EL DORADO HOMES ASSOCIATION
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THE LEGENDARY LAND OF WEALTH AND HAPPINESS

December 2018

SUNBURST

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November Calendar

December 2nd: Hanukkah Starts

December 10th: Hanukkah Ends

December 21st: Winter Solstice

December 25th: Christmas

December 26th: Kwanza Start

December 31st: New Years Eve

PRESIDENT'S LETTER

By Ezra Johnson

Hello Neighbors,

I hope everyone had a warm and comforting Thanksgiving with family and friends. Hanukkah is already upon us and Christmas is fast approaching. Soon we will be wondering how 2018 came and went so quickly.

2019 will see a lot of activity on El Dorado Streets, as long deferred maintenance on our roads begins in earnest next year. 2019 may also see new transportation options from VIA Metropolitan Transit, as El Dorado is now included in the test area of a proposed Uber-like mobility-on-demand service that will temporarily take the place of several bus routes in the area. It is certainly shaping up to be an eventful year for our community.

Our first Lake Cleanup of the season will be on Saturday, December 22nd from 9:00-11:00 on the Risada side. It is usually on the first Saturday of the month. After that, we will have regularly scheduled cleanups on the first Saturday of February, March and April, again, from 9:00 to 11:00am. I hope to see you there.

Finally, I've been asked to point out a few code compliance issues that have been addressed to me a few times over the past several months. I am gratified to see that many residents are out walking with their dogs or jogging in the mornings and evenings. Please be considerate of your neighbors using the sidewalks in front of your home. It is a violation of City of San Antonio ordinances to block the sidewalk with your car or other vehicle. In addition, "oversize" trailers, RVs and boats cannot be left on the street overnight. A vehicle is "oversize" if it exceeds 24 feet in length, 8 feet in width or 8 feet in height.

Sincerely,

Ezra

EDHA EXECUTIVE BOARD

President	Ezra Johnson	210-829-1660
Vice President	Felix Cox	903-262-9767
Secretary	Jennifer McRae	N/A
Treasurer	Shannon Grabill	N/A
Area I	Felix Cox	903-262-9767
Area II	Art Garza	210-452-0496
Area III	Shannon Grabill	N/A
Area IV	Joyce Streuding	210-480-2074
Area V	Nora Chavez	210-823-3396
Area VI	Sandra Carroll	210-725-8549

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Mail you check (payable to EDHA) to : EDHA, Attention Sunburst, 12606 Prima Vista, S.A, TX 78233 and email your ready to print ad to edhasunburst@gmail.com. Some fonts are unavailable and may need to be changed. Payment and ad must both be received no later than the 15th of the month prior to the desired issue.

SUNBURST STAFF

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The Sunburst is published monthly (Sep-Jun) by the El Dorado Homes Association to provide communication to all homes in the subdivision. The staff are all volunteers and the paper supports itself through advertising.

Mailing address: 12606 Prima Vista 78233

edhasunburst@gmail.com

COMMITTEE CHAIRS

COP CHAIR	VACANT	
Clubhouse Chair	Evelyn Canion	210-296-9050
Code Compliance	VACANT	
Garden Chair	Zanel Pizarro	210-425-5840
Lake	Ezra Johnson	210-264-8860
Grounds	VACANT	
Membership	Lola Olsmith	210-657-0086
Pool	Kelly Adame Sandra Carroll	210-846-7777 210-725-8549
Signs	Margaret Timm	210-657-2329
Welcome Wagon	Alia Garrett	210-317-8691
Social Committee	Nora Chavez	210-823-3396

Holiday Lights

1st Place 4811 Las Brisas
2nd Place 5426 Cerro Vista
3rd Place 12210 Madrigal

Most Creative:

4827 Sierra Madre

Honorable Mentions:

