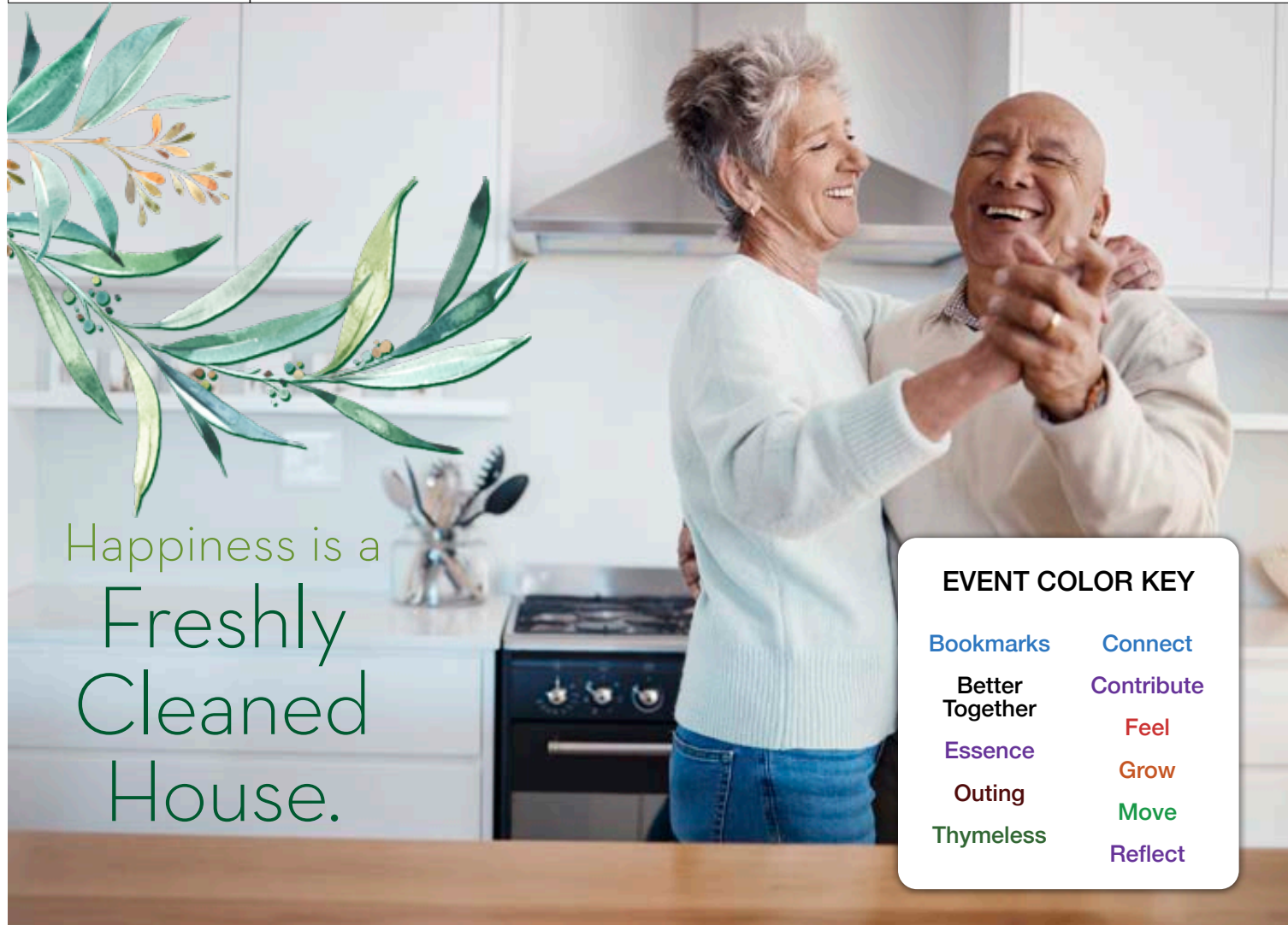
**APRIL 2024 • WEEK FOUR**

<p><b>SUN, APR 21</b></p> 	<p>9:30 Dance to the "Oldies" 10:00 DEVOTIONAL WORSHIP 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch 12:30 "Chicken Soup for the Soul"</p>	<p>1:00 Gaither Gospel Hour 2:00 Sing-Along Sunday 3:00 Ice Cream Social 3:15 Sunday Devotionals 4:30 Dinner 6:00 Relax and Wind Down 6:15 Courtyard Cruising</p>
<p><b>MON, APR 22</b></p> 	<p><b>Earth Day</b> 10:00 Out and About Van trip 11:00 Walk 'n talk walking club 11:00 Wet your whistle... Infused Hydration 11:30 Lunch 12:30 Communion</p>	<p>12:30 IN2L Videos 1:00 Fitness w/ Lovell <b>2:00 "What is Passover"</b> <b>2:30 "Prince of Egypt" w fresh popcorn</b> 4:00 Bingo Before Dinner 4:30 Dinner 6:00 Relax and Wind Down</p>
<p><b>TUE, APR 23</b></p> 	<p>9:30 Grow &amp; Flow w/Nature 9:30 Monday Meditations 11:00 These are a few of my favorite things 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club</p>	<p>11:30 Lunch 12:30 IN2L Videos 1:00 Fitness w/ Lovell 1:30 Legacy Live Well Class 2:00 Let the games begin! 3:00 Tuesday Tidbits 4:00 Bingo Before Dinner</p>
<p><b>WED, APR 24</b></p>	<p>9:30 Move w/Music 10:45 Family Feud 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch 12:30 IN2L Videos</p>	<p>1:00 Fitness w/ Lovell 2:00 Beena's Bible Study 2:00 Chef Hector's Cooking Demo 2:30 Audiobook Club 3:00 Refreshments 4:00 Bingo Before Dinner 4:30 Dinner 6:00 Relax and Wind Down</p>
<p><b>THU, APR 25</b></p>	<p>9:30 Sit &amp; Be Fit <b>10:00 BRAD ACKLAND "The Australian"</b> 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch</p>	<p>12:30 IN2L Videos 1:00 Fitness w/ Lovell 2:00 "In the Deep" Discussion 3:00 Fresh Baked Cookies 4:00 Bingo Before Dinner 4:30 Dinner 6:00 Relax and Wind Down</p>
