

the Concord Grapevine

March 2019

IT HAPPENED IN THE MONTH OF MARCH

March 1, 1974 Seven former high-ranking officials of the Nixon White House were indicted for conspiring to obstruct the investigation into the Watergate break-in. Among those indicted; former chief of staff H.R. Haldeman, former top aide John Ehrlichman, and former attorney general John Mitchell.

March 3, 1847 Telephone inventor Alexander Graham Bell was born in Edinburgh, Scotland. Bell and his father were involved in teaching deaf persons to speak. Bell developed an interest in the vibrating membrane as a method of electrically transmitting sounds. His very first sentence spoken on the newly invented telephone on March 10, 1876, was to his assistant, "Mister Watson, come here, I want you."

March 6, 1475 Renaissance genius Michelangelo was born in Caprese, Italy. He was a painter, sculptor, architect, poet and visionary best known for his fresco on the ceiling of the Sistine Chapel and his sculptures *David* and *The Pieta*.

March 9, 1934 Russian cosmonaut Yuri Gagarin was born in Gzhatsk, Russia. On April 12, 1961, he became the first human in space, orbiting in a capsule 187 miles above the Earth's surface in a flight lasting 108 minutes. His space flight caused a worldwide sensation and marked the beginning of the space race as the U.S. worked to catch up to the Russians and launch an American into space. President John F. Kennedy later asserted the U.S. would land a man on the moon before the end of the 1960's.

March 15, 1767 Andrew Jackson, the 7th U.S. President, was born in a log cabin in Waxhaw, South Carolina. As a boy he volunteered to serve in the American Revolution. Captured by the British, he refused an order to clean an officer's boots and was slashed by his sword. Jackson later gained fame

as a hero during the War of 1812. In politics he helped form the new Democratic Party and became the first man from an impoverished background to be elected President, serving from 1829 to 1837.

March 19, 2003 The United States launched an attack against Iraq to topple dictator Saddam Hussein from power. The attack commenced with aerial strikes against military sites, followed the next day by an invasion of southern Iraq by U.S. and British ground troops. The troops made rapid progress northward and conquered the country's capital, Baghdad, just 21 days later, ending the rule of Saddam.

March 22, 1972 The Equal Rights Amendment to the U.S. Constitution was passed by the U.S. Senate and then sent to the states for ratification. The ERA, as it became known, prohibited discrimination on the basis of gender, stating, "Equality of rights under the law shall not be denied or abridged by the United States or by any State on account of sex," and that "the Congress shall have the power to enforce, by appropriate legislation, the provisions of this article." Although 22 of the required 38 states quickly ratified the Amendment, opposition arose over concerns that women would be subject to the draft and combat duty, along with other legal concerns. The ERA eventually failed (by 3 states) to achieve ratification despite an extension of the deadline to June 1982.

March 28, 1979 Near Harrisburg, Pennsylvania, the Three Mile Island nuclear power plant accident occurred in which uranium in the reactor core overheated due to the failure of a cooling valve. A pressure relief valve then stuck causing the water level to plummet, threatening a catastrophic nuclear meltdown. The accident resulted in the release of radioactive steam into the atmosphere, and created a storm of controversy over the necessity and safety of nuclear power plants.

March 31, 1933 The Civilian Conservation Corps, the CCC, was founded. Unemployed men and youths were organized into quasi-military formations and worked outdoors in national parks and forests.

~ Source: *The History Place*

March... is National Women's History Month

- 2nd Read Across America Day
- 5th Mardi Gras
- 6th Ash Wednesday
- 10th Daylight Savings Begins!
- 17th St. Patrick's Day
- 20th Start of Spring

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Movie Madness

Coming to Theatres this Month...



Tyler Perry's A Madea Family Funeral - March 1st

A joyous family reunion becomes a nightmare as Madea and the crew travel to backwoods Georgia, where they find themselves unexpectedly planning a funeral that might unveil unsavory family secrets.

Captain Marvel - March 8th

Follows Carol Danvers, an Air Force pilot whose DNA is fused with that of an alien during an accident. The resulting alteration gives her with the superpowers of strength, energy projection, and flight.

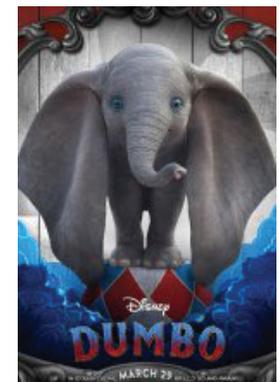


Chimera Strain - March 15th

Imagine a world without aging, injury, disease or death. Quint's obsession with this utopian dream pushes him to the edge of his sanity. Rather than risk losing his dying children, Quint decides to freeze them alive, thereby preserving them in a cryonic ametabolic state. Meanwhile he feverishly researches genetic modifications that would give them the regenerative abilities of the "immortal" Turritopsis jellyfish. Quint's experiments require human embryonic stem cells and this sets him on a collision course with Masterson, a shadowy figure, whose bizarre motives trigger a chain of events with far-reaching consequences.

