

APRIL NEWSLETTER



**Beginning Line
Dance Class
at the Huntington
Center.
Tuesdays 9:30 to 10:30
taught by
Kitty Larsen.
Come and exercise**

**Emery High Play
The Little Mermaid
We will take a bus on
Thurs. April 11th.
The play starts
at 7:00 pm
and the cost is \$5.00.**

**Cooking Class
“Easter Extravaganza”
at the Huntington
Center with
Barbra Jones.
April 10th at 11:00.
A light lunch will
be served.**



Does Medicare Cover Vision Services?

Dear Savvy Senior, I will be enrolling in Medicare in a few months, and would like to know how Medicare covers vision services? I currently have vision insurance through my employer but will lose it when I retire.
Looking Ahead

Dear Looking,

Many people approaching 65 are unclear on what Medicare does and doesn't cover when it comes to vision services.

The good news is that original Medicare covers most medical issues like cataract surgery, treatment of eye diseases and medical emergencies. But unfortunately, routine care like eye exams and eyeglasses are the beneficiary's responsibility. Here's a breakdown of what is and isn't covered.

Eye exams and treatments: Medicare does not cover routine eye exams



that test for eyeglasses or contact lenses. But they do cover yearly medical eye exams if you have diabetes or are at high risk for glaucoma. They will also pay for exams to test and treat medical eye diseases if you're having vision problems that indicate a serious eye problem like macular degeneration, dry eye syndrome, glaucoma, eye infections or if you get something in your eye.

Eye surgeries: Medicare will cover most eye surgeries that help repair the eye function, including cataract surgery to remove cataracts and insert standard intraocular lenses to replace your own. Medicare will not, however, pick up the extra cost if you choose a specialized lens that restores full range of vision, thereby reducing your need for glasses after cataract surgery. The extra cost for a specialized lens can run up to \$2,500 per eye.

Continued on page 3

Continued from page 2

Eye surgeries that are usually not covered by Medicare include refractive (LASIK) surgery and cosmetic eye surgery that are not considered medically necessary.

Eyeglasses and contact lenses: Medicare does not pay for eyeglasses or contact lenses, with one exception: If you have had a conventional intraocular lens inserted during cataract surgery, Medicare will pay for eyeglasses or contact lenses following the operation.

Ways to Save

Although original Medicare's vision coverage is limited to medical issues, there are ways you can save on routine care. Here are several to check into.

Consider a Medicare Advantage plan: One way you can get extra vision coverage when you join Medicare is to choose a Medicare Advantage plan instead of original Medicare. Many of these plans, which are sold through private in-

surance companies, will cover routine eye care and eyeglasses along with all of your hospital and medical insurance, and prescription drugs. See Medicare.gov/find-a-plan to shop for plans.

Purchase vision insurance: If you get routine eye exams and purchase new eyeglasses annually, a vision insurance plan may be worth the costs. These policies typically run between \$12 and \$20 per month. See Ehealthinsurance.com to look for plans.

Check veterans benefits: If you're a veteran and qualify for VA health care benefits, you may be able to get some or all of your routine vision care through VA. Go to Vets.gov, and search for "vision care" to learn more.

Shop around: Many retailers provide discounts – between 10 and 30 percent – on eye exams and eyeglasses if you belong to a membership group like AARP or AAA.

You can also save by shopping at discount retailers

like Costco Optical, which is recommended by Consumer Reports as the best discount store for good eyewear and low prices – it requires a \$60 membership fee. Walmart Vision Centers also offer low prices with no membership.

Or consider buying your glasses online. Online retailers like WarbyParker.com, ZenniOptical.com, and EyeBuyDirect.com all get top marks from the Better Business Bureau and offer huge savings. To purchase glasses online you'll need a prescription.

Look for assistance: There are also health centers and local clinics that provide free or discounted vision exams and eyeglasses to those in need. To find them put a call into your local Lions Club (see Directory.LionsClubs.org) for referrals.

