



Creekwood

2056 NW 55th Blvd • Gainesville, FL 32653 • (352) 378-8379

JULY/AUG 2017



NOTES & NEWS

Important Numbers

Office (352) 378-8379
 Fax (352) 378-3039
 Emergency After Hours (352) 283-4547
 Gainesville Police Dept. (352) 955-1818

Pool Guests

Just a quick reminder: **All guests at the pool must be accompanied by the resident.** Children under 18 are not allowed in the pool area without a parent and should not be given the pool code. **Please do not let anyone into the pool area; if they are a resident, they have the code.** This prevents trespassing into the pool.

Happy Independence Day

Celebrate the liberty we experience in our great nation on Independence Day. Have a happy and safe holiday! **The office will be closed.** Fireworks are not permitted on the property. Thank you!

Apartment Renters' Insurance

If you do not have apartment renters' insurance, please stop by the office for information.

HIGHLIGHTS

TV Reruns Recharge Your Brain

There's a reason why you never get tired of watching reruns of your favorite TV shows over and over again: It's relaxing, and researchers say it rejuvenates your mental focus. They call it "reconsumption." Because you know what's going to happen and are familiar with the characters, your brain doesn't have to exert any effort in the interaction like it does when viewing an episode you've never seen. You can simply enjoy yourself when reconsuming, which restores your mental energy.

Nature's Sports Drink

On hot summer days, quench your thirst with coconut water, sometimes referred to as "nature's sports drink." Harvested from young, green coconuts, the beverage offers sweet-tasting refreshment and is high in potassium, which keeps you hydrated.

Happy Birthday, America!

It's the party of the year! All across the country, in every city and small town, people are celebrating with parties, fun and community get-togethers. Celebrate your liberty! Wear red, white, and blue; sing patriotic songs. However you spend the day, just make sure you have some fun!

Soothing Soak

Tea will help ease sunburn pain. Pour a pot of brewed tea into a bathtub of lukewarm water. Soak in the tub until your skin feels better.

What Are Friends for?

Do you know anyone looking for an apartment? Tell them about Creekwood Apartments. Bring them by and show them the pool, clubhouse, the grounds and let them see how much you love living here! When they move in, you'll get a **\$50.00** referral fee, and a great new neighbor! What could be easier?



BULLETIN BOARD

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Happy Summer!



TRIVIA WHIZ

A Cycling Spectacle

The Tour de France is the world's longest bicycle race, covering more than 2,000 miles over 23 days. The race takes a different route each year, but the finish is always in Paris with a sprint down the city's main thoroughfare, the Champs-Élysées.

- Twenty to 22 teams of nine riders each compete, traveling through French mountains, meadows and cities. The race sometimes ventures into nearby countries, such as Belgium, Italy, Switzerland and Spain.
- Millions of people line the route to watch the competition, with some camping out for days to ensure a good spot.
- A rider burns an average of 7,000 calories per day.
- Combined, the cyclists wear out about 790 tires during the three-week run.
- Each day, the cyclist with the quickest overall time from the start of the race gets to wear the prestigious yellow jersey.
- The overall winner of the Tour de France is the rider with the shortest accumulated time. He receives a purse of about \$500,000, which traditionally he will split with his teammates. The total prize money awarded, including for stages and sprints, is about \$2.4 million.
- French riders have won 36 times, more than any other country.

The Race Is On

The 2017 edition of cycling's Tour de France runs Saturday, July 1, through Sunday, July 23. The start of the race, called the *Grand Départ*, will be in Düsseldorf, Germany.



Relationships Are Valuable

Research shows that having strong social connections can boost your health. Staying active within your community has been proven to strengthen your immune system, help you recover from illness faster, and reduce anxiety and depression.

Conversely, feeling isolated from others can disrupt sleep, elevate blood pressure and increase the risk for dementia.

Fortunately, there are many

ways to avoid the consequences of loneliness, such as taking part in family traditions and maintaining relationships with former classmates and co-workers.

Create a list of friends and family members you want to stay in touch with and make a commitment to call, email or get together with those people on a regular basis.

Expand your social circle by joining a book club or sports league; taking classes at a local college or community center; or volunteering at a school, senior center or animal shelter.

Smiling at another person is one of the simplest ways to connect with them. Initiate conversations. Ask people about their lives, families and hobbies, and actively listen to what they have to say. Giving your full attention to the person you're with enhances the connection, and showing sincere interest in others' lives helps build relationships.

The Healthy Kick of Horseradish

At first glance, horseradish appears to be a plain, pale root, but as far back as ancient Greece, people have valued the vegetable as worth its weight in gold. Famous for adding a sharp, distinct flavor to dishes, horseradish also has a number of health benefits.

Native to parts of Europe and Asia, horseradish is in the same plant family as broccoli, cabbage, Brussels sprouts and mustard greens. Cutting into the root releases oils that produce its pungent aroma and heat.

