



# Creekwood

2056 NW 55th Blvd • Gainesville, FL 32653 • (352) 378-8379

## SEPT/OCT 2022



## NOTES & NEWS

### Important Numbers

Office ..... (352) 378-8379  
 Fax ..... (352) 378-3039  
 Emergency After Hours ..... (352) 283-4547  
 Gainesville Police Dept. .... (352) 955-1818

### Coffee at Clubhouse

Coffee & treats at Clubhouse on  
 Wednesdays, 3:30 to 5:00 pm: Please  
 join us and meet your neighbors.

### LIGHT BULB SERVICE

If you provide the light bulb,  
 Maintenance is happy to change one for  
 you. So, if you need us, please call the  
 office at (352)378-8379. Your management  
 team is at your service.

### Gainesville Police Dept.

GPD strongly encourages reporting  
 ANY suspicious activity by calling (352)  
 955-1818, or 911 for emergencies.  
 Calling increases patrols in the area and  
 generates a police presence.

# Labor Day

## HIGHLIGHTS

### Slow for Safety

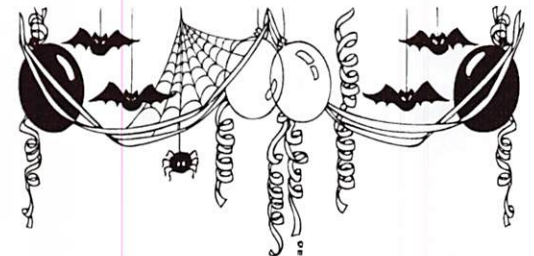
Please drive slowly while driving in  
 the community: The speed limit is 10  
 m.p.h. The life you save could be your  
 own or someone else's. Thank you.

### Our Maintenance Team Would Like to Thank You!

A big thanks goes to our residents for  
 letting us know early in the day when  
 repairs are needed, and for leaving the  
 repairs to the professionals, instead of  
 trying to fix problems themselves. Also, a  
 big thanks goes for being understanding  
 when parts have to be ordered or  
 back-ordered.

### POOL REMINDER

Just a quick reminder: All guests at  
 the pool must be accompanied by the  
 resident. Children under 18 are not  
 allowed in the pool area without a  
 parent and should not be given the pool  
 code. Please do not let anyone into the  
 pool area; if they are a resident, they will  
 have the code. This prevents  
 trespassing into the pool.



### The ABCs of Referrals

Our residents are the friendliest in town! Is it  
 any wonder we want more of the same? Tell your  
 friends and coworkers about our community! If  
 they move in as a result of your efforts, you will  
 get **\$50.00** to put toward next month's rent! Wow!  
 Make a friend a neighbor and earn some cool  
 cash at the same time!

Quiet Hours are 10:00 pm-8:00 am every  
 day: your neighbors appreciate this.  
 Thank you.

## BULLETIN BOARD

**Creekwood Staff**  
 Property Manager  
 Traci  
 Assistant Manager  
 Helen  
 Maintenance  
 Technicians  
 Thom  
 John

creekwoodapts  
 @cox.net

### Labor Day: Sept. 5

The staff wishes  
 you a relaxing day  
 off. Office is closed.  
 If you have an  
 after-hours  
 maintenance  
 emergency, call  
 (352) 283-4547.



DL58426

# TRIVIA WHIZ



## Stay Sharp With These Pencil Facts

From doodling and drawing, to writing a story or list, to filling in test answers—the humble pencil has been a part of all of our lives. Jot down a few points about pencils:

- The part of the pencil that leaves a mark on paper is commonly called lead, but it's actually graphite, a form of carbon. When graphite was first discovered, it was believed to be lead, the heavy metal.
- The earliest reference to writing with "lead" is from the first century B.C., but the modern wooden pencil wasn't invented until 1565.
- Why are so many pencils yellow? In the early days of manufacturing, the best graphite came from China, where yellow represents royalty and respect. Painting their pencils yellow was a way for companies to show that the writing utensils were high quality.
- Students are usually encouraged to bring a No. 2 pencil to class. This refers to the HB Graphite Scale, which measures how hard and black the pencil's marks are.
- Author Henry David Thoreau's father owned a pencil factory, and the family is credited with many pencil innovations that are still standard today.
- Many other writers, including Ernest Hemingway, John Steinbeck and Judy Blume, preferred writing with a pencil.
- In theory, one pencil can write 45,000 words or draw a line that's 35 miles long.
- You can use a pencil to write underwater.
- Even in today's digital age, over 14 billion pencils are made annually.



## Save Money by Reducing Food Waste

Did you know that nearly one-third of all food in the world is thrown out every year? Not only does this waste global resources, such as water, soil and energy, but it's also harmful on an individual level: Tossing food in the trash is essentially throwing money away.

To help both the planet and your budget, try these tips to reduce the amount of food wasted in your home:

*Make a plan.* Meal planning is a major money-saving tip for many

households. Note the ingredients you already have, and then decide what to eat for the next several days. Write a grocery list and stick to it, only buying what you will use for your planned meals.

*Store food correctly.* Many people throw out food that has gone bad too quickly. You can minimize early spoilage by researching which foods need to be refrigerated and what can be stored on the counter or in a cabinet. Use clear containers so you can see what's inside and airtight lids to keep food fresh.

