

MODERN Times

your property management newsletter

FEBRUARY 2012

Arizona small business growth triples national average

Arizona's small-business employment grew by 0.7 percent in January -- a rate more than three times the national average -- according to Intuit's latest Small Business Employment Index.

The Mountain U.S. census division, which includes Arizona, saw the most small-business growth with a 0.6 percent increase for the month. The nationwide average growth was 0.2 percent and Arizona led the pack with the 0.7 percent growth.

Nationwide, small businesses created 50,000 new jobs in December.

Intuit Latest from The Business Journals Report shows slow small business job growth for Jan. Report: Slow small-business job growth for Jan. Report: Slow small business job growth for Jan. Follow this company's figures show that small business employment nationwide has continued to grow since the first quarter of 2011.

Nationwide, compensation per employee decreased by 0.09 percent in January and now stands at \$2,632 per month. That compares with the revised December figure of \$2,706 per month.

Monthly hours worked nationwide decreased by 0.05 percent in January to 107.5 hours.

source: Phoenix Business Journal

SPRING TRAINING

There's nothing like Spring Training in Arizona

With more than 200 Major League Baseball games in just 30 days, you'll find plenty of chances to catch America's pastime in action!

With clear, blue skies and comfortable temperatures from the mid-70s to mid-80s, Arizona is the perfect place for Spring Training. While the rest of the country is looking to a groundhog to predict when the snow will melt, you'll revel in the heart-pounding baseball games!

Spring Training brings hundreds of thousands of fans to Arizona every year. Throughout the state, baseball enthusiasts follow their favorite teams to the Grand Canyon state. During the 2011 season, Spring Training game attendance was strong, with an average of more than 6,800 baseball fans packing into each game. Average attendance at an Arizona Diamondbacks game was 11,161 fans.

You can download the Cactus League Schedule in an easy-to-read calendar format; it includes ticket information. Or, visit the official website of the Cactus League.

TENANT SPOTLIGHT



TAP AND SONS ELECTRIC 50 years ago, the family electrical tradition began with "A man's word is his honor" as the rule to follow. Today, at TAP and Son's Electric we "Honor our word" as we pay respect to our foundation and proudly offer to you our family values while serving all your electrical needs. From your home to your office, TAP and Sons Electric provides service for all of your electrical needs.

Tap and Sons Electric is located at 2715 S. Hardy Drive in Tempe, AZ.

INSIDE THIS ISSUE:

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Eight Bad Work Habits -- and How to Break Them

When you're considering goals for yourself, don't forget to examine your work life. What changes could you make to become a more productive and pleasant colleague?

Here is a list of common bad habits at work -- and how to break them:

1 Planning Poorly

Do you spend your first hour at work wondering what you should work on today? So many people, when they leave their office at 4 to 6 p.m., really have no clue what they're going to do first thing the following morning. It's more efficient to plan your next day before you leave work.

2 Spending the Day in 'Email Reaction Mode'

Answering every email as it comes in may make you seem responsive, but it's not productive. You may feel like you're being a hero because you're dealing with all your email, but it has nothing to do with achieving your goals.

3 Abusing Work-from-Home Privileges

Yes, you save time when you work from home by not commuting. But too many people are easily sidetracked by the laundry, their kids or a quick errand. If you work from home, make sure you're putting in a full day's work -- and that you're accessible to your colleagues during the workday.

4 Putting Personal Life Before Work

Everyone has emergencies from time to time. But it's annoying to have to fill in for the colleague who is late every morning because he's checking on his home-remodeling project, or who misses an entire afternoon because he scheduled a routine dentist appointment for 1:30 p.m.

5 Being Late for Meetings

People who show up 5 or 10 minutes late for a meeting cause a domino effect. Meetings later that day may be thrown off schedule because the earlier ones ran late. And people who show up on time feel their time is being wasted.

6 Not Taking Care of Health and Hygiene

A sloppy appearance will cause a poor first impression. Also, if your hygiene is bad, your health is probably bad. An added benefit of eating well and exercising: You'll have more energy.

7 Using Inappropriate Humor

Your coworkers may not appreciate your sense of humor. Skip the off-color or racially targeted jokes. And be careful about sensitive subjects such as politics and religion.

