

Today's News

TODAY CENTER FOR ADULTS

2008

April is Cancer Control Month— New Discoveries Help You Tip Cancer Odds in Your Favor

Almost every minute of every day one American dies from cancer, according to President Bush's Roundtable on Advances in Cancer Prevention 2007. One of those minutes could be yours, but how you live can make a difference.

Skin cancer is the most common type for both men and women. As you spend more time outdoors, keep that in mind and wear sunscreen.

The next most common type for men is prostate cancer. Smoking and a diet high in fat appear to be factors. Recent studies by the University of Pittsburgh and elsewhere show that eating more fruits and vegetables, particularly broccoli, is protective.

For women, breast cancer is the second most common type. Regular exercise and a healthy, low-fat diet help to prevent it. And one Harvard study of

younger women showed they were 35 percent less likely to get breast cancer if they took supplements containing at least 548 IU of vitamin D each day.

Lung cancer is the leading cause of cancer death for both men and women. Smoking is the most common cause. Need we say more?

Interesting new studies on diet and cancer prevention include one by UCLA showing that drinking coffee has a protective effect against colon, rectal and liver cancer.

Another shows that eating just three servings per month of raw cruciferous vegetables (broccoli, cabbage and cauliflower) can reduce bladder cancer risk by about 40 percent.

About 70 percent of cervical cancers are caused by HPV. If young women were vaccinated against the virus, the current number of

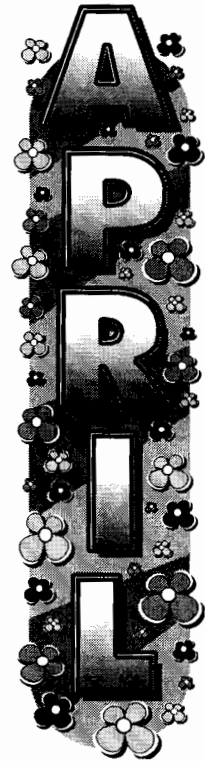
deaths per year would be greatly reduced.

People who have gastroesophageal reflux disease (GERD) can decrease their risk for esophageal cancer by decreasing their body mass index.

If the esophagus is already precancerous, eating freeze-dried blackberries for 26 weeks (32 grams a day for women, 45 grams for men) can help. No other treatment has eliminated the risk for esophageal cancer.

This study was presented at the American Association for Cancer Research conference, December 2007.

For most of us, a healthy diet and weight, avoiding the sun and quitting cigarettes, plus getting some exercise, will take us a long way toward cancer prevention.



THE LIGHTER SIDE... Psychiatry Seminar

Psychiatry students were attending their first seminar. It was on emotional extremes. The professor wanted to establish some parameters, so he asked what they would say was the opposite of joy.

"Sadness," replied Mr. Nichols.

Ms. Biggs defined the opposite of depression as elation.

"And Mr. Martin, what is the opposite of woe?"

Bubba replied, "I believe that would be giddy-up!"

April is Cancer
Control Month

Think of your lifestyle
and save your life.





April Songs Could Make You Love (The Weather)

While February may be considered the month of romance with Valentine's Day on its agenda, April and love seemed to be a pairing of words gentle on the minds of musical composers through the years.

In the 1920s, Broadway goers could hear the raspy voice of Al Jolson belting out the old standby, "April Showers," while the 1950s crowd swooned to the boy-next-door, Pat Boone, making "April Love" his trademark. It was written for the movie of the same name. The Jolson favorite was penned in 1921 by Buddy G. DeSylva and Louis Silvers while Boone's tune was written by Sammy Fain and Pal Francis Webster.

"April in Paris" dates to 1932 and was written by Vernon Duke and E. Y. Harburg. If anyone knows which month pairs up love and Paris, it would be the French. That is, unless you live a couple of countries away and would rather have "April in Portugal."

In 1986, Prince discovered that "Sometimes It Rains in April." If he had just asked or listened to a few old records he would have already known. A 1991 piece took things a little too far with the chilly ditty, "The Unexpected Snow of April."

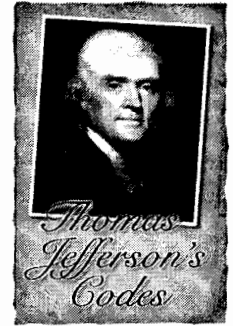
Add to these "April Moon" and "I'll Remember April" and the list goes on and on.

The reason for all this romanticizing about the fourth month may be just because you have to stay inside, dodge the showers, and do something. Or if you are Arthur Freed and Nacio Herb Brown maybe you throw caution to the wind and go "Singing in the Rain."

Thomas Jefferson, the great cryptographer

Thomas Jefferson is well-known for drafting the Declaration of Independence, serving as George Washington's Secretary of State, and going on to be the country's third President. As we mark his 1743 birthday on April 13, it is interesting to know that he was also a cryptographer.

