

# The Mom Test

I was out walking with my 5-year-old daughter. She picked up something off the ground and started to put it into her mouth.

I took the thing away from her and asked her not to do that.

"Why?" she asked.

"Because it's been on the ground, and you don't know where it's been. It's dirty. And it probably has germs."

At this point, my daughter looked at me with absolute admiration and asked, "Mom, how do you know all this stuff? You are so smart."

I thought quickly and replied, "All moms know this stuff. It's on the Mom Test. You have to know it, or they don't let you be a Mom."

We walked along in silence for two or three minutes, but she was evidently pondering this new information.

via LoveThisPic.com

"Oh, I get it!" she beamed, "So if you don't pass the test, you have to be the dad."

"Exactly," I said.



## THE ROUNDUP MAY 2023

# Cinco de Mayo-May 5



# Mother's Day-May 14



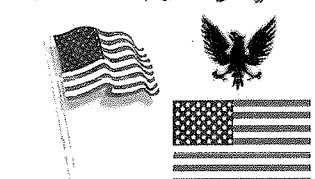
# Armed Forces Day-May 20



# Memorial Day-May 29

**Memorial Day**

Don't forget  
to remember  
Some Gone, None Forgotten



# WELCOME RESIDENTS

C B Aucutt  
Josefina Bonilla  
Shirly Boothe  
Patricia Crume  
Clara Griego  
Lee Lam  
George Martin  
Ressie Morrison  
Jo Priest  
Margaret Ressel  
Nancy Root  
James Tillman

# EMPLOYEES

Alexia Archuleta-Hospitality Aide  
Lillian DeMarco-Hospitality Aide  
Bayley M. Durgin-Hospitality Aide  
Gabrielle Hinton-Social Services Aide  
Leanna Parks-Nurse Aide 1 (Welcome Back)  
Ariana Pennywitt-Hospitality Aide  
Mya Smiley-Hospitality Aide  
Kara Warner-Hospitality Aide  
Caitlin Wills-SNF LPN

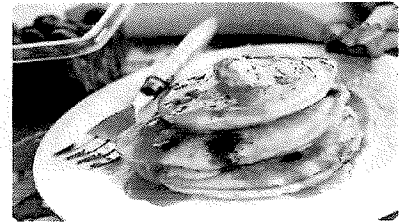
# HAPPY BIRTHDAY RESIDENTS AND EMPLOYEES

Samantha Zaragoza-5/1  
Sandra Baker-5/14  
Yissell Vega-5/17  
Vanessa Adame-5/18  
Nancy Hunt-5/23  
Sabra Cooper-5/25  
Fabian Esquibel-5/25  
Haylie Gross-5/30

## APRIL BIRTHDAYS

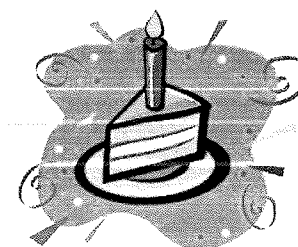
Rayna Casuas-4/7  
Lisa Trevino-4/11  
Heather Rogers-4/13  
Kaylee Warner-4/17  
Bryana Moreno-4/20  
Anisa Casas-4/21  
Debbie Spadt-4/25  
Cynthia Castillo-4/25  
Dina Cordova-4/29  
Cynthia Parks-4/30

## Blueberry-Banana Pancakes



2 cups all-purpose flour  
1 tablespoon baking powder  
2 teaspoons baking soda  
1/2 teaspoon salt  
3 eggs  
2 cups buttermilk  
4 tablespoons unsalted butter, melted  
3/4 cup blueberries  
2 bananas, sliced lengthwise 2/3 inch thick and cut to fit the pancakes  
Confectioners' sugar and pure maple syrup, for serving.

**1.** In a small bowl, whisk the flour with the baking powder, baking soda and salt. In a medium bowl, beat the eggs with the buttermilk. **2.** Quickly stir in the flour mixture, then stir in the melted butter and blueberries. **3.** Heat a griddle or a large nonstick skillet over moderately low heat and spray with nonstick cooking spray. **4.** Ladle 1/4 cup of the batter per pancake onto the griddle, leaving room for the pancakes to spread. **5.** Gently lay one banana slice in the center of each pancake and cook until bubbles appear on the surface, 3 to 4 minutes. **6.** Flip the pancakes and cook until golden brown on the second side, 2 to 3 minutes longer. **8.** Generously dust the blueberry-banana pancakes with confectioners' sugar and serve with maple syrup.



