



Roxie Weber Newsletter

September Birthdays

Cynthia Orr 17th

Leonard Smith 17th

Shaila Yearout 22nd

Paul Carlson 23rd

Kermit Copeland 26th

Charley Prewitt 29th

Easy Energy-Saving Habits (For Free!)

Don't forget the basics. This simple stuff will save energy -- and money -- right

1. Turn off and Unplug

- Don't forget to flick the switch when you leave a room.
- Unplug seldom-used appliances.
- Unplug your cell phone and other chargers when you're not charging.
- Use power strips to switch off televisions, home theater equipment, and stereos when you're not using them. Even when you think these products are off, together, their "standby" consumption can be equivalent to that of a 75 or 100 watt light bulb running continuously.

2. Set Computers to Sleep and Hibernate

- Enable the "sleep mode" feature on your computer, allowing it to use less power during periods of inactivity. OR Configure your computer to "hibernate" automatically after 30 minutes or so of inactivity.

3. Take Control of Temperature

- Set your thermostat in winter to 70 degrees or less during the daytime, and 60 degrees before going to sleep (or when you're away for the day). During the summer, set thermostats to 78 degrees or more.
- Use sunlight wisely. During the heating season, leave shades and blinds open on sunny days, but close them at night to reduce the amount of heat lost through windows. Close shades and blinds during the summer or when the air conditioner is in use or will be in use later in the day.
- Use fans whenever possible to help circulate air and increase flow.

4. Cooking

- Keep lids on pots and don't "peek" in the oven.
- Use microwave whenever possible.

Important Dates in September

- 1st—Rent Due
- 2nd—Labor Day (Office Closed)
- 6th—Late Rent
- 11th—Board Meeting
- 11th RWRA 2PM
- 13th —Spray Day
- 18th—Resident Meeting

Help Keep Pesky Pests Out of Roxie Weber

Here are some good tips and reminders for you to help do your part to keep pests out of Roxie Weber.

1. Keep a clean and tidy apartment.
2. Do dishes daily.
3. Wash your linens and clothes weekly.
4. **DO NOT** get anything out of the trash or dumpster. This includes furniture, clothes and even boxes. Remember someone put it in the trash for a reason.
5. **DO NOT** store items in your apartment, i.e. grocery sacks, old milk cartons, used food containers/boxes, newspapers, etc.
6. Never leave pet food out. Feed your pet only as much as they can consume at one meal. Always store pet food in a plastic sealed container.
7. Take out trash at least 3 times a week.
8. Report any pest problems to the Stillwater Housing Authority Office immediately.
9. Due to pest problems we can no longer allow “give-away tables” or free stuff to be left in common areas. Please take any donations to other local agencies. Any items out in common areas will be considered trash and thrown out by SHA staff.



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Reminders...

1. Please pick up after your dog.
 2. **DO NOT** monopolize the TV. Others may want to use them. Never use them during “Quiet Hours.”
 3. Respect other tenants and the Stillwater Housing Authority by observing Quiet Hours from **10 pm to 6 am** **This includes the smoking area outside. You can smoke just remember that others are trying to sleep**
 4. If you receive someone else's mail or packages please bring them to the office immediately.
 5. Always put your correct apartment number as part of your address.
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Oklahoma State University 2019 Football Schedule

| | | | | |
|----------|---------|-------------------------------|----------------|-----------|
| Friday | Aug. 30 | Organ State Beavers | Corvallis , OR | 9:30pm CT |
| Saturday | Sep. 7 | McNees St Cowboys | Stillwater, OK | 6:00pm CT |
| Saturday | Sep. 14 | Tulsa Golden Hurricane | Tulsa OK | 2:30pm CT |
| Saturday | Sep. 21 | at Texas Longhorns | Austin, TX | Time TBA |
| Saturday | Sep. 28 | Kansas State Wildcats | Stillwater, OK | Time TBA |
| Saturday | Oct. 5 | Texas Tech Red Raiders | Lubbock, TX | Time TBA |
| Saturday | Oct. 19 | Baylor Bears | Stillwater, OK | Time TBA |
| Saturday | Oct. 26 | Iowa State Cyclones | Ames, IW | Time TBA |
| Saturday | Nov. 2 | TCU Horned Frogs | Stillwater, OK | Time TBA |
| Saturday | Nov. 16 | Kansas Jayhawks | Stillwater, OK | Time TBA |
| Saturday | Nov. 23 | at West Virginia Mountaineers | Morgantown, WV | Time TBA |
| Saturday | Nov. 30 | Oklahoma Sooners | Stillwater, OK | Time TBA |
| Saturday | Dec. 7 | Big 12 Championship Game | Arlington, TX | Time TBA |

Oklahoma 2019 Football Schedule

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|-------------|----------------|----------------|----------|
| Sun, Sep 01 | Huston | Norman OK | 6:30 pm |
| Sat, Sep 9 | South Dakota | Norman OK | 6:00 pm |
| Sat, Sep 14 | UCLA | Los Anglos | 7:00 Pm |
| Sat, Sep 21 | Off | | |
| Sat, Sep 28 | Texas Tech | Norman OK | TBA |
| Sat, Oct 5 | Kansas | Lawrence, KS | TBA |
| Sat, Oct 12 | Texas | Dallas, Tx | 11:00 am |
| Sat, Oct 19 | West Virginia | Norman, OK | TBA |
| Sat, Oct 26 | Kansas State | Manhattan, KS | TBA |
| Sat, Nov 9 | Iowa State | Norman, OK | TBA |
| Sat, Nov 16 | Baylor | Waco, TX | TBA |
| Sat, Nov 23 | TCU | Norman, OK | TBA |
| Fri, Nov 23 | Oklahoma State | Stillwater, OK | TBA |



V p r n l q j ##



Reminder that is a lease violation to smoke in your unit. It also a lease violation to use or smoke marijuana on the premises. We have designat-ed smoking areas outside.

