

# Windsor Manor

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## Celebrating March

**Irish-American  
Heritage Month**

**Mad for Plaid Month**

**Women's History Month**

**Employee Appreciation Day**  
*March 4*

**Iditarod Begins**  
*March 5*

**Daylight Saving Time Begins**  
*March 13*

**St. Patrick's Day**  
*March 17*

**International Sister  
Cities Days**  
*March 26–28*

**Easter**  
*March 27*

**International Hug a  
Medievalist Day**  
*March 31*

## Lions and Lambs

The weather of March is likely to keep us ever on our toes. As the old saying goes, “March comes in like a lion and goes out like a lamb,” traditionally meaning that the start of March is still in the harsh throes of winter, while the end of March brings a soft spring thaw. Meteorologist Ashley Kaepplinger explains that this oft-uttered proverb does ring with some truth. March is a transition month, bridging the seasons and bringing variable weather events for much of the world.

The *Farmers' Almanac* offers another take. In olden days, before the advent of meteorology, people believed that weather was closely related to the spirit world. Bad weather was the doing of bad spirits, and it meant that the community needed to change its ways for the good. This shift in behavior from bad to good often resulted in good spirits bringing improved weather by the end of the month.

Still others point out that March's lions and lambs come not from heavenly spirits but from the stars in the sky. James Albury, director of the Kika Silva Pla Planetarium in Gainesville, Florida, explains how at the beginning of March, the constellation Leo, the Lion, rises first in the night sky. By the end of March, the stars have shifted, and the constellation Aries, the Ram (lamb), is observed setting on the horizon. So, throughout March, at least in terms of the night sky, lions do come in and lambs do go out. Albury's guess is that perhaps someone “decided to poetically link” the stars to March's turbulent weather.

With Easter falling on March 27 this year, bunnies are added to the menagerie. Then again, Jesus was termed the “Lamb of God,” as he was sacrificed to save sinners. And Jesus was also called the “Lion of Judah,” a strong and fierce leader. Perhaps it is fitting when Easter falls in the month of March, as it does this year.

## Leading Ladies of Comedy

Funny how men often think themselves funnier than women. When the *Psychonomic Bulletin and Review* published the results of an experiment on humor between the genders, where men and women penned captions to *New Yorker*-style cartoons, it concluded that men's captions were deemed slightly funnier, by about .11 points on a scale of 5.0. But, according to the study's co-author Nicholas Christenfeld, it was men who thought other men's captions funnier. "Sad for the guys," Christenfeld said, "who think that by being funny they will impress the ladies, but really just impress other men." It's women who may have the last laugh on March 31, She's Funny That Way Day, a day celebrating comedienne's past and present.



Carole Lombard was a leading lady of old Hollywood and a natural beauty, none diminished for taking the occasional pie in the face while shooting a screwball comedy. Barbara Stanwyck, too, could play any role: the glamorous dame, the femme fatale, the tough feminist, and yes, the madcap comedienne. Both women were nominated for Oscars but amazingly never won.

Any discussion of funny women must include Lucille Ball, who has often been called the Queen of Comedy. Interestingly, Ball once told a reporter for *Rolling Stone* magazine, "I am not funny." Her millions of fans beg to disagree. Not only was Ball hilarious, but she befriended and mentored another extraordinary comedienne, Carol Burnett.

Like many of the men who came before them, no topic is too "unladylike" for these daring women. From Phyllis Diller to Joan Rivers, Whoopi Goldberg to Wanda Sykes, to modern comedienne's like Tina Fey, Kristen Wiig, Loni Love, Melissa McCarthy, Sarah Silverman, Mindy Kaling, Amy Poehler, Kristen Schaal, Carrie Brownstein, Cristela Alonzo, Tig Notaro...the list of talented women is truly endless, and so are the laughs.

## SPECIAL EVENTS

MARCH 16 AT 2:00PM---MUSIC WITH JEFF

MARCH 17 5P-7P---PUBLIC SUPPER

MARCH 21 AT 2:00PM----DOWN MEMORY LANE

MARCH 25 AT 2:00PM---MUSIC WITH THE NORDS

MARCH 28 AT 2:00---POLKA DOTS

## Pieced Together

Quilters all around the world will be piecing together fabric into the most wonderful creations on March 19, Worldwide Quilting Day.



During its heyday in the American mid-19th century, quilting was a utilitarian craft. According to Emporia State University's Center for Great Plains Studies, westward homesteaders, inheritors of many great European quilting traditions, fashioned blankets, door and window covers, and even play mats for children out of whatever scraps of fabric they could find. Quilters learned to arrange fabric to make wonderful works of art. And because blankets were always needed as a means of protection against the elements, quilting never went out of style.

A number of quilting bees will no doubt be held on March 19, so be ready to cut your favorite patterns—Irish Chain, Log Cabin, Bear's Paw, or Tree of Paradise.

## Finding Common Courtesy

Many lament that common courtesy is not so common anymore. If someone you know is acting less than civil, March 21, Common Courtesy Day, is the perfect opportunity to tactfully share a few tips and reminders on how to treat others with respect.



Some are quick to blame the death of common courtesy on technology. Psychiatrist Dale Archer notes how “common courtesy is thrown out the window when we’re on the phone.” Others believe that as we become more self-centered, we become less empathetic. Research presented by the Association for Psychological Science shows that college students today are actually 40% less empathetic than students 30 years ago. Colleen Harding, founder of the Cleveland School of Etiquette, presents a historical perspective. In the 1960s and ’70s, it became cool to be a rebel and break the rules. Common courtesy suffered collateral damage. This phenomenon is not limited to America. Danish theologian Joakim Garff finds the same social breakdown at work in Scandinavia. Breaking social rules in the name of “liberation” has led to a more hands-off style of child-rearing in the name of “the child’s autonomy and integrity.” Such laissez-faire parenting, however, begets “cynicism and insensitivity.”

