

SAN ESTRELLA

All Age Community



December 2013

Inside this issue

Holiday shopping wisdom
Avoiding holiday weight gain
Movie previews and more!

LifeStyle

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

Gate Remotes Are In!

You have asked and we have listened. If you are interested in buying a Gate Remote please stop by the Office or call us for more details. We can order as needed, but we only carry a limited stock in our Office. Deliveries are usually within a couple days so even if we run out you will not have to wait long.

Save the Date

- **Tamale Making Party on New Year's Eve!** Make plans to join us for good food and fun, Party starts at Noon!
- **Reserve your tickets now for our Christmas Luncheon!** Event starts at 3:00 pm. We will start serving food at 3:30 pm.
- **Valentine's Day Sweet Treats.** Stop in the Office and pick up your treat!

Welcome New Residents!

We would like give a warm welcome our newest residents: **Alberto, Maria, Pablo and Margarita** who moved into our community last month. We are so happy to have you here!

December Birthdays

December birthdays have a claim to three gemstones; Zircon, Tanzanite and Turquoise. Each of these gemstones carries a unique beautiful blue tone making it a perfect birthstone for December winters. Zircon can be found in a variety of colors, but blue is the overwhelming favorite says wixonjewelers.com. **Happy Birthday to all of our residents that have a birthday in December!**

Community Work Projects

Asphalt work and swimming pool fence work is coming. Please note that we will have detours set up for getting around the community. Please do not move any posted detour signage. This helps emergency vehicles respond faster when needed. Thank you for your patience while the work is being done.

EZ Online Rent Payment

If you would rather pay your rent online, you can request the information at the front window in our Office. Take all the worries out going to the bank or store for money orders. Automatic payments and receipts makes life less stressful and frees up some of your valuable time. Take advantage of this amenity.

Manager's Corner

Management would like to remind Homeowners of the following Community Policies:

- **Pre-Sale Inspections** -Required before selling their homes.
- **Pets** - Must be on a leash at all times.
- **Feeding Of Feral Cats**- Prohibited.
- **Clutter On Carports And Porches**- Are being addressed by Management
- **Remove All Holiday Decor** - 2 Weeks After The Holiday is over.

YOUR MANAGEMENT TEAM

Angela Galave

Community Manager

Margarita Jurado

Administration Assistant

Cassandra Lopez

Sales Associate

Lori Castle

Maintenance Technician

Alex Munoz

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

(480) 828-6786

Managers Cell Text Or Call

(480) 828-6786

CAL AM INC
PROPERTIES





Holiday shopping wisdom

That jingling you hear may not be bells. Could be what's left in your pocket. For those caught up in the buying frenzy of the holidays, Christmas Eve could find them with a handful of change in their pockets and little else.

Of course, every year you think you'll avoid the rush by accumulating gifts throughout the year. That would be smart, but it doesn't do much good in November and December and the shopping list looms.

A survey by The Wall Street Journal shows that more of us are controlling credit card debt by adopting new traditions that reduce the loot under the tree.

Women do most of the Christmas shopping, says Eileen Fischer of York University in Canada, who studies consumer behavior. They give gifts to reinforce relationships with spouses, kids, in-laws, co-workers, friends and helpers.

Here is some classic advice on keeping your holidays affordable:

- If you have a multitude of relatives to buy for, talk with them about exchanging cards this year. They will be happy to do it in most cases.
- Decide in advance how much you will spend on gifts.
- Give gift certificates to teens. They keep you within your specific amount, and teens enjoy shopping.

▪ Skip the stocking stuffers altogether.

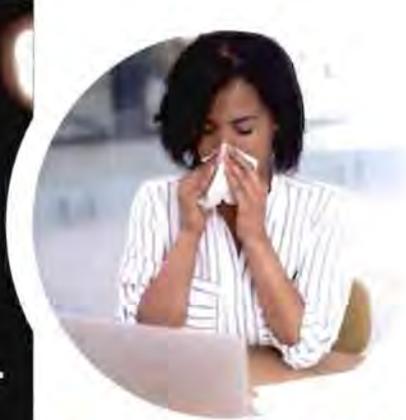
▪ Shop with a specific list, especially online where easy clicks add up to big money.

▪ Don't buy for yourself at the same time. Stick to the project.

▪ Financial advisor Jane Bryant Quinn says: Add up your consumer debt and write the number at the top of your shopping list or computer.

