

# 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!

## DECEMBER 2012



## NOTES & NEWS

#### The Long and Short of It

December is the month with the shortest daylight hours of the year in the Northern Hemisphere and the longest daylight hours of the year in the Southern Hemisphere.

#### Turn Clothes Into Art

Transform an old T-shirt into wall art by cutting out the main image on the shirt, stretching it over a framed canvas and stapling the edges to the back. Create several pieces for a grouping of T-shirt wall art.

#### Words to Live By

Samuel Smiles, a Scottish writer born on Dec. 23, 1812, coined the phrase, "A place for everything, and everything in its place."

#### Find the Facts

Before using a travel tour company, check out its rating with the Better Business Bureau at [www.BBB.org](http://www.BBB.org). You can also check [www.ASTA.org](http://www.ASTA.org) to find out if the company is a member of the American Society of Travel Agents.

## 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 Evergreens

While many trees shed their leaves during the fall and winter seasons, evergreen trees keep their needles even through the most dismal winters. They serve as a symbol of new life and the coming spring.

Many coniferous evergreens have needles, and others have leaves or palms. Coniferous means cone-bearing. The tree's seeds develop inside a protective cone, which can take up to three years to mature.

Although the trees keep their needles through the winter, they do not keep them forever. Evergreens periodically drop older needles, which are closer to the main trunk, while retaining the younger needles farther out on the branch. The life span of a needle ranges from two to 17 years, depending on the type of tree.

Evergreens have been used in landscaping for centuries. Early European settlers in America planted evergreens to block wind and snow. Today, they are also planted for privacy screens and to provide year-round color in landscapes.

Not all evergreens are green. Some have foliage that is red, silver, purple or yellow.

Many types of evergreens are native to the United States, including red and white pines in the Northeast; ponderosa pine, western white pine and Douglas fir in the Rocky Mountains; longleaf, shortleaf and loblolly pines in the South; and sugar pine and coast redwood on the Pacific coast.

The coast redwoods are the tallest trees in the world, with some measuring more than 370 feet.

**"The pine stays green in winter ... wisdom in hardship."  
—Norman Douglas**



### Keep Holiday Spending Under Control

The holidays can be a wonderful time as people gather with family and friends and make memories. But sometimes what we remember most is the hefty bill at the end of the season. Here are some tips to help you control your spending so all your holiday memories are happy:

**Have a game plan.** Make a list of everything you usually spend money on, including gifts, food, decorations, greeting cards and travel expenses. Decide how much you will spend on the people on your gift list and on the other items. Keep track of all the spending and don't let yourself go over your limit.

**Put away the plastic.** When you go shopping, use cash. If you don't have the cash, don't buy the item. If you don't have the money now, you likely won't have it next month when the bill arrives.

### Wash Hands to Stay Healthy

Most of us know to wash our hands before eating or after handling garbage, but are you washing the correct way? What about those not-so-obvious places where germs can hide? Here are some things to remember when it comes to washing hands and avoiding bacteria.

According to the Centers for Disease Control and Prevention (CDC), one of the most important steps in stopping the spread of disease is washing hands with soap and clean, running water. To properly wash hands, wet them first and apply soap. Lather the soap by scrubbing palms, the backs of hands and under fingernails. Rinse well and dry thoroughly.

Soap and running water aren't always available, so carry antibacterial gel as a backup. It doesn't kill all germs, however, so don't use it exclusively. The CDC recommends using a gel with at least 60 percent

**Shop smart.** Check prices online and watch for sales flyers so you know where to get the most for your money. If you are making a purchase online, search for promo codes that can get you a discount on the purchase or free shipping.

**Make it yourself.** Homemade gifts are often the most appreciated. They show thoughtfulness and are unique. Make some cookies, potpourri or a photo album. Browse craft books and websites for more ideas.

With a little planning, you can enjoy the holidays without breaking the bank.



alcohol to get rid of as many germs as possible. When using antibacterial gel, rub hands together to spread the gel over palms and fingers until skin is dry.

A study in the *Journal of Medical Virology* found that cold and flu viruses can survive on hard surfaces for up to 18 hours. To reduce the amount of germs you come in contact with in public, hand-sanitizing wipes are a good option. Use them to clean shopping cart handles, door knobs, elevator buttons and restaurant menus—all ranked high on the list of places where bacteria reside.





