

February Birthdays

Frederick Bailus	Feb. 26
Doris Cheek	Feb. 4
Patricia Gay	Feb. 10
James Gorman	Feb. 27
Annabelle Martinez	Feb. 12
Gertrude Mellor	Feb. 2
Priscilla Owens	Feb. 23
Delores Piner	Feb. 6
Charles Rihner	Feb. 6
Josephine Roberts	Feb. 15
Eugene Rowe	Feb. 23



Notable Quotable

“When I think about country music, I think about America.”

~ Johnny Cash, musician

Food for Thought

Reader's Digest may be the most popular magazine in the world, with millions of readers worldwide in over 70 countries and with editions translated into over 20 languages. This magazine was started by a man named DeWitt Wallace, who conceived the idea while recovering from shrapnel wounds suffered in World War I. He launched the first issue in February of 1922.

Wallace's idea was simple. He would gather his favorite articles from a wide variety of magazines and publish them together in one journal. Sometimes he even rewrote and shortened articles that were too long. Wallace hoped that his little magazine would earn him \$5,000 a year, and by 1929, it was generating \$900,000 a year. Surprise, surprise. I wonder how long it took Wallace to digest that.

Calendar Confusion *continued from pg. 1*

Cleopatra shared this system with her boyfriend Julius Caesar, and Caesar decided to fix the Roman calendar. In the year 46 B.C., Caesar instituted a year that lasted 445 days – later called the Year of Confusion – to reset the entire calendar. Then he started a new 12-month-long year of 365 days, with an extra Leap Day added every fourth year to make up for the lost. But this still was not perfect.

This extra day was still 11 minutes too long, which meant that an entire extra day would be added to the calendar every 128 years. That may seem small, but 1,000 years later, this created major problems. Now it was Pope Gregory XIII's turn to fix the calendar. He decided to keep the Leap Day, but only one out of every four “century years” would observe a Leap Year. The years 2000 and 2400 are Leap Years, but 2100, 2200, and 2300 are not. We still use this Gregorian calendar today. As for people born on February 29, known as Leaplings, no official ruling has yet been made on how to count their age.



Employee's of the Month

Administrative, Deborah Hood
 Nursing, Angela Chelette
 CNA, Angie Manders
 Dietary, Charnell Magee
 Housekeeping, Christy Warren

Around The Manor

February, 2012



Heritage Manor of Mandeville
 1820 West Causeway App.
 Mandeville, La. 70471
 Phone 985 626-4798

Bird Feeding Month

Black History Month

Westminster Dog Show February 13–14

Valentine's Day February 14

Leap Year Day February 29

Resident's Choice Meal of the Month Fried Chicken with Potato Salad, Carrot Souffle, Rolls, and Banana Splits for Dessert

Calendar Confusion

Ever feel the need to make up for lost time? You're not alone. In fact, the entire world will be making up for lost time on February 29, the Leap Day for 2012's Leap Year.

Ancient cultures kept calendars like we do today, but these were based on lunar cycles that followed the phases of the moon, making each month only 29.5 days long. One year would last only 354 days, not nearly enough days for an actual year, which lasts 365.242 days, the

amount of time it takes the Earth to orbit the sun.

These 354-day calendars wreaked havoc when it came to celebrating annual holidays. As the years passed, autumn harvest festivals were celebrated during the spring planting season! The Egyptians were the first culture to correct the amount of days, and they even added an extra day, a Leap Day, to the calendar every fourth year to prevent these problems.

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Backyard Bird Feeding

Since February is one of the most difficult months for birds to find food, they could use some human help. A typical backyard bird weighs less than two nickels, and in northern climates, loses about 15 percent of that body weight overnight just trying to stay warm. Birds spend most of their waking hours searching for food.

According to the National Bird Feeding Society, the favorite meal of most seed-eating birds is the black oil sunflower, because its shell can be easily cracked, even by small birds. In addition, its high oil and fat content ensures that the birds will receive needed energy.



Safflower seeds are a favorite of northern cardinals, and they have the added benefit of being a turn-off to squirrels.

Getting started is as easy as buying a bird feeder and some seeds. And, if you hurry, you can participate in the “Great Backyard Bird Count” (February 17–20, 2012). Last year, volunteers observed 594 species and counted 11,471,949 birds.



The wire fox terrier has won more of Westminster's Best In Show awards than any other breed.

Best In Show

Tune in February 13-14 to see canines of all breeds strut their stuff at the Westminster Kennel Club Dog Show. The first Westminster Dog Show was held in 1877, making it the second-longest-running annual sporting event in America after the Kentucky Derby. The show originated as a show for hunting dogs. A group of hunters who met at the Westminster Hotel in New York City wanted to see who had the best setter or pointer.

