



BRISTOL POINTE

APARTMENT HOMES

Office Hours
Mon-Fri 9am-6pm
Saturday 10am-5pm
Sunday Closed



COMMUNITY MANAGER
JENNIFER HILLIER

LEASING CONSULTANTS
ISAAC LEVIN
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MAINTENANCE SUPERVISOR
BRIAN BARBRE
MAINTENANCE TECH
DAMIAN GRIEGO

Office and After Hours Emergency Number 970-776-9299 and follow

BRISTOLPOINTELOVELAND.COM

EMAIL: BRISTOLPOINTE-LEASING@SUMMITWESTPM.COM

NO SPACE HEATERS Allowed

Space heaters are one of the leading causes of home fires. Even electric heaters with an automatic shut off can cause a fire.



For the safety of the entire community space heaters of any kind are not allowed. Should we find a space heater in your home you will receive a legal demand. Second offense could lead to possible eviction. No exceptions will be tolerated! Thank you for helping us keep our Community Safe for the enjoyment of all our residents!

SNOW REMOVAL



Please do not park in areas that will impede snow removal. You could be towed, without notice, at owner's expense.

PAY RENT ONLINE

Rent is due on the First of the month.
Late Fees are 5%.
Consult your lease for more details.



LOFT

Contact the Leasing Office if you need help setting up the Online Portal.

SMOKE DETECTORS 24/7



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.

PETS/SERVICE ANIMALS

All Pets, including ESA - Emotional Support/Service Animals, need proof of vaccines. Remember to Leash and Clean Up after your animal.



KEEP IT SLOW



Please be mindful of your speed and keep it slow while in the complex.

PACKAGES

Packages need to be delivered to your door. They will not be accepted at the office.



TRASH

Please ensure your trash makes it to (and inside) the dumpster. Please DO NOT leave trash in front of your door!



COLD WEATHER TIPS

We recommend you keep your heat set at 62° F, or higher, during any temperatures in the low teens, single digits, or below freezing. Please DO NOT turn off your heat if you plan on leaving for a day, or several days. During cold temperatures, it is a good idea to keep the cabinets underneath the bathroom sinks and kitchen sinks open a crack to allow heat to flow to keep pipes warm. In the event you turn on the water, but it does not run, then call us immediately.

For after hours call our emergency phone at 970-776-9299 and follow the prompts to be directed to our after-hours emergency service. One of our staff members will respond. DO NOT leave fireplaces operating unattended and candles are not allowed. Use electric candles.

PARKING

CONGRUENT TO YOUR LEASE, all vehicles parked in the parking lot must be parked FORWARD FACING and no part of the vehicle may block any part of the sidewalks/Walkways. No OVERSIZED vehicles may be parked within the community parking lot. Any violation of these rules may lead to the vehicle being towed, at owner's expense, And/Or, A legal demand being served, that can lead to eviction.



Thank you for your cooperation,
Bristol Pointe
Apartments

RESET YOUR SPACE

As we say goodbye to 2025 and welcome a fresh new year, now's the perfect time to give your apartment a mini "reset." You don't need a full makeover to make your home feel refreshed — just a few small changes can make your space feel brighter, cozier, and more you.

Clear the Clutter: Start by letting go of items that no longer serve a purpose or bring you joy. Donate unused clothes, kitchen gadgets, or décor to local charities. You'll free up space and give your home a calmer, cleaner feel.

Refresh Your Layout: Even moving a piece of furniture or two can make a big difference! Try switching the angle of your couch, swapping lamps between rooms, or adding a mirror to make your space feel larger and lighter.

Bring in Something Green: A few houseplants can instantly freshen your apartment. Choose low-maintenance options like pothos or succulents — they purify the air and add life to any room.

Add a New Scent or Texture: Change up the atmosphere with a new candle scent, cozy blanket, or set of throw pillows. Soft textures and pleasant smells can help make your home feel warm and welcoming for the new year.

Make It Yours Again: Take a few minutes to hang photos, artwork, or mementos that make you smile. The new year is a great reminder to surround yourself with things that reflect your personality and make you feel at home. A refreshed space can bring a refreshed mindset — and that's the best way to start 2026 feeling grounded, inspired, and ready for what's ahead.



WHY DO CLOCKS RUN "CLOCKWISE"



The reason clocks run clockwise comes from something very simple: the way shadows moved on early sundials in the Northern Hemisphere.

