



## Hooray for Spring!

*“A pessimist sees the difficulty in every opportunity, an optimist sees the opportunity in every difficulty.”*

Winston Churchill

### Contents:

Resident Corner .....	1
Resident Spotlight .....	2
Resident Fitness Spotlight.....	3
Pet of the Month.....	4
Jeanne’s Helpful Hints & Recipes....	5
Spring Events around Dublin.....	6
Central Ohio Metro Parks Guide.....	7
It’s Greener In Dublin! Recycling ....	8
Community Event.....	9
Community Bulletin Board.....	10

### Contact Us!

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### Winter Hours:

Mon—Fri: 9-6

Saturday: 10-6

Sunday: 12-6



### **Calling all Runners, Bikers & Walkers!**

When you are new to an area, it can be difficult to find others of like interests.

With this in mind, The Pines is looking to connect those who enjoy a variety of fitness activities within the community.



With the city’s variety of Metro Parks and bike trails, spring is the perfect time to begin going outside and enjoying these activities.

Please contact The Pines office if you have an interest in connecting with your neighbors!

### **Community Bulletin Board!**

*This Board is a great way to showcase items of interest to our community. For example, do you make jewelry or offer a dog sitting service?*

*Contact us via e-mail or phone to submit your service or advertisement for review. We will then post to the Bulletin Board to be featured for that month’s edition of The Pines Times.*

*We look forward to hearing from you!*



## Resident Corner:

### **PACKAGE PICK UP:**

The Post Office offers a service that will pick up your package to mail for no charge.

Go to [www.usps.com](http://www.usps.com) and click on “schedule a pick up.”

### **CAR WASH NOW OPEN!**

Spring cleaning is in the air!

Stop by and take advantage of our Free Car Wash!

### **FACEBOOK**

The Pines is now on Facebook!

This is another great way to see what is happening in your Community. Look us up and be our friend!



# RESIDENT SPOTLIGHT



For our March / April edition, we are featuring David Uscilowski. David is one of our valued long term residents and has been with us since 2004. He is the 2nd from the right in the 1st row of the picture.

### ***Where are you from?***

I am originally from Cuyahoga Falls, OH. You might know it as the city to which Michelle tries to fly from Sandusky in *Tommy Boy*. Yes, the joke is it's only a 90 minute drive from Sandusky.

### ***Do you have hobbies or specific interests that you would like to share?***

I am a sports and movies guy. I still play soccer in recreational leagues. I religiously follow Ohio State football and basketball as well as the San Jose Sharks in the NHL. I am also proud to claim the Detroit Lions as my favorite NFL team. I enjoy comedies and action movies. I own over 130 DVDs. *The Rock* and *Super Troopers* are 2 of my favorites, to give you an idea of my movie tastes.

### ***What do you see as your accomplishments during your life or career ?***

Graduating from The Ohio State Ohio University with a degree is a great accomplishment itself. Doing so in 4 years is just as impressive in my opinion. In 2005, I ran the Columbus Marathon. Aside from completing the marathon, I ran every single step which was one of my main goals.

### ***Is there something that you have adopted in your daily routine that you feel the residents could benefit from?***

My daily routine is just that....routine. I eat the same breakfast and lunch Monday through Friday—all about healthy foods: yogurt, fruit, vegetables, turkey, tea, cheese— yes, I am that dull. After work every day, I try to work out in some way, either by going to the Clubhouse to use the treadmill and weights, followed by a relatively healthy dinner and downtime. In my personal opinion, I think making a daily routine will improve your overall health, which will in turn improve your overall happiness—a double positive.



SEE NEXT PAGE FOR DAVID'S TAKE ON FITNESS!

Thank you David!

Would you like to be featured or know someone within the Community that you think should be in our Resident Spotlight?

Email us at [sales@pinestc.com](mailto:sales@pinestc.com) or call at 614-850-1420.





# RESIDENT SPOTLIGHT ON FITNESS



## *How long have you been a runner?*

I started running almost 14 years ago to get into shape for high school sports and then I lost that running desire in college. About 6 years ago, I was convinced to run a half-marathon. After training for that, I was hooked. I ran a full marathon a year later and have been using running to maintain fitness ever since.

