

# SIERRA ESTATES

CALIFORNIA  
PROPERTIES

9431 E Coralbell Avenue • Mesa, AZ 85208 • (480) 380-3904



## BULLETIN BOARD

### Travel Tip: Dress the Part

If you want to fit in with the locals when traveling in a foreign country, buy a couple of outfits from a local clothing store. Your new wardrobe additions also make great souvenirs.

### Pick Pistachios

Crack into some pistachios the next time you're craving a snack. Taking the time to shell these green nuts slows down consumption, and the sight of the empty shells is a visual reminder of how much you have eaten.



FF79403

## AUGUST 2019



## NOTES & NEWS

### Office Hours

Monday	08:30am-05:00pm
Tuesday	08:30am-06:00pm
Wednesday	08:30am-06:00pm
Thursday	08:30am-06:00pm
Friday	08:30am-06:00pm
Saturday	09:00am-06:00pm
Sunday	Closed

### Sierra Estates Staff

Eric Silva	Community Manager
Laura Ramos	Administrative Assistant
Kelsey Richie	Administrative Assistant
Robin Passey	Sales
Phillip Oates	Maintenance
Vicente Saldvar	Maintenance

### Save the Date!

Aug 1st	6:30am Coffee and Donuts
Aug 2nd	Back to School Supply Drive
Aug 6th	National Night Out
Aug 20th	Rent Cafe Online Event
Aug 23rd	Community Yard Sale
Aug 24th	Community Yard Sale

Happy Summer!

## HIGHLIGHTS

### AUTO-PAYMENT OF RENT

If you sign up for auto-payment of your lot rent using the Rent Cafe app, you can spin the prize wheel for a chance to get up to a \$100 rent credit. If you are already signed up for auto-pay, please come to the office to spin the wheel and claim your prize. Please stop by the office if you need help signing up for this convenient service.

### VANDALISM and Behavioral Issues

In recent weeks we've had vandalism to our pool / patio umbrellas and pool furniture spread out. Please know that the pool is yours to enjoy as a resident, but we also expect each resident to take care of the pool for your use and for other residents to enjoy as well.

### New Employee!

Hi Residents!

If you haven't already, please stop by the office and say hello to our new Administrative Assistant Kelsey Richie. With her addition to the staff here at Sierra Estates we will be able to open the office up on Saturdays from 9am-6pm. We want to be more flexible for you, the residents. As we add more homes to your community, we all want to make sure that we are readily available to our residents.

Your Manager  
Signing Off,  
Eric Silva

### Pest Control

With the summer temperatures starting to rise, the pests will start to come out. Our office and maintenance shops are treated monthly and it is recommended that each resident sets up a monthly pest treatment. During our service day, Property Management Pest & Termite Control can service the exterior of your home for \$25 and \$10 for the interior. You can contact them at 480-245-6422 to make arrangements to have your home and lot serviced. They also offer other pest control treatments.

# TRIVIA WHIZ



## Hills and Thrills

National Roller Coaster Day is celebrated each year on Aug. 16. Did you know that the oldest roller coaster still in operation was built more than 100 years ago? Let us loop you in on some more fascinating facts about these fun-filled rides.

- Early roller coasters were inspired by 17th-century Russian ice ramps, where sledders sailed down 70-foot-high slopes.
- LaMarcus A. Thompson constructed the first roller coaster in the U.S. Called the Switchback Railway, the attraction opened in 1884 at New York's Coney Island. It cost a nickel to ride, and the cars reached a speed of 6 mph.
- The world's oldest operating roller coaster is Leap-the-Dips at Lakemont Park in Pennsylvania. It was built in 1902, underwent restoration in the 1990s and is designated a National Historic Landmark.
- Formula Rossa at Ferrari World Abu Dhabi in the United Arab Emirates is the world's fastest roller coaster, reaching a top speed of 149 mph.
- Six Flags Great Escape in New Jersey is home to the world's tallest roller coaster. The Kingda Ka towers 456 feet above the ground.
- There are many types of roller coasters, including sit-down, stand-up, inverted, suspended, pipeline and bobsled.
- Roller coaster loops are designed with a teardrop shape because perfectly circular loops would subject riders to dangerous gravitational forces.



## Take Care of Yourself

The term "self-care" is showing up quite a bit these days. Simply put, self-care is used to describe things you do for yourself to be happy and healthy. When you care for yourself physically, emotionally and mentally, you are better able to pursue your goals and enrich the lives of the people around you. Here's a guide to making yourself a priority:

## Pack a Perfect Lunch

Bringing your own lunch to work or school is good for your wallet as well as your waistline. You can save hundreds of dollars a year by brown-bagging it instead of eating at a restaurant; plus, you can control your portions and choose healthy ingredients.

Prepare your meals with nutrition in mind. Lunches that include some lean or low-fat protein along with carbohydrates and fiber will keep your body fueled for the rest of the day.

Even if you eat a sandwich every day, there are so many ingredient options, you'll never get bored. Instead of sticking to sliced bread every time, try alternatives such as hoagie rolls, tortillas, pita pockets, bagels, croissants, waffles and English muffins.

Choose lean fillings like sliced eggs, tuna, cheese, chicken or turkey. Then jazz up your sandwiches with assorted greens, fresh basil, sprouts,

*The basics.* Strive to sleep seven to nine hours a night, maintain a healthy diet, and get at least 30 minutes of physical activity a day.

*Learn to say no.* Many people feel obligated to say yes when someone asks for their time or energy, but it's OK to say no, especially if you are feeling run-down or spread too thin.