***Send your senior questions to:
Savvy Senior, P.O. Box 5443,
Norman, OK 73070***

April

Monday

HDM and
Huntington
Ferron/Emery

Tuesday

HDM and
Castle Dale

Wednesday

No centers
HDM only

Thursday

No centers
HDM only

Friday

No centers
HDM only

1-Chicken
Enchiladas
Spanish Rice
Buttered Corn
Milk
Birthday Cake

2-Country Fried
Steak
Potatoes&Gravy
Glazed Carrots
Roll/Milk
HDM Tapioca Pudding
Birthday Cake

3- Baked Fish
Macaroni & Cheese
Buttered Peas
Corn Muffin/Milk
Lemon bars

4-Chili Cheese
Dogs
Seasoned Wedges
Scandanvian vegi
Milk
Fruit Cup

5-English Muffin
with Sausage,Eggs
and Cheese
Applesauce
Milk/OrangeJuice
Shortbread Cookies

8-Salisbury Steak
Potatoes and Gravy
Winter MIX
Roll
Chocolate Milk
Peaches

9-Roast Beef
Swiss Sandwich
with Aujus
Tri Patty Hash-
Browns
Creamed Peas
Chocolate Milk

10-Shepards Pie
Sliced Carrots
Corn Bread
Milk
Jello with Fruit

11-Ham and
Noodle Bake
Spiced Pears
Mixed vegetables
Roll/Milk
Bnana Bread

12-Hot Chicken
Sandwich
Onion Rings
Peas and Carrots
Milk
Packaged Vanilla
Cookies

15-Chicken
Cordon Bleu
Potatoes &Gravy
Garden vegetables
Roll/Milk
Peach Pie

16-Pork Chops
Rice Pilaf
Buttered Beets
Roll/Milk
Jello Cake

17-Hamburger
gravy over potatoes
Scandanavian Vegis
Hot Apples
Roll/Milk
Rocky Road Pud-
ding

18-Turkey Wrap
Jello salad/Cottage
Cheese
Pasta Salad
Milk
Peanut Butter
Cookies

19-Beef Taco
Bake
Chuckwagon Corn
Refried Beans
Muffin/Milk
Easter treat

22-Spaghetti with
meat Sauce
Green Beans
Hot Apples
Garlic Bread/ Milk
Choc. Chip Cookies

23-Swiss Chicken
California Vegetable
Yams
Roll/Milk
Cookie and Cream
Cake

24-Taco Salad
Pickled Beets
Pear Halves
Milk/Bread Stick
Aplesauce Raisen
Bars

25-Ham & Potato
Soup
Tropical Fruit
Carrot Salad
Cheesy Bread
Milk
No Bake Cookies

26-Pizza with
Pepperoni
Pineapple Chunks
Buttered Peas
Milk
Banana Pudding

29-Baked Chicken
Peas and Carrots
Potatoes & Gravy
Roll/Milk
Frozen Lemon
Dessert

30-Chef Salad
3 Bean Salad
Jello
Breadstick/ Milk
Peanut Butter Bars



**Melanie
Pierce**

Director
(435) 687-2502
Huntington Hours
Mon-Thurs
10:00 - 2:00
Closed Friday

**Robbie
Jensen**

(435) 564-8236
Green River
Hours
Tuesday-
Wednesday
8:00 - 3:00

**Laurel
Weaver**

Director
(435) 381-2422
Castle Dale Hours
Mon-Thurs
10:00 - 2:00
Closed Friday

**Janet
Keele**

Director
(435) 286-2219
Emery Hours
Mon-Fri
8:00 - 10:00
Monday lunch
8:00 - 2:00

