

Disposal: Don't Despair

Does your kitchen sink have bad breath? Follow these steps every few weeks to help remove odors coming from your disposal: **1.** Pack disposal full of vinegar ice cubes (fill only to top of disposal—do not force cubes into cavity). **2.** Turn on faucet and disposal. The ice works against the inside surfaces to clean them and sharpens the blades at the same time. **3.** When ice cubes are fully ground, put stopper in sink and fill sink with cold water. Pull the stopper out as you turn on disposal. (This will create a greater force of water than that coming from the faucet.) **4.** Clean the underside of the rubber splash guard at the mouth of the drain. **5.** Finish off by feeding the disposal half of a fresh lemon. You won't believe the difference this will make.

Chocolate Pretzel Treats

- 1 package small pretzel twists
- 1 package milk chocolate candy kisses (such as Hershey's Kisses®), unwrapped
- 1 package candy-coated milk chocolate pieces (such as M&M's®)

Preheat oven to 175 degrees F (80 degrees C). Arrange pretzels on a baking sheet. Place a candy kiss on the center of each pretzel.

Warm pretzels in the preheated oven until candy kiss is shiny and slightly softened, 2 minutes.

Place a candy-coated chocolate piece atop the candy kiss on each pretzel; press down. Chill in the refrigerator for 10 minutes.

Kids' Jokes

Q: Why do frogs like St. Patrick's Day?

A: Because they're always wearing green.

Q: Why would you never iron a four-leaf clover?

A: Because you shouldn't press your luck.

Q: When is an Irish potato not an Irish potato?

A: When he's a French fry.

Q: What do you call a fake stone in Ireland?

A: A sham rock.

Q: What would you get if you crossed Christmas with St. Patrick's Day?

A: St. O'Claus.

Q: Why did St. Patrick drive all the snakes out of Ireland?

A: Because he couldn't afford airfare.

March Forecast

Aries (Mar. 21-Apr. 20)—Regardless of what others say, you must determine your true needs and take action.

Taurus (Apr. 20-May 21)—Earn points at work by showing a more forgiving attitude. Release your hostility.

Gemini (May 21-June 22)—Long-term investments need careful scrutiny now, and may fare better later on. Be patient.

Cancer (June 22-July 23)—Disagreements can permeate everything from your love life to your career. Step back and think before you speak.

Leo (July 23-Aug. 23)—Your talents may place you ahead of the competition, but you still need support from others to reach your goals.

Virgo (Aug. 23-Sept. 23)—Clearly define your role at work since you could end up with all the responsibility and little glory.

Libra (Sept. 23-Oct. 23)—Avoid being pigeon-holed into a position determined by someone else. Make your feelings and ideas known.

Scorpio (Oct. 23-Nov. 23)—Support those you love with unconditional love, and find it in your heart to forgive yourself.

Sagittarius (Nov. 23-Dec. 22)—Improvement in personal relations are likely to be the result of your attempts to create better communication, and you can finally let others know your true feelings.

Capricorn (Dec. 22-Jan. 21)—Show your appreciation to those who have extended their time or resources to create a strong alliance now and for the future.

Aquarius (Jan. 21-Feb. 19)—Be ready for action. Use this time to make your point, gather supporters and make progress.

Pisces (Feb. 19-Mar. 21)—Be aware of your emotional attachments when making important decisions.

March 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
Thank you for paying on time						Rent Due
2	3	4	5	6	7	8
				Rent Late \$100.00 Late Fee		
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

WOODCLIFFE

A P A R T M E N T H O M E S

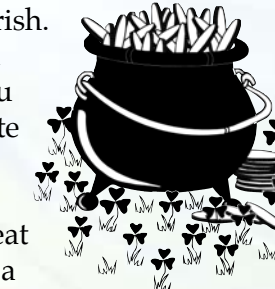
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2014

March

A Wee Bit Of Irish Luck!

Everyone's heard about the luck of the Irish. Well, at Woodcliffe Apartments you can share a bit of that luck yourself—and you don't even need to be Irish! We appreciate everyone in our community and are always on the lookout for more great residents. That's why we offer such a great Resident Referral program. Simply refer a friend, relative or co-worker and when they sign a lease and move in, we will give you referral prize. Now that's definitely like a pot of gold at the end of the rainbow!



