



WEXFORD VILLAGE

AT DEVONSHIRE

98 Devonshire Drive • Scott Depot, WV 25560 • (304) 757-1270



APRIL 2018



NOTES & NEWS

Awestruck

Recent studies have found that experiencing a sense of awe helps people feel less stressed and more satisfied. The wonders of nature are often awe-inspiring, so take some time to gaze at the stars on a clear night or go for a hike on a sunny day.

Famous Firsts: Earth Day

Protect our planet. That was the simple message of the estimated 20 million people across the nation who took part in the first Earth Day, April 22, 1970. The national day focusing on the environment was the idea of U.S. Sen. Gaylord Nelson of Wisconsin, and today, it is an annual worldwide observance with nearly 200 countries participating.

Travel Tip: Write It Down

If you make a list of what to take before going on a trip, don't throw it away once your luggage is packed. Instead, slip the packing list into a pocket of your suitcase and take it with you. When you get ready to leave your destination, you can review the list to make sure you don't leave anything behind.

HIGHLIGHTS

Boredom Can Be Good for Your Brain

Nearly a century ago, philosopher Bertrand Russell wrote that a certain amount of boredom is "essential to a happy life." Researchers are now echoing his advice. They say moments of idle time allow the brain to rest, leaving you refreshed and rejuvenated. When the mind is able to wander and daydream, it can spark creativity, and help you to identify new interests and plan future goals.

Mark It

Return-address stickers are handy for more than mailing letters. Use them to label anything as yours, from books and binders to electronics and cookware.

Daisies Greet the Day

Bright and simple, the classic variety of daisy is actually made of two flowers, the rays of white petals and a center cluster of tiny yellow florets. A cousin of the sunflower, the daisy gets its name from the Old English words meaning "day's eye," since its petals close at night and open at dawn.

Spice Up Your Space

Give an old couch or chair new life with colorful accents. Pillows and blankets are inexpensive compared with the cost of a new sofa, so consider buying several options and changing them according to the seasons.

BULLETIN BOARD

Wexford Village at Devonshire Staff

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Office Hours

Monday, Wed - Friday 9:00 a.m. - 6:00 p.m.
Tuesday 9:00 a.m. - 8:00 p.m.
Saturday 11 a.m. - 4 p.m.
Sunday 1 p.m. - 4 p.m.

Important Numbers

Leasing Office (304) 757-1270
Emergency Maintenance (866) 583-6593

For non-emergency work orders:
leasing@liveatdevonshire.com
www.liveatdevonshire.com

TRIVIA WHIZ



A Special Stone

People born in April have as their birthstone the planet's hardest natural substance, diamonds.

- Diamonds are composed of a single element: carbon. The diamonds we find today were formed billions of years ago under immense heat and pressure many miles below Earth's surface. The minerals were carried to the surface by volcanic eruptions.
- Diamonds have been valued for thousands of years. They were traded in India as early as the fourth century B.C.
- The early Romans and Greeks believed diamonds were splinters from falling stars.
- The word diamond comes from the Greek *adamas*, which means "invincible."
- In ancient times, people wore the gems to promote strength and courage.
- The United States does not produce diamonds for commercial consumption, but Americans buy more than 40 percent of the world's gem-quality diamonds.
- Although most people think of diamonds as colorless, the jewels can be blue, green, orange, red, yellow, pink, brown or black.
- At Crater of Diamonds State Park in Arkansas, anyone can hunt for diamonds and keep what they find.
- The largest diamond ever discovered was mined in 1905 in South Africa. Named the Cullinan diamond, it weighed 3,106 carats. The stone was given to England's King Edward VII and later cut into nine large diamonds and about 100 smaller ones. The two largest gems are part of the British crown jewels.



Earn a Little Extra Cash

Whether filing your taxes has you rethinking your budget or you're dreaming of a vacation getaway, it might be time to look into a side hustle—a way to make extra money outside of your "day job."

Popular side hustles include waiting tables, cleaning houses and walking dogs, but a side hustle can be pretty much anything. Many people discover they have a talent or hobby that can bring in some cash. If you want to start a side hustle, first evaluate your skill set. What are you

good at? Could you make money doing it or teaching someone else how to do it?

Talented writers can produce online content for websites and blogs or write resumes for job seekers. If you speak a foreign language, look for translating opportunities.

If you are an artist, photographer or craftsperson, consider selling your wares on a website such as Etsy.

Do you have a pickup truck? You could transport furniture or pick up and deliver mulch for homeowners. No matter what kind of car you drive, you can deliver food or become a driver for a ride-sharing service.

Other ideas include: Managing social media for small businesses, teaching music lessons, tutoring students, or participating in focus groups and marketing studies.

With almost limitless opportunities, you are sure to find something that works for you.

Healthy Reasons to Laugh

Kidding around has some serious benefits—and not just for your funny bone! Here's how laughter can improve your life:

Provides a workout. A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

Boosts your immune system. Laughs produce positive thoughts, which prompt your body to release antibodies that help fight illness.

Lifts your spirits. Laughing boosts the brain's levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression. Often, people who embrace laughter find it easier to cope with difficult situations and let go of stress and anger.

