

April 2020

FERIDEAN HERON

Feridean Commons 6885 Freeman Road Westerville, Ohio 43085 614-898-7488



Celebrating April

**Arab American Heritage
Month**

Poetry Month

Jazz Appreciation Month

Passover Begins

April 8

Easter

April 12

Gardening Day

April 14

Bulldogs Are Beautiful Day

April 21

Earth Day

April 22

Arbor Day

April 24

International Dance Day

April 29

Out of the Mouths of Babes

Oodles of evidence exists demonstrating that laughter is a powerful medicine. A good laugh stimulates the heart and lungs, releases feel-good endorphins from the brain, decreases stress, strengthens the immune system, lifts the mood, and just plain makes us happier people overall. The only problem is that many adults don't laugh enough. Scientists have run the numbers, and most adults, on average, laugh 20 times per day. This may seem like a lot, but children laugh up to 300 times a day! Humor Month, which begins with the foolishness of April Fools' Day, seems the perfect time to get to the root cause of this laughter deficit.

Psychologist and laughter expert Robert Provine began collecting laughter samples in the 1980s. He wanted to understand why people laughed. Interestingly, laughter did not occur most often when people heard a funny joke. Instead, people laughed most at everyday remarks made by friends. Laughter, Provine discovered, was an incredibly important type of social glue and a healthy way to engage the world. And this may be why kids laugh so much more than adults.

Children are filled with the sense of wonder that comes with constantly learning new things. Not only is laughter a normal response to a delightful and unexpected outcome but a sense of humor is critical to developing self-esteem, practicing social skills, and learning to solve problems. Kids who laugh at themselves demonstrate the ability to accept their own imperfections. This lightheartedness attracts other friends, which in turn makes them feel better about themselves, resulting in higher self-esteem. The funny thing is that all of these social benefits continue into adulthood. As we grow, we should never stop delighting in the unexpected and laughing at ourselves, for these traits will keep our friends close and keep the laughs coming—and the more we laugh, the happier and healthier we will be.

The “Unsinkable” *Titanic*



On March 31, 1911, nearly 100,000 people gathered on a dock in Belfast, Ireland, to watch the launch of the RMS *Titanic*, the largest and most luxurious ocean liner ever built, a feat of engineering and a ship that many boasted was “unsinkable.” A little over a year later, on April 14, 1912, the unthinkable happened: On its maiden voyage, the mighty *Titanic* struck an iceberg and sank to the bottom of the Atlantic.

The *Titanic* was the most technologically advanced ship ever built. She had a double-plated bottom and 16 watertight compartments in the hull with doors that could close in case any were breached by water. For many, these innovations were a guarantee that the ship would stay afloat in any conditions. It also had a state-of-the-art electrical control panel and a wireless communications system that could transmit Morse code in the event of an emergency. None of these safeguards, however, could save the *Titanic* from her fate.

A mild winter had resulted in the north Atlantic being full of icebergs in April of 1912. There were many reports of floating bergs, but the crew of the *Titanic* paid them no mind. The 46,000-ton ship could reach a speed of 30 knots, making it not only the largest but also the fastest ship in the world. Captain E.J. Smith was speeding along at 22 knots when the iceberg was spotted, and while he was able to avoid a head-on collision, the iceberg struck the starboard side, ripping a gash in the hull that opened six of the 16 watertight compartments. Unfortunately, the ship’s design could withstand the flooding of only four compartments. An SOS signal was sent from the innovative new communications system, but another ship did not arrive for over three hours. By then, the *Titanic* had broken in half and sunk. Due to a shortage of lifeboats, many passengers perished in the frigid waters. Just 705 of the 2,206 on board survived, and the sinking of the *Titanic* became one of the worst lessons in overconfidence ever suffered by mankind.

