

Before The Freeze Sets In

Every winter we face the same situation—freezing weather. Of course one of the biggest risk factors involved during a cold snap is our water pipes. But it's easy to keep our pipes in working condition even during the bitter cold. Here are some things you can do to help us avoid serious problems: •Keep your heating system at a temperature of about 65° or above, even when you are away from home. Please do not turn off your heat for any reason. •Leave your faucets running on a steady trickle. Letting a faucet drip during extreme cold weather can prevent a pipe from bursting. •Leave cabinet doors open under the kitchen and bathroom sinks to allow warmer room air to circulate around pipes.

If you will be away during times of extreme cold weather, please contact the office so we can follow these precautions to protect your pipes.

Apricot Banana Bread

- 1/3 cup butter, softened
- 2/3 cup sugar
- 2 eggs
- 1 cup mashed ripe bananas (2 to 3 medium)
- 1/4 cup buttermilk
- 1-1/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup 100% bran cereal (not flakes)
- 3/4 cup chopped dried apricots (about 6 ounces)
- 1/2 cup chopped walnuts

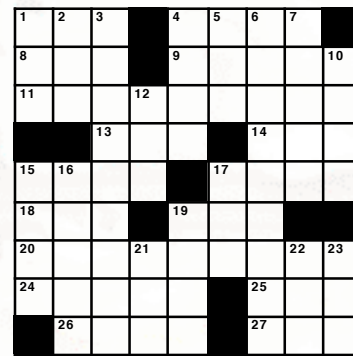
In a large bowl, cream butter and sugar until light and fluffy. Beat in eggs. Combine bananas and buttermilk. Combine the flour, baking powder, baking soda and salt; add to creamed mixture alternately with banana, beating well after each addition. Stir in bran, apricots and nuts.

Pour into a greased 9-in. x 5-in. loaf pan. Bake at 350° for 55-60 minutes or until a toothpick inserted near the center comes out clean. Cool 10 minutes before removing from pan to a wire rack. Yield: 1 loaf (16 slices).

February Puzzle

ACROSS

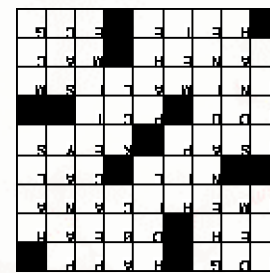
- 1 Protuberance
- 4 George __, American utopian
- 8 Prefix denoting "in a"
- 9 Church
- 11 Article
- 13 Nihil
- 14 UC Berkeley
- 15 As fast as can be done, abbr.
- 17 Furnishes
- 18 Alternative names for the body of a human being
- 19 What part of, abbr.
- 20 Being a brute
- 24 More lucid
- 25 Raincoat
- 26 Network of nerves
- 27 Medical instrument



- 10 Belongs to famous computer
- 12 Rake
- 15 Textiles
- 16 Measuring instrument
- 17 Kilocalorie, abbr.
- 19 Diminish
- 21 Approached
- 22 Pouch
- 23 Weight unit

DOWN

- 1 Controller
- 2 Makes computers
- 3 Thin syrup made from pomegranate juice
- 4 Change position
- 5 Basics
- 6 Amount of time
- 7 Philippine island



February 2012						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
Thank you for paying on time			Rent Due	Craft Night Groundhog Day		
		Pest Control				Breakfast at the Clubhouse 10am-11am
		Valentine's Day Pest Control		Movie Night 6pm-8pm		
	President's Day	Potluck Bingo Night 6pm-8pm Pest Control				
		Pest Control				

HIDDEN CREEK

300 Watters Road • Allen, TX 75013 • (214) 547-8899 • Fax (214) 547-8328



February In History

- February 2—Late Night with David Letterman premieres on NBC (1982)
- February 4—FDR, Churchill and Stalin meet at Yalta (1945)
- February 6—Monopoly board game goes on sale for 1st time (1935)
- February 12—Cleveland (now St. Louis) Rams granted an NFL franchise (1937)
- February 15—First Teddy Bear introduced in America (1903)
- February 16—Silver dollar became U.S. legal tender (1878)
- February 21—Alka Seltzer introduced (1931)
- February 22—Elvis Presley's first hit in Billboard's top 10: Heartbreak Hotel (1956)
- February 27—People magazine begins sales (1974)

Love Is In The Air!