Keeps you connected. Laughter is

contagious. One researcher estimates we are 30 times more likely to laugh with others than when we're alone. Spending time with people can help you laugh more and improve your quality of life. Laughing together is also a common way to bond with loved ones as well as make new friends.

Relieves pain temporarily. When you laugh, your body releases endorphins, the "feel-good" brain chemicals that act as natural pain relievers. Research shows that your muscles stay relaxed for up to 45 minutes after a good chuckle, helping ease tension and stress.





WIT & WISDOM



Earth Day Resolutions

Celebrate Earth Day on April 22 by resolving to take steps to help the environment. You may find that going green is easier than you think. Following are some ways to make your daily routine more eco-friendly.

Eating. When ordering takeout, tell the restaurant you don't need plastic forks and knives. Try to do without plastic straws, too. Purchase a reusable water bottle and make a habit of carrying it with you. Reduce food waste by using a meal plan, following a shopping list and making use of leftovers.

Shopping. Limit online shopping. E-commerce packaging is a growing source of waste. When shopping in a store, look for products with minimal packaging. Take your own tote bags with you. They not only reduce plastic waste, but are sturdier and easier to carry than most disposable bags. Buy used products whenever possible. Sources include thrift stores, garage sales, used-book stores, and websites such as Craigslist and Freecycle.

At home. Turn off lights when you leave a room, and unplug appliances that aren't in use. Reuse gift wrap and bows, or make your own gift wrap from newspapers, magazines or maps. Donate or recycle your old cell phones and other electronic devices.

You can start helping the planet right now. No effort is too trivial, so make your Earth Day resolutions today.

**Celebrate Earth Day
on April 22**

Bacon Lattice Breakfast Tart

Ingredients:

- 6 slices thick-cut bacon
- 1 cup sliced cremini or button mushrooms
- 3 cups lightly packed baby spinach
- 1 refrigerated prepared pie crust
- 6 large eggs
- 1 cup half-and-half
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Directions:

Heat oven to 350° F.

In skillet, cook bacon over medium heat until slices begin to curl. Remove from pan and drain on paper towels. Drain all but 1 tablespoon fat from pan and cook mushrooms over high heat 4 to 5 minutes, or until softened, stirring occasionally. Add spinach leaves and cook 1 minute, or until just wilted.

Line 9-inch pie plate with pie crust.

In bowl, lightly whisk eggs and stir in half-and-half, Parmesan, salt and pepper. Add mushrooms and spinach to egg mixture and stir to combine.

Pour into pie crust and bake 20 to 25 minutes, or until eggs begin to set. Increase oven temperature to 400° F. Arrange bacon loosely in woven lattice form on top of pie and return to oven. Bake 18 to 20 minutes, or until bacon begins to crisp and crust is golden brown.

Let cool on wire rack 10 minutes before serving.

Find more recipes at
www.Smithfield.com.



"The best thing one can do when it's raining is to let it rain."

—Henry Wadsworth Longfellow

"Let the rain kiss you. Let the rain beat upon your head with silver liquid drops. Let the rain sing you a lullaby."

—Langston Hughes

"The sound of the rain needs no translation."

—Alan Watts

"There are many things I do for amusement, but for happiness I like to gather up my memories and go for a walk in the rain."

—Robert Brault

"The shortest period of time lies between the minute you put some money away for a rainy day and the unexpected arrival of rain."

—Jane Bryant Quinn

"I like it when it rains hard. It sounds like white noise everywhere, which is like silence but not empty."

—Mark Haddon

"I have always considered the rain to be healing—a blanket—the comfort of a friend."

—Douglas Coupland

"A rainy day is the perfect time for a walk in the woods."

—Rachel Carson

"Tears of joy are like the summer raindrops pierced by sunbeams."

—Hosea Ballou

"After the rain cometh the fair weather."

—Aesop



April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	 APRIL				

"This Month In History"

APRIL

1800: Congress establishes the Library of Congress. Today, it holds more than 168 million items.

1900: The U.S. Postal Service issues the first books of postage stamps.

1902: J.C. Penney opens his first store in Kemmerer, Wyo. Sales for the first day tallied \$33.

1913: The Woolworth Building in New York City is completed. At 60 stories high, it was the world's tallest building at the time.

1930: Hostess Twinkies snack cakes go on sale. They debuted with a banana cream filling, which was switched to vanilla during World War II rationing.

1948: The World Health Organization, an agency of the United Nations, is created to improve public health conditions across the globe.

1955: Des Plaines, Ill., becomes home to the first McDonald's franchise.

1964: For his role in "Lilies of the Field," Sidney Poitier becomes the first African-American to win the best actor Oscar.

1970: President Richard M. Nixon signs the Public Health Cigarette Smoking Act into law, requiring health warning labels on tobacco products and banning cigarette commercials on TV and radio.

1982: Sally Ride is selected by NASA to be the first female astronaut.

1997: MLB honors Jackie Robinson by retiring his uniform number, 42, for all teams. Every April 15, Jackie Robinson Day is celebrated with all players and coaches wearing the number on their jerseys.

2004: The last Oldsmobile rolls off the assembly line in Michigan, ending 107 years of production.

2008: Danica Patrick becomes the first woman to win an IndyCar race.

2012: "The Lion King" overtakes "The Phantom of the Opera" as the all-time highest-grossing Broadway show.