▪ An advantage of buying less: Less time spent opening gifts. It can drag on and on for a large group.

The holidays are more joyful when you know you can pay the bills as they begin arriving in 2020.



Eat right to avoid the flu

It's never too late to protect yourself (and your friends and family) from the flu. A flu shot may be your best line of defense, but you can also keep the flu virus at bay with help from these foods:

▪ **Chicken Soup.** Once again, your mother was right. Chicken soup provides fluids that help fight off viruses, and it can reduce inflammation and other symptoms of the flu.

▪ **Garlic.** Compounds in garlic (also onions) known as allion and allicin have an antiviral impact. For maximum effect, chew a raw clove every three to four hours.

▪ **Pumpkin seeds.** The zinc in pumpkin seeds is said to help white blood cells fight off disease.

▪ **Citrus fruits.** The vitamin C found in most citrus fruits (as well as red bell peppers, broccoli, sweet potatoes, and other foods) can reduce cold and flu symptoms by up to 25 percent.

▪ **Blueberries.** Antioxidants are more plentiful in blueberries than in lots of other fruits and vegetables. Eat half a cup a day during flu season. Fresh are best, but even frozen ones offer strong benefits.



How to avoid the 5-pound holiday weight gain

- At a dinner, eat just foods you like, not some of everything.
- Sit farther away from a buffet table so seconds (and thirds) are less convenient.
- Eat slowly. It takes 20 minutes for your body to recognize a full feeling.
- Drink water with your meals.
- When mixed drinks are being served, ask for club soda, water, or diet soda in your drink.
- Visit with many people so you have something to do in addition to eating and drinking.
- At home, keep cookies, candy, and other treats out of sight so you won't snack every time you walk by them.

Sales Specials and Resident Referrals

If you know anyone planning a move in the near future our sales department is offering great deals on new homes. Resident referrals get 2 Months Free Rent! *Specials are subject to change without notice.

Holiday Safety Tip

To protect your home and avoid a possible fire hazard, please take the following precautions. • Always be sure to unplug decorative lights before leaving your apartment or going to bed for the evening. • Never allow people to smoke in close proximity to your tree or place candles near your tree. A little common sense can go a long way to ensure that you have a safe and happy holiday season!

Be Wise!

With the holiday season come all the parties, social gatherings, and festivities. Because we care about you, we would like to remind everyone to be especially cautious when out on the roads. If you are drinking, please DO NOT drive. Before you begin your evening, select a designated driver. We want you to have a fun, but safe, holiday.

Make Recycling a Holiday Tradition

Festivities make the holiday season memorable, but they also mean that many more recyclable products will be consumed. Besides planning guest lists, menus, decorations, and gift-giving, holiday revelers should also schedule recycling into holiday activities.

For parties at home, workplaces, and schools, place three receptacles close by beverage service areas and mark them with boldly lettered signs—glass, cans, plastics—to ensure that party beverage containers get recycled rather than disposed of.

If holiday gifts, such as appliances, sports, computer, and video equipment are packaged in brown cardboard boxes, don't throw them away! Remove tape, labels, and staples, collapse them, and take them to a recycling center.

Party Spiced Pecans

1/2 cup sugar
1 tablespoon ground
cinnamon
1/2 teaspoon salt
1 egg white
1 pound pecan halves

Combine the sugar, cinnamon and salt in a small bowl; set aside. In a large mixing bowl, lightly beat egg white. Add pecans and stir until coated. Sprinkle sugar mixture over pecans; mix well.

Spread in a single layer on a baking sheet. Bake at 300° for 20 minutes.

Remove nuts from baking sheet while warm to cool on waxed paper.

Yield: About 6 cups.

