

THE ACORN

SHERWOOD OAKS NEWSLETTER

100 Norman Drive, Cranberry Twp., PA 16066

www.sherwood-oaks.com

April 2026 “For the residents, by the residents” Vol. 45, No. 4

The Wimbledon - Our ‘Front Yard’ Garden



See story page 10

Photo by Jane Lavender

Dear Reader –

To be sure, we are ramping up into a new season weatherwise and in activity level. My email and cubby have been overflowing with things you want to share!

*As I sifted through your offerings for this issue, I was struck by two echoing themes: **connection** and **sharing**. We even like to share our connections - see “Sherwood Connections”!*

We have a benevolent bunny among us who wants to share sweets and decorations. We read about the connections several residents make weekly as they strum their ukuleles for others. The article about Employee Scholarships concerns sharing our resources so employee friends can expand their education. Read about how Sherwood Neighbors offers one-to-one connection with those in our nursing units.

*Poignantly, Jason Lyle remembers his friend, the late Scott Desmond, and how he shared his technical know-how and, more importantly, his patience and unwavering kindness with us. He volunteered here for more than ten years. His service was the epitome of **connection** and **sharing**. Let’s remember Scott as we do the same.*

~ Jan Wendt



Memorial Donations and Remembrance Cards

Did you know? Donation envelopes and remembrance cards are on the memorial table in the lobby. The donation envelope lists many options to choose from when contributing in memory of a resident or a loved one. Remembrance cards can be filled out and placed in Cubby #346; they will be collected and given to the spouse/ family.

APRIL CALENDARS

April Fool’s Day	April 1
Passover Begins	April 1
Good Friday	April 3
Easter	April 5
Tax Day	April 15
Earth Day	April 22
Arbor Day	April 24

THE ACORN

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Submissions for the May issue must be sent to the Editor no later than

April 15, 2026.

April is the cruelest month, breeding lilacs out of the dead land, moving memory and desire, stirring dull roots with warm spring rain.

~ T.S. Eliot

April was just the beginning, and after the warm spring day, it turned cooler, slightly frosty, and a breath of spring could be felt in the soft, cold air.

~ Anton Chekov

MATTHEW AND DARLENE MEDURE - #299

By Dick and Eileen Mobley - #164



Photo by Marketing

Welcome, and get to know Matthew (Matt) and Darlene Medure; it will be a delightful experience, since they each in their own way take the expression “being people-persons” to a new level.

Matt likes to talk to people, interested in their backgrounds. He prefers not to volunteer on committees, but says, “If someone needs me, I’ll be available.”

Darlene has served as a volunteer with five organizations, including YMCA, a hospital board, and a Women’s Crisis Shelter for 40 years.

Both were born and raised in New Castle, PA, where they built a catering business for 40 years. Fittingly, they met in the “food business”. Darlene was a checker in a supermarket and Matt held up the line trying to persuade her to go out on a date. He was 17 and she was almost 16. Soon thereafter, Matt served in the Army for three years.

The first years of their marriage were occupied with building the Medure Catering business while raising four boys. While the early years were a

challenge (Matt says, “If it weren’t for God, we wouldn’t have made it”) they were a good team working hard together.

Those four sons are all in the food business now. Pete and Jack have taken over the New Castle location, with Pete’s two sons helping. Currently, they have a bid to cater for the upcoming NFL draft event. David and Matthew have a restaurant business in Florida. Matt and Darlene are glad to trust their sons with Medures’ Catering, encouraging them to continue to “take care of their clients.”

The Medures have 14 grandchildren and 8 great-grandchildren.

Matt was surprised and glad to recently see another Sherwood Oaks resident with whom he had worked at a children’s amusement park when they were both young teenagers: Nancy Elliott, who is our receptionist Julie Morelli’s mom! What a small world!

A final note about the Medures’ concern for people: Matt begins each day with prayers for relatives and acquaintances and is part of a prayer group of eight who meet once a month.



WELCOME THE RISHELS - #233

By Jean Henderson - #346

Do you remember that movie “Around the World in 80 Days?” Well, welcome to Mary and Dick Rishel and their story “Around the World in 80 YEARS!” They’ve been to all 50 states and 47 countries (so far)!

The trek began for Mary in PA (with 13 siblings!) and for Dick in central PA. Then on to IUP, where they met and graduated. Dick headed to England for active duty with the Army. Pittsburgh Seminary was their next move, where Mary received a Christian Education degree in 1970. All the while, Dick continued serving as an Army reserve intelligence officer, retiring in 1993. He then taught math at Shaler Area High School from 1966-2002. Mary taught gifted, 3rd, 4th, and 5th grade students at Hampton.

Travel continued for them in mission work with St. Paul’s UMC and their Volunteer in Mission program. Those travels took them to South and Central America and all over the USA. Dick was instrumental in beginning the VIM program at St. Paul’s UMC.

Pleasure travel was a primary enjoyment for them – much of that with their family, whom they dearly cherish. Daughter Kim and family live in Butler and son David and family in Pine Twp. Five grandchildren complete the family: a physician’s asst., med school student, food science student, Penn State data science student and a high school student. Their favorite trips with family include Hawaii, European countries, Alaska, Yellowstone and hiking in Zugspitze, Germany, and hiking in Lauterbrunnen, Switzerland.

And now to the present, coming to SO from Gibsonia and, before that, Shaler. Dick is a woodworker and gardener and already is signed up for a raised garden bed this summer. Mary loves to sew, knit, and crochet items to donate. And so many puzzles in the puzzle corner for her to enjoy!

Their home is covered with family photos – hundreds of them – so they can reminisce about those 80 years of travels all over the world.

Dick and Mary have a unique connection to one of our residents – Joyce Fako. Their son’s wife, Robin, is Joyce’s daughter. They are fortunate to have so many relatives living nearby. Mary and Dick have also been long-time friends with the Brandenbergers and other St. Paul’s UMC members.

We’re glad those extensive travels over 80 years have landed the Rishels here at SO! Do stop and say hello to these well-traveled and affable new residents!



Photo submitted by the Rishels

JIM AND MARGARET STULL - #178

By Jan Wendt - #158



Photos by Marketing

Jim grew up on a 100-acre farm in Cranberry Township, after his family moved from Pittsburgh in 1947. Margaret's family, too, had moved to "the country" from Pittsburgh. Jim attended a one-room school and then on to Mars for high school. Margaret went to school in Evans City.

The couple have two sons. Their older son died in 2024, and the younger one resides with his wife near Altoona. They, their children, and grandchildren make up the Stull's extended family.

Jim earned his engineering degree at Geneva College and began a 30-year career as a design engineer with US Steel, resigning as Chief Development engineer.

Following the US Steel years, Jim started a consulting business. As the business grew steadily, it resulted in a lot of foreign travel.

Once the boys were grown and out on their own, Margaret was able to become part of the business and travel with Jim. They lived in Chile, Japan, Italy, Austria, Germany, and the UK. These were good years, but the time came to close up and enjoy life.

Having always been ready to try something new, the Stulls decided to give sailing a go. They found a well-worn 25-foot Cape Dory in Chicago, trailered her home, spent a year rebuilding her, and launched SEGUE in Lake Erie.

