

The Vineyards

CALIFORNIA ARMENIAN HOME

(559) 835-0801 • RCFE#10040070 • PCOA #319

Looking for Luck

"Four-leaf clovers aren't rare ... People who look for them are." —Christy Jordan

Rainy Day Wonder

If you're looking for a rainbow after a spring shower, make sure you're facing away from the sun. The best time of day to see one is just after sunrise or just before sunset.

Memorable Melody: 'Green Onions'

You've likely heard this instrumental number by Booker T. & the MGs, even if you're unfamiliar with its title. Featured in countless films, TV shows and advertisements, the bluesy tune came about almost by accident! A group of studio musicians were jamming in the recording booth while waiting for a singer to arrive, and keyboardist Booker T. Jones began riffing a melody on the electric organ. Within 20 minutes, they had recorded the final take of the track, naming it "Green Onions" because of the "funky" bassline.

America's Barn Quilts

An emblem of Americana, bright and colorful quilt blocks are cropping up across the country—on the sides of barns! Painted on wooden or aluminum squares, barn quilts are large-scale versions of traditional patterns used in fabric quilting. Preserving history and heritage while beautifying the landscape, these unique works of art invite travelers to discover them on one of the many barn quilt trails throughout the U.S.

March 2024



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.

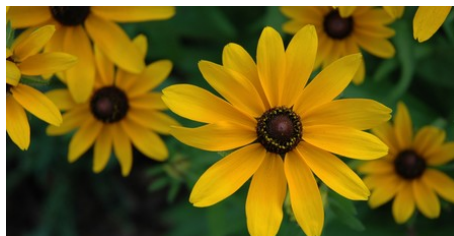
A Better You

Taking care of yourself mentally can lower stress levels and risk of illness, leading to better physical health and increased energy. You are never done growing as a person, so do all you can to continue to learn, challenge yourself, prioritize your well-being and focus on the positive.

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:

- 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)."



North American Flora

American writer Ralph Waldo Emerson wrote, "Earth laughs in flowers." And when is there a better time to talk about flowers than on the first day of spring? Start the season by learning about some North American flowers.

Black-eyed Susan. This iconic sunny yellow flower with a brown center is native to eastern North America.

Wild columbine. Butterflies and hummingbirds seek out the drooping red petals and showy yellow centers of these eye-catching blooms.

Coneflower. Purple daisy-like petals surround a spiky, orange cone center to form the perfect resting spot for butterflies, bees and songbirds.

Blue wild indigo. A member of the pea family, this perennial grows tall stems of blue-purple flowers that are a favorite of bumblebees.

Creeping phlox. Ranging from white to purple, these five-petal flowers are low-growing and create a beautiful carpet of color.

Golden alexanders. Teeny-tiny yellow blossoms cluster at the end of a green branching stem to form this plant, a cousin of the carrot.

Come On, Get Happy!

March 20 is recognized annually as the International Day of Happiness; however, you don't have to settle for just one day. Here are some ways you can nurture contentment year-round.

Get moving. It's widely known that regular physical activity benefits the body, but it also affects mental well-being. Exercise sparks the release of endorphins—the feel-good chemicals that promote happiness—and suppresses hormones that cause anxiety.

Make a connection. Strong relationships are proven to be as important to a person's health as proper diet, exercise and sleep. Studies show close social connections can bolster the immune system, speed recovery from illnesses, improve self-esteem, and even increase longevity.

Do something new. Those who engage in new and challenging tasks boost their pride and self-esteem. Explore a new hobby, learn another game, try a foreign food, or travel to an unfamiliar place.

Remember when. Reminiscing about good times from days gone by can enhance your outlook about today and the future. Experts say the comfort that comes from experiencing nostalgia promotes optimism, and they recommend surrounding yourself with sentimental objects.



Women Who Changed the World

Women have significantly shaped the history of both our nation and the world. But very few women have been featured on U.S. currency—until recently, thanks to the American Women Quarters Program.

The U.S. Mint launched the program in 2022, with the goal to release five new quarter designs each year through 2025.

The reverse of each new coin pictures a notable woman from U.S. history who made waves in fields such as civil rights, science and art. Like standard American quarters, these coins feature George Washington on the front, but he's facing right instead of left. Sculptor Laura Gardin Fraser designed this portrait of the president back in 1931.

Writer Maya Angelou was on the first coin released in the series. Other quarters in the program feature astronaut Sally Ride, pilot Bessie Coleman, first lady Eleanor Roosevelt and ballerina Maria Tallchief. Visit [USMint.gov](https://www.usmint.gov) to see the complete list of honorees.

Eat Your Greens

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 are 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.

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



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Fitness Trends

The quest to get and stay fit has taken on many forms over the decades, from Jack LaLanne's TV calisthenics to tracking fitness with technology. Exercise your memories of history's fitness fads.

Decade	Fitness Trends
1950s	Calisthenics, jumping jacks, hula hoops
1960s	5BX (Five Basic Exercises), vibrating belts, stretch classes
1970s	Jazzercise, body building, Nautilus machines
1980s	Aerobics, NordicTrack, workout videos
1990s	Tae Bo, ThighMaster, boot camps, step aerobics
2000s	Pilates, Zumba, Wii and Xbox fitness games, kickboxing
2010s	CrossFit, yoga, wearable fitness trackers

"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.