

DECEMBER 2017

## Creekside Villas

220 47th Street #C  
San Diego, CA 92102  
619-431-4216  
CreeksideVillasIsYourHome.com

### 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.

### Food Tip

When you find a good price on milk, you probably wish you could stock up. The best way to store milk long-term is by freezing it. To freeze milk, remove about one cup from a gallon container of milk to prevent the jug from expanding too much when frozen. It can be frozen for up to 3 months.

# COMMUNITY NEWS

## Christmas Facts

The U.S. Postal Service will deliver

over 16 billion cards, letters, and packages between December 1st and Christmas Day. Pre-cut Christmas trees account for 78% of all trees purchased in the United States. The rest are sold to people who cut their own trees. About 44% of all American feel they spend too much on Christmas gifts. The average Christmas trip is 275 miles for those traveling to be with loved ones on the holiday.



## Beating the Holiday Blues

The holidays are tough for many people. If this time of year brings you down, here are some (free!) ways to lift your spirits:

- Go to a nursing home and talk to someone who doesn't get visitors. Seniors often have great stories.
- Volunteer at a soup kitchen. Helping others makes us feel good.
- Visit the library and try out a new author.
- Take the kids or dog to a new park.

If you don't have any, borrow your friends'.

Volunteer at a homeless shelter. We're hard-wired to serve others, you'll feel great and make a difference.

The most important thing is to get out and do something different. Break your normal routine and the holidays might not seem so bleak.

"The world is a dangerous place to live; not because of the people who are evil, but because of the people who don't do anything about it."

—Albert Einstein

### Meet the Staff

Community Manager: Ofelia P.  
Financial Manager: Paulina L.  
Maintenance Supervisor: Jaime C.  
Maintenance Tech: Jose C.  
Goundskeeper: Rafael G.

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

# DECEMBER 2016

sunday	monday	tuesday	wednesday	thursday	friday	saturday
					1 RENT DUE TRASH PICK-UP	2
3 PAY ON-LINE ADD \$50 LATE FEE AFTER 5PM OFFICE CLOSED	4 TRASH PICK-UP	5	6	7	8 TRASH PICK-UP	9
10 OFFICE CLOSED	11 TRASH PICK-UP	12	13	14	15 LAST DAY TO RSVP FOR HOLIDAY PARTY	16
17 OFFICE CLOSED	18 TRASH PICK-UP	19	20 HOLIDAY PARTY 3PM	21	22 TRASH PICK-UP	23
24 CHRISTMAS EVE OFFICE CLOSED	25 CHRISTMAS OFFICE CLOSED	26 TRASH PICK-UP	27	28	29 TRASH PICK-UP	30
31			<p>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</p>			

## Common Cold in Winter



Everyone would love a miracle cure for the common cold. Many remedies are touted as helpful, including echinacea, zinc, vitamin C, and other supplements. Research has found that echinacea does not prevent or help cold symptoms, as reported in a recent study. In fact, it has been found that no supplement can prevent or cure a cold. So what should you do to help with your cold symptoms or even prevent a cold? Your best line of defense is to wash your hands often with soap and water, and to get an annual flu shot.

### Rent

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