After a few years learning to sail, Jim and Margaret (mainly Jim!) realized that what they really liked was working on the boat. They purchased plans to build a boat; then, reality set in. By the time they finished building the boat, they would be too old to sail it.

Following a long search, the right boat was found in Maine and trailered home. This time, it took two years to rebuild, but finally the SE-QUEL to SEGUE was in the water and Jim and Margaret went sailing again. After some more time on the water, it was time to change course yet again.

Jim's brother, John, was thinking of moving from Florida to be closer to family; Margaret and Jim suggested he consider Sherwood Oaks. A year ago, John made that move.

One evening, after they had dropped John off following a dinner, out, Jim and Margaret each began to think the large home was becoming too much. One thing led to another, and they are delighted with their decision.

These two have lived an active lifestyle as longtime hikers, backpackers, and canoers. They have trekked in the Andes, the Alps, and up a volcano in Italy.

Margaret, who plays the piano, has given our handbell group a try and has enjoyed the Great Decisions course.

Jim can be found in the Fitness Center and hopes to explore the Woodshop once they are completely settled. He also hopes to locate someone with a lot of patience who could teach him to play chess.

Schedule a meal with the Stulls, offer a warm welcome, and hear about their well-traveled journey(s) to Sherwood Oaks.



MARY VAN HORN - #305

By Connie Brandenberger - #602



Photo by Marketing

Mary Van Horn may be a new face at Sherwood Oaks, but she brings with her a lifetime of enthusiasm for education, a passion for sports, and a drive to stay constantly involved in the world around her.

A true Pittsburgher, she was born in Lawrenceville and attended Peabody High School before earning her teaching degree at Slippery Rock University. It was during her college years that she took up gymnastics, sparking a lifelong passion for nearly every sport imaginable. This athletic drive eventually led her to coach and manage baseball teams for players ranging from age 8 to 18. While she initially had to hold her own against some skeptical males who doubted her coaching abilities, her assertive nature and clear talent quickly earned their respect.

Professionally, Mary's impact on the Pittsburgh Public Schools system spanned an impressive 40 years before her retirement in 2013. She wasn't just a teacher; she was a leader who became

deeply involved in unionization and professional development, serving as vice president of the Federation of Teacher at the elementary level. Her legacy lives on through the Education Research and Dissemination (ER&D) program and a new teacher induction program she developed that is still in use today. Her students and mentees clearly adored her, even gifting her a "Van Horn University" T-shirt to recognize her guidance.

After spending 26 years in the Steeple Chase community in Gibsonia, Mary recently moved to Sherwood Oaks to be closer to her son and his family in Cranberry Township.

She has hit the ground running in her new home, thanks in large part to Diana Schulties' "showing her the ropes" and getting her involved in some activities. Whether she's watching sports, playing bingo, reading a mystery novel, or diving into a game of Hand and Foot Canasta, 500, or Pinochle, Mary is determined to maintain the active, social lifestyle she loves – she has come to the right place!

Welcome, Mary.



NUTTY BUNNY NEEDS HELP

By Anonymous Bunny

Hello, I am your neighborhood Mother Rabbit! I have a very big problem and need all of Sherwood Oaks residents to help me solve it: my many children decided to lay so many eggs (humm 🐣 🐣 🐣?), that I do not know what to do with them.

Therefore, come Easter Sunday, I'll place a bunch of them for you to find and enjoy the little goodies inside. Additionally, you might find pretty balls and eggs hanging from tree branches for you to find and give them a new home. They are not for eating and children should not play with them since they contain a ton of stick pins. But you might like them or give them away as a gift. Hopefully, the weather will cooperate so that you can have fun outdoors for your Easter egg hunt.

Should we have bad rain or snow and cold temps, then I will sneak inside to try and hide them everywhere you can go: Lobby, Card Room, Auditorium, along the downstairs hallway. In the rooms adjacent to the hallways might also be good places to find those little eggs with sweet awards inside.

I will be most grateful for all of you to find those little sweet and pretty eggs and balls that I need get rid of!

Thank you for the help I hope to get from all of you who live and love here in our most beloved community.

**HAPPY
EASTER!**



WE'RE ALL NEIGHBORS

By Roberta Breninghouse,
Director of Recreation Therapy



Sherwood Neighbors is an energetic group of Independent Living volunteers which provides a variety of services to our friends residing in Skilled Nursing, Personal Care, and the Oak Grove.

Service opportunities are varied; volunteers can choose a regular weekly or monthly chance to interact with those in the units or select an occasional fun activity from the busy calendar of events that is offered.

Sherwood Neighbors volunteers also serve as Care Companions, providing one-on-one time with a unit resident by playing cards or doing puzzles, accompanying them to shop at Sherwood Gifts, to events in the Auditorium or to Chapel services on Sundays.

Some Sherwood Neighbors visit the units weekly to provide ukulele-led sing-alongs; others push a cart offering free games, cards, and puzzles; still another group provides support during the end of life.

The beauty of Sherwood Neighbors is that you can tailor your volunteering to your interests and time availability.

What would you like to do? Call Roberta at #8471 for more information or email her at breninghouser@upmc.edu.

EMPLOYEE SCHOLARSHIP TIME

By Dick Mobley - #164

Life at Sherwood Oaks provides multiple special benefits. Along with those privileges, there are also various opportunities to express our grateful support and encouragement to those from whom we receive those benefits. Prominent among them is the Employee Scholarship Program.

The annual campaign for donations starts April 1st. You will be receiving a letter explaining the 2026 campaign on or about that date.

Consider the following:

- Although the campaign frequently receives several large donations, our goal is to see **100%** of Sherwood Oaks residents contribute, regardless of amount.
- Donations are income tax-deductible as charitable contributions.
- The Scholarship Fund has a significant endowment that is carefully invested to assure the long-term stability and continuation of the program.

Other retirement communities may have similar programs, but none (to our knowledge) are comparable in extent of rigorous oversight of applications and numbers of recipients awarded.

If you have a copy of the February 2026 issue of *The Acorn*, look through the assortment of Employee Thank-You's compiled by Jean Henderson. You will be impressed and **motivated!**



Photo by Warren Howe

SHERWOOD OAKS PARK OPENS APRIL 15

By Bruce Cooper - #735



This year, the Park will open April 15 and close October 15. The water will be turned on April 15, and all facilities will be available.

Special occasions like the Easter Sunrise Service are being approved on an individual basis.

Look for more Park information in the May issue of *The Acorn*.

GOOD FRIDAY SERVICE SLATED

By Jean Henderson - #346

The Chapel Committee will present the annual Good Friday Tenebrae Service April 3rd at 4:00 p.m. in the Auditorium.

The Office of Tenebrae, meaning darkness or shadows, is a Christian Holy Week devotion dating back to the 7th century A.D. It is characterized by the extinguishing of candles as the service progresses with hymns, prayers, and scripture readings from the Gospels. The lights will be dimmed allowing the service to end in near darkness for several seconds.

Leading the service will be resident Rev. Dr. Jean Henderson and cantor Timothy Heavner. Please join us for this somber Good Friday devotion.



