

March Newsletter

- UNIVERSITY APARTMENTS AT ETRICK -

MARCH 2017

Virginia State University

ST. PATRICK'S DAY

it's more than just a pot full of gold

St. Patrick's Day is celebrated on March 17, the saint's religious feast day and the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast on the traditional meal of Irish bacon and cabbage.

St. Patrick and the First St. Patrick's Day Parade

Saint Patrick, who lived during the fifth century, is the patron saint and national apostle of Ireland. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at the age of 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people. In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well known legend is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.

Since around the ninth or 10th century, people in Ireland have been observing the Roman Catholic feast day of St. Patrick on March 17. Interestingly, however, the first parade held to honor St. Patrick's Day took place not in Ireland but in the United States. On March 17, 1762, Irish soldiers serving in the English military marched through [New York](#) City. Along with their music, the parade helped the soldiers reconnect with their Irish roots, as well as with fellow Irishmen serving in the English army.

UAE MARCH RESIDENT EVENTS

National Oreo Cookie Day
March 6th noon - until

Panera Bread Tuesday
March 7th noon - 2pm

St Patrick Day Celebration
March 17 noon - 1pm

Macho Nacho Tuesday
March 21st 9am - until

SPRING TIME CLEAN-UP

out with the old & in with the new

As the sun shines a little longer and the chill of winter begins to fade, many find that spring is the perfect time to re-organize their lives. Whether re-arranging your closet, tossing out unwanted household items or filing away important financial documents, now is the time to reset and declutter your life! The desire to clean when the seasons change is not new. In fact, spring cleaning has been going on for centuries and dates back to the early 19th century, when there was inadequate heating in homes and certain types of cleaning had to wait until the spring. Today, this common practice shows no signs of slowing down. . Before you grab your broom and dustpan, consider which projects you want to work on this spring. Carefully select the tasks you want to accomplish to ensure you check off all the items on your to-do list. Below are some easy projects that will keep your home, assets and life decluttered this spring:

- **The Six-Month Rule:** One of the biggest reasons people end up with clutter in their homes is because they have old items they haven't used in years. There are a variety of reasons for keeping these items, including fond memories or a feeling of needing them someday. However, holding onto these unnecessary things can interfere with your everyday life, including making it more difficult to find items you need daily, like your car keys or your remote controls. An easy way to remedy this is to get rid of anything you haven't used in six months.
- **Out with the Old:** For most of us, it is easy to add to our closet, but hard to take away. The result is a mountain of clothes rarely worn. In fact, the average American only wears 10 to 20 percent of their clothes. According to [HGTV](#), if you want to declutter your wardrobe, consider starting from scratch. Take everything out of your closet and separate newer clothes from older and more worn outfits. Donate the more worn outfits and organize the new outfits by style!

ENTERTAINMENT SPOTLIGHT

New Movie Get Out

Like so many horror films, *Get Out* is exploring the creepy menace of the suburbs. Usually, similar slasher movies exist to puncture the false veneer of safety that comes with a white picket fence, but in *Get Out*, the threatening vibe is present from minute one. Chris (Daniel Kaluuya) is about to meet the parents of his girlfriend Rose (Allison Williams) for the first time and is nervous when he realizes she hasn't told them that he's black. After a long drive, their manse turns out to be exactly what you might imagine—giant, secluded, pristine, and filled with trinkets from trips around the world.

Rose's father Dean (Bradley Whitford) is a little too eager to call Chris "my man," her mother Missy (Catherine Keener) is icy and standoffish, and her brother Jeremy (Caleb Landry Jones) is weirdly aggressive, but there's nothing that unusual going on at first. Peele layers in a familiar awkwardness before slowly introducing elements of dread. The house's maid Georgina (Betty Gabriel) and the groundskeeper Walter (Marcus Henderson), both black, have strangely placid demeanors; Missy is a psychiatrist who keeps offering to hypnotize Chris (just to help him stop smoking, you understand); and, naturally, there's a locked basement no one's allowed to go into (just a nasty case of mold, of course).

In theaters now..

