



LAKE SIDE

-LUXURY LIVING-

200 Lake Club Court • Charlottesville, VA 22902 • (434) 984-5253



MAY 2023



NOTES & NEWS

Milkweed for Monarchs

The first Saturday in May is National Start Seeing Monarchs Day, when the familiar black-and-orange butterflies begin showing up. Planting milkweed, their caterpillars' only food source, can help monarch populations thrive. The best choices for container gardens are tropical milkweed, because of its short height, and swamp milkweed, since it lacks the long taproot that other varieties have.

In Season

Incorporating fruits and vegetables into your diet is important, and in-season produce is your best bet for fresh and delicious picks. Now that the weather is warming, it's time to enjoy asparagus, peas, radishes, fiddleheads, artichokes and morel mushrooms. Springtime fruits include mangos, pineapples, strawberries, apricots, kiwis and cherries.

Stay Laughing

"If you're going to be able to look back on something and laugh about it, you might as well laugh about it now."

—Marie Osmond

HIGHLIGHTS

OFFICE STAFF

Property Manager Adam Reeve
Leasing Consultant Pam Ankeney
Leasing Consultant Tashia Bowles

MAINTENANCE TEAM

Maintenance Supervisor Joe Sacre
Asst. Maint. Supervisor Chay Harris
Maint. Technician Steven Huff
Maint. Technician Colby Shriver
Groundskeeper Glenn Thacker
Groundskeeper Steven Taylor

Thank You, Moms

We'd like to wish all the moms in our community a happy Mother's Day! Thanks for all the love, attention and hard work. Where would we be without you? Have a great day.



Pool Safety

We want our pool area to be safe and fun for everyone. Please remember that there is no lifeguard on duty and glass is not allowed in the pool area. All guests using the pool must be accompanied by a resident. Pool hours are from 10:00 am to 9:00 pm. For your own safety and out of consideration for your neighbors who live near the pool area, please do not use the pool after hours. We appreciate your cooperation.

BULLETIN BOARD

Pay It Forward

Random acts of kindness can make someone's day. Say a simple hello to a stranger, leave a handful of quarters at the laundromat, or deliver treats to a hospital, the fire station or your favorite library.

Journal Prompt: Creativity

Creative works, like movies, books and games, keep the world interesting and fun! Try this creative exercise: Think of a dream you had recently and write or draw something inspired by it.

Important Numbers

Leasing Office (434) 984-5253
Fax (434) 977-4637
Emergency Maintenance (434) 972-7014

service@liveatlakeside.com or
www.liveatlakeside.com
for nonemergency work orders.

Office Hours

Monday–Friday 10 a.m.–6 p.m.
Saturday 10 a.m.–3 p.m.
Sunday CLOSED

TRIVIA WHIZ



A Dash of Derby Details

The first Saturday in May hosts the longest-running sporting event in the country, the Kentucky Derby. Since 1875, jockeys and their horses have been gathering at the Churchill Downs racecourse in Louisville for a 1 1/4-mile dash to the finish line. Saddle up for these fun facts about the competition:

- Thoroughbreds that enter the race must be 3 years old.
- A blanket of roses is draped over the winner, providing the race's famous nickname "The Run for the Roses." Made of more than 400 roses, the blanket weighs about 40 pounds.
- Because of the typical time it takes a horse to run the course, another moniker for the race is "The Most Exciting Two Minutes in Sports."
- Secretariat, who won the race in 1973, still holds the record for the fastest Derby finish at 1:59.4. The 2010 film "Secretariat" tells the inspiring tale about the horse and his owner, Penny Chenery.
- Horse names cannot exceed 18 characters or contain horse terms, such as "filly" or "stallion."
- The current purse for the Derby is \$3 million, with \$1.86 million going to the first-place winner.
- Starting lanes No. 5 and No. 10 are the luckiest. Riders in these posts have won more times than those in other lanes.
- The mid-1960s brought a new tradition for women attending the event—wearing large, fancy hats.
- The 1892 Kentucky Derby only saw three horses race; today, 20 horses compete.
- The official drink of the Derby is the mint julep.

Say It With Flowers

Flowers are a popular gift, and there's more to picking out an arrangement than you might think. Almost every flower has a hidden meaning attached to its petals. In the 1800s, flowers were often used to send messages, and many people kept floral guidebooks in their homes. What perfumed words could you send with your bouquets?