SENECA VALLEY MADRIGAL SINGERS TO PERFORM

By Jane Lavender - #253

Affectionally known as the “Mighty Mads,” these singers meet outside of school hours, earn no school credit, but have a wonderful musical time together. They are directed by faculty member Bobi-Jean Alexander.

This acappella group has won many awards, including first place at the North American Choral Festival in New York City. That indicates that you will be well entertained on the evening of April 23rd at 7:00 p.m. in the Auditorium.

We hope to see you all there. They have worked hard to give you a wide variety of vocal music.

PAVILION SUNRISE SERVICE

By Kate Donovan - #293



Easter 2025

Photo by Jan Wendt

If Easter, for you, means a sunrise worship service, plan to attend the second annual sunrise service at 8:00 a.m. on April 5 in the Pavilion at Sherwood Oaks Park.

The bus will begin pickups at 7:30 and will make return trips following the service and social hour.

Be certain to sign up in the Mailroom if you plan to come, even if you don't need the bus.

The service will not be held if weather is inclement.

WIMBLEDON GARDEN

WHY? WHERE? WHAT?

By Jane Lavender - #253 and Donna Artz- #183

Once, a very long time ago, there was a perennial bed of flowers where the 600's are now. Residents tended them lovingly. When the 600's were built, the gardeners needed a new place to plant and create a bit of beauty. To meet that need, some of the residents helped create a new garden nearer the center of campus. They named it after the Wimbledon Croquet Court, which is nearby. Wimbledon? Yes, from dear old England's croquet courts.

It is now one of the largest gardens on campus and is a happy greeting place for all to view.



Photo by Jan Wendt

A professional garden designer was hired. As with any garden, some of the plants had a mind of their own. Some were happy, some so happy that they took over; some were unhappy and died, some just didn't look right where they were planted.

Long grasses were replaced by a rather fast-growing juniper, which gave way to the weeping crabapple we now enjoy. Several years passed and after much shuffling and further selection, it has grown into a centerpiece.

There is a real assortment of plants in the garden: bulbs, perennials, annuals, shrubs, and that beautiful blooming tree.

One of the factors that has made the garden such a focal point for so many is the fact that it has been maintained by the residents.

As with any garden, there is always a need for weeding and edging to be done, selection of new plants, and the fun of working together in such an environment.



Above- early Spring snow

Right- 2007 version of the Garden

Photos by Jane Lavender

You are most welcome to get some dirt under your fingernails and enjoy the satisfaction of living well in fresh air with good friends. Please consider this a warm invitation to enjoy a little food for the soul in the great outdoors. This truly is *our* garden.

If you are interested in helping, please contact Donna Artz, unit 183. She will be in the garden every Thursday at 9:00 a.m.



UKULELE SINGALONGS

By John Hennon - #165

Oh, what a beautiful mooor-ning!
Oh, what a beautiful daaaaay!

The sounds of voices filled the air on a recent afternoon on the Personal Care floor. Some of the singers belted out the familiar songs with gusto while others hummed along with the melodies. A few shrinking violets sat back and simply enjoyed the show.



Photo by John Hennon

Once a month, the singalongs are held on consecutive weeks in Personal Care, Skilled Nursing, and at Oak Grove by Eileen and Dick Mobley, Ruth Becker, and Shelia Stepp. Eileen and Ruth provide the instrumental accompaniment on their “ukes” for the monthly songfests. All three members of the ensemble lead the singing while Shelia occasionally jumps into the audience to provide individual guidance and encouragement. Dick does yeoman work in carting around binders full of song lyrics that he passes out as needed; he also acts as emcee for the events.

The repertoire is mostly the classic American tunes we all learned in grade school

or at summer camp. An occasional hymn, show tune or hit pop song is added to the mix. Requests are welcomed and if the lyrics are not immediately available, these songs are added to the setlist for the following month.

When asked about the purpose of this initiative, Eileen explained, “We’re trying to encourage resident participation in activities and bring happiness to them through uplifting music.”

Program support and coordination is provided by Roberta Breninghouse, Sherwood’s Director of Recreation Therapy. She says, “I’m excited for everyone being able to see what joy the music brings to the residents.”

Ukulele aficionados are invited to join the fun on a regular or occasional basis as your Wednesday afternoon schedules permit. Contact Eileen Mobley for details.

SPRING FOOD BANK DRIVE

By Bruce Cooper - #735

The Spring drive for the Lighthouse Foundation Food Bank will occur from April 9-16. Look for announcement in your mailroom cubby and collection boxes on the bench in the Scooter Room on those dates. Thanks for your support.



SLEEP TIPS FOR OLDER ADULTS

By Dolly O'Toole - #195
For the Health Affairs Committee

Do you spend most nights tossing and turning? According to the Center for Disease Control and Prevention (CDC), roughly 1 in 3 of American adults reported not getting enough rest or sleep every day. On June 10, 1993, the NIH Revitalization Act of 1993 established the National Center on Sleep Disorder Research within the National Heart, Lung and Blood Institute (NHLBI). The following information appeared in an article published by the National Council on Aging (NCOA) on December 18, 2025.

There is a misconception that people need less sleep as they age. In fact, older adults need seven to nine hours of sleep each night. The following are some of the reasons older people struggle to fall or stay asleep at night:

Poor sleep habits - These include consuming caffeine too late in the day, drinking alcohol in the evening, or maintaining an inconsistent sleep/wake schedule.

- **Insomnia** - This is the most common sleep disorder among adults 60 and older. With insomnia you have trouble both falling asleep and staying asleep. This condition can be a temporary nuisance or develop into a long-term pattern that affects your quality of life.
- **Sleep apnea** - This is when your breathing completely stops for short intervals while you're asleep, which deprives your body of oxygen. If left untreated, sleep apnea can lead to serious health problems such as stroke, cognitive issues and high blood pressure. Lifestyle changes, breathing devices like CPAP machines and surgery have been shown

to help. Also, consider one of the best mattresses to help ease symptoms.

- **Movement disorders** - One example is restless leg syndrome (RLS). Another movement disorder is periodic limb movement disorder (PLMD) which involves repetitive twitching and jerking the limbs during sleep. Although there is no cure for movement disorders, relaxation techniques and certain medications can help ease these symptoms.
- **Alzheimer's disease** - Waking frequently at night, wandering and yelling are common behaviors among people with this type of dementia. Since sleep medications can cause side effects, non-drug strategies are often the first line of defense for Alzheimer's-related sleep issues. These may include improving the sleep routine and environment and reducing daytime napping.



If you're struggling with lack of sleep, you don't have to suffer silently. Here are some smart sleep habits to adopt:

1. **Keep a steady sleep schedule**
2. **Make sure you have the right mattress** - Adjustable beds, for example, can help you achieve the ideal position and relieve pain that's causing sleep disruptions. Some even have anti-snore features.
3. **Avoid heavy meals right before bed** - It's also a good idea to avoid caffeine, nicotine, and alcohol too close to bedtime.

4. **Keep napping to a minimum** – Limit daytime naps to no more than one hour and try to restrict them to earlier in the day.
5. **Wind down before turning in** - Create a quiet, calming bedtime routine to help your mind and body relax. Try reading or listening to your favorite soft music. If you're feeling stressed, consider meditation or journaling.
6. **Avoid screens right before bed** - The blue light emitted by smartphones, TVs, tablets, and computers disrupt our body's circadian rhythms. Unplug from all devices at least 60 minutes prior to bedtime and keep them out of the bedroom.

