



# Creekwood

2056 NW 55th Blvd • Gainesville, FL 32653 • (352) 378-8379

## MAR/APR 2018



## NOTES & NEWS

### Important Numbers

Office ..... (352) 378-8379  
 Fax ..... (352) 378-3039  
 Emergency After Hours ..... (352) 283-4547  
 Gainesville Police Dept. .... (352) 955-1818

### On the Menu: Welsh Rabbit

Whether it's called Welsh rabbit or Welsh rarebit, this classic dish doesn't contain rabbit nor is it served rare. It's made with two basic ingredients, bread and cheese. The bread is toasted on a griddle or under a broiler, topped with a rich cheddar sauce flavored with mustard, Worcestershire sauce and other seasonings, then broiled again until the sauce browns and bubbles. The dish has been a Welsh tradition since at least the 1500s, and sources say it was originally called "rabbit" as a reference to the humble ingredients and lack of meat. The term "rarebit" appeared sometime in the late 18th century, most likely to eliminate confusion and to make the meal sound more exotic.

## HIGHLIGHTS

### Cabbage Can Feed Your Brain

Cabbage serves as the traditional side dish in the St. Patrick's Day meal of corned beef and cabbage, but it deserves top billing for its nutritional value. Both green and purple varieties of this cruciferous veggie are rich in vitamin K, which can boost mental function and help defend against Alzheimer's disease and dementia. Cabbage is also loaded with vitamin C and several cancer-fighting compounds.

### Twice in a Blue Moon

A rare occurrence happens on March 31. The night sky will host the second full moon of the month, called a blue moon. Even more unusual is that January also had a blue moon, making two in one year.

### Walk for Health

With spring just ahead, it's a good time to put on your walking shoes. Regular walking, even for short amounts of time, is linked to numerous health benefits.

### A Cheery Sight

Wearing a chest of bold orange feathers and chirping a cheery song, the robin is known as the herald of spring. This hardy North American bird is often a year-round resident that spends the winter roosting in trees to conserve energy. As the weather warms, robins become a more noticeable sight as they come out to search for food and begin nesting.

### To Your Health: Time for Bed

A bedtime routine isn't just for children; adults can benefit from one, too. Become a creature of habit by doing the same thing every night for at least an hour before going to bed. Activities could include writing in a journal, having a fresh fruit snack or reading a book. Soon, your brain will associate the activity with bedtime, and you will fall asleep faster when your head hits the pillow. Better slumber can lower stress levels and improve overall health.



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creekwoodapts  
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# TRIVIA WHIZ

## Go Green on March 17

St. Patrick's Day on March 17 is a time when many people claim kinship with the Emerald Isle and hope for the luck of the Irish. No matter your ancestry, you may be interested in the following facts and figures.

- The first New York City St. Patrick's Day parade occurred in 1762. The current parade lasts five to six hours and is attended by nearly 2 million spectators every year.
- In addition to a parade, Chicago celebrates St. Paddy's Day by turning the Chicago River green. It takes 45 pounds of powdered dye to accomplish the festive feat.
- About 55 percent of people in the U.S. celebrate St. Patrick's Day in some way, spending a total of \$5 billion on the holiday.
- An estimated 34 million Americans have Irish ancestry. That's more than seven times the population of Ireland.
- Towns that seem especially suited to celebrate the holiday include Shamrock, Texas; St. Patrick, Mo.; Dublin, Ohio; Ireland, W.Va.; Emerald Isle, N.C.; and Irishtown, Ill.
- Over 650,000 babies born in the U.S. in the last century have been named Patrick. The name means "nobleman."
- Your odds of finding a four-leaf clover are about 1 in 10,000.
- According to legend, when they aren't guarding their pots of gold, leprechauns spend their days making and mending shoes.

## True Treasure

- Q. How is a best friend like a four-leaf clover?
- A. They are hard to find and lucky to have.



## Make Your Home Sparkle

Parts of the country may still be in a deep freeze, but spring sprouts this month. Consider getting your spring cleaning done now so you can enjoy the outdoors when the sun is shining and the birds are singing.

Here are a few tips to make the process go smoother:

*Declutter first.* There will be less stuff to clean, you'll have room to work, and you'll be able to reach areas that the clutter was covering.

*Plan ahead.* Make sure you have

the supplies you need so you don't run out in the middle of your cleaning frenzy. Assemble the items in a caddy or bucket that you can carry from room to room. Suggested supplies include: gloves, all-purpose spray cleaner, paper towels, scrub brush, microfiber cloths, trash bags, glass cleaner and carpet stain remover.

*Make it fun.* Open your windows if the weather allows, put on some upbeat music, and have your favorite snacks on hand.

*Follow a routine.* Start with the ceiling and work your way down. A vacuum with a hose is best for tackling cobwebs and dust on ceilings, fans and light fixtures. Clean walls and windows next. Then dust your furniture and other items before vacuuming and mopping floors.

*Don't forget.* Some spots that tend to get overlooked are baseboards, doorknobs, light switches, heating vents and wastebaskets.

## Meatless Meals

There are many reasons to prepare a meal without meat. Whether you want to save money, improve your health, help the environment or just try something new, the options for using meat alternatives are many, and so are the benefits.

Meat is one of the most expensive sources of protein. Many people save money by focusing on other protein-rich foods, such as whole grains, beans, nuts, eggs and cheese.

Eating less meat can also increase longevity. A diet rich in vegetables, fruits and whole grains has been shown to decrease the risk of diabetes and several types of cancers and to protect against heart disease.

If weight loss is a goal, keep in mind that research shows people on plant-based diets tend to have lower body weight and body mass index. Experts think this is because they consume more fiber and fewer calories.

