

BRISTOL POINTE APARTMENT HOMES

BRISTOLPOINTEAPTS.US

PAY RENT ONLINE

**UNAVAILABLE
UNTIL FURTHER NOTICE**

PLEASE DROP OFF YOUR CHECK OR MONEY
ORDER TO THE LEASING OFFICE.

LATE FEE POLICY

RENT IS DUE ON THE
FIRST OF THE MONTH.
LATE FEES ARE 5%.

CONSULT YOUR LEASE FOR MORE DETAILS.



SMOKE DETECTORS

IF YOUR SMOKE DETECTOR BEGINS TO
"CHIRP", PLEASE CALL THE
LEASING OFFICE AND
MAINTENANCE WILL
REPLACE THE BATTERY. DO
NOT DISCONNECT OR
DAMAGE THE DETECTORS.



TRASH

PLEASE ENSURE YOUR TRASH
MAKES IT TO (AND INSIDE)
THE DUMPSTER. PLEASE DO
NOT LEAVE TRASH IN
FRONT OF YOUR DOOR!



KEEP IT SLOW

PLEASE BE MINDFUL OF
YOUR SPEED AND KEEP IT
SLOW WHILE IN THE
COMPLEX.

VOCABULARY EXPANDER

GALLIGASKINS

"GAL-EE-GASS-KINS"

MEANING: BAGGY TROUSERS

A GALLIGASKIN WAS ORIGINALLY A SPECIFIC TYPE
OF WIDE TROUSER POPULAR IN THE 16TH AND 17TH
CENTURIES.

THE WORD APPEARS TO BE A CORRUPTION OF THE
FRENCH TERM GARGUESQUE, PERHAPS
INFLUENCED BY THE
WORD "GALLEY" AS THEY
MAY HAVE BEEN
ASSOCIATED WITH
SAILORS OF THE
MEDITERRANEAN.

IN MORE RECENT USAGE
(BY WHICH I MEAN, THE
18TH AND 19TH
CENTURIES) THE TERM
WAS OFTEN APPLIED TO
ANY RIDICULOUSLY-WIDE
LEG COVERINGS.



**UNDER NEW
MANAGEMENT**

OFFICE AND AFTER HOURS
EMERGENCY NUMBER

970-776-9299

AND FOLLOW THE PROMPTS

AUGUST 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 RENT DUE	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

