

Farming on Facebook®

By Carole Eibelheuser

My friend Patty invited me to be her neighbor on FarmVille®, a Facebook® game. What was I getting into? This virtual world, complete with an avatar (me), allowed me to farm without getting dirty! The game starts with six small plots on which to plant a variety of crops and tokens to buy seeds from the Marketplace. Harvesting pays more tokens. So, I plow, plant, harvest, fertilize, and buy trees and animals to



inhabit my farm. I can increase the number of plots. I have neighbors which allows us to visit each other's farms and help out. We also send each other free gifts. Did I mention that the game is addictive?

The game has many nuances and it is basically a "learn as you play." Managing the farm has many aspects including the time it takes for each plant to grow to harvest. Some grow in as little as four hours and others in as much as four days. Example: If I plant a 16-hour plant at 8:00am, I'd better be ready to harvest it at midnight or it will wither and die!

My farm is a work in progress and a place to escape from boredom. I also play CityVille®, but that's another story.

Granny Sez

My short term memory gets shorter and I find myself lolly-gagging in thoughts of my childhood now. Do you do that? I was thinking back to when I was about six years old and every morning I sat on the toilet with a really big book on my lap called Webster's Dictionary. Sometimes it helped to accomplish the job at hand; but mostly it fascinated me...all those words I didn't know. I pledged to start at "A" and learn every one right up to "Z." Now that wasn't a "one flush" decision. I kept at it until maybe the end of the second grade. That's when I discovered the Public Library! I took one look at all those walls covered with books that I could read for free (which was the only price I could have afforded in the Depression years). That is when I

made myself another promise—to read all those books before I died.

I still go to the library every 2-3 weeks and take books out. Next to my family, I love books the best. I had hoped to become a famous author, but circumstances kept getting in the way; i.e., marriage, kids, career, age, and the final blow was when Irma Bombeck stole all my story ideas.

So I guess I never reached the destination I mapped out. However, I read that a truly happy person is one who can enjoy the scenery on a detour. I think I met a lot of you on that same detour and wasn't it a great trip? So let's keep truckin' down the bunny trail. Have a Happy Easter.

Love, Granny



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Volume 9 Issue 4



April, 2011

The Glen Tidings

A La Costa Glen April Fool's Story

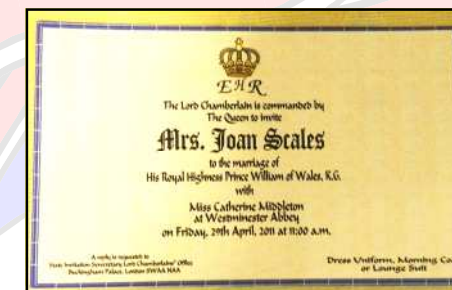
By Bunny Anderson

Last month **Joan Scales** opened an especially large envelope, addressed in beautiful type style, with Buckingham Palace as the return address and affixed with English stamps. Inside was an invitation by the Queen of England to the wedding of His Royal Highness Prince William to Miss Catherine Middleton on April 29th in the year of our Lord...etc.

Those of you who know Joan know that she is the consummate Anglophile, born and bred in England. She has seen "The King's Speech" five times and will go again any time invited. Well, her excitement knew no bounds. It is rumored she did everything short of a cartwheel in her exuberance over being invited to such a momentous once-in-a-lifetime event. She told her neighbors that she planned to call the local newspapers and book her flight as soon as possible. All this took place before **Les Tenney** heard what was planned.

Now here's the story behind the story: Les, knowing how much Joan is addicted to all things British, had made the invitation himself from information acquired on the internet. He completed the work on his computer as a prank, knowing Joan would be delighted with the handmade invitation even if it was fake. This project required many hours of tedious work on Les's part. Imagine his horror when he heard Joan planned to get plane reservations! He immediately shot down her "bluebird of happiness" by admitting the April Fool's joke before she could make any expensive flight plans.

P.S. The news of the joke spread like wildfire, including a "Royal" spoof from Joan to Les presented at the March 18 Town Hall meeting. It was all just in time for this April Fool's issue.



Resident Joan Scales, along with the "Royal" wedding invitation.

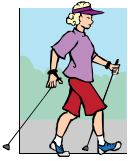
April is a multi-faceted month. It includes April Fool's Day, the first full month of spring, Income Tax Day, Pass-over, Earth Day and Easter. Hopefully it will be a time that includes pleasures of the outdoors and holiday gatherings as well. Certainly it will be tempered by the battering our earth has been taking in the past few months. In all, there is hope as exemplified by the poems throughout this issue, and we wish you the best.