Roses. These timeless beauties can have many meanings depending on their color. Classic red symbolizes romantic love; sunny yellow shows friendship or jealousy; pink hues can signify gratitude or sympathy; and white stands for innocence or secrecy.

Gerbera daisies. Large and friendly, these blossoms represent cheerfulness due to their many bright-colored variations. Innocence and beauty are also associated with this floral gift.

Tulips. Elegant and classic, this springtime favorite represents comfort and happiness. Like roses, tulips can have different meanings connected to various colors: purple for royalty, red for love, white for forgiveness and yellow for cheer.

Sunflowers. Legend says that Spanish explorers thought they had found gold when they first saw fields of sunflowers, and these happy blooms are still valued today as symbols of warmth, adoration and longevity.

Peonies. During Victorian times, this flower was sometimes given to show anger! But in modern day, peonies are connected to a happy life and marriage.



Stay Sun Safe

With summer right around the corner, we can expect warmer weather and longer, brighter days. Keep in mind that while UV rays are their strongest between 10 a.m. and 4 p.m., active sun-safe practices are important all day long. If your shadow is shorter than you are, then you should seek shade.

Wear sunscreen every day to reduce the risk of skin cancer—doing so can lower the chances of squamous cell carcinoma by 40% and melanoma by 50%. A daily use sunscreen with SPF 15 is sufficient, but if you spend

extended time outdoors, you should steer toward SPF 30 or higher. Choose a sunscreen that protects against UVA (rays that cause tanning and premature aging) and UVB (rays that cause sunburn).

Clothing choice is the easiest protection against harmful UV radiation, since there is no need for reapplication. UPF is the Ultraviolet Protection Factor for clothing. UPF 30–49 is considered very good protection, and 50-plus is excellent. Just because an item of clothing is missing a UPF label doesn't mean it won't help protect your skin, though. Dark or brightly colored, densely woven fabrics—such as denim, canvas, wool or synthetic fiber—are prime choices for protection. Unbleached cotton, polyester and lightweight satin or silk all provide good defense against UV rays. Sunglasses and hats with 3-inch brims are helpful for shading your eyes and the sensitive skin of your face and neck.



WIT & WISDOM



A Guide to Soft Skills

Not all jobs require the same knowledge or technical skills, but something they do have in common is the need for soft skills. Also called people skills, this term refers to personal traits that affect how you work, as well as how you interact with others. Examples of soft skills include creativity, teamwork and organization.

Unlike technical skills, which are usually acquired through formal schooling or training, soft skills are more likely to be picked up through experience. They're not as easy to define as knowledge-based skills that have a clear right or wrong. But they are just as important, if not more so, than technical skills, and can be applied to nearly every situation—not only in the workplace.

When surveyed by career experts, a staggering 93% of employers said soft skills play a critical role in their hiring process, and they want to see these skills listed on resumes. In a cover letter or interview, talk about a couple of your strongest soft skills and how you've used them in the past.

A list of employers' most desired soft skills include communication, time management, problem-solving, flexibility and a self-driven work ethic. Seek out opportunities where you can develop your soft skills further, such as with a volunteer group, career-building workshops and in personal relationships.

Featured Recipe

Rigatoni With Italian Sausage and Spinach

Ingredients:

- 8 ounces rigatoni pasta
- 1 tablespoon olive oil
- 1/2 cup onions, chopped
- 4 cloves garlic, minced
- 1/2 cup mushrooms, sliced
- 16 ounces ground Italian sausage
- 1 jar (24 ounces) marinara sauce
- 2 cups fresh baby spinach
- Salt and pepper, to taste
- Parmesan cheese, for garnish

Directions:

Bring a large pot of water to boil. Add pasta and cook following package instructions. Drain pasta and set aside.

In a separate pan, warm olive oil over medium heat. Add onions, garlic and mushrooms. Sauté until vegetables begin to soften. Add Italian sausage and cook until done, breaking meat into small pieces. Add marinara sauce and bring to a low boil.

Add baby spinach and cook until mostly wilted. Season with salt and pepper. Add drained pasta to pan and toss to coat. Garnish individual servings with Parmesan cheese.

Find more recipes at Bertolli.com.



