

# May 2016

May, 2016

## Forest Park Leaflet

Volume 16, Issue 5

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Rent is Due</i>	2	3	4 <i>Pest Control Bldng # 14</i>	5	6 <i>Rent is late add \$25</i>	7
8	9	10	11 <i>Pest Control Bldng # 15</i>	12	13	14
15	16 <i>Rent is really late add \$25</i>	17	18 <i>Pest Control Bldng # 16</i>	19	20	21
22	23	24 <i>Join us for a Peoria Chief's Game</i>	25 <i>Pest Control Bldng # 17</i>	26	27 <i>Pool Should be open</i>	28 <i>Office Closed</i>
29	30 <i>Happy Memorial Day  Office closed</i>	31				

### 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

Pool will be open soon !!

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 have tickets for a Chief's game on May 24th Join us for only \$3 per ticket Contact the Office for tickets

We love our Residents !!

## Funny Zone



"A grade of 85 or higher will get you a favorable mention on my blog."

## 10 Things a Mother Doesn't Want to Hear

1. I swallowed a goldfish.
2. Your lipstick works better than crayons.
3. Does grape juice leave a stain?
4. The principal called...
5. But DAD says that word all the time.
6. What's it cost to fix a window?
7. Has anyone seen my earthworms?
8. I painted your shoes pretty, huh Mommy?
9. The dog doesn't like dressing up in your clothes.
10. I'm moving out.



## In the News

DO-IT-YOURSELF GLASSES

Nearsighted atomic physicist, Josh Silver, had a vision. If he could design a pair of glasses he could adjust himself, maybe others would want them too. After 10 years, he discovered that liquid—specifically silicone liquid—was the key. To make the lenses, he filled two flexible membranes with the oil and encased them in hard plastic. Now for the self-adjustment: To make the glasses stronger, you twist a plastic dial on each lens to add more liquid, which changes the shape of the lens. Specs too strong? Twist the other way, removing a bit of oil. There's a cause greater than his own—Silver has started a nonprofit business with a goal of distributing 1 billion pairs to poor nations. We'll be seeing them here in a few years. *~Reader's Digest*

## SALSA LESSONS

### CINCO DE MAYO

*Celebrate America's favorite Mexican holiday with spicy salsa recipes.*

**Tex-Mex Pasta** - Toss freshly cooked elbow macaroni with salsa, diced Monterey Jack cheese and halved cherry tomatoes.

**Cold Summer Soup** - Mix equal parts tomato juice, diced fresh tomatoes and salsa. Add cooked shrimp, diced avocado, chopped onion and cilantro.

**Salsa Dip** - Stir 1/3 cup salsa and 1/4 tsp cumin into 1 cup reduced-fat sour cream. Serve with cut-up vegetables and tortilla chips.

Did you know? In Spanish & Italian, SALSA can refer to any type of sauce, but in English it usually refers to the spicy, tomato-based hot sauces typical of Mexican cuisine.

## MAY WELLNESS NEWS & NOTES

### Wait Before You Medicate

Nearly a million American kids may be misdiagnosed with ADHD, simply due to age-related maturity gaps, (which disappear over time). A study found that young kindergartners are 60% more likely to be deemed hyperactive than older peers. If your child has a late birthday and is easily distracted, consider waiting it out first. *~Good Housekeeping*

### Asthma - Home Cleaning Connection

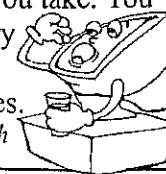
Using household cleaning sprays and air fresheners as little as once a week can raise the risk of developing asthma by 100 to 200 percent. The solution is to use cleaning wipes or pour cleanser on a cloth instead of using a spray bottle, and use potpourri instead of spray air fresheners.

*~American Journal of Respiratory and Critical Care Medicine*

### Drug Safety Alerts

The Institute for Safe Medication Practices offers free, customized e-mail alerts for medications. To sign up, go to [consumermedsafety.org/medsafetyalert.asp](http://consumermedsafety.org/medsafetyalert.asp) and enter all the drugs and supplements you take. You will get a safety summary and updates anytime a new safety problem arises.

*~OnHealth*



## Mother's Day

Anna Jarvis, the woman who pushed for an official Mother's Day, said the day's purpose should be, "To let mothers know we appreciate them, though we do not show it as often as we ought." Here's a look at how moms have been celebrated throughout history. *P.S. You may want to stick with flowers and a card.*

**People in ancient Greece** paid tribute to Rhea, the mother of the gods, with honey cakes, fine drinks, and flowers at dawn. This was the earliest Mother's Day celebration.

**During the 1600's, England** celebrated a day called "Mothering Sunday." Servants would go home to see their families, bringing cakes and sweets to their moms. "Going a-mothering," was what this custom was called. Each mother would receive a *simnel*-cake (Latin for fine flour) and mothers would give blessings to their children.

**In Serbia, Mother's Day is Materice** and is celebrated on the second Sunday before Christmas. Children sneak into their mother's bedroom and gently tie her feet with ribbon or string. To negotiate her release, the mother gives her children small gifts. (Not much in it for Mom, but she does get to lie down for a bit.)

*~Real Simple*

*We'd like to wish all Mothers a very Happy Mother's Day!*