Resident April Birthdays

Dorothy Butz	4/2
Louise Schultz	4/3
Inga Noyes	4/3
Phyllis Hoggatt	4/7
Beulah Wingett	4/14
Mary Bivins	4/15
Virginia Ward	4/18
Gene Giammarco	4/19
Joan McLeod	4/24
Jim Bonnell	4/26
Bob Fowler	4/29
Donna Mowder	4/30

Employee April Birthdays

Gifted Sakyi	4/3
Cristy Lopez	4/3
Jami Stanley	4/3
Sonali Patel	4/11
Kayla McGowan	4/15
Caleb Giraud	4/27

Before Gatsby Was Great



On April 10, 1925, F. Scott Fitzgerald published *The Great Gatsby*. Fitzgerald’s tale of love and lavishness during the Roaring Twenties is today hailed as perhaps the greatest American novel, but when it was published, it was deemed mediocre at best. By 1925, F. Scott Fitzgerald was a fading literary star. Even he believed that his best books, *This Side of Paradise* and *The Beautiful and Damned*, were behind him. The initial reviews of *The Great Gatsby* weren’t flattering. It was called “unimportant” and “painfully forced,” and sold just 21,000 copies. When Fitzgerald died in 1940, he believed the book to be a failure. A year after his death, though, the book took off, and by 1945 it was considered one of Fitzgerald’s most successful works.

The “Surgeon’s Photograph”



On April 21, 1934, *The Daily Mail* newspaper published the “Surgeon’s Photograph,” a black-and-white photo snapped by London surgeon Kenneth Wilson that shows

the enormous neck and head of the Loch Ness monster plying the waters of the Scottish lake. Thanks to Wilson’s photo, the world became gripped with “Nessie” fever.

Although it was the most popular and exciting “evidence” of the Loch Ness monster, the Surgeon’s Photo was not the first historical mention of such a beast. A seventh-century biography of Saint Columba, an Irish missionary who brought Christianity to Scotland, tells of how St. Columba faced off with a monster at the Ness River that flows into Loch Ness. Columba, seeing the monster’s attempts to eat a man in the river, invoked the name of God, and the creature fled, never to be seen again. That is, until April of 1933 when a couple was traveling on a new road that had been paved alongside Loch Ness. From the roadway, the couple witnessed “an enormous animal plunging and rolling on the surface” of the loch. Their story hit the newspapers, and news of the monster spread. The Surgeon’s Photograph was published a year later, heightening the rumors of a magnificent creature lurking the depths of the lake.

In 1994, after 60 years and countless expeditions to Loch Ness, the photo was revealed to be a hoax. The Surgeon’s Photograph was not a picture of a fantastic beast but of a toy submarine affixed with a plastic sea serpent’s head. Of course, revelations that the Surgeon’s Photograph was a fake have not dimmed the enthusiasm of Nessie’s believers. Indeed, as recently as September of 2019, scientists were still searching for evidence of Nessie. DNA was collected from Loch Ness, and although 3,000 different types of species were identified—including fish, pigs, deer, birds, humans, and bacteria—no DNA matching a giant reptile or aquatic dinosaur was found.

On All Fours

April 4, or 4/4, is the perfect day to commemorate the famous Jeep 4x4, a car beloved by so many. The history of the Jeep began in 1941, when Willys-Overland Motors of Toledo, Ohio, was contracted by the U.S. military to build nimble and tough off-road vehicles for wartime. Known as the Willys MB, the first jeeps were light enough to be pulled from the mud yet strong enough to haul military weaponry. The cars could ford rivers and climb hills. The jeeps were even used as battlefield ambulances. No one knows for certain the origin of the name “jeep.” Some think it was shorthand for “general purpose,” or GP, vehicles. Others say it came from the popular Eugene the Jeep character from the *Popeye* comic strip. By the end of World War II, Jeeps would endure a rocky transition to civilian life. Over the decades, the Jeep brand moved from bankrupt auto company to bankrupt auto company, giving rise to the infamous “Jeep curse.” Yet Jeeps have always retained their fanbase, and sales remain strong. The Jeep proves as resilient in the suburbs as it once did on the battlefield.

The Flying Debutante



Ruth Rowland Nichols was a pioneer of aviation during the 1920s and '30s, setting world records for speed, altitude, and distance. She received her pilot’s license in 1924 after graduating from Wellesley College, becoming the first woman to receive such a license

in the state of New York. It was on April 13, 1931, that Nichols established perhaps her most daring record of all. Flying a state-of-the-art 1928 Lockheed Model 5 Vega Special at a three-kilometer course in Carlton, Minnesota, she recorded a speed of 210.64 mph, a new world record. For her prowess in the cockpit, Nichols was dubbed “The Flying Debutante.” Her Lockheed Vega is on display today at the Smithsonian’s Air and Space Museum.

