



The Evergreens Enterprise

The Bi-Monthly Newsletter of The Evergreens at Smith Run

Professionally Managed by Community Realty Co., Inc and Developed By RMJ Development Co.

July
August
2010

Positivity Makes Your Outlook Healthy

A positive attitude is the best weapon in your fight against aging. In fact, if you positively expect to live a long life filled with physical vitality, mental awareness and social connections, your fundamental belief in this can shape your future and make it happen. People who approach life with a positive, healthy outlook often experience some these benefits:

- Fewer problems with work or other daily activities.
- Less pain and fewer limitations due to pain.
- Less interference from physical or emotional problems.
- Increased energy

- A feeling of peacefulness, happiness and calmness.

Here are several strategies that will help promote more positive thoughts and a healthier outlook on life:

- Read positive books, articles and e-mails every day.
- Listen to uplifting songs and watching uplifting television shows.
- Spend time with people and groups who are doing and saying positive things.
- Surround yourself with things that are positive—for example, posters, pictures and other visible items.
- Use positive language. Speak words of encouragement instead of

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Jane Baldwin Celebrates Her 85th Birthday at The Evergreens



Newsletter Deadlines

If you would like to include something in the newsletter, bring it to the office before the deadline or e-mail it to kbrooks@communityrealty.com.

Deadlines are October 12th and December 12th. We would love to include your stories, poems, recipes or just general news.

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Birthday Horoscopes

Cancer (June 22nd to July 21st) Start the month with rest, recuperation, and behind the scenes matters. Finish up old projects and lay to rest some unfinished business or something from the past. You may be working hard on something that requires time alone or perhaps you just need some meditation or quiet time. This would also be a good month to have a health check-up or find a new doctor. Soon you will have your Solar Return and regain your energy.

Leo (July 22nd to August 23rd) The month starts off with friendships, networking, groups, extended family, and volunteer services. Work harder to achieve your goals. You might participate in a group effort or fund-raising event. There may be parties, more socializing, and/or possible fringe benefits as a result of career or volunteer efforts over the last month.

Virgo (August 24th to September 22nd) You may be more competitive now or determined to have your way. Your fuse could be shorter, so be careful not to upset those close to you and exercise patience. Watch your step and use caution. This transition may find you putting more effort into paying off bills or you could finance more now. Alternatively, you may have a procedure or you might put your energy into achieving maximum health.



Notices & Reminders

Hello and Good-bye

TA warm welcome to **Ken and Jo Middleton** and **Anthony Ruoti** who have recently moved into The Evergreens. We are glad you have made our home your home. A welcome back to **George and Katie Billings** and **Wilma Clark** who are returning to The Evergreens. We're glad to have you here again.

To those residents who are leaving The Evergreens, we hate to see you go. Please come back and see us soon: Jeffery Beeler, Harriett Bonner, Forrest Holcomb, James & Betty Johnson and Dorothy Parlatore.

Lock Boxes

We have lock boxes in the office. These boxes allow you to put a key inside and give out the code to family or rescue personnel. If rescue is not able to access your apartment, they will break your door down, leaving you with the expense of a replacement door. Lock boxes are \$39.99 and a replacement door can be as high as \$900.00.

Be Aware

We have noticed that some folks are less than careful when bringing their wheeled carts between the cars in the parking lot. There have been several complaints of scratches on the doors of cars that appear to be made by shopping carts. We ask all residents to PLEASE TAKE CARE AND BE MINDFUL OF ANY DAMAGE you might cause to automobiles as you come through the parking lot with shopping carts.

Rent Checks

All rent checks must be made out to The Evergreens at Smith Run. Bank of America will no longer accept checks made out to Community Realty.

Car Owners: Send Us Your Plates

We are updating our files and need

Happy Birthday To You

If your birthday is in July and August, we wish you a very happy, healthy birthday and many, many more.

July Birthdays

Evelyn Barber
Olga Biermann
Patricia Broadley
Rose Kirkpatrick
Shelba Lee
Russ McGuiney
Peter Reynolds
Susan Rутtenberg
Richard Unser
Gloria Zielinski

August Birthdays

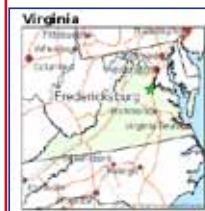
Beverly Beltramini
Doris Darden
Elizabeth Duff
Tammy Jordan
Maxine Kapcar
Arden Parsons
Catherine Retzlaff
Louise Stephins
Anne Sorrell
Eleanor Sumption
Jean Thierrin

See horoscopes at left

everyone who owns a car to submit the license plate number of that vehicle to the office. Please do this as soon as possible. You may either write it down or bring a copy of your registration to the office.

