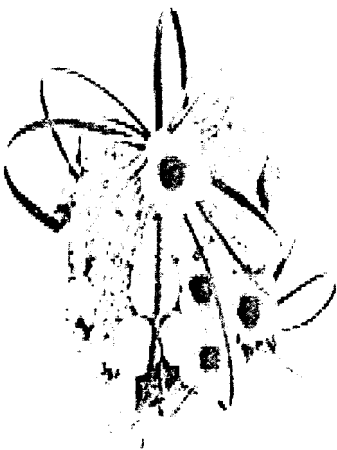


# THE URBAN SENIOR

## From the Director: D'Norgia Price

*"Cheerfulness removes the rust from the mind, lubricates our inward machinery, and enables us to do our work with fewer creaks and groans. If people were universally cheerful, probably there wouldn't be half the quarreling or a tenth part of the wickedness there is. Cheerfulness, too, promotes health, and immortality. Cheerful people live longest here on earth, afterward in our hearts. – Anonymous*

Last week, I read this passage and the lines stayed with me for days. It gave me a cheerful feeling. Then, noticing that although the weather had a bite of cold air meandering throughout our city, the trees, bushes and gardens were showing signs of fresh buds. We have new life bursting with color.



## All in The Name of a Root Vegetable

The potato continues to present landmark events in our lives. History reminds us that, between 1845 and 1852 the population of Ireland decreased by 20 to 25 percent. Students know this event by various names, such as the Great Famine in Ireland itself and The Irish Potato Famine internationally. June 15, 1992, when William Figueroa, 12 was the student who knew how to spell "potato" when Vice-President Dan Quayle added an "e" to the end of the word. Today, as a food world wide, the potato is second to rice. As a snack food, Americans consider the potato chip their favorite

The potato chip originated in New England as one man's variation on the French-fried potato, and its production was not the result of a sudden stroke of culinary invention, but as a fit of resentment.

In the summer of 1853, Native American, George Crum was employed as a chef at a elegant resort in Saratoga Springs, New York. On Moon Lake Lodge's restaurant menu were French-fried potatoes, prepared by Crum in the standard, thick-cut French style that was popularized in 1970s France and enjoyed by Thomas Jefferson as ambassador to that country.

At Moon Lake Lodge, one dinner guest found chef Crum's French fries too thick and rejected the order. Crum cut and fried a thinner batch, these too met with disapproval. Exasperated, Crum decided to rile the guest by producing French fries too thin and crisp to skewer with a fork. The plan backfired. The guest was ecstatic over the browned paper-thin potatoes, and diners requested Crum's potato chips, which began to appear on the menu as Saratoga Chips, house specialty.

In 1885, William Tappendon of Cleveland, Ohio, began making chips in his kitchen and delivering them to neighborhood stores. He converted the barn at the rear of his house into "one of the first potato chip factories."

In 1932, Herman Lay founded Lay's in Nashville, Tennessee, which distributed potato chips to a factory in Atlanta, Georgia. Herman Lay, a traveling salesman in the South, helped popularize the food from Atlanta to Tennessee. Lay peddled potato chips to southern grocers out of the trunk of his car, building a business and a name that would become synonymous with the thin, salty snack. Lay's potato chip became the first successfully marketed national brand.

### Potato Chip Trivia:

- Americans consume more potato chips than any other people in the world. The potato chip did not leave the United States as a food item until 1921 when they were introduced to England. Since the words chips were already in use for what we in this country call French fries, the British use the word crisps.

**From the Director :**

As I continue to read, I realize that it is planting time. Small animals come out of their burrows. Birds fly north, and bees and butterflies gather nectar from flowers. IT'S SPRING!

Going through the events that occurred in April, I discovered:

Noah Webster copyrighted the first edition of his dictionary 1828

The first public showing of a motion picture was in NYC, 1896 – *can you believe that?*

Television was first broadcast publicly from the Empire State Building 1939

I'm beginning to see that much of April brought new ideas, growth and innovation, most of it in the form of some sort of communication. All of this just jumped in my head after reading the quote from the daily Mountain Wings Moments (Mountainwings.com).

