



March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 				RENT DUE		
		RENT LATE No Personal Checks After the 5th				
4	5	6	7	8	9	10
Daylight Saving Time Begins		All accounts turned over to the attorney				St. Patrick's Day
11	12	13	14	15	16	17
		First Day of Spring				
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Cypress Pointe

CYPRESS POINTE

425 S. Hubbard • Louisville, KY 40207
502-893-5632 • fax 502-893-5696

March 2018

The Luck o' the Irish

The luck o' the Irish must have been smilin' down on us when you chose to make your home here with us. We love having you because, after all, you're the reason we're here. We sincerely hope you plan to remain when your lease expires. If your lease is about to expire, make plans to stop by the office to renew your lease soon. Should you have any questions please feel free to call or stop by the office.

Spring Forward

You'll lose an hour of sleep, but it just might be worth it! Daylight Saving Time returns on Sunday morning, March 11 so set your clocks forward and begin enjoying that "extra" hour of daylight!

Patios/Balconies/Breezeways

With spring fast approaching, now would be a great time for everyone to clean up patios and balconies. We would also like to remind everyone that breezeways are not to be used for storing bikes or other miscellaneous items. Trash should be taken to dumpsters immediately and not placed outside of doorways. Thanks for your assistance in helping to keep our community looking great!

Room for Everyone

We have enough parking for everyone as long as we all follow proper parking etiquette.

- Please don't take up more than one spot per vehicle.
- Guests should be advised to use the visitor parking areas, leaving spaces in front of the buildings for residents.
- Inoperable vehicles or those without valid registration are not permitted at our community and are subject to be towed at the owner's expense.

Weather Watch

Winter is almost over, but sometimes spring can bring troubling weather as well. With hot and cold fronts conflicting often during the spring, strong storms and tornadoes may occur. We want you to be prepared. Make sure you have a plan for severe weather.

- Designate an interior room (perhaps a closet or bathroom) for everyone to gather.
- Keep a working flashlight and radio handy.
- Listen to the weather reports carefully.
- Never underestimate warnings or watches. It is always better to be safe than sorry.



Gesundheit!

Are you prone to sneezing, coughing, wheezing, itchy eyes, or nasal congestion? Springtime often aggravates those with allergies, but there are also many possible allergens in your home. House dust may contain dust mites, food particles, animal dander, bits of plants and insects, and bits of fabrics. Here's some tips on how to eliminate common household allergens and pollutants:

- Vacuum two or three times a week. It's best to use a vacuum designed especially for people with allergies. Vacuums are now made with HEPA (high-efficiency particle air) filters and may be the best choice.
- Wash all bedding weekly in very hot water.
- Keep the air dry. In summer, use an air conditioner. In winter, if humidity is a problem, use a dehumidifier.
- Check the filters regularly and clean and replace when needed.

- Staff**
- Abby Cissell**
District Manager
502-425-5497
 - Angela Cunningham**
Property Manager
 - Joel Warner**
Assistant Manager
 - Britney Robinson**
 - Amia Fore**
 - Toni Maddox**
Leasing Consultants
 - Kris Brown**
Maintenance Supervisor
 - Tim Grinnan**
 - Tim Brockman**
Maintenance Technicians
 - Kenneth Clark**
Groundskeeper
 - Trevor Clark**
Courtesy Officer
 - Katie Ferrell**
 - McKenzie Gardner**
 - Bianca Serban**
 - Garrett Shadowen**
Lifeguards

Office Hours
Monday-Friday
9:00am - 5:30pm
Saturday
10:00am - 5:00pm
Sunday
12:00 - 5:00 pm

Pool Hours
Front Pool
10:00am - 10:00pm



LET'S CELEBRATE March

- 8 International Women's Day
- 11 Daylight Saving Time Begins
- 14 Pi Day
- 17 St. Patrick's Day
- 20 Spring Begins

THIS IS EXERCISE?

Let's face it, many of us just do not enjoy exercising. How about working some of these into your daily routine?

Play **video games?** Do it while standing up. It gets you moving and keeps you off the couch. Better yet, try some of the live action role playing games. See how active your imagination is!

Hiking is a great way to experience nature, spend time alone or with friends and by crossing over various elevations, can get your heart rate up.

Take a **walking tour** of your city. Whether you get a map provided by town officials or do a bit of research on your own, you'll exercise and learn about where you live at the same time.

Play with your kids! Roughhousing connects you with your children and helps get in your daily exercise.

Let's dance! Swing, Zumba, Tango, Hip hop and more. Find a partner or do it yourself – on a wii or sign up for classes. It's fun and gets you going!

Do yourself a favor and get a **standing desk.** Strengthen your legs, fix your posture and be more productive.

