



# NEWS & NOTES

*for our residents*



## Main Office

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8:30a - 5:00p. M-F

## Getting Connected

If you are planning to get cable or phone services, remember that the utility company may need access to the basement or utility room to make the connection or to check ongoing services. CPM requires tenants to provide us with *at least 24 hours* notice in advance of the appointment in order to gain utility access.



**CPM desea anunciar que los papel de arrendamiento y recertificación están ahora disponibles en español.**

**Por favor llame a su gerente propiedad para más información.**

## A Chill is in the Air...

### Stay warm and toasty - and Save money!

Heating season is upon us and heating costs are going up!

Here are a few tips to cut costs:

- ▶ All heaters will be on by October 15th 2010. If you pay for your own heat, you can turn your thermostat on at your convenience. Make sure you turn the thermostat from COOL to HEAT if you have central air/heat.
- ▶ NEVER USE YOUR STOVE / OVEN TO HEAT YOUR UNIT. This is extremely dangerous! If you suspect your heater is not working, call the maintenance department or your property manager right away.
- ▶ Dress for the weather! Wearing long sleeves, sweaters, sweat pants, and socks can help to keep you warm; shorts and tank tops are not appropriate winter attire. By wearing warmer clothing you can lower your thermostat and save money on heating cost.
- ▶ Make sure all windows are closed and locked. Insulating windows with heavy plastic will also help keep the cold air out. Investing in heavy curtains can help to keep the warm air in and cold air out. Door sweeps alone will not keep the cold air out; try keeping an old towel under any doorways in unit.
- ▶ If you have a programmable thermostat, you can lower your heating bill by keeping the temperature at a reasonable degree when you are home and dropping it 2 to 4 degrees lower when you are not home.
- ▶ Remember if your GAS has been shut off by PGW, there is nothing CPM can do about no heat. It is your responsibility to settle any unpaid PGW bills.



## Need help paying your utility bills?

**LIHEAP - CRISIS Grants - Utility Emergency Services Fund - and more!**

Go to:

**<https://www.pgworks.com/index.aspx?nid=103>**

## 5 things your Exterminator WOULD NEVER DO

1. Never purchase second-hand furniture. "Yellow tag" furniture is used furniture. BEDBUGS may be living in that used sofa, or used mattress. Purchase NEW items. If you suspect you may have bedbugs, call the extermination line immediately.
2. Never throw away bedbug-infested furniture yourself. It must be properly wrapped before discarding.
3. Never leave open food or food spillage. This attracts mice, roaches, ants.
4. Never store paper bags and plastic bags. Roaches like to lay eggs in clutter like this.
5. Never allow pets to roam outside unattended (You are asking for fleas and ticks!)

## 5 things your Exterminator ALWAYS DOES

1. Have a kitchen trash can with a lid.
2. Keep house hold pets in a flea collar and inside as much as possible. Keep shots updated.
3. Keep litter boxes clean, and pick up after dog. Wee-wee pads must be discarded after each use.
4. Clean garbage disposal regularly. Dirty garbage disposal can attract gnats and fruit flies.
5. Keep apt/house clutter-free. Roaches, mice and ants love clutter!

## 13 THINGS YOUR MAINTENANCE STAFF ALWAYS! ALWAYS! PRACTICE

1. Own 2 plungers: one for the toilet, and a smaller one for sinks/drains.
2. Always clean kitchen after cooking:
  - a. Stove should always be cleaned after cooking to eliminate grease build up.
  - b. Dishes washed and put away.
  - c. Store food in proper containers and put away.
  - d. Mop up any food spillage promptly to avoid pest problems later.
5. Always have a trash can (with a lid!) in the kitchen. Have smaller trash can in bathroom for non-flushable items.
6. Maintain clean and effective garbage disposal:
7. Put water/vinegar mixture in the garbage disposal to clean leftover food particles that cause corrosion.
8. Put ice cubes in the garbage disposal to sharpen blades.
9. Keep pets updated with shots and regular flea treatment – an easy way to prevent costly extermination services!
10. Catch excess hair before it goes down a drain to prevent clogged drains
11. Take excess trash to dumpster or outdoor trash can with lid. Storing trash in your unit brings mice, roaches, or ants.
12. Leave a copy of apt/house key with a trustworthy friend or family member.
13. Prepare for winter by closing all windows, removing any window AC units from the windows, insulating windows and all drafts, and most importantly—dressing for the weather.

