

YOU COULD BE OUR NEXT EARLY BIRD WINNER!
 Please clip this out and turn it in with your rent check to enter our drawing.
EARLY BIRD WINNERS RECEIVE A CHECK FOR \$25!

NAME _____ APT # _____

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Feast on the 1st ~ Pay rent today to be entered to win a great prize!!!	2 Cookies for Kids After School	3 Saturday Afternoon @ The MOVIES
4	5	6 Late Fees Charged	7	8	9 Cookies for Kids After School	10 Saturday Afternoon @ The MOVIES
11 Last Day to Turn In Notice To Vacate	12	13	14	15 Contact us today about Renewing your Rental Agreement	16 Cookies for Kids After School	17 Saturday Afternoon @ The MOVIES
18	19	20	21	22	23 Cookies for Kids After School First Day of Autumn	24 Saturday Afternoon @ The MOVIES
25	26	27	28	29	30 Cookies for Kids After School	

LABOR DAY



How it Came About What it Means

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.



Never Forget
September 11, 2001

CREEKWOOD APARTMENTS

September 2011

Your Community Team

- Sophia Martin**
Assistant Manager
- Victor Pavlyuchenko**
Maintenance Supervisor
- Sara VonWeller**
Leasing Agent
- Cindy Swift**
Business Manager

Office Hours

- Monday Thru Friday**
9:00 am to 5:00 pm
- Saturday**
11:00 am to 4:00 pm
- Sunday**
Closed

Contact Directory

- Leasing Center**
206-824-3228
- Office Fax**
206-878-8263
- Emergency Contact**
206-797-2923

A Toast To Our Newest Residents!

We're happy here because we have welcomed some great new residents over the past few months. We are glad you have chose to live in our community and make it a place we are proud to call home. To all of our new residents: Welcome! We are thrilled to have you and invite you to stop by the Management Office anytime with queries, comments or suggestions or concerns.

Creative Ways To De- Stress and Re- Energize!

Working long hours all day, rushing the kids to and from school, agonizing over bills, and keeping a house cleaned while putting food on the table... it's enough to stress you out! But you can revitalize yourself, even if only a few minutes, using these simple methods. Practice breathing exercises. Take a 10- to 20- minute walk or run. Fix yourself a relaxing cup of herbal tea. Take a few minutes to read something funny. If you have more time, run yourself a nice bubble bath. Engage in a favorite hobby several times a week. This will help reduce stress levels while thriving in a hectic world!

Be Cautious About Valuables in Your Car

Please follow basic safety guidelines and your vehicle won't be the target for a car thief. Remember to always lock your car, even if you will be returning shortly; never leave valuables in sight; and consider investing in a locking device, such as The Club. The trick to deterring car theft is...common sense.

"EARLY BIRD" Contest Winners!

Congratulations to Robert Rubattino, our July Early Bird Contest Winner. Robert won a \$25.00 Gift Card for the Olive Garden. Congrats also to Lindsey Cahill & Joe Mulvihill, our August Early Bird Contest Winners. Lindsey & Joe won a \$30.00 Movie & Popcorn pass to AMC Theaters. All you need to do to enter is pay your rent in full, on or before the 1st day of the month. Good Luck!

Ding, Ding, Ding....

Hear that sound? It is the sound slot machines make when you win money. We will ring the bells and reward you with \$xxx when your friends move in to our community and mention your name. It is that easy.

New This Month!

A few new things happening in September to make a note of: Cookies after school every Friday; Just have the kids stop by the office after school Friday to get a cookie and say hello. Saturday Afternoon @ The MOVIES, sponsored by COMCAST. Every Friday we will have a drawing and one lucky Apartment will receive a FREE Comcast Movie Coupon for any On Demand MOVIE of their choice, and Popcorn and Soda on us!

Creekwood Apartments | creekwood_apts@pinnaclefamily.com | CreekwoodLiving.com
 2222 South 234th Street Des Moines WA 98198



Tidbits & Two Cents

Getting It All Done

Do you find yourself constantly putting things off? You are not alone! September 6th is Fight Procrastination Day. Everyone suffers from procrastination at one time or another. For some, it is an ongoing battle. There are ways, however, to jump-start your to do list.

Break tasks down into small tasks.

