

livfun

MacKenzie Place

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Add a Little Spice to Your Life with Herbs

Growing herbs is an easy way to get your gardening fix indoors, and it can save you money at the grocery store. But many people don't know how to get started. Here are some easy steps that will have you cooking with homegrown herbs in no time.

1. Know which herbs to grow. Not all herbs thrive in an indoor environment, but there are many that do. Here are some easily grown herbs and some foods they complement.

- **Oregano** – tomato sauces, vegetables and bean dishes
- **Mint** – chocolate, rack of lamb and Middle Eastern dishes
- **Chives** – mashed and baked potatoes and soups
- **Rosemary** – lamb, chicken, pork and roasted potatoes
- **Thyme** – seafood, meats and soups
- **Bay leaves** – marinades for meat and fish, soups
- **Tarragon** – Bearnaise sauce, tomato soup, chicken



2. It is easier to grow herbs from plants than from seeds, so look for starter plants that you can transfer to a larger pot as they grow.
3. Experts recommend giving herbs six to eight hours of light a day. They also suggest rotating your pots weekly so the shoots don't lean.
4. Herbs thrive in terra cotta pots, which allow the soil to breathe.
5. Herbs don't need as much water as other plants. To see if it is time to water them, put your finger up to your knuckle in the pot. If the soil is dry, it is time to water them. Also, record how many days it takes them to dry out and create a consistent watering schedule. When watering the herbs, let the pots drain completely as standing water can rot the roots.
6. Make sure you use soil that is rich, loamy and not compacted. Also, do not use dirt from outside as it will not be ideal for indoor growing. You can add crushed eggshells to the soil to give the herbs extra lime.
7. Cutting herbs promotes growth, but make sure not to cut off more than a third at any one time.

Now you are ready to kick off a new, rewarding hobby. Get growin' today!



Heart Disease Awareness Month

With February being Heart Disease Awareness Month, now is a good time to review the components of a heart-healthy diet. Making small changes to your meals can have positive effects on your heart; however, it is important to speak with your doctor before implementing any drastic changes in your diet.

One of the most direct ways to make your diet more heart healthy is to limit fat and cholesterol. According to the Mayo Clinic, saturated fat should make up no more than seven percent of your daily calories. They also recommend consuming less than 300 mg of cholesterol a day. One easy way to limit saturated fat is to cook with olive or canola oil instead of butter.

Another way to help your heart is to eat plenty of whole grains. The Mayo Clinic has found that whole grains help lower blood pressure and regulate blood sugar better than processed grains. Swap out your white rice for brown rice and regular pasta for whole wheat pasta.

Making small changes here and there can really improve your heart's health in the long run. This February, think about your heart. If you take care of it, it will take care of you!

WEEKLY SCHEDULE

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
10:30 NONDENOMINATIONAL SERVICES, BLM 11:00 Sunday Brunch Buffet, P 1:30 Chess, B 4:00 Chapel Services, ALL	9:00 Head to Toe: Intermediate, PF 10:15 Aqua Fit Water Aerobics, PFP 11:00 Supervised Swim, PFP 1:00 Hand and Foot Cards, ALB 1:30 Scrabble, AR 2:00 Posit Science, CR 3:30 Positively Moving with Parkinson's, PF 3:30 Billiards Game, L	9:00 Head to Toe: Beginner, PF 10:00 One Plus One Gentlemen's Club, L 10:00 Balance Principles, PF 11:00 Gentle Yoga/Tai Chi (All Levels), PF 1:00 Bridge, L 2:00 Posit Science, CR 2:00 Wii Bowling, L 2:30 Bunco, B 3:00 Movie Matinee, TH 3:30 Zumba (Intermediate), PF	9:00 Head to Toe: Intermediate, PF 10:15 Aqua Fit Water Aerobics, PFP 11:00 Supervised Swim, PFP 2:00 Posit Science, CR 3:15 Chix with Stix Knitting Club, ALB 3:30 Positively Moving with Parkinson's, PF	9:00 Head to Toe: Beginner, PF 10:00 Balance Principles: Intermediate, PF 11:00 Fun Fit, PF 2:00 Posit Science, CR 2:00 Memories in the Making (Art), ALB 3:00 Movie Matinee, TH	9:00 Head to Toe: Intermediate, PF 10:00 Bible Study, LB 10:00 Walk Fit: Intermediate, PF 10:30 Mexican Train Dominoes, L 11:00 Circuit Training, PF 2:00 Posit Science, CR 3:30 Parkinson's Exercise Class \$, PF	9:00 Head to Toe: Beginner, PF 10:15 Aqua Fit Water Aerobics, PFP 11:45 Blood Pressure Check, PF 2:00 Saturday Afternoon Flix, TH 2:30 Billiards in the Afternoon, L

