



*my* newsletter connection

Northrock  
May 2012

*my* staff

*my* dates to remember

- 1st - Rent Due
- 9th - Pest Control: 4828,4832,4833,4836,4840,4841,4844,4847
- 11th - Mother's Day drawing entries forms due by 5:00p
- 13th - Mother's Day
- 25th - Say "Hello!" to Summer! Ice Cream Social 3:00-5:00; FREE ICE CREAM, GAMES, PRIZES, & TONS OF FUN!
- 28th - Memorial Day - Office Closed

**Tammy**  
*Property Manager*

**Jerry Sims**  
*Maintenance Technician*

**From the Manager's Desk...**

We'd like to send a warm welcome to all of our newest residents! We're truly happy to have you in our community. If you need anything at all, please don't hesitate to ask. We're here for you!

**Northrock Apartments**  
4800 NW Fielding Place  
Topeka, KS 66618  
(785) 246-1997  
northrock@midlandmgmt.com

**Office Hours**

Mon-Fri 8:30 am - 5:30 pm  
Saturday 10 am - 2 pm



## Community Notes

**THE FLYING MONKEY**  
1500 SW 17th Street  
Topeka, KS 66604  
(785)408-5675

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Flying Monkey Handcrafted Brews opened Dec. 2, 2011. A cafe specializing in serving Direct Trade Coffee and Espresso, Flying Monkey is located in the College Hill District at 17th & Washburn next to Washburn University, Flying Monkey is a PT's Coffee Roasting Co. cafe that serves PT's signature coffee, fresh, local food and a selection of local and regional microbrews including beer from Topeka's Blind Tiger.

### THE BASICS

Cuisine: Breakfast, Coffeehouse, Dinner, Lunch  
Price Range: \$ - Inexpensive

### HOURS OF OPERATION

Sa-Su: 7:00 AM - 9:00 PM  
M-F: 6:00 AM - 9:00 PM

Wednesday: 6:00 AM - 9:00 PM

Thursday: 6:00 AM - 9:00 PM

## Maintenance Tip of the Month

### Energy Saving Air Conditioning Tips

Do not set the thermostat lower than the desired temperature when you first turn it on. It will not cool faster; it will only cool to a lower temperature than necessary and waste energy.

Make sure furniture does not obstruct air conditioning vents.

Do not position heat-producing appliances, such as televisions or lamps, near the thermostat.

A dusty filter reduces air flow. Examine your unit's air filters once a month and clean or replace filters when necessary. Keeping your filters clean can cut energy consumption.

## Recipe of the Month

### Chocolate Marshmallow Milkshake

#### Directions

Whisk 1/2 cup heavy cream (ideally extra-cold), 1/4 cup marshmallow fluff and 1/8 teaspoon vanilla extract until stiff peaks form; set aside. Combine 1 cup cold whole milk and 1/4 cup chocolate sauce in a blender. Add 3 cups chocolate ice cream; blend until smooth. Fill 4 glasses one-quarter of the way with the shake; add some marshmallow cream, then more milkshake, then cream, then milkshake. Finish with a dollop of marshmallow cream and garnish with grated bittersweet chocolate.

Courtesy of FoodNetwork.com

### 5 Green Cleaning Tips for Your Bathroom

If you are trying to keep your bathrooms looking good without caustic chemicals and traditional high-power cleaners, try these green cleaning tips to help get your showers, sinks, toilets and floors sparkling using natural means. A few good guidelines are helping homeowners and renters take care of their homes without intense chemical formulations.

#### 1. Use Vinegar-Based Products

For floors and tile, a vinegar-based cleaner can work just as well as some of the more costly and complex cleaners on the market. One of the challenges is to mix in additional elements to keep your bathroom from smelling like vinegar.

#### 2. Use Baking Soda for Cleaning Drains

Using baking soda in conjunction with other natural cleaners can be an effective solution for cleaning out drains. This replaces some of the drain cleaners with potentially harmful fumes.

#### 3. Plunging

Another alternative for drains is plunging and getting pipes unclogged by using the force of air over harsh chemicals.

#### 4. Use "Elbow Grease"

Whether it's floors or any other surface, some muscle power can be an effective alternative to high-powered chemicals.

#### 5. Letting Surfaces Soak

Letting natural cleaners soak on a surface can increase their cleaning power. Here, the power of harsh chemicals is replaced by utilizing a longer time frame for cleaning. The natural use of lower intensity cleaners loosens dirt and grime by using moisture to help break it down and get surfaces and other items cleaner.