

MARCH 2017

Spring Villa

APARTMENTS

8760 Jamacha Rd
Spring Valley, CA 91977
619-589-9966

Lock Up Your Vehicle

What are the top things that attract car thieves? Unlocked doors, rolled-down windows, a key in the ignition, and valuables in plain sight. To protect yourself, always remember to lock up your vehicle and take your keys with you. Don't leave valuables, bags, purses, or backpacks in view. Take these precautions even if you are just away for a few moments.

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.

COMMUNITY NEWS

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!



Looking for a New Job?

In today's economy, more people are looking for work. One way is to post your resume online, but take care. Identity thieves use these sites to steal information. These tips can help minimize your risk. Use only sites that protect your personal data. Casual browsers should not see your full name, address, etc. If a potential employer is interested, they should get personal information only by request from

you. If you do receive a job offer, be cautious if it seems too good to be true. It may be a ploy to get your information. If you receive an email that asks for money, or for your Social Security number, ignore it. Also, be sure you have the ability to delete your resume and other information once you have completed your job search.

"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

Meet the Staff

Manager: DeAnna
Leasing: Jerlayne
Maintenance: Azael & Jose

Leasing Center Hours Mon - Fri: 9-6, Saturday 10-5, Sunday Closed

MARCH 2017

sunday	monday	tuesday	wednesday	thursday	friday	saturday
All Events Held at County Library			1 3PM Homework Help 3:45 Teen Advisory	2 3PM Crafts & Homework Help 4PM Dinner for Kids	3 4PM Dinner for Kids	4
5	6 2:30 After School Movie 3PM Homework Help	7 8:30 Sewing 2:30 Homework Help	8 3PM Homework Help 3:45 Teen Advisory	9 3PM Crafts & Homework Help 4PM Dinner for Kids	10 10 AM Photography Club 4PM Dinner For Kids	11
12	13 2:30 After School Movie 3PM Homework Help	14 8:30 Sewing 2:30 Homework Help	15 3PM Homework Help 3:45 Teen Advisory	16 3PM Crafts & Homework Help 4PM Dinner for Kids	17 2:PM Snack	18
19	20 2:30 After School Movie 3PM Homework Help	21 8:30 Sewing 2:30 Homework Help		23 3PM Homework Help 4PM Dinner for Kids	24 2:20 Snack	25
26	27 2:30 After School Movie 3PM Homework Help	28 8:30 Sewing 2:30 Homework Help	29 3PM Homework Help 3:45 Teen Advisory	30 3PM Homework Help 4PM Dinner for Kids	31 Cesar Chavez Day Library Closed	
			<p>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</p>			

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 fourth of the month will be assessed a daily late fee. Please contact the office immediately if you anticipate difficulty with payment.