



PARKER TOWER

Monthly News

Volume 23 Issue 12

January 2026

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General Manager Anna Lopez

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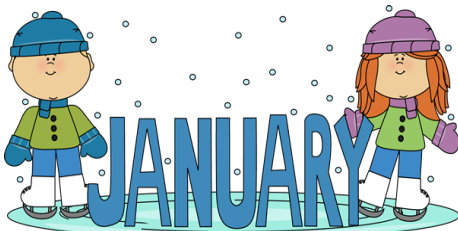
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PARKER TOWER CONDOMINIUM

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January Birthdays And Anniversaries

UNIT#	NAME	DATE
1601	JOSEPH KACHKOVSKY	1-JAN
906	MARGARITA TARNAVSKY	2-JAN
2012	SUZANNA ILKOVITCH	6-JAN
2504	MIQUEL PASCUAL	7-JAN
307	IGOR MEDGE	10-JAN
1703	ENRIQUE FORTUNE	18-JAN
2310	MILES KATZMAN	21-JAN
1203	MIRA MULLAEV	25-JAN
909	ALICIA TAVELLA	31-JAN



ANNIVERSARIES

UNIT#	NAME	DATE
JUDITH & JAIME	FLASTERSTEIN	22-JAN

Writing a legacy letter: Send love forward

Who knows what the world will be like 50 or 100 years from now. Will robots do everything for us? Will work be optional? Whatever the future holds, human life will still have certain trials and triumphs. There will still be broken hearts. Still be bad decisions. There will still be good decisions and sudden successes. Struggles, humor, love.

We'll still ask ourselves what is important in life. After all your years of living, do you have an answer to that question? New Year's is a great time to write a legacy letter to your children or grandchildren, spouse, mentors, close friends, future generations. Write it, keep it where it will be found, and add to it next year.

Kathleen M. Rehl, writing for *Sixty and Me*, says the first step is to decide to whom you will write and address the letter specifically to that person. Tell them why you are writing to them. Next, adopt a thankful tone and tell the recipient what you are grateful about him or her. In the next paragraphs, tell what one big lesson you learned in life. Tell what you think matters most in life. What do you value most? Tell something about yourself. You might consider what you wish you knew about people in your family tree. Answer those questions about yourself. Tell some stories about the ancestor you knew about. Tell the family stories. In your closing, give your readers your love. Tell them what your hope for them. Offer encouragement.

You can write more than one legacy letter and write to more than one person. You might even want to record a video. The key is to search your heart and try to send your thoughts and wisdom to the next generation. If you like crafts, buy a box to hold your letter, or letters, and decorate it. Put in some family items.



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Queen of the San Diego Zoo passes peacefully



Gramma the Galapagos Tortoise has passed away at an estimated age of 141, after spending about 100 of those years at the San Diego Zoo.

Gramma was the oldest resident of the zoo.

Gramma was an old tortoise, but not the oldest. Naturalist Charles Darwin and latter day animal enthusiast Steve Irwin both cared for Harriet the Tortoise, who lived at least 176 years and died in 2006.

Gramma, cheerfully oblivious to the human chaos of two world wars and 20 new presidents during her lifetime, came to San Diego from the Bronx Zoo in about 1928.

Gramma's personality was described as sweet and shy.



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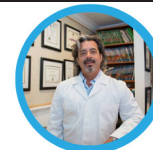


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TAMALES RING IN NEW YEAR LUCK!

Tamales date back over 8,000 years to Mesoamerica (Aztec, Maya, and earlier cultures). They were portable, calorie-dense food for hunters, warriors, and travelers. Steamed in corn husks or banana leaves, they became sacred offerings as well as holiday food. Today in Mexico, Central America, and the U.S. Southwest, making tamales is the ultimate New Year’s Eve and Christmas tradition—families gather, music plays, and hundreds are made for good luck in the coming year.

Easy New Year’s Tamales

(Makes about 3–4 dozen – 90 minutes active time thanks to shortcuts)

Ingredients

- 6–7 lbs prepared masa for tamales (from a Mexican market or tortillería – already seasoned with lard and salt)
- 30–40 dried corn husks (soaked 30 min in hot water)
- Filling shortcut #1: 2 large rotisserie chickens, meat shredded + 2 jars (16–20 oz each) good red or green chile sauce (La Victoria, Las Palmas, or Hatch)
- Filling shortcut #2 (even faster): 5–6 lbs seasoned carnitas or barbacoa from Costco or your local taquería
- Optional: 1 lb Oaxaca or Monterey Jack cheese cut into strips (for cheese & chile verde tamales)



Quick Assembly

1. Drain husks, pat dry.
2. Spread 1/3 cup masa on the smooth side of a husk in a thin rectangle (about 4×5 inches), leaving the top 2 inches empty.
3. Spoon 2–3 Tbsp filling down the center. Add a strip of cheese if you want.
4. Fold the left side over, then the right, then fold the bottom up. (No need to tie if you stand them upright in the pot.)
5. Stand tamales upright in a steamer pot with a few coins in the water (the rattling tells you when water is low).
6. Steam 60–75 minutes. They’re done when the masa peels easily from the husk.

Serve with extra sauce, Mexican crema, and a sprinkle of cotija. Ring in the New Year with the easiest, most authentic tamales you’ve ever made—because the ancestors would totally approve of rotisserie chicken and store-bought masa.

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