

MODERN Times

your property management newsletter

JANUARY 2012

BREAKFAST: the most important meal of the day

Just as your car works better when it has gas in its tank, your body works better when you give it adequate morning fuel. Many people push their bodies through a busy day with an empty gas tank. The result is LOW energy, cravings for sweet foods, high intake of cookies and treats, and often undesired weight gain.

Don't Skip Breakfast

Of all the nutritional mistakes that you might make, skipping breakfast is the biggest. If you exercise in the morning, it is extremely important to have breakfast or a light bite before a workout. This will prevent light headedness and allow a more efficient workout. A high energy breakfast sets the stage for a high-energy day.

Coffee Q & A

Q: Is coffee bad for me? How does it affect my health?

A: Because coffee is so widely consumed, it has been extensively researched. To date, there is no obvious connection between caffeine and heart disease, cancer or blood pressure. According to leading medical and scientific experts, normal coffee consumption produces no adverse health effects. (1-2 cups, 12-16 oz daily)

Q: What does coffee do to my body?

A: The caffeine in coffee is a mild stimulant that increase the central nervous system. Caffeine helps you stay alert and enhances mental focus. The stimulant effect peaks in about one hour and then declines as the liver breaks down the caffeine. If you are an occasional coffee drinker, you tend to be more sensitive to the stimulating effects.

*Excessive caffeine can make you feel jittery and interfere with sleep.

No Morning Appetite?

Choose foods that contain whole grains, lean protein and healthy fats. Your goal is to eat about 1/3 of your daily calories in the morning.

TENANT SPOTLIGHT

On The Mend On The Move Physical Therapy



On the Mend On the Move Physical Therapy Inc. at 7525 E. Broadway Road in Tempe is a family owned and operated physical therapy company that provides both Home Outpatient Physical Therapy and Physical Therapy in the clinical setting. All of our staff pride themselves in not only providing the best evidence based practices but also providing a warm welcoming environment to all patients and their families.

The company itself started as an idea on a napkin at Denny's and we first ran the company out of our garage. We have currently been in business for 5 1/2 years, now have 12 staff members including 5 therapist's and a massage therapist. We pride ourselves in making sure that all of our patient feel like they are part of the FAMILY!!!

Don't Forget to... TREECYCLE!

Are you one of the thousands of Valley residents who purchased a fresh cut Christmas tree this year? Please remember to recycle your tree after removing all nails, tree stands, lights and decorations.

IMPORTANT NOTE:

Wreaths, snow flocked trees and artificial trees cannot be recycled and therefore cannot be accepted at drop-off sites.



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Slimmer you, fatter wallet

With the economy flat, we've all been trying, like smart consumers, to save a bit more green. But same-old, boring advice like "shop your closet" or "forgo Starbucks for home brew" is enough to make you want to gag on your latte. Still, as we all know, you've got to cut back somewhere if you want to save. Here's how to get started.



Super saver basics

1 Plan ahead to get ahead

Every food and finance pro says that meal planning and shopping lists are key to preventing impulse buys that jack up your bill.

2 Seek out sales

A store's sale items, not your stomach, should dictate which items you toss into your cart. Take a quick look at the store's website before heading over, then make a beeline for the items you want. Otherwise, grab a copy of the circular on your way in-and stride right past distracting temptations.

3 Stockpile staples

Experts recommend that when you spot a good discount on canned goods or anything freezable, such as soup, pasta sauce or meat, get two or three of the items and store the extras.

4 Divide your food dollars

Grocery gurus suggest going to a separate produce market to buy fruits and veggies. You may think this would be a time-suck, but you'll be happy with the savings in the end.

5 Shop solo

If your kids are begging for cereal or antsy to get out of the store, you tend to make more impulse purchases. That can hurt you at the cash register and on the scale.

6 If you forgot it, forget it

If you forgot something on your weekly trip, make do by subbing what you have on hand for the missing ingredient.

(source: Self Magazine)



Protect. Don't Provide

Did you know the brain doesn't mature until the age of 25? Drinking at an early age can have permanent effects on a developing brain. Studies have shown that **the average youth starts to drink at age 13** and four out of 25 get their alcohol from adults. Support healthy youth development by simply saying no to underage drinking.



MANAGING STRESS

If you're having difficulty coping with life's demands, we call this "stress." A life without some stress would be boring. Most of us like some challenges, but too much stress creates problems.

People who are overly stressed report difficulty concentrating, feelings of worry and fear, a sense that the body is wound up (tense muscles, sweaty palms and a pounding heart), irritability with others and exhaustion. Too much stress over a long period of time can put your health at risk.



STRESS MANAGEMENT SUGGESTIONS

PHYSICAL ACTIVITY - Take a brisk walk or engage in other physically demanding activities. Regular physical activity is best.

PROBLEM SOLVING - Learn problem solving skills, as this can often improve your ability to cope.

RELAXATION TRAINING - Learn relaxation and mindfulness skills. There's some evidence that daily relaxation may protect you from at least some of the physical responses to stress.

EXPRESSION - Speak up in respectful ways. Sharing thoughts and feelings in an assertive and respectful manner can sometimes help buffer stress.

