

COMMUNITY NEWS

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From The Board Chair



What are they doing? Fishing? No they are looking for Ron's glasses, which they never did find. Well, the story goes like this. Ron walked below the bridge to the BMP's edge to see if there were any minnows. He did find out that stepping on some rocks is not a good idea. There was a large one that when you step on it, it tends to roll, and it did. The next thing was to find one's

self in and under the water trying without success to stand on the bottom. My hat floated away and my glasses went somewhere out of sight. Hope they show up some day. Another pair has been purchased and now the job of getting them to fit has begun. He sure was glad that he knew how to swim which I did until he could get a hold of a rock or something. Finally out of the water, a hot shower, some aspirin and the ordeal was over. The moral of this story is, if you go to the BMP, make sure:

- Know how to swim
- Don't get too neat the water's edge and

- Make sure any rock you are going to get on is solid.

With the experience of the episode I have had, let me know if you need some help out of the pond. . The water at the concrete end in that area is about 9 to 10 feet deep.

Thursday evening after the fall, the lower left leg was swollen pretty tight and Anne and I were concerned as to whether there might be a blood clot causing the problem

Tried to find an Urgent Care Facility open at 10PM, no success.

(Cont on Page 2)

The New 1938 Model Piano has arrived



The Ruritan Club men delivered the Club House piano on April Fools Day. And that's no joke. This piano has a long Isle of Wight history. Anne Harvey started taking piano lessons on it about 1951. The piano was used by the Trinity Methodist Church, Isle of

Wight Grade/High School, and the Isle of Wight Ruritan Club. You can now add the Villa's of Smithfield Club House to the list. The piano looks old, but it has a very good sound. It still needs some cosmetic work and to be (cont on page)



A Word of Thanks

We just want to thank someone (don't know who) for striping the parking lots outside of the Clubhouse. It looks good.

From the Board Chair (cont from page 1)

Went to the Riverside Emergency Room at 11:00 PM.

Was finally checked by a doctor. She thought it might be a cracked bone.

Had x-rays of lower left leg and left wrist and hand. No broken bones.

Next do blood work to try to see if anything was causing the swelling. Results were good.

Left hospital at 3:30 AM with knee splint, crutches, a pre-

scription to a blood vessel checked, and go see family doctor.

After going to IHOP, got to bed about 6:00 AM.

Up at 9:30 to make appointments. Got one with family doctor on Thursday at 3:30PM.

Had a hard time getting approval from Medicare for the blood vessel test. So tried to get in touch with UPA to see if we had insurance to cover test if Medicare did not cover it.

Did not make contact. Finally after two hours Medicare approval was received.

Off to the hospital for 1:00 PM appointment for sonogram check of veins. No blockage were found.

At home now with leg up.

New cell phone on the way. Trying to get new glasses correct. Sure a big ordeal for a three minute or so fall.

The New 1938 Piano Has arrived (cont)

tuned. The very bottom and top notes do not work and might need to be fixed. We are hoping the missing hammers are in the bottom of the piano. Drop be and play it some day.



Let's Talk Some About the Grass

Overall the Nutri Green is doing its job and the grass looks much better than it did last summer. We are still agonizing on getting the Nutri Green application completed. Villa Development has thought they were complete several times, but to learn total coverage has not been achieved. The grass has looked tall and it has been. The grass has intentionally been cut at 5" so that it would shade the roots as well as be able to get a good start. The end results will be about 4" which will make a good looking lawn. The light green we are seeing in our lawns now

and shown in the picture is not the final grass that we will have. It got there when grass seed was sown or came with the Nutri Green. It will not die when the crab grass is treated, but when hot weather comes, it will die. PGM is on schedule to have our lawn looking good by Thanksgiving. (We need to address watering the lawns but that will be another time.



Information About Clothes Dryers

Submitted by Arnie

The heating unit went out on my dryer!. The gentleman that fixes things around the house for us told us he wanted to show us something and he went over to the dryer and pulled out the lint filter. It was clean. (I always clean the lint from the filter after every load of clothes.) He told us that he wanted to show us something; he took the filter over to the sink and ran hot water over it. The filter is made of a mesh material... I'm sure you know what your dryer's lint filter looks like. Well... the hot water just sat on top of the mesh! It didn't go through it at all. He told us that dryer sheets cause a film over that

mesh, that's what burns out the heating unit.

