

OCTOBER 2017

## Four Seasons at Southtowne APARTMENTS

420 West Cadbury Drive  
South Jordan, UT 84095  
801-441-4205  
SouthtowneYourHome.com

### Grocery Shopping Tip

It pays to be aware of the marketing tricks at the grocery store. Products displayed at eye-level are generally the most expensive. This is partly because manufacturers have to pay a hefty premium to get their products in those prime spots, and partly because it is the biggest manufacturers that are willing and able to pay those prices. You will find bargains up high, or down low on the bottom shelves.

### 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

## It's Time For Soup!

One of the best things about fall is a

big pot of hearty soup. Here's a quick starter you can finish with your family's favorite add-ins: Heat two tablespoons of oil in a large pot. Chop one onion, 5 carrots, 4 stalks of celery and saute in the oil. When the vegetables are soft, add 2 quarts of chicken broth. Add a bay leaf, thyme and fresh parsley. Simmer for a half-hour. Add beans, pasta, veggies, or cooked chicken to make a delicious meal.



## 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.

"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

Community Manager: Cassidy Gilbert  
Financial Manager: Jodi McNeill  
Leasing Professional: Amanda Schwartz  
Maintenance Supervisor: Eric Dwelle  
Groundskeeper: Kyle McGee  
Groundskeeper: Joseph Whiting

Leasing Center Hours M - F 9:00 am -6:00 pm | Saturday 10:00 am - 5:00 pm | Closed Sunday

# OCTOBER 2017

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1 RENT IS DUE!	2	3	4 RENT IS LATE!	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 HALLOWEEN!				
			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			



A study followed 23,000 adults in Greece and revealed that a diet rich in vegetables, fruits, nuts, and legumes had a significant impact on longevity. The Mediterranean diet also had lower intakes of meat and a moderate consumption of alcohol. Researchers expected to find that the high intake of grains and seafood had a significant effect as well, but this did not prove to be the case. While this region's diet has long been recommended, researchers are only now seeing which items give the biggest bang for the buck.

### 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.