Dumbo - March 29th

Circus owner Max Medici enlists former star Holt Farrier and his children Milly and Joe to care for a newborn elephant whose oversized ears make him a laughingstock in an already struggling circus. But when they discover that Dumbo can fly, the circus makes an incredible comeback, attracting persuasive entrepreneur V.A. Vandevere, who recruits the peculiar pachyderm for his newest, larger-than-life entertainment venture, Dreamland. Dumbo soars to new heights alongside a charming and spectacular aerial artist, Colette Marchant, until Holt learns that beneath its shiny veneer, Dreamland is full of dark secrets.



Recipes

Cajun Jambalaya

spicy, hearty, and incredibly flavorful!

Ingredients:

- 1 tbsp. extra-virgin olive oil
- 1 onion, chopped
- 2 bell peppers, chopped
- Kosher salt
- Freshly ground black pepper
- 1 lb. boneless skinless chicken breasts, cut into 1" pieces
- 1 tsp. dried oregano
- 6 oz. andouille sausage, sliced
- 2 cloves garlic, minced
- 2 tbsp. tomato paste
- 2 cup low-sodium chicken stock
- 1 (15 oz.) can crushed tomatoes
- 1 cup long grain rice
- 2 tsp. Old Bay seasoning
- 1 lb. medium shrimp, peeled and deveined
- 2 green onions, thinly sliced



Directions:

In a large pot over medium heat, heat oil. Add onion and bell peppers and season with salt and pepper. Cook until soft, about 5 minutes, then stir in chicken and season with salt, pepper, and oregano. Cook until the chicken is golden, about 5 minutes, then stir in andouille sausage, garlic, and tomato paste and cook until fragrant, about 1 minute more. Add chicken broth, crushed tomatoes, rice, and Old Bay. Reduce heat to medium low, cover with a tight fitting lid, and cook until the rice is tender and the liquid is almost absorbed, about 20 minutes. Add the shrimp and cook until pink, 3 to 5 minutes. Stir in green onions just before serving. ~ Source: *Delish*

Tin Roof Sundae Pie

an easy-to-make ice cream pie!

Ingredients:

- 4 cups honey and nut flavor cornflakes cereal
- 1/2 cup peanut butter
- 1/2 cup light corn syrup
- 1 quart vanilla ice cream, softened
- 1/4 cup chopped salted peanuts
- 1/2 cup chocolate syrup

Directions:

Lightly grease a 9 inch pie pan. In a large bowl, mix together cereal, peanut butter, and corn syrup. Press mixture into greased pie pan. Spread softened ice cream evenly into crust. Top with chopped peanuts. Freeze until firm, at least 4 hours. Top each slice with chocolate syrup before serving. ~ Source: *Allrecipes*



Your Health

March is Eye Safety Month

With so many people using computers at work and at home, complaints of eye strain, difficulty focusing and discomfort have become commonplace in doctors' offices. Although offices have marched into the age of technology, not much else has. People are still using the same lighting, furniture and desk configurations they had when using typewriters.

To mark March as "Workplace Eye Safety Month," the American Academy of Ophthalmology has put together some tips to help us alleviate some of the eye problems modern technology has given birth to. They are:

First and most important – **get an eye exam** by your ophthalmologist, who can rule out the possibility of eye disease as the cause of your symptoms. You could simply need glasses when working at a computer, or your prescription might need updating;

Screen distance – you should sit approximately 20 inches from the computer monitor, a little further than you would for reading distance, with the top of the screen at or below eye level.

Equipment – choose a monitor that tilts or swivels, and has both contrast and brightness controls;

Furniture – an adjustable chair is best;

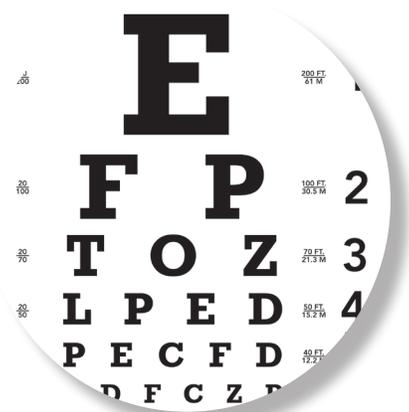
Reference materials – keep reference materials on a document holder so you don't have to keep looking back and forth, frequently refocusing your eyes and turning your neck and head;

Lighting – modify your lighting to eliminate reflections or glare. A hood or micromesh filter for your screen might help limit reflections and glare; and

Rest breaks – take periodic rest breaks, and try to blink often to keep your eyes from drying out.

Another thing to remember is that the forced-air heating systems in big office buildings can increase problems with dry eyes during the winter months. The usual symptoms of dry eye are stinging or burning eyes, scratchiness, a feeling that there's something in the eye, excessive tearing or difficulty wearing contact lenses. Over-the-counter eye drops, called artificial tears, usually help, but if dry eye persists, see your eye doctor for an evaluation.

~ Health Resources Publishing



Coloring Fun!

A Special Place Just For Kids!