### The Perfect Party Guest

As the holiday party season gets under way, follow these tips to ensure you always have a place on the guest list:

- **R.S.V.P.** When you receive an invitation, reply as soon as possible. Even if no R.S.V.P. is requested, it's considerate to let your host know if you will be able to attend. Take a guest only if you have been invited to do so.
- **Perfect timing.** Never arrive early for a party; this puts the busy host in an awkward spot. Arriving at the stated time, or 10 to 15 minutes after, is ideal.
- **Mix and mingle.** Be prepared to chat with those you know, as well as new faces. Keep topics casual and upbeat, and avoid potentially sensitive topics such as politics or religion. If it's an office party, remember you're not there to complain about work!
- **A helping hand.** Ask your hostess if she needs any help. Even if she declines your offer, the gesture will be appreciated.
- **Don't overindulge.** Whether on food or beverages, overindulgence is not only bad manners, it could also cause a shortage of food or drink for other guests.
- **Thank you!** Always thank the host for having you. You can do this verbally at the event. If you want to follow up with a handwritten thank-you note, even better. For office parties, it's nice to thank the person or committee that planned the party, either verbally or with an email.



## One Minute Chef

### Chili Rub Slow Cooker Pulled Pork

#### Ingredients:

- 2 tablespoons chili powder
- 1 1/2 teaspoons salt
- 1/2 teaspoon cayenne powder
- 3-pound boneless pork shoulder or sirloin roast
- 1 tablespoon canola oil
- 1/2 cup chicken broth

#### Directions:

In small bowl, combine chili powder, salt and cayenne. Rub mixture over all sides of meat, pressing to adhere. Set aside.

In large skillet over medium-high heat, warm oil. Add pork and brown on all sides, six to eight minutes. Transfer meat to slow cooker.

Add broth to skillet, scraping up any browned bits, then add broth to slow cooker. Cover and cook until pork is very tender, six to eight hours on low or four to five hours on high.

Transfer meat to cutting board and let rest 10 to 15 minutes. Use two forks to shred meat into bite-sized pieces. Moisten and season with cooking juices to taste.

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



## WIT & WISDOM

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."

—*Edith Sitwell*

"One kind word can warm three winter months."

—*Japanese proverb*

"Hot coffee and cold winter mornings are two of the best soul mates who ever did find each other."

—*Terri Guillemets*

"Winter is the season in which people try to keep the house as warm as it was in the summer, when they complained about the heat."

—*Unknown*

"Winter is the time of promise because there is so little to do—or because you can now and then permit yourself the luxury of thinking so."

—*Stanley Crawford*

"While I relish our warm months, winter forms our character and brings out our best."

—*Tom Allen*

"I think winter wear is communal. You get some gloves and a scarf from a lost-and-found box, wash them, wear them for a while until you lose them. Then somebody else does the same thing."

—*Adrian Grenier*

"Perhaps I am a bear, or some hibernating animal underneath, for the instinct to be half asleep all winter is so strong in me."

—*Anne Morrow Lindbergh*

"What good is the warmth of summer, without the cold of winter to give it sweetness."

—*John Steinbeck*



# December 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 Season's Greetings				1
2	3	4	5	6	7	8
9	10	11	12	13		15
16	17	18	19	20	21	22
23/30		24/31 Christmas	25	26	27	28
						29

### Oakland Raiders

**Home Games**  
 Coliseum  
 (800) 724-3377  
 www.Raiders.com

- Dec. 2 vs. Cleveland Browns
- Dec. 6 vs. Denver Broncos
- Dec. 16 vs. Kansas City Chiefs

### San Francisco 49ers

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

- Dec. 9 vs. Miami Dolphins
- Dec. 30 vs. Arizona Cardinals

### Through Dec. 16

**"The Submission"**  
 New Conservatory Theatre Center  
 (415) 861-8972  
 www.NCTCSF.org

### Through Dec. 22

**"History: The Musical"**  
 SF Playhouse  
 (415) 322-8738  
 www.Un-Scripted.com

**Dec. 1-March 5, 2013**  
**South Africa in Apartheid and After: David Goldblatt, Ernest Cole, Billy Monk**  
 San Francisco Museum of Modern Art  
 (415) 357-4000  
 www.SFMOMA.org

### Dec. 8, 9

**"Peter and the Wolf"**  
 Davies Symphony Hall  
 (415) 864-6000  
 www.SFSymphony.org

### Dec. 13-15

**Handel's "Messiah"**  
 Davies Symphony Hall  
 (415) 864-6000  
 www.SFSymphony.org

### Dec. 19

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

### Dec. 21

**Mariachi Sol de Mexico de Jose Hernandez**  
 Davies Symphony Hall  
 (415) 864-6000  
 www.SFSymphony.org

### Dec. 22

**"The Snowman"**  
 Davies Symphony Hall  
 (415) 864-6000  
 www.SFSymphony.org

### Dec. 31

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

### Upcoming Events:

#### Jan. 31, 2013

**Baby, It's Cold Outside: A Frank Loesser Salon**  
 Alcazar Theatre  
 (415) 255-8207  
 www.42ndStMoon.org

#### Feb. 22-March 24, 2013

**"The Lisbon Traviata"**  
 New Conservatory Theatre Center  
 (415) 861-8972  
 www.NCTCSF.org

*Dates and venues are subject to change.*

San Francisco  
**AREA EVENTS**

