

January 2010



COUNTRY CLUB VILLAGE

APARTMENTS



Resolutions.



Your Staff

Jennifer Livingston
Manager

Cindi Thomas
Assistant Property Manager

Dick Major
Team Leader

Betsy Behrens
Brett Gardner
Leasing Consultants

Rick Boggess
Dan Randolph
Maintenance Technicians

Brian Hudson
Grounds

Important Numbers

Office: (515) 223-1180
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Fire, Police, Emergency: 911

Office Hours

Monday, Wednesday, Thursday, Friday:
9 a.m. - 5:30 p.m.
Tuesday: 9 a.m. - 7:30 p.m.
Saturday: 10 a.m. - 5 p.m.
Sunday: 1 - 5 p.m.

Letter From the Manager

It's a brand-new year! While you've been making your New Year's resolutions, we have been making our own, and at the top of the list: We resolve to do everything we can to make you, our residents, feel at home! If the new year brings any changes, please remember to keep us updated, especially on your contact information. Thanks for ringing in the new year as one of our residents. May it be a year full of happiness for you!

Snow Removal

As winter approaches, we'd like to offer these parking tips that will allow our snow-removal crews to do their job most effectively:

- Please don't park too close to sidewalks and driveways. Make sure your bumper does not overhang any area that will need to be shoveled or plowed.
- As lots are plowed, please move your car to a cleared area so the crews can remove all of the snow.

Your cooperation helps ensure no one will be too inconvenienced by the flakes.

Thanks!

A Dream Remembered

In January, we honor the life, service and legacy of Martin Luther King Jr. He organized nonviolent boycotts and protests against racial discrimination and directed a 250,000-man march on Washington, D.C., where he delivered his famous "I Have a Dream" speech. He became the youngest person to receive the Nobel Peace Prize, and his leadership led to reform in civil rights laws for all people. This year, take a moment to remember King and the movement toward equality he inspired.

CCV and MidAmerican Energy Go Green!

Here at Country Club Village we are determined to do our part for the environment, which is why we are so excited about the upcoming changes that will be taking place in the new year. These changes will include replacing all faucet aerators, using only fluorescent lighting, changing to more efficient shower heads, and increasing insulation in the attics. Look for notices to come out toward the end of January for MidAmerican Energy associates to enter units in order to change all lighting to fluorescent bulbs.

Why is this good for you? A perk to becoming more energy efficient for environmental reasons is the long-term savings that residents will see. The new changes will lower your energy bills, which will allow residents to save some green! At CCV, we are always concerned with our residents' best interest and we are certain that everyone will reap the benefits of these new improvements!



Square. One.



Wit & Wisdom

"I like these cold, gray winter days. Days like these let you savor a bad mood." —*Bill Watterson*

"There are only two seasons—winter and baseball." —*Bill Veck*

"One kind word can warm three winter months." —*Japanese Proverb*

Say Yes to Saying No

You gave in, again. Now you're working late, hosting another shower or baby-sitting on your day off. What part of "no" don't you know how to say? It's a simple statement many have mastered, but for others—namely people-pleasers and the overly ambitious—saying no is a struggle. If you're one of those bound by obligation, take some advice from William Ury, Ph.D., author of "The Power of a Positive No."

Say yes to you first. Figure out your priorities. Need more you time? Say no to activities that help others but don't help you. After all, when you say yes to other obligations, you're essentially saying no to yourself.

Take your time. Instead of saying no right away, reply with "Let me think about it." Doing so buys you time to decide what's at stake and whether you should commit.

Say yes-no-yes. To lessen the blow, Ury suggests a yes-no-yes approach. For example, "I'm having dinner with my family tonight, so I can't review your proposal after work. But I'm happy to look at it tomorrow."

What are some other responses if you want to avoid saying no outright?

- "Not now." This phrase keeps the door open.
- "I have another commitment." No other explanation is necessary.
- "I'll help you find someone else." This shows concern.
- "I shouldn't take on more than I can handle." This demonstrates commitment to excellence.

SmartyPig Puts the Fun Back in Saving

Everyone knows you should eat right and exercise. So why don't you? Answer: instant gratification. The cheeseburger looks better than the salad. Extra ZZZs appeal more than getting up early to jog. The same goes for your financial habits: It's easier to charge the things you want on a high-interest credit card than to save up—at least until the bills come.

Two entrepreneurs, Jon Gaskell and Mike Ferrari, aim to change our bad financial habits. The two are co-founders of a new concept called wwwSmartyPig.com.

"We set out to create an innovative, online resource that would help us, and others, save for specific items and events," says Gaskell, president. "We wanted to offer a safe and secure site where savings accounts are goal-oriented."

And so wwwSmartyPig.com was born. How does it work? First, you set up your free SmartyPig account. Next, determine your savings goal—a new kitchen, a dream vacation, a car, etc. Then, identify how much to save and when you need it. SmartyPig will suggest a monthly contribution to be automatically deducted from your existing bank account. Finally, start saving toward your goal.

