

WALNUT CREEK

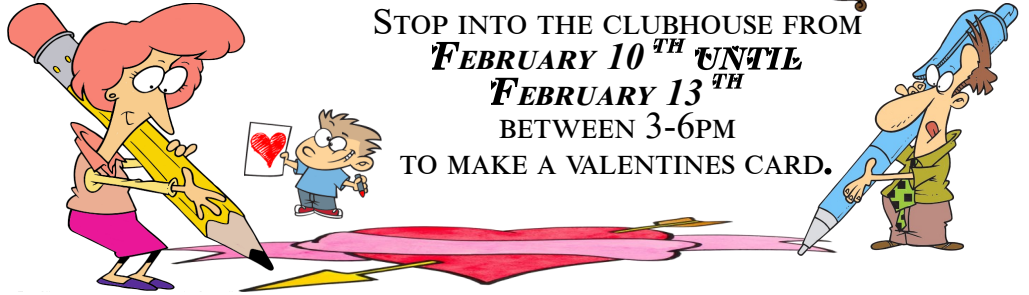
OFFICE AND AFTER HOURS
EMERGENCY NUMBER
303-404-1560
AND FOLLOW THE PROMPTS



OUR TEAM

COMMUNITY MANAGER
PYE BARRIOS
LEASING CONSULTANTS
TORI WILLIAMS
BLANCA SEGOVIA
MAINTENANCE SUPERVISOR
MARTIN TORRES
MAINTENANCE TECH
SCOTT BLACKWELL

STOP INTO THE CLUBHOUSE FROM
FEBRUARY 10TH UNTIL
FEBRUARY 13TH
BETWEEN 3-6PM
TO MAKE A VALENTINES CARD.



PAY RENT ONLINE

CONTACT THE LEASING OFFICE IF YOU NEED YOUR ACCOUNT NUMBER.



LATE FEE POLICY

1
FEBRUARY
RENT IS DUE ON THE FIRST OF THE MONTH. LATE FEES ARE 5%. CONSULT YOUR LEASE FOR MORE DETAILS.

RESIDENT REFERRAL

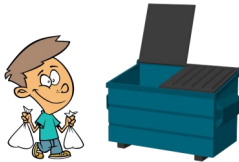
REFER A FRIEND TO LIVE AT THE WALNUT CREEK APARTMENTS AND RECEIVE \$100.⁰⁰ OFF A FUTURE MONTH OF RENT!

EARLY BIRD

PAY YOUR RENT EARLY, BY THE 26TH OF THE MONTH, TO BE ENTERED FOR A CHANCE TO WIN \$50.⁰⁰ OFF THE FOLLOWING MONTH'S RENT! ONE WINNER WILL BE DRAWN AND CALLED EACH MONTH.

TRASH

PLEASE ENSURE YOUR TRASH MAKES IT TO THE DUMPSTER. PLEASE DO NOT LEAVE TRASH IN FRONT OF YOUR DOOR!



SMOKE DETECTORS

IF YOUR SMOKE DETECTOR BEGINS TO "CHIRP", PLEASE CALL THE LEASING OFFICE AND MAINTENANCE WILL REPLACE THE BATTERY. DO NOT DISCONNECT OR DAMAGE THE DETECTORS.

KEEP IT SLOW

PLEASE BE MINDFUL OF YOUR SPEED AND KEEP IT SLOW WHILE IN THE COMPLEX.

PETS AND SERVICE ANIMALS

ALL PETS, INCLUDING ESA - EMOTIONAL SUPPORT/SERVICE ANIMALS, NEED PROOF OF VACCINES. LEASH AND CLEAN UP AFTER YOUR ANIMAL.

PARKING



PLEASE DO NOT PARK IN AREAS THAT WILL IMPEDE SNOW REMOVAL. YOU COULD BE TOWED, WITHOUT NOTICE, AT OWNER'S EXPENSE.

TWO FOR ONE

ONLY ONE WORD LIST FOR TWO DIAGRAMS! YOU MUST DISCOVER IN WHICH DIAGRAM EACH WORD IS HIDDEN.