"God couldn't be everywhere and therefore he made mothers. "—  
Jewish Proverb



# HAPPY MOTHER'S DAY!

Unscramble each of the clue words.  
Copy the letters in the numbered cells to other cells with the same number.

RSDCA

2532833

RELSOWF

2182026

EVLO

7241422

UANYSD

629

RAITITNOD

2816310

LYRWEJE

121521

MOSTEHR

5111913

NICCIPI

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TIFSG

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MAFIYL

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MYA

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45678

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B

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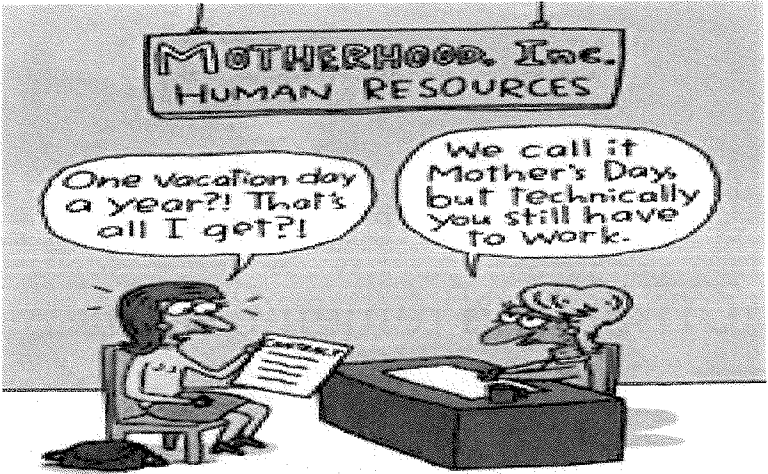
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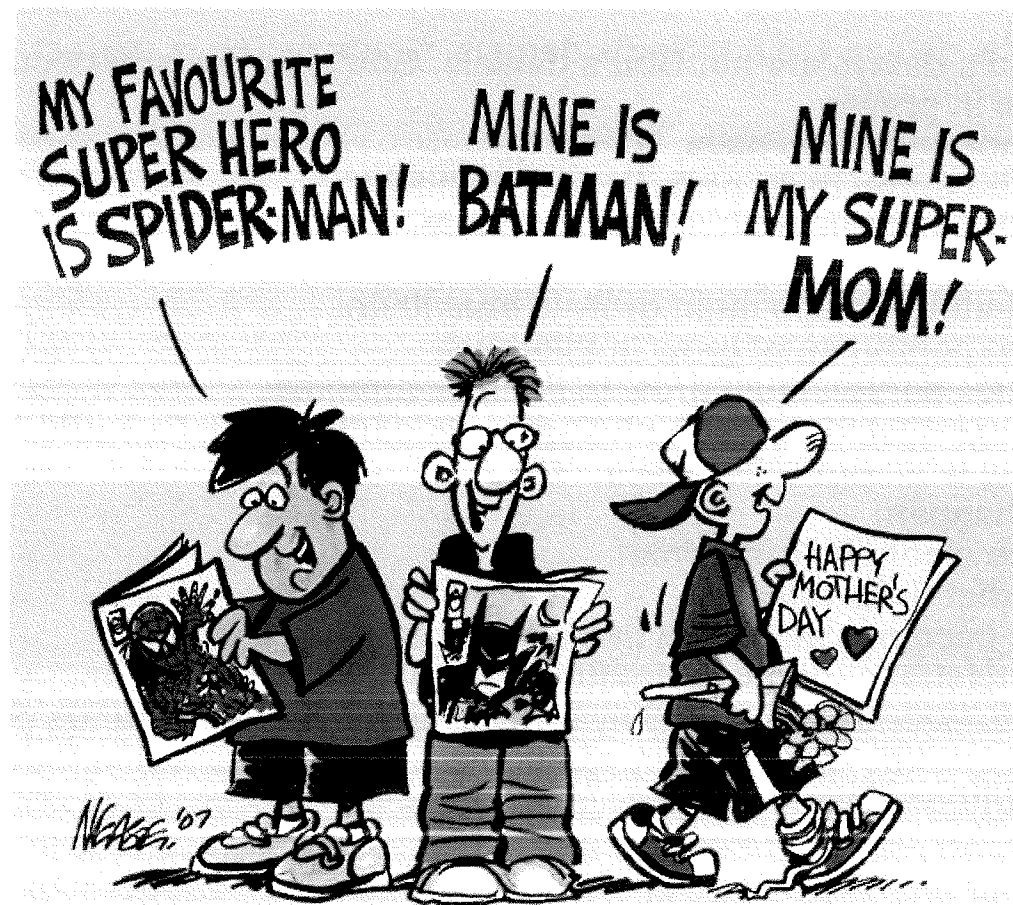
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30313233