Create a good sleep environment by staying cool, minimizing noise, keeping out excess light and keeping your room tidy. Boxes on the floor, clothes piled in baskets and other types of clutter can increase stress and pose a safety hazard.

Lack of sleep and aging don't have to go together. Talk to your doctor about other options. Improving your sleep can make a dramatic difference in your waking hours—and it's a goal worth pursuing.

TIME TO ORDER SPRING PLANTS

By Diana Schulties - #312

Ordering for the annual Spring Plant Sale begins on Thursday, April 10, with orders and payment due by Friday, April 24.

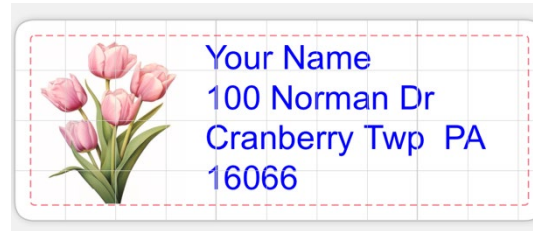
This annual sale is sponsored by the Landscape Committee and offers a nice variety of potted plants and hanging baskets. You can see the options on the display easel in the Lobby.

Delivery will be on Wednesday, May 6 at a time to be announced.

Put your completed order form and payment (cash or check payable to SORA) in cubby #312.

SMALL LABEL, BIG DIFFERENCE

By Mary Kretchmar - #287



If you've recently moved to Sherwood Oaks, you might still be discovering the many little conveniences available right here on campus. One of those is a personalized return address label offered through the Sherwood Oaks Gifts shop.

For just a five-dollar donation, you'll receive 30 personalized address labels with your **new** address, delivered to your cubby.

Unlike many labels available online, these are designed with simplicity and clarity in mind. The format is simple, making every envelope look polished and easy for recipients to read to update their address books.

Each order is carefully prepared and sent to you for final approval. You can choose from several design styles, including:

- Text only
- Single large initial
- Holiday
- Sherwood Oaks logo
- Custom

Order forms are available in the SO Gift Shop. You can also contact Mary Kretchmar in #287 (724-630-16920).

The labels make great gifts, too!

SHERWOOD CONNECTIONS

Surprises!

By Dan Cindric - #107

One day while preparing for our move to Sherwood Oaks, we were going through our possessions stored in a third-floor bedroom. Against one wall was a heavy box that contained my college textbooks from 50 years previous. Being two people living in a six bedroom 115-year-old house in Crafton with a lot of square footage, we never seemed to discard anything.

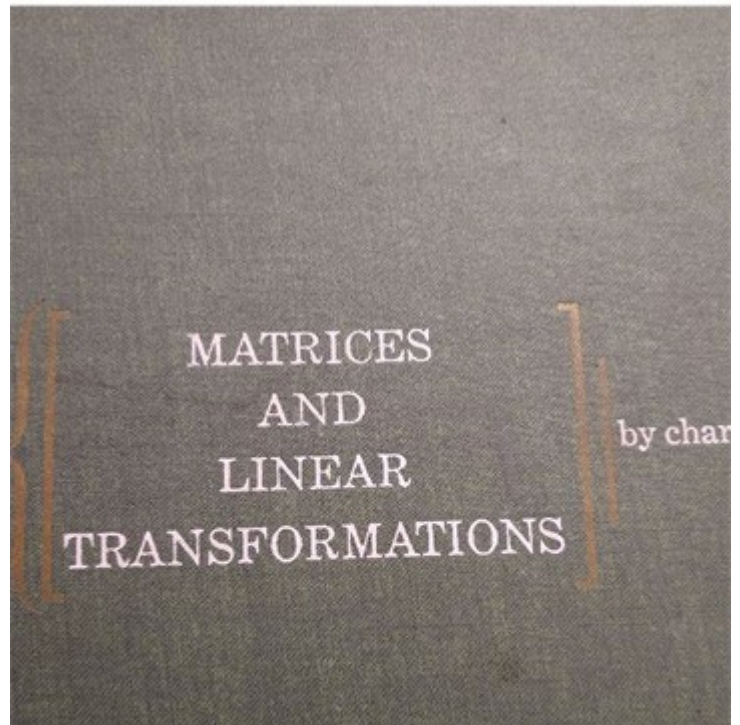
On opening the box, I saw my engineering books: *Statics and Dynamics*, *Fluid Mechanics*, *Material Science*, and others of which I had no memory. I took a phone photo of the one that I remember being the most difficult math class, *Matrices and Linear Transformations*. The professor was a young man who was also the author of the book. HE WAS THE EXPERT WHO WROTE THE BOOK!!

This was obviously going to be a tough course. But to my surprise, the prof had not only intelligence, but also patience and empathy for the overworked engineering students. It was very difficult, but I managed to get a B grade.

We moved to Sherwood Oaks in the middle of the Covid-19 pandemic when all dinners were delivered and socializing with people was limited, so when the dining room re-opened, we finally were able to meet more residents. Our first table included two other people and the conversation centered around each person's background and interests. Charles was a Pitt retiree, as was my wife, so they had a lot to talk about. He also asked if I played bridge and would I like to join in, which I did.

Later that evening, it occurred to me that Charles' name was somehow familiar. Cullen? Charles Cullen? I opened the photo gallery on my phone, and there was that math textbook, but showing only part of the author's first name—Char. It couldn't be! I did an internet search for the textbook, and there was the author's name—Charles Cullen!

My college math professor from 50 years ago sat at my first dining room table at Sherwood Oaks! What a surprise and coincidence! And what a wonderful person to know both early and late in my life.



MORE SHERWOOD CONNECTIONS

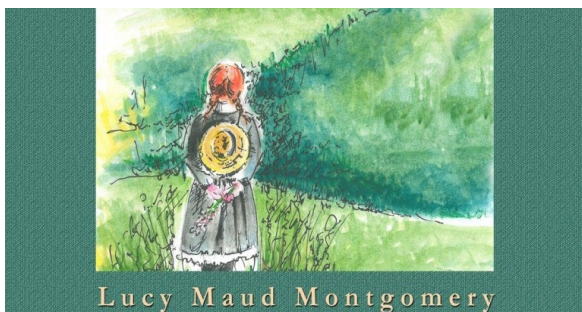
By Rae Zuberbuhler - #604

Ever since I read Lucy Montgomery's *Anne of Green Gables* as a little girl, I've always looked out for "kindred spirits." That was the term Anne used to describe special friends who could share interests and experiences with each other.

I found such a person in Jane Rittleman when we met in the Sherwood Oaks dining room over five years ago. Our very first conversation lasted well past dessert and revealed that we had many coincidental connections. We were both members of the same college sorority, for example, and we laughed about how neither of us could remember the secret handshake. And after college, we had both moved to New York City to start our careers.

We also discovered our husbands go by "Richard"—even though it's their middle names—and that they had each served in the Navy. AND we both have daughters named Carrie, spelled the same way!

