

# SIERRA ESTATES

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



## June 2020

### 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

Laura Ramos	Assistant Manager
Robin Passey	Sales
Phillip Oates	Maintenance
Vicente Saldivar	Maintenance



### June Sales

Happy June!!! Hope you all are staying safe and healthy. It has been difficult to say the least with the COVID-19 pandemic. I sold out of homes last month, and new homes are coming in June. I have been working from home and have a waiting list for our homes coming in. I will be back on-site in the office some time in June. If anyone has questions about the new homes coming in, please feel free to call me.

Robin Passey  
Sierra Sales  
(480) 216-9228

### Naming Your Car

Baby, Betsy, Betty and the Beast ... In America, those are among the most popular names—for cars! Surveys consistently show that many drivers consider their vehicle a family member and name their four-wheeled friend.

### Homegrown Goodness

Tending a community garden is not only a fun and earth-friendly hobby, but it may also get you into the healthy habit of eating more fruits and vegetables, say researchers. By growing your own food, you can choose your favorite produce, and caring for plants from start to finish creates feelings of pride and an eagerness to enjoy your homegrown bounty.



### The Kindness of Nursing Assistants

In a variety of settings, you'll find nursing assistants providing hands-on care to patients and support to nurses. Every June, Nursing Assistants Week honors their hard work. This year's event, June 18–25, highlights the generosity these caregivers show every day with the 2020 theme "Kindness."

If you sign up for auto-payment of your lot rent using the Rent Café 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 call to the office to (virtually) spin the wheel and claim your prize. Please call the office if you need help signing up for this convenient service.



Download the Rent Café App Today

# CORONAVIRUS

COVID-19


## COVID-19 Corner

Mommy is the virus over yet? I want to play with my friends. Mommy can you make the virus go away please?

Every day we are growing together as a community, as a family and as the human race. We all have an opportunity each day when we have the blessing of opening our eyes to choose how we approach this thing we call life. We can choose kindness. We can choose patience. We can choose how we treat one another. The saying, "Treat others as you want to be treated," goes a long way these days.

I need to remind myself to practice patience, forgiveness and acceptance of others and their opinions on a daily basis. I do not like wearing a mask for many reasons, but I do it because I want to respect you and your family because I may be sick. I just don't know. I couldn't fathom the guilt I would feel if I ended up sick with this awful virus of multiple unknowns and remember a conversation I had with you just the day before. Let's keep each other in mind, when we work through this difficult time. Because without U, 'community' would not be a true Community.

Yours truly, Laura Ramos



Thank you



## Refresh Your Hydration Routine

Drinking plenty of water every day is important for your overall health, especially during warm weather. Freshen up your motivation to stay hydrated with these simple tips:

*Make it part of your daily schedule.* Dietitians recommend drinking water at several specific points during the day: after you wake up, with meals, before and after working out, and when taking medication.

*Pick a cup and fill 'er up!* An

## Wake Up to Overnight Oats

With summer on its way, this is the perfect time to switch up your breakfast routine and try your hand at cool and creamy overnight oats. The combination of oats, milk and other ingredients rests in the fridge overnight, and in the morning, you have a pudding-like porridge that is perfect for grab-and-go breakfasts.

Containing more protein than most grains, oats are also a rich source of fiber, which helps you feel full longer, and are high in antioxidants.

Start with old-fashioned rolled oats for the best consistency, and then add the milk of your choice, whether dairy milk or a plant-based milk such as almond or coconut milk. Greek yogurt will add protein and make the overnight oats more filling. A common ratio in overnight oats recipes is equal parts oats and milk, plus half as much yogurt.

insulated bottle, a colorful tumbler, a mug with a handle ... it doesn't matter what kind of drinkware you use, as long as you like it. Choose a container that is comfortable to use and suits your style.

*Set reminders.* By marking lines on the outside of a translucent, reusable bottle, you can visually track how much water you're drinking throughout the day. You can also set alarms on your phone that remind you it's time to take a swig.

*Sip through a straw.* Many people find it easier to drink through a straw, and you'll get more water with every sip. Plus, sipping slowly is better than guzzling, which can cause bloating.

*Find your favorite flavor.* If you don't like plain water or simply want some variety, enhance the flavor with a few fresh berries, some sliced fruit, a splash of juice, or sprigs of fresh herbs such as spearmint.

Some overnight oats recipes include chia seeds, which add a boost of fiber, protein and omega-3s. The seeds plump as they soak, giving the oats a creamier texture.

Put all the ingredients in a jar or bowl, stir, cover and refrigerate overnight. In the morning, you can add toppings such as fruit and nuts. Mix-in ideas include banana almond overnight oats, chocolate peanut butter overnight oats and apple cinnamon overnight oats.