<p><b>FRI, APR 26</b></p> 	<p>9:30 Move Your Muscles 9:30 Sit &amp; Be Fit 10:45 Hand Massages 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch</p>	<p>12:30 IN2L Videos 1:00 Fitness w/ Lovell 1:45 North Court "Sprinkle Club" 2:00 Let the games begin! 2:00 Table Time 3:00 Fun Friday Happy Hour 4:00 Bingo Before Dinner</p>
<p><b>SAT, APR 27</b></p>	<p>9:30 Morning Yoga 10:15 Caregiver Craft 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch</p>	<p>12:30 Table Time: Games/Puzzles/Art 1:15 Ice Cream Sandwich Break 4:30 Dinner 6:00 Relax and Wind Down 6:15 Courtyard Cruising</p>



APRIL 2024 • WEEK FIVE

<p><b>SUN, APR 28</b></p>	<p>9:30 Dance to the "Oldies" 10:00 DEVOTIONAL WORSHIP 11:00 Wet your whistle... Infused Hydration 11:00 Walk 'n talk walking club 11:30 Lunch 12:30 "Chicken Soup for the Soul"</p>	<p>1:00 Gaither Gospel Hour 2:00 Sing-Along Sunday 3:00 Ice Cream Social 3:15 Sunday Devotionals 4:30 Dinner 6:00 Relax and Wind Down 6:15 Courtyard Cruising</p>	
<p><b>MON, APR 29</b></p>	<p>10:00 Out and About Van trip 11:00 Walk 'n talk walking club 11:00 Wet your whistle... Infused Hydration 11:30 Lunch 12:30 Communion 12:30 IN2L Videos</p>	<p>1:00 Fitness w/ Lovell <b>2:00 "Ben Hur" w/ fresh popcorn</b> 4:00 Bingo Before Dinner 4:30 Dinner 6:00 Relax and Wind Down</p>	
<p><b>TUE, APR 30</b></p>	<p>9:30 Grow &amp; Flow w/Nature 9:30 Monday Meditations <b>10:00 Paul Anderson Sings!</b> 11:00 These are a few of my favorite things 11:00 Wet your whistle... Infused Hydration</p>	<p>11:00 Walk 'n talk walking club 11:30 Lunch 12:30 IN2L Videos 1:00 Fitness w/ Lovell 1:30 Legacy Live Well Class 2:00 Let the games begin! 3:00 Tuesday Tidbits</p>	<p>4:00 Bingo Before Dinner 4:30 Dinner 6:00 Relax and Wind Down</p>



Happiness is a  
Freshly  
Cleaned  
House.