You can't see the film, but it's there. It's what is in the dryer sheets to make your clothes soft and static free...that nice fragrance too. You know how they can feel waxy when you take them out of the box..well this stuff builds up on your clothes and on your lint screen. This is also what causes dryer units to potentially burn your house down with it! He said the best way to keep your dryer working for a very long time (and to keep you electric bill lower) is to take that filter out and wash it with hot soapy water and an old toothbrush (or other brush) at least every

Shumaker

six months. He said that makes the life of the dryer at least twice as long! How about that!??

Note: I went to my dryer and tested my screen by running water on it. The water ran through a little but mostly collected all the water in the mesh screen. I washed it with warm soapy water and a nylon brush and I had it done in 30 seconds. Then when I rinsed it... the water ran right through the screen! There wasn't any puddling at all!, That repairman knew what he was talking about!



Dryer Fires (Submitted by Arnie Shumaker)

Don't let your dryer start a Fire, keep your home Safe & Sound are part of Dryer Vent Wizard's ongoing campaign promoting dryer vent safety & fire protection.

Oxford, OH—According to the US Fire Administration, dryer fires account for an average of \$15,000 fires with approximate \$88 million in property damage, 15 deaths and 400 injuries annually. Failure to clean was cited as the leading factor contributing to clothes dryer fires in residential buildings.

"We've found a huge lack of awareness among consumers who think it is normal for their clothes dryer to take two to

three cycles to dry one load of clothing and don't realize this is a dryer vent clog warning sign and fire hazard," says Greg Longe. Greg and his partner, John Lynch franchise Dryer Vent Wizard, Dry Clothes, Safe Homes, a nationwide chain of dryer vent cleaning, repair, replacement and alterations specialists in the U.S.

Dryer Vent Wizard provides advice to consumers to minimize the risk of dryer fires. Consumers should be sure screen lint trays are clean before and after drying each load of laundry. They should also be washed with soapy water every few months to remove residue left behind by fabric

softeners, and professionally cleaned and inspected annually.

Dryer Vent Wizard points out the warning signs to look for, including clothes taking more than one cycles to dry, especially jeans and towels, no visible lint on the lint screen, dryer repeatedly stops during a cycle, clothing having a moldy smell after a dry cycle, and clothing being very hot after a dry cycle.

Fire prevention and safety begins at home; go to http://www.dryerventwizrd.com/ventcheck_request.htm for a free dryer vent safety check kit. Tell your friends, loved ones, and neighbors, especially if you live in an apartment building, to do the same.



How Much Water Does My Lawn Need?

This varies somewhat depending on grass type. In general, applying one inch of water per week is the recommendation when there is insufficient rainfall during summer drought. An inch of water can be measured by marking the side of a tuna can or pet food can placed in the lawn. Remember that nature provides water by rainfall, irrigation may not be needed. Nothing is more wasteful (and sure to attract attention for all the wrong reasons) than seeing irrigation running in the rain! Pay attention to current weather conditions and forecasts in order to use water more responsibly.

What about too much or too little water?

Over-watered lawns frequently lead to excessive blade growth, summer fungal diseases, and more frequent mowing. Excessive watering also wastes water and increases the risk of fertilizer and pesticide runoff from the lawn to paved surfaces. This could negatively impact local water quality.

Lawns that receive little to no water from irrigation or rainfall during summer months will go dormant. Grass blade coloring will lighten. Most lawns will re-

cover when water returns. During a severe drought, cool season grasses (ryegrasses, fescues, or bluegrasses) may die and require reseeding in the fall. This may be acceptable to those looking to conserve water during summer months, or may be necessary because of water-use restrictions during a drought. Again, where warm-season grasses are adapted within the state, consider using them because they can better withstand most drought conditions.

How can I tell if my lawn needs water?

A thirsty lawn turns from the normal green color to a purple-bluish color. In these areas the grass blades will not spring back if you walk across the lawn and your fingerprints will be visible. This is the first sign of “wilt” and indicates a need for water.



