



## Marching to a Healthy Beat



March is Nutrition Month, a month to ditch the junk food, add exercise, and take on healthier habits. An easy place to start is to eat more fruits, whole grains, and vegetables.

Having fresh fruit and vegetables in your home is a simple way to add healthy vitamins and nutrients to your diet. Another excellent step is eating food in reasonable portions, as well as eating a variety of foods.

A daily exercise routine, even something as simple as a daily walk, increases fitness. Studies show that as fitness increases, mood improves, energy increases, stress decreases, we have the strength and endurance to do the things we enjoy, and we look and feel our best. Perhaps it is no coincidence that March is also Quinoa Month (pronounced *KEEN-wah*). This ancient seed, harvested high in the Andes Mountains, is one of nature's most perfect foods. In 1955, researcher Philip White wrote, "While no single food can supply all the essential life sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom." That's high praise for an often-overlooked food.

Quinoa is called a grain and is cooked like a grain, but it is not a grain at all. From a botanical point of view, quinoa is more closely related to beets and spinach. It is a complete protein, gluten free, and rich in potassium. The ancient Incas called it the "mother of all grains" and considered it sacred. It can be found today in breads, crackers, granola, beverages, pasta, and even shampoo. It's a nutritive powerhouse.



## March Birthdays

- Jack Stedman
- Clara Parker
- Estella Parker (100)
- Mary Linnell (100)
- William Farris
- Bill Anderson
- Diane Bilsborough
- Mary Jane Thomas
- Ann Temme
- John Ferguson
- Margaret Hemmingsen
- Gladys Conrad



## Daylight Savings Time Begins March 9th

**Don't forget to set your clocks ahead!**

### Trivia

Benjamin Franklin has been credited with inventing Daylight Saving Time. However, he only suggested the concept in a satirical essay about Parisians waking up earlier to save on candlelight.

Hawaii and Arizona are the only US states that do not participate in Daylight Saving Time.

## Celebrating March

**Humorists Are Artists Month**

**Women's History Month**

**Save Your Vision Month**

**Women in Construction Week**

*March 2-8*

**Learn What Your Name Means Day**

*March 5*

**World Plumbing Day**

*March 11*

**Quilting Day**

*March 15*

**St. Patrick's Day**

*March 17*

**French Bread Day**

*March 21*

**Quirky Country Music Song Titles Day**

*March 27*

## What is a Concierge?

The word "concierge" comes from French and means "the keeper of the keys." During the Middle Ages, when noble guests visited villas in Europe, the Concierge was responsible for holding the keys to the castle rooms and making sure that visitors and their guests had a great experience. To pronounce it correctly, say "con-See-airzh," with a soft "zh" sound at the end.

The Concierge, also called the "Director of First Impressions," welcome everyone into our community, including visitors, families, residents, and team members. Their role is to greet each person at the front door with a friendly smile, a warm hello, and a willingness to help. Our Concierges are great at making connections, answering questions, helping visitors, and building relationships with everyone who comes through the door.

## Multitasking Magicians

Your Mountain Glen Concierge team works wonders every day. If you watch closely, you'll notice these amazing coordinators juggling many tasks simultaneously. They handle phone calls and emails, sign for packages, sort mail, organize your scheduled bus trips, manage the private dining room and bistro appointments, and much more.

## Creating Harmony

Our Concierges share many similarities with symphony conductors. Just like a conductor, the Concierge remains at the forefront to stay informed about everything happening around them. From the front desk, they guide residents, respond to employee inquiries, offer warm welcomes and heartfelt farewells.

The Concierge is essential to the seamless operation of our community, ensuring that the entire team works in perfect harmony. In this way, they help create an environment where everyone can thrive.

**We are here for you. Your Concierge Team**



## Everyday Shakespeare

In his play *Julius Caesar*, William Shakespeare warned, “Beware the Ides of March” (March 15). Lucky for all lovers of the bard that Shakespeare Week falls from March 24 to March 30.



Shakespeare Week was begun in 2014 by the Shakespeare Birthplace Trust in England. Its goal is to make Shakespeare delightful, not dull. His works are part of the curriculum for half of the world’s schoolchildren. For many, the writings

of Shakespeare are remembered as difficult, mandatory high school reading. But, in Shakespeare’s day, his plays were considered bawdy, coarse, and boisterous, and theaters were often dirty, loud, and very crowded—some holding crowds of up to 3,000 people. A three-hour play was considered a rollicking good time. Shakespeare knew his audience.

Though many now consider Shakespeare’s plays to be examples of great literature, a part of high culture, or difficult to understand, Shakespeare wrote to his audience—many of whom were common folks just like himself. He was sure to include plenty of jokes, fights, love triangles, and off-color remarks.

