



The Heights

October 2003

***Homeowners
Be Aware!***

***Vandals,
Beware!***



Vandalism at Autumn Heights

Recently Autumn Heights experienced malicious shenanigans at the clubhouse and pool. Someone, who has access to the swimming pool key, deliberately trashed the sauna. There was excessive water spilled in the men's bathroom, the hallway and in the sauna. Our property manager promptly sent out a crew to repair the damage to the wood and carpet. Then recently, someone used the fire extinguisher to again trash the hallway and bathrooms; and subsequently

threw the extinguisher into the pool. This behavior is improper and unacceptable. If it continues, access to the Clubhouse facilities will be limited to by-reservation-only. Perhaps there is a parent/homeowner out there who knows something and takes action: Call the police; dial 911. Homeowners be aware and vandals beware; the Association will prosecute. If you have seen something, have questions or concerns, you may contact Darren Burns at 594-0506,

fax to 594-0473, or by email at ZandRMgt@aol.com. This information will be kept confidential.

Board Position Available effective January 2004

At the Annual Homeowners Association Meeting scheduled in January, homeowners will need to elect a new board member as one position will be vacant. If you are interested in a position on the Board, please submit your resume to Claus Weidner (320E), Chairman of the Nominating Committee.



Resident Reminders

Clubhouse Reservations:

Do you need to reserve the Clubhouse for a special occasion? Call Z&R Property Management at 594-0506 to reserve the date.

Trash Receptacle at the Clubhouse:

It has come to the attention that someone is using the trash toter for personal use. Normally, this would not present a problem if it is disposed on Tuesday night and the receptacle is

not full because Wednesday is trash day. Please remember the trash receptacles are for Clubhouse-use-only, for people who reserve the Clubhouse for meetings, parties, baby showers, etc.

Asphalt Repairs: Seat Coat Specialties, Inc. will be cleaning the asphalt pavement removing loose dust and debris and filling in the cracks. Next spring, seal

coating will be applied.

FYI:



FYI Column: This section of the newsletter is dedicated to personal homeowner stuff such as sale items, personal advertising, references, etc. *and is not endorsed by the HOA.* Due to limited space, we ask homeowners to use discretion using this column.

Social Committee Update:

The Social Committee will be meeting on a different day and time. Contact Carol Pierce @ 579-5851, if you

are interested.

Book Club: A Book Club will be established sometime in the fall. If you like to read, this may appeal to you, call Ginny Bullin @ 576-1012.

Air Conditioning Update:

Eleven people have expressed an interest in air conditioning. I have solicited three bids thus far, and the average cost is about \$3,800. This amount

includes the cost for a new heater, as well. Since our units are about 20 years old, a new heater is recommended. Only one company offered a \$250 discount, for multiple units - but that estimate was at \$5,200. Furthermore, it doesn't matter, when (fall or spring) it is installed, the price is still the same. For more information, call Margie at 332-8920.

Architechtural Items

The Board has approved a specific type of window should you be interested in replacing one or more of your windows. Also bronze or almond colored screen/storm doors with full-view-

only have been approved.

Please note that any remodeling needs to be approved by the Board prior to any work done, and needs to be performed by a licensed and insured contractor. ☺



Complaint Form

As you are aware, the Board established punitive structures for violations of the Bylaws.

PLEASE NOTE:

**THE HOT TUB WILL BE
CLOSED FOR REPAIRS!**

Select Fresh Fruits This Summer!

People are born with a natural sweet preference. But instead of reaching for a fattening piece of pie or cake, reach for a piece of fruit! Fruit provides sweet-ness in a form the body can handle easily. Fresh fruits are also an excellent source of fiber for digestion and carbohydrate for energy. The most nutritious and least caloric fruits are cantaloupes and watermelons. Oranges, grapefruits, honeydews, strawberries and pineapples are high in vitamin C, a vitamin that helps maintain strong, healthy tissue, fight infection and heal cuts. Bright orange fruits such as cantaloupes and apricots are

potent sources of potassium and beta-carotene, a strong chemo-protector. Apples, prunes and plums are some of the best sources of fiber.

How to select good fruits:

Apples-Apples should be firm and crisp without a soft, watery give. Excellent ones for eating include Red and Golden Delicious, and Granny Smith.
Hint: cut apples drizzled with lemon juice prevents browning.
Apricots-Select those that are fat and golden. Or, eat them dried.
Cantaloupes-Pick ones that are a dull, creamy yellow. Look for pronounced lacy netting. The blossom ends should be slightly soft when ripe.