*Quiet time.* Take time to decompress at least once a day. Self-care can be as simple as putting your phone away for five minutes to just sit with your own thoughts. Another beneficial break is getting outside for some fresh air and sunshine.

*You are unique.* Self-care activities are personal. While some people enjoy a weekend away with friends, others prefer to spend time alone. Whether you go for a long walk, read a book, buy yourself some flowers or enjoy a movie, incorporate self-care ideas that resonate with you.

cucumbers, onions, tomatoes, peppers, pickles, olives or shredded carrots. You can get creative with spreads, too. In addition to mustard and mayonnaise, consider hummus, horseradish, avocado, cream cheese, nut butters, honey and jam.

Leftovers are another easy option, especially if you cook large batches of entrees that freeze well, such as lasagna, pot pie, chili or soup. Freeze portions in single-serving containers that you can grab on your way out the door.





## WIT & WISDOM



### Make Fitness Fun

The trick to getting fit and staying that way is finding the right exercise for you, and sometimes the same old workouts in the gym or at home are more boring than beneficial. Alternative exercise activities might be just the thing to shake up your fitness routine and get you back on track.

**Climbing.** Whether you're scaling an indoor climbing wall or tackling a slope in the great outdoors, climbing can help you reach peak physical fitness by improving stamina, strength, flexibility and coordination.

**Rowing.** Indoor rowing machines provide the same strengthening and toning benefits as rowing a boat, but without having to get out on the water. A high-intensity, low-impact workout, rowing is suitable for a variety of fitness levels.

**Boxing.** Boxing boosts strength and cardiorespiratory fitness, plus improves balance, flexibility and coordination. Gaining popularity is a style called Thai boxing, which focuses on using not only your fists, but also your elbows, knees and shins.

**Hula-hooping.** This fun fitness craze may remind you of recess. As you spin hoops to music, you'll be toning and strengthening almost your whole body. For a more intense workout, advanced participants use weighted hoops.

**Dancing.** Hip-hop, disco, swing, ballet and ballroom dancing all have health benefits. Dancing works both the upper and lower body, and also enhances stamina, flexibility and coordination.

## **One Minute Chef**

### Rainbow Grain Bowl

#### Ingredients:

- 1 medium sweet potato, peeled and diced
- 1 cup broccoli florets
- 1/2 small purple cabbage, sliced
- 1 tablespoon olive oil
- Salt, to taste
- Pepper, to taste
- 2 cups quinoa, cooked according to package directions
- 1 cup red cherry tomatoes, quartered
- 1/2 cup yellow cherry tomatoes, quartered
- 1 avocado, sliced
- 4 tablespoons yogurt ranch dressing

#### Directions:

Heat oven to 425° F.

Place sweet potatoes, broccoli and cabbage on baking sheet lined with parchment paper. Toss with oil and season with salt and pepper to taste. Bake 15 to 20 minutes, or until potatoes are soft.

Divide cooked quinoa into 4 bowls. Top with roasted vegetables, red and yellow tomatoes, and avocado.

Drizzle with dressing.

Find more recipes at [www.ProduceForKids.com](http://www.ProduceForKids.com).



"I look on life as a joyous adventure."  
—*Ernie Harwell*

"Instead of trying to make your life perfect, give yourself the freedom to make it an adventure, and go ever upward."  
—*Drew Houston*

"The biggest adventure you can take is to live the life of your dreams."  
—*Oprah Winfrey*

"We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures that we can have if only we seek them with our eyes open."  
—*Jawaharlal Nehru*

"It's never too late in life to have a genuine adventure."  
—*Robert Kurson*

"Adventure is not outside man; it is within."  
—*George Eliot*



"Keep reading. It's one of the most marvelous adventures that anyone can have."  
—*Lloyd Alexander*

"You must go on adventures to find out where you truly belong."  
—*Sue Fitzmaurice*

"Adventure is worthwhile in itself."  
—*Amelia Earhart*

"Adventure isn't hanging on a rope off the side of a mountain. Adventure is an attitude that we must apply to the day-to-day obstacles of life."  
—*John Amatt*

# August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>August</h1>				Rent Due 1 Rent Due Coffee and Donuts	Event! 2 Back to School Drive!!	3
4 Trash Pickup	5 Event! National Night Out 2019! Last to Day to Pay Rent Before Fees Hit	6	7	Trash Pickup 8	9	10
11 Trash Pickup	12	13	14	Trash Pickup 15	 16	17
18 Trash Pickup	19	 20	21	Trash Pickup 22	23 Community Yard Sale	24 Community Yard Sale
25 Trash Pickup	26	27	28	Trash Pickup 29	30	31

## "This Month In History" AUGUST

**1902:** Pioneering cookbook author Fannie Farmer opens a cooking school in Boston, Miss Farmer's School of Cookery.

**1938:** Hollywood dance duo Fred Astaire and Ginger Rogers are featured on the cover of Life magazine.

**1948:** As part of the Berlin airlift operation, American and British planes fly in a record 5,000 tons of supplies in one day to parts of the city cut off by a Soviet blockade.

**1962:** Little Eva travels to the top of the pop music chart with the hit song "Loco-Motion" and inspires a dance craze.

**1975:** The first nighttime match is played under lights at the U.S. Open tennis tournament in New York City.

**1990:** The largest and best-preserved Tyrannosaurus rex skeleton ever found is discovered in South Dakota. The 65 million-year-old dinosaur specimen is on display at Chicago's Field Museum.

**2015:** Facebook hits a milestone, reporting that 1 billion people logged on to the social networking website in a single day.