



# Audubon Oaks

September 2017

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## Lifestyle

Audubon Oaks Apartments • 4350 Audubon Oaks • Lakeland, FL 33809

### We're So Glad You're Here!

If you've recently joined our community, thank you for choosing Audubon Oaks Apartments. We value every one of our residents! If you've been with us a while, we want you to know how much we appreciate your continued residency! It takes special people like you to make our community a great place to call home!

### Holiday Office Hours

Labor Day is Monday, September 4th and we hope everyone will be able to relax and enjoy the holiday with friends and family. The Office will be closed for the day, so our Staff can also have time to spend with their loved ones.

### End of Summer Dive-in Movie

Join your friends and neighbors for "Dive-in Movie Night" on Friday, September 22nd at 8:30pm at the pool. Lounge in and around the pool while enjoying a fun, family movie. Fresh popped popcorn and icy cold beverages will be served. Now isn't that a "picture perfect" way to say goodbye to summer? See the insert for more information.

### Before the Sun Sets on Summer....

Don't let the last days of summer slip away without one last memorable summer fling. Get the family together and hit the road for a few more days of fun in the sun! Here are some great ideas to get you started: • Plan a camping weekend at the local state park. Go swimming, tubing, hiking, etc. • Gather family, and friends for a cookout, complete with hamburgers, hot dogs and a game of Frisbee. • Hit the local amusement park one last time.

### A Place for Everything

Small spaces necessitate neatness. The simplest way to achieve order in your home is to apply the rule—everything has a place. Keys go on a hook; mail goes in a basket; socks go in a drawer; books go on a shelf and magazines go in a rack. There's no need to spend a fortune at a container store, just designate a "place for everything."

### Happening in September..

**Labor Day, Sept. 4.** Celebrate the American labor movement, and the social and economic achievements of workers everywhere.

**National Grandparents Day, Sept. 10.** Send Grandma and Grandpa a card, call them, celebrate their lives.

**National Day of Service and Remembrance, Sept. 11.** Held on the anniversary of the terrorist attacks on the World Trade Center and the Pentagon.

**Constitution Day, Sept. 17.** Celebrate the signing of the U.S. Constitution on this day in 1787.

**Talk Like a Pirate Day, Sept. 19.** Arr, matey! Spend the day channeling your inner buccaneer!

**Pollution Prevention Week, Sept. 18-24.** The best way to protect the earth and its people is to stop creating pollution in the first place. Less waste and pollution means fewer hazards to public health and the environment. Pollution Prevention Week highlights the efforts of the EPA, its state partners, industry, and the public in preventing pollution right from the start.

#### YOUR COMMUNITY TEAM

**Lacey Benigas**

Community Director

**Elise Cooper**

Resident Relations

**Ashley Punausuia**

Leasing Consultant

**Diana Miranda**

Leasing Consultant

**Ramon Miranda**

Maintenance Supervisor

**Sonia Ulloa Aguilar**

Housekeeper

**Danny Rodriguez**

Maintenance Staff

**Eduardo Velazquez**

Maintenance Staff

#### OFFICE HOURS

**Monday thru Friday**

9:00 am–6:00 pm

**Saturday**

10:00 am–5:00 pm

**Sunday**

Closed

#### CONTACT INFORMATION

**Management Office**

(863) 853-9900

**Office Fax**

(863) 853-6975

**Community Website**

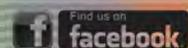
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# Get children ready for the babysitter



## Save by paying yourself first

Save, save, save! This is advice everyone hears throughout their lives, mostly from those older than they are. Given that the average American's saving rate is a paltry 5.7 percent, it appears as though many are not heeding this good advice.

According to financial blog *Get Rich Slowly*, one of the best ways to ensure that people are saving enough is to pay themselves first. This strategy means that money is put into a savings account before paying bills and before spending money on food and cell phones. Handling money in this way ensures that it is being prioritized and helps to develop healthy financial habits.

**P**arents, be honest: You need a night out every now and then, right? But finding the right babysitter can be a chore—and hoping your children behave themselves while you're gone can cast a pall on your date. Here are some tips for preparing your kids for the babysitter before you head out the door:

- **Talk about your plans.** If you spring the babysitter on your children at the last minute, chances are they'll be frightened and angry. Let your kids know ahead of time that someone else will be looking after them while you're out.