It should also be noted that next month, May, is the month of Mother's Day and Memorial Day. We would welcome articles. You may submit then in writing or tell the story to one of our reporters by mid-April. Thank you.

—Jim Raymond, Editor

Walking Helps Sharpen Your Memory

By Jim Raymond



In a January 2011 article from "The Journal of Active Aging," fitness training plays an important role in continued high brain function. "Fitness training has a positive impact on brain functions as it helps increase the generation of new neurons and strengthens the connections between neurons." Aerobics, resistance training and even simple walking can help protect the brain. It also seems, the longer the distance walked, the larger the brain volume over time.

Citing another recent article published in "Neurology" by Kirk Erickson (et al) of the University of Pittsburgh, "Physical activity is associated with larger volumes of gray matter tissue in the brain, which, in turn, is associated with lower risks of developing dementia or cognitive impairment in old age."

The authors found that walking 72 or more blocks per week (approximately 6 to 9 miles) was associated with significantly higher volume of gray matter tissue, which correlated to significantly lower risks of cognitive impairment.

The authors concluded that, "walking greater distances was associated with greater gray matter volume in specific regions, which was associated with a lower risk of experiencing cognitive impairment."

I hope that this information inspires you to participate in the LCG Spring Walking Challenge. It's still not too late. Keep on strutting.

April Fools Quotations



"April 1. This is the day upon which we are reminded of what we are on the other three hundred and sixty-four."

—Mark Twain, Pudd'nhead Wilson, 1894

"The point of living and of being an optimist, is to be foolish enough to believe the best is yet to come."

—Peter Ustinov

"Fool me once, shame on you; fool me twice, shame on me."

—Chinese proverb

"Forgive, O Lord, my little jokes on Thee, and I'll forgive Thy great big one on me"

—Robert Frost, "Cluster of Faith," 1962

"We're fools whether we dance or not, so we might as well dance."

— Japanese proverb

"A common mistake that people make when trying to design something completely foolproof is to underestimate the ingenuity of complete fools."

—Max Eastman

"It is the ability to take a joke, not make one, that proves you have a sense of humor."

—Max Eastman

"She Loves Me"—A Treat!

By Betty Cortus

On March 12th LCG's drama enthusiasts enjoyed an excursion to a venue new to many of us: the Theatre of Performing Arts on the campus at Mira Costa College. Located nearby in Oceanside, this playhouse and its talented cast of student actors is, undeservedly, one of North County's best-kept secrets.

Before the night's performance a reception was held during which we were personally welcomed by College President, Dr. Francisco Rodriguez, and regaled with delicious refreshments.

The play's gifted Director, Tracy Williams, related some fascinating background stories about the dedicated volunteers whose hard work behind the scenes contributed to the staging of the delightfully light-hearted



musical comedy, "She Loves Me," which we were about to enjoy.

Newcomers to the College, expecting an amateurish student performance, might well have been amazed by the professionalism of the actors and musicians, the artistry of the sets, and the cutting-edge trappings of the charming theatre itself. Mira Costa's excellent Drama Department stages four plays annually, ranging across a wide variety of genres. After the success of this initial visit to the campus, it promises to be an excursion destination for LCG and its residents for many seasons to come.

For the Birds

By Carole Eibelheuser

Bird watching can be a true passion for those who enjoy the outdoor beauty in nature. "Birders" come to San Diego from all over the world to explore four distinct bird habitats in our county: the Coast, the Inland Foothills, Canyons, and Lakes, the Mountains, and the Desert. More than 480 species of birds have been observed in this county, more than any other county in the U.S.

Walking around our LCG campus, one will find many hummingbird feeders and

seed feeders and a variety of birds that nest here. A good bird identification book and either a pair of very good eyes or binoculars are all you need to find a fascinating pastime. We are very fortunate to have chairs and benches scattered throughout the campus where one can sit outside, enjoy the weather, and identify a few species of birds. Expert birders can identify a species just by its song.

A treasure trove of information on local birding can be found on the internet. A local resource is the Buena Vista Audubon Society. It's for the birds!



City of Carlsbad Citizens Academy

By Jim Raymond

The City of Carlsbad periodically offers a free Citizens Academy. It is a seven-week interactive program, held on consecutive Thursday evenings, as well as an afternoon session that includes a comprehensive citywide bus tour geared to learning about the City of Carlsbad. Each week diverse topics such as Policy & Leadership, Community Services, Public Safety, Transportation and Utilities will be presented by experts within the city.

