



July 2010



6031 Meadow Crest Drive • Johnston, Iowa 50131



Freedom.



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.

**Paradise Found...
At Winwood!**

Come enjoy a little bit of paradise with your neighbors at Winwood's Annual Summer Pool Party! Join us at the north pool on Fri., July 23 at 6:00 p.m. for food, fun, friends and great giveaways! Daniel Poe will be designing wonderful balloon creations for our residents and guests! Don't miss it!

Motivational Tip

We could all use a little guidance from time to time. When it comes to personal success in any aspect of your life, find a mentor to help you along the way. Look for someone who has achieved similar things you desire for yourself. A mentor is someone who teaches, encourages and offers you constructive criticism when necessary. Think about the support you'd like to receive and consider this quote: "A mentor is someone whose hindsight can become your foresight."

**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 June winners! Guelda King won the early rent award and John Redeker won the early renewal award! Both lucky residents receive \$50 off of their July rent!

Surprising Natural Cleaners

Tough messes don't require harsh chemicals to clean. Here are some natural cleaners from www.RealSimple.com that might come as a surprise to you:

Oatmeal. Scrub very dirty hands clean with a paste of oatmeal and water.

Ketchup. Squeeze ketchup on a rag and rub over brass or copper cookware to remove tarnish. Rinse with warm water and dry.

Sliced bread. If you break glass, use a slice of bread to pick up the tiny slivers. Just press the slice around the area. You can also dust an oil painting using this method.

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!

**Little Actions Have
Big Impact**

Smile at people as you pass them ... you'll be surprised at how many people smile back.





Wit & Wisdom

“The secret of happiness is freedom. The secret of freedom is courage.” — *Thucydides*

“You can only protect your liberties in this world by protecting the other man’s freedom. You can only be free if I am free.” — *Clarence Darrow*

“Those who deny freedom to others deserve it not for themselves.”
— *Abraham Lincoln*

Summer Concert Survival Guide

Whether it’s an all-day event or an evening under the stars, outdoor concerts draw millions of music lovers to see their favorite performers. Being prepared for the occasion will ensure an optimal summer concert experience, so follow these tips for a stress-free, toe-tappin’ good time:

Know the rules. Find out beforehand if you can bring cameras, water bottles and other items into the concert site. Most venues post restricted items on their web site.

Dress for success. With lots of walking and being on your feet, wearing comfortable shoes should be a no-brainer. Also wear light-colored, breathable clothing during the day and sunglasses to prevent headaches. Bring a light jacket for cool nights.

Drink plenty of water. Most venues charge a pretty penny for bottled water, but it’s essential to stay hydrated. Buy one and refill it for free at the drinking fountains.

Wear sunblock. Avoid getting scorched by the sun by wearing sunscreen and reapplying it several times throughout the day.

Stash some cash. Avoid long lines and high ATM fees by bringing enough money to the event.

Remember your manners. When pushing your way through crowds, a smile and an “excuse me” go a long way.

Minding Money Matters

Few topics can make otherwise friendly conversations go awry like money. Here’s a look at some common currency encounters and the polite ways to handle them.

- 1) A nosy friend asks how much you make, how much you spent on your car, clothes and other items. How do you respond? Rather than replying with vague answers such as “too much” or “not enough,” say something to end the inquisition. Try: “I’m sorry, I don’t share financial information with friends.”
- 2) You’re at a restaurant with a group of friends and the server is unable to split the bill. If someone suggests to divide it evenly when you only had a salad, throw a reasonable amount to cover your meal, tax and tip on the table. Then say, “This should more than cover my cost. I’ll put this in and let you split the rest.” It becomes obvious that you owe less.
- 3) You lent money to a friend and notice him or her with a new, expensive item but you haven’t received payment. Should you say something? Yes. Try: “I noticed you have a new purse, but you haven’t paid me back yet. Did you forget?”
- 4) You found a cute top at a discount store, then someone asks where you got it. Do you admit the bargain or lie? While there’s no shame in bargain shopping, you don’t have to be entirely upfront. Say you can’t remember, or that it was a gift.
- 5) You agreed to go in on a group gift but find out later that the set amount is more than you wanted to spend. Do you pay up? No. Politely say, “Thank you for organizing the group gift but I have another present in mind.”