Let's think about the innovative, nurturing and spring like things we can do for ourselves and our community. Think about the fact that spring is also a good time to clean out all those areas where 'stuff' is stored or hidden during winter. Stuff can be thoughts or things. The stuff you don't need or want, why not give it away, throw it away or sell it? You would be surprised to discover the amount of money you receive from selling your old stuff. On the other hand, if you choose to use it as a donation, there may be a tax deduction. Consider someone might really be able to use some of the 'stuff' you are

### **DO YOU NEED HELP FILING FOR YOUR ECONOMIC STIMULUS PAYMENT?**

As needed, use the information as follows:

- ◆ www.IRS.GOV
- ◆ Call IRS HOTLINE at 1.886.234.2942
- ◆ VISIT IRS OFFICE DOWNTOWN PORTLAND  
(1220 SE Third Avenue)  
On Saturday, April 12 FROM 10 AM-4 PM
- ◆ VISIT THE LLOYD CENTER SHOPPING MALL  
3rd Level, Suite 2010)  
On Wednesday, Saturday and Sunday  
From 10 AM 4 PM
- ◆ Call the Senior Center at 503.988.5470  
Ask Arleta Ward-Christian for  
An Appointment on Friday, April 11

**National Frog Month**

April is National Frog Month and 2008 is the year of the Frog. It is important to generate public awareness and understanding of the amphibian extinction crisis. Before us is the greatest species conservation challenge in the history of humanity.

Whether you collect Frog Memorabilia or perhaps frogs remind you of the outlawed pedagogical practice of their dissection, facts as follows provided by David Rodrigue, Quebec Amphibian Monitoring Program Coordinator, Montreal—Quebec— will heighten your concern.

Listen:

- This leap year has been designated "Year of the Frog" by worldwide conservation groups. Six Quebec zoos and aquariums are joining others around the world in marking the year's official launch on February 29.
- The American bullfrog, found on Canada's East, and the coastal tailed frog are among the threatened amphibian found in Canada; however, British Columbia's Oregon spotted frog is among the most vulnerable, with only two known habitats remaining in the province.
- If you want one less mosquito at your summer picnic, frogs are important because their diet of insects is just one way they help humans."
- Few amphibian populations survive an infection, suggesting that some 500 amphibian species, (many in warmer climates) are heading toward extinction.
- Most scientists believe global warming contributes to amphibian decline, but an epidemic of infection by a fungus called Chytrid destroys numerous populations.

"That's serious, that's a bigger mass extinction than the dinosaurs," reports Mr. Rodrigue.



**HAPPY BIRTHDAY**

Marvin Gaye  
 Eddy Murphy  
 Colin Powell  
 James Healy  
 Allen Ainsworth  
 Carmen McCrae  
 Paul Robeson  
 Percy Julian  
 Lionel Hampton  
 A. Phillip Randolph  
 Charles Mingus  
 Ella Fitzgerald  
 Hans Christian Anderson  
 Guglielmo Marconi  
 Samuel Morse

**WHO WILL LEAD OUR CITY?**

**2008  
 Candidates Forum  
 April 16, 2008**

NE Multicultural Senior  
 Center  
 5325 BE MLK, Jr., Blvd.

**1 PM—4 PM**

Listen to views of candidates for:

Multnomah County  
 Commission Districts #1,  
 3, 4

City of Portland Mayor

Portland City Commissioners-

Position #1, 2, and 4

Made Possible by:

*The Urban League  
 Of  
 Portland  
 &  
 Elders in Action*

**A Cancer Fighting Spice??**

Human studies are needed to confirm the effects, but in cell studies, rosemary extract has given both breast cancer and leukemia cells a real fight. That's good news about an herb we really know is chockfull of antioxidants-those free-radical killer that help protect you from cell-level damage.

**4 Ways to Get More Rosemary into Your Life**

1. Stick a fresh sprig in your lemonade, or steep it in hot tea.
  2. Add chopped rosemary to your tossed salads.
  3. Use fresh or dried rosemary in marinades for meats or vegetables (olive oil, fresh or dried rosemary and soy sauce make a nice, simple one).
- Try this delicious rosemary-infused recipe from EatingWell.com.