**GOD Always Answers Prayer**  
When the idea isn't right God says "No."  
No - when the idea is not the best.  
No - when the idea is absolutely wrong.  
No - when though it may help you, it could create problems for some one else.  
When the time is not right, God says "No."  
What a catastrophe it would be if God answered every prayer at the snap of your fingers. Do you know what would happen? God would become your servant, not your master. Suddenly, God would be working for you instead of you working for God.  
Remember: God's delays are not God's denials. God's timing is perfect. Patience is what we need in prayer.  
When you are not right, God says, "Grow."  
The selfish person must grow in unselfishness.  
The cautious person must grow in courage.  
The timid person must grow in confidence.  
The dominating person must grow in sensitivity.  
The critical person must grow in tolerance.  
The negative person must grow in positive attitudes.  
The pleasure-seeking person must grow in compassion for suffering people.  
When everything is all right, God says, "Go."  
Then miracles happen:  
A hopeless alcoholic is set free!  
A drug addict finds release!  
A doubter becomes as a child in his belief.  
Diseased tissue responds to treatment, and healing begins.  
The door to your dream suddenly swings open and there stands God saying, "Go!" God is an on time God. He may not come when you want Him, but He will be there for you right on time.

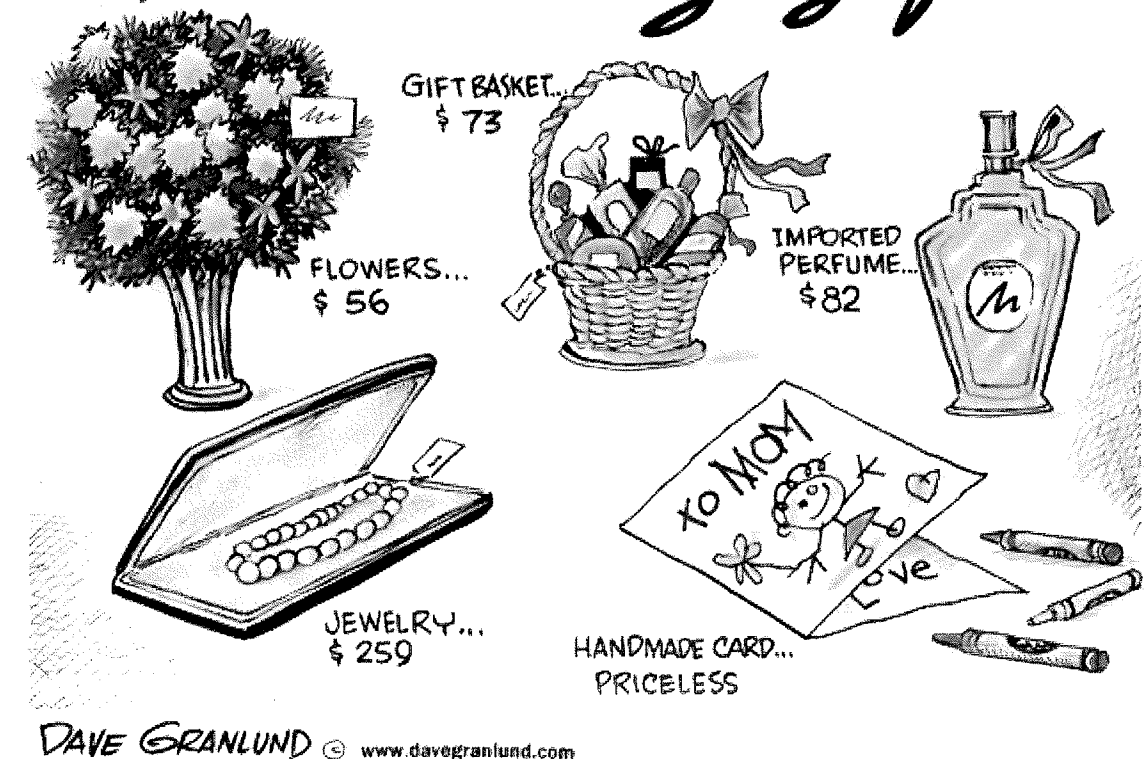
May each of us remember this truth; One cannot forget  
MOTHER and remember GOD;  
One cannot remember MOTHER and forget GOD;  
Why? Because these two SACRED PERSONS, God and  
Mother,  
partners in creation, in love, in sacrifice, in service, are  
as ONE.