When he sent Capt. Meriwether Lewis and William Clark on their trek west to map the huge Louisiana Purchase, Jefferson used his skill with codes to create a cipher and key which Lewis could use to send back secret reports and details of the Native American cultures. Jefferson knew the information was at risk as it made its tedious way back to Washington by way of lone riders, on pack wagons, and on small river craft.



The code design incorporated a matrix for reading the text created from the piece of cardboard containing holes that would reveal letters in the document.

Previously, he invented the Jefferson wheel cipher used during the American Revolution to communicate with The Colonies from Paris where he was serving as ambassador to France. He later abandoned the wheel, consisting of 26 rotating disks, but the French continued to use it until the 1890s.

The U. S. Army used similar devices in the early part of the 20th century and the British developed a like device to break the infamous Enigma Code used by the Nazis in World War II.

Leaders throughout history have written in ciphers, including Julius Caesar, Charlemagne, and Louis XIV.



April 25 is Arbor Day— Working to Protect the Tree Cover in Cities

THIS ARBOR DAY



PLANT A TREE!

It shouldn't take a law to do it, but some cities are passing legislation to make "tree abuse" illegal. It sounds a little extreme, but they are doing whatever is necessary to protect their vital tree cover.

The number of trees in cities across the country is declining. Analysis by American Forests, a Washington D.C.-based nonprofit, shows that most cities have lost one-quarter of their tree canopies since 1972.

Protecting trees makes sense. Where streets are tree-lined shoppers spend an average of 12 percent more time shopping. A 1995 study even showed that city apartment buildings

that were surrounded by vegetation were safer and the residents more civil.

Trees save energy with their cooling shade in summer and their windbreaks in winter. And homes with trees are more desirable.

Cities including New York and Los Angeles are adding millions of trees to their streets. Others have given blanket protection to all trees. In one California city, extreme pruning is a misdemeanor.

Whether or not trees are protected in your neighborhood, you can protect them on your own property.

Here's some advice from Ainsley Caldwell, Atlanta's arboriculture manager:

¥ Avoid hatracking. Lopping off

major branches to reduce overall size damages the structure of the tree.

¥ Don't top a tree. Cutting the main upright stem of a tree to prevent it from growing taller will kill most trees.

¥ Flush cutting is dangerous to tree health. Trimming one limb too close to the main trunk leaves it susceptible to insects and disease. It will survive a single flush cut, but several cuts can lead to its demise.

¥ Tipping, or trimming the tips of branches to shape a tree is discouraged. The tree will survive but won't be as healthy.

Vinyl LP Records Are Hot Again

They are gaining popularity in dorm rooms, at sleepovers and in living rooms. Flashy new vinyl records with a wonderful sound have come back, to the delight of music executives.

Many in the iPod generation are buying new turntables specifically for LPs. The new fans like the warm sound, but they also appreciate the elaborate album covers and liner notes

that come with albums. They especially like sharing their music with friends as opposed to listening alone through earbuds.



Young people often rediscover LPs when they look through their parents' collections and listen to one or two, only to discover music they may not have heard before.

Baby boomers are coming back to vinyl records as well. They're not only rediscovering the sound but capturing a nostalgia for their youth.

Those Who Retire Early but Live Long Lose a Bundle in Social Security Benefits

Only about 5 percent of retirees wait until full retirement age to claim Social Security benefits. Retiring early can cost dearly, according to the Social Security Administration (SSA), especially if you live a long time. The SSA calculates that retirees who live to age 90 would lose \$39,000 in benefits if they retire at age 62.

Some financial analysts say retiring early would cost far more because of the cost-of-living increases that boost Social Security checks. They figure the loss would be \$83,000 for those who take benefits at 62 and live

to age 90 and nearly \$149,000 for those who live to age 95. The reason: Cost-of-living adjustments would apply to larger sums if a person retires at age 66. Age 77 is the SSA's estimated break even point. If you think you will die before age 77, retire early. If you think you will live past age 77, delay retirement as long as possible.

People are, in fact, living longer. There is a 41 percent chance that a 62-year-old woman will live to age 90. A 62-year-old man has a 29 percent chance.

For a married couple, there's a

58 percent chance that one of them will live to age 90, and a 29 percent chance that one will reach 95.

If you don't think you'll live very long, taking benefits early could hurt your spouse. A married beneficiary can continue receiving his or her own benefits or the deceased's benefit, whichever is more. So spouses who take benefits early also reduce the amount the surviving spouse could receive.

People who want to retire early and can afford to live on their retirement savings until age 66 may also save on income tax.

