



Fulton Hill Apartments

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

MAR/APR 2019



HIGHLIGHTS

Make Your Own Luck

Would you like to increase the odds of something good happening in your life? Good luck is more likely to strike if you step out of your comfort zone and are receptive to fresh opportunities. Experts say that being open to new activities, people and places can help create more positive experiences.

Travel Tip: Take a Picture

Use your cell phone's camera to take photos of anything you want to keep track of while traveling, such as your hotel's address and room number, flight confirmation numbers, and receipts. You won't need to pull out paperwork or rely on memory alone for the important details of your trip.

To Your Health: Talk About It

Studies have found that social support is a key factor in reducing stress. If you're feeling pressure at work, simply sharing thoughts with a co-worker can help. Even the mere presence of a friendly face eases stress, according to researchers.

The ABCs of Referrals

- (A) Always tell someone who is looking for a new home to come visit us!
- (B) Be sure that your referral lets us know upfront that you sent him or her.
- (C) Collect your \$50 rent credit when they move in.

BULLETIN BOARD

Fulton Hill Staff

Property Manager
Lorraine Booth

Maintenance
Wilmer Mata

No Pet Community



Happy St. Patrick's Day



NOTES & NEWS

Hello, Spring

The first day of spring is March 20. Celebrate with a stroll outdoors, some spring cleaning, or a salad of fresh spring greens.

On Deck for Baseball Season

At ballparks across the country, all 30 Major League Baseball teams will begin the 2019 season on March 28, the earliest opening day in league history.

Wearing of the Green

If you wear green this month to celebrate St. Patrick's Day, you may find yourself more relaxed. Green symbolizes nature, and many people find the color has a calming effect.

Set the Scene for Sleep

If you have trouble dozing off at bedtime, or find yourself wide awake in the middle of the night, try visualizing a relaxing scene, such as a waterfall. A study found that people who did this fell asleep 20 minutes faster than those who tried other techniques.

Important Numbers

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

Office Hours

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

TRIVIA WHIZ

All That Glitters

There may not be a pot of gold at the end of every rainbow, but you can mine a wealth of information about this precious metal, which is prized for its beauty, rarity and physical properties.

- All of the gold found on Earth came from meteorites that hit the planet millions of years ago.
- Gold was one of the first metals discovered. It has been mined for more than 5,000 years.
- The chemical symbol for gold is Au, which comes from *aurum*, a Latin name for gold that means "shining dawn."
- Gold has been discovered on every continent, but the highest concentration is in Witwatersrand, South Africa.
- One of the reasons gold is so highly valued is that it does not rust or decay.
- The purity of gold is measured in karats, and the higher the number, the greater the purity. Pure gold is 24 karats.
- Gold is edible. High-end restaurants sometimes add gold flakes to their dishes.
- The largest gold nugget ever found was discovered in Australia in 1869 and weighed more than 170 pounds. It was called the Welcome Stranger.
- Gold is the state mineral of California, Alaska and North Carolina.
- The visors of astronauts' helmets are coated in a thin, transparent layer of gold because it reduces glare and heat from the sun.

**"Gold is a constant.
It's like the North Star."
—Steve Forbes**



Set the Stage for Spring

Spring is a splendid time to spruce up your home. Incorporate bright colors, flowy fabrics and a touch of nature to craft a well-designed interior that's perfect for the season.

Lighten up textiles. Fabrics such as velvet and silk can feel a bit heavy for spring. Switch to throw pillows in linen or cotton for a more carefree appeal. Revive your bedding with a new blanket or duvet.

Add something bright underfoot with a colorful throw rug or two.

Refresh what you have. Give your wall art a new look by replacing or repainting the frames. Reorganize your bookshelves and cut down on the visual clutter. Swap out your coffee table books to incorporate new color into your living room. Rearrange your furniture for a quick update that will have your home feeling brand-new.

Go for the greenery. Plants not only add life and color, but also act as natural air filters. Put large plants on the floor and smaller ones on desks, tables and shelves. An alternative to potted plants is an arrangement of large leaves, such as palm or papyrus.

Choose colorful accessories. When shopping for pillows, vases and other decorative objects, consider a palette of bright blue, green and white, plus touches of daffodil and lilac. If you prefer a do-it-yourself project, paint a lamp base or reupholster an ottoman.

Frozen Food Fundamentals

Did you ever think of your freezer as the best tool in your kitchen? Stocked with the right foods, it can be. Having a few essential ingredients on hand allows you to get a meal on the table quickly. Save time and money by keeping your freezer stocked with the following staples.