Britain's Great "Bulldog"

On April 9, 1963, Winston Churchill was made an honorary citizen of the United States, which is why that day has ever since been celebrated as Winston Churchill Day.



Winston Churchill has been hailed as one of the greatest statesmen of the 20th century. He was born into an aristocratic family to a father descended of British politicians and a mother who was heiress to an American

fortune. Winston, though, did not want to live an easy life of luxury. After military school, he traveled throughout the British Empire as a soldier and journalist, finally returning to England to begin his career in politics in 1900. He started as a conservative but suddenly shifted to the liberals, championing progressive causes such as the eight-hour workday, a government-mandated minimum wage, and a system of public health insurance. Years later, however, in the face of the rise of German nationalism and the Nazis, Churchill returned to the conservatives. In May of 1940 after Hitler invaded Poland, Winston Churchill was elected prime minister of England and vowed to guide Britain through the war.

Victory in World War II was not easy. As the Nazis bombed London, Churchill convinced the Americans to support the Allied war effort. Churchill's efforts were not in vain, and Germany finally surrendered in 1945. Churchill had earned the nickname the "British Bulldog" for epitomizing the unrelenting courage and tenacity of Britain's favorite pet. After the war, Churchill still had work to finish. He was elected prime minister again in 1951, won a Nobel Prize in Literature in 1953, and was knighted by Queen Elizabeth II in 1963. While Winston Churchill was far from perfect—he suffered political and military defeats, struggled with mental illness, and made controversial remarks regarding race and class—he dedicated his life to his country, and for that he received the honor of a state funeral in 1965, despite not being a member of the royal family.

April Birthdays

In astrology, those born between April 1–19 are the Rams of Aries. As the first sign of the zodiac, Aries like to be number one. Bold, courageous, passionate, and somewhat impulsive, Rams dive headfirst into the most challenging situations. Those born between April 20–30 are the Bulls of Taurus. Bulls not only work hard with a determined and tireless manner but they also enjoy the payoff, rewarding themselves for a job well done. These stable and reliable types won't finish the job until they are completely satisfied.

Washington Irving (writer) – April 3, 1783
Maya Angelou (writer) – April 4, 1928
Booker T. Washington (leader) – April 5, 1856
Billie Holiday (singer) – April 7, 1915
Joseph Pulitzer (journalist) – April 10, 1847
Charlie Chaplin (actor) – April 16, 1889
Charlotte Brontë (writer) – April 21, 1816
John Muir (naturalist) – April 21, 1838
Ella Fitzgerald (singer) – April 25, 1917
Harper Lee (writer) – April 28, 1926
Duke Ellington (composer) – April 29, 1899

Selfies Around the World



Even NASA is getting in on the selfie photo craze, declaring April 22 Global Selfie Earth Day. April 22 is well known as Earth Day, a day to demonstrate support for the conservation of the planet. Global Selfie Earth Day proposes an interesting twist. Everyone is invited to step outside, snap a selfie, and share it with the world on social media. By the end of Global Selfie Earth Day, NASA hopes to create a photo tapestry of our planet, aggregating tens of thousands of images and sculpting them into a unique image of the globe. During years past, over 50,000 images have been submitted from over 100 different countries. It's your planet, so snap a picture of yourself wherever you are on the globe and post it. You just might be included in NASA's next photo tapestry.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2020

