MAY 2015

NOTES & NEWS

Celebrate Mothers
In 1905, Anna Jarvis began a campaign to make Mother’s Day a recognized holiday in the United States. Jarvis’ own mother had been a peace activist who cared for wounded soldiers on both sides during the Civil War. Celebrate the mothers in your life on the second Sunday in May.

Make a Statement
Even if your living space isn’t huge, don’t be afraid to use a large statement piece when decorating. An oversized painting or mirror can unify a room without overpowering it.

Quality Over Quantity
You may be better off buying only clothing that you love, even if it costs more. If your closet is filled with items you enjoy, you’ll have less desire to add things to it.

Battery Box
A plastic fishing tackle box is great for storing batteries. Use the individual compartments to separate batteries by size.

HIGHLIGHTS

A Day to Remember
Memorial Day, celebrated on the last Monday in May, is a day to remember and honor men and women who have died while serving in the military.

Sleep Tight and Save Energy
Reduce energy use by putting your computer in “sleep” mode when you’ll be away from it for more than 20 minutes. Some PCs offer this option under the “Start” menu. Laptops can usually be set to enter sleep mode when you close the lid.

Clean as You Go
Before cooking a meal, fill your kitchen sink with hot, soapy water. When you finish using a bowl or utensil, place it in the sink. The items can soak while you eat, making cleanup easier.

Enjoy a Guilt-Free Dip
Do you crave salsa, hummus or other kinds of chip dips but don’t want all the calories? Try eating celery sticks with your favorite snack dip instead of tortilla or potato chips; you’ll get all the flavor and save on both calories and carbs.

Leave Allergies at the Door
Pollen, dirt and other allergens can hitch a ride to your home on the soles of your shoes. Leave your shoes in a safe place near your door to prevent tracking seasonal triggers throughout your space.

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When the Earth Blows Its Top
Volcanoes amaze people with dramatic eruptions of smoke, ash and lava. But the science behind the stunning images is just as fascinating. Volcanoes occur at ruptures in the Earth’s crust where tectonic plates meet, such as the Pacific Rim. Volcanoes also form where the Earth’s crust becomes thin; the Hawaiian Islands are a notable example of this type.

A volcano erupts when molten rock (called magma) and gas build up under the Earth’s crust. The volcano is a vent allowing this intense pressure to escape. Currently, about 1,900 active volcanoes exist around the globe.

The Earth’s surface was created by volcanic activity, particularly the sea floor and many mountain ranges. Gases thrown off by volcanoes helped form our atmosphere.

There are several types of volcanoes, from the familiar, conical mountains to domes, wide plateaus and fissure vents, which are cracks in the Earth’s crust.

During an eruption, dense volcanic ash can rise more than 15 miles above the Earth’s surface. Vivid flashes of lightning can often be seen in the rising ash cloud.

The Big One
On the morning of May 18, 1980, an earthquake shook Mount St. Helens in Washington state, triggering a massive avalanche and volcanic eruption. The blast reduced the mountain’s height by 1,300 feet. Today, visitors can climb up the volcano to view the crater rim.

Bring in the Bright
If your home doesn’t feel as bright and cheery as you would like, there are some simple things you can do to change that.

Lighting. Use floor lamps with sheer shades to spread light throughout a room. To brighten a dark corner, position a lamp so the light is pointing toward the ceiling and walls. This reflected glow will minimize shadows.

Walls. Place a mirror opposite a window or lamp to reflect light back into the room. Avoid dark paintings and posters. Instead, consider decorating with brighter pictures.

Furniture. Heavy furniture can make any room look dreary. When shopping for furniture, avoid pieces with dark fabrics and wood tones. Sofas and upholstered chairs without a skirt covering the legs will have a lighter feel. If it’s not time to replace any pieces, consider slipcovers in bright colors.

Windows. If possible, replace heavy drapes with thinner curtains or sheers, and keep blinds open or half-open to let in natural light.

Accessories. Brightly colored throw pillows are an easy way to cheer up any room. Swap out woolly rugs with light sisal. Pretty bowls and vases can also add a splash of color. For the ultimate cheery pick-me-up, place a few fresh flower bouquets throughout your home.

A Tour of American Barbecue
Barbecue is enjoyed throughout the country, but several regions excel at it.

Kansas City. This centrally located metropolis smokes chicken, pork spareribs and beef brisket low and slow. However, it’s the thick tomato-based sauce laced with molasses that makes Kansas City’s barbecue a go-to American staple. The local specialty, burnt ends, features the sweet, tangy sauce slathered over chopped end pieces of beef brisket and pork shoulder.

Texas. Slow-smoked beef brisket is what’s big in Texas. The simply seasoned brisket, pork ribs and link sausages are tasty enough on their own. However, feel free to spice things up with the Lone Star State’s thin, vinegar tomato-based sauce.

Memphis. Pork is king in Memphis, where the pit-cooked smoked ribs are served dry or wet. Dry ribs are cooked in a spice rub that often includes chili, onion and garlic powders, and paprika, oregano and celery seed. Wet ribs come in a thin, zesty tomato-based sauce.

