

# February Community Newsletter

Tips for Living, Laughing and Loving Your Apartment Life

## FUN APARTMENT

### Making the Most of Your Space

Apartment-dwellers often complain about limited storage space, but chances are that your apartment is full of unused space: just look up. While surface area and cabinet space may be limited, chances are there's an empty stretch of real estate running all the way around your apartment.

Expand your space by making use of those oft-neglected feet and inches. Floor-to-ceiling shelving and hanging baskets are just a couple of the ways in which you can make good (and often decorative) use of your unused air space.

## APARTMENT LIVING TIP

### Do Something You Were Always Meant to!

It's a near-universal experience: every day on your way home from work you walk past a little art gallery and tell yourself that one day you're going to stop in—but you're always in a hurry to get home. Or you've been meaning to take a few days to drive two states over to meet your new niece—and she just celebrated her second birthday. Time flies. Art galleries close. Newborn relatives head off to kindergarten.

Life is busy and resources are limited. You may not be able to drop everything and make that long-anticipated trip to Italy this summer but you can take a few hours out to try ice skating or put some crazy highlights in your hair, or have lunch with an old friend you haven't made time for in ages. Don't wait for the perfect moment to do something you've always wanted to do. Do it today!

## SEASONAL RECIPE

### Valentine Trail Mix

Looking for a homemade Valentine's Day snack but don't have the time to cook or bake? Use this quick dump and stir recipe and you'll have an exciting snack to send to school or take to work. This mix is great for filling goodie bags, too!

- 4 cups miniature pretzels
- 4 cups strawberry wafers
- 3 cups chocolate Teddy Grahams
- 2 cups popcorn
- 2 cups yogurt covered raisins
- 2 cups Valentine M&Ms

Dump all of the ingredients in a large bowl and mix. Scoop a 1/2 cup into snack-size ziploc bags. Enjoy!

**FUN FACT:** Children between the ages of 6 and 10 exchange more than 650 million Valentine's Day cards each year.



## COMMUNITY TIP

### Wipe Your Illness Away

During flu season and mitigating the spread of COVID-19, it's important to remember that you may want to consider taking the necessary precautions to keep from getting yourself or others sick. Staying up to date on your flu shots and washing your hands often- for 20 seconds-with antibacterial soap also helps to keep away unwanted germs.

Make sure you disinfect your apartment by using a disinfectant spray, wiping down your counters, phone, remote control, door knobs or any other thing that you touch often in your apartment after you've had a cold/flu as well. Do everything you can do to keep whatever you had from coming back or being spread to your guests.

A few other tips:

- Shower regularly
- Keep your clothes clean
- Try not to scratch or touch your face, head, or body
- Cover your face when coughing or sneezing
- Clean your cellphone and computer devices
- Don't reuse masks, gloves, or personal care devices

## MY QUESTION

### Getting The Energy Sucked Out Of You?

**Q:** Someone told me that I could save on my electrical bill by cutting out "Vampire Electronics." What are they and how can I cut them out?

**A:** You know that little red light in the corner of your TV that stays on even when the TV is off? How about the clock on your cable receiver? What about the little GREEN light on your computer speakers? All of these things are constant electricity burning "Vampire Electronics." Sound scary? That little light on the TV could burn between \$30-150 per year in electricity. Multiply this by the number of items in your apartment that have the whole "Vampire" thing going and your bill can get pretty scary. You could save yourself a good chunk of change just by making sure these items are plugged into a power strip that you can turn off when you aren't using them. Cutting down on your use of "Vampire Electronics" will also do a small part in saving the environment. By cutting these out not only are you saving yourself some cash, but you're also saving the environment!