

Caton Merchant House
9201 Portner Avenue
Manassas, Virginia 20110

Postage
Information

CATON MERCHANT HOUSE NEWSLETTER

February
2012

9201 PORTNER AVENUE MANASSAS, VIRGINIA 20110 703-335-8400 www.catonmerchanthouse.org

Calendar Confusion

Ever feel the need to make up for lost time? You're not alone. In fact, the entire world will be making up for lost time on February 29, the Leap Day for 2012's Leap Year.

Ancient cultures kept calendars like we do today, but these were based on lunar cycles that followed the phases of the moon, making each month only 29.5 days long. One year would last only 354 days, not nearly enough days for an actual year, which lasts 365.242 days, the amount of time it takes the Earth to orbit the sun.

These 354-day calendars wreaked havoc when it came to celebrating annual holidays. As the years passed, autumn harvest festivals were celebrated during the spring planting season! The Egyptians were the first culture to correct the amount of days, and they even added an extra day, a Leap Day, to the calendar every fourth year to prevent these problems.

Cleopatra shared this system with her boyfriend Julius Caesar, and Caesar decided to fix the Roman calendar. In the year 46 B.C., Caesar instituted a year that lasted 445 days – later called the Year of Confusion – to reset the entire calendar. Then he started a new 12-month-long year of 365 days, with an extra Leap Day added every fourth year to make up for the lost time. But this still was not perfect.

This extra day was still 11 minutes too long, which meant that an entire extra day would be added to the calendar every 128 years. That may seem small, but 1,000 years later, this created major problems. Now it was Pope Gregory XIII's turn to fix the calendar. He decided to keep the Leap Day, but only one out of every four "century years" would observe a Leap Year. The years 2000 and 2400 are Leap Years, but 2100, 2200, and 2300 are not. We still use this Gregorian calendar today. As for people born on February 29, known as Leaplings, no official ruling has yet been made on how to count their age.

Celebrating February

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Groundhog Day

Every February 2, crowds gather at the entrance of a groundhog's burrow and wait for the furry creature to forecast the weather.

If it sees its shadow and runs back inside, prepare for six more weeks of winter. If it steps boldly from its burrow, then spring may come early.

The Pennsylvania Germans began the tradition of Groundhog Day in America, with evidence of its practice dating back to 1841. These traditions began in ancient Europe, when people believed that badgers and bears, not groundhogs, could predict the weather. Christians, trying to convert these heathens, absorbed this tradition into their religious celebration known as Candlemas, commemorating the presentation of the baby Jesus at a temple and the purification of Mary. Amazingly, little is remembered of Candlemas, but much is made of an overgrown squirrel that predicts the weather.

February Birthdays

If you were born between February 1 and 18, you are an Aquarius. Water Bearers have attractive personalities, and are very imaginative and intuitive. Aquarians have a strong desire to help humanity, create unity, and thirst for knowledge and truth. People born between February 19 and 29 are Pisces. These Fish have boundless imaginations and often become gifted artists. Their great capacity for love and depth of feeling make them sensitive and caring souls.

Residents:

Jane McKnight 02/02
Joan Kennard 02/14
Katherine Preston 02/14
Florence Ewart 02/26
Becky Brooks 02/27
Sam Read 02/27

STAFF:

Jody Jenkins 2/8
Katherine Patchen 2/8
Alex Saintfleur 2/14
Taramatie Seenath 2/15
Linda Rash 2/22

J-E-L-L-O

There is no other dessert as wiggly and as jiggy as Jell-O. In fact, there is nothing quite like this gelatinous children's treat, so why shouldn't it have it's own weeklong celebration? February 12-18 is Jell-O Week.

During the 1800s in England, gelatin desserts were popular among the rich and famous. Party hosts would present fantastic jelly moulds of different shapes and sizes to their guests. But these fabulous jellies were expensive and hard to make. It wasn't until 1845 that Peter Cooper, the inventor of the first steam-powered locomotive, invented powdered gelatin. Cooper, though, never thought much of his idea and sold the product to a cough syrup maker named Pearl B. Wait. It was Pearl Wait who christened this new product Jell-O.

Jell-O may be the first real advertising success story. Consumers were, at first, suspicious of this strange, colorful, and wiggly food. In 1904, thousands of salesmen were sent door-to-door to give away free Jell-O cookbooks, a very innovative practice at the time. Popularity surged and by 1906, sales topped \$1 million dollars. Jell-O had truly become "America's Most Famous Dessert."

Can't wait to try a variety of Jell-O flavors? Enjoy this recipe for **8-Layer Jell-O**:

First Layer:
1 package cherry Jell-O
1 cup boiling water
1/2 cup cold water



Second Layer:
1 package cherry Jell-O
1 cup boiling water
3/4 cup evaporated milk

Repeat steps with lemon, lime, and orange Jell-O. Be sure to let each layer set until firm in a 9 X 13-inch pan before adding the next layer.