**Sharon
Allridge**

Director
(435) 384-2243
Ferron Center
Hours
Monday - Friday
7:00 - 3:00

Huntington

Lunch/Bingo noon
Every Monday

Blood Pressure/CNS
2nd Mon-noon
April 8

B/P Sugar – Symbii
3rd Mon -noon
April 15

Toenails – Symbii
4th Mon -noon
April 22

Green River

Lunch – noon
Tuesday/Wednesday

Blood Pressure
Toenails – GRMC
3rd Wed – 10:00
April 17



Castle Dale

Lunch/Bingo –
noon
Every Tuesday

Blood Pressure
CNS
2nd Tue -noon
April 9

BP/ toenails
Symbii
3rd Tues
11:30 –April 16

Emery

Lunch – noon
Every Monday

Exercise – 8–9:00
a.m.
Monday–Friday

Blood Pressure
CNS
1st Mon -noon
April 1



Ferron

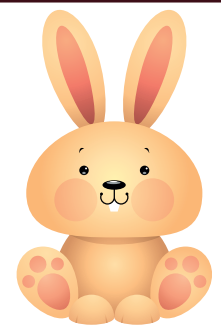
Lunch – noon
Every Monday

BP / Toenails
ECCR
2nd Mon -Noon
April 8

Blood Pressure
3rd Mon -Noon
April 15

DUP – April 9
2nd Tuesday
2:00

Single Seniors
Last Mon
April 29



Quilters –April 3
1st Wednesday

DUP-April 9
2nd Tuesday

Photography Club
1st Wed – 6:00
April 3

Country Rovers Band
Every Tuesday
5:30-8:30

Pilates – 8:00 a.m.
Monday &
Wednesday

Exercise – 6:00 a.m.
Monday – Friday

Shopping Bus
Usually 1st Friday
Call

Game Day–April 10
2nd Wednesday
Grief Sharing
1/2/4 Tuesday
1:15-2:15

Bingo –April 16
3rd Tuesday after
lunch
*white elephant gift

Children Dance
Every Wednesday
2:00-5:00

Shopping

Call for date

Line Dancing
Expert
Mon/Thurs – 9:30
Beginners
Wed – 10:00

Val Jensen Band
Every Wednesday
5:30-8:30

Suicide Prevention
Each Tuesday 5:30

Phase 10 Games
Every Thursday
– 9:30

Shopping Bus
Usually 1st Friday
Call

Bingo –
April 8
2nd Monday

Single Seniors
4th Mon – 4:30
April 22

- VIP Dates and Events -
April 2, Beginner Line Dance Class
April 10, Easter Extravaganza
Cooking Class at Huntington center
April 11, Emery High Play

Allergy Season and Asthma

People with asthma often fear the next attack. As a chronic inflammatory condition, asthma causes the airways to narrow and swell and produce extra mucus. This makes breathing very difficult, and also can cause wheezing and coughing fits, advises the Mayo Clinic.

Asthma is a common condition, affecting an estimated 26 million people, including six million children, in the United States alone. Despite that prevalence, the American Lung Association notes that the cause of asthma is unknown. Scientists continue to study asthma, focusing on various factors that may increase a person's risk for the condition.

* **Genetics:** The ALA says genetics play a role, noting that the risk is higher among those with a parent or a sibling who has asthma.

* **Allergies:** Certain allergic conditions are linked to people with asthma. Seasonal allergies may compound asthma symptoms.

* **Environment:** Contact with allergens, irritants or even certain infections as an infant or in early childhood before the immune system matures is tied to asthma. Adult-onset asthma is often linked to exposure to chemicals or dust in the workplace.

* **Infections:** Respiratory infections as a child that caused inflammation and damage to the lung tissue are implicated in compromising lung function later on in life.

Once asthma is present, doctors often classify it as allergic or non-allergic, says the American College of Allergy, Asthma & Immunology. Certain allergens, such as pet dander or mold,



can trigger a reaction in allergic asthma. For the non-allergic variety, stress, exercise, illness, extreme weather, and more may bring on an asthma attack.

