

March 2010



6031 Meadow Crest Drive • Johnston, Iowa 50131



Shamrock.



Your Staff

Deb Lanpher
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Sandy Wilges
Assistant Manager

Heather Simmons
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Important Numbers

Office: (515) 270-0940
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Emergency Maintenance: (515) 707-6628
Fire, Police, Emergency: 911

Office Hours

Monday, Wednesday, Friday
9 a.m. - 5:30 p.m.
Tuesday, Thursday: 9 a.m. - 7:30 p.m.
Saturday: 10 a.m. - 5 p.m.
Sunday: 1 - 5 p.m.

Word for March: Flourish

Be on the lookout for nature's premier petals as spring flourishes, or according to The Merriam-Webster Dictionary, "grows luxuriantly, thrives." Appropriately, the word flourish ultimately stems from the Latin root for flower. This month's word isn't limited to the plant kingdom, however—figuratively, it also means "to achieve success," so welcome the new season with an attitude of accomplishment.

National Cleaning Week

Are you feeling crowded and cluttered? Take advantage of National Cleaning Week by getting organized and starting fresh this spring! March 19-21 Winwood will provide a large dumpster (just north of the marketing office) for our residents who wish to dispose of unwanted items. We will also be providing a locked bin to dispose of any materials you wish to be shredded. What a perfect opportunity to clear the clutter!

Spring Forward

Remember that daylight saving time begins on the second Sunday in March. So move those clocks ahead one hour before you go to bed so you won't be late!

Happy St. Patrick's Day

'Tis the luck o' the Irish smilin' at ya! Wishin' you the best for a happy St. Patrick's Day!

March Madness

It means office pools. Heartbreak. Buzzer beaters. Braggin' rights. "March Madness" strikes this month each year, the goal to crown a national champion in college basketball. But did you know "March Madness" originally was coined in relation to high school hoops?

In 1939, Henry V. Porter, an administrator with the Illinois High School Association, referred to "March Madness" in an article he wrote describing the hoopla surrounding the Illinois state tournament.

When TV broadcaster Brent Musburger used the phrase "March Madness" during the 1982 NCAA tournament, it ignited an association with what has become a much-anticipated March staple.

Metro Calendar of Events

The Des Moines metro area is hopping with things to do this season. For more information about these highlighted events, log onto www.seedesmoines.com

- Wine & Food Showcase 2010 - March 5
- Kidsfest - March 5-7
- Saint Patrick's Day Parade - March 17
- Iowa Flower Lawn & Garden Show - March 19-21



Leprechaun.



Wit & Wisdom

“If a man who cannot count finds a four-leaf clover, is he lucky?”

~Stanislaw J. Lec

“May your blessings outnumber
The shamrocks that grow,
And may trouble avoid you
Wherever you go.”~Irish Blessing

“Never iron a four-leaf clover,
because you don’t want to press your
luck.” ~Author Unknown

Go Fly a Kite—Literally!

You don’t have to be a kid to fly a kite—maybe just a kid at heart. But to make the experience one you’ll remember with fondness, rather than frustration (remember all that tangled string?), follow these kite-flying tips:

Keep a kite handy. You’ll always be prepared when a breeze picks up and you find yourself with the opportunity to take advantage of it.

Find an open space. Large open spaces give you enough room to lay out your kite and flying line, as well as the space you’ll need to fly it and not crowd other people. Make sure you keep away from power lines, streets and airports.

Watch for steady winds. You’ll want a smooth, steady wind, such as those found near the beach. Turbulent air will make it very difficult to keep your kite aloft.

Prepare for launch. Have a friend hold the kite downwind about 50 feet from you. Then signal the friend to release the kite into the air when you are ready; walk backwards slowly to allow the kite to gain altitude. You may need to raise the arm holding the kite string as you walk along.

Concede to wind conditions. If your kite sinks tailfirst, you don’t have enough wind. If your kite comes down headfirst or spins, you’ve got too much wind (depending, of course, on the type of kite you are trying to fly).

You Can Create Your Own Good Luck

Wish you had the “luck of the Irish” when it comes to improving your life? Actually, your state of mind has more influence on your health and success than any amount of luck does. So drop the rabbit’s foot, wash that lucky T-shirt (finally), discard the four-leaf clovers and abstain from the lucky numbers. Instead, focus on a different path to good fortune in your life.

Follow advice from www.WebMD.com, which reports that our bodies respond positively to positive changes in our thoughts, emotions and actions. Thus, by putting positive thinking into action, you’ll start to improve your relationships, your health and your state of mind. Kick off your new attitude by adopting a “half-full” outlook. Then pick up some of the following good habits:

Positive thinking. Optimism might be enough to shake off some colds. A report in *Psychosomatic Medicine* says that people with a positive attitude are less likely to catch a cold than people who are angry or nervous. In addition, people who are unhappy or who have uptight, negative attitudes are more likely to complain of symptoms even when they aren’t sick.