Why don't they have Mother's Day sales?

Because Mothers are priceless.

## *Mother's Day gifts*



## JUST LIKE MOM

A kid asks his dad,

“What’s a man?” The dad says, “A man is someone who is responsible and cares for their family.” The kid says, “I hope one day I can be a man just like mom!”

MEMORIAL DAY VOCABULARY

Directions: Match the columns. Write the letters on the lines.

1. \_\_\_\_armed services

2. \_\_\_\_barbecue

3. \_\_\_\_cemetery

4. \_\_\_\_flag

5. \_\_\_\_holiday

6. \_\_\_\_May

7. \_\_\_\_Memorial Day

8. \_\_\_\_Monday

9. \_\_\_\_Old Glory

10. \_\_\_\_parade

11. \_\_\_\_patriotism

12. \_\_\_\_picnic

13. \_\_\_\_red, white, blue

14. \_\_\_\_respect

15. \_\_\_\_silence

16. \_\_\_\_soldier

17. \_\_\_\_speech

18. \_\_\_\_unknown

19. \_\_\_\_war

20. \_\_\_\_wreath
- a. second day of the week

b. round arrangement of flowers or greenery

c. fight between two countries

d. army, navy, marines

e. banner that represents a country

f. not known

g. place to bury the dead

h. special day of the year

i. day to honor dead soldiers

j. member of the armed forces

k. month of Memorial Day

l. love for one’s country

m. a talk given to a crowd

n. colors of the American flag

o. nickname of the U.S. flag

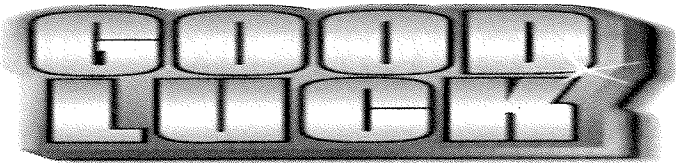
p. meal eaten outside

q. meat cooked on a grill

r. admiration, honor

s. no sound

t. procession with marchers and bands playing music



W.T. Brown  
Virginia Jiron  
Lee Lam  
Ruby Lindsey  
Ressie Morrison  
James Tillman

IN OUR THOUGHTS AND PRAYERS

William Brooks  
Andres Garcia  
Virginia Meeks  
Phyllis Walker

Joy is God living in  
the marrow of your  
bones.

“Blessed are those who mourn,  
for they shall see God.”  
Matt. 5:4

## ARMED FORCES DAY HISTORY

The United States' Secretary of Defense, Louis Johnson, created an Armed Forces Day in 1949 to replace the separate Air Force, Navy and Army days. On May 20, 1950 the first Armed Forces Day was celebrated. It was a day to educate the public of the jobs performed in the armed forces and their role in civilian life as well as the "state-of-the-art" military equipment. It also paid tribute to the those serving in the armed forces.

## RESIDENTS' RIGHTS

Long-Term care residents have rights under federal and state law.