DREAMLAND

- IN AN AVERAGE LIFETIME, PEOPLE SPEND APPROXIMATELY 2,100 DAYS (ALMOST 6 YEARS) DREAMING. EVERYONE DREAMS EVERY NIGHT, THOUGH SOME OF US CAN'T REMEMBER OUR DREAMS.
- BLIND PEOPLE DREAM. IF THEY BECAME BLIND AFTER HAVING SIGHT, VISUAL IMAGES APPEAR IN THEIR DREAMS. IF THEY WERE BORN BLIND, THEIR DREAMS, LIKE THEIR LIVES, ARE MADE UP OF FEELINGS, SMELLS, MOVEMENTS, AND SOUNDS.
- DEVELOPMENTAL PSYCHOLOGISTS SAY THAT TODDLERS NEVER DREAM ABOUT THEMSELVES. CHILDREN ARE NOT BELIEVED TO APPEAR IN THEIR OWN DREAMS UNTIL A DEVELOPMENTAL STAGE THAT OCCURS WHEN THEY ARE THREE OR FOUR YEARS OLD AND REALIZE THEY ARE SEPARATE FROM OTHER PEOPLE.
- RAPID EYE MOVEMENT (REM) SLEEP IS THE STAGE DURING WHICH WE HAVE OUR MOST VIVID DREAMS, CHARACTERIZED BY BIZARRE PLOTS INVOLVING UNLIKELY PEOPLE OR THINGS. IN CONTRAST, NON-REM DREAMS ARE MORE LIKE WAKING THOUGHTS. THEY HAVE LESS IMAGERY AND TEND TO REPEAT A THOUGHT OBSESSIVELY (FOR EXAMPLE, "I'VE LOST MY KEYS!").
- IT WAS ONCE BELIEVED THAT DREAMS OCCURRED ONLY DURING REM SLEEP. IMPROVED TECHNOLOGY HAS ALLOWED RESEARCHERS TO DISCOVER THAT DREAMS ARE LESS FREQUENT IN NON-REM SLEEP PHASES BUT STILL EXIST. IN FACT, IT IS LIKELY THAT WE DREAM DURING EVERY SINGLE MOMENT OF SLEEP.
- COLOR IN DREAMS IS A CONSTANT SOURCE OF SPECULATION. SOME MONOCHROME DREAMS CAN HAVE A SINGLE IMAGE THAT'S IN COLOR, SUCH AS A BRIGHT PINK POODLE. OTHER DREAMS SEEM TO SPEAK A LANGUAGE OF COLORS (E.G., RED OR BLUE LIGHTS) AND SHAPES (REPEATED CIRCLES OR SQUARES). SOMETIMES, NATURAL COLORS PERVADE THE DREAM, AS IN WAKING LIFE.
- IN THE LATE 1950S, SCIENTISTS PROVED THAT EXTERNAL STIMULI CAN BE INCORPORATED INTO DREAMS. WHEN RESEARCHERS SPRINKLED WATER ON SLEEPING VOLUNTEERS AND WOKE THEM UP SECONDS LATER, 14 OUT OF 33 SUBJECTS SAID THEY HAD DREAMED OF WATER.
- IT IS BELIEVED THAT WE RARELY FEEL PAIN IN DREAMS. WHEN WE DO, THOUGH, OUR BODIES PERCEIVE IT AS A SIGNAL THAT SOMETHING IS WRONG, AND WE REACT BY WAKING UP.
- STUDIES CONDUCTED BY HARVARD UNIVERSITY REVEAL THAT DREAMS EXHIBIT FIVE STRANGE FEATURES. THEY HAVE THE QUALITIES OF HALLUCINATIONS (SEEING THINGS THAT DON'T EXIST), DELUSIONS (BELIEVING SOMETHING IMAGINARY), EMOTIONAL INTENSITY (EXTREME FEELINGS ABOUT A SITUATION), AMNESIA (FORGETTING OUR LIVES AND EVEN WHO WE ARE IN THOSE LIVES), AND COGNITIVE ABNORMALITIES (HAVING THOUGHTS THAT DIFFER FROM THE WAKING NORM).
- WHAT IS THE PURPOSE OF DREAMING? SOME EXPERTS SPECULATE THAT THE PRIMITIVE PART OF THE BRAIN IS OVERLOADED DURING THE DAY AND CANNOT PROCESS ALL OF OUR EXPERIENCES. DREAMING GIVES US A WAY TO SORT THROUGH OUR MEMORIES AND ELIMINATE THE ONES THAT AREN'T USEFUL FOR OUR GROWTH.

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AIR CONDITIONERS

IN ORDER TO UTILIZE YOUR AIR
CONDITIONING UNIT PROPERLY, IT IS
IMPERATIVE THAT YOU DO NOT SET YOUR
THERMOSTAT BELOW 70 DEGREES,
REGARDLESS OF THE TEMPERATURE OUTSIDE.
SETTING THE THERMOSTAT TOO LOW WILL
CAUSE THE A/C UNIT TO FREEZE UP AND YOU
WILL NOT BE ABLE TO
USE YOUR AIR
CONDITIONER, BUT IT
CAN CAUSE THE
REASONABILITY OF
THE COST OF THE
REPAIRS TO FALL ON
YOU. PLEASE ALWAYS
BE MINDFUL WHEN
TURNING ON YOUR
AIR CONDITIONER.



ELECTRIC GRILLS ONLY

FOR EVERYONE'S SAFETY AND PER THE LEASE AND
LOCAL FIRE DEPARTMENT: NO CHARCOAL
BURNING, GAS, PROPANE, SOLID
FUEL OR ANY OTHER OPEN-FLAME
COOKING DEVICES, HIBACHIS,
SMOKERS OF FIRE PITS ARE TO BE
USED OR STORED ON ANY OF THE
PROPERTY'S PATIOS OR BALCONIES.



PETS AND SERVICE ANIMALS

ALL PETS, INCLUDING ESA -
EMOTIONAL SUPPORT/SERVICE
ANIMALS, NEED PROOF OF
VACCINES. REMEMBER TO
LEASH AND CLEAN UP
AFTER YOUR ANIMAL.