Yoga can be for your mind and your body and can be done anywhere – even in the comfort of your own home. Search for online yoga workouts and you're set.

Join a **kickball or softball league** – any rec game will help you meet new friends and get those endorphins racing.

Exercise is something you do for your health. Commit to doing it daily!



MARCH MADNESS

The tradition of champions **CUTTING DOWN THE NETS** is a long one but since 1986 the winning school has also been given the hardwood court, too! Many sell and / or auction off pieces to fans.

OLDEST COACH to win a title was Jim Calhoun at age 68 (2011). **YOUNGEST COACH** was Emmett McCracken at age 31 (1940).

Filling out a bracket? Odds are **ONE IN 9,223,372,036,854,775,808 QUINTILLION.**

The record for **MOST OVERTIMES** in a single game is four, once in 1956 and in 1961.

The **LONGEST DROUGHT** between appearances in 66 years is Harvard.

THREE INDIVIDUALS have won an NCAA championship as a player and as a coach: Joe B. Hall, Bob Knight and Dean Smith.

The **CONNECTICUT HUSKIES** won his and her national championships in the same year in 2004 and 2014.

AUSTIN CARR scored 61 points for Notre Dame in the first round of the tournament in 1970.

VILLANOVA, as No. 8 seed, was the lowest seed to ever win the NCAA Tournament and they did it in 1985.

Preoccupied workers could cost employers \$4 billion of lost productivity. Over **80 MILLION** live video streams of the tournament are viewed during work.

Scrambled St. Patrick's Day

How many of these St. Patrick's Day words can you unscramble?

1. aurnclpeeh _____
2. wboainr _____
3. cuykl _____
4. ldog _____
5. ovlrec _____
6. riIsh _____
7. mircklie _____
8. hsrocam _____
9. iswh _____
10. hramc _____

IRISH quiche



- 1 lb. sausage
- 1 cup shredded cheddar cheese
- 4 green onions (chopped into small pieces)
- 4 eggs
- 2 cups milk
- 1 cup baking mix (like Bisquick)
- 1/4 tsp. ground cumin (optional)

Heat oven to 400 degrees. Crumble the sausage, cook and drain. Place in a 10 X 13 inch baking dish (which has been lightly sprayed with cooking spray). Sprinkle cheese and the green onions on top of the sausage. In separate bowl beat eggs, milk, baking mix and cumin with a whisk until well blended. Pour this mixture over the sausage/cheese/onion mixture. Bake about 25 minutes. Cool for a few minutes before serving.



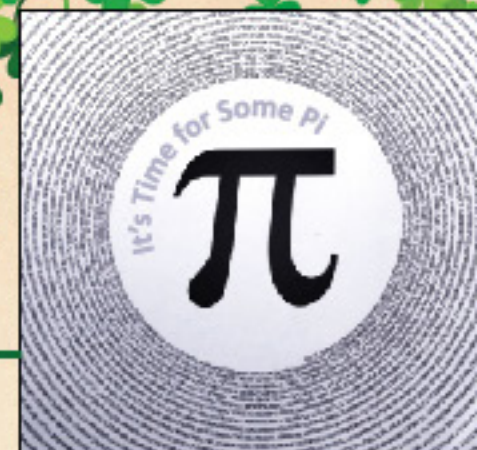
KNOW YOUR IRISH

Last year over 9,584,400 people visited Ireland's shore. Star attractions such as the filming locations of Star Wars and Game of Thrones helped tourism.

Be prepared when you travel to Ireland by keeping up with some of the slang words used. Try your tongue at these!

- **SNOG** means kiss. "Me and the Mrs. were snogging in the pub yesterday."
- **THE JACKS** means toilet/restroom. "Excuse me while I go to the jacks."
- **KNACKERED** means exhausted. "I was knackered with all the work we did yesterday."
- **NOODLE** means your head. "What's going on in your noodle?"
- **FODDERED** means eaten. "The last time we went out, he picked from my plate until it was foddered."
- **LOCK-HARD** means unsolicited advice. "Next time I want your lock-hard, I'll ask for it!"
- **HOP ON** means fight. "I'm sorry, let's not hop on."
- **FOUNDERED** means extremely cold. "I'm so foundered. These temperatures have me wearing two sweaters today."

NOW YOU KNOW HOW TO TALK AROUND THE IRISH!



Pi Day is celebrated on March 14th (3/14) around the world. Pi (Greek letter "π") is the symbol used in mathematics to represent a constant — the ratio of the circumference of a circle to its diameter — approximately 3.14159.

Pi has been calculated to over one trillion digits beyond its decimal point and will continue infinitely without repetition or pattern. Pi's infinite nature makes it a fun challenge to memorize, and to computationally calculate more and more digits.

 Our Pinterest page has some fun Pi facts and humor that you'll want to check out!
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