



"For more than two centuries, Americans have been called to defend the founding ideals of our democracy. On Memorial Day, a grateful Nation remembers the proud patriots who made the ultimate sacrifice in defense of liberty's blessings..."
 from President's Proclamation 2004 ~ George Bush

The Radish...

Most amateur gardeners share a similar appreciation for these faithful little plants that pop their heads up so soon after planting. They make us feel successful. Even if nothing else were to grow this year... at least we have the radishes. Not only does the radish lift our spirits and give hope.. they also have many health and medicinal benefits.

Radish leaves contain ten times more Vitamin C than the root bulb, so often radish leaves are served in salads as well. Both the leaves and the root are rich in calcium, potassium and copper. The Red Globes contain molybdenum which nutritionists are discovering is an essential enzyme all life requires to thrive.

Some conditions that benefit from a good dose of radish are:

Jaundice - Radish is very good for the liver and the stomach and it is a very good detoxifier too, that is, it purifies blood.

Urinary Disorders - Radishes are diurectic in nature. They cleans the kidneys and inhibits infections in kidneys and urinary system.

Skin Disorders - Vitamin-C, phosphorus, zinc and some members of vitamin-B complex, which are present in radish, are good for skin. The water in it helps maintaining moisture of the skin. Smashed raw radish is a very good cleanser and serves as a very efficient face pack. Due to its disinfectant properties, radish also helps cure skin disorders, such as drying up, rashes, cracks etc. and also refreshes it.

Insect Bites - It has anti pruritic properties and can be used as an effective treatment for insect bites, stings of bees, hornets, wasps etc. Its juice also reduces pain and swelling and soothes the affected area.

Respiratory Disorders, Bronchitis and Asthma - Radish is an anti congestive, i.e. it relieves congestion of respiratory system including nose, throat, wind-pipe and lungs, due to cold, infection, allergies and other causes. It is a good disinfectant and also rich in vitamins, which protect respiratory system from infections.

Liver and Gallbladder - Radish is especially beneficial for liver and gallbladder functions. It regulates production and flow of bile and bilirubin, acids, enzymes and removes excess bilirubin from the blood, being a good detoxifier.



Radish Salad

Radishes, sliced (allowed amount)
 lemon juice
 1 T dehydrated minced onion
 1 T parsley
 1-2 t liquid aminos salt/pepper (to taste) In bowl, combine all ingredients and refrigerate 30 mins to 1 hr before serving.

Why You Need Renter's Insurance

Many renters are shocked to find that their community's insurance only covers structural damage to the building. Without renter's insurance, any damage to your personal belongings will not be covered.

This is why all renters should get renters insurance. Policies vary, but many cover direct physical loss to personal property if damaged by: • Fire • Lightning • Windstorm • Hail • Riot or Civil Commotion • Smoke • Vandalism or Malicious Mischief • Accidental overflow of water or steam.

Renters insurance covers a variety of dangers that are impossible to predict. You can protect yourself and your possessions, with the right renter's insurance policy!



May 2011

Happy Mother's Day! May 8th

Everyday Heros...

We do little things everyday to help our friends and family without ever thinking twice about it because we care and are happy to do so. However, when we anonymously help people that we will never know, magic happens and we change who we are without ever noticing. That is when we become Everyday Heroes. Jefferson Heights is full of Everyday Heroes and people are beginning to notice. So, Thank You Jefferson Heights, Thank You very much! Here is a letter from just such people.

April 20, 2011
 Jefferson Heights Apartments
 ATTN Ms. Catherine Mahanes
 1550 Pantops Mountain Place
 Charlottesville, VA 22911



the
**Emergency
 Food Bank**
 since 1973

Dear Ms. Mahanes,
 Thank you for the 120 pounds offood delivered to our pantry on April 14. Each weekday our volunteers provide a three-day supply o f groceries directly to individuals and families who need food, assisting about 15,000 people in Charlottesville and Albemarle County last year. In addition to this core service, we also work through other local organizations to help feed the homeless, women escaping domestic abuse, those who struggle with mental or physical illness, and other groups in need of hunger relief. All of us who work with this organization are grateful for local donors like Jefferson Heights Apartments.

Sincerely,
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 Diane Bisgaier Interim Chair, Emergency Food Bank Board

PO Box 4373, Charlottesville, VA 22905-4373 Phone 979-9180
<http://avenue.org/efb/>

Your Staff
COMMUNITY MANAGER
 Terri Ball - Gropp

**ASSISTANT COMMUNITY
 MANAGER**
 Kathryn Mahanes

**MAINTENANCE
 SUPERVISOR**
 LD Campbell

TRANSPORTATION
 Kimberly Powell

Office Hours
 Monday - Friday
 10:00 - 5:00
 Saturday 10:00 - 4:00
 Sunday Closed

Important Numbers
Office: 434-977-4094
Fax: 434-979-1550

**AFTER HOURS
 MAINTENANCE EMERGENCY**
 1-877-782-9256
TTY - 711
 Police, Fire, Medical
 Emergencies call 911