

Cedars & Cedars North Apartments



MARCH 2011



NOTES & NEWS

Krewe of St. Patrick?

Pile on the beads to party during Mardi Gras, March 8, then wear green on St. Patrick's Day, March 17.

Standing Tall

Good posture takes years off your appearance. Align your body so ears are over shoulders and shoulders are over hips. A trick is to imagine a thread running up your spine and out the crown of your head, gently tugging you upward.

Just a Reminder

Please be considerate of parking. There is no parking against the buildings where it says NO PARKING. Cars will be tagged and towed at owner's expense. We will be doing daily walks during the day, and at night at we will tag vehicles that are parked in no parking areas.

Please help keep Cedars/Cedars North clean. Put all garbage inside the Dumpster. If you leave it on the ground, animals can come and make a mess.

Please pick up after your pet when walking them. **DOGS MUST ALWAYS BE ON A LEASH.** No exceptions.

HIGHLIGHTS

March Madness Begins

The first round of the NCAA Men's Basketball Division I Championship begins March 15 and culminates with the Final Four, April 2-4, in Houston.

Monthly Celebrations

March is Music in Our Schools Month and National March into Literacy Month. Other dates this month related to learning include National Grammar Day (March 4), Teen Tech Week (March 6-12), Newspaper in Education Week (March 7-11) and Absolutely Incredible Kid Day (March 17).

Hard to Resist

Resistance bands are a great addition to any workout. They're cheap, great for all fitness levels, add variety to your workout and are easy to take along when you travel.

Small Diet Tweak for Big Benefits

Choosing brown rice instead of white could reduce your chances of developing type 2 diabetes by 16 percent, according to new research from the Harvard School of Public Health. Eating other whole grains such as barley or wheat every day may cut your risk by a whopping 36 percent, the study found.

Positive Thought

"The sun does not shine for a few trees and flowers, but for the wide world's joy."
—Henry Ward Beecher

BULLETIN BOARD

Deal of the Month

According to Consumer Reports, March is the month to buy a digital camera—it's when the item is typically marked down. Other things to look for on sale this month? Humidifiers, DVD and Blu-Ray players, winter sporting goods and coats.




Motivational Tip

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."
—Ralph Waldo Emerson

Your Staff

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## March 2011

| Sunday                                                                                                          | Monday | Tuesday          | Wednesday | Thursday                                                                                                                  | Friday | Saturday |
|-----------------------------------------------------------------------------------------------------------------|--------|------------------|-----------|---------------------------------------------------------------------------------------------------------------------------|--------|----------|
|                                |        | 1<br>RENT IS DUE | 2         | 3                                                                                                                         | 4      | 5        |
| 6<br>RENT IS LATE<br>\$75 Charge                                                                                | 7      | 8                | 9         | 10                                                                                                                        | 11     | 12       |
| 13                                                                                                              | 14     | 15               | 16        | 17<br>Happy<br>St. Patrick's<br>Day<br> | 18     | 19       |
| 20<br><br>1ST DAY<br>OF SPRING | 21     | 22               | 23        | 24                                                                                                                        | 25     | 26       |
| 27                                                                                                              | 28     | 29               | 30        | 31                                                                                                                        |        |          |

### Sacramento Kings

#### Home Games

- Arco Arena  
(888) 915-4647  
[www.NBA.com/kings](http://www.NBA.com/kings)
- March 2 vs. Portland Trail Blazers
  - March 7 vs. Houston Rockets
  - March 9 vs. Orlando Magic
  - March 14 vs. Golden State Warriors
  - March 16 vs. Cleveland Cavaliers
  - March 18 vs. Philadelphia 76ers
  - March 29 vs. Phoenix Suns

### March 2-6

**Disney on Ice: Let's Celebrate!**  
Oracle Arena  
Oakland  
(510) 569-2121  
[www.Coliseum.com](http://www.Coliseum.com)

### March 8-April 9

**"Rock of Ages"**  
Curran Theatre  
San Francisco  
(888) 746-1799  
[www.SHNSF.com](http://www.SHNSF.com)

### March 13

**Yefim Bronfman Plays  
Chopin's "Études"**  
Davies Symphony Hall  
San Francisco  
(415) 864-6000  
[www.SFSymphony.org](http://www.SFSymphony.org)

### March 15-19

**Bouquets to Art 2011**  
de Young Museum  
San Francisco  
(415) 750-3600  
[deYoung.FAMSF.org](http://deYoung.FAMSF.org)

### March 19

**Jay and Silent Bob Get Old**  
The Warfield  
San Francisco  
(800) 745-3000  
[www.TheWarfieldTheatre.com](http://www.TheWarfieldTheatre.com)

### March 19

**Music for Families With the  
San Francisco Symphony**  
Davies Symphony Hall  
San Francisco  
(415) 864-6000  
[www.SFSymphony.org](http://www.SFSymphony.org)

### March 22

**Monster Ball Tour  
Starring Lady Gaga**  
Oracle Arena  
Oakland  
(510) 569-2121  
[www.Coliseum.com](http://www.Coliseum.com)

### March 28

**St. Petersburg Philharmonic  
Plays "Scheherazade"**  
Davies Symphony Hall  
San Francisco  
(415) 864-6000  
[www.SFSymphony.org](http://www.SFSymphony.org)

### Upcoming Events:

### April 9-10

**John Mellencamp**  
The Warfield  
San Francisco  
(800) 745-3000  
[www.TheWarfieldTheatre.com](http://www.TheWarfieldTheatre.com)

### May 4

**Ke\$ha**  
The Warfield  
San Francisco  
(800) 745-3000  
[www.TheWarfieldTheatre.com](http://www.TheWarfieldTheatre.com)

San Francisco  
**AREA EVENTS**