



Notable Quotable

“There are two things I’ve got a right to, and these are, Death or Liberty—one or the other I mean to have.”

~ Harriet Tubman, American abolitionist



March Horoscopes and Birthdays

In astrology, those born from March 1–20 are Pisces’ Fish. Pisces are incredibly sensitive and empathetic. They often tap into their boundless imaginations and dreamy attitudes to become accomplished artists. Those born from March 21–31 are Aries’ Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries’ charisma and confidence make them effective leaders.

Lupita Nyong’o – March 1, 1983
 Dr. Seuss – March 2, 1904
 Rob Reiner – March 6, 1947
 Lester Holt – March 8, 1959
 Chuck Norris – March 10, 1940
 Simone Biles – March 14, 1997
 Nat King Cole – March 17, 1919
 Vanessa Williams – March 18, 1963
 Spike Lee – March 20, 1957
 Chaka Khan – March 23, 1953
 Aretha Franklin – March 25, 1942
 Mariah Carey – March 27, 1970
 Eric Clapton – March 30, 1945

Spanish Main (cont. from pg. 1)

cultivation of this rare and expensive spice. Saffron comes from the crocus flower. Its vivid crimson stigmas sprout from inside the petals like delicate threads. Saffron is not native to Spain but comes from Asia Minor and was introduced to Spain by Moorish conquerors in the 10th century. If one digs a bit deeper into the history of paella, it appears that this dish has Arab origins, too. Servants of the royal courts of Arabic Spain would take

home lavish leftovers and add them to pans of rice. Some believe that the word *paella* derives from the Arabic word *baqiyah*, which means “leftovers.”

So how did this Moorish dish of Valencia become a national symbol of Spain? Purportedly, it was dictator Francisco Franco’s favorite dish. It was he who declared it the official dish of Spain as part of his strategy to create a national identity.

American Hero

March 10 is Harriet Tubman Day, a day to honor the legacy of the famed abolitionist and social activist. Tubman embodies the ideals that shape America: freedom, courage, leadership, and justice.

Born into slavery, Tubman escaped to the North in 1849 and became a “conductor” on the Underground Railroad. With a \$40,000 bounty on her head, Tubman made 13 missions to free 70 enslaved people. Her extensive knowledge of the South

made her an invaluable asset to the Union army during the Civil War. She became a spy and scout, often donning disguises to infiltrate Confederate strongholds. She provided vital information about supply routes and troop movements to Union commanders. Tubman even became a Union militia leader, leading an attack against Confederates in South Carolina. It took decades for her to receive recognition for her military service, but she was finally awarded a pension in 1899.

Legacy Ridge at Woodstock

March 2023

Legacy Ridge at Woodstock Assisted Living and Memory Care | 1000 Professional Way, Woodstock, GA 30188 | 770-926-0119 | www.legacyridgewoodstock.com



STAFF

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Teresa Cohn
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Jean Julien
Site Maintenance

Joe Chenot
Dining Services Director

Amy A. Allard
Lifestyles Director

Rose Alerte
Lifestyles Coordinator

March Birthdays

March 8 Mary H.
March 8 Adele G.

You're invited:

St. Patricks Day
Family Happy Hour
Fri, 3/17
from 4-6 pm

March Birthday Party
Thurs 3/16 at 1:30 pm

St. Patrick's Day Luncheon
12:00 pm
Fri, 3/17

Live Entertainment
Fri 3/24
3:15 pm
Alan Weisenberg
On guitar

ED Corner

Lisa Kerr began her journey in the healthcare industry over 13 years ago. Lisa has always had a heart of servitude, which led her to a career in nursing. Wanting to focus more on the day-to-day lives of underserved populations, Lisa began working with homeless and low-income seniors who were medically high-risk. For five years, she led project management teams for the Department of Health Care, where it was her duty to evaluate and change how Medicaid dollars were spent. It was here Lisa quickly discovered her passion for seniors. Her passion led her to pursue a master’s degree in healthcare administration to lead change in the lives of our

seniors. Lisa has worked in the senior living industry for the past 6 years as a Business Office Manager, Sales, and Marketing Director, and Executive Director. As a leader in Assisted Living, Lisa has dedicated her life to ensuring seniors live a life that keeps their goals and dreams at the forefront.



Root Cause

Hooray for Cheerleading Week from March 6–12! The first cheers did not come from organized squads of women waving pom-poms. It was at Princeton University in 1884 that the crowd first cheered in unison: “Rah, rah, rah! Tiger, tiger, tiger! Sis, sis, sis! Boom, boom, boom! Aaaaaah! Princeton, Princeton, Princeton!” Princeton graduate Thomas Peebles then brought

the idea to the University of Minnesota. Peebles became the school’s football coach and, during scrimmages, would spontaneously burst into the Princeton cheer. Minnesota student Johnny Campbell then decided to develop a cheer for the Gophers. During a game, Campbell leaped from the stands to lead the crowd in his chant, becoming the first cheerleader.

