

March 2023

The Periodical

Parsons House on Eagle Run | 14325 Eagle Run Drive Omaha NE 68116 | 402-498-9554



Celebrating March

International Women's Day

March 8

St. Patrick's Day

March 17

National Cocktail Day

March 24

Crossword Puzzles Week

March 31–April 2

Little Red Wagon Day

March 29

Well, we have just about *weathered the storm* of old man Winter! Is it just me or does anyone else have a roaring case of spring fever?! A hefty dose of fresh air and outdoor activity, with a dash of spring cleaning, is exactly what the doctor ordered! The “spring forward” time change (happening on March 12th) is just icing on the cake! Having those extra hours of daylight sure makes me a happy camper!

This year, the first official day of spring is March 20th. Now, we all know that doesn't mean much here in the Midwest! What does matter, is that each day we get a little closer to being able to enjoy that warm sunshine. When the weather finally decides to turn, the outdoor grounds of the Parsons House will flourish with the bloom of beautiful flowers and bountiful trees.

Here at Parsons House, we are feeling excitement about the re-opening of our main floor Bistro and Great Room. The flooring is being installed as we speak and that “little” water incident of 2022 will soon be a thing of the past! Thheennnn, phase two begins with the renovation of the activity room and theater. There is light at the end of the tunnel!

A Doll's Debut

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.

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. By 1961, Barbie had grown so popular that Mattel gave her a boyfriend—Ken, named after Handler's son—and a best friend named Midge. In 1964, they gave Barbie a sister named Skipper. Kids across the world wanted the dolls and to dress them in fashionable clothes, hats, shoes, etc. Other popular accessories include Barbie's Dream House and Dream Kitchen.

As popular as Barbie has been, though, she has always generated plenty of controversy. During the 1950s, she was viewed as challenging women's traditional roles. Throughout the 1960s, Barbie was a nurse, astronaut, and executive. Then again, 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.

The Time Has Come

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 in Paris 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 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.

Root Cause



Rah, rah, sis, boom, bah!
Hooray for Cheerleading Week from March 6–12! The first cheers did not come from organized squads of uniformed college 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!" A Princeton graduate named 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: "Rah, rah, rah! Ski, OO, mah!" During a game on November 2, 1898, Campbell leaped from the stands to lead the crowd in his chant, consequently becoming the first cheerleader.

American Hero

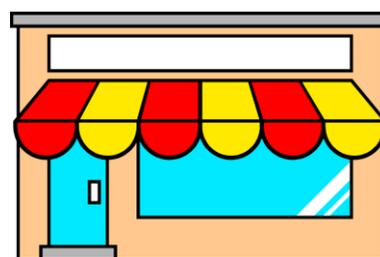
March 10 is Harriet Tubman Day, a day to honor the legacy of the famed abolitionist and social activist. Tubman embodies the ideals that shape America: freedom, courage, leadership, and justice.

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 cities under Confederate control. She provided vital information about Confederate supply routes and troop movements to Union commanders. Tubman even became a Union militia leader, leading a regiment to attack Confederate mines, storehouses, and crops in South Carolina. It took decades for her to receive recognition for her military service after the war, but she was finally awarded a pension in 1899.



Star of the Month – Grace Kelly

Award-winning American film actress Grace Kelly was known as much for her beauty, elegance, and style as her talent. She starred in nearly a dozen motion pictures—including *Dial M for Murder*, *Rear Window*, and *The Country Girl*—before leaving Hollywood in 1956 to marry Prince Rainier III of Monaco. Princess Grace remained in the public eye as she raised a family, served her adopted country, and promoted charitable causes. While a tragic 1982 car accident ended her life, Grace Kelly’s allure lives on in her on-screen performances.



The Corner Store will be open on March 14th and March 27th.
Location to be determined.

March Recipe



ingredients

- 1 1/2 cups coarsely chopped Oreo cookies (remove the icing centers first)
- 3 cups mini marshmallows
- 1/2 cup milk
- 1/4 cup Creme de Menthe
- 1 1/2 cups whipping cream
- chocolate shavings
- 5 mini mason jars (250 mL)

instructions

1. First, remove all the icing centers of your Oreo cookies (about 1/2 a package), and using a food processor, coarsely grind the chocolate cookie parts up. Or if you are feeling adventurous, keep the icing in! It will just make your dessert more sweet.
2. In a saucepan, melt the marshmallows with the milk over low heat. Then chill the mixture, stirring it occasionally, until mixture begins to set.
3. Once the marshmallow mix has cooled and set, stir in the Creme de Menthe. Set aside.
4. Using a mixer, whip the whipping cream until soft peaks form. Then fold the whipped cream into the mint mixture. Set aside.

Now it's time to put the pies together!

1. For the crust, evenly spread the cookie mixture into the bottoms of your mason jars, then pack it down.
2. Add the mint mixture on top of the cookie mixture, evenly spreading it out between the 5 jars.
3. If you like, top the mini pies with a little dollop of whip cream, and some chocolate shavings. I just grated some semi-sweet chocolate and sprinkled it on.
4. Chill for at least 2 hours before serving.

March 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.

- Nell R. 3-12
- Dale S. 3-5
- Dona R. 3-24
- Arline L. 3-9
- Sharon S. 3-19
- Valda G. 3-8
- Ronald H. 3-20
- Dee L. 3-9
- Linda V. 3-14
- David B. 3-12
- Andrew H. 3-25
- Georgette C.D. 3-18
- Norma S. 3-7
- Marilyn B. 3-9

WHEELS GO ROUND AND ROUND



Just a reminder that transportation requests must be submitted by Friday Noon the week prior to your appointment to your transportation company.

If you cancel your appointment or it is rescheduled, you need to let transportation know so we get your travel arrangements changed.

We have been paying a lot of cancelled appointments and I don't want to get to the point where we must pass those non-notification of cancellation fees on to residents.