Every time we get together, we see if we can discover any more similarities, and we usually do. Most importantly, we continue to enjoy the warmth of each other's company, which is the very best part of having a "kindred spirit."



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

COOPER'S CLIMATE CAPSULE

By Bruce Cooper - #735

The estimated world population in 2015, the year when the Paris Climate Accord was finalized, was approximately 7.5 billion people. This figure reflects a significant increase from previous years.

From 2010 to 2015, the global population grew by about 420 million. The main factors contributing to the world population increase in 2015 included high fertility rates, particularly in certain regions like Sub-Saharan Africa, and improvements in healthcare that reduced mortality rates. Additionally, migration patterns and the age profile of populations also played significant roles in shaping population growth during that time.

As we entered 2026, world population stood at 8.3 billion people. With the concentration of CO₂ in the atmosphere at 430 ppm at the end of February (any value above 350 ppm warms the planet), catastrophic weather events will increase; and climate tipping points loom ever closer. So, feeding 8 billion people, let alone providing the necessities for a reasonable lifestyle for everyone, will surely become problematic.

Freezing the population isn't workable. Countries such as China and the United States don't have enough young people to support their aging populations.

At least China is rapidly moving to a clean-energy society. The United States – not so much. More on that in my April 20 discussion.

Watch *Can Earth Support 8 Billion People?* on Channel 950 on Monday, April 13, at 10:00 a.m. Encore presentation on Wednesday, April 15, at 3:30 p.m.

WHAT WE LIKE:

Our Thoughts about Living Here

By Alick Kennedy, Jane Lohman, Bob Millward, Donna Moul, William Moul, Terry Timblin, George Steffey, Nancy Steffey, and Rita Bean

In the March *Acorn*, our Writing Your Life's Story Group discussed the reasons they selected SO as their home. In this second installment, we describe some of the reasons that we enjoy living at SO.

The food - One amenity important to all seniors choosing a retirement home is the quality of their food. The dining service and kitchen staff are committed to providing good dining experiences for residents, in both variety and quality. Because meals are served buffet-style, there are plenty of choices to suit personal preferences. Comment cards are reviewed each month by the resident-run Dining Committee. The chef is open to new ideas and offers cooking demonstrations periodically. The dining room manager supervises the service staff and brings fun to the lunch or dinner experience by celebrating holidays, birthdays and special events with appropriate menus, costumes, and decorations. The cafe offers other food options such as sandwiches, milkshakes, and grocery store items.

Friendliness of residents and staff! Residents enjoy eating with their old and new friends. By joining others at lunch or dinner, we get to meet folks from different backgrounds and interests. Also, the staff are so friendly – they greet us with a smile and are always willing to answer questions or to provide help. The positive attitude of staff was really evident during the January storm when many stayed overnight so that they would be available to help us get

through this major event—they were terrific!

Available activities - In the warm weather, residents can participate in outdoor activities such as walking the trails, going to Sherwood Oaks Park with its picnic facilities, pickle ball court, bocce ball, and corn hole games. The Fitness Center is a great place to stay healthy and meet new friends. The Library, open 24 hours a day, is a welcoming place to sit and read the latest best sellers or books by your favorite author. Whether you like to knit, play handbells, investigate your ancestors, or play card games, there is always something to do! We have a great pool (and hot tub) and the committee is always planning creative ways to encourage more of us to get wet!

Entertainment - There is always something to enjoy, from musical performances to informative lectures. Our members have enjoyed listening to speakers talk about astronomy, the opera, the travels of our own residents, the performances of the Chorus, the Handbell Ringers, and the Drama Club with its Dinner Theater.

Quick response - We are impressed with the quick response of security and staff when we have requests, especially those that involve our safety and care. Nurses and security staff are on duty 24-7. When one of us had a smoke alarm go off, Security was at our door in two minutes! Even a simple request is addressed rapidly – like if we forget to push the alarm button in the a.m., they are on it!

The bottom line - We made the right decision for ourselves and our families!



READY FOR THE PRIMARY ELECTION?

By Hank Kretchmar - #287



The May 19 primary election is coming up, and your vote matters. The Civic Affairs Committee shares nonpartisan information about the candidates and can provide voter registration and mail-in ballot applications.

To vote in the primary, you must be registered in **District 12** (which includes Sherwood Oaks) and have lived in the district for at least **30 days** before Election Day, May 19. Registration applications must be received by the Butler County Board of Elections at least **15 days** before the election.

Pennsylvania has a **closed primary**, so you may vote only for candidates in the party in which you are registered. You don't need to re-register unless you have changed your name/address or want to change parties. **Deadlines:** register by May 4; request a mail-in ballot by May 12.

Sherwood Oaks residents vote at the Cranberry Township Municipal Building. Transportation will be available on May 19.

Please consider joining the Civic Affairs Committee. Primary elections are important.

Mark your calendar and make your plan to VOTE!



ABOVE – Jeannette Lawrence's orchids bloomed in unison for the first time. The magic was caught in a snapshot by husband Stew.

THANK YOU, SCOTT DESMOND

By Jason Lyle - #293

Through our lives we meet people who are unforgettable, who volunteer their talents and willingness to help with patience, kindness and good humor, doing so without expectation of reward simply because it is the right thing to do. Far less common is for these good people to remain involved by helping in our community for years and years. The residents of Sherwood Oaks were fortunate to experience such a good soul in Scott Desmond, our volunteer in the Computer Room since 2015.

Scott shared his knowledge about computers, printers, smartphones, tablets, emails, and text messages freely and frequently without limitation to time spent per customer or expectations of solving a problem at once. Scott possessed a rare combination of personal assets which distinguished him from other "experts."

First and foremost, Scott was KIND. His cheerful smile was always a welcome sight, his voice always calm and conversational, never abrupt, or impersonal.

Scott was PATIENT. He knew helping with technology was a subject filled with confusion, frustration, anxiety, and sometimes feelings of hopelessness. He understood that residents were often gifted with technology from our kids and grandkids and expected to use these devices instantly without user manuals or a basic quick-start page. Our generation relied on descriptive words to navigate daily operations, not by unfamiliar wordless icons and unexplained acronyms and mysterious buzzwords.

To many of us, today's technology is a foreign language that can only become fluent through consistent repetition and making many mistakes. It mattered not how many sessions we needed with Scott to graduate from "luddite" to "novice" in the long journey to device competency.

