

Cedars & Cedars North Apartments



FEBRUARY 2011

HIGHLIGHTS

Let the Sun Shine in

The cheapest, most energy-efficient light and heat source is just outside your window. On bright days, open blinds and drapes to let the sun light your home. Sunlight can also help heat your home. Even on cold winter days, sun streaming into a room can raise the temperature several degrees.

Avoid Alarm Anxiety

Consider facing your alarm clock away from the bed to discourage late-night time checks. Looking at the time in the middle of the night can cause anxiety and make it much harder to fall back asleep.

Forget Dog Ears

If your bookmark is always falling out, try this tip from Martha Stewart. Cut the corner from a colorful envelope or paper bag (the type greeting card shops use), about two inches from corner to cut. Place the piece around the book page's corner. You'll never lose your place again.

Baby Steps to Eating Better

If you've had poor eating habits all your life, transitioning to a better diet can be tough. Make it easier by taking small steps toward healthier meals. Try a serving of whole-grain bread instead of white, or have a piece of fruit after dinner instead of a sugary dessert.

Your Staff

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Happy New Year from The Cedars Team



## NOTES & NEWS

### Word for February: Dally

The month representing all things love makes for an especially good time to dally, a word Merriam-Webster defines as "to act playfully; especially to play amorously." Dallying is also defined as a form of wasting time, or "dawdling." Spend a few February moments exploring your preferred definition, whether by lingering too long next to a warm fire or exchanging flirtatious remarks with a special someone.

### Walk It Off

Wearing a pedometer all day can help increase the number of steps you take from morning until night. Hitting a goal of 10,000 steps per day will help you shed pounds and improve health.

### Bare Those Feet

Spend some time walking around barefoot every day to strengthen inner foot muscles and ankles and help soothe sore feet.

### 70 Years of Service

The USO was founded on Feb. 4, 1941.

## BULLETIN BOARD

### Silence the Stress

Loud noises trigger your body's production of cortisol, a stress hormone that has been linked to increased belly fat, high blood pressure and even heart disease. If you can't remove yourself from loud places, try foam earplugs or white noise machines to lessen the din.

## February 2011

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

### Golden State Warriors

#### Home Games

- Oracle Arena  
(888) 479-4667  
[www.NBA.com/warriors](http://www.NBA.com/warriors)
- Feb. 3 vs. Milwaukee Bucks
  - Feb. 5 vs. Chicago Bulls
  - Feb. 7 vs. Phoenix Suns
  - Feb. 9 vs. Denver Nuggets
  - Feb. 13 vs. Oklahoma City Thunder
  - Feb. 15 vs. New Orleans Hornets
  - Feb. 22 vs. Boston Celtics
  - Feb. 25 vs. Atlanta Hawks

### Through Feb. 20

#### "Next to Normal"

Curran Theatre  
San Francisco  
(888) 746-1799  
[www.SHNSF.com](http://www.SHNSF.com)

### Feb. 2-5

#### Beethoven Symphonies

Nos. 1 and 2  
Davies Symphony Hall  
San Francisco  
(415) 864-6000  
[www.SFSymphony.org](http://www.SFSymphony.org)

### Feb. 3

#### Social Distortion

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

### Feb. 12

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

### Feb. 19

#### Godspeed You! Black Emperor

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

### Feb. 19-May 8

#### Olmec: Colossal Masterworks

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

### Feb. 26

#### Monster Jam

Oracle Arena  
Oakland  
(510) 569-2121  
[www.Coliseum.com](http://www.Coliseum.com)

### Feb. 27-28

#### Zubin Mehta and the

Israel Philharmonic  
Davies Symphony Hall  
San Francisco  
(415) 864-6000  
[www.SFSymphony.org](http://www.SFSymphony.org)

### Upcoming Events:

### March 22

#### The Monster Ball Tour

#### Starring Lady Gaga

Oracle Arena  
Oakland  
(510) 569-2121  
[www.Coliseum.com](http://www.Coliseum.com)

### April 9-10

#### John Mellencamp

The Warfield  
San Francisco  
(800) 745-3000  
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San Francisco  
AREA EVENTS