



The Snap-Clap, Chit-Chat, Pitter Patter

God is our refuge and strength,
a very present help in trouble. Psalm 46:1

Dear Family,

As we move into spring, the season of hope, new growth and light, let us give thanks for the winter of our lives. The times that challenge us to keep moving forward, keep pushing up. May we continue our journey with deep appreciation for the things that remain, for the accomplishments we have made even when navigating dark times. Nothing stays the same forever, not the good times but also not the hard times. Keep the faith, hold on to tradition, cling to the memories, celebrate new beginnings, fuse the best of the past and present, make way for the future. We have much to focus on in the coming month. The preparation for Lent, a time to recall where we have come from and where we shall return. A time to reflect on where we are right now and give thanks for our forefathers for the establishment of the Great State of Texas-HAPPY 186th Birthday Texas (established March 2, 1836 as a country admitted to the US February 1945). Like Texas, with strength, loss, fortitude, grit and perseverance here we are today still striving sometimes more surviving than thriving but none-the-less ready to embrace a new springtime of our life. "Today is your day, your mountain is waiting. so get on your way."- Dr. Suess.

LWM

Among the many celebration this month, we can include Dr. Suess (March 2, 1904- September 24, 1991). Theodor Seuss Geisel (aka Dr. Suess) was an author and illustrator of more than 60 children's book. Many of his quotes are both inspiring and encouraging, some of them silly, most very recognizable.

Believe this..... "Today you are You, that is truer than true. There is no one alive who is Youer than You." Dr. Suess

Remember this... "When something bad happens you have three choices. You can either let it define you, let it destroy you, or you can let it strengthen you."

Dr. Suess



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Upcoming Events:
☺ SPRING BREAK
March 14-18
Please see further information in the on page 4.

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Maris Gras

Mari Gras (French for FAT TUESDAY) HISTORY

The last day of Carnival and the day before Ash Wednesday, Fat Tuesday is the intertwining of a period of festivals and feasts that lead to a time of fasting and reflection. Also known as Shrove Tuesday and Mardi Gras, this enduring celebration has many traditions and deep roots around the world. Mardi Gras dates back to an ancient Roman festival honoring the deities Luperclia and Saturnalia which took place in mid-February. When Christians arrived in Rome, they incorporated the festival into Lenten preparations for the Holy day of Easter.

For centuries, this solemn feast prepared Christians for the season of Lent and used up valuable meat and supplies they would be abstaining from in the days to come. Traditions surrounding the day have changed through the ages. Through time and culture, the practices of Lent and Carnival, Mardi Gras, and Shrove Tuesday have varied and become incorporated into regional customs.

Credit for bringing Mardi Gras to America goes to French explorers Pierre Le Moyne Sieur d'Iberville and Jean Baptiste Le Moyne Sieur de Bienville. In 1699, d'Iberville reached the mouth of the river on Shrove Tuesday near what is now Louisiana and named it Pointe du Mardi Gras. Thanks to their establishment of Fort Louis de la Mobile, modern-day Mobile, Alabama lays claim to the first Mardi Gras celebration on American soil in 1703. When de Bienville established Nouvelle Orleans in 1788, Mardi Gras celebrations reportedly began immediately. In 1875, Louisiana declared Fat Tuesday and official holiday.

Excerpt from <https://nationaldaycalendar.com/fat-tuesday-day-before-ash-wednesday/>

Mardi Gras Traditions

King Cake—associated with the Epiphany—a circular cake with a toy baby cooked in it. whoever gets the baby in their slice is responsible for the next year's King cake.

Colors of Mardi Gras— gold represents power, green represents faith, and purple represents justice

Masks—used to disguise the wearer, creating an tradition where a transformation of the persona allowed "partying" without being identified.

Krewes—This term for the New Orleans clubs that organize the Mardi Gras festivities

Parades—1837 the first official recorded Mardi Gras Parade was held in New Orleans.

Floats—most floats are made in secrecy in "secret dens," with the big reveal happening each year at the parade. There are typically between 14 and 40 full-sized floats in a Mardi Gras parade.

"when the power of love overcomes the love of power, the world will know peace."
— Jimi Hendrix





TEXAS INDEPENDENCE DAY— MARCH 2

Texas Independence Day is the celebration of the adoption of the Texas Declaration of Independence on March 2, 1836. With this document signed by 59 delegates, settlers in Mexican Texas officially declared independence from Mexico and created the Republic of Texas.