## *Running can be a mental challenge.*

### *How do you stay motivated to begin your workout?*



This is always a challenge. If I miss multiple workouts, I am quickly reminded of my lack of fitness upon playing soccer. I stay motivated by knowing that playing soccer when I am out of shape will make me

feel awful and bring down my team. Additionally, when needed, I look in the mirror and know that I am not in the shape that I want to be. I know some people that keep pictures of themselves from days that they were in better shape to motivate themselves. At any rate, you need to find your own inner motivation that sends you back to the gym each day.

## *What do you most enjoy about running?*

There is a sense of accomplishment with running long distances. After a good long run, there is a physical burn that creates some pain, but to me, there is a mental victory that comes from knowing you have physically and mentally accomplished something few others are willing to do. Additionally, I enjoy knowing that it's just me and my thoughts. There is nobody to bother me and I can just spend time thinking about anything: family, work, sports, weekend plans, etc....

## *What are some tips you can provide to someone getting started?*

Always be sure to stretch before your run. There is nothing worse than getting a few minutes into your workout and feeling your muscles say "No!" Also, know your limits. Don't expect to be able to run 10+ miles if you are running for the first time ever. Start slow and push yourself little by little, knowing that it is a slow progression to build up your stamina.





## PET OF THE MONTH!



### "Ginger"

of Aspen Pine Blvd



Ginger ... the newest addition to our family!

We (Kurt and Danielle) had wanted to get a dog for quite a while. We both grew up with dogs and had some idea of what breeds interested us. We researched and visited breeders, but never quite found one that fit into our lives and meshed well with our personalities. One day, Danielle was with her girlfriend and they happened to stop at a random pet store where Danielle fell in love with a beautiful little miniature apricot poodle in the window. After many return visits, Ginger came home three weeks later.

She growing so fast and will be 5 months old in a little over a week. We are partial, but she is such an intelligent puppy. She can sit, lay down, roll over, and play fetch on command. However, she is fascinated with the ducks ... but we are working on that. She has a ton of energy and loves to go for walks. She does very well on her leash and always enjoys meeting new friends. Feel free to stop and meet us!!!



## *Jeanne's Helpful Hints & Recipes*

Jeanne is the beloved Grandmother of a current Resident. If you have Helpful Hints or Recipes that you would **like to feature, please let us know!** If you have found one of these hints beneficial or tried one of the recipe's listed, we want to here your feedback. Please call 614-850-1420 or email at sales@pinestc.com.

A GOOD FOOD STORAGE TIP: I really like peanut butter, mostly spread with jelly or Miracle Whip! (try it!) At any rate, both of these products and many others come in various sizes of plastic jars with screw-on tops. When your peanut butter jar is empty, fill the empty peanut butter jar with hot soapy water and let it sit in your sink overnight or longer, shake the soapy water, occasionally, to loosen the remaining peanut butter in the jar. When the contents are completely loosened, hand wash the plastic jar. *Do not put in the dishwasher or they will melt!* Now find out what great storage containers these jars are. They are so easy to use, you can see what is stored inside and they stack! Small tots can't get most of the lids twisted off so the contents remain safe. Just a few storage possibilities are listed here, but the possibilities are endless. Here are some ideas: dry foods, bottom of the box cereals, candies, cold foods like instant pudding, left over fruit, candles, crayons, pencils, pens, marbles etc.....

GARBAGE DISPOSAL TIP: At Wal-Mart you can purchase a stainless steel basket that fits down into the top part of your sink drain to catch the many food particles and silverware that tends to find their way into the disposal. Just dump the basket out in your trash or put down the disposal drain when running your dishwasher, then you can easily wash it out and rinse it to keep your sink drain working smoothly and keep little fingers out. Did you know that when using your garbage disposal you are supposed to use HOT water to keep it working smoothly and will not lock up the gears. Do *not* put food items like chicken bones etc...in the disposal.

