



# Community News

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## Someone Once Said

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

## Sleeping and Weight

If you struggle with your weight, you may want to take a look at your sleep health. Studies have found a link between too little sleep and weight gain. Lack of sleep can cause an increase in hunger hormones, and daytime fatigue can lead to less exercise. To set your metabolism in better working order, be sure to get about 7.5 hours of sleep each night.

## Have You Laughed Today?

Researchers have found that laughter might just be the best medicine. Laughing reduces stress, lowers blood pressure, and boosts your immune system. It can even improve relationships. Take some moments each day to look at the lighter side of things and your mood and health will benefit.

## Meet the Staff

Community Manager Melissa  
Financial Manager Sarah  
Leasing Associates Angelica and Abimael  
Maint. Supervisor Brian  
Maint. Techs Jason, Zach, Norton



## Going Green, Apartment-Style

The idea of going green is nothing new. You may be looking for ways to go eco-friendly, but don't know how to inside of an apartment. Here are a few things you can do:

- Recycle paper and plastic products
- Turn off lights when you leave the room

Set the thermostat warmer when you're not home

Grow an herb garden on your balcony

Sometimes it's the simplest things that can help you to live a green lifestyle!

## Money Bad Habits You Can Break

Refusing to use a budget: Keeping track of all your expenses can show you where your money is going and where you can cut back.

Using credit cards to get the perks: It doesn't make sense to get the miles or save a little more on your purchases if you are racking up the interest charges. Only use your credit card if you can pay it off each month.

Not having an emergency fund: That rainy day

will come. Even putting a little bit aside can keep you from reaching for a high-interest credit card when you have an unexpected emergency.

# MARCH 2017

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			1 RENT IS DUE	2	3 RENT IS LATE AFTER 5:00PM	4
5	6	7	8	9	10	11
12 DAYLIGHT SAVING TIME BEGINS/MOVE FORWARD 1 HOUR	13	14	15	16	17 ST.PATRICK'S DAY	18
19	20	21 COMMON COURTESY DAY	22	23	24	25 WAFFLE DAY
26	27	28	29	30	31	
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## Trying Out a Low-Carb Diet



If you think eating a low-carb diet will limit you to chicken breasts and broccoli every day, think again. From turkey burgers wrapped in lettuce and ham and cheese omelets, to tuna salads and steak with asparagus-you can enjoy your way to a leaner you. There are a variety of low-carb recipes at your disposal. Many dishes you can get from low-carb cook books, or perform a Google search with the key words

### 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 daily late fee. Please contact the office immediately if you anticipate difficulty with payment.