

April 2010



6031 Meadow Crest Drive • Johnston, Iowa 50131



Spring.



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

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Team Leader

Important Numbers

Office: (515) 270-0940
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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.

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!

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 March winners! Carolyn O'Dowd won the early rent award and Wilma Carpenter won the early renewal award! These lucky residents receive \$50 off of their April rent!

Historic Battle of April

On April 18, 1775, two separate events occurred in two different Massachusetts cities that would change world history forever. Colonist Paul Revere set out on horseback on his alarming "midnight ride" to warn local militiamen in Lexington and Concord that "the British were coming." In both towns, shots were fired between British soldiers and American minutemen, starting the American Revolution.

Metro Calendar of Events

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

- April 9-11: 4th Annual RV & Travel Show
- April 10: Juvenile Diabetes Walk for a Cure
- April 11: Iowa Horse Fair
- April 17: Annual AIDS Walk/Run
- April 18: International Dance Festival
- April 22-24: Drake Relays

B-I-N-G-O!

Due to popular demand Bingo is back! Enjoy a few games of Bingo, prizes, some yummy snacks and great company! Come to the Winwood Clubhouse on Sunday April 11 at 1:00 p.m. for some Bingo fun!

Exercise Advice

When it comes to stretching, athletes need to slow down. A new British study suggests that you'll achieve significant benefits—such as improved range of motion and increased flexibility—from holding each stretch for at least 15 seconds. So, next time you're hitting the track or the treadmill, try "stretching" out your workout routine.





Wit & Wisdom

“Earth laughs in flowers.”

—Ralph Waldo Emerson

“You can’t be suspicious of a tree or accuse a bird or a squirrel of subversion or challenge the ideology of a violet.”—Hal Borland

“Man must feel the earth to know himself and recognize his values.”

—Charles A. Lindbergh

Hokey Hoaxes Have a Long History

Do you enjoy the absurdity of April Fools’ Day pranks? Perhaps you’ll appreciate one of the all-time best April Fools’ Day hoaxes: the Taco Bell ad that didn’t quite “ring” true. On April 1, 1996, Taco Bell purchased full-page ads, in newspapers such as USA Today and The New York Times, declaring that the company had bought the Liberty Bell and renamed it the Taco Liberty Bell. People in Philadelphia, home of the historic monument, and across the nation flooded government offices with calls, asking whether the tale was true.

The facts came out later that day when Taco Bell admitted the ad was a joke. The fast-food firm made amends by donating \$50,000 toward preserving the Liberty Bell. The generous sum was a pittance compared to the profits Taco Bell received after the widespread publicity; sales increased by more than \$500,000 that week.

Food products have played a role in other April Fools’ Day hoaxes, as well. In another infamous example, in 1957, a British TV show reported that Swiss farmers had recently “harvested” a “crop” of spaghetti. The news caused many viewers to ask how they could do the same. More recently, in 1998, Burger King promoted the sale of a new “left-handed” Whopper. Burger King claimed that it had rotated the condiments 180 degrees to make the sandwich easier for left-handers to eat. Thousands asked for it—and thousands of others requested the right-handed version.

Even President Barack Obama can’t escape the silliness of April Fools’ Day. In 2009, Car and Driver magazine’s web site reported that Obama had told GM and Chrysler to “cease participation in NASCAR ... if they hope to receive any additional financial aid from the government.” NASCAR fans were horrified before the prank was revealed.

Community Farms Bring Food Closer to Home

As the local food movement takes off, Community Supported Agriculture (CSA) is becoming more popular. One type of CSA is a farm with members who pay for a share and receive produce and other items (meat, eggs, honey, etc.) in return. Some of these farms require members to work the land alongside the farmer; others ask only that members pick up their boxes of goodies on a certain day and time.

Knowing a food’s source is becoming more important as issues such as food-borne illness become more widespread. Also, as gas prices increase, so do food prices. (The average vegetable travels 1,500 miles from farm to table.) Knowing how food is grown and by whom can alleviate both food safety and cost concerns.

Not only does buying locally help consumers, but it also helps farmers. Community-supported farms provide farmers with a reliable income. They can then spend more time growing their products, rather than figuring out how to sell them.

Of course, the partnership between consumers and farmers means members share some of the farmers’ risks. After all, farmers encounter countless setbacks during the growing season. Any of these problems can affect the amount of food CSA members receive. If you decide to join a CSA farm, learn what to expect. Check out the advice offered at www.LocalHarvest.org and view a database of more than 3,000 CSA members, plus read newsletters and member blogs.





