

# good NEWS

"Your mind is a garden,  
your thoughts are the  
seeds. You can grow  
flowers, or you can  
grow weeds".

-William Wordsworth

Daylight Saving Time  
begins this month. Spring  
your clocks forward on  
Sunday, the 12th.

The March equinox occurs  
on Monday, March 20,  
2023. In the Northern  
Hemisphere, this is known  
as the vernal, or spring,  
equinox and marks the  
start of the spring season. I  
know I'm not the only one  
excited for longer and  
warmer days ahead!



## Spring Cleaning For Wellbeing: How To Declutter Your Mind

Spring, for many, is a symbol of new beginnings. The sun shines again, bringing an end to the enduring darkness of the past three months. The Earth comes to life once more.

"Spring Cleaning" can be a great way to start fresh with a clean space and a clear mind. While physically cleaning can be fulfilling, what's even more rewarding is having a "clean" mind. Take these steps to have a clear and fresh mind as this wonderful season approaches.

- Meditate: Take at least five minutes of your day to sit with your thoughts and emotions. Incorporate a breathing exercise to help focus.
  - Journal: write down all the emotions and thoughts you have been holding in. This will help release them, and you will feel refreshed.
  - Take a walk: tune into your senses while you are in nature. This will provide a better connection between your mind and body.
- Read more at [forbes.com](https://forbes.com) under the article, "How To Declutter Your Mind: 10 Practical Tips You'll Actually Want To Try".

**Clean out a corner of your mind and creativity will instantly fill it.**



Corso Apartment Homes

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Classic Irish Coffee Recipe:

- 1/3 cup heavy cream
- 2 tablespoons light brown sugar
- 1/4 cup whiskey, preferably Irish
- 2 cups hot freshly brewed coffee

Whip the cream and brown sugar in a bowl with a whisk until soft peaks form. Divide the whiskey between 2 mugs and top with the hot coffee. Spoon the whipped cream over top and serve hot. Enjoy!

Knock, knock.  
Who's there?  
Irish.  
Irish who?  
Irish you a Happy Saint Patrick's Day.

# MARCH WORD SEARCH

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

- |          |        |             |          |
|----------|--------|-------------|----------|
| GAEILGE  | KERRY  | CLADDAGH    | SHAMROCK |
| CASTLE   | HARP   | PARADE      | DUBLIN   |
| GUINNESS | GOLD   | CORNED BEEF | CORK     |
| BODHRAN  | GALWAY |             |          |

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Learn How to Make a DIY Leprechaun Hat!

<https://artsycraftsymom.com/diy-st-patricks-day-mini-top-hat/>

Why do leprechauns love to garden?  
Because they have green thumbs!



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# March

2023

9-6 M-F, Saturday 10-4  
406.542.2222

Missoula Valley Winter Market - Saturdays @ Southgate Mall 9AM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>Rent Due</b> <sup>1</sup>	Jazz Night @The Old Post 7PM <sup>2</sup>	National Employee Appreciation Day <sup>3</sup>	<b>Rent Late</b> <sup>4</sup>
Missoula Symphony Dynamic Duo @Dennison Theatre <sup>5</sup>	Birdwatching club @Fort Missoula 5:30PM <sup>6</sup>	Money 101 Missoula @Stockman Bank 6PM <sup>7</sup>	National Women's Day <sup>8</sup>	Fly Fishing Film tour @Wilma 7PM <sup>9</sup>	YMCA Fun Time 10AM - 1PM <sup>10</sup>	Missoula Women's Fair @UM 11AM <sup>11</sup>
Daylight Savings Start <sup>12</sup>	World View Film Series @Roxy 7PM <sup>13</sup>	Pi Day <sup>14</sup>	"Big Wild" @The Wilma 7PM <sup>15</sup>	Corso's St. Patty's Day Trivia 5PM -7PM <sup>16</sup>	St. Patty's Day <sup>17</sup>	National Sports Car Racing Day <sup>18</sup>
Karaoke W/DJ Nite Wolf @Sunrise Saloon 9PM <sup>19</sup>	Start of Spring! <sup>20</sup>	Tuesday Trivia @Imagine Nation Brewing 6PM <sup>21</sup>	Humpday Karaoke @Eagles Lodge 7PM <sup>22</sup>	National Puppy Day <sup>23</sup>	Red Riding Hood @MCT 5PM and 7PM <sup>24</sup>	National Waffle Day <sup>25</sup>
Beginner Pottery @Clay Studio Of Missoula 10AM <sup>26</sup>	Open Mic Night @Imagine Nation Brewing 6PM <sup>27</sup>	Respect Your Cat Day <sup>28</sup>	Cranky Sam Pub Trivia @7PM <sup>29</sup>	Live Storytelling @Dennison Theatre 7PM <sup>30</sup>	National Crayon Day <sup>31</sup>	

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Our Team:

Stacy Parker  
Regional Manager

Alyssa Brittner  
Community Manager

Alex Peterson  
Assistant Manager

Elise Brinkman  
Leasing Consultant

Stephen Cooney  
Maintenance  
Supervisor

Domingo Mullet  
Maintenance Tech

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## Community Event:

Join us  
Thursday, March 16th  
for our St. Patrick's Day Trivia Night!  
@the Clubhouse  
5-7PM

## Pet of the Month:

Kujo will receive a \$10 gift card to PetSmart for being the Corso Pet of the Month! We are always on the lookout for outstanding pets and their owners. If we see you and your furry friend exceeding our expectations, they may be the next Corso Pet of the Month. Congratulations Kujo!



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