March was declared International Mirth Month by self-proclaimed “jollytologist” Allen Klein. Klein’s interest in the healing power of mirth came in 1974 when his young wife died of liver disease. Despite her deteriorating health, Klein’s wife kept her sense of humor to the end. She inspired Klein to give up his career in the theater and become a crusader for the stress-relieving benefits of humor.

Whether facing sicknesses or enduring other stressful situations at home or in the workplace, humor has been proven to be beneficial for both the body and the soul. Our human ancestors were aware of the benefits of laughter thousands of years ago. A proverb from the Old Testament states, “A merry heart doeth good like a medicine.” More recently, doctors studying the effects of laughter on human physiology have compiled empirical evidence to support these claims. Laughter releases endorphins, the body’s natural pain-relieving hormones; increases the production of cells responsible for strengthening our immune systems; and lowers cortisol, the hormone responsible for stress. Furthermore, humor has been shown to help us dispel fear and encourage creative thinking. In so many ways, our ancestors were right!

So how do we add more mirth to our daily routines? First and foremost, when you laugh, be sure to do it loud and proud. Big belly laughs leave muscles relaxed for 45 minutes. Funny television shows, YouTube clips, or friends are worth their weight in gold. Perhaps most importantly, learn to laugh at yourself. Don’t be afraid to share your own shortcomings or funny mistakes. Anthropologists believe that sharing our funny moments and drawing laughter is one of the strongest types of social glue, bringing friends nearer and keeping them close.

If you want to learn more about humor theory, check out The Humor Code: A Global Search for What Makes Things Funny by Peter McGraw and Joel Warner.

Cathy Barnes
cbarnes@frederickcountymd.gov
Senior Center Without Walls
Senior Services Division of Frederick County
1440 Taney Avenue
Frederick, MD 21702
301-600-1234-Mondays only
Frederick County Senior Services Division &
50+ Active Community Center Highlights

Groceries for Seniors
- A monthly free distribution of canned goods, shelf-stable products and seasonal produce (when available)
- Location: Frederick
- Date: Friday March 6
- Time: 1:00 pm
- Cost: FREE—must have photo ID

Dementia Live
- Location: Frederick 50+ Center
- Date: April 29th
- Time: 5:00 pm – 7:00 pm

Caregiver Support Group
- Location: Senior Services Division
- 1440 Taney Avenue
- Date: Wednesday March 19
- Time: 1:30 – 2:30 pm

Nurse Steve:
- Did I have a good night’s sleep?
  A discussion on sleep disorders and getting the rest you need.
- Location: Walkersville
- Date: Tuesday March 10
- Location: Brunswick
- Date: Wednesday March 11
- Time: 11:00 am
- Location: Urbana
- Date: Thursday March 12
- Time: 12:00 pm
- Location: Emmitsburg
- Date: Tuesday March 17
- Location: Frederick
- Date: Thursday March 19
- Time: 12:00
- Location: New Market
- Date: Monday March 30
- Location: Thurmont
- Date: Tuesday March 31

50+ Center Highlights

St. Patrick’s Day Songs & Stories
- Location: Emmitsburg
- Date: Tuesday March 10
- Cost: $8.00 per person, includes program & meal

History of Shopping through the Sears Catalog
- Location: Urbana
- Date: Wednesday March 25
- Time: 1:30 pm
- Take a trip down memory lane and explore the Enoch Pratt Free Library’s retrospective collection of Sears catalogs.

Floral Craft Project
- Location: Brunswick
- Date: Tuesday March 10
- Time: 1:00
- C M Bloomers is providing materials and teaching the techniques of floral arranging.
- Call to pre-register 301-834-8115

History of the Census
- Location: Frederick
- Date: Thursday March 5
- Time: 12:30
- Why is the Census in the News?, What will I be asked?, What happens to the date?, What if I Have tech questions?
The Great Escape

On March 24, 1944, the British bomber pilot Leslie “Johnny” Bull poked his head out of the ground and took his first breath of freedom after suffering as a prisoner of war in the Nazi-controlled Stalag Luft III camp. The so-called “Great Escape” had begun, one of the most daring mass breakouts ever attempted during wartime.

In 1944, the camp housed over 10,000 Allied service members. The location of the camp was chosen in part due to its sandy soil, which made any attempts to tunnel out extremely difficult. This did not deter Royal Air Force Squadron Leader Roger Bushell from devising a grand tunneling scheme. His plan consisted of “three bloody deep, bloody long tunnels,” code-named Tom, Dick, and Harry. Previous escapes had been attempted, but none on the scale Bushell proposed. Not only did he oversee the excavation of three tunnels but he also devised a system of signals that allowed POWs to track prison guards and communicate their whereabouts. He also procured civilian clothes for escapees, forged travel documents, and equipment for the 600 digging inmates. As the plan’s mastermind, Bushell was given the code name “Big X.”

His plan proved ingenious. Powdered milk cans distributed by the Red Cross were fashioned into shovels, picks, and lanterns. Excavated dirt was smuggled to the surface inside inmates’ trouser legs and then scattered while the prisoners walked around. The tunnels were 30-feet deep and just 2-feet square, the walls shored up with pieces of wood scavenged from all over the camp, most notably the prisoners’ bunk beds. Many of the guards, who were openly anti-Nazi, assisted in the procuring of forged documents and materials. By the moonless night of March 24, 1944, the tunnel “Harry” was complete, and 76 men tunneled to freedom. Of the 76 escapees, 73 were captured, but the dramatic “Great Escape” became the stuff of legend and a Hollywood blockbuster.