Sundials Came First

Mechanical clocks came after sundials, and clockmakers copied the familiar motion people already used to tell time.

Here's what happens on a traditional sundial in the Northern Hemisphere:

As the Sun moves across the southern sky, the shadow rotates from left to right, starting in what we call the "6 AM" position and moving toward "noon" and then "6 PM. This left-to-right motion is what we now call clockwise.

Mechanical Clocks Copied Sundials

When mechanical clocks were invented in medieval Europe (in the Northern Hemisphere), clockmakers simply preserved the direction everyone was used to seeing on sundials.

If clocks had first been invented in the Southern Hemisphere, the opposite would be true—sundial shadows rotate the other way there, and our clocks today might run "counterclockwise."

AMAZON GIFT CARD RAFFLE

Stop by the Leasing Office by January 23rd, 2025 and enter* our drawing for a \$50 Amazon Gift Card!!!



Winner drawn
January 24th, 2025

*One Entry per Apartment



STILL LIVING IN LAST YEAR? YOU'RE NOT ALONE

It happens every year like clockwork. The confetti has been swept up, the resolutions are mostly in place, and yet... somehow it's still last year when we write the date.

January arrives, and suddenly everyone turns into a time traveler. Checks are dated with the old year. Forms get corrected with a sheepish laugh. Notes, emails, and sticky reminders quietly confess: "I swear I know what year it is."

Why does this happen? Because our brains don't flip calendars as fast as our wall does. After spending 365 days writing one year, it takes a little time (and a few crossed-out numbers) to convince ourselves it's actually a brand-new one.

The good news? Writing the old year isn't a mistake—it's a tradition. It's the brain's way of saying, "Hold on, I'm still unpacking the holidays." And honestly, there's something comforting about it. A few accidental throwback dates remind us that change doesn't happen all at once—it eases in, one corrected form at a time.

So if you catch yourself writing last year's date, don't panic. You're not behind, confused, or stuck in the past. You're just human.

By February, we'll all have it figured out... right around the time we stop saying "Happy New Year" and start wondering where the year went.



DISHWASHER TIPS

Before putting dishes in the dishwasher, it's helpful to do a few quick steps to make sure your dishes come out clean and your dishwasher stays in good shape:

Scrape off leftover food – Remove large chunks of food like bones, vegetable peels, or sticky residue. Most modern dishwashers can handle small bits, but big chunks can clog the drain.

- Rinse lightly – You don't need to fully wash dishes, but if food is dried on or very sticky, a quick rinse helps prevent clogs and improves cleaning.
- Check for non-dishwasher safe items – Some items like wooden utensils, cast iron, nonstick pans, or delicate glassware may get damaged in the dishwasher.
- Load dishes properly – Place plates, bowls, and pots so that the spray can reach all surfaces. Cups and glasses usually go on the top rack; larger items on the bottom. Avoid stacking items.
- Use the right detergent – Make sure the detergent is fresh and the correct type for your dishwasher.
- Check for leftover utensils – Make sure forks, knives, and spoons aren't nesting together, which can prevent proper cleaning.



WHAT HAPPENS WHEN WE SLEEP?

Here are some wild and fascinating facts about what happens while you sleep — your body and brain are doing way more than just resting:

- **Your brain cleans itself:** While you sleep, your brain literally washes itself. The glymphatic system flushes out toxins and waste proteins that build up during the day — including beta-amyloid, which is linked to Alzheimer's disease. It's like a nightly brain rinse cycle.
- **You're temporarily paralyzed:** During REM sleep (when you dream), your brain turns off most of your muscle control so you don't physically act out your dreams. This is called REM atonia — basically, your body hits a "pause" button while your mind goes wild.
- **Your heart and breathing slow way down:** In deep sleep, your heart rate and breathing drop significantly — a natural way your body conserves energy and allows your cardiovascular system to recover from daytime stress.
- **Your eyes move like crazy:** During REM (Rapid Eye Movement) sleep, your eyes dart back and forth under your eyelids — it's thought to match your gaze movements inside your dreams.
- **Your body temperature drops:** Your core temperature falls by about 1–2°F, signaling to your body that it's time to rest. That's why a slightly cool bedroom helps you fall asleep faster.
- **Your body releases growth hormones:** While you sleep, your pituitary gland releases growth hormone — vital for repairing muscles, tissues, and bones. It's why kids literally grow overnight.
- **You can lose weight (sort of):** During sleep, you burn calories as your body runs maintenance tasks — and you exhale a surprising amount of water vapor and carbon dioxide, losing weight through breath and sweat.
- **You can even grow taller — temporarily:** While lying down, gravity isn't compressing your spine. You can wake up to half an inch taller than you were the night before!