### TURKEY WALDORF SALAD

#### INGREDIENTS:

2 Cups diced or cubed roasted Turkey Breast (see below)  
2 Cups diced Apples  
1 Cup Chopped Celery  
1 Cup Walnuts, chopped  
1/2 Cup Dried Cranberries  
Mayonnaise to taste  
Salt & Pepper



#### DIRECTIONS:

Place a turkey breast on a baking sheet lined with foil, skin side up. Drizzle with olive oil, salt and pepper. Rub over meat. Bake in a 350 degree oven for 45 minutes or until just starting to brown. Cool. Remove skin and bones, then dice the meat.

Place all of the above ingredients in a large bowl, adding mayonnaise to the mixture until well blended and the mixture meets your taste. Serve on sandwiches or on a lettuce leaf.

### MOLASSES SPICE COOKIES

Preheat oven to 350 degrees

#### INGREDIENTS:

2 1/2 Cups All-Purpose Flour / 1 1/2 Sticks Butter (room temp)  
1 3/4 tsp. Baking Soda / 3/4 Cup Brown Sugar packed  
2 tsp. Ginger / 1/2 Cup Molasses (not Blackstrap)  
1 tsp. Cinnamon / 1 Large Egg  
1/2 tsp. Salt / Granulated Sugar for rolling cookie balls

#### DIRECTIONS:

In a large bowl, whisk the flour, Baking Soda, Ginger, Cinnamon and Salt until well mixed. In another large bowl: Cream (beat with a mixer) the Butter and Brown Sugar and the Molasses until mixed. Beat in the Egg, beating for another minute. Gradually add Flour mix (1 Cup at a time, mixer on low speed) until you have a soft dough.



Divide the dough into 1/2, wrap in plastic wrap, and freeze for 30 minutes. Then, unwrap and begin shaping 2 inches apart. Bake at 350 degrees for 9 to 11 minutes until flattened and crackle-topped. Cool. Makes approximately 5 1/2 dozen cookies.

# Spring Events Around Dublin:



## Walk With a Doc

**When:** Now—December 18th, 2010

**Location:** Highbanks Metro Park or Polaris Fashion Place

**Hours:** Held most Saturdays at 8:30am

**[www.walkwithadoc.org](http://www.walkwithadoc.org)**

Start your Saturday right. Walk with a Doc is free and open to anyone interested in taking steps for their health. Come alone or bring loved ones and enjoy a rejuvenating walk in the park. Board-certified cardiologist Dr. David Sabgir, and other specialists can provide support and answer questions. Among the free activities are: blood pressure checks, healthy snacks, recipes and information to make better lifestyle changes, and opportunities to talk with the docs. The walks are held most Saturdays. Please check with [walkwithadoc.org](http://walkwithadoc.org) to confirm times and locations.

## Titanic: The Artifact Exhibition

The most visited exhibition in COSI history sets sail again for a magnificent second voyage featuring almost 100 new artifacts, more than 20 making their world debut at COSI. During its first visit to COSI in 2005, Titanic: The Artifact Exhibition dazzled hundreds of thousands of visitors. This return will be expanded and enhanced, featuring dozens of artifacts recently recovered from the wreck site, amazingly detailed room re-creations, and a gallery devoted to Ohio's connection to the historic voyage.

**March 27th—September 6th**

**COSI**

333 W. Broad Street, Columbus, 43215

**[www.cosi.org](http://www.cosi.org)**

**Admission:**

Adults: \$23.75

Children: \$16.75

Seniors: \$21.75

**Hours:**

Monday—Saturday: 10am—5pm

Sunday: 12—6pm

## Chihuly Illuminated

**When:** March 27th—September 6th, 2010

**Location:** Columbus Museum of Art  
480 E. Broad Street Columbus, 43215

**Hours:** Tuesday—Sunday at 10am—5:30pm

**Admission:**

Adults: \$10

Children: Free

Seniors: \$8

Chihuly Illuminated focuses on the element of light intrinsic to Dale Chihuly's glass art. The exhibition includes neon sculpture, large-scale installations, drawings, and related work from the early 1970's to the present, revealing the artist's career-long fascination with light as medium and concept. Featuring works that have never been seen in Columbus, this exhibit also includes pieces from the artist's private collection, offering a personal glimpse into his studio and work.

