

# SAN ESTRELLA

All Age Community



July 2019

Inside this issue

Dealing with a messy roommate  
Tips for stopping robocalls  
Movie previews and more!

## Lifestyle

San Estrella • 500 N. 67th Ave • Phoenix, AZ 85043

## The Best part of waking up... At San Estrella

Let us say good morning with a fresh cup of coffee, compliments of Cal-Am and the Management Team at 8am daily. Don't forget to treat yourself with a couple of cookies from our refreshment table on your way out.

## Manager's Corner

We love that our community is looking better as each month goes by. Many guests that come in to our community are commenting on the beautiful community we have here. Thank you to all those for your hard work!

I am happy to announce that we are done with our isolation valve project! We appreciate your patience throughout the project. The system is operating properly and community wide water turn offs will mostly be a thing of the past! I know this is music to your ears as it is for us.

**Don't forget about our monthly Manager's Meet and Greets and our monthly Spin the Wheel for all residents signing up for the first time for Online Payment.** Check the calendar on the back page for event date and time. I look forward to having you there! We also have a Suggestion Box at the Office for residents who would like to share ideas of events they would like to see us have here. We would love some help with activities so if you love to help, or want to get to know others that live here in our community. Please let us know.

## Happening in July...

**Independence Day, July 4** In observance of the holiday our office will be closed.

**Rent Cafe Day, July 17.** Pay online and get a chance to win a free spin the wheel. Land on \$5.00, \$25.00 or \$100.00 and get this amount reduced from your next lot rent payment. Let us know which time works for you. Two time slots available-11 am or 5pm.

**Manager's Meet & Greet day, July 24.** Come on by and meet the manager and the San Estrella Team. A set agenda will be available upon arrival. 5pm -7pm

**Summer pool Party Day July 27.** Join us in our summer party water slides & food from 11am -2pm.

**Popcorn Fridays.** Stop by the office and grab your fresh popped bag of Hot delicious popcorn.

**Summer is here School is out.** We have Candy & Ice Cream Treats for those Resident Volunteers wanting to help us beautify our community. Ask us for details.

### YOUR MANAGEMENT TEAM

**Angela Galarza**

Community Manager

**Mayte Hernandez**

Assistant Manager

**Margarita Jurado**

Administration Assistant

**Cassandra Lopez**

Sales Associate

**Lori Castle**

Maintenance Technician

### OFFICE HOURS

**Monday thru Friday**

8:00 am-5:00 pm

**Saturday**

Closed

**Sunday**

Closed

### HOW TO REACH US

**Management Office**

(623) 936-1488

**EMERGENCY After Hours Call**

(623) 229-6781

**Managers Cell Text Or Call**

(480) 828-6786





# How to deal with a messy roommate



## How to stop robocalls

Does your recent calls list have more unknown numbers than calls from friends and family? Try these easy ways to reduce the spam.

▪ **Get registered.** You first want to get your number on the National Do Not Call Registry ([DoNotCall.gov](http://DoNotCall.gov)) so that any law-abiding telemarketers know they are unwanted before they even try to dial your number.

▪ **Block away.** The easiest thing to do is pull up your recent calls list, find the offending number, tap into its info, and select the option to block it.

▪ **Contact your carrier.** Several cell phone carriers have their own way of blocking unwanted calls, such as AT&T's Call Protect app, Verizon's free Call Filter service, and T-Mobile's series of scam protection tools.

▪ **Get the app for that.** Apps like Nomorobo and Hiya tap into their own databases of known scammers and spoofer to prevent their calls and texts from ever reaching your phone.

▪ **Ghost 'em.** If all else fails, let every unrecognized number go to voicemail. Connecting with a robo-caller lets it know you have a working phone number, so it will likely call again and again.

If you and your roommate don't quite see eye to eye on what's messy and what's not, the discord could make your living situation unbearable. Before it goes too far, clean up any potential chaos with these actionable tips.

▪ **Be realistic.** You're bound to be disappointed if you expect to keep 100% of a shared residence exactly the way you like it. Try not to worry about the mess in your roommate's room and focus solely on your shared spaces when you speak about the issue. Whatever you do, steer away from an accusatory tone. Instead, aim for an honest, yet positive conversation.

▪ **Sweep in some compassion.** You might assume your room-

mate leaves his stuff lying around because he just doesn't care—about the home, his things, or even you—but it's possible he isn't aware of the epic mess left in his wake. It could be that's his nature, or he's preoccupied with work stress, relationship problems, or family hardships. There's no need to play armchair therapist, but adding a touch of compassion as you try to understand what's going on in his life will help you approach the cleanliness issue from the best—and most successful—angle.

▪ **Do a clean exchange.** If your roommate has a lot on her plate (or is genuinely not good at cleaning), offer up a duty swap. Take on more of the clean-

liness chores in exchange for her covering other roles like grocery shopping or sorting the bills. Determine your strengths and weaknesses as a pair and then fill in the spaces where the other lacks.

