



Quality & Affordable Rentals for Fort Smith, AR

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Fall-Winter 2012



It's Flu Season – Are you Ready

Flu is a serious contagious disease that can lead to hospitalization or even death. The Centers for Disease Control urges you take the following actions to protect yourself and others from the flu.

1. Take time to get a Flu Vaccination

A yearly flu shot is recommended as the first and most important step in protecting yourself against flu viruses. The flu vaccine will protect you against the three most common flu viruses expected to be prevalent in the current flu season. Everyone 6 months of age and older should get a flu vaccine as soon as the vaccine is available. Vaccination of high risk persons is especially important. This includes young children, pregnant women, people with chronic health conditions like asthma, diabetes, heart or lung disease and people over 65 years old. You can get a flu shot from your doctor, the county health clinic and from many local pharmacies without a prescription.

2. Take everyday preventative actions to stop germ spread

Cover your nose and mouth when you cough or sneeze and throw the tissue in the trash after you use it. Wash your hands often with soap and water or use an alcohol based hand sanitizer. Avoid touching your eyes, nose and mouth! This is your BEST protection and helps you keep from spreading germs to others. Try to avoid close contact with sick people at work and around you. If you get sick, stay home for at least 24 hours AFTER your fever has gone away and get medical care if necessary.

3. Take flu drugs if your doctor prescribes them

Antiviral drugs are different than antibiotics and must be prescribed. They can make your illness milder and shorten the time you are sick. They might also prevent serious flu complications and prevent a potential hospital stay. These drugs work best when started within 2 day of getting sick. So, if your symptoms consist of fever, cough, sore throat, stuffy nose, body aches, headache chills and fever, see your doctor early.

Please change the filters this month in your heating and air conditioning units. This will make your heating this winter much more efficient and save on your electricity bills.

Some of God's greatest gifts are unanswered prayers.

~Garth Brooks



Winners of the PIP Program this Quarter

July

Our winner in July was Shannon Rue who has lived in the Pines Apartments for several years. She had a new baby son born this year and has enjoyed all the wonderful new time with him. Congratulations Shannon! We are sure you are a great mom.

August



Leslie Bible was the August winner. Leslie has been in Fort Smith about 4 years and works as a waitress at Joe's Pizza. She just graduated with a degree as a Registered Dental Assistant and loves the Pines Apts. because they are quiet and close to her work.

September

The September winners were Jacob and Miranda Kluhn who have been at the Pines Apts. more than a year now and have enjoyed their first apartment together throughout that time. Miranda is a photographer at a major department store and Jacob is working full time and going to college.

We want to congratulate all our winners this past quarter and we thank you all for being model tenants! To be eligible for the monthly PIP program, tenants must have paid their accounts in full and on time for the previous four months. Winners receive \$50 to be used any way they wish.



How To Sell Yourself in a Job Interview

Nowdays the standards in finding a good job are highly competitive. If there are multiple applicants, here are some tips to make yourself a winner. Bring a resume to itemize your qualities and capabilities. Make sure yours is up to date.

- Strike a balance between being passive and having the tendency to brag about your achievements. Hiring managers are keen observers of character.
- Remember first impressions always last so be confident, calm, focused and step up to the plate.
- Be groomed and dress nicely in a manner appropriate for the job.
- Without exaggerating, speak of your achievements and skill sets and emphasize those things that could help the employer. Show you have potential and the right attitude.



10 Simple Things to Make You Happier at Home

Our homes are an extension of who we are: what we do within the walls of our abodes shapes our mood, affects our productivity, and influences our outlook on life. Scientific studies have shown that we can have an impact on our happiness by adjusting the tiny little habits and routines that constitute our daily lives — we are, in fact, in control of our outlook on life. It's amazing how a few tweaks to our daily habits can become a catalyst for meaningful, positive change. Here are a few simple things you can do every day to feel happier at home.