# Central Ohio Metro Parks Guide



## Blendon Woods

4265 E. Dublin-Grandville Rd.  
Westerville, OH 43081

Spectacular stream cut ravines surrounded by beech-maple and oak-hickory forests highlight this 653-acre park. The 118-acre Walden Waterfowl Refuge with its 11-acre lake provides a sanctuary for hundreds of birds and other wildlife. The refuge is open year-round and features two elevated observation shelters with spotting scopes for viewing waterfowl.

## Highbanks

9466 Columbus Pike (US Route 23 N)  
Lewis Center, OH 43035

Highbanks, with its 1,159 acres, is appropriately named for its massive 100-foot high shale bluffs that tower over the Olentangy State Scenic River. Visitors will see outstanding oak-hickory, beech-maple and flood plain hardwood forests as they hike the park's 11 miles of trails. Highbanks is rich in Native American history. The park contains two Adena Indian burial mounds and a prehistoric earthwork.

## Inniswood Metro Gardens

940 S. Hempstead Rd.  
Westerville, OH 43081

Nestled within a scenic nature preserve, Inniswood is a continual source of inspiration for Central Ohioans of all ages. Streams and woodlands filled with wildflowers and wildlife provide a majestic backdrop to the beautifully landscaped flowerbeds, rock garden, and lawns. Visitors will enjoy the seasonal beauty of the gardens and natural areas as they stroll along three miles of trails and paved pathways.

## Antrim Park

5800 Olentangy River Road  
Columbus, OH 43085

Antrim Park can be claimed as the most popular personal athletic facility in Central Ohio. The Olentangy bike trail feeds onto a paved trail which circles the pond where walker, joggers, rollerblades and cyclists can be found. Furthermore, there are traditional team focused facilities including basketball courts, soccer fields, softball and baseball diamonds, as well as an array of first-rate tennis courts.

## Sharon Woods

6911 Cleveland Avenue  
Westerville, OH 43081

The 14-acre Schrock Lake serves as the focal point of this 762 acre park. The lake provides the setting for fishing, bird watching and picnicking. The park is a mixture of forests and fields. You'll see many towering oak, hickory and beech trees. Seasonal pools associated with the swamp forest communities are present and provide critical spring breeding habitat for amphibians and wildlife. Bicyclists and joggers will enjoy the park's four miles of paved trails.

# It's Greener in Dublin ... Recycle!

Have you been wondering where the nearest recycling location is? The City of Dublin—in conjunction with the Solid Waste Authority of Central Ohio (SWACO) and Rumpke—has launched a program designed to make recycling easier than ever and reduce the amount of refuse winding up in the local landfill.

For recycling drop-off locations, visit [swaco.org](http://swaco.org) and view their user friendly map.

You may find that your closest location is the Meijer on Sawmill!



## What Can I Recycle?

- All plastics (numbers 1-2)
- Plastic bottles with necks (numbers 3-7)
- Clear, brown, blue and green glass bottles and jars
- Aluminum and steel cans
- Most paper
- Cardboard

Reduce

Reuse

Recycle

## What is not recyclable?

- Butter or whipped cream containers
- Oil jugs
- Film or plastic bags
- Window or drinking glass
- Light bulbs
- Broken glass
- Paint and other hazardous material cans
- Coat hangers
- Steel scrap



# Community Events:

We are currently reviewing future events that might interest our community.

If you have any suggestions, please contact the office!





# COMMUNITY BULLETIN BOARD!

## DRESS UP YOUR STYLE!

*Baubles 'N Beads* has it all with bracelets, necklaces, and earrings!

Contact: Maureen Goodwin  
614-319-3749  
Bostonlassie@aol.com



## SERVICE NEEDED

Wanted Service: Someone to hem cuffs or length of Men's Pants.



Call: 614-850-8375

**Walter Judy**  
Photography 614-595-0324  
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mail@walterjudy.com

Contact the office if you would like to be featured here!  
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