

SIERRA ESTATES

CALIFORNIA
PROPERTIES

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



BULLETIN BOARD

Get Fit Tip

Add unflavored protein powder to your smoothies to help boost your protein intake.

Did You Know?

New York Yankees legend Yogi Berra appeared as a brain surgeon in a cameo on the soap opera "General Hospital" in 1963.

Say Hello to Aloe

Keep a bottle of aloe vera gel handy in the summer. The cool balm can be applied to sunburns and bug bites to moisturize and relieve itching.



FF7948E

JULY 2019



NOTES & NEWS

Office Hours

Monday	08:30am-05:00pm
Tuesday	08:30am-05:00pm
Wednesday	08:30am-05:00pm
Thursday	08:30am-05:00pm
Friday	08:30am-05:00pm
Saturday	Open for Sales Only
Sunday	Closed

Sierra Estates Staff

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

Save the Date!!!

July 1st	Rent Due Coffee and Donuts!
July 4th	Office Closed
July 9th	Bulk Trash Pickup
July 25th	Community Meeting 6:00pm

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.

Activity Center VANDALISM

In recent weeks we've had to close the activity center due to damage to the pool tables, furniture and TV remotes. We are always watching security footage from the room and have seen individuals standing up on the pool table, damaging the furniture, riding scooters and other things not permitted. Treat the activity center like your home! Just enjoy the room, and let us know if you would like to have anything else added to your Activity Center!
PLEASE, NO VAPING!!!

Rent Due Coffee and Donuts

Want a Donut???

The first Monday of each month we'll open the office at 6:30am to allow for residents to drop off their rent payments and enjoy donuts and coffee! Drop by the office before work and we'll be there available for you.

Thanks for making
Sierra Estates
your home!

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

Special Sauces

For many, a hot dog isn't complete without a squiggly line of ketchup or mustard. Condiments add flavor to a wide variety of foods all over the world. Whet your appetite with these fun facts about some favorite fixin's.

- The term "condiment" originally described pickled or preserved foods, but it now refers to spices, sauces and other mixtures that enhance the flavor of a dish.
- Ketchup is the most popular condiment in America—97% of U.S. households have a bottle in their kitchen at any given time.
- H.J. Heinz started selling ketchup in individual packets in 1968.
- Since mustard is made from ground mustard seeds, the tangy topping contains several nutrients, including protein, calcium and antioxidants.
- The spice turmeric gives mustard its bright yellow color.
- "Mayonnaise" is from the Old French word *moyeu*, which means "egg yolk," the creamy spread's main ingredient.
- In several European countries, mayo is a more popular dip for french fries than ketchup.
- Adapted from Indian chutney recipes, pickle relish was one of the earliest condiments in North America. Sweet pickle relish remains a favorite hot dog topping.
- Si Racha, a coastal town in Thailand, is believed to be the birthplace of the hot sauce Sriracha. In the U.S., the condiment is often called "rooster sauce" thanks to Huy Fong's popular version, which has an image of a rooster on a bright red bottle.



What Was Out Is In Again

Nostalgia can be powerful, and many people feel affection for things that remind them of their childhood. Today, vintage and retro items are more popular than ever.

Retro is a term used to describe something that was once culturally outdated but has since come back in style.

An example is vinyl records, which have surged in popularity in the past few years. Many people say they

prefer the sound quality that vinyl produces, offering a warmth and depth that is missing in digital music. Top artists are now releasing albums on LPs. Some records are collectible not only for the music but also for the cover art and inserts.

With the comeback of vinyl, the demand for turntables increased, and many companies have answered the call. You can buy recently manufactured turntable players with a retro-look body and high-tech electronics.

The use of Polaroid and other instant cameras declined with the advent of digital cameras and smartphones. Now instant cameras have a cool "old-school" vibe, and the appeal of an immediate keepsake remains. Some cameras are sold with filters and colorful cases, and may include the ability to receive a digital copy of your images as well as the instant print.

Add Zest With Zucchini

As the summer heats up, gardens begin bursting with zucchini. Pick up a few at a farmers' market or find a gardening friend willing to share their bounty, and then try some of these ideas for using zucchini in dishes that range from sweet to savory.

In baked goods. Zucchini has a mild flavor, so it is a great way to turn sweets into more healthy treats. When baking with zucchini, you can use less oil since the squash has a high water content. In addition to the popular zucchini bread, consider whipping up some zucchini muffins, pancakes, waffles, cake, brownies, tarts or cobbler.

Served on the side. For a quick side dish, sauté zucchini chunks in a bit of olive oil with chopped onions, bell peppers and garlic. Top with Parmesan cheese. You can also make battered zucchini sticks, stuffed zucchini, zucchini fritters or cheesy zucchini rice.

As the main event. Zucchini is a common low-carb alternative to pasta. Slice it thinly and use in place of lasagna noodles, or cut the squash into thin strips, sauté lightly and top with pasta sauce and grated cheese. Make burgers and meatballs extra juicy by adding grated zucchini to the ground meat.

