



THE ESSEX AT HAMPTON



MARCH 2010



BULLETIN BOARD

Oh, the Places You Can Go

To get kids excited about what they can discover in books, the National Education Association sponsors Read Across America Day on March 2 (Dr. Seuss' birthday). If you need reading ideas for kids, check out the book lists at www.NEA.org/readacross/.

Stay Healthy

Cover your coughs and sneezes and wash your hands often.

NOTES & NEWS

Your Staff to Serve You ...

Residential Manager Scott Snow
Maintenance Supervisor David Klein

Important Numbers

Office (248) 852-7500
Emergency Maintenance (248) 852-7500
Fire, Police, Emergency 911

Office Hours

Monday, Tuesday,
Thursday, Friday 9 a.m.-6 p.m.
Wednesday 9 a.m.-7 p.m.
Saturday 10 a.m.-4 p.m.
Sunday Closed

Address

64 Village Circle
Rochester Hills, MI 48307

Let's Have a Clean Spring

We all want to enjoy the beauty of the outdoors this spring, so do your part by making sure trash is properly disposed of in the dumpsters, not beside them, and that your patio or balcony is kept clear of clutter and debris. Thank you for taking pride in your home!

HIGHLIGHTS

Don't Fear the Census

The census does more than tally the number of residents. The government also uses the data to distribute government funds to communities across the nation. It also provides the information to policymakers to aid in their decision-making. The time it takes to fill out the form is minimal (10 minutes or less), and any personal information you provide is private. For more information, visit www.Census.gov.

Irish or Not, Celebrate

It's a great month to be Irish. St. Patrick's Day is March 17, and it's Irish-American Heritage Month. But even if you're not Irish, March affords other opportunities to celebrate, such as Music in our Schools Month, National Women's History Month, National Nutrition Month and American Red Cross Month.

Cleaning (and Greening) Your Closet

It might be a good time to clean out your closet. It saves the resources that made those items, and they can be recycled or reused. A way to prevent them from ending up in landfills is by donating them to charity.

Resident Referrals

Don't forget about our awesome Resident Referral Program! Call or stop by the office for details.

Pest Control

Have you encountered some uninvited "guests" in your home recently? Let us know if you're being bugged and we'll put your apartment on the pest control schedule. The sooner you tell us about the problem, the sooner your home will be pest-free!



Going Green

In March, all things dormant begin to turn green. And, of course, green rules on St. Paddy's Day. What else is green?

Cash. American currency has been green since 1862, when the U.S. Treasury Department created a green ink to discourage counterfeiters.

Sacred symbols. In Japan, green is regarded as the color of eternal life. In countries where Islam is the primary religion, the color is even more significant. The origin of the color's symbolism to Muslims is obscure, but some say green was the Prophet Muhammad's favorite color. Others believe it symbolizes vegetation and life.

Scientific factors. Night-vision goggles offer green views because the human eye is most sensitive to that hue and is more easily able to discern shades of that color.



THE 1-MINUTE CHEF

Loaded Potato Casserole

Ingredients:

- 8 medium potatoes (about 2 1/2 to 3 pounds total), peeled and cut into 1-inch chunks
- 1 c. evaporated milk
- 1/2 c. sour cream
- 1 t. salt
- 1/2 t. ground black pepper
- 2 c. (8-ounce package) shredded cheddar cheese, divided
- 6 slices bacon, cooked and crumbled, divided
- Sliced green onions (optional)

Directions:

Preheat oven to 350° F. Grease 2 1/2- to 3-quart casserole dish. Place potatoes in large saucepan. Cover with water; bring to a boil. Cook over medium-high heat for 15 to 20 minutes or until tender; drain.



Return potatoes to saucepan; add evaporated milk, sour cream, salt and pepper. Beat with handheld mixer until smooth. Stir in 1 1/2 c. cheese and half the bacon. Spoon mixture into prepared casserole dish.

Bake for 20 to 25 minutes or until heated through. Top with remaining 1/2 c. cheese, remaining bacon and green onions. Bake for an additional three minutes or until cheese is melted.

