



Fulton Hill Apartments

603 Fulton Rd • Tallahassee, FL 32312 • (850) 385-0621



BULLETIN BOARD



Fulton Hill Staff

Property Manager
Lorraine Booth

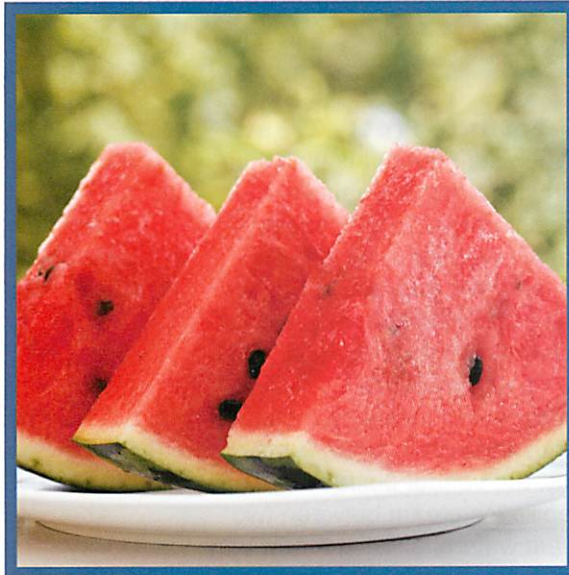
Maintenance
Wilmer Mata

No Pet Community



CM24395

JULY/AUG 2016



NOTES & NEWS

Be Kind to Bees

Honeybees are responsible for pollinating many of the plants we rely on for food, including almonds, apples, blueberries, coffee, onions, peaches, pumpkins and tomatoes.

The Time Is Right

Thinking about simplifying your life by getting rid of things you don't need? This is the month to do it! July 12 is Simplicity Day, and July 15 is National Give Something Away Day.

Go Paperless

You can help the environment by cutting down on paper use. Switch to receiving bills and bank statements online. You might even get an account credit or a discount by signing up for paperless billing.

To Your Health: Apple a Day

"An apple a day keeps the doctor away" has some truth to it. In a recent study, people who began eating one apple every day experienced a 40 percent drop in LDL cholesterol, which is the "bad" kind that can harden arteries.

HIGHLIGHTS

Boost Your Berry Intake

Take advantage of summer's fresh berry bounty for maximum health benefits. The fruits are packed with nutrients that have been linked to maintaining a sharp memory, lowering cholesterol and preventing cancer.

Deal of the Month

Summer clothing will be hitting the clearance racks soon. Furniture is also discounted in July because stores need to make room for the new lines that will arrive later this summer. Many retailers will also offer deals on backpacks and other back-to-school items.

Motivational Tip: Divide and Conquer

Facing a large goal or project can be daunting. The best way to get started is to break the task up into smaller parts and tackle them one at a time. For example, if you want to declutter your whole home, aim to get through one drawer or closet each week. Before you know it, your main goal is within easy reach.

Manager's Corner

We live in such a beautiful place, and to keep it that way we must all pitch in, not pitch out! When cleaning out your vehicle, don't be a litterbug: put litter in its place instead of on our parking lot. Be the first to help clean up your community and others may do the same.

Office Hours

Monday–Friday 8:30 a.m.–5:30 p.m.
Saturday Closed
Sunday Closed

Important Numbers

Office (850) 385-0621
Fax (850) 385-1721
Emergency Maintenance (850) 274-5624
E-mail: fultonhill@comcast.net

TRIVIA WHIZ



Summer Means Hot Dogs

In 1957, the U.S. Chamber of Commerce proclaimed July as National Hot Dog Month. Easy to prepare, inexpensive and convenient, hot dogs are the perfect food to enjoy at a ballgame, picnic, festival or fair.

- The National Hot Dog and Sausage Council estimates that Americans consume 20 billion hot dogs each year.
- Although hot dogs are considered an all-American food, it is believed that frankfurters originated in Frankfurt, Germany, in the 1400s.
- The most popular hot dog topping is mustard, which is favored by 90 percent of adults. Children tend to prefer ketchup. Other favorites are onions, chili, relish and sauerkraut.
- Hot dogs were one of the first foods eaten on the moon. Apollo 11 astronauts Neil Armstrong and Buzz Aldrin ate wieners on their 1969 journey to outer space.
- In 1939, President Franklin D. Roosevelt served hot dogs to King George VI of England when he visited the United States.
- Of all the ballparks in the country, Dodger Stadium in Los Angeles sells the most hot dogs each baseball season.
- If you order a hot dog in New Zealand, it will come battered on a stick like a corn dog. To get one on a bun, you need to ask for an "American hot dog."



Favorite Frosty Treats

When summer heats up, a refreshing frozen treat can help cool things down. Thanks to some inventive folks in the past, we have a variety of frosty novelties to choose from.

Ice cream sandwiches. A New York City pushcart peddler is credited with inventing the ice cream sandwich in 1899. For a penny, the vendor placed a scoop of vanilla ice cream between two graham wafers, offering a new way to enjoy the frozen treat on the go.

Popsicles. An 11-year-old California boy named Frank Epperson accidentally made culinary history in 1905 by leaving a cup of water with powdered soda and a stirring stick out overnight. The concoction froze, and the popsicle was born. About two decades later, Epperson sold his patent for the "frozen drink on a stick," and it took off across the country.

Ice cream bars. In 1920, a young boy walked into the Iowa shop of Christian Kent Nelson and couldn't decide whether to spend his nickel on ice cream or a chocolate bar. So Nelson began working on a way to combine the two, and a few weeks later, he had created the chocolate-coated ice cream bar.

