



August 2010

Lindbrook Manor

apartments

10824 Lindbrook Drive • Los Angeles, CA 90024



Sunny.



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Seasonal Selections

Summer weather often requires plenty of hydration. Why not mix some of the season's best produce with a little carbonated water to make the perfect, refreshing soda? Try limes, blueberries, cherries, raspberries or strawberries. All are in season and offer many combinations to please any palate.

Learn to Play the Piano Online

Have you always wanted to play the piano but never had the time or money to invest in lessons? In the age of the Internet, you can find all kinds of things—even free piano lessons—online. Sites such as www.Piano-Lesson-Online.com offer a great introduction to navigating a keyboard, learning to read music and practicing the proper way to play the keyboard. YouTube.com is also a great place to find videos of piano instruction. You can even find interactive keyboards online (www.PianoWorld.com) to familiarize yourself with the piano layout.

Go Meatless

Assume you pay an average of \$3 per pound for meat. Then, consider going meatless for two meals a week. You could save anywhere from \$5 to \$10 a week, or \$40 each month.

Simple Solution for Decadent Desserts

For an easy, impressive treat, serve cupcakes with a twist. Slice each cupcake into three layers and add a spoonful of whipped cream between each layer. Sprinkle with powdered sugar, top with berries or drizzle with chocolate syrup for short stacks of fun.

Travel Tip: Avoid Pack Rat Packing

Many of us make the mistake of over packing for vacation. Perhaps the idea of being stuck far from home with “nothing to wear” is too much to handle. The best way to avoid stuffing your suitcase with things you won't need is to plan, plan, plan. Rather than packing random tops and bottoms, coordinate your outfits so you can mix and match. Pack around a certain color in order to avoid bringing multiple pairs of shoes, jackets, belts or handbags.

Heartburn Help

Studies have shown that patients who sleep on their left sides are less likely to suffer from acid reflux, due to the angle at which the esophagus and stomach connect.



Sandcastles.



Wit & Wisdom

“The mediocre teacher tells.
The good teacher explains. The
superior teacher demonstrates.
The great teacher inspires.”

—William Arthur Ward

“The dream begins with a teacher
who believes in you, who tugs and
pushes and leads you to the next
plateau, sometimes poking you
with a sharp stick called ‘truth.’”

—Dan Rather

Camp the Great Outdoors

The Sporting Goods Manufacturers Association estimates nearly 34 million Americans go camping annually. With a little planning, some gear and a sense of adventure, camping can be a great way to get away from it all.

Preparation. Before heading out, familiarize every camper with the campground rules, such as those regarding fires, pets and vehicles.

Safety. Don’t forget a first-aid kit. Remember to tell someone where you’re camping and when you’ll return, even if you’re not far from city limits.

Necessities. Water seems obvious; however, take into account the number of campers, weather and activity level. Note whether potable water will be available and decide how you’ll clean cooking utensils. (You should never clean items in a river or stream.) Pack a multi-tool knife, a lantern or flashlight for each camper, bug spray and sunscreen, a map of the area and a cell phone. Go to www.KOA.com, a nationwide campground operator, for a list of other must-haves, including the all-important tent and sleeping bag.

Respect nature. Expect to see wildlife, and enjoy it. In fact, bring along binoculars and ID books. Always follow an essential rule of the outdoors and never feed wild animals. Make sure everything you bring leaves with you.

Back home. Dry out tents, tarps or anything else that may have gotten wet. Clean all cooking utensils and wash coolers. Record your trip! Note wildlife, delicious meals and funny moments. Add photos and maps and use the journal as a resource for future camping excursions.

Support Your United States Service Members

The military no longer accepts “Any Service Member” mail, but that certainly doesn’t mean you can’t do your part to help our country’s armed forces. There are many reputable organizations with the goal of providing a morale boost to our military. Listed below are just a few programs you can support; find more at www.Army.mil/howyoucanhelp.

Hero Miles: Donate frequent flier miles to military men and women who are undergoing treatment at a military or VA medical center due to injury sustained in Iraq or Afghanistan. Learn more at www.FisherHouse.org.

TAPS: Tragedy Assistance Program for Survivors provides comfort to anyone who has lost a military loved one, through comprehensive programs including crisis intervention and peer-based emotional support. Visit www.TAPS.org.

Homes for Our Troops: This nonprofit builds or renovates homes for severely wounded military members, free of charge and with special modifications as needed for particular disabilities. Visit www.HomesForOurTroops.org.

Gift Cards for Our Troops: The Army and Air Force Exchange Service (AAFES) provides merchandise and services to military families and uses earnings to supplement Morale, Welfare and Recreation (MWR) programs. Service members can buy anything from baby clothes to Energy Star appliances with gift cards purchased through AAFES. Learn more at www.AAFES.com.



Hot.