EMPLOYEE OF THE MONTH

Caton Merchant House would like to honor Cecilia Estrada-Hernandez, C.N.A. as Employee of the Month for February. Cecilia not only works in the Nursing Department, but will also fill in for Environmental Services if there is a need. She is being honored for her flexibility with her work schedule as well as her positive attitude. Cecilia works hard in any task she is given. Congratulations Cecilia and Thank You for your dedication!

Dr's in the House
Dr. Shuman- Feb 21st
Dr. Nau- Feb 1st

Positive Thought

Make every day count. Appreciate every moment and take from it everything that you possibly can, for you may never be able to experience it again.

Friends and Neighbors

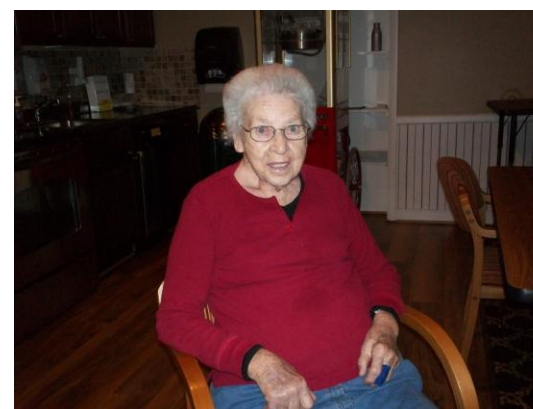
On February 19, 1968, Fred Rogers first invited children to be his neighbor on his hit show *Mr. Rogers' Neighborhood*.



Fred Rogers once said, "One of the greatest gifts you can give anybody is the gift of your honest self. I also believe that kids can spot a phony a mile away." Taking this belief to heart, he created a show that did not follow a plot, but instead allowed him to talk to his audience about issues. He demonstrated experiments, met members of his community, did crafts, and played music. His show was simple, natural, and wonderful.

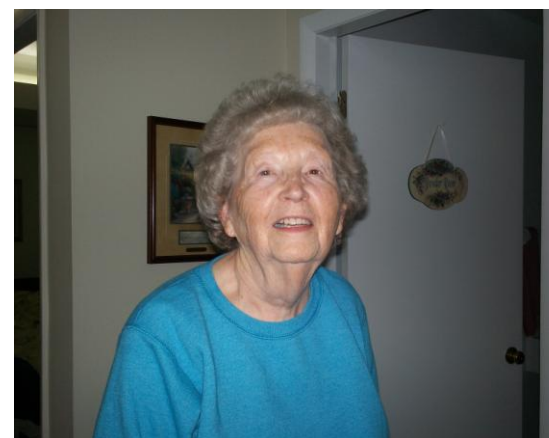
Fred Rogers himself wrote the song, "Won't You Be My Neighbor." One of his famous cardigan sweaters hangs in the Smithsonian Institution as a national artifact.

Resident Spotlight



Pauline Griffin

Born and raised in Pistah, Alabama, Pauline is a member of Church Of God. After High School she attended Vanderbilt University. During school, she worked as the secretary for the University and continued to work there for another 11 years after graduation. Paula met Joseph C M Griffin on a blind date. They later married and had three children and four grandchildren.



Jane Benson

Jane was born in Umatilla, Florida and raised in Arlington, Virginia. She was employed by the Fairfax County School System. She met her husband William Edward Slimax of 57 years while visiting a friend at Fort Belvoir. They have three children, three grandchildren and two great grandchildren. Her hobbies are gardening, bingo and singing.

Nuts for Nutella

On the morning of February 5, try something other than butter and jam on your morning toast. Try Nutella, that delicious chocolate hazelnut spread. It's World Nutella Day.

This spread was first developed in Italy. When taxes on cocoa beans went through the roof, a savvy business man named Pietro Ferrero invented Gianduja, a spread made of 20% hazelnut paste and 80% chocolate. It tasted like chocolate, but was far more affordable. Gianduja was an instant hit, especially with children. In 1963, this concoction was renamed Nutella. Today you can find it all over the world.

Nutella is not just for your breakfast toast. Aficionados add it to crepes, bake Nutella spice cakes and Nutella banana muffins, make Nutella French toast, and even grill Nutella and mascarpone cheese sandwiches. Take one taste, and you too may get hooked.

SPECIAL EVENTS

Feb 6th Tom Stringer
Feb 12th Johnny Foltz
Feb 14th Valentine Party
Feb 29th Welcoming Social

Caton Merchant Ambassadors For 2012

Patricia Leet
Barbara Hicks
John Lang

Anyone interested in being a CMA may contact any Manager and we will get you started in helping a new Community Member.