▪ **Call in the pros.** If you just don't have the time to take on more cleaning responsibilities yourself—or the mess has gotten insurmountably bad—you can always seek professional help. If you can afford to split the bill for a one-time cleaning session, it can get your home back to square one. Or, if clutter is the issue, share the cost of a storage unit. Seeing the place reach its cleanest potential just might inspire your roommate to keep it that way.

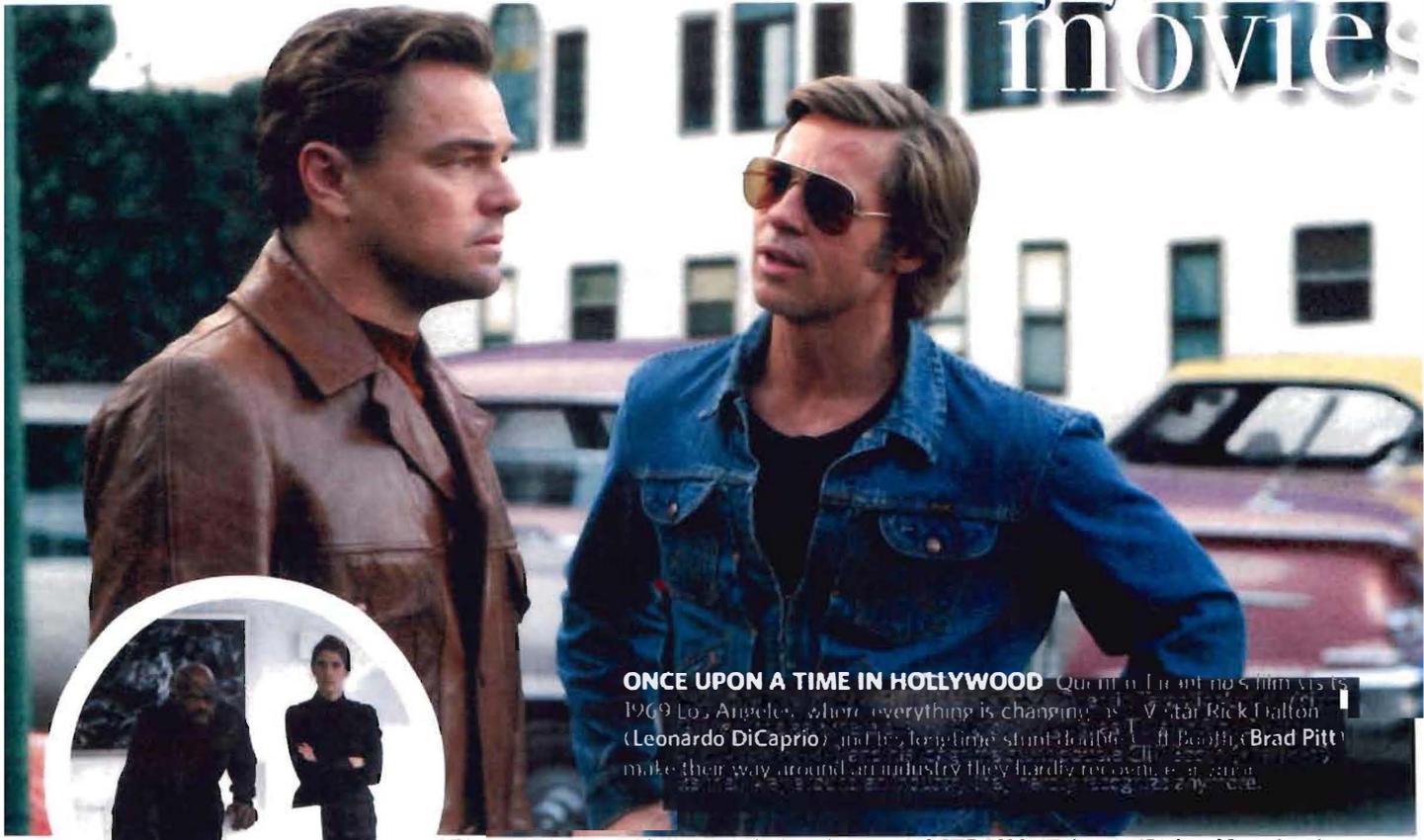


## Fresh or frozen? The choice is yours

Mom may have told you over and over again to eat fruits and vegetables that are fresh, but nutrition experts say that frozen produce isn't necessarily inferior. According to *The New York Times*, most nutrients are surprisingly hardy: Iron, for example, stands up to freezing quite well, and fiber does its job whether it's frozen or fresh.

Scientists at the University of California-Davis analyzed the vitamin content in several different varieties of fresh and frozen produce, including blueberries, broccoli, carrots, spinach, and strawberries. They found no significant differences between fresh and frozen items, and even discovered that frozen broccoli contains more riboflavin—a B vitamin—than the fresh selection. Similarly, frozen blueberries have more vitamin C than fresh.

Experts recommend looking for produce frozen using the IQF process—individually quick frozen—for the highest quality.