- **Introduce the babysitter.** Ask a prospective babysitter to come to your house in advance so your children can get to know him or her. If that's not convenient, at least schedule the babysitter's arrival for a half-hour or so before your departure so you can see how they interact with each other.

- **Get organized.** Be sure the babysitter knows where everything is—toys, videos, food, and especially contact numbers in case of an emergency. This helps the babysitter relax, which can give your children a feeling of comfort in your absence.

- **Stick to your routine.** Your babysitter should know when to serve dinner, what time your children should be in bed, what they're allowed to do, and what's against the rules. Again, rules and routine can provide everyone with a sense of security.

- **Be firm.** If your children start to get upset when you're ready to leave, don't immediately turn back. Give them a hug and some reassurance, explain that you'll be back, and remind them that you trust the babysitter to take good care of them. Delaying your exit can confuse them and increase their anxiety level.



**Clear and clean: Take good care of your contact lenses** More than 24 million Americans wear contact lenses, along with many more millions around the world. They're easy and convenient to use—so simple, in fact, that according to one study, fewer than 2 percent of lens users faithfully follow all the guidelines for safely cleaning them.

Don't put your eyes at risk. Pay attention to these basic but necessary rules:

- **Check your hands.** Always wash and dry your hands before handling your lenses.
- **Use the right cleaning solution.** Don't rinse or store them in tap water, and don't use your tongue or saliva to moisten them. Use fresh solution, and don't "top off" old solution with new; the active ingredients in many solutions can break down over time.
- **Keep them away from water.** Remove your contact lenses before swimming or entering a hot tub.
  - Take care of your lens case. Clean it often, and replace it every three months.
  - Replace your lenses as necessary. Stick to the schedule your eye doctor recommends.



**AMERICAN MADE** Tom Cruise stars as Barry Seal, a TWA pilot recruited by the CIA to provide reconnaissance on the burgeoning communist threat in Central America. Seal finds himself in charge of one of the biggest covert CIA operations in the history of the U.S., one that spawned the birth of the Medellin cartel and eventually almost brought down the Reagan White House through the Iran Contra scandal.



**BATTLE OF THE SEXES** The electrifying 1973 tennis match between World number one Billie Jean King (**Emma Stone**) and ex-champ and serial hustler Bobby Riggs (**Steve Carell**) was billed as the Battle of the Sexes and became the most watched televised sports event of all time. Trapped in the media glare, King and Riggs were on opposites sides of a binary argument, but off-court each was fighting more personal and complex battles. With her husband urging her to fight for equal pay, the private King was also struggling to come to terms with her own sexuality, while Riggs gambled his legacy and reputation in a bid to relive the glories of his past.

**FELT: THE MAN WHO BROUGHT DOWN THE WHITE HOUSE** The story of W. Mark Felt, the retired FBI man who admitted he was the famous anonymous “Deep Throat” source. Felt was the shadowy insider who aided Washington Post reporters Bob Woodward and Carl Bernstein in exposing the Nixon administration’s role in the Watergate and its cover-up. **Liam Neeson** and **Diane Lane** star.

**FLATLINERS** A group of medical students subject themselves to near-death experiences in order to see if anything lies beyond the big sleep. The members of the group are then revisited by physical manifestations of childhood sins, but they are not sure if what they are facing is real or hallucination.

**ALL I SEE IS YOU** Blake Lively stars as Gina, a blind woman dependent on her husband, James (**Jason Clarke**), to navigate through her life and the streets of Bangkok, where they live. When Gina completes a surgery that restores her sight, the couple’s life and relationship change in a million little ways.

**HOME AGAIN** Reese Witherspoon stars as Alice Kinney in a modern romantic comedy. Recently separated from her husband, (**Michael Sheen**), Alice decides to start over by moving back to her hometown of Los Angeles with her two young daughters. During a night out on her 40th birthday, Alice meets three aspiring filmmakers who happen to be in need of a place to live. Alice agrees to let the guys stay in her guest house temporarily, but the arrangement ends up unfolding in unexpected ways. Alice’s unlikely new family and new romance comes to a crashing halt when her ex-husband shows up, suitcase in hand.