Personal training. While diet and exercise are essential for a healthy life, a positive attitude may be just as crucial. Therefore, when things such as exercise get tough, adopt a positive outlook to help keep you going. Then add a workout buddy to support your positive thinking.

Give; don’t take. Tip well. Donate to charity. Help someone move. Generosity opens a door to optimism, WebMD suggests. By anchoring your identity in giving, you’ll be less self-absorbed and more compassionate.

Ides of March.





Irish Shamrock Cookies

Ingredients:

- 1/2 c. butter, softened
- 1 (3-ounce) package instant pistachio pudding mix
- 1 1/3 c. baking mix (such as Bisquick or Krusteaz)
- 1 egg
- 1 T. white sugar

Directions:

Preheat oven to 350° F. Cream together the butter and pudding mix. Blend in the baking mix, egg and sugar; mix well. On a lightly floured surface, roll out dough to 3/8-inch thickness and cut into cookies with a shamrock cookie cutter. Place cookies on lightly greased baking sheet and bake for 9-10 minutes or until lightly brown on the edges. Let cool on rack. Frost with green icing if desired. Add additional decorations if you like.

Irish Facts: Beyond the Blarney

Snakes alive! Legend says St. Patrick drove the snakes from Ireland into the sea. The reality is that snakes have never been a native species to Ireland. Experts surmise the tale symbolizes the decline of druidic religions after St. Patrick brought Christianity to the island.

Fairy tales. Americans customarily wear green on St. Patrick's Day. But Irish folklore suggests you should shun the hue. That's because green is the favorite color of fairies, who are attracted to people wearing that shade. Legend says the color can tempt fairies to "steal" you away.

Lots of luck. Today, almost 10 times more residents of the United States claim Irish ancestry (34 million) than the number of people actually living in Ireland (3.9 million), according to U.S. Census Bureau statistics.

Green galore. Chicago will use 40 pounds of dye to turn the Chicago River green on St. Patrick's Day. That's significantly less (by 60 pounds) than was used the first year, 1962, by a pipe-fitters union.



Lucky.



March Is ...

- American Red Cross Month
- Employee Spirit Month
- International Ideas Month
- International Mirth Month
- Irish-American Heritage Month
- National Caffeine Awareness Month
- National Craft Month
- National Kidney Month
- National Peanut Month
- National Umbrella Month
- Optimism Month
- Poison Prevention Awareness Month

Pot of Gold.



Gaelic.



Ask Me About Renters Insurance

Save 40% on Auto Insurance
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223-5566

GLENN WATERHOUSE
5901 NW 86th Street • Johnston
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Need Some Extra Cash?

Do you know a friend, co-worker or relative who is looking for a place to live? Refer them to Winwood and we will send you a check! \$150 if they stay for 6 or 9 months; \$200 if they stay for 12 months! Everyone can use some extra cash...so start sending your friends to Winwood! Be sure they let us know that you sent them to check us out!

The Early Bird Catches The Worm

Pay your rent on or before the 1st of the month and we will enter you for a chance to win \$50 off rent! Congratulations to our February winners! Angela and James Bonnstetter won the early rent award and Gary Roewe won the early renewal award! These lucky residents receive \$50 off of their March rent!

Flower of March: Daffodil

Botanical name: Narcissus.

Other name: Jonquil.

Description: Trumpet-shaped blossom surrounded by petals that may be of a contrasting color.

Colors: Primarily yellow and orange.

Meaning: Unrequited love, chivalry, respect, modesty, faithfulness.

Facts: The name of the flower is based on the Greek mythological character Narcissus, known for his vanity. It is the national flower of Wales.

Clear View

If washing windows is part of your spring-cleaning routine, try this recipe. In a sprayer bottle, mix: 1 c. rubbing alcohol, 1 c. water and 1 T. white vinegar. This formula is also great for cleaning mirrors, chrome and ceramic tile.

"A shamrock only exists on St. Patrick's Day. Every other day of the year, it's just young clover."—Charles Nelson

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Rent Due Thank You!	2	3 Rent Late	4	5 Employee Appreciation Day	6
7	8 International Working Women's Day	9	10	11	12	13
14 Daylight Saving Time Begins National Potato Chip Day	15	16	17 St. Patrick's Day	18	19	20 International Earth Day Spring Begins
21	22	23	24	25	26	27
28	29	30 National Doctor's Day	31	March ²⁰¹⁰		



Wearing o' the Green.