

Cedars & Cedars North Apartments



AUGUST 2011

HIGHLIGHTS

Sweet Summer

Savor the season. Summer's in full swing!

A Figure of Speech

Phrase: Spill the beans.
Meaning: To reveal a secret or confess to something.

Origin: In ancient Greece, voters cast their ballots by placing black and white beans into jars. If the beans were spilled, results would be known before the election was over.

Super Food: Watermelon

Crisp, cool watermelon is a tasty and nutritious ending to a summer meal. This sweet relative of the cantaloupe, squash and cucumber is high in vitamins A and C and lycopene. These antioxidants help prevent heart attack, stroke and cancer. Choose watermelons that are heavy for their size and have a yellowish area on one side, where the fruit rested on the ground. This indicates that the watermelon was vine-ripened and is more likely to be flavorful and juicy.

Order Whole-Grain Pasta

Trying to get more whole grains in your diet? Next time you go out for Italian food, ask whether your dish can be made with whole-grain pasta. Don't feel saucy for making such a request—several national chains say they will serve whole-wheat pasta to customers who ask for it.

Your Staff

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## BULLETIN BOARD

### Seasonal Selections

August is a hot time for fresh produce. The month marks the beginning of harvest season, and farmers' markets and local produce aisles are brimming with the cream of the crop. What to look for:

*Vegetables:* Basil, beans, beets, corn, cucumbers, eggplant, fennel, okra, peppers, summer squash and tomatoes.

*Fruits:* Apples, apricots, melons, nectarines, peaches and plums.



## NOTES & NEWS

### Reminder of Some Rules

No BBQ allowed on the property.  
Electric Grills Only. **No Parking in the car wash area.** No parking along the red marked lines. No parking in front of the dumpsters or elevator. Cars will be towed immediately at your expense. Bicycles are to be placed in your patio. They cannot be chained to the property or outside your front door. **BE A RESPONSIBLE PET OWNER.**


### POOL RULES

Residents are only allowed two guests in the pool. There are **NO PETS ALLOWED** in the pool area. Only cans and water bottles are allowed in the pool area. No **SMOKING** or **ALCOHOL** allowed in the pool area. Swimmers must wear proper swimwear. No **JEANS** or **CUTOFFS**.

### Easy Way to Cut Calories

Start your morning by slathering your toast with a tablespoon of all-natural fruit preserves instead of butter or margarine.

# August 2011

| Sunday                                                                                  | Monday | Tuesday | Wednesday | Thursday                                                                                                       | Friday                                                                                    | Saturday |
|-----------------------------------------------------------------------------------------|--------|---------|-----------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|----------|
|                                                                                         | 1      | 2       | 3         | 4                                                                                                              | 5                                                                                         | 6        |
| 7                                                                                       | 8      | 9       | 10        | 11                                                                                                             | 12<br> | 13       |
| 14<br> | 15     | 16      | 17        | 18                                                                                                             | 19                                                                                        | 20       |
| 21                                                                                      | 22     | 23      | 24        | 25                                                                                                             | 26                                                                                        | 27       |
| 28                                                                                      | 29     | 30      | 31        |  <b>Celebrate Summer!</b> |                                                                                           |          |

## San Francisco Giants

### Home Games

AT&T Park  
(415) 972-2000  
SanFrancisco.Giants.MLB.com

- Aug. 1-3 vs. Arizona Diamondbacks
- Aug. 4-7 vs. Philadelphia Phillies
- Aug. 8-10 vs. Pittsburgh Pirates
- Aug. 23, 24 vs. San Diego Padres
- Aug. 25-28 vs. Houston Astros
- Aug. 29-31 vs. Chicago Cubs

## Oakland Athletics

### Home Games

The Coliseum  
(510) 638-4900  
Oakland.Athletics.MLB.com

- Aug. 12-14 vs. Texas Rangers
- Aug. 15-17 vs. Baltimore Orioles
- Aug. 18-21 vs. Toronto Blue Jays

## Through Aug. 8

**San Francisco Jewish Film Festival**  
Various Bay Area venues  
(415) 621-0556  
www.SFJFF.org

## Through Aug. 28

**"Greater Tuna"**  
Altarena Playhouse  
(510) 523-1553  
www.AltArena.org

## Through Sept. 6

**David Claerbout: Architecture of Narrative**  
San Francisco Museum of Modern Art  
(415) 357-4000  
www.SFMOMA.org

## Through Sept. 6

**The Steins Collect: Matisse, Picasso, and the Parisian Avant-Garde**  
San Francisco Museum of Modern Art  
(415) 357-4000  
www.SFMOMA.org

## Aug. 5

**Peter Frampton**  
The Warfield  
(866) 448-7849  
www.TheWarfieldTheatre.com

## Aug. 19-Sept. 18

**"Waiting for Giovanni"**  
New Conservatory Theatre Center  
(415) 861-8972  
www.NCTCSF.org

## Aug. 20-21

**San Francisco Triathlon at Alcatraz**  
Marina Green  
(831) 373-0678  
www.TriCalifornia.com

## Upcoming Events:

### Sept. 10, 11

**15th Annual Chocolate Festival**  
Ghirardelli Square  
(415) 775-5500  
www.GhirardelliSQ.com

### Oct. 6-11

**Fleet Week**  
San Francisco Fleet Week Association  
(650) 599-5057  
www.FleetWeek.us

*Dates and venues are subject to change.*

San Francisco  
**AREA EVENTS**