



A Room with a View.

MARCH 2022



NOTES & NEWS

Cheers to Being Cheerful

March is Optimism Month, and studies show that looking on the bright side is good for your health. Optimists are better at problem-solving, have stronger immune systems, and recover faster from illness and injury than pessimists.

What's What About Nut Butters

Nut butters, such as spreads made from almonds, cashews and walnuts, have become more popular as alternatives for those with peanut allergies, but can be enjoyed by all. The unique flavor and texture of each type of nut butter allows people to reap the heart-healthy benefits of plant-based proteins in many ways by using them in different recipes.

First Flowers

The cup-shaped crocus is one of the first flowers to bloom every year. Popping up from the cold ground, sometimes through a blanket of snow, the blossoms announce the arrival of spring with their cheerful colors of purple, yellow and white.

HIGHLIGHTS

Spring Is in the Air

Celebrate the first day of spring on March 20 by spending some time outdoors. Count how many birds you see, look for emerging green grass or flowers, or simply inhale deeply and enjoy the fresh air.

Crunch on Cabbage

Low in calories but loaded with fiber, vitamins C and K, and potassium, cabbage is an inexpensive and incredibly healthy ingredient. For a boost of nutrition, toss a handful of shredded cabbage into salads, soups and stir-fry dishes, or add a few leaves to a sandwich or wrap.

A Bunch of Blarney

One of Ireland's best-known legends, the Blarney Stone is said to give the "gift of gab"—the ability to charm others with witty words—to all who kiss it. Visitors of Blarney Castle, located in County Cork, must climb 127 steps up a steep spiral staircase, lie down on the floor, and lean backward to land a smooch on the stone, which is embedded in an outer wall 100 feet above the ground.

Grant Each Other's Wishes

"Imagine if we were all magical leprechauns, and every wish ever made on a four-leaf clover obliged us to help others obtain their wishes. Now imagine if people simply lived like this were true." —Richelle E. Goodrich

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TRIVIA WHIZ



Spring's Favorite Bird

The red-breasted robin is a familiar sign that spring is coming. Welcome the new season with these rockin' robin facts:

- As the weather warms, you'll see many robins returning from their winter homes, but not all robins migrate. They're just harder to see in winter, since they mostly stay nestled in the trees.
- American robins are the largest members of the thrush family of birds, which includes bluebirds and nightingales. Males and females are almost identical, but males tend to be more brightly colored.
- The idiom "the early bird gets the worm" definitely applies to robins. They're often spotted eating earthworms out of the ground during the morning hours. The birds also love berries, and at feeders, they prefer suet and mealworms to birdseed.
- Impressive singers, robins' best-known tune is their wake-up call of "cheer up, cheer up, cheerily." Dawn is their noisiest time, but they'll tweet throughout the day, and are among the last songbirds heard before sunset.
- Robins build their nests on tree branches and on the ground. Their pale blue eggs are so recognizable that there is a trademarked color called "robin's egg blue."
- The birds are very social and will roost in large groups. In some areas, a single flock can consist of a quarter million robins!
- The American robin is the state bird of Connecticut, Michigan and Wisconsin.
- In some Native American tribes, robins are symbols of peace and protection, and they are valued as hardworking and nurturing.



Have a Spring Staycation

It's good to escape a regular routine for a few days, even if you don't go anywhere. These staycation ideas can refresh your mind and body for the new season.

Outdoor adventures. As the world turns green again, take in the sights by picnicking at a park, hiking a nearby trail, going on a bike ride, or taking a fishing or camping trip.

The spa experience. Treat yourself to a massage, a day at a local spa, a mani-pedi or a haircut. Or simply relax and unwind at home: Wrap yourself in a robe, put on some soft music, grab a book or magazine, and sit back and soak your feet.

Artist's retreat. Get out craft supplies and enjoy a stretch of uninterrupted creative flow. You can also use this time to take an online art class, work on a DIY project, or exercise your creative writing muscles.

Fitness camp. If physical exercise is more your thing, how about trying a new-to-you workout? Something whimsical like goat yoga or exciting like parkour will make your staycation memorable.

Virtual vacation. Grant your wish to wander by choosing a faraway destination, then enjoy food, music, movies and books from that culture. Many famous attractions offer free online virtual tours.

Plant Parenting 101

Houseplants can help a home feel brighter and full of life, while tending to them provides mental health perks. So it's no wonder that indoor gardening is a trend that keeps growing in popularity. Whether you're a new or experienced plant parent, this guide will help your houseplants thrive.

All plants need sunlight to survive, and there are plenty of options for both bright and dim settings. When choosing a plant, research the light requirements so you can find a suitable spot in your home.

