

Lincoln Manor

A P A R T M E N T S

195 S Pardee Street • Wadsworth, OH 44281 • (330) 336-0341

MAR/APR 2013



NOTES & NEWS

Spring Is Here

Equinox is when day and night are the same length. This happens twice a year, in September and in March. The vernal equinox, which this year is on March 20, is considered the first day of spring.

Out the Door

Choose a small basket or tote bag to keep by the door. When you have outgoing mail or library books or DVDs that need to be returned, put them in the bag. The next time you leave home, grab the bag on your way out the door.

Lincoln Manor Staff:

We at Lincoln Manor are dedicated to our residents and the safety of everyone:

Beth Stover..... Property Manager

Mike Lott..... Maintenance

John Pierrot..... Maintenance

Susan Knapp..... Housekeeping

ER Maint. Line..... (888) 335-3801

Please call the ER Maintenance line 24 hours a day, 7 days a week!

HIGHLIGHTS

Lincoln Manor Referral Program Lincoln Manor Has A Referral Program!!

Any resident who refers anyone to Lincoln Manor will receive a \$300 rent credit. The credit will be given after the referral has resided at Lincoln Manor for a full month. There is no limit as to how many referrals are allowed. Refer away!

Welcome Home

Our community is dedicated to making sure you feel at home. We've had several residents move in in the month of February. We would like to extend a special welcome to those folks who are new to our community!!

Manager's Corner

Thank you for residing here at Lincoln Manor Apartments. It has been an absolute pleasure getting to know all of you. I just wanted to remind everyone that there is absolutely no smoking in the stairwells, common areas or in the elevator. Please be considerate of others in the building.

Lincoln Manor is now accepting CATS!! There is a charge for the cat, please contact the office for further details.

Please remember that your balconies are for your enjoyment. Please do not throw things from your balcony such as cigarettes, food, or trash.

Thank you again, your residency is greatly appreciated!

Beth Stover

BULLETIN BOARD

Seasonal Selections

Spring has sprung, and so have these green fruits and veggies: artichokes, avocados and asparagus.

Rags or Riches?

If you use old towels or dishcloths as cleaning rags, snip a corner off each one so you don't mix them up with your good items.

Easy Way to Cut Calories

Switch from bacon to Canadian bacon at breakfast to lower your calorie and saturated fat intake.

3 Things You Need to Know

1) The language of Ireland is Irish Gaelic. It is believed that less than 400,000 fluent speakers remain.

2) Contrary to lore, St. Patrick did not drive the snakes from Ireland. There have never been native snakes on the island, nor any weasels or moles.

3) In the 2010 Census, 34.7 million Americans claimed Irish ancestry, second only to German ancestry.

TRIVIA WHIZ

Pass the Peanuts, Please

Did you know the peanut is not really a nut? Peanuts are legumes, similar to beans and lentils. Peanuts grow underground, as opposed to walnuts, almonds or pecans, which grow on trees.

Peanuts originated in South America, and explorers and traders eventually spread peanuts to Europe, Africa and Asia.

Research by George Washington Carver in the early 1900s led to an increase in peanut production in the United States.

Carver, considered "The Father of the Peanut Industry," encouraged cotton farmers to plant peanuts as a rotation crop to add nitrogen to the soil. During his research, Carver developed more than 300 uses for peanuts.

Here is some more information about the popular peanut:

- March is National Peanut Month.
- China, India and the United States are the top three producers of peanuts.
- Most U.S. peanut farms are family-owned, and the average farm is 100 acres.
- Peanut butter is eaten in 90 percent of U.S. households.
- Four types of peanuts are grown in the United States—runner, Virginia, Spanish and Valencia.
- Peanuts contribute about \$4 billion to the U.S. economy each year.
- Peanuts are a good source of protein, vitamin E, fiber, magnesium, folate and niacin. They are also high in antioxidants.

"No man in the world has more courage than the man who can stop after eating one peanut."

—Channing Pollock



Spring Into a Clean Home

Spring cleaning—we may not look forward to it, but the results of our efforts can be satisfying. Here are a few tips to help you get your home sparkling and your sense of accomplishment soaring:

Make a plan and set goals. Write down what areas of your home you will clean and when. Plan to tackle only one area at a time. The best part of such a list is crossing off each item as it is completed.

Check your inventory. Make sure you have all the cleaning supplies you will need, including cleansers, cloths, sponges, and a mop, broom and dustpan. Gather the smaller items and put them in a bucket or basket so they are easier to carry and keep together.

Before cleaning, declutter. Consider paring down the knickknacks you have on display. Give away or recycle magazines. The fewer items you need to move while cleaning, the faster you will finish. Use a laundry basket to gather items you need someone else in the household to sort through.

Start at the top. Clean rooms from top to bottom—from ceilings to baseboards and everything in between. Don't forget to clean behind and under furniture and appliances, if possible.

When you are finished, take some time to sit back, relax, and enjoy your spotless space!

Medicine Storage Makeover

Whether it's a mild scrape or an attack of the sniffles, we can rest assured knowing the remedy is just a reach away in our medicine cabinet—that is, if the space isn't so messy that the item we're looking for is impossible to find. Fortunately, organizing your medicine storage space is not complicated.

Begin by removing everything from your existing space and throwing out any expired medication. Check packages or visit www.FDA.gov for safe disposal instructions.

Once you've cleared out the expired items, take inventory. Make sure you have over-the-counter essentials such as aspirin or ibuprofen, antibiotic ointment, antacids, antihistamine, cold and cough medicine, throat lozenges, and an antiseptic like rubbing alcohol or hydrogen peroxide. Also stock up on bandages, cotton balls or swabs, tweezers, and a thermometer.