Carolinas. The eastern half of North Carolina goes whole hog—finely chopped and served with a vinegar-based sauce. Head west and you’ll find a tomato-based sauce over shredded pork shoulder. South Carolina prefers its whole hog served with a tangy concoction of vinegar, mustard and brown sugar.
Mediterranean Burgers

Ingredients:
• 1 1/2 pounds ground beef or lamb
• 1 medium onion, diced
• 1 egg, lightly beaten
• 1/4 cup minced parsley
• 1/4 cup minced mint
• 1 tablespoon paprika
• 1/2 teaspoon cayenne pepper
• 1/2 teaspoon cinnamon
• 1/4 teaspoon salt
• 1 tablespoon ground cumin
• Juice of 1 lemon
• 3 tablespoons olive oil
• 1/2 cup Sabra Hummus
• 8 hamburger buns, split and lightly toasted
• 1 large pickle, thinly sliced
• 4 romaine lettuce leaves
• 1 large tomato, thinly sliced

Directions:
In medium bowl, combine ground beef or lamb, onion, egg, herbs, spices and lemon juice. Shape into eight patties.

In large grill pan, warm olive oil over medium heat. Grill burgers until nicely browned on each side, about 3 to 4 minutes.

Spread layer of hummus on bottom and top buns. Assemble burgers with pickles, lettuce and tomato.


Tenis, Anyone?
Imagine using your bare hands to hit a hard wooden or leather ball off walls or across a simple rope to your opponent. This was the original game of tennis, called *jeu de paume*, or “game of the hand,” created by French monks in the 12th century.

The monks later wore webbed gloves to hit the ball. Soon the webbing was placed atop a handle, and the first tennis racket was born.

The name “tennis” likely comes from the French word *tenez*, meaning “receive this,” spoken by a player when serving.

By the 1500s, tennis was played in narrow, enclosed courts; the ball was hit against oddly angled walls and across a net that drooped in the middle. Called “real tennis,” it is still played by aficionados today. King Henry VIII enjoyed real tennis and, under his reign, tennis courts sprung up all over England.

Tennis moved outdoors onto grass when bouncy rubber balls were developed in the 1850s, becoming today’s familiar game of “lawn tennis.” Croquet courts were used for many of these matches.

In 1877, the All England Croquet Club in Wimbledon held the world’s first tennis championship as a club fundraiser. The sport became so popular that the club soon changed its name to the All England Croquet and Lawn Tennis Club. Today, Wimbledon is home to the world’s most prestigious tennis tournament.

“Tennis, Anyone?” by WIT & WISDOM.

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“The very moment is a seed from which the flowers of tomorrow’s happiness grow.”
—Margaret Lindsey

“If we’re going to bring out the best in people, we, too, need to sow seeds of encouragement.”
—Joel Osteen

“To see things in the seed, that is genius.”
—Lao Tzu

“If you can look into the seeds of time, and say which grain will grow and which will not, speak then to me.”
—William Shakespeare

“With every deed you are sowing a seed, though the harvest you may not see.”
—Ella Wheeler Wilcox

“You heart is full of fertile seeds, waiting to sprout.”
—Morihei Ueshiba

“If we plant the right seeds, tomorrow will be better. If you put out good things, then you’ll get good things back.”
—Ben Vereen

“Don’t judge each day by the harvest you reap but by the seeds that you plant.”
—Robert Louis Stevenson

“The greater part of our happiness or misery depends on our dispositions and not on our circumstances. We carry the seeds of the one or the other about with us in our minds wherever we go.”
—Martha Washington
1789: An elaborate ball is held in New York City for George Washington, who was sworn in as the first president of the U.S. the week before. The celebration served as a model for future inaugural balls.

1877: President Rutherford B. Hayes has the first telephone installed in the White House.

1901: Connecticut is the first state to pass a speed limit law for motor vehicles, restricting them to 12 mph in cities and 15 mph on country roads.

1931: New York’s Empire State Building, the tallest building in the world at the time, is officially dedicated.

1937: A citywide celebration marks the opening of San Francisco’s iconic landmark, the Golden Gate Bridge.

1953: New Zealand mountaineer Edmund Hillary and his Sherpa guide, Tenzing Norgay, become the first people to reach the summit of Mount Everest, the world’s highest mountain at 29,035 feet.

1962: At a gala at New York City’s Madison Square Garden, movie star Marilyn Monroe sings her famous rendition of “Happy Birthday” to President John F. Kennedy.

1991: Rickey Henderson, outfielder for the Oakland A’s, steals the 939th base of his major league career, breaking a record set by Lou Brock. Henderson still holds the record with 1,406 stolen bases.

1992: Bidding TV viewers “a very heartfelt goodnight,” Johnny Carson ends his 30-year run as host of “The Tonight Show.”

2008: Marvel Studios releases its wildly successful big-budget action film “Iron Man.”