

# April Horoscopes and Birthdays



### Notable Quotable

“Only I can change my life. No one can do it for me!”

~ Carol Burnett  
April 23, 1933  
92 years young!

In astrology, those born between April 1–19 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown. As eternal optimists, no odds are ever considered insurmountable. Those born between April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, are not shy about rewarding themselves for a job well done.

- Buddy Ebsen – April 2, 1908
- Eddie Murphy – April 3, 1961
- Gregory Peck – April 5, 1916
- Joseph Pulitzer – April 10, 1847
- Elizabeth II – April 21, 1926
- Shirley Temple – April 23, 1928
- Carol Burnett – April 26, 1933
- Willie Nelson – April 30, 1933

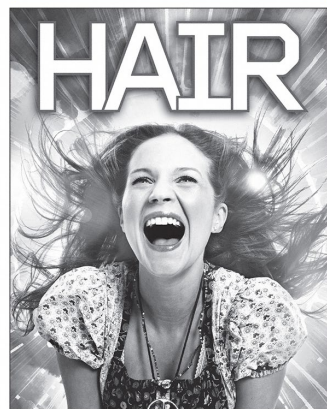


### Local Legends

- Roger S ~ 1
- Terri C ~ 5
- Arlene L ~ 6
- Zeinab W ~ 12
- George L ~ 14
- Vernon K ~ 15
- Doug O ~ 16
- Barb H ~ 17
- Deb E ~ 22
- Ellen H ~ 25
- Bob C ~ 26
- Gail G ~ 29
- LaVonne S ~ 29
- Sara M ~ 30

## Rocking Broadway

**PLAYBILL**  
AL HIRSCHFELD THEATRE



*Give me a head with hair,  
long beautiful hair,  
Shining, gleaming, streaming, flaxen,  
waxen.*

The year 1968 was a turbulent time of social and cultural upheaval in the United States. The Vietcong launched the Tet Offensive in Vietnam. In the midst of the Civil Rights Movement, Martin Luther King Jr. and Robert F. Kennedy Jr. were assassinated. Then on April 29, 1968, the countercultural musical *Hair* debuted on Broadway.

*Hair* marked a radical break from Broadway musical tradition. It was Broadway's first rock musical. The subject matter threw light on the hippie subculture with many overt references to drugs and sexuality. Indeed, the end of the first act boasted a completely nude scene. To the surprise of many, audiences loved it. *Hair* became an instant smash. For so many, it finally “Let the Sunshine In.”

# Oak Terrace Living

April 2026

East, West and Autumn Lane  
1575 Hoover Drive  
Activities Department  
387-8358



### Our Events

- 4/2 A&K Carlson Music
- 4/6 Vine Music
- 4/9 Hoover Visit
- 4/14 Podiatry
- 4/16 Sustainable Safari
- 4/18 Piano and Violin
- 4/23 Hoover Visit
- 4/28 Jim Kozan Music

### Celebrating April

- Straw Hat Month
- Physical Wellness Month
- Defeat Diabetes Month
- World Health Day  
April 7
- Siblings Day  
April 10
- Earth Day  
April 22

## Rolling into Spring

April 3rd marks World Marbles Day, a lighthearted celebration of one of the world's oldest and most satisfying games. Long before screens and controllers, a small pouch of marbles and a patch of dirt were enough to fill an afternoon.

Marbles have been played in some form for thousands of years. Archaeologists have uncovered stone and clay marbles at ancient sites, and by the 1800s, glass marbles—often handmade—became popular in Europe and the United States. Each one had its own personality: cat's-eyes, swirls, shooters, and cloudy “alley agates.” Some were meant for play, while others were carefully traded or saved as prized collectibles.

The game itself was simple but never dull. Players crouched low, flicking a shooter marble with a practiced thumb, aiming to knock opponents' marbles out of a circle or hole. It required strategy, steady hands, and just enough daring to risk losing your best marble on a bold shot. Skill mattered, but luck always had a say, which kept things exciting.

World Marbles Day is a good excuse to revisit that sense of play. Even if you never played by official rules, you might remember the feel of cool glass in your palm or the clink marbles made when they collided. Today, marbles are still collected for their craftsmanship, with modern artists creating intricate designs that are as much art as toy.

The word *marble* even rolls into the kitchen. Think of marbled rye bread, marbled pound cake, or a perfectly marbled steak—proof that swirling patterns are just as appealing on the plate as they are in a game.

As spring arrives and days grow longer, World Marbles Day offers a reminder that fun doesn't have to be complicated. Sometimes it's as simple as a small glass sphere, good aim, and the pleasure of watching something roll just where you hoped it would.



