
HERITAGE HAROLD



Heritage House of Woodburn 943 N Cascade Dr., Woodburn, Or. 97071 Phone # 503-982-1506

Celebrating March

Irish Heritage Month

Nutrition Month

Women's History Month

Pig Day

March 1

Celebrate Your Name Week

March 6-12

Mardi Gras (Fat Tuesday)

March 8

**International Fanny Pack
Day**

March 12

March Madness Begins

March 15

St. Patrick's Day

March 17

First Day of Spring

March 20

Mule Day

March 31

THINGS YOU NEED TO KNOW!!!

A few quick reminders.... daylight savings starts on March 13th, so do not forget to set your clocks ahead by one hour.

The first day of Spring is the 20th of this month, and if you are like me, won't you be happy to see some sunshine and dry streets.

Tuesday March 8th is Mardi Gras. Since we can't all go to New Orleans we will be having our own Fat Tuesday/Mardi Gras celebration that we are calling Crazy Carnival Days!!! It will be a fun celebration that will last all day, including games, fattening food, and crazy clothes!!

It's that time of year again when we kick into fundraising frenzy for the Alzheimer's Network. We are currently selling tickets at \$5.00 a piece for a chance to win a Blazer's basket. It will include fun things like tickets to the Blazers/Lakers game on April 8th. It will have other fun Blazers items donated by the Blazers team included also. So, come on in and buy some tickets today!! Just ask anybody working and they will be happy to help you.

Wernicke-Korsakoff syndrome

Wernicke-Korsakoff syndrome is a two-stage brain disorder caused by a deficiency of thiamine (vitamin B-1). Thiamine helps brain cells produce energy from sugar. When levels of the vitamin are too low, cells are unable to generate enough energy to function properly.

Wernicke encephalopathy is the first, acute phase and Korsakoff psychosis is the long-lasting, chronic stage. The most common cause is alcoholism, but the syndrome can also be associated with AIDS, cancers that have spread through the body, very high levels of thyroid hormone, and certain other conditions.

Symptoms of Wernicke-Korsakoff

- Confusion, permanent gaps in memory and problems with learning new information.
- Individuals may have a tendency to “confabulate,” or make up information they can’t remember; they are not “lying,” but may actually believe the invented explanation.
- Unsteadiness, muscle weakness and lack of coordination.
- Recent research suggests a genetic variation called APOE-e4 may be associated with a higher risk of Wernicke-Korsakoff in individuals who drink heavily. APOE-e4 is also linked to a higher risk of developing Alzheimer’s disease.

Treatment of Wernicke-Korsakoff

- If the condition is caught early and drinking stops, treatment with high-dose thiamine may reverse some, but usually not all, of the damage.

In later stages, damage is more severe and does not respond to treatment.

Yo!

Can you do the Dog Bite, the Dizzy Baby, the Sleeper, or the Boing Boing? You must perfect these tricks if you ever wish to become a yo-yo champion, and what better time to practice your skills than March 23-27, Yo-Yo Skills Week? It’s all part of the Yo-Yo Convention in Burlington, Wisconsin.

The first evidence of yo-yos used as toys came in the year 440 BC. An ancient Greek vase has a picture of a boy playing with a yo-yo. The modern yo-yo comes from the Philippines, where it is believed weapons similar to yo-yos were used in hunting, and those weapons eventually evolved into toys.

Like every other technology, the technology of yo-yos has steadily advanced over the years. Ball bearings, removable axles, and spring-loaded weights are now common components, allowing yo-yo aficionados to spin, loop, and defy gravity with these humble toys.



A Miraculous Return

On March 19, a crowd will gather to hear the church bells ring at the mission of San Juan Capistrano in Southern California. This is St. Joseph’s Day, but it is also the day that hundreds of swallows return to the mission after flying six thousand miles from Argentina.

Why do these swallows fly to the mission? Legend states that an angry innkeeper destroyed their mud nests along the rivers that flow nearby. The swallows found refuge in the old church and have returned to make their homes there every year. Lately, however, the number of swallows has decreased dramatically, but that does not stop thousands of people from enjoying the Swallows Day Parade and from visiting the mission in the hopes of glimpsing the miraculous return of the swallows of San Juan Capistrano.

