

Kingwood
Apartments

Kingwood's
Team

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Community News

Volume 1 Issue 3

April 1, 2010

Going Green!!!

Kingwood Apartments wants to do our part in going green! Please join the staff for a recycling day on April 3, 2010, at 4:00 pm you will be given a bag for paper, plastic, and aluminum. The individual that collects the most of these items within the time limit will receive a \$100.00 visa gift card. Adults and children are encouraged to participate. We will be grilling food afterwards at 6:00 pm. We are so excited about doing our part for the ozone and can't wait to see the turn out.



"You have the power today, to change tomorrow."

Save energy to save money. Set your thermostat a few degrees lower in the winter and a few degrees higher in the summer, this helps to cut down on heating and cooling

costs. Unplug small appliances when you are not using them. Or use a smart power strip that senses when appliances are off and goes to a power save mode. Keep your cell phones, computers, and other electronics as long as possible. Donate or recycle them when the time comes. These items contain mercury and other toxins and should be disposed of properly. The best way to go green is to stay informed and there are various sites you can visit for more info

www.thegreenguide.com

www.ourearth.org

Murfreesboro Upcoming Events

34th Annual Cannonsburgh Pioneer Day
4/17/2010 Held at Cannonsburgh village 312 S. Front Street Murfreesboro, TN 10:00 am to 5:00 pm Food, crafts, demonstrations of life in pioneer days. Free of charge contact (615) 890-0355 for more info.

Earth Day 4/24/2010

Held on the civic plaza west vine street 10:00 am to 2:00 pm Free and open to the public. The annual event offers activities, food and drinks free of charge. Contact Murfreesboro Electric Department For more info (615) 893-5514.

Murfreesboro Symphony Concert Mancini Madness

4/26/2010 Held at 7:30 pm at the 1st Methodist Church 265 W. Thompson Lane. Experience the magic that is Henry Mancini. Wear toe tapping shoes as the symphony exhibits the music of an American legend



“Loose Weight Feel Great”

“Eat your spinach and your beans if you want to be strong.”

“Beauty Is In The Eye Of The Beholder”

Olympus Athletic Club

The weather is warm and spring is in the air. If you are trying to get rid of those few extra pounds from all the holiday food Olympus is the place to go. This is free to all of the residents. You will need a photo ID and a copy of you lease located at Jackson Heights Plaza. Track, aerobics classes, sauna just to name a few

of the services that Olympus offers.

Since childhood it has been drummed into us - eat your spinach and your beans if you want to be strong; do not eat junk food, it will lead to indigestion and obesity. How often do you avoid foods which you know are not good for you - even though you are craving for them? Unless you

learn to eat healthy, you are not likely to remain healthy! Begin by shopping for healthy foods - Buy brown bread instead of white, look for low fat items, buy fresh vegetables instead of frozen ones, and buy the lean cuts of meat. Follow these tools and you are on you way to a healthier happier existence. For more tips visit:healthylivinghelp.inf/

Healthy Recipes

Spicy Wasabi Burger

Ingredients

- 1 teaspoon water
- 1 teaspoon wasabi powder
- 1/2 teaspoon Dijon mustard
- 4 ounces wild salmon fillet, cut into 1/2-inch cubes
- 1 egg white, lightly beaten
- 1/2 tablespoon low-sodium soy sauce

Directions

In a medium bowl, mix water with wasabi powder, and whisk until blended. Add Dijon mustard, salmon, egg white, soy sauce, and sesame seeds, and stir until mixed well. Form into a burger, and grill 2 to 3 minutes per side (or until desired doneness).

Serves: 1

Prep Time: 5 minutes

Cook Time: 6 minutes

Nutrition Score:

209 calories, 8 g fat (1 g saturated), 3 g carbs, 27 g protein, 0.5 g fiber, 46 mg calcium, 2 mg iron, 466 mg sodium

Pool Fun

It's that time of year again and the pool will be open soon, we will send out flyers a week before the pool is going to open. Please remember that there is no life guard on duty and any child under

14 must have an adult present at all times. A list of pool rules is posted and all are to be followed in order for everyone to be able to enjoy this wonderful amenity that we all love.

Feed Back

Please submit any ideas or stories you may have for the news letter to the leasing office for approval by the second week of every month .

April 2010

Community Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Rent Due	2	3 Recycling Day 4pm- 6pm
4	5	6	7 Rent Late Add 10%	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

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