Sock Monkey Day

The fabulous folk-art-toy-turned-kitschy-gift known as the sock monkey enjoys its own holiday on March 7. (Some sources say March 1.) The sock monkey can trace its origins back to England’s Victorian era and the exploration of the continent of Africa. Tales of exotic new animals were recounted in news reports and fictional tales such as Rudyard Kipling’s The Jungle Book. It became fashionable to decorate children’s rooms with all manner of stuffed animals such as lions and monkeys.

It did not take long before the trend reached America. Swedish immigrant to America John Nelson patented a sock-knitting machine in Rockford, Illinois, in 1868. His socks became so popular that they became known as “Rockford Red-Heels.” During the Great Depression in America, economical families created their own stuffed animals, notably monkeys, using these trademark red-heeled socks. The red heels gave the “sock monkeys” their distinctive red mouths. In 1953, a woman named Helen Cooke patented the “sock monkey” and eventually sold her idea back to the Nelson Knitting Company, still located in Rockford.

March Birthdays

In astrology, those born between March 1–20 are the Fish of Pisces. Fish feel things deeply, as in under-the-sea deep. These intuitive, creative, and intelligent people have strong feelings of right and wrong and also love to help others. Those born between March 21–31 are the Rams of Aries. As the first sign of the zodiac, Aries like to be number one. Bold, courageous, passionate, and somewhat impulsive, Rams dive headfirst into even the most challenging situations.

Theodor Seuss Geisel (writer) – March 2, 1904
Lou Costello (comedian) – March 6, 1906
Mickey Dolenz (Monkee) – March 8, 1945
Liza Minnelli (actress) – March 12, 1946
Moms Mabley (comedienne) – March 19, 1894
Fred Rogers (neighbor) – March 20, 1928
Chaka Khan (singer) – March 23, 1953
Harry Houdini (magician) – March 24, 1874
Flannery O’Connor (author) – March 25, 1925
Liz Claiborne (designer) – March 31, 1929
Fit to the Finish?

The first Sunday in March is known as Finisher’s Medal Day, honoring all those who don’t win the race but just cross the finish line. The day was designed to encourage everyone to participate in races, not just those with a real shot at winning. But this begs the question, does awarding a medal or trophy just for participation send a good message? Some argue that such participation medals diminish excellence. They become worthless mementos of participation rather than true tokens of achievement. They send the message that everyone is a winner, when in real life there are winners and losers. In some ways, these medals rob kids of the important lessons of losing, like how to cope with disappointment and how to remain resilient in the face of defeat.

Istanbul Not Constantinople

On March 28, 1930, the city of Constantinople, Turkey, changed its name to Istanbul, a change famously celebrated by the Four Lads in their 1953 novelty song “Istanbul (Not Constantinople),” a song that enjoyed a resurgence in 1990 thanks to a cover by the band They Might Be Giants. Why did Turkey change the name of its most important city? In AD 330, the city, then called Byzantium, was the world’s hub of culture and trade. Emperor Constantine declared the city the capital of the Eastern Roman Empire and changed its name to Constantinople. When the Ottoman Empire collapsed in 1923, the newfound Republic of Turkey changed the name from Constantinople to Istanbul, a name many had used to describe the city. Istanbul was a Turkish translation of an old Greek phrase meaning “in the city.” Despite the official change, travelers, businesses, and even foreign governments still referred to the city as Constantinople. This all changed in 1930 when the Turkish government decreed that all mail addressed to Constantinople.

Won’t You Be My Neighbor?

Each year, March 20 is celebrated as Won’t You Be My Neighbor Day in honor of the birthday of Fred Rogers, everybody’s favorite television neighbor. Rogers suffered a lonely childhood and was often taunted about being overweight. He overcame his shyness to become a Presbyterian minister but left the seminary to go into television. He hated TV and wanted to transform it into a means of nurturing those who would watch and listen. Rogers was a natural when it came to children’s broadcasting, using his talents to develop puppets, music, and characters that appealed to kids’ better natures. By the time the show Mister Rogers’ Neighborhood aired in 1968, he had mastered his use of imaginative elements and the kind, quiet manner that became his trademark.
Chuck Fisher
Singing
The Legends

Friday, March 27, 1:00 p.m.

Maryland Senior Idol Recording Artist
“Singing his way into hearts of audiences with songs from your high school sweetheart days!”

Enjoy classic songs from artists such as Frank Sinatra, Dean Martin, Tony Bennett, Eddy Arnold, Jim Reeves & Ray Price

Program & Dessert: $7.00 per person
Register by March 20

Event will be held at the Urbana 50+ Community Center,
9020 Amelung St., Urbana, MD 21704

Registration details:
Registration and payment due by Friday, March 20
Registrations will not be accepted without payment
Registrations may be made at any of the Frederick County 50+ Community Centers or online: http://frederickcountymd-gov.3dcartstores.com
Check with your 50+ Community Center about transportation

Brunswick Center 301-834-8115
Emmitsburg Center 301-600-6350
Frederick Center 301-600-3525
Urbana Center 301-600-7020
You Can Prevent Type 2 Diabetes with the PreventT2 Program

The PreventT2 Program Reduces Your Risk of Type 2 Diabetes

- If you have prediabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change. The PreventT2 lifestyle change program can help!

- PreventT2 is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It features an approach that is proven to prevent or delay type 2 diabetes.

