



August 2010



6031 Meadow Crest Drive • Johnston, Iowa 50131



Sunny.



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.

Seasonal Selections

Summer weather often requires plenty of hydration. Why not mix some of the season's best produce with a little carbonated water to make the perfect, refreshing soda? Try limes, blueberries, cherries, raspberries or strawberries. All are in season and offer many combinations to please any palate.

Learn to Play the Piano Online

Have you always wanted to play the piano but never had the time or money to invest in lessons? In the age of the Internet, you can find all kinds of things—even free piano lessons—online. Sites such as www.Piano-Lesson-Online.com offer a great introduction to navigating a keyboard, learning to read music and practicing the proper way to play the keyboard. YouTube.com is also a great place to find videos of piano instruction. You can even find interactive keyboards online (www.PianoWorld.com) to familiarize yourself with the piano layout.

Go Meatless

Assume you pay an average of \$3 per pound for meat. Then, consider going meatless for two meals a week. You could save anywhere from \$5 to \$10 a week, or \$40 each month.

Simple Solution for Decadent Desserts

For an easy, impressive treat, serve cupcakes with a twist. Slice each cupcake into three layers and add a spoonful of whipped cream between each layer. Sprinkle with powdered sugar, top with berries or drizzle with chocolate syrup for short stacks of fun.

Travel Tip: Avoid Pack Rat Packing

Many of us make the mistake of over packing for vacation. Perhaps the idea of being stuck far from home with “nothing to wear” is too much to handle. The best way to avoid stuffing your suitcase with things you won't need is to plan, plan, plan. Rather than packing random tops and bottoms, coordinate your outfits so you can mix and match. Pack around a certain color in order to avoid bringing multiple pairs of shoes, jackets, belts or handbags.

Heartburn Help

Studies have shown that patients who sleep on their left sides are less likely to suffer from acid reflux, due to the angle at which the esophagus and stomach connect.



Sandcastles.



Wit & Wisdom

“The mediocre teacher tells.
The good teacher explains. The
superior teacher demonstrates.
The great teacher inspires.”

—William Arthur Ward

“The dream begins with a teacher
who believes in you, who tugs and
pushes and leads you to the next
plateau, sometimes poking you
with a sharp stick called ‘truth.’”

—Dan Rather

Camp the Great Outdoors

The Sporting Goods Manufacturers Association estimates nearly 34 million Americans go camping annually. With a little planning, some gear and a sense of adventure, camping can be a great way to get away from it all.

Preparation. Before heading out, familiarize every camper with the campground rules, such as those regarding fires, pets and vehicles.

Safety. Don't forget a first-aid kit. Remember to tell someone where you're camping and when you'll return, even if you're not far from city limits.

Necessities. Water seems obvious; however, take into account the number of campers, weather and activity level. Note whether potable water will be available and decide how you'll clean cooking utensils. (You should never clean items in a river or stream.) Pack a multi-tool knife, a lantern or flashlight for each camper, bug spray and sunscreen, a map of the area and a cell phone. Go to www.KOA.com, a nationwide campground operator, for a list of other must-haves, including the all-important tent and sleeping bag.

Respect nature. Expect to see wildlife, and enjoy it. In fact, bring along binoculars and ID books. Always follow an essential rule of the outdoors and never feed wild animals. Make sure everything you bring leaves with you.

Back home. Dry out tents, tarps or anything else that may have gotten wet. Clean all cooking utensils and wash coolers. Record your trip! Note wildlife, delicious meals and funny moments. Add photos and maps and use the journal as a resource for future camping excursions.

Support Your United States Service Members

The military no longer accepts “Any Service Member” mail, but that certainly doesn't mean you can't do your part to help our country's armed forces. There are many reputable organizations with the goal of providing a morale boost to our military. Listed below are just a few programs you can support; find more at www.Army.mil/howyoucanhelp.

Hero Miles: Donate frequent flier miles to military men and women who are undergoing treatment at a military or VA medical center due to injury sustained in Iraq or Afghanistan. Learn more at www.FisherHouse.org.

TAPS: Tragedy Assistance Program for Survivors provides comfort to anyone who has lost a military loved one, through comprehensive programs including crisis intervention and peer-based emotional support. Visit www.TAPS.org.

Homes for Our Troops: This nonprofit builds or renovates homes for severely wounded military members, free of charge and with special modifications as needed for particular disabilities. Visit www.HomesForOurTroops.org.

Gift Cards for Our Troops: The Army and Air Force Exchange Service (AAFES) provides merchandise and services to military families and uses earnings to supplement Morale, Welfare and Recreation (MWR) programs. Service members can buy anything from baby clothes to Energy Star appliances with gift cards purchased through AAFES. Learn more at www.AAFES.com.

