

# Stone Crest Assisted Living

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## **Celebrating January**

### **Administrator**

**Andrea Conquest**

### **Resident Care Manager**

**Becky Jiggins**

### **Life Enrichment Director**

**Dee Malmstrom**

### **Maintenance Director**

**Troy Haven**

### **Dietary Director**

**Jim McCarty**

## **Celebrating Dr. Martin Luther King, Jr.**

Each year on the third Monday of January, America honors the birth, life, and dream of Dr. Martin Luther King, Jr. It is a time to remember the injustices that Dr. King fought. A time to remember his fight for the freedom, equality, and dignity of all races and peoples through nonviolence.

Dr. King was an American clergyman and civil-rights leader. He became minister of the Dexter Ave. Baptist Church in Montgomery, Alabama in 1954. He led the black boycott of segregated city bus lines in 1956 and gained a major victory as a civil-rights leader when Montgomery buses began to operate on a desegregated basis. King organized the Southern Christian Leadership Conference (SCLC), which provided a base to pursue further civil-rights activities, in the South and later nationwide. His philosophy of nonviolent resistance resulted in his arrest on numerous occasions in the 1950s and 60s. His 1963 protest in Birmingham, Alabama earned him worldwide attention. He brought together more than 200,000 people on the March on Washington in August 1963 where he delivered his famous "I Have a Dream" speech. In 1964, at the age of 35, he was the youngest man and the third black man to be awarded the Nobel Peace Prize.

His interests widened from civil rights to include criticism of the Vietnam War and a deeper concern over poverty. His plans for a Poor People's March to Washington in 1968 were interrupted for a trip to Memphis, Tennessee in support of striking sanitation workers.

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## Hi-Yo, Silver!



On January 31, 1933, a Detroit radio station hit broadcasting gold when it aired the first episode of a western series called *The Lone Ranger*. It was an instant hit, and 2,956 radio episodes were produced, followed by a series of books and television shows, a half-dozen movies, and countless games and toys. *The Lone Ranger* phenomenon became a cultural touchstone for an American nation hungry to romanticize its Wild West roots.

Perhaps the greatest appeal of the Lone Ranger was in his strict moral code. He may have hidden behind his signature black mask, but he never hid his desire for truth and justice. The Lone Ranger always used perfect grammar and never swore or used slang. He never drank or smoked. Scenes never took place in rough saloons but in restaurants serving food rather than liquor. The Lone Ranger had a pistol, as any western hero should, but he never shot to kill. He instead used his gun to disarm others and bring them to jail. Criminals were never glamorized with wealth or fame, nor did they enjoy positions of power. These decisions were made deliberately by the show's creators, Fran Striker and George W. Trendle. They intended *The Lone Ranger* to be wholesome family entertainment with a hero destined to become an honorable American icon.

*The Lone Ranger* hit the American public during a particularly fragile time. Many Americans were suffering during the Great Depression and had lost faith in their government and social institutions. The public needed a working-class hero—an ordinary man with extraordinary abilities—who promised to protect those who couldn't help themselves and bring order to a lawless frontier. Such a hero was easily adaptable to any era or medium. As such, *The Lone Ranger* transitioned easily into books, television, and the big screen over the decades. While *The Lone Ranger* has suffered its critics, especially due to its depiction of Native Americans, the Lone Ranger himself has endured as a symbol of justice and truth.

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On April 4, 1968, he was shot and killed as he stood on the balcony of the Lorraine Motel.

Since his assassination, Mrs. Coretta Scott King has devoted her energy and attention to developing programs and building the Atlanta-based Martin Luther King, Jr. Center for Nonviolent Social Change as a living memorial to her husband's life and dream. The King Center is the first institution built in memory of an African American leader and hosts over one million visitors a year.

The bill to create Martin Luther King Day was sponsored by Senator Ted Kennedy and passed the senate in October of 1983. The following month, President Reagan signed it, establishing the Third Monday of every January as Martin Luther King Jr. National Holiday, beginning in 1986.



## Easy Chai Tea Mix

### Prep Time

14 Mins

### Yield

5 1/2 cups mix

- 2 tsp ground cinnamon )
- ¾ tsp ground cloves
- ¾ tsp ground cardamom (optional)
- 1 tsp ground allspice
- 1 cup powdered nondairy creamer
- 1 tsp ground nutmeg
- ½ tsp freshly ground black pepper
- 1 cup French vanilla-flavored powdered nondairy creamer
- 1 ½ cups unsweetened instant tea (May sub decaffeinated)
- 1 ¾ cups sugar
- 1 cup nonfat dry milk powder
- 1 cup French vanilla-flavored non-dairy creamer powder
- 1 cup non dairy creamer powder

Combine spices and tea in a food processor or blender. Blend 1 to 2 minutes or until mixture becomes a fine powder. Pour into a large bowl. Add sugar to food processor or blender (without cleaning it), and process until superfine, about 30 seconds. Add sugar to bowl of spices. Stir in milk powder and creamers; blend well. Spoon mix into gift jars, if desired. **To serve**, stir 2 heaping Tbsp. Chai Tea Mix into a mug of hot milk or boiling water.



Brain

Teasers come in all sizes and are available for a range of ages.

### Trivia Answers:

- 1. A      8. B
- 2. B      9. A
- 3. B      10. C
- 4. C      11. B
- 5. A      12. C
- 6. C
- 7. A

*January Is  
National Hot Tea Month!*



## January Trivia

Churchill, Sherman and Panzer were all developed as types of what?

- a. Tanks
- b. Bikes
- c. Mini vans

Which Bobby took Mack The Knife to No 1 in the charts?

- a. Sherman
- b. Darin
- c. Short

What does the N stand for in NATO?

- a. New
- b. North
- c. National

Dramatist Brendan Behan came from which county?

- a. Scotland
- b. Wales
- c. Ireland

On which continent did the samba originate?

- a. America
- b. Brazil
- c. Mexico

Which state is called the cornhusker State?

- a. Iowa
- b. Kansas
- c. Nebraska

What was Aretha Franklin's first No 1?

- a. Respect
- b. Think
- c. Chain Of Fools

Dick Francis novels revolve around which sport?

- a. Tennis
- b. Horse Racing
- c. Golf

What does the C stand for in LCD?

- a. Crystal
- b. Chromium
- c. Clear

Hartsfield international airport is in which US state?

- a. Texas
- b. Connecticut
- c. Georgia

On a computer keyboard what letter is between Q and E?

- a. R
- b. W
- c. T

Which Danny starred in Batman Returns?

- a. Boone
- b. Thomas
- c. DeVito



## January is National Polka Month!

Polka music is a form of European dance music which originated in Bohemia (what is now an area within the Czech Republic). It migrated to the United States with Eastern European immigrants and remains quite popular in areas of the Midwest and Great Lakes Region. A polka song is often just referred to as "a polka", and polkas have found their place in both the folk and classical repertoires.

Polka is often associated with the German Oktoberfest, but in reality, it's much more popular in Czech and Slovakian regions (the music that you hear during Oktoberfest is related, but not the same). European polka is slightly "straighter" and more traditional than American styles, having fewer outside influences.

There are discernible differences between the polka styles of, say, South Texas and Cleveland. These differences mostly depend on the ethnic influences of the separate regions—in a region with more German immigrants, the sound became more oompah-influenced. In a region with more Mexicans, the sound became much more Latin.