- By improving food choices and increasing physical activity, you can lose 5 to 7 percent of your body weight—that is 10 to 14 pounds for a person weighing 200 pounds. If you have prediabetes, these lifestyle changes can cut your risk of developing type 2 diabetes in half.

Prediabetes Can Lead to Type 2 Diabetes

- One out of three American adults has prediabetes, and most of them do not know it. Having prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetes. This raises your risk of type 2 diabetes, heart disease, and stroke.

- Without weight loss or moderate physical activity, many people with prediabetes can develop type 2 diabetes within 5 years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack, stroke, blindness, kidney failure, or loss of toes, feet, or legs.

- The lifestyle changes you make in the Prevent T2 program will help you prevent or delay type 2 diabetes.

YOU MAY HAVE PREDIABETES AND BE AT RISK FOR TYPE 2 DIABETES IF YOU:

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Are physically active fewer than 3 times per week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds.
**10 tips to reduce the risk of foodborne illness**

**A critical part of healthy eating is keeping foods safe.** Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness—Clean, Separate, Cook, and Chill. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

### CLEAN

1. **wash hands with soap and water**
   Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

2. **sanitize surfaces**
   Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.

3. **clean sweep refrigerated foods once a week**
   At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.

4. **keep appliances clean**
   Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.

5. **rinse produce**
   Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.

### SEPARATE

6. **separate foods when shopping**
   Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

7. **separate foods when preparing and serving**
   Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

### COOK AND CHILL

8. **use a food thermometer when cooking**
   A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.

9. **cook food to safe internal temperatures**
   One effective way to prevent illness is to check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F (www.isitdoneyet.gov).

10. **keep foods at safe temperatures**
    Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F).

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**USDA**
United States Department of Agriculture
Center for Nutrition Policy and Promotion

Rainbow Cake Mix Bars

Ingredients:
- Cooking spray
- 1 (15 25-ounce) box yellow cake mix
- 2 large eggs
- 1/2 cup butter, melted
- 1 teaspoon vanilla extract
- 1 cup chocolate chips, divided
- 1 cup baking M&M candies, divided

Directions
1. Preheat oven to 350°F. Spray baking sheet with cooking spray.
2. Combine cake mix, eggs, butter, and vanilla in a large bowl. Stir in 1/2 cup chocolate chips and 1/2 cup M&M candies.
3. Place dough into the prepared baking sheet, spreading evenly. Sprinkle evenly with remaining chocolate chips and M&M candies.
4. Bake 20–25 minutes. Allow to cool before cutting into squares and serving.

Makes 24 servings

Baked Leprechaun Crisps

Ingredients:
- 1/2 cup grated Parmesan cheese
- 2 tablespoons finely chopped fresh parsley
- 1 round refrigerated piecrust dough
- 1 tablespoon milk
- Dip of choice for serving

Directions
1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Combine Parmesan cheese and parsley in a small bowl. Set aside.
3. Unroll pie dough onto a clean surface. Cut out shamrock shapes with a cookie cutter and place onto the prepared baking sheet.
4. Brush each shamrock with milk, coating completely.
5. Sprinkle each shamrock evenly with the Parmesan mixture.

Makes 12 servings
March IQ—Spring into spring with some questions about the month of March.

1. Which of the following does NOT occur in March?
   A. Pi Day
   B. International Women’s Day
   C. St. Patrick’s Day
   D. Earth Day

2. Fill in the blanks of the famous line from Shakespeare’s play *Julius Caesar*:
   “Beware the __________ of _________.”

3. What god is March named after?
   A. God of the underworld
   B. God of war
   C. God of music
   D. God of the sea

4. Pisces is one of March’s zodiac signs. What is the other?
   A. Taurus
   B. Aquarius
   C. Libra
   D. Aries

5. What is the only five-letter word that can be made using all five letters in *March*? __________

6. True or false? Autumn begins in March in the southern hemisphere.

7. Which of these special Jewish days usually falls in March?
   A. Yom Kippur
   B. Purim
   C. Rosh Hashanah
   D. Sukkot

8. What sport is played during “March Madness”? __________________________

9. What are the birthstones for March?
   A. Aquamarine and bloodstone
   B. Amethyst and emerald
   C. Diamond and tourmaline
   D. Amethyst and opal

10. What famous novel is about the lives of the March sisters?
    A. *Peter Rabbit*
    B. *Gone with the Wind*
    C. *Sense and Sensibility*
    D. *Little Women*

11. How many days are in March? _________

12. Which of these occurs in March: a solstice or an equinox? _________________

13. Dutch painter Vincent van Gogh was born on March 23, 1853. Which is the name of one of his masterpieces?
    A. *Mona Lisa*
    B. *Arrangement in Grey and Black No. 1*
    C. *Starry Night*
    D. *The Water Lilies*

14. *Oklahoma!* opened on Broadway in 1943. Which is NOT a song from the hit musical?
    A. “The Surrey with the Fringe on Top”
    B. “Oh, What a Beautiful Mornin’”
    C. “People Will Say We’re in Love”
    D. “It Might as Well Be Spring”

15. Napoleon Bonaparte was married for the first time on March 9, 1796. What was his first spouse’s name?
    A. Marie Curie
    B. Joséphine de Beauharnais
    C. Simone de Beauvoir
    D. Louise Bourgeois
March IQ-Answers