Applicants are encouraged from all segments of the city. Enrollment for each class session is limited to 47 participants and each must be a Carlsbad resident.

The programs are typically held in the spring and in the fall and are very popular. The spring class is already filled up but it's not too early to consider enrollment in the fall program.

For further information and an application go to their website www.carlsbadca.gov or phone their hotline at (760)434-2800.



Under construction: This is a bird's eye view of the Avalon Dining Room as the new carpet was being installed last month.

It's the Little Things That Count

By Marian Goe

When I lay my head down on my pillow at night, I always think of the reliable crew in that safety kiosk out in front that makes me ever so grateful that they are there taking care of our safety and security whenever and wherever it is needed. With the arrival of daylight saving time, I did not look forward to the time to set my bedroom digital clock ahead. I had misplaced the instruction booklet that gave pictures and directions on how to maintain it for just such an occasion. I remembered what a chore it was for me to decipher it all to give me the right time.

Whenever I have a question of security, I always call 6600 without thinking. I dialed their number and told them my concern. Within minutes, a member of the safety team came by to set all my clocks. I don't know if that is one of the duties that are listed in their rule book, but nevertheless, I was much impressed by their performance.



I have gratefully added that to my thank-you list, next to the one that says thank-you for coming by to help me when my steering wheel locked on my car. BLESS YOU, SAFETY!!

Be a Scavenger

By George L. England, Sr.

During the month of April, the Fitness Committee will offer three different scavenger hunts to accommodate all levels of fitness. There will be two mini-hunts, one for the North and one for the South properties, and one main hunt to encompass the entire campus. The Committee encourages as many residents as possible to participate in these fun-filled events. The activities are designed to help you exercise and have fun at the same time.

On the hunts you look for things such as the serial number of a certain thermostat, the colors of the doors in a certain building or how many bushes of a certain flower are in a garden.

All of the items on the list are scattered through out La Costa Glen and in no particular

sequence. This is designed to give residents a fun purpose for walking and familiarize you with our beautiful campus. You might also learn some of the ins and outs of the campus. It might also stimulate your mind, which is another part of a fitness program.

All walking minutes can be logged on to your walking calendar which is turned in for prizes. Last year more than 80 residents participated in the scavenger hunt. The accolades were tremendous and residents enjoyed remembering scavenger hunts from their youth. The more participants in this scavenger hunt the more fun it will be. Remember to look for the Golden Goose somewhere in the Glen.

The Spring Walking Challenge continues through May.

Library News

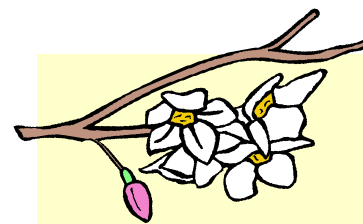
Contributed By Dottie Jirgal

On March 11th the Library Committee conducted its first Library Tour of five of our very active LCG libraries. It was an opportunity for residents who participated in the tour to learn about the available materials in each library, including books, tapes, audio-visual and puzzles. It was also an opportunity to meet some of the hard-working library committee members.

Each library is unique and has its own character. Residents

have an opportunity to sign out books and tapes from any of the libraries. We are so fortunate! We only request that people return checked out books in a timely fashion and to the same library from which they were checked out (please).

Keep on reading and enjoying our wonderful libraries and please let us know your favorite authors, as we continue to purchase new books each month.



April's Here!

It's great to be at LCG now that April's here,

When waking up at LCG each morning bright and clear

Brings bird-song through the window, and flowers scent the air;

Our steps are light, eyes are bright, when April days dawn fair.

We feel a little younger in the springtime of the year.

It's so great to be at LCG now that April's here!



Hiking the Batiquitos Lagoon Trail

Contributed By Tony Baggio, Annabelle Chang and Elaine Gutzman

Batiquitos Lagoon is a coastal wetland north of San Diego between the cities of Carlsbad and Encinitas. It is one of the few remaining tidal wetlands on the Southern California coast of the United States and is protected as an ecological reserve.

The lagoon is best seen and experienced from the main nature trail along its north edge, which is 1.5 miles long. It starts at the Nature Center at the end of Gabiano Lane and goes east toward El Camino Real. The lagoon itself consists of 610 acres with a drainage basin of about 55,000 acres. The watershed basin includes the cities of Carlsbad, San Marcos, and Encinitas, with its primary freshwater tributaries being San Marcos Creek from the east and Encinitas Creek that flows north along Green Valley, entering the lagoon under El Camino Real and La Costa Ave.