1. Make your bed. Gretchen Rubin, New York Times best-selling author of *The Happiness Project*, explains that this three minute task is one of the simplest habits you can adopt to positively impact your happiness.
2. Bring every room back to "ready." It's a known fact: Clutter causes stress; order creates a haven from it. This mood-boosting routine is simple: Take about three minutes to bring each room back to "ready" before you depart it. (Unless you have a toddler, or a partner who likes to simulate earthquakes, three minutes should be sufficient.)
3. Display sentimental items around your home. One reason that experiences (and memories of those experiences) make us happier than material things is due to the enjoyment that experiences provide: planning the experience, looking forward to the experience, enjoying the experience, and then remembering the experience. Make your home a gallery of positive memories.
4. Start a one-line-a-day gratitude journal. Before bed, simply jot down one happy memory from that day. (If you have kids, you can ask them, "What was the best part of today?") Reflection is an important part of happiness, and pausing to reflect on a positive event from each day cultivates gratitude.
5. If you can't get out of it, get into it. I love the message: The dishes are not going to clean themselves, so you will do it, and you will like it! Unless, of course, you can outsource this job, in which case I say: Nice work! Otherwise, get *into* doing the dishes. Feel the soothing warm water on your hands. Enjoy the tickle of the tiny bubbles. Crank your favorite album at an unusually loud volume, do a couple fist-pumps while shouting "Can I get a hell yeah for the dishes?"
6. Before you get up each morning, set an intent for the day. Every day, think as you wake up: today I am fortunate to be alive, I have a precious human life, I am not going to waste it. Wow. I tend to wake up with a strong visceral reaction that says, "Attention human beings: Be afraid of me before coffee. Be very afraid!" Setting a daily intent makes a huge difference. Your daily intent could be something like "be productive" or "enjoy today's delicious moments" or it could be something more specific like "say thank you to my loved ones today."
7. Do small favors for your housemates, expecting nothing in return (not even a thank you!). Mow the lawn for your husband, but don't expect him to pat you on the back. Make the bed for your wife, but don't try to get bonus points for it. Take the trash out for your roommate, just because. The ability to cultivate strong, healthy relationships is one of the biggest contributors to health and happiness, but when you start to keep score, the benefit is lost. It's a well-known fact: When you do good, you feel good.
8. Call at least one friend or family member a day. You can do this while you clean, while you make the bed, or while you walk the dog. Texts and emails do not count! Make an actual phone call to a loved one, just to chat and catch up. Socializing with our loved ones makes us feel better.
9. Spend money on things that cultivate experiences at home. Save money for a new grill for parties or a new DVD for family movie night —

something that will encourage you to have people over and entertain. Plan a summer barbeque, invite your closest friends, kick back and relax. (And don't forget to print out the pictures to remember the good times.)

10. Spend a few minutes each day connecting with something greater than yourself. Whatever your spiritual beliefs — or non-beliefs — may be, studies show that connecting to a high power is correlated with happiness. Before bed, spend just a few minutes contemplating something larger than yourself. (Or if spirituality is really not your thing, create a home spa: light some candles, soak in a hot bath, delve into a good book... are you feeling better yet?)

Answer to Puzzler: low, lowe, lower, lowlier, lwei, ow, owe, owl, pew, pillow, plew, plow, plower, pow, power, prow, prowl, row, rowel, we, weir, well, wile, will, willer, willow, willower, willpower, wipe, wiper, wire, wo, woe, wore, wow.



Chicken Breasts with Apple-Curry Sauce

A yummy fall recipe

Ingredients

- 3 teaspoons [vegetable oil](#)
- 4 small skinless, boneless chicken breast halves (4 to 5 ounces each)
- 1 [Golden Delicious apple](#), peeled, cored and sliced
- 1 small onion, sliced
- 1 1/2 teaspoons curry powder
- 1/4 teaspoon salt
- 1/2 cup [mango chutney](#)

Directions

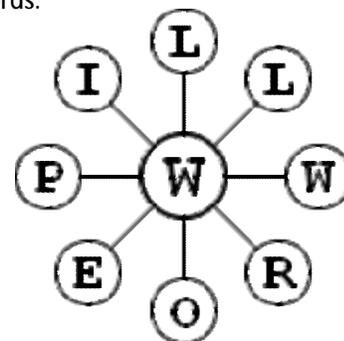
In a nonstick 12-inch skillet, heat 1 teaspoon oil over medium-high heat until very hot. Add the chicken and cook until the chicken is golden brown and loses its pink color throughout, 4 to 5 minutes per side. Remove the chicken from the skillet and reduce the heat to medium. Add the remaining 2 teaspoons oil to the skillet. Add the [apples](#) and [onions](#). Cook, stirring, until tender. Stir in the [curry powder](#) and salt; cook 1 minute. Stir in the [chutney](#) and 1/2 cup water. Heat to boiling and boil for 1 minute. Spoon the [sauce](#) equally over the [chicken breasts](#).

Per 1 breast with 1/4 of the sauce: 342 calories



PUZZLER

Using the BrainTracker grid below, how many words can you find? Each word must contain the central W and no letter can be used twice, however, the letters do not have to be connected. Proper nouns are not allowed, however, plurals are. There is at least one nine letter word. Excellent: 23 words. Good: 18 words. Average: 15 words.



Answer: See above