

# Bayou Shadows

## APARTMENTS

101 Westwood Drive  
Lafayette, Louisiana 70506  
(337) 233-4428

### Bayou Shadows Staff

Martha Carver ..... Community Mgr.  
Roxanne Soileau ..... Assistant Mgr.  
Margeaux Graham ..... Assistant Mgr.  
Bonnie Labbie ..... Assistant Mgr.  
Kishment McClosky ..... Assistant Mgr.  
Fred Begnaud ..... Maint. Engineer  
George Moreau ..... Maint. Supervisor  
Eddie Sanders ..... Maint. Engineer  
Harold Morrison ..... Maint. Tech.  
James Nolan ..... Maintenance Tech.  
Rodrick Gary ..... Maintenance Tech.  
Nicholas Parfait ..... Maintenance Tech.  
Darnell Sonnier ..... General Maint.  
James Meche ..... General Maint.  
Nicholas Menard ..... General Maint.  
Patricia Vallier ..... Janitorial Staff  
Genevieve Leopaul ..... Janitorial Staff  
Mary Collins ..... Janitorial Staff

### OFFICE HOURS

Monday–Friday ... 8:30 a.m.–5:30 p.m.  
Saturday ..... 10 a.m.–4 p.m.

**After-hours Answering Service**  
(337) 572-4131

**November 2014**



## Welcome

### New Residents

*We are so happy that you chose  
to stay with us at Bayou Shadows.*

 **find us on  
facebook!**

*Happy birthday to all of our  
residents celebrating a birthday  
this month!!*



### Turkey Time

Dark turkey meat has more fat and calories than white meat, but dark meat is rich in iron, zinc, and vitamins B6 and B12.

### Memories Repurposed

If you have T-shirts you no longer wear but are keeping because they bring back good memories, consider having the shirts made into a quilt.

### Eat to Sleep

Did you know that certain foods can help you sleep while others may keep you up at night? If you want a peaceful rest, choose oatmeal, almonds, herbal teas, cherries and dark chocolate. Foods that can leave you restless include alcohol, caffeine, processed and smoked meats, spicy foods and milk chocolate.

**www.bayou-shadows.com**

**Did you know that you can:**

- Pay rent online
- Submit service requests
- Post items of interest

All on our website. Sign up now.

Please go to our website and rate us with our resident survey ... we would appreciate your feedback!!

**WWW.BAYOU-SHADOWS.COM**

## November 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Rent Is Due
2 Daylight Saving Time Ends	3	4	5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	6 Oh No! Late Fees Begin Today ...	7	8
9	10 	11 Veterans Day	12	13	14	15
16	17	18	19	20	21 	22
23/30	24	25	26 Pest Control Buildings 1-5 23-24	27 Thanksgiving Office Will Be Closed!	28 Pest Control Buildings 25-30 & 42	29

## "This Month In History" NOVEMBER

**1777:** The Continental Congress adopts the Articles of Confederation, the first written constitution of the United States.

**1869:** The Suez Canal opens, providing a shorter shipping route between the Mediterranean and Red seas.

**1895:** While experimenting in his lab, German physicist Wilhelm Conrad Rontgen makes an accidental discovery

and observes the first X-rays. They quickly became a vital medical diagnostic tool.

**1916:** Representing the state of Montana, Jeannette Rankin, a suffragist and pacifist, is the first woman elected to the U.S. Congress.

**1923:** Garrett A. Morgan acquires a U.S. patent for the automated three-position traffic signal, the first that included a third warning light along with stop and go lights.

**1963:** Bell Telephone debuts push-button phones as an alternative to rotary dial models.

**1969:** Brazilian soccer legend Pele makes his 1,000th goal in a professional game. By the end of his career, he had scored 282 more.

**1981:** The board game "Trivial Pursuit" is trademark-registered.

**1994:** With a 10th-round knockout punch to opponent Michael Moorer, George Foreman becomes the oldest heavyweight boxing champ at age 45.

**2001:** J.K. Rowling's story of a boy wizard premieres on the big screen. "Harry Potter and the Sorcerer's Stone" was the first of eight movies based on the wildly popular book series.