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1 <i>Rosa Parks Day</i>	2 Trash Day	3 <i>Giving Tuesday</i>	4 <i>National Cookie Day</i>	5 Trash Day	6 DON'T MISS IT! LAST DAY TO PAY BEFORE LATE FEES!	7 Reminder: Weed Perimeter Check
8 Water Meter Read Day!	9 Trash Day	10 <i>Dewey Decimal System Day</i>	11 <i>Kaleidoscope Day</i>	12 Trash Day	13 <i>Lost & Found Day</i>	14 Reminder: Weed Perimeter Check
15 <i>National Cupcake Day</i>	16 Trash day	17 <i>Clean Air Day</i>	18 <i>Bake Cookies Day</i>	19 Trash Day	20 <i>Ugly Sweater Day</i>	21 Reminder: Weed Perimeter Check
22 <i>Date-Nut Bread Day</i>	23 Trash Day	24 Office Will Be Closed At 3pm Today In Observance Of Christmas Eve	25 <i>Christmas Day</i> Office is Closed In Observance Of Christmas Day.	26 Trash Day	27 <i>National Fruitcake Day</i>	28 Reminder: Weed Perimeter Check
29	30 Trash Day	31 <i>New Year's Eve</i> <i>Please Celebrate Responsibly!</i>	<h1>December '19</h1>			



JUMANJI: THE NEXT LEVEL The gang is back but the game has changed. As they return to Jumanji to rescue one of their own, they discover that nothing is as they expect. The players will have to brave parts unknown and unexplored, from the arid deserts to the snowy mountains, in order to escape the world's most dangerous game.



UNCUT GEMS Set in the diamond district of New York City, Howard Ratner (**Adam Sandler**), a jewelry store owner and dealer to the rich and famous, must find a way to pay his debts when his merchandise is taken from one of his top sellers and girlfriend.

STAR WARS: THE RISE OF SKYWALKER The surviving Resistance faces the First Order once more as Rey, Finn and Poe Dameron's journey continues. With the power and knowledge of generations behind them, the final battle commences.

SPIES IN DISGUISE Super spy Lance Sterling (**Wil Smith**) and scientist Walter Beckett (**Tom Holland**) are almost exact opposites. Lance is smooth, suave and debonair. Walter is not. But what Walter lacks in social skills he makes up for in smarts and invention, creating the awesome gadgets Lance uses on his epic missions. But when events take an unexpected turn, Walter and Lance suddenly have to rely on each other in a whole new way. And if this odd couple can't learn to work as a team, the whole world is in peril.

THE AERONAUTS Pilot Amelia Wren (**Felicity Jones**) and scientist James Glaisher (**Eddie Redmayne**) find themselves in an epic fight for survival while attempting to make discoveries in a gas balloon.

JUST MERCY After graduating from Harvard Law, Bryan Stevenson (**Michael B. Jordan**) might have had his pick of lucrative jobs. Instead, he heads to Alabama to defend those wrongly condemned. One of his first, and most incendiary, cases is that of Walter McMillian (**Jamie Foxx**), who, in 1987, was sentenced to die for the notorious murder of an 18-year-old girl, despite a preponderance of evidence proving his innocence and the fact that the only testimony against him came from a criminal with a motive to lie.

TRAUMA CENTER Alone and trapped in a locked-down hospital isolation ward overnight, an injured young woman must escape a pair of vicious killers who are after the only piece of evidence that can implicate them in a grisly murder - the bullet in her leg. Luckily, a veteran cop (**Bruce Willis**) is assigned to protect her, and he becomes her protector as the night grows more dangerous.

1917 At the height of the First World War, two young British soldiers, Schofield (**George MacKay**) and Blake (**Charles Chapman**) are given a seemingly impossible mission. In a race against time, they must cross enemy territory and deliver a message that will stop a deadly attack on hundreds of soldiers-Blake's own brother among them.

RICHARD JEWELL American security guard Richard Jewell (**Paul Walter Hauser**) saves thousands of lives from an exploding bomb at the 1996 Olympics, but is vilified by journalists and the press who falsely report that he was a terrorist.

BLACK CHRISTMAS Hawthorne College is quieting down for the holidays. One by one, sorority girls on campus are being killed by an unknown stalker. But the killer is about to discover that this generation's young women aren't willing to become hapless victims as they mount a fight to the finish.

THE SONG OF NAMES Tim Roth and Clive Owen star in an emotional detective story spread over two continents and a half century. Beneath the film's stunning and pulsing musical revelations burn the horror of a war and the lost souls extinguished from history.

HOME ENTERTAINMENT RELEASES

Dec. 3	The Goldfinch
Dec. 10	It: Chapter Two
Dec. 10	Once Upon a Time in Hollywood
Dec. 10	Hustlers
Dec. 17	Downton Abbey
Dec. 17	Abominable
Dec. 17	Ad Astra
Dec. 17	Rambo: Last Blood
Dec. 17	Overcomer
Dec. 24	Judy