One of those rights is:

**\*\*To be free from physical and chemical restraints and be free from physical emotional and verbal abuse and neglect. IF you have experienced abuse in our building or observed it please speak to the Renee, our complaints manager at ex 3703. For questions about restraints please contact the charge nurse on duty or Trisha at ex 3236.**

If you have a concern, you feel is not being address appropriately you may contact the Long-term Care Ombudsman, they are your advocate! Your local Ombudsman is Sheri Jones, you can reach her directly at 575-520-5327.

Ombudsman Program at:

Statewide Toll-Free:

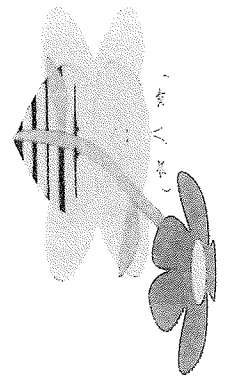
1-866-451-2901

Santa Fe:

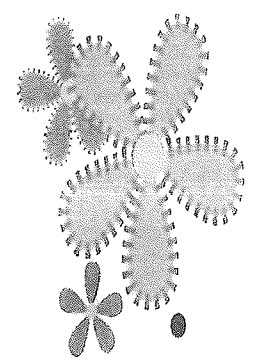
2550 Cerrillos Road

Santa Fe, NM 87501

April  
S M T W T F S  
1  
2 3 4 5 6 7 8  
9 10 11 12 13 14 15  
16 17 18 19 20 21 22  
23 24 25 26 27 28 29  
30