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations Activities Room, AR Back Dining Room, BD Nancy Lewis Park, NLP PrimeFit, PF Al 3rd Floor Rehab, rehab Ballroom, BLM Outing, O PrimeFit Patio, PFP Arbours Bistro, ALB Bistro, B Outing \$, O-\$ PrimeFit Pool, PFP Arbours Chapel, AC Computer Room, CR Palmer's, P Theater, TH Arbours Lobby, ALL Library, LB Palmer's Patio, PP Arbours Loft, L Living Room, LR Pre Paid Outing \$\$, PPO\$						
5 2:00 Early Afternoon Movie, TH 2:45 Game of Pictionary, B 4:00 Super Bowl!, B	6 8:30 First Monday Breakfast: The Egg and I, O-\$	7 10:00 Still Life with Raintree, AR	8 10:30 Fresh Flower Arranging, ALB 11:00 Town Hall Meeting, TH 12:00 Arbours Lunch Club, O-\$ 2:00 Cooking with Chef, B	9 GROUNDHOG DAY 10:15 Bingo: Arbours Wing, L 3:30 New Resident Orientation, PF 6:00 Front Range Fiber Artisans Meeting, BLM	10 11:00 Poetry Club, LB 1:30 Pillar: The Reassuring Universe *, BLM 3:45 Book Club, AR 4:00 Happy Hour, B	11 1:30 Bob Jackson on Piano, B 2:00 Mid-Afternoon Board Games, B
12 3:30 Pillar's Movie with Warren Epstein: Larry Crowne, TH	13	14 VALENTINE'S DAY 3:30 Hearing Aid Cleaning, BLM 4:00 Valentine's Day Happy Hour, B 5:00 Valentine's Day Dinner, P 7:00 Casablanca, TH	15 1:00 Pete Field Commissary Run, O 3:00 IL & AL Welcome Wagon Committee, BD	16 10:15 Bingo: Arbours Wing, L 11:00 Lunch – Mimi's, O-\$	17 2:00 Abigail, Rachael & Anna, ALL 4:00 Happy Hour with Bob Jackson, B	18 2:00 Art in the Afternoon!, AR
19 2:00 Early Afternoon Movie, TH	20 PRESIDENTS' DAY 1:30 Beading Buddies, ALB 9:30 Cripple Creek Ice Fest: "Story Time," O-\$	21 MARDI GRAS 2:00 Mardi Gras Celebration, B	22 ASH WEDNESDAY 10:30 Fresh Flower Arranging, ALB 11:00 Arbours Resident Council, L 12:00 Arbours Lunch Club, O-\$ 2:00 February Birthdays with Skip Moore, B	23 10:30 Pike's Peak Library Lobby Stop, ALL 1:00 Positively Living, TH	24 11:00 Poetry Club, LB 1:00 Arbours Ice Cream Social, ALB 4:00 Happy Hour, B	25 10:00 Orchid Society, BLM 1:30 Bob Jackson on Piano, B 2:00 Mid-Afternoon Board Games, B
26 2:00 Early Afternoon Movie, TH 3:00 Mac Place Sing-Along with Mary Smith, LR	27 3:00 Coffee, Tea, Cocoa Chat, B	28	29	<div style="border: 1px solid black; padding: 5px;"> Birthdays Dan Good, 7th Beverly Broin, 11th Ruth McIntyre, 8th Lillian Fittje, 13th Betty Lowe, 8th John Pope, 27th Helen Rohde, 11th </div>		

Happy Birthday to the Home Run King

George Herman “Babe” Ruth is one of baseball’s most recognizable names. Fans loved to watch his explosive hitting, and players today still strive to break his records. His career slugging percentage of .690 has never been beaten.

The famous home-run hitter was born on February 6, 1895, in Baltimore, Maryland. His parents had eight children, but only George and his sister survived infancy. He was a troublemaker, even at a young age, so when he was seven, he was sent to St. Mary’s Industrial School. It was here he learned to play baseball. Even though George was a strong hitter, Jack Dunn, owner of the then minor league Baltimore Orioles, recruited him for his pitching. Since George was only 19, and the majority age was 21, Jack became George’s legal guardian, earning George the nickname of “Jack’s Babe” – a nickname that would stick with him all his life.