1. (D) Earth Day. Earth Day is April 22.
2. Ides (of) March. In the play, the soothsayer warns Caesar to “beware the Ides of March,” which is the day Caesar is murdered.
3. (B) God of war. The Roman god of war is named Mars.
4. (D) Aries. Pisces is February 19 to March 20. Aries is March 21 to April 19.
5. Charm. *Charm* is an anagram (word formed by rearranging the letters of another) for *March*. It is the only one.
6. True. Spring begins in March in the northern hemisphere.
7. (B) Purim. Purim occasionally occurs in February. This year, it begins the evening of Monday, March 9.
8. Basketball. “March Madness” is another name for the NCAA men’s basketball tournament, which is played throughout March.
9. (A) Aquamarine and bloodstone. Aquamarine is said to protect sailors and guarantee a safe voyage. Babylonians believed bloodstone had healing powers.
10. (D) *Little Women*. Jo, Beth, Amy, and Meg are sisters in the Louisa May Alcott novel.
11. 31. It is one of seven months with 31 days: January, March, May, July, August, October, and December.
12. Equinox. An equinox is when day and night are the same length. In the northern hemisphere, the vernal equinox occurs in March. In the southern hemisphere, the autumnal equinox occurs in March. It can occur on March 19, 20, or 21.
13. (C) *Starry Night*. Van Gogh suffered from mental illness most of his life. *Starry Night* depicts the view outside of his sanitarium room window at Saint-Rémy-de-Provence (located in southern France) at night.
14. (D) “It Might as Well Be Spring.” It is a song from the 1945 musical film *State Fair*.
15. (B) Joséphine de Beauharnais. She did not bear Napoleon any children. As a result, he divorced her in 1810 to marry Marie Louise of Austria.
Who Am I? – Celebrating a famous person this month

Do you know who I am? Here are some clues:
1. I was born on March 1, 1914.
2. My parents were Italian and Romanian immigrants.
3. My father left the family during World War I.
4. I was raised by my aunt and uncle after my mother’s death.
5. I was rejected by the Armed Forces because of my weak eyesight.
6. I was meant to attend the University of Alabama but could not afford to go.
7. To make ends meet, I sold gym equipment after graduating from high school.
8. I worked as a small-time radio announcer in both Illinois and Michigan.
9. I was rumored to have had a romantic relationship with the CEO of Anheuser-Busch’s daughter-in-law.
10. I survived a car accident in 1968.
11. I was a broadcaster for WGN-TV in Chicago.
12. I opened a steakhouse in Chicago bearing my name in 1987.
13. I was born with the surname Carabina.
14. I was the subject of a popular parody on Saturday Night Live.
15. I had a stroke in 1987.
16. My first major job was announcing for the St. Louis Cardinals.
17. I was considered a major asset by the Cardinals’ sponsor company, Anheuser-Busch.
18. I quickly earned fame for my blunt but joyous style of announcing.
19. After the Cardinals, I worked for one year for the Oakland Athletics.
21. In 1989, I was given the Ford C. Frick Award by the Baseball Hall of Fame.
22. I started working for the Chicago Cubs in 1981.
23. I am famous for my oversized, thick-rimmed glasses.
24. At every Cubs game, I would lead the crowd in a chorus of “Take Me Out to the Ball Game” during the seventh-inning stretch.
25. My most famous catchphrase is “Holy cow!”

Introduction
Harry Caray entertained baseball fans for years with his unique and colorful announcing at Major League Baseball games. A legend in the sport despite never playing professionally, Caray’s endearing catchphrases and exuberant style made him a pop culture icon.

Early Life and Career
Harry Caray was born Harry Christopher Carabina on March 1, 1914, in St. Louis, Missouri. The son of Italian and Romanian immigrants, Caray spent much of his youth in the care of his aunt and uncle. His father left to fight in World War I, and his mother died when he was 14 years old.

From a young age, he showed a tremendous aptitude for baseball, which he played for his high school team. He showed enough talent that he was scouted early on by the University of Alabama, however, due to financial issues, he did not attend. He then attempted to enlist in the military at the onset of World War II but was unable to serve because of his poor eyesight.

To make ends meet, he took a job as a salesperson for a gym equipment company, but he felt the constant pull of the baseball diamond. Unable to play the game, Caray decided to use his voice instead, learning the radio announcer’s craft at small stations in Illinois and Michigan. It was at this time that he decided to change his surname from Carabina, which he was told was “too awkward for air,” to the much simpler Caray.

Caray worked for several minor league teams, even branching out to serve as an announcer for hockey as well, but he hit his big break in 1945 when he was hired by the St. Louis Cardinals. Caray immediately proved to be a tremendous success with the team, gaining considerable local fame for his blunt yet whimsical style of announcing. He also proved himself to be a considerable asset for the club’s sponsor, Anheuser-Busch, with whom Caray would become linked in the public eye for the rest of his career.
Caray announced for the Cardinals for a stellar 25 years, even surviving a car accident in 1968 and managing to return to work in time for the 1969 season, dramatically tossing aside the canes he had been using to help himself to walk. Despite this, after the 1969 season, Caray's contract with the Cardinals was not renewed. Allegedly this was on the advice of the Anheuser-Busch marketing department because of a rumored affair between Caray and the daughter-in-law of club president and CEO of Anheuser-Busch. Set adrift, Caray spent a year announcing for the Oakland Athletics but left after one season due to disagreements with the club's owner, Charles O. Finley. Caray then settled down in the city that would become his home for the rest of his long and storied career: Chicago.

