

# INDEPENDENCE HEIGHTS APARTMENTS



September 2018

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Handling driving emergencies  
Movie previews and more!

# LifeStyle

Independence Heights Apartments • 302 Crosstimbers • Houston, TX 77022

## We're So Glad You're Here!

If you've recently joined our community, thank you for choosing Independence Heights Apartments. We value every one of our residents! If you've been with us a while, we want you to know how much we appreciate your continued residency! It takes special people like you to make our community a great place to call home!

## Stained Coffee Mugs?

If your ceramic mugs have stubborn tea and coffee stains, try a baking soda paste. Mix a little water into several teaspoons of baking soda; just enough to make the mixture pasty. Now rub the paste over the offending coffee stains with a soft cloth or sponge. Clean off with a wet sponge and dry. The mixture also has other uses: Scuff marks on the floor, chrome on golf clubs or stainless steel in the kitchen, according to hunker.com.

## Baby Monitors can be a Security Threat

Hackers can and do hack into baby monitors using them to play loud music, sounds, or just watch your baby in your house, according to Makeuseof.com. The key is password security on both your home network and the monitor itself. Make sure your home network doesn't use the router's default password. Set up a secure, memorable password. Buy a baby monitor that allows you to change the password and then do it. All it takes is a search of the internet to find the default passwords for baby monitors.

## The Avocado Surprise

Avocados are the velvety fruit most of us love to eat but may avoid because we think they're high in calories and might raise our blood cholesterol.

A study by The American Heart Association shows the monounsaturated fat in avocados actually helped eaters naturally lower their cholesterol.

Other studies over the last 50 years have proved the cardiovascular benefits of eating avocados, according to the University of California, Berkeley.

## Happening in September...

**National Tailgating Day, Sept. 1.** The first Saturday of September is when we celebrate the return of football, sport our favorite team's colors, and fill our bellies with food served off the grill by men and women who know how to party in a stadium parking lot.

**Labor Day, Sept. 3.** Celebrate the American labor movement, and the social and economic achievements of workers everywhere.

**National Grandparents Day, Sept. 9.** Send Grandma and Grandpa a card, call them, celebrate their lives.

**National Day of Service and Remembrance, Sept. 11.** Held on the anniversary of the terrorist attacks on the World Trade Center and the Pentagon.

**Pollution Prevention Week, Sept. 14-20.** Pollution Prevention Week highlights the efforts of the Environmental Protection Agency, its partners, and the public in making pollution prevention a cornerstone of sustainability. The best way to protect the Earth and its people is to stop creating pollution in the first place.

**Talk Like a Pirate Day, Sept. 19.** Avast, matey! This is the day to celebrate your inner Captains: Kidd, Hook, or Jack Sparrow.

### YOUR COMMUNITY STAFF

**Dawn Robinson**

Community Manager

**Priscilla Menefee**

Assistant Community Manager

**Veronica Medrano**

Leasing Consultant

**Araceli Vasquez**

Maintenance Staff

**Michael Moore**

Maintenance Supervisor

### OFFICE HOURS

**Monday thru Friday**

8:30 am-5:30 pm

**Saturday**

10:00 am-4:00 pm

**Sunday**

Closed

### HOW TO REACH US

**Management Office**

(713) 260-0700



**ALLIED ORION GROUP**



# Hard conversations can be helpful if done right

**T**here are times when it's necessary to confront someone, demanding a change or ending a relationship. People do almost anything to avoid difficult talks, even to their detriment.

It is possible to have difficult conversations without hurting people, says Bruce Patton of the Harvard Negotiation Project, which studies conflict resolution. Patton, co-author of *Difficult Conversations: How to Discuss What Matters Most* (Penguin Putnam) says:

- Be clear about your feelings and what the problem means to you.
- Consider the other person's view.
- Instead of casting blame, see how you both may have contributed to the situation.

Never measure the success of a conversation by the other person's response, but by how well you did in saying what is right.

**The always-late pal:** You feel disrespected, but you can also realize that some people aren't very cognizant of time. And you added to the problem by keeping quiet.

