

April 2016

April, 2016

Forest Park Leaflet

Volume 16, Issue 4

Notes & News

Maintenance Concerns

We take pride in the condition and upkeep of our community. When you notice a need for maintenance in your apartment or within the community, we would appreciate being informed as soon as possible. Please call the office with any questions or problems concerning maintenance. Thanks for your help!

Laundry Courtesy

Don't you just hate it when someone leaves his or her clothes in the washer or dryer for a bazillion hours after the machine has stopped running? Could this person be you? Please keep an eye on your laundry, and remember to take it out when it's done so others can use the facilities. We recommend that you use a timer to remind yourself when your washer and dryer loads are done. Thanks for your cooperation.

Watch for Pedestrians

When driving through the community, please remember to watch for children and those residents who walk for exercise. It is very important to drive slowly in order to avoid any potential accidents. Thanks!

Office Hours

Monday—Friday 9:00am-5:30pm
 Saturday 10:00am-4:00pm

Important Numbers

Leasing office 682-8532
 Maintenance request 682-8532
 Lock outs 682-8532

Notes from The Office

Spring is here !!

Now is the time that we start mowing so make sure all patio items are on the patio and out of the way

Pet Owners; Thank you for your efforts in keeping our property clean and waste free. Keep up the good work

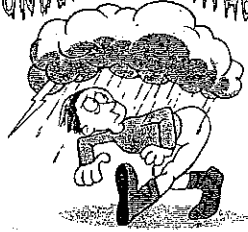
Garden Plots are available Contact the Office if you are interested

As always with warm weather, We have some outdoor improvement projects planned, Watch for more Info

We love our Residents !!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Rent is due	2
3	Opening Day for- Baseball 4	5	Rent is late add \$25 Pest Control bldng #106	7	8	9
10	11 Office will be closed	12	Pest Control Bldng #1113	14	15	Rent is really late add \$2516
17	18	19	Pest Control Bldng #1220	21	22	23
24	25	26	Pest Control Bldng # 1327	28	29	30

UNDER THE WEATHER



Climate changes don't just influence your clothing choices, the weather can also forecast your health.

COLD TEMPERATURES

Strokes - Stroke risk spikes during the winter due to more cold and flu infections, which can thicken a person's blood.

HIGH HUMIDITY

Heart Attacks - Infarction deaths are 3.5 times higher in June. Heat keeps your body from cooling itself, burdening your heart.

HIGH WINDS

Migraines - Wind alters the number of positive- and negative-charged molecules in the air, which can alter your brain's biochemistry.

RAIN

Allergies - Rain ruptures pollen sacs, increasing airborne pollen levels 12-fold.

RISING BAROMETRIC PRESSURE

Osteoarthritis - As barometric pressure rises, so does pressure within your joints. This causes pain and may slow the flow of lubricating fluids.

-Men's Health



FIX IT IN SIX OR LESS



You don't have to wait until Thanksgiving to enjoy sweet potatoes. Here is a quick and easy way to enjoy this nutritious veggie.

BUTTERSCOTCH SWEET POTATOES

- 1 can (1 lb. 7 oz.) sweet potatoes
- 1/4 teaspoon salt
- 1/3 cup butterscotch sundae sauce
- 1 tablespoon chopped nuts

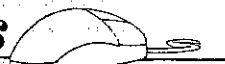
Put drained sweet potatoes in a shallow baking dish and sprinkle with salt. Drizzle the butterscotch sauce over the sweet potatoes and sprinkle with nuts. Bake in a 375 degree oven for about 25 minutes.

-Lois Millard, Mechanicsville, VA

Did you know...? Sweet potatoes belong to the morning glory family and are native to tropical areas of the Americas. Some Americans erroneously call sweet potatoes "yams" - the true yam is not related to the sweet potato at all.

If you have a recipe that can be made in 6 ingredients or less (salt, pepper and oil aren't counted) that you would like to share, send it to us at the address on the back page, or email it to nlpinc@hughes.net. Don't forget your name, state and where you live so we can give you credit!

Click Picks



The internet has changed the way we do things. From choosing a baby name to obtaining health information, there's a wealth of services out there, most of it **FREE**, at your fingertips. Try these sites to get started.

More benefits for less - If your health insurance has some holes, visit www.enhancedbenefits.com for discounts.

New dishes - Go to www.recipeamerica.com for thousands of new ideas.

Learn something new - Visit www.free-ed.net for an array of **FREE** online courses.

Choosing a baby name - If you're searching for just the right one, check www.babynames.com.

The Green Scene April Tips

You don't have to pick up a picket sign to be an environmental activist this Earth Day - April 22nd - just follow the advice below.

***Free the lint bunnies** - The average US household spends up to \$135 a year in energy costs drying clothes. A dirty filter can use up to 30% more energy to get the job done.

***Lose the phone book** - You're probably using an online directory anyway. So call to stop the delivery of your traditional paper phone book. Telephone books make up almost 10% of waste at dump sites.

***Pump up** - Properly inflated tires could improve your gas mileage by up to 3%.

***Curtail junk mail** - The Federal Trade Commission Web site www.ftc.gov spells out how to remove yourself from lists. You'll help save trees, water and decrease emissions too.

***Turn off the tap** - The average faucet releases about 3 gallons of water a minute, so shut it off while you brush your teeth or shave.

Reader Tip of the Month

Debra Tomim from Colorado sent this handy tip in. To stuff eggs easily, spoon the spiced egg mixture into a plastic bag. Snip a small piece from one bottom corner of the bag and then gently squeeze the filling through the hole into the egg halves.

If you have a great tip you would like to share, send it to the address on the back page or email it to nlpinc@hughes.net and don't forget to include your name!

Amazing fact from Mental Floss: The first vending machine was invented by Hero of Alexandria around 215 B.C. When a coin was dropped into a slot, its weight would pull a cork out of a spigot and the machine would dispense a trickle of water.

Trivia Corner

Batter Up!

August Busch wanted to name his new stadium in St. Louis "Budweiser Stadium." But when he was told that he couldn't name his stadium after a product, he changed the name to "Busch Stadium" and celebrated opening day by introducing a new product: Busch Beer.

A baseball has exactly 108 stitches.

Although there have been numerous baseball pitchers who have had "Tommy John surgery," to date none of those pitchers, including Tommy John, is in the Baseball Hall of Fame.

Babe Ruth wore a cabbage leaf under his hat to keep his head cool. He changed it every two innings.

The NY Yankees were the first major league team to put numbers on uniforms. The number basically followed the batting order, which is why Babe Ruth was #3, and Lou Gehrig, #4.

It takes about 8 seconds to make a baseball bat in a baseball bat factory.

Baseball's home plate is 17 inches wide.

-Mental Floss & The Book of Useless Information