Work Orders

The office generates ALL work orders; therefore, all work orders MUST be called in to the office. Please do not tell a member of maintenance or the cleaning crew.



How To Get Here

For those who are having visitors from out of town, here are directions to make their trip run smoother.

- I-95 to Exit 130A (Route 3 East)
- To Route 1 North
- At 2nd light take left onto Cowan Blvd.
- Approximately 3/4 mile (3rd light), turn left at 2700 Cowan Blvd.
- Right in the parking lot into The Evergreens at Smith Run



Another Life. Another Time.

The leaves swirled to the ground in slow motion on that November day. I felt the melancholia of fall and the coming of winter. I missed my granny and her ugly cats. My childhood—my parents that have been gone for over 20 years now. I missed the huge boxwoods my sisters and I used to play in. Fall can do that to you. Make you drag out the past and paint it blue.

I didn't notice the old woman at first. Riding the bus to and from work makes people numb to the coming and going of other human beings. You tend to block out where you are and go inside your own head. I felt her soft hand touch my arm, "Would you like a piece of fudge?" she said.

Now, this just does not happen in the city on the public bus. First of all, you don't talk to strangers. You may find out you like them or have something in common with them. Secondly, you surely don't accept any type of gift that could put a connection between you. How in the world could I accept a piece of candy from an old lady who had probably laced the stuff with arsenic anyway?

"No" I answered quickly and turned to the window. I was busy having a pity party all by myself. How dare this old coot try to make me smile?

"It's a beautiful day" she said, looking out the window in the same direction as me.

"Yes" I said never looking at her. That is another thing you don't do. Don't make eye contact. This could give the impression that you would like to talk when all you want to do is get to where you need to be.

"I'm just visiting" she continued. "It's been almost 50 years since I was last in this city".

"Oh really", I say with a hint of sarcasm in my voice, to let her know I didn't care to carry on this conversation. We sat in

silence for a few minutes and I thought I was off the hook.

"I loved a man that lived in this town and I have come to visit his grave," she said. Even though I was slightly interested in her story I sat without saying a word, "He's gone a long time now but I just never had the heart to say goodbye until now. The cemetery is supposed to be on this bus route," she said sadly. "Maybe you know of it? Oakwood Memorial Gardens is the name of the place."

"That's where my parents are buried," I say without a second's hesitation. It's about ten blocks from here." A smile came to her face as if she had uncovered a treasure.

"Thank you", she said. "Thank you." "You see, I am old, and I get confused sometimes these days and really I am quite afraid to take this journey alone. But, I knew I had to do it now. It's getting to the point that I sometimes forget where I live when I try to get home from the grocery store. After the stroke, I can barely get around. I know my time on earth is short and I had to come say my last goodbyes to my Walter."

Walter, funny, that was my father's name, too.

It was Saturday, and I had the option of taking the day off from my office job, but needing the extra money. I had decided to work a few hours in the afternoon. I had recently gone through a divorce, and the overtime income had come in handy. It was also a way to fill my days. I sometimes felt a little lost with no one to go home to. The kids were grown and had lives of their own and my beloved cat had recently died leaving me completely alone for the

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Can You Remember?

This is a quiz...just for fun! How many can you remember?

1. Candy cigarettes?
2. Wax coke-shaped bottles with colored sugar water inside?
3. Soda pop machines that dispensed glass bottles?
4. Coffee shops with tableside juke boxes?
5. Blackjack



6. Home milk delivery in glass bottles, with cardboard stoppers?
7. Party lines?
8. Newsreels before the movie?
9. P. F. Flyers?
10. Butch wax?
11. Telephone numbers with a word prefix ? (Drexel-5505)
12. Peashooters?
13. Howdy Doody?
14. 78 RPM Records?
15. S&H Green Stamps?
16. Hi-fi's?
17. Metal ice cube trays, with levers?
18. Mimeograph paper?



19. Blue flash bulbs?
20. Beanie and Cecil?
21. Roller skate keys?
22. Cork pop-guns?
23. Drive-ins?
24. Studebakers?
25. Wash tub wringers?

Now add up your score If you remembered 0 to 5, you're still young If you remembered 6 to 15, you are getting older. If you remembered 16 to 25, you are older than dirt!





