



June 2010



# ANN ARBOR WOODS

2167 Medford Road • Ann Arbor, MI 48104



## Nature.



### Your Staff

Brandon Fanelli  
Resident Manager

Janene Reid  
Leasing Consultant

Matt Badics  
Maintenance Supervisor

Ken Pillsbury  
Amen Isreal  
Maintenance Technicians

BJ Mills  
Groundskeeper

### Important Numbers

Office: (734) 971-3101  
Fax: (734) 971-8443

Maintenance Requests M-F 9-5:  
(734) 971-3101

24 Hours Maintenance Emergency:  
(734) 786-4344

Ann Arbor Police:  
(734) 994-2853

Fire, Police, Emergency: 911

### Office Hours

Monday - Friday  
8:30 a.m. - 5:30 p.m.

Saturday - 10 a.m. - 4 p.m.

Sunday - Closed

## Word for June: Soak

During lazy, sultry days, many of us don't mind what Merriam-Webster's dictionary describes as "becoming saturated by" our favorite things. Whether you spend your summer days "soaking" up the sun or "soaking" in the cooling waters of a pool or other body of water, one thing is certain: June's balmy weather and carefree days allow our thoughts to drift away and truly "soak" in some much-needed relaxation.

## Travel Tip: Divide and Conquer

When traveling with family members or loved ones, consider this packing pointer to avoid the hassles of lost luggage. Separate clothing items between several suitcases, making sure each person has a change of clothes among the bags. This way, if the airline loses one person's suitcase, the unlucky one can usually get by with the things packed in others' luggage until the bag resurfaces.

## Seasonal Selections

Visit [www.SustainableTable.org](http://www.SustainableTable.org) to find out what produce is locally available any time of year.

## Some Sun Safety

Avoid a sunburn using the "slip-slop-slap" method: Slip on a long-sleeved shirt, slop on some SPF and slap on a hat.

## Motivational Tip

When you need to stick to a goal, find someone with a similar one and enlist his or her help. It's the same philosophy behind a "workout buddy." Having someone else hold you accountable for your actions is great motivation because letting someone else down is oftentimes harder than disappointing yourself. Find a goal buddy and start moving in the right direction today.

## Blend a Smoothie Sensation

Beat the heat this summer with a cold, refreshing beverage that's good for you, too. WebMD offers a list of healthy ingredients to help you create your favorite concoction. Just pick a combination of the liquids and mix-ins from the list below, or use other nutritious items, and whirl them together in a blender for a sweet treat:

*Liquids:* orange juice, apple juice, yogurt, ice chips or water.

*Mix-ins:* bananas, grapes, strawberries, blueberries, oranges, raw or cooked veggies, papaya, apples, nuts, tofu or goat cheese.

*Extras:* powdered milk, honey or cocoa powder.

## Sweet but Bumpy

National Rocky Road Day, as in the ice cream, is June 2.



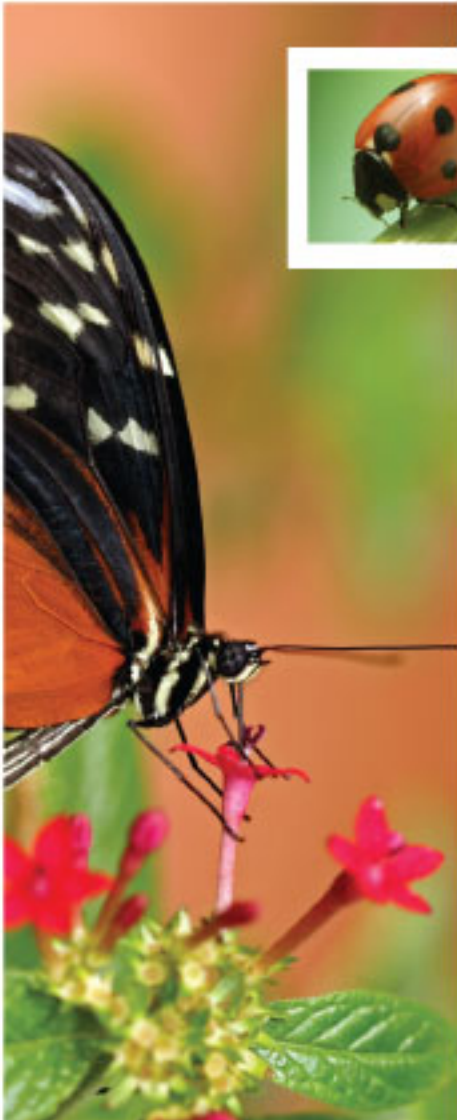
# Beauty.