Scott always LISTENED. Scott understood that true success in solving small technical problems

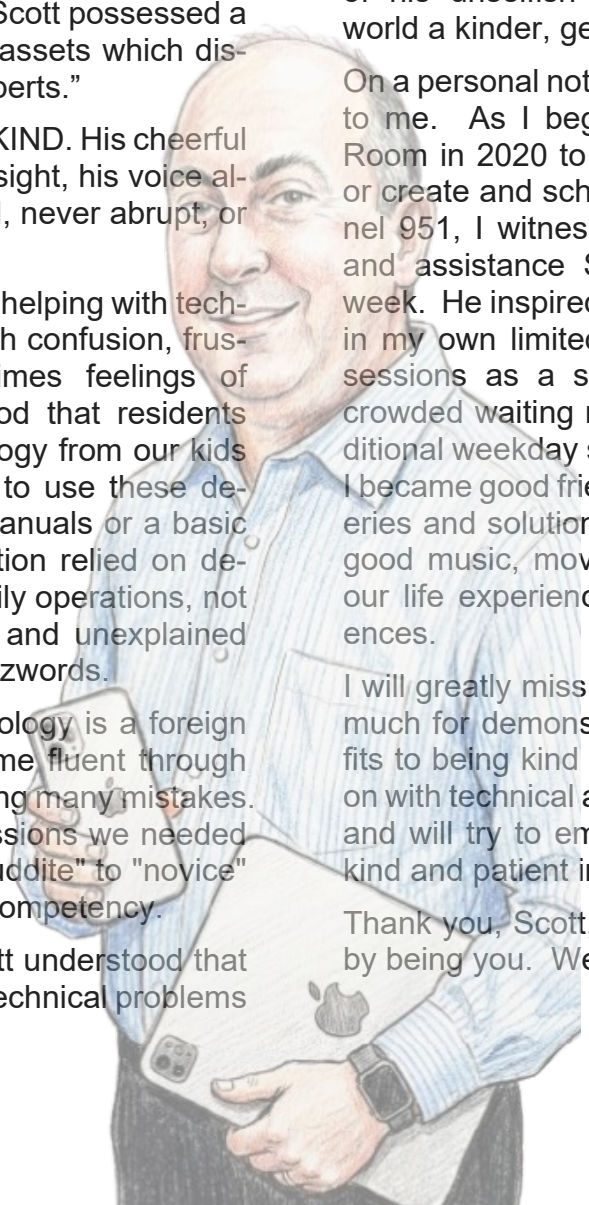
involves a bigger picture, a backstory, the human element. Scott always took the time to listen to stories of our families, careers, experiences, and travels (and cars). Many of these details were included in his session logbook, which Scott faithfully updated with each customer, new and old. Through all the sessions over the many years at Sherwood Oaks, Scott was a true FRIEND to so many. It was not uncommon for residents needing no new technical assistance to stop by the Computer Room just to greet Scott with a cheerful hello or an update on life events.

Scott Desmond died unexpectedly on February 26. He is survived by his wife, Marianne, married nearly 45 years. Scott's passing leaves his family and many friends mourning the loss of his daily presence, while cherishing the memories of his unselfish contributions in making this world a kinder, gentler place for us all.

On a personal note, Scott was an INSPIRATION to me. As I began working in the Computer Room in 2020 to make slides for Channel 950 or create and schedule video content for Channel 951, I witnessed the unwavering kindness and assistance Scott gave to us week after week. He inspired me to contribute to his efforts in my own limited capacity, joining his weekly sessions as a second resource in an often-crowded waiting room, and then adding an additional weekday session on my own. Scott and I became good friends, sharing technical discoveries and solutions and bonding on subjects of good music, movies, the love of our spouses, our life experiences, and our amazing experiences.

I will greatly miss Scott and I appreciate him so much for demonstrating the far-reaching benefits to being kind and humble. I intend to carry on with technical assistance as best as I am able and will try to emulate his natural ability to be kind and patient in the process.

Thank you, Scott, for enriching our lives simply by being you. We shall not forget you.



THE WITCH & AXE MURDERER OF MOUNT LEBANON


By Jan Pasuit - #218

Did you ever think you were more mature and braver than you really were? I did. When I was 12 my parents decided I was mature enough to stay home with sister Missy (age 5) while they went to a local restaurant and movie. I secretly regaled in the fantasy that I would be Queen of the House and could boss Missy around! Little did I know.

The big night arrived, and we dined on Swanson's TV dinners. As my parents left, they reiterated the rules (for the umpteenth time): No fighting or messes. We could make Jiffy Pop stovetop popcorn and Fizzies but eat no cookies. Missy's bedtime was 8:30 and mine was 11:00.

We surfed Pittsburgh's three channels and watched snippets of Dick Clark, Perry Mason, and Perry Como while eating our popcorn and Fizzies. At exactly 8:30 I announced, "**It's your bedtime.**" "*I want to stay up.*" "**No! Go to bed now!**" She had an evil grin and said, "*If you don't let me stay up, I'll tell Mom you ate cookies.*" A five-year-old extortionist had been born!

We were sleepy by 11:00 and headed up to bed. I tucked Missy in and got into bed. I noticed strange lights on the wall I had never seen before and couldn't fall asleep.

 Soon I heard a rhythmic brushing sound on the siding. Regressing seven years, I feared it was a witch whose broom was scraping the siding. She was teasing me before turning me into a cockroach that Missy would squish.

Next the siding was creaking, and I imagined it was an axe-wielding escaped mental patient from Mayview State Hospital who would break in and butcher us both.

I immediately closed and locked my door. Next, I "bravely" planned that while the axe murderer fileted Missy, I would climb out my second-floor window and shimmy down the chimney to safety. (Really?) I grabbed my scout knife, leaped into bed (to evade the resident alligator), and fell asleep after a while.



Suddenly my door burst open and the light blazed. "Why are you locked in your room?! What if Missy needed help?" Mom went to Missy's room, but Dad sat quietly next to me.

Without reproach he asked, "Were you afraid?" Shamefully I nodded yes. But I didn't offer that I feared both a witch and an axe murderer and would let Missy be eviscerated while I fled to safety.

Dad softly reassured me that our house was settling and made weird noises. He said, "Mount Lebanon is very safe, and you don't have to worry about bad people." Startled to see the knife, he added, "You don't want to have a knife under your pillow because a murderer is stronger than you and would take the knife away and hurt you."

I wasn't afraid the next time because his reassurance made sense, and I appreciated how he handled the situation without ridicule. After I had grown up, I wondered sometimes if Dad had similar fears as a child.

Recently, over sixty years later, I confessed to Missy about that evening. She laughed and exclaimed, "That sounds like you. Do you realize that the little kid who was to be butchered went straight to sleep? Touché!"

KNOCK, KNOCK!

By Mary Kretchmar - #287



If you live in one of the patio homes, you may have noticed the attractive door knocker already installed on your door. They add a classic touch—but did you know you can easily personalize yours with a small name label?

Make it easy for visitors, neighbors, and delivery drivers to know they've arrived at the right home.

For just a \$1 donation, you can order a label with your family name that fits right on the knocker. The labels are designed to be easy to put on and easy to remove, so if you ever want to update or replace it, it only takes a moment.

A clearly marked door helps everyone feel confident they're in the right place. If you need one, the order forms are available at Sherwood Oaks Gifts.

Be sure to get one, so the next time someone comes to your door: Knock, knock... it's the right house!

CONTINUED LEARNING

By Jno L. Hunt - #308

We have already enjoyed four enlightening presentations in March: an update on Seneca Valley Schools, the lowdown on AI; a look at the world of swans; and music and story from Verdi's opera *Falstaff*.

We look forward to three more outstanding presentations in April. The series will be on **Mondays at 1:30 p.m. in the Auditorium.**

The next presentations will be:

April 6: Carlos Keans on the craft and stories behind the profiles and scenes on our currency—**The Art of Money**

April 13: Dr. William Ayoub—**When Joints Speak: Understanding Arthritis**

April 20: Bruce Cooper— **Earth Day, How Are We Doing?**

(Marcus Rediker - presenting the **Life of Benjamin Lay**, a firebrand Quaker abolitionist from the 18th century, has been rescheduled for June).