Tackle it now, saying you feel slighted and you would appreciate her being more considerate of your time. If she thinks you should just chill out, be firm. Say it's about respecting each other's needs and ask if she can accommodate yours.

**The boss promotes someone else:** Don't see the boss when you are angry. You'll get more information by using a calm approach.

Say you were surprised at the other person's promotion. Open the door for an explanation. Ask if your self-assessment is off or if you've done anything to anger higher-ups. Tell him you want to work on any weaknesses he may see so you'll be considered for the next promotion.



## Doctors to parents: Watch the juice

Lots of parents give their young children fruit juice, but pediatricians now say that's a bad idea. The American Association of Pediatrics recently updated its position on juice, recommending now that newborns shouldn't drink any juice before their first birthday and that juice should be limited after that.

The reasons? Doctors don't see any evidence of health benefits, and they believe that juice may prevent children from getting the protein and nutrients they need through breast milk or formula. In older kids, the sugar in juice contributes to tooth decay.

The guidelines advise that toddlers 1 to 3 years old get no more than four ounces of juice a day, six ounces up to age 6, and eight ounces up to age 18. They recommend that parents encourage their kids to eat fruit instead.

## How to handle two driving emergencies

How much time do you spend in your car? Most Americans, drive an average of 29.2 miles a day, with trip length of 46 minutes per trip, as the AAA Foundation For Traffic Safety's survey of 2015 revealed. That's more than 10,650 miles per year, and a whopping 279 hours in a car each year. Most of those hours are uneventful.

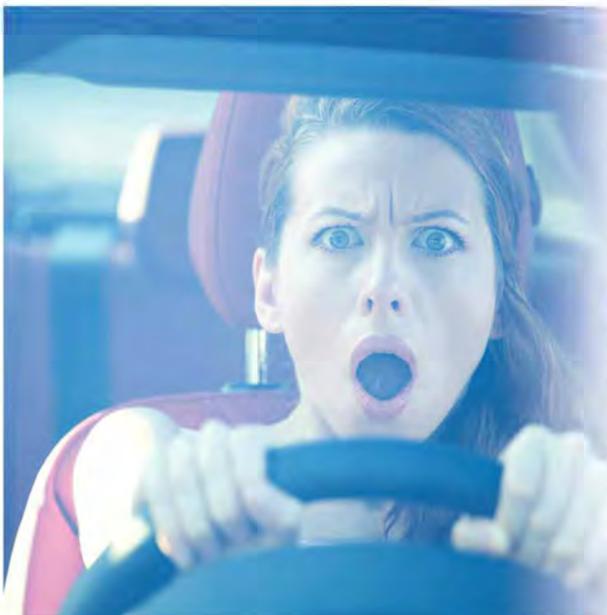
Yet, driving emergencies happen. Here's what the experts suggest to do in two common situations.

**BLOWN TIRE:** Stay calm. Keep the foot off the brake. According to the experts at Popular Mechanics, gently press on the accelerator to stabilize the car, then let the car slow. Once the car has slowed, move toward the shoulder.

Remember that driving on an underinflated tire can increase the possibility of a blowout, as can an object in the road, according to the pros at Popular Mechanics.

**BRAKE FAILURE:** Most cars have dual braking systems, so even if the front goes out, the car may still have back brakes and vice versa, according to Allstate's blog. There are several ways to slow a vehicle during a brake system failure.

First, slow the vehicle, carefully taking pressure off the gas pedal, and downshifting so the car will slow itself, thanks to the vehicle's drag. When the car has slowed enough to be under control again, work to get out of traffic and off the road. Do not shut off the vehicle until it is off of the roadway, or it may be harder to control.





**THE HOUSE WITH A CLOCK IN ITS WALLS** The magical adventure tells the spine-tingling tale of 10-year-old Lewis who goes to live with his uncle in a creaky old house with a mysterious tick-tocking heart. But his new town's sleepy façade jolts to life with a secret world of warlocks and witches when Lewis accidentally awakens the dead. **Jack Black** and **Cate Blanchett** star.