5 KEYS TO SUCCESS

These 5 Keys can make quitting tobacco easier and more successful.



1 SET YOUR QUIT DATE.

Pick a day within two weeks of your first Helpline call. Be sure to choose a day when you know you won't be busy, stressed or tempted to smoke.

2 HAVE A GOOD SUPPORT SYSTEM.

Find people who'll help and encourage you to quit, like family members, friends or coworkers.



3 TOBACCO-PROOF YOUR LIFE.

Rid your home, car and work of anything related to tobacco.

4 USE NICOTINE REPLACEMENT THERAPIES.

NRTs like patches, gum or lozenges can help ease you into quitting.



5 PRACTICE WITH MINI-QUITS.

Practice quitting for short periods of time before your quit date. Mini-quits can help you learn how to cope with urges to smoke.

For FREE help and nonjudgmental support, call 1-800-QUIT NOW or visit OKhelpline.com.

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|---------------------------|--|
| Oklahoma Tobacco Helpline | |
| 1 800 | QUIT NOW |
| 1-800-784-8669 | OKhelpline.com |

1-855-DÉJELO-YA Spanish
1-877-777-6534 TTY



Partners:
Oklahoma State Department of Health
U.S. Centers for Disease Control

Autumn Trivia



- ◆ Autumn has been called the “hectic beauty of death.”
 - ◆ According to NASA, autumn is “aurora season” because geomagnetic storms are about twice as frequent as the annual average during the fall.
 - ◆ A “Harvest Moon” is the full moon closest to the autumn equinox. Before artificial lighting, such moonlight was essential to a farmer’s successful harvest.
 - ◆ During the fall, in response to colder temperatures and less light, leaves stop producing chlorophyll, the green pigment that helps capture sunlight to power photosynthesis. As the green fades, the leaf’s other pigments shine through, such as orange and yellow carotenoids and vibrant red anthocyanin.
 - ◆ The autumnal equinox occurs on different dates each year, but usually falls on September 22 or 23. In 1931, the equinox fell on September 24 because the Gregorian calendar doesn’t always match up with the position of Earth in its orbit around the sun. The fall equinox won’t happen again on September 24 until 2303.
 - ◆ Solstices and equinoxes are solar events that have to do with Earth’s position in relation to the sun at different times of the year. Solstices (summer and winter) are when the sun is at its northernmost or southernmost position in the sky. The equinox (fall and spring) is when day and night are (roughly) the same length all over the world.
 - ◆ Many birds prepare for winter migration during the fall. One of the longest migrations is the 11,000-mile journey by the Arctic Tern.
 - ◆ According to Greek legend, autumn begins when Persephone returns to Hades in the underworld. Heartbroken, her mother, the goddess of grain and harvest, allows the crops on Earth to die until her daughter returns in the spring.
 - ◆ Research suggests that low levels of vitamin D (the sunshine vitamin) can lead to weight gain during autumn and winter. Lack of vitamin D reduces fat breakdown and triggers fat storage.
 - ◆ Oktoberfest in Munich, Germany, takes place each autumn. The festival began as part of a crown prince’s wedding celebrations in 1810 and has continued since. About 1.3 million gallons (5 million liters) of beer are poured during the festival.
 - ◆ Each autumn, monarch butterflies migrate from the U.S. to Mexico and some parts of Southern California. They fly at speeds ranging between 12 and 25 miles per hour. Monarch butterflies are the only insect that migrates to a warmer climate that is 2,500 miles away.
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Be kind whenever possible.
It is always possible.

- Dalai Lama



Cleaning Schedule

daily

A.M.

Make Beds
Empty Dishwasher
Take Out Trash

P.M.

Clean & Prep Coffee
Run Dishwasher
Wipe Counters, Stove & Hood
Quick Sweep
10-Minute Tidy

Monday

Vacuum

(Living Room & Bedrooms)

Sweep & Mop

(Kitchen, Dining Room & Bathrooms)

Bedrooms

(Dust, Tidy & Windows)

Tuesday

Bathrooms

(Sinks, Tub/Shower, Mirrors, Counters & Toilet)

Living Room

(Dust TV, Electronics & Coffee Table, Sanitize Remotes)

Wednesday

Last In/First Out

(Clean & Organize Fridge, Freezer & Pantry)

Dining Room

(Dust, Table & Chairs)

Thursday

Vacuum

(Living Room & Bedrooms)

Sweep & Mop

(Kitchen, Dining Room & Bathrooms)

Dust & Windows

(Mantle, Sliding Door)

Friday

Laundry

(Wash, Fold & Put Away)

Kitchen

(Dust, Cabinets, Stove, Under Cabinets, Fridge, Freezer & Doors)

Saturday

Swing Day

Iron/Steam Clothes

Sunday

Week One

Closets

(Tidy Up Hangers, Vacuum, Organize)

Sheets & Mattress

(Wash Sheets, Freshen Mattress & Pillows)

Porch

(Sweep, Wash Outside Windows)

Week Two

Oven & Stove

(Run Clean, Wash Burner Covers, Clean Drawer)

Couches

(Wipe down & Sanitize)

Light Switches

(Wash & Sanitize)

Blinds

(Wash & Dust)

Week Three

Sheets & Mattress

(Wash Sheets, Freshen Mattress & Pillows)

Walls & Baseboards

(Dust & Wash)

Toys

(Sanitize & Organize)

Week Four

Fridge & Stove

(Wash Front and Top, Move & Sweep, Mop & Vacuum Underneath)

Fan

(Dust Blades & Lights)