**ONCE UPON A TIME IN HOLLYWOOD** Quentin Tarantino's film visits 1969 Los Angeles, where everything is changing, as star Rick Dalton (Leonardo DiCaprio) and his longtime stunt double Blondie (Brad Pitt) make their way around an industry they hardly recognize.

**SPIDER-MAN: FAR FROM HOME** Peter Parker's (Tom Holland) relaxing European vacation takes an unexpected turn when Nick Fury (Samuel L. Jackson) suddenly shows up in his hotel room. Parker soon finds himself donning the Spider-Man suit to help Fury stop the evil Mysterio (Jake Gyllenhaal) from wreaking havoc across the continent.

**THE LION KING** Disney completes the circle of life for its 1994 animated classic as 'The Lion King' is reimagined in live-action form. Featuring the voices of Donald Glover, Beyonce, Seth Rogen, and Chiwetel Ejiofor. Set on the African savannah, the story told of a young lion named Simba who is cast out into the wilderness after his father, Mufasa (reprised by James Earl Jones), is killed by his evil uncle Scar. Years later, Simba returns to reclaim his throne.

**SWORD OF TRUST** When Cynthia & Mary (Jillian Bell & Michaela Watkins) show up to collect Cynthia's inheritance from her deceased grandfather, the only item she receives is an antique sword that was believed by her grandfather to be proof that the South won the Civil War.

**STUBER** When a mild-mannered Uber driver named Stu (Kumail Nanjiani) picks up a passenger (Dave Bautista) who turns out to be a cop hot on the trail of a brutal killer, he's thrust into a harrowing ordeal where he desperately tries to hold onto his wits, his life and his five-star rating.

**BRAHMS: THE BOY II** Unaware of the terrifying history of Heelshire Mansion, a young family moves into the estate, where their young son soon makes an unsettling new friend, an eerily life-like doll he calls Brahms.

**BOTTOM OF THE 9TH** A tragic mistake lands 19 year old baseball phenom Bobby Stano (Joe Manganiello) in jail before his burgeoning professional baseball career gets off the ground. Now at 39 and fresh out of prison he works to win back his respect, his family, his lost love and his dream of being a professional baseball career. Sofia Vergara also stars.

**THE ART OF SELF DEFENSE** After he's randomly attacked on the street, Casey (Jesse Eisenberg) enlists in a local dojo in an effort to learn how to defend himself. What he uncovers is a sinister world of fraternity, violence and hypermasculinity and a woman (Imogen Poots) fighting for her place in it. Casey undertakes a journey, both frightening and darkly funny, that will place him squarely in the sights of his enigmatic new mentor.

**ASTRONAUT** Angus (Richard Dreyfuss), a lonely widower, has his long-extinguished dream to become an astronaut reignited when a national competition is announced. The prize? One ticket for a trip to space! Way over the age-limit, Angus alters his birthdate so he can enter the competition. Against all odds, but with help coming from his dysfunctional family, he must battle against preconceptions, ill health and time, to win the ticket and take the trip of his dreams.

**BETHANY HAMILTON: UNSTOPPABLE** Bethany Hamilton lost her arm to a tiger shark at age 13, but this didn't stop her from pursuing her dream of becoming a professional surfer. However, it wasn't only the competition that fueled her desire to stay in the big blue, but her love for the ocean. Not only has she conquered the giant walls but also the journey of being a mother--all with only one arm. She inspires and she never stops.

HOME ENTERTAINMENT RELEASES	
July 2	The Best of Enemies
July 9	Pet Sematary
July 9	Little
July 16	Shazam!
July 30	Ugly Dolls

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# New Home Sales

Featured Home of the Month. See our Sales Associate for details.  
 Don't forget to refer your friends and family for **2 Months Free Rent**.



	monday	tuesday	wednesday	thursday	friday	saturday
	1 Trash Pick Up	2 World UFO Day	3 Trash Pick Up	4 Independence Day Office Closed In Observance Of The Fourth Of July Holiday.	5 Popcorn Fridays	6 Don't Miss It! Last Day To Pay Before Late Fees!
sunday	7 Global Day of Forgiveness	8 Water Meter Read Day! Trash Pick Up	9	10 Trash Pick Up	11 Cheer Up the Lonely Day	12 Popcorn Fridays
	13 Embrace Your Geekness Day	14 Shark Awareness Day	15 Trash Pick Up	16 July is National Cell Phone Courtesy Month	17 Trash pick up Rent Cafe Day 11am & 5pm	18 Mandela Day
	19 Popcorn Fridays	20 World Jump Day	21 Junk Food Day	22 Trash Pick Up	23 Peanut Butter and Chocolate Day	24 Trash Pick Up Manager's Meet & Greet
	25 Hot Fudge Sundae Day	26 Popcorn Fridays	27 Summer Pool Party!	28 National Waterpark Day	29 Trash Pick Up	30 Share a Hug Day
	31 Trash Pick Up	<h1>July 2019</h1>				