Ways to Have Fun Without Breaking the Bank

If your entertainment budget is running a little thin these days, find ways to have fun for free. Whether you're looking for a night out with the guys, the girls, a family-friendly excursion or a romantic date with that special someone, there are always amusing alternatives that don't require much cash. Consider these fun, frugal activities to keep yourself entertained:

Go on a picture-taking adventure. Bring your camera and scout out interesting places to take photos. Then, take turns snapping silly pics of each other.

Instead of going to the theater, have a movie marathon at home. Pick a theme and plan appropriate snacks to go with it.

Go for a bike ride and pack a picnic lunch. When you find the perfect spot, stop and eat.

Plan a scavenger hunt around the city. Think of specific items that require some work to obtain, such as a restaurant napkin with a logo or a dandelion with a seven-inch stem.

Be sure to check the events section of the newspaper. Museums, libraries, zoos and other attractions often host free movie showings, concerts, exhibits and more.



Strawberries and Cream Frozen Sherbet

Ingredients:

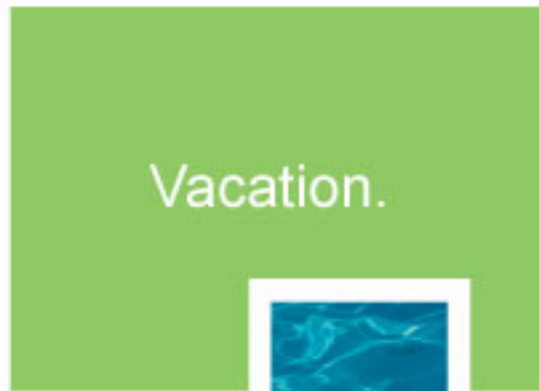
- 1 bag (16 ounces) frozen strawberries, unsweetened, or 3 cups fresh, whole strawberries, frozen beforehand
- 1 can (12 fluid ounces) Nestlé Carnation Evaporated Lowfat 2% Milk
- 1/2 cup granulated sugar
- 2 teaspoons fresh lemon juice

Directions:

Place frozen strawberries, evaporated milk, sugar and lemon juice in a food processor and mix until smooth. Pour the mixture into an 8-inch square baking pan. Place in freezer for about 20 minutes, until ice crystals begin to form around the edge of the pan.

Using a fork, stir icy portions into the middle of the pan. Repeat, stirring edges into the center every 20 minutes or until frozen (about 1 hour). Cover tightly. Freeze for up to two months.

For more delicious berry recipes, visit www.VeryBestBaking.com.



Vacation.



August Is ...

Audio Book Appreciation Month

Cataract Awareness Month

Happiness Happens Month

National Inventors' Month

What Will Be Your Legacy Month

Get Ready For Kindergarten Month

National Panini Month

National Win With Civility Month

Sizzle.



Sprinkler.



Word for August: Learn

Students heading back to classrooms this month aren't the only ones equipped to "gain knowledge or understanding," as defined by Merriam-Webster's dictionary. People of all ages should have an interest in learning and expanding their minds. After all, when we stop learning, we stop growing.

Holiday ABCs for August

- S is for Slathering on SPF
- U is for Ultraviolet protection
- N is for a summertime Necessity
- S is for Seeking the Shade
- C is for safely Catching some rays
- R is for Reapplying often
- E is for applying an Even coat
- E is also for sharing it with Everyone
- N is for Never heading outdoors without it

Cut Calories

Use low-sodium broth in place of oil or butter when sautéing meat and veggies or preparing packaged foods, such as rice and stuffing.

Happy Birthday, Mr. President

Barack Obama celebrates his 49th birthday on Aug. 4.

Motivational Tip

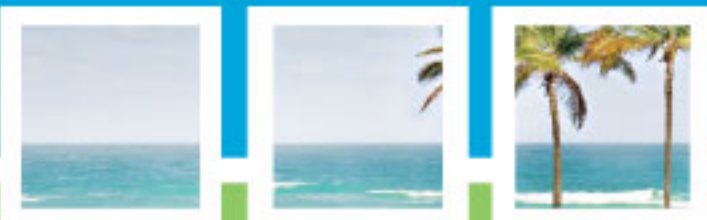
Get a calendar and use it. Whether your goal is to exercise more often, eat less fast food, spend less time watching TV or anything that will make you a better you, record your progress on a calendar to stay motivated. Each day you do—or don't do—whatever it is that helps you reach your goal, give yourself a star. Seeing your progress on paper is satisfying, and it makes it harder to skip a day.

Geography 101: Monaco

At less than one square mile, Monaco is the second smallest independent state in the world (behind only Vatican City). It borders the Mediterranean Sea along the southern coast of France. The Grimaldi family has ruled over this constitutional monarchy since the late 13th century. Despite its small size, millions of tourists visit the luxurious Monte Carlo casino and beach-front resorts each year.

"The best teacher is one who suggests rather than dogmatizes, and inspires his listener with the wish to teach himself."
—Edward G. Bulwer-Lytton

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Rent Due Thank You!	2	3 Last Day to Pay Rent to Avoid Late Fees	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	August ²⁰¹⁰			



Beach.