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CELEBRATING MARDI GRAS AT HAPPY HOUR WITH THE DEACONS OF DIXIELAND!



Join the Pride!



Retire to Where it All Began.



TEMPERATURE & DEW POINT AT THE VILLAGE

TEMPERATURE (°F)

	Max	Average	Min
Max Temp.	61	42.67	30
Avg Temp.	50.39	33.72	24.27
Min Temp.	45	26.95	17

DEW POINT (°F)

	Max	Average	Min
Dew Point	46	22.75	3

Poetry Corner

Everyone is welcome to the Poetry Group the 3rd Wednesday of every month at 3:00pm in the Lions Den

Rain

The rain luminescent
mist to tears to waterfall.

No memory of those it never met.
But the windows recognize rain
weeping down their glass squares.

Each drop finds its friends
and flows as one.

Then separately climbs
back toward heaven.

As we must flow and climb.

*Written and submitted by
Geoffrey G.*

THANK YOU MARION!

We would like to thank Marion D. for his many years of commitment to contributing to the VPS News and Views with the rainfall/snowfall at The Village. Marion hung up his rain gauge after February's report.

Thank you again!

Not to fear, we have a replacement, Peter P!
We look forward to his contribution!
Thanks, Peter!

WHAT A VIEW!!!



Taken and submitted by Cindy P.

MEET PAIGE, KINESIOLOGY INTERN!



My name is Paige Smethurst, and I am interning at The Village this semester where I shadow the Fitness Coordinator, Libby!

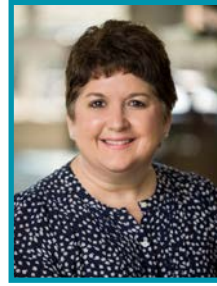
I am currently a senior at Penn State University where I am majoring in Kinesiology.

After graduating in May, I intend to further my education and obtain my Doctor of Physical Therapy, and hopefully specialize in geriatrics or acute care.

In my time at Penn State, I have become very involved in various clubs including a professional healthcare organization, Greek life organizations, as well as Penn State THON! Some of my other hobbies include walking & hiking, reading, and Irish dancing.

Thank you to everyone who has introduced themselves and welcomed me to your community with open arms. I am so excited to be here this semester and get to learn a little bit about the residents and the fitness programs that are offered here at The Village!

THE ED VIEW



March Madness was first used to refer to basketball by an Illinois high school official, Henry V. Porter, in 1939, but the term didn't find its way to the NCAA tournament until CBS broadcaster Brent Musburger (who used to be a sportswriter in Chicago) used it during coverage of the 1982 tournament.

The first tournament was held in 1939 and was won by Oregon. It was the idea of Ohio State coach Harold Olsen. The National Association of Basketball Coaches operated the first tournament for the NCAA. From 1939 to 1950, the NCAA tournament consisted of eight teams, with each selected from a geographical district.

Henry V. Porter, the Illinois High School Association (IHSA) assistant executive secretary, wrote an essay titled "March Madness" in the Illinois Interscholastic in 1939 to commemorate the tournament. Other outlets embraced the term as the tournament continued to thrive in the 1940s and 1950s.

The 1939 tournament featured just eight teams. In 1951, the field doubled to 16, and kept expanding over the next few decades until 1985, when the modern format of a 64-team tournament began. In 2001, after the Mountain West Conference joined Division I and received an automatic bid, pushing the total teams to 65, a single game was added prior to the first round. In 2011, three more teams were added, and with them, three more games to round out the First Four.

Sixty four Division 1, men's basketball teams will be selected and organized into regions on selection Sunday, March 17, 2024.

All games from the Round of 64 to the Elite 8 will be played between March 19-31.

The Final Four is slated for April 6-8, 2024. It will be hosted by Arizona State University with games being played at State Farm Stadium in Glendale, Arizona, home of the NFL's Arizona Cardinals. Be sure to print your bracket and cheer for your favorite team. Let the madness begin!