**BRAD’S STATUS** Brad Sloan (**Ben Stiller**) has a satisfying career and a comfortable life in suburban California, but it’s not quite what he imagined during his glory days in college. Sloan keeps comparing his life with those of his four college friends, wondering what it would be like to have their well-paying and glamorous jobs. When circumstances force Brad to reconnect with his buddies, he soon begins to question whether he has failed, or is in some ways the most successful of them all.

**STRONGER** Jake Gyllenhaal stars in the inspiring true story of Jeff Bauman, an ordinary man who captured the hearts of his city and the world to become a symbol of hope following the infamous 2013 Boston Marathon bombing. It is Jeff’s deeply personal account of the heroic journey which tests a family’s bond, defines a community’s pride and inspires his inner courage to overcome devastating adversity.

**HOME ENTERTAINMENT RELEASES**

September 5	Lowriders
September 5	Megan Leavey
September 9	Rough Night
September 12	Captain Underpants
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September 12	The Mummy
September 19	Wonder Woman
September 26	47 Meters Down

# Trivia Teaser: Chasing Rainbows



**1. What creature supposedly guards the pot of gold at the end of the rainbow?**

- a-Troll,
- b-Unicorn,
- c-Giant spider,
- d-Leprechaun.

**2. What cast member of "Star Trek: The Next Generation" hosted the PBS kids' TV show "Reading Rainbow"?**

- a-Gates McFadden,
- b-Patrick Stewart,
- c-Brent Spiner,
- d-Levar Burton.

**3. What country singer had a 1990 hit with "Chasin' That Neon Rainbow"?**

- a-Alan Jackson,
- b-Randy Travis,
- c-George Strait,
- d-Travis Tritt.

**4. What kind of bird is mentioned in the lyrics of the song "Over the Rainbow"?**

- a-Robin,
- b-Bluebird,
- c-Eagle,
- d-Seagull.

**5. Which Biblical figure received a promise from God in the form of the rainbow?**

- a-Eve,
- b-Noah,
- c-Moses,
- d-Job.

**6. Who was the founder of the non-profit organizations, Operation PUSH (People**

**United to Save Humanity) and the National Rainbow Coalition?**

- a-Martin Luther King Jr.,
- b-Jesse Jackson,
- c-Ralph Bunche,
- d-H. Ross Perot.

**7. Bishop Desmond Tutu used the phrase "rainbow nation" to describe the diversity of which African country?**

- a-Madagascar,
- b-South Africa,
- c-The Sudan,
- d-Liberia.

**8. The rock groups Rainbow, Whitesnake, and Gillan were all founded by ex-members of which other group?**

- a-Def Leppard,
- b-Smashing Pumpkins,
- c-Deep Purple,
- d-Led Zeppelin.

**9. What actress was portrayed on Broadway by Tracie Bennett in the show "End of the Rainbow"?**

- a-Judy Garland,
- b-Bette Davis,
- c-Tallulah Bankhead,
- d-Sarah Bernhardt.

**10. What kind of animal was the Beanie Baby called Rainbow?**

- a-Chameleon,
- b-Unicorn,
- c-Cat,
- d-Bear.

Answers: 1-d, Leprechaun; 2-d, Levar Burton; 3-a, Alan Jackson; 4-b, Bluebird; 5-b, Noah; 6-b, Jesse Jackson; 7-b, South Africa; 8-c, Deep Purple; 9-a, Judy Garland; 10-a, Chameleon

# September 2017

					friday	saturday
					1 Rent is Due.	2 World Beard Day
sunday	monday	tuesday	wednesday	thursday		
3 Pet Rock Day	4 Labor Day Wildlife Day	5 Last Day To Pay Rent Without Late Fees.	6 Fight Procrastination Day	7 Pest Control	8 Star Trek Day	9 Wonderful Weirdos Day
10 Grandparent's Day	11 Patriot Day Patriot Day	12 Video Games Day	13 Fortune Cookie Day	14 Pest Control	15 Hug Your Boss Day	16
17 Apple Dumpling Day	18 September is National Courtesy Month	19	20	21 Pest Control	22 End of Summer Dive-In Movie! At The Pool 8:30pm	23
24 September is Self Improvement Month	25 Family Day	26 Love Note Day	27 Ancestor Appreciation Day	28 Pest Control	29 Ask a Stupid Question Day	30