


A few bits of this and that this week!

 **Sunshine** is teasing us all this week. Two days in a row we have had sunny afternoons and put that together with daylight savings time and we have spring fever showing up everywhere. Yesterday I saw lots of residents out walking and enjoying the turn in the weather. I even saw a bicyclist exploring the streets of Stillwaters. We are seeing more birds, deer and other wildlife so I guess I am suggesting that humans and animals alike are rising up from the winter dulldrums and preparing for a beautiful spring and summer in Stillwaters Estates.

**Saturday** is a big recycling event here in Stillwaters. “Haul it All” , a local metal recycling specialist will be on site to take away all things metal that residents no longer need. The pick up location will be behind the Gathering Place from 9 a.m. to 4 p.m. on Saturday the 15th (Tomorrow). Some examples of what they will take: Old microwaves, Christmas lights, heaters, washers, metal lawn furniture, lamps, toasters, VCRs, etc. This is a first time for us to host this event so take advantage of the opportunity and let the office know if this was useful to you.



Check those labels

**Salt** is in the news: Did you know this is “World Salt Awareness Week”? Salt is a hard one to manage (I think) because if you get too much it can cause health issues, too little and your food can be bland. Check out the website here at <http://www.cdc.gov/features/sodium/> for more information. Here are some


helpful tips for reducing your salt intake, from the website. At the grocery store – try to avoid processed food (packaged). At the restaurant ask the chef to not add extra salt to your food and at home, eat plenty of fresh fruits and vegetables and avoid canned vegetables unless you purchase no-salt added vegetables.

### Quote of the week:

People who think they know everything are a great annoyance to those of us who do. – Isaac Asimov

### Happenings this week:

**Saturday, March 15th:** Stillwaters Estates Metal Recycling Event at the Gathering Place. 9:00 a.m. to 4:00 p.m.

 **Monday, March 17th:** Centralia College Vocal Ensembles will present a concert featuring music celebrating the holidays of January through March, along with selections from classical music. The concert will be at Harrison Square Presbyterian Church at 7:30 p.m. A free will offering will be collected and donated to the Lewis County Food Bank.

**Friday, March 21st - Sunday, March 23rd:** The 49th annual Home and Garden Show at The Southwest Washington Fairgrounds. Always a fun event!

**Weather:** The forecast is for off and on rain. Hopefully we will continue to have these afternoons of sunshine peeking through!