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12007 Estable

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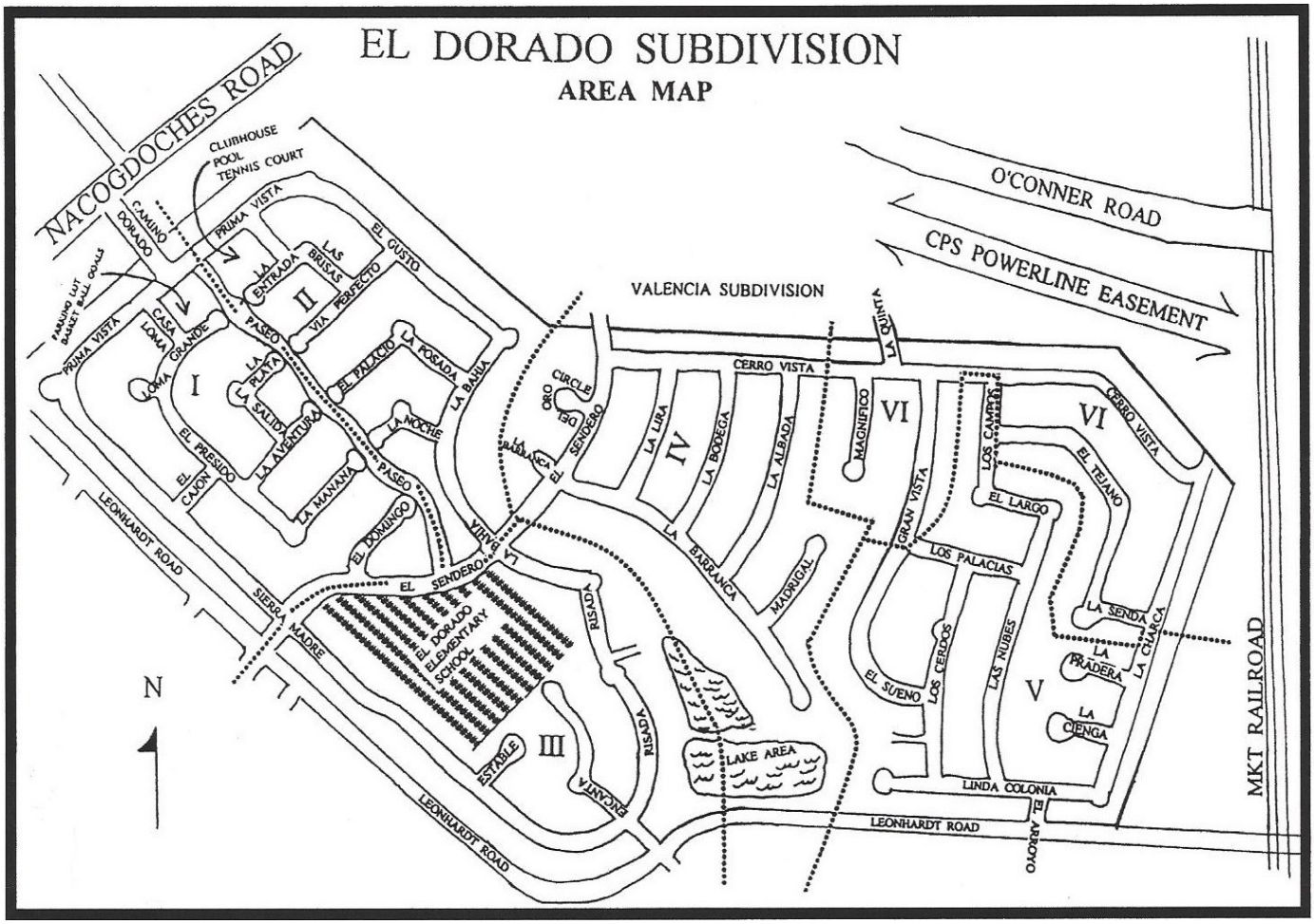
Condolences

Condolence to the family and friends of Alice Benjamin who passed away recently. She was a long time resident of El Dorado where she supported the Home Association and helped with the Sunburst. She will be missed by many.



Social committee

Please like our Facebook page to keep up with upcoming events and activities.

www.Facebook.com/El-Dorado-Homes-Association

If you would like to be on our email list please contact us at ElDoSub@gmail.com

Do you cook up an amazing pot of chili and want to show it off and potentially win a prize? Sign up to participate in the cook-off or just join us and sample some great chili. Keep an eye on our Facebook page for time and dates.

Santa will be making an early stop in El Dorado. Members join us for donuts, hot coco and arts and crafts. Visit our Facebook page for more details.

