

February 2010



6031 Meadow Crest Drive • Johnston, Iowa 50131



Heart. Felt.



Your Staff

Deb Lanpher
Property Director

Sandy Wilges
Assistant Manager

Heather Simmons
Leasing Manager

Ruth Pope
Leasing Agent

Jackie Procknow
Administrative Assistant

Jerry Palmer
Chuck Harper
Tim Grogan
Maintenance Technicians

Braden Banning
Team Leader

Important Numbers

Office: (515) 270-0940
Fax: (515) 270-2448
Emergency Maintenance: (515) 707-6628
Fire, Police, Emergency: 911

Office Hours

Monday, Wednesday, Friday
9 a.m. - 5:30 p.m.
Tuesday, Thursday: 9 a.m. - 7:30 p.m.
Saturday: 10 a.m. - 5 p.m.
Sunday: 1 - 5 p.m.

Get to Know Your Neighbors

It takes a little effort to do more than just smile and nod at the faces you see in the halls every day—but it's worth it. Get to know your neighbors next door, across the hall, upstairs or the ones you see at the mailboxes all the time. Besides the comfort and security of knowing who lives around you, it's also a great way to make new friends!

BRRRR ... Bundle Up!

Whether you're walking your dog, going to the car or visiting a neighbor, don't forget to exercise caution. This winter weather is serious business! Take the time to put on a coat, gloves or whatever you need to stay warm, and remind your friends to do the same!

Be Heat Smart

Setting your thermostat at a comfortable level and leaving it there helps your furnace operate efficiently and holds down energy costs. If you plan to be away from home for an extended period, set the thermostat no lower than 55° F—this will keep your pipes from freezing.

Happy Valentine's Day

Valentine's Day is coming, and it reminds us of the people we love the most: you, our residents! And we're not thinking about just hearts and flowers, either. We are committed to making your home here the best ever. Please don't hesitate to let us know if there's anything else we can do to make it that way!

Love and Marriage

During the "month of love," consider some trivia on nuptials:

- Viking weddings were festive and could last nearly one month.
- Wedding cake originated in ancient Rome when a loaf of bread was broken over the bride's head to symbolize hope for a fertile life.
- The garter toss can be traced to France in the 1300s. Guests chased the bride for her garter, which eventually she removed and tossed to avoid injury.
- One of the first documented cases of a white wedding dress belonged to Anne of Brittany who, in 1499, married Louis XII of France.
- Legend has it that bridal showers started in Holland when disapproving fathers chose not to "shower" their daughters with dowries, so friends showered the bride-to-be with gifts.

Motivational Tip

Offering performance incentives may seem like an obvious way to motivate people. That's because the technique works. If you have a task you need to get accomplished, appeal to peoples' selfish natures when assigning the job, whether it's a member of your family or an employee. Give people the opportunity to earn something for themselves by earning more for you.



Sweet. Heart.



Wit & Wisdom

“Life, love and laughter: What priceless gifts to give our children.”

—Phyllis Dryden

“Laugh as much as you breathe, and love as long as you live.”—Unknown

“He who has achieved success has worked well, laughed often and loved much.”—Elbert Hubbard

From the Heart—But on a Budget

Valentine’s Day is coming. You’d like to do something special for your significant other, but your bank roll won’t fund your plans. Nevertheless, simply by using your imagination, you can create an inexpensive evening that’s romantic and memorable.

A spa retreat. Start the day by arranging an aromatherapy bubble bath for your loved one. Next, treat him or her to a personal massage. (Learn massage techniques from a library book and buy massage oils at a body products shop.) Next, indulge your sweetie with a manicure or pedicure. Then finish with a light meal complete with champagne or sparkling water.

A candlelit dinner. First, dress your table—a nice tablecloth, china, crystal and cloth napkins. An etiquette book can show you how to lay things out. If your culinary skills aren’t up to creating a fancy meal, check out the prepared selections at your grocer’s deli. Finally, remember that image is everything. Arrange your dishes attractively before bringing them to the table.

A “Sweets for the Sweetie” evening. Stock up on various desserts, and be sure to include something the two of you have never tried before. Spend the evening feeding each other these sweet treats!

One final suggestion: If you have children, send them on a sleepover so you can enjoy Valentine’s Day exactly as you would if you had gone out and spent big bucks. You’ll have a great time and won’t wake up with an empty bank account.

Love at First Bite

In 2006, the National Confectioners Association (NCA) expected more than 36 million heart-shaped boxes of chocolates to be sold for Valentine’s Day. In other chocolate-flavored trivia, the organization reports:

No. 1. Chocolate is America’s favorite flavor; 52 percent of U.S. adults like it best.

Milk over dark. Sixty-five percent of American chocolate-eaters prefer milk chocolate.

Sweet holidays. Valentine’s Day is the fourth-biggest holiday of the year for confectionery purchases (after Halloween, Easter and Christmas).

Female giving. A survey by the Chocolate Manufacturers Association says 50 percent of women will give chocolate to a guy for Valentine’s Day.