Horseradish is most commonly eaten as a condiment by grating the root and adding it to spreads, dressings and sauces for sandwiches, salads, beef and seafood. The prepared horseradish sold in grocery stores usually consists of grated horseradish and vinegar, which helps stabilize the ingredient's potent spice level.

Like many spicy foods, the kick from horseradish can clear the sinuses. A source of fiber, vitamin C, potassium, calcium and several other nutrients, the vegetable also contains powerful cancer-fighting enzymes called glucosinolates, plus natural antibacterial properties that can help protect the body from infections. Additionally, horseradish is used to aid digestion, ease pain from sinus headaches and boost energy and concentration.





July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Rent Is Due
2 Happy Birthday Angela	3	4 Independence Day Closed for Holiday	5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	6 Rent Is Late	7 	8
9	10	11	12 Pest Control Bldgs. A-E Exterior	13	14 	15
16	17 	18	19	20	21	22
23/30 	24/31	25	26 Happy Birthday Sandra & Pest Control Bldgs. F-J Exterior	27	28	29 Happy Birthday John

August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Rent Is Due	2	3 ENJOY SUMMER!	4	5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!
6 Rent Is Late	7	8	9 Pest Control Bldgs. A-E Interior	10	11	12
13	14	15 	16	17	18	19
20	21	22	23 Pest Control Interior Bldgs. F-J	24	25 Happy Birthday Sandra	26
27 	28	29	30	31		



WIT & WISDOM



A Nation's Names

You probably know the origin of your own state's moniker, but what about the other 49?

The names of many states were inspired by the languages of North America's native peoples. Tribes such as the Aleut, Choctaw and Ute contributed words that became the titles of Alabama, Alaska, Arizona, Arkansas, New Mexico, Oklahoma, Tennessee, Texas and Utah. The names of Connecticut, Illinois, Iowa, Kansas, Kentucky, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin and Wyoming are derived from the Algonquian, Iroquois and Sioux language groups. Indiana means "land of the Indians," and Polynesian islanders likely named Hawaii.

Spanish conquistadors and explorers gave titles to California, Colorado, Florida, Montana and Nevada.

Some states were named for people, including Delaware, Maryland, New York, Pennsylvania, Washington, Virginia and West Virginia. King George II inspired Georgia; Louisiana honors King Louis XIV; and North Carolina and South Carolina commemorate King Charles I.

Maine may refer to a "mainland," Idaho is thought to be an invented word, and Rhode Island is likely named after the Greek island of Rhodes. Oregon's origins are unknown. Vermont is from the French *verd mont*, meaning "green mountains," and New Hampshire and New Jersey are named for regions in England.

Mediterranean Vegetables

Ingredients:

- 3 tablespoons seasoned rice vinegar
- 1/4 cup olive oil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 4 teaspoons chopped fresh parsley
- 1 1/2 teaspoons minced garlic
- 1 small zucchini, sliced into 2-inch long, 1/4-inch thick planks
- 1 cup green pepper strips
- 1 cup red pepper strips
- 8 stalks asparagus
- 1 portobello mushroom, sliced into 1/2-inch squares
- 1 cup diced eggplant

Directions:

Heat oven or grill to 375° F.

In large bowl, mix together rice vinegar, olive oil, salt, pepper, parsley and garlic. Add vegetables in small batches, tossing to coat. Place in a large foil pouch. Pour remaining marinade over vegetables and seal pouch.

Bake in oven or over indirect heat on grill for 25 minutes. If desired, open pouch after 20 minutes of cooking and allow vegetables to crisp slightly under direct heat for remaining 5 minutes.

Remove pouch from heat and add salt and pepper to taste.

Find more recipes at Mizkan.com/recipes.



"The butterfly counts not months but moments, and has time enough."

—**Rabindranath Tagore**

"Just as the bird sings or the butterfly soars, because it is his natural characteristic, so the artist works."

—**Alma Gluck**

"Float like a butterfly, sting like a bee."

—**Muhammad Ali**

"Literature and butterflies are the two sweetest passions known to man."

—**Vladimir Nabokov**

"Love is like a butterfly, a rare and gentle thing."

—**Dolly Parton**

"I dreamed I was a butterfly, flitting around in the sky; then I awoke. Now I wonder: Am I a man who dreamt of being a butterfly, or am I a butterfly dreaming that I am a man?"

—**Chuang Tzu**

"There is nothing in a caterpillar that tells you it's going to be a butterfly."

—**R. Buckminster Fuller**

"I only ask to be free. The butterflies are free."

—**Charles Dickens**

"Without butterflies, the world would soon have few flowers. There is enough room in the sky for all flyers."

—**Trina Paulus**

"We are closer to the ants than to the butterflies. Very few people can endure much leisure."

—**Gerald Brenan**