

Vista Voice

January 2012

Sun Prairie
Apartments

RESOLUTIONS: MAKE THEM A REALITY!

A new year, a new you. Every year it's the same routine. Come January 1st, you are sure that this new year is going to be your year. You are going to set a resolution, stick to it, and make yourself a better person because of it. In reality, you make your resolution and by January 3rd, you can't even remember what it was you had planned to do. Well, this year CAN be different with this helpful advice:

- **Be Specific:** Don't just generalize, pinpoint exactly you want. If you want save more money, tell yourself how much more you want to save per day/week/month; this way, you can quantify what it is you are focusing on and you can track it.
- **Write it Down:** Place a note somewhere that you will see often and that reminds you of your resolution.
- **Be Realistic:** Want to become a millionaire this year? Try to pick something a little more realistic and attainable.
- **Break it down:** Try to break it down into increments. Making small steps towards your goal is easier than feeling your only goal is the final one. Losing 1-2 pounds a week seems easier than just focusing on 25 lbs for the year.
- **Misery Loves Company:** Having another person to hold you accountable for your actions will prompt you to focus more on your resolution. For instance, having a workout buddy will make the experience easier for both of you.
- **Incentives:** Give yourself something to look forward to. Did you reach a goal relating to your resolution? Reward yourself!
- **Hold yourself accountable:** Don't place blame on external factors - keep tabs on yourself!



Dates of Interest

New Years Day
January 1st

**National Bubble
Bath Day**
January 8th

**National Static
Electricity Day**
January 9th

Friday the 13th
January 13th

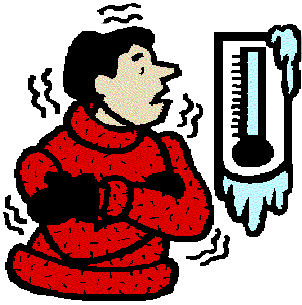
**Martin Luther
King Day**
January 16th

Chinese New Year
January 23rd



Rent is due on the **FIRST** of the month! There is a drop box available to bring your rent after-hours. Be sure to put your apartment number on your check. Also, if you plan to move, your written Notice-to-Vacate is due by **NOON** on the **LAST DAY OF THE MONTH**.

MAINTENANCE MEMO: ITS COLD IN HERE



Now that winter is here, so is the colder weather. If you have any problems keeping your apartment warm, try the following:

1. To adjust the temperature in your apartment, adjust the thermostat in your unit. This will open and close a valve, allowing water to circulate through the radiators in your apartment when opened. When the valve is closed, it causes the hot water to bypass your apartment. There is no advantage to turning the heat up to maximum; it heats at the same speed until it reaches the set temperature.
2. To control the temperature between the different rooms in your apartment, open and close the moveable dampers on top of the radiators. The dampers are the adjustable metal strips which run the length of the radiator.
3. Make sure all the windows are tightly closed and locked with the window quilts completely down.
4. Ceiling fans are a great tool in aiding the circulation of WARM air through the apartment. Because the heat in your apartment is radiant heat, it needs air flow to circulate (versus a forced air furnace system). The best air flow is accomplished by having two ceiling fans moving in opposite directions. The direction of the ceiling fans can be adjusted by moving the switch on the side of the fan.
5. Run your hand along the outside edge of the air conditioner to make sure air is not leaking into the apartment.
6. Carefully take off the front cover of the radiator and feel the pipe underneath. If the pipe is warm, the system is providing heat and the apartment should eventually warm up. In the event that the pipe is cold, please contact the office immediately.

DID YOU KNOW...

...our office is open on the first of the month every month - even if the first falls on a Sunday or holiday?

...you can pay your rent via the drop box at the office after hours on the first?

...as long as rent is IN the drop box BEFORE the office opens on the 2nd, you can avoid the late fee!

PICK YOUR NEIGHBORS!

We love resident referrals because we are glad to hear that you are happy in our community and enjoy telling your friends and family members about your experience!



In addition to getting to live near your friends and family, you will get a \$50 referral bonus taken off your rent once the person moves in and lives in their apartment for one full month. Call the office for more details!

YOUR TWO CENTS

"I hate that there is always trash on the ground by the mailboxes."

So do we! Your trash and junk mail do not belong on the ground. Please take ALL mail with you to your apartment and dispose of it there. Mail that is left on the ground will be collected, and a \$25 service fee for trash pick-up will be assessed to your rental account. Thanks for helping us keep YOUR home clean!



USING THE AFTER-HOURS PHONE NUMBERS

Sun Prairie is proud to provide our residents with after-hours customer service to be used for emergencies. Your problems and concerns are important to us, but please be conscientious of what constitutes an emergency and what can wait until the next business day. Examples of emergencies are:

Lockout: In the case of a lockout, you must be a lease signer and provide photo identification. There is also a \$35 lockout fee that will be charged to your account.

Noise Complaints: Loud parties, music, yelling, stomping, etc. Please try to address noise complaints directly with your neighbor first. Most residents would prefer to hear directly from you

that they are being noisy rather than getting a call from office staff.

Other: If you suspect a domestic dispute, criminal activity or drug use, or if there is a fire or medical emergency, first call the police, then the on-call staff. We are not a substitute for the police or fire department for this kind of emergency.

Maintenance: Please call if you do not have heat, water or electricity, you smell natural gas, there is broken glass in hall, or if you are unable to secure your apartment or garage.

DISTURBANCE 515-577-7862
MAINTENANCE: 515-577-7863
WDM POLICE: 515-222-3321




Kid's corner

I	A	Q	J	M	C	E	D	U	V	J	D	P	R	J
Z	S	O	B	U	F	Z	L	A	T	E	K	C	A	J
O	N	S	H	A	T	K	O	H	L	L	I	O	J	R
P	O	Q	E	R	O	X	C	S	B	E	G	I	C	E
E	W	B	L	I	Z	Z	A	R	D	V	L	Y	M	K
L	F	D	W	U	L	S	A	B	K	O	O	P	P	Q
C	L	E	Y	N	F	N	D	O	K	H	O	B	V	Z
I	A	T	P	A	K	E	F	T	T	S	O	R	B	T
C	K	I	B	M	V	T	F	J	G	S	C	A	R	F
I	E	H	M	W	N	T	Z	W	I	N	T	E	R	S
S	T	W	I	O	E	I	H	O	T	C	O	C	O	A
X	A	Z	C	N	O	M	B	C	K	L	E	Y	Z	Y
D	H	D	T	S	O	R	F	U	K	L	C	F	X	X
D	G	L	F	O	O	T	P	R	I	N	T	S	P	X
U	B	L	S	E	T	A	K	S	T	O	O	B	Y	R

WINTER
 SNOWMAN
 SNOWFLAKE
 BLIZZARD
 COLD
 MITTENS
 SLED
 FROST
 SKATES
 IGLOO
 SHOVEL
 HAT
 JACKET
 BOOTS
 HOTCOCOA
 ICE
 SCARF
 FOOTPRINTS
 WHITE
 ICICLE

LANGEL CHIROPRACTIC CLINIC, PC

www.langelchiropractic.net

Do aches and pains ever keep you from doing the things you love?

Would you like to learn a better way to maintain an active and healthy lifestyle?

Chiropractic care may help!

Let us provide you and your loved ones with:

- ◆ Convenient health and wellness care
- ◆ Nutritional guidance
- ◆ Personal injury care —for automobile accidents and worker's compensation
- ◆ School or sport physicals
- ◆ Treatment for sports injuries
- ◆ Physiotherapy



Call and schedule an appointment today!



With you every step of the way

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