

# Community News

NOVEMBER 2015

*Creekside Villas*

220 47th Street #C | San Diego | CA 92102 | 619-263-2686 | CreeksideVillasasYourHome.com

## SORE THROAT REMEDY



The winter time is a popular time to get a sore throat. The best treatment for an aching throat is to stir a teaspoon of salt into a cup of warm water. Gargle with the solution to reduce swelling in your throat. This can be repeated every few hours. You can sip herbal tea, or suck on cough

drops, Popsicles, or a spoonful of honey. While this doesn't provide a cure, it can help ease the pain. There are also antiseptic sprays that can numb your throat to provide temporary relief.

## MEET THE STAFF

Propert Mgr.- Ofelia P.  
Maint. Team Leader - Jaime C.  
Maint. Tech. - Jose C.  
Groundskeeper - Rafael G.

## DOGS AND LEASHES

We all love our dogs and we love having them here in the community. Please keep in mind that community policy requires that dogs be leashed at all times. This is for everyone's safety!

## MONEY BAD HABITS YOU CAN BREAK

Refusing to use a budget: Keeping track of all your expenses can show you where your money is going and where you can cut back.

Using credit cards to get the perks: It doesn't make sense to get the miles or save a little more on your purchases if you are racking up the interest charges. Only use your credit card if you can pay it off each month.

Not having an emergency fund: That rainy day will come. Even putting a little bit aside can keep you from reaching for a high-interest credit card when you have an unexpected emergency.

### REMINDER:

No bicycles, skateboards or roller-skates are to be used at any time on the premises. All residents under the age 18 must be accompanied and supervised by a responsible adult at all times.

## GROCERY SHOPPING TIP

It pays to be aware of the marketing tricks at the grocery store. Products displayed at eye-level are generally the most expensive. This is partly because manufacturers have to pay a hefty premium to get their products in those prime spots, and partly because it is the biggest manufacturers that are willing and able to pay those prices. You will find bargains up high, or down low on the bottom shelves.

## MAKE YOUR MEALS HEALTHIER

One of the easiest ways to make your meals healthier is to simply cook them yourself. When you prepare your own meals, you can take charge of how much fat, salt, and sugar you add. Taking control of what is in your food is very helpful. You have the ability to make healthy substitutions. For example, you can use olive oil instead of butter.

Leasing Center Hours Mon - Fri: 9-6, Saturday 9-6, Sunday CLOSED

# SEPTEMBER 2016

sunday	monday	tuesday	wednesday	thursday	friday	saturday
NO DROP BOX BY OFFICE	PAY ON LINE OR THROUGH MONEY GRAM			1 RENT DUE	2 TRASH PICK-UP PEST CONTROL	3 Add \$50 Late Fee after 5pm
4 OFFICE CLOSED	5 OFFICE OPEN LABOR DAY	6	7	8	9 TRASH PICK-UP PEST CONTROL	10
11 OFFICE CLOSED	12 TRASH PICK-UP	13	14	15	16 TRASH PICK-UP PEST CONTROL	17
18 OFFICE CLOSED	19 TRASH PICK-UP	20	21	22	23 TRASH PICK-UP PEST CONTROL	24
25 OFFICE CLOSED	26 TRASH PICK-UP	27	28	29	30 TRASH PICK-UP PEST CONTROL	

Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing. —Abraham Lincoln

## EATING THE MEDITERRANEAN WAY



A study followed 23,000 adults in Greece and revealed that a diet rich in vegetables, fruits, nuts, and legumes had a significant impact on longevity. The Mediterranean diet also had lower intakes of meat and a moderate consumption of alcohol. Researchers expected to find that the high intake of grains and seafood had a significant effect as well, but this did not prove to be the case. While this region's diet has long been recommended, researchers are only now seeing which items give the biggest bang for the buck.

### RENT

Rent is due by the first day of the month, so please pay your rent on time. Rent paid after the **THIRD** of the month after 5pm will be assessed a late fee of \$50. Please contact the office immediately if you anticipate difficulty with payment (619) 263-2686.