

MISSION HEIGHTS

A P A R T M E N T S

28500 Mission Blvd. • Hayward, CA 94544 • (510) 581-5343



BULLETIN BOARD

Resident Referral

Do you love calling Mission Heights home? When you refer a friend and they sign a lease and move in, you'll receive a great referral reward! What could be better than that? Stop by the office for more details!

SEPTEMBER 2012



NOTES & NEWS

Apples and Diabetes

A study published in the American Journal of Clinical Nutrition found that people who ate five or more apples a week had a 23 percent lower risk of developing type 2 diabetes compared with those who didn't eat apples. Certain flavonoids in the fruit may be the reason for the lower risk.

Don't Organize Your Junk

Don't buy things to organize items that are unnecessary to begin with. For example, if your desk is covered with clutter, don't buy a desk organizer. Instead, go through the clutter and eliminate unnecessary items.

A Superb Herb

Garlic is a member of the Allium family, long known for its healthful properties. Much has been written about the herb and the beneficial effect it can have on cardiovascular problems such as inflammation and atherosclerosis. Garlic also has good amounts of vitamins C and B6, selenium and manganese.

HIGHLIGHTS

--VEHICLE THEFT AND BURGLARY PREVENTION TIPS--

- **Always lock your vehicle!** It is a good idea to lock your glove box and center console as well.
- **Close all windows**—professional thieves have tools that help unlock vehicles through a minimum of open space.
- **Remove all valuables** from your vehicle. This includes your GPS, iPod, designer sunglasses, tote bags, shopping bags, purses, clothing, laptops, briefcases, stereo faceplates, wallets, etc.
- **Keep valuables out of sight** and not visible on the front seat or dashboard. Even if you are just going to be away from your vehicle for a few minutes, it is worth your time to take valuables with you or place them out of view. Most thieves are looking for an easy way to acquire valuable items, so if it appears that there is nothing of value in your vehicle the chances that it will be broken into are greatly reduced.
- **Anti-theft devices** such as alarm systems and steering wheel locks are highly recommended.
- **Call the police** if you see a suspicious person(s) or vehicle(s) around the area.

Mission Heights Team

Community Manager Jeff Clarke
Leasing Consultant Rebecca Rad
Service Manager Wilfredy Mancia
Porter Pedro Gonzalez

Office Hours

Monday–Saturday 9:00 am – 6:00 pm
Tues. & Thurs. Open 'til 7:00 pm
Sunday 10:00 am – 5:00 pm

TRIVIA WHIZ

How Sweet It Is

A 10,000-year-old cave painting in Spain depicts two women collecting honey from a wild bee hive. The practice of keeping bees to produce honey dates back to at least 700 B.C.

Here are some more facts about this sweet treat:

- In addition to a food source, honey is used for medicinal and cosmetic purposes.
- Honey is produced in every state, and in most countries of the world.
- According to the National Honey Board, the average American consumes about 1.3 pounds of honey per year.
- Honey bees must visit 2 million flowers to produce one pound of honey. The bees' source of nectar determines the color and flavor of honey. Types include alfalfa honey, which is light in color with a mild flavor, and orange blossom honey, which has a slight citrus taste.
- Store honey tightly sealed and out of direct sunlight. If honey crystallizes, place the container in hot water for 15 minutes.
- A tablespoon of honey provides 17 grams of carbohydrates. Athletes can get an energy boost by adding honey to their bottle of water.
- For centuries, honey has been used to help heal wounds. Researchers think this works because honey's main components, glucose and fructose, attract water, drying the wound and inhibiting the growth of bacteria.

**"No bees, no honey;
no work, no money." —Proverb**



It's Nice to Meet You

Are you a little shy in social situations and not sure how to get a conversation started? Here are a few tips to help:

Relax. Don't worry about trying to impress someone; that will only make you nervous.

First things first. Introduce yourself by smiling, offering a handshake and telling the person your name.

Express interest. Your curiosity is your best asset. Letting someone

know you are interested in them makes them feel good, and they will want to continue the conversation. Most people like to talk about themselves.

No yes or no. Don't ask questions that can be answered with a simple "yes" or "no." Instead, make a relevant comment, then ask an open-ended question. For example: "Those are great boots. Where did you get them?" As the conversation progresses, you will have opportunities to ask other questions, perhaps about the person's hometown, education, children, or favorite movies or books.

Listen. The secret to a good conversation is to listen. People are more likely to open up when they can tell you care about what they say.

Moderation. Too many questions will seem like an interrogation. Offer information about yourself, too.

Now get out there and meet someone!

Breads Around the World

Grain and water are the mainstay ingredients of most types of bread, with a variety of additions possible, including salt, nuts, fruit, oil, sugar and spices. Bread dough can be baked, steamed or fried. Bread has been prepared for thousands of years and is a staple food around the world. Put away the sliced white and try one of these breads sometime soon:

Chapati. Common in India, chapati is an unleavened flatbread made of whole wheat flour and cooked on a skillet. Pieces are often torn off to scoop up other food during mealtime.

Tortilla. Similar to chapatis, tortillas are made with corn or wheat flour. This staple in Mexico and Central America has become a mainstream food in the United States.