In the meantime, enjoy our presentations on Channel 950. Initial airings on Tuesdays are at 10:00 a.m., and encore presentations are on Thursdays at 3:30 p.m.:

Tues., April 7: "How to Look at and Understand Great Art, Lessons 23 & 24." Encore on Thurs., April 9.

Tues., April 14: "Solar System—Icy Worlds." Encore on Thurs., April 16

Tues., April 21: "Ecuador: The Most Impossible Country on Earth." Encore on Thurs., April 23.

Tues., April 28: "The Holy Land Revealed". Lectures 23 & 24. Encore on Thurs., April 30.

NEW MEDITATION SPACE

By Ruth Becker - #338



Have you walked past the “Chapel” on the Lower Level of the Center recently?

Check out the inscriptions on the glass wall as you walk by. Then, look through the glass and what do your eyes see? A Place of Peace. A Place of Prayer.

The Chapel Committee and Housekeeping have been working on views that invite us to find peace and practice prayer.

Committee meetings are now being held in other rooms, often the Sherwood Meeting Room on the Lower Level.

Prayer books, hymnals, and other religious symbols remain, but study tables are elsewhere.

Let Peace and Prayer find you.



April is the cruelest month, breeding lilacs out of the dead land, moving memory and desire, stirring dull roots with warm spring rain.

~ T.S. Eliot

April was just the beginning, and after the warm spring day, it turned cooler, slightly frosty, and a breath of spring could be felt in the soft, cold air.

~ Anton Chekov

NESTING BOXES

By John Bridges - #222



Photo by Jan Wendt

I spend a lot of time with my eyes focused on the nesting box set above the Four Seasons flower bed at Sherwood Oaks Park. I live in hope that the same birds who gave so much pleasure last year, will return.

They raised two broods of youngsters and the cock bird was kept busy flying to the nearest patio home. There, he found a feeder and returned time and time again with a beakful of seeds to give to his family. The mother bird emerged from time to time but never flew far from the nest. She foraged in nearby trees and plants, never going far from her precious eggs or hatchlings.

Will these antics be repeated this year? It is so easy to watch them from a chair in the Pavilion. Will the other (new) nesting boxes be used? Let us know what you observe in the coming months.

WORTH A LOOK
Books New to Our Library

By Barbara Christy - #237

Real Americans by Rachel Khong. Fiction. Three generations of a Chinese American family are chronicled in this novel about how one scientific discovery has affected one family. May, born in China and grown to adulthood during Mao's regime, dreams of being a genetic scientist and saving lives. She gets her chance when she and her husband are recruited by a very wealthy pharmaceutical firm in Boston. Her daughter, Lily, is thoroughly American but wonders why she feels so different, especially her sense of time. She marries into the pharmaceutical family that supported her parents and has a son who looks exactly like his father. The marriage doesn't last, and her son grows up knowing nothing about his paternal heritage. With vastly entertaining prose, the author explores themes of belongingness, identity, family, and inheritance in an engrossing novel. F KHO

Things in Nature Merely Grow by Yiyun Li. Non-fiction. Li's older son Vincent committed suicide when he was sixteen; she wrote a book about him and for him to continue the conversations they might have had. When her younger son committed suicide at age nineteen, she was not able to write a book about James because he was a different child, a man who evaded attention and definition. Nevertheless, a book about James has emerged from her grief, about life's extremities and "written from an abysmal place." She offers, not the closure one might hope for, but an example of what one can do while living in the abyss after such an inconceivable loss. 813.6 LI

Outlive: The Science and Art of Longevity by Peter Attia. Non-fiction. This book is timely in the era of MAHA – Make America Healthy Again. Author Attia argues that modern medicine is focusing too much on late-stage disease and not enough on preventing it. His goal is to redirect us toward living longer AND living better. He specifically aims for an "actionable operating manual for the practice of longevity." Medicine 3.0 is a new way of thinking about chronic diseases and their treatment, from emphasizing prevention, considering patients as individuals, honestly assessing risk of treatment versus no treatment, and paying more attention to health span or quality of life. If you are interested in understanding how longevity and life span are more malleable than you might think, you will find this a worthwhile read. 312.68 ATT

Mona's Eyes by Thomas Schless. Fiction. Mona is a 10-year-old Parisian who is inexplicably going blind. Her parents are distraught but her beloved Dade, her grandfather, knows what will help. Instead of taking her to a psychiatrist, as recommended, he leads Mona on a weekly excursion to view one - just one - piece of art. Over the course of the year, they view 52 significant pieces of art and, through questioning and discussion, Mona grows in her ability to see and articulate ideas conveyed by the artist. She matures in her understanding of herself and her world, as well as finally solving a mystery in her life. The author is an art historian and describes each painting or sculpture in a manner integral to the story but also for the benefit of the reader. It is like having your own personal docent and made me want to look up each artifact in turn to fully appreciate the explanation.

The Correspondent by Virginia Evans. Fiction. Seventy-three-year-old Sybil Van Antwerp has throughout her life used letters to make sense of the world and her place in it. Daily, she writes to everyone and anyone, neighbors, friends, family, the president of the university where she wants to audit a class. A successful, high-profile lawyer, Sybil is also an adoptee, mother and grandmother. Significantly, she is also a survivor of her son Gilbert's tragic death. Her life becomes more complicated when she is threatened by anonymous letters over an issue in her professional past. She also becomes a surrogate mother to a suicidal young man and is simultaneously courted by an attractive man. Through her letters, we come to know and appreciate her character, her feisty personality, deepest regrets, and the sources of her grief. This first novel is a tour de force, revealing the transformative power of the written word. F EVA

THE LIBRARY LOWDOWN

By Barbara Christy - #237

In celebration of our 250th anniversary as a democracy, the library is devising a Constitutional quiz to be offered through the 950 Channel.

Questions will be presented online but answers should be turned in to the receptionist desk. A prize will be offered for the person who provides the most correct answers over the 30 days of June.

Stay tuned for details in the May Acorn.

CHAPEL NOTES

By Gary Brandenberger - #602
For the Chapel Committee

Sunday Services at 2:00 P.M.

Everyone is welcome. Bring a friend.

Thursday, April 2 – Communion Service

4:00 P.M. - Maundy Thursday

Rev. Alick Kennedy

Sherwood Oaks

In the Auditorium

Friday, April 3 – Good Friday

4:00 P.M. – Tenebrae Service

Rev. Jean Henderson

Sherwood Oaks

In the Auditorium

Sunday, April 5 – Easter Sunday

Rev. Richard Mobley

Sherwood Oaks

In the Auditorium

Sunday, April 12

Rev. Halle Kluever

Hope Lutheran, Cranberry Twp.

In the Card Room

Sunday, April 19

Rev. Bob Cummings

Christ Church at Grove Farm

In the Card Room

Sunday, April 26

Rev. Dean Ziegler

Coraopolis United Methodist

In the Card Room

“But as for you, be strong; don't be discouraged, for your work has a reward.

- 2 Chronicles 15:7

WHAT'S NEW WITH SORA?