**NIGHT SCHOOL** **Kevin Hart** stars as a man whose life takes an unexpected turn when he accidentally blows up his place of employment. Forced to attend night school to get his GED, he must now deal with a group of misfit students and a feisty teacher (**Tiffany Haddish**) who doesn't think he's too bright

**REPRISAL** An ex-cop (**Bruce Willis**) joins forces with a bank manager (**Frank Grillo**) to track down a highly skilled and ruthless thief. The situation soon escalates when the robber kidnaps the manager's wife and daughter.

**THE PREDATOR** From the outer reaches of space to the small-town streets of suburbia, the hunt comes home in Shane Black's explosive reinvention of the Predator series. Now, the universe's most lethal hunters are stronger, smarter and deadlier than ever before, having genetically upgraded themselves with DNA from other species. When a young boy accidentally triggers their return to Earth, only a ragtag crew of ex-soldiers and a disgruntled science teacher can prevent the end of the human race.

**PEPPERMINT** When her husband and daughter are gunned down in a drive-by, the heroine wakes up from a coma and spends years learning to become a lethal killing machine. On the 10th anniversary of her family's death, she targets everyone she holds responsible, the gang that committed the act, the lawyers that got them off, and the corrupt cops that enabled the murderous incidents. **Jennifer Garner** stars.

**LIFE ITSELF** As a young New York couple goes from college romance to marriage and the birth of their first child, the unexpected twists of their journey create reverberations that echo over continents and through lifetimes. **Oscar Isaac, Olivia Wilde, Annette Bening** and **Mandy Patinkin** star.

**A SIMPLE FAVOR** Centers around Stephanie (**Anna Kendrick**), a mommy vlogger who seeks to uncover the truth behind her best friend Emily's (**Blake Lively**) sudden disappearance from their small town. Stephanie is joined by Emily's husband Sean (**Henry Golding**) in this thriller filled with twists and betrayals, secrets and revelations, love and loyalty, murder and revenge.

**LITTLE WOMEN** A modern retelling of Louisa May Alcott's classic novel, we follow the lives of four sisters - Meg, Jo, Beth, and Amy March - detailing their passage from childhood to womanhood. Despite harsh times, they cling to optimism, and as they mature, they face blossoming ambitions and

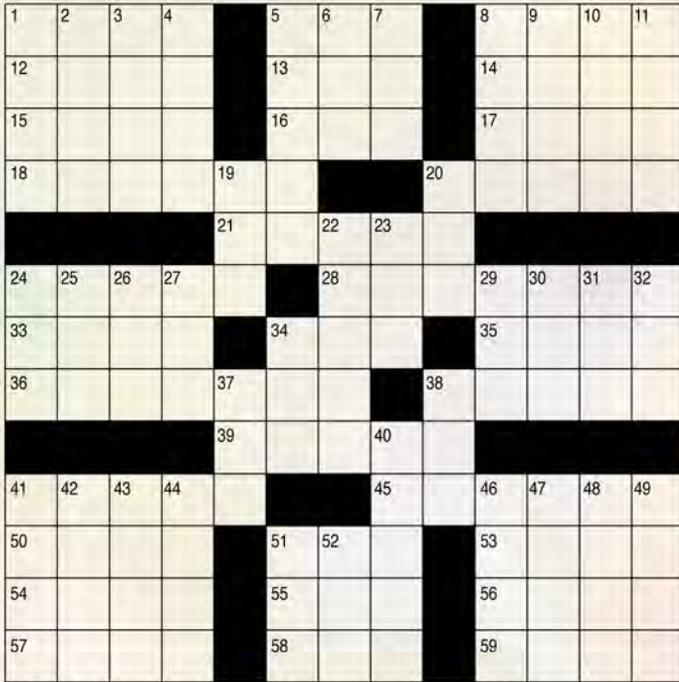
relationships, as well as tragedy, while maintaining their unbreakable bond as sisters.

**SMALLFOOT** Smallfoot turns the Bigfoot legend upside down when a bright young Yeti finds something he thought didn't exist—a human. News of this "smallfoot" brings him fame and a chance with the girl of his dreams. It also throws the simple Yeti community into an uproar over what else might be out there in the big world beyond their snowy village, in a rollicking story about friendship, courage and the joy of discovery.

