



June 2010



6031 Meadow Crest Drive • Johnston, Iowa 50131



## Nature.



### 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.

## 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 six or nine 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 May winners! Brian Sellner won the early rent award and Jessica Anderson won the early renewal award! Both lucky residents receive \$50 off of their June rent!

## Breakfast on the Run

Monday, June 22 is National Donut Day! Swing by the Winwood office on your way to work and the Winwood gals will bring you breakfast on the go! We will start handing out the goodies at 7 a.m. and will continue until we run out of supplies! What a way to start the day!

## Some Sun Safety

Avoid a sunburn using the "slip-slop-slap" method: Slip on a long-sleeved shirt, slop on some SPF and slap on a hat.

## Save The Date

When: Friday, July 23 at 6 p.m.

What: Winwood Summer Pool Party

Where: The North Pool

We have reserved our favorite balloon artist, Daniel Poe, to create wonderful balloon art for all of our residents and guests present! More details to come!

## CAbi Clothing Party

You are invited to the ultimate shopping experience! Carol Anderson is a nationally recognized fashion designer whose designs are exclusively sold through CAbi Fashion Consultants. Join us in the Winwood clubhouse on Friday, June 11, at 6:30 p.m. View Carol's latest collection in a relaxed environment in the company of your friends and neighbors! Woman's clothing sizes 0 to 16; x-small through x-large.

## 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](http://www.seedesmoines.com)

- 5/31-6/6 Principal Charity Classic
- 6/5 22nd Annual Mopars on Review Car Show
- 6/12 Pridefest
- 6/19 Rose Festival
- 6/26 Summer Jam
- 6/27 Big Country Bash



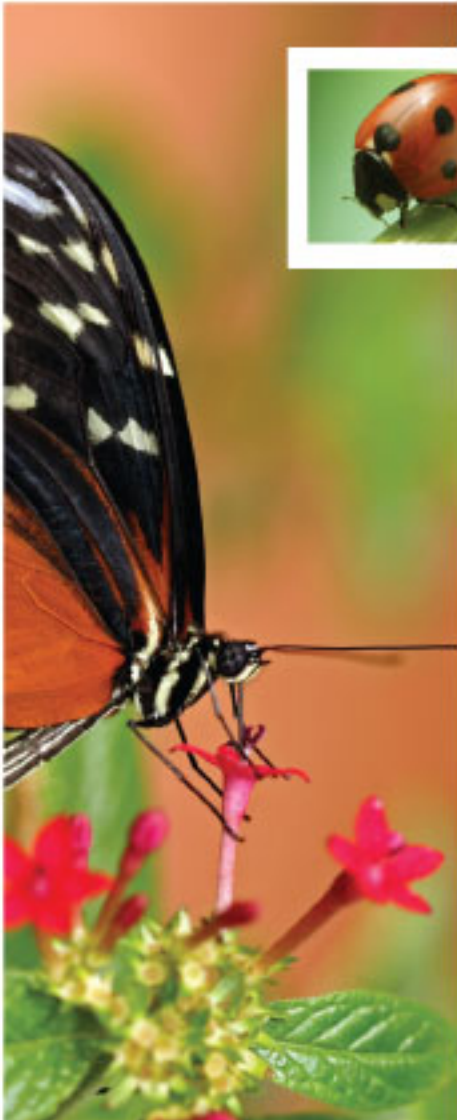
# Beauty.



## Wit & Wisdom

“In June as many as a dozen species may burst their buds on a single day. No man can heed all of these anniversaries; no man can ignore all of them.” —*Aldo Leopold*

“What is one to say about June, the time of perfect young summer, the fulfillment of the promise of the earlier months, and with as yet no sign to remind one that its fresh young beauty will ever fade.” —*Gertrude Jekyll*



## Protecting Your Privacy Online

Social networking sites continue to gain popularity and users. Maybe you got into a friending frenzy on Facebook and have seen your friend numbers climb into the thousands. Or, perhaps you're dying to set up your own Twitter account. Social media seems nearly inescapable these days, but too many people aren't taking the common-sense precaution of locking the social-media front door before heading out for vacation.

