

SUMMERFIELD PLACE

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FEBRUARY 2018

HIGHLIGHTS

Maintenance Corner

The Freeze Is On

It's that time of the year again. Boy, is it cold outside! When temperatures are as cold as what we have already been experiencing this year, there are a few things we all have to do. We must be vigilant in ensuring that the doors under our sinks are left open, and that we have our faucets dripping. Few things can be more expensive and damaging than frozen and busted pipes. We also have to make sure that we have clean air filters. Running heat in the extreme cold is already an expensive necessity, but doing so with a dirty filter not only costs even more money unnecessarily, it also puts an extreme tax on the system itself. So, if you haven't done so in a while, peek in on your filter. Looks like we are going to continue to be in for a very cold winter. I hope that the reminders in this newsletter are a helpful way to making sure you make it through the freeze as comfortable as possible. And as always, your maintenance staff is standing by and ready to serve if you need us for anything.

A Month Without a Full Moon

This year, you won't see a full moon during the month of February, but March will make up for it by having two full moons, as did January. This happens about every 20 years, the last time in 1999 and occurring next in 2037.

Rent Reminder

Rent is due on the 1st day of each month and is considered late on the 6th at 8:00 am. Rent not paid in full must include a late charge equal to 10% of your monthly rental payment.

Critter Ridder

Ace Exterminating will be at Summerfield on **Tuesday, February 27th, to treat buildings: E, F, G, and H.**

If you are in need of this service, please contact the office.



NOTES & NEWS

MEET THE STAFF

Amber Baggett - Property Manager
Lauren Lannom - Assistant Manager
Tonisha Sykes - Part-Time Leasing
Chris England - Maintenance Supervisor
Austin Lamb - Maintenance Tech.
Tyler Zimmerman - Groundskeeper
Hannah Poole - Courtesy Officer

OFFICE HOURS

Monday - Friday -- 8:00 am - 5:00 pm
Saturday -- 9:00 am - 4:00 pm
Sunday -- Closed

Email:

summerfield@schattenproperties.com

Refer a Friend

Refer a friend to Summerfield Place. If they are approved by the office and move into our community, we will give you a **\$250.00** check.

A Lot of Lace

In 2013, a group of Polish women spent five months crocheting thousands of intricate floral motifs into 20 circular rows, creating a giant doily over 16 feet wide.

BULLETIN BOARD

A Focus on Friends

Valentine's Day is all about romantic love in many countries, but Finland has a unique take on the holiday. The Finnish celebrate Friendship Day on Feb. 14 by giving cards and small gifts to friends and family as well as sweethearts.

Best Buds

Roses are the top pick for Valentine's Day bouquets, according to florists. The rose has also served as the official national flower of the U.S. since 1986.

TRIVIA WHIZ

A Look at the Olympics

Speedskating, ice hockey and luge are a few of the many events on tap for the 2018 Winter Olympics in Pyeongchang, South Korea. Prepare yourself for the Feb. 9–25 games by learning a bit more about the competition.

- This will be the 23rd Winter Olympics. The first took place in Chamonix, France, in 1924.
- South Korea hosted the 1988 Summer Olympics in Seoul, but this will be the Asian nation's first Winter Games.
- Figure skating competitions and the men's hockey gold medal game are considered the most popular events.
- The athletes in Pyeongchang will compete in 102 events in 15 sports.
- The 2018 Winter Games will feature four new events: big air snowboarding, mixed doubles curling, mass start speedskating and mixed team Alpine skiing.
- Soohorang, a white tiger, and Bandabi, an Asiatic black bear, are the official mascots of the 2018 Games.
- For gold medal performances, keep your eyes on the Norwegian athletes. Although it is a country of just 5 million people, Norway dominates the Winter Games, holding the record for most gold medals and most medals overall.
- Norwegian biathlete Ole Einar Bjoerdalen has won 13 medals in his career, making him the most decorated Winter Olympian ever.
- Unlike previous years, when fans had to wait hours to view events that had taken place earlier in the day, 2018 Olympics coverage will be aired live across all U.S. time zones, both on television and online.



Potluck Party Pointers

With the Super Bowl and college basketball tournaments on the way, you might have a potluck party on your social calendar.

When deciding what food to take, consider the dish's appeal to a majority of the other guests. Chicken wings, meatballs and cheese dip are examples of munchies that are bound to be popular.

A meat-free dish is a good choice if you know vegetarians are attending the party. A grain salad, pasta salad or vegetable side dish

can add variety to the offerings.

Avoid relying on supermarket takeout; put a little time and effort into your contribution. Consider the recipe's number of servings and make sure you have prepared enough for the expected crowd.

Your food should be ready to serve when you arrive at the party. Don't assume there will be room in the kitchen for you to finish the dish. Prepare something you can keep either warm or chilled on the trip over or that can be served at room temperature.

Take everything you need to dish up your food, including serving utensils. If you made a dip, don't forget the accompanying chips or crackers.

To ensure you get your container and utensils back, put your name on them. Offer to help the host clean up, or, to make the process smoother, plan to take your dirty dishes home and wash them there.

Foster Strong Relationships

Whether you have been in a relationship for six months or 16 years, or you plan to be in one sometime in the future, the advice that experts offer to keep the bond strong remains the same.

Be a good teammate. Being in a relationship is a two-person job. If you want it to last, you can't expect your partner to do all of the work, whether physical or emotional.

Be positive. Complimenting your partner and saying "thank you" are simple ways to show you care. Who doesn't want to feel appreciated?