### Hardy Houseplants for Your Home

There are many benefits to keeping indoor plants. They can purify the air, lift your mood and add a stylish touch of nature to any room. Create an indoor garden with ease with these durable, low-maintenance plants.

**Aloe.** The gel found inside aloe's long, pointed leaves can be used as a skin moisturizer and to soothe minor burns. This succulent likes a lot of sunlight and its soil should be allowed to dry completely between waterings.

**Peace lily.** This lovely plant has striking white blooms and dark green leaves. It tolerates low humidity and low light, making it ideal for rooms with few windows. The peace lily prefers moist soil.

**Pothos.** The fast-growing pothos has variegated leaves on long, trailing stems. Pruning the plants will keep them fuller at the base. Pothos plants like to dry out a bit between waterings. These plants are tolerant of all types of light conditions.

**Snake plant.** This succulent's thick, sword-shaped leaves come in a range of colors and patterns, adding visual interest to any room. Also known as mother-in-law's tongue, the plant grows well in almost any light.

**Spider plant.** Spider plants look best in a hanging basket or on a pedestal. Spider plants do well with evenly moist soil and bright or medium lighting conditions.

## One Minute Chef

### Open-Faced BLT Sandwiches

#### Ingredients:

- 6 to 8 strips bacon
- 1 loaf country bread
- 1 cup arugula leaves
- 1 cup cherry tomatoes, halved
- 1 tablespoon extra-virgin olive oil, plus additional to drizzle
- 1 tablespoon balsamic vinegar
- Kosher salt
- Ground pepper

#### Directions:

Heat oven to 375° F.

Place bacon on baking sheet and bake 15 to 20 minutes, depending on thickness of bacon. Remove bacon from oven and transfer to paper towels to drain.

Using bread knife, slice bread 1/3-inch thick into single-serving slices; toast lightly.

Add arugula leaves and cherry tomatoes to medium bowl. In separate bowl, whisk olive oil and balsamic vinegar. Add to arugula and tomatoes and toss gently to coat.

To assemble, drizzle olive oil on one side of toasted bread. Arrange bacon and arugula and tomato mixture on top. Finish each sandwich with a sprinkle of salt and pepper.



### Wit & Wisdom

"There shall be eternal summer  
in the grateful heart."

—Celia Thaxter

"I have only to break into the  
tightness of a strawberry,  
and I see summer."

—Toni Morrison

"And so with the sunshine and the  
great bursts of leaves growing on the  
trees ... I had that familiar conviction  
that life was beginning over again  
with the summer."

—F. Scott Fitzgerald

"If summer had one defining scent,  
it'd definitely be the  
smell of barbecue."

—Katie Lee

"Summer is singing with joy,  
and the beaches are inviting you  
with dancing waves."

—Debasish Mridha

"Oh sun! Fervid sun!  
You welcome me with summer.  
Drench me in your rays."

—Richelle E. Goodrich

"In the summer, the days were long,  
stretching into each other ...  
this collection of weeks when  
anything was possible."

—Sarah Dessen

"Summer's lease hath  
all too short a date."

—William Shakespeare

"Summer was our best season:  
It was sleeping on the back screened  
porch in cots, or trying to sleep in the  
treehouse; summer was everything  
good to eat; it was a thousand colors  
in a parched landscape."

—Harper Lee

## June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Trash Pickup	2	3	4 Trash Pickup	5	6
7 Trash Pickup	8	9	10	11 Trash Pickup	12 	13
14 Trash Pickup	15	16	17	18 Trash Pickup	19	20
21 	22 Trash Pickup	23 Sign Up for Bulk Trash by 9am - Text 480-861-9512	24 Bulk Trash Pickup	25 Trash Pickup	26	27
28 Trash Pickup	29	30	<i>June</i>			

## "This Month In History"

### JUNE

**1910:** The first statewide celebration of Father's Day is held in Washington. The day honoring fathers was proclaimed a national holiday in 1972.

**1928:** Louis Armstrong and his Hot Five band record "West End Blues," considered to be one of the greatest jazz songs of all time.

**1939:** The first Little League Baseball game is played in Williamsport, Pa.

**1944:** Allied forces storm the beaches of Normandy, France, in the D-Day invasion of World War II.

**1956:** The last Packard rolls off the production line at the luxury car's manufacturing plant in Detroit.

**1978:** Comic strip cat "Garfield," created by Jim Davis, debuts in 41 newspapers.

**1993:** Chuck Berry, Ruth Brown and Billy Joel are among the stars who help break ground for the new Rock & Roll Hall of Fame building in Cleveland.

**2007:** After recovering from near extinction, the American bald eagle is removed from the endangered species list.

**2012:** Daredevil Nik Wallenda makes high-wire history after walking a 1,800-foot-long wire suspended over Niagara Falls.

**2019:** "Jeopardy!" contestant James Holzhauer's winning streak ends at 32 games. He won over \$2.4 million on the TV quiz show.