

News from Campus Services

House & Apartment Preps.

Location	Completion Date	Resident(s)
508 W. 6 th St.	1/20/12	BonnaSue
525 W. 6 th St.	2/10/12	Charlene Tschirhart & Lynne Juarez
520 W. 7 th St.	Pending	Pending
538 W 8 th St.	Pending	Pending
588 W 8 th St.	1/27/12	Don & Ann Marie Coleman
536 Bradford Ct.	Pending	Pending
Hadley House, B	1/18/12	Wes & Cheryl Brown
New Merritt, #3	March	Sue Gallagher
537 Berkeley Rd.	1/31/12	Ken & Betty Frank
665 Harrison	1/25/12	Paul & Dona Johnson
620 Leyden Ln.	March	Lourdes Arguelles & Anne Rivero
725 Mayflower Rd.	3/23/12	Bob Hurd & Pia Moriarty
732 Mayflower Rd.	Pending	Pending
780 Plymouth Rd.	March	Clara Soto Ivy
790 Plymouth Rd.	Pending	Pending
Norton Garden, #203	Pending	Pending

10-Year Renovations
25 are scheduled
for 2012



Major Projects for 1st Quarter 2012

- Salt sanitation system for pool
- Hot water circulation pumps at Norton Garden/Amistad/Friendship Ct.

The B & G Advisory Group members for 2012 are as follows: Pat Smith, Donna Danielson, Byron Light, Howard Towne, Maclovia Rodriguez, Bob Traer and Ron Evans. The next meeting is January 25, 2012.

Work Request Summary



January 1 - December 15, 2011

Work Orders Received - 5519
Work Orders Completed - 5302
Open Work Orders - 217
Completion Rate - 96%

Informational items

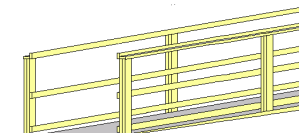
On January 4th Edison will be changing out a main transformer located behind HSC. This will mean the majority of the campus will be without power from approximately 9:00 am - 4:00 pm. Abernethy will be serving a "grab and go" box lunch that day. HSC and Pitzer will be on emergency generator power. There may be a few homes along 8th Street that will not be without power but Edison cannot provide us with a complete list of those who will be without power.



Beginning the first week of January, HPM will begin the process of doing a complete energy audit on all homes that have not had one done. The audit will

consist of measuring the interior of the house by a crew of residents, the audit by HPM and computer modeling for energy efficiency by HPM. A new rebate program will allow us to do this at no cost. This will give us a very complete picture of cost and rebates available. I will be working with the Energy Retrofit Committee to schedule these audits.

The work you see going on in front of 665 Harrison is to install a new handicap ramp as requested by the resident at the resident's cost.



Recently the Water Company completed some repair work on Leyden Lane. The high water pressure from the city main caused a 2" main line to wear through causing the leak.



Some residents called B&G for help hanging exterior Christmas lights and were told it would be

billed at an hourly rate. This used to be the policy, but for safety reasons the policy has been changed you will no longer be billed for this service. Hanging of exterior Christmas lights, however, is not a priority so it will be done in order received after emergency and urgent work orders are completed. With that in mind, the more notice you can give B&G the better.

Irrigation controllers have been turned off to lawn areas for the winter as part of our water conservation efforts. With the rains and the cooler weather there should not be a need for irrigation however if you feel your lawn needs some irrigation please call B&G.

There are some new members on the B&G and Dining Service Advisory Groups in 2012. The new Advisory Groups are listed in this newsletter.

Dining Services Advisory Group members for 2012 are as follows: Mary Douglas, Connie Kimos, Ken Mitchell, Henry Atkins, Susan Craig, Louise Hannum, Bruce Jones, and Norma Puntney. Rhonda, Chef Eduardo and I represent staff. The next group meeting will be held on February 20, 2012.

Next Brunch will be on Sunday, January 8th served from 11:30 am to 1:00 pm.

Watch for the special Tapas Tuesdays (Small Bites) at the Garden Café this month



Dietary

EAT RIGHT, LIVE WELL
NEW YEAR, NEW YOU

Despite all of the fad diets that claim otherwise, the reality is that when the amount of food we eat doesn't balance with our needs, our weight changes – either up or down.

Getting to the right balance doesn't have to mean giving up our favorite indulgent foods. Instead, enjoy your food, but eat less. This sounds simple enough, but for many of us it isn't. Whether you find it difficult to estimate how many calories you are eating, how many calories you need for the day, or you simply don't know where to start if you are out of balance, it may not seem as easy as just changing how much you eat. To get us heading down the right path, the Dietary Guidelines recommend the following tips that have been shown to help.



Start the Day Off Right



Studies show that breakfast can be important in maintaining a healthy body weight. People who eat breakfast appear to be better able to keep their weight where they want it and change it if they need.

Limit Screen Time

This is particularly true in children, but the distraction can make even adults lose touch with how much we are eating. Remember that televisions aren't the only screens to watch out for – computers, video games, tablets and even phones will all keep us sitting still and eating more than we intended.



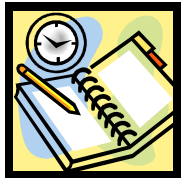
Watch Your Portions



We tend to eat and drink more when presented with larger portions. Start with smaller portions of your usual food and drinks and only go back for seconds if you are actually hungry when you are done. For many the answer isn't giving up your favorite foods, just eating less of them.

Keep Track

As busy as we are, many of us find it hard to remember what we had for our last meal. This lapse in memory can make balancing your intake for the day difficult. If keeping an old-fashioned journal isn't right for you, consider an electronic one on your computer or phone.



Steve Rogers,
Vice President of
Campus Services
January 2012