



A Room with a View.

MAY 2017



NOTES & NEWS

Moms Are Marvelous

Mother's Day is Sunday, May 14, the perfect time to celebrate all the mothers in your life.

Wake-Up Call

Chewing gum not only freshens your breath, but it can also help fight off fatigue. A British study found that students who chewed gum remained more alert than those who didn't.

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.

Travel Tip: Sensible Souvenirs

If you like to buy souvenirs when you travel, but are trying to minimize clutter in your home, consider consumables. Pick up some food items such as spices, tea and coffee, or drugstore items like lip balm, body lotion and shampoo. They will be fun reminders of your trip every time you use them.

HIGHLIGHTS

Pool Party!

It's time for some fun in the sun, some cool at the pool, time to unwind from the daily grind. Join your friends and neighbors for the pool party! We will serve refreshments, have music and, of course, an absolutely incredible time! We'll see you poolside on Saturday, May 20th, from 1:00-4:00! Kindly RSVP by Friday, May 12th.

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.

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.

'Warm' Is One

How many words can you come up with using the letters in "May flowers"?

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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."
- Wilbur 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.





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**

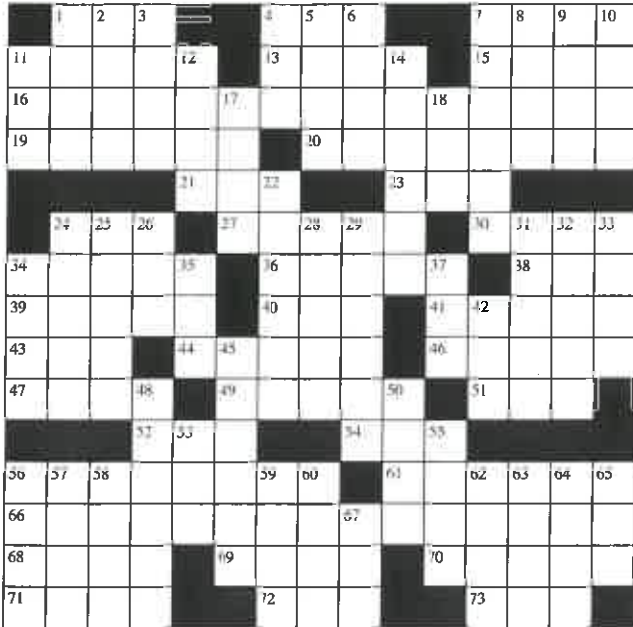
"The important thing is this: to be ready at any moment to sacrifice what you are for what you could become."
—**Charles Du Bos**



May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Rent Is Due	2 Coffee and Conversation 10 a.m.	3 Pest Control Bldg. 865	4	5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	6 Rent Is Late
7	8	9 Coffee and Conversation 10 a.m.	10 Pest Control Bldg. 875	11	12 	13
14 Happy Mother's Day!	15 	16 Coffee and Conversation 10 a.m.	17 Pest Control Bldg. 920	18	19	20
21	22	23 Coffee and Conversation 10 a.m.	24 Pest Control Bldg. 930	25	26	27
28	Memorial Day 29	30 Coffee and Conversation 10 a.m.	31 Pest Control Bldg. 940			

Crossword Puzzle



ACROSS

- 1/4 and 3/4
- Capt.'s superior
- Nuisance
- Zooms aloft
- Garlic's giveaway
- Nabisco product
- Nelsons
- People
- Candy bar
- Approves, for short
- So: Scot.
- Health club's offering
- Coat fabric
- Uncontrolled anger
- Skunk's defense
- Parliament members
- Word on a U. S. coin
- Dog-walker's control
- Appropriate
- Bring joy to
- Business abbr.
- Get overly dramatic
- Actor John
- Legal document
- Change for the better
- Cube root of 1000
- Sea bird
- Sandwich variety
- Olympians
- Dentist's concerns
- Popular 1960s series

DOWN

- Flow out slowly
- WWII German party member
- Actress Moran
- Labor Day, in the U.S.
- Puts in
- Luke-Acts connector
- Hog
- Indian tribe member
- Mystical advisor
- Preschoolers
- Bawl
- Dieter's lunch
- Boosted
- Questions
- Magnavox rival
- Rarely
- Setting
- United Nations goal
- Reply: abbr.
- Traveler's line
- Lettuce and kale
- Hard stone
- Entered a car
- Peaceful spot

ACROSS

- 1/4 and 3/4
- Definite article
- Word with going or worthy
- WWII nav. vessel
- Praying bug
- Dug
- Empty-headed
- Sandpiper
- ___ War (1899-1902)
- "Ach!"
- Word with Texas or Georgia
- Response to a joke
- Note written from the bottom up
- Mystical advisor
- Prase
- Zealous
- Landlord's collection
- Ken Griffey and Ed Begley: abbr.
- Toronto's loc.

