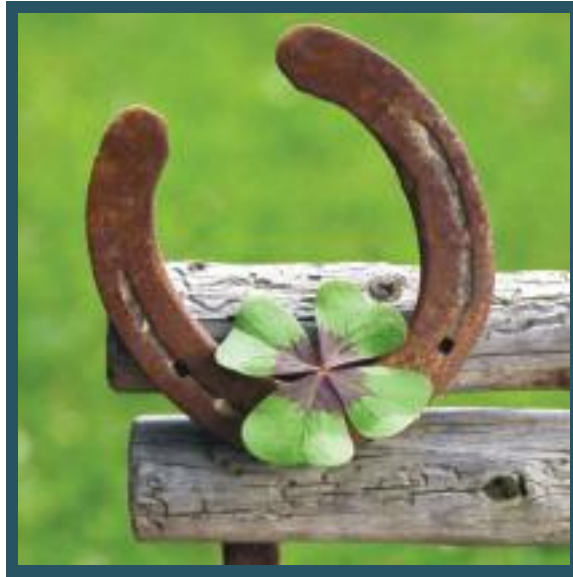




A Room with a View.

MARCH 2023



NOTES & NEWS

Spring Starts

In the Northern Hemisphere, the spring equinox usually falls between March 19 and 21. This year, spring starts on March 20, and with it comes new beginnings. Take this opportunity to restart forgotten resolutions, begin a new journey you've been putting off or spruce up your home for a fresh feel.

Five a Day

National Nutrition Month, observed during March, is a reminder to make healthy eating a priority. For many adults, an attainable goal is to eat three servings of vegetables and two servings of fruit every day. This "five a day" suggestion is linked with a lower risk of chronic disease and increased longevity.

Pillow Pro Tip

Change the pillowcases on your bed every two to three days, health experts say. This guideline is especially important if you have allergies; fresh bedding keeps dust and pollen at bay, helping you breathe easier.

HIGHLIGHTS

Advice for Online Shopping

When shopping for clothes or accessories online, check out all the available colors and patterns of a given item. Some details, like texture, stitching quality or pocket placement, will show up better in lighter colors when viewed on a screen. This tip can help you make decisions when you can't examine items in person.

Van Gogh's Legacy

From "Sunflowers" to "The Starry Night," Vincent Van Gogh's masterpieces are among the most famous paintings in the world. Born March 30, 1853, the Dutch artist produced over 2,000 works, many of them featuring his signature style of swirling brushstrokes and vivid pigments. Celebrate Van Gogh's fascinating life and talent by viewing online galleries or reading a biography.

Eat Green on March 17

This year on St. Patrick's Day, add in a dose of fun by challenging yourself to eat mostly green foods for the day. Some examples of dishes or drinks to try are green smoothies, green tea, broccoli nuggets, guacamole, spinach or zucchini noodles, matcha popcorn or green velvet cupcakes. The possibilities are truly endless and probably yummier than you expect.

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TRIVIA WHIZ



Mad for March Madness

From bragging rights to heartbreaking busted brackets, college hoops will be the center of many discussions this month as the NCAA Division I basketball tournament gets underway. Here's some March Madness trivia to add to your tourney talk:

- The tournament debuted in 1939. Only eight teams competed, with Oregon defeating Ohio State.
- The phrase "March Madness" was first used to describe the tournament in 1982, by sportscaster Brent Musburger.
- Predicting the winner of each game by filling out a bracket is popular, even for folks who don't usually watch basketball. Over 35 million people participate in the activity every March.
- The odds of filling out a perfect bracket—that is, correctly picking the winner of every game—is 1 in 9.2 quintillion. One quintillion is a 1 followed by 18 zeroes, or you could think of it as "a million trillion"!
- Each team is ranked, or seeded, within its region. In 1985, the No. 8-ranked Villanova Wildcats became the lowest-seeded team to win the tournament.
- Only once did all conference No. 1 seeds advance to the Final Four. In 2008, the Kansas Jayhawks won what many called the most predictable March Madness ever.
- Another first-and-only occurred in 2018, when a No. 16-seeded school (Maryland-Baltimore County) defeated a No. 1 seed (Virginia) in the opening round.
- UCLA has won the tournament 11 times, more than any other school.

The Coffee Brewing Craze

Coffee has been around since the 9th century, so it's only natural that people have come up with more and more ways to brew the perfect cup. Which of these methods perks your interest the most?

Boiling. The simplest method of brewing, boiling coffee produces a strong, no-fuss flavor. Commonly called cowboy coffee, it's made by mingling water and coffee grounds in a pot, which is placed over a fire—great for camping trips! After the brew reaches a boil, wait a few minutes before drinking to let the grounds settle to the bottom.

Steeping. This method also puts coffee grounds and hot water in direct contact, but the grounds are filtered out before drinking. A French press device serves out a strong, distinctly flavored cuppa. Steeping with cold water produces cold brew coffee, which has a sweet, non-acidic taste

and is ideal for iced coffee beverages.

Drip. Standard coffee pots, also called auto-drip machines, use this method. Pour-overs are another drip technique that's gained popularity in recent years as a quick way to make a small serving of clear-tasting coffee. Just place a cone over a mug or carafe and insert a paper filter, fill the filter with grounds, then pour hot water over them.

Pressure. This technique ensures a highly concentrated and caffeinated shot of java. Espresso is the most popular, but single-serve pod machines have also become mainstream in many homes and businesses.