**Discussion Starters**

- Caray lost both of his parents early in his life and went to live with his aunt and uncle. Did you ever live with relatives other than your parents? How did the experience affect you?
- Unable to play the game he loved, Caray found a way to be involved in the sport by working as an announcer. Have you ever failed to pursue something in one way that led you to a different path? What was it?
- Caray was known for his signature oversized eyeglasses. Can you think of any other celebrities with signature accessories or articles of clothing? What do you think about a “signature look” for celebrities? (Examples may include Elvis Presley and his jumpsuits, Liberace and his sequined costumes, or Groucho Marx with his glasses and mustache.)

**Sweet Home Chicago**

Caray began his career in Chicago working for the White Sox and earning the love of the city’s south side for his joyful and irascible demeanor. He was known for causing the players some distress for his blunt calling out of home team mistakes. After a number of failed partnerships, Caray finally found a broadcasting partner in Jimmy Piersall, a former MLB outfielder. The pair proved incredibly popular and remained a duo for the length of Caray's tenure with the White Sox.

His time with the White Sox also saw Caray witness the infamous “Disco Demolition Night” on July 12, 1979, a promotion meant to capitalize on disco's fall from popularity. The evening went horribly wrong, with crazed fans taking to the field and rioting in the chaos of the planned explosion of a box of disco records. Even though it was not his event, Caray attempted to keep the crowd under control with his signature rendition of “Take Me Out to the Ball Game,” but was unable to. The crowd became so belligerent that members of the Chicago Police Department, dressed in full riot gear, were forced to evacuate the field. The second game planned for the evening was canceled because of the damage done to the field.

Caray left the White Sox in 1981 but was quickly snapped up by their crosstown rivals, the Chicago Cubs. As a Cubs announcer, Caray achieved a level of national fame thanks to the team’s television outlet, WGN-TV. Millions across the nation tuned in to see Caray’s antics, loving his distinctive gravelly voice, his habit for mispronouncing names, and his beloved rendition of “Take Me Out to the Ball Game” during the seventh-inning stretch. Caray remained with the Cubs for the rest of his career.

In 1987, he suffered a stroke, but he did not let it stop him from working. The stroke did begin to take its toll on him, however, and toward the end of his career, his work was limited to announcing for home games and road trips to St. Louis and Milwaukee. Some wanted Caray to retire, but he remained with the Cubs past the mandatory retirement age for WGN-TV broadcasters. In 1997, his grandson Chip Caray was hired to work alongside him, but sadly Caray suffered a heart attack and passed away on February 18, 1998, at the age of 83. Following Caray’s death, the Cubs spent the 1998 season wearing patches bearing a caricature of Caray’s face. Caray’s funeral was attended by many Cubs players as well as the governor of Illinois, the mayor of Chicago, and Chicago Bears coach Mike Ditka. To accompany the service, the organist played a somber rendition of “Take Me Out to the Ball Game,” a stunning tribute to one of baseball’s greatest broadcasters. **Discussion Starters**

- Are you a sports fan? Do you have some favorite sports to watch? Do you have any favorite teams?
- Some called for Caray’s retirement after his stroke in 1987, but he continued to work, even past the retirement age. Do you think people should retire at a mandatory age or should they be able to work as long as they want?
Legacy

Caray captured the hearts of the people of Chicago and the nation beyond. He was named Missouri Sportscaster of the Year twice and Illinois Sportscaster of the Year 10 times, before finally being named to the National Sportscasters and Sportswriters Hall of Fame in 1988. In 1989, he was given the Ford C. Frick Award by the Baseball Hall of Fame, and in 1990 he was inducted into the National Radio Hall of Fame. Beyond his honors, Caray also became an incredibly notable pop culture figure, making appearances on The Late Show with David Letterman and even being parodied by Will Ferrell on Saturday Night Live’s “Weekend Update” segment. The parody proved to be so popular it even continued after Caray’s death in 1998, with Ferrell, in character, responding to news of his death with “What’s your point?”

Caray’s legacy endures in Chicago. In 1987, Caray opened a steakhouse, aptly named “Harry Caray’s Italian Steakhouse,” and today there are seven locations in and around Chicago. In 2016, the Cubs defeated the Cleveland Indians to win the 2016 World Series. Budweiser, a brand owned by Caray’s former sponsor Anheuser-Busch, produced a celebratory commercial featuring archival footage of Caray placed over the winning game. It also includes an endgame interview in which Caray declares his ardent belief that “one day... the Cubs will be in the World Series.” The commercial is a touching tribute to one of baseball’s greatest broadcasters and a legend amongst the sports community.

Discussion Starters

• Is Harry Caray someone you are familiar with? Were you a fan of his?
• Caray’s larger-than-life personality made him a popular subject for comedians to parody. What do you think about celebrity parodies? Are they a way to show respect and affection, or are they just a way to make fun?

Quotable Quotes

Harry Caray was well known for his habit of shouting “Holy cow!” when a particularly astonishing play took place on the field. Another exclamation from Caray was “It could be... It might be... It is! A home run!” Read on to see more notable quotations by the legendary announcer.

• “I’ll tell you what’s helped me my entire life. I look at baseball as a game. It’s something where people can go out, enjoy, and have fun. Nothing more.”
• “Now, you tell me, if I have a day off during the baseball season, where do you think I’ll spend it? The ballpark. I still love it. Always have, always will.”
• “It’s the fans that need spring training. You gotta get ’em interested. Wake ’em up and let ’em know that their season is coming, the good times are gonna roll.”
• “I know it is the fans that are responsible for me being here. I’ve always tried in each and every broadcast to serve the fans to the best of my ability.”
• “My whole philosophy is to broadcast the way a fan would broadcast.”
• “I would always sing it (“Take Me Out to the Ball Game”), because I think it’s the only song I knew the words to!”
• “I’ve only been doing this fifty-four years. With a little experience, I might get better.”
• “I figure I had no business being here this long anyway, so what do you care how old I am? I’ve been on borrowed time for years. You know my old saying: live it up, the meter’s running. I’ve always said that if you don’t have fun while you’re here, then it’s your fault. You only get to do this once.”
Famous Irish Folks - Who Am I?

