

BELLAIRE

AT STONE PORT



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March 2018



A Cheery Sight

Wearing a chest of bold orange feathers and chirping a cheery song, the robin is known as the herald of spring. This hardy North American bird is often a year-round resident that spends the winter roosting in trees to conserve energy. As the weather warms, robins become a more noticeable sight as they come out to search for food and begin nesting.

Famous Firsts: Academy Awards

Unlike today's spectacle, the first Academy Awards celebration in 1929 was a small affair with just 270 people. A private dinner at a Hollywood hotel honored the film industry's best in 12 categories, and the winners had been announced months earlier. The 90th Oscars ceremony takes place on March 4.

Lucky Charms

Do you have a lucky coin or a pair of socks that you believe brings you good fortune? You may be on to something. Studies show that simply believing a lucky charm works can boost a person's confidence, helping them perform a task better.



Resident of the Month!

Waltine Begoon was born and raised in Rockingham County on a Dairy Farm. Her family sold the milk to Shenandoah Milk Company. Waltine is one of 8 children.

She was married to late Verlin Begoon for almost 50 years. Together they have 3 children, 4 grandchildren, and almost 8 great-grandchildren. Waltine and her husband loved to garden. They owned a greenhouse where they sold plants. She also helped her husband with his BBQ business. She attends Briery Branch Church of the Brethern.

Riding bikes is one of Waltine's favorite things to do. She was a member of the Harrisonburg Bike Club and even took trips with them. Her favorite was riding the Eastern Shore. It was nothing for them to ride 50 miles in a day! Family is very important to Waltine. We are so pleased to have her as a part of our Bellaire family!



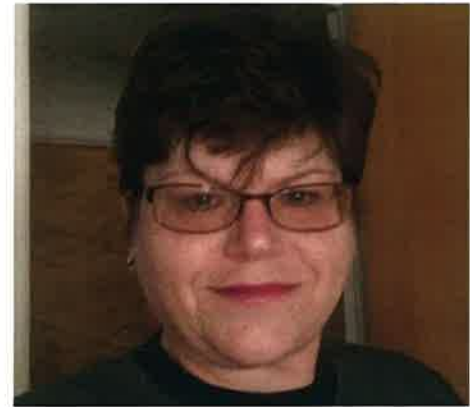
The Wings of Spring

If you need a signal that spring is just around the corner, look to the skies. Many migrating birds are now making their way to nesting grounds and rest areas, including these feathered favorites:

Cliff swallows. One of the most famous symbols of spring is the return of these birds to Mission San Juan Capistrano in Southern California. Flying 6,000 miles from Argentina, the swallows reach the area around March 19, Swallows Day.

Sandhill cranes. In late February, these cranes begin leaving their winter homes in the Southern U.S. and Mexico to set up camp in Canada, Alaska and Siberia. Throughout March and early April, half a million of the birds will make a pit stop in Nebraska's Platte River valley to rest and fuel up on food.

Long-billed curlews. As temperatures turn warmer, these shorebirds—the largest in North America—move from the coastlines and Mexico to the continent's west-central grasslands. Bird-watchers are in for a spectacular show as male curlews perform looping flight patterns while making their sharp "whit-whit" calls.



Staff Member of the Month!

Michele Estep was born and raised in the small town of Bridgewater. She is the daughter of Tom and Elaine Estep. Graduating from Turner Ashby in 1987, Michele received her Virginia and Florida Real Estate License. She currently holds her Florida license. Orlando is her favorite place to visit; she's been there to visit 17 times since 2007! Being a traveler has brought its adventures, but Michele has found herself living on the same street she grew up on.

Being a CNA is another passion of Michele's. She found herself caring for her grandparents in 2010, and decided to go to school to be a CNA. In her spare time she spends time with her 2-year old pit boxer mix "Jersey", whom she named after the Navy ship her grandfather was on, the "USS New Jersey". She also loves Performance Art. We are blessed to have Michele as a part of our Bellaire family!

Bellaire Beauties & Barbershop

Hours of operation are 8-5.
For an appointment or more
information, please call Carole
Homa at 540-843-4231.



Salon Pricing Guild

Haircut	\$15.00
Wash & Set	\$18.00
Color	\$45.00
Perm	\$50.00
Beard & Mustache Trim	\$10.00
Cut, wash, blow dry, set	\$25.00

March Birthdays

3/02	Jo Ellen Farnholtz
3/04	Evyleen Rohrer
3/05	Brittany Sheffield
3/06	Marie Good
3/07	Amanda Witmer
3/14	Florence Schiraldi
3/21	Marjorie Myers
3/19	Sharon Good
3/19	Michele Estep
3/26	Frances Hill
3/26	Betty Harris
3/21	Bobby Siever
3/28	Jerry Payne
3/29	Ellis King



Wit & Wisdom

"The man who treasures
his friends is usually
solid gold himself."
—Marjorie Holmes

"Fire is the test of gold;
adversity, of strong men."
—Seneca

"If more of us valued food
and cheer and song above
hoarded gold, it would be
a merrier world."
—J.R.R. Tolkien

"Truth, like gold, is to be
obtained not by its growth,
but by washing away from it
all that is not gold."
—Leo Tolstoy

"Gold is good in its place;
but living, brave, patriotic men
are better than gold."
—Abraham Lincoln

"Wealth stays with us a little
moment if at all; only our
characters are steadfast,
not our gold."
—Euripides

"The finest compliment you can
pay a man is that his word was
as good as gold."
—Evel Knievel

"Every man has within himself
a gold mine whose riches are
limited only by his
own industry."
—Thomas Bailey Aldrich



Famous Faces Born in March

March 1, 1954:	Catherine Bach
March 6, 1944:	Mary Wilson
March 16, 1989:	Blake Griffin
March 18, 1963:	Vanessa Williams
March 22, 1995:	Nick Robinson
March 24, 1973:	Jim Parsons
March 26, 1949:	Vicki Lawrence

Spring Is on the Way

March 20 marks the first day
of spring and the vernal
equinox, when the hours of
daylight and darkness are nearly
equal.

March Dates to Remember

03/11	Daylight Saving Time Begins
03/17	St. Patrick's Day
03/20	Spring Begins
03/25	Palm Sunday
03/30	Good Friday