CLASSIC SLOW-COOKER MEAT LOAF

Ingredients:

- 1/2 cup tomato sauce
- 2 large eggs, lightly beaten
- 1/4 cup ketchup
- 1 teaspoon Worcestershire sauce
- 1 small onion, chopped
- 1/3 cup crushed saltines (about 10 crackers)
- 3/4 teaspoon minced garlic
- 1/4 teaspoon seasoned salt
- 1/8 teaspoon seasoned pepper
- 1-1/2 pounds lean ground beef (90% lean)
- 1/2 pound reduced-fat bulk pork sausage

Sauce:

- 1/2 cup ketchup
- 3 tablespoons brown sugar
- 3/4 teaspoon ground mustard
- 1/4 teaspoon ground nutmeg

Directions:

1. Cut three 25x3-in. strips of heavy-duty foil; crisscross so they resemble spokes of a wheel. Place strips on bottom and up side of a 4- or 5-qt. slow cooker. Coat strips with cooking spray.
2. In a large bowl, combine the first 9 ingredients. Crumble beef and sausage over mixture and mix lightly but thoroughly (mixture will be moist). Shape into a loaf. Place meat loaf in center of strips.
3. In a small bowl, combine all sauce ingredients. Spoon over meat loaf. Cover and cook on low 3-4 hours or until no pink remains and a thermometer reads 160°. Using foil strips as handles, remove meat loaf to a platter.



THE BIRTHDAY PARADOX

Ever been surprised to find a neighbor with the same birthday? It might sound unlikely, but in a group of just 23 people, there's about a 50/50 chance that two share a birthday! This surprising bit of math is known as the Birthday Paradox — not because it's a trick question, but because it goes against our everyday intuition.

You might think: "There are 365 days in a year, so how could that happen?" The key is that we're not just comparing your birthday to everyone else's — we're comparing everyone's birthday with everyone else's. With 23 people, there are 253 possible pairs who could share a date. When so many comparisons are possible, coincidences become surprisingly likely.

TO FIGURE OUT THE ODDS, MATHEMATICIANS FIRST CALCULATE THE CHANCE THAT NO ONE SHARES A BIRTHDAY, AND THEN SUBTRACT THAT FROM 1.

$$P(\text{no shared birthdays}) = \frac{365}{365} \times \frac{364}{365} \times \frac{363}{365} \times \dots \times \frac{365 - n + 1}{365}$$

WHERE N IS THE NUMBER OF PEOPLE.

THEN, THE PROBABILITY THAT AT LEAST TWO PEOPLE SHARE A BIRTHDAY IS:

$$P(\text{shared birthday}) = 1 - P(\text{no shared birthdays})$$

FOR 23 PEOPLE:

$$P(\text{shared}) = 1 - \frac{365}{365} \times \frac{364}{365} \times \dots \times \frac{343}{365} \approx 0.507$$

THAT'S ABOUT 50.7% — MEANING IT'S ACTUALLY MORE LIKELY THAN NOT THAT TWO PEOPLE SHARE A BIRTHDAY!



GARBAGE DISPOSAL CARE

Your garbage disposal is a handy kitchen helper—but it's not a trash can! With a little care and know-how, you can keep it running quietly and efficiently (and avoid those unpleasant clogs or odors).

What You Can Put Down the Disposal

Soft food scraps: Small amounts of cooked vegetables, fruit peels, and other soft leftovers are usually fine.

Citrus peels: Lemon or orange rinds can help freshen the smell.

Cold water: Always run cold water before, during, and after using your disposal—it helps flush food through the pipes.

Small ice cubes: Occasionally grinding a few ice cubes can help clean the blades and remove buildup.

What You Shouldn't Put Down the Disposal
Grease, fats, or oils: They solidify in pipes and cause stubborn clogs. Pour them into a container and toss them in the trash instead.

Fibrous foods: Items like celery, corn husks, onion skins, and artichokes can wrap around the blades.

Starchy foods: Pasta, rice, and potatoes expand with water and can gum up the works.

Coffee grounds: They seem harmless but can build up and form a sludgy clog.

Bones, fruit pits, or shells: Too hard for the disposal and can damage the motor.

Non-food items: No paper, plastic, or metal—ever.

