



# MullerNEWS

REACHING AND CONNECTING.

## Best "Spring" Office Decorations Contest



The fun has begun, we wonder which office will win the catered lunch. Post pictures of your decorated office on our Instagram page.

[\\_westwoodmedicalplaza\\_](#)

The office with the most likes will be our winner!

The winner will be announced on Monday, May 3, 2021

Floor Warden Training  
Emergency Preparedness  
Virtually on Wednesday,  
April 7<sup>th</sup>, 2021 at 10:00am.

This will be hosted by  
Allied Universal and  
Management.

Stay tune for your meeting  
invitation via-email.



**Let's  
Taco  
Bout  
Cinco de Mayo**



**We cordially invite our  
Tenants & Staff**

**Presenting:**   
**"The Taco Cart Catering"**

**Wednesday, May 5<sup>th</sup>, 2021  
starting at 11:30am-1:30pm  
on the Mezzanine level.**



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## *Did You Know!!*

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### **The bee population is in serious danger, and that means our entire food system is too.**

Did you know that [a Berkeley study found](#) pollinators to be responsible for **over a third of the food we eat**? Apples, peaches, coffee, and chocolate – all products of hard-working crews of pollinators. That's why the decline in their population has us *seriously* worried.

Though the buzzing of bees may still feel to many of us like the uneventful, familiar sound of a blooming Spring; the bee populations behind them are in rapid decline. Things like the wide-spread use of pesticides, habitat loss, and climate change are all significant threats to this fragile community of crucial pollinators. That's why we use urban beekeeping as a way to foster important conversations about the broader dangers facing our delicate ecosystem. Because fundamentally, no bees mean way less food worldwide; it is truly in **Alvéole** best interest to make sure keep them healthy, happy, and thriving.



We have our very own beehive onsite to show our support!

**“ WHEN LIFE BRINGS  
BIG WINDS OF CHANGE  
THAT ALMOST BLOW YOU OVER,  
CLOSE YOUR EYES,  
HOLD ON TIGHT, AND BELIEVE.**

LISA LIEBERMAN-WANG

# Healthy Recipe

## Shrimp and Cauliflower Bake

This quick and easy seafood casserole gets bright flavor from fresh dill and feta cheese.

### **Ingredients:**

4 cups small cauliflower florets (1 medium head)

½ cup chopped onion

2 tablespoons olive oil

½ teaspoon crushed red pepper

¼ teaspoon salt

1 pound fresh or frozen (thawed) peeled and deveined medium shrimp

2 (14.5 ounce) cans no-salt-added diced tomatoes, drained

2 cloves garlic, minced

1 teaspoon lemon zest

½ cup crumbled reduced-fat feta cheese

1 tablespoon snipped fresh dill

4 Lemon wedges

### **Directions:**

#### **Step 1**

Preheat oven to 425 degrees F. In a large bowl toss together cauliflower, onion, oil, crushed red pepper and salt. Spread the mixture in a shallow metal roasting pan. Bake 25 minutes or just until the cauliflower is tender.

#### **Step 2**

Meanwhile, rinse shrimp; pat dry. In a medium bowl combine shrimp, tomatoes, garlic and lemon zest. Pour shrimp mixture over cauliflower mixture. Bake 15 minutes more or until shrimp are opaque.

#### **Step 3**

Combine cheese and dill; sprinkle over shrimp mixture. If desired, serve with lemon wedges.

## Spring Fun Facts



- The first day of spring is called the vernal equinox. The term *vernal* is Latin for “spring” and *equinox* is Latin for “equal night.”
- The fall and spring equinoxes are the only two times during the year when the sun rises due east and sets due west.
- Spring almost always arrives on March 20 or 21, but sometimes on the 19th. The reason the equinoxes and solstices don’t always come on the same day is that Earth doesn’t circle the sun in exactly 365 days.
- The first spring flowers are typically lilacs, irises, lilies, tulips, daffodils, and dandelions.
- For the Japanese, the opening of the cherry blossom, Japan’s national flower, in March or April signals the start of spring.
- Honeybees are more likely to swarm during the spring. They swarm to start new colonies from successful ones. Surprisingly, swarming honeybees are very docile and the friendliest they will ever be all year.

**WESTWOOD**  
MEDICAL

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