THE REPUBLIC OF TEXAS WAS ANNEXED TO THE US BY JOINT RESOLUTION OF THE US CONGRESS NINE YEARS AFTER THE TEXAS DECLARATION OF INDEPENDENCE WAS SIGNED. THE US CONGRESS THEN ADMITTED TEXAS AS A CONSTITUENT STATE OF THE UNION ON DECEMBER 29, 1845.



A Little Humor

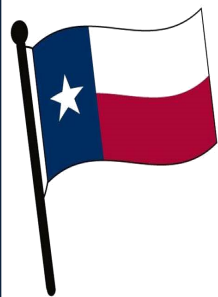
What type of music do leprechauns enjoy?



TEXAS SYMBOLS

Flag: Lone Star Flag

Instantly recognizable, the Lone Star Flag was originally designed by Texas Constitutional Convention delegate Dr. Charles Bellinger Stewart and was adopted by the Congress of the Republic of Texas in 1839. Austin artist Peter Krag was paid a fee of \$10 (about \$200 in current dollars) to make an architectural rendering of Stewart's original freehand flag design. Like the United



States flag, the red, white, and blue colors in the Lone Star flag stand for courage (red), purity and liberty (white), and loyalty (blue).



SEAL: GREAT SEAL OF THE STATE OF TEXAS:

IN 1839, AT THE SAME TIME AS IT ADOPTED THE LONE STAR FLAG, THE CONGRESS OF THE REPUBLIC OF TEXAS ADOPTED A NATIONAL SEAL WITH A LONE STAR SURROUNDED BY A WREATH OF AN OLIVE BRANCH AND A LIVE OAK BRANCH. PETER KRAG, WHO MADE THE RENDERING OF THE LONE STAR FLAG, MADE A RENDERING OF THIS DESIGN AS WELL. THE SEAL OF THE REPUBLIC WAS MODIFIED IN 1846 TO BECOME THE TEXAS STATE SEAL. IN 1991, THE 72ND LEGISLATURE CLARIFIED THE DESIGN OF THE REVERSE SIDE OF THE SEAL WHICH NOW FEATURES A FIVE-POINTED STAR, THE BATTLE OF GONZALES CANNON, VINCE'S BRIDGE, THE ALAMO, THE SIX FLAGS THAT HAVE FLOWN OVER TEXAS, AND THE MOTTOES "REMEMBER THE ALAMO" AND "TEXAS ONE AND INDIVISIBLE."

Flower: Bluebonnet

*Edging out suggestions for the cotton ball and the prickly pear cactus, the native bluebonnet (*Lupinus subcarnosus*) was named the state flower in 1901. Since the 1930s, this beloved symbol of springtime has been planted along Texas highways.*



**TEXAS MOTTO:
FRIENDSHIP**

TEXAS= Tejas means friend in the Caddo Indian language.

Did you know Texas has an official: Dinosaur? Song? Flying Mammal? Small Mammal? Reptile? Grass? Seashell? Bird? Butterfly? Food? Stone? Tree? Plant? Large Mammal? Fish? Can you guess what they are?

Links to TEXAS info.

For a coloring page of Texas Symbols go to: [Learn About Texas State Symbols](https://tpwd.texas.gov/publications/pwdpubs/media/pwd_if_k0700_1119.pdf)
https://tpwd.texas.gov/publications/pwdpubs/media/pwd_if_k0700_1119.pdf



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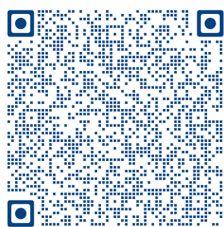
*Nunc Coepi
"Now I Begin"*

Answer to the February Joke:

What did the farmer give his
wife for Valentine's Day?
Hogs & Kisses



QR Code and link for
Spring Break Choice



<https://forms.gle/buCiAu4hNuN1YPSLA>

STAFF NEWS -

*We wish Ms. Jordan B. the very best in
all she does.*

*Welcome back to Sarah P. We appreciate
your assistance at the front desk.*

Spring Break March 14-18th



Birthday Wishes & Blessings

TEXAS 3/2
Linda Gomez 3/20

*****NOTICES*****

Got Spring Break Plans?

Is your child coming to
therapy during Spring Break?

YES OR NO

Attention: Please be aware
you are not guaranteed you
permanent appointment time
during Spring Break.

If you would you like to
make-up visits, you will need
to call the clinic to schedule
an appointment. We hope you
will relax and enjoy your
Spring Break.

Please scan the
QR code to the
left or follow
the link to fill
out your choice
for Spring Break
therapy sessions