Watermelon Berry Star Cake

Ingredients:

- 1 seedless watermelon
(at least 10 pounds)
- 3/4 cup whipped cream or frosting
- 1 1/2 cups blueberries
- 1 cup strawberries, hulled and sliced
- 1/2 cup raspberries
- Powdered sugar

Directions:

Cut a three-inch thick slice from the center of an oblong, seedless watermelon. Place flat on a cutting board and use an oversized, approximately 7-inch-wide star-shaped cookie cutter (or sharp kitchen knife) to cut a star shape. Wash the watermelon and pat dry. Set on a paper towel to drain excess water.

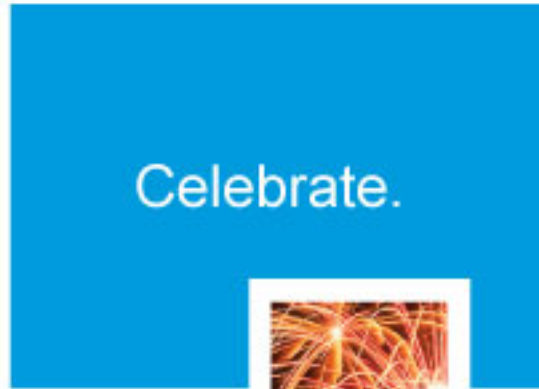
Place on a serving dish or cake stand. Pipe whipped cream or a light frosting between the bottom edge of the star and the plate. Dot with blueberries. Frost the top of the star. Arrange blueberries, strawberries and raspberries on top. Sprinkle with powdered sugar and serve.

For more refreshing, summertime recipes, visit www.Watermelon.org.

Easy as Pie

Whether it comes à la mode or right out of grandma's oven, apple pie serves as a slice of Americana.

- The expression "as American as apple pie" isn't too far-fetched. Though the origins of the dessert predate American times, colonists prepared many apple dishes such as pies and fritters.
- In the 19th century, apple pie was a breakfast staple in many homes.
- Vermont designated apple pie as its official state pie in 1999.
- Pie Town, N.M., got its name in the 1920s when Clyde Norman made dried apple pies that attracted people to the unincorporated settlement. The annual Pie Town Festival is scheduled for Sept. 11 this year.
- The practice of serving cheese, fruits and nuts together dates back to ancient times. Many areas of the country serve apple pie with a thick slice of cheddar cheese on top.
- Although many types of apples exist, Bobby Flay's Food Network recipe for apple pie calls for the Northern Spy variety.



Celebrate.



July Is ...

National Blueberries Month

Cell Phone Courtesy Month

Family Reunion Month

Freedom From Fear of Speaking Month

National Hot Dog Month

National Ice Cream Month

Smart Irrigation Month

National Recreation and Parks Month

Social Wellness Month

Liberty.



Honor.



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@statefarm.com

Seasonal Selections

Peaches and nectarines (a subspecies of peach that lacks the gene for fuzz) are delightfully juicy during July. Choose both the same way—when firm and blemish-free. If the fruit is not quite ripe, store in a paper bag at room temperature for two to three days. A medium peach or nectarine has approximately 60 calories and is a good source of vitamin C.

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.

- Yankee Doodle Pops-July 1
- 80/35 Music Festival-July 3
- Ankeny Summerfest-July 8-11
- Comic Book Marketplace-July 17
- National Balloon Classic-July 30-Aug. 7

Save Money on Magazines

If you love reading magazines but don't want to spend the money on multiple subscriptions, check with your local library. Many have subscriptions to a wide variety of titles that would allow you to read your favorites for free. If you have friends who like to read the same ones you do, consider a subscription-sharing arrangement where you trade publications after you're finished with them.

Super Foods: Planting the Seed

Next time you drink a smoothie or bake cookies or muffins, add flaxseeds to the mix. They have antioxidant qualities, omega-3 essential fatty acids and may have a protective effect against breast, colon and prostate cancer, according to www.WebMD.com.

"Freedom is, first of all, the chance to formulate the available choices, to argue over them—and then, the opportunity to choose."
 —C. Wright Mills

Sun	Mon	Tue	Wed	Thu	Fri	Sat
July 2010				1 Rent Due Thank You!	2	3 Rent Late
4 Independence Day Office Closed	5 Independence Day (Federal Holiday) Office Closed	6	7 Chocolate Day	8	9	10
11	12	13	14	15	16	17 Cow Appreciation Day
18 National Ice Cream Day	19	20	21	22	23 Pool Party 6 p.m.	24
25	26 Take Your Dog to Work Day	27	28	29	30	31



Independence.