1. Clues
   1. I was known for my beauty and red hair.
   2. I was closely associated with John Wayne in my career.
   3. I played the mother of Natalie Wood in Miracle on 34th Street.
   Answer: Maureen O’Hara

2. Clues
   1. I was a 20th-century novelist, playwright, and poet.
   2. I was awarded the Nobel Prize for Literature in 1969.
   3. I wrote Waiting for Godot.
   Answer: Samuel Beckett

3. Clues
   1. My real name is Paul David Hewson.
   2. I’m known for being active in social justice causes.
   3. I am the lead singer for the rock band U2 and known by one name only.
   Answer: Bono

4. Clues
   1. I was born in Boyle, County Roscommon, Ireland, in 1911.
   2. I was discovered by director Frank Borsage while he was on location filming a movie in Ireland.
   3. I’m most famous for playing the Jane to Johnny Weissmuller’s Tarzan.
   Answer: Maureen O’Sullivan

5. Clues
   1. I had two middle names: Augustine Aloysius.
   2. I was a very influential avant-garde writer whose writings centered on Dublin.
   3. I wrote Ulysses and Finnegans Wake.
   Answer: James Joyce

6. Clues
   1. I was knighted by the Queen of England in 2012.
   2. I’ve been nominated for Oscars for acting, writing, and directing.
   3. I have starred in several movie adaptations of Shakespeare’s plays.
   Answer: Kenneth Branagh

7. Clues
   1. I was born in Dorne, Ireland, and I am known by my first name.
   2. I am a singer known for my Celtic style.
   3. I wrote and sang “May It Be” for the film The Lord of the Rings: Fellowship of the Ring.
   Answer: Enya

8. Clues
   1. I was good friends with J.R.R. Tolkien.
   2. I was a prolific writer through the middle of the 20th century, but I am best known for my book featuring a lion, a witch, and a wardrobe.
   3. My first and middle names are Clive Staples, but I go by the initials C.S.
   Answer: C. S. Lewis

9. Clues
   1.Known for my political outspokenness, I was a member of the Fabian Society.
   2. I am considered one of the best playwrights of all time, second only to Shakespeare.
   3. I wrote Pygmalion.
   Answer: George Bernard Shaw

10. Clues
    1. I was born in Brooklyn, New York, but returned with my family to Ireland during the Depression.
    2. I returned to the U.S. as a teenager, and then was drafted to serve in the U.S. Army during the Korean War.
    3. I won a Pulitzer prize for my book Angela’s Ashes.
    Answer: Frank McCourt
11. Clues
1. I was bedridden with an unknown illness until the age of seven.
2. I was the personal assistant of actor Henry Irving, but I’m remembered as a gothic novelist.
3. I wrote *Dracula*.
**Answer:** Bram Stoker

12. Clues
1. Despite being closely associated with Ireland, I was not Irish.
2. At age 16, I was captured by Irish pirates and sold as a slave in Ireland, where I remained for six years before escaping back to Britain.
3. I returned to Ireland as a cleric and became the patron saint of Ireland.
**Answer:** Saint Patrick

13. Clues
1. Born in 1667, I was a satirist and writer.
2. I was Dean of St. Patrick’s Cathedral in Dublin.
3. I wrote *Gulliver’s Travels*.
**Answer:** Jonathan Swift

14. Clues
1. I was born Johanna Mansfield Sullivan Macy.
2. At age five, I contracted an eye disease and was left almost blind, although a later surgery restored much of my eyesight.
3. I was Helen Keller’s teacher.
**Answer:** Anne Sullivan

15. Clues
1. I was a popular playwright in the 19th century.
2. At the height of my success, I was imprisoned for being homosexual.
3. I wrote *The Importance of Being Earnest*.
**Answer:** Oscar Wilde

16. Clues
1. I sang “MacArthur Park.”
2. I was the lead actor in *A Man Called Horse*.
3. I played Albus Dumbledore for the first two *Harry Potter* films.
**Answer:** Richard Harris

17. Clues
1. I play an instrument, and I’m known for my showmanship.
2. I’ve sold more than 30 million albums, and I tirelessly promote the arts.
3. I am known as “The Man with the Golden Flute.”
**Answer:** James Galway

18. Clues
1. Because of my football prowess, I was called Bull Feeney as a youth.
2. I followed my brother Francis to Hollywood in 1914 and ultimately became a director.
3. I won four Academy Awards for my directing, including for the film *How Green Was My Valley*.
**Answer:** John Ford

19. Clues
1. Although known as a poet, I served in the Irish Senate for two terms.
2. In 1923, I won the Nobel Prize in Literature.
3. I wrote *The Second Coming*.
**Answer:** W. B. Yeats

20. Clues
1. My first career after leaving school was as a journalist and photographer.
2. As an actor, I was known for my piercing blue eyes.
3. I played T. E. Lawrence in *Lawrence of Arabia*.
It’s Not Easy Being GREEN
How many green things do you know? Take the “green” challenge.