Ruth only played a short time in Baltimore before being traded to the Red Sox. There, he pitched from 1914-1918 and led them to three championships. He moved to the outfield in 1918 so he could focus on hitting, but the team wasn’t as successful without him on the mound. In 1919, he was sold to the New York Yankees for \$125,000. While the trade greatly benefited the Yankees, it was disastrous to the Red Sox. Boston didn’t win another World Series until 2004, a streak that was dubbed “The Curse of the Bambino.”

Babe Ruth played for the Yankees from 1920-1934, and during this time he took the Yankees to the World Series and broke numerous slugging records. One of his famous moments took place during game three of the 1932 World Series at Wrigley Field. While he was at bat during the fifth inning, he pointed to center field. He then hit a home run on the next pitch directly to where he had been pointing.

Ruth’s talent declined, and he retired in 1936. He passed away in 1948 from cancer, leaving behind his second wife, Claire, and two daughters. However, he left his mark on the baseball world, and his legacy lives on today.

The History of Mardi Gras

This year, Mardi Gras falls on February 21st. Mardi Gras is usually considered a French holiday that signals the beginning of Lent. While the name is French, the original celebration began in Rome and is older than Christianity. The ancient Romans celebrated Lupercalia, a festival which was observed from February 13th-15th to purge evil spirits from the city and to promote health and fertility. Lupercalia made its way to France in the Middle Ages where it became Mardi Gras.

Mardi Gras is actually French for “Fat Tuesday.” Traditionally, it’s a time for people to eat, drink and celebrate before they fast for Lent. It is generally believed that Mardi Gras came to America in 1699 via the French explorer Iberville. People in present-day New Orleans celebrated with masquerade balls and festivals, but the carnival was prohibited when Spain gained control of the area. It wasn’t until after Louisiana became part of the United States that the ban was lifted.



The first official Mardi Gras parade was recorded in 1837. Unfortunately, Mardi Gras became associated with violence in the 1840s and 1850s and nearly ceased to exist. However, in 1857, a council of six men formed a group called the Mystick Krewe of Comus. These men had previously planned New Year’s Eve parades, and they created rules to make Mardi Gras safer. They also unified each year’s parade by giving it a theme and allowing the construction of floats that represented the theme.

Under Comus, which still exists today along with a whole slew of other krewes, Mardi Gras flourished over the next several decades. It took a hiatus during World Wars I and II, and it struggled during the 1920s and 1930s due to Prohibition and the Great Depression. However, today New Orleans’ tourism industry thrives on hosting people from all over the world who want to see what has become “the greatest free show on Earth.”

Leaping Into February

This year is a leap year! Here are a few facts about Leap Day, which comes just once every four years. Why do we have a leap year?

It actually takes the Earth 365 days, five hours, 48 minutes and 46 seconds to orbit the sun. To account for the roughly quarter of a day surplus, one day is added to the calendar every four years. However, since we have slightly less than a quarter of a day extra, sometimes a leap year needs to be skipped.

The formula for determining when a leap year will occur is if the year is divisible by four, except for those also divisible by 100; however, it does include years divisible by 400. This rule explains why the year 2000 was a leap year, but not 1900. And 2100 will not be a leap year either, but 2400 will.

The leap year got its name because the extra day in the calendar pushes the days of the week forward. For example, if June 1st is on a Friday in 1999, then instead of it being on a Saturday in 2000, it is on a Sunday. The extra day causes everything to “leap” forward.

Ladies’ Choice

The leap year came to be known as a time when women could romantically pursue men. While there are a few legends about how this started, the most common is that it originated in Ireland in the fifth century when St. Bridget complained to St. Patrick that women always had to wait for men to propose. St. Patrick suggested that women be allowed to propose to men every seven years. The two haggled until they came to an agreement that women could propose to men every four years, during a leap year.

Legend also says that in 1288, Queen Mary of Scotland decreed that men should be fined if they denied a marriage proposal from a woman. The law was changed so that men were only fined if they refused a proposal from a woman on a leap day. So, ladies, if you have your eye on someone, perhaps February 29th is the day to make your move!

**MacKenzie
Place**

RETIREMENT
IN FULL BLOOM

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