Chocolate Peanut Butter Dip

Ingredients:

- 1/3 c. low-fat plain yogurt
- 2 T. chocolate syrup
- 1/4 c. creamy peanut butter
- 4 c. fresh fruits and vegetables cut in easy-to-dip shapes (such as carrot and celery sticks and sliced cucumbers, apples and pears)
- 1 t. chocolate or colored sprinkles (optional)

Directions:

In a medium-size bowl, beat yogurt and chocolate syrup with electric mixer on medium speed until well-blended.

In a microwave-safe bowl, heat the peanut butter at 70-percent power for one minute or until melted. Stir after the first 30 seconds. Using oven mitts to hold the bowl, pour the melted peanut butter into the chocolate yogurt mixture and stir until smooth.

Serve with fruits and vegetables. Dribble dipped treats with candy sprinkles, if desired.

Source: The National Peanut Board. For more recipes, visit www.NationalPeanutBoard.org.

The Golden Arches

Barbecue purists stuck up their noses in 1981 when McDonald's introduced the McRib sandwich—a preformed pork patty covered with sauce. Perhaps they would have been more open to the idea had they known the fast-food giant started as a barbecue joint. As the anniversary of the company's first franchise approaches—April 15, 1955—chew on a few other tidbits about the Golden Arches:

- McDonald's is named after Dick and Mac McDonald. Ray Kroc bought out the brothers in 1961 for \$2.7 million.
- Denver opened the first McDonald's with indoor seating in 1962.
- The original mascot was Speedee. Ronald McDonald replaced him in 1963.
- The company introduced the Big Mac in 1968. It cost 49 cents.
- The Happy Meal made its debut in 1979.



Blossoms.



April Is ...

National Occupational Therapy Month

Alcohol Awareness Month

Couple Appreciation Month

Jazz Appreciation Month

National Decorating Month

National Donate Life Month

National Humor Month

National Kite Month

National Pecan Month

National Poetry Month

Physical Wellness Month

Stress Awareness Month

Showers.



Blooming.



Word for April: Rejuvenate

The new growth of the season debuts this month, splashing new color and life in parks, lawns and gardens everywhere. While the fresh air rejuvenates, or “gives new vigor,” to our surroundings, the attitude in April makes us feel like kids again. Suitably, the Latin root of “rejuvenate” means “young.” May all the new activity put a little spring in your step.

Budget Tip

If it seems like you’re eating through your paycheck every month, it might be time to take a look at what you’re buying. Dining out is one of the main causes of personal debt. If you’re like most people, the usual excuse is “I don’t have time to cook.” However, by planning a weekly menu and shopping for the things you’ll need, cooking dinner takes less time than eating at a restaurant, not to mention it’s much more affordable. Your stomach—and your wallet—will thank you.

Seasonal Selections for April

Our alphabet is full of delicious selections. Be sure to fill your kitchen with some of these tasty choices of the season:

- A** is for: Apricots, artichokes and avocados
- C** is for: Carrots, chives and collards
- M** is for: Mangos, morels and mustard greens
- S** is for: Spinach, strawberries and snow peas

3 Things You Need to Know

- 1) Rubbing alcohol removes the dull haze from mirrors.
- 2) A pencil eraser removes scuff marks on floors.
- 3) A ruler wrapped with a cloth cleans dust from blinds.

Ask Me About Renters Insurance RFI

Save 40%

on Auto Insurance

(FREE Road Atlas with Quote)

223-5566

GLENN WATERHOUSE

5301 NW 86th Street • Johnston
glenn.waterhouse@statefarm.com

“It is good to realize that if love and peace can prevail on earth, and if we can teach our children to honor nature’s gifts, the joys and beauties of the outdoors will be here forever.” —Jimmy Carter

Sun	Mon	Tue	Wed	Thu	Fri	Sat
April 2010				1	Rent Due Thank You!	2
3						Rent Late
4	5	6	7	8	9	10
			World Health Day			
11	12	13	14	15	16	17
Bingo 1 p.m.			National Pecan Day			
18	19	20	21	22	23	24
		Look Alike Day				
25	26	27	28	29	30	
		Babe Ruth Day (stop by the office for your candy bar)				



Renewal.