

The Month of March

March is named for the Roman god of war, Mars.

This was the time of year to resume military campaigns that had been interrupted by winter.

In the early Roman calendar, March was the **first** month of the calendar year. As March brought the first day of spring with the vernal equinox, it was the start of new beginnings.

March 12 is the resuming of Daylight Saving Time, which begins at 2:00 a.m. that day. Don't forget to "spring forward" and set your clocks one hour ahead.

March 17 is St. Patrick's Day. According to folklore, folks wear a shamrock on St. Patrick's Day because the saint used its three leaves to explain the Trinity.

March 20 brings about the March equinox - also called the spring equinox. On this day, the Sun stands directly over the Earth's equator.

Finally, according to lore, the last three days of March have a reputation for being stormy. A Scottish proverb describes these days as:
"March borrow from April three days and they were ill: the first was frost, the second was snow and the third was cold as ever could blow."

March's birth flower is the daffodil or jonquil.
March's birthstone is the aquamarine and the zodiac signs are Pisces and Aries.

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Resident Advisory Council

Peg Davis

President

Ray Taylor

Vice President

Sandra Young

Secretary

Nancy Lee Martin and Ray

Taylor- B Wing

Butch Carver and Gerri Morton

C and D Wings

Steve Bollinger and Peg Davis

Village

Gordon Sprigg

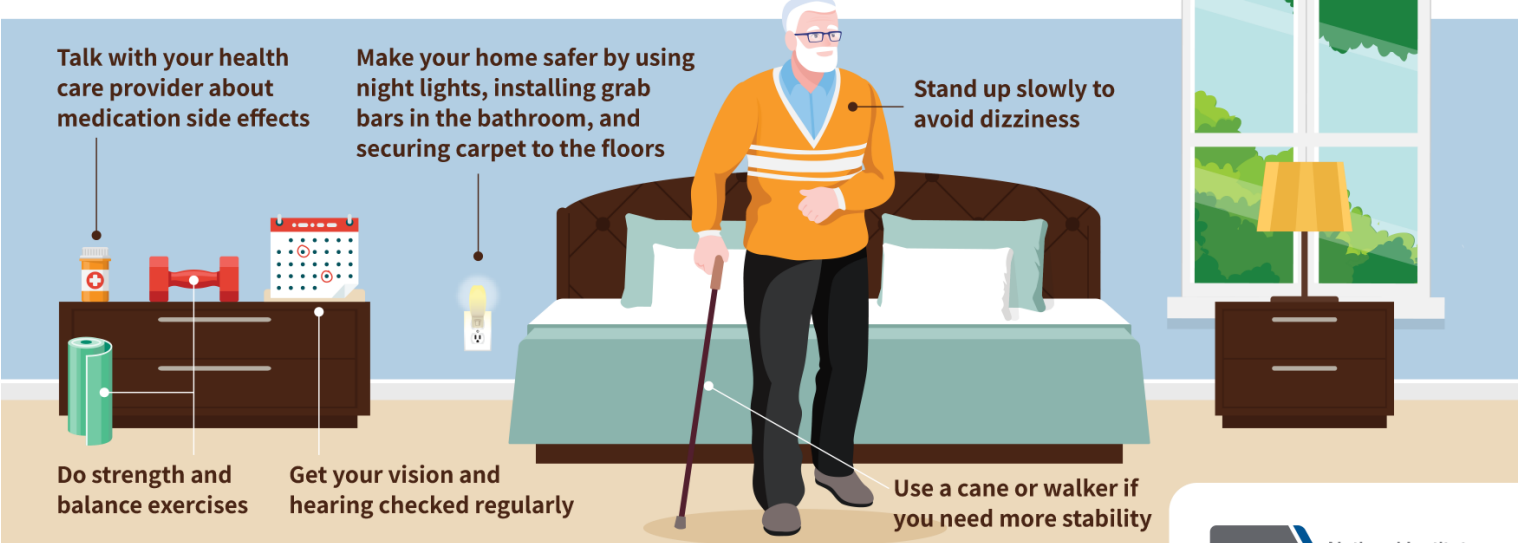
Magnolia Court

Health Rx

Here's To Your Good Health!

Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.



Learn more about reducing your risk of falling at www.nia.nih.gov/falls-prevention.



Notifications

Walking is the highest recommended form of exercise. It requires little more than a comfortable pair of shoes, but it brings tremendous health benefits, both physical and mental.

If you walk once around A/B or C/D Wings you have walked 720 ft or .13 miles. From Lilac Gardens, around A/B Wing, C/D Wing and back to Lilac Gardens you've walked the equivalent of 2,125 ft or .4 miles.

1 mile = 5,280 ft.



Would you like to support the MAHOVA Gift Shop? Do you have any handmade items you would like to donate? Please contact Susan Berryhill at 804-237-6795 in order to have a one-on-one meeting to review the items.