Grapefruit and Oranges-Choose ones that are round and heavy for the size and thin-skinned.

Pineapples-Select heavy ones with deep green leaves at the crown and a sweet aroma (not fermented or acidic). The skins should yield slightly when pressed with your finger.

Plums-Choose ones that aren't rock hard, but that are plump and firm to the touch.

Watermelons-Pick ones with a smooth surface, dullish sheen and a creamy yellow underside.



Surprising Ways to Energize Your Body

The editors of *Prevention* have these suggestions for keeping energy high:

- *Eat your heaviest meal for breakfast.* A good breakfast will help you to feel more energetic & alert throughout the day. Then eat a moderate lunch and light supper.
- *Check your iron levels.* If you don't get enough iron-

rich foods, your red blood cells can't carry enough oxygen.

- *Drink water.* You need eight 8-ounce glasses, especially if you don't get enough sleep.
- *Take a walk.* If you get moving, you'll have more energy. Physical activity stimulates the release of

hormones that affect your brain and make you feel energized. You'll sleep better and feel better tomorrow, too.

- *Put color in your life.* Leatrice Eiseman, author of *Colors for Your Every Mood*, says red is the most energizing color. Orange and purple also have a similar effect.

Home Safety Checklist

Home may be where many people feel the safest, but it's also the place where many of the most common injuries occur. **Use this checklist to make your home a safer place:**

- Keep an eye out for any object that could cause a

potential injury. Cover or move furniture with sharp edges.

- Light all walkways adequately. Use night-lights in bedrooms, bathrooms and stairwells. Never take or give medicine in the dark. Keep flashlights near beds

and in the basement

- Tag shut-off valves for your gas, water, oil and electrical supplies. Teach everyone in your home how to shut off these valves in the event of an emergency.
- Install grab bars and handrails as needed.

Checklist (continued)

- Consider areas that may cause potential burns. Purchase faucets that mix hot and cold water sufficiently.
- Find out if any of your indoor or outdoor plants are poisonous.
- Keep cleaning products and medicines in the original containers. Never store them in cups, cans or bowls that

may be mistaken as food.

- Store all household chemicals out of reach. This includes cleaning products, detergents, pest killers, liquid fuel, cosmetics and medicine.
- If little ones live at or visit your home, stick plastic safety plugs in electrical outlets that aren't in use.

Install child-safety gates at both the top and bottom of stairwells.

- Post a list of emergency phone numbers beside each phone. This list should include numbers to the police and fire departments, the local poison control center and family physicians.



Inside Story Headline

The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters can be a great way to market your product or service, and also create credibility and build your organization's identity among peers, members, employees, or vendors.

First, determine the audience of the newsletter. This could be anyone who might benefit from the information it contains, for example, employees or people interested in purchasing a product or requesting your

service.

You can compile a mailing list from business reply cards, customer information sheets, Business cards collected at trade shows, or membership lists. You might consider purchasing a mailing list from a company.

If you explore the Project Gallery, you will find many publications that match the style of your newsletter.

Next, establish how much time and money you can spend on your newsletter. These factors will help

determine how frequently you publish your newsletter at least quarterly so that it's considered a consistent source of information. Your customers or employees will look forward to its arrival.

Your headline is an important part of the newsletter and should be considered carefully.



Inside Story Headline

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Word offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

The subject matter that appears in newsletters is

virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a

column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Selecting pictures or graphics is an important part of adding content.



"To catch the reader's attention, place an interesting sentence or quote from the story here."



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Caption describing picture or graphic.

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Inside Story Headline

In a few words, it should accurately represent the contents of the story and draw readers into the story. Develop the headline before you write the story. This way, the headline will help you keep the story focused.

Examples of possible headlines include Product Wins Industry Award, New

Product Can Save You Time, Membership Drive Exceeds Goals, and New Office Opens Near You.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, and market studies.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your reader.



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**Company
Name**

Address line 1
Address line 2
City, ST 12345

Phone:
(123) 1234567

Fax:
(123) 1234567

E-Mail:
name@hotmail.com

***Add your Business
Tagline here.***

We're on the Web!

See us at:

www.Example.com

Back Page Story Headline

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Continued Story Headline

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A great way to add useful content to your newsletter is

to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can

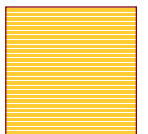
write about a variety of topics but try to keep your articles short.

About Our Organization...

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



**CUSTOMER NAME
STREET ADDRESS
CITY, STATE, 00000**