Every year around Valentine's Day, love is in the air. And lots of our residents will be getting pretty flowers and boxes of chocolates. But we have something that's just as sweet—our Resident Referral program! Simply refer a friend, family member or co-worker to our community. If they sign a lease and move in, you will receive a \$50.00 gift card. Now that's something to fall for!

Special Parking Areas

You have probably noticed that our community has covered parking spaces on site. And you probably think they are reserved for special people. Well, you're right! They are reserved for the most special people we know, our residents! And we would love for you to use one of our covered parking spaces, but you have to get in touch with us first. Just contact the office for details. Then enjoy your new parking space!

OFFICE STAFF

Melody Medders
Manager

Tony Baiani
Assistant Manager

Chelsea Oglesby
Leasing Consultant

Marty Huckabee
Maintenance Director

Alex Febo
Assistant Maintenance

Maria Fabela
Housekeeper

Mike Such
Courtesy Officer

OFFICE HOURS

Mon - Fri 9:00 - 6:00
SAT 10:00 - 6:00
SUN 12:00 - 5:00

E-MAIL

hiddencreek@lbkmgmt.com

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LBK Management Services



EQUAL HOUSING OPPORTUNITY

Paving the Way

With our diversification of peoples and cultures, Americans have a wonderful opportunity to enjoy literature written from a variety of perspectives. African-American authors have contributed immeasurably to our literature, and since February is Black History Month, a remembrance of those

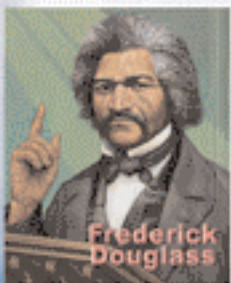


who paved the way for today's writers seems most fitting.

Many of the earliest published black writers were slaves, former slaves and abolitionists. The first to make a name was **Phillis Wheatley**. Her interest in literature led her to write

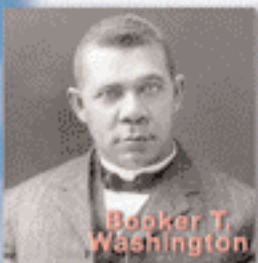
and publish *Poems on Various Subjects* in 1773.

Perhaps the most famous former slave to become a literary giant was **Frederick Douglass**. A great orator and politician as well as writer, Douglass also championed women's rights in the mid 1800's. His autobiographies

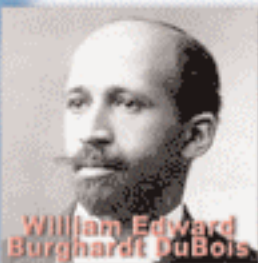


detailed his life as a slave.

Booker T. Washington, educator and founder of the Tuskegee Institute, was by the 1890's the most prominent African-American in the country. His autobiography, *Up From Slavery*, published in 1901, followed the American tradition of the self-made man's account of success.



William Edward Burghardt DuBois, was not only a great writer but also an intellectual and one of the founders of the NAACP. While serving as head of the history department at Atlanta University, he wrote articles for several magazines, including *Atlantic Monthly*. His works were collected in *The Souls of Black Folk*, a



sociological study of African-Americans. He was a recipient of the World Peace Council Prize in 1952.

Much of the African-American literature we have today springs from the Harlem Renaissance of the 1920's and 30's. One of the most important voices

belonged to poet **Langston Hughes**. His verse dealt with the joys, troubles and hopes of African-Americans. Another writer from this time was **Richard**



Wright, whose first novel, *Native Son*, published in 1940, is significant for bringing attention to African-American literature and African-American writers. Women writers from this period include **Zora Neale Hurston** who wrote *Their Eyes Are Watching God* and **Dorothy West** who published *The Living Is Easy*.



