



BULLETIN BOARD

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 RESIDENTIAL

WYOGA LAKE

COMMONS

4260 Americana Dr. • Cuyahoga Falls, OH 44224 • (330) 940-2215

MAR/APR 2013



NOTES & NEWS

Spring Is on the Horizon!

As we usher in a new season, there are a few items that I would like to discuss with all of our residents here at Wyoga! Most importantly, as snow melts and the green grass appears, so does loose garbage from the winter. Our staff is doing its very best to ensure that the property is picked up and looking its best. We need your help with this as well. If you see litter, please pick it up!

Also, if you have a pet, please make sure that you are cleaning up after it, and if our FIDO bags need replenished, please call the office and let us know!

Thank You!
 Jonathan Lindsay
 Property Manager

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.

HIGHLIGHTS

Just a Reminder!

For those who take a step outside to smoke, please refrain from tossing your cigarette butts in the mulch beds as this could potentially start a fire! Please take the extra time to dispose of your cigarette butt properly! Also note that smoking is strictly prohibited in our common areas. It is very upsetting to other residents in your building and is also against State of Ohio Law! Please be courteous to your neighbors! Thank you in advance for your cooperation!

It Is Never Too Early!

As we all know, Ohio weather is completely unpredictable! If we happen to get one of those early spring days, do yourself and our staff a favor, turn on your air conditioner! It might sound crazy to run your A/C in March or April, but early detection of problems allows us to get ahead of the game! Let it run for about 20 to 30 minutes and make sure that it's blowing cold! Early checks of your system will ensure a summer without headaches! If you notice something is not right with your air conditioner, please give us a call and we will have our HVAC technician make sure it is all ready for the spring and summer season! Thank You!

March Into Spring

Enjoy a new season of nature's renewal.

Your Friendly Staff

Jon	Property Manager
Scott	Maintenance Supervisor
Shannon	Leasing Specialist
Linda	Leasing Specialist
Kelsey	Leasing Specialist
Corey	Maintenance
Shane and Bernie	Maintenance
Paul and Marcus	Housekeeping
Sandy and Spicey	Housekeeping
Tina	Housekeeping

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.





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.



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
					1 Rent Is Due	2
3		4 Rent Late \$30 Late Fee And Concession Amount Is Lost	5	6	7	8
10 	Rent Late \$100 Late Fee and Concession Lost MONEY ORDER ONLY	11	12	13	14 Rent Late \$250 Administrative Filing Fee Applies! Money Order Only	15
17	18	19	20	21	22	23
24/31 EASTER SUNDAY OFFICE IS CLOSED	25	26	27	28	29 	30

April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Rent Is Due	2	3	4 Rent Late \$30 Late Fee And Concession Amount Is Lost	5
7	8	9 Rent Late \$100 Late Fee and Concession Lost MONEY ORDER ONLY	10	11	12	13 
14 Rent Late \$250 Administrative Filing Fee Applies! Money Order Only	15	16	17	18	19	20
21 EARTH DAY!	22	23	24	25	26	27
28	29	30			Earth Day Celebrate Every Day	