

Water Song Apartments

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NOTES & NEWS

10-Year Tribute

This year's Patriot Day, on Sept. 11, marks the 10th anniversary of 9/11. Americans unite to remember the heroes and victims of that day and honor their extreme acts of bravery and patriotism.

Clean Up Kitchen Chaos

If your kitchen could use some reorganizing, consider grouping gadgets by function. Instead of tossing all small items in a catchall drawer, for example, store measuring cups and teaspoons in your mixing bowls. You'll likely need both at the same time.

Motivational Tip: Fear Not

The next time you're stuck in a procrastination rut, ask yourself whether there's something you're afraid of—failure or perhaps even success. What would your course of action be if you took fear out of the equation?

Greek to You

Switch your regular low-fat yogurt to Greek yogurt for a treat with less sugar and more protein.

HIGHLIGHTS

Settle in for Summer's End

Soak up the last days of the season, because fall arrives later this month.

A Figure of Speech

Phrase: Salad days.

Meaning: A time of youthful inexperience.

Origin: In Shakespeare's "Antony and Cleopatra," Cleopatra reflects on her "salad days," when she was "green in judgment; cold in blood." Salads are green, and "green" in this usage means lacking knowledge and sophistication.

Flummoxed by Floss?

Choosing among all the varieties of dental floss—waxed, unwaxed, flavored, tape—can be confusing. Janet Kinney, assistant clinical professor of periodontics and oral medicine at the University of Michigan in Ann Arbor, says it's a matter of personal preference. Waxed floss may glide more easily between teeth, and fine floss may work better for those whose teeth are very close together. Still unsure? Ask your dental hygienist, Kinney says.

Positive Thought

"Once you replace negative thoughts with positive ones, you'll start having positive results." —Willie Nelson

Bumper Sticker Snicker

Everyone says I'm in denial, but really, I'm not.

Office Hours

Monday–Tuesday 9 a.m.–7 p.m.
Wednesday–Friday 9 a.m.–6 p.m.
Saturday 10 a.m.–5 p.m.
Sunday *Closed*

BULLETIN BOARD

Staff

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TRIVIA WHIZ

Hard-Core About Apples

Apples appear as the archetypal symbol of health, and for good reason. They are an excellent source of antioxidants, fiber and potassium. Apples may lower the risk of asthma, lung cancer and other diseases, and they also combat tooth decay by cleaning teeth and gums and fighting off bacteria. Here are some other facts about the fruit:

- *Doctor deterrent.* One of the earliest printed instances that “an apple a day keeps the doctor away” can be found in an 1866 edition of the Oxford Journal, Notes and Queries. It states: “Eat an apple on going to bed, and you’ll keep the doctor from earning his bread.”
- *It’s official.* The apple is the official state fruit of Rhode Island, New York, Washington, West Virginia, Illinois, Minnesota and Vermont.
- *Terms of endearment.* The phrase “apple of my eye” appeared in a work by King Alfred the Great titled “Gregory’s Pastoral Care” written in A.D. 885. It also appeared in William Shakespeare’s “A Midsummer Night’s Dream” in the 1590s.
- *By any other name.* Apples are part of the rose family, and so are pears, peaches, plums, apricots, cherries, blackberries and strawberries.
- *Famous name.* Silver-screen queen Gwyneth Paltrow named her daughter Apple, who was born on May 14, 2004.

“Surely the apple is the noblest of fruits.”
—Henry David Thoreau



Life Styles

Slay the Energy Vampires

We all get 24 hours a day. How are some people able to get so much done in those 1,440 minutes? Chances are they’ve learned how to drive a stake through the hearts of energy vampires—activities that take a toll in tiredness. Try these tips for slaying some common culprits:

Late nights. After all the day’s chores are done, who doesn’t crave a little “me” time? TV, video games and social media—all-night sources of amusement—are tempting distractions. Allow yourself an hour in the evening for entertainment. Set a timer. When it goes off, it’s time to turn in for the night.

Sugary snacks. Sweet treats

deliver a rush of energy followed by a lingering crash. Instead, reach for complex carbohydrates such as raw veggies and whole-grain crackers, lean protein such as low-fat yogurt or healthy fats such as walnuts and almonds.

Negative Nellies. Being a good friend means lending a listening ear and a shoulder to cry on. But friendship is a two-way street. If the relationship is out of balance, establish boundaries. Limit the amount of time you’re available, and if your friend’s problems persist, tactfully suggest she get professional help.



What’s Cooking

Unusual Chili Choices

Heat up a chilly night with a steaming bowl of savory chili. America’s favorite stew is simmering with possibilities as unusual ingredients crop up in recipes across the country. From the traditional blend of beans and spices to the over-the-top additions of fruit, noodles or seafood, chili stirs up lots of attention this season. Here are some unconventional flavors found in different chili concoctions:

Tropical. Hawaiian-inspired recipes put a sweet spin on a savory favorite. Fruits such as pineapple and mango make their way into this variation, often with rice, ginger and spicy pork.

Pumpkin. Pureed pumpkin puts a slight twist on the traditional recipe and adds a mild, sweet flavor.

Pasta. Some chili recipes resemble a soup more than a stew, but these thinner consistencies are no slouch when served over a bed of noodles.

Seafood. A twist to the popular white chicken chili variation now includes seafood. Shrimp, scallops and pieces of white fish get caught up in this concoction, usually with sautéed garlic and bell peppers.

