



*A Room with a View.*

## MARCH 2024



## NOTES & NEWS

### Your Home Is Your Castle

"A home is a kingdom of its own in the midst of the world, a stronghold amid life's storms and stresses, a refuge, even a sanctuary." —Dietrich Bonhoeffer

### Make Up Your Mind in the Morning

When you're faced with an important decision, try tackling it before noon. Science says the morning hours are the best time of day to make a choice. Researchers came to this conclusion after analyzing the moves chess players made in a series of matches. The players made slower, more accurate moves in the morning, and as the day wore on, their decisions were faster, but those moves were more prone to errors.

### Name Your Savings Fund

It's tempting to spend money on something you can enjoy now rather than place it in an emergency fund. Give your savings account a descriptive nickname that will entice you to contribute to it each month and remind you why you're saving in the first place.

## HIGHLIGHTS

### Spare a Moment for Sparrows

Cheep along with our small, feathered friends on March 20 for World Sparrow Day!

### MLB's Opening Day

For baseball fans, spring begins on Opening Day, the first game of the MLB season. This year, America's pastime will actually begin on foreign shores. As part of the MLB World Tour, the first regular-season games will take place on March 20 and 21 in Seoul, South Korea, between the Los Angeles Dodgers and San Diego Padres. All 30 major league teams will then play stateside on March 28.

### Spring Cleaning Tip

When organizing a closet, consider using clear plastic bins or boxes for storage. You'll be able to see what's inside without having to open the lid.

### Keep Calm and Carrot On

Root out some fun facts about sweet and crunchy carrots.

- Carrots became popular in the U.S. following World War I. Today, they are Americans' fourth-favorite vegetable (after potatoes, onions and tomatoes).
- One teaspoon can hold 2,000 tiny carrot seeds.
- Although linked with rabbits (thanks, Bugs Bunny!), carrots are high in sugar and should only be fed to rabbits as an occasional treat.

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# TRIVIA WHIZ



## Brilliant Bagpipes

The solemn, reedy sound of bagpipe music has been beloved for thousands of years. Celebrate International Bagpipe Day on March 10 by humming along to these facts:

- Many different parts come together to produce the instrument's distinctive sound. The bag is kept inflated while the player blows through the blowpipe, using one arm as pressure on the bag to regulate airflow back out through the chanter and drones. Like a recorder, the chanter is played with two hands and creates the melody, while the drones pump out a constant harmonizing note.
- Bagpipes are a classic Celtic instrument. Not only are they the national instrument of Scotland, but the Irish can also belt out a tune with their unique uilleann pipes, which must be played sitting down.
- Historically, bagpipes were played while military forces marched into battle. Today, they're still associated with honor and patriotism.
- The most frequently played tune on the pipes is "Scotland the Brave," followed by "Amazing Grace" and "Auld Lang Syne."
- Bagpipes can play nine notes but only have one pitch, meaning there are no sharps or flats. There's also no way to control the volume.
- Pipers often wear earplugs, since just one set of bagpipes reaches a volume of between 115 and 121 decibels—as loud as a chainsaw!
- Bagpipes have even made their way into rock 'n' roll. One famous example is AC/DC's 1975 song "It's a Long Way to the Top (If You Wanna Rock 'n' Roll)."

## Binge These Basketball Films

There is something infectious about the cheering crowd and seat-gripping competition of this month's basketball showdown: March Madness. But if the NCAA tournament is not enough hoops for you, fill up your free time with one of these films:

*"Teen Wolf" (1985)*. Michael J. Fox shines as a van-surfing, slam-dunking werewolf in this coming-of-age comedy.

*"Hoosiers" (1986)*. In this timeless underdog tale, Gene Hackman plays a small-town basketball coach who leads his high school team to the state championships.

*"Space Jam" (1996)*. "Get ready to jam" with this '90s classic that teams up the Looney Tunes gang and NBA icon Michael Jordan. A remake in 2021 stars LeBron James.

*"Love & Basketball" (2000)*. Tag along as next-door neighbors Monica (Sanaa Lathan) and Quincy (Omar

Epps) grow up together dreaming of playing professional hoops.

*"Coach Carter" (2005)*. Samuel L. Jackson plays the real-life role of Coach Ken Carter, who uses tough love to teach his players that hard work and integrity are important on and off the court.

*"Hustle" (2022)*. Can you catch all the cameos in this Adam Sandler movie? There are 64 in total, featuring current and past NBA players, streetball legends, coaches and commentators.



## Eat Your Greens

If you're looking for a quick and healthy meal, you may turn to salads. But leafy greens are tasty in *and* out of a salad bowl. Hundreds of plants have edible leaves, so it's easy to make greens a regular part of your meal plan.

Leafy greens are full of vitamins, minerals and fiber but low in calories and fat. People who incorporate more of these veggies into their diet lower their chances of heart disease and high blood pressure while boosting their brain health and bone strength. Any leafy green is a great food choice,

but darker leaves generally have a higher nutritional value. Here's a rundown of some popular options:

A trendy and nutrient-rich choice is **kale**. This leaf is slightly bitter and, when thrown in a salad, pairs well with fruit. Eat it raw, sautéed or baked into chips.

