



BULLETIN BOARD

Filing Deadline

Usually, the deadline to file tax returns is April 15, but that date falls on a Saturday this year. The District of Columbia celebrates Emancipation Day on Monday, pushing the 2017 tax deadline to Tuesday, April 18.

Sun to Rain

Umbrellas were invented as protection from the sun's rays, not rain showers. The word umbrella comes from the Latin word *umbra*, meaning "shade."

ROYAL ARMS

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APRIL 2017



NOTES & NEWS

MEET THE STAFF

Cheryl Beach - Manager
Sarah Kelly - Asst. Manager
Joe Brummitt - Maintenance
Kevin Cherry - Maintenance
Larry Zuniga - Courtesy Officer

OFFICE HOURS

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

3 Things You Need to Know

When spring cleaning, don't forget to wipe down these easy-to-miss surfaces:

1) Use a disinfectant wipe on knobs on bathroom and bedroom doors, plus those that lead outside. Wipe down cabinet knobs and drawer pulls, too.

2) Ceiling fan blades. If they are particularly dusty, pull an old pillowcase over the blade and use that to catch the debris as you clean.

3) Windowsills, baseboards and the tops of doors and molding.

HIGHLIGHTS

In the Kitchen: Long-Lasting Lemons

America's Test Kitchen says the best way to store lemons is in a zip-close plastic bag in the refrigerator. They will stay fresh for more than a month.

Fitness Tip: Stand Up

A standing workout will almost always burn more calories than a seated one, with the exception of a high-intensity cycling class. A leisurely ride on a recumbent bike probably won't burn more than 100 calories in 30 minutes. Get on your feet for some more vigorous activity to see real results.

Travel Tip: It's OK to Ask

If you find yourself lost while traveling, ask for directions from a local. Most will be happy to help, and you might even learn something interesting about your destination.

3 Things You Need to Know

Celebrate spring by brightening your home with a bouquet of fresh flowers.

1) Most florists restock their shops on Monday mornings, so that's a good time to place an order.

2) When you get your flowers home, use a knife to cut the stems at an angle, and then place them in tepid water. Change the water every other day.

3) Keep your flower arrangement out of direct sunlight, which can cause the blooms to wilt faster.

Finding Furniture

If you are considering buying new furniture, here's a tip: Look closely at the floor samples in the showroom. If they still look good after being examined and used for who knows how long, then they are quality pieces. If they look beat up and wobbly, that's probably how the furniture will look in your home after a year or two. A second option is to buy furniture secondhand. Items that survive long enough for a second or third owner are usually well-made from high-quality materials.

TRIVIA WHIZ

Busy Beavers

Known for their unique ability to adapt their environment to suit them, beavers are fascinating animals.

- With powerful jaws and strong teeth, beavers fell trees and use them to build log and mud structures that block streams. These dams turn fields and forests into ponds.
- Beaver dams are an important part of the ecosystem, helping slow floodwaters and control erosion.
- Beavers also build domelike homes called lodges. These are usually located in the middle of ponds and are reached by underwater entrances.
- These semi-aquatic rodents move easily through the water thanks to their stiff, flat tails and webbed feet. Their thick fur is waterproof, and they can hold their breath underwater for up to 15 minutes.
- Beavers live in colonies that are made up of adults, yearlings and babies, called kits.
- American beavers live throughout North America. There is also a Eurasian beaver.
- Beavers have orange teeth that never stop growing. They eat bark, roots and leaves from aspen, willow and maple trees, as well as aquatic plants such as water lily tubers.

A Tree-mendous Effort

What is believed to be the world's largest beaver dam was discovered in 2007 after being spotted on a satellite image. It is located in a remote area of Alberta, Canada, and is 2,800 feet long. Scientists believe generations of beavers have been working on the dam since the 1970s.



Write Away

From composing thank-you notes to keeping a journal, the physical act of writing by hand is a great boost to the brain. Take notes on these advantages of using a pen and paper.

Activates the brain. Visual input, motor skills and memory are all in action when we form letters and words. One of the main reasons handwriting benefits the brain is because we're using so much of it. These linked regions are not activated when typing or texting.

Improves memory. Studies show that jotting down words, such as

taking notes when learning a new skill or listening to instructions, strengthens memory and helps us retain information. Students who take notes by hand instead of on a computer do a better job of processing the information.

Promotes creativity. Composing sentences on paper is a slower process than typing and tends to inspire more creative thinking. Even in this age of technology, many professional writers still create first drafts in longhand.

Provides a workout. Just like our bodies need exercise, our brains need regular workouts, too. Some physicians believe that the act of writing is good cognitive exercise for people who want to keep their minds sharp as they age.

Helps concentration. Writing in longhand, without the distractions of the internet just a click away, enables us to focus better.



Appealing Apricots

Tasty, versatile and loaded with nutrients, apricots are a standout selection for those who crave nature's sweet treats.

With yellow-orange skin tinted red on one side, apricots resemble peaches, but they are more closely related to plums. Classified as stone fruits—meaning a large "stone" or pit surrounds the seed—the small, round fruit is in season from April through July.