Courtesy of Nestlé Carnation Milk. For more tips and recipes, visit www.TheCookingMilk.com.



FOOD FACTS

One Potato, Two Potato

Potatoes are not only a favorite vegetable of the Irish but also of Americans. According to the U.S.D.A., Americans eat an estimated 140 pounds of potatoes per person each year. Before you bake, boil, roast or fry your portion, learn which spuds are supreme for assorted cooking needs.

Chefs separate potatoes into two groups: baking and boiling. This distinction depends on starch content, moisture level and skin texture. "Baking" potatoes are the starchiest and include Russet and Idaho potatoes. With 20 to 22 percent starch and less moisture than other types, these rough-skinned potatoes are

good for baking, mashing, frying and roasting. Don't use them for boiling, however. They tend to fall apart easily. "Boiling" potatoes are more firm, waxy and have a high moisture content. With less starch, they hold shape well, making them perfect for salads, soups and casseroles. New reds, fingerlings or Butterfingers are good for boiling.

An "in-between" category—with moderate starch and moisture—includes Yukon Gold, Yellow Finn and many purple varieties.

When buying, choose potatoes with shallow eyes and no sprouts or green patches. Store them in a paper bag, separate from onions (each puts off a gas causing the other to decay).

Potatoes are loaded with nutrients and are fat-free, sodium-free and low in sugar, not to mention inexpensive and available year-round.



HEALTH & FITNESS

Breathing Leaving You Breathless?

Two universities well-known for their football rivalry strongly agree that the issue of air quality and your health is no game. A study conducted in 2009 by the University of Michigan supported what Ohio State University concluded a year earlier—the air we breathe can increase the risk of having a heart attack.

The study followed more than 80 people from the cities of Ann Arbor, Mich., and Toronto, Canada. When the participants were exposed to air pollution for a little more than two hours, it prompted a significant increase in diastolic blood pressure (the pressure in blood vessels). Further, the research showed that air pollution causes unhealthy changes in blood vessels that last for hours, even days. These changes can lead to heart attack and other heart-related problems. People suffering from hypertension are most at risk.

The biggest culprit causing these health issues? Microscopic particles, which become embedded deep in the lungs and may even enter the bloodstream. Their presence causes the implications researchers saw in increased blood pressure and damage to blood vessels.

Avoid Bad Air Encounters

To help you avoid developing some of the health issues related to air pollution, the University of Michigan study (cited above) suggests that you should:

- Eliminate unnecessary travel or commutes (both by car and on foot).
- Avoid exercising outdoors during rush hour or near busy roads. These are situations in which more dangerous particulates are released into the air.
- Stay indoors on days forecasted to have high levels of air pollution, especially if you have heart or lung disease or diabetes.



Beginning of Baseball Season Brings Economic Benefits for Some States

Even before the first crack of the bat, Arizona and Florida are virtually guaranteed economic home runs for their state budgets thanks to baseball spring training. Preseason games may not count in regular-season standings, but spring training in Major League Baseball sometimes resembles a win-at-all-costs proposition as teams prepare for the upcoming season.

Florida's economy earned \$752 million in 2009 from the thousands of visitors who packed ballparks, hotels and restaurants during the weeks of spring training. The numbers are similar in Arizona, where state legislators are playing hardball to lure teams from Florida. Baseball palaces built by towns with open arms can coax a team such as Cincinnati to move from Sarasota, Fla., to Goodyear, Ariz., where the Reds begin spring training this year in a \$108-million facility. Arizona has become the trendy hot spot for Major League franchises' spring digs. That includes the Los Angeles Dodgers, anchored in Florida for 60 years until they moved to Glendale, Ariz., in 2009.

To remain on equal footing with Arizona, Florida needs teams such as the Detroit Tigers to stay put. The Tigers have conducted spring training in Lakeland, Fla., since 1934—representing the longest continuous association between a team and city. Will Arizona make a pitch? Stay tuned.

WIT & WISDOM



"Luck is what happens when preparation meets opportunity."—*Seneca*

"I'm a great believer in luck. And I find the harder I work, the more I have of it."

