



Buffalo Crossings

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Buffalo Crossings Management Team

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Ash Wednesday

Ash Wednesday begins the holy season of Lent, which is structured to spiritually prepare to walk with the Lord through his passion and celebrate his resurrection on Easter Sunday. **Ash Wednesday is the first day of Lent.** Ash Wednesday begins the 40 days in which the Church calls the faithful to conversion and to truly prepare to live the mysteries of the passion, death, and resurrection of Jesus Christ.

The Roman Missal, which prescribes the ritual for Ash Wednesday, explains that at Mass the ashes made from the palms blessed on Palm Sunday of the previous year are blessed and placed on the foreheads of the faithful.

Per the instructions of the Roman Missal, ashes are typically supposed to be made from last year's Palm Sunday palm branches.

These branches are then burned down into a fine powder and, in the United States, are mixed with holy water or chrism oil to create a light paste.

March 2026



Simple Pleasures

"Some old-fashioned things like fresh air and sunshine are hard to beat." —Laura Ingalls Wilder

Welcoming Spring

The vernal equinox, which marks the beginning of spring in the Northern Hemisphere, occurs on March 20. On this day, the sun is directly over the equator, so day and night are of equal length.

Lots of Luck

No luck picking a one-in-10,000 four-leaf clover? Fortunately, there are plenty of other good luck charms around the world that are easier to find:

Acorn. This small seed packs the promise of a mighty oak. English soldiers used to pocket them for protection.

Maneki-neko. Meaning "beckoning cat" in Japanese, this waving feline statue's upright paw symbolizes good fortune.

Horseshoe. Early European settlers brought this lucky charm across the pond, and it has since evolved into a cowboy culture icon.

Wit & Wisdom

"Diligence is the mother of good luck."

—Benjamin Franklin

"If one is lucky, a solitary fantasy can totally transform one million realities."

—Maya Angelou

"Good luck beats early rising."

—Irish proverb

"I think we consider too much the good luck of the early bird and not enough the bad luck of the early worm."

—Franklin D. Roosevelt

"Luck is believing you're lucky."

—Tennessee Williams

"Luck is not chance; it's toil. Fortune's expensive smile is earned."

—Emily Dickinson

"Nothing is as obnoxious as other people's luck."

—F. Scott Fitzgerald

"People always call it luck when you've acted more sensibly than they have."

—Anne Tyler

"The day you decide to do it is your lucky day."

—Japanese proverb

"I busted a mirror and got seven years' bad luck, but my lawyer thinks he can get me five."

—Steven Wright



A Rainbow of Natural Wonders

Chase the rainbow to these far-flung destinations, where you'll find colorful natural treasures.

Rainbow spring. In Yellowstone National Park, Old Faithful may get a lot of the credit, but Grand Prismatic Spring is a rainbow-colored pool that draws plenty of the park's visitors. About the size of a football field, the thermal pool is deep blue in the center and ringed by bands of green, yellow and orange. The spring is colored by bacteria that crave its hot water.

Rainbow trees. Take a drive down Hana Highway in Maui, and you can find rainbows in the trees. Along the roadside, rainbow eucalyptus trees catch eyes with their otherworldly bark, which looks like it's been painted with shades of neon pink, yellow and green.

Rainbow mountain. Vinicunca, also known as Rainbow Mountain, in Cusco, Peru, bears colorful stripes of red, yellow-green and teal, thanks to 14 different minerals. Prior to 2015 or so, the bright peak looked like any other mountain because its colors were covered by ice and snow.

The Happiest Place on Planet Earth

Picture your happy place in honor of the International Day of Happiness on March 20. Now, picture the eight-time winner of happiest country in the world: a nation partly located in the Arctic Circle where neighborhoods go days without sunlight. So, what is Finland doing right?

Sisu. Finns value "sisu," a cultural concept that embodies perseverance and competence in the face of adversity. Of course, while the word "sisu" is Finnish, the underlying concept transcends national boundaries, and anyone can benefit from values of grit and resilience.

Sauna. There are 5.6 million people and 3.3 million saunas in Finland. Most Finns use the sauna at least once a week, making sure to shower before entering, and staying inside the sauna for multiple short periods of about 10 minutes, punctuated by cooling breaks with a cold shower or even a roll in the snow!

Scenery. Snow or shine, Finns prioritize being outside. During winter months, many people still bike to work, and some parents even trade strollers for sleds to take their kids to school.





Blood Pressure: Know Your Numbers

Seven in 10 adults age 65 and older have hypertension, also known as high blood pressure, and many don't even realize they have it. Hypertension increases the risk of major health complications such as stroke, heart attack, dementia and kidney disease. Fortunately, checking your blood pressure—for free—can be pretty straightforward.

Routine medical visits, which

are covered by Medicare, include high blood pressure checks. Be prepared to discuss with your doctor any family history or lifestyle factors that may affect your risk factors for hypertension.

Many health insurance providers offer at-home monitors with no out-of-pocket cost. Charitable organizations may also provide at-home monitors to qualifying individuals.

The American Heart Association (AHA) often provides blood pressure kiosks around the country, which provide free readings and recommendations. Visit heart.org to learn more.



Mad for March Madness

From bragging rights to heartbreaking busted brackets, college hoops will be the center of many discussions this month as the NCAA Division I basketball tournament gets underway. Here's some March Madness trivia to add to your tourney talk:

- The tournament debuted in 1939. Only eight teams competed, with Oregon defeating Ohio State.

- The phrase "March Madness" was first used to describe the tournament in 1982, by sportscaster Brent Musburger.
- Predicting the winner of each game by filling out a bracket is popular, even for folks who don't usually watch basketball. Over 35 million people participate in the activity every March.
- The odds of filling out a perfect bracket—that is, correctly picking the winner of every game—is 1 in 9.2 quintillion.
- UCLA has won the tournament 11 times, more than any other school.

Poetry Puzzlers

Readers around the world celebrate World Poetry Day on March 21 each year. Roses are red, violets are blue, can you match these verses to writers and poems, too?

1. "Two roads diverged in a wood, and I—I took the one less traveled by, and that has made all the difference."

2. "But still, like air, I'll rise."

3. "What's in a name? That which we call a rose by any other name would smell as sweet."

4. "This being human is a guest house. Every morning a new arrival."

5. "Hope is the thing with feathers that perches in the soul ..."

6. "I love you without knowing how, or when, or from where ..."

7. "O Captain! my Captain! our fearful trip is done ..."

Answers:

1. Robert Frost, "The Road Not Taken"

2. Maya Angelou, "Still I Rise"

3. William Shakespeare, "Romeo and Juliet"

4. Jalaluddin Rumi, "The Guest House," translated by Coleman Barks

5. Emily Dickinson, "'Hope' is the thing with feathers"

6. Pablo Neruda, "Sonnet XVII"

7. Walt Whitman, "O Captain! My Captain"

HOP

To It
and



Daylight saving time begins the second Sunday in March.

SPRING

Forward!

“This Month In History” MARCH

1918: Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

1941: The pioneering squadron of African American military aviators known as the Tuskegee Army is activated for service in World War II.

1959: Barbie makes her debut at the American International Toy Fair in New York City.

1962: In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points

playing against the New York Knicks. It's still the record for most points scored in a single game.

1974: People magazine debuts. The popular celebrity news publication's first issue featured actress Mia Farrow on its cover.

1987: To recognize and honor the achievements of American women, Congress declares March as National Women's History Month. The observance began in 1980 as a weeklong celebration.

2006: Using an early version of Twitter (now called X), the world's first tweet is posted. The social networking platform went live to the public later that summer.