Apologize when you're wrong. Everyone makes mistakes, and when it happens, forget about your pride and offer a sincere apology. If the tables are turned, accept your partner's apology and move on. If you truly care about the person you are in a relationship with, you have to learn to forgive them.

Don't keep score. Your relationship is not a game. If you do something nice, you don't need to announce it just to get brownie points. By the same token, if your partner makes a mistake, don't hold it against them to make yourself look better.

Speak your mind. If you need to talk about something with your partner, don't beat around the bush. Say what you need to say. Hesitating or being vague, hoping they can figure it out, usually won't end in your favor. Open communication will help the relationship grow stronger.





WIT & WISDOM



Heart-Healthy Exercise

Cardiovascular exercise, also called aerobic exercise or simply cardio, is crucial for heart health. The proof is not only in the word itself—*kardia* is the Greek word for “heart”—but also in the way the human body responds to a cardiovascular workout.

Any physical activity that increases your heart rate and breathing rate for an extended period of time is considered cardio exercise. Walking, bicycling, swimming and many other sports are common examples. During these activities, the lungs take in more oxygen, which goes directly into the bloodstream and the heart. The oxygen makes the heart beat faster, allowing it to pump nutrients throughout the body.

Regular cardio exercise not only makes the heart stronger, but it also sends oxygen to the muscles, where it's used to burn carbohydrates and fat. This is why cardio is so effective at helping a person lose or maintain weight.

Cardiovascular activities are key to preventing heart disease, since they can lower blood pressure and improve circulation. This type of exercise is also helpful in preventing or managing diabetes, osteoporosis, depression and some forms of cancer.

Check with your doctor to see what types of cardio activities are right for you.

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Chicken Breasts With Grapes

Ingredients:

- 2 boneless, skinless chicken breasts, butterflied into 4 cutlets
- Salt and pepper
- 2 tablespoons olive oil, divided
- 2 cloves garlic, minced
- 1 leek, white part only, halved and thinly sliced
- 2 tablespoons chopped fresh oregano
- 1 1/2 cups quartered artichoke hearts
- 1 cup chicken stock
- 1 tablespoon lemon juice
- 1/2 teaspoon lemon zest
- 2 teaspoons butter
- 1 1/2 cups mixed red and green grapes
- 2 tablespoons chopped flat-leaf parsley

Directions:

Season chicken breasts with salt and pepper. Heat 1 tablespoon olive oil in skillet over medium-high heat. Add chicken breasts and sear 4 minutes per side. Remove and set aside.

Add remaining olive oil to pan, along with garlic, leek and pinch of salt; cook on medium heat 2 to 3 minutes to soften leek. Stir in oregano, artichokes, chicken stock, lemon juice, lemon zest and butter. Simmer 2 to 3 minutes, then add chicken back to pan, basting each breast with sauce. Add grapes and simmer until grapes are just soft and chicken is cooked through. Stir in fresh parsley and serve.

Find more recipes at www.GrapesFromCalifornia.com.



“How sweet the words of truth, breathed from the lips of love.”

—James Beattie

“Once in a young lifetime one should be allowed to have as much sweetness as one can possibly want and hold.”

—Judith Olney

“What’s in a name? That which we call a rose by any other name would smell as sweet.”

—William Shakespeare

“Life is short, and it is up to you to make it sweet.”

—Sarah Louise Delany

“The road to greatness is often sought, but if journeyed with kindness, it is sweetly paved.”

—Tom Althouse

“Connecting our hearts through love yields a nectar so sweet we are forever full.”

—Amy Leigh Mercree

“But friendship is the breathing rose, with sweets in every fold.”

—Oliver Wendell Holmes

“Heard melodies are sweet, but those unheard are sweeter.”

—John Keats

“Oh, how sweet it is to hear one’s own convictions from another’s lips.”

—Johann Wolfgang von Goethe

“Be sweet, be good, and honest always.”





—Emma Bunton

“Even when the strings are broken in our lives, the sweet music plays on in our hearts.”

—Bryant McGill



February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				RENT IS DUE 1	2	3
4	5 	6	7	8	9	10
11	12	13	14 	15	16	17
18	19 Presidents Day	20	21	22	23	24
25	26	27 PEST CONTROL BLDGS: E, F, G, AND H	28	 FEBRUARY 		

"This Month In History"

FEBRUARY

1878: Thomas Edison receives a patent for his first major invention, the phonograph.

1905: The first Rotary Club meets in Chicago. The service organization now has more than 35,000 clubs worldwide.

1914: In Washington, D.C., a groundbreaking ceremony is held on the western end of the National Mall for the Lincoln Memorial.

1922: Embracing the "broadcasting boom," President Warren G. Harding

has a radio installed in the White House.

1935: The board game Monopoly goes on sale with a price tag of \$2. Now a classic favorite, millions have played the property trading game.

1947: Inventor Edwin H. Land demonstrates his Polaroid Land Camera, which could produce a black-and-white photo in 60 seconds.

1954: A group of children in Pittsburgh is the first to be inoculated against polio with a new vaccine developed by Dr. Jonas Salk.

1968: With smiles, songs and stories, the TV series "Mister Rogers' Neighborhood" premieres on national public television.

1985: The Coca-Cola Company launches a new flavored soft drink, Cherry Coke.

1995: American businessman Steve Fossett completes the first solo flight across the Pacific Ocean in a balloon.

2006: At the Winter Olympics in Italy, U.S. speedskater Shani Davis becomes the first black athlete to win an individual gold medal in Winter Games history.

2011: "The Artist" wins the Oscar for best picture. It was the first silent film to win the award since "Wings" in 1927.

2014: Comedian Jimmy Fallon becomes the host of the late-night talk show "The Tonight Show."