<input type="checkbox"/> ANCHOVY	<input type="checkbox"/> ASIDE	<input type="checkbox"/> BUNDLE	<input type="checkbox"/> CABINET	<input type="checkbox"/> CUPID
R G F G T M S F E P A F	R E M I A W C H H E I W	<input type="checkbox"/> DIAGRAM	K C O H M O T O R V E V	
H M L V R R A E M C O B	S W V D A A L S T S S C	<input type="checkbox"/> ENERGY	N R W S Y R T C M P D P	
Y G R E N E E I W R C M	R S D I T U O W C A A I	<input type="checkbox"/> EVENT	K A I B I E W E A K I R	
G E V H U N B E M F N W	R N F I L L S K H I T K	<input type="checkbox"/> FICTION	I R V P N W N W R N S F	
W W E F A F R I A R W R	A N C H O V Y L L E P S	<input type="checkbox"/> FRIAR	P Y L I O O R A G N A K	
		<input type="checkbox"/> GARLIC	L E B N G B O F A T P Y	
		<input type="checkbox"/> HALLWAY	H A L L W A Y F I A T T	
		<input type="checkbox"/> HYPENA	C U Y B I G T L D I C W	
		<input type="checkbox"/> KANGAROO	N L I T K E V E N T P W	
		<input type="checkbox"/> LIKEWISE	M M F B D I P U C P P U	
		<input type="checkbox"/> MOTOR		
		<input type="checkbox"/> NAVIGATE		
		<input type="checkbox"/> OFFER		
		<input type="checkbox"/> PRISM		
		<input type="checkbox"/> SCALE		
		<input type="checkbox"/> SCANT		
		<input type="checkbox"/> SPELL		
		<input type="checkbox"/> SWANK		
		<input type="checkbox"/> SWIMWEAR		
		<input type="checkbox"/> TARANTULA		
		<input type="checkbox"/> TRIPLE		
		<input type="checkbox"/> UNITY		
		<input type="checkbox"/> WAFFLE		

NO SPACE HEATERS ALLOWED - DANGEROUS - LEGAL DEMAND

SPACE HEATERS ARE ONE OF THE LEADING CAUSES OF HOME FIRES. EVEN ELECTRIC HEATERS WITH AN AUTOMATIC SHUT OFF CAN CAUSE A FIRE.

FOR THE SAFETY OF THE ENTIRE COMMUNITY SPACE HEATERS OF ANY KIND ARE NOT ALLOWED. SHOULD WE FIND A SPACE HEATER IN YOUR HOME YOU WILL RECEIVE A LEGAL DEMAND. SECOND OFFENSE COULD LEAD TO POSSIBLE EVICTION. NO EXCEPTIONS WILL BE TOLERATED!

THANK YOU FOR HELPING US KEEP OUR COMMUNITY SAFE FOR THE ENJOYMENT OF ALL OUR RESIDENTS!

DIGITS, OR BELOW FREEZING. PLEASE DO NOT TURN OFF YOUR HEAT IF YOU PLAN ON LEAVING FOR A DAY, OR SEVERAL DAYS.

DURING COLD TEMPERATURES, IT IS A GOOD IDEA TO KEEP THE CABINETS UNDERNEATH THE BATHROOM SINKS AND KITCHEN SINKS OPEN A CRACK TO ALLOW HEAT TO FLOW TO KEEP PIPES WARM. IN THE EVENT YOU TURN ON THE WATER, BUT IT DOES NOT RUN, THEN CALL US IMMEDIATELY.

FOR AFTER HOURS CALL OUR EMERGENCY PHONE AT 303-404-1560 AND FOLLOW THE PROMPTS TO BE DIRECTED TO OUR AFTER-HOURS EMERGENCY SERVICE. ONE OF OUR STAFF MEMBERS WILL RESPOND. DO NOT LEAVE FIREPLACES OPERATING UNATTENDED AND CANDLES ARE NOT ALLOWED. Use ELECTRIC CANDLES.

COLD WEATHER TIPS

WE RECOMMEND YOU KEEP YOUR HEAT SET AT 62° F, OR HIGHER, DURING ANY TEMPERATURES IN THE LOW TEENS, SINGLE



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 	3	4	5	6	7	8
9 	10	11	12	13	14 	15
16 	17	18	19	20	21	22
23	24	25	26	27	28	

INGREDIENTS:

- 6 OZ. BITTERSWEET CHOCOLATE, CHOPPED
- 2 1/4 C. ALL-PURPOSE FLOUR
- 3 ENVELOPES HOT COCOA MIX WITHOUT MARSHMALLOWS (ABOUT 1.38 OUNCES EACH)
- 1 TSP. INSTANT ESPRESSO POWDER
- 1 TSP. BAKING POWDER
- 1/2 TSP. BAKING SODA
- 1/4 TSP. KOSHER SALT
- 1 C. SALTED BUTTER, ROOM TEMPERATURE
- 1 3/4 C. SUGAR
- 2 LARGE EGGS
- 2 TSP. VANILLA EXTRACT
- 1 1/2 C. WHITE CHOCOLATE CHIPS
- 24 MARSHMALLOWS, HALVED CROSSWISE WITH KITCHEN SHEARS

