

CALIBRE

Brooke

Calibre Brooke Staff

Leah Larson
Jennifer Desmond
Alissa Froid
Mark Graham
James Terrell

Property Manager
Leasing Consultant
Leasing Consultant
Service Supervisor
Service Technician



100 Calibre Brooke Way • Smyrna, GA 30080 • (770) 951-0121

Office Hours

Mon - Fri 9:00 am - 6:00 pm
Saturday 10:00 am - 5:00 pm
Sunday 1:00 pm - 5:00 pm



Happy Valentines!

Look for Calibre Brooke staff on February 14th as you leave for work in the morning from 7 am - 9 am. We will be handing out goodies for you to enjoy because...

"We ♥ You!"

Need a place to host a party?

Don't worry about getting your house ready for company! The clubhouse is open during the Calibre Brooke office hours with free Wi-Fi and also for rent for your own private event! If you would like to rent, contact the leasing office to check availability. The clubhouse can be rented until midnight for \$100 for a clubhouse fee and \$200 for a deposit (refundable if no damages and cleaned up after event). Renting the clubhouse does not include renting the pool area.



RESIDENT REFERRALS

You can spring into some easy money by referring your family, friends or co-workers to Calibre Brooke. When anyone you refer as a future resident moves in on a 12 month lease, \$400.00 is yours! There is no limit to the money you can make! We love our current residents and trust you'll send us wonderful new prospective neighbors and friends!



We are so happy that you are staying!

We had a great number of people that signed leases in the past month and we just wanted to say thank you to:

George, Angela, Bruce, Wanda, Eric & Tania, Brittany, Amy, Pat, Marcia & Matthew & Anthony.

You truly don't know how much we appreciate you as residents and that you made the choice to renew. Its so nice to see that we have happy residents here. If your renewal is coming up, don't forget you get a free carpet cleaning during the 1st month of your new lease if you renew!

How to Snack Smart in 2012

Snacks - they can either be your worst dieting enemy or your new weight-loss best friend. This year, make it your resolution to learn how to snack smarter. To help, here are some tips to develop a healthier relationship with snacking.

Portion control

Don't even give yourself the opportunity to overeat and instead think portion control. Replace full size snack bags with 100-calorie snack packs. They are the perfect way to know you're only eating 100 calories and resist the urge to eat more.

Smart snacks

Making smart snack choices doesn't mean you have to give up flavor or your favorite foods. There are a number of products that are low in fat, and can help satisfy your cravings. Here are some ideas to get you started:



1. Raisins - One ounce equals 85 calories.
2. Graham crackers - Eight small rectangles is equal to 100 calories.
3. Celery with peanut butter - Five pieces of celery with 1 tablespoon peanut butter is equal to 100 calories.
4. Dried fruits and nuts - A small amount of dried fruits with a small amount of nuts is a snack kids love to eat.
5. Pretzels - One ounce equals 100 calories. You can even include cheese with your pretzels for something different with added protein.
6. Air-popped popcorn - Three cups or 1 ounce equals 95 calories. Popcorn is also gluten-free.



Read up

When you're in the store, read the label and look for low fat, whole grain or organic options when possible.

Set small goals

Setting small goals, like snacking on vegetables for a week, can develop into long term eating habits.

Healthy snacking is all about making the right choices. This coming year, it's up to you to make the right decisions, hopefully these tips will help motivate you to a more wholesome and healthier 2012.

SUN	MON	TUE	WED	THU	FRI	SAT
			RENT DUE Happy Birthday, Francisco J.!	Groundhog Day	Rent is Late after 6:00 p.m. Add \$100 Late Fee. Happy Birthday, Eric C. & Sarah H.!	Happy Birthday, Janet S.!
Happy Birthday, Jerico M.!	Pest Control Arrives Today. Contact Office to Request Treatment.				Happy Birthday, Chris M.!	
Happy Birthday, Derek R.!	Pest Control Arrives Today. Contact Office to Request Treatment. Happy Birthday, Terry B. & John D.!	Valentine's Day 			Happy Birthday, Stephen M. & Felicia D.!	
Happy Birthday, Samantha O.!	President's Day Pest Control Arrives Today. Contact Office to Request Treatment. Happy Birthday, Lindsay W. & Lee H.!	Happy Birthday, Lynell E. & Kitty K.!			Happy Birthday, Mary C.!	Happy Birthday, Fawn W.!
Happy Birthday, Sharon M., Robert S. & Alejandro T.!	Pest Control Arrives Today. Contact Office to Request Treatment. Happy Birthday, Timothy P.!		Leap Day			

College Degree Required for Sixty Percent of U.S. Jobs by 2018

A college degree will be required for 60% of U.S. jobs by 2018*.

Four Factors To Consider When Contemplating An Online Degree:

As a new year begins, we often evaluate our lives—where we are and where we'd like to be. It's no surprise that many Americans are making education a priority as they set their personal goals for 2012.

"The unemployment rate for people who have never gone to college is more than double what it is for those who have gone to college," says Dr. Mary Hawkins, president of Bellevue University. "During the next 10 years, nearly eight in 10 new jobs will require workforce training or a higher education."

If you're considering going back to school, chances are you've wondered about online learning. Here are four factors you should consider if you're contemplating getting your degree online:

1. Make sure the institution you attend is regionally accredited. This designation is an indicator that the institution voluntarily reports on the quality of its programs and submits to assessment to ensure quality offerings.
2. Determine whether or not you must be online at a particular time each week; or if you can enter the virtual classroom when it is most convenient for you.
3. Ask if the entire degree program is offered online or if it is just one component of the larger program. Some universities require both online and in-class participation within the same program.

Lastly, please know that when you reach your goal, your degree will not indicate whether you studied online or in class. What's most important is determining if earning your degree can get you where you want to go and if online learning is the best way to fit getting a degree into your already busy life.