Wildlife of Batiquitos consists of approximately 180 species of observed birds. Many species are transients that are seen only during spring and fall migration periods but typically there are at least 60 species viewable at any one time. Current studies have found more



Hikers (L-R): Elaine Gutzman, Tony Baggio and Annabelle Chang.

than 20 species of fish. As with the birds, there are some part-time residents as well as many permanent ones. Mammals live along the trail that are shy and seldom seen. Most are night hunters, and the smaller ones are quarry for the raptor population.

La Costa Glen provides the residents a bus to the lagoon every Tuesday morning at 8:00am and returning at 9:30am to both Clubhouses. Sign up at the Activities Desks. Exerstrider poles may be used by folks who want to expand their walking abilities and fitness. Do come join our group of happy walkers who enjoy the spring fresh air and beautiful nature trail.



Lakeside's nesting ducks recently had 14 ducklings, spotted by Photographer Jay Eibelheuser. That's a lot to keep up with, Mom!

Robin Wright

By Marian Goe



Recently I had the opportunity to talk with the new Avalon Dining Room Supervisor, **Robin Wright**. I have dubbed her the lady with the

“million dollar smile.” We are indeed fortunate to have her as a new addition to our staff, and, in a short time she has won our residents’ admiration with her charm and eagerness to please each one of us.

She is originally from the East coast, but now resides in Vista. She is married to husband James who is a Quality Systems Administrator for General Atomics in Poway. They have two children, Courtney and Timothy.

Her background includes Childhood Education as well as serving for eight years as a coordinator in a Country Club in the Midwest area. Her daughter saw the LCG application on the internet and encouraged her to apply.

It is pretty obvious as you speak with Robin that she loves people. She is extremely happy here at LCG and loves the team she works with. She spoke lovingly of her grandmother who was a self-made musician and performed as a volunteer in nursing homes where she and her three sisters joined in the fun. She has worked with both the young and the old and loves the stories they have to tell.

A Wellness Program for LCG Employees

By Bunny Anderson

While sitting at the Fairway breakfast tables around 7:15am one Tuesday in March, we noticed a flurry of activity in the San Simeon Room. People in nursing garb were setting up tables, medications, examination rooms and lots of paper forms. Being a nosy reporter I ventured in to discover **Christine Buckley**, our Human Resources Director, overseeing a crew of people from Concentra Total Care and several La Costa Glen employees. It was the last day of



the Employee Annual Biometric Screenings and Health Assessment.

This opportunity to get a clear picture of one’s current health is offered annually to all of our full time employees....with an incentive of a \$120 discount on their health insurance! Last year the turnout was over 90%. When they walk out of the room (after about 30 minutes), they have an overall picture of their body fat, cholesterol count, blood pressure, triglycerides, and blood sugar. Any serious concerns will encourage them to see their personal physician.

Here, again, we have a glimpse of the advantages offered to those who work at La Costa Glen both for their benefit and the benefit of the residents.

Woodstool

By Betty Cortus

**A beach umbrella in speckled shades of brown
To shelter small lawn-dwellers passing by,
Who view its pink and pleated underside-
A circle with a thousand radii.**

**A lowly form of mottled fungus life,
With fleshy stem and pallid, spongy bonnet,
And yet its solid, satisfying shape
Compels the random eye that falls upon it.**

**Ingredient of occult recipe,
Grotesque proud flesh, full-blown in one brief night,
Yet how its eerie beauty captivates
When caught between the dappled shade and light.**



April Display Cases

By Jen Krail



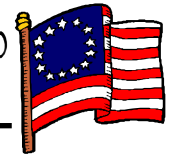
It’s Bunny Time! Resident **Bunny Anderson** Brookside has some of her fabulous collection of bunnies at the Fairway Clubhouse display cases. She is showing some of her favorites from a collection of 640 bunnies she brought to La Costa Glen.

Her first bunny was given to her 56 years ago by a neighbor. It is a handmade bunny pin-cushion saying, “Sumbunny loves you.” That started her world-wide collecting. These include a large bunny carved from lapis, a gold and diamond compact, a 60th anniversary solid gold pin, brass, porcelain, crystal ones and a four foot lettuce garden bunny. She has trays, plant holders, money banks, copies of museum pieces and her favorite: Jimmy, a large stuffed bunny that sits on her bedroom chair.