SmartyPig helps you along with monthly e-mails showing where you stand and giving encouragement to keep you on the right track.

Once you've reached your goal, you've got three no-fee options: 1) Receive your savings plus interest on a MasterCard debit card. 2) Stretch your dollars even further (up to 6 percent) and receive your savings plus interest on a retail gift card. 3) Transfer the savings plus interest back to your existing bank account.

With SmartyPig, you no longer have an excuse not to take control of your financial goals.

Plans. Goals.





Cheesy Chipotle Roll-Ups

Ingredients:

- 3/4 pound 90 percent lean ground beef
- 2 T. chipotle-flavored rub
- 1/4 t. salt
- 1 c. corn
- 1 small red bell pepper (1/2 c., finely diced)
- 1 1/2 c. grated Colby and Monterey Jack cheese blend
- 1/4 c. fresh cilantro, chopped
- 6 (11-inch) flour tortillas (warmed in microwave for easier handling)
- Vegetable oil spray
- 1 c. guacamole

Directions:

Preheat oven to 450° F. Place ground beef, rub and salt in 10-inch sauté pan. Cook over medium-high heat for 5-7 minutes or until beef is no longer pink. Add corn and bell pepper; cook 1-2 minutes or until vegetables are crisp-tender. Remove from heat; drain, if necessary. Stir cheese and cilantro into meat mixture. Transfer meat mixture to bowl.

Spoon meat mixture down centers of tortillas. Fold in ends of tortillas and roll up tightly. Place roll-ups on sheet pan; spray with vegetable oil. Bake 10-12 minutes or until roll-ups are lightly browned and crisp. Cut each roll-up on a bias into four slices and serve with guacamole.

Source: *The Pampered Chef*. Find recipes or a local consultant at www.PamperedChef.com.

Getting (Thank You) Carded Is Fun

Sending a thank you card after receiving a gift may seem like a no-brainer for many people. For others, however, it's a simple gesture that simply gets overlooked. While your mom may love giving you a gift, knowing you enjoyed it makes her effort all the more worthwhile. So take the time to make someone's day after he or she makes yours by sending a thank you card. Here are some tips:

Timing is everything, so be prompt with your thank you. Syndicated etiquette expert Miss Manners, Judith Martin, says to send notes of appreciation "right after presents are received ... 10 minutes afterward would be a good time." However, she says that within two weeks is an acceptable time frame.

Compose your own personal message. Miss Manners dislikes preprinted thank yous and suggests written letters are best to let givers know how much you appreciate their thoughtfulness. For example, if you receive flowers, tell the giver how great they look. Did you receive something for your home? Tell the giver you can't wait to use the item.



Refresh.



January Is ...

Financial Wellness Month

Get Organized Month

International Creativity Month

National Clean Up Your Computer Month

National Glaucoma Awareness Month

National Hot Tea Month

National Mentoring Month

Oatmeal Month

National Skating Month

National Volunteer Blood Month

National Poverty in America Awareness Month

Kick. Off.



Fresh.



Holiday ABCs for January

N is for Not looking back
 E is for Engaged in celebration
 W is for Wintertime fun

Y is for a Year of good tidings
 E is for Embracing friends
 A is for Auld Lang Syne
 R is for Resolutions

It Pays to Talk

Are you experiencing post-holiday financial woes? We are ready to line your pockets with some much needed New Year's cash. This January, when you tell your friends and family just how wonderful it is to live in our community, and someone you refer signs a lease and moves in, you receive \$150-\$200! Start paying off those holiday expenses; refer a friend today!

Three Things You Need to Know

- 1) *Stale chips?* Microwave them on a plate for 30 seconds. Then allow them to stand for one minute to re crisp.
- 2) *Drippy cone?* Stuff a mini marshmallow in the bottom of a sugar ice cream cone and then add your scoop of ice cream.
- 3) *Pounding headache?* Eat some strawberries. They contain natural ingredients found in aspirin.

Mind Games

The more we age, the more important it is to exercise one of our largest organs—the brain. Do the crossword puzzle in the newspaper, check out foreign language tapes from the local library, form a book club or bridge game, or play games online at web sites like www.Games.Yahoo.com.

Give the Gift of Life

Blood is traditionally in short supply after the holidays. Please give now, during National Blood Donor Month.

Give Bad Luck a Black Eye!

Banish bad luck for the coming year with a bowl of black-eyed peas on New Year's Day. Tradition holds that eating a bowl of black-eyed peas will bring you good luck for the coming year.

"If we had no winter, the spring would not be so pleasant. If we did not sometimes taste of adversity, prosperity would not be so welcome."

—Anne Bradstreet

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
2010 January					1 Rent Due Thank You! New Year's Day	2
3	4	5	6 Rent Late Late Fees Charged	7	8	9
10	11	12	13	14	15	16
17	18 Martin Luther King Jr. Day (Observed)	19	20	21	22	23
24	25	26	27	28	29	30
31						



New Beginnings.