# May 2023



June  
S M T W T F S  
1 2 3  
4 5 6 7 8 9 10  
11 12 13 14 15 16 17  
18 19 20 21 22 23 24  
25 26 27 28 29 30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 AM-HYDRATION <sup>1</sup> CART 10:30 AM- CHAIR ZUMBA 1:00 PM- HYDRATION CART 2:00 PM-BINGO	9:00 AM-HYDRATION CART <sup>2</sup> 10:30 AM- STORY TIME 11:00 AM- WOMENS LUNCHEON 1:00 PM- HYDRATION CART 2:00 PM-GARDENING (SEEDS) 6:00 PM- WOMENS GATHERING	9:00 AM-HYDRATION CART 10:30 AM- KICKBALL 1:00 PM- HYDRATION CART 2:00 PM-BINGO	9:00 AM-HYDRATION CART 10:30 AM- NO SEW PILLOWS 1:00 PM- HYDRATION CART 2:00 PM-SUNDAYS WITH HOMEMADE ICE CREAM 6:00 PM-MENS GATHERING	9:00 AM-HYDRATION CART 10:30 AM-BIBLE STUDY 1:00 PM- HYDRATION CART 2:00 PM-BINGO	9:00 AM-HYDRATION <sup>6</sup> CART 10:30 AM-CANDY BINGO 1:00 PM- HYDRATION CART 2:00 PM-BIBLE STUDY
SELF DIRECTED ACTIVITIES IN POD. RELIGIOUS PROGRAMMING AVAILABLE VIA TV	9:00 AM-HYDRATION CART 10:30 AM- GAMES 1:00 PM- HYDRATION CART 2:00 PM-BINGO	9:00 AM-HYDRATION CART 10:30 AM- STORY TIME 11:00 AM-MENS LUNCHEON 1:00 PM- HYDRATION CART 2:00 PM-ANALS GATHERING	9:00 AM-HYDRATION CART 10:30 AM-KICKBALL 1:00 PM- HYDRATION CART 2:00 PM-BINGO	9:00 AM-HYDRATION CART <sup>1</sup> 10:30 AM-MOTHERS DAY 1:00 PM- MONTHLY BIRTHDAY 6:00 PM-MENS GATHERING	9:00 AM-HYDRATION CART 10:30 AM-COOKING- NATIONAL APPLE PIE DAY 1:00 PM- HYDRATION CART 2:00 PM-BINGO	9:00 AM-HYDRATION <sup>13</sup> CART 10:30 AM-GARDENING 1:00 PM- HYDRATION CART 2:00 PM-BIBLE STUDY W/ RON
14 SELF DIRECTED ACTIVITIES IN POD. RELIGIOUS PROGRAMMING AVAILABLE VIA TV	9:00 AM-HYDRATION <sup>15</sup> CART 10:30 AM- COOKING- NATIONAL CHOCOLATE CHIP DAY 1:00 PM- HYDRATION CART 2:00 PM-BINGO	9:00 AM-HYDRATION CART 10:30 AM- NATIONAL MIMOSA DAY- NON ALCOHOLIC MIMOSA SOCIAL 1:00 PM- HYDRATION CART 2:00 PM-DAIRY QUEEN ICE CREAM OUTING 6:00 PM- WOMENS GATHERING	9:00 AM-HYDRATION CART 10:30 AM-BINGO 1:00 PM- HYDRATION CART 2:00 PM- NONAGENARIAN TEA	9:00 AM-HYDRATION CART 10:30 AM- GARDENING 1:00 PM- HYDRATION CART 2:00 PM-DIY SUGAR COOKIE DECORATING 6:00 PM-MENS GATHERING	9:00 AM-HYDRATION <sup>19</sup> CART 10:30 AM-BIBLE STUDY 1:00 PM- HYDRATION CART 2:00 PM-BINGO	9:00 AM-HYDRATION <sup>20</sup> CART 10:30 AM-CANDY BINGO 1:00 PM- HYDRATION CART 2:00 PM-BIBLE STUDY
21 SELF DIRECTED ACTIVITIES IN POD. RELIGIOUS PROGRAMMING AVAILABLE VIA TV	9:00 AM-HYDRATION CART 10:30 AM- ROCK PAINTING 1:00 PM- HYDRATION CART 2:00 PM-BINGO	9:00 AM-HYDRATION CART 10:30 AM-ANALS 1:00 PM- HYDRATION CART 2:00 PM-DAIRY QUEEN ICE CREAM OUTING 6:00 PM- WOMENS GATHERING	9:00 AM-HYDRATION CART 10:30 AM GRILLING 1:00 PM- HYDRATION CART 2:00 PM-BINGO	9:00 AM-HYDRATION CART 10:30 AM- SENIOR HEALTH & FITNESS DAY 1:00 PM- HYDRATION CART 2:00 PM-MOVE AND POPCORN 6:00 PM-MENS GATHERING	9:00 AM-HYDRATION CART 10:30 AM-BIBLE STUDY 1:00 PM- HYDRATION CART 2:00 PM-BINGO	9:00 AM-HYDRATION <sup>27</sup> CART 10:30 AM-CANDY BINGO 1:00 PM- HYDRATION CART 2:00 PM-BIBLE STUDY W/ RON
28 SELF DIRECTED ACTIVITIES IN POD. RELIGIOUS PROGRAMMING AVAILABLE VIA TV	9:00 AM-HYDRATION <sup>29</sup> CART 10:30 AM- MEMORIAL DAY CRAFT 1:00 PM- HYDRATION CART 2:00 PM-BINGO	9:00 AM-HYDRATION CART 9:30 AM- WALMART OUTING 1:00 PM- HYDRATION CART 2:00 PM-OUTDOOR SCAVENGER HUNT 6:00 PM- WOMENS GATHERING	9:00 AM-HYDRATION <sup>31</sup> CART 10:30 AM-MUSIC WITH JOHN 1:00 PM- HYDRATION CART 2:00 PM-BINGO	9:00 AM-HYDRATION CART 10:30 AM- SENIOR HEALTH & FITNESS DAY 1:00 PM- HYDRATION CART 2:00 PM-MOVE AND POPCORN 6:00 PM-MENS GATHERING	ALL ACTIVITIES ARE SUBJECT TO CHANGE DUE TO WEATHER AND/OR COVID STATUS	