A properly draining pot is essential to plant care. If your desired container doesn't have a drainage hole, some garden centers will drill one for you. Or you can also keep a plant in the plastic nursery pot, slip it inside a larger container, and take it out to water and let drain.

The most common mistake that plant parents make is watering too

much or too often. Before watering, always check the soil with your finger. If the top inch is dry, then water the plant slowly and evenly. Some tropical plants will also need regular misting to keep their leaves lush.

Trim away brown or yellow leaves to keep your plant's energy focused on new growth. If a plant begins to look overgrown, you can cut back some sections and use them to sprout new roots and make more plants.





Neighborhood Lessons From Mr. Rogers

He taught many children the importance of kindness, and his legacy lives on every year on his birthday, March 20, as Won't You Be My Neighbor Day. Take some pointers from Mr. Rogers on how to do good in your neighborhood.

Say hello. In each episode of "Mister Rogers' Neighborhood," the soft-spoken host took time to say "Hi, neighbor!" to his viewers. A simple greeting can make others feel noticed and important. Regularly exchanging hellos can also lead to a friendly relationship between neighbors.

Communicate and listen. Kids learned how to handle conflict peacefully from the puppets that lived in the Neighborhood of Make-Believe. Hearing what others have to say and offering your own opinion in a gentle manner makes solving problems easier.

Be a helper. During frightening events, Mr. Rogers reminded us of his mother's advice: "Look for the helpers. You will always find people who are helping." No matter what's going on in the world, you can always offer assistance to members of your community, in both big and small ways.

Embrace responsibility. Mr. Rogers made certain tasks part of his daily routine, such as carefully hanging up his coat and feeding his pet fish. Take pride in your neighborhood by keeping your home and common areas tidy, reporting maintenance issues, and being mindful of noise.

Rainbow Grain Bowl

This healthy entrée is bursting with color and flavor.

Ingredients:

- 2 cups cooked quinoa
- 2 (5 ounces) cans solid white albacore tuna in water, drained and flaked
- 1/2 cup chopped purple cabbage
- 1/3 cup diced cucumber
- 1/3 cup shredded carrots
- 1/3 cup diced red bell pepper
- 1/3 cup diced mango or pineapple
- 1/3 cup chopped green onions
- 4 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1 tablespoon sesame oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon sesame seeds

Directions:

Divide the cooked quinoa between four bowls. Top each with tuna, cabbage, cucumber, carrots, red bell peppers, mango or pineapple, and green onions.

In a small bowl, whisk together apple cider vinegar, olive oil, honey, sesame oil, salt and pepper. Drizzle dressing over each bowl. Garnish with sesame seeds.

For more recipes, visit ChickenOfTheSea.com.



"There is no personal charm so great as the charm of a cheerful temperament."

—**Henry Van Dyke**

"Just as the petals of a flower unfold and open to the warmth and light of the sun, so do we unfold and open to the enchantment of charm."

—**Thokoza**

"Charm is the ability to make someone else think that both of you are pretty wonderful."

—**Kathleen Winsor**

"Without painting, sculpture, music, poetry, and the emotions produced by natural beauty of every kind, life would lose half its charm."

—**Herbert Spencer**

"Perhaps the basic thing which contributes to charm is the ability to forget oneself and be engrossed in other people."

—**Eleanor Roosevelt**

"You know what charm is: a way of getting the answer 'yes' without having asked any clear question."

—**Albert Camus**

"There is no charm equal to tenderness of heart."

—**Jane Austen**

"Charm's key ingredient is consideration for others."



—**Ellen Lubin-Sherman**

"We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures we can have if only we seek them with our eyes open."

—**Jawaharlal Nehru**



March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6		8	9	10	11	12
13	14	15	16		18	19
20	21	22	23	24	25	26
27	28	29	30	31	<i>March</i>	

"This Month In History" MARCH

1923: The dance marathon craze kicks off in New York City, after Alma Cummings sets a record by dancing continuously for 27 hours.

1933: President Franklin D. Roosevelt gives his first "fireside chat," broadcast to the nation on radio.

1941: Actor Jimmy Stewart enlists in the U.S. Army Air Corps. During World War II, he rose to the rank of colonel.

1950: Silly Putty goes on sale.

1968: Country music legend Johnny Cash marries singer-songwriter June Carter.

1988: Author Toni Morrison wins the Pulitzer Prize for her novel "Beloved."

1990: To honor the NBA's all-time leading scorer, Kareem Abdul-Jabbar, the Los Angeles Lakers retire his No. 33 jersey.

2006: The English language version of the online encyclopedia Wikipedia reaches 1 million entries.

2011: NASA's Discovery space shuttle completes its 39th and final mission.

2019: England's Queen Elizabeth II makes her first post on Instagram. She shared an image of a letter from inventor Charles Babbage to her great-great-grandfather, Prince Albert.