



Lenoir Attendance

For our second trip to Lenoir on February 18, Level 4 was the winner with the highest percentage of students attending. Great job, Level 4!

Tuesday, March 3, is our next trip to Lenoir. Be at McReynolds Hall by 6:20 p.m. to get on the bus, and you'll arrive back at McReynolds by about 8:15 p.m.

Take this chance to have fun and talk with older Americans!



MARCH

Daylight Saving Time

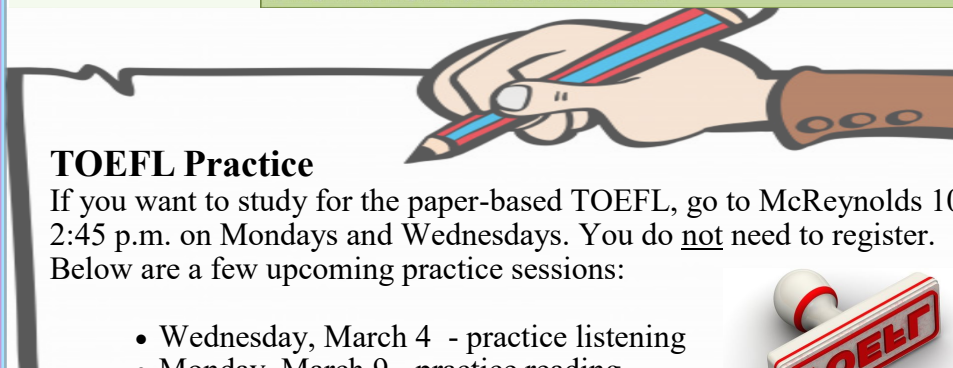
Daylight Saving Time (also known as daylight savings time, daylight time, and summer time), is the practice of advancing clocks during summer months so that evening daylight lasts longer.

In 2020 in Missouri, daylight saving time (DST) will begin at 2 a.m. on Sunday, March 8, and will end at 2 a.m. on Sunday, November 1.

Two of the fifty states in the U.S. do not practice Daylight Saving Time: Hawaii and Arizona.

Tips
to help your body adjust to daylight saving time

1. Don't change your schedule
Stick to regular waking, eating, sleeping and exercise times.
2. Have a nighttime routine
Prepare your body for sleep by engaging in a few relaxing activities before hitting the hay.
3. Avoid long naps
Keep naps short (between 20-30 minutes) to avoid disrupting your sleep schedule.
4. Get some natural sunlight
Sunlight helps regulate your body's internal clock.



TOEFL Practice

If you want to study for the paper-based TOEFL, go to McReynolds 108 at 2:45 p.m. on Mondays and Wednesdays. You do not need to register.

Below are a few upcoming practice sessions:

- Wednesday, March 4 - practice listening
- Monday, March 9 - practice reading
- Wednesday, March 11 - practice grammar





TRUE/FALSE FILM FEST

True False Festival & March March

The True/False Film Fest is an annual documentary film festival that takes place in Columbia, Missouri. The fest occurs on a weekend toward the end of February or the beginning of March, with films being shown from Thursday evening to Sunday night. Films are screened at multiple locations around downtown Columbia, including the Ragtag Cinema, Jesse Hall, Missouri Theatre Center for the Arts, The Picturehouse, The Blue Note, The Globe, Rhynsburger Theater and the Forrest Theater in the Tiger Hotel. (Source: https://en.wikipedia.org/wiki/True/False_Film_Festival)



March March

Friday, March 6, features the kickoff parade for the fest, called "March March." The parade begins at the Boone County Courthouse Square and goes down 9th Street to the Missouri Theatre. It is a free event open to all members of the public. You can watch the parade or even come as a participant with the IEP!

If you march with us, we encourage you to dress colorfully, construct and carry fun props, make noise, and push the level of your imagination. There will be live music, entertainers, and the most important ingredient... You!



You will receive a handout in class with more details. YOU can take part in a very popular event.

All Columbians Invited to Join March March!

Come one, come all and come in costume! True/False's annual everyone-can-join parade begins at Courthouse Square. What better way to encourage the tremulous start of spring than to lead by example and march into March? To bring this month in like a lion, we invite one and all to join, dress in costume, ride your bike, whatever you'd like (just no advertising, politicking, motorized vehicles, or fire). And if you're fretting over what to wear, head to Maude Vintage Clothing & Costumes to find the perfect costume.



Idiom Corner:

- Come one, come all – everyone is welcome to come
- What better way – this is really good idea
- Lead by example – show others how to do something
- Bring in like a lion – the month of March comes in with strong, changeable weather and goes out like a lamb – the weather is calmer and more gentle
- Politicking – don't advertise for a political group
- Fretting over – worried about
- Head to – go to