(SO Residents Association)

By Thea Stover, Secretary

Note: Complete minutes are always available for review on the SORA Bulletin in the mailroom and in the SORA binder in the library.

The Board met on March 3, 2026, with the following information shared:

Finances: Memorial/Special Projects Account balance is \$22,308.74 and the Employee Appreciation Fund balance is \$24,186.08. The SORA balance is \$95,464.11. An ATM machine will not be pursued at this time as only 1/3 of the residents were interested in one. The Gift Shop will not offer a credit card option due to too many risks and the costs.

Bells and Chorus: There will be a concert on May 6, 2026, at 4:00 PM.

Technology: The auditorium sound system will be replaced by XYCOM on April 9 & 10. With the sudden death of Scott Desmond who volunteered in the computer room, Jason Lyle is looking for residents to offer technology assistance on Monday and Wednesday mornings. Please contact Jason if you are interested.

Maintenance: Rob Sutkowski is our new Maintenance Director.

Trips & Tours: There will be a Wine Tasting on Wednesday, April 8 in the Card Room, to be led by a professional wine expert.

Games: Games continue every Wednesday at 2:30 in the Cranberry Lake Fitness Center.

Administrative Report: In February, Sherwood Oaks received an excellent

report from the annual PA Department of Health Survey. The Sherwood Oaks Fund, under Gary Brandenberger's leadership, is looking for ways to continue to support the campus.

Woodshop: the Woodshop's Mission Statement was accepted by the Board. It is: *The Woodshop offers a site with extensive equipment for all residents to create, refinish and renew items themselves or for any resident for a small fee per hour. Work will be done at the discretion of the woodshop members.*

Sewists: The Sewist's Group Mission Statement was also accepted by the Board. It is: *The Mission of the Sewists Group as we sew and quilt together is to grow in friendship, share time working on projects and learn from each other. This is a group which used to be called Patching and Piecing Quilters.*

Nominating: Jean Henderson announced Joe Schulties as the Chair and Kathie McCormick as the Board representative. By motion, Jan Wendt, Frank Weiss and Barbara Christy were elected to serve on the committee.

Next Board meeting: April 7, 2026, at 1:30 PM in the Auditorium.

One thing no one ever talks about, when it comes to being an older person, is how much time we devote to keeping a cardboard box because it is, you know, a really good box.

It turns out that when asked who your favorite child is, you're supposed to pick out one of your own. I know that now.

THE SHRINKING WORLD

By John Bridges - #122



In 1952 there were no regular Airlines when I wanted to travel from London to Kenya. Going by boat meant a journey of 34 days. My parents put me on the boat train in London that took all passengers for the SS Mulberra waiting at the London docks. My trunk was placed in the hold and I joined 3 other passengers, each with a small suitcase, in a small cabin.

We sailed through the Mediterranean without stopping until we reached Egypt for transit through the Suez Canal. We then proceeded to Port Sudan where we spent three days un-loading cargo. Carrying on again, we had one 24- hour period with wind against us and the old vessel only managed 84 miles in the required direction. A brief stop at Aden, where there was, at that time, a Royal Air Force presence. On to Mombasa, where I dis-embarked and caught the night train up to Nairobi. The boat continued to India since it belonged to the fleet of liners

formed to transport the myriad English who lived and worked there.

When I returned at the end of my four-year contract in 1956, I was able to use the "Airwork Safari Service" back to London. The flight took two and a half days with stops for re-fueling every four hours. All meals were taken in restaurants on the ground and we spent two nights in hotels, first in Juba and the second in Malta. This stay gave me a tremendous feeling of relief when I realized that I could walk freely in the streets again without constantly looking over my shoulder for possible terrorists, as had been the case in Africa for many past months.

Today, modern jets fly tourists in just eight hours from London to Nairobi, probably with complaints of the lack of leg room and narrow seats.

Such is progress.

Before World War II, we had the habit of spending each Christmas with grandparents who all lived near London. This could produce problems, since we lived on the Isle of Wight and this was in the days before radar, G.P.S. and cell-phones. We spent a Christmas Eve on the end of a pier waiting for the ferry. But there was fog, so it did not arrive.

We returned home to try again the next day. Christmas Day saw us huddled in vain with hundreds of other would-be passengers. Back again on Boxing Day, and finally in the afternoon a ferry did arrive. Great delayed celebrations, cold turkey, and the discovery that I had the measles- and had probably shared it in all those waiting crowds.

THE COLETTA MCKENRY LIBRARY ACCESSIONS
FICTION, INCLUDING LARGE TYPE AND DVD's

*Reviewed in this issue of The Acorn

<i>The Correspondent*</i>	Evans, Virginia	c2025.	F EVA
<i>The Girl from Devil's Lake</i>	Jance, J.A.	c2025.	F JAN
<i>An Inside Job</i>	Silva, Daniel	c2025.	F SIL
<i>Jigsaw</i>	Kellerman, Jonathan	c2026.	F KEL
<i>The Judge's List</i>	Grisham, John	c2021.	F GRI CD
<i>Martyr!</i>	Akbar, Kaveh	c2024.	F AKB
<i>Mona's Eyes*</i>	Schlesser, Thomas	c2025.	F SCH
<i>Nash Falls</i>	Baldacci, David	c2025.	F BAL
<i>NYPD Red 8</i>	Karp, Marshall	c2025.	F KAR
<i>The Quiet Librarian</i>	Eskers, Allen	c2025.	F ESK P.B.
<i>The Sicilian Inheritance</i>	Piazza, Jo	c2024.	F PIA
<i>A Time for Mercy</i>	Grisham, John	c2020.	F GRI CD
<i>The Time Hop Coffee Shop</i>	Patrick, Phaedra	c2025.	F PAT P.B.
<i>The Viper</i>	Meltzer, Brad	c2026.	F MEL
<i>The White Hot</i>	Hudes, Quiara Alegría	c2025.	F HUD

NONFICTION, INCLUDING BIOGRAPHIES

<i>Beethoven</i>	Cooper, Barry	c2000.	BIO BEE
<i>1929: Inside the Greatest Crash in Wall Street History</i>	Sorkin, Andrew Ross	c2025.	332.64 SOR
<i>American Sirens: The Incredible Story of the Black Men Who Became America's First Paramedics</i>	Hazzard, Kevin M.	c2022.	362.188 HAZ
<i>The Common Sense Cowboy's Guide to Life</i>	Dorinson, Patrick	c2026.	817 DOR
<i>Family of Spies</i>	Kuehn, Christine	c2025.	320.12 KUE
<i>How to Cook a Coyote: The Joy of Old Age</i>	Fussell, Betty Harper	c2025.	920.72 FUS
<i>Joyride</i>	Orlean, Susan	c2025.	920 ORL
<i>Outlive: The Science & Art of Longevity*</i>	Attia, Peter	c2023.	612.68 ATT
<i>Things in Nature Merely Grow*</i>	Li, Yiyun	c2025.	813.6 LI
<i>To Rescue the American Spirit: Teddy Roosevelt and the Birth of a Superpower</i>	Baier, Bret	c2025.	973.91 BAI



*High-spirited petals
in a cool breeze
Spring montage*



Haiku and photo by Julie Eden