## Wit & Wisdom

“In June as many as a dozen species may burst their buds on a single day. No man can heed all of these anniversaries; no man can ignore all of them.” —*Aldo Leopold*

“What is one to say about June, the time of perfect young summer, the fulfillment of the promise of the earlier months, and with as yet no sign to remind one that its fresh young beauty will ever fade.” —*Gertrude Jekyll*



## Protecting Your Privacy Online

Social networking sites continue to gain popularity and users. Maybe you got into a friending frenzy on Facebook and have seen your friend numbers climb into the thousands. Or, perhaps you're dying to set up your own Twitter account. Social media seems nearly inescapable these days, but too many people aren't taking the common-sense precaution of locking the social-media front door before heading out for vacation.

Think about the information you're sharing. Birth date? E-mail address? Phone number? Could someone unscrupulous use this information to assume your identity? Having personal information available on social networking sites leaves the door open for just that. Facebook, for example, has tons of applications that seem like fun, but each one includes a disclaimer that you're making your personal information—and your friends' information—available for others to see.

This brings us to the importance of using privacy settings. Most platforms let you shield your personal information from strangers, and some allow you to customize your privacy settings. Facebook, again, lets you control how much of your personal information your friends can reveal to applications they use.

If you haven't already, familiarize yourself with the privacy settings on the networking sites you use and decide how much contact information you want to share with others.

## Fending for Yourself in an Accident

If you've ever been involved in a car accident, you know things can happen in a flash. Preparing yourself ahead of time by knowing what to do after a collision can calm your nerves if the unexpected happens.

Keep the following items in your glove box at all times: a list of emergency contacts, pen or pencil, notepad, flashlight and proof of insurance.

If an accident occurs and it was your fault, your first reaction might be to jump out and apologize. In today's lawsuit-happy world, however, many experts advise against this. Laws are complex and what may appear as your fault might not be. Instead, offer sympathy for the interruption to both of your days without admitting guilt.

*Practice safety first.* If you cannot exit your vehicle because it would be unsafe to do so, stay in your car with your seat belt fastened. Call 911 for assistance.

*Gather the facts.* Exchange information with the other driver: name, address, phone number, insurance company, policy number, driver's license number and license plate number. Also write down a description of the other vehicle that includes make, model, year and color. Get names and phone numbers of any witnesses present.

*Document the scene.* Make notes about the collision and how it happened. Take pictures of the accident with a camera or camera phone, if possible, to provide to a claims adjuster. If a law enforcement official is not dispatched (in some locations, officers only respond if injuries are reported) be sure to file an accident report with the police department.



## Pick-a-Peck-of-Peppers Fiesta Ranch Dip

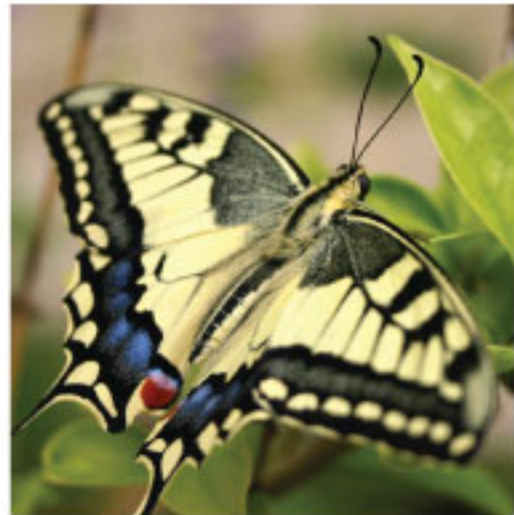
### Ingredients:

- 1 cup reduced-fat mayonnaise
- 1/2 cup fat-free sour cream
- 1/2 cup nonfat, plain yogurt
- 1 (1.1-ounce) packet ranch dip mix
- 2 each: green, red, orange and yellow bell peppers

### Directions:

Combine mayonnaise, sour cream, yogurt and ranch dip mix in a medium-size bowl; place in the refrigerator to chill. Rinse bell peppers, then slice off the tops and remove seeds. Set aside one of each color to use as serving bowls. Slice one green, red, orange and yellow bell pepper into quarters. Place one quarter of each color into a food processor and chop until fine. Remove and drain excess water. Add the diced bell pepper mixture to the fiesta dip and stir until well combined. Pour the dip into each of the whole peppers and serve with the remaining bell peppers cut into strips.

