

HAPPY HOLIDAYS TO ALL!



Antarctica's Vostok Station is the coldest place on earth. On July 21, 1983 the mercury dropped to -129 F. In 1997, Vostok purportedly broke its own record, reaching -132 F, which is colder than dry ice. Vostok is a Russian research station that opened in 1957. During the

winter months of the year in July and August (Antarctica is in the southern hemisphere), record-cold temperatures have been recorded at the station. Even in the summer months, temperatures dip to well below freezing in this area of the world.

MEET THE STAFF

Community Manager: Rolanda Vineyard
Financial Manager: Brooke Vasser-Learn
Leasing Associate: Arnen Agadzhanov
Leasing Associate: Shane Wilson
Maintenance Lead: Mark Riggleman
Maintenance Tech: Rene Sanchez
Grounds Keeper: Paul Au-France

SOMEONE ONCE SAID

"There is no short cut to achievement. Life requires thorough preparation - veneer isn't worth anything." - George Washington Carver

COLD WEATHER TIPS FOR PET OWNERS

We have some cold weather tips for you and your pets as you prepare for winter. Any short haired animal should not be left outside for long periods during cold weather. If you must leave your dog outdoors, provide a dry, draft-free doghouse. Make sure that water left outside has not frozen. Pets need more water in the winter, as they are using extra energy keeping warm. They also may need more food during colder weather. Keep antifreeze away from your pets, as it can be fatal. It is attractive to animals because it has a sweet smell. Your pet will still need exercise in the cold weather, but only short walks are recommended. Clean off your dog's feet when you return home to remove any ice or snow melting chemicals.

HOLIDAY LIGHT SAFETY

Before you put up your holiday lights, you should look for frayed wires, bare spots, gaps in the insulation, or excessive wear. Any strands that show these signs should be immediately discarded. If the strands will no longer lie without kinking, you should also toss them. Candles are a serious fire hazard too. It is a big mistake to leave candles unattended.

CHECK YOUR WINDSHIELDS

A new windshield can cost up to \$1,200. This expense can be avoided if you get any small chips or cracks repaired before they grow to take over your entire windshield. Small chips usually only cost around \$100 to fix and this expense is often covered by your car insurance. Auto glass repair shops can fix a small chip by using a clear resin. This dries clear and you cannot even see where the repair was made.

DECEMBER 2013

monday	tuesday	wednesday	thursday	friday	saturday	sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing. —Abraham Lincoln

EAT FEWER PROCESSED FOODS



Next time you're hungry for a snack, skip the bag of chips for something wholesome and less processed. Watch out for foods that are loaded with refined sugars, sodium, preservatives and additives. An excess of these foods in your diet could increase blood pressure, cause weight gain and skin problems, and may make you feel sluggish. Make the decision to choose nutrient rich foods such as grains, whole wheat breads, nuts, and fresh fruits and vegetables. You'll feel better and your body will thank you in the long run.

Holiday Decorating Contest

We are going to have a balcony-decorating contest this year with the top 3 balconies winning great prizes. Let's all get into the holiday spirit. Imagine how beautiful the community will look if we all get creative and competitive.