Originating in Asia about

4,000 years ago, apricots were later introduced to Europe, where they soared in popularity. The Greeks called them "golden eggs of the sun." Spanish and French explorers brought the fruit to the Americas in the 1700s.

Apricots are good sources of vitamins A and C, and are loaded with potassium, fiber and antioxidants. Kernel oils and other extracts from the crop are often used in skin and hair care products.

In addition to the fresh seasonal offerings at stores and farmers' markets, apricots are available frozen, canned and dried year-round. Their sweet flavor makes them an ideal ingredient in jams, sauces and baked goods. They are also found in many savory dishes and are a tasty complement to chicken and pork.

California grows nearly all of the apricots in the U.S., while Turkey and Iran are the largest producers worldwide.



A Guide to Green Terms

Organic, natural, recycled. What does it all really mean? With Earth Day on the way, April 22, the following definitions might come in handy.

Green. This is a general term used to describe products that are better for the environment, but the description is not regulated.

Natural. Government agencies provide guidance, but no rules, regarding use of the term "natural." Each company can have its own definition, and interpretations vary widely.

Organic. The organic food industry is highly regulated. Producers cannot use synthetic pesticides or chemical fertilizers. Organic meat, egg and dairy products cannot contain growth hormones or antibiotics.

Locavore. This word is used to describe someone who eats food grown or produced locally. However, there is no legal definition of what makes a food "local." A 400-mile radius is acknowledged by the USDA; many locavores prefer food from within 100 miles.

Renewable energy. This is electricity produced using renewable resources such as wind and solar power.

Energy vampires. Also known as phantom load, energy vampires are electronic devices that continue to use energy even after they are switched off.

Recycled content. A product that was made with materials recovered or separated from the waste stream is often labeled as having recycled content.

One Minute Chef

White Pizza Frittata

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 large clove garlic, minced
- 12 ounces frozen spinach, thawed and water pressed out
- 12 large eggs
- 1/4 cup skim milk
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon dried oregano leaves
- 3/4 cup part-skim ricotta cheese
- 1/2 cup grated Parmesan cheese
- 1/4 cup minced fresh basil
- 1/2 cup shredded, part-skim mozzarella cheese

Directions:

Heat oven to 325° F.

In oven-safe skillet, heat olive oil over medium heat. Add garlic and cook 2 minutes or until fragrant. Add spinach and stir.

In medium bowl, whisk together eggs, milk, pepper, oregano, ricotta, Parmesan and basil.

Add egg mixture to skillet, reduce heat to low and cook 1 minute, stirring gently. Move to oven and bake 25 to 30 minutes, or until eggs are almost completely set.

Carefully remove from oven and add mozzarella. Return to oven and bake until mozzarella is melted, about 5 minutes.

For more recipes, go to www.MilkMeansMore.org.



WIT & WISDOM

"Baseball was, is and always will be to me the best game in the world."

—Babe Ruth

"There are only two seasons—winter and baseball."

—Bill Veeck

"There's nothing like opening day. There's nothing like the start of a new season."

—George Brett

"Love is the most important thing in the world, but baseball is pretty good, too."

—Yogi Berra

"People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring."

—Rogers Hornsby

"Now, there's three things you can do in a baseball game. You can win, or you can lose, or it can rain."

—Casey Stengel

"Every day is a new opportunity. You can build on yesterday's success or put its failures behind and start over again. That's the way life is, with a new game every day, and that's the way baseball is."

—Bob Feller

"Baseball, it is said, is only a game. True. And the Grand Canyon is only a hole in Arizona."

—George Will

"The way I figured it, I was even with baseball and baseball with me. The game had done much for me, and I had done much for it."

—Jackie Robinson



April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Rent Is Due April Fools' Day
2	3	4	5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	6 Oh, No! Late Fees Begin Today	7	8
9	10	11	12 Orkin Pest Control	13	14 	15
16	17 	18	19	20	21	22
23/30	24 Don't Say Good-bye! Stop by Today to Renew Your Lease	25	26	27	28	29

"This Month In History"

APRIL

1789: George Washington is inaugurated as the first president of the United States.

1792: Congress establishes the first U.S. Mint. It is in Philadelphia, which was the nation's capital at the time.

1805: Author Hans Christian Andersen is born in Denmark. He wrote more than 150 fairy tales for children, including the classics "The Little Mermaid" and "The Ugly Duckling."

1817: Thomas H. Gallaudet and Laurent Clerc establish the first American school for the deaf.

1822: Landscape architect Frederick Law Olmsted is born. He helped design some of the most famous parks in America, including Central Park in New York City.

1925: "The Great Gatsby" by F. Scott Fitzgerald is published.

1949: The Richard Rodgers and Oscar Hammerstein musical "South Pacific" opens on Broadway.

1970: Earth Day is observed for the first time.

1974: Hank Aaron hits his 715th home run, passing Babe Ruth as the all-time home run leader.

1976: Steve Jobs and Steve Wozniak form Apple Computer Inc.

1981: The first space shuttle, Columbia, is launched from Kennedy Space Center in Florida.

1990: The sketch comedy series "In Living Color" premieres on television. It is credited with helping to launch the careers of several Hollywood stars, including Jennifer Lopez, Jim Carrey and Jamie Foxx.