Lefse. This Scandinavian soft flatbread is made of potato, milk and flour and cooked on a griddle using special tools.

Pita. The pocket in pita bread is created by steam during the cooking process. The slightly leavened flatbread is a staple in the Middle East and the Mediterranean, where it is used to make sandwiches or scoop dips.

Scone. Similar to a biscuit, this British quick bread can be sweet or savory. Raisins or cheese are often added to scones.

Fry bread. This American Indian food is a leavened flat dough that is fried in oil. It can be eaten alone or with toppings.





WIT & WISDOM



One Minute Chef

Glazed Salmon With Cherry Salsa

Ingredients:

Salsa:

- 1 cup frozen tart cherries, thawed and chopped
- 1/2 cup diced red onion
- 1 jalapeño, chopped
- 1 tablespoon honey
- 1 clove garlic, minced
- 1 teaspoon grated ginger
- Salt and pepper, to taste

Salmon:

- 1 pound salmon fillet, cut into four pieces, rinsed and dried
- 1/4 cup tart cherry juice (from frozen cherries)
- 1/4 cup honey

Directions:

In medium bowl, stir together ingredients for salsa until well combined. Cover and refrigerate. Preheat oven to 350°. Line a baking sheet with nonstick aluminum foil. Arrange salmon fillets on baking sheet.

In small bowl, whisk together cherry juice and honey. Spread half of mixture over salmon fillets. Bake for 15 to 17 minutes, until almost cooked through. Drizzle second half of cherry-honey mixture over fillets; bake another 2 to 3 minutes, until slightly golden at edges. Serve with cherry salsa on top.

Find more recipes at www.ChooseCherries.com.



Score a Tailgate Touchdown

Football season is almost here, which means it's time for tailgate parties. If you have never tailgated before or are still new at the game, the experts at *Tailgating.com* have some great tips, including:

- Plan your menu and do the prep work a day or two before the game. Keep the menu simple. Make sure you take enough food to share with any extra people who show up.
- Make a list of the items you want to take along. Check off items as you pack.
- Plan to arrive at least three hours before the game starts. Try to park next to a grassy area or at the end of the parking row so you will have more room.

If you are preparing food at the event, you will need: a portable grill and propane or charcoal, lighter fluid and lighter; grilling and serving utensils; towels and water for cleanup; cutlery and bottle/can opener; napkins, plates, cups and eating utensils.

Pack two coolers—one for food and one for beverages. Freeze bottles of water and use them to keep items cool, then for drinking as the ice melts. Take plenty of trash bags, plus chairs and a folding table.

Other items that will come in handy are: a first aid kit, jumper cables, rain gear, sunscreen, a flashlight, and entertainment such as a radio/CD player, football and Frisbee.

Fly helium-filled balloons on really long strings so friends can find you, and have fun supporting your favorite team!

"The time to relax is when you don't have time for it."

—*Sydney J. Harris*

"Tension is who you think you should be. Relaxation is who you are."

—*Chinese proverb*

"For fast-acting relief, try slowing down."

—*Lily Tomlin*

"Besides the noble art of getting things done, there is a nobler art of leaving things undone. The wisdom of life consists in the elimination of nonessentials."

—*Lin Yutang*

"There's never enough time to do all the nothing you want."

—*Bill Watterson*

"I try to take one day at a time, but sometimes several days attack me at once."

—*Jennifer Yane*

"Stress is an ignorant state. It believes that everything is an emergency. Nothing is that important."

—*Natalie Goldberg*

"How beautiful it is to do nothing, and then rest afterward."

—*Spanish proverb*

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time."

—*J. Lubbock*



September 2012

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						1	
2	Labor Day	3	4	5	6	7	8
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23/30	24	25	26	27	28	29	

“This Month In History” SEPTEMBER

1522: Ferdinand Magellan’s ship the Victoria, one of five to go on his expedition, arrives in Spain, completing the first circumnavigation of the Earth.

1698: In an effort to modernize his country, Russian Czar Peter the Great orders his noblemen to cut off their beards.

1774: The first session of the Continental Congress convenes. Twelve of the 13 colonies send delegates, who meet at Carpenter’s Hall in Philadelphia.

1836: Sam Houston is elected president of the Republic of Texas. After the United States annexes Texas, he serves as a U.S. senator and as the state’s governor.

1846: The eighth planet from the sun, Neptune, is discovered and named for the Roman god of the sea.

1921: The first Miss America Pageant is held in Atlantic City, N.J., where 16-year-old Margaret Gorman is crowned.

1966: The original “Star Trek” television series premieres. Although canceled after three seasons, the series becomes a cult classic in syndication, leading to additional TV series, feature films and books.

1969: Chemical Bank in New York opens its first automated teller machine, kicking off a proliferation of ATMs over the next four decades.

1976: NASA unveils its first space shuttle, the Enterprise, during a ceremony in Palmdale, Calif.

1981: Sandra Day O’Connor takes her place on the U.S. Supreme Court, the first woman to do so.

1998: The U.S. government requires all cars to have air bags.

2002: Kelly Clarkson wins the first season of the television show “American Idol.”

2005: Michael Eisner, who saw the company through a great resurgence, resigns as CEO of Disney.