**WHITE BOY RICK** Set in 1980s Detroit at the height of the crack epidemic and the War on Drugs, *White Boy Rick* is based on the moving true story of a blue-collar father and his teenage son, Rick Wershe Jr., who became an undercover police informant and later a drug dealer, before he was abandoned by his handlers and sentenced to life in prison. **Matthew McConaughey** stars.

**HOME ENTERTAINMENT RELEASES**

Sept. 4	Won't You Be My Neighbor?
Sept. 4	Adrift
Sept. 11	Ocean's 8
Sept. 11	Superfly
Sept. 18	Jurassic World: Fallen Kingdom
Sept. 25	Star Wars: Solo
Sept. 25	Gotti



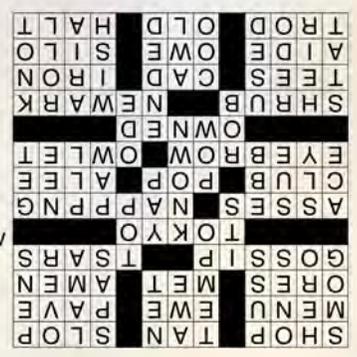
**ACROSS**

- 1. Boutique
- 5. Hosiery color
- 8. Swine Food
- 12. Waiter's offering
- 13. Fleecy mother
- 14. Prepare for traffic
- 15. Mine yields
- 16. Cane across
- 17. Congregation
- 18. Busybody
- 20. Russian emperors
- 21. Japan's capital
- 24. Donkeys
- 28. Asleep
- 33. Association
- 34. Dad
- 35. Helm direction
- 36. Facial fringe
- 38. Young bird
- 39. Had
- 41. Bush
- 45. City in New Jersey
- 50. Informal shirts
- 51. Louse
- 53. Press clothes
- 54. General's help
- 55. Have obligations
- 56. Missile housing
- 57. Stepped on
- 58. Long in the tooth

- 59. Sentry's command
- 31. Once named
- 32. Retrieve
- 34. Punching sound
- 37. Filch
- 38. Song of praise
- 40. Wrapped up
- 41. RBI or ERA
- 42. Named in a will
- 43. Perform again
- 44. Accustomed
- 46. Desire
- 47. Elaborate solo
- 48. Bakery item
- 49. Nautical mile
- 51. Pigeon's call
- 52. Piercing implement

**DOWN**

- 1. Polluted air
- 2. Large sandwich
- 3. Smallest bills
- 4. Cat
- 5. Musical pace
- 6. Astonish
- 7. High-wire precaution
- 8. Resorts
- 9. Tibetan priest
- 10. Finished
- 11. Writing tools
- 19. "\_\_\_\_\_ Impossible"
- 20. Blouse
- 22. Familiar
- 23. Jabber
- 24. Expert pilot
- 25. Foxy
- 26. Bring action against
- 27. \_\_\_\_\_ and flow
- 29. Kitten's foot
- 30. Out of sorts



# September 2018

saturday

sunday	monday	tuesday	wednesday	thursday	friday	1
2 Pet Rock Day	3 Labor Day Happy Labor Day!	4 Rent is Late. Add Late Fees!	5 Cheese Pizza Day	6 Fight Procrastination Day	7 Lazy Mom's Day	8 Star Trek Day
9 Grandparent's Day	10 TV Dinner Day	11 911 Remembrance Day	12 September is National Courtesy Month	13 Defy Superstition Day	14 Hug Your Boss Day	15 September is Hispanic Heritage Month
16 Mayflower Day	17 Locate an Old Friend Day	18 National Cheeseburger Day	19 Talk Like a Pirate Day	20	21	22 Parking Policy Barbecue In The Leasing Office 2:00 pm - 5:00 pm
23 First Day of Fall	24 Punctuation Day	25 National Comic Book Day	26	27 Ancestor Appreciation Day	28 Native American Day	29 National Biscotti Day
30 Gold Star Mother's Day						