

The Buzz

Your Source to Honeywood Living

April 2014



“Light It Up Blue” for Autism Awareness

Please stop by the Honeywood Office on April 2nd to grab a blueberry muffin.

Our Office will “Light It Up Blue” from on April 2nd until 9:00AM on April 3rd.

This event is to raise awareness for Autism Speaks.

You can pledge a donation at the Autism Speaks website at www.autismspeaks.org

Taco Night

Join us on Thursday, April 17th at the Honeywood Clubhouse for

TACO NIGHT

Doors open at 6PM
This event is **FREE** to Honeywood Residents.

Please **RSVP** by Friday, April 11th at 540-774-0088



How is Our Service?

We want to hear from you. Please complete a survey noted on our website at www.HoneywoodLiving.com

Feedback results are very important to us.

We like the continued opportunity to exceed your expectations.



Health Tip of the Month **10 Superfoods for Spring**

1. **Walnuts**— good for mood
 2. **Asparagus**- good for mood
 3. **Spring garlic**— good for weight loss
 4. **Legumes**— good for weight loss
 5. **Spinach**— good for energy
 6. **Artichokes**— good for energy
 7. **Salmon**— good for skin
 8. **Strawberries**— good for skin
 9. **Eggs**— good for memory
 10. **Blueberries**— good for memory
- Superfoods build bones, prevent chronic diseases, improve your eyesight and even keep your mind sharp!

The Honeywood Team

Michele Robinson
Property Manager
Donnie Willard
Maintenance Supervisor
Amber Patton
Leasing Consultant
Katie Gardner
Leasing/Marketing Consultant
Tim Sandidge
Accounts Administrator
Brenda Edmundson
Weekend Leasing Consultant
Mike Boyd
Maintenance Tech
Scott Davis
Maintenance Tech
Scottie Holland
Maintenance Tech
Josh Holland
Groundsman
Tabitha Dehart
Custodial
Ski Shelton
Exercise Coordinator

Honeywood Apartment Homes

P: 540-774-0088

F: 540-772-9456

3101-H Honeywood Lane
Roanoke, VA 24018

Office Hours

Monday—Friday
9:30 am— 5:30 pm

Saturday

10 am—1pm &
2 pm—5pm

Sunday

1 pm—5pm

Emergency Maintenance

540-774-0088

Website

www.HoneywoodLiving.com

Maintenance Tips for Around Your Home

- **Do you have mildew in your bathroom?** Use a mold/mildew cleaner to remove the mildew. As a preventative measure, run your exhaust fan for 15—20 minutes after taking a shower and be sure to leave your bathroom door open for proper air circulation.
- **Want to keep your carpet in tip-top shape?** Vacuum often. Dust can settle in carpet causing it to wear.
- **How to keep your kitchen counter tops looking good:** Clean your countertops with a soft detergent such as Soft Scrub to avoid wear/damage to the finish.

If you have any further questions or maintenance concerns, please feel free to contact the Honeywood Office at 540-774-0088.

Pet Waste Reminder

Please keep in mind that it is the pet owner's responsibility to remove pet waste. Failure to dispose of pet waste will result in a fine up to \$100.

Please notify the Honeywood Office at 540-774-0088 if you see anyone not picking up after their pets.

Thank you for helping to keep our grounds clean.



Fitness Center

Take advantage of Honeywood's Fitness Center.

It is fully equipped with treadmills, elliptical machines, and a full body weight machine.

If you need a key stop by the Honeywood Office. There is a \$5.00 charge for replacement keys.

Hours are 6:00am - 10:00pm Monday—Friday and 8:00am—8pm on weekends.

