

MISSION HEIGHTS

A P A R T M E N T S

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



JANUARY 2013



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!

NOTES & NEWS

Fitness Tip: Save the Best for Last

We often need motivation to exercise. A smart way to stay encouraged during your workout is to start with your least favorite activity and work your way to something fun. This way, the challenging stuff is over quickly and you can look forward to finishing your routine on a high note.

Get Your Vitamin C

Vitamin C is important for healthy teeth and gums, helps our bodies use iron, and aids in healing wounds. Natural sources of vitamin C are citrus fruits and juices, strawberries, cantaloupe, tomatoes, broccoli, green vegetables and potatoes.

Say What?

zeitgeist \ TSYTE-gyste \ noun

The general intellectual, moral and cultural climate of an era.

Example sentence: The book attempts to explain the zeitgeist of 1960s counterculture.

In the Night Sky

The January full moon is called a Wolf Moon. This year you can see it on Jan. 26.

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

A Solemn Oath

Inauguration Day, held on Jan. 20 every four years, marks the moment when the newly elected president of the United States formally takes office. Activities include the swearing-in ceremony, the president's inaugural address, a parade and one or more inaugural balls.

Here are some facts about this longstanding American tradition:

- Until 1937, Inauguration Day was March 4, the last day of the congressional session. The 20th Amendment to the Constitution changed the date to Jan. 20.
- On March 4, 1801, Thomas Jefferson became the first president to be inaugurated in Washington, D.C.
- The shortest inaugural address was given by George Washington at his second inauguration. It contained only 135 words.
- Many famous presidential phrases came from inaugural speeches, including Franklin D. Roosevelt's "The only thing we have to fear is fear itself" and John F. Kennedy's "Ask not what your country can do for you—ask what you can do for your country."
- If Jan. 20 is on a Sunday, the president takes the oath of office in a private ceremony on that day, followed by a public ceremony the next day.
- Harry S. Truman's inauguration was the first to be televised. Truman also reinstated the official Inaugural Ball in 1949.
- The Chief Justice of the Supreme Court traditionally administers the oath, although there have been exceptions.



Get Organized

The start of a new year is the perfect time to get organized. Instead of trying to organize your whole home, concentrate on a few small areas.

Junk drawer. It might not actually contain junk, but most people have a drawer somewhere that has become a catch-all for miscellaneous items. To clean it out, start by covering a countertop or kitchen table with a towel. Empty the contents of the junk drawer onto the towel. Throw away the trash, such as expired coupons and takeout menus you don't need. Next, remove everything that belongs somewhere else in your home. Sort

what is left into groups. Put small items, such as paper clips and rubber bands, into plastic bags that have a zippered top. Clear pencil boxes can store larger office supplies and tools.

Refrigerator. Empty your refrigerator and throw away any expired or questionable food items. Thoroughly clean the inside. Group like items together as you replace them. Put condiments in the door so they are easy to find. Vegetables belong in the crisper. If you don't have a separate drawer to use for lunch meat and cheese, place them in a plastic bin you can slide out when you want to make a sandwich. A plastic bin will also corral individual containers of yogurt, pudding and applesauce. Designate one shelf for leftovers. Use labels or masking tape and a marker to note the item and date.

Now that you have the hang of it, go organize your medicine cabinet or sock drawer!

Make a Money Plan

This year, begin your journey to financial freedom with these helpful tips:

Save what you can. It can be overwhelming to try to save a certain percentage of income. Instead of focusing on a set number each month, simply put away a little at a time. You might find that seeing your savings account grow encourages you to add more next month.

Invest in a Roth IRA. Most funds require a minimum initial investment of \$1,000 or more, according to *Kiplinger.com*. It might sound like a lot, but the money can be used tax-free after retirement. Aim to save \$125 each month this year; next year, use that money to open a fund for your future.

Cut expenses. Grab your last three months of bank and credit card statements. List everything you spend money on, down to daily coffee or

lunch out. This will open your eyes to where the money goes and, more importantly, can show you areas to cut back. If coffee costs \$5 each day and lunch is \$7, you could save more than \$3,000 a year by cutting out these expenses.

Get automated. If your employer offers auto paycheck deposit, use it to avoid the temptation of cashing your check. Set up an investment fund through your bank account, so each month a certain amount is deposited. If the cash is making money elsewhere and not available for you to spend, you'll be ahead of the game.





