

# Cedars & Cedars North Apartments



**MAY 2011**

## HIGHLIGHTS

### Remember Mom

Mother's Day is May 8.

### Motivational Tip

"If you plant a seed and water it for just a few days, and then stop, you might as well have never planted it. Remember to direct your focus again and again toward those things you're committed to completing." —Ralph Marston

### Fuel Up in the Morning

Skipping breakfast can increase your risk of obesity. Start your day with foods high in protein—such as eggs or yogurt—as well as fiber-rich fruits and whole grains, such as oatmeal, to jump-start your metabolism.

### Handwashing Hint

Antibacterial soap is no more effective at killing germs than regular soap, reports *MayoClinic.com*. And over time, it may lead to the development of bacteria that are resistant to antimicrobial agents.

### Seasonal Selections

Celebrate May, the peak of spring, by piling your plate with the season's bounty of fresh produce.

*Fruits:* Blackberries, blueberries and strawberries.

*Vegetables:* Arugula, asparagus, Brussels sprouts, carrots, cauliflower, kale, onions, peas and radishes.



## NOTES & NEWS

### BBQ

Now that it's getting late later, please remember not to disturb your residents. There is **NO BARBECUING ON THE PROPERTY**. The fire department will be called on anyone caught barbecuing.

### Garbage

A reminder to please put **ALL GARBAGE** inside the dumpster. Not on the floor. It creates a mess. It's one of the ways that we can keep utilities costs down.

### Parking

Please park in your assigned spot. Anyone who parks along the side where **NO PARKING** signs are will be tagged and towed at owner's expense. All visitors must park in the street.

### Monthly Celebrations

May is a month for celebrating those close to you. National Family Week and National Hug Week are May 1-7. Join Hands Day is May 7, May 8 is Mother's Day, and International New Friends, Old Friends Week is May 15-21.

## BULLETIN BOARD

### Don't Fear

The only Friday the 13th in 2011 occurs in May.

### Environmental Advice: Bulk Up

To help the environment, avoid products that are packaged for single use. Instead, buy in bulk and transfer the products to your own reusable containers.

### Click It or Ticket

From May 23 to June 5, the National Highway Traffic Safety Administration mobilizes law enforcement agencies across the country to increase seat belt use.

### Your Staff

Marcos Peña ..... Resident Manager  
Ike Swayzer ..... Maintenance  
Mike Lopez ..... Porter  
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Website ..... www.rentcedarsnorthapts.com  
Sheriff's Dept. .... (510) 667-7721  
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## May 2011

| Sunday                                                                                                 | Monday             | Tuesday | Wednesday                                                                                | Thursday | Friday | Saturday |
|--------------------------------------------------------------------------------------------------------|--------------------|---------|------------------------------------------------------------------------------------------|----------|--------|----------|
| 1                                                                                                      | 2                  | 3       | 4<br>   | 5        | 6      | 7        |
| 8<br><br>Mother's Day | 9                  | 10      | 11                                                                                       | 12       | 13     | 14       |
| 15                                                                                                     | 16                 | 17      | 18                                                                                       | 19       | 20     | 21       |
| 22                                                                                                     | 23                 | 24      | 25                                                                                       | 26       | 27     | 28       |
| 29                                                                                                     | 30<br>Memorial Day | 31      | May  |          |        |          |

### San Francisco Giants

#### Home Games

- AT&T Park  
(415) 972-2000  
SanFranciscoGiants.MLB.com
- May 6-8 vs. Colorado Rockies
  - May 10-12 vs. Arizona Diamondbacks
  - May 20-22 vs. Oakland Athletics
  - May 24-26 vs. Florida Marlins

### Oakland Athletics

#### Home Games

- The Coliseum  
(510) 638-4900  
Oakland.Athletics.MLB.com
- May 1, 2 vs. Texas Rangers
  - May 3-5 vs. Cleveland Indians
  - May 13-15 vs. Chicago White Sox
  - May 16, 17 vs. Los Angeles Angels
  - May 18, 19 vs. Minnesota Twins
  - May 27-29 vs. Baltimore Orioles
  - May 30-June 1 vs. New York Yankees

### Through May 5

- San Francisco  
International Film Festival  
Various locations  
(415) 561-5000  
www.SFFS.org

### May 5-8

- MTT Conducts Mahler's  
Symphony No. 9  
Davies Symphony Hall  
(415) 864-6000  
www.SFSymphony.org

### May 7

- Yanni  
The Warfield  
(800) 745-3000  
www.TheWarfieldTheatre.com

### May 7-8

- MTT Conducts Mahler's  
Resurrection Symphony  
Davies Symphony Hall  
(415) 864-6000  
www.SFSymphony.org

### May 15

- San Francisco Symphony  
Youth Orchestra Concert  
Davies Symphony Hall  
(415) 864-6000  
www.SFSymphony.org

### May 20-22

- San Francisco Fine Art Fair  
Festival Pavilion,  
Fort Mason Center  
(800) 211-0640  
www.SFFineArtFair.com

### May 24-June 19

- Blue Man Group  
Golden Gate Theatre  
(888) 746-1799  
www.SHNSF.com

### Upcoming Events:

#### June 7

- U2  
Oakland-Alameda  
County Coliseum  
(510) 569-2121  
www.Coliseum.com

#### July 31

- The San Francisco Marathon  
Embarcadero  
(888) 958-6668  
www.TheSFMarathon.com

*Dates and venues are  
subject to change.*

San Francisco  
AREA EVENTS