A Doll's Debut



Original Barbie dolls in mint condition are worth \$25,000.

Ruth Handler watched her daughter ignore baby dolls in favor of playing with paper dolls of adult women. Handler realized that some young girls did not want to play mother to babies, but rather they wanted to use their imaginations to envision their futures as adults through play. Handler's solution was to introduce a new doll to the market. On March 9, 1959, Barbie made her debut at the American Toy Fair in New York City, and her popularity has endured for nearly 65 years.

Handler based her design, a slim 11-inch-tall woman with wavy blonde hair and a full feminine figure, on a German doll named Lilli. Lilli was first introduced not as a doll for German girls, but as a bold and quick-witted woman in a newspaper comic strip geared toward men. Lilli's popularity grew so much that she became a toy for children.

The Time Has Come



Hawaii and Arizona do not practice daylight saving time but are on permanent standard time.

On March 12, people will turn their clocks one hour forward for the start of daylight saving time (DST). In 1784, Ben Franklin published a satirical essay suggesting that clocks move forward an hour in spring and fall back again in the fall, but the notion was not taken seriously in America until World War I when the first clock adjustment was made to conserve energy.

Each year, opponents of DST argue that the time change has serious negative impacts on

Handler discovered Lilli on a visit to Germany. She brought the doll home, made a few changes, and named her Barbie after her own daughter Barbara. Handler, founder of the Mattel toy company, utilized a sponsorship deal she had signed with *The Mickey Mouse Club* to advertise the doll on television to children. In its first year on the market, 300,000 Barbie dolls were sold.

As popular as Barbie has been, though, she has always generated plenty of controversy. Barbie's careers as an executive and astronaut were viewed as challenging women's traditional roles. Her unrealistic figure (a holdover from the Lilli age) has been criticized as perpetuating negative body images for young girls. Regardless, Barbie has weathered these storms, bringing in one billion dollars for Mattel each year.

health. Sleep deprivation and "circadian misalignment," the mismatch between our biological rhythms and the natural light cycle, may increase levels of the stress hormone cortisol in our bodies, leading to a slew of health problems like strokes, heart attacks, obesity, diabetes, and seasonal depression. One year ago, the U.S. Senate passed the Sunshine Protection Act, making DST permanent. The House of Representatives has yet to vote on the matter.



The oldest city park in America is the Boston Common, which was established in 1634.

The Power of Parks

Stretch your legs on March 30, Take a Walk in the Park Day, by strolling through your favorite local park. Parks are vital public resources. They have been proven time and again to increase property values, improve local economies, and decrease crime. Most importantly, they offer opportunities for people to get outside! They are public spaces

for people to gather. Fields, trails, and courts offer opportunities for people to exercise and get healthy. Natural landscapes filled with trees and flowers not only provide valuable habitat for animal life and clear air but they offer tranquil retreats for visitors. Spending time surrounded by nature reduces stress, improves mood, and increases happiness.

India's Local Color

The Hindu festival of Holi has been celebrated on the Indian subcontinent since the fourth century. It is celebrated at the end of winter, on the date of the last full moon of the first month of spring, and falls this year on March 8.



Holi's colors have symbolic meaning. Red symbolizes love, while yellow represents health and happiness.

The holiday has many names: the Festival of Spring, the Festival of Colors, and the Festival of Love. Like many spring festivals, Holi is a holiday of rebirth and renewal. Historically, Holi was an agricultural festival, a time to give thanks to the fertile land and the crops it brings. For Hindus, it is also a holiday of forgiveness and new starts. People forgive past wrongs and renew relationships.

One of the defining legends of Holi is that of the deities Radha and Krishna and their divine love. Krishna despaired that the fair-skinned Radha would find his dark skin unattractive. Krishna's mother Yashoda told him to ask Radha to color his

face any color she liked. Radha accepted the idea and the two became united in love. One of the most famous rituals of Holi is the throwing of colored water and powder. Many people end the day covered in the colors of the rainbow as a remembrance of the gods Radha and Krishna and their love for each other.

Still another legend celebrates the triumph of good over evil. King Hiranyakashipu was lord of several powerful demons who made him as powerful as a god. The king's sister Holika demanded that the king's son Prahlada worship him, but Prahlada refused, staying true to the god Vishnu. When Holika attempted to burn Prahlada on a pyre, Vishnu intervened and destroyed Holika and the evil king. This is why, on the eve of Holi, great bonfires are burned to commemorate the defeat of the demoness Holika and the triumph of good over evil. It is from this legendary vanquishing of Holika that the festival of Holi gets its name.