If we do not practice empathy every day, we may have to rely on others to pass laws of courtesy for us. Restaurants declare “No Cell Phone Zones.” Sports stadiums regulate fan conduct. Even New York City imposes a fine on those who prop their feet on a subway train seat. Psychologist Marie Hartwell-Walker believes that even “faked” manners can teach empathy, that cornerstone of courtesy. Simple acts such as holding doors open, returning phone calls, treating clerks and cashiers with respect, friendly driving, making eye contact in the grocery store aisle, saying *please* and *thank you*—these daily reminders to consider others’ feelings lay a foundation for building empathy.

## Feeling Impulsive

Mid-March sends us on quite a roller coaster ride. On the 15th, we may be filled with doubt on Everything You Think Is Wrong Day. But have no fear, for on the 16th comes Everything You Do Is Right Day. Does this mean we should act without thinking? Some call this being impulsive. Strategic thinking expert Greg Githens understands that impulsivity can be a sign of spontaneity, playfulness, and humor—all valuable qualities. If impulsivity, however, leads to bad habits and selfishness, it is nothing more than mindlessness. So play it safe on Everything You Do Is Right Day because you don’t want your actions to lead you to celebrate Awkward Moments Day on March 18.

## Spider Sense

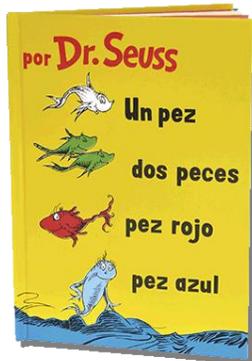
For many, the first reaction to seeing a spider is to squash it with extreme prejudice. Spider advocates celebrating Save a Spider Day on March 14 want you to think before you squash, and they have some pretty compelling reasons.



Dan Babbit, insect keeper at the Museum of Natural History, thinks spiders are just plain cool. The goliath bird-eating tarantula fits in your palm and was named by an explorer who saw it eating a hummingbird. The pinktoe tarantula, named for its pink-tipped legs, can climb trees and swim. Not impressed? Another reason not to squash spiders is that many of them carry their newly-hatched babies on their backs. Arachnologist Norman Platnick tells of how one whack can disperse hundreds of tiny spiderlings. Still not convinced? Spiders benefit humans in many ways. They eat lots of bugs. Their venom can be used for making medicine. Spider silk, which is stronger than steel, inspires technological innovation. So before your arachnophobia takes over, think twice about squishing a spider on March 14.

## The Doctor Is In

On March 2, don't just wish Dr. Seuss a "Happy Birthday." Do as they do in Dr. Seuss' fictional land of Katroo and let loose a "big blast on the big Birthday Horn!"



Theodore Seuss Geisel, known around the world as Dr. Seuss, was never a doctor of anything. He called himself "doctor" because his father wanted him to study medicine. Thankfully, he pursued children's literature and wrote his first book in 1937, *And to Think That I Saw It on Mulberry Street*, debuting the pen name Dr. Seuss. The idea for the book struck Geisel while on an ocean voyage. The rhythm of the ship's engines inspired him to write the lines:

*And that is a story that no one can beat.  
And to think that I saw it on Mulberry Street.*

No less than 20 publishers rejected the book before Geisel showed it to an old college classmate, who was editor of children's books at the publishing house Vanguard Press. Dr. Seuss went on to write 44 children's books, selling over 600 million copies in over 20 different languages.

What makes Dr. Seuss' books so enduring? Children's literature expert Ann Neely believes it is the books' readability. "Children can read Dr. Seuss books many, many times without tiring of the rhythms, the plot, or the art." Furthermore, Seuss' moral lessons appeal to young and old alike. Journalist Melissa Breyer believes adults have plenty to learn from Dr. Seuss. *Did I Ever Tell You How Lucky You Are?* teaches us that self pity is an unnecessary indulgence. *The Lorax* preaches how it's up to us to give voice to the voiceless. Truly, Dr. Seuss' children's books may be more valuable to adults than his odd adult work, a humorous and slightly scandalous take on the legend of Lady Godiva, chock full of illustrations of the seven nudist Godiva sisters. That book, perhaps understandably, was Seuss' only major flop.

## March Birthdays

In astrology, those born between March 1st and 20th are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who "go with the flow." Those born between March 21st and 31st are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown. For these eternal optimists, no odds are ever considered insurmountable.

Lou Costello (comedian) – March 6, 1906  
Liza Minnelli (entertainer) – March 12, 1946  
Ozzie Nelson (TV dad) – March 20, 1906  
Fred Rogers (neighbor) – March 20, 1928  
Marcel Marceau (mime) – March 22, 1923  
Fannie Farmer (cook) – March 23, 1857  
Walt Frazier (athlete) – March 29, 1945  
Vincent van Gogh (painter) – March 30, 1853  
Shirley Jones (actress) – March 31, 1934

## RESIDENT AND STAFF BIRTHDAYS

GLADYS THILL	4
DUANE SEILER	5
KARI WAECHTER	5
BETTY JOHNSON	8
EVEY WAGNER	21
DWIGHT SAVAGE	21
ARLO HEYER	23
TINA POTTHOFF	25
KELLY MCGREGOR	28