Bomb Pops. The red, white and blue Bomb Pop was invented in 1955 by James S. Merritt and D.S. Abernathy of Merritt Foods in Kansas City, Mo. The rocket-shaped treat now comes in several different flavors.

Super Seeds

Experts have been praising the health benefits of nuts for years. Did you know many seeds provide a similar nutritional boost?

Flaxseed. Flaxseed was cultivated in Babylon thousands of years ago. Its health benefits are derived from three components: omega-3 fatty acids that promote heart health; lignans with antioxidant properties; and soluble and insoluble fiber. Flaxseed should be ground before consuming. It can be sprinkled on almost any type of food and used in baked goods.

Chia. The Mayans and Aztecs grew chia, which they gave the word for "strength." Chia seeds are high in omega-3 fatty acids, protein, fiber, antioxidants, calcium and B vitamins. With a mild, nutty flavor, chia can be added to a wide variety of foods.

Hemp. The seed of the hemp plant is a versatile and nutrient-rich food. Hemp seeds are a great protein

source, containing all essential amino acids. They are rich in omega-3 and omega-6 fatty acids and provide vitamin E and minerals such as potassium, calcium and iron. Hemp seeds, which have a subtle flavor, can be consumed raw, cooked or roasted.

Sacha inchi. The newest seed on the health food scene is sacha inchi. Also called the Inca peanut, this seed has been cultivated in Peru for centuries and is touted as being a great source of omega-3, omega-6 and omega-9 fatty acids in addition to protein, fiber and antioxidants.



**"A hot dog at the ballpark is better than steak at the Ritz."
—Humphrey Bogart**



WIT & WISDOM



Reap the Rewards of Reading

The next time you have a few minutes free, pick up a book. Reading is beneficial in many ways.

Brain benefits. Think of your brain as a muscle that needs exercise to stay strong and healthy. Reading gives your brain a good workout, keeping it active and engaged. A recent study found that frequent brain exercise lowered cognitive decline by 32 percent. Reading can also improve focus, concentration and memory.

Rest and relaxation. Reading helps you relax. One study found that reading reduces stress by as much as 68 percent. A book can transport you to another world or just distract you enough to let tension drain away.

Knowledge. What you read fills your mind with information. Knowledge equips you to handle the challenges you encounter in life. Even if all you read is fiction, you can learn quite a bit about cultural influences, sociology, geography and history. Reading will also improve your vocabulary, spelling and grammar. Researchers estimate that we learn 5 to 15 percent of all the words we know through reading.

Entertainment. Reading provides low-cost or even free entertainment. Whether you purchase books new or used or borrow them from the library, spending a few hours absorbed in a story is less expensive than going to a movie or dinner.

The next time you have a few minutes free, pick up a book



One Minute Chef

Cajun Salmon Burgers With Lime Mayo

Ingredients:

- 1/2 cup reduced fat mayonnaise, divided
- 1/2 teaspoon grated lime peel
- 1/2 teaspoon lime juice
- 3 pouches (5 ounces each) boneless, skinless salmon, drained
- 1 egg, beaten
- 1/3 cup panko bread crumbs
- 1/4 cup finely chopped green onion
- 1/4 cup finely chopped red bell pepper
- 2 teaspoons Cajun seasoning
- 1 tablespoon oil
- 4 hamburger rolls

Directions:

Mix 1/4 cup mayonnaise, lime peel and lime juice in small bowl until well blended. Cover and refrigerate.

For the burgers, mix salmon, egg, panko, 1/4 cup mayonnaise, green onion, bell pepper and seasoning in large bowl until well blended. Shape into four patties.

Heat oil in large nonstick skillet on medium heat. Add salmon patties; cook 5 minutes per side or until lightly browned and cooked through.

Serve salmon burgers on rolls with lime mayo and desired toppings.

More recipes at www.McCormick.com.



“Without freedom of thought, there can be no such thing as wisdom; and no such thing as public liberty without freedom of speech.”

—*Benjamin Franklin*

“Liberty, when it begins to take root, is a plant of rapid growth.”

—*George Washington*

“I would like to be remembered as a person who wanted to be free ... so other people would also be free.”

—*Rosa Parks*

“Freedom is the sure possession of those alone who have the courage to defend it.”

—*Pericles*

“A hero is someone who understands the responsibility that comes with his freedom.”

—*Bob Dylan*

“Creativity is the greatest expression of liberty.”

—*Bryant H. McGill*

“There is a certain enthusiasm in liberty that makes human nature rise above itself in acts of bravery and heroism.”

—*Alexander Hamilton*

“None who have always been free can understand the terrible fascinating power of the hope of freedom to those who are not free.”

—*Pearl S. Buck*

“Liberty is worth paying for.”


—*Jules Verne*

“You can only protect your liberties in this world by protecting the other man’s freedom.”

—*Clarence Darrow*



July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NO FIREWORKS OF ANY KIND PERMITTED ON OUR PROPERTY!					1 RENT IS DUE	2
3	4 Independence Day! Office Closed	5 Rent Is Late At 5:30 p.m.	6	7	8	9 SUMMER
10	11	12	13 	14	15	16
17 National ICE CREAM Day 3rd Sunday	18	19	20 Exterior Pest Control	21	22	23
24/31	25	26	27	28	29	30

August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Rent is Due	2	3	4	5 Rent Is Late At 5:30 p.m.	6
7	8	9 	10	11	12	13 ENJOY SUMMER!
14	15	16	17 Interior Pest Control	18	19	20
21	22 HVAC Filter Changes	23 HVAC Filter Changes	24 Annual Fire Extinguisher Inspection and HVAC Filter Changes	25 HVAC Filter Changes	26 HVAC Filter Changes	27
28	29  BACK TO SCHOOL!	30	31			