



LAKE SIDE

—Luxury Living—
APARTMENTS

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



MAY 2017



HIGHLIGHTS

Brimming With Shade

Before heading out into the sunshine, top your head with a wide-brimmed hat. Fashionable for both women and men, the hats offer added protection from the sun, along with sunscreen. The American Cancer Society advises that hats made of tightly woven fabric provide a better shield from ultraviolet rays than those made from canvas or straw.

Eat to Sleep

If you have difficulty falling asleep or toss and turn during the night, be mindful of what you eat in the evening hours. Foods that may disrupt sleep include citrus fruits, chocolate, caffeinated beverages, spicy dishes and large meals high in fat. Instead, try eating a light dinner, and curb your nighttime hunger with some walnuts, a banana, or a bowl of whole-grain cereal in milk.

Emerging Monarchs

A new generation of monarch butterflies will emerge and start fluttering about in May. Easily recognized by their brilliant black, orange and white-patterned wings, the monarchs' main task is searching for milkweed plants on which to lay eggs, which will hatch as caterpillars and transform into the next generation to take flight.

NOTES & NEWS

The Pool is OPEN!!

The Lakeside staff is in the works of planning a celebration party for the opening of the pool. An invitation will be sent via email soon (if you are currently not receiving emails, please contact the leasing office).

Please make sure to have your pool pass with you when you are at the pool, beach or lake area. The Lakeside staff will begin doing frequent daily pool pass checks. If you have misplaced your pool pass, please come to the leasing office to be issued a new pass.

IMPORTANT REMINDER

We love our Lakeside pets, however the resident handbook states that they are not permitted on the beach, and must be on a leash at all times. Please make sure to abide by these rules.

Wise Withdrawal

Always opt for using an ATM at a bank rather than a convenience store or other non-bank location. Bank machines are more likely to be secure and monitored by security cameras.

BULLETIN BOARD

- Lakeside Staff**
Property Manager
 Adam Reeve
Assistant Property Manager
 Ashley Moore
Leasing Consultants
 Amanda Baker
 Anthony Woodfolk
Maintenance Supervisor
 Joe Sacre
Senior Maintenance Technician
 Jason Davis
Maintenance Technicians
 Clayton Minor
 Luther Halterman
Groundskeeper
 Glenn Thacker



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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 11 a.m.–4 p.m.
 Sunday 1 p.m.–4 p.m.

TRIVIA WHIZ

Brilliant Brothers

We all know that Mother's Day is celebrated in May, but did you know May 24 is Brother's Day? In honor of the bond between brothers, here is a look at some well-known siblings.

- Jacob and Wilhelm Grimm published their first collection of German folk tales, "Children's and Household Tales," in 1812. The most popular stories collected by the Brothers Grimm include "Cinderella," "Hansel and Gretel" and "Snow White."
- Willbur and Orville Wright designed a printing press and built bicycles before inventing the world's first successful airplane.
- George Gershwin was one of the most important American composers in history, and his brother, Ira, was a talented and successful lyricist.
- More than 300 fraternal sets have played in the National Football League, but the most famous are Peyton and Eli Manning. Both quarterbacks have led their teams to a Super Bowl victory.
- The acting gene seems to run in many families. Brothers who have appeared on the big and small screen include: Beau and Jeff Bridges; Alec, Daniel, William and Stephen Baldwin; Robert, Donnie and Mark Wahlberg; Keenen, Damon, Shawn and Marlon Wayans; and Luke, Chris and Liam Hemsworth.

**"Sometimes being a brother
is even better than
being a superhero."
—Marc Brown**



Spruce Up Your Space

Thinking about giving your living space a fresh look? Read on to find out what's trending in home décor right now.

Green. From fashion runways to design studios, this classic color is everywhere. Olive, emerald, lime—with so many shades to choose from, green can go with almost any style. Bring a bit of the outdoors in by decorating with green art, throw pillows, linens, rugs, upholstered

furniture and accent pieces.

Texture. Pleats, velvet, faux fur, leather and mohair are some examples of trendy textures. Use them along with mixed patterns and brushed metals to help make a room more interesting and inviting.

Organic materials. Nature is also making its way indoors through the use of wood, stone, clay and wicker. These earthy, organic materials will add beauty to any room. Frames, vases and baskets are practical ways to incorporate this theme.

Tropical prints. A current favorite of several high-end fashion designers, island-inspired patterns are being seen in many household fabrics, including blankets, pillows and upholstery.

Artisanal items. Objects handmade by skilled artisans are in demand, including porcelain, hand-blown glass and fiber art. Uniquely crafted furniture is also a hot ticket right now.

The Amazing Avocado

Is it their uniquely creamy texture, their status as a super food, or their vibrant green color that makes them so popular? Whatever the reason, the U.S. consumes about 2 billion pounds of avocados per year.

Native to Mexico and Central and South America, avocados were cultivated as far back as 8,000 B.C. To the Aztecs, avocados were symbols of love, not only because they grow in pairs, but also because the trees are not self-pollinating, so two are needed to bear fruit.

