



June 2008

Chelsea Ridge

APARTMENT HOMES

1 Chelsea Ridge Mall • Wappingers Falls, NY 12590



Summer. Breeze.



Your Staff

to serve you...

- Diana Gardner - **Community Manager**
- Alicia Pauselius - **Asst. Comm. Manager**
- Eileen Lamb - **Resident Relations**
- Alandra Brown - **Bookkeeper**
- Rosa Doyle - **Senior Leasing**
- Brandon Skov - **Relocation Specialist**
- Margie Velez - **Relocation Specialist**
- Erica Vesley - **Relocation Specialist**
- Charlie Mullen - **Maintenance Manager**
- Jessica Colson - **Service Coordinator**
- Jimmy Currier - **Asst. Ticket Manager**
- John Good - **Service Technician**
- Peter Almasi - **Service Technician**
- Charlie Currier - **Service Technician**
- Eric Haight - **Service Technician**
- Anthony Verdile - **Service Technician**
- Pablo Sanchez - **Senior Grounds**
- John McCollum - **Painter**
- Daniel Camacho - **Painter**

Important Numbers

- Rental Office:** (845) 831-4745
- Fax:** (845) 831-3182
- On Call Emergency Daytime:**
(845) 632-3307
- 24 Hours On Call Emergency:**
(845) 831-0770
- Shop - Service Request Line:**
(845) 632-3307
- Fire, Police, Emergency: 911

Happy Father's Day

We would like to wish all the fathers in our community a happy Father's Day. We hope you take some time on Sunday, June 15th, to enjoy the company of your family.

Check This Out

- For Dutchess County Events & Activities go to www.dutchesstourism.com
- For Chelsea Ridge Community Events please visit www.chelsearidgeny.com

Has Anything Changed?

Have your phone numbers at home or work changed recently? It is very important that we have your correct numbers in case we need to contact you. Thanks for keeping us informed.

Put Garbage In Its Place

It is very important that you put garbage bags into the dumpsters promptly and do not store them on your balcony or patio. Garbage begins to stink very quickly in the summer heat and attracts rodents and bugs which are out in abundance this time of year. Think of your trips to the dumpster as extra exercise! Thanks for your cooperation.

Summer Splendor

Summer is officially here June 20th. We hope you take time to enjoy the opportunities of the summer season.

Pet Policy

If you would like to have a pet here in our community, please be aware of the following:

- A pet agreement and deposit are required before bringing the pet home.
- Pets must be on a leash when outside.
- Owner is responsible for picking up pet's droppings.
- The pet's behavior is the owner's responsibility.
- There may be pet charges upon move out.

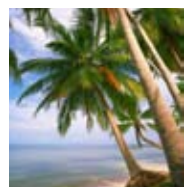
We thank you in advance for your cooperation in following these policies.

Rules For The Great Outdoors

Now that spring has arrived, we will all be spending more time outdoors. Please follow these rules concerning outdoor activities:

- No car washing is allowed.
- Do not hang clothes on patios and balconies.
- Outdoor activities cannot be disruptive to neighbors.
- Children should play in the playground area and not in parking lots or streets.
- Please keep toys, bikes, and other outside items off the lawn and store them properly when you and your children are not using them.

Thank you!





Relax. Beach.



Words in Words

You can sometimes make words using the letters in a larger word. For example, from the word "tube" you can make "be," "bet," "but," and "tub." Now onto a harder one: how many words can you make from the word "mosquito?" (Hint: we found 23.)

Answers:

to, too, us, omit, omits, out, quit, quits, sit, so, soot, suit, sun, it, its, mist, moist, moo, moos, most, must,

Answers:

Get Your Hot Dog!

The popularity of hot dogs, as the food of choice at America's baseball stadium, never wavers. The National Hot Dog and Sausage Council (NHDSC) has released its annual survey of Major League stadiums, predicting that more than 30 million hot dogs will be consumed this season. This many hot dogs would stretch around the bases 41,776 times! Shea Stadium is at the head of the pack, with the largest projected hot dog consumption, two million hot dogs, for 2008. Next is Fenway Park, with expected consumption of over 1.7 million hot dogs. Third is Wrigley Field at 1.5 million hot dogs.