1. What is the name of the international environmental organization founded in 1969 by a group of Canadian environmentalists? _____
2. What is the name of the world’s largest island that is NOT a continent? _____
3. These are long slender vegetables. _____
4. Someone that has a special skill for making plants grow is said to have a _____.
5. An inexperienced person is called a _____.
6. This drink is rich in anti-oxidants. _____
7. What is Vermont’s nickname? _____
8. What word means “somewhat green”? _____
9. During the Civil War, this was a popular name given to paper currency. _____
10. Green-colored foliage or plants are called ______.
11. Someone who looks pale and sickly is said to be ______.
12. Someone who is jealous is said to be ______.
13. A very jealous person is a ______.
14. Large open grassy lands are called ______.
15. What was the name given to the soldiers during the American Revolution? _____
16. A room in a theater where musicians and actors relax is called a _______.
17. An area in Manhattan, New York, that attracts many artists, actors, and writers is called ______.
18. A phrase used when referring to someone having things better than you is _______.
19. An area of grass around a golf hole is called a _______.
20. You can go when you get the _______.
21. The moon is made of _______.
22. What is the name of an old TV show starring Eddie Albert and Eva Gabor? _______
23. What is the name of the actor who played the father in the TV show Bonanza?_____
24. A member of the Army’s special task force is called a ______.
25. What is the name of the book by L. M. Montgomery? _______
26. When heat from the sun is trapped in Earth’s atmosphere, it creates the _______.
27. Aliens from Mars are called ______.
28. This is a popular comic book character. ______
29. This is the name of a professional football team. ______
30. This is the name of a city in Ohio and Kentucky. ______
31. Another name for paper money is ______.
32. This is a southern side dish made from unripe fruit. _______
33. What 1941 film, starring Walter Pidgeon and Maureen O’Hara, is about life in the South Wales coalfields? _______
34. Dr. Seuss children’s book features these and ham. ______
35. This is to make more environmentally friendly decisions, such as to “reduce, reuse, and recycle.” _______
36. This former Pittsburgh Steelers football great’s nickname implies that he was unkind. ____
Happy St. Patrick’s Day

Unscramble the letters to reveal words associated with St. Patrick’s Day and then find the answers in the puzzle. Search vertically, horizontally, diagonally, forward, and backward.

RNLBEYA OESNT
OECDNR FBEE
ENGER
INLRDAE
EDNGEL
LHEAUNERCP
YCKUL
MHCRA
AREDPA
KCAITRP
OIRABWN
NATSI
MCKSHAOR
IOTIDTRAN

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Which One Is Not Like the Others?

Circle the word in each group that does not belong. Do you know why?

1. guitar  cello  oboe  violin
2. Mathew  Mark  Luke  Tom
3. sophomore  senior  associate  junior
4. Mediterranean  Atlantic  Pacific  Indian
5. football  volleyball  tennis  badminton
6. Moe  Barry  Curly  Larry
7. vest  slacks  watch  jacket
8. Nina  Pinta  Santa Maria  Titanic
9. fillet mignon  bacon  ham  sausage
10. apricot  tomato  peach  plum
11. fork  knife  spoon  mixer
12. August  March  April  May
13. Frank  Dean  Sammy  Robert
14. Mustang  Camaro  Porsche  Firebird
15. buzzard  pigeon  hawk  falcon
16. around  shift  tab  enter
Nifty Nicknames

Match each nickname to the correct person.

1. “America’s L’il Sweetheart” _____
2. Buffalo Bill _____
3. The Duke _____
4. Father of His Country _____
5. “It” Girl _____
6. Lone Eagle _____
7. Great Emancipator _____
8. Teddy _____
9. King of Swing _____
10. March King _____
11. Sage of Menlo Park _____
12. Tippecanoe _____
13. The Girl Next Door _____
14. Velvet Fog _____
15. Mark Twain _____
16. Maiden Queen _____
17. King of Jazz _____
18. Ski-nose _____

A. Paul “Pops” Whiteman
B. Doris Day
C. Shirley Temple
D. Bob Hope
E. John Philip Sousa
F. William F. Cody
G. Queen Elizabeth
H. John Wayne
I. Samuel Clemens
J. Clara Bow
K. Abraham Lincoln
L. Mel Tormé
M. George Washington
N. Charles Lindbergh
O. Theodore Roosevelt
P. Benny Goodman
Q. Thomas Edison
R. William Henry Harrison
Famous March Birthdays

The following people were born in March. Can you find their last names? Search horizontally, vertically, diagonally, forward, and backward.

A. Desi ARNAZ
B. Karen CARPENTER
C. Lou COSTELLO
D. Bobby FISCHER
E. Holly HUNTER
F. Elton JOHN
G. Casey JONES
H. Glenn MILLER
I. Shaquille O’NEAL
J. Rob REINER
K. Willard SCOTT
L. Bruce WILLIS

Bonus: Match the person to the correct clue.

1. Soft vocals singer _____
2. Weatherman _____
3. Chess champion _____
4. I Love Lucy star _____
5. Pop singer _____
6. Movie actress _____
7. Director _____
8. Basketball great _____
9. Big band leader _____
10. Comedian _____
11. Railroad engineer _____
12. Movie actor _____
Turkey Hunting

Match the clue to the word associated with turkey hunting.