Even though asthma is a chronic condition with no known cure, it can be managed daily, says ACAAI. An asthma action plan can be developed with the help of a physician. Some treatment strategies include:

- * Identifying and avoiding asthma triggers as much as possible.
- * Getting vaccinated for influenza and pneumonia.
- * Recognizing that an attack may be imminent and acting quickly using a prescribed asthma medication.
- * Reducing reliance on quick-relief inhalers by paying attention to frequency of use and discussing treatment adjustments.
- * Remaining calm during an attack and seeking further medical treatment if medications become ineffective.

Learn more about managing asthma by visiting www.acaai.org or www.lung.org.

-Trip News-

**Beginning
Line Dance Class
at the
Huntington Center.
Tuesdays
9:30 to 10:30
taught by Kitty Larsen.
Come and exercise
while having a
great time!!
Classes will
begin April 2nd.**

**Emery High Play
The Little Mermaid
We will take a bus on
Thurs. April 11th.
The play starts
at 7:00 pm
and the cost is \$5.00.**

**Cooking Class
"Easter Extravaganza"
at the Huntington Center
with Barbra Jones.
April 10th at 11:00.
A light lunch will
be served.**

Green River

Tuesday	Wednesday
2- Salsbury Meatballs Mashed Potatoes Vegetable Salad Cake Rolls/Milk	3- Fish Clam Chowder Garden Salad Fruit & Cookie Roll/Milk
9- Roast Beef Mashed Potatoes&Gravy Vegetables Apple Turnover Rolls /Milk	10- Stuffed Pepper Soup Turkey Deli Cinnamon Rolls Milk
16- Baked Potatoes With Chilli Tossed Green Salad Jello and Fruit Bread Rolls/Milk	17- Lasagna Vegi & Garden Salad Cake Bread & Milk
23- Sloppy Joe's Potato Chips Vegi Sticks Fruit Salad/RiceCrispyTreats Milk	24- Corn & Ham Chowder Chef Salad Cake Rolls/Milk
30- Chicken Pot Pie Garden Salad Fruit/Cookie Rolls Milk	



Guess Who?

I am an actress and model born in California on April 3, 1998. I am the only daughter of a pop music icon, and he received custody of me and my brothers after my parents' divorce. My first public appearance was at age 11.

Answer: Paris Jackson



How audiologic rehab can help people with hearing loss

Hearing is easily taken for granted. Unless a person has experienced temporary or permanent hearing loss, it can be hard to imagine a life in which hearing is compromised or completely lost.

But that is precisely the life hundreds of millions of people across the globe live every day.

According to the Hearing Health Foundation, 360 million people across the globe suffer from hearing loss. Within the United States, the number of people with hearing loss doubled from 2000 to 2015.

Coping with hearing loss can be difficult. Hearing loss sufferers may feel disconnected from family and friends because they can't engage as fully in conversation as they once did. In addition, adjusting to simple pleasures like listening to music after hearing loss can be difficult.

Audiologic rehabilitation services can help people adjust to hearing loss. The American Speech-Language Hearing Association notes that the following are just some ways that audiologic rehab can help people adjust to hearing loss.

Rehab helps families understand their loved ones' hearing loss. Audiologic rehab will help people and their families adjust to hearing loss by discussing that loss with family.

Family members are often frustrated by conversations with relatives who have hearing loss because many simply don't understand what their loved one is experiencing.

Audiologists may play a recording for families that simulates their loved one's hear-



ing loss so they can understand exactly what their relative is going through. That can help family members become more patient as people adjust to hearing loss.

Rehab can help people understand their hearing aids. Audiologists explain how hearing aids work and how to maintain them. Various hearing aids are available to people with hearing loss, and audiologists will be able to explain how each type works and answer any questions patients have now and in the future.

Rehab can help people with hearing loss and their families communicate more effectively. Audiologists can provide tips on how to improve families' listening and how to communicate more effectively. Such tips can make it easier to transition to life with hearing loss.

Rehab can teach those with hearing loss to use visual cues. People without hearing loss may not recognize it, but the ASHA notes that everyone uses his or her eyes to get visual cues about what people are saying. Rehab can help people with hearing loss fine tune these skills to make up for their loss of hearing. Audiologic rehab can help people adjust to life after hearing loss.

