

# THE VILLAGE



Spring 2021  
Inside this issue  
Healthy travel tips  
Family game night ideas  
Lemon peel uses and more!

## Lifestyle

P O Box 4911 • Upper Marlboro, MD 20775

## Village of Oak Grove HOA Spring Meeting

The Village of Oak Grove HOA spring annual meeting will be held virtually on April 20th, 2021 @ 06:00PM. If you have not provided your email address to the management firm yet, Please do so by contacting the The Manan Group @1-877-649-7642. A zoom invitation will be forwarded to you by email.

## Man Bites Dog!

Now that we have your attention...**kindly refrain from letting your dog off his or her leash.** Community and County policy prohibits this activity, as it can lead to unsafe and unsanitary conditions. Man's best friend can be unpredictable when confronted by unfamiliar people or animals, so as a precaution, we ask that you adhere to our "leash law" at all times. Thank you for your consideration in this matter.

## Spring Is in the Air!

When the birds are chirping, the trees are beginning to bloom, we all are anxious to greet the beauty of springtime. There's only one thing better...and that's welcoming all of our new members of The Village of Oak Grove! We're delighted you've chosen our community and hope you will be very happy in your new home. If we can assist you in any way, please don't hesitate to let us know. We too, want to brighten your day!

## Daylight Saving Time Begins

Get ready to spring forward into longer days and warmer weather. Daylight Saving Time begins at 2 am on Sunday, March 14th. Don't forget to set your clocks forward one hour before going to bed Saturday night.

## Happening in March...

**Red Cross Month.** Every eight minutes, the American Red Cross brings help and hope to people in need, thanks to heroes like you. Whether you donate funds, give blood, or volunteer, the Red Cross depends on your support to make a difference in communities across the country. March is a chance to honor and celebrate the everyday heroes who help fulfill its mission.

**National Poison Prevention Week, March 21–27.** A week dedicated to raising awareness of poison control centers and the Poison Help Hotline (1-800-222-1222).

**World Wildlife Day, March 3.** A day to celebrate and raise awareness of the world's wild animals and plants.

**Pi Day, March 14.** Divide any circle's circumference by its diameter; the answer is always approximately 3.14. Keep calculating its digits and you'll discover they go on literally forever.

**St. Patrick's Day, March 17.** Break out the green, read some James Joyce, and try to catch a leprechaun.

**World Storytelling Day, March 20.** A global celebration of the art of oral storytelling celebrated every year on the March equinox.

### YOUR MANAGEMENT TEAM

**Ahmed Elmanan**  
Community Manager

### OFFICE HOURS

**Monday thru Friday**

9:00 am–5:00 pm

**Saturday**

Closed

**Sunday**

Closed

### HOW TO REACH US

#### **By Telephone**

(877) 649-7642 or (202) 349-3845,

#### **By Email**

aelmanan@gmail.com or  
services@villageofoakgrove.org.

#### **By Regular Mail**

1725 Eye Street, NW, Suite 300,  
Washington, DC 20006

### **Prince Georges' county complaints**

311 or [www.countyclick311.com](http://www.countyclick311.com)

#### **Pepco**

(877) 737-2662

#### **Tall Grass**

301-883-6100

#### **Animal Control**

301-883-6100

#### **Abandoned Homes**

301-883-6100

#### **Abandoned Vehicles**

301-883-6100

#### **Bulk Trash**

301-952-7600

#### **Our Website:**

[www.villageofoakgrove.org](http://www.villageofoakgrove.org)



# How to stay healthy when you travel

**T**ravel may be opening up again even in the midst of the coronavirus outbreak, but you've still got to be careful when staying in a hotel. *Travel & Leisure* magazine shares these tips for making your trips safely:

▪ **Research hotel safety procedures.** Find out how your hotel protects the safety of guests and staff. Are masks required? Are they provided by the hotel? Is hand sanitizer readily available? What social distancing measures are expected? How are rooms and public areas cleaned? Visit your hotel's website to check out

what steps they're taking during the pandemic.

▪ **Check out procedures for sick guests.** What happens if you or another guest falls ill during a hotel stay? Your hotel should have procedures in place for getting you a COVID-19 test quickly. Find out if your hotel has a resident physician, and what kind of medical facilities are nearby.

▪ **Ask for a long-vacant room.** When checking in, request a room that hasn't been occupied for a few days. The coronavirus can remain on some surfaces for up to 72 hours, so your risk is greater if

you sleep in a room that was occupied just the previous night. Proper cleaning and sanitizing can reduce the chance of infection, but err on the side of caution.

▪ **Sanitize the room yourself.** Bring sufficient sanitizer to spray down desks, the TV remote, doorknobs, light switches, the bathroom, and other high-touch areas immediately upon your arrival. Bedspreads aren't washed as often as sheets, so remove the bedspread from your bed right away, place it in a closet, and wash your hands immediately.