Next, decide where your primary medicine storage is going to be. Although the bathroom seems like a logical place, high levels of heat and humidity can decrease the effectiveness of some medications. Consider storing medications on a high shelf in a kitchen cupboard or bedroom closet.

Finally, organize medicine and supplies in containers based on type. For example, stash ointments and creams in the same basket, store bandages together, and keep children's medicines separate. Now that everything is in its place, you'll know exactly where to look the next time you're in need.





WIT & WISDOM



Name That Noodle

According to the National Pasta Association, Americans eat 6 billion pounds of pasta a year—more than any other country in the world. Your cupboard is probably home to basics such as elbow macaroni and spaghetti, but did you know there are hundreds of different types of pasta? On your next trip to the grocery store, pick out a new noodle to try, starting with one of these favorites:

- **Farfalle.** Commonly called "bow tie pasta," farfalle is actually Italian for "butterflies." Its unique shape adds flair to any dish, from pasta salads to soups.
- **Rotini.** The name of this pasta means "twists or spirals." The ridges help it hold on to bits of meat, vegetables and cheese, making it ideal for chunky sauces or baked casseroles. A similar pasta, fusilli, has an even tighter coil.
- **Orzo.** Italian for "barley," this small, grain-shaped pasta is the perfect addition to salads and soups and is often served as a side dish with a light sauce.
- **Penne.** This popular, versatile pasta easily complements any sauce. The hollow shape makes penne a great choice for baking, as it will hold meat and vegetables well.
- **Ruote.** The Italian word for "wheels," ruote is a popular pasta for kids thanks to its fun shape and ability to be pierced easily with a fork. Ruote is a great base for pasta salads and helps trap flavors in stir-fry dishes.



One Minute Chef

Asian Beef and Vegetable Stir-Fry

Ingredients:

- 1 1/4 pounds boneless beef top sirloin steak, 1-inch thick
- 4 cups assorted fresh vegetables, such as sugar snap peas, broccoli florets, bell pepper strips and shredded carrots
- 1 clove garlic, minced
- 1/2 cup prepared stir-fry sauce
- 1/8 to 1/4 teaspoon crushed red pepper
- 3 cups hot cooked rice

Directions:

Cut beef steak lengthwise in half, then crosswise into 1/4-inch thick strips.

Combine vegetables and 3 tablespoons water in large nonstick skillet. Cover; cook over medium-high heat four minutes or until crisp-tender. Remove and drain.

Heat same pan over medium-high heat until hot. Add half of beef and half of garlic; stir-fry one to two minutes or until outside surface of beef is no longer pink. Remove. Repeat with remaining beef and garlic.

Return all beef and vegetables to pan. Add stir-fry sauce and red pepper; heat through. Serve over rice.

Find more recipes at
www.BeefitsWhatsForDinner.com.



"No man can taste the fruits of autumn while he is delighting his scent with the flowers of spring."

—Samuel Johnson

"In the spring, I have counted 136 different kinds of weather inside of 24 hours."

—Mark Twain

"An optimist is the human personification of spring."

—Susan J. Bissonette

"Spring is when you feel like whistling even with a shoe full of slush."

—Doug Larson

"The true harbinger of spring is not crocuses or swallows returning to Capistrano, but the sound of the bat on the ball."

—Bill Veeck

"Spring is nature's way of saying, 'Let's party!'"

—Robin Williams

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

—Margaret Atwood

"I love spring flowers: daffodils and hyacinths are the ultimate flower for me. They are the essence of spring."

—Kirsty Gallacher

"If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome."

—Anne Bradstreet

"If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall."

—Nadine Stair



March 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Rent Is Due.	2 Hiking for the Health of It & Basket Weaving & Swing Into Spring Style Show & Silent Auction
3 March 2-3 Breaking Bread on Bourbon Street Gala	4	5 Rent Is Late	6	7 Parent/Teacher Conference for Wadsworth School	8 	9
10	11	12	13	14 Parent/Teacher Parent Conference for Wadsworth High School	15	16
17 	18	19	20	21	22	23
24/31	25	26	27	28	29	30

"This Month In History" MARCH

1475: Michelangelo—prolific Renaissance painter, sculptor, architect and poet—is born.

1839: "O.K." appears in The Boston Morning Post, the first known publication of the slang term.

1845: Congress uses a two-thirds majority vote to override a veto from President John Tyler, the first time an override is successful.

1868: The impeachment trial of President Andrew Johnson begins. The trial concludes May 26 with Johnson's acquittal.

1887: Teacher Anne Sullivan meets and begins to work with Helen Keller, embarking on a lasting relationship with widespread impact.

1904: Author Theodor Geisel, better known as Dr. Seuss, is born in Springfield, Mass. Every year near his birth anniversary, Read Across America is held, celebrating Seuss' work and encouraging children to read.

1911: The song "Alexander's Ragtime Band" is copyrighted by Irving Berlin. The song becomes the biggest pop hit of the early 20th century.

1917: President Woodrow Wilson signs the Jones-Shafroth Act, granting U.S. citizenship to inhabitants of Puerto Rico.

1930: In Buffalo, N.Y., Mrs. Charles Fahning is recognized as the first woman to bowl a perfect game.

1955: The Pulitzer Prize-winning play "Cat on a Hot Tin Roof" by Tennessee Williams opens on Broadway.

1980: One of the biggest cliffhangers in television history, the "Who Shot J.R.?" episode of "Dallas," airs, leading to eight months of speculation about the culprit.

2000: Julia Roberts is paid \$20 million for her Academy Award-winning turn as Erin Brockovich, becoming the first actress to earn that amount for a single film.