



BULLETIN BOARD

Windy Planet

If you think March is windy where you live, consider this: Gusts on Neptune, the windiest planet in our solar system, blow at more than 1,200 mph.

To Your Health: You Need a Hug

Studies indicate hugs can reduce stress, lower blood pressure and improve attitude. Regular hugging can also relieve anxiety and boost the immune system. If you don't have a friend or family member handy, then give yourself a hug.

ROYAL ARMS

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MARCH 2017



NOTES & NEWS

MEET THE STAFF

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

OFFICE HOURS

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

Renters' Insurance

A valid renters' insurance policy is required while living at Royal Arms Apartments. It is an affordable way to ensure that your personal belongings are protected. Remember to check the expiration dates of your renters' insurance policy and bring an updated copy to the office to avoid a \$25/month fee. As a resident of Royal Arms, you are automatically approved with ePremium Insurance. You can get a quote at epremiuminsurance.com.

HIGHLIGHTS

Final Four Fever

After March Madness unfolds, the American sports obsession known as the Final Four will play out in Arizona, beginning March 31. The NCAA Men's Division I champions will be crowned after the championship game April 3 at the University of Phoenix.

Reduce Paper Waste

Here's an idea to reduce clutter in your home and help the planet at the same time. First, gather all the junk mail you receive over a period of a few weeks. Then set aside some time to call the companies that sent you the mail and ask to be removed from their mailing lists.

Half Is Enough

Many people use more toothpaste, shampoo and laundry detergent than necessary. Read the container to learn the recommended amounts, and experiment to determine what gives you the best results. If you can halve what you use, you will be reducing your costs by that much as well.

Fitness Tip: Easy Interval Training

Mix up your workout routine with this simple change: Twice a week, instead of maintaining a steady pace for 30 minutes, go easy for three minutes and hard for one minute. Repeat this pattern a few times, and you have a new workout that burns more calories.

Dog Park

Pooper Scooping

Spring is just around the corner and your dogs will be excited to get out and play! Please remember to pick up after your dogs. We have placed waste stations in the dog park for your convenience.

- Royal Arms
Management

TRIVIA WHIZ

The Emerald Isle

St. Patrick's Day on March 17 is a national holiday in Ireland. Here's a wee bit more about the land of shamrocks and leprechauns.

- Irish Gaelic is the country's first official language, but English, the second official language, is more commonly spoken.
- Politically, Ireland is divided between the Republic of Ireland, which covers five-sixths of the island, and Northern Ireland, which is part of the United Kingdom.
- Together, the nations have a population of about 6.4 million.
- The traditional sports of Gaelic football and hurling remain popular in Ireland.
- Because of its isolation from the European mainland, Ireland lacks several animal species common elsewhere in Europe, including weasels, polecats and roe deer.
- The national symbol of Ireland is a musical instrument: the harp. The 15th-century harp that served as the model for the emblem is housed at Trinity College in Dublin.
- Many Irish family names start with "Mac," which means "son of," or "O," which means "grandson of" or "descendant of."
- *Erin go Bragh* is a Gaelic phrase that means "Ireland forever."
- Kilbrittain Castle in County Cork is the oldest inhabited castle in Ireland. It was built in the early 11th century.
- Ireland has produced many world-class writers and actors, including Jonathan Swift, Bram Stoker, Oscar Wilde, George Bernard Shaw, William Butler Yeats, James Joyce, Samuel Beckett, Maureen O'Sullivan and Richard Harris.



Minimize Dust in Your Home

A bout of spring cleaning can leave your home sparkling. Keep that tidy look year-round by taking a few measures to minimize dust in your dwelling. These tips will especially benefit people who suffer from allergies.

Wash bedding often. Get rid of fabric fibers and dust mites by washing your sheets and pillowcases once a week. Vacuuming your mattress will also help.

Keep closets tidy. Clothing and towels shed countless fibers, and those particles invade the rest of your home every time you open a closet door. Use garment bags, large zipper bags and plastic totes to store clothes and linens.

Use the right tools. When cleaning, avoid dry rags, feather dusters and brooms, which will kick up dust into the air and allow it to settle elsewhere in your home. Instead, use damp cloths or a device designed to trap dust as you clean.

Clean the right way. Clean from top to bottom, hitting the highest surfaces first. Vacuum at least once a week, and not just the floor, but also upholstered furniture, lampshades and window coverings.

Clear clutter. Don't let piles of clothing, shoes or magazines accumulate. Cleaning around the clutter won't eliminate the dust that has settled on or among it.

Peas, Please

Spring brings a bounty of fresh vegetables, and the small, green globes known as peas are one of the stars of the season.

Peas are part of the legume family, which also includes beans and lentils. Each pea plant produces multiple pods with a row of seeds inside.

The veggie packs a powerful punch when it comes to nutrition. Low in fat and calories and high in protein, iron and fiber, peas are a healthy choice for meals or snacks. Antioxidants in the plant help fight diseases, and vitamin A supports eye health.