APRIL FACTS

Origin of Name

April, the fourth month of the Gregorian calendar year, has 30 days. The Romans gave this month the name Aprilis, derived from aperire (to open), probably because it is the season when buds begin to open. It was called the Eostre (Easter) month by the Anglo-Saxons.

Colors

Yellow & Red

Flower of the Month

The birth flower for the month of March is the sweet pea. In the language of flowers it says, "I am thinking

of thee." The genus name for sweet-peas is lathyrus, which comes from the Greek word for pulse. Sweet peas were especially popular during the late nineteenth century. They were an important part of floral arrangements for every wedding and dinner party. Dried sweet pea petals were often used in potpourris. Superstition has it that seeds sown before sunrise on Saint Patrick's Day will have larger and more fragrant blossoms. In the study of heredity, Father Gregor Mendel first performed his famous work in genetics using sweet peas.

Birthstone Diamond

Personality Traits

If you were born in April you are strong, persistent, patient and very loyal towards those you love most. You dedicate a good deal of time to family and are constant in most relationships. Because of your warmhearted nature, you are successful in marriage and have a particular fondness for children. Although you have a tendency to become set in your own ways, you learn from every experience and never stray from a task you have started until you finish it. Those persons born in April often become teachers and leaders in business because they are naturals at providing guidance and creating order.

TORNADO SEASON: ARE YOU PREPARED?

The American Red Cross provides the following advice:

- Prepare a Home Tornado Plan

Pick a place where family members could gather if a tornado is headed your way. It could be your basement or, if there is no basement, a center hallway, bathroom or

closet on the lowest floor.

- Assemble a Disaster Supplies Kit containing: *first aid and essential medication supplies *canned food and can opener *3 gallons water per person *battery powered radio & light and extra batteries *protective clothing & bedding *written instructions

on how to turn off gas, electricity & water

- Stay tuned for Storm Warnings

*listen to your local radio and TV stations *know the storm status—Watch or Warning (Watch means a tornado is possible. Warning means a tornado has been sighted.)

IT'S SPRING! (But, how did it get here?)

In the United States and the rest of the northern hemisphere, the first day of spring season is the day of the year when the sun crosses the celestial equator moving northward (on March 20 or 21). This day is known as the Vernal Equinox.

A common misconception is that the earth is further from the sun in the winter than in summer. Actually, the earth is closest to the sun in December which is winter in the northern hemisphere.

As the earth travels around the sun in its orbit, the north-south position of the sun changes over the course of the year due to the changing orientation of the earth's tilted rotation axes. The dates of maximum tilt of the earth's equator correspond to the summer solstice and winter solstice, and the dates of zero tilt to the vernal equinox and autumnal equinox.

The reason for these changes has to do with the earth's yearly trip around the sun. For part of the year the earth's North Pole points away from the

sun and part of the time toward it. That is what causes our seasons. When the North Pole points toward the sun, the sun's rays hit the northern half of the world more directly. That means it is warmer and we have summer.

The declination of the sun on the vernal equinox is 0 00'. On the day of the vernal equinox, day and night are nearly the same amounts of time. In the United States, there are about 12 hours of daylight on this day.



