

APRIL 2017

Springwood

APARTMENTS

1230 South 500 West
Bountiful, UT 84010
801-441-4403
SpringwoodIsYourHome.com

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.

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.

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!



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.

Someone Once Said

"It is good to love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is well

Meet the Staff

Brittney Connor- Community Manager
Nicki Royle- Financial Manager
TJeff Pace- Maintenance Lead
TKyle Mgee - Maintenance Tech

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

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sunday	monday	tuesday	wednesday	thursday	friday	saturday
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
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30			Epay Our paperless payment policy saves you unnecessary trips to the office, provides more secure payment options, and saves te earth's resources at no cost to you.			

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

Maintenance Emergencies

Please contact the office immediately for maintenance emergencies including, but not limited to, broken windows or doors, strong odors of gas or smoke, electrical problems, consistently running toilets, and broken heaters or air conditioning units.