**Garlic Rosemary Mushrooms.****Ingredients:**

ounce bacon (about 1 ½ slices), chopped  
 1 ½ pounds minced mushrooms, such as cremini, shiitake (stemmed) and portobello, cut into ¼-inch slices  
 2 medium cloves garlic, finely chopped  
 1 1/1 teaspoon salt  
 Freshly ground pepper to taste  
 ¼ cup dry white wine

**Method:**

Cook bacon in a large skillet over medium heat until just beginning to brown, about 4 minutes. Add mushrooms, garlic, rosemary, salt and pepper and cook, stirring occasionally, until almost dry, 8 to 10 minutes. Pour in wine and cook until most of the liquid has evaporated, 30 seconds to 1 minute.

Makes, 4 servings about ¾ cup each.

Source: RealAge.com

**Smile, Laugh, Roar!**

April marks the 32<sup>nd</sup> Anniversary of National Humor Month. Canadians and Americans, from health care professionals to scholars to giggling grade scholars, will engage in belly laughs that take them to exalted levels of pleasure. National Humor founded by humorist Larry Wilde brings heightened public awareness to the therapeutic value of laughter. Laughter can boost morale, improve health, increase communication skills and enrich the quality of one's life.

A chuckle may emerge for one-liners as follows:

Love may be blind but marriage is a real eye opener.

A clear conscience is usually the sign of a bad memory.

If at first you do not succeed, then skydiving is not for you.

Change is inevitable except from vending machines.

The colder the x-ray tables are the more of your body is required on it.

The early bird may get the worm, but the second mouse gets the CHEESE!



## AUTISM

Autism Awareness Month, celebrated in April and sponsored by the Autism Society of America (ASA) provides an opportunity for families, friends, and local communities to raise public awareness about autism. The increasing spread of autism across the entire United States gives rise to an urgent public health concern. The majority of the increase is among young children. The disease frequency of autism now surpasses that of all types of cancer together.

Autism (sometimes called "classical autism") is the most common condition in a group of developmental disorders known as the autism spectrum disorders (ASDs). Autism is characterized by impaired social interaction, problems with verbal and non-verbal communication, and unusual repetitive or severely limited activities and interests.

Autism is a complex disorder for which there is no known single cause. Although there are no certain causes, scientists agree that it is likely both genetics and environment play a role. Occurrences such as abnormal levels of serotonin or other neurotransmitters in the brain suggest that autism could result from the disruption of normal brain development early in fetal development caused by defect in genes that control brain growth and that regulate how neurons communicate with each other. The National Institute of Neurological Disorders and Stroke (NINDS) is one of the federal government's leading supporters of biomedical research on brain and nervous system disorders.

There is no cure for autism. Experts agree that early intervention is important in addressing symptoms associated with autism, the earlier the better. Educational/behavioral interventions, medications and other therapies are among the treatment approaches. Family counseling for parent and siblings often helps families cope with the particular challenges of living with an autistic child. Physicians often prescribe anti-psychotic medications to treat severe behavioral problems. One or more of the anticonvulsant drugs work well for seizures. Parents should be cautious when attempting to use therapies or intervention that have no scientific basis.

In an article that appeared in the Oregonian last year, S. Renee Mitchell pointed out that "Oregon's children consistently have one of the country's highest rates of autism, reportedly as much as three times the national average, based on criteria by the Individuals with Disabilities Education Act. Up to one in 98 Oregon children end up being diagnosed, when the national average is one in every 150 children.

### How Do Cellular Telephones Work?

A cellular telephone is basically a two-way walkie-talkie that acts like a telephone. With a walkie-talkie, you either talk or you listen; with a cell phone, you can talk and listen at the same time. You can dial a number to place a call. You can receive calls. You can do fancy things like three-way calls, conference calls, call hold, and voice mail.

All conversations on cell phones are unprotected and can be intercepted. Don't think of a cell phone as a telephone, think of it as a radio. Sure, there are laws to protect you against illegal eavesdroppers, but obviously these laws are hard to enforce since it's difficult to catch someone listening in on your call. Be careful of what you say (or transmit with a modem) on cell phone!

Cellular phone systems can be "analog" or "digital". Older systems are analog and newer systems are digital.

Each cell phone identifies itself to the cellular system each time it places or receives a call so that the cellular system can verify it is a valid paying customer. The cell phone's identity includes the phone number that is assigned by the service provider.