The Harlem Renaissance inspired such writers as **Ralph Ellison** whose highly acclaimed 1952 novel, *Invisible Man*, explores the struggle for identity, and **James Baldwin** who published *Go Tell It On The Mountain* a year later. Poets were also inspired by the Renaissance with **Gwendolyn Brooks** receiving the first Pulitzer Prize awarded to an African-American for her collection, *Annie Allen* in 1949.



During the civil rights movement several playwrights emerged who furthered the cause. Most notably, perhaps, was **Lorraine Hansberry** whose play, *A Raisin In The Sun*, was the first by an African-American to be produced on Broadway, and **Amiri Baraka** with his risky off-Broadway plays.



In the 70's and 80's, the legacies begun by Phillis Wheatley and furthered by civil rights writers reached the mainstream. Books by African-American writers routinely topped the best-seller lists. Poet and historian, **Maya Angelou**, published *I Know Why The Caged Bird Sings* in 1970. The autobiographical story of an African-American girl growing up in the South is read by many school children. Novelist **Toni Morrison** rose to prominence as did successful African-American writers such as **Alice Walker**, **Gayl Jones**, **Jamaica Kincaid** and **John Edgar Wideman**. **Alex Haley** emerged with the novel *Roots*, which was produced as a successful television miniseries.



Today there is a wealth of work by African-American writers in all genres, whether it be serious fiction, light fiction or nonfiction. A trip to the bookstore, library or an online web search will enable one to sample the many great fruits from the American tree of diversity.

Dark Chocolate... Good &... Good For You!

...And just in time for Valentine's Day!

Chocolate has battled a bad reputation with the diet culture for years, one it definitely doesn't deserve. Chocolate, especially in dark varieties, has a number of health benefits that might just make you put down that crunchy cardboard "granola" bar and reach for this ancient sweet treat instead! Thought to originate with the Aztec culture, the cocoa bean was believed to be a gift from paradise—a compliment that man-a-chocoholic might still attest to today. Studies have shown that this delightfully decadent snack has positive effects that extend past the taste buds, making dark chocolate a winner even with doctors.

Chowing down on dark chocolate stimulates endorphin secretion—the happy little chemical clusters that bring a smile to our face and keep us from using our shopping carts as impromptu cattle prods on a crowded day in the grocery store. The effect has been compared to a "runner's high", the feeling of elation some exercisers describe hits them after several miles pass by. Surprisingly, many people opt to sample a chocolate bar over trying on a new pair of running

shoes—who knew?

Stressing over wrinkles? Dark chocolate also contains anti-oxidants, the powerful age-fighting components that have lead doctors and dieticians alike to put their seal of approval on red wine and dub produce like blueberries and pomegranates superfoods. Anti-oxidants can help fight many of the effects of aging, including keeping skin healthy and supporting general brain and organ functions. To stack the deck in your favor, try looking in natural food stores for dark chocolate dipped blueberries or other combinations of chocolate and superfoods—it's like a tasty, tasty time machine for your insides.

No, that triple-mocha-frappe-creamachino-grande that your local coffee chain dishes out in the mornings won't count towards your healthy chocolate intake. It may reduce your wallet by five bucks, but there probably isn't any anti-oxidants lurking under that grande paper sleeve. Powdered chocolates, drink mixes, syrups, milk chocolate and white chocolate—which doesn't actually contain any chocolate, by the way—don't pack the punch that dark chocolate does, no matter how tasty they are. If you'd like some health

benefits with your snacky satisfaction, be sure to only reach for dark varieties of chocolate, 70% or higher in cocoa content. If you do manage to forgo the morning coffee for chocolate without injuring your co-workers, here's some good news—dark chocolate actually contains caffeine too, so a square or two might be just what's needed to banish that 3 o'clock slump.

