

SUN PRAIRIE & VISTA COURT APARTMENTS

VISTA VOICE

DECEMBER 2011

AVOIDING HOLIDAY WEIGHT GAIN

The holiday season typically involves hectic schedules and high calorie events: but don't be tempted to take a holiday from healthy living! Instead, find creative ways to enjoy the season *and* stay fit. Here are some fun tips on getting exercise while celebrating the holidays with friends and family:

- Plan events with family and friends around activities like bowling, skating or computer game system competitions instead of or after meals.
- Dancing is great exercise and keeps you away from the food.
- Walk or bike ride to your events, weather permitting.
- Squeeze in short 15 to 20 minute workout sessions twice a day.
- Shoveling snow is a serious workout (see article on Page 2

on earning some extra cash this winter).

- Shopping means walking, especially if you park at the back of the parking lot. So park a little further back for the added exercise.
- Plan ahead, and don't go to a party hungry, which leads to overeating.
- Take advantage of your FREE membership and one FREE personal training session at Snap Fitness! If you haven't taken advantage of your FREE membership yet, sign up by December 15th and receive one *additional* personal training session FREE! In addition, if you refer two non-residents to Snap Fitness by December 15th, you'll receive a FREE personal training session.

Celebrating Holidays Around the World!

Day of Ashura	Dec 5th
Las Posadas	Dec 16th to 24th
Chanukah	Dec 21st
Pancha Ganapati	Dec 21st to 25th
Winter Solstice	Dec 22nd
Christmas	Dec 25th
Kwanzaa	Dec 26th to Jan 1st
New Years Eve	Dec 31st
Omisoka	Dec 31st
New Years Day	Jan 1st



HAPPY HOLIDAYS FROM SUN PRAIRIE!

Stop by the office by December 31st to pick up your Holiday gift: one FREE medium pizza from Hearth Stone Pizza! (One pizza voucher per apartment.)

ATTENTION!

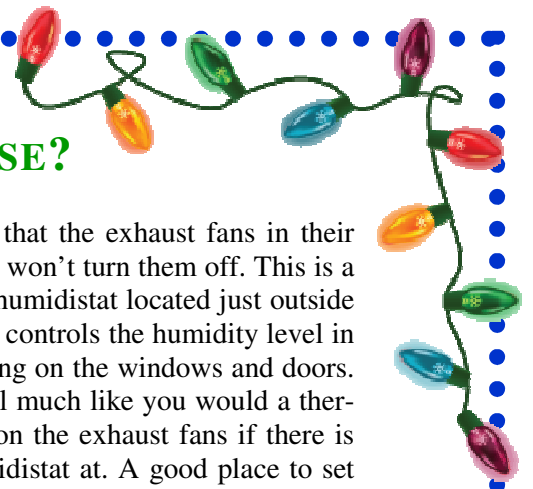
Holiday Rental Office Hours:

Christmas

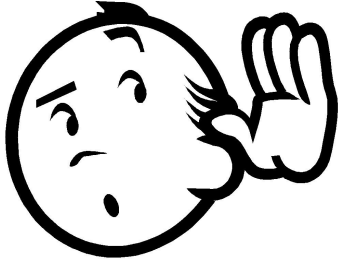
Saturday, Dec 24th through Monday, Dec 26th: CLOSED

New Years

Saturday, Dec 31st: 10am-2pm
Sunday, January 1st: 11am-1pm
Monday, January 2nd: CLOSED



MAINTENANCE MEMO: WHAT'S THAT NOISE?



Occasionally residents call our office to report that the exhaust fans in their bathrooms are constantly running and the switch won't turn them off. This is a simple fix! Each apartment at Sun Prairie has a humidistat located just outside of the bathroom near the ceiling. The humidistat controls the humidity level in the apartment, keeping condensation from forming on the windows and doors. You can manually adjust the knob on the control much like you would a thermostat. The humidistat will automatically turn on the exhaust fans if there is more humidity than what you have set the humidistat at. A good place to set your humidistat is between 60 and 70.

LEAVING TOWN?

If you are a going to be gone for a few days or for an extended period of time, there are a few things that we ask before you leave. If you are going to be gone more than a week, please inform the office so that we know you are okay, and still residing in your apartment. We also recommend putting a stop on your mail since your mailbox is not generally equipped to handle several weeks worth of mail. Also, be sure to take out the trash, clean out your refrigerator of food that could spoil, and don't leave any food out in the open on counters. The last thing you want when you come back from vacation is a funny smell lingering around or any unwanted bugs who have found a new home in your kitchen.

Sun Prairie is looking for part-time help with snow removal operations this winter. All you need to do is provide your own transportation and we'll provide the shovels. The positions will be sub-contracted out at \$12.00/hour. Please contact Randy or Kevin at the office for more details if you are interested.

YOUR TWO CENTS!

"My apartment is right next to the laundry room and my neighbors sometimes do their laundry late at night. I can hear the machines in my apartment - what should I do?"

We all have busy schedules and the last thing that we want to worry about is laundry, which generally leads to waiting until the last minute to do it. Our laundry rooms, however, are not open 24 hrs a day out of respect for the residents in the adjoining units. Laundry should not be started before 9:00 am or after 9:00 pm. If laundry is being done in your building after hours, please let us know so we can try to determine who might be doing it. Leaving a polite note indicating the noise is bothersome on the washer or dryer while it is running might also do the trick.