Think about the information you're sharing. Birth date? E-mail address? Phone number? Could someone unscrupulous use this information to assume your identity? Having personal information available on social networking sites leaves the door open for just that. Facebook, for example, has tons of applications that seem like fun, but each one includes a disclaimer that you're making your personal information—and your friends' information—available for others to see.

This brings us to the importance of using privacy settings. Most platforms let you shield your personal information from strangers, and some allow you to customize your privacy settings. Facebook, again, lets you control how much of your personal information your friends can reveal to applications they use.

If you haven't already, familiarize yourself with the privacy settings on the networking sites you use and decide how much contact information you want to share with others.

## Fending for Yourself in an Accident

If you've ever been involved in a car accident, you know things can happen in a flash. Preparing yourself ahead of time by knowing what to do after a collision can calm your nerves if the unexpected happens.

Keep the following items in your glove box at all times: a list of emergency contacts, pen or pencil, notepad, flashlight and proof of insurance.

If an accident occurs and it was your fault, your first reaction might be to jump out and apologize. In today's lawsuit-happy world, however, many experts advise against this. Laws are complex and what may appear as your fault might not be. Instead, offer sympathy for the interruption to both of your days without admitting guilt.

*Practice safety first.* If you cannot exit your vehicle because it would be unsafe to do so, stay in your car with your seat belt fastened. Call 911 for assistance.

*Gather the facts.* Exchange information with the other driver: name, address, phone number, insurance company, policy number, driver's license number and license plate number. Also write down a description of the other vehicle that includes make, model, year and color. Get names and phone numbers of any witnesses present.

*Document the scene.* Make notes about the collision and how it happened. Take pictures of the accident with a camera or camera phone, if possible, to provide to a claims adjuster. If a law enforcement official is not dispatched (in some locations, officers only respond if injuries are reported) be sure to file an accident report with the police department.



## Pick-a-Peck-of-Peppers Fiesta Ranch Dip

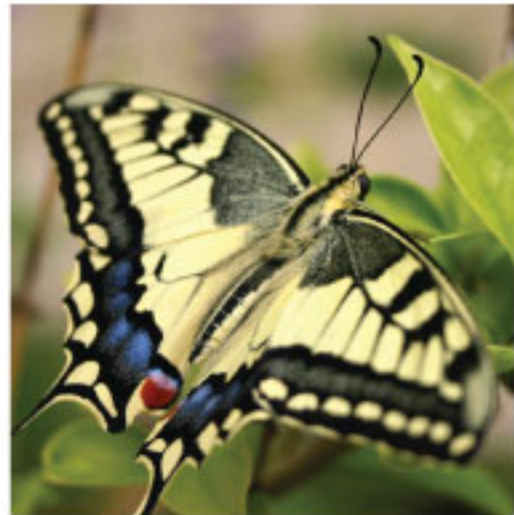
### Ingredients:

- 1 cup reduced-fat mayonnaise
- 1/2 cup fat-free sour cream
- 1/2 cup nonfat, plain yogurt
- 1 (1.1-ounce) packet ranch dip mix
- 2 each: green, red, orange and yellow bell peppers

### Directions:

Combine mayonnaise, sour cream, yogurt and ranch dip mix in a medium-size bowl; place in the refrigerator to chill. Rinse bell peppers, then slice off the tops and remove seeds. Set aside one of each color to use as serving bowls. Slice one green, red, orange and yellow bell pepper into quarters. Place one quarter of each color into a food processor and chop until fine. Remove and drain excess water. Add the diced bell pepper mixture to the fiesta dip and stir until well combined. Pour the dip into each of the whole peppers and serve with the remaining bell peppers cut into strips.

For more recipes and dips, visit the Hidden Valley web site, [www.HiddenValley.com](http://www.HiddenValley.com).



