

Concord Council on Aging
HIGH SPIRITS
Mid-Month Notes from Your COA

March 2022

Volume 3 No. 3

St. Patty's Day Edition

It was all about the Green the last few weeks at the COA. Activities coordinator, Tina Close, bused a crew of you up to Danversport to be entertained by "The Celtic Angels" - it was a heavenly time!

The students at CCHS didn't let heavy rain wet down their enthusiasm for the school's annual St. Patrick's Day lunch. 175 of you signed up and drove through. Next year the teens hope to serve you in their cafeteria! Spring comes in like a lamb on Sunday, April 20th :)



TV Corner

MARCH MADNESS — on now most Thurs., Fri., & Wknds on CBS, TNT & TBS
NCAA Champ Game - April 4th at 8:00 PM on CBS

OSCARS—94th Academy Awards
March 27 at 8:00 PM on ABC

RED SOX HOME OPENER
April 4 at 2:00 PM on NESN



Bye-Bye EDST!

On Tuesday March 15 (the Ides!) the U.S. Senate voted unanimously to make daylight saving time permanent. Since as far back as 1918, Americans have tweaked their clocks twice a year in a failed attempt to save energy. (Fun fact for everyone but farmers: they had nothing to do with it.) But studies show the ritual is linked to things like higher rates of heart disease, car accidents, and depression. Still, for over a century everyone's kind of just gone along with it. Before the vote Sen. Marco Rubio (R-FL) — fresh off one less hour of sleep than usual probably — said 'enough is enough.' As he put it, "we don't have to keep doing this stupidity anymore." Everyone in the Senate agreed. Next up: the House and President Biden have to take the bill up. Meanwhile, sleep specialists are saying 'noooo' — and that it should be standard time instead.

Your Top 10

MOST FAMOUS IRISH PEOPLE EVER

10. ENYA
Singing Sensation
9. OSCAR WILDE
Literary Great
8. JAMES JOYCE
Influential Writer
7. MARY ROBINSON
Ireland's 1st Female President
6. KATIE TAYLOR
Inspiring Female Boxer
5. MAUREEN O'HARA
Silver Screen Star
4. MICHAEL COLLINS
Revolutionary Leader
3. LIAM NEESON
Acting Sensation
2. CONOR MCGREGOR
Controversial Mixed Martial Arts Fighter
1. BONO
Global Rockstar



They're Magically Delicious

Lucky Charms cereal debuted in 1964 with oat pieces in shapes of bells, fish, arrowheads, clovers and X's and green clovers, pink hearts, orange stars and yellow moons marshmallows – the marshmallow pieces are called “marbits”. Of the original marbits, only pink hearts remain today.

The cereal was created by product developer John Holahan. He developed the original prototype based on Cheerios cereal pieces and chopped up pieces of his favorite candy – Circus Peanuts. **Lucky the Leprechaun** debuted in 1964 with the most expensive advertising roll-outs of the day.



Tech Corner

Technically **Green** is no longer just a color. It's now the symbol of ecology and a verb.

Since the beginning of time, green has signified growth, rebirth, and fertility. In pagan times, it was a symbol of fertility. In Muslim countries, it is a holy color and in Ireland, a lucky color.

Today's greens can be found in a range of objects: pea soup, celadon glazes, yucky shag carpet, sickly bathroom walls, emeralds, wasabi, and sage.

Global Meanings of Green

- ◆ Universally known for nature.
- ◆ Symbolizes ecology & environment
- ◆ Traffic lights are green all over the world.

Unique Meanings of Green in Cultures

- ◆ In China, green symbolizes infidelity. A green hat shows a man's wife is cheating on him.
- ◆ In Israel, green symbolizes bad news.
- ◆ In Japan, the words for blue and green ("ao") are the same.
- ◆ In Spain, racy jokes are "green."

Luck or Bad Luck?

- ◆ A green shamrock symbolizes luck.
- ◆ Green cars at racetracks are considered unlucky.
- ◆ Australian showmen believe green is bad luck.



Comedy Corner



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