



Vallonia



Times

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March 2026

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We are All Lucky to Work at Vallonia by

Employee of the Month



Tabitha Levier was nominated by the staff to be Employee of the Month for March.

Tabitha has been employed at Vallonia for 2 years and 3 months.

Staff nominated Tabitha because she is quiet, kind and a good friend to others. Tabitha is a hard worker and isn't afraid to advocate for herself.

Down Syndrome Awareness by Julia B.

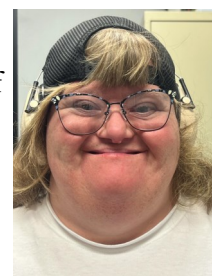
Down Syndrome is caused when a cell divides in an unusual way causing an extra full or partial copy of chromosome 21. It is named after John Langdon Down who first described it.

Down Syndrome causes life long intellectual disability and developmental delays. It is the most common genetic cause for intellectual disabilities in children.

Symptoms of Down Syndrome are mild to moderate problems with intellect and development, health issues and distinct face and body features. Some of the most common features include: a small, flattened nose with a flat bridge, a small head and short neck, upward slanting eyelids with a skin fold of upper eyelid that covers the inner corner of the eye, small rounded ears, small feet with a space between the first and second toes, small hands with a single crease in the palm and short fingers, short height, poor muscle tone and loose and flexible joints.

Health concerns for people with Down Syndrome include heart problems, problems with the digestive system, problems with the immune system, sleep apnea, being overweight, spinal problems, Leukemia, thyroid, dental problems, seizures, ear infections and hearing and vision problems. Other conditions that can affect people with Down Syndrome include depression, anxiety, autism and ADHD.

There is no way to prevent Down Syndrome. Some parents have a greater risk of having a baby with Down Syndrome. The risk of having a baby with Down Syndrome increases after age 35. Either parent can pass the genetics for Down Syndrome on to their children. If one or both parents have the genetic trait for Down Syndrome there is a greater chance of passing on to a child. If you have a child with Down Syndrome, you are at a higher risk for having another so you should talk with a genetic counselor.



*Information adapted from: <https://www.mayoclinic.org/diseases-conditions/down-syndrome/symptoms-causes/syc-20355977>

Daylight Saving Time 2026

SPRING FORWARD

Sunday, March 8, 2026

At 2:00:00 am, clocks are turned forward 1 hour to...



2:00 AM

➔



3:00 AM

Becomes

Sunday, March 8, 2026
3:00:00 am
Local Daylight Time

DAYLIGHT SAVING TIME

Fun Facts:

- Daylight Saving time became a federal law in 1966.
- The U.S. Department of Transportation is in charge of time in the U.S.
- It starts at 2 a.m. for a reason - the time change is delayed until most people are (hopefully) sleeping when time springs ahead.
- A notable benefit is the decrease in crime after daylight savings time. A study published back in 2015 showed robbery dropped by about 7% after DST.
- Only two states don't observe it: Hawaii and Arizona.
- Twenty-six states want to make DST year-round.

REMEMBER TO SET YOUR CLOCKS FORWARD
THIS SUNDAY, MARCH 8TH

#FRIDAYFACTS





St. Patrick's Day Word Search



P	O	T	O	F	G	O	L	D	B	E	E	T	S	L
O	S	F	R	A	C	H	G	C	U	I	V	E	L	U
S	O	H	B	O	W	S	C	L	O	V	E	R	E	W
T	A	M	A	R	C	H	R	A	D	O	W	S	P	I
L	R	U	C	M	U	C	K	Y	L	O	E	P	R	A
U	C	W	I	K	R	A	I	N	B	O	W	K	E	Y
K	A	T	R	S	G	O	N	D	U	R	L	U	C	K
T	H	E	T	G	O	S	C	P	L	E	R	P	H	A
C	T	O	I	R	N	T	D	K	O	G	M	R	A	I
C	O	R	N	E	D	B	E	E	F	R	C	A	U	R
E	T	I	R	E	L	A	N	D	O	S	H	E	N	I
W	O	W	N	N	D	O	W	T	L	K	Y	D	O	S
L	E	A	I	S	T	H	P	A	R	A	D	E	T	H
T	R	A	D	I	T	I	O	N	R	O	P	C	E	D
A	P	A	T	R	I	C	K	M	A	F	C	T	H	A





CLOVER	IRELAND	PARADE
COINS	IRISH	PATRICK
CORNED BEEF	LEPRECHAUN	POT OF GOLD
TRADITION	LUCK	RAINBOW
GREEN	MARCH	SHAMROCK



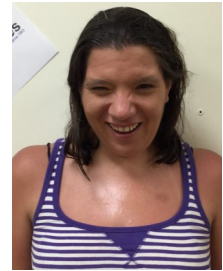
Movie Review: I Can Only Imagine 2

By Stephanie G.

Mercy

Release Date: February 20, 2026

5/5 Stars ★★★★★



I went to the movies on Friday, February 20, to watch the newly released sequel “I Can Only Imagine 2”. It seemed to take place in the present, of a band, called Mercy Me, touring on a bus to shows. During the movie, the main character and lead singer, Bart Millard, had 3 children, but only ever showed the oldest son, who was sick with diabetes. Showing his life as a kid to adulthood. He traveled on tour with his Dad’s band across the country. There was a song by the guy who was the opening act of the show, who had gotten cancer, and never got to finish writing it. Bart Millard finished writing the song, and it became a big hit. At one point during the movie, the tour bus broke down,



All in One Breakfast

10 pack hashbrowns

2 lbs. breakfast sausage already prepared

8 eggs already prepared

1.5 cups shredded cheddar

3 cups of your favorite pancake mix
prepared per box instructions



Spray oil on the bottom of a 9 x13 baking dish and lay hashbrowns on top. Then place cooked sausage and eggs on top of the hashbrowns. Sprinkle cheddar cheese on top and then pour pancake mixture over the cheese. Bake at 350 for 25-30 minutes or until pancake mixture is golden.