8 Not Caring About Your Work

People like coworkers who are enthusiastic about what they do. Show that you take pride in your job by presenting yourself well, communicating clearly and doing your best work.

source: monster.com

TODAY'S TIP:

Removing Superglue

There is a simple way to take it off, but first, let me tell you a story. Petroleum will break down super glue, so you can easily remove it with gasoline. However, a less flammable and less dangerous solution is to use Vaseline to rub the hardened glue off your fingers.



IT'S TAX TIME!

More than **12,000 free tax preparation sites** will be open nationwide this year as the Internal Revenue Service continues to expand its partnerships with nonprofit and community organizations providing vital tax preparation services for low- to moderate-income and elderly taxpayers.

Locations nationwide are listed on www.IRS.gov.



Not a guilty pleasure

Chocolate is sinfully delicious, but healthy too!!! Today, chocolate is used to satisfy a sweet tooth more than anything else. Recent research about the health benefits of chocolate may encourage you to delve into the world of chocolate a little more. The findings suggest that the consumption of chocolate may help prevent high blood pressure, improve heart health, and provide numerous antioxidants. In addition, studies have found chocolate may improve mood by boosting the brain chemical serotonin.



When shopping for chocolate, label reading is essential “because all chocolate is not created equal, and not all types of chocolate offer these health benefits. To get the health benefits of chocolate, choose dark varieties. The compounds that benefit your health (antioxidants and phenols) are in the cocoa solids.

The more cocoa solids your chocolate has, the darker the chocolate will appear. But you can’t rely on looks or marketing alone since any chocolate can be labeled “dark” even if it does not contain a high concentration of cocoa. The first ingredient on the label should be cocoa, chocolate, or cocoa liquor. Choose a product that contains at least 70 percent cocoa. This percentage should be listed on the label. I have personally found the higher the percentage of cocoa the more satisfying the chocolate will be in smaller quantities; so enjoy this not so guilty pleasure in moderation.

NUTRITION TIP

Studies have shown that consuming a small bar of dark chocolate everyday can reduce blood pressure in individuals with high blood pressure.

Maintenance Request?

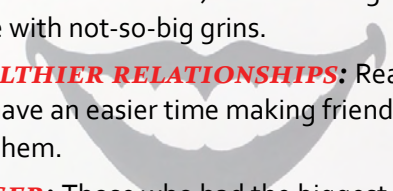
MODE’s in-house Building Engineers are HVAC certified, and are capable of handling commercial plumbing, air conditioning, electrical and overall maintenance and trouble-shooting.

Our maintenance staff is equipped and prepared for direct maintenance activities, preventative maintenance, predictive maintenance, repair, replacement and renovation & improvement so **don’t hesitate to contact a MODE representative to place a maintenance request.**

480.294.6000

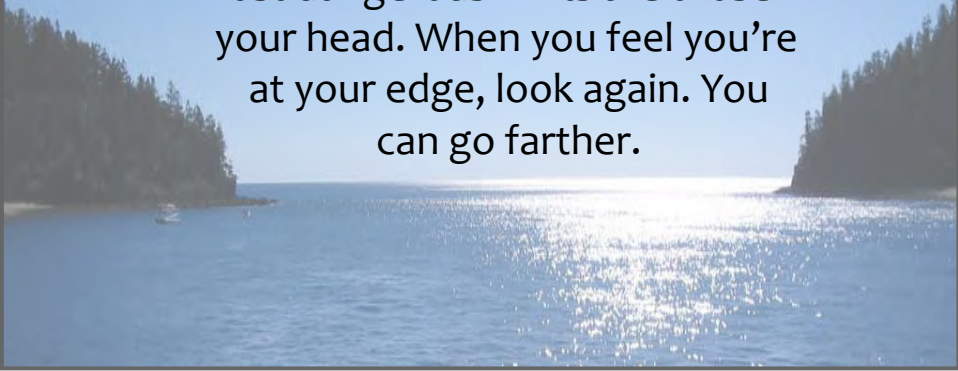
5 really good reasons to smile (right now!)

- **YOU’LL FEEL BEAUTIFUL:** Your smile might be your top asset. In a study by the American Association of Orthodontists, people rated faces (regardless of physical characteristics) with beaming smiles as more attractive than those with not-so-big grins.
- **YOU’LL HAVE HEALTHIER RELATIONSHIPS:** Reams of research proves that smilers have an easier time making friends and - more important- keeping them.
- **YOU’LL LIVE LONGER:** Those who had the biggest smiles lived, on average, seven years longer than their stoic counterparts did.
- **YOU’LL LOOK FITTER:** People with “perfect” smiles (white, aligned teeth) are considered more athletic than those with bad teeth.
- **YOU’LL BE IN A CHEERY MOOD:** A study by the American Psychological Association journal indicates that participants who were told to smile sincerely while watching a video reported feeling happier when the show ended.