PACKAGES

PACKAGES MUST BE DELIVERED TO YOUR
DOOR. THEY WILL NOT BE ACCEPTED AT
THE OFFICE.

WHY AREN'T THERE SOUTHERN LIGHTS?



THERE ARE! WE JUST HEAR MORE ABOUT THEIR NORTHERN COUNTERPARTS.

THE SOUTHERN LIGHTS ARE CALLED THE "AURORA AUSTRALIS,"

AND ACCORDING TO

THOSE WHO'VE SEEN THEM (INCLUDING FAMED EXPLORER CAPTAIN JAMES COOK, WHO NAMED THE LIGHTS IN 1773), THEY ARE JUST AS BRIGHT AND ALLURING AS THE AURORA BOREALIS IN THE NORTH. WE DON'T HEAR ABOUT THEM BECAUSE THE VIEWING AREA, AROUND THE GEOMAGNETIC SOUTH POLE, IS MOSTLY UNPOPULATED. NORTHERN OR SOUTHERN, THE LIGHTS ARE THE RESULT OF SOLAR STORMS THAT EMIT HIGH-ENERGY PARTICLES. THESE PARTICLES TRAVEL FROM THE SUN AS A SOLAR WIND UNTIL THEY ENCOUNTER AND INTERACT WITH THE EARTH'S MAGNETIC FIELD. THEY THEN ENERGIZE OXYGEN ATOMS IN THE UPPER ATMOSPHERE, CAUSING LIGHT EMISSIONS THAT CAN APPEAR TO US AS AN ARC, A CURTAIN, OR A GREEN GLOW. IF THESE OXYGEN ATOMS GET REALLY EXCITED, THEY TURN RED. THERE ARE OTHER ATOMS IN THE IONOSPHERE, AND THEY PRODUCE DIFFERENT COLORS WHEN THEY'RE TITILLATED BY THOSE SOLAR WINDS. NEUTRAL NITROGEN WILL PRODUCE PINK LIGHTS, AND NITROGEN RADICALS GLOW BLUE AND VIOLET. USUALLY, THE LIGHTS ARE VISIBLE ONLY IN LATITUDES BETWEEN NINETY DEGREES (AT THE POLES) AND THIRTY DEGREES. IN THE NORTH, THAT LARGE SWATH INCLUDES MOST OF EUROPE, ASIA (EXCLUDING INDIA, EXCEPT FOR ITS NORTHERNMOST TIP, AND SOUTHERN COUNTRIES SUCH AS MYANMAR, THAILAND, AND CAMBODIA), THE UNITED STATES, AND CANADA. IN THE SOUTH, THOUGH, ONLY THE SOUTHERNMOST TIPS OF AUSTRALIA AND AFRICA AND THE COUNTRIES OF CHILE, ARGENTINA, AND URUGUAY IN SOUTH AMERICA ARE WITHIN THAT ZONE.

WHY DO BODY PARTS FALL ASLEEP?

IT HAPPENS TO ALL OF US. YOU GET UP IN THE MIDDLE OF THE NIGHT BECAUSE NATURE IS CALLING, BUT IT'S HARD TO WALK BECAUSE ONE OF YOUR FEET IS "ASLEEP." AS A TINGLING SENSATION SHOOTS THROUGH YOUR FOOT, YOU LUMBER TOWARD THE BATHROOM LIKE FRANKENSTEIN'S MONSTER.

