

Cedars & Cedars North Apartments



OCTOBER 2011

HIGHLIGHTS

An Important To-Do: Protect Against the Flu

According to WebMD, flu season can start as early as mid-October and run through the end of May. That makes this month prime time for a flu shot.

Bumper Sticker Snicker

Take everything in moderation, including moderation.

Teatime Tames Tension

When temperatures drop, folks find themselves drinking more hot beverages throughout the day. Instead of coffee, drink black tea to reduce stress. Research shows that tea has tension-taming properties, so warm up and unwind with a steaming cup of tea today.

Deal of the Month

If you don't subscribe to the Sunday newspaper, you're missing all the sale ads and lots of potential savings! Log on to *SundaySaver.com* to see hundreds of weekly sales circulars and Sunday newspaper ads so you can plan your shopping trips with good deals in mind.

A Figure of Speech

Phrase: Blowing smoke.

Meaning: Talking about taking action without the intention of following through.

Origin: In their stage acts, magicians sometimes use smoke to obscure their sleight of hand.



BULLETIN BOARD

Sweeten Your Smile by Avoiding Sour Foods

Sugary foods aren't the only culprits responsible for declines in dental health. Sour, acidic foods can soften teeth, leading to acid erosion. Sour candy, fruit juices and soft drinks can erode the enamel on your teeth. If you're going to consume highly acidic foods, dentists recommend doing so during mealtime to minimize the effects.

Get a Handle on Health

October is Health Literacy Month.

NOTES & NEWS

Fall for Autumn

This October, take in the beautiful colors of this glorious season.

Reminders

- Just a couple of reminders:
- Any vehicle that leaks oil should not be parked on the property until fixed.
- Speed limit here is **5 MPH.**
- Only two guests per apartment are allowed in the pool area.
- Please keep music and screaming down. Not just at night but throughout the whole day.

News

We are now doing raffles for those who get their rent in by the 5th of every month. We will be picking an apartment number on the 6th of every month, and the winner will win our prize basket.

Please remember to throw trash away inside the dumpster and not to leave it on the floor. It looks messy and attracts animals.

Please pick up after your pet.

- Only electric BBQ grills are allowed.
- Park in your designated parking spot.

Your Staff

Marcos Peña	Resident Manager
Ike Swayzer	Maintenance
Mike Lopez	Porter
Office	(510) 581-3700
E-mail	Cedars@felson.com
Website	Felson.com
Website	www.rentthecedarsapts.com
Sheriff's Dept.	(510) 667-7721
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October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 NATIONAL CRIME PREVENTION MONTH						
2	3	4	5	6	7	8
9	10 Columbus Day	11	12	13	14 	15
16	17	18 Celebrate Diversity month!	19	20	21	22
23/30	24/31	25	26	27	28	29

Oakland Raiders

Home Games
Oakland-Alameda County Coliseum
(800) 724-3377
www.Raiders.com

- Oct. 2 vs. New England Patriots
- Oct. 16 vs. Cleveland Browns
- Oct. 23 vs. Kansas City Chiefs

San Francisco 49ers

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

- Oct. 9 vs. Tampa Bay Buccaneers
- Oct. 30 vs. Cleveland Browns

Through Oct. 11

Art in the Atrium:
Kerry James Marshall
San Francisco Museum of Modern Art
(415) 357-4000
www.SFMOMA.org

Through Oct. 30

New Work: Tiago Carneiro da Cunha and Klara Kristalova
San Francisco Museum of Modern Art
(415) 357-4000
www.SFMOMA.org

Oct. 1, 2

Pacific Fine Arts & Crafts Fest
Montclair Village
(510) 339-1000
www.MontclairVillage.com

Oct. 2

Castro Street Fair
Castro Street
(415) 841-1824
www.CastroStreetFair.org

Oct. 8, 9

San Francisco's Ultimate Women's Expo
San Francisco Concourse
(866) 618-3434
www.SFWomensExpo.com

Oct. 11

The Australian Pink Floyd Show
The Warfield
(866) 448-7849
www.TheWarfieldTheatre.com

Oct. 15

Noe Valley Harvest Festival
Noe Valley Neighborhood
(415) 519-0093
www.No ValleyHarvestFestival.com

Oct. 18

Opeth
The Warfield
(866) 448-7849
www.TheWarfieldTheatre.com

Upcoming Events:

Nov. 12, 13

They Might Be Giants
The Fillmore
(800) 745-3000
www.LiveNation.com

Dec. 17

Paula Poundstone
Palace of Fine Arts
(800) 745-3000
www.LiveNation.com

Dates and venues are subject to change.

San Francisco AREA EVENTS

