



# The Aqua Almanac

March 2013 Volume 1, Issue 2

from our family to yours



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### Inside this issue:

- St. Patrick History
- Cookie Recipe
- Music and Work
- Short Story
- And Much More!

## Short History of St. Patrick

St. Patrick was born in Britain to wealthy parents, Calpurnius and Conchessa, near the end of the fourth century. People believe that he died on March 17th, around 460 A.D, but his exact date of death still remains unknown to this day. When Patrick was 16 years old, he was captured and taken prisoner by a group of Irish pirates when they raided his family's home. They took him to Ireland where he spent the next six years of his life in captivity. While in captivity, he worked as a shepherd and spent most of his time outdoors away from people. During his years in captivity, he became scared and lonely. This is when he fell back on his Christian roots and became a devout Christian. Sometime, after being captured for six years, he escaped and started converting the Irish people to Christianity.



Need to refresh the look of your pool furniture? New umbrellas are a great way to get the desired look you want that also provide protection from harmful UV rays. Don't get burned by the other guys, we've got you covered rain or shine! Call today for March specials.



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Stop by our CAI booth on Saturday March 23<sup>rd</sup>, booth number 340



# Irish Flag Cookies



## What you'll need!

- 1 cup butter
- 1 1/2 cups confectioners' sugar
- 1 egg
- 1 teaspoon vanilla extract
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar



1. In a large bowl, cream together butter and confectioners' sugar. Beat in egg and vanilla extract. Mix well.
2. In a medium sized bowl, stir together the flour, baking soda and cream of tartar. Blend into the butter mixture. Divide dough into thirds and shape into balls.
3. Working with 1/3 of the dough at a time, roll out dough to 1/4 inch thick on a floured surface. With a knife, cut dough into rectangles about 2 inches high by 3 inches long. (6 x 8 cm).
4. Place rectangles on an ungreased cookie sheet, 2 inches apart. Bake in a preheated 350 degree F (175 degrees C) oven until lightly browned. Cool completely on wire rack.

**Q. What is out on the pool deck all summer and Irish?**

**A. Paddy O'Furniture**

**Q. When is an Irish Potato not an Irish Potato?**

**A. When it's a "French fry"**

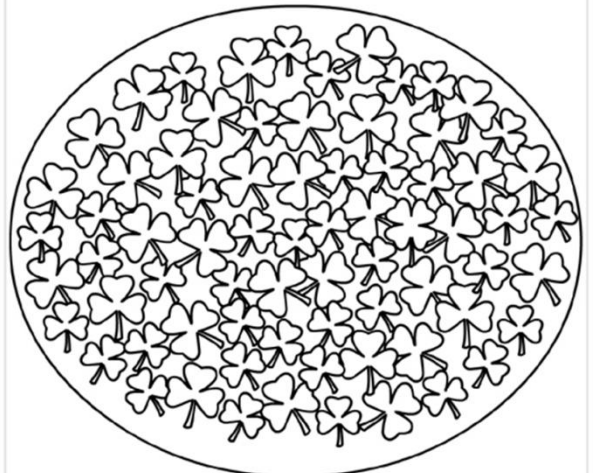
**Q. What do you call a fake stone in Ireland?**

**A. A sham rock**

**Q. Why is a river rich?**

**A. Because it has two banks!**

**CAN YOU FIND THE  
4 LEAF CLOVER?**



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



CLOVER  
 GOLD  
 GREEN  
 IRELAND  
 LEPRECHAUN  
 LUCK  
 MARCH  
 PATRICK  
 POT  
 RAINBOW  
 SAINT  
 SHAMROCK

When the Spanish explorer, Hernando Cortez, landed at Veracruz in the Gulf of Mexico in the sixteenth century, one of the first things he did was burn his ships.

His goal was to conquer this new land by pushing west to the Pacific; by burning his ships he eliminated the possibility that his men would lose heart and sail back to Spain. The presence of ships gave Cortez's forces an alternative if they lost the fight that lay ahead; burning the ships gave the men a powerful motive to win. Convinced that they could not turn back, they were better able to focus on the goal and do what had to be done to reach it. All of us with goals would do well to do the same.

Unfortunately, many of us never achieve this focus. We have realistic goals, but we never seem to make much headway to reach them. Many of us have good ideas, but we don't execute them.

Instead, we waste time. We take detours. We put off things that we must do. We dawdle over those things we start to do.

We postpone actions that would move us along toward our goal or the execution of our idea. If we run up against an obstacle, we hope it will go away. We fail to realize that we have to take on the hard tasks first if we want the rest of the journey to be easier.

We get mired in trifles and excuses. We tell ourselves that there's not enough time or that we're not sure what the next step should be. We claim that we don't have enough resources or that we haven't been given enough support.

All of us seem able to find excuses to justify what we want to do rather than doing what is difficult or unpleasant. Only the successful do what has to be done, without dawdling, detours, or excuse. They commit to a goal or idea, then they burn their ships and move head, convinced that's there's no turning back.



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## Can you match these March Birthdays?

Bon Jovi	March 10, 1983
Carrie Underwood	March 16, 1959
Dane Cook	March 18, 1972
Elton John	March 2, 1962
Eva Mendes	March 20, 1957
Flavor Flav	March 21, 1980
Lady Gaga	March 24, 1976
M.C. Hammer	March 25, 1947
Payton Manning	March 28, 1986
Ronaldinho	March 30, 1962
Spike Lee	March 5, 1974

## The Mozart Effect

Can listening to music help us work more productively? There are a lot of people who like to listen to music while they work because it helps them focus more on the task that they are trying to complete. We know that music can change your mood in many ways. When the right song comes on your iPod, it can give you just enough energy to finish that last half mile of your nightly jog. Movies have used music in the background of scenes for years now to set the right mood. Research from a large retail company also supports this claim. 75 out of 256 employees were given a personal radio at work for four weeks. At the end of the experiment the 75 employees showed a 10% increase of productivity. A similar study done at the University of Illinois saw a 6.3% increase compared with the non-music group. If your goal is to try and increase your concentration, then researchers suggest music with a constant easy beat with light melodies. If you want to be more relaxed in the work environment, playing music with an upbeat rhythm has been shown to reduce stress hormone levels up to as much as 41% in some cases. Everyone has different preferences when it comes to what they consider “good music,” so experiment with the kind of music you enjoy and see how it can positively affect your work day!

**Answers:** Bon Jovi- March 2, 1962, Carrie Underwood- March 10, 1983, Dane Cook- March 18, 1972, Elton John- March 25, 1947, Eva Mendes- March 5, 1974, Flavor Flav- March 16, 1959, Lady Gaga- March 28, 1986, M.C. Hammer- March 30, 1962, Payton Manning- March 24, 1976, Ronaldinho- March 21, 1980, Spike Lee- March 20, 1957