Lakeside display cases will feature resident artist **Harvey Hersh** (aka “Hershey”). Hershey moved to La Costa Glen in October of 2008. He calls Brooklyn his hometown and attended New York University. He worked for 30 years for Gallo and began painting when he was caretaker for his wife. Self taught, he took his first formal art lesson in resident Doug Strole’s art workshops where he continues to grow as an artist. He always knew he could draw as a child and kept it up during school years, especially in college where he would draw on blackboards for his professors (helping to pass all his grades)!

Thomas Jefferson (April 13, 1743–July 4, 1826)

Contributed By Jim Justice



Thomas Jefferson was a very remarkable man who started learning very early in life and never stopped.

John F. Kennedy held a dinner in the White House for a group of the brightest minds in the nation at that time. He made this statement: “This is perhaps the assembly of the most intelligence ever to gather at one time in the White House with the exception of when Thomas Jefferson dined alone.”

Jefferson, our third president, has been quoted as saying:

- “The democracy will cease to exist when you take away from those who are willing to work and give to those who would not.”
- “To compel a man to subsi-

dize with his taxes the propagation of ideas which he disbelieves and abhors is sinful and tyrannical.”

- “I believe that banking institutions are more dangerous to our liberties than standing armies. If the American people ever allow private banks to control the issue of their currency, first by inflation, then by deflation, the banks and corporations that will grow up around the banks will deprive the people of all property - until their children wake up homeless on the continent their fathers conquered.”

Thomas Jefferson and John Adams both passed away on July 4, 1826 - the 50th anniversary of the signing of the Declaration of Independence.

TAX TIME FUN

When you put the words “the” and “IRS” together it spells THEIRS.

Today is April 1, April Fool’s Day, a day that people try to fool their friends and relatives. Don’t confuse that with April 15, when people try to fool the IRS. —Jay Leno

You’re stuck with your debt if you never figured out how to budget it.

The only difference between a tax man and a taxidermist is that the taxidermist leaves the skin. —Mark Twain

Alexander Hamilton started the U.S. Treasury with nothing and that was the closest our country has ever been to being even.

— Will Rogers

Hymn to an IRS agent: I surrender all.

Apollo 13

Contributed By Dale Myers

I came to NASA just before the launch of Apollo 13 as the Associate Administrator for Manned Space Flight and in charge of the Apollo program. The first launch under my direction was Apollo 13. After my first flight readiness review I found the Saturn 5 and crew to be in top condition and signed off on launching (April 11). The launch was successful, and after stabilizing in Earth orbit, the Saturn 5 upper stage thrust the mission modules onto their way to the moon.

After trans-lunar injection, I rushed to the airport and flew to NASA Mission Control in Houston. There I was met by my Staff Assistant, who said, "they seem to be having trouble with one of the fuel cells." At Mission Control they were just beginning to understand the catastrophe that had occurred. One of the two oxygen tanks had exploded and caused a major leak in the other one. This meant that the fuel cells which generated electricity and water were shutting down and they would soon run out of

oxygen to breathe—a very serious problem.

The bottom line was that the crew moved into the Lunar Excursion Module (LEM), lived on LEM oxygen and battery power, went around the moon, fired the LEM engine, and came home (with several more critical issues). Despite everything, the crew landed safely. The mission was a failure, but the crew,



Mission Control, the engineers at NASA and the two involved contractors were all heroes. After a successful use of the LEM engine to bring the Command Module home, Grumman's Program Manager on the LEM, as a joke, sent North American Rockwell a bill for transporting 12,000 lbs for 250,000 miles at the standard truck rate for highway transport. I don't think they ever paid the bill.

**Note: We are showing the movie "Apollo 13" on Channel 4 (17/117 if you have Time Warner) on Sunday and Monday, April 3 and 4, at 1:00pm, 4:00pm and 8:00pm each day.



This Month's La Costa Glen "Street" plant/flower:
The Cloverleaf

(Futuristic view of intersection of El Camino Real and Levante Street.) April Fool!

April Day Trips 2011

Tuesday, April 5
Whale Watching Cruise of San Diego Harbor
8:30am—2:15pm

Search for gray whales, sea lions, migrating birds and more.

Thursday, April 7
Harrah's Casino Skipper Trip*
10:00am—4:00pm

A day of gaming. Lunch on your own.