'Round Roanoke

Tuesday, April 1st

- Ben Trout Band
- Martin's Downtown Bar & Grill

Friday, April 4th

- First Fridays Winterfest—Center in the Square
- First Friday's—SunTrust Plaza at Franklin Rd

Wednesday, April 9th

- "An Evening with C.S. Lewis"
- Jefferson Center

Thursday, April 10th

- Kevin Costner and Modern West
- Roanoke Civic Center

Saturday, April 12th

- Susan G. Komen Race for the Cure
- Rivers Edge Sports Complex

Friday, April 18th

- Hunter Hayes - Roanoke Civic Center

Wednesday, April 23rd

- Ministers of Soul—Blue 5

Saturday, April 26th

- Shakedown on Market Street—Ripple Roanoke

Saturday, April 26th

- PetEx—Roanoke Civic Center

Richard Alexander is your Cox Communications Community Solutions Specialist. If you have questions about your service or if your interested in adding services provided by Cox please contact Richard at 540-204-8767

Pets:






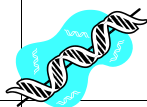
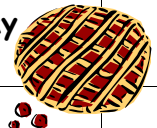


Honeywood is pet friendly - breed and floor restrictions apply. If you are thinking of getting a pet here are the rules & regulations:

You will need to register your pet with the Honeywood Office **prior** to obtaining the pet; it must be 40-60 lbs, (depending on your apartment location); you must live in a pet friendly building; \$375 security deposit, and \$10 premium per month per pet! Also, **guest pets are not allowed**. Residents that have unauthorized pets in their apartment for any length of time will be subject to a \$200.00 fine.

Call today for more information 774-0088.

No Pet Buildings: 3101, 3103, 3105 & 3107.

April 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <u>Rent is Due</u>	2	3	4	<u>5</u>
6 <u>Rent is Late</u>	7	8	9	10 Sibling Day	11 Pet Day 	12
13 	14 Dolphin Day	15	16	17 Taco Night—HW Clubhouse 	18	19 Garlic Day 
20	21	22 Earth Day 	23	24	25 DNA Day 	26
27	28 Blueberry Pie Day 	29	30 Jazz Day 			

Make It A Movie Night

- Fast and Furious 6
- The Book Thief
- The Big Wedding
- Olympus Has Fallen
- Captain Phillips
- Frozen

Movie Checkout Policy:
 Two movies can be checked out at one time. Check out is for two days at a time. Please return movies to the office or drop them in our movie drop box outside the office. You must be a lease holder or occupant to rent movies and you must be over 18 to rent "R" rated movies.

What's Cookin'?

Chicken Asparagus Roll-Ups

INGREDIENTS:

- | | |
|---|--------------------------------|
| 1/2 cup mayonnaise | 1/2 teaspoon salt |
| 3 tablespoons dijon mustard | 4 slices provolone cheese |
| 16 spears fresh asparagus, trimmed | 1 lemon, juiced and zested |
| 4 skinless, bonesless chicken breast halves | 2 teaspoons dried tarragon |
| 1 cup panko bread crumbs | 1 teaspoon ground black pepper |



DIRECTIONS:

1. Preheat oven to 475 degrees F (245 degrees C). Grease a baking dish. In a bowl, mix together the mayonnaise, Dijon mustard, lemon juice, lemon zest, tarragon, salt, and pepper until the mixture is well combined. Set aside.
2. Cook asparagus in the microwave on High until bright green and just tender, 1 to 1 1/2 minutes. Set the asparagus spears aside. Place a chicken breast between two sheets of heavy plastic (re-sealable freezer bags work well) on a solid, level surface. Firmly pound the chicken breast with the smooth side of a meat mallet to a thickness of about 1/4 inch. Repeat with the rest of the chicken breasts.
3. Place 1 slice of provolone on each chicken breast, and top the cheese with 4 asparagus spears per breast. Roll the chicken breasts around the asparagus and cheese, making a tidy package, and place, seam sides down, in the prepared baking dish. With a pastry brush, apply a coating of the mayonnaise mixture to each chicken breast, and sprinkle each with panko crumbs, pressing the crumbs into the chicken to make a coating.
4. Bake in the preheated oven until the crumbs are browned and the chicken juices run clear, about 25 minutes.

BuZz YoUr BrAiN

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| APRILFOOL | BEES | BLOOM | BLOSSOM | BUDS | EGG | FLOWER | GRASS |
| GREEN | PETAL | PICNIC | RAINBOW | SEEDS | SPRING | UMBRELLA | |