These types of peas are the most popular:

Garden peas. Also known as English peas or green peas, these are the kind often grown in backyard gardens and sold in grocery stores frozen or in cans. The firm, plump pods are discarded and the sweet peas inside can be eaten raw or cooked.

Snow peas. Sometimes called Chinese pea pods, these are often used in Asian dishes such as stir-fry. The flat pod is edible and contains tiny, immature seeds. Snow peas have a mild flavor and can be eaten raw or cooked.

Snap peas. A cross between garden and snow peas, these crunchy legumes can be eaten whole, either raw or cooked. They are often called sugar snap peas due to their sweet taste.





WIT & WISDOM



All in a Night's Work

Slumber affects our overall quality of life, and regularly getting a good night's sleep has been linked to improved memory, weight control and better concentration. But what exactly happens after our head hits the pillow?

Sleep is far from a dormant, passive state. In fact, the brain and body are quite busy during those few hours. We move through five stages during each sleep cycle. These cycles last about 90 minutes. The process is repeated several times throughout the night.

The first four stages are grouped under non-rapid eye movement sleep. Stage 1 is a light sleep, when we are still aware of our surroundings and can be easily awakened. During stage 2, the heart rate slows and body temperature drops. Stages 3 and 4 are a deep sleep. Muscles are relaxed and breathing slows, but the body is hard at work repairing tissue, building bone and restoring energy.

The last stage, rapid eye movement sleep, is when dreams occur. During this phase, the eyes dart back and forth, the brain is active, and breathing becomes shallow. Muscles are temporarily paralyzed to prevent us from acting out our dreams.

The first REM stage lasts about 10 minutes, and then the cycle starts over. The REM stages get longer throughout the night, and the final one can last up to an hour.

One Minute Chef

Carrot and Lentil Vegetable Stew

Ingredients:

- 1 cup dry lentils
- 3 cups fat-free, reduced-sodium vegetable broth, divided
- 1 cup water
- 3/4 cup chopped onion
- 3/4 cup sliced celery
- 3/4 cup chopped bell pepper
- 1 can (14 1/2 ounces) no-salt-added diced tomatoes
- 1 jar (15 1/2 ounces) glazed small sliced carrots
- 1 large clove garlic, minced
- 1/2 cup chopped fresh parsley
- Shaved Parmesan cheese

Directions:

Rinse lentils and drain. Place in Dutch oven or other large saucepan. Add 2 cups broth and water. Bring to boil; reduce heat and simmer 15 minutes (lentils should be slightly undercooked).

Add onion, celery, bell pepper, remaining broth, tomatoes with liquid, carrots with liquid and garlic. Bring to boil; reduce heat and simmer 10 to 15 minutes, until liquid is reduced as desired and vegetables are just tender. Stir in parsley. Serve topped with Parmesan cheese.

Find more recipes at www.AuntNellies.com.



"The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails."
—William Arthur Ward

"Words empty as the wind are best left unsaid."
—Homer

"If you reveal your secrets to the wind, you should not blame the wind for revealing them to the trees."
—Kahlil Gibran

"A great wind is blowing, and that gives you either imagination or a headache."
—Catherine the Great

"... we must sail sometimes with the wind and sometimes against it—but we must sail, and not drift, nor lie at anchor."
—Oliver Wendell Holmes Sr.

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."
—Charles Dickens

"A light wind swept over the corn, and all nature laughed in the sunshine."
—Anne Bronte

"Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind."
—Bruce Lee

"The fragrance of flowers spreads only in the direction of the wind. But the goodness of a person spreads in all directions."
—Chanakya



March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rent Is Due	2	3	4
5	6	7 Late Fees Begin	8 Orkin Pest Control	9	10	11
12	13	14	15	16	17 	18
19	20 First Day of Spring!	21	22	23	24	25
26	27 Don't Say Good-bye! Stop by Today to Renew Your Lease	28	29	30	31	

"This Month In History"

MARCH

1876: Scientist Alexander Graham Bell is granted a patent for what would become his most famous invention, the telephone.

1918: The U.S. Congress passes the Standard Time Act, setting official time zones and enacting daylight saving time nationwide.

1933: In his inaugural address, President Franklin D. Roosevelt pledges to lead the country out of the Great Depression.

1946: Former British Prime Minister Winston Churchill coins the Cold War phrase "Iron Curtain" in a speech at Westminster College in Missouri.

1952: Jazz trumpeter and composer Miles Davis records "Kind of Blue." Many critics cite the best-selling album as the greatest jazz record of all time.

1965: The film version of the Rodgers and Hammerstein musical "The Sound of Music" premieres.

1971: Billed as boxing's "Fight of the Century," Joe Frazier defeats Muhammad Ali before a sold-out crowd at New York's Madison Square Garden.

1985: A Boston computer company registers the world's first internet domain name: Symbolics.com.

1997: At the World Figure Skating Championships, 14-year-old American Tara Lipinski becomes the youngest skater in history to win the women's singles title.

2002: After 200 years of neutrality, voters in Switzerland approve a referendum to join the United Nations.

2007: Instant replay becomes a permanent officiating tool in NFL games.