Saying you need to organize your kitchen cabinets can seem like a huge job, but organizing just your silverware drawer may not be so bad. For every big job, make a list of all the parts that need to be done and tackle them one by one. Pretty soon, your big job will be completed without feeling so big.

Know your weaknesses.

Take a moment to think about your worst source of procrastination. Is it doing the laundry, making sales calls, planning for dinner? Make this job your number one priority of the day. By accomplishing this task first, you will free yourself up to move forward without it hanging over your head.

Do you have 15 minutes to spare?

Even in the busiest schedule, most people can find 15 minutes a day. Budget this short time to tackling a project that you've really wanted to get done, but never seem to get to. It seems like a short time, but it is

amazing what can be accomplished in this short time. You may find that you spend even longer working on your project once you get started.

Reward yourself for a job well done.

Plan something nice for yourself--a movie, a special meal, a weekend away--but only do this if the project you've been putting off gets done. Share your goals with someone close to you and you will get encouragement along the way.

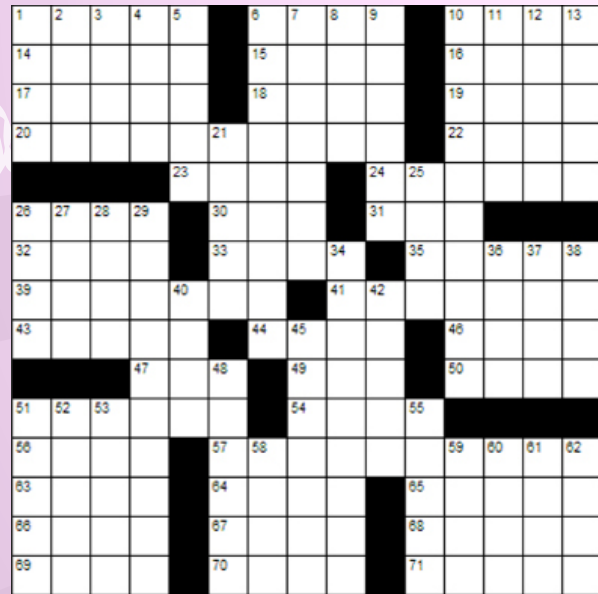
Cure the problem.

Recognize that while procrastination may be caused by simple laziness or boredom, often it is a sense of fear that keeps us from getting started. You may also feel overwhelmed or stressed in general. Take some time to examine whether eliminating some other tasks might help

you feel less pressured. If it is fear that is stopping you, working through that anxiety first will help you prepare to get the job done. Most importantly, be ready to admit if the job you are trying to accomplish is really necessary after all. You may find that it is something you'd like to get done, but that doesn't really need to be finished. Giving yourself a break may be the best way to get motivated in the long run, as you will be doing projects when you are more interested in them.



crosswordcorner



- across**
1. A unit of magnetic flux density
 6. Satiated
 10. Annoyance
 14. He plays roles
 15. Dwarf buffalo
 16. Pimples
 17. Savage
 18. Pal
 19. The Sun
 20. Alternative
 22. Thick bituminous liquids
 23. Ancient Biblical kingdom
 24. Pin

26. Cautious
30. A southern constellation
31. Bar bill
32. Found in skin lotion
33. Ancient liquid measure
35. Perch
39. Investigator
41. Reasonable
43. Not full
44. Scorch
46. Horse color
47. Prefix meaning "Above"
49. Swine

down

50. Amount owed
51. Charred
54. Any minute
56. Debauchery
57. Jubilance
63. Old stories
64. Wheel shaft
65. Australian wild dog
66. Inspiration
67. Untruths
68. Annoyed
69. Bambi was one
70. Seats oneself
71. Thorny flowers

1. Restaurant bills
2. Almond
3. Counterfoil
4. Parcels of land
5. Mountain crest
6. Manufacturing plants
7. Cold-blooded
8. Dolt
9. Bewail
10. Composition board
11. Outer or exterior
12. A vicious angry growl
13. Brusque
21. Potato state
25. Acquire deservedly
26. Earnings
27. Astringent
28. Frolic
29. Past times
34. Steel containing chromium

crosswordanswers



Stan Robinson's Most Anticipated MOVIES

The month of September signals the end of the summer movie season as the younger ones contemplate the start of the school year, along with the Labor Day holiday to cap the end of summer. Here are the choices I'm looking forward to seeing!