In a summer salad. Make coleslaw with grated zucchini and carrots, or use diced zucchini in place of cucumber in a green salad or pasta salad.





Jump On In

Summer is full of enjoyable activities, including finding ways to keep cool when the sun is blazing. Fun and refreshing, water sports also offer a cardiovascular workout, improve joint and muscle health, and can reduce stress and anxiety.

Whether you prefer an ocean, lake or swimming pool, there is a wide range of water sports to choose from.

Water polo. This sport involves a full body workout, as players must swim and defend the ball as well as try to score in the opponent's goal.

Water aerobics. Doing aerobic exercise in shallow water reduces the risk of injury to muscles and joints and prevents overheating. It is great for improving balance and can be done even if you are not a good swimmer.

Water skiing. In this classic summer sport, a person uses one or two skis to skim along the surface of the water while being pulled by a powerboat.

Jet Skiing. Named after the most common brand of water scooter, this activity can be a unique way to explore an area. The sport includes adrenaline-pumping elements such as jumps, flips and other tricks.

Parasailing. The experience of drifting above a body of water in a parachute while a motorboat pulls you along has made parasailing a popular and exhilarating activity for vacationers.

Fishing. Not only a sport, but also a form of meditation, fishing is proven to reduce anxiety and blood pressure. It also teaches patience.

Pepperoni Pizza Sliders

Ingredients:

- 1 package slider rolls
- 1/2 cup pizza sauce
- 1/2 cup mini pepperoni slices
- 1 1/2 cups shredded mozzarella cheese
- 1/4 cup butter, melted
- 1 teaspoon parsley flakes
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 cup shredded Parmesan cheese
- Nonstick cooking spray

Directions:

Heat oven to 350° F.

Keeping rolls connected, cut sheet of rolls horizontally, separating tops from bottoms. Place bottom halves of rolls in baking dish.

Spread pizza sauce evenly over bottom halves. Arrange pepperoni over sauce. Sprinkle mozzarella over pepperoni and cover with top halves of rolls.

Mix melted butter with parsley flakes, dried oregano, garlic powder and shredded Parmesan cheese. Spoon evenly over sliders.

Cover baking dish with aluminum foil sprayed with nonstick cooking spray to keep cheese from sticking.

Bake 20 minutes.

Remove foil and bake additional 5 to 10 minutes or until Parmesan is melted and golden brown.

Cut sliders and serve immediately.

Find more recipes at
www.Culinary.net.



"Every day is a great day to give love, spread joy and sparkle!"

—*Sheri Fink*

"Charisma is a sparkle in people that money can't buy. It's an invisible energy with visible effects."

—*Marlaine Williamson*

"Use each moment to make another's eyes sparkle and to warm a heart."

—*Doreen Virtue*

"Enthusiasm is the sparkle in your eyes, the swing in your gait, the grip of your hand, the irresistible surge of will and energy to execute your ideas."

—*Henry Ford*

"Stay close to those who sing, tell stories, and enjoy life, and whose eyes sparkle with happiness."

—*Paulo Coelho*

"Don't let the insecurities of others dull your sparkle. Shine like the star you are born to be."

—*Karen Civil*

"Everybody loves things that sparkle."

—*Phillip Treacy*

"Any woman can look her best if she feels good in her skin. It's not a question of clothes or makeup. It's how she sparkles."

—*Sophia Loren*

"I like to be sparkly! It makes me happy. ... I hope the sparkle and glitter that I spread makes other people happy, too."




—*Alexa Bliss*

"A star never lets anything dull its sparkle, not even darkness."

—*Matshona Dhliwayo*



July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Trash Pickup 1 Rent Is Due Event Donuts and Coffee!	2 Pest Control - Contact 480-245-6422 To Set Up Your Own Service	3	Trash Pickup 4 Independence Day - Office Closed	5	6 Last to Day to Pay Rent Before Fees Hit
7	Trash Pickup 8	Bulk Trash 9	10	Trash Pickup 11	12 	13
14	Trash Pickup 15	16	17	Trash Pickup 18	19	20
21	Trash Pickup 22	23 	24	25 Trash Pickup Community Meeting 6:00pm	26	27
28	Trash Pickup 29	30	31			

FROM THE SALES DESK!!!

Dear Residents of Sierra Estates,

This is Robin from the Sales Office. You have the best Family Community around and potential buyers love how clean and friendly this community is.

We have 4 amazing brand New 2019 Homes that are complete and about 15 are being built that range from \$116,900 to \$125,900. We offer Easy In-House Financing. I have sold 3 of the brand New Homes and we hope you welcome our new residents.

If you have a referral that buys a New Home, you can receive 2 free month's rent. So tell your family, friends, coworkers and everyone about our wonderful Community, Sierra Estates.

We now have a waiting list for our beautiful remodeled used homes that are for sale. We also have 4 Brokered Homes that have been recently listed and are for sale. Please have your family and friends come see me. I am in the office Tuesday through Saturday from 9-4. I would love to help them get in a home!

Please call Robin at 480-216-9228!