**EVENT COLOR KEY**

Bookmarks	Connect
Better Together	Contribute
Essence	Feel
Outing	Grow
Thymeless	Move
	Reflect



Spring Cleaning  
Is Not Just About Cleaning The  
House, It's About Refreshing The Soul.



# Find Your Peaceful Place and Cast out the Clutter



The power of decluttering is underestimated. Studies show that cleaning directly affects one's mental health. The same goes for the opposite. Clutter is a distraction and negatively impacts a person's capacity to concentrate. Stress, anxiety and depression are byproducts of chaotic clutter and messy surroundings.

For those who already suffer from depression, a cluttered home can be debilitating. Feelings of shame, guilt and hopelessness are already prevalent, and it doesn't take much to lose the little motivation one might have, leading to a mental health spiral or crisis. Feeling overwhelmed, it seems impossible to finish any project in a timely fashion.

It doesn't have to be that way, though. Organizing, cleaning and decluttering make a difference. These acts are empowering and help people regain their sense of control. A new restorative space void of visual distractions enables people to focus more fully on the task at hand. They're more relaxed and can get more accomplished.

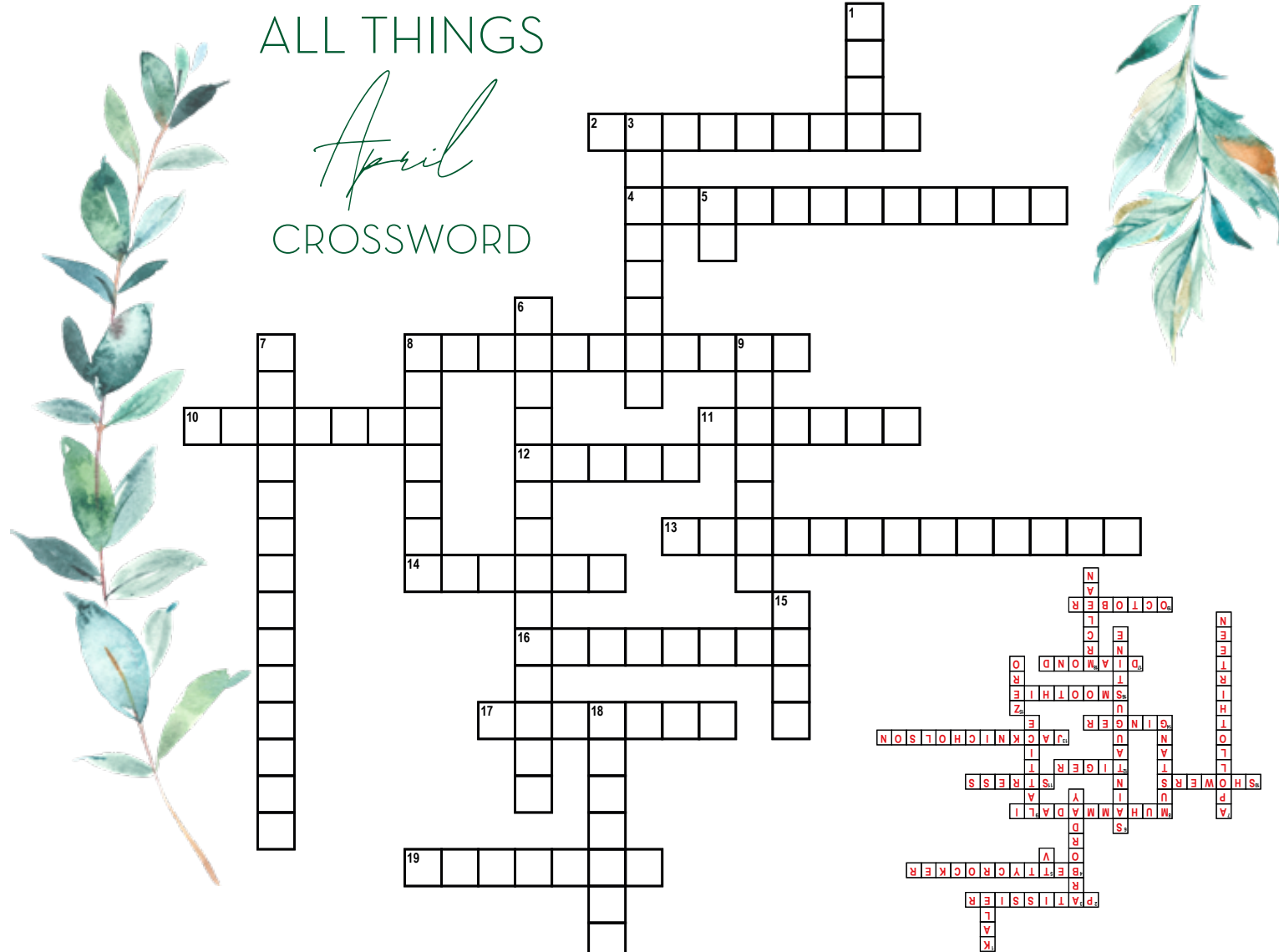
Studies show that people who have a simple, clean home are apt to be healthier than those who live or work in a space of chaos. They experience improved mood and sleep patterns, irritability dissipates and productivity hits a high note. Distractions drop, making it much easier to focus on the present and tackle today's problems.