WIT & WISDOM



Health and Happiness With Houseplants

Houseplants are popular due to their aesthetic appeal and the touch of nature they bring indoors. But did you know that houseplants provide several health benefits as well? Here are a few ways houseplants are a healthy addition to your home:

Clear the air. According to a study by NASA, some houseplants actually remove harmful toxins from the air. Formaldehyde and benzene can be present in materials such as carpet, solvents and paint, and mold is a common threat in damp places such as bathrooms. Peace lilies, chrysanthemums, and several varieties of philodendron and dracaena are especially effective at removing these substances.

Breathe deeper. During photosynthesis, plants take in carbon dioxide and release oxygen, which we need to breathe. Flowers such as gerbera daisies and orchids release oxygen at night, so placing them in bedrooms can help you sleep better.

Climate control. Plants release moisture, which is particularly important during cooler months, when we are more likely to suffer from colds, coughs and dry skin due to low humidity. English ivy and Boston ferns are good candidates to help you avoid these weather-related issues.

Improve your mood. Research has shown that plants have a calming effect and may even lower blood pressure and help combat depression and loneliness.

neMinute Chef

Mediterranean Linguine With Basil and Tomatoes

Ingredients:

- 1-pound box linguine pasta
- 1/2 cup extra virgin olive oil
- 2 pints grape tomatoes, cut in half
- 1 tablespoon minced garlic
- 2 tablespoons red wine vinegar
- 1 teaspoon crushed red pepper flakes
- Salt and pepper to taste
- 18 to 20 basil leaves, cut in thin strips
- 3/4 cup grated Parmesan cheese, plus additional for garnish

Directions:

Cook pasta according to package directions.

While pasta cooks, heat olive oil in large skillet on medium heat. Add tomatoes and garlic. Cook and stir two minutes or until tomatoes are soft. Remove from heat. Stir in vinegar and pepper flakes.

Drain cooked pasta. Add to skillet. Return to heat, and stir one minute or until pasta is coated and hot. Remove from heat. Season with salt and pepper. Stir in basil and cheese. Serve with additional cheese, if desired.

For more recipes, visit www.Crisco.com.



"I think in terms of the day's resolutions, not the year's."

—Henry Moore

"The big secret in life is that there is no big secret. Whatever your goal, you can get there if you're willing to work."

—Oprah Winfrey

"Achievable goals are the first step to self-improvement."

—J. K. Rowling

"When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps."

—Confucius

"My current goal is to place a moratorium on goals."

—Jessica Savitch

"Every minute you spend in your life is either spent bringing you closer to your goals or moving you away from your goals."

—Bo Bennett

"You have to find out what's right for you, so it's trial and error. You are going to be all right if you accept realistic goals for yourself."

—Teri Garr

"It is always during a passing state of mind that we make lasting resolutions."

—Marcel Proust




"A goal without a plan is just a wish."

—Antoine de Saint-Exupery

"People are not lazy. They simply have impotent goals—that is, goals that do not inspire them."

—Tony Robbins

January 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day	2	3	4	5
6 	7	8	9	10	11	12
13	14	15	16 	17	18	19
20	21 Martin Luther King Jr. Day	22	23	24	25	26
27	28	29	30	31		

Golden State Warriors

Home Games

- Oracle Arena
(888) 479-4667
www.NBA.com/warriors
- Jan. 2 vs. Los Angeles Clippers
 - Jan. 9 vs. Memphis Grizzlies
 - Jan. 11 vs. Portland Trail Blazers
 - Jan. 16 vs. Miami Heat
 - Jan. 21 vs. Los Angeles Clippers
 - Jan. 23 vs. Oklahoma City Thunder
 - Jan. 31 vs. Dallas Mavericks

Through Jan. 27

Gifts From the Gods: Art and the Olympic Ideal
Legion of Honor
(415) 750-3600
LegionOfHonor.FAMSF.org

Jan. 5

Andre Thierry
Freight and Salvage Coffeehouse
(510) 644-2020
www.TheFreight.org

Jan. 10-13

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

Jan. 12

John McCutcheon
Freight and Salvage Coffeehouse
(510) 644-2020
www.TheFreight.org

Jan. 17-19

MTT Conducts Music From "Peer Gynt"
Davies Symphony Hall
(415) 864-6000
www.SFSymphony.org

Jan. 17-Feb. 10

"4000 Miles"
American Conservatory Theater
(415) 749-2228
www.ACT-SF.org

Jan. 18-Feb. 24

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

Jan. 27

Organ Recital With Chelsea Chen
Davies Symphony Hall
(415) 864-6000
www.SFSymphony.org

Jan. 29-Feb. 3

"Suite en Blanc" and "In the Night"
War Memorial and Performing Arts Center
(415) 865-2000
www.SFBallet.org

Upcoming Events:

Feb. 22-March 24

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

March 22-April 28

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

Dates and venues are subject to change.

San Francisco
AREA EVENTS