You can find some unique hot dogs at stadiums around the country. Check out these signature franks:

- Metrodome, home of the Minnesota Twins: The Dome Dog, a black angus dog served with freshly-made toppings.
- Turner Field, home of the Atlanta Braves: The Georgia Dog, topped with coleslaw, chili and onion relish.
- Fenway Park, home of the Boston Red Sox: Grilled or boiled dogs, served with mustard and relish on a New England bun.
- Coors Field, home of the Colorado Rockies: The Rockie Dog, a foot-long frank loaded with grilled peppers, kraut, and onions.

The Heart and Brain Connection

While the exact causes of Alzheimer's disease are not fully understood, it is known that the most important risk factors are advanced age and family history. Researchers are beginning to learn that heart health plays an important part in keeping your brain healthy as well. The blood vessels to your heart are similar to those that lead to your brain. Adopting heart-healthy behavior, therefore, will also have an effect on your brain function.

Some of the same advice given to keep your cardiovascular system in good shape also applies to helping your brain work as effectively as possible. Not only will you improve your heart and brain health, your overall health will improve too. These strategies include:

- Regular exercise
- Not smoking
- A diet rich in fruits, vegetables, and lean, protein-rich foods
- Keeping your blood pressure under control
- Reducing your cholesterol and blood sugar levels if they are high

Happy Birthday to You!

- More people celebrate their birthdays in August than in any other month.
- In the U.S., almost two billion birthday cards are sent each year. This accounts for 58 percent of all cards sent.
- The world's largest birthday cake was created in 1989 for the 100th Birthday of the city of Fort Payne, Alabama. The cake weighed 128,238 pounds, 8 ounces and used 16,209 pounds of icing.
- The melody and lyrics of the "Happy Birthday" song are still under copyright protection. Every time it is sung on television or radio, royalties must be paid to the publisher.
- The term "Golden Birthday" refers to the once-in-a-lifetime day when you turn in years the day of the month you were born. For example, if you were born on January 22nd, the day you turn 22 is your "Golden Birthday."



Shade. Sunny.

Answers to Something Sweet: 1. About 65 percent. 2. Halloween. 3. Licorice. 4. Peppermint. 5. True. 6. 65 percent. 7. Red. 8. Cotton candy. 9. Heath bars. 10. Peanuts were added to M&M's for the first time.



Summer Refreshments

Strawberry Lemonade Spritzers

To make 16 (10-ounce) cups of this Summer refresher, dice 1 quart (1 pound) of strawberries and toss them in a medium container with 3 tablespoons of sugar. Cover the mixture and refrigerate at least 1 hour and up to 2 days. When you're ready to go, stow the strawberries in the cooler along with a half gallon of chilled lemonade, a liter of chilled club soda, and plenty of ice cubes. When ready to serve, fill cups with ice and add to each: 1/2 cup lemonade, 1/4 cup club soda, and 2 tablespoons of the strawberry mixture. Stir and enjoy.

Pineapple Lemonade

- 1/2 cup sugar
- 1/2 cup lemon juice
- 2 cups water
- 4 cups pineapple juice
- 4 cups club soda
- sliced lemon

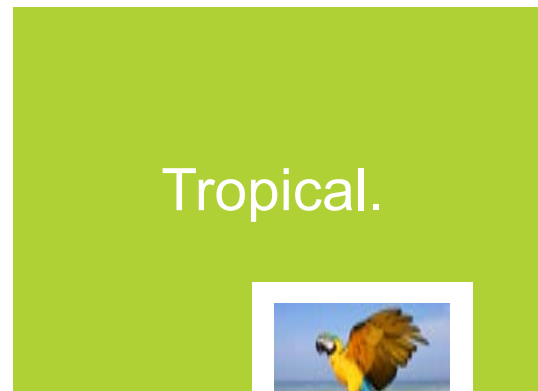
Dissolve the sugar into the lemon juice and water in a large pitcher. Add remaining ingredients and serve immediately, adding a slice of lemon to each glass.