HOT CHOCOLATE COOKIES



DIRECTIONS

1. ADD A FEW INCHES OF WATER TO A SAUCEPAN AND HEAT OVER LOW HEAT UNTIL SIMMERING. ADD THE CHOPPED CHOCOLATE TO A HEATPROOF BOWL AND SET OVER THE SAUCEPAN. LET MELT, 3 TO 4 MINUTES, THEN STIR UNTIL SMOOTH. REMOVE THE BOWL FROM THE PAN AND LET COOL SLIGHTLY.
2. IN A MEDIUM BOWL, WHISK TOGETHER THE FLOUR, HOT COCOA MIX, ESPRESSO POWDER, BAKING POWDER, BAKING SODA, AND SALT TO COMBINE AND GET RID OF ANY LUMPS.
3. IN A LARGE BOWL, BEAT THE BUTTER AND SUGAR WITH AN ELECTRIC MIXER ON MEDIUM-HIGH SPEED UNTIL LIGHT AND SMOOTH, 2 TO 3 MINUTES. ADD THE EGGS, ONE AT A TIME, AND BEAT UNTIL COMBINED. BEAT IN THE VANILLA. WITH THE MIXER ON LOW SPEED, GRADUALLY ADD THE MELTED CHOCOLATE. INCREASE THE SPEED TO MEDIUM-HIGH AND BEAT UNTIL SMOOTH AND LIGHT, ABOUT 1 MINUTE. WITH THE MIXER ON LOW SPEED, ADD THE FLOUR MIXTURE AND BEAT UNTIL JUST COMBINED, 30 SECONDS TO 1 MINUTE. STIR IN THE WHITE CHOCOLATE CHIPS. COVER THE DOUGH AND REFRIGERATE UNTIL IT JUST BEGINS TO FIRM UP, ABOUT 30 MINUTES.
4. PREHEAT THE OVEN TO 350°F. LINE 2 BAKING SHEETS WITH PARCHMENT PAPER. SCOOP THE DOUGH INTO BALLS (ABOUT 1 TABLESPOON EACH) AND PLACE ON THE BAKING SHEETS, ABOUT 2 INCHES APART. BAKE UNTIL THE EDGES JUST BEGIN TO SET, 9 TO 10 MINUTES.
5. REMOVE FROM THE OVEN AND PLACE A MARSHMALLOW HALF ON THE CENTER OF EACH COOKIE, CUT-SIDE DOWN. CONTINUE BAKING UNTIL THE EDGES OF THE COOKIES ARE SET AND THE MARSHMALLOWS ARE STUCK TO THE COOKIE, 2 TO 3 MINUTES MORE. LET COOL 5 MINUTES ON THE PANS; REMOVE TO RACKS TO COOL COMPLETELY.

"CURES" FOR THE HICCUPS

DRINKING CURE: SWALLOWING WATER INTERRUPTS THE HICCUPPING CYCLE, WHICH CAN QUIET NERVES. GARGLING WITH WATER MAY ALSO HAVE THE SAME EFFECT, BUT SWALLOWING IS PROBABLY THE FASTEST WAY TO CURE HICCUPS.

PINEAPPLE JUICE CURE: SOME SAY THE ACID IN PINEAPPLE JUICE OBLITERATES HICCUPS, BUT IT'S PROBABLY JUST THE SWALLOWING ACTION THAT COMES FROM DRINKING

GULP CURE: JUST LIKE DRINKING WATER, SWALLOWING ANY FOOD OR DRINK IS A GOOD WAY TO DISPEL THE DREADED HICCUPS. IF WATER OR JUICE BORES YOU, WHY NOT HAVE A SNACK?

LITTLE BROTHER CURE: IF YOU STICK OUT YOUR TONGUE, YOU'LL STIMULATE YOUR GLOTTIS, THE OPENING OF THE AIRWAY TO YOUR LUNGS. SINCE A CLOSED GLOTTIS IS WHAT CAUSES HICCUPS IN THE FIRST PLACE, THIS USUALLY WORKS PRETTY WELL.

DRINK UPSIDE DOWN CURE: THIS ONE IS A BIT UNUSUAL, BUT IT'S NOT TOTALLY ILLOGICAL. IN ADDITION TO SWALLOWING THE WATER, IT'S PRETTY HARD TO FIGURE OUT HOW TO DRINK UPSIDE DOWN. THE CONCENTRATION NEEDED MIGHT EQUALIZE THE BREATHING AND CURE THE HICCUPS.

