



RESIDENTIAL

# PARMA WOODS

## APARTMENTS

9750 Westview Dr. Apt. 5 • Parma, OH 44129 • (216) 741-3134

MAR/APR 2013



### 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.

### 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.

#### Substitution

Red onion can be substituted for shallots in most recipes.

#### Ginger Zinger

With a peppery and slightly sweet taste, ginger is a popular spice that is good for you. The most commonly known use of ginger is to alleviate nausea, but it also promotes bone health, regulates digestion and fights the flu. Spice up your next dish with a little ginger.

### HIGHLIGHTS

#### Deal of the Month

The sales experts at *DealNews.com* say that March is the perfect time to buy winter outerwear. To make the most of your investment, look for classic coats—like the trench—that never go out of style.

#### Keep Playing

Is your favorite board game missing a piece? Use a button as a substitute.

#### Girl Scouts Begins

Juliette Gordon Low founded the Girl Scouts of America on March 12, 1912, in Savannah, Ga. In 2012, Low was posthumously awarded the Presidential Medal of Freedom.

#### Keep Them Separated

Keep fruits and vegetables fresher longer by storing them in separate drawers in the refrigerator. Fruits give off ethylene gas that can cause veggies to ripen (and then rot) faster.

#### Wild World: Spring Peeper

The nighttime noise of the amphibian spring peeper means winter is almost over. These small, nocturnal frogs are rarely seen but can be found in woodlands near ponds and swamps in central and eastern parts of the United States. Spring peepers are tan or brown and can be identified by the "X" mark on their backs.

#### Parma Woods Staff

Amy	Property Manager
Roxie	Leasing Consultant
George	Maintenance Technician
Warren	Maintenance Technician
Fanore	Maintenance Technician
Ivey	Housekeeping
Lachelle	Housekeeping
Sheila	Housekeeping
Hours of Operation	M, W, F 9 a.m.–6 p.m. T, Th 9 a.m.–6 p.m.
	Sat. 10 a.m.–5 p.m.
Emergency Maintenance	(866) 612-4408

# 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](http://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.





### 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](http://www.BeefitsWhatsForDinner.com).



## WIT & WISDOM

"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
			<b>happy spring!</b>		1 RENT IS DUE!	2
3 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	4 Rent Is Late Add \$30 Late Fee And All Rent Concessions Are Lost!	5	6	7	8 	9
Add Late Fee #2 Of \$70 All Payments MUST Be in Form of Money Order Only!	10	11	12	13	14	15 Evictions Processed Add \$250
	17	18	19	20	21	22
24/31	25	26	27	28	29	30 

## April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 RENT IS DUE!	2	3	4 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	5 Rent Is Late Add \$30 Late Fee And All Rent Concessions Are Lost!	6
7	8	9 Add Late Fee #2 Of \$70 All Payments MUST Be in Form of Money Order Only!	10	11	12	13
14 Evictions Processed Add \$250	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				