It's time to ditch the complexities of clutter and work on creating your peaceful place!

## SPRING CLEANING WORD SEARCH

- AIR
- AWAKEN
- BLOOM
- DECLUTTER
- FLOURISH
- GREENERY
- ORGANIZE
- PURIFY
- REFRESH
- REJUVENATE
- RENEW
- SPARKLE
- SUNLIGHT
- SUNSHINE
- TIDY

Y E H S U S H I N E F L U O R I S H D A O  
 O R G A N I Z E T M R G O R G U N I Z E E  
 D E U G V O R H I T I D Y D E C L U T T A  
 K R E C E N G E A R E J U V I N A T E U R  
 S E F E E I S E R W R R E J U V E N A T A  
 R S S F L O U R I I A G R E E N C W B G I  
 E H F N R E F R E S H K R F L O U R I S H  
 J N U R M R L P V A G R E A N E R Y E H S  
 U S R E R E G S U N S H I N U R I R Y C R  
 V D S A E N R P O R D E C L U T T E R R A  
 E E U S F E E S H S I E E O R G A N G T R  
 N C N U R F E R E P B F Z R L I R R O D R  
 A L S N E N N E Y A L L Y E S U N L I G L  
 T U H L S G E I N R K R O M N E U E S E S  
 E T I I A H R T E K R K D M N R T O W N P  
 A T N G E U Y R A L A I N B L O O M A W A  
 I O E H P F H U R E T L R L R A W A K I N  
 R R G R R W I E A H I G I F E T T G N I D



### ACROSS

- 2 What is the French name for a pastry chef?
- 4 In 1921, Marjori Husted births iconic culinary figure, unrivaled in homemaking expertise. (2 words)
- 8 Famous boxer stripped of world heavyweight champion title in April 1967 for refusing military induction. (2 words)
- 10 April \_\_\_\_\_ brings may flowers.
- 11 Decluttering your surroundings will improve your metal well-being by lowering \_\_\_\_\_ & cortisol hormone levels.
- 12 Cats share 95.6% of their DNA with what animal?
- 13 Born a Taurus in Neptune, NJ, won 3 Oscars, his first for One Flew Over the Cuckoo's Nest. (2 words)
- 14 Often confused for a root, this rhizome is often used to remedy upset stomachs or used as a seasoning.
- 16 Invented in 1970 by a lactose intolerant teen, this icy drink was named after a term used by health conscious hippies.
- 17 The atmosphere of Venus was first analyzed through the \_\_\_\_\_ window of a U.S. spacecraft, as only this element had the strength and transparency to endure the pressure in the atmosphere.
- 19 In the Southern Hemisphere, April is the seasonal equivalent of what month?

### DOWN

- 1 Stamppot is a Danish dish consisting of sausage with mashed potatoes and this leafy super vegetable.
- 3 In 1872, America first celebrated this day to raise awareness about the importance of trees in our environment and to encourage people to plant and nurture trees. (2 words)
- 5 On April 9, 1953, the first issue of this program guide was published.
- 6 On April 2, 1513, Spanish explorer Ponce De Leon sighted Florida and claimed it for the Spanish Crown after landing at this site that is now the oldest city in the continental U.S. (2 words)
- 7 What spaceship was launched on April 11, 1970? (2 words)
- 8 On April 17, 1964, this Ford automobile was first unveiled.
- 9 The pattern of criss-crossing strips of pastry on top of food.
- 15 The \_\_\_\_\_-waste lifestyle approach aims to minimize waste by reusing, recycling and composting, ultimately striving to send nothing to the landfill.
- 18 In 1957, Procter & Gamble created this mascot for their new all-purpose cleaning product that was modeled after a United States Navy sailor from Pensacola, FL. (2 words)





# Good Friends Make *Great* Neighbors



And we want to share the *fun...*

## SEASONAL SPECIALS!

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specials and incentives!