Select **spinach** for a mild-tasting soup or smoothie add-in. It's packed with folate, which helps turn food into energy—no wonder Popeye always had a can on hand!

Reach for **romaine lettuce** when making a salad or building a burger. It offers the same pleasant crunch as iceberg lettuce, but with 17 times the amount of vitamin A.

You don't have to limit yourself to just green **cabbage**. All colorful varieties of this veggie may reduce your risk of cancer.

A staple in Southern soul food, **collard greens** provide lots of calcium and vitamin K.



# WIT & WISDOM



## First Aid Kit to the Rescue

*Ouch!* Minor injuries like cuts, scrapes, mild burns and stings happen to us all, but they don't have to be a major pain. Keep a first aid kit stocked with all the tools you need to respond to life's small emergencies.

You can purchase a premade first aid kit or assemble your own. Any small, sealable bag or container will do. Separate and store items in clear zip-top bags, so supplies are easy to find.

For cuts and scrapes, bandages are your best friend. Stock up on a variety of sizes. In addition to adhesive bandages, pack a roll of gauze and medical tape in your kit.

Small tools, such as scissors, tweezers, a thermometer and cotton balls or swabs, are essential first aid items. Antiseptic wipes are a must, and if there's room, add hand sanitizer and a pair of disposable gloves.

Basic medications to carry in your kit include ibuprofen (to relieve pain and reduce swelling); antibiotic ointment (to apply to a cut or scrape); and an oral antihistamine (for mild allergic reactions).

When bringing a first aid kit along on a hike or other outing, you may need to pack sunscreen, bug repellent, aloe vera gel and similar items.

Also consider the needs of the people in your household or group, who may require certain treatments such as insulin or allergy medications.

## Honey Mustard-Glazed Crunchy Salmon

A tangy glaze adds a punch of flavor to this fish dinner.

### Ingredients:

- 3 6-ounce salmon fillets, thawed
- Salt and pepper, to taste
- 1/3 cup honey
- 1/4 cup whole-grain mustard
- 2 tablespoons Dijon mustard
- 2 tablespoons mayonnaise
- 2 teaspoons horseradish
- 1 teaspoon smoked paprika
- 3/4 cup panko breadcrumbs
- 2 tablespoons dried parsley
- 2 tablespoons olive oil

### Directions:

Preheat oven to 400° F.

Place salmon on a baking sheet.

Pat each fillet dry and season with salt and pepper.

In a small bowl, combine honey, both mustards, mayonnaise, horseradish and paprika. Mix well.

In a separate bowl, combine breadcrumbs, parsley and oil.

Top each salmon fillet with 1 tablespoon of the honey mustard mixture, spreading the glaze evenly over the fish. Press breadcrumb mixture onto each fillet to make a crunchy topping.

Bake 15 to 17 minutes until fish is cooked through. Drizzle each serving with remaining glaze.

*Find more recipes at [SeaGreenBeGreen.org](http://SeaGreenBeGreen.org).*



"Life is a painting, and you are the artist. You have on your palette all the colors in the spectrum."

—*Paul J. Meyer*

"Painting calmed the chaos that shook my soul."

—*Niki de Saint Phalle*

"Through a painting we can see the whole world."

—*Hans Hofmann*

"If I could say it in words, there would be no reason to paint."

—*Edward Hopper*

"Painting is just another way of keeping a diary."

—*Pablo Picasso*

"I don't paint dreams or nightmares, I paint my own reality."

—*Frida Kahlo*

"If you paint in your mind a picture of bright and happy expectations, you put yourself into a condition conducive to your goal."

—*Norman Vincent Peale*

"I paint as a way of looking for myself in the world."

—*Amy Sherald*

"And so, every artist dips his brush in his own soul, and paints his own nature into his pictures."

—*Henry Ward Beecher*

"Life is a great big canvas; throw all the paint you can at it."



—*Danny Kaye*

"You can't sit around and wait for somebody to say who you are. You need to write it and paint it and do it."

—*Faith Ringgold*



# March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>March</h1>					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 	16
17	18 	19	20	21	22	23
24/31	25	26	27	28	29	30

## “This Month In History” MARCH

**1918:** Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

**1941:** The pioneering squadron of African American military aviators known as the Tuskegee Army is activated for service in World War II.

**1962:** In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points playing against the New York Knicks. It's still the record for most points scored in a single game.

**1974:** People magazine debuts. The popular celebrity news publication's first issue featured actress Mia Farrow on its cover.

**1987:** To recognize and honor the achievements of American women, Congress declares March as National Women's History Month. The observance began in 1980 as a weeklong celebration.

**2006:** Using an early version of Twitter (now called X), the world's first tweet is posted. The social networking platform went live to the public later that summer.

**2020:** The World Health Organization declares the outbreak of the COVID-19 virus a global pandemic.