## Having Trouble Sleeping?

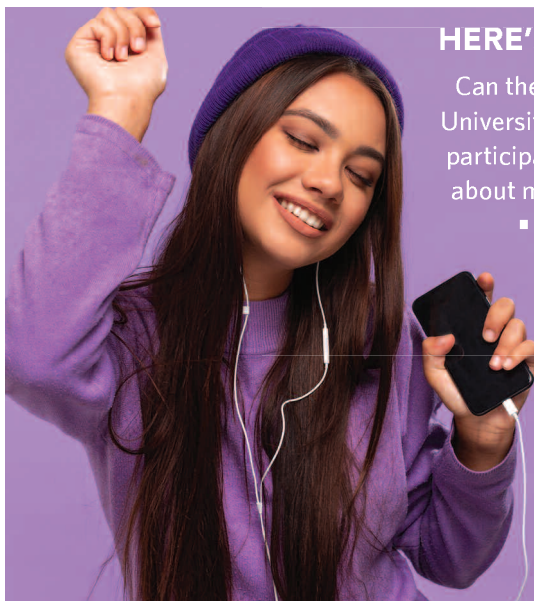
Try having one of these snacks one hour before bedtime.

*Kiwis* are rich in serotonin, a hormone and neurotransmitter that promotes sleep.

*Cheese and whole-wheat crackers* contain 80% carbohydrates and 20% protein, the best ratio for boosting serotonin. But skip aged cheeses, such as Parmesan—they have an amino acid that can raise levels of stimulating chemicals.

*Tart cherry juice* contains high levels of the hormone melatonin, which may help you sleep longer and more soundly.

Michael Breus, PhD, author of *The Sleep Doctor's Diet Plan*, writing in *Shape*.



## HERE'S WHAT RESEARCHERS SAY YOUR MUSICAL TASTES REVEAL

Can the type of music you listen to reveal what kind of person you are? A study at the University of Texas at Austin tried to answer that question. The study had 3,500 participants who also took IQ and attitude tests. Here's what the researchers determined about musical tastes:

- **Country, pop or religious music.** People who enjoy these genres tend to be good neighbors, willing to help others, and generally outgoing, agreeable and reliable. They're not usually adventurous, preferring to stick to a routine.
- **Classical, blues or jazz.** These aficionados tend to be tolerant, open to other people's opinions, open to new experiences, and curious. They probably don't stick to conventional wisdom, and are probably not very athletic.
- **Heavy metal, rock or alternative music.** These fans tend to speak their minds freely and take risks.
- **Hip-hop, dance or soul.** These fans are probably talkative or energetic. Though probably not very argumentative, they'll fight if they have to.



# Plan a Family Game Night



**E**ven with all of the worries about today's economy, families can still enjoy fun, entertaining evenings together and stay on budget by playing board games.

While board games can certainly be played and enjoyed at any time, a designated family game night provides an opportunity for families to share an economical night of staying in, having fun and creating new memories together.

Hasbro, the maker of Parker Brothers and Milton Bradley games, suggests a few tips to maximize your family game night so it is something the whole family will look forward to week after week:

**Schedule it:** Decide in advance which day will be your family game night. It doesn't matter which night of the week you choose - any night will do! As long as the date is marked on a calendar that everyone can see and the parents make it a priority to keep the appointment, the night will be one to remember!

**Involve everyone in the planning:** Involve the whole family in the planning process by allowing the kids to pick the games or choose

the snacks. For variety, rotate responsibilities each time you have a family game night.

**Create a tradition:** Whether it's a specific family-favorite dinner before game night, the way that teams are chosen or a 30-minute extension on bedtime, establish an activity on family game night that becomes a family tradition. This element will create even more excitement with everyone in the family.

**Keep a family scoreboard:** From week to week, recognize the family member who won the last game night by posting their name on a special scoreboard - perhaps it's a place of honor on the refrigerator. Or, create a family crown that can be worn by the winner at dinner or during the next game night.

**Remind everyone:** To keep the date with the family, set up reminders to make sure that game night happens. Set up an alarm on a handheld device or on the family computer. For the kids, put a note in their lunchbox reminding them about family game night. By building anticipation for family game night, you will help build excitement for family time.

**Mix it up with special guests:** To expand the fun, invite other families in your neighborhood to participate in a family game night tournament. Or, if you have extended family members staying with you or if you are traveling during a scheduled game night, invite everyone to participate!

## Games for all ages

**Families with kids ages 6 to 8:** Pictureka!, Sorry! Sliders, Operation, Monopoly Jr.

**Families with kids ages 8 to 10:** Clue, Monopoly, Cranium Family Edition, The Game Of Life

**Families with kids ages 10 to 12:** Monopoly, Yahtzee, Clue

**Families with teenagers:** Monopoly Here & Now: The World Edition, Scrabble, Cranium Wow, Jenga, Catch Phrase, Trivial Pursuit  
For more ideas, visit [FamilyGameNight.com](http://FamilyGameNight.com).