In all sections, or cells. Each cell contains its own antenna and uses only a subset of channels. Each antenna is lower in height and emits a much weaker signal so that the same subset of channels can be used somewhere else within the city. For example within a typical cellular system, every seventh cell uses the same set of channels.



## J. CALIFORNIA COOPER

## CELEBRATING POETRY

National Poetry Month inaugurated by The Academy of American Poets in April 1996 brings together publishers, booksellers, literary organizations, libraries, schools, and poets around the country to celebrate poetry and its vital place in American Culture. The preparers of this newsletter recognize the salient value of poetry in our lives and offer its readers a poem in each edition to promote that which is creative in all of us. The Academy suggests that you carry, in your pocket, a poem on April 17.

J. California Cooper the author of the poem you are about to read is the author of novels *Family* and *In Search of Satisfaction*. She is also the author of seventeen plays. She received the James Baldwin Writing Award (1988). A former resident of California she currently lives in Oregon.

"I also think Love is beautiful and feels good. I think what some people do with it, who do not know what they are doing, is what makes it painful. . . sometimes.

Listen to this poem:

Love entered in my heart one day  
A sad, unwelcome guest.  
But when it begged that it might stay  
I let it stay and rest.

It broke my nights with sorrowing  
It filled my heart with fears  
And, when my soul was prone to sing,  
It filled my eyes with tears.

But . . . now that it has gone its way.  
I miss the dear ole pain.  
And, sometimes in the night I pray  
That Love might come again.

So maybe it is not Love that hurts, maybe, it's the person we love. It can even be a lack of Love. . . ." The author derived the name of her book *Some Love, Some Pain, Sometime*, from the same view she has of life—

"Ink runs through the corners of my mouth,  
There is no happiness like mine.  
I have been eating poetry."

*Mark Strand*

## RECIPE OF THE MONTH

## Door Stop Meatloaf

## Ingredients

- 1 ½ cups finely crushed Backyard Barbeque Kettle Chips
- 1 large carrot peeled and cut into ¼ inch pieces
- 1 rib of celery cut into ½ inch pieces
- ½ medium yellow onion peeled and roughly chopped
- 2 cloves garlic smashed and peeled
- ½ cup flat leaf parsley leaves loosely packed
- ½ cup plus 3 tablespoons ketchup
- 4 teaspoons dry mustard
- 2 pounds ground round beef
- 25 large eggs, beaten
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 2 tablespoons dark brown sugar

Preheat oven 400 F

## Method:

- Crush potato chips in a food processor and transfer chip crumbs to a larger mixing bowl
- Remove crusts from bread and place in the food processor. Process until fine crumbs form, about 10 seconds. Mix bread crumbs with the potato chips. Do not substitute dried bread crumbs in this step, as they will make your meatloaf rubbery.
- Place carrot, celery, onion, garlic and parsley in the bowl of the food processor/ Process until veggies are minced about 30 seconds. Transfer veggies to bowl with potato chips and bread crumbs.
- Add 1/2 cup ketchup, 2teaspoons dry mustard, ground beef, eggs salt and pepper. Using your hands, kneed the ingredients until thoroughly combined. Be careful not to over knead.
- Set a wire baking rack into an 11X17 baking pan. Cut a 5X11 piece of parchment paper and place over center to keep meatloaf from falling through. Form meatloaf to cover the parchment.
- Place the remaining ketchup, dry mustard, and brown sugar in a bowl. Mix until smooth and brush generously over the meat loaf.
- Bake 30 minutes, then sprinkle 1/2 cup crushed chips on top. Continue baking loaf about 25 minutes more until an instant thermometer inserted into the center registers 160 degrees. Let cool on rack 15 minutes.



