

### Blast the Birthday Horn

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!"



Theodor Seuss Geisel, known 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 in 1937 wrote his first book, *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 fewer 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 over 60 children's books (including some under the name Theo LeSieg), 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* reminds us that it's up to us to give a voice to the voiceless. Truly, Dr. Seuss' children's books may be more valuable to adults than his odd adult work, a humorous, slightly scandalous take on the legend of Lady Godiva, 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 1–20 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 21–31 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 (TV host) – 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

### Spring Valley Birthdays-

#### Residents-

- Charlene- 3/14
- Priscilla- 3/17
- Roseann- 3/17
- AI- 3/31

#### Staff-

- Heather- 3/11
- Christina- 3/25



# Spring Valley Times

Spring Valley Assisted Living | 770 Harlow Road | 541-744-2116



### Your Leadership Team

#### Executive Director

Tammy Tucker

#### Resident Services Director

Daniela Trott

#### Concierge/Business Office Manager

Sunny Baggins

#### Plant Operations Director

Dave Rausch

#### Life Enrichment Director

Savannah Ankrom

#### Dining Services Director

Louie Miller

### Starting this Month-

**On the last Wednesday of every month, we will be offering rides to hair appointments and nail appointments from 12-4pm. There will still be shopping in the morning, but this will replace the Scenic/Mystery Drive. We can no longer accommodate Hair and Nail appointments on Medical Transportation days. Please see Savannah if you have any questions.**



### March Special Days

3/1- Dress in Blue day

3/2-Dr. Seuss Day

3/6- Oreo Cookie Day

3/14-Potato Chip Day

3/17- St. Patrick's Day

3/20- International Day of Happiness

3/26 Purple Day

3/30-Virtual Vacation Day

Look out for the Lucky Leprechaun hidden around Spring Valley. If you find him, bring him to Savannah's office and you will receive a small prize!

### The Curious Case of Whuppity Scoorie

The ancient ritual of Whuppity Scoorie is undertaken in Lanark, Scotland, with dead seriousness every first day of March. At the ringing of the "wee bell," the children of Lanark race counterclockwise three times around the village church, or *kirk*, swinging balls of paper tied to lengths of string. A local Lanarkian, as reported in *The Scotsman* news, explained the ritual as a means of chasing bad spirits away to the next village. The Lanark Community Council's historical records offer a more sinister origin. Boys, armed with rolled-up caps or stones, once marched at the sound of the bell to the neighboring village to fight a rival gang. Once police got wise, they guarded the local road and have ever since. To this day, most Lanarkians are unsure of the point of Whuppity Scoorie, but that doesn't stop the annual event.

### Stitched Across the World



Quilters all around the world will be piecing together fabric into wonderful creations on March 21, 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 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 to protect against the elements, quilting never went out of style.

A number of quilting bees will no doubt be held on March 21, so be ready to cut your favorite patterns—Irish Chain, Log Cabin, Bear's Paw, or Tree of Paradise.

### St. Patrick's Day Word Search

P	O	T	O	F	G	O	L	D	B	E	E	T	S	L
O	S	F	R	A	C	H	G	C	U	I	V	E	L	U
S	O	H	B	O	W	S	C	L	O	V	E	R	E	W
T	A	M	A	R	C	H	R	A	D	O	W	S	P	I
L	R	U	C	M	U	C	K	Y	L	O	E	P	R	A
U	C	W	I	K	R	A	I	N	B	O	W	K	E	Y
K	A	T	R	S	G	O	N	D	U	R	L	U	C	K
T	H	E	T	G	O	S	C	P	L	E	R	P	H	A
C	T	O	I	R	N	T	D	K	O	G	M	R	A	I
C	O	R	N	E	D	B	E	E	F	R	C	A	U	R
E	T	I	R	E	L	A	N	D	O	S	H	E	N	I
W	O	W	N	D	O	W	T	L	K	Y	D	O	S	
L	E	A	I	S	T	H	P	A	R	A	D	E	T	H
T	R	A	D	I	T	I	O	N	R	O	P	C	E	D
A	P	A	T	R	I	C	K	M	A	F	C	T	H	A

CLOVER  
COINS  
CORNED BEEF  
TRADITION  
GREEN

IRELAND  
IRISH  
LEPRECHAUN  
LUCK  
MARCH

PARADE  
PATRICK  
POT OF GOLD  
RAINBOW  
SHAMROCK

©CRAYONSANDCRAVINGS.COM

### ST. PATRICK'S DAY WORD SCRAMBLE

- 1 ULCK .....
- 2 OLVERC .....
- 3 BORNAIW .....
- 4 CHRAM .....
- 5 PERCHLAEUN .....
- 6 LODG .....
- 7 NOCIS .....
- 8 MASHCORK .....
- 9 LIREAND .....
- 10 ERGEN .....
- 11 THA .....
- 12 AINTS .....
- 13 TRAPICK .....
- 14 OPT FO LOGD .....
- 15 CADEN .....

©THE BEST IDEAS FOR KIDS || THEBESTIDEASFORKIDS.COM

### Mid-March Mood Swing

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.

### Webs of Wonder

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



Lots of folks, experts and novices alike, think 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. 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.