WHAT'S HAPPENING? IT BEGINS WHEN A LIMB HAS HAD PRESSURE EXERTED ON IT FOR AN EXTENDED PERIOD OF TIME, MAYBE FROM KNEELING OR FROM CROSSING YOUR ARMS. WHEN THIS HAPPENS, THE NERVES IN THE LIMB OBVIOUSLY HAVE PRESSURE EXERTED ON THEM, TOO, AND THIS PREVENTS THOSE NERVES FROM SENDING MESSAGES TO THE BRAIN AND THE REST OF THE BODY. BLOOD VESSELS IN THE LIMB ARE ALSO SQUEEZED, WHICH MEANS OXYGEN BEING CARRIED TO THE NERVES IS BLOCKED AND NEVER MAKES IT. SIMPLY PUT, IN THE AIRPORT THAT IS YOUR BODY, TOO MUCH PRESSURE CANCELS A LOT OF INCOMING AND OUTGOING FLIGHTS. THE BRAIN ISN'T SURE WHAT'S GOING ON—SOME NERVES AREN'T TRANSMITTING ANY INFORMATION TO IT, WHILE OTHERS ARE SENDING IMPULSES ERRATICALLY. AS A SORT OF WARNING SIGNAL, THE LIMB STARTS TO TINGLE. IT'S YOUR BODY'S WAY OF SAYING, "GET OUT OF THAT KNEELING POSITION, FOR CRYING OUT LOUD, BEFORE YOU CAUSE NERVE DAMAGE" ONCE YOU JOSTLE THE AFFECTED LIMB, THE NERVES BEGIN FUNCTIONING PROPERLY AGAIN. OF COURSE, IT DOESN'T HAPPEN INSTANTLY. THE TINGLING SENSATION OFTEN INTENSIFIES AND IS FOLLOWED BY A SOMEWHAT UNCOMFORTABLE SEMI-NUMBNESS.

WHY DOES THIS OCCUR? YOUR NERVES COMPRISE BUNDLES OF FIBERS, AND EACH TRANSMITS DIFFERENT SIGNALS TO THE BRAIN. THE FIBERS THAT CONTROL TOUCH ARE AMONG THE THICKEST, AND THEY'RE THE LAST TO "WAKE UP" AND RESUME THE PROPER FIRING OF IMPULSES. THAT'S WHY THE FINAL FEELING YOU HAVE BEFORE YOUR LIMB RETURNS TO NORMAL IS THAT ODD SENSATION OF SEMI-NUMBNESS, THE ONE THAT MAKES YOU LOOK LIKE YOU'RE STARRING IN A B-GRADE HORROR FLICK.



COMMON DREAM THEMES

- BEING PARTIALLY CLOTHED OR NAKED IN PUBLIC.
- BEING CHASED BY THREATENING PEOPLE OR THINGS.
- SUDDENLY LOSING TEETH OR HAIR.
- FLYING OR FALLING.
- FAILING TO ATTEND CLASS UNTIL EXAM DAY FORGETTING ADDRESSES, PHONE NUMBERS, OR LOCKER COMBINATIONS
- INABILITY TO SEE CLEARLY, ESPECIALLY WHEN DRIVING.

IS THERE A KILLER SUSHI?

THE PUFFERFISH, ALSO KNOWN AS BLOWFISH OR FUGU, IS A HOMELY CREATURE THAT, WHEN THREATENED, INFLATES ITSELF AND DISPLAYS PROTECTIVE SPIKES THAT ARE FILLED WITH TETRODOTOXIN, A NEUROTOXIN THAT IS ABOUT 1,200 TIMES MORE DEADLY THAN CYANIDE. THE AVERAGE PUFFERFISH HAS ENOUGH OF IT IN ITS THREE-FOOT-LONG BODY TO KILL 30 PEOPLE. BELIEVE IT OR NOT, PUFFERFISH IS SERVED RAW AS SUSHI, AFTER THE TETRODOTOXIN HAS BEEN REMOVED. THIS IS, HOWEVER, AN INEXACT SCIENCE; ABOUT 100 PEOPLE DIE EVERY YEAR FROM PUFFERFISH THAT HAVE BEEN IMPROPERLY PREPARED. THE INITIAL SYMPTOM OF PUFFERFISH POISONING IS PARALYSIS OF THE LIPS AND FACE, WHICH CAN APPEAR FROM TEN MINUTES TO SEVERAL HOURS AFTER INGESTION. THE CAUSE OF DEATH IS RESPIRATORY PARALYSIS. THERE IS NO KNOWN ANTIDOTE TO TETRODOTOXIN, BUT THE TREATMENT OF SYMPTOMS INCLUDES AGGRESSIVE MEASURES TO KEEP THE AIRWAYS OPEN. SUSHI CHEFS WHO WANT TO WORK WITH PUFFERFISH GO THROUGH AN INTENSIVE STUDY PROGRAM. THEY'RE TAUGHT HOW TO PREPARE THE CREATURE FOR CONSUMPTION, INCLUDING HOW TO CUT AND SEPARATE THE TOXIC PARTS FROM THE EDIBLE ONES. LAST, BUT CERTAINLY NOT LEAST, THEY'RE TAUGHT FIRST AID. WHY WOULD SOMEONE EAT PUFFERFISH? WELL, IT'S AKIN TO MOUNTAIN CLIMBING, BUNGEE JUMPING, OR SKYDIVING—THE THRILL OF TRYING TO CHEAT DEATH. WHEN A PERSON AT A SUSHI BAR ORDERS PUFFER-FISH, IT IS TRADITIONAL TO OFFER MANY TOASTS TO HIS OR HER HEALTH. THIS PERSON BECOMES THE CENTER OF ATTENTION.