Feridean Commons Dining Menu

Executive Chef: Adam Baker

			Loaded potato soup Lunch Choice Pasta Primavera Beef Stew Dinner Choice Fried Chicken Cherry Bavarian Ham <small>April Fools' Day</small>	Clam Chowder Lunch Choice Chipped beef on Toast Spaghetti & Meatballs Dinner Choice Caramel Apple Pork Chops Smoked Salmon	Chucky Tomato Soup Lunch Choice Sweet BBQ pork sandwich Grilled Cheese Dinner Choice Lemon Pepper Cod Marinated Skirt Steak	Italian Wedding Soup Lunch Choice Teriyaki Chicken Quarters Beef Stew Over Biscuit Dinner Choice Beef Chili Lemon Garlic Tilapia
Beef Noodle Soup Lunch Choice Beef & Broccoli Rosemary Pork loin Dinner Choice Italian Sub <small>Palm Sunday</small>	Chicken Tortilla Soup Lunch Choice Cheese Quesadilla Beef burritos Dinner Choice Beef Stroganoff Chicken Marsala	White Cheddar Broccoli Lunch Choice Smoky Shrimp Over Rice Bratwurst & kraut Dinner Choice Chicken Florentine Swordfish W/ Citrus Salsa	Chicken Noodle Soup Lunch Choice Pasta with Mushroom Sauce Chicken Bacon Ranch on Bun Dinner Choice Teriyaki beef tips Sesame Pork Chops <small>Passover Begins</small>	Clam Chowder Lunch Choice Baked Ziti Pot Roast Dinner Choice Charleston Shrimp Perloo Ratatouille	Vegetable Beef Soup Lunch Choice Sausage gravy over Biscuit Huevos Rancheros Dinner Choice Fried Chicken Meatloaf <small>Good Friday</small>	Ham & Bean Soup Lunch Choice Bacon Scalloped Potatoes Cola Glazed Pork Chops Dinner Choice Grilled Salmon Beef Burgundy
Italian Wedding Soup Lunch Choice Rosemary Chicken Thighs Mongolian Beef Dinner Choice BBQ Beef Sandwich <small>Easter Sunday</small>	Stuffed Pepper Soup Lunch Choice Chicken Salad Sandwich Tuna Salad Wrap Dinner Choice Pepperoni Pizza Cheese Pizza	Beef Noodle Soup Lunch Choice Reuben Sandwich Sweet & Sour Chicken Dinner Choice Salisbury steak Chicken Marsala	Tuscan Bean Soup Lunch Choice Chicken Strips Fish Sandwich Dinner Choice Country Fried Steak Apple Raisin Pork Loin	Clam Chowder Lunch Choice Philly Cheese Steak Open Face Turkey Dinner Choice Spaghetti & meatballs Lemon Pepper Cod	Chicken & rice Soup Lunch Choice Goulash Chicken & dumplings Dinner Choice Prime Rib Sweet & Smokey Salmon	Beef Vegetable Soup Lunch Choice Lasagna Chicken Ala King Dinner Choice Blackened Catfish Beef tips Over rice
Navy Bean Soup Lunch Choice Spaghetti Aglio e Olie Chicken Piccata Dinner Choice French Dip Sandwich	Creamy Potato Soup Lunch Choice Open Face Roast Beef Penne w/Vodka Sauce Dinner Choice Shepard's Pie Irish Stew	Chunky Tomato Soup Lunch Choice Chicken Fried Steak Salisbury Dinner Choice Stuffed Cabbage Smothered Pork Chops	Minestrone Soup Lunch Choice Pepperoni Pizza Cheese Pizza Dinner Choice Mango Salsa Chicken Italian Sausage Bake <small>Earth Day</small>	Clam Chowder Lunch Choice BBQ Bacon Burger Coney dogs Dinner Choice Grilled Flank Steak Chicken Milano <small>Ramadan Begins</small>	Cheeseburger Soup Lunch Choice Chicken w/Caper cream Sauce Shells & Cheese w/Bacon Dinner Choice BBQ Ribs Crab Cakes w/aoli <small>Arbor Day</small>	Lobster Bisque Lunch Choice Tuna Steak BBQ Chicken Thighs Dinner Choice Chicken Piccata Pasta Pancetta
Broccoli Cheese Soup Lunch Choice Pot Roast Turkey Breast Dinner Choice Hot Ham & Cheese	Spaghetti Soup Lunch Choice Cheese Quesadilla Egg Salad Sandwich Dinner Choice Spaghetti & Meatballs Fried Chicken	Ham & Potato Soup Lunch Choice BLT Pasta Smothered Chicken Breast Dinner Choice Haluski Salisbury Steak	Meatball Soup Lunch Choice Turkey & Dumplings Sloppy Joes Dinner Choice Liver & Onions Rosemary Pork Loin	Clam Chowder Lunch Choice Pepperoni Pizza Cheese Pizza Dinner Choice Mongolian Beef Shrimp Scampi	Dining Services Direct Line: 614-359-5953 Dining Room Service Times: Breakfast 7:30 am to 9:00 am, Lunch 11:30 am to 1:00 pm, Dinner 4:30 pm to 6:00 pm	