## ADOBE JUNCTION MAY 2023 CALENDAR

10:00 AM----MORNING GREETINGS, STAFF VISITS, GROOMING, DISCUSSIONS, 1:1 OR SMALL GROUP WALKS, MANIPULATIVES ON TABLES  
10:15 AM----SOCIALIZING, SITTERCISE, BALLOON TOSS, MUSIC & MOVEMENT, INDIVIDUAL PROJECTS, REMINISCING, LADIES CIRCLE, MEN'S ACTIVITIES  
11:00 AM----CURRENT EVENTS, RIMINISCE, PICTURE BOOKS, MAGAZINES, SHORT STORIES, TRAVEL/GEOGRAPHY BOOKS & VIDEOS, SNACK  
11:30 AM----MUSIC, PUZZLES, ONE/ONE VISITS, TABLE SETTINGS, FRESH HANDS  
12:00 AM----LUNCH  
1:00 PM---- QUIET TIME, LOTION THERAPY, MUSIC LISTENING, SENORY STIMULATIONM MASSAGES, MANIPULATIVES ON TABLES  
2:00 PM----SING-A-LONG, HYMM SINGING, POETRY, WORD GAMES, TRIVIA, WALKING, VISUAL STIMULATION  
2:45 PM----CRAFTS, COLORING, TOUCH & FEEL SENSORY, HAND WRITING, CREATIVE ARTS, SNACK  
3:30 PM----BALLOON TOSS, PARACHUTE, BALLOON IN A STRING, GROUP GAMES, WALKS  
4:00 PM----MUSIC TAPES, VIDOES, MANIPULATIVES ON TABLES  
5:00 PM----DINNER  
6:00 PM---- 1:1, MUSIC, MAGAZINES, SELF-DIRECTED ACTIVITIES THROUGHOUT THE NIGHT





# 33 Army Trivia Facts That May Surprise You

1. 31 of the 45 men who've served as President of the United States **have served in the military**. One U.S. President, Theodore Roosevelt, even received the Medal of Honor. And only one - James Buchanan - never became an officer.

2. From 1942-1944, the Coast Guard had a championship hockey team, the Cutters. The Cutters played in the Eastern Amateur Hockey League, considered to be one of the most competitive leagues of its time.

3. A "roof stomp" is an Air Force tradition where airmen welcome new commanders or celebrate special occasions **by banging on the commander's roof, windows, and doors**. The commander then opens the door to welcome in the group for refreshments. In recent years, some airmen have modified the tradition to a "porch stomp."

4. Johnny Cash, Morgan Freeman, and James Stewart are just a handful of the celebrities who have served as airmen. Jimmy Stewart — who won an Oscar for "Philadelphia Story" in 1940 before flying on missions in World War II and Vietnam — **rose to the rank of brigadier general in the Air Force Reserve**.

5. Every March **airmen participate in Mustache March**, growing mustaches to honor Air Force legend and triple ace Brig. Gen. Robin Olds

6. Fewer than 100 people have received the title of honorary Marine. The title of honorary Marine can only be bestowed by the Commandant of the Marine Corps. In order of seniority, the list of honorary Marines includes:

7. Only female Marines are authorized to carry umbrellas in uniform

8. "Tossing a Dixie Cover under the Bridge". For many a short-timer, crossing under the Coronado Bridge (or any other bridge near home port) marks a moment of reflection. Should the sailor stay in or get out? Because sailors are often superstitious, many leave the decision up to the sea, tossing their cover into the deep. If it floats, the sea is asking them to stay. If it sinks, it's time to move on.

9. Marines often pin their next promotable rank onto their uniforms as a motivator. They usually hide these pinned reminders in their cover, or under a pocket flap.

10. Before World War II, **the Army's 45th Infantry Division wore a swastika patch on their left shoulders in honor of Native Americans**. They changed it to a thunderbird in the late 1930s.

11. Anthony Christy was the oldest active serving Coast Guard member. The keeper of the Christiana Lighthouse in Delaware, Christy died on duty in September 1862 at the age of 105.

12. The Legend of Bill the Goat. Bill the Goat has been the Naval Academy mascot since the early 1900s. Legend has it that a Navy ship once kept a goat as a pet, but on the way back to port the goat died. Two ensigns were entrusted to have the goat stuffed, but were distracted by a Naval Academy football game. One of the ensigns allegedly dressed up in the goatskin and pranced around at halftime. The crowd loved it, and the Navy won the game.

13. Marines who attend MCRD San Diego are often called "Hollywood Marines". Parris Island Marines call San Diego Marines "Hollywood Marines" because MCRD Parris Island was the first of the two depots. Hollywood Marines don't have a name for Parris Island Marines, because they feel bad about the sand fleas.

14. Before the Air Force became its own branch of the military, it was a part of the Army. On Aug. 1, 1907, the U.S. Army Signal Corps formed the Aeronautical Division, which later evolved into the Air Force.

