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Newsletter

Resident Link

Volume 11, Issue 3

March 2018 Newsletter

Gear Up for Springtime/ Daylight's Savings

Spring comes in between the 19th to the 23rd of March and at different times. It changes on a yearly basis because the first official day of spring is the (Spring) Vernal Equinox. This is when the sun is directly above the equator. It rises due East and sets due West and does not do so on the exact same day every year since the calendar is not exactly 365 precise days every single year. This year spring promptly begins on March 20th.



One week prior to the beginning of spring on March 11th, Daylight Savings Time begins. Daylight Saving Time (or summertime as it is called in many countries) is a practice used to get more light out of the day by advancing clocks by one hour during the summer. During Daylight Saving Time, the sun appears to rise one hour later in the morning, when people are usually asleep anyway, and sets one hour later in the evening, seeming to stretch the day longer.

The clock moves ahead (thus, losing one hour) when DST starts, typically in the spring, and falls back one hour (thus, gaining one hour) when DST ends in the fall. To make it easier to remember which way the clock goes, keep in mind one of these sayings: "spring forward, fall back" or "spring ahead, fall behind." Daylight Savings Time in the United States of America starts on the second Sunday in March of each year.

In addition to the beginning of Spring and Daylight's Savings Time, March 2018 holds many annual events and occurrences including St. Patrick's Day, Mother's Day, the Spring Equinox, and International Women's Day.

Green Living Tip

If you are used to washing your clothing in warm or hot water, try washing your next load in cold water. In almost every case, you'll find that a load washed in cold water comes out as clean as a load washed in warmer water. In fact, your clothing will last longer if you only wash in cold as there is less wear to the clothing while going through the wash cycle.

Reduce . Reuse . Recycle



Playing @ The Movies

A Wrinkle in Time

Guided by the three mysterious astral travelers known as Mrs. Whatsit, Mrs. Who and Mrs. Which, three children brave a dangerous journey to a planet that possesses all of the evil in the universe.

Movie Stats

Genre: Action & Adventure. Sci-Fi & Fantasy

Rating: PG

Release Date: March 9, 2018

Director: Ava DuVernay

Starring: Oprah Winfrey, Reese Witherspoon

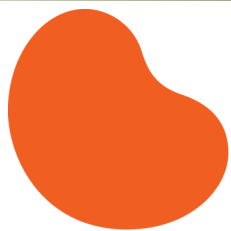


Your Monthly Internet Tidbit

Can background noise increase your creativity? Check out Coffitivity.com!

Researchers at the University of Illinois found that the ambient noise typically found in a coffee shop increased the creative thought process of study subjects more than working in a quiet room. This is great if you have the opportunity to work in a coffee shop, but what if you are stuck at home or in a quiet office? Well, now you can bring those sounds to your own work environment. The website Coffitivity.com offers a free ambient coffee shop soundtrack to give you just the right level of background noise. You can get the soundtrack on your computer or download the app to take it with you.

Check it out today at Coffitivity.com



**National
Kidney
Foundation**®

March is National Kidney Month

March is National Kidney Month and the NKF is urging all Americans to give their kidneys a second thought and a well-deserved checkup.

Kidneys filter 200 liters of blood a day, help regulate blood pressure and direct red blood cell production. But they are also prone to disease; 1 in 3 Americans is at risk for kidney disease due to diabetes, high blood pressure or a family history of kidney failure. There are more than 30 million Americans who already have kidney disease, and most don't know it because there are often no symptoms until the disease has progressed.

During National Kidney Month in March, and in honor of World Kidney Day on March 14, the NKF offers the following health activities to promote awareness of kidneys, risk factors and kidney disease.

Get more information at Kindey.org



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