Grains and beans. The next time you make rice, beans or lentils, cook a double batch and freeze what you don't eat. Now you have a heat-and-eat side dish or the foundation for fried rice, grain salad, wraps or soup.

Meat. Smoked sausages defrost quickly and give pasta or soup a salty, smoky goodness. Ditto for bacon, which can also add flavor to salads and sandwiches. Precooked chicken is extremely versatile, and the perfect protein in soups and casseroles.

Bread. Sliced bread, buns and tortillas freeze beautifully and don't take much time to thaw. French toast,

grilled sandwiches and quesadillas will be on the table in no time when you've stocked up on these foundation foods.

Fruits and vegetables. Frozen fruits and vegetables are picked at their prime and packed with flavor and nutrients. Peas, spinach, carrots and broccoli hold up well in the freezing process and can be served solo as a side dish, tossed into soup, or used in rice and noodle dishes. Frozen berries and other fruits are wonderful for making smoothies.





WIT & WISDOM



Digital Disconnect

Now in its 10th year, the National Day of Unplugging is a 24-hour respite from technology. The global event, held from sundown on the first Friday in March until sundown the next day, highlights the value of disconnecting from digital devices to connect with ourselves, our loved ones and our communities.

Participants are encouraged to unplug completely or partially, often or occasionally.

You might start with putting your devices away while eating. Conversations will likely be more interesting, and the action shows respect for the people you are sharing a meal with.

Don't immediately grab your phone when you wake up in the morning. Instead, start your day with meditation, stretching or setting goals.

Establish electronics boundaries on your days off, such as limiting how often you check your social media accounts or work email.

Participate in a social media fast with a friend, and schedule a get-together with him or her.

Use your unplugged time to treat yourself to an activity that helps you unwind and relax. Ideas include going to the movies, listening to music, doing yoga or taking a walk.

Life is going on all around us while we text, browse and post, so remind yourself to live in the moment. Enjoy what is happening while resisting the urge to share it with the world.

neMinute Chef

Slow Cooker Corned Beef and Cabbage

Ingredients:

- 8 small red potatoes
- 2 cups baby carrots
- 1 small onion, quartered
- 1 corned beef brisket (4 pounds), rinsed and trimmed
- 2 tablespoons mixed pickling spice
- 1 teaspoon minced garlic
- 1/2 head cabbage, cored and cut into wedges

Directions:

Place potatoes, carrots and onion in slow cooker.

Place corned beef brisket over vegetables. Sprinkle with pickling spice and minced garlic.

Add enough water (about 8 cups) to just cover meat.

Cover and cook on high 7 hours.

Add cabbage. Cover and cook on high 1 to 2 hours or until cabbage is tender-crisp.

Remove corned beef brisket to serving platter. Slice thinly across grain. Serve with vegetables.

*Find more recipes at
McCormick.com.*



"No winter lasts forever;
no spring skips its turn."

—Hal Borland

"Spring, when the Earth tilts
closer to the sun, runs a strict
timetable of flowers."

—Alice Oswald

"In winter, I plot and plan.
In spring, I move."

—Henry Rollins

"One swallow does not make a
summer, but one skein of geese,
cleaving the murk of March thaw,
is the spring."

—Aldo Leopold

"Despite the forecast,
live like it's spring."

—Lilly Pulitzer

"With the coming of spring,
I am calm again."

—Gustav Mahler

"Springtime is the land awakening.
The March winds are the
morning yawn."

—Lewis Grizzard

"I am going to try to pay attention to
the spring. I am going to look around
at all the flowers, and look up at the
hectic trees. I am going to close my
eyes and listen."

—Anne Lamott

"Can words describe the fragrance of
the very breath of spring?"

—Neltje Blanchan

"The deep roots never doubt
spring will come."

—Marty Rubin



March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 MARCH 						2
3	4	5 Rent Is Late At 5:30 p.m.	6	7	8 	9
10 	11	12	13	14	15	16
17 St. Patrick's Day	18	19 Exterior Pest Control	20 	21	22	23
24/31	25	26	27	28	29	30

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2	3	4 Avoid LATE FEES PAY RENT NOW!	5 Rent Is Late At 5:30 p.m.	6
7	8	9	10	11	12	13
14 	15	16 Interior Pest Control	17	18	19 Office Closed in Honor of Good Friday.	20
21 	22	23	24	25	26	27
28	29	30				