## 11 things your Maintenance Staff would NEVER do

1. **Never** leave young children unattended in common areas or home alone.
2. **Never** allow strangers into your apartment complex. It's your security at risk!
3. **Never** buy used "yellow tag" furniture. This is the source of the BEDBUG Epidemic!
4. **Never** heat apt/house by turning on the stove or oven. This is a fire hazard and can cause a gas leak.
5. **Never** throw GREASE down the drain. Grease will solidify, causing your drain to clog.
6. **Never** throw excess toilet paper, wipes, feminine products, or diapers in a toilet.
7. **Never** live in clutter and messy conditions. Remember – storing items near doorways or hallways or in boiler/heater closet is a FIRE SAFETY issue.
8. **Never** throw egg shells, bones, animal fat, or potato skins down garbage disposal. This overload can break your garbage disposal.
9. **Never** leave food on stove unattended. Major FIRE SAFETY risk!
10. **Never** overfill refrigerator/freezer. Overload may cause it to stop working properly.
11. **Never** over load washers or dryers... that's how they break!

# Comfort Food Recipes for Cold Fall Nights

## Mashed Sweet Potatoes with Pecan Butter

Yield: 2 servings

- 2 medium sweet potatoes (about 1 pound)
- 3 tablespoons 1% low-fat milk
- 2 tablespoons brown sugar, divided
- 1/8 teaspoon salt
- 1 tablespoon butter, softened
- 1 tablespoon chopped pecans, toasted
- 1/8 teaspoon ground cinnamon

Pierce potatoes with a fork; arrange on paper towels in microwave oven. Microwave potatoes at HIGH for 10 minutes, rearranging the potatoes after 5 minutes. Wrap potatoes in a towel; let stand for 5 minutes. Scoop out pulp; discard skins. Combine pulp, milk, 1 tablespoon brown sugar, and salt in a medium bowl; mash.

Combine 1 tablespoon brown sugar, softened butter, pecans, and cinnamon in a small bowl. Top each serving with pecan mixture.

CALORIES 299 (27% from fat); FAT 9g (sat 4.1g, mono 3.3g, poly 1.1g); IRON 1.4mg; CHOLESTEROL 16mg; CALCIUM 78mg; CARBOHYDRATE 52g; SODIUM 237mg; PROTEIN 3.9g; FIBER 5.4g

## Pumpkin Bread Pudding

Yield: 8 servings

- 1 1/4 cups 2% reduced-fat milk
- 1/2 cup sugar
- 1/2 teaspoon pumpkin-pie spice
- 3 large eggs, lightly beaten
- 1 (15-ounce) can pumpkin
- 4 1/2 cups cubed challah or other egg bread (about 8 ounces)
- 1/2 cup maple syrup
- 1/4 cup chopped pecans, toasted

Combine first 5 ingredients in a large bowl, stirring well with a whisk. Add bread, tossing gently to coat. Spoon mixture into a lightly greased 8-inch square baking dish. Cover with foil; chill 30 minutes or up to 4 hours. Preheat oven to 350°. Place dish in a 13x9-inch baking pan; add hot water to pan to a depth of 1 inch. Bake, covered, at 350° for 25 minutes. Uncover and bake an additional 10 minutes or until a knife inserted in center comes out clean. Serve each bread pudding piece warm with about 1 tablespoon syrup and 1 1/2 teaspoons pecans.

CALORIES 273 (23% from fat); FAT 7g (sat 1.7g, mono 3.1g, poly 1.4g); IRON 1.8mg; CHOLESTEROL 97mg; CALCIUM 117mg; CARBOHYDRATE 46.1g; SODIUM 186mg; PROTEIN 7.5g; FIBER 3.3g

from *Cooking Light*, NOVEMBER 2002

## Terrific Turkey Chili

Prep Time: 15 min

Cook Time: 55 min.

Ready In: 1 hr, 10 min.

