



## Welcome to spring (March 20<sup>th</sup>). Why is spring a time for renewal?

- ❖ **The Symbolism of Renewal:** Just as nature goes through a process of renewal in spring, shedding the old and embracing the new, it can also be a time for us to let go of old habits, beliefs, and patterns that no longer serve us. It's a chance to start afresh and renew ourselves mentally, emotionally, and physically.
- ❖ **The Energy of Growth:** Spring is a time of growth and expansion in nature. Trees start to bud, flowers bloom, and the days get longer. This energy of growth and expansion can also inspire us to set new goals, dream big, and take action toward our dreams. It's a perfect time to plant the seeds of change and watch them grow into something beautiful.
- ❖ **The Power of Change:** Just as nature undergoes a dramatic change from winter to spring, we too can harness the power of change in our lives during this season. Springtime can be a reminder that change is a natural part of life and that it's never too late to make positive changes. It's a time to step out of our comfort zones, take risks, and embrace new opportunities.
- ❖ **The Vibrancy of Colors:** Spring is known for its vibrant colors – the blooming flowers, the lush greenery, and the blue skies. These colors can have a positive impact on our mood and outlook and can inspire us to infuse more vibrancy into our lives. It's a time to add more color to our routines, try new things, and inject freshness into our daily lives.
- ❖ **The Awakening of the Senses:** Spring is a season that awakens our senses. The sweet scent of flowers, the chirping of birds, the warmth of the sun on our skin – all these sensory experiences can heighten our awareness and bring us into the present moment. This heightened sense of awareness can also help us become more mindful of our thoughts, emotions, and actions, making it easier to make intentional changes in our lives.
- ❖ **The Reminder of Impermanence:** Spring is a reminder that change is inevitable and that nothing stays the same forever. The barren trees of winter transform into lush foliage in spring, and the once-frozen ground gives way to blooming flowers. This impermanence in nature can serve as a reminder that our lives are also constantly changing.

"In the spring, at the end of the day, you should smell like dirt"





## “Plan”... Plant Now for Summer

You might feel like wilting after a few minutes in the hot July sun, but your garden doesn't have to. Even in the southeast, where temperatures can hit triple digits, it can look lush and bloom all summer. Just as there are evergreens and frost-resistant plants, full-sun perennials not only tolerate the heat but thrive in it. In fact, many perennials are made for full sun. [ezscapes.com/Home.html](https://ezscapes.com/Home.html)

**DOLCE® Coral Bells (*Heuchera*) • ROCK 'N LOW® Stonecrop (*Sedum*) • RAINBOW RHYTHM® Daylily (*Hemerocallis*) • PRAIRIE WINDS® Ornamental Grass**



## Seasonal Progression

Help your garden endure hot summer days with plants that beat the heat. Perennials in this design all do well (once established) in gardens with low or inconsistent moisture. DOLCE® *Heuchera* is the first to show interest in spring with bright leaf color that lasts all season long. RAINBOW RHYTHM® Daylilies will carry the torch next with bright floral display in summer. ROCK 'N LOW® *Sedum* have nicely complementing foliage texture to go along with sprays of yellow flowers in summer. PRAIRIE WINDS® Grasses are the season closer boasting good foliage texture and attractive seedheads.

## Environmental Requirements

**Light:** Full Sun

**Moisture:** Light to Moderate

**Soil:** Best in loose, well-drained soils

**Zones:** (4)5-9

**Features:** Pollinator Friendly, Heat Tolerant, Fantastic Foliage, Low Water Requirements (when established)





*Heuchera DOLCE® 'Cherry Truffles'*

## DOLCE® Coral Bells (*Heuchera*)

**Brilliant Foliage Color • Excellent Leaf Texture • Spring Interest**

**Height:** 8-14"

**Spread:** 18-24"

**Zones:** 4-9

**Plant Ratio:** 3

**Primary Season of Interest:** Spring

**Secondary Season of Interest:** Summer and Fall (Foliage)

**Care Tips:** Thrives in part shade but will grow in full shade. Plant in humusrich, well-drained soil. Trim back tattered foliage in early spring. Salt tolerant.

[More About DOLCE® Heuchera](#)



*Sedum ROCK 'N LOW® 'Yellow Brick Road'*

## ROCK 'N LOW® Stonecrop (*Sedum*)

**Attractive Foliage • Pollinator Favorite • Low Maintenance**

**Height:** 6-8"

**Spread:** 18-24"

**Zones:** 3-9

**Plant Ratio:** 3

**Primary Season of Interest:** Summer

**Secondary Season of Interest:** Spring and Fall (Foliage)

**Care Tips:** Performs best in full sun and poor to average, well-drained soil. Does not require supplemental water. Do not fertilize.

[More About ROCK 'N LOW® Sedum](#)



*Hemerocallis RAINBOW RHYTHM® 'Ruby Spider'*

## RAINBOW RHYTHM® Daylilies (*Hemerocallis*)

**Drought Tolerant • Low Maintenance • Easy to Grow**

**Height:** 18-36"

**Spread:** 18-24"

**Zones:** 3-9

**Plant Ratio:** 2

**Primary Season of Interest:** Summer

**Care Tips:** A tough, adaptable perennial that will grow in almost any soil. Plant in full sun for optimum flowering performance.