Write It Right

Many of us write something every day, whether it's an email, a social media post or a text message. Writing clearly and accurately is key to good communication, which is essential to both personal and professional relationships. Use these tips to make your messages shine:

Break it down. In today's busy world, people are more likely to read something if it's brief or broken up into manageable pieces. Be descriptive, but concise. Eliminate redundant words or phrases, and use paragraph

breaks and bullet points to simplify your message.

Use capital letters and punctuation. Even in a text message or online comment section, correct capitalization and punctuation make your message easier on the eyes than continuous text that blends together.

Tune in to your tone. In written communication, tone can be tricky to decipher. What sounds simple and straightforward to you may seem abrupt or rude to others. Avoid excess capital letters or exclamation points, and sign off emails with some form of "thank you." If you're upset about something, take 10 minutes to cool off before composing your message.

Read it over. Before you hit post or send, reread what you wrote, checking for errors. Did you leave out any essential info? If you're working on something extra important, such as a cover letter or term paper, ask a friend to look it over for you, as well.



WIT & WISDOM



The Name Game

Have you ever found your name on a plastic keychain? Just like music, movies and cars, names go through trends. While some names stay current for long periods of time, others can be pinpointed to certain decades.

Names can trend for many reasons. One large influence is pop culture. Naming a child after an actor, musician, song title or fictional character is a common occurrence. Another influence is politics. Teddy gained popularity in honor of Theodore Roosevelt, as did Reagan for Ronald Reagan. More recently, the popularity of the musical about Founding Father Alexander Hamilton has transformed his surname into a first-name fad.

Trends also can come from the sound and rhythm of words, called prosody. Examples include Ethan and Aiden, ending with an “N” sound, or Carl and Kayla, beginning with a hard “K” sound. Experts say this type of pattern often emerges from parents subconsciously picking up a preference for certain sounds.

In the 1940s, the most popular names were James, Robert, Mary and Linda. The 1970s saw the top two male names of Michael and Christopher, which stayed in their positions for three decades, until Jacob rose in the ranks in the 2000s. Female names cycled much more quickly through the years, with top picks ranging from Lisa, Jennifer and Amy to Jessica, Emily and Madison.

The 21st century has seen a surge in more creative monikers as well as a return to classic names.

Featured Recipe

Fish With Bok Choy and Rice

Light and flavorful, this meal comes together in minutes.

Ingredients:

- 1 fillet of white fish, such as tilapia, cod or halibut
- Salt and pepper
- 1 tablespoon butter
- 1 teaspoon sesame oil
- 1 teaspoon grated ginger
- 2 baby bok choy, quartered
- 1 teaspoon soy sauce
- 1 cup cooked brown rice

Directions:

Use a paper towel to pat dry each side of the fish fillet. Season both sides with salt and pepper.

In a medium skillet, melt butter over medium-high heat. Add fish and cook for 2 minutes on each side. Remove fish from pan and keep warm.

In the same pan, add sesame oil and ginger. Cook for 1 minute.

Add bok choy to pan and stir-fry for 2 minutes. Add soy sauce and stir to incorporate.

Immediately serve fish over the cooked bok choy and warmed rice.

Find more recipes at MinuteRice.com.



“Magic carpets do exist, but they are called library cards.”

—*Firoozeh Dumas*

“A dream doesn’t become reality through magic; it takes sweat, determination and hard work.”

—*Colin Powell*

“There are two magic words to get what you want: please and Grandma.”

—*Jeff Keane*

“There’s just some magic in truth and honesty and openness.”

—*Frank Ocean*

“If you see the magic in a fairy tale, you can face the future.”

—*Danielle Steel*

“Real magic in relationships means an absence of judgment of others.”

—*Wayne Dyer*

“So why not live with the magic? Be a kid again and believe in the fantastical. Life is more fun with a little smoke and mirrors.”

—*L.H. Cosway*

“Magic will find those with pure hearts, even when all seems lost.”

—*Morgan Rhodes*

“There’s a bit of magic in everything and then some loss to even things out.”

—*Lou Reed & Mike Rathke*

“Magic is believing in yourself. If you can do that, you can make anything happen.”



—*Johann Wolfgang von Goethe*

“Genius is another word for magic, and the whole point of magic is that it is inexplicable.”

—*Margot Fonteyn*



March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>March</i>			1	2	3	4
			5	6	7	8
12	13	14	15	16	17 	18
19	20 	21	22	23	24	25
26	27	28	29	30	31	

“This Month In History” MARCH

1912: The first parachute jump from a moving airplane takes place. U.S. Army Capt. Albert Berry made the leap over St. Louis, Mo.

1936: The Hoover Dam is complete! After five years of construction, the dam spanning the Colorado River between Arizona and Nevada was able to begin creating hydroelectric power.

1941: Nashville, Tenn., becomes the home of the first FM radio station. WSM-FM was a commercial station for the National Life and Accident Insurance Company.

1958: Elvis Presley enters the U.S. Army. Already a rock 'n' roll star, he remained an active duty soldier for two years.

1964: The first Ford Mustang rolls off the production assembly line.

1977: Scientists discover that Uranus has rings, like its fellow planet Saturn. Dark in color, the rings were only seen because a star blinked repeatedly as the planet's rings passed in front of it.

1981: President Ronald Reagan is shot and wounded in an assassination attempt. At the hospital, Reagan reportedly joked to his wife, “Honey, I forgot to duck.”

1998: “Titanic” becomes the highest-grossing movie in box office history, earning over \$2.2 billion worldwide. It was later surpassed by “Avatar” (2009) and “Avengers: Endgame” (2019).

2005: The PlayStation Portable handheld gaming console debuts in North America. In five years, 17 million PSPs were sold in the U.S. alone.