Learn more at www.asha.org.

How to Choose a Good Home Stair Lift

Dear Savvy Senior,

Can you recommend some good stair lift companies? I have a difficult time getting up and down the stairs anymore and am interested in purchasing a stair lift for my house but could use some help choosing one.

Arthritic Ann

Dear Ann,

A good home stair lift is an excellent solution for those with mobility challenges who have trouble with steps. A stair lift will carry you up and down the stairs in a safe seated position, providing easy access to the second story or basement level of your home.

To help you choose a quality stair lift that meets your needs and budget, here are a few shopping tips, along with some top-rated companies that make them.

Types of Lifts

There are two basic types of stair lifts that are sold today: straight and curved. The type you need will depend upon the design of your staircase.

A straight stair lift is one that travels in a straight line up a flight of stairs uninterrupted by landings, bends or curves, and costs between \$2,500 and \$5,000 installed. Curved lifts, however, are much more elaborate and will go around corners, bends and changes in direction. Curved lifts are also much more expensive, typically running between \$8,500 and \$15,000 or more depending on the complexity of the installation.

You also need to know that all stair lifts mount to the stair treads, not to the wall, so they are very sturdy and can be installed in almost any home.

If you are a large person, you may need to get a heavy-duty lift with a wider seat and bigger lifting capacity – all companies offer them. Or, if you're tall, find out about raising the seat height during installation.

Most stair lifts available today also have seats, armrests and footplates that fold up out of the way, and swivel seats that make getting into and out of the chair easier. They also come with standard safety features like

seatbelts, breaking systems and footrest sensors, push-button or rocker-switch controls located on the armrest for easy operation, and “call send” controls which allow you to call or send the unit to the other end of the stairs. Make sure the lift you choose has all these features.

Depending on the company, you may also have the option of choosing between an electric (AC) and a battery powered (DC) stair lift. Battery powered units charge at the base station (some recharge anywhere on the track) are quieter, smoother and better than electric lifts, and will work even if there's a power failure in the home.

Where to Shop

While there are many companies that make and sell stair lifts, two of the best, based on reputation and customer satisfaction ratings are Bruno (Bruno.com, 800-454-4355) and Stannah (Stannah-Stairlifts.com, 888-465-7652).

Unfortunately, original Medicare does not cover stair lifts nor do Medicare supplemental (Medigap) policies, but some Medicare Advantage plans may help pay. There are also many states that offer Medicaid waivers that will pay for lifts to those that qualify, and the VA offers cash grants to veterans with disabilities for home safety improvements.

To save some money, you may want to consider purchasing a used or refurbished model. Or, if you need a stair lift for only a short period of time, consider renting one. Most companies offer these options, and many offer financing programs too.

To get started, contact some stair lift companies who will put you in touch with a dealer in your area. All dealers provide free in-home assessments and estimates and can help you choose an appropriate lift.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of “The Savvy Senior” book.

Hydrate and refresh dry skin

Dehydrated skin is among the many causes of facial wrinkling, which also can be caused by smoking, environmental factors and UV exposure. Aging skin doesn't produce as much collagen and elastin, which allows skin to spring back into place, as it once did. Conditions like dry, dehydrated skin may make wrinkles appear worse. Treating dehydration and dryness may reduce wrinkles and refresh dry skin, giving it a more youthful appearance.

Those who want to treat dry, dehydrated skin must understand the difference between hydration and moisturizing as it applies to skincare. According to Annemarie Gianni, a skincare aesthetician and creator of Annemarie Skin Care, hydrating skin means increasing its water content by increasing the amount of water contained in skin cells. This can result in a healthy, plump complexion. Skin that is properly hydrated will keep fine lines and wrinkles from being overly apparent.

