

Concord Council on Aging

HIGH SPIRITS

Mid-Month Notes from Your COA

March 2023

Volume 4 No. 3

March came in like a lion and, fingers crossed, that it goes out like a lamb after Tuesday's storm! The Lion/Lamb saying is weather lore based on ancestral beliefs in balance and rhymes. Here at the COA performance artist Sheryl Faye brought Justice Ruth Bader Ginsburg to life with facts and stirring drama; Sudbury resident Tania Vitvitsky, who spent eight week in Ukraine, shared her pictures and stories; and dedicated volunteer Sue Culhane nuzzled up with our new, animatronic kitty-cat! Be sure to drop your ideas for the cat's name in our lounge! April showers will bring our annual Tea Party!

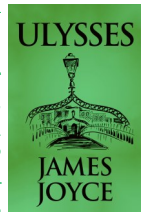


Stephen Collins – “Irish Voices”

Live at the COA

Tuesday, March 21st at 11:00 AM

Actor, teacher, lecturer, Stephen Collins, offers a one-man show on Irish writers. He starts by presenting the book *The Norton Anthology of English Literature*, noting that many of the writers included were born in Ireland. The commonality is the English language, but there are vast cultural differences that he will explore. Irish writing often deals with the land, the past, the church, and the changing political landscape. Yeats, Joyce, Heaney, McCourt, and other prominent writers are represented. This show is sponsored by Harvey's Treasure Chest Gift Shop and is free of cost. Please call the COA office to sign up.



TV Corner

March Madness March 14th - April 2nd

NCAA Division I Men's & Women's Basketball on USA, ESPN, CBS, FOX

68 men's & 64 women's college teams compete for the coveted championships. You can also root for Sister Jean, 101 yr. old chaplain/fan of Loyola Chicago, who presides at all 'Rambler's'



Your Top 7 Facts About the Land of Tabasco



7. It's all manufactured on Avery Island, LA.
6. Avery really isn't an island. It's one of five inland salt domes on the state's southern coast, that were pushed up from the ancient seabed. Geologists believe Avery's rock is bigger than Mount Everest.
5. The formula for the sauce Edmund McIlhenny began bottling in 1868 hasn't changed, except it's aged longer in oak barrels now, and the vinegar is better. Pickers still carry small red sticks, to help them confirm when the *capsicum frutescens* peppers are the right hue for picking.
4. Although the related families of McIlhenny, Avery and Marsh have occupied the 2,200 acres since 1818, native Americans were there as early as 2,500 BC.
3. Edward Avery McIlhenny was alarmed that hunters were slaughtering snowy egrets almost to extinction (the feathers were popular for ladies' hats.) So in 1895 he established a protected colony.
2. You also can visit "Jungle Gardens," which Edward McIlhenny, aka "Mr. Ned," started with plantings of camellias, azaleas, hydrangeas, papyrus sedges and other flora. Tour the Tabasco factory too!
1. Mr. Ned did not bat 1,000, however. The nutria rodents he and others raised and released into the wild eat the roots of marsh plants, and now have a bounty on their heads. The Louisiana Department of Wildlife and Fisheries pays swamp hunters \$6 per nutria tail turned in, and shells out over a million dollars a year.

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Tech Tips Corner

Internet

1. Choose strong passwords

choose a unique password that only you would know. Use special characters, symbols, long words strung together.

2. When in doubt, Google it

Google is the most-used search engine that provides safe and trusted answers to any question.

3. Keep your antivirus software up to date

You need antivirus software installed on your computer. There are many free options you can get.

Smartphones

4. Change your settings for easy reading

If the text size on your screen is too small, enlarge it!

5. Add contacts for family and friends

Your phone allows you to store saved contact info. for family/friends, so you don't need to type or remember a number.

6. Use a captioned telephone

Can't hear well? Consider a CapTel captioned phone.

Email

7. Don't reply to emails from people you don't know

Scammers cleverly lurk. Don't open/reply to any emails from people you don't know.

8. Be careful when you click on a link or attachment

Before you click on a link in an email or download an attachment, make sure you confirm the identity of the sender.



Comedy Corner

The official sports drink
when I was a kid..