*Repurpose items.* Most fresh fruits and vegetables can be pickled, canned or frozen to prolong their life. Scraps and peels can be simmered into tasty and healthy vegetable stock.

*Use leftovers.* Label leftovers so you don't forget to eat them in a timely manner. Or, focus instead on reducing the amount of food you cook or order from a restaurant.

## The Perks of Good Posture

Don't slouch on the importance of posture—the age-old advice from parents and teachers to "stand up straight!" can benefit your health and well-being.

Posture refers to the position your body is in at any given time, whether you're standing, sitting, sleeping or moving. Proper posture places the least strain on your muscles, bones and joints and keeps organs in their correct place. On the flip side, consistently having poor posture can lead to chronic aches and pains, as well as problems with breathing or digestion.

When sitting, adjust your posture by scooting all the way back in the seat, keeping your knees bent at a right angle and your feet flat on the floor. Straighten up with your shoulders back and your head facing forward. The optimal position while standing or walking is similar: Head up, shoulders

back and abdomen engaged.

You may notice that practicing good posture makes you look and feel more confident, which can affect your interactions with others as well as your own mental outlook. Posture is also linked to improved balance and flexibility, helping you feel steadier on your feet and protecting you from injury.

Maintaining correct posture becomes easier the more you do it, and activities such as yoga and core-strengthening exercises also help.





## WIT & WISDOM



### Speaking for Your Mind

Foreign language classes have long been staples at school settings, but recent years have seen an increase in lessons outside of the classroom. When you look at the benefits of being bilingual, it's no wonder that learning a second language is becoming increasingly popular.

Physically, those who speak more than one language typically have a higher density of gray matter in the brain, which is where most of its synapses and neurons live. These physical changes can translate to cognitive benefits: People who can speak a second language often have improved memory and executive functioning. Being bilingual may also delay the development of dementia by as much as five years, and the more languages you speak, the larger that delay grows.

Knowing another language can help you socially and professionally as well. Fluency in a foreign language is a highly sought-after career skill. Mastering just basic phrases in a second language can lead to friendships with people from a different culture. You may even be able to help in an emergency.

Fortunately, learning a second—or third!—language is easier than ever. Smartphone apps put dozens of languages at your fingertips, and many of those apps offer free lessons. Paid language programs are also available, and if you have a library card, you may be able to access these courses at no cost.

### Chicken Apple Enchiladas

These enchiladas are bursting with fresh flavor!

#### Ingredients:

- 1/2 sweet onion, diced
- 1 jalapeno, diced, plus more for garnish (optional)
- 1 Envy or Jazz apple, diced
- 2 cups cooked shredded chicken
- 8 flour tortillas
- 8 ounces shredded Mexican blend cheese, divided
- 1 can red enchilada sauce
- Fresh cilantro (optional)

#### Directions:

Heat oven to 350° F.

In skillet, cook onions until translucent. Add jalapeno and apple; saute 2 to 3 minutes.

Add cooked chicken and mix well. Remove from heat.

Lay out tortillas. Set aside 2 ounces cheese and divide remaining 6 ounces among the tortillas. Add chicken mixture to each tortilla and roll them up. Place rolled tortillas seam-side down in baking dish and cover with enchilada sauce.

Bake 20 minutes or until heated throughout. Remove from oven and sprinkle with remaining 2 ounces cheese. Return to oven for 5 minutes or until cheese is melted.

Serve with fresh cilantro and additional jalapeno slices, if desired.

Find more recipes at [HealthyFamilyProject.com](http://HealthyFamilyProject.com).



“Hope is the only bee that makes honey without flowers.”

—**Robert Green Ingersoll**

“A day without a friend is like a pot without a single drop of honey left inside.”

—**A.A. Milne**

“Handle a book as a bee does a flower, extract its sweetness but do not damage it.”

—**John Muir**

“To be forgiven is such sweetness that honey is tasteless in comparison with it. But yet there is one thing sweeter still, and that is to forgive.”

—**Charles Spurgeon**

“The words of kindness are more healing to a drooping heart than balm or honey.”

—**Sarah Fielding**

“I admire people who are suited to the contemplative life. They can sit inside themselves like honey in a jar and just be. It's wonderful to have someone like that around, you always feel you can count on them.”

—**Elizabeth Janeway**

“The sweetness of life lies in usefulness, like honey deep in the heart of a clover bloom.”

—**Laura Ingalls Wilder**

“Any land will flow with milk and honey if it is worked with honest hands.”

—**Rudolfo Anaya**

“If life is a cup of tea, gratitude is the honey that makes it sweet.”

—**Natasha Potter**



## September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September				1 Rent Is Due	2	3
4 Labor Day Rent Late OFFICE CLOSED	5	6 Oh, No! Late Fees Begin Today	7	8	9 	10
11	12	13	14 Pest Control Bldgs. A-E Exterior	15	16	17
18	19 	20	21	22	23	24
25	26	27	28 Pest Control Bldgs. F-J Exterior	29	30 	

## October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Rent Is Due
2	3	4	5 Rent Is Late	6 Oh, No! Late Fees Begin Today	7	8
9 Columbus Day	10	11	12 Pest Control Bldgs. A-E INTERIOR	13	14	15 
16	17	18	19	20	21	22
23/30	24/31 	25	26 Pest Control Interior Bldgs. F-J	27	28	29 <b>MAKE A Difference DAY</b>