Servings: 6

- 3 tablespoons oil, divided
- 1 1/2 pounds ground turkey
- 1 (1 oz.) pkg taco seasoning mix
- 1 teaspoon ground coriander
- 1 teaspoon dried oregano
- 1 teaspoon chili pepper flakes
- 2 tablespoons tomato paste
- 1 (14.5 oz.) can beef broth
- 1 (7 oz.) can salsa
- 1 (14.5 oz.) can crushed or diced tomato
- 1 (7 oz.) can chopped green chiles
- 1 medium onion, finely chopped
- 1 green bell pepper, diced
- 3 medium zucchini, halved lengthwise and sliced
- 1 bunch green onions, chopped
- 1 cup sour cream
- 1 cup shredded cheddar cheese

### DIRECTIONS:

- Heat 1 tablespoon of oil in a large stock pot over medium-high heat. Crumble turkey into the pot, stirring with a wooden spoon to break apart as much as possible. Season with taco seasoning mix, coriander, oregano, chili flakes, and tomato paste, and mix until meat is evenly coated with seasonings. Continue cooking, reducing heat if necessary, until turkey is well browned.
- Pour in beef broth, and simmer to reduce liquid slightly, about 5 minutes. Add salsa, tomatoes, and green chilies, and continue cooking at a moderate simmer for ten minutes. Adjust the thickness at any time you feel necessary by adding water.
- While chili is still cooking, heat one tablespoon of oil in a large skillet over medium-high heat. Cook onion and green bell pepper, stirring occasionally for 5 minutes, or until onion is translucent and bell pepper is lightly browned. Add onion and bell pepper to the chili, and continue cooking at a low simmer.
- In the same skillet, heat the remaining tablespoon of oil over medium-high heat. Add the zucchini, and cook stirring occasionally, for 5 minutes, or until lightly browned. Add the zucchini to the chili, reduce heat, and continue cooking 15 minutes more. Again, adjust the consistency with water as needed.
- Ladle chili into serving bowls. Top with sour cream, green onion, and cheddar cheese, and serve.

“Using some fresh and some canned ingredients, this chili is a snap to throw together and will keep you craving it for days. Chunky zucchini, fresh green onion, sour cream, and shredded Cheddar are sure to make this your favorite chili recipe. If you like beans in your chili, garbanzos right out of the can are great in this.”





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[www.columbuspm.org](http://www.columbuspm.org)

Columbus Property Management & Development, Inc.

## **Q & A** *with the MAINTENANCE TEAM* ALL YOUR QUESTIONS ANSWERED!

**Q:** When should a tenant call maintenance?

**A:** Fire, smoke alarm going off, clogged toilet, leaking pipe, clogged drain/garbage disposal, broken locks or loose key spinning in lock, extermination concerns

**Q:** I smell smoke in my apartment, but I do not see flames or smoke. Should I call maintenance or the fire department or both?

**A:** Call BOTH!

**Q:** What happens if I call maintenance after 5:00pm or on weekends?

**A:** Listen to the after hours message in its entirety before selecting anything. If it is an emergency, press 1. If the call can wait until the next business day, follow the directions given in the message.

**Q:** What happens to my maintenance request if a maintenance employee comes out but does not complete the job?

**A:** The maintenance man tells their supervisor what is needed. Most of these cases are then given to a contractor, who then schedules a time with the tenant; that's why it's important for tenants to let their property managers know when their phone number changes.

**Q:** When would maintenance charge me for work related to a maintenance request?

**A:** Tenant charges are based on excessive wear and tear and physical damage. The following will result in tenant charges: NON FLUSHABLE items lodged in toilet, chicken bones in a garbage disposal, any drain filled with grease, bedbug/fleas treatment, holes in walls, kicked-in doors, fire damage, and lock changes. In addition, if Maintenance is called out for no hot water and discovers that PGW has placed a lock on the gas meter, that's a tenant charge.

### **\*\* A Word about MOLD & MILDEW \*\***

We get many complaints about mold. If you check the "Mold/Mildew Addendum" of your lease, you will see that you have an obligation to prevent mold by drying standing water. This means even in the tub/shower area. The caulk at the joints in the tub is where you most often see mold forming. If you want the caulk replaced, we can do it, but you will be charged. After all, the mold was not there when you first rented your residence.