1. Female turkey _____  
2. Clothing pattern _____  
3. Per animal physical permit _____  
4. Fake animal _____  
5. Sound made to bring an animal out _____  
6. Footprints _____  
7. Sleeveless garment _____  
8. Turkey hunting season _____  
9. Shoulder firearm _____  
10. Turkey sound _____  
11. Archer’s need _____  
12. The way an animal acts _____  
13. Pursue _____  
14. Land covered with forest _____  
15. Hunter’s carryall _____  
16. Pompous walk _____  
17. Cutting tool _____  
18. Dominant male turkey _____

A. Hunt  
B. Decoy  
C. Tom  
D. Hen  
E. Backpack  
F. Vest  
G. Knife  
H. Camouflage  
I. Spring  
J. Tag  
K. Shotgun  
L. Timberland  
M. Tracks  
N. Gobble  
O. Call  
P. Strut  
Q. Bow  
R. Behavior

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**Name Art**

Draw a squiggly line background and then trace chipboard letters to spell your name. Color in the letters to make a playful piece of art featuring you!

**You will need:**
- 2" chipboard letters
- Sheet of 11" X 8 1/2" white card stock
- Fine-tipped colored markers (including black) or colored pencils

**Directions:**

1. Position the card stock horizontally. Start at the top of the paper and draw a thin black squiggly line with a marker. Do not lift the marker off the paper until the entire page is filled with a playful background of line art.
2. Arrange chipboard letters in the center of the paper to spell your name. Trace the letters with the thin black marker.
3. Color the sections in each letter with an assortment of colors.
4. Frame and proudly display your name art.

**Variation:** Use 2" stencils instead of chipboard letters.
Lucky Bag o’ Kisses Fill Ziploc sandwich bags with green foil-wrapped Hershey’s Kisses. Attach a label and give away special St. Paddy’s Day treats.

You will need:

• Ziploc sandwich bag (6 1/2" X 5 7/8")
• Green foil-wrapped Hershey’s Kisses (about 10)
• Labels printed in color on 65 or 80 lb card stock
• Shredded paper (white or green)
• Scotch tape
• Stapler
• Scissors or pinking shears

Print a picture of some completed treat bags to display on your bulletin board. Or, make these “behind the scenes” with the help of a few crafters.

Directions:
1. Cut out labels and fold in half along the dashed lines.

2. Fill half a sandwich bag with shredded paper and about 10 Kisses. Fold the bag in half and secure with a piece of tape.

3. Staple a label over the top of the folded bag. (Optional) Write a personal message on the back side of the label.
Irish Spinach

Kiss me
I'm Irish

Leprechaun Kisses
Which One Is Not Like the Others? (solution)
1. oboe – The other three are stringed instruments.
2. Tom – The other three are storytellers of the Gospels.
3. associate – It’s the only one that is not a high school year.
4. Mediterranean – The other three are oceans.
5. football – It’s the only sport that does not include a net.
6. Barry – The other three are members of The Three Stooges.
7. watch – It’s the only one that is not part of a three-piece suit.
8. Titanic – The other three ships are from the Columbus voyage.
9. fillet mignon – It’s the only beef cut.
10. tomato – The other three fruits have pits.
11. mixer – The other three are types of silverware.
12. August – The other three are spring months.
13. Robert – The other three are members of the Rat Pack.
14. Porsche – It’s the only German-made sports car.
15. pigeon – The other three are birds of prey.
16. around – The other three are buttons on a keyboard.

Nifty Nicknames (solution)
1. “America’s L’il Sweetheart”
2. Buffalo Bill
3. The Duke
4. Father of His Country
5. “It” Girl
6. Lone Eagle
7. Great Emancipator
8. Teddy
9. King of Swing
10. March King
11. Sage of Menlo park
12. Tippecanoe
13. The Girl Next Door
14. Velvot Fog
15. Mark Twain
16. Maiden Queen
17. King of Jazz
18. Ski-nose
Happy St. Patrick's Day
RNLEBYA OESNT-Blarney Stone
OECDNR FBEE-Cornd Beef
ENG-GER-Green
INLRDAE-Ireland
EDNGEL-Legend
LHEAUNERCP-Leprechaun
YCKUL-Lucky
MHCRAM-March
AREDPA-Parade
KCAITRP-Patrick
OIRABWN-Rainbow
NATS1-Saint
MCKSHAOR-Shamrock
IOTIDTRAN-Tradition

Bonus: Match the person to the correct clue.
1. Soft vocals singer – B
2. Weatherman – K
3. Chess champion – D
4. I Love Lucy star – A
5. Pop singer – F
6. Movie actress – E
7. Director – J
8. Basketball great – I
9. Big band leader – H
10. Comedian – C
11. Railroad engineer – G

It’s Not Easy Being GREEN (answers)
1. Greenpeace
2. Greenland
3. green beans
4. green thumb
5. greenhorn
6. green tea
7. The Green Mountain State
8. greenish
9. greenbacks
10. greenery
11. green around the gills
12. green with envy
13. green-eyed monster
14. green pastures
15. Green Mountain Boys
16. green room
17. Greenwich Village
18. The grass is greener on the other side of the fence.
19. putting green
20. green light
21. green cheese
22. Green Acres
23. Lorne Greene
24. Green Beret
25. Anne of Green Gables
26. greenhouse effect
27. little green men
28. Green Hornet
29. Green Bay Packers
30. Bowling Green
31. folding green

Turkey Hunting
1. D. Hen
2. H. Camouflage
3. J. Tag
4. B. Decoy
5. O. Call
6. M. Tracks
7. F. Vest
8. I. Spring
9. K. Shotgun
10. N. Gobble
11. Q. Bow
12. R. Behavior
13. A. Hunt
14. L. Timberland
15. E. Backpack
16. P. Strut
17. G. Knife
18. C. Tom