Canine Quotes

"If you pick up a starving dog and make him prosperous, he will not bite you. This is the principal difference between a dog and a man..."

Mark Twain

"All knowledge, the totality of all questions and answers, is contained in the dog."

Franz Kafka

"Dogs love their friends and bite their enemies, quite unlike people, who are incapable of pure love and always have to mix love and hate."

Sigmund Freud

"The dog has seldom been successful in pulling man up to his level of sagacity, but man has frequently dragged the dog down to his."

James Thurber

"The poor dog, in life the firmest friend, The first to welcome, foremost to defend, Whose honest heart is still the master's own, Who labours, fights, lives, breathes for him alone, Unhonour'd falls, unnoticed all his worth, Denied in heaven the soul he held on earth, While man, vain insect hopes to be forgiven, And claims himself a sole exclusive heaven."

Lord Byron

Inscription on the monument of his Newfoundland dog, 1808

"Nobody can fully understand the meaning of love unless he's owned a dog. A dog can show you more honest affection with a flick of his tail than a man can gather through a lifetime of handshakes."

Gene Hill, The Dog Man

Another Life. Another Time.

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first time in my life. As I watched the old woman struggle to stand and attempt to exit the bus, I heard myself say; "Wait! Let me help you." What would it hurt to take a few minutes to get her, at least, to the entrance of the cemetery, which was, only a few yards from the bus top.

"Oh, bless you dear", she said softly and took hold of my arm.

I couldn't believe how good it felt to help someone. I had been feeling sorry for myself for way too long. It was time to give of myself again. I don't know why this woman, at this moment, brought me out of the trance I had been living

in, but whatever it was I felt something in my heart that I had almost forgotten. Kindness. Arm in arm we walked through the big gates that displayed the words "Oakwood Memorial Gardens." Her grip tightened, and I knew that I wasn't about to get out

of taking her to her destination. To her beloved Walter. Her steps were slow and deliberate. Almost childlike. "Do you know where your friend is buried?" I said in a gentle tone. Yes, she knew. She had telephoned the proprietor before making her trip. Yes, she knew exactly where she was going.

"He's right over there." She pointed. That's odd, I thought, he must be close to where my mother and father are buried.

There were no words to describe my feelings as we walked directly to my parent's grave.

Her Walter was my father!

As they left the cemetery, the light

was beginning to fade and there was a chill in the air. Both women lost in their own thoughts of how strange life is sometimes. How you never know who you'll meet or where you'll run into someone who will make your life worthwhile again, both thinking thoughts of the past; the young woman remembering the look on her father's face when she was sixteen. She had been searching for writing paper in his desk when she discovered an address on a yellowed piece of paper.

"Who's this, Daddy?"

He had taken the small piece of paper, turning it over as if looking to

find something else written on the back.

As he looked away, she thought she saw a tear. But being young, she just asked again.

"Who is it?"

"Just an old friend," he'd answered,

"A girlfriend?"

But he was lost in thought and

never replied. And the old woman, remembering the wedding announcement in the paper "Mr. and Mrs. Walter Milton announce the engagement of their daughter Katie Milton." Could it be the same man?

Yes, life is strange sometimes and just when you think "Nothing good ever happens to me! I'm so busy I never get to enjoy life anymore." Someone or something comes along to let you know we are all connected in some way and all we have to do is open our hearts and look around. We just might see what was there all along!

Kathleen and Sam 2002





Events Around Fredericksburg

Sunday Bingo

Sunday, July 4th
St. Michael the Archangel H.S.
6301 Campus Drive Fredericksburg, VA
22407 Near 5 mile fork, off Rte 3
Doors open at 5pm, First game at 6:30
Benefits Local Catholic Education—a
non-profit organization. The cost is \$ 15
and up; For more information, call 540-
548-8748

Eagle Tour

Sundays in July
Watch eagles
perch and
soar over the
Potomac River.
Tours begin at
the Visitor Cen-
ter and take you
to the river shoreline. Contact the park
for more info and to make the required
reservations. Tours start at 9 AM and
11 AM from the Caledon Natural Area,
11617 Caledon Rd, King George. The cost
is \$6. For details, call 540-663-3861.



“Exotic Locales” Art and Photography Exhibit

Running now through July
30th at the Fredericksburg
Center for the Creative Arts,
(FCCA), the exhibit will
showcase in the members Gallery the
work of Vickey Hluchanek-Monan and
Sandy Leigh Skipper. For details, call
540-373-5646. There exhibit is free and
located at 813 Sophia Street at 6 PM each
evening. Information is available online
at <http://www.sandyleighskipper.com>,
<http://www.fccava.org>.

