

February 2019

Clarendale of Mokena

Clarendale of Mokena • 21536 S. Wolf Rd. Mokena, Il. 60448 • 815-464-4418



Upcoming Events

**Saturday, February 2nd
at 1:30 pm
Live Entertainment by Alex
Talbot-BR**

**Sunday, February 3rd
at 5:00 pm
Super Bowl Party-P**

**Tuesday, February 5th
at 11:00am
Card Sales with Linda-Front
Lobby**

**Wednesday, February 13th
at 1:00pm
Special Presentation: The
wedding video of
Julie and Eric Freiberg-BR**

**Thursday, February 14th
at 2:30 pm
Valentines Day Party
featuring entertainment by
Afterglow-BR**

Stewards of the Earth Tracks in the Snow

Tracks in the snow tell fascinating stories of the secret lives of the wild animals that are abroad in wintertime-stories of their search for food and the never-ending warfare between the hunter and the hunted.

Walking thru the woods, we came upon the trail of a red fox. The footprints of a fox are more pointed than those of a dog, more nearly in a straight line, and the hind foot is placed exactly on the print of the corresponding front foot. More-over, this fox had walked out across a meadow to a big ant hill on top of which he sat to listen and test the wind for scent. A dog will not do that. Later, back in the woods, he had jumped on a fallen tree and trotted along its length. A dog will not do that either. The fox was travelling leisurely, pausing here and there to sniff at tufts of grass and other possible hiding places for mice.

Then he had broken into a leaping run. A rabbit, crouched in the hollow of a stump, had dashed out, darted thru a thick tangle of small hawthorns and choke cherries, and into a hollow log. The fox, forced to circle the thicket, got there too late.

In the woods adjacent to a big marsh dotted with muskrat houses, were the tracks of two mink. They had emerged from openings into the muskrat tunnels that honeycomb the shore. The mink's footprint, in snow, is shaped much like that of a human foot. Their size and the distance between the pairs of prints indicate the age and sex of the animal. Mink prey on muskrats but they also hunt fish, crawfish, mice and squirrels. This pair, hunting separately, had combed the woods nosing into every patch of briars, every stump, every hollow tree, and every mouse hole.

All thru the woods, too, were the tracks of squirrels of pheasants. The squirrels had hopped along from tree to tree, swerving to dig up acorns they scented beneath the snow. We came upon another track of the fox, travelling in long leaps. He had spied a squirrel venturing just a little too far from any tree. The two tracks merged. Only the fox track went on.

Eleanor Stewart

VALENTINES DAY POPCORN

INGREDIENTS:

- 10 Cups of Popped Popcorn
- 3 tbs. Butter (Sweet Cream, Salted)
- 3 cups Mini Marshmallows
- Pretzel M&M's – Red
- Valentine's Mix M&M's
- Valentine's Sprinkles
- Valentine's Confetti Hearts Sprinkles

DIRECTIONS:

1. Pop 10 cups of popcorn and salt liberally and place in a large bowl.
2. Melt 3 tablespoons of butter in a medium sauce pan. Once the butter is melted, add 3 cups of mini marshmallows. Stir until the marshmallows are melted. Turn off the heat as soon as the last marshmallow has melted.
3. Pour 3/4 of the marshmallow mixture over the popcorn in the bowl and then gently fold the popcorn with a spoon until most of the kernels are covered in mixture.
4. Pour the marshmallow popcorn onto a prepared cookie sheet.
5. Drizzle the remaining marshmallow mixture over the popcorn on the cookie sheet.
6. Sprinkle the candy and sprinkles over the popcorn.
7. Allow the popcorn to cool. Break apart into pieces and serve.



Random Acts of Kindness

Do you ever feel compelled to do something for others? Random acts of kindness are important to incorporate into our lives, and not to mention important to teach to our children. The overall goal is to spread kindness to everyone, even more specifically to those who need it most. We have gathered our favorite ways to spread kindness to the folks in your life to make their day a little brighter.

- Make someone a homemade card.
- Introduce yourself to a new resident that has moved in.
- Knit them a scarf or a hat. They will appreciate the sweet thought.
- Write them a letter telling them your favorite qualities about them.
- Run to the grocery store for someone if they are unable.
- Give someone a gift card to their favorite restaurant.
- Pay them a visit to check in and see how they're doing.
- Call and check in on a friend.
- Invite them over for dinner at your home.
- Take a walk around the neighborhood with someone.
- Plant flowers, vegetables or fruits in their garden so they will have fresh produce.
- Bring someone cookies, or their favorite dessert.
- Watch their favorite movie with them.

