



Doahouse Sentinel



March 2022

St. Patrick's Day



March 20th

March 17th



US Marines raise the flag on Mt. Suribachi, Iwo Jima.



26 March 1945
Semper Fi!

MARCH 13th Spring Forward to Daylight Savings Time (DST)

Move your clocks forward one hour at 2AM Sunday 13 March. No DST in Puerto Rico, Arizona, Hawaii and Guam. Blame it on the Canadians who first used DST in 1908. The Germans share the blame for making it law in 1916 in order to save fuel for lighting during World War I. Ben Franklin is often credited for DST in 1784, but he meant it as a joke to get the French out of bed earlier in the morning.



Resource Links

- Alcoholics Anonymous: <https://www.aa.org/>
- COVID Guide: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Ready Marine and Emergency Preparation: <https://www.ready.marines.mil>
- Suicide Help: <https://www.usmc-mccs.org/services/support/dstress-line> or **877-476-7734**
- Sexual Assault Help: <https://safehelpline.org/> or **877-995-5247** (24/7)
- Transportation Security Administration: <https://www.tsa.gov/precheck>
- Travel Risk Information Planning System: <https://trips.safety.army.mil/marines/TRIPS-Assessment>



Celebrate responsibly to live long and prosper.

Brain Injury Awareness Month

- Brain Injury awareness: biausa.org
- A person with a brain injury needs everyone's patience and empathy.
 - No two brain injuries are exactly the same.
 - The effects of a brain injury are complex and vary greatly.
 - The effects of a brain injury depend on factors such as cause, location, and severity.
 - Undiagnosed brain injuries can be deadly.** Seek medical care for any head impact or suspected injury regardless of the cause.

Virus and Allergy Season

- COVID-19** is still around. Protect yourself and your family.
- Flu vaccine:** Changing weather increases contagion.
- Allergy:** Virginia is "Allergy Central". Better to have a tissue and not need it, than to need a tissue and not have it!

Eye Wellness Month

- Workplace Eye Wellness Month: preventblindness.org
- Protect your eyes with proper safety glasses.
 - Eye wellness can be affected by your work environment. Know the risks where you work.
 - Computer work affects your eye health. Use the **20-20-20 Rule**:
Every 20 minutes, take a 20-second break to look at something 20-feet away.

National Nutrition Month

- National Nutrition Month: eatright.org
- Foods, Health and Fitness can lengthen or shorten your life.
 - Food and Drug Administration: fda.gov
 - Learn to read food labels.** Knowing the serving size and ingredients in your food can be eye opening and lifesaving.
 - DON'T BELIEVE THE ADVERTISING ON THE BOX!**

Ladder Safety, "It is SPRING don't FALL"

National Ladder Safety Month: laddersafetymonth.com
30,000 people are injured in ladder falls annually.

- Use the correct ladder
- Inspect before use
- Set up correctly
- Place on stable ground
- Climb/descend cautiously
- Always keep one hand on a rung
- Keep your body inside the side rails
- Have a spotter when you climb.



Stay Alert, Stay Alive!

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 250mg	20%
Iron 8mg	45%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Choose MyPlate.gov

- Eat Whole Grains
- Go Lean
- Vary Your Veggies
- Focus on Fruits
- Get Calcium
- Go Light (Oil)

Discover more with Pack-a-Snack and at www.fitnessfinders.net

Grains	Protein	Vegetables	Fruits	Dairy
Whole Grains	Go Lean	Vary Your Veggies	Focus on Fruit	Get Calcium
bagel	beans	broccoli	apple	cheese
bread	chicken	carrot	banana	milk
cereal	egg	celery	berries	milk-based
crackers	fish	green bean	cherries	desserts
granola	lean meat	lettuce	grapes	yogurt
muffin	peanut butter	peas	kiwi	
oatmeal	nuts	pumpkin	orange	*Choose
popcorn	seeds	sweet potato	peach	lower-fat
corn	turkey	veggie juice	pineapple	items

My Plate: MyPlate.gov

- The Food Pyramid has changed. Reading MyPlate is easier and just as effective. Give it a try.

Fitness Finders: fitnessfinders.net

- For healthy snack ideas check out Fitness Finders.