"I thought I was moving into a smoke-free building, but it smells like someone is smoking in my living room."

Depending on which area of the property that you live, you may still be in transition to a smoke-free property. If you live in Vista Court (5515-5555 Vista Drive) or Sun Prairie 4 (1173-1253 Prairie View Drive) you have already completed the transition and are 100% smoke-free. The rest of the property is still in transition. This means that all residents who were in a lease when the new policy went into effect on February 9, 2011 are permitted to continue smoking in their apartments and on their decks until their lease expires. Please let us know if you believe that a neighbor is smoking and we can look into whether or not they are permitted to smoke.

"I hate when my neighbors let their doors slam - it makes the pictures on my wall shake!"

The scene is all too familiar - your arms are full carrying shopping bags, back packs, dinner, your children and your purse, while trying to juggle your can of soda or cup of coffee. The only thing on your mind is getting out your keys so you can get into your apartment before your arms give out and you collapse! You probably know by now that the door to your apartment has a solid core and spring loaded hinges so that it will close on its own. Because the door is rather heavy, it tends to make a loud noise when it closes. Please remind all the members of your household to make an extra effort to catch the door before it slams shut.

O' CHRISTMAS TREE

It's that time of year again! As you prepare for the upcoming holidays, here are just a few things to remember:

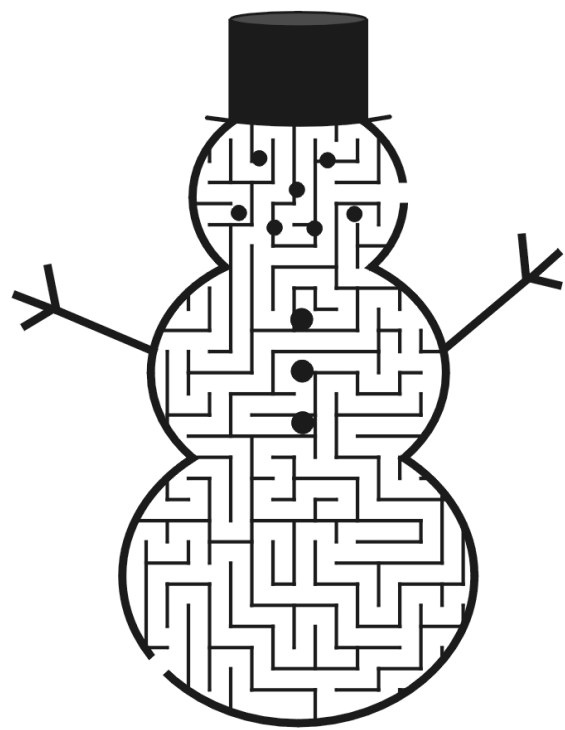
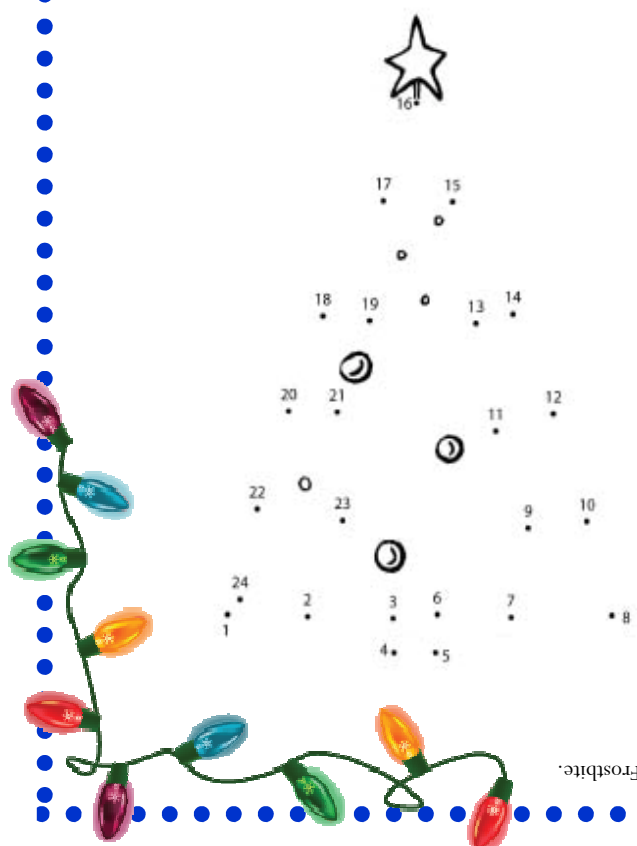
- * Live Christmas trees are not allowed in your apartment per Rule 6 of your rental agreement; however, artificial trees are a great alternative!
- * Residents are not allowed to attach lighting on decks and patios per Rule 10 of your lease. This is because there are no outlets outside of the unit and running an extension cord under the patio door can cause the cord to fray and potentially start a fire. The only exception to this is the 6699 building, which had outdoor outlets installed during the renovation this spring.
- * Remember safe cooking practices when baking all of your holiday goodies and use your ceiling and exhaust fans to prevent smoke detectors from going off.



Kids Corner

Christmas Jokes and Riddles

1. What do elves learn in school?
2. What is the difference between the Christmas alphabet and the regular alphabet?
3. Why does Santa have three gardens?
4. What do you get when you cross a snowman and a vampire?



ANSWERS: 1)The elf-abet. 2)The Christmas alphabet has no L (Noel). 3)So he can ho ho ho. 4)Frostbite.



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