Drought-tolerant flowers save water

These drought-tolerant perennials will come through a dry spell without a great deal of watering.

* Purple coneflower. It has many purple-red, daisy-like blooms from midsummer to early autumn.

* Lavender. This mounding evergreen shrub with silvery-gray needle-like leaves and spikes has purple or white flowers in summer.

* Silver king or silver queen. Has aromatic silvery-gray foliage. It may be invasive in some parts of the country.

* Sedum Autumn Joy. Almost all sedums are drought-resistant. This one has deep pink to bronze flowers in the fall.

* Coronation Gold yarrow. Gold flowers on tall silvery-gray leaves in summer to early fall.

* Drought-tolerant annuals include cosmos, dusty miller, marigold, moss rose and zinnia.

Longest migration of any creature: The Painted Ladies arrive in spring

By late March or early April, people in California and along the southern U.S. border should begin to see the world's most persistent and breathtaking traveler: the Painted Lady butterfly.

The Painted Lady makes the longest known migratory journey of any animal, even longer than its celebrated cousin, the monarch, according to a study published in the National Academy of Sciences (June 2021).

Found on every continent except Antarctica and Australia, the Painted Lady makes a striking migration from Africa's Sahara Desert to the Arctic Circle. Like the monarch, the migration spans generations. At least six generations are required for the butterfly to make the 9,000 mile trek. Similar generational journeys take the butterfly from Mexico to Canada.

But how do these delicate creatures cross such distances? Scientists say they fly high (up to 2,000 feet) to drift on favorable winds for long distances. In the late 1990s, radar in Denver detected a 70-mile wide swarm of these butterflies migrating in the fall -- drifting north, not south -- on the winds, according to the University of Colorado Boulder Museum of Natural History.

The numbers of Painted Ladies making the migration varies dramatically, and research has found it depends on the rainfall and resulting abundance of plants. This butterfly is abundant because it feeds on lots of plants -- up to 300 host plants are known. It is constantly breeding, laying eggs and flying, with each new generation taking up the trek according to season.
Seniors feel the impact of isolation

If you’re an older adult, there’s a good chance that social isolation is getting to you in a big way. Distancing and quarantine have damaged the mental and physical health of seniors, according to the New York Times. Reduced physical activity and decreased interaction with others that came with social distancing took a significant toll, resulting in decreases in mobility and conditioning.

No large-scale studies have been conducted yet on how public health measures have impacted seniors.

However, some physicians and researchers say the situation is clear. In an interview with Kaiser Health News, Dr. Jonathan Bean, a geriatric rehabilitation expert, attributed the decline in function to decreased activity and remarked that it was an obvious problem to any clinician who cares for older adults. Another geriatrician, Dr. Lauren Jan Gleason, reported seeing weight changes and more depression among her patients.

Another compounding factor: Delayed access to regular preventative care, according to the University of Michigan’s National Poll on Healthy Aging. Around 30 percent of adults age 50 and older had to delay or cancel appointments for checkups, dental appointments and procedures, tests and operations.

What can older adults do to reclaim lost ground? Get moving again, said University of Michigan researcher Geoffrey Hoffman in an interview with the New York Times. Going for a walk or trying some gentle stretches are great options, or something as simple as getting groceries or doing a few more household chores. Physical therapy may also be appropriate.

Seats at the ballgame

Across
1. Halloween cry
4. Religious images
9. Mont Blanc, e.g.
10. Raise at an angle
11. Bottom of the barrel
13. "Bye!"
14. Water-soften compound
16. Word in a simile
17. TV watchdog org.
18. Therefore
20. Place for soaking
22. "Aquarius" musical
24. Abominable Snowman
25. "Encore!"
27. Actor Carney
28. Painter’s plaster
29. More, in Madrid

Down
1. Light wood
2. Dairy section selections
3. Newspaper piece
4. Tagged player
5. Tacky
6. Brightly colored fish
7. Cashew, e.g.
8. Marienbad, for one
12. Some African expeditions
15. Be in a cast
18. Hindu sacred writings
19. Newspaper section
20. Slant
21. Locker room group
22. Witchy woman
23. Questionnaire datum
26. Thumbs down

The headline is a clue to the answer in the diagonal.
Earth Day 2022: Consider the chopstick

Chopsticks are everywhere. A third of the global population uses them every single day. The rest of the population fumbles (and masters) them at restaurant meals. All those chopsticks add up — mostly in landfills.

