



# CARDINAL VILLAGE

1800 S. 2nd Street • Louisville • Kentucky • 40208  
(502) 635-2570 • (502) 635-2586

## August



### Meet the Staff

Donna Beeler ~ Property Manager  
Louis Craig ~ Maintenance Supervisor

### Office Hours

Monday - Friday -- 8:30 am - 5:00 pm  
Saturday & Sunday -- Closed

### Refer a Friend

Refer a friend to Cardinal Village. If they are approved by the office and move into our community, we will give you a **\$150.00** check!

### Happy Birthday This Month to ...

Daniel Wilburn  
Lindsey Evans  
Carolyn Purcell  
Charles Bronson  
Chase Eifert  
Pradeep Shrestha  
David Cissell  
Andrew Billups  
Michael White  
Rowan Schaefer  
Sarah Kent

### Rent Reminder

Rent is due on the 1st day of each month and considered late on the 6th. All late rent must include a late charge equal to 10% of your monthly rental payment. Thank you for paying your rent on time.

### BBQ!

We want to remind all residents that grilling is permitted on the property. However, please only use the ones Cardinal Village provides for you. Absolutely no grills are allowed on balconies. Please use caution and never leave a lit grill unattended.

### Salt-Oholic

Your body needs some sodium to maintain the right balance of fluid, transmit nerve impulses, and contract and relax your muscles—but only about 2/3 teaspoon per day. As soon as you cut back on salt, you will feel thinner because you will drop water weight from bloating.

### Breathe Away More Fat

Oxygen helps fuel your fat burn. Therefore, the more efficiently you breathe, the better your workout results. The trick: breathe in and out through both your mouth and nose. Think “fresh air in and stale air out!”

### Sleep Solution

If you have trouble falling asleep within 15 minutes after going to bed, get up and leave the bedroom. Read a book or listen to quiet music in a different room. Return to bed when you start to feel drowsy.

### Meditation Matters

People who meditate regularly say that it provides mental, spiritual, and physical benefits. There is evidence that meditation helps ease neck pain, improves sleep, and slows brain aging.

### Resident Spotlight

This month's featured resident is **MICHAEL KIMBLE**. Michael moved to CV in April 2016. He says he chose our community because it is reasonably priced and our great reputation! He is currently a senior majoring in Accounting at U of L. He is employed at Ky. Kingdom and Hurricane Bay as an Audit Supervisor. Michael's hobbies include cinematography, travel, backpacking, model airplanes and biking. He owns a wedding and event cinematography business! Thank you, Michael, for choosing our community to make your home! (*See his recipe on page 4.*)

*“There’s nightingales calling,  
shooting stars falling,  
like jewels in the rain.”*

*—David Gray*

# August

DATES TO REMEMBER 

1 RENT DUE

6 RENT LATE



1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					



### Soft Homemade Chocolate Chip Cookies

Submitted By CV Resident **Michael Kimble**

#### Ingredients:

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda, 1 teaspoon salt
- 1/2 cup butter, softened
- 1 cup Crisco vegetable shortening
- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 teaspoon vanilla extract, 2 large eggs
- 2 cups Nestle Toll House Semi-Sweet Chocolate Chips

#### Directions:

1. Preheat oven to 375 degrees F.
2. Combine flour, baking soda and salt in small bowl. Beat butter, Crisco shortening, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in chocolate chips. Drop by rounded tablespoon onto ungreased baking sheets.
3. Bake for 7 to 8 minutes or until the edges begin to turn slightly golden brown. Remove from oven and allow to sit and cool on pan for 2-4 minutes. The cookies will look underdone in the center when you remove the pan from the oven, but they will continue to cook on the pan while they sit. Remove to wire racks or foil to cool completely.

### Not Outside ...

Just a friendly reminder to all residents. Please refrain from hanging any items over your balcony (towels, swimsuits, etc.). This is not very attractive and takes away from the appearance of our community. Thank you in advance for your cooperation.

### In Need of Maintenance?

Do you have a problem in your home that needs attention from maintenance? Simply call or stop by the office with your request. Please do not stop members of the maintenance staff and ask them to fix a problem in your home. Maintenance can only be performed after a service request has been issued through the office. Thank you.

### What's Your Number?

If you have a new cell phone/home phone number, or e-mail address please contact the office and provide us with the new information. This will allow us to keep our files updated, and we will be able to contact you if necessary.