TIME MANAGEMENT - List what needs to get done, make plans for addressing issues and stick to the plan.

POSITIVE THINKING - Stress is often associated with negative, self-critical thinking. Focus your attention of positive thoughts about yourself, favorite songs, poems, prayers or hobbies.

PLEASANT ACTIVITIES - Often, you may be experiencing stress because you're not making time for fun in your life. Plan to have regular, enjoyable activities and see if this buffers your stress.

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



4 ways to infuse your cubicle with calm

- **FIND YOUR FOOTING:** Next time you're feeling overwhelmed, press your feet against the floor. Establishing a strong physical foundation brings a sense of balance to your body.
- **BECOME A BEGINNER:** If you find yourself in an argument, don't argue-instead, start asking questions. By being inquisitive, you uncover new ways of seeing. That helps you get past roadblocks.
- **NAME YOUR MOOD:** Work can leave you frazzled-but there's a way to put your feelings in perspective. Every hour write down one word summarizing your state of mind. At the end of the day, review your list. You'll see that even the worst feelings don't last.
- **LET IT GO:** Before leaving the office, imagine a box. Place the day's events inside, then visualize it floating away. Releasing these thoughts lets you engage wholeheartedly at home.

Be a hill seeker

Most of us try to avoid hills, but what's so good about flat? Think about it: flat tires, flat hair, flat returns and -- the ultimate -- flatlining. Life happens on the hills. They're opportunities to prove to yourself that you're stronger than you ever imagined. If you never attempt the ascent, you'll never know the thrill of swooshing down the other side.



DID YOU KNOW...

Flying champagne corks cause an average of 250 eye injuries worldwide every year. Ouch.

New Year's Resolutions

We all make them. But do we all follow-through?

Research states that there are three main reasons for failing to achieve one's stated goals:

- 1 Unclear and vague goals. It is better to state "I plan on losing 20 lbs by June 1st" rather than "I plan on being more healthy."
- 2 Failure to gauge one's progress toward the stated goals. It is better to weigh yourself every Friday morning as a means of gauging your weight loss rather than leaving it to how "well you feel in your pants."
- 3 Weak self control and self-regulation when facing challenges that impede one's ability to achieve the stated goals. It is better to state that once you go on vacation, you will only have a single plate at any meal at the all-you can eat buffet (irrespective of the offerings) rather than having to respond to the temptations at each meal void of a self-regulatory action plan.

MEET...

LUCY & STEVE!

PET & OWNER OF THE MONTH

I'm a 4 year old American Bulldog. I love going to work every day with my dad, Steve. My main job is to greet visitors. My other duties include sleeping and playing with my bone. My dad pays me in bones, which is okay, because I love them!

When I'm not working, I like to watch The Animal Planet and football. And my day isn't complete unless I get a nice, long walk.

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



JANUARY 2012

events calendar

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	30	31				

New Year's Day
January 1st

Cotton Bowl
January 6th

Martin Luther King Day
January 16th

National Popcorn Day
January 19th

Chinese New Year
January 23rd

Chocolate Cake Day
January 27th

No Pants AZ Light Rail Ride
Underwear & good behavior required
Jan. 8

Barrett-Jackson Classic Car Auction
Westworld in North Scottsdale
Jan. 14-22

P.F. Chang's Rock & Roll AZ
Marathon & 1/2 Marathon
Jan. 15

Arizona Antique Market
Arizona State Fairgrounds
Jan. 20-22

Cave Creek Balloon Festival
Hot air balloons, music & fun

January Observance & Fun Facts

Birthstone: *GARNET*

Fruits & Veggies for the Month of January: *TANGERINES, DRIED CRANBERRIES, SUN DRIED TOMATOES, RAISINS, YUCCA ROOT, WATER CHESTNUT, JICAMA, SUNCHOKE, TARO ROOT*

November Flower: *CARNATION*

Astrological Signs: *CAPRICORN (until 19th) & AQUARIUS (20th on)*



AMAZING FACT

Only one McDonald's in the world has turquoise arches. Officials in Sedona, AZ, thought yellow would clash with the natural red rock.



hungry? try this.

Game Day Chili

INGREDIENTS

- 2 pounds ground chuck
- 1 medium onion, chopped
- 3 to 4 garlic cloves, minced
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 to 2 tsp. ground red pepper
- 1 teaspoon paprika
- 1 (6-oz.) can tomato paste
- 1 (14.5-oz.) can beef broth
- 1 (12-oz.) bottle dark beer
- 3 (8-oz.) cans tomato sauce
- 2 (15-oz.) cans pinto beans, drained and rinsed
- 1 (4.5-oz.) can chopped green chiles, undrained
- 1 tablespoon Worcestershire sauce

DIRECTIONS

Cook first 3 ingredients in a 5- to 6-qt. Dutch oven over medium heat, stirring occasionally, 8 to 10 minutes or until meat crumbles and is no longer pink. Drain well, and return to Dutch oven. Add chili powder and next 3 ingredients; cook 1 minute. Add tomato paste, and cook 1 minute. Add remaining ingredients. Bring to a boil. Cover, reduce heat to low, and simmer 2 hours.



Yield: Makes 8 to 10 servings
Total: 2 Hours, 30 Minutes