[More About RAINBOW RHYTHM® Daylilies](#)





## PRAIRIE WINDS® Ornamental Grass

Excellent Leaf Texture • Fall Interest • Winter Interest

Height: 36-72"

Spread: 18-48"

Zones: (4)5-9

Plant Ratio: 2

Primary Season of Interest: Late Summer, Fall

Secondary Season of Interest: Winter

Care Tips: One of the easiest ornamental grasses to grow in full sun. Does well in any soil from sand to clay. Cut back in spring before new growth appears.

[More About PRAIRIE WINDS® Ornamental Grasses](#)

*Pennisetum alopecuroides* PRAIRIE WINDS® 'Lemon Squeeze'

## Planting Plans

### Deep Border

-  **DOLCE®**  
Heuchera
-  **ROCK 'N LOW®**  
Sedum
-  **RAINBOW RHYTHM®**  
Daylily
-  **PRAIRIE WINDS®**  
Ornamental Grass





# Facts Matter...Especially Today!

## How to be an expert fact-checker

*Professional fact-checkers—people who make sure newspaper articles and magazine stories are correct before they're published—say that looking beyond the story is the real secret to finding the truth. Use these truth-telling tips to know if what you're reading is for real.*

**SEARCH THE EXACT HEADLINE.** Type the exact same title of the story into a search engine. If the story isn't real, websites may pop up right away that call it out as fake.

**LOOK FOR OTHER ARTICLES ON THE SAME TOPIC.** Big news stories will be covered by most major news organizations. If a story seems hard to believe, and it only pops up in one or two places, that's a warning sign that something's wrong.

**CHECK THE DATE.** Is this a new story, or did it happen a long time ago? If it isn't current, the information may be incorrect or just out of date.

**SEE IF IT'S A KNOWN HOAX.** Many websites are dedicated to snuffing out incorrect stories and urban legends (myths that everyone thinks are true). If a story sounds suspicious, ask an adult to help you look it up on a site that specializes in finding hoaxes, such as [Snopes.com](http://Snopes.com), [PolitiFact.com](http://PolitiFact.com), [FactCheck.org](http://FactCheck.org), or [Hoax-Slayer.net](http://Hoax-Slayer.net).

**DOUBLE-CHECK THE EXPERTS.** Search the experts quoted in the story to learn more about the organizations they represent. Are the experts qualified to speak about the topic? Do the organizations they work for represent a certain point of view? And if so, are experts with differing points of view included in the story? If the article is one-sided, that's a sign of potentially biased reporting.

**GO STRAIGHT TO THE SOURCE.** A reliable news story should say where all the facts came from. Search the internet to look for the organizations behind the facts. Do they have a particular bias? For example, if an organization that represents peanut growers is behind a study about the health benefits of peanut butter, you know the goal is to sell more peanut butter.

**VERIFY IT.** Many social media sites confirm the real accounts of famous people or well-known organizations. Look for check marks, icons, or even special emojis next to the account names that show they have been verified. Some fake social media accounts will try to trick people with similar marks elsewhere on the page. If it's not right next to the account name, it's probably a phony.

**GET UNSTUCK.** Social media is designed to keep you on the site. If you think something's fishy about a story, leave the social media site and look up the story on a search engine to look for other sources. Also try searching in a new browser or clearing your history, so your search history can't follow you.

**BE A SEARCH ENGINE GENIUS.** The first websites that pop up in internet searches are often ads. Sometimes these are marked as ads; sometimes they aren't. Before you click, scan at least the first two pages of results and read the few lines of description underneath each link. Click on the website of an organization that you recognize or that seems most expert on the subject you are researching.

**"A lie gets halfway around the world before the truth has a chance to get its pants on."**



# What is the value of a bucket list? Q&A

*The focus of a bucket list is to live a life with hopes and aspirations. Making a bucket list allows us to reflect on our values and goals and identify important milestones and experiences that we want to have in our lifetime.*

**Is a bucket list used only in the context of death?** Not at all. The bucket list has now become a way to denote a list of things a person wants to accomplish before a specific event in their lives.

**What is the symbolic meaning of a bucket list?** It is a tangible recognition of our mortality. It allows us to reflect on what matters most to us, on our personal values and identify important life milestones and experiences that we want to have before a certain milestone in our life.

**What else does a bucket list signify?** It is a sign of hope and future orientation. It also motivates us to accomplish certain things with a specific timeline.

**Can I change the items on my bucket list?** A bucket list is not a static list. As we live our lives, our aspirations change. The goals and aspirations of our teenage years will be vastly different from our aspirations in our twenties and thirties. Young people often have daring deeds listed. As we get older people become more risk averse and their bucket list focuses on goals like traveling and spending time with loved ones.

- ✓ Travel somewhere you have always wanted to go but never had the chance
- ✓ Try a second career
- ✓ Start a business
- ✓ Learn a new language or skill
- ✓ Take up a new sport
- ✓ Achieve your ideal weight
- ✓ Try skiing or scuba diving
- ✓ Fly in a hot air balloon
- ✓ Ride, buy or restore a vintage car
- ✓ Paint a Masterpiece
- ✓ Pursue a new hobby
- ✓ Reconnect with old friends
- ✓ Volunteer or be a mentor to someone
- ✓ Get that pet you never had
- ✓ Write a book
- ✓ Play a musical instrument
- ✓ Make new friends
- ✓ Make someone's day
- ✓ Learn how to dance
- ✓ Take a cruise