Saturday, April 9
"Rafta, Rafta" at Old Globe
12:30pm—5:15pm

A hilarious look at the generational divide on sex and marriage through an Indian family living in London.

Thursday, April 14
Self Realization Fellowship Gardens Skipper Trip*
10:00am—12:00pm

Optional fitness walk to Swami's beach

Thursday, April 21
Stein Mart/Home Goods Skipper Trip*
12:30pm—4:15pm

A day of shopping.

Friday, April 15
"The Temptations" at Copley Symphony Hall
6:30pm—11:30pm

Hear the legendary Motown group.

Thursday, April 28
Local Sights Tour: Oceanside Skipper Trip*
10:00am—12:00pm

A fun bus ride touring Oceanside.

Thursday, April 21
"King O' the Moon" at North Coast Rep
7:15pm—11:00pm

Through laughter and tears, the Pazinski family is back to face the challenges of the 1960s.

Saturday, April 30
"Art Alive" at San Diego Museum of Art
12:30pm—5:00pm

Over 100 floral artists transform the museum with floral interpretations of famous works of art.

*Skipper trips can take up to 22 passengers.

Which Came First...the Chicken or the Egg?

By Bunny Anderson

I have done a lot of research and am happy to announce that for us in America the answer is...THE CHICKEN!

It is believed that the first chickens arrived in North America with Christopher Columbus on his second voyage here in 1493. We now have over 280 million egg-laying hens, each producing about 300 eggs a year. That's 84 billion eggs!

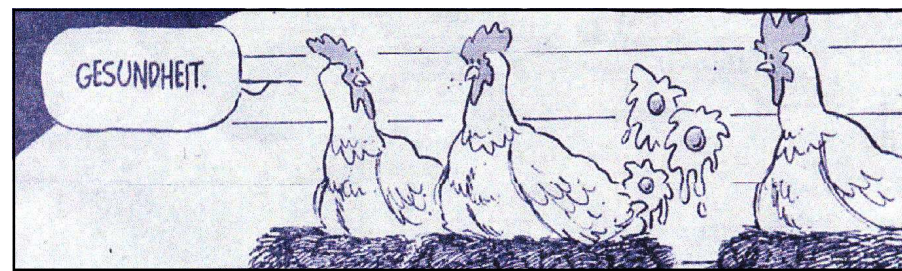
About 24 hours are required for a hen to produce an egg and 30 minutes after laying, the process starts again. Most eggs are laid between 7:00am and 11:00am, so farmers can improve production by regulating the lighting in the henhouse. The color of the yolks depends on what the hen eats. The egg white (albumen) contains more than half of the egg's protein. There are 17,000 tiny pores in the shell through which eggs can absorb

flavors and odors. So it is important to keep them in the carton which keeps them fresh for 4 to 5 weeks.

I hope you will be relieved to know that chemists have discovered a use for the nearly four billion pounds of chicken feathers generated yearly. They are made into plastic products like cellophane and automobile dashboards.

Time magazine published an article a year ago entitled "Creating Chicken Without the Egg." Really! Scientists have invented a soy product that looks, feels and tastes like chicken.

How about the other longstanding question which has never been answered: Why did the chicken cross the road? I think I have found the answer to that too...because people enjoy seeing "poultry in motion."



Yesterday is history,
tomorrow is a mystery,
and today is a gift;
that's why they call it the present.

—Eleanor Roosevelt (1884 - 1962)

A Bird with Personality

By Carole Eibelheuser



Most of us have listened to the mockingbird and may have a story or two to tell. The

friendly neighborhood mockingbird sings almost endlessly, even sometimes at night! It flagrantly harasses birds (and even cats) that intrude on its territory, flying slowly around them; legs extended flaunting its bright white wing patches. It really enjoys making its presence known. It usually sits conspicuously on high vegetation, fences, eaves, or telephone wires or it runs or hops along the ground.

Believe it or not, the Northern Mockingbird lives year-round in all of the U.S and Mexico and is found alone or in pairs. If you think you are hearing 10 or 15 birds singing, it very well could be just one doing its "thing." Our Editor, Jim, recalls a neighborhood mockingbird that had learned the sound of a car alarm, and included that in its repertoire.

My research on the mockingbird sent me to some fascinating sites. One, in particular, had a recording of the bird's usual songs. If you are a birdwatcher, this one may be very easy to identify. Get out your birding books and binoculars and find at least one identifiable bird. Then give yourself kudos and start keeping a bird list!