Buying less meat can also reduce your carbon footprint and save fuel and water, since raising animals for food takes large amounts of natural resources.

*Trying a new ingredient* or using it in a different way will add variety to your meals, and you just might discover some new favorites.

Here are a few ideas for meatless meals to get you started: eggplant Parmesan panini, broccoli cheddar brown rice casserole, black bean and quinoa burritos, and spinach artichoke lasagna.





# WIT & WISDOM



## The Wings of Spring

If you need a signal that spring is just around the corner, look to the skies. Many migrating birds are now making their way to nesting grounds and rest areas, including these feathered favorites:

**Cliff swallows.** One of the most famous symbols of spring is the return of these birds to Mission San Juan Capistrano in Southern California. Flying 6,000 miles from Argentina, the swallows reach the area around March 19, when tourists flock to the city to celebrate Swallows Day.

**Sandhill cranes.** In late February, these cranes begin leaving their winter homes in the Southern U.S. and Mexico to set up camp in Canada, Alaska and Siberia. Throughout March and early April, half a million of the birds will make a pit stop in Nebraska's Platte River valley to rest and fuel up on food before continuing north.

**Long-billed curlews.** As temperatures turn warmer, these shorebirds—the largest in North America—move from the coastlines and Mexico to the continent's west-central grasslands. Bird-watchers are in for a spectacular show as male curlews perform looping flight patterns while making their sharp "whit-whit" calls.

**Red knots.** Their 9,300-mile spring migration from South America to the Arctic is one of the longest trips of any bird, and a ready supply of eggs spawned by horseshoe crabs draws thousands of red knots to stop in Delaware Bay.

## Grain Bowls With Roasted Vegetables

### Ingredients:

- 2 yellow onions, cut into 1/2-inch wedges
- 1/2 head of red or purple cabbage, cut into wedges
- 2 red potatoes, cut into 1/2-inch wedges
- 1 small butternut squash, peeled and diced
- 1 pound Brussels sprouts, cut in half
- Olive oil
- Salt and pepper
- 1 1/2 cups uncooked quinoa
- 2 avocados, peeled and sliced
- Fresh parsley

### Tahini sauce:

- 1 tablespoon tahini
- Juice of 1/2 lemon
- 1 teaspoon Dijon mustard
- 1/2 to 1 teaspoon maple syrup

### Directions:

Heat oven to 400° F. Line a sheet pan with parchment paper.

Place onions, cabbage, potatoes, squash and Brussels sprouts in single layer on pan. Drizzle with olive oil and season with salt and pepper. Roast vegetables 40 minutes, or until tender.

While vegetables roast, cook quinoa according to package directions.

In small bowl, whisk tahini, lemon juice, mustard and syrup until smooth.

Spoon quinoa into bowls. Add roasted vegetables and garnish with avocado and parsley. Drizzle tahini sauce over each bowl and serve.

For more recipes, visit [www.Onions-USA.org](http://www.Onions-USA.org).



"Are you looking for gold, friend? Look around you; anything useful to you is pure gold, pure silver!"

—**Mehmet Murat Ildan**

"The man who treasures his friends is usually solid gold himself."

—**Marjorie Holmes**

"Fire is the test of gold; adversity, of strong men."

—**Seneca**

"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world."

—**J.R.R. Tolkien**

"Truth, like gold, is to be obtained not by its growth, but by washing away from it all that is not gold."

—**Leo Tolstoy**

"Gold is good in its place; but living, brave, patriotic men are better than gold."

—**Abraham Lincoln**

"Wealth stays with us a little moment if at all; only our characters are steadfast, not our gold."

—**Euripides**

"Gold may shine; but it has no true light."

—**Kristian Goldmund Aumann**

"The finest compliment you can pay a man is that his word was as good as gold."

—**Evel Knievel**

"Every man has within himself a gold mine whose riches are limited only by his own industry."

—**Thomas Bailey Aldrich**

"As every thread of gold is valuable, so is every moment of time."

—**English proverb**



## March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	 17
18	 19	20	21	22	23	24
25	26	27	28	29	30	31

## "This Month In History"

### MARCH

**1852:** The first illustration of Uncle Sam appears in a political cartoon in the New York Lantern, a weekly newspaper.

**1904:** Author Theodor Geisel, known to the world as Dr. Seuss, is born in Springfield, Mass. Each year near his birth anniversary, Read Across America Day is observed to celebrate Seuss' work and encourage children to read.

**1910:** As part of the growing scouting movement, the Camp Fire organization

is founded as a national program for girls. In 1975, it became a coed group.

**1922:** Converted from a cargo ship, the USS Langley is commissioned as the Navy's first aircraft carrier.

**1933:** "King Kong" premieres in New York City with record-breaking ticket sales. The movie's groundbreaking special effects garnered rave reviews.

**1942:** The first five Tuskegee Airmen graduate from the flying school in Alabama and earn their wings as U.S. Army Air Corps pilots.

**1961:** After an appeal in his inauguration address to "ask not what your country can do for you, ask what you can do for your country," President John F. Kennedy establishes the Peace Corps volunteer program.

**1970:** Conway Twitty releases "Hello Darlin'." The No. 1 hit became the country music legend's signature song.

**1980:** In one of the biggest cliffhangers in TV history, America was left wondering "Who shot J.R.?" after the season-ending episode of the prime-time soap opera "Dallas."

**1993:** Janet Reno is sworn in as the first female U.S. attorney general.

**2012:** Encyclopaedia Britannica announces it will no longer publish printed versions of its iconic reference books.

**2016:** Astronaut Scott Kelly returns to Earth after a record 340-day mission aboard the International Space Station.