—*Thomas Jefferson*

"Luck affects everything. Let your hook always be cast; in the stream where you least expect it, there will be a fish."—*Ovid*

"Luck is what you have left over after you give 100 percent."

—*Langston Coleman*

"Being deeply learned and skilled, being well-trained and using well-spoken words—this is good luck."—*Buddha*



"Those who have succeeded at anything and don't mention luck are kidding themselves."—*Larry King*



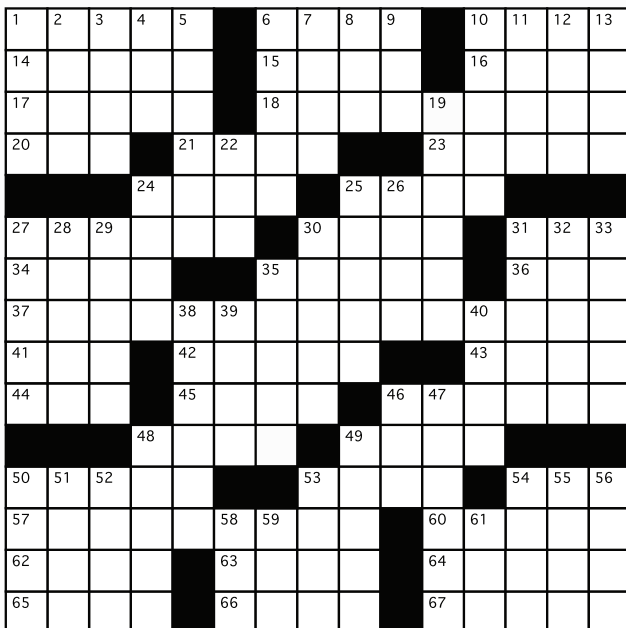
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March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Rent Due	2	3	4 National Grammar Day MARCH 4	5	6 Late Charge Assessed
7	8	9	10	11	12	13
14 Daylight Saving Time Begins	15	16	17 Happy St. Patrick's Day 	18	19	20 Spring (March 20-June 21)
21	22	23	24	25	26	27
28 Palm Sunday	29	30 Passover (March 30-April 6)	31	happy spring! 		

Crossword Puzzle



ACROSS

1. Dandruff site
6. Nincompoop
10. Mid-10th-century year
14. Papal court
15. ___ out; supplements
16. Hilarious person
17. Flat-tailed mammal
18. Victoria's Secret purchase
20. Parker or Montgomery
21. Uzbekistan's location
23. William and Sean
24. Underground passage
25. Equal
27. Hurt
30. Rhine feeder
31. Figure specialist: abbr.
34. Particle
35. Bitter
36. "___ Father"
37. City named for a French king
41. Friend
42. Is too inquisitive
43. Nautical direction
44. Ed Begley and Lon Chaney: abbr.
45. Edible casings
46. Swarms
48. Kelly or Barry
49. Babies' favorite seats
50. Trained horse
53. Glory

DOWN

1. Flat-bottomed boat
2. Adorable
3. Creative works
4. Whopper
5. Word with Rose or Hit
6. Sum deducted
7. Vegetable
8. ___ soup
9. Suffix for lion or host
10. Emotional one
11. Bearing
12. Forsaken, to a poet
13. Residents: suff.
19. Rushes
22. ___ Caesar
24. Bullets
25. City on the Seine
26. "Star Trek" character, played by Molly Hagan
27. Metal fastenings
28. Perfume
29. Bakery purchases

30. Pinnacles
31. Had the ability to
32. Blender speed
33. Early April baby
35. In reserve
38. Artificial teeth
39. Do a pressing chore
40. Items that come in pairs
46. Butcher shop purchase
47. Bottle cap remover
48. Silly people
49. Ply
50. Tweezers or pants
51. Legal proceedings
52. 17 dozen togas
53. On the house
54. Sun disk
55. Man
56. Remaining pieces
58. Pius X and Padre Pio: abbr.
59. Unearthed discovery
61. Common contraction