Light the Spark



In March 1951, firefighters all across the nation adopted a new mascot to help teach kids about fire safety and prevention. Sparky the Fire Dog, a friendly Dalmatian dressed in a firefighter's jacket and helmet, spread this important message on television and in storybooks.

Sparky became a legendary fire dog when he was just a puppy. One day, he was sitting near a fence outside a local school. He loved to watch the children play, and one day he decided to follow some children home. Tired from the long walk, after all he was just a puppy, he rested beneath a tree, but it did not take long before he smelled smoke and woke up to find the children's house on fire. This smart puppy ran to the local fire station and barked and whined until the firefighters followed him back to the burning house. The firemen extinguished the fire and saved the family, and afterwards they found the Dalmatian puppy wet and shivering under a tree. Realizing that this was no ordinary dog, the firefighters adopted him and named him Sparky. From that day on Sparky lived at the fire station and was considered a hero.

Dalmatians have a long history of working alongside firefighters. These dogs were initially used to protect horses that pulled old-fashioned stage coaches. Dalmatians ran alongside the horses while they pulled, and the dogs even slept with horses in their stalls to prevent thievery. This horse and dog bond was so strong that firefighters used them during the days of horse-drawn pump trucks. Dalmatians, as guides to the fire, kept the horses calm and focused. Once at the fire, they acted as guard dogs. As the days of horse-drawn pump trucks faded away, the presence of a Dalmatian in the firehouse persisted. Some say that the Dalmatian's trademark black spots are really smears of soot left after a raging fire.

THE STAFF:

ADMINISTRATOR: SHANNON SOUZA

DAY SHIFT:

JOSIE SALAS
FLOR DELGADO
RANDI JAMESON

SWING SHIFT:

LUCY NAJERA
SAMANTHA SOTO
AMANDA VEGA

NOC SHIFT:

PATTY CAMPUZANO
MARIA TOVAR
MARIA GARCIA

In Living Color

On March 25, 1954, RCA unveiled the CT-100, the world's first color television intended for widespread use. In 1954, the television set cost \$1,000, the equivalent of over \$7,000 today. That's a lot of money when the year 1954 saw only one network, NBC, providing sixty-four total hours of color programming. This high price tag might explain why sales never reached the heights RCA was hoping for.



It wasn't until the 1960s that color television became both affordable and desirable. Disney, wanting to broadcast its programs in color, moved to NBC. Its popular *Walt Disney Presents* program was renamed *Disney's Wonderful World of Color*. Finally, people had a reason to watch color television. By 1972, the sale of color sets surpassed that of older black and white TVs. Only one hundred and forty CT-100 sets exist today, and of these only a handful are in working condition.

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HERITAGE HOUSE OF WOODBURN

943 N. Cascade Dr
Woodburn Oregon 97071
Administrator: Shannon Souza

March Birthdays

If you were born from February 19-March 20, you are a Pisces, the Fish. If you were born from March 21-April 19, you are an Aries, the Ram. Pisces are mysterious and alluring. They are very creative and imaginative people, leading them to pursue the arts and reject a nine-to-five life. Aries are adventurous pioneers, who are the first to take risks. Aries are not afraid to draw attention to themselves, and they often have big dreams for their future.

Harry Caray (sportscaster)	Mar. 1, 1914
Lawrence Welk (bandleader)	Mar. 11, 1903
Liza Minnelli (diva)	Mar. 12, 1946
Albert Einstein (genius)	Mar. 14, 1879
Bonnie Blair (speed skater)	Mar. 18, 1964
William Shatner (Captain Kirk)	Mar. 22, 1931
Joan Crawford (actress)	Mar. 23, 1904
Elton John (musician)	Mar. 25, 1947
Leonard Nimoy (Mr. Spock)	Mar. 26, 1931
Pearl Bailey (big band singer)	Mar. 29, 1918