



# MIDTOWN CENTRE



D GROUP MANAGEMENT, NA

## Office Park

### April 2009

3947 Boulevard Centre Drive • Jacksonville, FL 32207  
(904)396-9092 • fax (904)396-6366  
www.midtowncentre.com

## Midtown Centre Staff

Jacquie McClain	Property Manager
Laura Davis	Accounting Manager
John D. Fish	Director of Leasing
Mandie Stazenski	Administrative Assistant
Mike McLaughlin	Chief Engineer
Tim Clay	Maintenance Technician
Bobby Burton	Maintenance Technician
George Adona	Maintenance Technician
Mark Woodson	Maintenance Technician
Brian Winters	Construction Foreman
Lane McLaughlin	Construction Technician

## Office Hours

Monday	8:00am - 5:00pm
Tuesday	8:00am - 5:00pm
Wednesday	8:00am - 5:00pm
Thursday	8:00am - 5:00pm
Friday	8:00am - 5:00pm
Saturday	Closed
Sunday	Closed

You may also view our monthly newsletter online at [WWW.MIDTOWNCENTRE.COM](http://WWW.MIDTOWNCENTRE.COM)

## Tenant Renewals, New Tenants and Expansions

We would like to welcome all of our new tenants to Midtown Centre. We also would like to thank our valued tenants who recently expanded, relocated or renewed their lease. If you have any questions about your lease or upcoming renewal, please call the Midtown Centre leasing office at (904) 396-9092.

## We're Going GREEN!

Our contracted cleaning company, AMI, will be using certified green products from BETCO, a Green Seal Certified Company. ([www.betco.com](http://www.betco.com)). These products will be used throughout tenant spaces, lobbies and restrooms going forward..

## Community News

Midtown Centre has redesigned our website with a new crisp look. While we are continuously working on our site and we would like to include any and all upcoming information about our tenants. For example if you are a company hosting a benefit drive, you could send us the flyer or website link regarding that event. If your company offers a product or service that you would like to advertise at no cost you could send us the flyer or website regarding your promotion. If you are interested, please send an email to Mandie Stazenski at [Mstazenski@dgroupmanagement.com](mailto:Mstazenski@dgroupmanagement.com).

## FYI

Please stop by our newly revamped website at [WWW.MIDTOWNCENTRE.COM](http://WWW.MIDTOWNCENTRE.COM)

## Budgeting for 2009!

Nearly everyone can benefit from a budget. Creating a budget is really about keeping tabs on your money and knowing what your limitations are when it comes to expenditures. Whether you're trying to climb out of debt or deciding how to enjoy a surplus, a budget puts you in control.

### Follow these steps to create an effective budget:

**Use software or a worksheet.** More and more people are turning to personal finance software to help them create a budget. If you prefer not to use software, create a worksheet that lets you outline your income and expenses and paint a full picture of your monthly finances.

**Get your documentation together.** Creating a budget lets you know how much monthly income and expenses you have, and so your budget is only as complete as the information it contains. Take the time to find pay stubs, bank statements, utility bills, insurance bills, and any other documentation that can help you determine your income and expenses.

**Enter your income and expenses.** Refer to the documentation you gathered and enter your monthly income into your budget. To determine the amount of your monthly expenses, make a list of what you spend your money on each month and compare it to recent credit card bills and receipts. If you use software to create your budget, it will guide you through this step.

**Adjust your expenses, if necessary.** Total your income and expenses — hopefully, you'll find that your income is higher. If so, decide what to do with your extra income, whether it's putting more money into savings or paying off a credit card. If your expenses are higher, decide which expenses you can lower, if not eliminate. For example, you might cancel some magazine subscriptions or limit the number of times you visit restaurants or go to the movies.

### Review Your Budget Each Month

Once you've completed the steps outlined above, you've successfully created your budget. However, your work isn't quite done. Revisit your budget each month to see if you've stayed on track or if you need to make further adjustments. If your financial picture changes significantly — for example, you get a pay raise or you get laid off — you'll need to update your budget to reflect your new circumstances.

# April is...

During difficult economic times, stress awareness and management become more important than ever. By understanding the causes and effects of stress in your life, you can manage it better and ultimately become happier and healthier.

### Common causes of stress:

Sensory input (noise, pain, bright light, etc.), lack of control over your circumstances, relationship conflict, deception, major life events (births, deaths, marriage, divorce), poverty, unemployment, insufficient sleep, deadlines and tests are common causes.

### Effects of stress:

Stress can contribute to high blood pressure, high cholesterol, and other cardiac risk factors (such as smoking and overeating) in many people. Additionally, stress results in the release of a hormone called cortisol; persistently elevated levels of cortisol have been linked to weight gain. Stress can also weaken the ability of your immune system to fight off disease.

Although some stress is characterized as eustress (or "good stress") and can help make you more productive or get you through a difficult period of time, chronic levels of stress that result in damage to your health are considered to be distress ("bad stress").

