



PARKER TOWER

Monthly News

Volume 22 Issue 3

April 2024

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April Birthdays And Anniversaries

BIRTHDAYS

UNIT #	NAME	DATE
1701	DALILA FELDMAN	4-APR
401	MARLEN DE VARONA	11-APR
708	EUGENE HERMAN	13-APR
1901	VIORICA BRINDUSESCU	14-APR
1112	ZINAIDA KRYMKEVICH	18-APR
2210	ELAN RASABI	20-APR
1604	SUSANNA GOLUBCHIK-STAGG	21-APR
909	LUDMILA GULEVITSKAYA	21-APR
1705	VIVIANA LOPEZ	26-APR
1807	VIKTOR MOYSE	26-APR
312	LEONID DEUEL	29-APR



ANNIVERSARIES

UNIT#	NAME	DATE
1005	CECILIA & JULIO CASTILLIO	4-APR
2504	CYNTHIA & MIGUEL PASCUAL	21-APR
1512	GALINA & NICK DONET	22-APR
1405	SVETLANA & MIKHAIL LAVITT	26-APR

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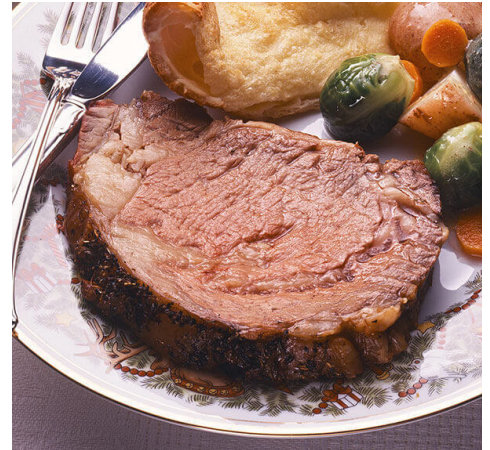
GARLIC PRIME RIB

Ingredients

- 1 (10 pound) prime rib roast
- 10 cloves garlic, minced
- 2 tablespoons olive oil
- 2 teaspoons salt
- 2 teaspoons ground black pepper
- 2 teaspoons dried thyme

Directions

1. Gather all ingredients for marinade.
2. Mix garlic, olive oil, salt, pepper, and thyme together in a small bowl.
3. Place roast in a roasting pan with the fatty side up. Spread mixture over the top of roast; let roast sit out until it is at room temperature, no longer than 1 hour.
4. Preheat the oven to 500 degrees F (260 degrees C).
5. Bake roast in the preheated oven for 30 minutes; reduce the temperature to 325 degrees F (165 degrees C), and continue roasting for an additional 60 to 75 minutes. The internal temperature of the roast should be at 135 degrees F (57 degrees C) for medium rare.
6. Allow roast to rest for 10 or 15 minutes before carving so the meat can retain its juices.



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By Appointment

DID YOU KNOW?: KITE TRIVIA

APRIL IS NATIONAL KITE MONTH.

- In ancient China, it was believed that kites could ward off evil spirits. Today, the kite is regarded as a symbol of good luck.
- The first recorded attempt to use kites to obtain scientific data occurred in 1749 when two Scottish scientists, Alexander Wilson and Thomas Melville, fastened thermometers to kites in order to record the temperature of the air at high altitudes.
- In 1847, chief engineer T.G. Hulett used a kite to string the first steel cable over the Niagara River in order to continue construction of a suspension bridge over the gorge.
- The first patent issued for a kite was granted in 1866 for a hexagon-shaped flat kite with two inwardly bent masts.
- In 1887, E. D. Archibald, an English meteorologist, took the first aerial photograph by attaching a camera to his kite.
- In 1898, a modified Hargraves Box Kite rose more than two miles over the Earth’s surface to a height of 12,471 feet (3,801 meter) above Milton, Massachusetts. Today’s kits are restricted by aviation rules to fly no more than 300 feet high or within three miles of an airport.
- Guglielmo Marconi, inventor of the wireless telegraph, used a hexagon kite in 1901 to lift an antenna four hundred feet in order to receive the first radio signal ever transmitted across the ocean.
- During World War II, kites bearing pictures of enemy aircraft were used by the United States Navy for target practice. Huge box kites were also flown above American war ships to ward off attacking enemy aircraft. Long steel wires were suspended from each kite, causing damage to any approaching planes.
- On April 4, 1975, a world record was set by Kazuhiko Asaba of Kamakura, Japan, for the most kites flown on a single line--1,050. Since then the record has been broken a number of times. The current record is 11,284 kites on one string.
- The largest kite in the world is flown each year in Hoshubana, Japan, a small village near Tokyo. The kite measures 36 feet wide and 48 feet long and weighs nearly a ton. It can take 50 or more men to send the kite aloft.



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Stress is present in everyone's life. Consider these tips for coping.

- Include exercise in your day, even if it is just a walk around the neighborhood.
- Make sure you get enough sleep, at least seven to eight hours a night.
- Eat a healthy diet, limit alcohol and caffeine, and drink enough water each day.
- Make sure that you take time for yourself each day.
- Remember that no one is perfect.
- Learn to set priorities in your life and focus on completing them as well as you can.
- When you are confronted with a stressful situation, change what you can, and don't waste energy on what you can't change.

If you feel that the stress in your life is more than you can handle, there is help available. Seek the advice of a medical professional, mental health therapist, or a clergy member to explore all of your options.



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