

# 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!

## NOVEMBER 2012



## NOTES & NEWS

### Seasonal Selections

Apples, pears, persimmons and pomegranates will add some in-season fruit flair to a holiday table.

### Keep Food Fresh

An easy way to keep hard cheeses and onions fresh longer is to rub a little butter onto the cut surfaces before refrigerating.

### Be Mindful

Carefully scrutinize what you are tossing in the trash. Many items can be reused, repurposed or recycled. Before you throw something in the garbage, make sure it truly is trash.

### Deal of the Month

It's chilly outside, and most of us are staying in—watching football and our favorite new shows on TV. Retailers timed it right: Televisions are on sale now, so upgrade a few sizes to catch the big game on a bigger screen.

### Pass the Pie, Please

According to a 2006 survey, 20 percent of Americans have eaten an entire pie by themselves.

## 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 ..... Erin Hotchkiss  
Service Manager ..... Eduardo Montana  
Porter ..... Fernando Garcia

### 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

### All About Cranberries

Often found on the table during Thanksgiving dinners, the cranberry is a small, red, very tart fruit. Cranberries are one of only three commercially grown fruits native to North America. The other two are blueberries and Concord grapes.

Here are a few other facts about this little berry:

- American Indians mixed cranberries with deer meat to make a food called pemmican. They also used cranberries in poultices to treat wounds and used the red juice to make dye.
- Revolutionary War veteran Henry Hall planted the first commercial cranberry beds in Dennis, Mass., in 1816.
- Sailors used cranberries as a source of vitamin C to prevent scurvy.
- Some of today's cranberry bogs are more than 100 years old.
- Most of the world's cranberries are grown on 48,000 acres in the United States and Canada.
- Cranberries are harvested in September and October.
- Americans consume about 400 million pounds of cranberries a year, around 20 percent of that during Thanksgiving week. The fruit is also used in salads, trail mix and baked goods.
- Recent studies suggest cranberries may promote gastrointestinal and oral health, lower LDL (bad) cholesterol and raise HDL (good) cholesterol, and help prevent cancer.

### Why Water?

Although often seen floating in television commercials, cranberries do not grow in water. The berry grows on low-running vines in sandy marshes. To help with harvesting, the marshes are flooded, equipment knocks the berries from the vines, and the berries, which contain a pocket of air, float to the surface.



### Picking Presidents

Every four years, American voters head to the polls to elect a president and vice president. Yet those votes are just part of a detailed system known as the Electoral College, which is used by the U.S. to determine its executive leaders.

The Electoral College is made up of 538 electoral votes divided among the 50 states and the District of Columbia. A candidate needs 270 electoral votes to be elected.

The number of electoral votes each state receives ranges from three to 55, based on the number of congressional seats the state holds. The District of Columbia gets three votes because the 23rd Amendment grants it the same number of votes as the least populated state.

The voting public's ballots make up what is known as the "popular vote," and in 48 of the 50 states, plus the District of Columbia, the candidate

receiving the most popular votes in a state will receive all of that state's electoral votes. Only Maine and Nebraska split their electoral votes among candidates through their state's system for proportional allocation of votes.

In the rare event that no candidate gets the necessary 270 electoral votes to win office, the House of Representatives elects the president from the three candidates who received the most electoral votes. Each state gets one vote.



### Giving Green

When planning your holiday shopping this year, consider adding Mother Earth to the list by "going green" with your gift giving. Eco-friendly gifts are as plentiful as they are diverse, and their impact extends far beyond the day of your gift exchange. Whether you prefer the thrill of the hunt at local retailers or shopping online from your favorite chair, here are some options for making your gifts green:

*Gifts that give globally.* Most of us have heard of gifts that keep on giving. These are plentiful at [www.Heifer.org](http://www.Heifer.org), where the gifts you buy in honor of a friend or loved one actually benefit people in need or the planet itself. From sheep that can provide a Third World family with income from wool production to trees that reduce erosion, the generosity of these gifts knows no boundary.

*Does that come in green?* Looking for something more tangible? Many

retailers offer beautiful, unique and useful items that are made with recycled materials or via ecologically sound practices. Clothing and textiles made from organic fiber, books from recycled paper, and environmentally friendly coffees are just a few examples of gifts that can be given with pride.

*Zero waste, zero emissions.* You might find the perfect gift at a local antique store. Buying used means no new resources are consumed, no emissions are released through shipping, and there is no packaging waste. Wrap the gift in something reusable, such as a cloth bag.





## WIT & WISDOM



### Avoid Holiday Weight Gain

There are many reasons adults put on a few pounds over the holidays. Here are some helpful tips to buck the trend this year:

**Stress.** Family commitments. Deadlines at work. Traveling. All these contribute to stress, which takes attention away from eating right and exercising. Before any obligations kick in, stretch and take a moment to relax in the morning. Enjoy the holidays despite the hectic schedule by reminding yourself that in a few weeks, you can return to your routine.