The avocado is prized for its nutritional profile. It's the only fruit with significant amounts of monounsaturated fat, which helps the body absorb nutrients and can lower cholesterol levels. A 1-ounce, 50-calorie serving contains almost 20 different vitamins, minerals and other nutrients, including potassium, fiber, folate and vitamins B-6, C, E and K.

An extremely versatile food, avocados can be eaten fresh out of their skin, added to salads and sandwiches, and made into dips, the most popular being guacamole. Avocado is also used as a substitute for spreads such as mayonnaise and butter.

Mexico is the world's largest producer and exporter of avocados, while California grows 90 percent of the domestic crop.





WIT & WISDOM



Travel To-Do List

If you are planning a trip this summer, take care of these important tasks before you depart.

Finances. Make sure any bills that will come due while you are gone are paid before you leave. Sort through your wallet and remove anything you won't need while traveling.

Contact your credit card company and let them know you are going to be using the card away from home.

Also notify the bank about your travel plans, especially if you are going overseas. Banks and credit card companies may interpret an unexpected overseas purchase as fraud, and your account could be blocked.

Documents. Use your cell phone or digital camera to take photos of your passport, driver's license, health insurance card and prescription bottle labels in case your items are lost or stolen. Program the numbers of your airline and hotel into your cell phone. Ask the post office to hold your mail, or arrange to have a friend or neighbor collect it.

Household. Prepare and freeze a meal so you will have something easy and home-cooked to eat when you return. Then clear your refrigerator of perishables. Right before you leave, take out the garbage, unplug electronics such as televisions and toasters, and make sure all your windows are closed and locked.

Always let friends and family know about your travel plans and how to get in touch with you if they need to.

One Minute Chef

Island Shrimp Quesadillas

Ingredients:

- 1 1/2 cups shredded cheese, such as Mexican blend or cheddar and Monterey Jack
- 2 green onions, thinly sliced
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon oregano leaves
- 8 flour tortillas (8-inch)
- 1 tablespoon vegetable oil
- 8 ounces frozen cooked small shrimp, thawed and well-drained
- 1 large ripe mango, peeled and coarsely chopped

Directions:

Mix cheese, green onions and seasonings in medium bowl. Set aside.

Lightly brush one side of four flour tortillas with oil. Place oiled side down on skillet. Top tortillas with one-half of the cheese mixture, then with shrimp and mango.

Sprinkle remaining cheese evenly over shrimp and mango. Top with remaining tortillas. Brush tops with oil.

Grill each quesadilla over medium heat about 4 minutes per side until cheese is melted and tortilla is browned. Cut into wedges to serve.

Find more recipes at www.McCormick.com.



"Do your duty and a little more, and the future will take care of itself."
—**Andrew Carnegie**

"All the great things are simple, and many can be expressed in a single word: freedom, justice, honor, duty, mercy, hope."
—**Winston Churchill**

"Honor always comes at a price, else it would be worthless."
—**Michelle Griep**

"Duty, Honor, Country: Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be."
—**Douglas MacArthur**

"There is no dishonor in losing the race. There is only dishonor in not racing because you are afraid to lose."
—**Garth Stein**

"We never fail when we try to do our duty; we always fail when we neglect to do it."
—**Robert Baden-Powell**

"No person was ever honored for what he received. Honor has been the reward for what he gave."
—**Calvin Coolidge**

"He who is false to the present duty breaks a thread in the loom, and you will see the effect when the weaving of a lifetime is unraveled."
—**William Ellery Channing**

"The important thing is this: to be ready at any moment to sacrifice what you are for what you could become."
—**Charles Du Bos**



May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	RENT DUE 1 Pest Control: Complaints	2	3 Coffee and Conversation Every Wednesday at 10 a.m. Come Join Us!	4	5 *Last Day to Pay Rent* (Late Fees Will Be Applied After This Date)	6
7	8 Pest Control: Buildings 1244, 1250, 1254, 1258	9	10	11	12 	13
14 	15 Pest Control: Complaints	16	17	18	19	20
21	22 Pest Control: Buildings 1264, 211, 215, 219	23	24	25	26	27
28	Memorial Day 29	30 Pest Control: Complaints	31	 May 		

"This Month In History"

MAY

1875: The first Kentucky Derby is held, and the horse Aristides is the winner. The Derby is now the longest-running sporting event in the U.S.

1910: Glacier National Park in Montana is established.

1935: Thanks to newly installed lights, Cincinnati's Crosley Field hosts the first MLB night game.

1945: Celebrations erupt after President Harry S. Truman announces the end of World War II in Europe.

1959: Starring Ethel Merman, the musical "Gypsy" opens on Broadway.

1968: The Gateway Arch in St. Louis is dedicated.

1971: Soul singer-songwriter Marvin Gaye releases the album "What's Going On."

1986: Five million people across the country join in "Hands Across America" to raise money for the nation's hungry and homeless.

1997: In a six-game chess match in New York City, IBM's Deep Blue supercomputer defeats world champion player Garry Kasparov.

2003: The Treasury Department unveils a redesigned \$20 bill that includes added colors to prevent counterfeiting.

2005: Carrie Underwood wins the televised singing competition "American Idol," launching the country star's career.

2011: After 25 years, the daytime TV talk show "The Oprah Winfrey Show" airs its final broadcast.