Say Something Nice About Someone....

Individuals reflected on the positive attributes of their coworkers and staff.....



Tripp is fun to pick on, and the best cousin ever! ~ Matt K.	Gary is a good man. ~ Cody B.
Mickey is really helpful and very nice. ~ Donna H.	Brittany is really nice to me. ~ Ryan G.
Neil is fun and he likes to pick on me. ~ Penny G.	Alicia is always a helpful supervisor and has nice shoes. ~ Tabitha L.
Brooklyn looks nice and I like her shoes. ~ Kathy W.	Jenel pays me and she is nice. ~ Josh H.
Mary L is always good to me and she is really nice. ~ Greg C.	Mickey does fun crafts and is really funny. ~ Kate M.
Jeremy is nice and kind and likes to pick on me. ~ Matt H.	Tanner is a good team player and is funny. He is also a good friend. ~ Jason S.
I really appreciate working with Haylee and like that she keeps me in line. ~Justin H.	Becca is nice and she does a good job. ~ Brittney B.

Say Something Nice about Someone....

Indiivduals reflected on the positive attributes of their coworkers and staff.....



Brittany is really helpful. ~ Matt M.	Haylee is nice, polite and hard working. ~ Dennis H.
Kayla made me cards. Thank you for the cards you made me. ~ Derrick J.	Brooklyn is a very helpful supervisor and she is very nice. ~ Tripp B.
Becca is a good supervisor and I like her shirt. ~ Mike G.	Rebbekagrace is an awesome, kind and loving supervisor. ~ Andrew B.
Rosa is fun to work with. ~ Scott G.	Ryan is a nice person. ~ Melissa M.
Andrew is a nice friend. ~ Mike P.	Kayla is really great at drawing and has a great personality. ~ Aimee L.
Jeremiah is an awesome one-on-one. ~ Chris G.	Haylee is a hard worker and she is the best supervisor. ~ Kenny G.



Greg's Gazette

More About My Alexa



My machine is a “Hey Alexa” Echo Show 8. You can order it through Amazon. I got weather on it and the date and time. The instruction book will show you how. The Echo does how you would like an alarm clock. You get to tell it “Hey Alexa” and tell it how to set your clock for what time. Echo does have all of it.



March 1st— Happy Birthday, Jason S!

March 2nd — Happy Birthday, Dr. Seuss! Wear red & white or Dr. Seuss themed clothing.

March 3rd — Happy Birthday, Tripp B! Erie Bank Tour

March 5th — Happy Birthday, Peggy Sue B!

March 6th—Paws Hand Delivered Therapy Dogs Visit

March 7th—Happy Birthday Mervin G and Aileen H!

March 8th—Daylight Savings Time—Turn Clocks Forward

March 9th—Scrapbooking

March 10th—Happy Mario Day! Wear Mario attire or dress like Mario!

March 11th—Happy Birthday, Jamie C and Candi L!

March 12th—Happy Birthday, Brian Delo!

March 13th—National K9 Veterans Day! / Payday

March 14th—Happy Birthday, Greg F!

March 16th—Happy Birthday, Brooklyn N!

March 17th—Happy St. Patrick's Day--wear green today!

March 19th—First Day of Spring

March 20th — World Down Syndrome Day—Wear Silly Socks today!

March 22nd — Happy Birthday, Melissa M!

March 25th — Opening Day for Baseball Season—Wear your baseball jersey today!

March 26th—Baby lambs and Rabbits visit Vallonia!

March 29th — Happy Birthday, Alicia D!

March 31st — Payday



**Disability
Resource Fair**
OF NWPA

**One Day, One Roof,
All for FREE!**

The one-stop hub for connecting with local programs, providers, and support networks!

When

The Fair is on May 30, 2026

It will take place from 10 a.m. to 4 p.m. Join us anytime to enjoy activities, gain resources, listen to speakers, and participate in giveaways!

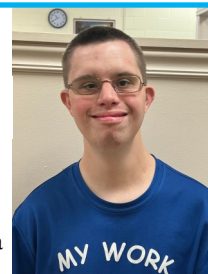
Where

405 Scotland Rd, Edinboro, PA, 16444

Join us inside of the Pogue Student Center on the PennWest Edinboro Campus! Free parking and handicap accessible.

We're All Lucky to Work at Vallonia!

By Cody H.



Vallonia Industries is really lucky because everything we do is lucky. I like supporting Vallonia industries the most because I have a lot of dedication in my heart and my soul. I bleed Vallonia Industries colors because I have pride and joy with Vallonia. All of this is a joy to me because I enjoy working here with all of my most favorite coworkers and all of my staff members. All of us should be really happy to work here and appreciate all of them. We all need to start listening to the supervisors a lot more than yelling at each other. We are not there to tear the team down. We all need to uplift everyone and start to encourage everyone and more helping with friends and we all need to rise above and support everyone and that includes Vallonia Industries. We need to make new people feel like this is their home and they are welcome here at Vallonia Industries. Go Vallonia Industries!