About 80 billion pairs of chopsticks are thrown away every year. To make that massive number of chopsticks, activists in China have documented the destruction of 100 acres per day of aspen, birch and bamboo.

In Vancouver, Canada, entrepreneur Felix Bock wants to do something about all those chopsticks. Something useful. Something artistic.

His new startup, ChopValue, transforms sticky single-use chopsticks into furniture.

His raw material is not in short supply. According to Bock, his company collects 350,000 used chopsticks from 300 restaurants every week. He cleans them, compresses them, and turns them into book shelves, cutting boards, art, and desks. He estimates that he has transformed 50 million pairs of chopsticks since 2016.

Here is how it all works.

The wood is harvested in Asia and made into chopsticks. The sticks travel 6,000 miles to Vancouver, where they end up in restaurants and are used once. The ChopValue staff collects the sticks. They coat them in a water-based resin and sterilize them at 200 degrees Fahrenheit for five hours, according to Atlas Obscura. After that, the sticks are sorted and sent to a hydraulic machine that breaks them down into composite wood. They are sanded, polished and lacquered.

It takes more than 10,000 chopsticks to make a desk.

Trivia Teaser: A Little Color

1. Which singer had a top 10 hit song in 1983 with "Little Red Corvette"? a-Rick James, b-Madonna, c-George Michael, d-Prince.
2. The Little White House, located in Warm Springs, Georgia, was the retreat for which U.S. President? a-Franklin D. Roosevelt, b-Dwight Eisenhower, c-George H.W. Bush, d-Herbert Hoover.
3. Which medical product is referred to as the little blue pill? a-Xanax, b-Levitra, c-Pepcid, d-Viagra.
4. The invention of the little black dress is attributed to which designer? a-Elsa Schiaparelli, b-Coco Chanel, c-Christian Dior, d-Karl Lagerfeld.
5. In the tale of Little Black Sambo, which animals chased each other around a tree until they turned into butter? a-Foxes, b-Mongoose, c-Tigers, d-Deer.
6. The Little Brown Jug is an earthenware trophy awarded to the winner in which college football rivalry? a-Michigan-Minnesota, b-Alabama-Auburn, c-Army-Navy, d-Georgia-Georgia Tech.
7. According to the lyrics of the 1968 hit song "Little Green Apples," "it don't rain in" which city "in the summertime"? a-San Diego, b-Tallahassee, c-Indianapolis, d-Albuquerque.
8. Which literary detective credited his "little grey cells" for his ability to solve crimes? a-Hercule Poirot, b-Ellery Queen, c-Nero Wolfe, d-Perry Mason.
9. Which moral is taught in the children's fable of The Little Red Hen? a-Every problem has a solution, b-Be happy with what you have, c-Learn from the failure of others, d-Hard work pays off.
10. While learning to read, which literary character referred to letters on the written page as "little black bugs"? a-Peter Pan, b-Tarzan, c-Oliver Twist, d-Huck Finn.

Universe facts that are out of this world

The universe is vast -- so vast that it is actually an understatement to say vast.

No adjectives can reveal the size of the universe -- it bends human comprehension. With the new James Webb telescope coming online, we'll learn more about the universe in the years ahead. For now, let's review some out-of-this universe facts and stats:

* Currently, most scientists believe that light sets the universal upper-speed limit at 186,000 miles per second. To put that into perspective, a flight from New York to Tokyo is only about 6,700 miles. Thus, a beam of light could travel back and forth between the two cities over twenty times in the blink of an eye. Meanwhile, the sun is over 90 million miles from earth and it takes about eight minutes for sunlight to reach earth.

But if the speed limit is 186,000 miles per hour, speed is not the key to visiting other galaxies or planets. The closest spiral galaxy to ours is Andromeda, about 2.5 million light years away. If you could travel as fast as light (still debatable), it would take 2.5 million years to get there.

So what we see today in the Andromeda galaxy, using something like the Webb telescope, is actually ancient history -- events that occurred millions of years ago.

If speed is the only way to travel, and if light speed is the limit, all planets are profoundly isolated.

* Closer to home, the moon is right next door. However, in space, even "next door" is a long way away. You could fit all the planets in our solar system, including massive Jupiter and Saturn, in the space between the earth and the moon, according to Universe Today.

