



# JANUARY 2012 MONTH AT A GLANCE

birthstone : Garnet

zodiac : Capricorn (12/23-1/20)

Aquarius (1/20-2/18)

Tea Month

1/1 New Year's Day

Laurel Village Offices CLOSED

1/17 Martin Luther King Jr. Day

www.laurelvillage.com

## IMPORTANT DATES + Celebrations

## January tea time

It's the world's most popular drink, next to water—and it's steeped in health benefits.

### Black Tea

**The scoop:** Black tea is the most common variety and accounts for about 75 percent of global tea consumption. Like many of the teas here, it's made from the leaves of the *Camellia sinensis* plant, which are typically rolled and fermented, then dried and crushed. Black tea has a slightly bitter flavor and contains the most caffeine

**Health benefits:** Black tea has high concentrations of the antioxidant compounds known as theaflavins and thearubigins, which have been linked to lower levels of cholesterol.

### Green Tea

**The scoop:** Green tea has a more delicate flavor than black. The leaves are dried and heat-treated soon after they're picked, which stops the fermentation process.

**Health benefits:** Green tea is full of antioxidants called catechins; a subgroup known as EGCG may ward off everything from cancer to heart disease.

## village happenings

### 10 FILM | "The Help"

7pm | Theater Room Wilson Park Tower

### 16 AT HOME | Relaxation Workshop

7pm | Theater Room Wilson Park Tower

### 17 GET FIT | Personal Training

7pm | Fitness Studio Hennepin Crossing

### 19 GET FIT | Yoga

7pm | Event Center Wilson Park Tower

### 24 FILM | "Moneyball"

7 pm | Theater Room Wilson Park Tower

NOTE: Event Center or Fitness Studio will be closed during any event held in that room.

## December to Remember

Thanks so much to all who attended the events in December. We had a great time meeting residents at the holiday party and wrapping events. Laurel Village is committed to giving you more reasons to come home. We look forward to seeing you at all our events in 2012.

## get fit in 2012

We are pleased to offer our Get Fit Series to help you find balance in your life. Join us monthly in the Fitness Studios when our trainer Brian Beauvais comes to answer your equipment, training, and nutrition questions. For yoga beginners to regulars, our monthly yoga classes will have you at peace with yourself and getting fit. This month we are also offering a relaxation workshop with local therapist Joanne Garlich, ms lpcc. Joanne will discuss ways we can use technology to help us unwind with apps and videos as well as teach guided relaxation exercises.

### Here's to a fit and wonderful 2012!

No time to get to the gym? Create one at home with a few key pieces and exercises.

#### Jump Rope

Inexpensive and lightweight, a jump rope is one of the easiest tools for high-intensity cardio.

#### Resistance Tubing

A set of resistance tubes, used for full-body strength training, offer three resistance levels: light, medium, and heavy. Padded handles ensure proper grip, which will help you to maintain good form. Most kits include a workout DVD.

#### Yoga Mat

A yoga mat will help keep you stable during stretching and core-strengthening moves, such as planks—crucial so you won't use the wrong muscles to stay balanced and expose yourself to injury.

#### DVDs

The advantages of a DVD: For little money, you get a workout with a top trainer right in your home. *The Biggest Loser Workout* offers a few high-intensity cardio and interval-training routines, plus warm-up and cool-down exercises.

#### Stability Ball

Your core muscles are engaged with every exercise you do on a stability ball—crunches, biceps curls, incline push-ups—so for improving balance, flexibility, and strength, it can't be beat.

## building + management + maintenance

### 2011 CERTIFICATES OF RENT

All certificates will be delivered by January 31, 2012. Please note that in roommate situations all rent paid for the unit is divided by the number of roommates and each person will receive a CRP amount in equal value. This calculation is mandated by the State - it does not matter if roommates have been paying different amounts each month. In cases where roommates have moved in or out during the year, their CRP amount will be split based on the time period they occupied the unit.

### LIVE CHRISTMAS TREE DISPOSAL

Bags are available in the Management Office to place under your live trees. A dumpster will be available starting January 4<sup>th</sup>. The dumpster will be located in the Management Parking Lot behind Subway.

### SNOW EMERGENCY INFORMATION

Anytime snowfall is in the forecast, and especially when it starts to snow, there are a number of ways to find out if snow-related parking rules are in effect.

ON THE WEB | <http://www.ci.minneapolis.mn.us/snow>  
SNOW EMERGENCY HOTLINE | 612.348.SNOW

### SIGN UP FOR eVILLAGE

Haven't gone paperless? Do it today. Email your name, building name, apartment number, and best email address to [evillage@laurelvillage.com](mailto:evillage@laurelvillage.com) to receive your memos in your inbox.

eVillage is your online destination for all things Laurel Village. Here you can post an ad in the online marketplace, our version of Craig's List, or simply read through the latest memos and upcoming events. eVillage also archives all property memos and newsletters.

And don't forget, you can visit [laurelvillage.com](http://laurelvillage.com) to enter work orders or access PayLease, your link to pay your rent online.