## Weather the Storm

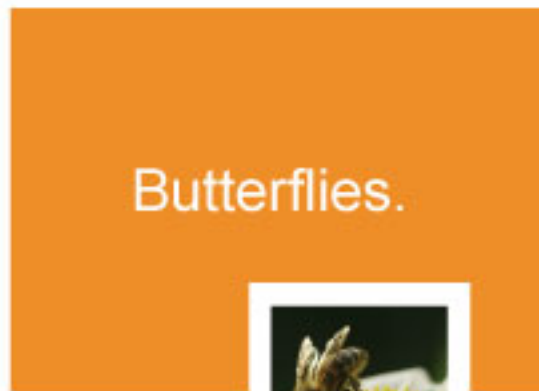
Good riddance, Ana. The same goes for Joaquin and Wanda. Your ill wind and rain won't be missed. The National Weather Service has been naming hurricanes since 1953, and those were names of recent storms. The 2010 hurricane season is upon us and it typically lasts from June through November. Here are some other snippets about these storms.

*What's in a name?* Alex, Bonnie, Igor and Lisa are among the names designated for hurricanes this year. If you are Cindy or Don, your name comes up in 2011. Visit the National Hurricane Center's web site at [www.NHC.NOAA.gov](http://www.NHC.NOAA.gov) to see lists of names through 2015.

*Boy-girl-boy.* Originally, only women's names were used. In 1979, men's names made the list and genders rotated every other storm.

*On the list.* There are currently six naming lists in use. For example, the 2009 list of names will be used again in 2015. A name is replaced if a storm is so devastating that future use of the name on a different storm would be inappropriate.

*Troubled waters.* The Saffir-Simpson Hurricane Wind Scale determines hurricane strength. A Category 1 hurricane has sustained winds from 74 to 95 m.p.h.; Category 2: 96-110; Category 3: 111-130; Category 4: 131-155; and Category 5: more than 155 m.p.h.



## Butterflies.



### June Is ...

- National Candy Month
- Effective Communications Month
- Perennial Gardening Month
- Great Outdoors Month
- International Men's Month
- Professional Wellness Month
- Rebuild Your Life Month
- National Rivers Month
- National Rose Month
- National Safety Month

## Ladybugs.



Fragrant.



**Ask Me About Renters Insurance**

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

**223-5566**

**GLENN WATERHOUSE**  
5301 NW 86th Street • Johnston  
 glenn.waterhouse@fdi@statefarm.com

### Body Knowledge: Stapes Bone

Also known as the stirrup bone, due to its shape, the stapes (pronounced stay-pee-z) is the smallest, lightest bone in the human body. It is located in the middle ear and transmits sound vibrations to the inner ear.

### Shouldering Tension

We carry a lot of tension and stress in our neck and shoulders. Most of the time, we don't even realize we're tensing up. This continuous strain can lead to neck pain and headaches. To feel some immediate relief, do a few shoulder rolls, then roll your head from side to side. Taking a few minutes to stretch and release the tension will feel like a load has been lifted off your shoulders.

### Penmanship and Personality

Your handwriting says a lot about you. Handwriting analysis, or graphology, is the study of handwriting in relation to human psychology. On a piece of paper, write a sentence in cursive. Does it slant to the right? If so, you are a social person and open to the world around you. To the left? You generally like to work alone or behind the scenes. Not at all? You tend to be logical and guard your emotions. For more penmanship assessments, log on to the web site *RealSimple.com* and search for keyword "handwriting."

### Little Actions Have Big Impact

When you shop for groceries, pick up a couple extra cans of food and drop them in a collection box for the local food pantry or homeless shelter.

"Tart words make no friends; a spoonful of honey will catch more flies than a gallon of vinegar." — Benjamin Franklin

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Rent Due Thank You!	2  Leave the Office Early Day	3 Rent Late	4	5
6  National Cancer Survivors Day	7	8	9	10  Iced Tea Day	11	12
13  Race Unity Day	14	15  Fly a Kite Day	16	17	18	19
20  Father's Day	21  First Day of Summer	22  Breakfast in a Bag 7 a.m.	23	24	25	26
27	28	29	30	June <sup>2010</sup>		



Amazing.