March Meeting—Wear Green for the Dogs

Yes, you read that correctly. Wear green and welcome the dogs.

When: Friday, March 2.
Time: 11:00 am to 1:00 pm
Where: Rio Bravo II room
1524 27th St.
Bakersfield
(Directly across from the main entrance of Adventist Hospital)

This will be our annual celebration of Saint Patrick’s Day. So wear green.

**WARNING:** Rumor has it that there may be a special St. Paddy’s day song to honor the national pastime of Ireland. We can neither confirm or deny this. Earplugs are suggested.

Our speaker will be Linda Sullenger. Talk about a busy person. She is the Director of Major Gifts at the Boys and Girls Club of Kern County.

In her spare time, (as if she has any), she brings therapy dogs to visit the patients at Adventist Hospital Bakersfield. She’ll be discussing what training the dog and handler have to do and what benefits the patient receives. She might bring one or two of her 4 legged partners.

I’ve talked to Linda several times and she not only believes in service but lives it.

So be prepared for a celebration and a great speaker. **WEAR GREEN FOR THE DOGS!**
Cold or Flu Steps

Cold or flu, take these basic steps.

To stop the spread of cold or flu in the household, take these precautions:

Isolate toothbrushes from others. Replace the brush when the person is well.

Thoroughly clean humidifiers. You don't want them throwing around viruses.

Sleep separately and launder bedding frequently. Even if it is just the pillow cases, hot water washing prevents the spread of germs.

Clean television remotes. While the sick person binges on television all day for a few days, they are also leaving germs on the remotes.

Empty trash cans. A lot of sniffling and nose blowing goes on with flu and colds. Make sure tissues have their own trash can and the cans are emptied twice a day.

Those who get it done

The headline is a clue to the answer in the diagonal.

Across
1. Listening devices
5. Brewski
9. Leave out
10. Where China is
11. California wine valley
12. Office plant
13. Protected
15. Knows, in poesy
16. Japanese white collar worker
22. Dock
23. "Frasier" actress Gilpin
24. Mine entrance
25. Bit of gossip
26. Clutter
27. 1987 Costner role

Down
1. A long, long time
2. Chinese nurse
3. Ready for picking
4. Loyalists
5. Diaper fastener
6. Computer operator
7. Acute
8. Smooth, in a way
14. Craggy peak
16. Junk E-mail
17. Assistant
18. Luau souvenirs

19. Allocate, with "out"
20. Trojan ally, in the "Iliad"
21. "___ I land" (2008 film)

Very Punny

◊ She was only a whisky maker, but he loved her still.

* A rubber band pistol was confiscated from algebra class because it was a weapon of math disruption.

"And this is some of my better known work!"
Celebrate St. Patrick's Day with this casserole

The origins of the Reuben sandwich are widely contested, but it is certain that many have savored the rich taste of the corned beef, Swiss cheese and sauerkraut-laden stack.

One story related to famed chef Craig Claiborne, by Patricia Taylor, contends that her father, Arnold Reuben, made the first Reuben sandwich in 1927 in his New York deli.

Irish Reuben Casserole
3 cups toasted pumpernickel bread cut into one-inch cubes
1 pound corned beef deli slices or slices from a boiled slab
12 slices Swiss deli cheese
1 cup sauerkraut
1 bottle Thousand Island dressing for garnish or condiment

Layer the bottom of a large rectangular glass baking dish with half the cubes of toasted Pumpernickel.
Layer six slices of the Swiss cheese on top. Next, add a layer of the corned beef and another layer of Swiss cheese.
Spread the sauerkraut evenly over the top of the Swiss cheese layer and spread the remaining toasted cubes of bread on the top. Bake at 350 degrees until the top layer of bread becomes firm and crusty.
Drizzle the dressing lightly across the top. Green Goddess dressing can be substituted as the drizzle for a St. Paddy's Day touch.

Irish in America

Irish in America: Successful and forgetful.
St. Patrick's Day, it is said everyone is Irish and a sweet sentiment it is, too, but the fact is Irish immigration to America has slowed to a trickle and even the Irish seem to have lost their connection to the old country.

According to IrishCentral.com, 34.1 million Americans claim Irish heritage - just over 10 percent of the population - second only to the number of Americans who claim German heritage.

But in 2018, we are 175 years past the potato famine that gutted Irish populations and sent them fleeing to America. In some of those early years, 20,000 Irish per month legally immigrated to the U.S. That number is now down to a few thousand per year, according to IrishCentral.com. What this means is that the strong Irish communities with strong ties to Eire have mostly melted into America.

And chances are they don't remember the old country. About 37 percent of Irish-Americans under 45 have never been to Ireland, according to a recent NYU/IrishCentral/Amarach Research study of 1,388 Irish-Americans. Only 34 percent have joined Irish organizations. About 50 percent have only been to Ireland once.

Observers believe that this is the last Irish-American generation with a connection to Ireland in the family.

Trivia Teaser: The Magic Touch

1. The fairy tale "Jack and the Beanstalk" features a hen that lays golden eggs and which type of magical musical instrument? a-Violin, b-Lyre, c-Guitar, d-Harp.
2. Which magician was buried in a Plexiglas coffin for 7 days in front of Trump Place, and was frozen in a 6-ton block of ice for 58 hours in Times Square? a-Penn Jillette, b-Criss Angel, c-David Blaine, d-David Copperfield.
4. Lily Tomlin provided the voice of which teacher on the animated TV series "The Magic School Bus"? a-Ms Silkowitz, b-Ms Hayfer, c-Ms Frizzle, d-Ms Sellanious.

Trivia Teaser answers
1-d, Harp
2-c, David Blaine
3-b, Los Angeles Lakers
4-c, Ms Frizzle
5-b, Doris Day
Benefits of Being a Dog Mom or Dad

There are many benefits to seniors of owning a dog, and the AARP explains that they include staying more physically fit, socially engaged, and mentally grounded. All of these perks come naturally as part of owning and caring for a dog and only require that the owner is mobile enough to go for a daily walk. Studies from the Gerontologist have shown that dog owners tend to get more exercise than people without a dog simply because they are more likely to go for walks if their pet enjoys them.

Having a consistent walking routine is incredibly important for all adults, but especially for seniors to help prevent mobility issues and health problems stemming from a sedentary lifestyle. It often results in fewer chronic conditions, a lower body fat index, and fewer visits to the doctor. Dogs also act as a natural social lubricant and provide an excellent excuse for seniors to stop and talk to neighbors and children in the community. This behavior is great for keeping up outside relationships and creates a bigger social network to call on for help during a time of need. It’s good for the dog as well because they often enjoy meeting new people and getting the extra attention.

Aging can cause mental stress for seniors, and AgingCare.com explains that pet ownership provides a lot of intangible benefits to the owner because pets are always living in the here and now, are almost always happy, and have unwavering love and affection for their owners. This kind of behavior can rub off on an owner and studies have shown that they are less likely to suffer from depression or loneliness. Psychologist Penny B. Donnenfeld has also seen many cases of seniors showing improved memory as a direct result of caring for and playing with a new pet.

Mended Hearts
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