(NBC sports & NCAA)

Ellen Corbin
*Executive Director,
The Village at Penn State*

RECYCLING ROUNDUP

BISTRO COFFEE CUPS, LIDS & HAND PROTECTORS. RECYCLABLE OR NOT?

Two should be trashed, one recycled. While the paper cup, the plastic lid and the paper sleeve that one slides onto the hot cup of coffee/tea look like a trio that should go straight to the recycling bin together, only the hand-protector, “Coffee Clutch,” sleeve qualifies as a recyclable item. Here are the reasons: The cup has a plastic film lining the inside of the cup that protects the paper cup from breaking down due to the high temperature of coffee/tea liquids. It cannot be mixed with other paper for recycling unless the film liner is removed—a very expensive, uneconomic undertaking. The plastic lid is a hardened type of Styrofoam, which is not collected by most municipal recycling programs, including Centre County’s. The good guy in the trio is the hand-protector sleeve. It is made of recycled cardboard and can be placed in the recycling bins for mixed-paper in The Village.

This month’s recycling takeaway: Paper coffee/tea cups and plastic lids should be trashed! The cardboard hand-protector should be recycled.

Jim T.
Chairman, VPS Resident Recycling Committee



1ST MEET & GREET OF THE YEAR!

A perfect opportunity to meet your new neighbors and learn a bit about them!

Thank you to Anne Riley for emceeing the event!



Emcee, Anne R.



Barclay W.



Bud G.



Pat S.



Beth F.



Gretchen H.



Jim B.



JoAnne B.



Kermit & Nell Y.



Chuck & Annette R.

A SOLDIER'S HANDS

On Feb. 6 over 25 Villagers assembled over 300 care gift bags. These care packages will be shipped to the USS Eisenhower Carrier Strike Group. This includes the Eisenhower (ship's company 3,532. Air Wing 2,480 total 6,012), USS Gravelly 320, USS Philippine Sea (30 officers and 300 enlisted) and the USS Mason 380 officers and enlisted.



Total commitment: 7,042 Local State College HS graduate Andrew Valent is on the USS Mason and will receive these boxes.

Judy H. is our Village coordinator and Trish S. is the founder of A Soldier's Hands.



PENNSYLVANIA DUTCH CLASS

Resident, Pat S., teaching a 4-week Pennsylvania Dutch class to fellow residents. The classes consist of learning simple Dutch phrases and being able to understand and reply.

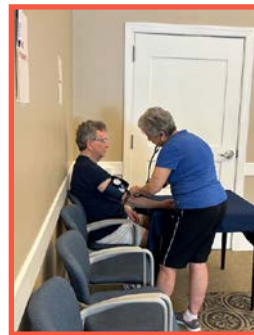


SALINAS FITNESS DAY

Residents tested their physical fitness in honor of former Fitness Coordinator, April Salinas.

All day event began with residents Sweatin' to the Oldies, testing, then a lecture on nutrition presented by Mitch Straub, Owner/PT of Vital Rehab!

Thanks to Libby B., fitness coordinator who organized the day and everyone who helped!



CULINARY CORNER



I am often asked what is the big deal with kosher salt???

This month I will review the major differences between kosher & common table salt. There aren't too many recipes that you will not find salt as an ingredient.

For me the biggest difference is the flavor of the salt. Table salt has anti caking agents and is usually iodized. The addition of iodine imparts a harsh bitter after taste. Kosher salt is usually pure salt with no additives, resulting in a cleaner taste profile.

The size of the grain of salt is another important trait. Table salt is usually very fine in grain. On the other end of the spectrum is coarse kosher salt. The larger grain gives the user a more tactile feel in the hand when seasoning foods. You will be less likely to over season your creation(s) utilizing coarse kosher salt.

Another advantage of coarse kosher salt is in preservation techniques such as preparing salt cured salmon (gravlax). The larger flakes of salt will dissolve at a much slower rate to accommodate the long curing process.