APRIL

DAILY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CABBAGE ROLLS BUTTERED POTATOES SEASONED CARROTS GRAPES 9:15 CURRENT NEWS 10:30 GAME TIME 10:30 MUSIC 1:45 SPRING GARDEN 1:45 TOSS ACROSS 3:00 WHAT'S THAT	2 HOT DOGS ON BUN BAKED BEANS COLE SLAW DICED PEARS 9:15 BALLOON TOSS 10:30 PICTURE THIS 10:30 COLOR PAGE 1:45 FRUIT PIZZA 1:45 YOUR CHOICE 3:00 ROLL OUT	3 MEATLOAF OVEN BROWN POTATOES BRUSSEL SPROUTS APRICOT HALVES 9:15 OUTBURST 10:30 VOLLEY BALL 10:30 SENS. STIM. 1:45 MARBLE PAINT 1:45 ROLL'EM 3:00 TROUBLE	4 CREAM OF TOMATO SOUP GRILLED CHEESE SANDWICH CUCUMBER SALAD CHILLED PEACHES 9:15 ABC GAME 10:00 BIBLE STUDY 10:00 AT THE MOVIES 1:45 ROLL'EM 1:45 STORY TIME 3:00 UNO
	7 VEGETABLES SOUP HAM & CHEESE ON RYE PICKLES BROWNIE 9:15 REMINSCING 10:30 SPRING ART 10:30 RAIN MUSIC 1:45 HIDDEN PICTURE 1:45 RAIN DROPS 3:00 NUMBER GAME	8 HAMBURGER STROGANOFF NOODLES CALIFORNIA MIX VEG. ICE CREAM 9:15 ABC GAME 10:30 CATERPILLARS 10:30 APRIL SHOWERS 1:45 GARDEN JAR 1:45 STORY TIME 3:00 MAKE ME LAUGH	9 PORK CHOPS WHIPPED POTATOES/GRAVY GREEN BEANS LEMON PIE 9:15 CURRENT NEWS 10:00 BINGO 10:00 MUSIC 1:45 PICK 1-5 1:45 DISNEY MUSIC 3:00 LOOK HERE	10 STUFFED PEPPERS BUTTERED POTATOES COTTAGE CHEESE CANTALOPE 9:15 BALLOON TOSS 10:30 FILL THE BLANK 10:30 GAME TIME 1:45 YOUR CHOICE 1:45 BASKETBALL 3:00 THAT'S PUZZLING
14 COUNTRY FRIED STEAK BUTTERED POTATOES ITALIAN MIXED VEG. RICE PUDDING 9:15 BALLOON TOSS 10:30 NOODLE BALL 10:30 BOWLING 1:45 FARKLE 1:45 WHAT'S MY JOB 3:00 TROUBLE	15 SMOKED SAUSAGE OVEN BROWN POTATOES SCALLOPED CABBAGE STRAWBERRIES/BANANAS 9:15 REMINSCING 10:30 WOMENS GROUP 10:30 BEE-HIVES 1:45 DRAGON FLIES 1:45 TOSS ACROSS 3:00 DICE GAME	16 CUBE STEAK WHIPPED POTATOES/GRAVY GREEN BEANS APPLESAUCE 9:15 PARACHUTE FUN 10:30 BUTTERFLY 10:30 SOCK TOSS 1:45 SPELL THIS 1:45 YOUR CHOICE 3:00 THAT'S FUNNY	17 HAM & CHEESE SANDWICH POTATO WEDGES SLICED TOMATOES/LETTUCE LEMON BAR 9:15 ABC GAME 10:30 FLOWER GARDEN 10:30 BUTTERFLIES 1:45 FREE ART 1:45 SIMON SAYS 3:00 CARD GAME	18 CUP OF SOUP TUNA SALAD/COTTAGE CHEESE FRUIT PLATE VANILLA PUDDING 9:15 CURRENT NEWS 10:00 BIBLE STUDY 10:00 NTL GEO FILM 1:45 PUZZLES 1:45 SING ALONG 3:00 MAKE ME LAUGH
21 SMOKED SAUSAGE MACARONI & CHEESE ITALIAN MIXED VEG. FRUIT CUP 9:15 OUTBURST 10:30 LET'S DANCE 10:30 INCH WORM 1:45 GAME CHOICE 1:45 SOUNDS OF MUSIC 3:00 LOOK HERE	22 COUNTRY FRIED STEAK WHIPPED POTATOES WINTER MIXED VEG. CHILLED PEARS 9:15 BALLOON TOSS 10:30 LET'S GO FISHING 10:30 BABY ANIMALS 1:45 SPRING NECKLACE 1:45 STORY TIME 3:00 TROUBLE	23 HAM AUGRATIN POTATOES CALIFORNIA MIXED VEG. CHILLED PEACHES 9:15 ABC GAME 10:30 WAKE UP BEAR 10:30 BUTTERFLY CROWN 1:45 COOKING CLASS 1:45 FOLLOW THE LEADER 3:00 WHAT'S UP	24 CHICKEN STRIPS CRISS CROSS POTATOES GREEN BEANS ICE CREAM 9:15 PARACHUTE FUN 10:00 MONTHLY BIRTHDAY PARTY AND BINGO 1:45 FREE ART 1:45 DICE GAME 3:00 SEEK AND FIND	25 CREAM OF BROCCOLI SOUP BOLOGNA & CHEESE SAND. TOMATO/LETTUCE CHOCOLATE BROWNIE 9:15 REMINSCING 10:30 MENS GROUP 10:30 ANIMAL ART 1:00 REC. AND PARKS 1:00 MUSIC 3:00 LOOK HERE
28 HAMBURGER ON BUN FRENCH FRIES RELISH CONDIMENTS FRESH FRUIT 9:15 ABC GAME 10:30 MAY FLOWER 10:30 MUSIC 1:45 RAINBOWS 1:45 BALL TOSS 3:00 UNO	29 CABBAGE ROLLS BUTTERED POTATOES SEASONED CARROTS GRAPES 9:15 PARACHUTE FUN 10:30 VEGGIE PIZZA 10:30 SENS. STIM. 1:45 ROLL'EM 1:45 CLAY ART 3:00 ROLL OUT	30 HOT DOG ON BUN BAKED BEANS COLE SLAW DICED PEARS 9:15 REMINSCING 10:30 SPRING BOWLING 10:30 INSECT ART 1:45 FLOWER PLANTING 1:45 THAT'S FUNNY 3:00 TROUBLE		

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