Tips for better watering.

- Deep and infrequent watering maintains a healthy root system and reduces weed infestation (as opposed to light and frequent irrigation, which promotes shallow roots and germination of weed seeds).
- Applying one inch of water is often difficult to achieve in a single watering given the slow infiltration rate on most Virginia soils. Therefore, smaller amounts of water applied every three to four days may be required to allow water to enter the soil without causing runoff.
- Water is best applied early in the day (5:00 to 10:00 a.m.) when evaporation loss is lowest. Afternoon watering is acceptable but wind may affect uniformity. Night watering minimizes evaporation, but may increase fungal diseases. Consider that numerous automatic sprinklers all running during periods of high household use (early morning) may place extreme demands on a community's water system.
- Water the lawn, not driveways, sidewalks, or roads, by adjusting sprinkler heads.
- Mow your grass to the right height during the summer. Longer grass blades increase the depth of the root system, shade the soil, and help drought tolerance.

Creamy Chicken & Pasta Bake

What You Need!

1-1/2 cups multigrain rotini pasta, uncooked

1 small bunch broccoli, cut into florets (about 3 cups)

1 lb. boneless skinless chicken breasts, cut into bite-size pieces

1/2 cup fat-free reduced-sodium chicken broth

2 oz. (1/4 of 8-oz. pkg.) PHILADELPHIA 1/3 Less Fat Cream Cheese, cubed

1 cup KRAFT 2% Milk Shredded Mozza-

rella Cheese, divided

2 Tbsp. KRAFT Grated Parmesan Cheese

Make It!

HEAT oven to 375°F. Cook pasta in large saucepan as directed on package, adding broccoli for the last 3 min.

MEANWHILE, heat large nonstick skillet on medium-high heat. Add chicken; cook 3 min. or until no longer pink, stirring frequently. Stir in broth; simmer 3 min. or until chicken is done. Add cream cheese; cook and stir on low heat 1 min.

or until cream cheese is melted. Stir in 1/2 cup mozzarella.

DRAIN pasta and broccoli. Add to chicken mixture; mix lightly. Spoon into 8-inch sq. baking dish; cover.

BAKE 15 min. or until heated through. Sprinkle with remaining cheeses. Bake, uncovered, 3 min. or until melted. Let stand 5 min.

Prize Winning Chili Recipe

1 1/2 lbs lean ground beef

1 medium onion, chopped

1 1/2 tsp minced garlic

1 to 2 tbsp chili powder

2 tsp ground cumin

1/4 tsp ground black pepper

1tsp dried oregano

1/2 tsp salt

1 8oz can tomato sauce

1 28oz can peeled tomatoes

1 15-1/2 oz can of beans

Chopped green onions

Shredded Cheddar Cheese

Saute ground beef, onion and garlic in 3 qt dutch oven until meat is browned. Strain off excess fat, return meat to pan. Stir in chili powder, cumin, pepper, oregano, salt and tomato sauce. Add tomatoes.

Bring mixture to boil. Can transfer to crock pot turned on the high or 3 qt roasting oven and bake in 300 degrees for 2 hours, or simmer in Dutch Oven for 2 hours. Stir in beans and continue cooking covered 30 minutes until heated through. Serve with chopped onions and cheese. Makes 6 servings.

Facilities/ Safety Committee

This committee needs help from individual unit owners to identify the location of leaks in gutters. These leaks have been occurring in some, but not all gutters near the front door of Canterbury units. The leaks can occur on any gutter and we want to assure that all "leakers" near doorways and walks where ice forms in winter are identified and fixed. If you have a leaker please call any member of this committee to report it.

The Isle of Wight Ruritans gave the Villas of Smithfield Condominium Association an upright piano which is old but has a marvelous tone. It is now installed in the clubhouse and is receiving a lot of attention by Judy Keating as she cleans and polishes it.

We (the association) are in need of storage space for building materials, clubhouse seasonal decorations, pool equip-

ment, etc. We hope to have to have pictures and prices recommendations for upcoming Board meeting. This will have to be voted on by the association membership.

Members:

Ted Ray, Jerry Whitley, Harrison Barnes, and Ted Martin

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