

DECEMBER 2015

Spring Villa

APARTMENTS

8760 Jamacha Rd
Spring Valley, CA 91977
619-589-9966
SpringVillalsYourHome.com

Marinating Tip

Grilling meat is a great way to cook it! Before you throw it on the grill, make sure you marinate it! Marinades containing rosemary, oregano, thyme, mint, and sage are best. Let the meat sit in the marinade for at least 30 minutes. The longer you let it sit, the rich the flavor is. After marinating it, throw it on the grill and enjoy your delicious meal!

Onion Peeling Trick!

Pearl onions are a tasty and charming addition to a dish but all those little onions can be a hassle. Instead of peeling each raw onion, simply trim off the tip of the onion (the end opposite the root end). Drop into boiling water for about two minutes. Drain and let cool. Pinch each cooled onion at the root end. The onions will slip right out of their casing, ready for you to use in your dish.

COMMUNITY NEWS

Winter Records

Butte, Montana, has more days

each year where the temperature drops below freezing (223 days) than any other city in the lower 48 states of the U.S. The snowiest U.S. location is Stampede Pass, Washington, with 440.3 inches. Barrow, Alaska, is the coldest U.S. city with a normal daily temperature of 4.1 degrees Fahrenheit. The coldest temperature ever recorded anywhere on Earth was at Vostok Station in Antarctica on July 21, 1983. It dipped down to -128.6 degrees F.



Holiday Hazards for Your Pets

During the holiday season, thousands of pets become ill or are injured. Remember that human food is not good for pets. Rich gravies and stocks, along with the bones in meat, can be upsetting to your pet's digestive system. Also keep sweets away from your pet. Ornaments should be hung out of your pet's reach. Chewing on glass, tinsel, and electrical cords is very dangerous for your cat or dog. Some wrapping

paper is treated with chemicals that are toxic if swallowed. The ribbons and bows on presents can also present a choking hazard if chewed or swallowed. The water in the base of a Christmas tree stand can contain secretions that can cause an upset stomach. Keep the water well covered.

Someone Once Said

"It is good to love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is well

Meet the Staff

Community Manager DeAnna
Leasing Associate Aldo
Maintenance Tech: Azael

Leasing Center Hours Mon - Fri: 9-6, Saturday 10-5, Sunday Closed

DECEMBER 2015

sunday	monday	tuesday	wednesday	thursday	friday	saturday
All classes on this calendar are held at the SD County Library		1 Rent Due 9:30 Sewing Group 1:00 Homework Help 5:00 Free dinner for kids 18 & Under	2 1:30 Baby/Toddler Story Time 2:30 Homework Help 3:00 Pre Teen Mad Scientists Club	3 10:30 Toddler Time 11:30 Preschool Story Time 2:30 Homework Help	4 2:30 Watts Cooking 5:00 Free Dinner for Kids 18 & younger	5 10:00 Citizenship Class & Spring Valley Book Sale
	6 Monday Thru Friday Free Dinner For Kids 18 & Under at SD County Library	7 2:30 Homework Help 7:00 Pajama Story Time	8 9:30 Sewing Group 1:00 Homework Help 5:00 Free dinner for kids 18 & Under	9 1:30 Baby/Toddler Story Time 2:30 Homework Help 3:00 Pre Teen Ma	10 10:30 Toddler Time 11:30 Preschool Story Time 2:30 Homework Hel	11 2:30 Watts Cooking 5:00 Free Dinner for Kids 18 & younger
13	14 2:30 Homework Help 7:00 Pajama Story Time	15 9:30 Sewing Group 1:00 Homework Help 5:00 Free dinner for kids 18 & Under	16 1:30 Baby/Toddler Story Time 2:30 Homework Help 3:00 Pre Teen Ma	17 10:30 Toddler Time 11:30 Preschool Story Time 2:30 Homework Hel	18 2:30 Watts Cooking 5:00 Free Dinner for Kids 18 & younger	19 10:00 Citizenship Class & Spring Valley Book Sale
20	21 2:30 Homework Help 7:00 Pajama Story Time	22 9:30 Sewing Group 1:00 Homework Help 5:00 Free dinner for kids 18 & Under	23 1:30 Baby/Toddler Story Time 2:30 Homework Help 3:00 Pre Teen Ma	24 10:30 Toddler Time 11:30 Preschool Story Time 2:30 Homework Hel	25 2:30 Watts Cooking 5:00 Free Dinner for Kids 18 & younger	26 10:00 Citizenship Class & Spring Valley Book Sale
27	28 2:30 Homework Help 7:00 Pajama Story Time	29 9:30 Sewing Group 1:00 Homework Help 5:00 Free dinner for kids 18 & Under	30 1:30 Baby/Toddler Story Time 2:30 Homework Help 3:00 Pre Teen Ma	31 10:30 Toddler Time 11:30 Preschool Story Time 2:30 Homework Hel		

Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing. —Abraham Lincoln

Eating the Mediterranean Way



A study followed 23,000 adults in Greece and revealed that a diet rich in vegetables, fruits, nuts, and legumes had a significant impact on longevity. The Mediterranean diet also had lower intakes of meat and a moderate consumption of alcohol. Researchers expected to find that the high intake of grains and seafood had a significant effect as well, but this did not prove to be the case. While this region's diet has long been recommended, researchers are only now seeing which items give the biggest bang for the buck.

Remember to Make you ON Line Rent Payment

Rent is due by the first day of the month, so please pay your rent on time. Rent paid after the fifth day of the month will be assessed a late fee. Please contact the office immediately if you anticipate difficulty with payment.