Valentine's Day Facts

- On Valentine's Day every year, there are at least 36 million heart shape boxes of chocolates sold.
- On average, men spend double the amount of money on Valentine's Day gifts than women spend. The average amount a man spends is \$130.
- There are approximately 50 million roses given on Valentine's Day around the world.
- Women tend to buy approximately 85% of all the Valentine's Day cards sold.
- Valentine's Day is the second most popular day of the year for sending cards, second only to Christmas.
- The phrase to wear your heart on your sleeve has historical meaning. In the middle ages young people would draw the name of their valentine from a bowl. They had to wear the name on their sleeve for one week.
- Every Valentine's Day, the Italian city of Verona receives approximately 1,000 letters that have been addressed to Juliet. This is where Romeo and Juliet, the young lovers in Shakespeare's play, lived.
- The first Valentine's Day candy box was invented by Richard Cadbury in the late 19th century.
- Cupid is the son of Venus. Venus was the god of beauty and love.
- Approximately 15% of women send themselves flowers on Valentine's Day.
- At least 9 million people buy their pets a gift on Valentine's Day.
- In the middle ages, superstition said that if you were single, you would end up marrying the first single person of the opposite sex that you met on Valentine's Day.
- Penicillin was introduced on February 14th in 1929.
- After St. Valentine was buried, Julia, the daughter of his jailor, planted an almond tree with pink blossoms near his grave. The almond tree today is a symbol of lasting friendship and love.
- Conversation Hearts have a shelf life of 5 years
- The first Valentine was sent in 1415

I ♥ Your Heart



Take The Pledge

Less	More
Salt	Fiber
Junk Food	Exercise
Second Hand Smoke	Fish
Television	Fruits
Electronics	Veggies
Stress	Whole Grains
Stagnation	Low Fat Dairy
Saturated Fats	Nuts
Weight Gain	Legumes
Alcohol Intake	Meditation
High Fat Foods	Vitamins



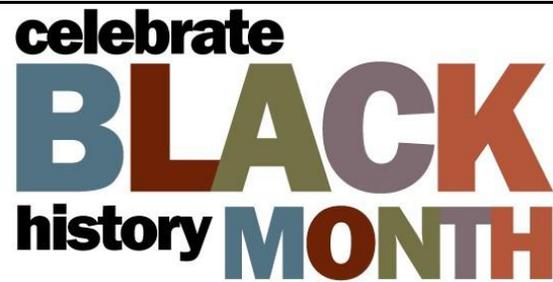
Shuttle About Town

Carter G. Woodson was born in Buckingham County, Virginia on December 19, 1875, the son of former slaves, James and Eliza Riddle Woodson. His father helped Union soldiers during the Civil War and moved his family to West Virginia when he heard that Huntington was building a high school for African Americans. Coming from a large, poor family, Carter Woodson could not regularly attend school. With drive and determination through self-instruction and being able to devote only a few months each year to his schooling prior to college: Carter G. Woodson became the second African American to receive a doctorate from Harvard. Woodson became a writer and historian and is known as the 'Father of Black History'.

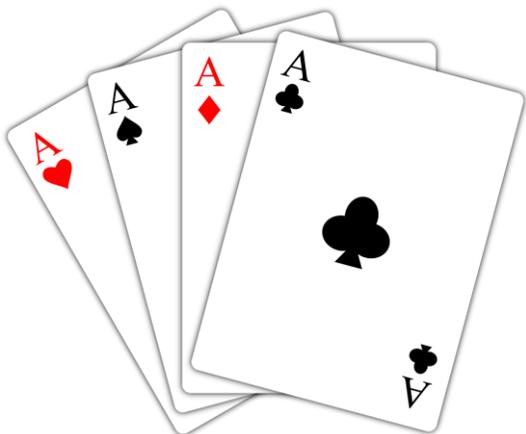
Although he is not directly responsible for Black History Month he did, in 1926, pioneer the celebration of "Negro History Week" designated for the second week in February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass which turned out to be the precursor of Black History Month.

Truly we can agree Carter G. Woodson was a pioneer and a true patriot. HAPPY 'BLACK HISTORY MONTH'!

See you on the bus!
Jim



Do you know how to play Bridge? If you are interested in starting a Bridge group please let one of the Life Enrichment team members know.



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