Today, 2,500 dogs compete in seven groups: Sporting, Hound, Working, Terrier, Toy, Non-Sporting, and Herding.

In the end, the winners of the seven groups compete for Best In Show. The wire fox terrier has won this honor the most, at 13 times. America's most popular dog breeds, the Labrador retriever and the golden retriever, have never won... unless you count the hearts of their owners.

J-E-L-L-O

There is no other dessert as wiggly and as jiggy as Jell-O. In fact, there is nothing quite like this gelatinous children's treat, so why shouldn't it have it's own weeklong celebration? February 12-18 is Jell-O Week.



The first four Jell-O flavors were orange, lemon, strawberry, and raspberry. Lime was introduced in 1930.

During the 1800s in England, gelatin desserts were popular among the rich and famous. Party hosts would present fantastic jelly moulds of different shapes and sizes to their guests. But these fabulous jellies were expensive and hard to make. It wasn't until 1845 that Peter Cooper, the inventor of the first steam-powered locomotive, invented powdered gelatin. Cooper, though, never thought much of his idea and sold the product to a cough syrup maker named Pearl B. Wait. It was Pearl Wait who christened this new product Jell-O.

Jell-O may be the first real advertising success story. Consumers were, at first,

suspicious of this strange, colorful, and wiggly food. In 1904, thousands of salesmen were sent door-to-door to give away free Jell-O cookbooks, a very innovative practice at the time. Popularity surged and by 1906, sales topped \$1 million dollars. Jell-O had truly become "America's Most Famous Dessert."

Can't wait to try a variety of Jell-O flavors? Enjoy this recipe for **8-Layer Jell-O**:

First Layer:
1 package cherry Jell-O
1 cup boiling water
1/2 cup cold water

Second Layer:
1 package cherry Jell-O
1 cup boiling water
3/4 cup evaporated milk

Repeat steps with lemon, lime, and orange Jell-O. Be sure to let each layer set until firm in a 9 X 13-inch pan before adding the next layer.

White Out



The entire town becomes engulfed in flour as people go after each other armed to the teeth with bags of the white stuff. The perfect blow is a handful delivered to the face, smothering the cheeks, mouth, and nose.

The February days leading up to the start of Lent can get pretty crazy. New Orleans has Mardi Gras, and the Caribbean Islands celebrate Carnivale. But the town of Viana do Bolo, in the Galicia region of northwest Spain, has a tradition that takes the cake — or rather, that takes the cake flour. This is the Flour Battle, where locals, armed with bags of the powder, douse each other until the entire town is covered in a blanket of white.

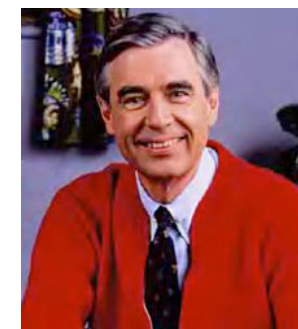
The festival is not all throwing flour. The Galicians are Spainards, after all, and they love their music and food. Drummers known as the *Folion* arrive, arrive wearing elaborate costumes and drumming their region's unique beat. The drums rumble louder and louder, with each region competing for their beat to be heard. Drummers march to a local sports arena where 3,000 locals are waiting to feast, each diner banging his fork and knife on the

table to the beat of the *Folion*. If you're looking for a quiet lunch, this isn't the place.

But of course, the true spectacle is the Flour Battle. The specific origins of this tradition are lost in time, but some speculate that the white flour is symbolic of innocence. During the festival, the entire community is covered and thereby purified for Lent.

The Galicians are not the only ones who throw things in the days leading up to Lent. In Venezuela, people throw tomatoes and eggs. They used to throw water balloons until the police deemed them too dangerous, because they were causing traffic accidents. In Colombia, children throw egg shells filled with colored and perfumed water. Across the globe, these pre-Lenten festivals all hold one thing in common — lots of people are blowing off lots of pent-up steam before a long season of repentance and fasting.

Friends & Neighbors



*"Often when you think you're at the end of something, you're at the beginning of something else."
~ Fred Rogers*

On February 19, 1968, Fred Rogers first invited children to be his neighbor on his hit show *Mr. Rogers' Neighborhood*. Fred Rogers once said, "One of the greatest gifts you can give anybody is the gift of your honest self. I also believe that kids can spot a phony a mile away." Taking this belief to heart, he created a show that did not follow a plot, but instead allowed him to talk to his audience about issues. He demonstrated experiments, met members of his community, did

crafts, and played music. His show was simple, natural, and wonderful.

Fred Rogers himself wrote the song, "Won't You Be My Neighbor." One of his famous cardigan sweaters hangs in the Smithsonian Institution. And his sneakers? He found them to be quieter than his work shoes when he was walking around the set, so he decided to change into them on the air at the beginning of every episode.