Something Sweet

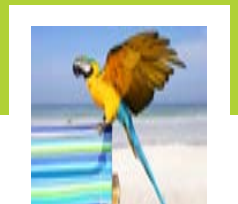
June is National Candy Month. Test your candy knowledge with this sweet trivia quiz.

1. What percentage of American candy brands have been around for more than 50 years?
2. Which holiday results in the highest candy sales?
3. Which candy is sometimes referred to as Spanish Juice or Sweet Wood?
4. What is the most popular taffy flavor?
5. True or False: Each year, U.S. manufacturers produce more than 16 billion jelly beans for Easter.
6. What percentage of American chocolate eaters prefer milk chocolate to other chocolates?
7. What is the most popular color of gummi candy?
8. What candy was originally called fairy floss?
9. Which classic candy bar was included in U.S. soldiers' rations during World War II?
10. M&M's were first sold in 1941. There was a major innovation made to the candy in 1954. What was it?

Sand. Seashells.



Tropical.



Flower of the Month: Rose

Birthstone: Pearl

Full Moon: June 18

Child Vision Awareness Month

Dairy Month

Effective Communications Month

Entrepreneurs "Do It Yourself" Marketing Month

National Accordion Awareness Month

National Candy Month

National Iced Tea Month

National Lady Lawyers Month

National Rivers Month

National Rose Month

National Safety Month

National Steakhouse Month

Professional Wellness Month

Skyscraper Month

Boats. Sun.



Office Hours
Monday & Wednesday
 9:00am - 6:00pm

Tuesday & Thursday
 9:00am - 7:00pm

Friday
 9:00am - 5:00pm

Saturday
 10:00am - 5:00pm

Sunday
 12:00pm - 4:00pm

Crime Watch Tip

During the summer months many people have their windows open. Please remember to shut and lock all windows and doors if you will be leaving your home for the day or evening. It is also a good idea to lock your door if you leave your apartment for any length of time. Play it safe and don't give crime an invitation.

The Witty Albert Einstein Everyone knows that Albert Einstein was a genius. But who knew he was witty, too? Here are some of his more humorous quips:

- Things should be made as simple as possible, but not any simpler.
- Sometimes one pays most for the things one gets for nothing.
- If you are out to describe the truth, leave elegance to the tailor.

Energy-Boosting Foods

If you are feeling tired and sluggish, it could be what you are eating. For an easy energy boost, try these simple food changes.

- Sugary snacks can cause a spike in your blood sugar, followed by a large drop. This can cause you to feel energy-depleted. Instead of grabbing a doughnut or cookie, try a piece of fruit instead. You'll satisfy your sweet tooth with natural sugars and some extra fiber, both of which can help you increase your energy level for a longer period of time.
- Researchers have found that garlic can help boost your energy level, although they haven't identified the reasons behind this. You can add garlic to your pasta, chicken dishes, sandwich spreads, dips, casseroles, and soups to tap into this hidden energy source.
- Magnesium-rich foods have been shown to improve energy levels in patients suffering from chronic fatigue. These foods include almonds, cashews, pumpkin seed, spinach, halibut, and soybeans.
- Eat something every three to four hours to help maintain a good energy level. Snack on nuts, cheese, whole grain crackers, yogurt, or a piece of fruit during the day to keep you on an even keel.

A vacation is what you take when you can no longer take what you've been taking. -Earl Wilson

sun	mon	tue	wed	thr	fri	sat
1 Rent Due Thank You!	2	3	4	5	6	7
8	9	10	11	12	13	14
15 <i>Father's Day</i>	16	17	18	19	20 SUMMER'S HERE!	21
22	23	24	25	26	27	28
29	30				june 2008 	



Adirondack. Travel.