COTTON SWAB CURE: THIS CURE WORKS JUST LIKE THE LITTLE BROTHER CURE. TAKE A COTTON SWAB AND TICKLE THE ROOF OF YOUR MOUTH. PEOPLE WILL WONDER WHAT YOU'RE DOING, BUT IT'S BETTER THAN DRINKING UPSIDE DOWN.

SUGAR CURE: ESPECIALLY POPULAR AMONG THE SIX-YEAR-OLD SET, A LUMP OF SUGAR NOT ONLY TICKLES THE GLOTTIS, IT GETS THE HICCUPPING PERSON SWALLOWING—A DOUBLE THREAT TO THE HICCUPS.

SCAREDY-CAT CURE: THE EFFECTIVENESS OF THIS IS DUBIOUS AT BEST, SINCE ONCE YOU ASK SOMEONE TO SCARE YOU, YOU'RE NOT GOING TO BE TRULY SURPRISED. HOWEVER, IF YOU HAVE A FRIEND WITH ESP, HE OR SHE MIGHT BE ABLE TO HELP. LOSING YOUR BREATH OR GASPING MIGHT JUST RESET YOUR GLOTTIS AUTOMATICALLY.

SQUEEZE CURE: CAN'T STOP HICCUPPING? SQUEEZE THOSE SUCKERS OUTTA THERE! SIT IN A CHAIR AND COMPRESS YOUR CHEST BY PULLING YOUR KNEES UP TO YOUR CHIN. LEAN FORWARD AND FEEL THOSE HICCUPS MAGICALLY DISAPPEAR.

HEAR NO EVIL CURE: THIS CURE WAS REPORTED IN THE MEDICAL JOURNAL LANCET, SO IT HAS TO WORK, RIGHT? THE ARTICLE CLAIMS THAT IF YOU PLUG YOUR EARS, YOU WILL, IN EFFECT, SHORT-CIRCUIT YOUR VAGUS NERVE, WHICH CONTROLS HICCUPS.

BROWN BAG CURE: IT MIGHT BE THAT BREATHING INTO A BROWN PAPER BAG CURES HICCUPS BECAUSE THE HICCUPPING PERSON IS TAKING IN MORE CARBON DIOXIDE WHEN INHALING. OR, IT MIGHT BE THAT THE PERSON IS CONCENTRATING MORE ON BREATHING, SLOWING IT DOWN AND SMOOTHING IT OUT.

HOLD YOUR BREATH CURE: THIS IS ONE OF THE OLDEST HICCUP REMEDIES, AND IT USUALLY WORKS PRETTY WELL. WHAT IS THE SCIENCE BEHIND IT IT PROBABLY WORKS THE SAME WAY A PAPER BAG DOES—IT FORCES A LITTLE MORE CONTROL OVER YOUR BREATHING.

EARLOBE CURE: EARLOBES AREN'T JUST GOOD FOR WEARING EARRINGS. IF YOU RUB THEM, YOU CAN CURE YOUR HICCUPS! THIS SILLY CURE HAS NO BASIS IN LOGIC OR FACT, BUT TRY IT, WHAT DO YOU HAVE TO LOSE?

HEADSTAND CURE: NOT EVERYONE CAN STAND ON THEIR HEAD, BUT IF YOU CAN, YOU MIGHT HAVE A GOOD HICCUP CURE. BY STANDING ON YOUR HEAD, YOU'RE PROBABLY USING A FAIR AMOUNT OF CONCENTRATION AND MESSING WITH YOUR BREATHING. THIS SHOULD LEAD TO A CESSATION OF THE HICCUPS.

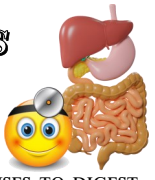
SOUND OF MUSIC CURE: IF YOU SING OR YELL AS LOUDLY AS YOU CAN FOR AT LEAST TWO MINUTES OR LONGER, YOU MIGHT NOTICE YOUR HICCUPS LEAVE THE BUILDING. BUT YOUR FRIENDS MIGHT LEAVE, TOO.

SLEEPER CURE: GIVE YOUR GLOTTIS, THROAT, AND DIAPHRAGM A BREAK—LIE DOWN ON YOUR BACK. THIS IS A GENTLER WAY TO GET RID OF THOSE OBNOXIOUS HICCUPS.

RUN FOR IT CURE: RUN. FAST. FOR TEN MINUTES.