Book Ends

By Georgeen Carden

Lilian Jackson Braun

She was born in 1813 in Massachusetts. Braun began her career as a teenager, writing poetry which she submitted to newspapers. As an adult she worked for a newspaper writing advertising copy. She spent thirty years at the Detroit Free Press as the “Good Living” editor.

Braun wrote her first three novels during her time at the newspaper. After her retirement, she disappeared from the literary scene for eighteen years. She was very protective of her personal privacy, and nobody knew what she was up to during this time.

Her publishers persuaded her to write more of her light-hearted cat mysteries. She wrote all thirty of her The Cat Who novels in long hand and then typed them before sending her manuscripts to her publisher.

The Cat Who Tailed A Thief

I think the cats in this tale are kind of accidental and incidental. At one point, the main character asks people to send him post cards with actual cat names thereon. I laughed out loud.

The story actually revolves around the life of a semi-retired journalist named James Quilleran who lives in a retirement community in an unlikely town called Pickax where it snows a lot. Driveways are described as “canyons through the snowbanks.” Quilleran is single and middle-aged, tall and good looking. But you won’t find any romance in this novel except for Quilleran’s affection for his two Siamese cats: Yum Yum and KoKo. Quilleran also has access to unlimited funds and has a kilt and complete Scottish regalia in which he looks magnificent. His lady friend, Polly Duncan lives at the other end of his row of houses.

A murder occurs several chapters into the book and is only important because it introduces the victims' widow, Danielle. She is gorgeous, sexy and flirtatious and has a shrill speaking voice.

The third character of importance is a developer from New York named Carter Lee James who wants to redevelop a street full of Victorian houses in the town. There’s a catch; he wants the homeowners to pay him twenty thousand dollars in advance.

One of the cats accidentally sorts it all out.

If you like odd names and big words, this is the book for you. It helps if you like cats too.

Anniversaries



March 5, 1966 Les and Zada Lea Kahn
March 8, 1963 Thomas and Mary Breeden
March 9, 1963 Garland and Marcella Campbell
March 24, 1989 Jeffry and Shirley Smith

New Residents

Welcome

Tom and Alice Lasher
Williamsburg Lodge No. 6

In Memoriam



Helen Duke
Norma Klebert
Lois Motley



Word Search

P	M	G	P	N	E	E	T	N	E	V	E	S	M	G
S	H	F	R	Q	F	P	M	F	O	U	R	L	O	F
A	W	C	O	E	D	L	Q	F	O	W	D	L	W	D
I	E	S	R	E	E	O	W	K	I	E	D	I	E	S
N	W	A	R	A	A	N	E	C	R	R	A	R	R	A
T	O	Z	D	T	M	D	R	O	D	K	C	U	L	Z
J	B	X	J	Y	X	J	T	R	J	Y	X	J	Y	X
G	N	C	L	O	V	E	R	M	G	U	C	G	U	K
U	I	V	U	I	F	U	R	A	U	T	V	U	C	V
I	A	H	I	A	N	I	I	H	I	O	N	I	O	N
E	R	D	E	P	D	E	S	S	E	P	R	E	P	D
W	L	L	W	L	M	W	P	D	W	T	M	W	L	M
S	H	S	I	R	I	S	L	Y	A	D	I	L	O	H
X	J	P	X	J	P	V	K	P	X	J	P	X	J	P
Z	H	L	E	P	R	E	C	H	A	U	N	Z	H	L

See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2013

- | | | | |
|------------|-------------|-----------|----------------|
| 1. HOLIDAY | 5. GREEN | 9. CLOVER | 13. LEPRECHAUN |
| 2. SAINT | 6. SHAMROCK | 10. LUCK | 14. RAINBOW |
| 3. PATRICK | 7. FOUR | 11. POT | 15. MARCH |
| 4. IRISH | 8. LEAF | 12. GOLD | 16. SEVENTEEN |

March Movies

Movies start approximately at 6 PM. Channel 5.1 and TV Room

Becoming Jane - Friday, March 3

When the dashing Tom Lefroy, a reckless and penniless lawyer-to-be, enters Jane's life, he offends the emerging writer's sense and sensibility. Soon their clashing egos set off sparks that ignite a passionate romance and fuel Jane's dream of doing the unthinkable - marrying for love. Released: 2007. 2 hours. Rated: PG
Starring: Anne Hathaway, James McAvoy, Maggie Smith, James Cromwell and Julie Walters.

Your Cheatin' Heart - Monday, March 6

Hank Williams is making a buck pitching a snake-oil cure-all to the gullible, capping his spiel by picking up his guitar and singing. In the crowd is The Drifting Cowboys, a group of touring country-western musicians who happen to be passing through. "Say, Hank, would you like to join our group?" Released: 1964. 1 hour 39 minutes. Not Rated Starring: George Hamilton, Susan Oliver, Red Buttons and Arthur O'Connell.