Apollo 18

With our space shuttle program ending, the premise for this action adventure sci-fi/fantasy story piqued my interest: Officially, Apollo 17, launched December 17th, 1972 was the last manned mission to the moon. But in December of 1974, two American astronauts were sent on a secret mission to the moon funded by the US Department of Defense. What you are about to see is the actual footage which the astronauts captured on that mission. While NASA denies its authenticity, others say it's the real reason we've never gone back to the moon.



Chasing Madoff

This drama centers on Harry Markopolos and his team of investigator's ten-year struggle to expose the truth behind the infamous Bernie Madoff scandal. Throughout the decade long investigation, Markopolos pieced together a list of bankers, lieutenants, and henchmen, all linked to the devastating Ponzi scheme.



Dolphin Tale

Based on the true story of a young boy who befriends an injured dolphin who lost her tail in a crab trap, and motivates everyone around him to help save the dolphin by creating a prosthetic tail to replace the dolphin's missing tail. Starring Morgan Freeman, Ashley Judd, Harry Connick, and Kris Kristofferson.



Dream House

Starring Daniel Craig, who's also starring in 'Cowboys & Aliens' and is the latest James Bond, as a successful publisher who quits a job in New York City. With his wife and two girls they move to a quaint New England town. As they settle into their new life, they discover their perfect home was the murder scene of a mother and her children, with the entire city believing it was at the hands of the husband who survived. As he investigates the tragedy, his only lead comes from a neighbor who was close to the family... Also starring Naomi Watts, Rachel Weisz, and Claire Geare.



Moneyball

As the baseball season heads toward the playoffs, here's a baseball themed movie! Billy Beane (Brad Pitt), general manager of the Oakland A's, one day has an epiphany: 'Baseball's conventional wisdom is wrong'. Faced with a tight budget, Beane must reinvent his team by outsmarting the richer ball clubs. Joining forces with Ivy League graduate Peter Brand (Jonah Hill), he prepares to challenge 'old-school' traditions. His plan, recruit players that the scouts have labeled as flawed, but have game-winning potential! Also starring Philip Seymour Hoffman and Robin Wright Penn.

My movie reviews and interviews will be available throughout the month at ScreenScene.org and Examiner.com Let me know what you think, Movies@StanRobinson.org That's it for September, we'll do it again for the fall movies October 2011! To watch the trailers, visit FirstLookOnline.com For movie reviews, interviews, and articles visit ScreenScene.org



If you like games, then this is your website. GameHuddle.com is gaming social network that allows you to share your gamer ids, show off your game collection, review games, read game articles, and find other gamers. A great way to hook up with people to play Call of Duty IV Modern Warfare or talk about the good old days of playing Everquest.



SEPTEMBER 2011

ASTRONOMICAL PHENOMENA

- New Moon: September 27
- First Quarter: September 4
- Full Moon: September 12
- Last Quarter: September 20



The September Full Moon is called the Harvest Moon by Native Americans of New England because at this time of the year, the light from the full moon extended the hours of light into the evening, helping the harvesters with their work.

QUICK TIPS

Healthy Living Tip

While you may have an ambitious weight loss goal, it is best to lose the weight slowly. One pound every week or two is a good goal to set. Researchers have shown that those people who lose weight slowly have the best success rate at keeping it off long-term. By focusing on slow weight loss, you will be able to incorporate lifestyle changes gradually, making it more likely you will stick to them.

Home Tip

You won't save any time drying clothes by overloading your dryer. A large load can actually take longer to dry than two smaller loads because an overcrowded dryer does not allow the clothing to tumble properly. There will also be less efficient air flow. On the other hand, drying only one or two items is not efficient either, as there will not be enough tumbling action.

Organizing Tip

You can make a compact first aid kit by starting with an empty baby wipes container. This plastic box is the perfect size to store essentials such as bandages, sterile gauze pads, adhesive tape, scissors, and antibiotic ointment. You can also add some burn cream, small bottles of pain reliever, tweezers, anesthetic spray, and some rubber gloves. Keeping it all in the wipes container means that you will have everything ready whenever you need it.

Car Tip

One early indicator of engine trouble is a decrease in your gas mileage. You can see this change if you keep a simple log book in your vehicle. Every time you fill up, jot down the number of gallons you put in your car and your car's mileage. You can then figure the gas mileage. Watch for any trends of decreasing efficiency and mention it to your mechanic if you see a significant change.