Hold the flowers. Sixty-eight percent of men age 50 or older prefer receiving chocolate over flowers.

Big box. The largest box of chocolates was a Frango mint chocolates box weighing 3,226 pounds created by Marshall Field’s, Chicago, on Nov. 14, 2002. The box contained 90,090 individual chocolates.

Warm feeling. The melting point of cocoa butter is just below the human body temperature (98.6° F)—which is why it literally melts in your mouth.

Advice for the lovelorn. Throughout history, people have believed chocolate would bring smiles to the broken-hearted and prompt amorous feelings. Supposedly, Madame Du Barry served it to her suitors; Casanova ate it to induce romance; and Montezuma, the king of the ancient Aztecs, believed chocolate would make him virile. In the 1800s, physicians advised lovelorn patients to eat chocolate to calm their pining.



I love you.

Smitten. Ardent.



Dipped Strawberries

Ingredients:

- 24 strawberries, rinsed and patted dry
- 8 oz. bittersweet chocolate baking bars, broken into small pieces
- 1 T. vegetable shortening

Directions:

Line baking sheet with wax paper. Microwave chocolate and shortening in a medium-sized, uncovered, microwave-safe bowl on high (100 percent) power for 1 minute. Stir. If pieces retain some of their original shape, microwave at additional 10- to 15-second intervals, stirring just until melted. Hold strawberry by the stem or with a wooden pick and dip into melted chocolate; shake off excess. Place on prepared baking sheet; refrigerate until set, about 15 minutes. Note: You can also use pretzels, nuts, dried fruit, pound cake, cookies and other bite-sized fresh fruit (rinsed and patted dry).

Keeping Your Good Name

In this age of head-spinning technological advances, convenience sometimes comes with a heavy price. Identity theft can happen right under your nose. Unless you keep close track of your finances, you may not know about it for months.

Thankfully, you can guard your good name. Follow steps such as reviewing account statements, shredding personal mail and paperwork, and checking your credit history. Be sure your bank statement arrives around the same time each month; check it carefully for any errors. Do the same with any other account statements you receive, especially credit card statements. Next, shred any unwanted credit offers received through the mail, as well as any old bills and statements. An identity thief could glean enough information from these discarded documents to do major damage in your name.

Lastly, request a credit report from the three major credit bureaus (Equifax, Experian and TransUnion) at least once a year. You can get a free copy annually at www.AnnualCreditReport.com. Check these reports carefully for any mistakes, and clear up any problems immediately.



Red. Hot.



February Is ...

- American Heart Month
- Bake for Family Fun Month
- Library Lovers' Month
- National Black History Month
- National Care About Your Indoor Air Month
- National Cherry Month
- National Children's Dental Health Month
- National Laugh-Friendly Month
- National Mend a Broken Heart Month
- National Parent Leadership Month
- National Time Management Month
- National Weddings Month
- Relationship Wellness Month

Smoldering.



Cupid.



Ask Me About Renters Insurance IF1

Save 40% on Auto Insurance
(FREE Road Atlas with Quote)

223-5566

GLENN WATERHOUSE
5901NW 86th Street • Johnston
 glenn.waterhouse@jdh@statefarm.com




Need Some Extra Cash?

Do you know a friend, co-worker or relative who is looking for a place to live? Refer them to Winwood and we will send you a check! \$150 if they stay for 6 or 9 months; \$200 if they stay for 12 months! Everyone can use some extra cash...so start sending your friends to Winwood! Be sure they let us know that you sent them to check us out!

Metro Calendar of Events

The Des Moines metro area is hopping with things to do this season. For more information about these highlighted events, log onto www.seedesmoines.com.

- Skywalk Golf Tournament — Feb. 6
- Des Moines Home & Garden Show — Feb. 11-14
- Murder Mystery Dinner Theatre — Feb. 12
- WWE Monday Night Raw — Feb. 15
- 32nd Original Fisherman's Swap Meet/ Boat Show — Feb. 27-28

The Early Bird Catches The Worm!

Pay your rent on or before the 1st of the month and we will enter you for a chance to win \$50 off rent! Congratulations to our January winners... what a great way to start 2010! Matt Jaschen won the early rent award and John Hinsberger won the early renewal award! These lucky residents receive \$50 off of their February rent!

Go Red for Women

February is National Heart Month. Wear Red Day (the first Friday in February) is designated to help increase awareness of the special deadliness of cardiovascular diseases to women.

Who Is This Pete Guy?

Feb. 26 is For Pete's Sake Day.

"All you need in the world is love and laughter. That's all anybody needs: Love in one hand and laughter in the other."
 —August Wilson

Sun	Mon	Tue	Wed	Thr	Fri	Sat
	1 Rent Due Thank You!	2 Groundhog Day	3 Rent Late	4	5 National Weatherman's Day	6
7	8	9	10	11	12	13
14 Valentine's Day	15 Presidents' Day National Gumdrop Day	16	17	18	19	20 Hoodie Hoo Day
21	22	23	24	25	26 National Pistachio Day	27
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Romance.