“Green is the prime color of the world, and that from which its loveliness arises.”
—**Pedro Calderon de la Barca**

“Nature’s first green is gold.”
—**Robert Frost**

“Green is the fresh emblem of well-founded hopes. In blue the spirit can wander, but in green it can rest.”
—**Mary Webb**

“Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.”
—**Doug Larson**

“Scrub and polish, sweep and clean, fling your windows wide!
See, the trees are clad in green!
Coax the spring inside!”
—**Louise Bennett Weaver and Helen Cowles LeCron**

“Green calm below,
blue quietness above.”
—**John Greenleaf Whittier**

“I just need green. I need to wake up and see grass and squirrels.”
—**Andre Leon Talley**


“Never stay up on the barren heights of cleverness, but come down into the green valleys of silliness.”
—**Ludwig Wittgenstein**

“Keep a green tree in your heart and perhaps the singing bird will come.”
—**Chinese proverb**

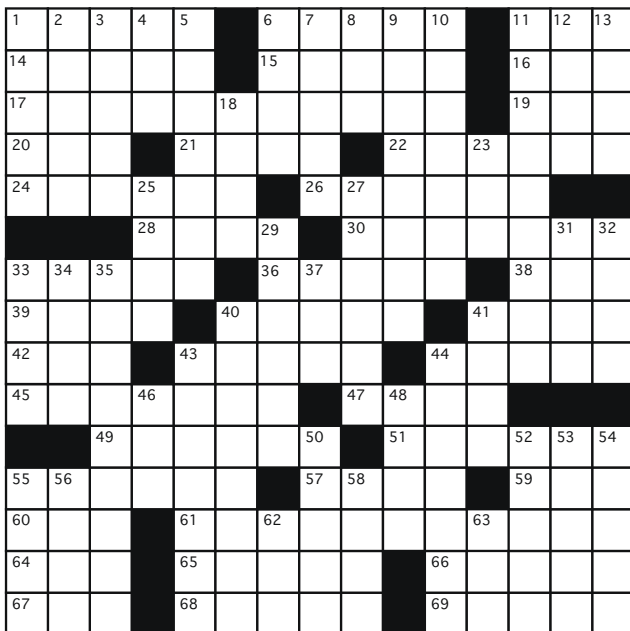
“For still there are so many things that I have never seen:
In every wood in every spring
there is a different green.”
—**J.R.R. Tolkien**



May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Rent Is Due	2 Coffee and Conversation Every Tuesday 10-11 a.m.	3	4 	5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	6 10% Late Fee for Unpaid Balance
7	8	9	10	11	12	13
14 Happy Mother's Day!	15 	16	17	18	19	20
21	22	23	24	25	26	27
28	29 Memorial Day	30	31	<i>May</i>		

Crossword Puzzle



ACROSS

1. Use foolishly
6. A la __
11. Persian, for one
14. Early April baby
15. Otherwise known as
16. Be dishonest
17. Breakfast treat
19. Beverage
20. __ out; dress
21. Lengthy period
22. Large numbers
24. Brushes away debris
26. Raises the spirits of
28. Upper garment
30. Former
33. Hair net
36. Sponsorship
38. Head topper
39. Antiquity
40. Final letter
41. Lessen
42. Unpleasant spouse
43. Fifth tire
44. Noisy fight
45. Piece of personal property
47. Funny person
49. Approached
51. Warm and cozy
55. Mark of disgrace
57. Smell
59. Most frequently used word, perhaps
60. "The __"; 1975-79 Broadway hit
61. Detailed schedules
64. Wrath
65. Work of fiction
66. Category
67. __-fly; fruit destroyer
68. Dizzy
69. Does a lawn chore

DOWN

1. Floats on the wind
2. Pointer
3. Encirclement by an enemy
4. (14 x 11) - (48 x 3)
5. Got away
6. Roman statesman
7. Unattached
8. Inlet
9. Australian state
10. Grand homes
11. Type of music
12. Helpmate
13. Pegs for Els
18. Notorious German
23. Use hair rollers
25. Bacchanals' cry
27. Paul Bunyan, for one
29. Mexican food
31. Navy buddy
32. Sword
33. Out of __; poorly timed
34. Ark builder
35. Tidy
37. Suffix for musket or profit
40. Word heard by one who dials "O"
41. Alpha's follower
43. Endurance
44. Dock
46. Young sheep
48. "Take __ leave it"
50. Recipient
52. Smart
53. Here and __
54. Words of agreement
55. Do the breaststroke
56. Grow weary
58. Farmer's home, in song
62. Common contraction
63. Color