March In History

March 1— Capt. Albert Berry makes the first parachute descent from a powered airplane in America. (1912)

March 4 — President William Howard Taft approves Congressional Gold Medals for the Wright brothers. (1909)

March 7— Alexander Graham Bell received a patent for his telephone. (1876)

March 12— The Girl Scouts of America were founded. (1912)

March 24— The Germans attacked the British in North Africa during WWII. (1941)

March 31— "Oklahoma!" opened on Broadway. (1943))

A Special Birthday Wish

To our March Birthdays:
We hope your special day brings lots of pleasant surprises and wonderful memories.
Have a Great Day!!

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If you're not a sports fan, you may wonder why people get so worked up in March. The term March Madness is something you'll hear thrown around every year, but what exactly is this period of insanity that overtakes sports networks and encourages gambling and wild parties?

What Is March Madness?

March Madness is the craziness surrounding the NCAA's season-ending single elimination tournament that includes 68 of the most talented college basketball teams in the country. It generally begins around the middle of March and ends during the first week in April. It gets its name from both the games and their spectators; many games are going on at the same time around the country, and the high energy and rapid succession of games drives college basketball fans wild. Unlike college football where only two teams are eligible to win the championship, this unique tournament offers each of its 68 basketball teams a fair shot at winning the national title. Since anything can happen, March

Madness always involves an exciting sense of uncertainty.

March Madness Jargon

If you're going to be around fans who are caught up in the buzz, you might as well know what they are talking about. Here are a few important March Madness terms you'll need to remember.

- A Cinderella team refers to a team that surprises everyone by seemingly coming out of nowhere and performing exceptionally well. Although they rarely win, their presence can lead to some exciting moments.
- The Sweet 16 round is the third round of the tournament; in it, there are 16 teams left.
- The Elite Eight round follows the Sweet 16.
- The Final Four round is the much-anticipated winning round of the tournament. The four remaining teams play two games over the course of three days to determine the national championship and close out the season.

March Madness Just Got Madder

This year, March Madness could end up making someone crazy rich. Quicken Loans, run by multi-billionaire Warren Buffett, has stated that it will give **one billion dollars** to any individual who can accurately predict the 2014 NCAA Tournament bracket. According to USA Today, the odds of accomplishing such a feat are approximately one in 128 billion, and that number only applies if you are knowledgeable about basketball. If you're not familiar with the sport, filling out a perfect bracket would denote sheer madness.

What's On The Technology Horizon

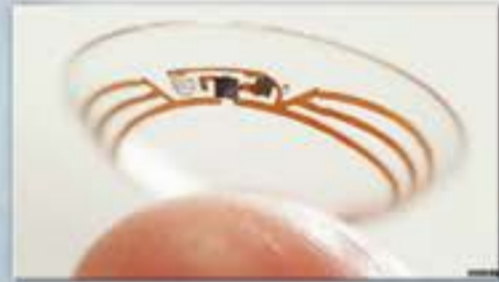
The world of technology seems to be growing so quickly that no one can keep up. Concepts that would have made us laugh ten years ago are close to becoming realities. Check out these three new developments; each one could potentially change life as we know it.

Sugar-Powered Cell Phones: Sweet!

Virginia Tech researchers have developed a fuel cell that runs on sugar and stores 10 times the energy of its lithium peers. The cell is filled with a maltodextrin solution, and its only by-products are water and electricity. If things go as planned, the option to power our smart phones with sugar could be available in as little as three years. Novelty aside, the sugar-powered cell has plenty of desirable attributes. Such a source of power is extremely safe, cheap and eco-friendly. Besides its obvious uses, this technology could also have applications in medical science. As any doughnut lover knows, the human body also runs on sugar.

Speaking of Glucose—Keep an Eye Out for this Medical Aid

Diabetics are saddled with the inconvenient and somewhat painful task of sticking their fingers to take blood glucose readings multiple times a day. Google X research lab, the brain behind Google Glass, is working on a smart contact lens that would end lancet use and provide even more consistent monitoring of blood sugar. Inserted into the eye just like a regular contact lens, the device takes almost constant glucose readings based on the chemical content of the wearer's tears. It transmits the data to a nearby wireless device, and the diabetic



knows whether their blood sugar is too low or too high. Such close monitoring could mean an end to many cases of fainting due to hypoglycemia and make it easier for patients to know how to structure their meals. Looking like a cyborg is probably a small price for avoiding the complications of poorly controlled diabetes.

Be Your Own Back Seat Driver

Imagine the convenience of having your car drive itself to the grocery store while you relax and drink your latte without burning your lip. Ford, Stanford and MIT are trying to make that scenario an option with their development of an advanced autonomous car that has the ability to peek around obstacles, predict the moves of pedestrians and other drivers, and generate a real-time, three-dimensional map of its surroundings.