## What to do when life gives you lemons...



**Clean greasy messes.** Greasy pans? Splattered stove tops? Messy counters? If your kitchen has been the victim of some sloppy sauteing, try using lemon halves before bringing out possibly toxic chemical cleaners. Sprinkle some salt (for abrasion) on a juiced lemon half and rub on the greasy areas, wipe up with a towel.

**Clean your tea kettle or coffee pot.** For mineral deposit build up in your tea kettle, fill the kettle with water, add a handful of thin slices of lemon peel and bring to a boil. Turn off heat and let sit for an hour, drain, and rinse well. For coffee pots, add ice, salt

and lemon rinds to the empty pot; swish and swirl for a minute or two, dump, and rinse. Hello, sparkly.

**Clean your microwave.** All it takes is one exploding bowl of food to render the interior of your microwave officially gunked, sometimes gunked with cement-like properties. Rather than using strong chemical cleaners, try this: Add lemon rinds to a microwave-safe bowl filled halfway with water. Cook on high for 5 minutes, allowing the water to boil and the steam to condense on the walls and tops of the oven. Carefully remove the hot bowl and wipe away the mess with a towel.

# March Is Women's History Month

Do you ever wonder why different months are given certain designations? Here are a few great reasons why March has been chosen as National Women's History Month: • Edith Nourse Rogers, born March 19, 1881, was the first woman to have her name attached to major legislation, creating the Women's Auxiliary Corps. • The anniversary of the first Women's Collegiate Basketball Game is March 22, 1893. • Susan B. Anthony, who was arrested and fined for the outrageous act of voting, died March 3, 1906. • Sandra Day O'Connor, born March 26, 1930, was the first woman appointed to the Supreme Court. • The Equal Rights Amendment passed March 22, 1972, prohibiting discrimination on the basis of sex. • "Cagney & Lacey," the first female television crime show, premiered on March 25, 1982.

## Happiness To-Do List

- Choose to ignore an insult. Doing so prevents you from being consumed by negative energy.
- Break out of your routine. Try new ways of getting ready in the morning...new roads to drive to work. This opens you up to new ways of solving problems.
- Stop judging others. It will only distance you from people and result in little spiritual gain.
- Do the things you fear. Whenever you avoid dealing with something, ask yourself why. If it's because you fear failure or how you will look to others, force yourself to try it. There are valuable lessons to learn.
- Get rid of your anger. Channel excess energy by running, working out or writing in a journal. Understand why you're angry...learn from it...then move on.
- Learn to forgive. Don't let past negative experiences hinder you from moving ahead with your life and relationships.
- Smile more. If you're doing all the above, smiling will become a natural part of your life and make you more approachable.

## Twice Baked Potatoes with Broccoli & Cheese

- 4 medium Idaho potatoes
- 1/2 cup sour cream
- 2 tablespoons 2% milk
- 1/4 teaspoon each black pepper, salt, nutmeg
- 2 cups cooked broccoli, chopped
- 1/2 cup white onion, chopped
- 1 cup cheddar cheese, shredded

Preheat oven to 425°F. Bake potatoes directly on the middle oven rack for 60 minutes. While potatoes are still hot, cut in half lengthwise. Scoop out the interior flesh of the potato into a bowl. Add sour cream, milk and seasonings and mash until smooth. Stir in broccoli, onion and cheese. Turn oven down to 400°F. Using a spoon, gently fill the potato shells with the potato mixture. Place filled potatoes on a baking sheet and bake for 18 - 20 minutes.

|        | monday                               | tuesday                            | wednesday                 | thursday                        | friday  | saturday                          |
|--------|--------------------------------------|------------------------------------|---------------------------|---------------------------------|---|-----------------------------------|
|        | 1<br>World Compliment Day            | 2<br>Read Across America Day       | 3<br>National Anthem Day  | 4<br>Grammar Day                | 5<br>Cheese Doodle Day                            | 6<br>Frozen Food Day              |
| sunday | 7<br>Namesake Day                    | 8<br>International Women's Day     | 9<br>Get Over It Day      | 10<br>International Bagpipe Day | 11<br>March is National Craft Month               | 12<br>Girl Scout Day              |
|        | 13<br>Genealogy Day                  | 14 Daylight Saving Time<br>Pi Day  | 15<br>World Speech Day    | 16<br>No Selfies Day            | 17 St. Patrick's Day<br>Happy Saint Patrick's Day | 18<br>Forgive Mom & Dad Day       |
|        | 19<br>March is Women's History Month | 20<br>Won't You Be My Neighbor Day | 21<br>Single Parent's Day | 22<br>Goof Off Day              | 23<br>National Tamale Day                         | 24<br>Old New Year's Day          |
|        | 25<br>Live Long and Prosper Day      | 26<br>World Theater Day            | 27<br>Neighbor Day        | 28<br>Neighbor Day              | 29<br>Neighbor Day                                | 30<br>Take a Walk in the Park Day |
|        | 31<br>Manatee Appreciation Day       |                                    |                           |                                 |   |                                   |

# March '21