



the element

February Newsletter 2012

"The Month of Love"



Hello Residents,

Congratulations! The first week of school is complete. We hope you're enjoying all your classes and the New Year is treating you well! If you haven't renewed yet, NOW is the time to do so.

Current Renewal Special

Renew between February 1st-March 31st, 2012 renew at Market Rental Rates

1-1 bedroom-bathroom	\$875
2-2 bedroom-bathroom	\$625
3-3 bedroom-bathroom	\$585
4-2 bedroom-bathroom	\$520
4-4 bedroom-bathroom	\$565

In addition, you will receive a **\$100 gift card!!**

These rental rates do not include optional items such as parking. Rents and apartments assignments are subject to change after this date and your bedroom will be leased for Fall 2012 starting on April 1st, 2012.

Please utilize our online renewal process and visit our website to **renew your lease today.**

Renew Your Lease Online!

We have set up a **fast and convenient** way to renew your lease with just a couple of clicks! Please take advantage of this new system by visiting www.elementstudentliving.com & following these easy steps:

1. Click on "Residents"
2. Then "Online Renewal"
3. Type in your login and password for "Resident Login" (If you do not have this set up, click on "Sign Up Now!")
4. Click on "Renew Now"
5. Provide your "E-Signature"

6. Agree to the terms.
7. CONGRATULATIONS!

However, it is important to note that your unit must still be walked to make sure it is in acceptable condition before the renewal is completely valid.



Register your Bike!!

Sacramento Protective Services has a form in the office in order for you to register your bike. This is for your benefit!

Please come fill out a form in the office or turn in a sheet with the following information:

Name: _____

Apartment #: _____

Description of the bike: _____

Any added features: _____

This is VERY important. It helps security keep your bike safe!

A Quick Guide to Healthy Living and Feeling Good

Regular physical activity is good for your health. Physical activity is anything that gets your body moving. Start at a comfortable level. Once you get the hang of it, add a little more activity each time you exercise. Then try doing it more often.

What kinds of activity should I do?

To get the health benefits of physical activity, do a combination of aerobic and muscle-strengthening activities.

- **Aerobic** activities make you breathe harder and cause your heart to beat faster. Walking fast is an example of aerobic activity.
- **Muscle-strengthening** activities make your muscles stronger. Muscle-strengthening activities include lifting weights and using exercise bands.

What are the benefits of physical activity?

Physical activity increases your chances of living longer. Exercise can also help:

- Control your blood pressure, blood sugar, and weight
- Raise your “good” cholesterol
- Prevent heart disease, colorectal cancer, and type 2 diabetes
- Be fun
- Help you look your best
- Improve your sleep

- Make your bones, muscles, and joints stronger
Is physical activity for everyone?
People of all ages and body types benefit from physical activity. Even if you feel out-of-shape or haven't been active in a long time, you can find activities that will work for you.



Yes!

GO GREEN!

In efforts to reduce waste, the Element has decided to incorporate a recycling bin! Let's all make a conscious attempt at recycling to make our community cleaner.

Benefits of Recycling:

- Recycling protects and expands US manufacturing jobs and increases US competitiveness.
- Recycling reduces the need for landfilling and incineration.
- Recycling prevents pollution caused by the manufacturing of products from virgin materials.
- Recycling saves energy.
- Recycling decreases emissions of greenhouse gases that contribute to global climate change.
- Recycling conserves natural resources such as timber, water, minerals.
- Recycling helps sustain the environment for future generations.

10 Fun Valentine's Day Facts

1. Valentine's Day Started with the Romans

Valentine was a priest who served Rome during the 3rd century. During his time, Emperor Claudius II decided that single men were better suited to be soldiers than those with wives and families so he decided to outlaw marriages. After realizing the injustice of this act, Valentine defied his ruling and continued to secretly perform marriages for young soldiers. After Valentine's actions were discovered, he was immediately sent to prison, however, he still continued to believe in love, as he wrote letters to his sweetheart and signed them "From your Valentine".... sound familiar?

2. It's not as much of a "hallmark holiday" as you think!

Valentine's Day is actually the second most popular card-sending holiday, with about 190 million Valentine's Day cards being exchanged every year. Christmas is the most popular (2.6 billion cards are sent).



3. If you're single, you can still mingle

Against popular belief, single ladies have nothing to stress about while trying to find a date for Valentine's Day. In fact, there are 119 single men (who were never married, widowed, or divorced) in their 20s for every 100 single women of the same age.

4. "Wearing your heart on your sleeve" is more than just a saying

During the Middle Ages, young men and women used to draw names to see who their Valentine would be. After they selected, they would pin the name to their sleeve for one week so that everyone would know their heart's desire.

5. We have a serious sweet tooth

According to the National Confectioners Association, about 8 million candy hearts were made in 2009.

6. People have been exchanging chocolate for a long time

The first Valentine's Day box of chocolates was introduced by Richard Cadbury in 1868.

7. True love is not as hard to find as you may think

Over 2 million marriages take place in the United States each year... that means there are more than 6,000 marriages every day!

8. There's a reason why roses are the most popular flower on Valentine's Day

It is believed that Venus, the Roman goddess of love, had a fond liking for roses and named them her favorite flower. To this day, the flower stands for strong romantic feelings and is the most popular request for Valentine's Day.

9. What's Cupid got to do with it?

Cupid became associated with Valentine's Day because he was the son of Venus, the Roman goddess of love. According to Roman mythology, Cupid was known to cause people to fall in love by shooting them with his magical arrows. But don't worry... Cupid didn't just cause others to fall in love, he also fell in love himself with a maiden named Psyche.

10. "X" marks the kiss

Many believe the 'X' symbol became associated with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an 'X.' The 'X' was then kissed to show their sincerity.