WHILE THE PUFFERFISH IS AN EXTREME EXAMPLE, SUSHI IN GENERAL IS A RELATIVELY HIGH-RISK FOOD. RAW FISH IS FULL OF BACTERIA, AND MERCURY LEVELS—PARTICULARLY IN TUNA—HAVE BECOME AN ISSUE. THE TRADITIONAL ACCOMPANIMENTS TO SUSHI ARE MEANT TO HELP. VINEGAR IS ADDED TO THE RICE TO HEIGHTEN THE pH LEVEL AND POTENTIALLY KILL BACTERIA; WASABI AND PINK PICKLED GINGER ALSO HAVE BACTERIA-KILLING PROPERTIES. NEVERTHELESS, YOU MIGHT WANT TO CONSIDER PIZZA.

FAST FACTS

- TRACE AMOUNTS OF PEANUTS CAN BE FOUND IN DYNAMITE.
- MORE CAR CRASHES HAPPEN ON SATURDAY THAN ON ANY OTHER DAY.
- MAINE IS THE ONLY U.S. STATE WHOSE NAME HAS JUST ONE SYLLABLE.
- A BABY HIPPO WEIGHS AROUND 100 POUNDS.
- THE LETTERS "SOS" DON'T ACTUALLY STAND FOR "SAVE OUR SHIP" IN FACT, THEY WERE ONLY SELECTED BECAUSE THEY TRANSLATE INTO A SIMPLE MORSE CODE MESSAGE OF THREE DOTS, THREE DASHES, AND THREE DOTS. THE LETTERS NEVER MEANT ANYTHING MORE.
- THERE ARE 318,979,564,000 DIFFERENT WAYS TO PLAY THE FIRST FOUR MOVES PER SIDE IN A GAME OF CHESS.
- MANHATTAN IS ABOUT HALF THE SIZE OF DISNEY WORLD.

CHOCOLATE ROLO COWBOY HATS

PREP TIME: 15 MINUTES
TOTAL TIME: 15 MINUTES
SERVINGS: 40

INGREDIENTS:

- 40 PRINGLE POTATO CHIPS REGULAR FLAVORS, SALTED
- 6 OZ CHOCOLATE CHIPS OR CANDY COATING
- 40 ROLO CANDIES UNWRAPPED
- 3.75 OZ TWIZZLERS PULL 'N' PEEL CHERRY CANDY (PREFERABLY MINIS)



INSTRUCTIONS:

1. LINE A BAKING SHEET WITH PARCHMENT PAPER. LAY UNBROKEN POTATO CHIPS ON PARCHMENT. PEEL TWIZZLERS (LICORICE) APART INTO INDIVIDUAL STRANDS, CUT INTO HALF IF USING REGULAR SIZE.
2. MELT CHOCOLATE IN THE MICROWAVE BY HEATING IT FOR 30 SECONDS THEN STIRRING AND REPEATING THE PROCESS UNTIL IT IS MELTED AND SMOOTH. DIP EACH POTATO CHIP INTO THE CHOCOLATE COVERING ON BOTH SIDES AND PLACE IT ON THE PARCHMENT PAPER.
3. WHILE CHOCOLATE IS STILL SOFT, PLACE A ROLO IN THE MIDDLE OF THE CHIP AND WRAP LICORICE AROUND ROLO, CROSSING THEM IN THE BACK.
4. IF NEEDED YOU CAN PUT A DROP OF CHOCOLATE ON THE LICORICE TO SECURE IT.