For more recipes and dips, visit the Hidden Valley web site, [www.HiddenValley.com](http://www.HiddenValley.com).



## Weather the Storm

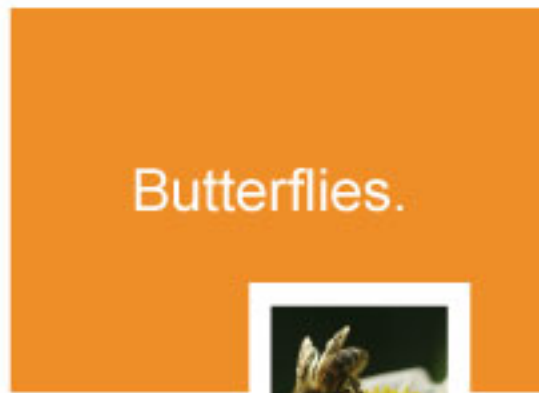
Good riddance, Ana. The same goes for Joaquin and Wanda. Your ill wind and rain won't be missed. The National Weather Service has been naming hurricanes since 1953, and those were names of recent storms. The 2010 hurricane season is upon us and it typically lasts from June through November. Here are some other snippets about these storms.

*What's in a name?* Alex, Bonnie, Igor and Lisa are among the names designated for hurricanes this year. If you are Cindy or Don, your name comes up in 2011. Visit the National Hurricane Center's web site at [www.NHC.NOAA.gov](http://www.NHC.NOAA.gov) to see lists of names through 2015.

*Boy-girl-boy.* Originally, only women's names were used. In 1979, men's names made the list and genders rotated every other storm.

*On the list.* There are currently six naming lists in use. For example, the 2009 list of names will be used again in 2015. A name is replaced if a storm is so devastating that future use of the name on a different storm would be inappropriate.

*Troubled waters.* The Saffir-Simpson Hurricane Wind Scale determines hurricane strength. A Category 1 hurricane has sustained winds from 74 to 95 m.p.h.; Category 2: 96-110; Category 3: 111-130; Category 4: 131-155; and Category 5: more than 155 m.p.h.



## Butterflies.



### June Is ...

- National Candy Month
- Effective Communications Month
- Perennial Gardening Month
- Great Outdoors Month
- International Men's Month
- Professional Wellness Month
- Rebuild Your Life Month
- National Rivers Month
- National Rose Month
- National Safety Month

## Ladybugs.



Fragrant.



### Be Inspired by Books

Just because school's out for summer doesn't mean you should stop learning. Libraries across the country organize summer reading programs that encourage people of all ages to beat summertime boredom with a good book.

### Body Knowledge: Stapes Bone

Also known as the stirrup bone, due to its shape, the stapes (pronounced stay-pee-z) is the smallest, lightest bone in the human body. It is located in the middle ear and transmits sound vibrations to the inner ear.

### Shouldering Tension

We carry a lot of tension and stress in our neck and shoulders. Most of the time, we don't even realize we're tensing up. This continuous strain can lead to neck pain and headaches. To feel some immediate relief, do a few shoulder rolls, then roll your head from side to side. Taking a few minutes to stretch and release the tension will feel like a load has been lifted off your shoulders.

### Penmanship and Personality

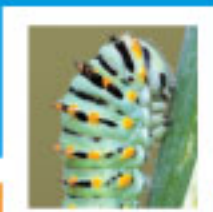
Your handwriting says a lot about you. Handwriting analysis, or graphology, is the study of handwriting in relation to human psychology. On a piece of paper, write a sentence in cursive. Does it slant to the right? If so, you are a social person and open to the world around you. To the left? You generally like to work alone or behind the scenes. Not at all? You tend to be logical and guard your emotions. For more penmanship assessments, log on to the web site *RealSimple.com* and search for keyword "handwriting."

### Little Actions Have Big Impact

When you shop for groceries, pick up a couple extra cans of food and drop them in a collection box for the local food pantry or homeless shelter.

"Tart words make no friends; a spoonful of honey will catch more flies than a gallon of vinegar." — Benjamin Franklin

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Rent Due Thank You!	2	3	4	5
6 Rent is Late	7	8	9	10	11	12
13	14	15	16	17	18	19
20 Father's Day	21 Resident Appreciation Week Begins	22	23	24	25	26 Resident Appreciation Picnic 11 a.m.- 3 p.m.
27	28	29	30	June <sup>2010</sup>		



Amazing.