* Meanwhile, galaxies appear to rotate around supermassive black holes, which generate so much gravity that light cannot escape. The black hole at the center of our galaxy, the Milky Way, is believed to have a mass roughly 4 million times that of our sun, which has a mass equal to about 330,000 Earths.

HAPPY APRIL 2022
### June Leadership Training
This year's leadership training will be held virtually beginning Saturday, June 25 and ending Tuesday, June 28. A detailed agenda and registration information will be released soon. We would like one officer or coordinator from each group and chapter to attend (different leaders may attend different sessions), and any member who is interested in learning more is also invited to join.

### Heart Failure Visitors Needed
If you are a patient with heart failure and you would like to support other patients who have heart failure, we would love to tell you more about a new visiting program we've just launched. Please email Leslie at Leslie.Brown@mendedhearts.org to find out more.

### Join a Support Meeting from Your Home
Many of our chapters and groups hold monthly Zoom meetings that are open to anyone who would like to attend. For a list of MH chapter meetings and times, please email Mandy at Mandy.Sandkuhler@mendedhearts.org.

### Trivia answers
1-d, Prince  
2-a, Franklin D. Roosevelt  
3-d, Viagra  
4-b, Coco Chanel  
5-c, Tigers  
6-a, Michigan-Minnesota  
7-c, Indianapolis  
8-a, Hercule Poirot  
9-d, Hard work pays off

### Beyond the Numbers Webinar Series
Our popular Beyond the Numbers Webinar Series is back again for its third year with even more important heart health information for those who struggle with healthy eating and exercise habits, as well as tips for improving medication adherence and communicating with your health care team. Go to www.MendedHearts.org to learn more about the sessions and to register.

### Grilled Shrimp with Mint Salsa Verde

#### Servings: 2  
#### Serving Size: 6 shrimp and 1 1/2 tablespoons salsa

- 1/2 tablespoon plus 1 teaspoon and 1/2 tablespoon fresh lemon juice, divided use  
- 1 teaspoon and 1 tablespoon olive oil, divided use  
- 1 medium garlic clove (minced)  
- 12 jumbo raw shrimp in shells (21 to 25 count), peeled, rinsed, and patted dry  
- 2 medium green onions (chopped)  
- 3 tablespoons chopped, fresh mint  
- 1 tablespoon snipped, fresh cilantro  
- 1/2 tablespoon drained capers  
- 1/2 tablespoon minced fresh jalapeño, seeds and ribs discarded, or to taste  
- 2 teaspoons fat-free, plain yogurt  
- 1 teaspoon water  
- 1/8 teaspoon salt  
- 1/8 teaspoon pepper  
- Cooking spray

#### Directions
1) In a small glass baking dish, whisk together 1/2 tablespoon plus 1 teaspoon lemon juice, 1 teaspoon oil, and garlic. Add the shrimp, turning to coat. Cover and refrigerate for 10 minutes, turning once.  
2) Meanwhile, in a mini food processor, process the green onions, mint, cilantro, capers, jalapeño, yogurt, water, salt, pepper, remaining 1/2 tablespoon lemon juice, and remaining 1 tablespoon oil for 30 seconds, or until smooth and creamy. Scrape the side once or twice during this process.  
4) Preheat a grill pan on medium-high heat. Lightly spray with cooking spray. Remove the shrimp from the marinade. Discard the marinade. Grill the shrimp for 2 to 3 minutes on each side, or until pink and cooked through. Serve with the salsa verde drizzled on top.


### Happy April 2022
April 2022 Calendar with Holidays

April 2022 Holidays:

1. April Fool’s Day
   - Assyroin New Year
   - Autism Awareness

2. Ramadan (start)

3. CMT Awards

4. Intl. Mine Awareness Day
   - Natl. Hug a Newsperson Day

5. Deep Dish Pizza Day

6. Intl. Day of Sport for Devel. & Peace
   - Natl. Tartan Day
   - Natl. Walking Day

7. Intl. Day of Reflection on the 1994...

8. Rex Manning Day

9. Natl. Unicorn Day

10. Palm Sunday
    - Natl. Siblings Day

11. Intl. Day of Human Space Flight
    - Natl. Grilled Cheese Day

12. Intl. Day of Pink
    - Songkran (Laol/Thai New Year)

13. Burmese New Year

14. Holy Thursday
    - Good Friday

15. Bengali New Year
    - Cambodian New Year

16. Tamil New Year

17. Earth Day

18. Passover (Cont.)

19. Tax Day (Taxes Due)
    - Bicycle Day
    - 420 Day

20. Passover (Cont.)

21. Natl. High Five Day
    - World Creativity and Innovation Day

22. Passover (Cont.)

23. Passover (End)

24. Divine Mercy Sunday

25. DNA Day

26. Intl. Chernobyl Disaster Remembrance Day
    - Lesbian Visibility Day
    - Natl. Pretzel Day
    - World Intellectual Property Day