DIGESTIVE SYSTEM FACTS

- IN A LIFETIME, THE AVERAGE PERSON PRODUCES ABOUT 25,000 QUARTS OF SALIVA—ENOUGH TO FILL TWO SWIMMING POOLS!
- YOU GET A NEW STOMACH LINING EVERY THREE TO FOUR DAYS. IF YOU DIDN'T, THE STRONG ACIDS YOUR STOMACH USES TO DIGEST FOOD WOULD ALSO DIGEST YOUR STOMACH.
- THE SMALL INTESTINE IS ABOUT FOUR TIMES AS LONG AS THE AVERAGE ADULT IS TALL. ITS LOOPS WOULD STRETCH OUT TO 18 TO 23 FEET.
- YOUR LARGE INTESTINE, THOUGH THICKER THAN THE SMALL INTESTINE, IS ACTUALLY SHORTER: ONLY ABOUT 5 FEET.
- YOUR APPENDIX IS FOUND RIGHT OFF YOUR LARGE INTESTINE AND IS TECHNICALLY PART OF YOUR GASTROINTESTINAL (GI) TRACT.
- SCIENTISTS AREN'T ENTIRELY SURE OF THE FUNCTION OF THE APPENDIX, AND HUMANS CAN EASILY LIVE WITHOUT IT, BUT ONE HYPOTHESIS IS THAT IT STORES "GOOD" BACTERIA.
- FOOD TRAVELS FROM THE MOUTH, THROUGH THE ESOPHAGUS, AND INTO THE STOMACH IN SEVEN SECONDS. YOUR ESOPHAGUS IS ABOUT 10 INCHES LONG.
- THE FANCY NAME FOR THE SOUND YOUR DIGESTIVE SYSTEM MAKES WHEN YOUR STOMACH GROWLS IS BORBORYGMUS. THAT NOISE IS MADE BY GAS MOVING THROUGH YOUR SMALL INTESTINE, NOT JUST YOUR STOMACH, BUT "MY SMALL INTESTINE IS GROWLING" DOESN'T HAVE THE SAME RING.
- WHEN YOU EAT A MEAL, IT TAKES ANYWHERE FROM TWO TO FIVE DAYS FOR IT TO WORK ITS WAY THROUGH YOUR SYSTEM. THE BULK OF THAT TIME IS SPENT IN THE LARGE INTESTINE.
- DOCTORS CAN TRACK HOW LONG IT TAKES FOR FOOD TO MAKE ITS WAY THROUGH YOUR SYSTEM—AND WHERE IT MIGHT BE GETTING STUCK—WITH A BOWEL TRANSIT TIME TEST IN WHICH YOU SWALLOW A PILL WITH A WIRELESS TRANSMITTER.
- DIFFERENT FOODS ARE DIGESTED AT DIFFERENT RATES.
- YOUR BODY PROCESSES CARBOHYDRATES MORE QUICKLY THAN PROTEINS OR FATS, SO FATTIER FOODS LIKE MEAT TAKES LONGER TO DIGEST THAN FRUITS AND VEGETABLES. THAT MEANS THAT IF YOU WANT TO FEEL FULL FOR LONGER, A SNACK WITH A LITTLE BIT OF FAT (CHEESE AND CRACKERS RATHER THAN JUST CRACKERS) WILL HELP TIDE YOU OVER UNTIL DINNER.
- SOME PEOPLE NATURALLY HAVE MORE OF THE ENZYME THAT HELPS YOU DIGEST BEANS AND OTHER "GASSY" VEGETABLES.
- BECAUSE THE DIGESTIVE SYSTEM USES MUSCLES, NOT GRAVITY, TO DO ITS WORK, YOU COULD TECHNICALLY EAT UPSIDE DOWN.
- EACH DAY, A HEALTHY INDIVIDUAL RELEASES A MINIMUM OF 17 OUNCES OF GAS DUE TO FLATULENCE. MOST GAS IS COMPOSED OF ODORLESS HYDROGEN, NITROGEN, AND CARBON DIOXIDE.
- IN SOME HUMANS—THE DIGESTIVE PROCESS ALSO PRODUCES METHANE.



VOCABULARY EXPANDER

VELLEITY

VOH-LEE-I-TEE

- NOUN -

1. THE FACT OR QUALITY OF MERELY WILLING, WISHING, OR DESIRING, WITHOUT ANY EFFORT OR ADVANCE TOWARDS ACTION OR REALIZATION.
2. A MERE WISH, DESIRE, OR INCLINATION WITHOUT ACCOMPANYING ACTION OR EFFORT.

