



# CARDINAL VILLAGE

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



## 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 ...

Moataz Mohamed  
Abi Smith  
Gary Sommer  
Wayne Holloman Jr.  
Cody Gault  
Franco Melgar  
Jessica Kettle  
Alicia Humphrey

## 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.

## Be an Early Bird

Pay your rent before the 1st of the month, and we'll enter your name in our next Early Bird contest for **\$25.00 cash**.

## Attention, Smokers

Just a reminder that cigarettes are considered trash and should be disposed of properly. Please **DO NOT** throw cigarette butts onto the ground.

## Happy Labor Day

Sept. 5 is Labor Day, a federal holiday that pays tribute to the achievements of the nation's workforce and marks the unofficial end of summer.

## Getting Your Blood Pressure Reading

Wear short sleeves  
Get BP reading in both arms  
Sit up straight with feet on the ground  
Don't let your arm dangle—rest it on a table

## Be Prepared

To avoid giving into temptation when you are out and about, stash healthy snacks in your purse or briefcase. Some good choices include a brown rice cake with one tablespoon of peanut butter and a pear on the side, a dried fruit and nut bar, or half a peanut butter and banana sandwich on whole wheat bread.

## Resident Spotlight

This month's featured resident is **CODY GAULT**. Cody moved to our community in April 2016 to be close to the U of L campus. Cody graduated from U of L and also Indiana University. He is currently a PhD student in Comparative Humanities at U of L. He is employed in the Comparative Humanities Department. Cody also enjoys tropical aquariums, fishing, Kentucky bourbon and orchestral music! He would like to work for either the Pentagon, State Department or at a security-related think tank. Cody has a MA degree also in Art History. His PhD focuses on the US Military's Counterinsurgency doctrine in the Middle East. While some might think Art and War are two different subjects, Cody finds they have a lot in common. Cody says he is ready to finish his college education. He has been in college continuously for the past 9 years!!!

“Develop a passion for learning. If you do, you will never cease to grow.”

—Anthony J. D'Angelo



# HOORAY for HONEY



Celebrate National Honey Month in September by learning what honey has to offer in addition to natural sweetness.

**Ease cold symptoms.** A bit of honey in some hot tea or water will soothe a sore throat, and swallowing a spoonful can help quell a cough. According to [www.MayoClinic.org](http://www.MayoClinic.org), a study involving children found that honey did a better job of easing nighttime coughs and improving sleep than the cough suppressant dextromethorphan. (However, honey should not be given to children under 1 year old.)

**Give yourself a wake-up call.** If you're feeling a bit lethargic in the morning or facing an afternoon slump at your desk, skip the coffee and mix a spoonful of honey into a cup of tea. The blend of fructose and glucose offers an energy lift, plus you'll reap the benefits of the vitamins and minerals found in honey.

**Be good to your skin.** Honey's antimicrobial and moisturizing properties make it a great skin care product. Mix one teaspoon of honey and two tablespoons of warm water and massage it into dry or irritated skin. Honey is also an antibacterial agent and can reduce swelling. Some people use it to treat minor burns, cuts, scrapes and sunburn.

## Funny Business



A few weeks after a young man had been hired, he was called into the personnel office. The manager angrily asked, "When you applied for this job, you told us you had three years' experience. I've discovered that this is the first position you've held."

"True," the employee admitted with a grin. "But in your ad you said you wanted a person with imagination."

E D R E T E M C U H W M  
R C D R D M T O O F E X  
C C A G P I D D O G E C  
A U E I G L B R G S K G  
Q S N N H E T R A E Y H  
F T I S T N S G X C S M  
U G N D I U D D C O I O  
R H C G D G R S V N D N  
L B H C A A H Y U D F T  
O T G V Y C J T D F C H  
N A H B S R E T I L V S  
G A L L O N B Q R U O H



## Measurements

Acre • Century • Day • Foot • Fortnight  
Furlong • Gallon • Hour • Inch • Liter  
Meter • Mile • Minute • Month • Pint  
Quart • Second • Week • Yard • Year

## The Core of Apple Sayings

A favorite fruit, apples have also become a prevalent part of our language. Here are the stories behind some common expressions.

**Apple of my eye.** Signifying someone who is cherished, this idiom first appeared in Old English texts back in the ninth century. Its original, literal meaning referred to the pupil of the human eye, which was once thought to be spherical, like an apple.

**An apple a day keeps the doctor away.** While apples are loaded with disease-fighting nutrients, this adage is not meant to be a prescription. First recorded in Wales in the mid-1800s, it means that good nutrition can help you stay healthy.