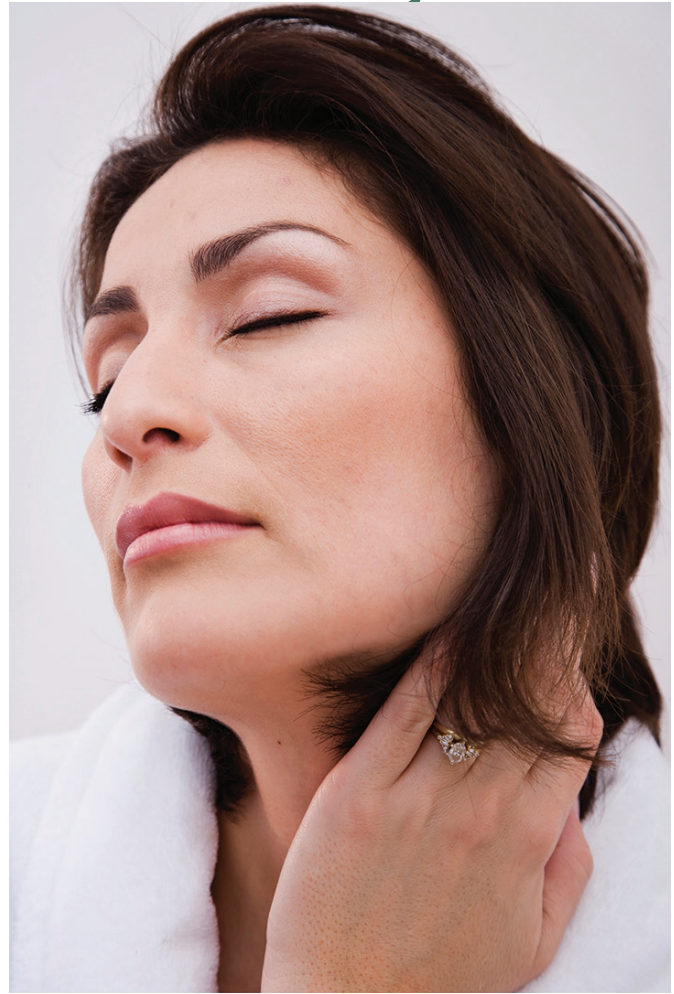
Moisturizing skin involves applying a lubricant that mimics naturally produced lipids and oils in the skin that will protect and soothe. Hydration and moisturizing often work hand-in-hand. In addition to drinking plenty of water to hydrate the skin from the inside out, individuals can use products that contain hyaluronic acid, glycerin and sodium hyaluronate. These are known as humectants.

In addition, the National Center of Biotechnology Information says that aloe can improve water content in the skin. Once water is bound to the skin, a moisturizer will prevent the water from leaving it. Look for moisturizers with natural oils and butters to help retain moisture, like cocoa butter.

The following are some additional methods to maximize hydration and moisturize skin.

Take warm showers, as hot water can strip the natural lipids from skin and cause dryness.

Avoid too many alcoholic beverages. Alcoholic drinks are diuretics that can cause the body to lose water, advises WebMD.



Use a humidifier indoors to amp up the moisture level in the air.

Enjoy water-rich foods, like watermelon, cucumber, grapes, and other succulent fruits and vegetables.

Drink the recommended amount of water per day, and limit your consumption of caffeinated and sugary beverages.

Work out to improve blood flow and oxygenation in the skin.

Try a facial essence. Facial essences are a principle of Japanese beauty regimens and contain fermented ingredients that support skin penetration and hydration. Anyone concerned about dehydrated or dry skin can get further advice about treating the problem by speaking with a qualified dermatologist or aesthetician.



