

February Community Newsletter

Tips for Living, Laughing and Loving Your Apartment Life

APARTMENT LIVING TIP

Taking Precautions Never Hurts

With Groundhog Day approaching it could be spring before we know it.

In an apartment you are sometimes working with limited space, so don't let all the junk from winter pile up around your apartment and do what you can to give yourself some room.

Store away your extra blankets, sweaters and jackets to only pull out again when it is time next winter. You'll see that the lack of cluttered items has you breathing more freely as you roll into warmer weather.

FUN APARTMENT

Welcome Your Crush Into the Community

Did you spot your future Valentine's Day date just moving in a couple of apartments down? Do you suspect you will never accidentally "run" into them, but really want to meet them? Then get out there! Take a small welcome gift (or wine, if you're really gutsy) and tell them that you're the "resident welcome wagon." They'll think you're sweet and it may eventually get a date.

Make sure to keep it simple though and definitely steer clear of flowers on the first visit! Nothing says "stalker" like being brought roses from someone you've never met. Work your way up to the flowers, my friends, work your way up.

SEASONAL RECIPE

The Snacky Lunch

A snacky lunch is just that—a lunch of snacks. Put together a variety of meats (or go meatless!), vegetables, fruits, and breads for a DIY meal.

- Crackers, croissant, rolls, or a sliced baguette
 - Variety of cheese either in blocks, wheels, slices or sticks
 - Sliced deli meats such as turkey, roast beef, ham, salami either rolled or cut into cracker-sized pieces
 - Veggie dippers
 - Ranch dressing
 - Seasonal fruit
 - Yellow mustard and other spreads like butter, mayo, or English pickle
- extra treats for a snacky lunch

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

Live for the buzz!

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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!