Yet another positive aspect of using kosher is health related. The average adult is probably monitoring their daily salt intake for various health reasons. You can use less kosher salt by weight to achieve the same perceived seasoning as common table salt.

For the record, we utilize coarse kosher salt in nearly 100% of the documented recipes at The Village. Next time you're at the grocery store pick up some kosher salt and give it a try!

Matt Lambert
Executive Chef, The Village at Penn State

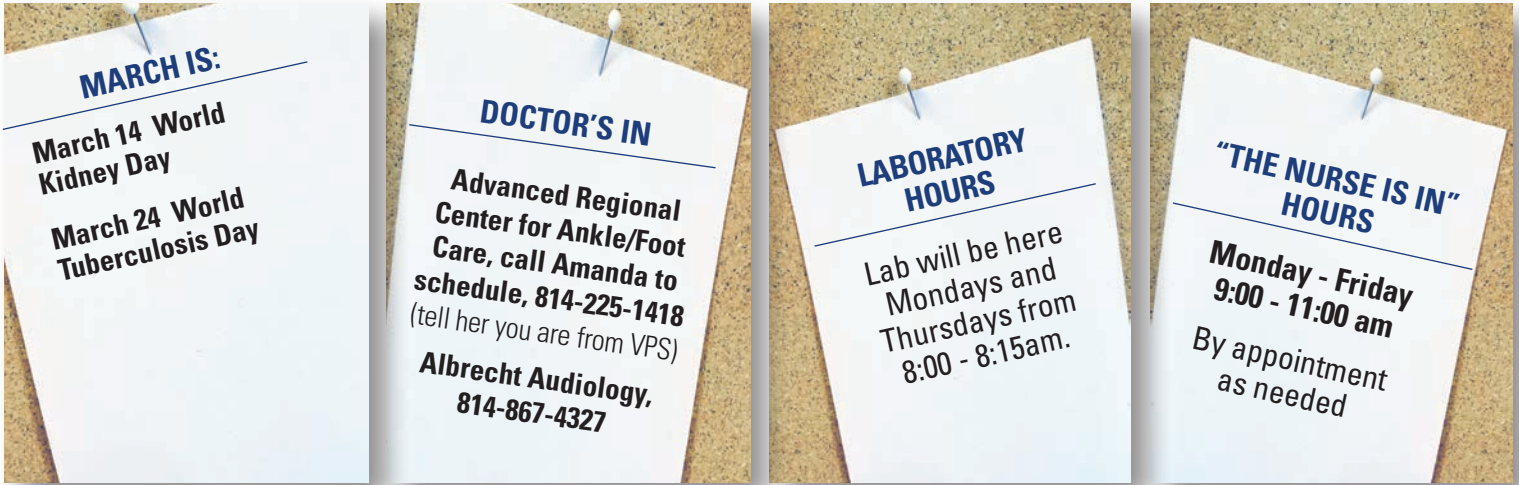
FEBRUARY'S SATURDAY AFTERNOON TEA



ANNUAL VILLAGE POTLUCK DINNER

Thanks to Rosalie D. and the VPS food committee.





The Podiatrist will be at The Village on March 18th from 12:00-6:00pm.

Albrecht Audiology is here the 2nd Wednesday of the month, March 13th, in the Doctor's Office.

Dr. Bethaney Tessitore will be on site. Much of what we do in our office, we can do here including hearing tests and programming of hearing aids. Call the office at 814-867-4327 to schedule your appointment or walk in.

MARCH TIP OF THE MONTH

Wash only full or nearly full loads in dishwasher. Select “no heat dry” option on your dishwasher.



The Village Sustainability Committee

A SMALL SAMPLING

Residents and staff were asked what they loved about The Village.



VALENTINE'S THEMED HAPPY HOUR WITH SENTIMENTAL JOURNEY