EASTER WORD SEARCH

WORDS

- APOSTLES
- BASKET
- BONNET
- BUNNY
- CANDY
- CARROT
- CELEBRATE
- CHICK
- CHOCOLATE
- CHRISTIAN
- CHURCH
- CROSS
- DAFFODILS
- DUCKLINGS
- EASTER
- EGGS
- FAITH
- FAMILY
- HIDDEN
- JELLYBEANS
- JESUS
- LAMB
- LENT
- MARSHMALLOW
- MIRACLE
- PEEP
- PRAYER
- RABBIT
- RESURRECTION
- RISEN
- SAVIOR
- SPRING
- SUNDAY
- TOMB
- TREATS
- WORSHIP

F	A	I	T	H	A	V	M	M	S	T	A	E	R	T	J	I	A	E	G
M	D	B	L	D	I	S	P	A	B	A	S	K	E	T	N	U	P	T	D
V	B	S	P	R	I	N	G	B	P	H	I	D	D	E	N	E	E	A	Y
N	U	C	R	O	S	S	S	N	A	E	B	Y	L	L	E	J	L	R	E
O	T	M	I	K	A	E	W	S	U	S	E	J	S	O	E	C	B	B	G
M	N	A	I	T	S	I	R	H	C	A	V	E	G	R	N	U	H	E	I
A	A	T	O	R	R	A	C	P	F	U	L	A	A	O	N	N	G	L	R
L	O	R	R	B	H	Y	K	G	U	T	M	B	I	N	U	F	H	E	G
A	C	P	S	K	C	I	H	C	S	R	B	T	Y	Y	R	L	W	C	E
M	D	H	E	H	B	O	U	O	I	I	C	D	C	E	R	J	Y	S	A
B	U	D	O	E	M	C	P	S	T	E	P	H	Y	L	N	D	U	J	S
F	C	P	B	C	P	A	E	F	R	O	U	A	W	F	N	N	D	L	T
A	K	V	I	L	O	N	L	R	U	R	R	E	C	A	D	S	B	C	E
M	L	W	H	H	P	L	U	L	C	P	S	S	C	A	M	W	R	F	R
I	I	T	C	D	S	S	A	H	O	G	S	V	Y	I	C	A	S	B	B
L	N	R	G	P	E	R	B	T	G	W	R	T	R	N	D	A	O	M	D
Y	G	L	M	R	T	U	O	E	E	M	A	A	U	P	V	N	O	W	L
J	S	G	S	D	N	M	L	W	H	Y	C	A	P	I	N	T	W	A	A
S	L	I	D	O	F	F	A	D	P	L	M	U	O	E	L	V	E	O	B
P	C	P	C	V	K	N	G	I	E	C	P	R	T	K	Y	T	Y	B	D

Find the words hidden vertically, horizontally, diagonally, and backwards.

April Birthdays

Huntington

Gary Ekker – 3
Helen Fox – 5
Brent Thorngren – 7
Percy Mounteer – 8
Lee McElprang – 10
Maryella Fowler – 10
Paul Cowley – 12
James Anderson – 22
Rose Ward – 22
Ralph Ison – 22
Danny Johnson – 23
Karren Justice – 24
Melvin Hales – 24
Geraldine Williams – 26
Geniel Reay – 27
Sharon Earl – 29

Orangeville

Carl Labbee – 7
Sharyn Hughes – 10
Eunice Labbee – 19
Howard Tuttle – 27

Ferron Clawson

Janice Snow – 2
Bryce Syndergaard – 3
Lane Chynoweth – 4
Len Anderson – 5
Colleen Tennant – 5
Evan Price – 8
Stella Alvarado – 10
Diane Barney – 12
Dee Thomas – 15
Lamond Smith – 16
Kathleen Conover – 17
Marilyn Behunin – 21
Arlene Lemon – 28
Nancy Johnson – 29
Evan Price – 8

Emery

Marie Eardley – 2
Randy Lake – 23

Green River

Clark Riches – 4
Ann Nord – 4
Jewel Thayne – 14
Ann Nelson – 14
LuJuan Hatt – 17
Robert Scott – 23
Jaclynne Nelson – 25
Doris Randolph – 25

Cleveland

Kerwin Jensen – 4
Patsy Johnson – 18

Elmo

Johnny Winder – 14
Steve Barton – 19
Alfred Oliver – 20

Castle Dale

Dorothy Childs – 1
Ann Jorgensen – 2
Yvonne Davis – 3
Pam Brereton – 6
Dorothy Hall – 7
Becky Johnson – 11
Bryan Clements – 16
Kathy Larsen – 22
Laurel Weaver – 22
Doug Weaver – 23
Cliff Madsen – 26
Carl Bott – 26
Ina Lee Magnuson – 27
Janet Giles – 28

Horoscope

Fourth week of
April 2019

ARIES Mar 21/Apr 20

You need to buckle down for the time being and get your health in check, Aries. Change your diet to one that includes more foods that supply a healthy boost of energy.

