The View From The Fourteenth Floor

Happy April!

Since council elections are almost upon us I thought it would be good to talk a little about what the Resident Council does.

We plan events and parties for all residents to enjoy.

We plan for the use of all monies received. Every resident has a say in how these funds are used.

We give residents a voice with management. At monthly meetings you can bring issues and concerns to the building manager. You also can talk to the council officers and have concerns brought to the Presidents Council and upper PHA management.

The Residents Council is your voice. I encourage everyone to make use of it.

Remember, the world is run by those who show up.

Melissa Pappas

You Can Get There From Here

By Linda Mainquist

The Minnesota History Center charges no admission from 5-8 pm on Tuesday nights. The normal adult admission is $11, and the senior admission is $9.

Take the 16 bus east toward downtown St. Paul. Transfer to the 21. When you go around the curve by the St. Paul Cathedral, the museum will come up quickly. You have to watch. If you get off a stop later, you will be at the bottom of a steep hill. I have climbed that hill, and I will never climb it again.

The museum less than a block from the bus stop. Since it is a newer building, I would assume that the handicapped bathrooms are good.

There isn’t a bench at the bus stop for the 21 to return to University Avenue. I have never been afraid to wait there in the dark due to the amount of traffic.

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The Minnesota’ Greatest Generation exhibit on
the Depression and World War II generation is continuing. If you look carefully, you will find my father, Evert Mainquist.

A group of string players jam bluegrass music at The Edge coffeehouse on University near Raymond on Saturday and Sunday mornings. If you go, be sure to buy a pastry or beverage. Businesses need business to stay in business.

The bathroom is tiny. If you have a wheelchair, you know what to do before you leave your apartment.

Computer Corner
Information about the changes to the computers.

First of all, the biggest change. The computer on the left is now running Linux. Operation is similar to Windows with a few minor changes.

The account to use on that computer is 'seal resident'. The password is the same as on the Windows computer. Once you enter the password you need to press the enter key.

There are desktop icons for commonly used programs just like in Windows. There is also a sidebar with other shortcuts. Desktop icons are double clicked. Sidebar ones are single clicked.

You log off by clicking on the icon at the very right of the top bar.

If you have questions about Linux or Windows or other computer things like email or printing you can check in the Seal Computer book. (Located next to the printer.)

Please look in the book when you have a computer problem.

You also can talk to the computer administrator, Melissa Pappas during her scheduled office hours. They are:
Mondays: 6:30-8:00PM
Thursdays: 2:00-4:00PM
Saturdays: 3:30-5:00PM

Upcoming changes:
In the next few months we will be getting another computer.
Basic computer classes will be available. At the moment they are being held at Wabasha hi-rise but they will be expanding to other buildings.

Information will be posted when we get it.

Recipe of the Month
This month's recipe is a nice lunch option.

Microwave Melted Cheese Sandwich
Preparation Time: 5 minutes

Ingredients
2 slices toast
2 slices (1 1/2 ounces) cheese

Equipment
Paper towel

1. Toast the bread.
2. Layer the toast and cheese as a sandwich and wrap loosely in the paper towel.
3. Microwave on MEDIUM HIGH for 20-30 seconds.
4. Let sandwich rest for a minute while cheese continues to melt. Enjoy with a salad, soup, or hot chocolate.

Use 'natural' cheeses like Cheddar, Colby, or Swiss which tend to have less sodium then processed cheeses like American. Many natural cheeses are also available in lower
fat versions. Use spicy mustard to give your sandwich added kick.

**Calories:** 269  
**Fat:** 13g  
**Sodium:** 771mg  
**Calcium:** 297mg

Courtesy of the University of Minnesota Extension. Recipe is from the Simply Good Eating For Seniors recipe cards (2006).

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### Save The Date

Upcoming events and holidays.

- **April 3**- Executive Board meeting.  
  6:30PM
- **April 8**- Easter
- **April 10**- Residents Council meeting.  
  6:30PM
- **April 21**- Volunteer Appreciation
- **April 24**- Winter Carnival Senior Royalty entertain.  
  2:00PM
- **April 30**- Presidents Council meeting.  
  10:00AM. 555 Wabasha

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### Just For Laughs

**Wonderful English from around the world**

Cocktail lounge, Norway:

LADIES ARE REQUESTED NOT TO HAVE CHILDREN IN THE BAR.

Doctors office, Rome:

SPECIALIST IN WOMEN AND OTHER DISEASES.

In a City restaurant:

OPEN SEVEN DAYS A WEEK AND WEEKENDS.

Tokyo hotel's rules and regulations:

GUESTS ARE REQUESTED NOT TO SMOKE OR DO OTHER DISGUSTING BEHAVIORS IN BED.

In a Tokyo bar:

SPECIAL COCKTAILS FOR THE LADIES WITH NUTS.

Advertisement for donkey rides, Thailand:

WOULD YOU LIKE TO RIDE ON YOUR OWN ASS?

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### Quote of the Month

“There's no point in being grown up if you can't be childish sometimes.”

- The Doctor, “Robot”, *Doctor Who*

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### Editorial Statement

The Seal Chit-Chat is the newsletter of the Seal hi-rise residents by the Seal hi-rise residents.

All submissions of content are welcome.

**Deadline for submissions:** April 21

This is your newsletter. Help make it great.

Submissions can be left in the suggestion box or emailed to newsletter@sealhirise.com. They also can be slipped under the door of apt. 1405

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### paginate

[paj-uh-neyt]  
pag-i-nate [paj-uh-neyt]  
Show IPA verb, -nat-ed, -nat-ing.  
verb (used with object)

1. to indicate the sequence of pages in (a book, manuscript, etc.) by placing numbers or other characters on each leaf; to number the pages of.

2. Computers. to create pages, as with a word-processing program.

**Origin:**  
1880–85; < Latin pāgin (a) page1 + -ate1

**Related forms**

re-pag-i-nate, verb (used with object), -nat-ed, -nat-ing.  
un-pag-i-nat-ed, adjective

From dictionary.reference.com