**Snacks.** Every holiday party has food. It's impossible to avoid it, so try a few bites of your favorites and distract yourself with good company. Another option is to eat something healthy before leaving home so you won't overeat later.

**Snow.** Much of the country indulges in comfort foods during the cold weather of the season. Don't fall into this trap. Root vegetables and leafy greens are bountiful during the winter months. Fill up on these healthful choices to leave less room for the heavier fare.

**Schedules.** Your days are likely packed with many responsibilities. Keep exercise penciled in. A game of touch football is a great way to burn a few calories and spend time with relatives and friends.

**Society.** It's easy to succumb to pressure during family gatherings. Your aunt might have spent all day baking, but don't feel obligated to eat two pieces of pie. Indulge in a small portion and tell yourself that willpower now will pay off the rest of the year.

## neMinute Chef

### Parmesan-Crusted Chicken

#### Ingredients:

- 1/2 cup mayonnaise
- 1/4 cup grated Parmesan cheese
- 4 boneless, skinless chicken breast halves
- 4 teaspoons Italian seasoned dry bread crumbs
- 2 medium tomatoes, seeded and chopped
- 1/4 cup chopped red onion
- 1/4 cup Italian dressing
- 1 tablespoon chopped fresh basil leaves or 1 teaspoon dried basil leaves, crushed

#### Directions:

Preheat oven to 425° F.

Combine mayonnaise with cheese in a medium bowl.

Arrange the chicken on a baking sheet. Evenly top with mayonnaise mixture, then sprinkle with bread crumbs.

Bake 20 minutes or until chicken is thoroughly cooked.

Meanwhile, combine remaining ingredients in a medium bowl.

To serve, evenly top chicken with tomato mixture.

For more recipes, visit [www.Hellmanns.com](http://www.Hellmanns.com).



"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

—William Arthur Ward

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

—John F. Kennedy

"Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you."

—Eileen Caddy

"Gratitude is one of the least articulate of the emotions, especially when it is deep."

—Felix Frankfurter

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

—Melody Beattie

"Some people grumble that roses have thorns; I am grateful that thorns have roses."

—Alphonse Karr

"The essence of all beautiful art, all great art, is gratitude."

—Friedrich Nietzsche

"A man's indebtedness is not virtue; his repayment is. Virtue begins when he dedicates himself actively to the job of gratitude."

—Ruth Benedict

"A person however learned and qualified in his life's work in whom gratitude is absent, is devoid of that beauty of character which makes personality fragrant."

—Hazrat Inayat Khan



# November 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10 
11 Veterans Day (Federal Holiday)	12	13	14	15	16	17
18	19	20	21 	22 Thanksgiving	23	24
25	26	27	28	29	30	

### Oakland Raiders

#### Home Games

Coliseum  
(800) 724-3377  
www.Raiders.com

- Nov. 4 vs. Tampa Bay Buccaneers
- Nov. 18 vs. New Orleans Saints

### San Francisco 49ers

#### Home Games

Candlestick Park  
(415) 464-9377  
www.49ers.com

- Nov. 11 vs. St. Louis Rams
- Nov. 19 vs. Chicago Bears

### Through Nov. 11

#### Marcel Duchamp:

**The Book and the Box**  
Legion of Honor  
(415) 750-3600  
LegionOfHonor.FAMSF.org

### Nov. 2-Dec. 16

#### "The Submission"

New Conservatory Theatre Center  
(415) 861-8972  
www.NCTCSF.org

### Nov. 3-Feb. 3, 2013

#### Jasper Johns: Seeing

**With the Mind's Eye**  
San Francisco Museum  
of Modern Art  
(415) 357-4000  
www.SFMOMA.org

### Nov. 15-Dec. 2

#### "Tosca"

War Memorial and  
Performing Arts Center  
(415) 864-3330  
www.SFOpera.com

### Nov. 15-Dec. 22

#### "History: The Musical"

SF Playhouse  
(415) 322-8738  
www.Un-Scripted.com

### Nov. 22-26

#### San Francisco International Auto Show

Moscone Center  
(415) 974-4000  
www.Moscone.com

### Nov. 24-Dec. 2

#### Celebration of Craftswomen

Fort Mason Center  
(415) 345-7575  
www.FortMason.org

### Nov. 27

#### Alice Cooper

The Warfield  
(888) 929-7849  
www.TheWarfieldTheatre.com

### Nov. 30, Dec. 1

#### Chris Botti

Davies Symphony Hall  
(415) 864-6000  
www.SFSymphony.org

### Upcoming Events:

### Dec. 31

**New Year's Eve  
Masquerade Ball**  
Davies Symphony Hall  
(415) 864-6000  
www.SFSymphony.org

### Jan. 18-Feb. 24, 2013

#### "Dear Harvey"

New Conservatory Theatre Center  
(415) 861-8972  
www.NCTCSF.org

*Dates and venues are  
subject to change.*

San Francisco  
**AREA EVENTS**