Shakespeare has seeped into our everyday life. Many common expressions were written by Shakespeare, including:

“Wild goose chase” (*Romeo and Juliet*)  
 “Seen better days” (*As You Like It*)  
 “Off with his head.” (*Richard III*)  
 “Good riddance.” (*Troilus and Cressida*)  
 “Knock, knock! Who’s there?” (*Macbeth*)  
 “Break the ice.” (*The Taming of the Shrew*)

Utter one of these phrases between March 24 and March 30, and you might be celebrating Shakespeare Week without even knowing it.

## Paws on the Trail

Mushers begin the “Last Great Race” across the Alaskan wilderness on March 1. The word *Iditarod* comes from the native northwestern Alaskan language and means “distant place.” It’s the name of a city, a river, a trail, and the famous roughly 1,100-mile dogsled race.

Not just any dog can compete in the race. Only dog breeds accustomed to the cold, such as Alaskan Malamutes and huskies, are allowed to race. In 1980, musher John Suter entered with a team of European poodles; many of the dogs were dismissed at checkpoints along the way with frozen feet. In 1990, rules for accepted dog breeds were established.

Frigid temperatures aren’t the only threat to a dogsled team. Massive moose have been known to charge at racers. To ensure the health and well-being of the dogs, they are treated like all-star athletes and are accompanied by veterinarians. The last team to cross the finish line receives the Red Lantern Award, named after the lantern, that remains lit until the final dog arrives.

## Interesting Facts about St. Patrick’s Day



Saint Patrick was born “Maewyn Succat” but changed his name to “Patricius” after becoming a priest. Irish immigrants began observing St. Patrick’s Day in Boston in 1737 and the first St. Patrick’s Day parade in America was held in New York City in 1766.

St. Patrick wasn’t Irish...

## Chasing Cherry Blossoms



It lasts for only two weeks, but what a beautiful two weeks it is. *Hanami* is the Japanese term for enjoying the spring beauty of blossoming flowers. The most spectacular show of all is the viewing of the cherry blossoms, known as *sakura* by day and *yozakura* by night. It begins at the end of March.

The practice of hanami began in seventh-century Japan, when wealthy elites and members of the Imperial court would gather to view plum blossoms. Soon, though, cherry blossoms became more highly regarded for their beauty. Before long, members of the “samurai class” joined in the viewing, and finally the practice became widespread among all people—rich or poor. The cherry blossom has even become Japan’s unofficial national flower.

The blossoming of the cherry trees also ushers in an entire season of hanami parties. Many rush to parks and reserve spots, relaxing under the blossoming trees with blankets. The most popular spot in the country for hanami is Tokyo’s Ueno Park, where there are more than 1,000 flowering cherry trees. Japan’s best hanami location may be the mountaintop town of Yoshino, where thousands of cherry trees burst into bloom and a veil of pink flowers resembling clouds slowly floats down the mountainside. The tiny lanes of this sleepy village become packed with visitors.

America’s most famous version of hanami begins every March in Washington, D.C. In 1911, the city of Toyko gifted 2,000 cherry trees to the U.S. Sadly, those trees were infested with insects and had to be destroyed. But Tokyo mayor Yukio Ozaki was undeterred. He sent a new shipment of 3,020 cherry trees, which arrived in Washington on March 26, 1912. Visitors have flocked to D.C.’s Tidal Basin to enjoy the cherry blossoms ever since.

## Full-Court Frenzy

The “Road to the Final Four” begins Tuesday, March 18. Sixty-eight of the country’s best men’s college basketball teams will compete in a three-week tournament known as March Madness, or the Big Dance. With so many games to follow, it’s common for fans to watch several games at once across channels.

The tournament is also crucial for college basketball programs aiming to bolster their national reputation. The NBA draft takes place three months after the tournament, and a player’s performance during March Madness can impact their draft prospects. While the focus is on team play, standout individual performances still draw attention. Top contenders like Kansas, Duke, Kentucky, Arizona, and Gonzaga remain perennial favorites. Yet, the magic of March Madness often lies in the unexpected—a “Cinderella” team overcoming the odds to deliver a victory.

## Barbie Beyond the Box



On March 9, 1959, the Mattel toy company unveiled the first Barbie doll at the American Toy Fair. Ruth Handler, cofounder of Mattel, was inspired to create the doll after observing her daughter prefer paper dolls of adult women over baby dolls. Barbie became the first adult doll for kids—and the star of the first TV ad aimed at children. While Barbie has faced criticism for promoting gender stereotypes and unrealistic body proportions, the toy has generated over \$1.5 billion in sales.

In 2023, Barbie’s cultural impact reached new heights with the release of the *Barbie* movie, directed by Greta Gerwig. The film’s vibrant visuals, sharp humor, and exploration of identity captivated audiences worldwide, cementing Barbie’s status as both a toy and a cultural icon.