TAURUS Apr 21/May 21

Taurus, if you have been dissatisfied with some aspect of your career, now is the ideal opportunity to do something about it. Start testing the job market.

GEMINI May 22/Jun 21

Gemini, the things you need to get done this week in order of priority so that you can get everything accomplished. Otherwise, you'll just have ideas swimming in your head.

CANCER Jun 22/Jul 22

Cancer, if you are in a relationship or just starting one, you may be in the mood for courting and seduction this week. You'll only need your natural charm to forge ahead.

LEO Jul 23/Aug 23

Leo, satisfaction will come from your interactions with others. Take the initiative and propose a social event for your friends, particularly one that involves outdoor activities.

VIRGO Aug 24/Sept 22

It is up to you to motivate people and get them to have fun together, Virgo. Express your enthusiasm to friends or family members and others will quickly join in.

LIBRA Sept 23/Oct 23

Tap into your artistic side, Libra. Even if you think there's no art inside you, you'll be surprised at what you find. This newfound creativity will pay dividends now and into the future.

SCORPIO Oct 24/Nov 22

Scorpio, address your anxiety by talking things over with a friend or someone else close to you. Simply talking about a problem can make it less intense.

SAGITTARIUS Nov 23/Dec 21

Sagittarius, you may feel more energetic this week than you have in recent weeks. Use your motivation to check things off that lengthy to-do list or to look for new prospects.

CAPRICORN Dec 22/Jan 20

Capricorn, getting your voice heard might be challenging in the days ahead. You just need to maintain a consistent voice, and others will eventually come around.

AQUARIUS Jan 21/Feb 18

Aquarius, take the necessary steps to start living a healthier lifestyle. Now is a good time to scale back on extravagance and make time for a healthy diet and exercise.

PISCES Feb 19/Mar 20

The stars are trying to tell you to take care of yourself this week, Pisces. You need to rest, dream and take some time off.

FAMOUS BIRTHDAYS

APRIL 23

Gigi Hadid, Model (22)

APRIL 24

Kelly Clarkson, Singer (35)

APRIL 25

Jason Lee, Actor (47)

APRIL 26

Melania Trump, First Lady (47)

APRIL 27

Patrick Stump, Singer (33)

APRIL 28

Jessica Alba, Actress (36)

A sweet treat for get-togethers

Pecan Praline Cookie Triangles

Yields 64

Crust

- 2 1/2 cups all-purpose flour
- 3/4 cups powdered sugar
- 1 teaspoon baking soda
- 3/4 cups butter or margarine, melted

Filling

- 3 cups pecan halves, divided
- 2 cups packed brown sugar
- 3 eggs
- 4 tablespoons butter or margarine, melted
- 2 teaspoons vanilla extract
- 1/4 teaspoon salt
- Powdered sugar, optional



Preheat oven to 350 F. For crust, combine flour, powdered sugar and baking soda in a batter bowl. Add butter; mix until crumbly. Lightly press crumb mixture over bottom of stoneware bar pan; roll lightly. Bake 15 minutes; remove from oven to a cooling rack.

Meanwhile for filling, reserve 1 cup of the pecans for garnish; chop remaining pecans. Combine chopped pecans, brown sugar, eggs, butter, vanilla, and salt; mix well. Pour filling over warm crust, spreading to edges of pan. Arrange remaining pecan halves over filling. Bake 17 to 19 minutes, or until filling is set in center. Remove from oven; cool completely.