Chocolate. Bacon, sausage, barbecue sauce and chocolate mingle to make a statement for your sweet tooth in chocolate chili.





Dollars and Sense: Save or Splurge?

We're all trying to save a dollar, but when it comes to certain products, scrimping on value brands can leave customers disappointed. Take some advice from beauty experts so you'll know whether to dig up spare change or hang onto your wallet when these items appear on your shopping list:

Anti-aging night cream: Splurge. Experts suggest shelling out more money for an expensive night cream because it usually means more sophisticated research has been done on the product and it may contain higher quality active ingredients.

Shampoo: Save. All shampoos are formulated to cleanse, so you can scale back on suds. The trick is to look for a product designed for your hair type. Conditioners, however, protect and repair hair, so splurging on an expensive brand may deliver the best results.

Toilet paper: Splurge. Bargain-priced bath tissue seems like a deal in the store, but if you have to use more, it's not really a savings.

Undershirts: Save. White tees and tanks soak up perspiration and can get dingy in no time. Save your cash for other threads and just replace your undershirts when they're worn out.

Gym clothes: Splurge. Washing gym clothes after every sweat session puts a lot of wear and tear on the material. Buy brands that can keep up with you.

Learn whether to save or splurge on everyday items.



One Minute Chef

Tasty Tea Baked Apples

Ingredients:

- 1 cup water
- 4 Lipton cup-size tea bags
- 4 large baking apples (such as Rome or Golden Delicious), cored
- 1/4 cup firmly packed dark brown sugar
- 1/4 cup chopped walnuts
- 2 tablespoons raisins
- 1/4 teaspoon ground cinnamon
- 4 teaspoons butter

Directions:

Preheat oven to 350° F. In 1-quart saucepan, bring water to a boil; remove from heat. Add tea bags and brew 3 minutes, dunking occasionally. Remove tea bags and squeeze; set aside.

Peel top 1/3 of apples. In 8-inch-square baking dish, arrange apples, peeled end up; set aside.

In small bowl, combine brown sugar, walnuts, raisins and cinnamon. Evenly spoon walnut mixture into center of apples, then evenly top with butter. Pour tea over and around apples.

Bake uncovered, basting occasionally, 1 hour or until apples are tender.

For more recipes, visit www.MakingLifeBetter.com.



WIT & WISDOM

"All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."

—Martin Luther King Jr.

"Laziness may appear attractive, but work gives satisfaction."

—Anne Frank

"By working faithfully eight hours a day, you may eventually get to be boss and work 12 hours a day."

—Robert Frost

"Nothing will work unless you do."

—Maya Angelou

"Far and away the best prize that life has to offer is the chance to work hard at work worth doing."

—Theodore Roosevelt

"If you put all your strength and faith and vigor into a job and try to do the best you can, the money will come."

—Lawrence Welk

"Opportunities are usually disguised as hard work, so most people don't recognize them."

—Ann Landers

"Many people worry so much about managing their careers but rarely spend half that much energy managing their lives. I want to make my life, not just my job, the best it can be. The rest will work itself out."

—Reese Witherspoon

"To find joy in work is to discover the fountain of youth."

—Pearl S. Buck

"Work spares us from three evils: boredom, vice and need."

—Voltaire



September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Grandparents Day</i> 1st Sunday after Labor Day				1	2	3
4	5 Labor Day	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	

Houston Astros

Home Games
Minute Maid Park
(877) 927-8767
Houston.Astros.MLB.com

- Sept. 2-4 vs. Milwaukee Brewers
- Sept. 12-14 vs. Philadelphia Phillies
- Sept. 22-25 vs. Colorado Rockies
- Sept. 26-28 vs. St. Louis Cardinals

Houston Dynamo

Home Game
Robertson Stadium
(713) 276-7500
www.HoustonDynamo.com

- Sept. 17 vs. San Jose Earthquakes

Sept. 11

Jim Breuer's Heavy Metal
Comedy Tour
Numbers
(800) 745-3000
www.LiveNation.com

Sept. 15

Return to Forever IV
Verizon Wireless Theater
(800) 745-3000
www.LiveNation.com

Sept. 17, 18

Houston Hot Sauce Festival
Stafford Centre
(281) 558-3518
www.HoustonHotSauce.com

Sept. 17, 18

Metropolitan Cooking and
Entertaining Show
Reliant Center
(832) 667-1400
www.ReliantPark.com

Sept. 23

Paradise Found
Zilkha Hall
(713) 315-2525
www.TheHobbyCenter.org

Sept. 24

Queensryche
House of Blues Houston
(888) 402-5837
www.HouseOfBlues.com

Sept. 25

Journey With Foreigner and
Night Ranger
Woodlands Pavilion
(800) 745-3000
www.LiveNation.com

Sept. 30

David Crowder
House of Blues Houston
(888) 402-5837
www.HouseOfBlues.com

Sept. 30-Oct. 9

"Galveston!"
Zilkha Hall
(713) 315-2525
www.TheHobbyCenter.org

Upcoming Events:

Oct. 7

B.B. King
House of Blues Houston
(888) 402-5837
www.HouseOfBlues.com

Nov. 5

Celtic Thunder
Verizon Wireless Theater
(800) 745-3000
www.LiveNation.com

*Dates and venues are
subject to change.*