Considering the implications of a possible malfunction, many people might not feel completely at ease letting their cars make all the important driving decisions. However, a fully automated car could provide independence and freedom for people who cannot or should not drive on their own such as seniors with memory or coordination problems, people with seizure disorders or other medical conditions, and teens who can't stop texting for more than 30 seconds at a time.

From self-driving cars and carb-craving phones to medical labs you can wear in your eye, new products on the horizon will soon be making our world a place we never could have imagined a decade ago. Buckle up, and get ready for an interesting ride.



FAMILY PHYSICIAN

People have been using honey medicinally since ancient times. It protects against bacteria, reduces inflammation and stimulates the production of cells that repair damaged tissues. Honey from local hives can even help manage allergies to area pollens. Honey has even been known to reduce the pain of skin irritations and injuries. Unfortunately, all honeys are not equal. The quality of honey depends on several factors including type, origin and harvesting methods. Some types of honey may have up to 100 times more antibacterial potential than others.

What Is Manuka Honey?

Manuka honey is produced exclusively in New Zealand and southeastern Australia. Among studied honeys, manuka honey has the highest viscosity; this visually distinct characteristic is thought to be related to a protein or colloid contained in the product. Its antibacterial properties are related to the presence of a compound called methylglyoxal (MG). Honey producers rate the medicinal quality of manuka honey using the Unique Manuka Factor (UMF) scale, which corresponds to the level of MG in the product. To be considered a therapeutic grade manuka honey, a product's UMF rating must be 10 or higher. UMF10 to UMF15 are useful levels. UMF16 and over are superior levels with very high antibacterial activity.

Manuka Honey Health Benefits

High-quality manuka honey use is associated with many health benefits. The

following are just a few;

- Repairing damaged cells
- Treating eczema and acne
- Improving immune function
- Improving diabetes symptoms
- Lowering high cholesterol levels
- Increasing energy, relieving fatigue
- Preventing and treating various forms of cancer
- Treating methicillin-resistant staphylococcus aureus (MRSA) infections
- Relieving gastrointestinal symptoms including heartburn and chronic reflux

How to Buy Manuka Honey

As it becomes more popular, products that claim to be high grade Manuka Honey are showing up in health food stores, supermarkets and drugstores. These products may or may not have the therapeutic levels of UMF associated with the healing properties of the honey. You can recognize a UMFHA-certified honey by its UMF trademark logo. If a product doesn't bear the logo, ask for information regarding its testing and certification before buying it.

Health Benefits of Manuka Honey



Ponderisms

- Why are you IN a movie, but you're ON TV?
- Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?
- Why does a round pizza come in a square box?
- Is Disney World the only people trap operated by a mouse?
- How come we choose from just two people for President and fifty for Miss America?
- Why do toasters always have a setting that burns the toast to a horrible crisp, which no decent human being would eat?
- Did you ever notice that when you blow in a dog's

- face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?
- If Fed Ex and UPS were to merge, would they call it Fed UP?
- If a cow laughed, would she spew milk out of her nose?
- The easiest way to find something lost around the house is to buy a replacement.



CROUTON CHICKEN TENDERS with Orange BBQ Sauce

Having friends over for any of the March Madness games? Score big by serving these quick, easy and delicious chicken tenders!

Ingredients:

- 1 (6-ounce) bag garlic and butter croutons
- 1/2 cup all-purpose flour
- 1 teaspoon poultry seasoning
- Kosher salt
- Freshly ground black pepper
- 1 egg
- 1/2 cup buttermilk
- 1/3 cup plain bread crumbs
- 1 1/2 pounds chicken tenders

Orange Barbeque Sauce:

- 1/3 cup barbeque sauce
- 2 tablespoons orange marmalade
- 1 tablespoon apple cider vinegar
- 1 teaspoon hot sauce

- Crush the croutons until coarse in texture.
- Set up a breading station with 3 pie plates or baking dishes. In 1 dish add the flour, season it with poultry seasoning and a generous pinch of salt and pepper. In the second dish mix together the egg and buttermilk. In the third dish add the crushed croutons and the bread crumbs.
- Dip chicken tenders into the flour and shake off any excess. Then dip them into the buttermilk, and then into the bread crumb mixture making sure to thoroughly coat the tenders. Place the tenders on a baking sheet and bake for 10 to 12 minutes.
- Transfer to a platter and serve with the orange barbeque sauce.

Orange Barbeque Dipping Sauce: Add all of the ingredients to a small bowl, and whisk together until well combined.

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