Though many people don't exactly have to be coaxed to nibble on chocolate, sometimes changing things up a bit can be fun! Try stirring shaved dark chocolate into hot milk for truly decadent hot cocoa, or even adding a little cinnamon to spice things up. Don't be afraid to experiment with adding dark chocolate to your favorite foods and enjoying the results! As the saying goes, man cannot live by bread alone, but bread dipped in chocolate? Now that, he might be willing to try.



Creamiest Chocolate Pudding

A combination of cocoa powder and dark chocolate offers acidity and flowery notes in this wonderfully creamy pudding. The pudding may be stored, tightly covered, in the refrigerator up to five days. For a pretty presentation, dip mint sprigs in water and gently dredge in sugar; let dry on a wire rack.



- 1/2 cup granulated sugar
- 3 tablespoons cornstarch
- 3 tablespoons unsweetened cocoa
- 1/4 teaspoon salt
- 2 1/2 cups 1% low-fat milk, slightly warmed
- 1/2 cup evaporated fat-free milk, slightly warmed
- 2 ounces bittersweet chocolate (60 to 70 percent cocoa), finely chopped (about 1/4 cup)
- 1 teaspoon vanilla extract
- Fresh mint sprigs (optional)

Combine first 4 ingredients in a medium, heavy saucepan; stir with a whisk. Gradually add warmed low-fat and evaporated milk, stirring with a whisk. Bring to a boil over medium-high heat, stirring constantly with a whisk. Reduce heat, and simmer 1 minute or until thick. Remove from heat; add chocolate, stirring until melted and mixture is smooth. Stir in vanilla. Pour about 2/3 cup pudding into each of 6 (8-ounce) ramekins; cover surface of each serving with plastic wrap. Chill at least 4 hours. Remove plastic wrap; serve. Garnish with fresh mint sprigs before serving, if desired.

Nutritional Information; Amount per serving, Calories: 194 Calories from fat: 21% Fat: 4.6g

Bathing with Essential Oils & Herbs

Bathing is a calming way to relax in today's fast paced, stressful life. It is a soothing way to start a new day and a blissful send-off to bed. Herbs and essential oils can soothe aching muscles, tense nerves, skin irritations, soften skin and help you gain that peaches and cream complexion.

Set the stage for your bath with a clean fresh bathroom. Keep clean towels, bath gels, herbs, loofah, etc., handy. Choose relaxing music and light aromatic candles around you. All in all make sure that everything you need for your luxury is within arms reach.

Create a bag of your favourite herbs to be used in bathing. Fill a muslin cloth or even an old stocking with your favourite herbs. Dip it in your bath, letting the herbs gently soak in the water. Bath salts, citrus leaves, dried rose petals, or dried lavender flowers, to name a few, will create a lovely herb bag. If you don't have the fondness for creating your own bag of herbs, ready made herb bags are easily purchased.

No more than 5 drops of essential oils should be used in a bath. Dilute with milk or carrier oil. The following are common herbs and essential oils used for their differing properties.

- Black Pepper or Chamomile for relief of aching muscles.
- Clary Sage as a perk-me-up.
- Jasmine when you wish to feel luxurious.
- Rosemary, Calendula and Thyme for oily skin.
- Lavender for dry skin, eczema, sprains, hot flashes, headaches, over work or insomnia.
- Rosemary to get you going in the morning and a quick pick-me-up in the evening. Also good for aches and sore muscles.
- Eucalyptus opens the pores and the vapours from the bath help to clear the breathing passages.
- Apricot and Amber moisturizes and restores softness and suppleness to skin.
- Citrus & Lavender have soothing and therapeutic properties.
- Geranium for very dry or itchy skin, eczema and PMS.
- Ylang Ylang exfoliates and moisturizes the skin.

Make sure that your bath time is a time of solitude. Just let yourself luxuriate in the watery haven. And don't forget to put a "Do Not Disturb" sign on the door.



BrainBusters 1) you just me 2) ____ it 3) RUE

Brain Buster answers: 1) Just between you & me 2) Blanket 3) Are you ready?