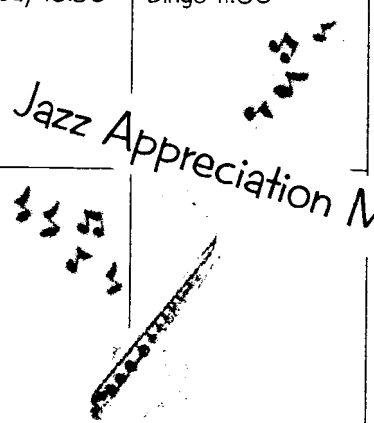
April 2008

The Urban League Senior Center Activity Calendar

National  
Humor Month

April Fool's Day

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Foot Care 9:30 By appointment \$15.00 Need Help Filling Out Your Voter Registration Form ? We can Help ! 9:30-12	2 Exercise 10:30 Bingo 11:00 	3 Bridge 10:00 Bible Study 10:30 Quilting at Healing Roots 10:00	4 AARP Tax 9-2 Bingo 11:00 Wal-Mart 1:30
7 Exercise 10:30 Scrap booking 10:30 Value Village 1:30	8 Bid Whist 10:00 Advisory Committee 10:30 Senior Law 1-4 Grandparent Support Group 6:00pm	9 Exercise 10:30 Bingo 11:00 Fred Meyer 1:30	10 Game Day 10:00 Bridge 10:00 Bible Study 10:30	11 AARP Tax 9-2 Bingo 11:00 Goodwill 1:30
14 Exercise 10:30 Express Yourself Writing Group 10:30 Lunch at Hometown Buffet 12:15	15 Bid Whist 10:00 Diabetes Education 10:30 Senior Law 1-4	16 SHIBA 9:30 Exercise 10:30 Elders In Action Candidate Forum 1:30-4:00	17 Bridge 10:00 Bible Study 10:30 Quilting at Healing Roots Center 10:00	18 Spirit Mountain Casino 10:00am \$6.00 No refund 
21 Exercise 10:30 Express Yourself Writing Group 10:30 Dollar Tree 1:30	22 Bid Whist 10:00 Movie 10:30 Senior Law 1-4	23 Exercise 10:30 Red White and Blue Thrift Store 10:30 Bingo 11:00	24 Game Day 10:00 Bridge 10:00 Bible Study 10:30	25 Arts and Crafts 10:30 Bingo 11:00
28 Exercise 10:30 Scrap booking 10:30 Walgreen's and Rite Aid 1:30	29 Planning Ahead Presentation 11:00	30 Exercise 10:30 Winco Foods 1:30	Jazz Appreciation Month 	

National Poetry Month

The Urban League Multicultural Senior Center 5325 NE Martin Luther King, Jr. Blvd (503) 988-5470

