

APARTMENT

June
2010

connections

Willow Bend Apartments | 1531 Whispering Willow Lane | Hilliard, OH 43026

Don't forget these important tips so you can stay safe in the summer sun! A few precautions may prevent irreversible skin damage from the Sun's dangerous rays.

1. Allow 20 to 30 minutes for sunscreen to dry before going outside. It takes this long after application for the chemicals to start working. Letting the sunscreen dry also helps ensure that it stays on your skin.

2. If you've been in the sun or water, you should reapply waterproof sunscreen every two hours. Even waterproof sunscreens need to be reapplied every two hours.

3. Surfaces such as sand or water reflect up to 85 percent of the Sun's damaging rays. Be sure to protect your skin and eyes around these surfaces.

4. The Sun is strongest - and most dangerous -- between 10:00 a.m. and 4:00 p.m. If possible, the American Academy of Dermatology (AAD) advises staying out of the sun during these hours.

5. A sunscreen's Sun Protection Factor (SPF) number refers to the factor by which it enhances a person's natural sun protection. If someone normally burns in 20 minutes, then a sunscreen with an SPF of 15 would protect them for 300 minutes (SPF 15 x 20 minutes = 300 minutes).

6. The minimum SPF number recommended by the AAD is 15. The AAD recommends applying a broad-spectrum sunscreen with this minimum SPF every day; even on cloudy days.

7. The American Medical Association (AMA) recommends that you begin applying sunscreen to your baby when he's 6 months old. Infants burn easily because of their thinner skin and undeveloped melanin. But sunscreen should not be applied to babies under 6 months of age. Instead, keep your baby shielded from the sun or have him wear protective clothing if the sun is unavoidable.

8. Clouds and pollution often give a false sense of protection. Even on cloudy or hazy days, unseen ultraviolet sun rays can cause unexpected sunburn and skin damage.

9. Toy sunglasses worn in the sun may be worse for your baby's eyes than nothing at all. Toy sunglasses simply shade baby's eyes, making her pupils larger and actually allowing more damaging rays to reach the inside of the eye.

10. Some babies are sensitive to para aminobenzoic acid (PABA), the active ingredient in many sunscreens. A lotion or milky gel-type sunscreen is preferable to the clear alcohol type, which may irritate baby's skin on application.

Sources: American Academy of Dermatology; American Medical Association, <http://www.parents.com/fun/activities/outdoor/sun-safety-facts/>

STAYING
SAFE
IN THE
SUMMER SUN!

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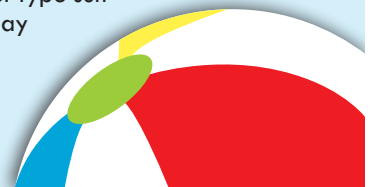
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Willow Bend



Community News

With summer vacation here, check out all of the wonderful activities in and around our community! Here are some helpful websites: www.willowbend-apartments.com, www.cityofhilliard.com and www.columbuslibrary.org. There is so much to see and do! Swimming at the community pool, reading programs at the library, a day trip to the zoo and so much more! Make sure everyone keeps an extra watch out for our smallest residents as they will be more active during the summer months. Don't forget about Father's Day this month-it is a perfect time to show him how much he is appreciated! Here's to a wonderful beginning to summer!

~Janet Siford & the Willow Bend Team

June 2010

SUN	MON	TUES	WED	THUR	FRI	SAT
		1 Rent Reminder	2 Columbus Clippers Vs. Louisville Bats At Huntington Park	3 Cocktails At The Franklin Park Conser- vatory	4 Last Day Of School For Hilliard City Schools	5 Rent Reminder
6 Columbus Arts Festi- val At The Columbus Museum Of Art	7 Broadway Across America At The Palace Theatre	8 Jelly Filled Do- nut Day: Come Into The Office And Start Your Morning Off With A Donut (While Supplies Last)	9 Cup Of Tea Day: Come Into The Office And Enjoy A Cup Of Tea At Our Joe On The Go Station	10 Columbus Clippers Vs. Rochester Red Wings At Hunting- ton Park	11 Summer "Free Lunch" Performing Arts On The Statehouse Lawn	12 Walk With A Doc At Franklin Park
13 Park Street Festival 2010 In Columbus	14 Blast From The Past Sum- mer Camp For Kids Begins At The Ohio Histori- cal Center	15 Water Bill Reminder	16 Titanic Arti- facts Exhibit At Cosi	17 The Best Of Shadowbox 2010 At The Shadowbox	18 Family Friday Night At Cosi	19 Skate For Hope Figure Skating At Nationwide Arena: All Pro- ceeds Go For Breast Cancer Research
20 Father's Day Celebration At The Co- lumbus Zoo	21 First Day of Summer	22 Dave Mat- thews Band At Hunting- ton Park	23 Zoofari At The Colum- bus Zoo	24 Origins Board Game Fair At The Greater Columbus Convention Center	25 Available Light Theatre Pres- ents: To Kill A Mockingbird At The Columbus Performing Arts Center	26 Enrichment Day At The Columbus Zoo
27 Easton Art Affair At The Easton Town Center	28 Military Family Free Days At The Columbus Zoo	29 \$5.00 Pizza Week: The 1st Five People To Pay Their July Rent Will Receive A 5.00 Gift Card To Little Ceasar's Pizza	30 Michael Bubl� In Concert At Nationwide			

Stuffed Cheese Burgers

Makes 6 servings

INGREDIENTS

- 1 1/2 cups shredded Monterey Jack cheese (about 8 ounces)
- 1 can (2 1/4 ounces) chopped black olives
- 1/8 teaspoon hot pepper sauce
- 1 3/4 pounds ground beef
- 1/4 cup finely chopped onion
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 6 hamburger buns
- Butter or margarine, melted

DIRECTIONS

In large bowl, combine cheese, olives and hot pepper sauce. Divide mixture evenly and shape into 6 balls. Mix ground beef with onion, salt and pepper; shape into 12 thin patties. Place 1 cheese ball in center of each of 6 patties and top each with a second patty. Seal edges to enclose cheese balls. Lightly oil grid. Grill patties on covered grill, over medium-hot Kingsford® charcoal 5 to 6 minutes on each side or until done.

Split buns, brush with butter and place, cut-side down, on grill to heat through. Serve Cheese Burgers on buns.

Source: http://kingsford.com/recipes/recipe_6.htm

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