SEEK NEW HORIZONS

Once upon a time, we believed the world was flat-that beyond a certain point, there would be nowhere to go. And though we now know the world is round, we still fear falling off imaginary edges, too often thinking there's only so far we can stretch, so hard we can push. The most dangerous limits are those in your head. When you feel you're at your edge, look again. You can go farther.



LAUGHING

LOWERS LEVELS OF STRESS HORMONES AND STRENGTHENS THE IMMUNE SYSTEM. SIX-YEAR-OLDS LAUGH AN AVERAGE OF 300 TIMES A DAY WHILE ADULTS ONLY LAUGH 15 TO 100.



Trivia!

Jimmy's mother had 4 children. She named the first Monday, the second Tuesday, and the third Wednesday. What was the name of the fourth child?

answer under calendar on pg 5

DID YOU KNOW...

Apples, not caffeine, are most efficient at waking you up in the morning.

MOMMA CHICKEN "ASTRID"

"POPCORN" CHICKEN

CHICKEN "HAWK"

LUCKY "LUCY"

CHICKEN "NUGGET"

ASTRID & CHICKENS!

PET & OWNER OF THE MONTH

MEET "POPCORN" & "LUCY", THE WHITE LEGHORN CHICKENS, AND "NUGGET" & "HAWK" THE BROWN PRO-RED CHICKENS. ALL 4 ARE ACTUALLY LAYING HENS AND WE LOVE THEM! FUN AND SMART! THEY CLUCK MERRILY WHEN THEY SEE US AND FOLLOW US EVERYWHERE WE GO! 3 MONTHS OLD, NOT LAYING YET BUT WE CAN'T WAIT FOR THE FANTASTIC FREE RANGE EGGS THAT WILL COME SOON. LUCY GOT HER NAME AFTER TANGLING WITH A CAT. WE THOUGHT SHE WASN'T GOING TO MAKE IT BUT SHE SURVIVED AND IS THE FRIENDLIEST OF THE BUNCH!

Interested in nominating a co-worker? Send a photograph and a short bio about the pair to lwagner@modecommercial.com

FEBRUARY 2012

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

Answer from pg 4: JIMMY

events calendar

Groundhog Day
February 2nd

Superbowl
February 5th

Tu Bishvat
February 8th

Valentine's Day
February 14th

Washington's Birthday
February 20th

Mardi Gras
February 21st

Ash Wednesday
February 22nd

Glendale Chocolate Affaire
Downtown Glendale
Feb. 3 - 5

Waste Mgmt. Phoenix Golf Open
TPC Scottsdale
Jan. 30 - Feb 5

AZ Renaissance Festival
Apache Junction
Feb. 11 - April 1

NHRA Drag Racing
Firebird International Raceway
Feb. 17 - 19

Arizona Beer Week
Statewide
Feb. 18 - 25

Leap Day

February Observance & Fun Facts

Birthstone: *AMETHYST*

Fruits & Veggies for the Month of February: *ORANGES, STAR FRUIT, CALABAZA SQUASH, CHAYOTE SQUASH, BITTER MELON*

February Flower: *VIOLET*

Astrological Signs: *AQUARIUS (until 18th) & PISCES (19th on)*



7,175

Number of farmers' markets throughout the U.S., a number that has increased 17 percent since 2010.



BREAKFAST - the most important meal of the day

BREAKFAST BURRITO

INGREDIENTS

- 3 oz chorizo sausage, finely chopped
- 2 large eggs, whisked
- 2 tablespoons sour cream
- 2 ounces shredded cheese
- 1 large burrito-sized tortilla

DIRECTIONS

Preheat oven to 400 degrees.

In a small pan, cook the chorizo over medium heat until cooked through. Drain excess fat.

Place the tortilla on a cookie sheet covered with a very damp, clean dish towel. Let the tortilla cook for about 3 minutes.

Whisk together the eggs and sour cream. It's okay if it's slightly lumpy. Pour the eggs into the pan over the chorizo and cook over medium heat and stir while cooking to scramble the eggs.

Take the tortilla out of the oven and place eggs down the center and then top with shredded cheese. Fold up the burrito and let it sit for about one minute to let the burrito mold itself closed.