# the **HOT** list

things to do this month

# NEWS+ HAPPENINGS



**Guthrie Theater**  
Charley's Aunt  
Now--January 15  
Julius Caesar | January 14 – February 5  
Cat on a Hot Tin Roof  
January 14 – February 26

TARGET CENTER



**Orpheum Theatre**  
Disney's The Lion King  
January 11 – February 12

**Target Center**  
Sesame Street Live  
January 11-15



**Xcel Energy Center**  
Brad Paisley | January 14



**Shout House**  
Dueling Pianos  
www.theshouthouse.com



**Wild**  
San Jose | January 10  
Dallas | January 21  
Nashville | January 31



**Vikings**  
Chicago | January 1



**Timberwolves**  
Dallas | January 1  
San Antonio | January 2  
Memphis | January 4  
Cleveland | January 6  
Chicago | January 10  
Sacramento | January 16  
Detroit | January 18  
Houston | January 23  
San Antonio | January 27  
Los Angeles | January 29



## Hitting the Slopes of Minnesota

*Ski resorts and hills. Places to take advantage of the winter weather in Minnesota, by downhill skiing, in particular, but also snowboarding and cross country skiing. Winter activities for skiers and snowboarders of all abilities. Check out the slopes on the web for ski conditions, rates, and more.*

**LUTSEN | AT** Lutsen there are four mountains with 48 groomed runs. Lutsen provides the largest and highest mountains for skiing in mid America. Check out their ski and stay packages and lift ticket rates.

**ANDES TOWER HILL | A** ski resort in Minnesota farm country begun in 1980. There are 15 runs, snowboarding, and cross country trails.

**BUCK HILL | B**uck Hill is located in Burnsville. Ski lessons, snow tubing, and cross country are available. Buck Hill is not a resort.

**SPIRIT MOUNTAIN | S**pirit Mountain is located in Duluth, where there are winter ski deals with local hotels. Spirit Mountain has a 700-foot vertical drop and 24 runs. The longest run is 5400 feet.

**WELCH VILLAGE | W**elch Village has eight chairlifts and 50 runs, with something for skiers and snowboarders of all abilities. Bunk house style lodging available.

**WILD MOUNTAIN | W**ild Mountain is located in Taylors Falls, an hour north of the Twin Cities. There are 100 acres for snowboarders and skiers.

## Relaxation Workshop

January 16<sup>th</sup> 7pm

Theater Room | Wilson Park Tower

As we enter 2012 get control of your stress and take charge of your life. Join Joanne Garlich, ms lpcc to learn how to relax and reclaim the joy in your life.

Resident Services in the Management Office | 612.375.0212  
Hours of Service | Monday through Friday 7:00 am to 6:00 pm

*A Reason to Come Home*™

**Disney's The Lion King**  
Experience the phenomenon. Visually stunning, technically astounding and with a musical score like none other you've ever heard. Giraffes strut, birds swoop, and gazelles leap. The entire savannah comes to life and as the music soars, Pride Rock slowly emerges from the mist. See the Tony Award®-winning Broadway sensation that Newsweek calls "a landmark event in entertainment." Thrill to the pulsating rhythms of the African Pridelands and an unforgettable score including Elton John and Tim Rice's Oscar®-winning song "Can You Feel The Love Tonight" and "Circle of Life."

## up close



## from the kitchen

### Winter Fruit Salad *from The Food Network*

#### INGREDIENTS

- 1/2 cup sugar
- 1 1-inch piece ginger, peeled and thinly sliced
- 1 vanilla bean, split lengthwise and seeds scraped out
- 1 lemon
- 5 large navel or blood oranges
- 2 mangoes, peeled and diced
- 2 firm bananas, peeled and diced
- 5 kiwis, peeled and diced
- 12 kumquats, very thinly sliced crosswise, seeds removed
- 1 cup pomegranate seeds (from 1 pomegranate)

#### DIRECTIONS

Combine the sugar, 2 cups water, the ginger and vanilla seeds and pod in a saucepan. Use a vegetable peeler to remove wide strips of zest from the lemon and 1 orange, add to the saucepan and bring to a boil over medium-high heat. Reduce the heat and simmer 5 minutes. Refrigerate until cold.

Meanwhile, peel the remaining oranges with a paring knife, cutting along the natural curve of the fruit. Hold an orange over a large bowl and cut along both sides of each membrane to free the segments, letting them fall into the bowl. Squeeze each empty membrane to release the juices. Repeat with the remaining oranges. Add the mangoes, bananas, kiwis, kumquats and pomegranate seeds and gently toss. Pour the syrup over the fruit and chill overnight.

Before serving, remove the citrus zest, ginger and vanilla pod. Spoon the fruit and syrup into bowls.

<b>management</b>	<b>COMMUNITY MANAGER</b>	KATHLEEN ROSENE
	<b>ACCOUNTING ASSISTANT</b>	KATIE LEATHERBERRY
	<b>MANAGEMENT ASSISTANTS</b>	KATHERINE DINSMORE ASHLEY GREENWALDT BETHANY MADETZKE
<b>leasing</b>	<b>DIRECTOR OF RESIDENT SERVICES</b>	JILL SIEBENBRUNER
	<b>LEAD LEASING AGENT</b>	GREGORY RANDOLPH
	<b>LEASING AGENT</b>	BURT BRADEEN JENNIFER WELLS
<b>caretaking</b>	<b>CARETAKING MANAGER</b>	EDUARDO VARGAS
	<b>CARETAKERS</b>	JOSE CHIQUI ISABEL MEJIA SANYAN OBOSSOU STEWART REED QUINN SWANSON ELENA VAZQUEZ
	<b>PAINTING</b>	RON KING HELEN KING
	<b>MAINTENANCE</b>	BMM INC.
	<b>SECURITY COMPANY</b>	HANNON SECURITY
<b>SECURITY CONSULTANT</b>	RON REIER	