27 Dresses - Monday, March 13

Jane is a romantic, completely selfless woman who's been a happy, helpful bridesmaid no less than 27 times. But her own fairy-tale wedding seems to be nowhere in sight, until younger sister Tess captures the heart of Jane's boss - with whom she's secretly in love - inspiring Jane to change her "always a bridesmaid" destiny. Released: 2008. 1 hour 51 minutes. Rated: PG-13 Starring: Katherine Heigl, Malin Akerman and Edward Burns.

March Movies

Movies start approximately at 6 PM. Channel 5.1 and TV Room

Waking Ned Devine - Friday, March 17

The lucky winner of the national lottery is Ned Devine, so taken by his good fortune that he now can't be wakened, because he died from the shock of it! News of the win spreads quickly in the scenic little Irish village of Tully More, but not the secret news of Ned's demise. With lottery officials closing in to confirm the prize claimed by the deceased Devine, Ned's closest friends scheme to keep the prize money close to home, in memory of Ned, of course! But as the plot twists humorously, they learn it is hard to keep such a secret in a small town. Released 1998. 1 hour 31 minutes. Rated: PG
Starring: Ian Bannen, David Kelly and Fionnula Flanagan

The Karate Kid - Monday, March 20

Daniel and his mother move from New Jersey to California. She has a wonderful new job, but Daniel quickly discovers that a dark haired Italian boy with a Jersey accent doesn't fit into the blond surfer crowd. Daniel manages to talk his way out of some fights, but he is finally cornered by several who belong to the same karate school. As Daniel is passing out from the beating, he sees Miyagi, the elderly gardener, who leaps into the fray and saves him by outfighting half a dozen teenagers. Miyagi and Daniel soon find out the real motivator behind the boys' violent attitude in the form of their karate teacher. Miyagi promises to teach Daniel karate and arranges a fight at the all-valley tournament some months off. When his training begins, Daniel doesn't understand what he is being shown. Miyagi seems more interested in having Daniel paint fences and wax cars than teaching him karate. Released: 1984. 2 hours 7 minutes. Rating: PG Starring: Ralph Macchio and Pat Morita.

March Movies

Movies start approximately at 6 PM. Channel 5.1 and TV Room

On Golden Pond - Friday, March 24

For Norman and Ethel Thayer, this summer on Golden Pond is filled with conflict and resolution. When their daughter Chelsea arrives, the family is forced to renew the bonds of love and overcome the generational friction that has existed for years. Norman must find his way through his anger and fear of growing old, while Chelsea struggles to rebuild their relationship. Ethel's consistent support of her "knight in shining armor" is inspirational in its simplicity. Released 1981. 1 hour 45 minutes. Rated: PG Starring: Katherine Hepburn, Henry Fonda and Jane Fonda

The Island - Monday, March 27

Residents of an isolated, high-tech compound discover they're actually clones; worth more dead than alive, they stage a daring escape. Battling an unfamiliar environment and an armed team of mercenaries in hot pursuit, they risk their lives and freedom to save those they left behind - and reveal the truth about The Island. Released: 2005. 2 hours 16 minutes. Rating: PG-13 Starring: Ewan McGregor and Scarlett Johansson.

3:10 to Yuma- Friday, March 31

After a holdup and killing, Wade and his gang are captured. Wade's men break out of jail, and now wait for the chance to rescue him. The authorities suspect that a daring escape plan is in the making, so they look for a guard to escort Wade by train to Yuma to stand trial. The marshal offers a bounty and Dan Evans, a poor rancher hit hard by a crippling drought, takes on the job. His wife pleads with him to save his own life by letting Wade go free, but for Evans, it's a matter of principle as well as money. He takes Wade and begins the dangerous trek to the station. Released 1957. 92 minutes. Not Rated. Starring: Glenn Ford, Van Heflin and Felicia Farr.

Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

3/1 Tom Breeden
3/2 Chester Wright
3/5 Frances Coleman
3/5 Mildred Colgin
3/6 Georgeen Carden
3/7 Althea Hinson
3/9 Richard Bradley
3/12 Steven Sanford
3/13 Carol Vickers
3/18 Patricia Graves
3/24 Jeffry Smith
3/26 John Pierce
3/28 Jean Taylor

Employee Birthdays

3/2 Donna Smith
3/3 Felicia Harrison
3/5 Vickie Martin
3/7 Daniel Thomas
3/8 Alexandria Street
3/11 Chante Alexander
3/13 Tracy Coogle
3/14 Daryl Goode
3/16 Annette Hyman
3/21 Gladys Osei-Tutu
3/21 Robyn Massie
3/21 Erica Seward
3/22 Victoria Edmonds
3/30 Michael West

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Masonic Home Census: 161

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