The Social Committee has so many fun events and activities scheduled for this year. We are always looking for help. Please email Nora Chavez at ElDoSub@gmail.com if you would like to volunteer.

Living Mind-Body-Soul Strong

Why You're So Indecisive

Caroline Shannon-Karasik, Writer
October 12, 2018

"What do you want for dinner?" is perhaps one of the most dreaded questions in our household (well, that and "Is this cat puke?"). Something about a day packed with work obligations and hustling from one child activity to the next brings about *all* of the indecision when it comes to deciding what to put on our evening plates.

Turns out, there's actually a biological explanation behind that familiar indecisiveness. Two regions of your brain that deal with decision-making—the anterior cingulate cortex and the striatum—actually start to short circuit as the number of options you need to choose from increases, a new study finds. And there's even a projected sweet spot for the optimal number of choices it can handle: somewhere in the range of eight to 15.

"Choice overload" is an actual thing that happens when humans are presented with too many options, says Colin Camerer, Ph.D., a Caltech behavioral economics professor and one of the study authors, in a news release. The effect became evident in a study conducted nearly 20 years ago where shoppers were presented with multiple options of jam to buy and had a more difficult time making a selection when there were 24 options as opposed to six.

Now, choosing between strawberry and blueberry jam seems pretty inconsequential in the big scheme of things, but Dr. Camerer points out that choice overload in other instances might lead to more serious consequences than a less-than-satisfactory PB&J. Take, for example, Sweden's partial privatization of its social security system in the early 2000s. The government provided citizens with hundreds of private fund options to consider, but fast-forward 10 years and only *1 percent* of Swedish citizens were making final decisions about where their retirement money should go.

This, Dr. Camerer says, points at the larger issue—options offer power *if and only if* they lead to people making decisions.

For that reason, Dr. Camerer and his team set out to better understand what's going on in the brain when taxed by too many options. The researchers gave study participants pictures of scenic landscapes from which they could select one and have it printed on a piece of merchandise, like a coffee mug. Each person was offered various sets of images, containing six, 12, or 24 photos. While under observation of a functional magnetic resonance imaging (fMRI) machine, they were asked to make a singular choice in various scenarios, including one where their image options were randomly decided by a computer.

Continued on next page

During all of this decision making, the scientists noticed two areas of the brain light up: the anterior cingulate cortex (ACC), where the brain weighs costs and benefits of potential decisions, and the striatum, the part of the brain responsible for determining value. The activity in these two parts peaked when presented with 12 options and then crashed downward when more choices were available. Dr. Camerer hypothesized that these decision-making regions get more active with more choices (six vs. 12) because of the excitement of being able to select a mug they'd really like, but they then begin to give up once too many choices become available (12 vs. 24) because it would take too much work to actually evaluate every single one of the potential outcomes.

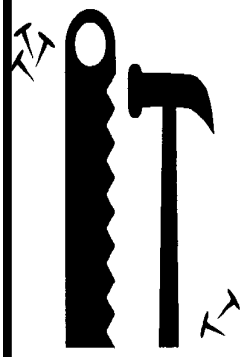
"Essentially, our eyes are bigger than our stomachs," Dr. Camerer says. "When we think about how many choices we want, we may not be mentally representing the frustrations of making the decision."
It should be noted that the number 12 was just an arbitrary number used for the experiment. Dr. Camerer estimates that the real ideal number of choices will be anywhere between eight and 15 options, "depending on the perceived reward, the difficulty of evaluating the options, and the person's individual characteristics."
The take-away here is that, when it comes to making big decisions, too much choice really can be a bad thing. If you want to avoid indecisiveness when faced with a decision, try to limit yourself to a reasonable number of options before you start doing the heavy evaluating work that involves a lot of brain power. There are also a plethora of natural tricks to help boost your brain's decision-making abilities: Consider doing a short meditation, taking a walk, or even taking a quick power nap, all of which have been proven to help you better digest info and therefore nix indecision.

We provide you with tidbits of information which would start you on your own research or conversation with your physician. The information that we provide is no way intended to be considered medical advice.

It's up to us to continue to change the conversation and raise awareness that the choices we make each day can either contribute to—or help prevent illnesses.

www.facebook.com/groups/NutritionNews/

Posted by: Nora Chavez & Jennifer McRae



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