Fossil Find

On August 7, join the expedition. Explore
the geological wonders of the Chesapeake
Bay. Look for shark’s teeth and other
fossils along the Potomac shore. Call the
park for more information and to make
the required reservations. The hunt
begins at 2:00 PM. The cost is just \$3 per
person or \$8 per family. The location is
the Caledon Natural Area, 11617 Caledon
Rd, King George. For details, call 540-
663-3861.



Living in Freedom

On this day in 1776, the
Declaration of Independ-
ence was approved by
the Continental Con-
gress, starting the 13
colonies on the road to
freedom as a sovereign
nation. As always, this most
American of holidays will be
marked by parades, fireworks
and backyard barbecues across
the country.

30

Number of places nationwide
with “liberty” in their name. The
most populous one is Liberty,
Missouri (26,232). Iowa has more
of these places than any other
state: four (Libertyville, New
Liberty, North Liberty and West
Liberty).

Eleven places have “independ-
ence” in their name. The most
populous of these is Independ-
ence, Missouri, with 113,288
residents.

Five places adopted the name
“freedom.” Freedom, California,
with 6,000 residents, has the
largest population among these.

There is one place named “pa-
triot”—Patriot, Indiana, with a
population of 202.

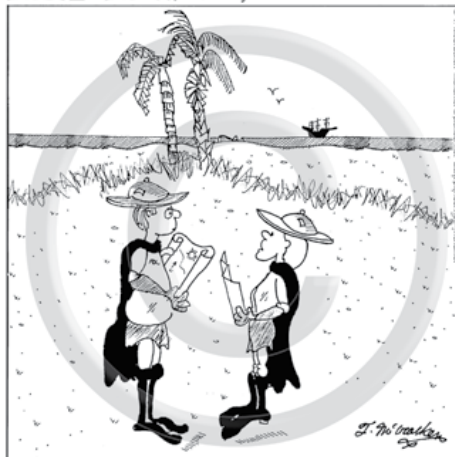
And what could be more fitting
than spending the day in a place
called “America”? There are five
such places in the country, with
the most populous being Ameri-
can Fork, Utah, with 21,941

Funny Pages



residents.

MCHUMOR.COM by T. McCracken



“Instead of looking for the Fountain of Youth, we should look for the Fountain of Age so we can take advantage of senior citizen discounts that are rampant in the New World.”



The Cucumber: Who Knew?

- Cucumbers contain most of the vitamins you need every day.
- Feeling tired in the afternoon? Put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and carbohydrates that can provide that quick pick-me-up that can last for hours.
- Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror. It will eliminate the fog and provide a soothing, spa-like fragrance.
- Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!
- Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.
- Have an important meeting and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe. Its chemicals will provide a quick and durable shine that not only looks great but also repels water.



Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant, they too have their story. Avoid loud and aggressive persons, they are vexations to the spirit.

If you compare yourself to others, you may become vain and bitter; for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let not this blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

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- discouragement to others and to yourself.
- Be aware of your body language. Lift your shoulders and sit and stand up straight.
- Smile! A simple smile exudes positive energy. Plus it's contagious.
- Stop what you're doing occasionally and take a few calm, deep breaths. Think about positive things to clear your mind.
- Appreciate what you have. Look

Desiderata

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

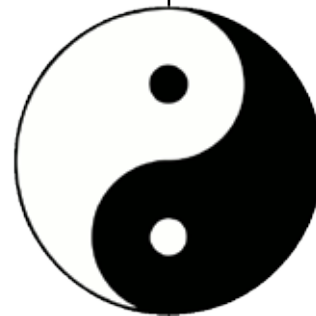
Therefore, be at peace with God, whatever you conceive him to be, and whatever your labors and aspirations in the noisy confusion of life, keep peace in your soul. With all it's sham drudgery and broken dreams; it is still a beautiful world.

Be cheerful. Strive to be happy.

Max Ehrmann

Positivity

around yourself and concentrate on the positive things around you.



- Be thankful for your accomplishments.
- Practice forgiveness. Accept apologies and avoid letting regrets weigh you down. Let them go.
- Find hobbies and social activities that give you an outlet to have fun and enjoy life.
- Treat people respectfully

and fairly. Practice the advice of doing to others what you would have them do to you.

Submitted by Patricia Broadley