

MONARCH RIDGE

MARCH / APRIL 2009

Going Green with SDG&E

Looking for small ways to conserve energy and money, as well as do your part to help the environment? San Diego Gas & Electric can help!

You can request a no-cost Energy Efficiency Kit from SDG&E and have it delivered right to your home. Included in this kit are three faucet aerators and a low-flow showerhead, intended to help you save energy and water.

These devices utilize air entering into the water stream so that your water pressure will remain at the same level as before.

Combining the savings on water and energy that this kit will provide, is a win-win for you, the homeowner, and for the environment.

To find out more about this Energy Efficiency Kit, or to request a kit of your own at no charge, please visit SDG&E at www.sdge.com/energykit.

Keep the Phone Books in the Forest

If you are one of the many people in the United States who has not thumbed through a phone book in years, consider visiting www.yellowpagesgoesgreen.org to opt-out of receiving them today! You can always request a copy in the future if you change your mind.

Not sure this simple step will make a difference? Consider these “Not So Fun Facts”:

1. How many directories are printed annually in the United States? *540 million*
2. What is the average weight of each directory? *3.62 pounds*
3. How much is the directory industry worth to the telephone companies in the United States? *\$13.58 billion*
4. How much is the directory industry worth worldwide? *\$26 billion*
5. How many fully developed trees are needed to make a ton of paper? *24 trees*
6. How many gallons of oil are needed to produce a ton of paper? *380 gallons*
7. How many cubic yards of waste are taken up by a ton of paper? *3 cubic yards*
8. How many gallons of water are needed to produce a ton of paper? *7,000 gallons*
9. How many kilowatts of energy are needed to produce a ton of paper? *4,000 kilowatts*
10. How many directories are printed for EVERY man, woman and child in the United States? *1.79 books per person**

*Estimated population in the United States as of July 2007 is 301,130,947. Number of books printed is 540 million.

BOARD OF DIRECTORS

Cathy Jeziarski, *President*

Steve Methy, *Vice President*

Jim Rosenberg, *Treasurer*

Dennis Patriquin, *Secretary*

Robert Hutton, *Member at Large*

UPCOMING BOARD MEETINGS

March 24, 2009 and April 28, 2009

at 7:00 p.m. at the Church of St. Luke.

All homeowners are welcome and encouraged to attend the meetings.

Chocolate: The New Superfood

Mmmm... chocolate. Can't you just smell it? Is your mouth watering? If you love the rich taste of chocolate and your fixation has you feeling a bit guilty, there's good news! Science is proving that chocolate's more than 300 chemicals have profound health benefits. Consider these:

- Chocolate stimulates the secretion of endorphins, producing a pleasurable sensation similar to the "runner's high" a jogger feels after running several miles.
- Chocolate contains a neurotransmitter (serotonin) that acts as an anti-depressant.
- Other substances, such as theobromine and phenylethylamine, act as a mood elevator.
- Cacao—the source of chocolate—contains antibacterial agents that fight tooth decay. In fact, researchers at the Eastman Dental Center in Rochester, New York, have concluded that milk chocolate is one of the snack foods least likely to contribute to tooth decay since it contains phosphate and other minerals.
- The smell of chocolate may increase theta brain waves, resulting in relaxation—but who wants to just smell it?
- The cocoa butter in chocolate contains oleic acid, a mono-unsaturated fat, that may raise good cholesterol.
- Drinking a cup of hot chocolate before meals may actually diminish your appetite.
- Men who eat chocolate live a year longer than those who don't. (It's unproven, but I'll bet that men

who share chocolate with women live even longer!)

- The flavanoids in chocolate may help to keep elasticity in blood vessels.
- Chocolate increases antioxidant levels in the blood.
- Mexican healers use chocolate to treat bronchitis and insect bites.

While chocolate may not be the most healthy snack around, it does contain a number of nutrients. High in potassium and magnesium, chocolate also provides us with several vitamins, including: B1, B2, D and E. As for calories, no one is going to claim chocolate is the quintessential diet food. Still, the average chocolate bar contains approximately 250 calories—low enough for a dieter to enjoy one as an occasional treat. Besides, indulging your chocolate craving from time to time can help prevent the bingeing that is a dieter's worst enemy. So, chocoholics, rejoice! In moderation, chocolate is a superfood you can feel good about enjoying.

This article was submitted by award-winning Spa Gregorie's. A name synonymous with relaxation, tranquility and quality service, at the heart of the spa's operations is a commitment to community service. To learn more, visit www.spagregories.com.

Homeowner Input Requested

The Board is looking to the residents of the association for help with ideas for renovating the landscaping at the beginning of the pedestrian trail at the Hillsdale entrance.

Please submit your ideas to Rachel Pinney with MERIT Property Management, Inc., no later than March 9, 2009 in writing, via email (rpinney@meritpm.com) or fax (858) 535-3838.

Ideas will be discussed with the landscape committee at the March landscape walk and then by the Board of Directors at the March 24 meeting.

Contact Information

Community Manager

Rachel Pinney
(858) 657-2169

Maintenance Coordinator

Risa Jenner
(858) 657-2183

Assessment Questions

(800) 428-5588

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6256 Greenwich Dr., Suite 130
San Diego, CA 92122
Fax: (858) 535-3838
www.meritpm.com

Gate Code

The current gate code is:

#5296 (LAWN)

This code is valid from March 1, 2009 to May 31, 2009.

CLICK into www.meritpm.com

CommunityTechnologiesInc.



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