27. Administrative Professionals Billboard Awards

28. Holocaust Remem. Day
    - Laisiatul Qadr

29. Arbor Day

30. Indep. Bookstore

- Orthodox Easter
  - ACM Awards
  - Intl. Day of Multilateralism and... World Immunization Week Starts

- April 6-10, 2022
  - Augusta National Golf Club
  - Augusta, GA
NO NEWS IS GOOD NEWS ....HAPPY EASTER!....GOOD LUCK AT THE MASTERS TOURNAMENT

A REMINDER SPECIAL ANNOUNCEMENT

Note from Phil Winsor
pres. ch. 294

I met with Jim O’loughlin, CEO of Aiken Regional Medical Centers, on Friday, March 4, 2022. Our monthly meetings WILL be accompanied by meals provided by the hospital. In the near term, meetings of Chapter 294 will be at ARMC as this is logistically easier for them. Several organizational steps must be accomplished by your Executive Committee in coordination with our hospital liaison before our first meeting occurs. Eighteen people have responded to me to date as interested in getting together as we move forward. It is my hope that as heart event survivors we can continue to support each other and mentor those who have experienced what we as individuals may have. Remember that our meetings are not just for those who wish to visit patients. They are open to all. CEO Jim assured me that our presence has been missed and all look forward to having us back!

FACTS ABOUT THE MONTH OF APRIL

-There are a few common theories behind April’s naming. One is that the name is rooted in the Latin Aprilis, which is derived from the Latin aperire meaning “to open”—which could be a reference to the opening or blossoming of flowers and trees, a common occurrence throughout the month of April in the Northern Hemisphere.

1. We know it is the fourth month of the year, but that’s only by the Gregorian calendar that we adhere to now. It was previously the fifth month in the earlier Julian calendar.
2. April also only had 29 days, but a 30th day was added when Julius Caesar established the Julian calendar.
3. The etymology behind the word “April” comes from the verb “aperire,” which means “to open.” It’s commonly believed that the word refers to the season of trees and flowers begin to “open” or bloom.
4. Those who were born in April have a diamond as their birthstone, which represents innocence. Their birth flower is either a Daisy or a Sweet Pea.
5. There are two zodiac signs in April. Aries, which is until April 19th, and Taurus, which is April 20th and onwards.
6. April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16th to April 26th each year. There’s another one called the Eta Aquariids meteor shower that can be seen onwards from April 21st.
7. There are quite a few notable historical people born in April, such as Leonardo da Vinci, Shakespeare, and Queen Elizabeth II.
8. On April 15, 1912, the famous Titanic ship hit an iceberg and sunk on her first and only voyage.
9. George Washington was inaugurated as the First President of the United States on April 30, 1789.
10. Of course, one of the most well-known dates of April, is April Fools’ Day on the 1st of the month. No one is sure where this originated from, but some believe it to be inspired by Geoffrey Chaucer’s story in “Canterbury Tales” called “Nun’s Priest’s Tale.”
11. On April 11, 1970, Apollo 13 was launched and ran into difficulties about two days later. It was then that the famous line “Houston, we’ve had a problem here” was said, and is today usually misquoted.
12. After a 1,500 year break, the first Olympics of the modern era took place on April 6, 1896, in Athens.
13. The explosion of the Chernobyl nuclear plant in Ukraine occurred on April 26, 1986, which forced everyone within a 300-mile radius to be evacuated.
14. April is also the month that the birds migrate north and settle down for the summer to mate.
15. For all the car enthusiasts out there, Ford unveiled their first Mustang on April 17, 1964, costing $2,368.
16. The first battle of the Revolutionary War, Lexington, and Concord broke out on April 19, 1775.

HAPPY APRIL 2022
I’m proud to tell you that the two plaques shown below have been sent to the *Aiken Mended Hearts* by the *National Resource Center* in Albany, Georgia. The plaques will join our other awards and commendations in the Surgical Waiting room area at the Resource Center.