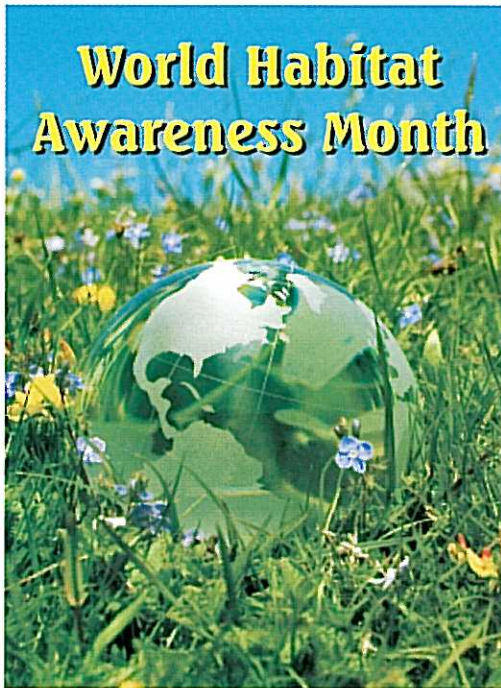
### Some ways of managing and decreasing levels of distress include:

- Practicing time management techniques
- Exercise
- Artistic expression
- Listening to relaxing music
- Effective conflict resolution
- Meditation and deep breathing
- Having a hobby
- Getting enough undisturbed sleep

## Stress Awareness Month



## World Habitat Awareness Month



As you celebrate Earth Day this month, take some time to be mindful of the habitats around the world that we share with many other animals and plants. These plants and animals rely on these habitats to survive, and humans in turn rely on these plants and animals to survive. Without green plants to produce the oxygen that we breathe, plankton to feed the fish that we eat, and wetlands to filter debris and pollutants from the water we drink, human existence would be pretty miserable. So take the time to appreciate and help preserve these habitats, whether by taking a hike, volunteering to pick up litter, or helping to plant trees. There are many local conservation groups that need your help!

## SUDOKU

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## Tips For a Green Kitchen

When it comes to going green, experts suggest starting with what you know.

So with most people spending more waking hours in their kitchen than any other room of the house, it can be the perfect place to start going green.

A few simple changes in your kitchen routine can have a positive impact on the environment and your pocketbook. Here are some top tips for a greener kitchen:

**1. Buy in bulk.** Avoid overly packaged and single-serving items in favor of large packages. Divide contents into individual or family-size servings and store in washable containers with lids instead of plastic wrap or aluminum foil. An in-home meat slicer saves packaging waste and money and avoids the high nitrates and fat content of prepackaged deli meats.

**2. Drink clean.** Remove lead, chlorine and other impurities from your tap water with a faucet-mounted water filter. Save money over buying bottled water, and reduce the pollution created by manufacturing, shipping and disposing of all those plastic containers.

**3. Compost food scraps.** Throwing food into the trash wastes a valuable resource. Turn coffee grounds, banana peels and eggshells into a rich soil conditioner for your garden and houseplants by composting them. Keep a small crock or bucket near your food prep area to collect waste, then add the contents to an outside compost bin.

**4. Use cloth dish towels.** The manufacturing of single-use paper towels is twice as energy intensive and creates more greenhouse gases than years of machine washing dish towels. To be truly eco-friendly, throw dirty dish towels in with full-size loads of other laundry, wash with cold water and line dry when weather permits.

**5. Heat just what you need.** Small appliances are more efficient than big ones. For cooking modest portions or heating leftovers, a microwave or toaster oven uses less energy than a full-sized stove.



## Fruit Filled French Toast Has Lots of Appeal!



Here's eye-opening news: It may be easier than you know to wake up to delicious, nutritious, fruit-filled French toast. It helps to start with raisin bread. Or you can impress friends and family at an elegant brunch with this slightly more elaborate version, easily assembled the night before:

### Banana French Toast

Makes 4 servings.

8 slices Sun-Maid Raisin Bread

2 medium bananas cut in ¼-inch slices

1 cup milk

4 ounces softened cream cheese

3 eggs

1/3 cup sugar

3 tablespoons all-purpose flour

2 teaspoons vanilla extract

Powdered sugar (optional)

Heat oven to 350°F. Place four slices of raisin bread in a single layer in a buttered 9-inch-square baking dish. Top with bananas and four slices of raisin bread. Blend milk, cream cheese, eggs, sugar, flour and vanilla in a blender or food processor until smooth. Pour over raisin bread. Let stand 5 minutes or refrigerate overnight. Bake 40 to 45 minutes (50 to 55 minutes if refrigerated) until set and top is toasted. Let stand 10 minutes. Cut French toast into diagonal halves and remove with spatula. Dust servings with powdered sugar, if desired.

### News of Nutrition

The raisins and bananas are not just good, they're good for you. Here's why:

Dried fruits are great for a snack—about ¼ cup of raisins is equivalent to a serving of fruit.

Compared to other common snacks, raisins do not trigger the "let down" or low-energy response found a few hours later with other snacks among people tested.

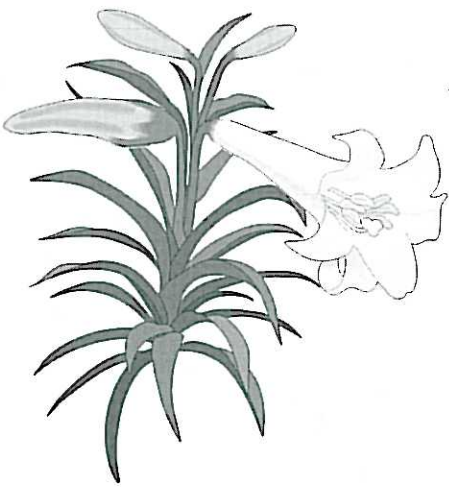
Potassium, a key nutrient in raisins and bananas, may help reduce the risk of stroke, lower blood pressure, reduce risk of heart arrhythmias, and prevent some types of kidney disease, the National Institutes of Health reports.

Adding just 3 ounces of raisins daily to the diet may prevent constipation and protect against some colon diseases.

Bananas provide vitamin B6, which helps support the immune system, and are rich in vitamin C.

# April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 April Fool's Day	2 ☾	3	4
5	6	7	8	9 ☉	10	11
12 Easter	13	14	15 Income Tax Day	16	17 ☾	18
19	20	21	22 Earth Day	23	24 Arbor Day	25 ●
26	27	28	29	30		



*We wish you a  
Peaceful  
Spring Time!*