## Inside the Human Blueprint



Over two decades ago, scientists completed a \$3 billion effort to understand and map human DNA—long strands of genetic material that influence traits such as biological sex, eye and hair color, ancestry, and susceptibility to certain diseases. That map of the human genome has opened new opportunities for doctors and researchers to better understand, prevent, and treat a wide range of illnesses. Since National DNA Day falls on the 25th, the month of April is a fitting time to learn about ongoing advances in genetic science.

Gene therapy requires scientists to find faulty strings of DNA that cause disease and replace them with normal ones. In this way, the body can stop itself from producing genetic ailments. The ultimate goal of researchers is for scientists to develop gene therapies that fight all kinds of DNA-based diseases, including some forms of blindness, muscular dystrophy, and even cancer. Our DNA can reveal not only why we may become sick but also how our bodies respond to certain medicines.

Some promising advances also come from stem cells, which act as a body's internal repair system and can develop into many different types of cells. Researchers continue to explore how stem cells might be used to repair or replace damaged tissues, such as heart tissue affected by disease, vision loss from macular degeneration, joint damage from arthritis, or brain injury caused by stroke. Today, these DNA-based treatments are often complex and costly, but they remain an important and growing area of medical research.



All's fair in the game of War!

St. Pat's Day Shamrock Shakes were a hit!



## A Perfect Pairing



The average American child eats about 1,500 PB&J sandwiches before adulthood.

Is there a more perfect sandwich than peanut butter and jelly? In celebration of one of the best food combinations of all time, April 2 is Peanut Butter and Jelly Day.

If you're looking to expand your PB&J horizons, do what Elvis did and swap the jelly for fresh fruit. Bananas, strawberries, or even pomegranates fit the bill. More adventurous types opt for grilling their sandwiches, while others ditch the bread and slather pancakes with PB&J.

When it comes to food combinations, PB&J certainly tops the list. But is this humble sandwich tastier than bacon and eggs? Macaroni and cheese? Spaghetti and meatballs? A burger and fries? Cookies and milk? Dietician Katherine Brooking offers some insight into PB&J's allure. "Humans have an innate predilection for salt, sweet, and fat," she says. Add the creamy texture of peanut butter, and this sandwich becomes "one of the hardest foods to eat in moderation."

## Barnum's Biggest Star



The smile is confirmation; the way to a man's heart is through his stomach! This smile was caused by pie.

Flippin' Flapjack Friday



On April 9, 1882, reknowned showman P. T. Barnum arrived in New York City with the largest spectacle ever to grace his traveling circus. Jumbo the African elephant, weighing 6.5 tons and standing over 11 feet tall, stepped from the British steamship *HMS Assyrian Monarch*. The massive but gentle beast instantly endeared himself to audiences. Thanks to Jumbo's many stunts, such as promenading across the Brooklyn Bridge, Barnum's circus earned the nickname "The Greatest Show on Earth." You could say Jumbo was the first international animal superstar.

The name *Jumbo* was a cross between two Swahili words: *jumbe* meaning "chief," and *jambo* meaning "hello." We can thank Jumbo the elephant for adding the word *jumbo* to our vocabulary.



After his death, Jumbo's skeleton was displayed at the American Museum of Natural History.

## One Last Powwow



Dancers compete in categories such as Traditional, Fancy, Grass, and Jingle.

From April 24–25, Albuquerque, New Mexico, will host one of the largest gatherings of Indigenous Americans in the world when more than 700 tribes from the United States, Canada, and beyond arrive for the Gathering of Nations Powwow. First held more than 40 years ago, the Gathering of Nations has grown into the premier Native American cultural event in North America. Sadly, organizers have announced that the 2026 powwow will be its final year—"The Last Dance."

What makes the powwow so special? It is a shared celebration of traditional Indigenous cultures—a feast for the eyes, ears, and mouth. With more than 30 judged categories, spirited competition in Native music, singing, and dancing involves everyone from children to elders. It is a remarkable sight to see men and women perform many different dances in their

traditional regalia adorned with feathers, beads, and colorful clothing. Visitors should not miss the Grand Entry, when thousands of dancers in full costume enter the arena with great fanfare.

Another highlight is the Miss Indian World competition, where young Native women compete in public speaking, traditional talents, interviews, and dance, sharing their tribes' cultures and histories. Winners traditionally serve as cultural ambassadors and educators.

In the spirit of community, all are welcome to attend the powwow. This event includes a live music stage, featuring Native performers, the Indian Traders Market with hundreds of artisans and craft workers, the Native Food Court, and the Horse & Rider Regalia Parade.