

January Calendar

In observance of the New Year's Holiday, the office will be closed on **Monday, January 2, 2012**

In observance of Martin Luther King Jr.'s Birthday, the management office will be closed on **Monday, January 16, 2012**



IN THE COMMUNITY

Bring the family out the **Washington Auto Show** on January 27, 2012.

The show will be hosted at the Washington Convention Center.

Come and enjoy the displaying of more than 700 new makes and models of cars, trucks, mini-vans and sport utility vehicles from over 42 domestic and import automakers. For more information visit www.washingtonautoshow.com.

MLK Essay Contest. Explore the legacy of Dr. Martin Luther King Jr. and participate in an essay contest! The Northwest One Library located at 155 L Street NW (N New Jersey Avenue) will host an essay writing contest. The winner will receive a prize and the winning essay will be published on the Library's website. For more information contact the Northwest One Library at 202-939-5946. If your essay is chosen, Golden Rule Apartments will showcase it in our next newsletter. Good Luck!

★★ Fire Safety ★★



The United States Fire Administration (USFA) and the National Fire Protection Association (NFPA) are working together to remind everyone that home fires are more prevalent in winter than in any other season. This is due in part to an increase in cooking and heating fires. Holiday decorations and winter storms that can interrupt electrical service and cause people to turn to alternative heating sources also contribute to the increased risk of fire in winter. Winter fires can be prevented! The following fire safety tips can help you maintain a fire-safe home this winter season.

Watch What You Heat

- ▶ The leading cause of fires in the kitchen is unattended cooking.
- ▶ Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- ▶ If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you're cooking.
- ▶ Stay alert! To prevent cooking fires, you have to be alert. You won't be if you are sleepy, have been drinking alcohol, or have taken medicine that makes you drowsy.

Keep Things That Can Catch Fire and Heat Sources Apart

- ▶ Keep anything that can catch fire - potholders, oven mitts, wooden utensils, paper or plastic bags, food packaging, towels, or curtains - away from your stovetop.
- ▶ Keep the stovetop, burners, and oven clean.
- ▶ Keep pets off cooking surfaces and nearby countertops to prevent them from knocking things onto the burner.
- ▶ Wear short, close-fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and catch fire if it comes into contact with a gas flame or electric burner.

Maintain Your Holiday Lights

- ▶ Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up. Use only lighting listed by an approved testing laboratory

Use Only Nonflammable Decorations

- ▶ All decorations should be nonflammable or flame-retardant and placed away from heat vents. If you are using a metallic or artificial tree, make sure it is flame retardant.

The first five children to complete the puzzle and bring it to the management office will receive a prize.

WINTER WORDSEARCH

Find and circle all of the words that are hidden in the grid.

The words may be hidden in any direction.

R R L S E V O L G R L L O
 T S K N I T C A P S R W S
 I N D S T M E R F C S S N E S
 E A S T M E I R A L C E O P S
 O G K O E I R A L W T A S S
 T G N O I E T C Z C S R L
 B O K B E T I T F Z L K E
 S B D Z E C S T E R I A C
 P O T E I D K T E N O L I
 O T L I N I E O T S S B
 C S A M T S I R H C A G T
 S O T C O N O F T Z K C
 S C A R F I G E L I A T S

BLIZZARD ICE SKIING
 BOOTS ICICLES SLED
 CHRISTMAS KNIT CAP SLEET
 COLD MITTENS SNOW
 FREEZE PARKA TOBOGGAN
 FROST SCARF
 GLOVES SKATES

Seafood Enchiladas

INGREDIENTS

- 1 onion, chopped
- 1 tablespoon butter
- 1/2 pound fresh crabmeat
- 1/4 pound shrimp - peeled, deveined and coarsely chopped
- 8 ounces Colby cheese
- 6 (10 inch) flour tortillas
- 1 cup half-and-half cream
- 1/2 cup sour cream
- 1/4 cup butter, melted
- 1 1/2 teaspoons dried parsley
- 1/2 teaspoon garlic salt

PREPARATION



Preheat oven to 350 degrees F (175 degrees C). In a large skillet, sauté onions in 1 tablespoon butter until transparent. Remove the skillet from heat and stir in crabmeat and shrimp. Shred the cheese and mix half of it into the seafood. Place a large spoonful of the mixture into each tortilla. Roll the tortillas up around the

mixture and arrange the rolled tortillas in a 9x13 inch baking dish. In a saucepan over medium-low heat, combine half-and-half, sour cream, 1/4 cup butter, parsley and garlic salt. Stir until the mixture is lukewarm and blended. Pour sauce over the enchiladas, and sprinkle with remaining cheese. Bake in preheated oven for 30 minutes.

Newsletters

Beginning January 2012 the schedule for the newsletter distribution will change. Newsletters will be distributed January, April, July and October.

Staff Update

We are happy to announce that our Service Technician **Tyrone Dickens** has successfully completed his training and is now our new Certified Housing Manager. Please join us in congratulating Mr. Dickens!

Fire Awareness Seminar

Join us as we host a fire awareness seminar in the community room. A representative from Allstate Insurance will discuss affordable options for residents to purchase renter's insurance. We encourage that residents obtain renter's insurance to cover any damages to personal property. More information will be provided at a later time.

