

October 2011

# *What's Happening?*

A Monthly AMLI Community Update

## **AMLI at Barrett Lakes**

**1950 Barrett Lakes Blvd; Kennesaw, GA 30144  
770.514.7300**

### **Atlanta Community Food Bank Deadline**

As many of you are aware for the past month, AMLI has put forth a huge effort in raising donations for the Atlanta Community Food Bank and, with your help, we are reaching new heights. We would like to thank all who have participated in September's Resident Raffle, and good luck with winning free rent for November. Also, thanks to all who have donated with can items and monetary donations to fight hunger in Atlanta. For those that have not had a chance to donate, the deadline is **October 18<sup>th</sup>**, so please bring in your extra can items as soon as you possible, or you can donate any monetary amount by visiting <http://acfb.convio.net/goto/AMLlbarrettlakes.com>. Our goal this year is to raise \$80,000!

### **Resident Referral**

With the holidays approaching, you may want to earn some extra cash for those holiday gifts. If you refer a friend or co-worker, you will receive a \$300.00 resident referral check 30 days after the new resident moves into our community. This is easy money! Please be sure that they fill in your name on their application as the source of the referral.

### **Have a Spook-tac-ular Halloween!**

Autumn is around the corner, which means we will finally get a break from hot summer temperatures. The air is filled with the smell of fall such as wet leaves and pine, warm pumpkin and apple pie, and cider and hot cocoa. This Halloween many will venture off to the corn maze in Athens, GA, or some may decide to visit the Chattahoochee Nature Center, 9135 Willeo Rd. Roswell, Ga. to satisfy their fall craving. At the Nature Center, on **October 21<sup>st</sup>, 22<sup>nd</sup>, 28<sup>th</sup> and the 29<sup>th</sup>**, there will be Halloween hikes taking place throughout the day ending with a bonfire and hot chocolate with roasted marshmallows.

### **Health Tip**

The proverb, "An apple a day keeps the doctor away" holds true to many aspects when it comes to disease prevention. By biting into a juicy apple, you are preventing yourself against many illnesses that can affect all biological systems in the body. Apples have an antioxidant called flavonoid, which gives an apple its bright color. Quercetin is the powerful flavonoid that prevents heart disease and certain types of cancers. This delicious fruit is so powerful that it can even control acid reflux as it coats the lining of the stomach. Now, that's food for thought!

### **Cash for Gold**

Mark your calendar on **Oct. 13<sup>th</sup>**! Top Style Diamond will be hosting a "Cash for Gold" event, so bring your old gold in for instant cash! This event will be held at the Leasing Office from **5:00 PM until 7:00 PM**. We hope to see you there!