



Creekside Villas

COMMUNITY NEWS

AUGUST 2016

220 47th Street #C | San Diego | CA 92102 | 619-263-2686 | CreeksideVillasIsYourHome.com

LIVING HEALTHY



It can be hard to sort through it all to find the best ways to improve your health. Studies show that despite receiving information about it, most people do not focus on the health habits. Here are some ways to live healthy. Avoid tobacco, maintain a healthy weight, eat five servings of

fruits and vegetables each day, and be physically active 30 or more minutes a day at least five times a week. Each of these habits offers significant health benefits.

MEET THE STAFF

Propert Mgr.- Ofelia P.
Maint. Team Leader - Jaime C.
Maint. Tech. - Jose C.
Groundskeeper - Rafael G.

QUOTE

"The world is a dangerous place to live; not because of the people who are evil, but because of the people who don't do anything about it."
—Albert Einstein

HOW TO CLEAN MINI-BLINDS

Wipe the mini-blinds with a mixture of one part water to one part ammonia. If you don't like to use ammonia, you can also use a foaming bathroom cleanser spray. Either way, let the blinds sit for about five minutes before rinsing off with your hose. Wipe down the surfaces to be sure all the grime is removed. If not, you can repeat the treatment. When you have cleaned one side, you'll want to turn the blinds over and clean the other side as well.

Let your blinds dry completely before hanging them again. You can hang them over a clothesline, shower curtain rod, or a railing. Once you've rehung them, take an anti-static dryer sheet and rub down both sides of your mini-blinds. This will help prevent dust buildup in the future.

A TRICK FOR THE KITCHEN!

Have you ever dug your spoon in an ice cream tub where the ice cream was too hard to scoop? Well here's a neat tip on how to fix that! Store your tub of ice cream in a ziploc bag when you put it in the freezer to keep it from getting too hard. Do this to save yourself from bending a spoon; enjoy your ice cream!

FOOD TIP

When you find a good price on milk, you probably wish you could stock up. The best way to store milk long-term is by freezing it. To freeze milk, remove about one cup from a gallon container of milk to prevent the jug from expanding too much when frozen. It can be frozen for up to 3 months.



Leasing Center Hours Mon - Fri: 9-6, Saturday 9-6, Sunday CLOSED

AUGUST 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ADD \$50 LATE FEE ON THE 3RD OF MONTH AFTER 5PM				1 RENT DUE TRASH PICK-UP PEST CONTROL	2
3 OFFICE CLOSED PAY ON-LINE OR MONEY GRAM	4 TRASH PICK-UP	5	6	7	8 TRASH PICK-UP	9
10 OFFICE CLOSED	11 TRASH PICK-UP	12	13	14	15 TRASH PICK-UP	16
17 OFFICE CLOSED	18 TRASH PICK-UP	19	20	21	22 TRASH PICK-UP	23
24 OFFICE CLOSED	25 TRASH PICK-UP	26	27	28	29 TRASH PICK-UP	30
31 OFFICE CLOSED			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			

IT IS TIME TO DITCH THAT SODA



Did you know that 12 ounces of soda is about 150 calories? Here are some ideas for soda substitutes that will still satisfy your need for a tasty drink but save you the calories. Tonic water with a squeeze of lime or lemon (80 calories). Tomato or vegetable juice (50 calories). Energy drink, such as Gatorade (60 calories). Apple cider (120 calories). Skim milk (85 calories). Unsweetened tea (5 calories).

Rent

Rent is due by the first day of the month, so please pay your rent on time. Rent paid after the third of the month will be assessed a \$50 late fee. Please contact the office immediately if you anticipate difficulty with payment (619) 263-2686.