National Volunteer Month



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Honey Glazed Pork Roast, Mashed Potatoes, Spinach, Tossed Salad, Wheat Roll, Red Apple * <i>Egg Salad</i> <i>Sandwich, Garden Vegetable</i> <i>Soup Spinach, Tossed Salad,</i> <i>Red Apple</i>	<b>2</b> Beef Burgundy, Spiral Noodles, Vegetarian Dinner Blend Vegetables, Garbanzo Bean Salad, Wheat Roll, Pineapple Upside Cake, * <i>Cowboy Pizza</i> ...	<b>3</b> Swedish Meatballs, Parsley Egg Noodles, Broccoli Normandy, Tossed Salad w/Italian Dressing, Wheat Roll Chocolate Mousse, * <i>Pastrami</i> <i>Sandwich, Vegetable Beef</i> <i>w/Barley Soup</i> ...	<b>4</b> Baked Chicken W/Country Gravy, Mashed Potatoes, Diced Carrots, Mixed Green Salad w/French Dressing
<b>7</b> BBQ Chicken, Parmesan Red Potatoes, Italian Vegetables, Lime Applesauce Mold, Wheat Roll, Tangerine * <i>Roast</i> <i>Beef w/Gravy</i> ...	<b>8</b> Baked Fish W/lemon and Tartar Sauce, Scalloped Potatoes, Peas & Carrots, Creamy Coleslaw, Wheat Roll, Buttery Lemon Square * <i>Asian Chicken Wrap, Home</i> <i>Style Chicken Vegetable Soup</i> ...	<b>9</b> Sweet & Sour Pork, Rice, Broccoli Normandy, Sunshine Salad, Wheat Roll, Chocolate Zucchini Cake * <i>Mushroom &amp; Cheese Omelet,</i> <i>Tri-Cut Potatoes</i> ...	<b>10</b> Ginger Turkey, Spiral Noodles, Green Beans, Cottage Cheese w/Pear, Banana pudding * <i>Roast</i> <i>Pork Sandwich, Clam Chowder</i> <i>Soup</i> ...	<b>11</b> Meat Loaf W/Gravy, Garlic Mashed Potatoes, Scandinavian Vegetables, Tossed Salad, Wheat Roll, Bread Pudding * <i>Chicken</i> <i>Fajita</i> ...
<b>14</b> Chicken W/Noodles, Capri Mix Vegetables, Perfection Salad, Wheat Roll, Fresh Fruit * <i>Canadian Bacon &amp; Cheese</i> <i>Quiche</i> ...	<b>15</b> Salisbury Steak w/Gravy, Colcannon, Oregon Bean Medley, Mixed Green Salad. Wheat Roll, Mandarin Oranges * <i>Chicken Salad</i> <i>Wrap, Italian Wedding Soup,</i> <i>Mixed Green Salad,</i> <i>Mandarin Oranges</i>	<b>16</b> Seafood Fettucini, Peas & Carrots, Cabbage & Pepper Slaw, Wheat Roll, Oatmeal Cookies * <i>Chicken Fried</i> <i>Steak w/Country Gravy,</i> <i>Mashed Potatoes</i> ...	<b>17</b> Ravioli, Green Beans, Tossed Salad w/Italian Dressing, Wheat Roll, Mandarin Oranges ** <i>No</i> <i>Second Entrée</i> **	<b>18</b> Fiesta Chicken, Brown Rice, Chuck Wagon Corn, Spinach w/Red Cabbage, Wheat Roll, Frosted Brownie * <i>Baked</i> <i>Salmon w/Lemon Dill Sauce.</i> ..
<b>21</b> Beef & Macaroni Casserole, Winter Mix Vegetable, Strawberry Gelatin, Wheat Roll, Fresh Orange * <i>Roasted</i> <i>Ham w/Cranberry Sauce,</i> <i>Mashed Potatoes</i> ...	<b>22</b> Turkey Pot Roast, Mashed Potatoes, Scandinavian Vegetables, Tossed Salad w/French Dressing, Wheat Roll, Fresh Orange * <i>Roast</i> <i>Beef &amp; Cheese Sandwich,</i> <i>Minestrone Soup, Chocolate</i> <i>Chip Cookies</i>	<b>23</b> Baked White Fish/w Lemon Dill Sauce, Rice Pilaf, Vegetarian Dinner Blend, Layered Salad, Wheat Roll, Raspberry Bar * <i>Seasoned</i> <i>Sour Cream Chicken</i> ...	<b>24</b> Roast Pork w/Gravy, Tri-Cut Potatoes, Peas & Carrots, Patio Salad, Wheat Roll Apple Sauce * <i>Tuna Salad Sandwich, Tomato</i> <i>Basil Soup</i> ...	<b>25</b> Savory Baked Chicken, Couscous, Broccoli, Red & White Slaw, Wheat Roll, Pumpkin Bread * <i>Chili Dog,</i> <i>Potato Wedges</i> ...
<b>28</b> Sweet & Sour Chicken, Rice, Asian Vegetables, Wheat Roll, Homemade Apple Sauce, Snickerdoodle * <i>Cheese</i> <i>Ravioli w/Italian Herb Sauce.</i>	<b>29</b> Child, Carrots, Broccoli Normandy, Tossed Salad w/Italian Dressing Wheat Roll "No Second Entrée"	<b>30</b> Chicken Biscuit Pot Pie, Capri Mix Vegetables, Carrot Raisin Salad, Wheat Roll Banana * <i>Vegetarian Pizza,</i> <i>Carrot Raisin Salad, Banana</i>		

**Urban League Staff**

**D'Norgia Price**  
Director

**Norma Mullen**  
Lead Case Manager

**Beverly Frazier**  
Case Manager

**Lesley Unthank**  
Case Manager

**"Cupid" Alexander**  
Transportation Coordinator

**Qiara Ryans**  
Information and Assistance Specialist

**Arlita Ward-Christian**  
Activity Coordinator

**James Walker**  
Driver

Call: 503.280.2632

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Amount \$ \_\_\_\_\_

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☐ Program/Activity of your Choice

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