Hot.





Ways to Have Fun Without Breaking the Bank

If your entertainment budget is running a little thin these days, find ways to have fun for free. Whether you're looking for a night out with the guys, the girls, a family-friendly excursion or a romantic date with that special someone, there are always amusing alternatives that don't require much cash. Consider these fun, frugal activities to keep yourself entertained:

Go on a picture-taking adventure. Bring your camera and scout out interesting places to take photos. Then, take turns snapping silly pics of each other.

Instead of going to the theater, have a movie marathon at home. Pick a theme and plan appropriate snacks to go with it.

Go for a bike ride and pack a picnic lunch. When you find the perfect spot, stop and eat.

Plan a scavenger hunt around the city. Think of specific items that require some work to obtain, such as a restaurant napkin with a logo or a dandelion with a seven-inch stem.

Be sure to check the events section of the newspaper. Museums, libraries, zoos and other attractions often host free movie showings, concerts, exhibits and more.



Strawberries and Cream Frozen Sherbet

Ingredients:

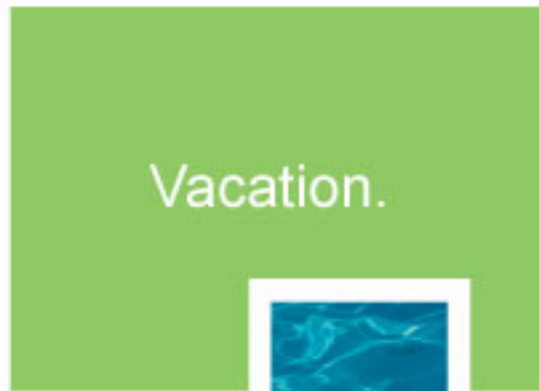
- 1 bag (16 ounces) frozen strawberries, unsweetened, or 3 cups fresh, whole strawberries, frozen beforehand
- 1 can (12 fluid ounces) Nestlé Carnation Evaporated Lowfat 2% Milk
- 1/2 cup granulated sugar
- 2 teaspoons fresh lemon juice

Directions:

Place frozen strawberries, evaporated milk, sugar and lemon juice in a food processor and mix until smooth. Pour the mixture into an 8-inch square baking pan. Place in freezer for about 20 minutes, until ice crystals begin to form around the edge of the pan.

Using a fork, stir icy portions into the middle of the pan. Repeat, stirring edges into the center every 20 minutes or until frozen (about 1 hour). Cover tightly. Freeze for up to two months.

For more delicious berry recipes, visit www.VeryBestBaking.com.



Vacation.



August Is ...

Audio Book Appreciation Month

Cataract Awareness Month

Happiness Happens Month

National Inventors' Month

What Will Be Your Legacy Month

Get Ready For Kindergarten Month

National Panini Month

National Win With Civility Month

Sizzle.



Sprinkler.



Ask Me About Renters Insurance #1

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

223-5566

GLENN WATERHOUSE
5901 NW 86th Street • Johnston
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Holiday ABCs for August

- S is for Slathering on SPF
- U is for Ultraviolet protection
- N is for a summertime Necessity
- S is for Seeking the Shade
- C is for safely Catching some rays
- R is for Reapplying often
- E is for applying an Even coat
- E is also for sharing it with Everyone
- N is for Never heading outdoors without it

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!

Geography 101: Monaco

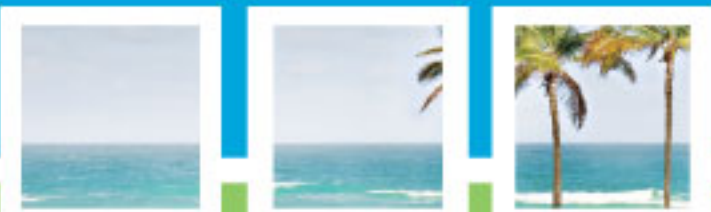
At less than one square mile, Monaco is the second smallest independent state in the world (behind only Vatican City). It borders the Mediterranean Sea along the southern coast of France. The Grimaldi family has ruled over this constitutional monarchy since the late 13th century. Despite its small size, millions of tourists visit the luxurious Monte Carlo casino and beach-front resorts each year.

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 July winners! Erica Sandve won the early rent award and Sharon and Robert Spring won the early renewal award! These lucky residents receive \$50 off of their August rent!

"The best teacher is one who suggests rather than dogmatizes, and inspires his listener with the wish to teach himself."
 —Edward G. Bulwer-Lytton

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Rent Due Thank You!	2	3 Rent Late	4	5	6	7
8	9	10	11	12 Iowa State Fair Starts	13	14
15	16	17	18	19	20	21
22	23 Johnston School Starts	24	25	26	27	28
29	30	31	August 2010			



Beach.