

Monthly *La Costa* Newsletter

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Don't Forget: *Spring Forward...Fall Back...*

Daylight Saving Time begins for most of the United States at 2 a.m. on the **Second Sunday in March** and lasts until 2 a.m. on the **First Sunday of November**.

**Be sure to set your clocks
ahead one hour at 2 a.m. on
Sunday, March 8, 2020**



This is also a great time to change the batteries in your smoke and carbon monoxide detectors. Many fire departments encourage people to change their batteries in these detectors when they change their clocks, because it can be so easy to forget otherwise. "A working smoke detector more than doubles a person's chances of surviving a home fire," says William McNabb of the Troy Fire Department in Michigan. More than 90 percent of homes in the United States have smoke detectors, but one-third are estimated to have worn-out or missing batteries.

LEAP YEAR FEBRUARY 29

What Is a Leap Year? Simply put, a leap year is a year with an extra day—February 29—which is added nearly every four years to the calendar year.



Why Are Leap Years Necessary? Adding an extra day every four years keeps our calendar aligned correctly with the astronomical seasons, since a year according to the Gregorian calendar (365 days) and a year according to Earth's orbit around the Sun (approximately 365.25 days) are not the exact same length of time. Without this extra day, our calendar and the seasons would gradually get out of sync. Because of this extra day, a leap year has 366 days instead of 365. Additionally, a leap year does not end and begin on the same day of the week, as a non-leap year does.

How Do You Know If It's a Leap Year? Generally, a leap year happens every four years, which, thankfully, is a fairly simple pattern to remember.

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National Pistachio Day

Date: February 26

National Pistachio Day is a nutty day. You can celebrate National Pistachio Day by eating them, and learning more about them. We're going to help with the learning part..... read on.



Nutty Pistachio Facts:

- Pistachios grow on trees. They are native to the Middle East.
- It's a long wait to get the first nut. A pistachio tree takes 7-10 years to mature.
- California is the major producer in the U.S.
- Pistachios are harvested in September by machines that shake the trees. It less than a minute.
- The red dye is added to the nuts is only due to consumer demand for the color.
- Its open hull is unique. The nut is ripe when the hull splits open.
- People in the Middle East call it the "smiling nut" and in China it's called the "happy nut".
- Pistachios are nutritious, so eat them up!

Celebrate today by eating Pistachios. They are great plain as a snack, in ice cream, and in a wide range of desserts.

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Did You Know? Girl Scout Cookie Trivia

- The first Girl Scout cookies sold in 1917 were baked by girls at home, with assistance from their mothers.
- The first commercially baked cookies were sold in 1934 by the Girl Scouts of Greater Philadelphia Council. In 1936, the national organization began working with a commercial baker. By 1948, a total of 29 bakers throughout the country were licensed to bake Girl Scout cookies.
- During World War II, cookie sales were suspended due a shortage of ingredient supplies. The Girl Scouts sold calendars instead of cookies during those years.
- During the first quarter of each year, Girl Scout cookies are the number one cookie brand in the United States.
- The top selling cookies are Thin Mints. Almost two million Thin Mints are produced each day in an oven as long as a football field.
- Peanut Butter Sandwich cookies are made at a rate of 3,208 per minute.
- Each year, 200 million boxes of Girl Scout cookies are sold.
- Low fat and sugar-free cookies were added to the product line in the early 1990s.
- All Girl Scout cookies are certified kosher.
- When approached, over 80 percent of people will buy Girl Scout cookies.



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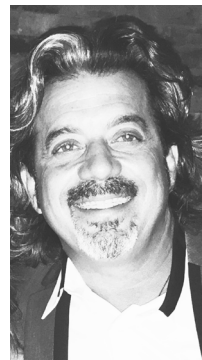


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