

Royalton Place
5555 SE King Road
Milwaukie Or 97222

April Birthdays

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. 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.

Buddy Ebsen – April 2, 1908
Eddie Murphy – April 3, 1961
Gregory Peck – April 5, 1916
Loretta Lynn – April 14, 1932
Elizabeth II – April 21, 1926
Carol Burnett – April 26, 1933
Willie Nelson – April 30, 1933

Roll into Spring *(cont. from pg. 1)*

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.

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 exactly where you hoped it would.



April 2026

Hello Spring

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**Straw Hat
Month**

**Physical
Wellness
Month**

**Defeat
Diabetes
Month**

**Passover
Begins
Sundown
April 1**

**World Health
Day
April 7**

**Dolphin Day
April 14**

**Earth Day
April 22**

**International
Jazz Day
April 30**

Roll into Spring

April 3 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.

(cont. on pg. 4)



Drawn to Birds

Draw a Bird Day, celebrated on April 8 each year, dates back to 1943, when seven-year-old Dorie Cooper visited her uncle, a wounded war veteran, in the hospital. He was in poor spirits, and Dorie tried to cheer him up by requesting he

draw a bird for her. Dorie couldn't help laughing at the resulting picture, but she did, indeed, boost her uncle's spirits. With each subsequent visit to the hospital, Dorie was greeted with pictures of birds drawn by the soldiers, some good

and many bad, but all of them evoking smiles.

So on April 8, put your talents to work drawing a bird. And don't feel too bad if your work is not as beautiful as the paintings of famous ornithologist John J. Audubon, whose birthday is celebrated on April 26.



Notable Quotable

“People still come up to me and ask me to sign their records. That’s right, records! Man, they don’t even make records no more!”

~ Al Green
born April 13,
1946

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 April 25, 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.

Barnum’s Biggest Star

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.

Rocking Broadway

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.”



A Perfect Pairing

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. When it comes to PB&J, many think, “If it ain’t broke, don’t fix it.” However, if you’re looking to expand your PB&J horizons, do what Elvis did and swap the jelly for

some 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 their 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? 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.”



Notable Quotable

“The fool doth think he is wise, but the wise man knows himself to be a fool.”

~ William Shakespeare
(born April 23,
1564)

Peanut Butter & Jelly Flautas

2 soft taco flour tortillas 4 tablespoons creamy peanut butter
2 tablespoons strawberry preserves 2 bananas, peeled

1. Place tortillas on a paper towel and microwave for 10 seconds.
2. Spread 2 tablespoons peanut butter on each tortilla.
3. Add 1 tablespoon jam to each tortilla.
4. Place the banana near the edge of the tortilla and fold up the ends.
5. Roll up and enjoy!

Across Faiths and Time

April 1–7 is Golden Rule Week, but the idea of treating others as you wish to be treated is timeless. Although many people associate the Golden Rule with Jesus’ Sermon on the Mount, similar teachings appear in nearly every major religion. In fact,

Jesus was summarizing principles already found in the Jewish Torah. The Talmud records Rabbi Hillel’s words, “What is hateful to yourself, do not do to another.” Comparable guidance appears across cultures and

faiths: Confucius taught, “Do not do to others what you would not like yourself,” while the Buddha urged, “Hurt not others in ways that you yourself would find hurtful.” Hindu scriptures and the Quran express the same enduring message.