# Garlic Cream PASTA With Sun-Dried Tomatoes



## Ingredients:

- 8 ounces elbow pasta
- 1 tablespoon unsalted butter
- 1/4 cup diced red onion
- 4 cloves garlic, minced
- 2 tablespoons all-purpose flour
- 1 cup 2 percent milk
- 1/2 cup grated Parmesan cheese
- 1/2 cup low-sodium chicken broth
- Salt and pepper
- 1/3 cup julienne-cut sun-dried tomatoes, not packed in oil
- 1/3 cup chopped fresh basil

## Directions:

Cook the pasta according to package directions.

Meanwhile, in a large, deep skillet, warm butter over medium heat until melted. Add onion; cook 5 minutes or until tender, stirring occasionally. Add garlic to skillet; cook 1 minute or until fragrant, stirring frequently.

Stir in flour; cook and stir 1 minute or until flour is dissolved and mixture is smooth and paste-like. Gradually whisk in milk, about 2 tablespoons at a time, until sauce thickens.

Stir in Parmesan cheese until well combined. Stir in chicken broth. Reduce heat; simmer 5 minutes, stirring occasionally. Season with salt and pepper, as desired. Remove from heat.

Add pasta to skillet; toss to combine. Stir in tomatoes and basil. Serve immediately.

Find more recipes at  
[www.DreamfieldsFoods.com](http://www.DreamfieldsFoods.com).



## Put Some Pep in Your Step

If you've been getting enough sleep but still feel sluggish, here are a few tips to turn your energy slump into a soar.

**Take a walk.** A recent study found that participants were invigorated by a brisk 10-minute walk, and the effects lasted up to two hours. When the daily walks continued for three weeks, overall mood and energy levels rose.

**Drink up.** Being dehydrated, even just a little, can leave you feeling tired and lethargic. Drink a glass of water for a quick pick-me-up, and make an effort to drink enough water every day to prevent dehydration in the future.

**Have a snack.** Plan ahead so your snack time combines protein, fiber and a bit of fat. Good options are peanut butter and apples or cheese on whole wheat crackers. Chia seeds are packed with B vitamins, fiber and protein, so stir a spoonful into some yogurt for a quick lift.

**Keep calm.** Anxiety and stress use up a lot of energy. Find a stress reliever that works for you.

## REINING IN A RIVER

On Sept. 30, 1935, a crowd of 20,000 people watched President Franklin D. Roosevelt commemorate the completion of Hoover Dam.

- The dam, the largest in the world at the time, was designed to tame the Colorado River and provide water and hydroelectric power for the developing Southwest.
- About 21,000 workers contributed to construction of the dam, which rises 726 feet above bedrock. It is 660 feet thick at the base and 45 feet thick at the crest. The structure stretches 1,244 feet across the canyon.
- Now a National Historic Landmark, the dam stores enough water in Lake Mead to irrigate 1.5 million acres, and its 17 turbines generate the electricity needed to power 1.3 million homes.
- Hoover Dam receives about 7 million visitors each year. Lake Mead, the country's largest reservoir, is a popular recreation area, visited annually by another 10 million tourists.



# DATES TO REMEMBER *September*

1	2	3
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1 RENT DUE

6 RENT LATE

4	5 Labor Day	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	



### Snickers Salad

Submitted By CV Resident *Shelby Burton*

#### Ingredients:

- 8 oz Cool Whip
- 8 oz sour cream
- 4-5 chopped apples
- 1 bag fun size Snickers

#### Directions:

The day before serving: unwrap the Snickers and put them in a large Ziploc bag. Freeze overnight.  
The day of: Smash Snickers with hammer so they get broken down. Mix all ingredients and refrigerate.

### Smoke Detectors

We'd like to ask you to set aside some time each month (e.g., the day you pay your rent) to check your smoke detector. Should you experience difficulty with the detector, please contact the office.

### Positive Thought

"Be bold. If you're going to make an error, make a doozy ..."  
—Billie Jean King

### A Positive Outlook

Hang out with happy people. It will rub off on you. Don't say anything to yourself that you would not say to someone else. When a negative thought enters your mind, give it a positive twist.

Let yourself laugh. You will feel less stressed even during difficult times. It may help protect against heart attacks.

Smile a lot. Those with sunny dispositions have a reduced risk of stroke and also make healthier choices.

### Three Things in Life That You Should Never Lose

1. Hope
2. Peace
3. Honesty

### Welcome, New Residents

We are proud to have so many wonderful residents here at our community! You get a special feeling each time you walk through the property and see so many friendly faces. If you see one of our new residents, stop and say hello. Anyone can be a neighbor, but it takes a special person to be a friend.