15. Two U.S. presidents — Ronald Reagan and George W. Bush — **served as airmen**. Reagan's served when the branch was still known as the Army Air Forces. George W. Bush served in the Texas Air National Guard, before transferring to the Air Force Reserve.

16. The Marines have won **four out of five Warrior Games competitions**. 2014 marked their first loss to the Army.

17. The Army was tasked with mapping America. The scope of this exploration and mapping task included the Lewis and Clark expedition. **Army officers were some of the first American citizens to see Pike's Peak and the Grand Canyon**.

18. The license plate of the Commandant of the Marine Corps reads "1775"

19. Marines in uniform are not authorized to put their hands in their pockets

20. Walt Disney **created a special logo for the Coast Guard's Corsair Fleet during World War II**, featuring Donald Duck

21. The Marine Corps mascot is an English bulldog named Chesty. The mascot is named after Marine Lt.

Gen. Louis B. "Chesty" Puller, the only Marine to earn five Navy Crosses.

22. Marine Corps Col. John Glenn was the first American to orbit the Earth

23. In the Navy there are no windows, walls, or bathrooms. The Navy has rich diction, but don't get it mixed up. Ships don't have walls, they have bulkheads. They don't have windows, they have portholes. Your left side is your port side, and your right side is starboard. The mess deck is where you eat, and the deck is where you walk. Above your head is an overhead, not a ceiling or a roof. If you need a toilet, you will find that in the head —the rack is where you sleep.

24. Ever since Vietnam, **Marine Amtrac crews will not eat apricots which are considered bad luck**

25. While many animals have served as mascots aboard Coast Guard vessels, Sinbad, a dog, is one of the service's most famous. Sinbad served on board the cutter Campbell during World War II, keeping troops company during their voyages.

26. The Army **was the last service branch to adopt an official song**. On Veterans Day 1956, "The Army Goes Rolling Along" was declared as the branch's official tune.

27. Marines **also think it's unlucky to eat the CHARMS** that used to come in packs of meals ready to eat

28. The oldest Coast Guard boat station is in Sandy Hook, New Jersey

29. The Marines' first land battle on foreign soil was in Libya. During this battle, 600 Marines stormed the city of Derna to rescue the crew of the USS Philadelphia from pirates.

30. In 1967, the Coast Guard icebreaker Eastwind became the first cutter to ever sail around Antarctica. Eastwind was also the first ship to circumnavigate Antarctica since 1843.

31. In 1947, then-Air Force Capt. Chuck Yeager **broke the sound barrier in his Bell X-1 rocket-powered aircraft**. This feat marked a new era of aeronautics in America.

32. The Coast Guard refers to a vessel as a "cutter" if it's over 65-feet long

33. Though tattoos are discouraged in today's Navy,

they weren't always. For hundreds of years, sailors tattooed themselves as souvenirs to communicate their travels and their trials. Find a short (and non-comprehensive) list below of imagery you may encounter among saltier sailors, including the meaning of each tattoo:

- Swallows: Home (each denotes 5,000 miles at sea)
- Compass/Nautical Star: Never losing one's way (each denotes 10,000 miles at sea)
- Trident: Special warfare
- Rose: A significant other left at home
- Twin screws or props on one's backside: Propels one forward through life
- Rope: Deckhand
- Octopus: Navy diver
- Dolphin: Wards off sharks
- Sharks: Rescue swimmer
- Polar bear: Sailed the Arctic Circle
- Dragon: Sailed the Pacific
- Fouled anchor: Sailed the Atlantic
- Turtle: Crossed the equator
- Gold dragon: Crossed the International Dateline
- Gold turtle: Crossed the International Dateline and the Equator where they intersect
- Emerald fouled anchor: Crossed the Prime Meridian
- Emerald turtle: Crossed the Prime Meridian and the Equator where they intersect
- Full-rigged ship: Sailed around Cape Horn
- Helm: Quartermaster
- Pin-up girls: Company at sea/port call
- Hula girls: Sailed to or ported in Hawaii
- Dagger through a swallow: Signifies a lost comrade
- Pig and chicken: Superstition to keep from drowning
- The words "HOLD FAST": Signifies a deckhand's tight grip on the lines